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Exercise Sea Dragon – Prelims

World Happiness Index – Prelims

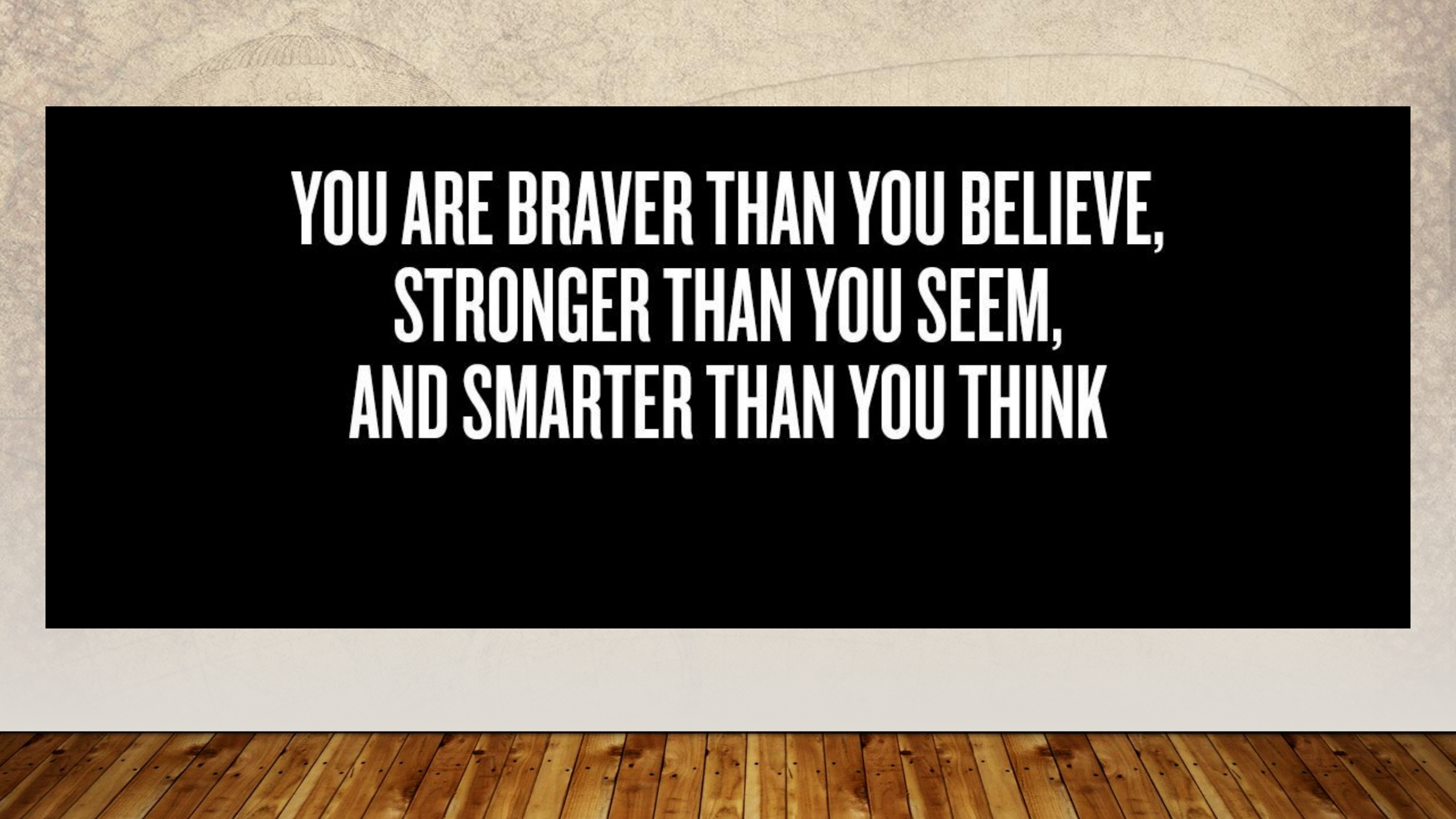
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**YOU ARE BRAVER THAN YOU BELIEVE,
STRONGER THAN YOU SEEM,
AND SMARTER THAN YOU THINK**

Exercise Sea Dragon

- **It is a multinational anti-submarine warfare (ASW) drill conducted annually to strengthen maritime security and cooperation among allied nations in the Indo-Pacific region.**
- **Hosted by the United States Navy's 7th Fleet at Andersen Air Force Base, Guam, this exercise focuses on detecting, tracking, and countering submarine threats, a crucial capability given the rising tensions in the region.**
- **It is an intensive, highly technical military drill that involves both theoretical and practical ASW training.**
- **Participating nations deploy their maritime patrol and reconnaissance aircraft (MPRA), which are equipped with advanced sensors and sonobuoys designed to track submarines.**

Exercise Sea Dragon

- **Originally a bilateral naval drill between the US and Australia in 2019, the Sea Dragon exercise has expanded to include key allies, including India – which joined in 2021.**
- **It included Australia, Japan, South Korea, and the United States, with India participating for the fourth consecutive year.**

World Happiness Index

- **It is an annual report published by the Wellbeing Research Centre at the University of Oxford in partnership with Gallup, the United Nations Sustainable Development Solutions Network.**
- **The rankings are based on people's self-assessed life evaluations.**
- **It asks respondents to think of a ladder with the best possible life for them being a 10 and the worst being a zero.**
- **They are then asked to rate their current lives on that scale.**
- **The study considers 6 explanatory factors for happiness: social support, GDP per capita, health life expectancy, freedom, generosity, and perception of corruption.**

World Happiness Index

- Finland is ranked as the happiest country in the world for the eighth consecutive year, and other Nordic countries – Denmark, Iceland, and Sweden, continued to remain in the top four, in that order.
- The United Kingdom is in the 23rd position, the US is 24th, and China stands at the 68th position in the list of 147 countries this year.
- While Western countries dominated the top 20, especially European nations, Costa Rica and Mexico entered the top 10 for the first time, ranking at 6th and 10th respectively.
- Afghanistan is again ranked as the unhappiest country in the world; this year 147th against last year's 143rd rank (last).
- The State of Palestine is ranked 108th (103 in 2024), while Ukraine is at 111 rank (105 in 2024).
- India ranked 118 out of 147 countries.
- Among India's neighbouring countries, Sri Lanka was ranked at 133, Bangladesh at 134, Pakistan at 109, Nepal at 92, and China at 68.

India Navy announces maiden India-African exercise, IOS Sagar

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Dinakar Peri

NEW DELHI

Against the backdrop of massive inroads by China in Africa, the renewed threat of piracy and the continued threat from Houthi rebels to global shipping, the Indian Navy has announced initiatives for bolder cooperation with the continent and the Indian Ocean Region (IOR). This includes a large-scale multinational exercise titled "Africa India Key Maritime Engagement", or "AI-KEYME", scheduled to be held with 10 African countries.

Another cooperation initiative with Africa is the Indian Ocean Ship (IOS) Sagar under which the offshore patrol vessel *INS Sunayna* is set to be deployed to the Southwest IOR from April 5 to May 8 with a combined Indian crew and 44 personnel



Vice Admiral Tarun Sobti

from 9 African countries.

"IOS Sagar is an initiative towards continued cooperation with IOR nations. *INS Sunayna* is being deployed to the Southwest IOR with a combined crew of India and nine Friendly Foreign Countries (FFC) - Comoros, Kenya, Madagascar, Maldives, Mauritius, Mozambique, Seychelles, Sri Lanka, South Africa. The ship is planned to be deployed for over a month in April, and would be undertaking port calls at Dar-es-Salaam, Nacala, Port

Louis, Port Victoria and Male and Joint surveillance of Exclusive Economic Zones (EEZs) of Tanzania, Mozambique, Mauritius and Seychelles," Deputy Chief of Naval Staff Vice Admiral Tarun Sobti said, briefing the media.

With the announcement of Mutual and Holistic Advancement for Security Across the Regions (MAHA-SAGAR) by Prime Minister Narendra Modi during his recent visit to Mauritius, the maiden initiatives of IOS Sagar and AIKEYME are aimed at consolidating Indian Navy's stature as the 'Preferred Security Partner' and 'First Responder' in Indian Ocean Region, he said.

The personnel from FFCs would undergo a training capsule of two weeks at various naval professional schools at Kochi, including training at sea, and would be engaged in

wholeship activities, watch keeping and other events related to their respective branches/trade, according to the Navy. The participants of IOS Sagar are also set to witness harbour phase activities of Exercise AIKEYME at Dar-es-Salaam, Tanzania.

Over the past decade, the Indian Navy has been extensively collaborating with Indian Ocean littoral states on various initiatives such as joint naval exercises, coordinated patrols, information sharing, Humanitarian Assistance and Disaster Relief (HADR) efforts, capacity building and other diplomatic engagements. The maiden edition of the India-Africa multilateral exercise 'AI-KEYME' is being co-hosted by the Indian Navy and Tanzania Peoples' Defence Force (TPDF) and will be conducted at/off Dar-es-Salaam, Tanzania.

Fact

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Centre concerned over hospitals not sharing organ transplant data

Page No. 12, GS 2

S. Vijay Kumar
CHENNAI

The Union government has expressed “serious concern” over hospitals not sharing data on organ transplant activities with the Ministry of Health and Family Welfare.

In a communication dated March 19, sent to the Health Secretaries of all States and Union Territories, the National Organ and Tissue Transplant Organisation (NOTTO), which functions under the Directorate General of Health Services, called for urgent intervention of the competent authority to check the non-compliance of the transplant hospitals in updating the organ transplantation data.

‘Impedes the objective’
“It is a matter of serious concern that many registered transplant hospitals



It is mandatory to update data in the National Transplant Registry within 48 hours of a transplant procedure. GETTY IMAGES/ISTOCKPHOTO

have persistently failed to submit the daily and monthly data on organ transplantation activities and register transplantations on the National Transplant Registry. Such non-compliance undermines NOTTO's ability to fulfil its mandated obligations and impedes the overarching objective of augmenting organ donation rates na-

tionwide,” the communication said. Under the provisions of Section 13D of the Transplantation of Human Organs and Tissues Act (THOTA), 1994, NOTTO is entrusted with the statutory responsibility of establishing and maintaining a National Transplant Registry which is essential for monitoring organ and tissue transplantation activi-

ties, ensuring transparency, facilitating equitable organ allocation, and supporting policymaking to enhance organ and tissue donation in the country.

The Centre asked the Health Secretaries to direct hospitals and transplant centres to furnish comprehensive data. It is mandatory to update the data online on the NOTTO portal regularly and register both the donors and recipients of living transplants in the National Transplant Registry within 48 hours of the transplant procedure.

After the rules of organ transplant were tightened following allegations of commercial dealings, especially allocation of organs to foreign nationals bypassing Indian patients battling end-stage organ failure, the Health Ministry sent out various circulars calling for strict enforcement of the revised guidelines.

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- **It is mandatory to update the data online on the NOTTO portal regularly and register both the donors and recipients of living transplants in the National Transplant Registry within 48 hours of the transplant procedure.**
- **Organ transplantation is the life-saving therapy for end-stage organ failure. It refers to the grafting of any human organ from any living person or deceased person to some other living person for therapeutic purposes.**
- **India is the 3rd country in the world after the USA and China, in terms of the total number of transplants done in a year.**
- **Transplantation of Human Organs and Tissues Act (THOTA), 1994 as amended in 2011**

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- **It is not allowed if the recipient is a foreign national and the donor is an Indian national unless they are near relatives.**
- **Ethical issues with Commercial dealings in human organs**
- **Exploitation of vulnerable donors: Poor people may be coerced or manipulated into selling their organs for financial gain.**
- **Undermining informed consent: Coercion, misinformation, or lack of informed consent can compromise the autonomy and well-being of donors.**
- **About National Organ and Tissue Transplant Organisation (NOTTO):**
- **What it is: NOTTO is a national-level organization established under the Directorate General of Health Services, Ministry of Health and Family Welfare, Government of India.**
- **Ministry: Ministry of Health and Family Welfare.**
- **Headquarters: Located on the Institute of Pathology (ICMR) Building, Safdarjung Hospital, New Delhi.**

Colossal wastage that is food for thought

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The United Nations Environment Programme's Food Waste Index Report (FWIR) 2024 reveals that in 2022, the world wasted 1.05 billion tonnes of food, equating to nearly 20% of all food available to consumers. Alarming, India ranks among the top contributors to this global issue. This is an issue that demands our immediate attention. This issue transcends mere resource mismanagement, representing a profound moral and environmental failure.

Wastage versus loss

Food wastage, as defined by FWIR 2024, includes edible and inedible parts discarded from the food supply chain, from manufacturing and retail to restaurants and households. This differs from food loss, which occurs earlier in the supply chain due to issues such as poor storage, transport and handling. The report highlights India's position as one of the highest food-wasting nations, second only to China. While the per capita household food waste in India (55 kilograms annually) is lower than in some other countries such as the United States (73 kg), India's large population means that this still represents an immense volume of wasted food. This wastage exacerbates climate change, causes economic loss and represents a major form of social injustice.

Food worth a trillion dollars is wasted globally every year – a figure that becomes even more disturbing when one considers that 783 million people are facing hunger. This crisis is particularly serious in India, where an estimated 78 million tonnes of food are discarded each year, even as over 20 crore Indians go to bed hungry. As one of the world's largest food producers, India faces a complex challenge: abundant production alongside persistent food insecurity. This stems from inefficiencies throughout the food supply chain, from farm to consumer. Household waste is driven by over-purchasing (buying more groceries than needed), improper meal planning (not planning meals ahead of time and then having ingredients go bad), limited storage (small refrigerators or lack of cool, dry pantries) and cultural habits of excess food



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Governments, businesses and individuals must collaborate to develop an efficient food management system that fosters responsible consumption

preparation (cooking large portions for celebrations or guests). In urban areas, retail markets struggle with poor refrigeration and product short shelf life. Approximately 61% of global food waste occurs at the household level, highlighting the importance of consumer education and better food management practices to address this crisis.

Measuring the environmental impact

The environmental cost of food waste is immense. Food production is resource-intensive, requiring huge amounts of land, water and energy. When food is wasted, so are these precious resources. In India, food waste accounts for 10%-12% of total municipal waste, contributing significantly to methane emissions from landfills (methane is a potent greenhouse gas produced when organic matter decomposes without oxygen).

The UN Climate Change (2024) reports that food loss and waste generate 8%-10% of annual greenhouse gas emissions globally. If food waste was in the form of a country, it would be the third-largest emitter of greenhouse gases after China and the U.S. Household-level activities, including food waste, excessive energy consumption and improper waste disposal (not recycling or composting), significantly increase the carbon footprint. Minimising greenhouse gas emissions at the household level, through actions such as reducing food waste, improving energy efficiency and adopting sustainable diets (eating more plant-based foods and less meat), are crucial.

The social injustice of food waste in India is undeniable. Despite being a major food producer, India faces significant challenges in food accessibility and affordability. Widespread wastage prevents food from reaching those who need it most; hindering progress toward Sustainable Development Goals (SDGs), particularly SDG 2 (Zero Hunger) and SDG 12.3 (reduce food waste at retail and consumer levels). Climate change further intensifies food insecurity in India.

Rising temperatures, erratic monsoons and

weather shocks (droughts, floods and landslides) disrupt crop yields and weaken supply chains. Food waste exacerbates this by increasing the demand for limited resources.

Actions that need to be taken

Addressing this crisis requires a multi-pronged approach encompassing both individual actions and systemic reforms. At the household level, individuals can reduce waste through smart meal planning and shopping (creating and sticking to shopping lists), efficient food storage (using airtight containers and storing food at the right temperatures), creative use of leftovers (turning leftover vegetables into soup), composting (turning kitchen scraps into vermicompost) and donating surplus food (to local food banks or charities). Systemically, the government must invest in building more cold storage and transportation infrastructure. Businesses should adopt sustainable practices, such as redistributing unsold food. Educational institutions can raise awareness about responsible consumption. Policymakers should subsidise innovative solutions such as food redistribution networks (apps that connect surplus food with those in need) and improved cold storage (providing subsidies for farmers to invest in refrigeration). Initiatives such as India's "Save Food Share Food" programme demonstrates the potential of large-scale redistribution efforts.

India stands at a critical juncture. Addressing food waste is essential for tackling carbon footprint, ensuring food security and reducing social inequality. Governments, businesses and individuals must collaborate to develop an efficient food management system that minimises waste, optimises resources and fosters responsible consumption. The solution is not simply increasing food production but valuing and conserving what is already available. By making conscious food choices, reducing waste at every level and advocating sustainable food systems, we can move toward a future where food is preserved, resources are optimised and no one goes hungry.

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China ties — beware conciliation without deterrence

Page No. 6, GS 2

Political winds seem to be shifting, with India adopting a more conciliatory crouch towards China. In a podcast released in mid-March, Prime Minister Narendra Modi made his warmest comments about China in years, saying “only through dialogue can we build a stable, cooperative relationship”, which is “essential for global stability and prosperity”. Chinese officials lapped it up.

This has not come out of nowhere. India-China relations have been slowly recovering since they ruptured in 2020, when China launched multiple incursions across the Line of Actual Control, into Ladakh, and a skirmish killed 20 Indian soldiers. Military talks haltingly disengaged forces from many sites on the border. Despite a diplomatic freeze, bilateral trade grew to set new records. And less than six months ago, in October last year, India and China made a surprising deal to disengage their troops from the last two incursion sites. The crisis was nominally resolved, and the two countries were on the path toward normalisation.

On India's stance

It is not yet clear if Mr. Modi's comments were simply a new tone, or if they presage a substantive policy shift. New Delhi itself has probably not decided, and may just be keeping its options open. It may be returning to the more conciliatory approach of the earlier days of the Modi government, when New Delhi hoped to find a mutually-productive relationship, holding summits with China's President Xi Jinping to find areas of policy alignment. At the same time, the India-China rivalry is structural and abiding. Just days after Mr. Modi's podcast appearance, India's Chief of Defence Staff, General Anil Chauhan, met with senior commanders from India's Quad partners, Australia, Japan, and the United States.

India's grand strategy has always prioritised national economic development; from that perspective, India would be prudent to defuse military confrontations with its largest trading partner.

Indeed, China boasts an economy more than four times larger than India's. So, as India's



Arzan Tarapore

is a research scholar at Stanford University, and a visiting research professor at the U.S. Army War College

When it comes to China ties, India must note that a stabilisation policy also requires wielding a sharp sword

External Affairs Minister S. Jaishankar has said bluntly, it is “common sense” for India to seek a stable and even profitable relationship with its giant neighbour.

The three body problem

New Delhi does not, however, make policy in a vacuum. The Modi government has doubtless been examining the new Trump administration closely, and recent signals from Washington suggest an ambiguous policy stance. Mr. Trump has followed through on his threat to impose tariffs on Beijing, but his toughness on trade does not seem to extend to defence policy. He wanly suggested that the United States and China (along with Russia) should slash defence spending in half. His nominee for the top policymaking job at the Pentagon, Elbridge Colby, demanded that frontline allies such as Japan – as well as Taiwan – should radically increase military spending and assume more responsibility for their own defence.

Apart from China, Mr. Trump has shown a predilection for orchestrating grand bargains with other great powers. His peace process for Ukraine involves accommodating Russian strategic interests, while delivering lavish commercial profits to the U.S. Mr. Trump has thus shown a willingness to suddenly reverse decades of policy, ceding a sphere of influence to America's erstwhile rival, Russia, for the sake of forging a 19th century-style compact among great powers. There is no logical impediment to Mr. Trump seeking a similar compact with America's other great power rival, China – trading away American strategic influence for mercantilist gain and an illusory peace.

More pointedly, Mr. Trump all but ceased support to Ukraine – even cutting off intelligence warnings of Russian missile attacks against civilians – to coerce Kyiv into submitting to a deal. America's European allies instantly lost faith in its decades-old security guarantees. Such wanton pressure tactics could not have escaped New Delhi's attention. India does not rely on American protection, but as former Indian Defence Secretary Giridhar Aramane admitted, it has come to expect U.S. assistance, especially

intelligence, in managing the Chinese threat on the border. Now, doubts over American support in a crisis, and even the slight possibility of a deal that strengthens China's position, add more reasons for India to stabilise its relationship with its powerful neighbour.

Sharpen the sword

With a new tone, and possibly a new conciliatory policy, some in New Delhi may be tempted to conclude that India can ease off on investing in military capabilities, or deepening military cooperation with partners. In fact the opposite is true. India's military preparations have been anaemic even despite the urgency imposed by the Ladakh crisis. Defence spending, as a share of the national budget and as a share of GDP, has steadily declined over the past decade.

The risk of a stabilisation policy is that it gives New Delhi an excuse to keep putting off overdue investments in modernisation or organisational reforms. That would play right in to Beijing's hands. For India to have military options in the future, it must invest in military power today. Military capabilities take inordinate time to field – as recent news stories have reiterated again and again, building submarines and developing fighter aircraft take years, if not decades.

In the interim, the Indian military should continue to pursue operational cooperation with its partners, regardless of Washington's unpredictability or New Delhi's tactical shifts in tone. Exercises in the field and on the high seas build interoperability and Indian capability. Further coordination of operations and plans can build Indian capability even more, without binding New Delhi or any of its partners to any particular policy.

Ultimately, the purpose of military power is to deter, and, if necessary, defeat aggression. Indian policymakers can expect more Chinese aggression in the future – just as they have endured for decades in the past, including after Mr. Modi's own summits with Mr. Xi. If India wants stability, it must accompany its conciliatory tone with the material capacity to deter aggression. Otherwise, stability risks turning into submission.

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[list=PLpuxPG4TUOR4VHsceopVQtj73aJ0idtpl](https://youtube.com/playlist?list=PLpuxPG4TUOR4VHsceopVQtj73aJ0idtpl)

2. NCERT Playlist:-

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3. PIB Weekly:- [https://youtube.com/playlist?](https://youtube.com/playlist?list=PLpuxPG4TUOR59OtRNhFu)

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मात्र मैं हूँ

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