1.India's focus on nutritional improvement among children - according to the global hunger report released (recent September month nutrition)

There's a lot of hue and cry over the recently released Global Hunger Index. India has fairly increased its absolute score but still it has slipped places because the parameters that have been considered for the index didn't quite go in favour of India and other countries have fared well on those presumably. The 'nutrient value' of the global indices and rankings for policy making is rather mala fide.

One basic anomaly is that they do not differentiate population sizes as there's just one country that matches the Indian population size. Also, most nations prioritize improving the rank and not the actual parameters on which the rank is based. Apart from these, a lot of premises on which the findings have been based are flawed.

It is interesting to know that India has its own National Family Health Survey. The proportion of under-5 children who are stunted has dropped from the third survey result to the fourth. India has done very well on the under-5 mortality as well. The infant mortality rate has gone down by 4.5% which is far better than most countries in the region. Close analysis of the Global Hunger Index tells us that out of the four parameters, India has done well on two which is 50%. Survey data collected over telephones have serious drawbacks. The economies that are wealthier will automatically fare far better. This is a drawback for a country like India. India has been aptly proud over its achievement in controlling the famine-related deaths due to COVID. And India has the right to be aggrieved at the score.

2.Contribution of educational skills and values to prevent potential conflicts among people (this is for international peace-for Gandhi's vision)

The very fact that Mahatma Gandhi's ideas still awaken the spirits of thought and debate is a clear testimony to their relevance even in today's society. The ideas, ideals and the action programme proposed by him, for a total social transformation, can never lose their relevance. The entire world is now a global village, moving towards the challenges posted by intolerance and fundamentalism. This is where Education comes to rescue leading in a role to prevent terrorism and maintain peace in the global world. Education is a basic obligation that helps imbibe the values of national integration, international understanding and the concept of world citizenship in fostering & keeping peace. Diligent programmes at all levels of education should offer which bring about changes in the mind set to think and work against violence and terrorism.

Education vitally helps develop inner peace which in turn nurtures virtues of tolerance and love. Education helps to avoid violence of every nature be it physical, social or structural. It can also help to understand the nature and origins of violence and its effects on both the victim & the convict and equip them with problem solving skills. However, being a witness to the horrors of the two world wars, there is a re-awakening to the need of developing the human side of education, partially if not completely. Gandhi being one of them with his loud and tireless endeavor for nonviolence. His concept will generate a calmer society where all serve as agents for a change by creating proper values and attitudes.

3.India's vision towards Olympic Games - Progress on youth sports participation

Tokyo 2020 has turned out to be an Olympics of many firsts for India. It was thrilling to see how our sports people competed in different disciplines - won or lost - because it takes magnanimous courage and resilience to perform at these levels, that too when you don't come from a nation where sports is a culture, and where performance is not an everyday attitude.

Each medal was a triumph against difficult odds. All that we need to focus on now is can India break into the top 10 in Olympics by 2040? To achieve this, it is a necessity that the government prioritizes sports spending and that requires a sustained demand from the media and the citizens.

What Sporting talent needs is a systematic nurturing and backing, without which sportspersons can seldom sustain themselves with their basic training requirements. This happens to be the reason why successful athletes are given jobs in PSUs or in the police by the government – Mirabai Chanu has already been inducted as the Additional Superintendent of Police (ASP) in Manipur while Neeraj Chopra has been offered a Class-I government job by the Govt. of Haryana. Private players like Tata Motors and JSW have also tied up with athletes and teams on various occasions. Indian athletes, unfortunately, are more experienced than their coaches. Athletes get exposure but coaches do not. Coaches must refresh their knowledge every six months. Everything is evolving, so are skills related to coaching. Good coaches ought to keep themselves up-to-date like gadgets. Government has on various occasions encouraged individuals to give importance to sports and games in their everyday life. Schemes like the Fit India Movement, Khelo India, TOP are doing their fair share to promote and encourage sports in India.

4.Efficient use of natural resources

A remarkable way to understand natural resources is to understand the associated exhaustion risk as in if they can regenerate; at what speed? We can see that we have already over-used the resources that were once available aplenty! We cannot continue this. We behave as if the natural resources were a normal product that we can restock from the supermarket shelves, but that's not so. For a long time, debates over the environment were only limited to the idea of climate change till we realized that the resources and their depletion is a major aspect that is being ignored. Degradation of natural resources has a direct negative impact on livelihoods. In this context, efficient use of the available resources is the only way forward.

A ray of hope is visible as the Indian government has started to shift its priorities in terms of how it manages the country's economy and natural resources. Changes are already visible on the ground: Renewable energy is gaining traction with the ambitious solar and wind targets. Alternative less water-intensive crops, are being discussed and have become a priority in certain regions. Also, tangible transitions are occurring in the government.

The cleaning of rivers etc. has also started picking up pace. Companies are now being provided with energy-saving certificates which are slowly getting popular with the agriculture sector as well. We have a lot many success stories that come from state level efforts that are being put in viz-a-viz electricity and water conservation. Along with the government, we as citizens should now get in the same shoes as it is not anyone's job alone and it is high time, we understand the same to preserve for the future generations to come.

5.RBI's action on economic recovery of the country post pandemic era

The RBI has stated that policy support is needed to bolster recovery in Asia's third largest economy from a corona virus induced slowdown even when the demand is seeing a surge. The pandemic has affected the poor and the vulnerable more in the emerging and developing countries which makes it a priority to ensure livable and sustainable growth in the post-pandemic future. More importantly, sustainable growth should call for meeting macro fundamentals through medium-term investments, sound financial systems and structural reforms. To realize this objective, a big push to healthcare investments, education, innovation, physical and digital infrastructure will be required. There is also an urgent need to enhance further reforms in the labour and product markets that induce competition and dynamism, and to benefit from the pandemic induced opportunities.

The implementation of a fiscal package across sectors will not only lift the economy out of the woods, but also address some of the existing anomalies in income and wealth distribution. Promoting a self-reliant Indian economy can do wonders though international trade would suffer due to that temporarily! The following steps like universalizing PDS for a year, expanding employment guarantee to urban areas, DBT to the affected families, quick input tax relief to certain sectors, increasing investment in public and social infrastructure can come to rescue. The magnitude of the efforts required should be very carefully understood if the target of bringing the economy back on track is a serious thing on the RBI and the Government's agenda.

6.Describe India's vaccination policy, how long will it take to vaccinate all the citizens

India is embarking on a prodigious mission, it is not only about vaccinating its own population, but also a large part of the globe! Thanks to its position as the world's leading vaccine producer. However, to ensure that the vision doesn't just remain to be a writing on the wall we need to address few important issues that will augment the efforts to efficiently provide vaccines to hundreds of millions in the shortest period of time. India has to keep the specific circumstances in mind while formulating vaccine strategies.

Allocation remains the major area that needs crucial planning. A decision on which section of the population gets vaccinated first cannot go wrong! We have severely limited doses of vaccine available, judiciously screening people for Covid-19 antibodies and prioritising vaccination of those without antibodies may do the trick. The distribution, storage and tracking of stock comes second. You may prioritize the sections but the vaccine should reach them in time. Financing remains an area of attention as well. Given the tight fiscal situation, the government will be well-advised to have as much private sector involvement as possible as part of a hybrid strategy. Proper communication is vital in the whole process. Many people were and are still reluctant over the safety and quality of the vaccines. It is the government's duty to ensure that proper message is communicated at regular intervals. Certification also remains paramount. The people who have completely been vaccinated or immunized have more freedom of being able to work so they should have a proper certification. Also, the certification must be eligible and acceptable in other countries as well. Otherwise, it will create a challenge. If it all goes well, many experts have projected especially after India hits the milestone of 100 crore doses that India is very close to turning the tide on the pandemic and in just another year, things will be back to normalcy.

7.What are the concerns about spreading rumours over social media, how does it impact the society?

Audacious spreading of misinformation is not new. But, can we or should we trust the same as a source of information? In the last few years, many irrelevant things gained momentum as social media takes very little time for something to go viral. Misinformation and Disinformation are two different things and both are dangerous for our society. The memes, imposter content, user comments, misrepresentation of facts etc do not just happen. Most of the times, they are being done with a purpose! Be it political, ideological or business. Usually, such elements give no second thought before sharing whatever they want on various platforms. This is alarming as most of the youngsters today have attached their popularity and acceptance on the social media to their sole raison d'etre.

Rumors deal with important information for particular social group events, correspond its needs and interests. Perception and reproduction of heard information are caused by dissatisfaction of needs and their expectations for being satisfied. A person who consumes such information gets engrossed in it completely as he/she is able to connect and then they fail to check the veracity of the things being shared. No doubt! Social media has its fair share of advantages. But, the ill effects and hazards of the rumours, hoaxes and misinformation can and should not be avoided. Mass panic in the society, suicides, people being duped online etc are not just terms and phrases. These things have the potential to spread hate, depression and a feeling of being a failure amongst the youth which cannot be afforded by a country like ours.

8.Give a brief description of the Aatmanirbhar Bharat. What steps have been taken by the government?

"The twenty-first century belongs to India".

We have been hearing this since the last century. COVID has given us an opportunity to analyse the world order and the world before COVID. While the whole world is reeling under the challenges of COVID, it is easier for us to compare and deeply introspect the differences between the two scenarios. It should not only be our dream to be addressed as the rulers of the 21st century, but we must also understand that it is our responsibility. But the bigger question is; how do we achieve this? What is the ultimate way that makes us rule the 21st century? The present situation in the world has taught us a very essential lesson. 'A Self-Reliant India' is the panacea. This is the only way out! Our PM's vision and the economic crisis triggered by the pandemic gave shape to the concept of 'Atmanirbhar Bharat'. He announced an economic package of Rs 20 trillion to tide over the crisis under the Atmanirbhar Bharat Abhiyan.

The idea, apparently, was not to cut off imports drastically, but rather to introspect, evolve and uplift the domestic industries and make the Indian goods popular amongst Indians again. The MSME sector is the one that gets priority attention. Be it collateral free loans helping to resume businesses, strengthening the supply chain or reducing the dependence on other countries. Another area is the DISCOMS, be it providing bailout packages or privatizing the DISCOMS in the UTs, all the steps are being taken for strengthening and bringing stability to the stressed sector. The Agriculture and Allied sector has always been a priority as well. Investments to support warehousing, cold storage and post-harvest management infrastructure have been done. Steps to help the Civil Aviation sector cut the operational costs have also been undertaken. The CLSS scheme for the Real Estate sector has been rolled out. India has not only developed a vaccine but also doing mass-production for the world. This indeed is an achievement in itself!

9.Describe the national education policy. How will it be helpful to change our education system?

Education has always been the base of an individual's personality and character. Every government makes it a point that they have policies and steps that lead to the betterment of the basic right 'Education'. The reality is that India is still waiting for a miracle as despite so much attention being given to the sector, little has seen the light of the dawn! In this background, the government recently announced the NEP that focusses on transformational reforms in the Indian academic sector and an aim that no child loses any opportunity to learn and excel because of the circumstances of birth or background, NEP-2020 has a target of 100% Gross Enrolment Ratio (GEER), in school education by 2030 by bridging the social gaps in access and participation. The policy has been formulated keeping in mind the findings of a massive survey that had been conducted in November 2017 with an aim to understand how effectively the school system is working in the country.

The policy looks great but there still is a big challenge when it comes to the implementation! There are a lot of positives and negatives that we must analyse and understand. The biggest positive that we must see is that it focusses on the quality of learning. Is a student actually able to gain what is being taught? It is estimated that approximately 2 crore students will be able to come back to school. The new 5+3+3+4 will be attracting a lot of attention. A special module being designed by the NCERT for the children up to the age of 8 will play a vital role in shaping the students in their vital years. The National Book Promotion Policy aims at promoting books for all segments of the society, so that books are available in plenty and they are accessible to people living in different parts, even the remotest corners, of our country. We can keep counting the advantages but the teacher-student ratio, language barriers etc cannot be ignored. And both the benefits and the challenges will need an equal attention to make the policy's success a reality!

10.Describe India's energy transition policy. What steps have been taken to mitigate climate change?

India is one of the fastest-growing economies, home to over 1.4 billion people and currently the third-largest global carbon emitter as per reports. This makes India indispensable to the success of the global energy transition and to a sustainable and climate-neutral global economy and this year India's efforts towards sustainability will take the centre stage. The biggest challenge before India is bridging the gap between decarbonization and innovation in the renewable energy sector. Our ambitious target of increasing our renewable energy capacity to 450 gigawatts by 2030 will help move closer to the broader goals. We are also showing global clean energy leadership through initiatives such as the International Solar Alliance, which has more than 70 member countries.

Fortunately, without too much adequate government support, renewable energy has grown at an astonishing pace in recent years thanks to its plummeting cost. India, for example, has more than doubled its stock of wind and solar power in the last five years, driven less by sustainability concerns than by clean energy's potential for cost-effectively meeting citizens' pressing development needs. Taking into account India's ongoing efforts to make its energy system more sustainable, there is scope to hope that India's domestic performance will make it a leader on the global stage in the near future. India's energy transition is already an inspiration for many emerging economies. A people-centric approach, backed by good policy design, will not only help India build a clean and inclusive energy future, but could also provide a model for other countries and communities worldwide.

11.Explain the technical advancements in agriculture. What are the merits and the demerits?

A sector that contributes about 20% to the GDP of our country still faces a number of challenges. The major challenge is being posed before the farmers due to climate change which has completely changed the rainfall patterns across the country and as they do not have adequate technological know-how, they are unable to protect their crops. There is also an urgent need to help our farmers economically by addressing their basic financial challenges. Though the government has taken the initiative of doubling the farmer's incomes by 2022 seriously, they must take care of the present conditions as well. It is important that the farmers have access to information about the available innovations and technologies in their sector which can tremendously increase their profits. This is where technology can come to rescue!

Technical Advancements are making the Indian agriculture sector smarter, inclusive and more resilient. With increasing digitization, it can help apply sustainable irrigation practices that improves the soil health, predict weather patterns accurately, reduce wastage and fill the supply-chain gap. This all can be done through a simple smartphone. These days ultrasound technologies are being used in the livestock to check what quality of meat is going in the market. Crop sensors help apply fertilizers in an effective manner, improved mechanization like the use of paddy threshers, drills and solar sprayers can reduce the physically taxing manual labour to a great extent. Many state and central schemes also provide help. However, there are two sides of every coin. Using technology has its own advantages and disadvantages. While it can reduce the efforts, time, increase the price of and demand of the products, get marketed better through e-commerce and exposure, decrease the use of water it can also be a costly affair. The overuse or wrong use of machines may lead to environmental damage and not to forget that most of the farmers are illiterate so, helping them with the right education and information can be challenging.

12.Describe India's smart city mission, how would it be achieved?

The Smart Cities Mission is a transformational vision. It was launched in 2015 by PM Modi with a vision to bring about a paradigm shift in the practice of urban development. 100 cities were chosen in the initial phase through a series of events between 2016 and 2018. The mission is aimed at improving the quality of life of the people through technological advancements that lead to smart outcomes along with local development. The sustainable and inclusive development should act as an epitome of development for the other aspiring cities in future. It is a centrally sponsored mission which will be getting its investments from the Centre, State and other sources of investments. The cities are regularly being evaluated on the basis of various parameters like the ease of living, national urban digital mission, streets for people challenge, cleanliness etc. The government now aims to take the mission beyond 100 cities.

The target has its fair share of challenges. At present the evaluation shows that just half of the projects that were planned have been completed. The management has to be made better as some places are working without boards, lack of coordination etc. The second challenge that we see largely due to the pandemic as well is that of finance due to which the Centre, as well as most state and local governments, are finding it difficult to mobilise funds, transfer them to SPVs, and use them efficiently. Technology and Data Protection is also a huge responsibility. However, more projects are being identified and proper trainings are being expedited. The process of fund transfer between the Centre and the State is being made smoother. The government is working in an integrated approach of information, communication, management and preparedness. Regular meetings and updates are also being taken seriously. If this goes well in the long term, things will start taking shape as planned.

13.Rising concerns of unemployment in the world and the significant role of the International Labour Organization to protect the Unorganized Labour Sector

Unemployment is one of the five major problems that any country in the world faces. India is no different. The unemployment rate in India before COVID ie; in 2018-19 fell to 5.8% as compared to being 6.1% in 2017-18. The year 2019 brought with it an unprecedented health crisis which sank the world into a deep economic crisis. India which has a major portion of its population comprised of youngsters, is also bearing the brunt as the unemployment rate has risen to 10.3% at present. The reasons of unemployment can be numerous but the severe health crisis has become an undebated leader amongst them. As per the International Labour Organisation 61% of the world population is working in the informal sector or the unorganised labour market that has been affected due to the lockdowns. That is a good 2 billion people globally. The same report also shows that 93 per cent of the world's informal employment is in the emerging and developing countries.

The crises are generally seen to hit the low-skilled, young and informal workers. An urgent attention is needed to transforming the unorganised sector into an organised structure where the workers can have job security and other benefits so that the people employed in the sector feel motivated to improve their literacy and skills. It can be observed especially after the pandemic that those who depend on a single source of income due to their limited skills and qualifications, are the ones who have suffered the most. International co-ordination on stimulus packages and debt relief measures will also be critical to making recovery effective and sustainable. Job creation should be focussed upon but a simultaneous focus on jobs that facilitate training, reskilling and upskilling with work has become an urgent need as many youngsters are forced to work in the present conditions. But, if this happens at the cost of education, the world is again back to square one. Last but not the least, investing in youth entrepreneurship and self-employment is also an area that can do wonders.

14.Explain India's strong growth in Digital Payments and what can be done to take it to Rural India?

With more than 600 million internet users, India has become one of the largest and fastest growing markets for digital technologies. The year 2021 has started on a positive note for India with respect to its digital financial sector. A shift in the consumer payment behaviour has been observed especially after the COVID pandemic as it has given rise to digital payments very strongly. Both the number and the value of transactions have seen a rise. An 88% increase has been observed in the UPI transactions as compared to September 2019. Not only UPI but other digital modes of payment like the RTGS, NEFT, IMPS, credit and debit cards have also seen a sharp rise. Out of all these, UPI transactions alone contributed 49.1% of the total transactions. It has been observed that even after the markets have opened, people are not looking at going back to the traditional methods of payments as they have gotten completely used to digital payments. This is further going to increase as the festival season comes near with credit card transactions picking up.

With all these achievements, it must also be kept in mind that India's heart is in its rural population which accounts for 66% of its population and contributes more that 46% to the national income. While the urban areas witness a 99% of internet penetration, rural areas figures are bleak at 33% only. Tapping into this seeing it as an opportunity can emerge as a silver lining for the country. The government had started paying attention to the financial inclusion and many schemes like the Digital India Mission have now become household names. The Bharatnet project has also been launched with an aim to bolster the Digital India Mission. Pradhan Mantri Gramin Digital Saksharta Abhiyan has been targeted towards making six crore Indians residing in rural India digitally literate. Start-ups like Jai Kisan and FIA technology are bridging the digital gap in rural India by offering financial products and services. Paytm has also expanded its services and claims to have a presence in more than 3 lakh villages across India. A little effort towards making digital payments look friendly and secure should be made as the it is difficult to trust anything new with money!

15.Describe the Crisis being faced by the insurance companies during the pandemic and the shortage of funds with the government to give ex-gratia to the victims

COVID has been harsh upon every sector in the economy. The insurance industry is facing boundless challenges. The basic premise on which the insurance industry itself works is 'Risk' but how will it tackle the uncertainties and risks if it were itself stuck. The pressure is mounting both ways as the pandemic has put many people's lives at risk and at the same time with a visible decrease in the incomes, people have become reluctant to invest their money anywhere because survival has taken the front seat. Many offices have shifted their base and moved to remote working locations as their survival and reputation both depend on the way they handle the claims in this hour of emergency. Many companies have already started making changes in their exclusion policies and the fact that they already suffer a poor customer reputation is not new.

In this backdrop, there have been more than 4.5 lakh deaths in the country due to the pandemic. Earlier an ex-gratia relief of Rs. 4 lakhs had been fixed to be given to the kin of the ones affected due to COVID. But, due to the huge number of deaths this amount has now become impossible to be given as the state finances are already under a severe strain and the entire account of SDRF (State Disaster Relief Fund) cannot handle this as there are other health and related emergencies to be met by the state during these tough times. Even the government has its own limits. The SC however has stated that the government cannot shy away from fulfilling its responsibility of disaster management and hence must fix an amount that it can bear to which the government has responded that it will be able to provide an amount of Rs. 50,000 per person and not more than that. A lot of states already made sure that they must come to the rescue of the victims since the start of the pandemic but hardly had anyone known that this will take this big a magnitude and become unmanageable.

16.How do the MGNREGA schemes support the rural women?

The program in which earlier a limit of 33% had to be fixed for encouraging the women participation has now become a magnet for the women. The benefits and the unique features of the scheme have made this a reality. The biggest highlight of the program has been the equal wage criteria for both men and women which can hardly be found in the other areas. There have been surprising observations which tell us that women welcome this opportunity as economic freedom. More than 90% of women labourers work as farm labourers or cultivators. When they used to work in their own farms, they didn't get paid for it but in this case, they get paid which contributes to the family's income. The men of the house generally migrate for work and women can work in MNREGA supporting their families. Their participation is quite substantive.

Women Empowerment was one of the key features behind launching the MNREGA. The implementation of the scheme through gram sabhas, social audits and other participatory activities have made it more suitable for women to work. The wages earned are directly transferred to their banks or post office accounts. There are provisions like providing work withing the 5 Km radius of their house is also a compelling factor to encourage their participation. Also, there are no contracts that provide flexibility to choose the months or timing of work. The scheme plays a significant role in meeting the economic and social needs of women. Having their own income has helped them start thinking about the needs of their children and themselves. They have started taking care of their health and hygiene which leads to the overall development of the household. However, a lot can be done on the gender equality front but the success of this program is a hope in itself. So, more awareness should be created.

17.Raising concern on e-waste, how it impacts the global climate policy? Explain the waste management policy

Haven't we heard of the island of trash known as the Great Pacific Garbage Patch? Yes! It floats between California and Hawaii and is bigger in size than the entire Texas. And, this is not the only one. The world in total has five such floating islands of trash that weigh more than 80,000 tonnes. The global e-waste that is being generated is proving to be very harmful for the environment and has potential health hazards. The Global e-waste monitor reported 59 tons of e-waste and estimated that it is expected to rise to more than 80 tons by 2030. Only the techno-biggies are not responsible! Even a non-techie generates about 7 kgs of e-waste. Every gadget has a shelf-life so it is not right to play the blame game. But this is not enough to ward the concerns off. The children, expecting mothers, adolescents etc who work at these dumping sites are exposed to thousands of harmful substances.

There are various measures that are being taken in order to curb the jeopardizing effects but can they be effective without the individual citizens' understanding of the severity of the matter? The basic mindset that a crisis is needed to bring about a policy change is paralyzed. It is to be kept in mind that waste management is essential because not all the waste that is generated is recycled. A lot of steps have been taken by the government in the recent years like the segregation of garbage waste is being practiced in towns and cities where the public is being provided with the required infrastructure and awareness by the civic bodies. Door-to-door collection of waste has become a reality in most of the towns and cities of the country. Community bins have been placed and are being maintained. Many cities have their own waste management plants been set up. The only bottleneck is that there is an absence of a long-term action plan. The states should prepare state level action plans like the national action plan to make the target achievable.

18.Raising concerns over the coal shortage, discuss the renewable energy policy and power system.

Coal accounts for more than 70% of India's electricity output. Power shortages are evidently visible already and a widening gap between the demand and the supply of power is not hidden from anyone. China is witnessing a power crisis; India's condition is exacerbating. As the economic activities are reviving India's need for power is increasing. Severe flooding in the monsoon season is one of the reasons why coal production has been so severely hit. A significant curb in the imports is also one of the reasons. Coal remains to be the backbone of the power sector. Therefore, to address the emergency, the ministries have jointly decided to draw strategies to maintain the supply of coal to the thermal power units.

India is on an aggressive path to increase the contribution of renewable sources of power in its energy mix. The energy experts believe that the coal and the power generation has not gone down but the demand for power has risen sharply due to COVID. With this in the mind, the idea of alternative sources of energy appear logical though they can't offset the usage of coal but slowly make way for the additional extra power requirement sharing the burden. What India can least expect in this time of economic recovery is power cuts. Solar energy can ramp up the existing shortage but only if the policy makers remove the roadblocks enabling rapid deployment. Once the acceptance increases, the cost would start coming down. It can happen in the medium to long term but it has to start now. Renewables like solar, wind, geothermal and hydroelectric sources should be preferred to the fossils looking at the effects of the latter on the environment. Renewables pave the way for a greener future but it will take advanced technology, careful planning, and increased flexibility to ensure a smooth transition.

19.What is the role of the UN Security Council in maintaining international security? Describe Taliban attacks

The UNSC had been set up during the World War II and it continues to be relevant even today. The primary responsibility of the UNSC is maintaining international security and responding to crises around the world that include determining and planning where and when the peace operations should be deployed. Then a resolution is adopted to establish a peace operation. It keeps a watch on the ongoing resolutions and can make amends in between taking suggestions from the members. It imposes sanctions on those not abiding by its resolutions to create pressure for the attainment of its security objectives. Since 1966 it has established 30 sanction regimes.

It had earlier imposed sanctions on the Taliban as well. Recently the UNSC unanimously approved a resolution defining that the new Afghanistan's Taliban rulers must establish an inclusive government that upholds equal rights to women. They have clearly stated that the 15 members will be keeping a very close watch on the activities of the Taliban.

The UNSC has its presence in Afghanistan since 1948 and its sad that it continues to be present there even after the Taliban took over. It is disheartening to see that the Taliban has still not been declared as a terrorist outfit though, 17 of its 33 leaders are under sanctions.

20.Describe India's electoral system, difference between voter ballot and EVM

Conduct of elections in a vast country like India is not an easy job. It involves tight security management. Elections in our country are almost an everyday process. Our constitution attached special significance to an independent electoral machinery for the conduct of the elections and provided for an Election Commission of India which is responsible for the superintendence, direction and control of all elections. It is headed by a Chief Election Commissioner who is assisted by a large number of officers. The ultimate aim of the ECI is to conduct free and fair elections in the country. The process of an election begins when the President or a Governor of a state issues a notification.

The candidates file their nominations within seven days of the issue of the notification. Every candidate has to make a security deposit which is forfeited if the candidate fails to get at least 1/6th of the total votes polled. Then the campaigning starts keeping in mind the model code of conduct. Then comes the polling, counting and declaration of results.

EVMs were first used in 1982 at some polling stations in Kerala during a by-election. Before that paper ballots were only used. It was found that various malpractices like vote rigging, muscle power, booth capturing etc were being carried out and hence alternate ways for polling were sought after. After a lot of trials and experiments, in the year 2004 finally EVMs were used in the Lok Sabha elections that completely did away with the paper ballots. Controversies are synonymous to elections in India and the use of EVMs has become a hot potato for the parties that lose in the elections. There are both merits and demerits of both the systems. Usage of EVMs has prevented a huge wastage of paper. On the other hand, there is a debate of the EVMs being hacked. Counting paper ballots can be a gargantuan task whereas EVMs have an increased efficiency. Until there is a proof of the EVMs being tampered these are definitely the best option and going back to paper ballots should in any case be avoided.

21)The merits and demerits of Online Education

The roots of education are bitter, but the fruits are sweet. Education plays a vital role in the development of an individual. The pandemic created the largest disruption of the education systems in the human history as it closed the doors of schools for more than 1.2 billion students across the globe. Sooner did the world realize that, learning should not stop and the world sought an opportunity in the midst of the chaos. Online Education existed even before the pandemic but the world became more open and receptive towards the same in the time of the crisis. As most teaching methods, online learning also has its own set of positives and negatives.

The best thing about online education is flexibility. There is no constraint of time and space. The lectures can be conducted any time and can be attended from anywhere. The lectures can be recorded and used in case a student misses a session due to some reasons. It is cost-effective and affordable. Since the classes are happening online, all the costs associated with transportation, space, meals, inventory etc can be minimized. The study material is also available online and is mostly free. If not free, then too the cost is not too high. The students and the teachers have become technically efficient as various modes, platforms, software etc become necessary making it easy for the students to amp up the skills needed to get job ready in advance. However, there is a flip side as a considerable amount of impact on the students' health is visible due to long screen-timings and bad sitting postures. The students feel isolated as the atmosphere of a physical classroom can't be matched. Also, teachers are unable to focus losing the sense of connect. The technological constraints especially in the rural areas are also not new issues.

22.Describe National Disaster Response Force, how it reacts to situations like pandemic, floods, earthquake?

19th January every year is celebrated as the day when the NDRF ie; the National Disaster Response Force was raised way back in the year 2006. There are 12 different battalions of the NDRF located in 12 locations of the country with more than 15000 personnel working towards the safety and security of the country. The DG of the NDRF is an IPS officer under whom 18 specialized search and rescue teams function. These teams are trained in rope rescue, flood rescue, collapsed structure search and rescue, and many other activities that help save lives during calamities. Recently, the NDRF has inducted a batch of 100 women disaster commandants. The NDRF doesn't only serve our own country during the disasters but also sends relief material to other nations in need. The latest example is the cyclone hit Fiji where about 6 tons of relief material were sent in a short span of time.

Globally, earthquakes result in loss of more than 50000 lives every year. Landslides are also very common in the Himalayan regions. Disaster management in India has evolved over a period. In the early days, the disaster relief departments were set up only during the emergencies. The complete focus was on relief and not prevention. In the 1990s, India started thinking about a permanent institutionalized set up following which the NDMA ie; National Disaster Management was constituted with a job to frame policies and approve a national plan. This is their way of emergency management. The centre allots relief funds for various contingencies. The NDRF works in five steps; prevention being the first stage where attempts to avoid an incident are taken. Mitigation is the next step that helps reduce the chances of an emergency. Preparedness comes next that helps a community improve its ability to respond. The fourth step is Response where actions may include activating the emergency operations, evacuating threatened populations, opening shelters and providing mass care, emergency rescue and medical care, fire-fighting, and urban search and rescue. Then comes Recovery which aims at taking life back to normalcy.

23.Describe gender inequality over workplaces, what are the steps being taken by the government for women empowerment?

There have been various studies that have indicated that glass ceiling still exits for women in workplaces. The gap can take many forms like unequal pay, disparity in promotions, incidences of harassment and so on. The situation may have improved over the years but India is still contending with the strongest bias against women. As per the findings of the LinkedIn opportunity Index 2021, more than 85% of the women have claimed that they missed out on a raise, promotion or work offer due their gender. About two-third of the women surveyed said that they faced discrimination at work because of their household and familial responsibilities. The following situations during the pandemic made the women even more vulnerable. The gender pay gap in India is as high as 27% in India. Women are actively seeking employment as an equal and most of them are looking at recognition at work for what they do.

The Indian government has recognized women's contribution in the country's economy and has introduced schemes and initiatives for them. The Mahila e-Haat under the Digital India Mission is a direct marketing platform where women entrepreneurs can register for business. The Mahila Shakti Kendras that have been launched to enhance the skills of women workers so that they get better opportunities. The government has launched Working Women Hostels to ensure availability of safe and convenient accommodation for working women. Other schemes like the Sukanya Samriddhi Yojna, STEP etc also have proven to be useful in giving a push to women.

24.India's relationship with other countries, brief details about India's EXIM policy

India is on the track to become the third-largest economy in the world due to its size and a sheer 1.3 billion population. It is also the largest and the most diverse democracies in the world. When India was grappling with COVID second wave, the whole world stood in solidarity. It wasn't out of pity or charity but a result of the relations that India has nurtured all these years. This has been termed as 'Politics of Compassion' which made India get even more help than the country worst hit by the pandemic. India's large-hearted policy is now being empathetically returned by the world leaders. India has definitely earned this! Not only during the pandemic but even before that, India even after being a developing country has never failed to voluntarily offer help to even the developed countries. The world has understood the strategic importance that India holds whenever security is being discussed. The Asian geopolitical scenario is incomplete without Indian intervention.

The Foreign Trade Policy is something that lays down the simple and transparent trade procedures for the efficient management of trade in India. The new EXIM policy is still awaited as it got delayed due to the ongoing pandemic due to which the present policy has been extended for a year and a half. Various projections have estimated India's growth rate at 7.3% in 2021. The turnaround in trade is possible only when the exports pick up pace. A lot hence, would depend on the policies being framed as the sole aim should be positioning Indian goods at par with the world. What the traders are expecting from the policy is an easy-access to credit. India needs to focus on the quality and the technology to scale production and not subsidies. A strong push to the export infrastructure is also needed as this is one grey area that keeps us behind many other countries who are better. If India wants to achieve its long-term economic targets, the EXIM policy has to make way for meeting all the expectations.

25.Describe India's judicial system and your views about the online proceedings of cases?

Judiciary can be described as a system of courts that interpret and apply the laws incorporated in jurisprudence. The Indian judicial system follows the common law system based on recorded judicial precedents as inherited from the British colonial legacy. The highest authority lies with the Supreme Court of India also known as the Apex Court which is headed by the Chief Justice of India. Then come the High Courts and the Lower Divisional Courts. Each state has its own High Court. However, Lok Adalats (Courts of people) can also be called a part of the judicial system as the people can go to these for settlement of cases before getting caught in the jurisdiction of courts.

A lot of cases are pending before the courts due to various reasons already. The pandemic has aggravated this issue even more. It is time now that our courts adapt to this changing trend and take this both as a challenge and an opportunity. The right of access to justice by live streaming of the proceedings has been made possible. Earlier, even the Supreme Court wasn't able to keep a record of its proceedings for posterity. It is also good for the law students as earlier due to space constraints they were not allowed to view the proceedings without a pass. Not only the students but the journalists, young lawyers, academicians, civil society activists would also benefit from the live streaming. Documentation is essential to preserve our history. Otherwise, decisions that have an impact on the citizens' lives like the Triple Talaq, Ayodhya, Sabrimala, Section 377 etc will go with the great lawyers without any documentation. The Supreme Court has regularly made efforts to make justice more accessible and the results will soon be visible.

26.Big cyber security challenges concerning Pegasus like software issues

Cybersecurity is important as it protects the data and sensitive information of the users or the businesses from cyber-attacks. It is important to keep the applications and software free from threats like ransomware and malware. India needs to realise soon that not having a dedicated cyber security law can prove to be lethal as the present laws are not enough to deal with the fast-changing surveillance techniques. Why lethal? We live in a digital era. The buying patterns, payment of bills etc is all just a click away. If all of this is not protected, the data breaches can cost beyond limits. Protection from various Malware, Ransomware, Phishing attacks, Spyware etc can be dangerous.

Spyware can be loosely understood as a malicious software designed to enter your computer device, gather data about you, and forward it to a third-party without your consent. Though it is still not legal in India, it is used legitimately for advertising purposes. Pegasus software is a new spyware that is an advanced layer of intelligence which is different from the earlier instances of phone tapping as the spyware can enter your phone without the click methodologies. It is not completely wrong to develop these technologies as it can't be denied that the government needs these interception and monitoring techniques. With strengthened cybersecurity defences in India's future, Indian businesses will become more competitive on a global level and create a safer digital India.

27.Describe the E-commerce process and the way it impacts the small retail traders

The buying and selling of goods over the internet is known as E-commerce. Almost anything ranging from electronics, books, jewellery, kitchen stuff etc can be bought online. E-commerce has helped the small businesses gain access to wider markets by providing cheaper and more efficient distribution channels for their products or services. Many stores have less stock in their physical stores but they have more options online as a broader customer base gives them an opportunity to experiment with the stock varieties. It is very easy to start an online business with a little knowledge of the payment gateways etc. Websites like Amazon etc have given a platform to many sellers online and made it easy for them to increase their customer base online along with their brick-and-mortar stores.

However, if we see the other side, the impact on some retailers have not been as rosy as they appear. Many retailers have seen a sharp decline in their turnover and profit-margin. To compete with the online discounts etc the retailers are forced to maintain low prices which hardly are able to cover their operational costs leaving a very low scope for profit margins. Many offline shops face an issue of window shopping for which they need to maintain a variety of stock to look attractive making it really difficult for them as maintaining such a lot of stock can prove to be very heavy on their pockets. We can interpret that bringing a lot of convenience and ease in shopping has definitely been fruitful for the consumers but it has not been smooth for the retailers.

28.How to strengthen India's health care system?

India faces enormous challenges in the sphere of healthcare as being the second most populous country is not an easy job. And, with emergencies like the pandemic, it is becoming even more difficult for the country to handle things appropriately. To address these challenges, India adopted the National Health Policy with a vision of Ayushman Bharat ie; Healthy India. But to realise this aim, there is a gap that still needs to be bridged. There are certain parameters on which India needs to work on sincerely if it needs to attain its mission. The major issue that needs an urgent attention is infrastructure. Lack of well-equipped medical institutions remains a challenge. We should not need another pandemic to justify the same. A simple observation of the public hospitals in states like Bihar can be seen as examples.

There is a shortage of efficient and skilled manpower especially in the rural areas where two-thirds of our population resides. The doctors, nurses etc need to become more receptive towards working in the villages. Most youngsters do not wish to be a part of this chain as they see that the salaries in the cities are better. The doctor to patient ratio in the rural areas is less than 1 doctor per 1000 people which is alarming. Many hospitals are not able to manage the patient load as they fail to keep a regular track of the available stock of amenities affecting the operational efficiency of the hospitals. There is an urgent need to integrate technology into the process. A feedback mechanism should be put in place so that a trust can be developed between the patients and the medical service providers. Most people fear medical treatments to be too heavy on their pockets and hence refrain from seeking help. All this has to change primarily if the vision of “Ayushman Bharat” has to become a reality.

29. Describe the standup India Scheme, explain about credit facilities available to women entrepreneurship.

Standup India scheme is the scheme for financing SC/ST and/or women entrepreneurs. In short we can say that Stand Up India programme is for providing easy funding to Dalit and female entrepreneurs. This scheme was launched on 5th April 2016 to promote entrepreneurship at grassroot level focusing on economic empowerment and job creation and has been extended up to the year 2025. The scheme is aimed specifically at entrepreneurs belonging to Scheduled Castes and Scheduled Tribes as well as female entrepreneurs to help them take loans at low interest rates. The idea of the scheme is to empower the socially and economically disenfranchised sections of the society, including Dalits, tribals and women.

The Stand Up India Scheme facilitates bank loans between 10 lakh and 1 crore to at least one scheduled caste (SC) or Scheduled Tribe, borrower and at least one woman per bank branch for setting up a greenfield enterprise. This enterprise may be in manufacturing, services or the trading sector. In case of non-individual enterprises at least 51% of the shareholding and controlling stake should be held by either an SC/ST or Woman entrepreneur. The age of an SC/ST or Woman entrepreneur must be above 18 years. The rate of interest would be the lowest applicable rate of the bank for that category (rating category) not to exceed (base rate (Marginal Cost of Funds based Lending Rate) + 3%+ tenor premium). Besides primary security, the loan may be secured by collateral security or guarantee of Credit Guarantee Fund Scheme for Stand-Up India Loans as decided by the banks. The loan is repayable in seven years with a maximum moratorium period of 18 months. For drawal of Working capital upto 10 lakh, the same may be sanctioned by way of overdraft. Rupay debit card to be issued for convenience of the borrower. Working capital limit above 10 lakh to be sanctioned by way of Cash Credit limit. The margin money requirement for loans under the Scheme has been reduced from 'upto 25%' to `upto 15%'.

The government has taken various steps towards the effective implementation of the scheme, now it's time to enroll in this scheme which in turn contribute to empower the socially and economically disenfranchised sections of the society, including Dalits, tribals and women.

30. Why the prices of essential commodities rising rapidly, how it will impact on consumer side.

The term rising of essential commodities is known as Inflation. It hampers the life of economically weaker section. Apart from Political party changes, some external factors may cause for raising such as exporting products, hoarding of commodities .It increases the risk of the country's economic development .Rise in food prices could pose grave risks of increased food security and undernourishment in some low income countries.Price rise affects different people differently.Although it may not have much affect on the flexible income group.In order to curb the problem of price rise it should be the joint effort of the government and the public control it.The government and banks must keep a check on hoarding and black market ting and also stop payment of public debt until price rise is controlled within the economy.

As far as general public is concerned ,they must reduce unnecessary expenditure and increase savings .This will reduce disposable income with the people and hence personal consumption expenditure.In conclusion ,It is evident that price rise is a multi headed topic,which must be defeated on time with proper measures to benefit not just the rich population,but the poor also.Economists have pointed out that factors such as consumer spending,public expenditure,black money etc are exceeding demand.So government and people are the responsible for keeping the price rise under control.

31. Explain about the contribution of asset reconstruction companies to reduce NPA's in public sector banks.

Asset Reconstruction Company which plays crucial role to helps the bank to come out of NPA crisis. This Phenomenon process is known as prompt corrective action framework. Controlling and managing non-performing assets across the banking industries of the world is burning issue. Asset reconstruction is a unique of financial institution that buys the debtors of the bank at a mutually agreed value and attempts to recover the debts. It can take over only secured debts which have been classified as a non performing asset. Customer base is extremely large so there is always more risk involved in lending as part of financial sector reforms following the recommendations of the committee on the financial system.

It helps the bank to focus on their routine banking activities and save their time of chasing the defaulters for recovery. In India the problem of recovery from NPAs was recognized in 1997 by Government of India. Challenges which hampers the ARC not to function efficiently are Non availability of funds to meet the NPA, Lack of necessary professional skill in expertise in managing recovery, Stringent RBI rules and regulation hampers The ARC to work independently and there is a price expectation mismatch between selling and buying ARC and agreement on acceptable valuation of the bad assets will also create a challenge for ARC. It performs acquisition of financial assets, change or takeover of management, rescheduling of debts. It is the most necessary for a robust and a realistic approach to pricing between the banks and ARCs. So the ARC has a very vital role to play in current scenario and it should be strengthened to solve the massive NPA problem.

32. Describe the role of international financial organizations in alleviating poverty in developing countries.

In the last decade poverty issues in developing countries have received growing attention, policymakers of different international financial organizations have become anxious with the failure to significantly reduce the incidence of poverty in their countries. Also, international financial organizations have started to provide more support to efforts aimed at alleviating the poverty of the large number of poor that represent many developing countries. About one billion people still live in absolute poverty in the region. Most of the poor live in the rural areas, and are engaged in agricultural activities or a variety of micro-enterprises. The reason behind extreme poverty is that the poor are vulnerable to income fluctuations and hence are exposed to risk.

Most formal financial institutions do not serve the poor because of perceived high risks, high costs involved in small transactions, perceived low profitability, and most importantly, inability to provide the physical collateral generally required by such institutions. Most poor and low-income households continue to rely on meager self-finance or informal sources of finance. What international financial organizations do to alleviate poverty in developing countries is- they provide efficient provision of savings, credit and insurance facilities which enable the poor to smoothen their consumption, manage risks better, gradually build assets, develop micro-enterprises, enhance income earning capacity, and generally enjoy an improved quality of life. Also, with improved access to institutional micro-finance, the poor can actively participate in and benefit from development opportunities.

Micro-finance activities prove that poor households can and do save rather than borrow, and it is possible to successfully mobilize funds from poor households. Another important fact is that contrary to expectations, the poor are creditworthy and financial services can be provided to the poor on a profitable basis at low transaction costs without having to rely on physical collateral. Finally, micro-finance services contribute to the development of rural financial markets and to strengthening the social and human capital of the poor.

33.Explain about India's migrant policy ; describe the status of unorganized labourers during pandemic.

Spurred by the exodus of 10 million migrants from big cities during the Covid-19 lockdown, NITI Aayog, along with officials and members of civil society, has prepared a national migrant labour policy. The need to do this has evidently been caused by the enormous suffering endured by the country's migrants, those who migrate short term primarily to earn and remit money back home during the novel coronavirus disease (COVID-19) lockdown in 2020. It acknowledges that circular migrants are the backbone of our economy and contribute at least 10 per cent of India's gross domestic product. Yet, tens of millions are employed in uncertain jobs in the informal sector without contracts or documents to prove their identity, and claim state support in the event of a crisis.

The draft policy is clear in highlighting the vulnerability of migrants to such crises and describes the experience of migrants during the lockdown as a "humanitarian and economic crisis". The draft policy makes efforts to bring together different sectoral concerns related to migration, including social protection, housing, health and education. The draft mentions the need for convergence across different line departments and proposes the establishment of a special unit at the Ministry of Labour and Employment which will work closely with other ministries. It proposes new management bodies for interstate migration and stresses the need to improve the data on migration, especially data on seasonal and circular migration. All of these steps promise to create a policy environment that can better support migration and one that is based on sound data. The sphere of the policy is broad, seeking to bring even the most marginalised groups under its umbrella.

The COVID-19 crisis has enlarged several pre-existing problems faced by the migrant communities which led them to suffer invariably at different stages of their migration. This crisis, therefore, should be used as an opportunity to bring positive measures and requires strong political will to implement them. The effective reintegration of the internal and international migrants in the post-COVID economy is an important policy issue which would entail collecting latest data, job creation which matches their skill set, inclusion in welfare schemes, portability of social security benefits taking into consideration the mobile nature of migrant communities. For better policy making, the government must integrate with the civil society which has good outreach with the migrant communities at the grassroot level.

34.Describe how technical advancement helps to conserve natural resources since India is called as a different diverse country, and has a wide range of natural resources.

As we all know that India is the bucket of wide range of natural resources, it has some of the world's most biodiverse ecozones—desert, high mountains, highlands, tropical and temperate forests, swamplands, plains, grasslands, areas surrounding rivers and an island archipelago. But growing population, climate change and many other factors contribute to degrading our India's resources. The next problem that stands before us is that of the ecological changes we face. Keeping in mind the potential technology has, environmental scientists are now saving the environment with technology. It has made the world a smaller place, assisted in fighting off the deadliest diseases, and solved the most complicated problems for us.

One of the most significant ways to contribute to saving the environment is to sustainably generate and use the available energy resources. Due to the non-renewability of fossil fuels like coal, petroleum, and natural gas, researchers are coming up with new ways to generate energy with technology. Energy storage includes developing low-cost storage solutions for energy in the form of modern batteries and improved fuel cells. Smart grids assist in moving the generated electricity around to ensure that everyone on the network can access it. The technology includes building such grids and working on their maintenance.

Sustainable electricity generation includes generating electricity from renewable resources like the sun, wind, and the tides. Solar energy has gained tremendous impetus in recent years. Following its lead, people are finding innovative ways to use tidal and wind energy for cleaner power sources. Technology now is being widely used in saving wildlife also. Like- smart collars embedded with GPS, meters, and sensors to keep track of endangered species like rhinos and elephants, remote monitoring of wildlife sounds and noises to detect any predator harm or natural distress, Conservation drones to track and monitor wild forest regions for any natural disasters like forest fires that can cause animals to be killed.

There are a lot of other ways to contribute to the preservation of the environment with technology. Most of these applications are widely used and have brought about significant changes. We people if we get united then only will conserve the precious resource available widely in India thus also helping in securing the future.

35)Improvement in sustainable development goal achievement- contribution of NITI Aayog to improve the ranking

The NITI Aayog has always been of a view that the sustainable transformation is imperative in the long-term development of India and because our cities and urban areas play a prominent role in the same, their development and monitoring on certain parameters is crucial. Keeping these goals in perspective, the NITI Aayog along with the GIZ and the BMZ came up with a dashboard and an index that ranks 56 urban areas on various indicators. A report has also been released recently in which Shimla, Coimbatore, Chandigarh, Thiruvananthapuram and Kochi have come up as the top performers or achievers. However, Dhanbad, Meerut, Itanagar, Guwahati and Patna are trailing as the worst performers as per the index.

Some of the goals that have been used to define the performers in the index are: No Poverty, Zero Hunger, Good Health and Well-Being, Quality Education, Gender Equality, Clean water and Sanitization, Affordable and Clean Energy, Responsible Consumption and Production, Climate Action, Peace and Justice etc. Different cities have fared well under different parameters. The urban areas are ranked on a scale of 0-100. A score of 100 implies that the urban area has achieved the targets set for 2030; a score of 0 implies that it is the farthest from achieving the targets among the selected urban areas. Overall or composite urban area scores are then generated from the Goal-wise scores to measure aggregate performance of the urban area. No city could achieve a perfect score though.

36)Describe higher education versus skill acquisition among youngsters

The degree versus skill debate is never-ending. Not only in India but all over the world the same debate keeps popping. Education is of paramount importance; no doubt about it but it doesn't guarantee a job in the chosen field in most of the cases. Whatever is learnt while pursuing a degree becomes useless if one doesn't learn the acumen of applying skill to make use of the theory into practical execution. There is an overpowering need of skilled workers in our country. Millions of youngsters get added to the workforce every year but hardly a fraction of them actually manage to secure a job. Sometimes it has been observed that the university curriculum remains outdated and irrelevant as per the current industry standards most of which is focused on simply finishing the curriculum rather than focusing on learning. Ideally, higher education should teach you essential skills in your academic field of interest and it should teach you how to think and how to approach problems.

Having just a degree is like owning the best weapons but not being able to use them. The importance of skill and talent is growing day-by-day. Google's vice-president of people operations, Laszlo Bock beer, had mentioned this in an Associate interview with The New York Times. For each job, the factor Google looks for the most is the general cognitive ability and not the intelligence quotient. Applying your mind and logic to return up with a far better answer would require the correct talent set. That's the reason that companies like these have opened their doors for non-graduates with reasonable cognitive ability and logic as they understand that the existence of any business relies heavily on being able to solve the people's issues. This is the reason we can see that the people with skills are earning more. Also, we don't need another pandemic to explain the same, right!

37)What is the concern over the rising trend of work from home policy, describe the labour law reforms?

W-F-H is new to none now. The pandemic has broken through cultural and technological barriers that presented remote work in the past, making remote work a significant part of the work life. Given that non-traditional work modes are the "future of work", we should consider regulatory frameworks on this, across countries. Labour expert KR Shyam Sundar said, "Without proper regulations for WFH, employees will be left at the mercy of the employers. Employees' bargaining power will be reduced." With all of this in the background, the government has proposed to formalize work from home facility for the services sector and has left the manufacturing sector outside the ambit of the same for now. The government also proposed separate standing orders for the manufacturing and mining sectors seeking views and observations from the stakeholders.

There are few questions that need to be addressed like; would the employers still be responsible for the health and safety of the workers at home? A short-term agreement between the parties is okay but with time, the disputes between the employer and the employee will rise so having set rules and standards in the job agreement will come to rescue. Another question is that the cost of the facilities required for remote work should be borne by the employers or the employees? It is still a debatable question but yes, it is an additional expense for the employees and the employers must understand the same. Many other questions like, is the work being completed on time or is the company data safe with the employees working in multiple locations? All these questions would remain unanswered till there are standard set of rules that would cover the employees as well as the employers. Addressing these issues could help develop an India-appropriate regulatory framework that meets needs of both employees and employers in the most balanced manner.

38)Describe stress management. How to handle stress in all the aspects of life.

Stress is a feeling of being under abnormal pressure. It is a normal part of our lives. It can be induced from not being able to cope with specific demands or events. It can also come from some unforeseen financial emergencies, a fight within a family or increased workload. Our body reacts to stress physically and mentally. Though stress is natural and unavoidable, it is important for us to manage the same before it starts getting severe on us. The first step to managing stress is the acceptance of symptoms that show us that stress exists. Some common symptoms can be described as; aches and pains, anxiety or irritability, sadness, panic attacks, depression etc. As a result of these often people start drinking too much, using drugs, smoking etc.

As mentioned above, one can't completely avoid or get rid of stress but a lot can be done to manage the same. It doesn't take too much to handle stress if the corrective measures are taken at the right time. Even a short walk can boost your mood. At the end of each day, introspect about the things that you have achieved and not the ones you could not achieve. Take care of your body as eating right and exercising enough can help us manage stress much better. It doesn't take a lot to stay positive and practice gratitude. Just the intention is enough. It is important to accept that one can't control everything and it is normal to say 'No' to new responsibilities. Stay connected with people who keep you calm, make you happy, provide emotional support and help you with practical things. A friend, family member or neighbor can become a good listener or share responsibilities so that stress doesn't become overwhelming.

39)Describe One nation - One ration card scheme - give brief detail about national food security act

The ONORC scheme is being implemented for the nation-wide portability of ration cards under National Food Security Act (NFSA). Through this, all eligible ration card holders/beneficiaries covered under NFSA can access their entitlements from anywhere in the country. 'One Nation One Ration Card' plan aims to empower all migrant beneficiaries to access their food grains from any fair price shop anywhere in the country by using their existing ration card with biometric authentication and the plan makes food security portable. The government is committed to making sufficient food grains available to states at greatly subsidized prices under various schemes to handle the COVID crisis. All the states have been advised to communicate their requirements with the center so that effective plans can be charted out. Portability provides a choice to the workers who keep moving across the country for better opportunities. They can procure their entitled food grains from any electronic point of sale enabled fair price shop in the country.

ONORC is based on technology that involves details of beneficiaries' ration card, Aadhaar number, and electronic Points of Sale (ePoS). The system identifies a beneficiary through biometric authentication on ePoS devices at fair price shops. Under the National Food Security Act, 2013, about 81 crore people are entitled to buy subsidised foodgrains — rice at Rs 3/kg, wheat at Rs 2/kg, and coarse grains at Re 1/kg – from designated fair price shops. As on 28 June 2021, there are about 5.46 lakh fair price shops and 23.63 crore ration card holders across the country.

40. Rising challenges for parents on trending digital education.

As we all know that schools remain shut due to the Covid-19 pandemic, parents are facing challenges on digital education.In particular, during the COVID-19 pandemic, the sudden shift to online learning has presented new opportunities and unexpected challenges to the affected young children and their parents. Since their kids have to spend long hours on computers and smartphones for online classes. This is beginning to bother parents as complaints of headaches, eye problems and stress surface, it has been learnt. Time spent on screens not just for studies but for other activities as well is increasing, some parents feel that it's turning out to be "worse than cannabis addiction."

Some parents are reporting mental health issues too due to excessive use of gadgets. While some parents suspect their children have increased mood swings now. They are already cooped up at home and are getting cranky and restless. After their online classes children are unable to focus on their work and suffer from headaches. Parents are tense that post covid how they will get rid of the bad habits which are caused due to exposure to screens of mobiles and laptops which leads to a feeling of isolation and anxiety in the current scenario. It can also lead to depression and an increase in neurotic traits such as nail biting, thumb sucking and hair pulling.This can have an adverse physical impact on children and lead to eye strain on eyes and ears, obesity and disturbed sleep patterns.

One of the major challenges for parents also include internet security, The vast majority of parents say they monitor their child's internet use. And more than half say they withhold or take away technology when rules are broken, have house rules on screen-time, and have access to their child's social media, email, and other applications. There are chances of spoliation of their kids using excess phones. Parents' beliefs and attitudes about the role and the potential of online learning for young children can influence the quality and quantity of online learning, opportunities, and learning experiences children receive at home. So it is important to provide quality education because our future depends on the hands of these rising kids.