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Anaemia (Source: The Hindu)

ANAEMIA

A common but serious public health problem

What is Anaemia?

- A condition in which the number of red blood cells (RBCs) or the amount of haemoglobin (Hb) in the blood is lower than normal, reducing the blood's oxygen-carrying capacity.
- Anaemia is a sign of an underlying condition rather than a disease itself.
- It can occur at any age and affects physical and mental well-being.

Causes and Risk Factors

- Inadequate dietary intake** (iron, folate, vitamin B12)
- Blood loss** (menstruation, gastrointestinal bleeding, parasitic infections)
- Parasitic infections** (e.g. hookworm, malaria)
- Chronic diseases** (TB, HIV, chronic kidney disease, cancers)
- Genetic disorders** (e.g. sickle cell disease, thalassemia)
- Poor absorption of nutrients** (e.g. celiac disease, gastric surgeries)

Vulnerable Groups

- Pregnant women**
Higher iron requirement; risk of maternal and foetal complications.
- Lactating mothers**
Increased nutritional demand.
- Children (6–59 months)**
High risk due to rapid growth and nutritional gaps.
- Adolescent girls**
Due to menstrual blood loss and poor diet.
- Elderly people**
Due to poor diet and associated illnesses.

Health Impacts

- Fatigue and weakness
- Reduced cognitive development in children
- Poor school and work performance
- Maternal complications (preterm birth, low birth weight)
- Increased susceptibility to infections
- Severe anaemia can lead to heart failure in extreme cases

Government Initiatives to Control Anaemia

- POSHAN Abhiyaan (2018)**
 - Multi-ministerial initiative to improve nutrition.
 - Focus on reducing anaemia among children, adolescent girls, pregnant and lactating women.
- Anaemia Mukht Bharat (AMB)**
 - Launched in 2018 under the National Health Mission.
 - 6x6x6 strategy to reduce anaemia across life stages (0–6 years, 6–19 years, 19–49 years, > 49 years).
 - Focus on iron and folic acid supplementation, deworming, testing and treatment, and behaviour change.
- Weekly Iron and Folic Acid Supplementation (WIFS)**
 - Provides weekly iron and folic acid tablets to adolescent boys and girls.
 - Implemented through schools and Anganwadi centres.
 - Includes deworming and nutrition education.
- National Iron Plus Initiative (NIPI)**
 - Provides age-appropriate iron and folic acid supplementation across the life cycle.
 - Targets children (6–59 months), adolescents, pregnant and lactating women and women of reproductive age.

Prevention and Management

- Adequate and balanced diet** (iron-rich foods, folate, vitamin B12)
- Iron and folic acid supplementation** (especially for pregnant women, children and adolescents)
- Control of parasitic infections** (deworming, malaria control)
- Food fortification** (e.g. iron-fortified salt, wheat flour, rice)
- Better sanitation and hygiene**
- Regular screening and follow-up** (especially for high-risk groups)
- Treatment of underlying causes** (management of chronic diseases, bleeding disorders, nutritional deficiencies)

2 Special Leave Petition (SLP) (Source: The Indian Express)

Special Leave Petition (SLP)

An SLP is a petition filed before the Supreme Court seeking its special permission to appeal against a judgment or order of any court or tribunal in India.

Constitutional Basis



- Article 136 empowers the Supreme Court to grant special leave to appeal against judgments or orders of any court or tribunal in the territory of India.

Nature of Power

- An extraordinary and discretionary jurisdiction of the Supreme Court.
- Provides an aggrieved party a **special permission** to be heard in appeal.
- Does not create an **automatic right of appeal**.



Who can file an SLP?



Any aggrieved party



Can be filed against a judgment or order, including refusal of grant of certificate of appeal.

Filing Procedure



- The petition must state all relevant facts necessary for the Supreme Court to decide whether special leave should be granted.
- It must be **signed by an Advocate-on-Record (AoR)**.

Time Limit



An SLP against a High Court judgment has to be filed within **90 days** from the date of pronouncement of the order.

Exception



SLP does not apply to any judgment, determination, sentence or order passed by courts or tribunals constituted under laws relating to the **Armed Forces** as per **Article 136(2)**.

Key Features of SLP

1 Wide Scope



Not limited to judgments, decrees or final orders of High Courts; it can also be granted against decisions of **lower courts and tribunals**.

2 Flexible Jurisdiction



More flexible compared to **Articles 132–135**, which deal with regular appeals to the Supreme Court.

3 Broad Applicability



Can involve **civil, criminal, income tax and other matters** decided by courts or tribunals.

4 Appeal Without Certificate



Can be filed even when a High Court **refuses to grant a certificate** of fitness for appeal.

5 Discretionary in Nature



Filing an SLP **does not guarantee an appeal**. The Supreme Court decides whether to grant special leave based on the merits of the case.



UPSC Key Point

Article 136 does not confer an automatic right of appeal; it grants the Supreme Court **extraordinary discretionary jurisdiction** to permit an appeal.



DATE: 27 OCTOBER 2026

3 Defence Acquisition Council (DAC) (Source: The Hindu)

The DAC is the highest decision-making body of the Defence Ministry on procurement.

- Objective: To ensure expeditious procurement of the approved requirements of the armed forces.
- Formation: It was formed after the Group of Ministers' recommendations on 'Reforming the National Security System ' in 2001, post-Kargil War (1999).
- Composition:
 - The Defence Minister is the chairman of DAC.
 - Its members include the Chief of Defence Staff (CDS) and the chiefs of the Army, Navy, and Air Force.