

## Government Schemes

### Tele-MANAS:

- Launched by the Ministry of Health and Family Welfare in October 2022.
- Provides free tele-mental health services nationwide, especially to remote/underserved areas.
- Two-tier structure:
  - Tier 1: State-level Tele-MANAS cells with trained counsellors and mental health specialists.
  - Tier 2: District-level mental health specialists/consultation via e-Sanjeevani.
- Operates in 20 languages across 51 centres in 36 States/UTs.
- Toll-free helpline: **14416** or **1-800-891-4416**, accessible through IVRS and callback system.

## Science & Technology

### Thismia malayana:

- New plant species found in Peninsular Malaysia, classified as Vulnerable by IUCN.
- Mycoheterotroph that parasitizes underground fungi for nutrients, thriving in low-light rainforest conditions.

### PraVaHa Software:

- Developed by ISRO for Computational Fluid Dynamics (CFD) analysis in aerospace.
- Used in Gaganyaan for launch vehicle aerodynamic simulations.
- Can simulate flow for Perfect Gas and Real Gas conditions.

### Musankwa sanyatiensis:

- New dinosaur species discovered near Lake Kariba, Zimbabwe, from Late Triassic period (~210 million years ago).
- Belongs to Sauropodomorpha; closely related to species in South Africa and Argentina.
- Fossil remains include hind leg bones.

## Environment & Ecology

### UNESCO State of Ocean Report, 2024:

- Reports significant ocean warming, with a doubled heat absorption rate in recent decades.
- Highlights issues like deoxygenation, acidification, and rising sea levels.
- Aligns with the UN Decade of Ocean Science (2021–2030).

### **Air of the Anthropocene Initiative:**

- Visualizes air pollution using light painting and low-cost sensors in India, Ethiopia, and the UK.
- Particulate Matter (PM) poses severe health risks, with PM2.5 linked to cardiovascular and respiratory diseases.

### **Indian Geography**

#### **Maharani Temple, Gulmarg:**

- Built in 1915 by Mohini Bai Sisodia, wife of Maharaja Hari Singh.
- Dedicated to Lord Shiva and Parvati; showcases Indian-Persian architectural style.
- Restored by the Indian Army in 2021.