

Jyeshtha, Krishna Paksha Ashtami

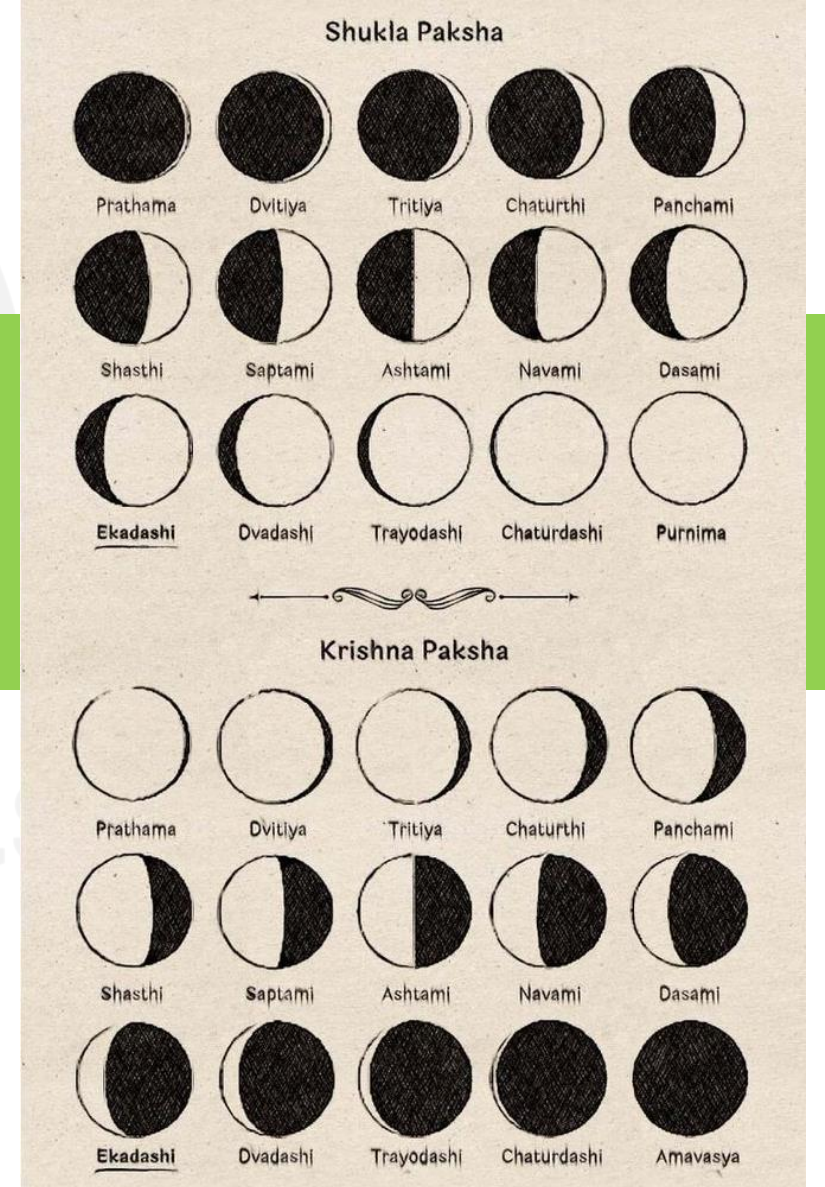
ज्येष्ठ मास, कृष्ण पक्ष, अष्टमी तिथि

विक्रमी संवत् 2081
शक संवत् 1946

Daily CA

31 May 2024

Parcham Class



QUESTION OF THE DAY

Who has been selected to receive the 2023 Military Gender Advocate of the Year Award?

2023 मिलिट्री जेंडर एडवोकेट ऑफ द ईयर अवार्ड के लिए किसे चुना गया है?

- A) Major Anjali Sharma
- B) Major Radhika Sen
- C) Major Priya Singh
- D) Major Nisha Gupta

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@arjunknight07 · 1 hour ago (edited)

🎯👉 GOA CM - Pramod Sawant.

🎯👉 GOA GOVERNOR- P. S Sreedharan Pillai

🎯👉 Mt. Lhotse - in the Himalayas on the border of Nepal and the Tibet Autonomous Region of China.

🎯👉 QOTD: 2023 Military Gender Advocate of the year Award - Major Radhika Sen (Indian Army)

Thank you ma'am.



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- Daily CA – Parcham Telegram & App
- Weekly, Monthly Magazine & Sawaal on parchamclasses.in



All YouTube Current Affairs PDFs of 2024 Included

**JAN - DEC 2024
CURRENT AFFAIRS
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Includes PDFs:

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- Weekly CA
- Monthly CA
- 6 Months CA
- Yearly CA

Validity - 1 year from the date of Purchase

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The advertisement features a woman with dark hair wearing a green shirt, standing with her arms crossed. A circular logo with a 'P' is visible in the top right corner of the ad.



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**PDFS OF ALL
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**2000+ PDFs
Validity for 1 Year**

The advertisement features a woman with dark hair wearing a pink shirt, standing with her arms crossed. A circular logo with a 'P' is visible in the top left corner of the ad. A red arrow points from a PDF icon to the text 'PDF BANK'.

Got Questions?

Parcham Helpline is here for you !

Contact us to know more/
अधिक जानने के लिए हमसे संपर्क करें

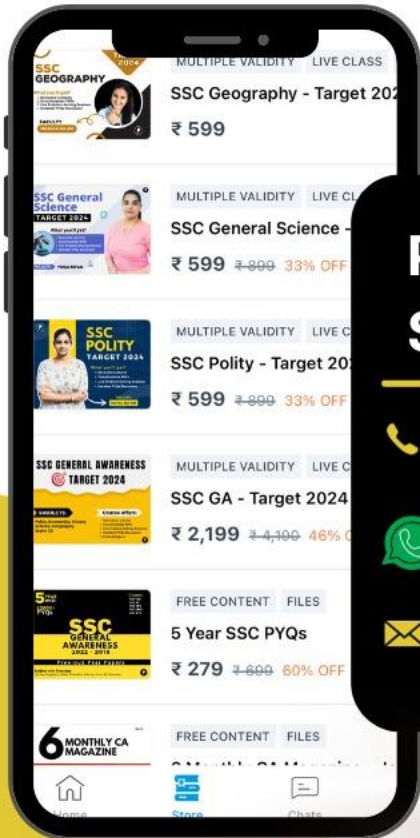
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STOP SMOKING!

World No Tobacco Day

ses

31 May: World No-Tobacco Day

- **observed by** the World Health Organization (WHO).
- Theme: **Protecting children from tobacco industry interference**
- **First observed in 1987.**
- The WHO is leading a global campaign to prevent tobacco-related **deaths by 2030.**

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In a First, ICMR Proposes New Dietary Guidelines to Limit Sugar Levels in Packaged Foods & Beverages

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m Classes

ICMR proposes new guidelines to limit sugar in processed

foods/आईसीएमआर ने प्रसंस्कृत खाद्य पदार्थों में चीनी की मात्रा सीमित करने के लिए नए दिशा-निर्देश प्रस्तावित किए

- India's **National Institute of Nutrition (Hyderabad)**, falling under the purview of **Indian Council of Medical Research (ICMR)** has proposed revised dietary **guidelines to tackle high sugar content in packaged foods and beverages.**
- This marks a **first for the country** and **replaces the previous focus on calorie thresholds**, which have **been in place for 13 years.**

- The new guidelines, set specific limits on sugar content.
- For **solid foods**, the proposed threshold is around **5% of total energy intake from added sugar**, with a maximum of **10% from all sugars** (including naturally occurring ones).
- For **beverages**, the limit is stricter, with a proposed threshold of **10% of energy intake from added sugar** and a maximum of **30% from total sugars** (including natural sugars in fruit juices and milk).
- Increased sugar intake has been connected to **heart disease, type 2 diabetes, obesity, and dental issues**.

BS 50



Space startup **Agnikul Cosmos**
creates history by launching
Agnibaan rocket

classes

T.N.-based Agnikul launches world's first rocket with fully 3D-printed engine

- The **Chennai headquartered space start-up Agnikul Cosmos Private Limited** on finally launched **its first rocket Agnibaan Sub Orbital Technology Demonstrator (SOrTeD)** from the Satish Dhawan Space Centre, **Sriharikota**.
- The launch was previously postponed several times.
- Agnibaan SOrTeD is **India's first launch from a private launchpad, called 'Dhanush',** established by Agnikul.
- It is also **India's first semi-cryogenic engine-powered rocket launch** and the **world's first single piece 3D-printed engine** designed and built indigenously.



- **Founded in 2017** by Srinath Ravichandran, Moin SPM, and Satya Chakravarthy, **Agnikul Cosmos became the first company in the country to sign an agreement** with ISRO under the IN-SPACe initiative to have access to the space agency's expertise and its facilities to build Agnibaan in December 2020.

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युवा विज्ञानी कार्यक्रम YOUNG SCIENTIST PROGRAMME

युविका - 2024 YUVIKA - 2024

मई May 13-24, 2024



पंजीकरण प्रारंभ
Start of Registration
फरवरी February 20, 2024



पंजीकरण समाप्ति
End of Registration
मार्च March 20, 2024

पंजीकरण एवं कार्यक्रम पूर्णतया निशुल्क
No fee for Registration and Programme

Two-week residential programme

अधिक जानकारी एवं पंजीकरण के लिए लॉग इन करें
For registration and more information log in to

<https://jigyasa.iirs.gov.in/yuvika>



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ISRO' Young Scientist Programme (YUVIKA)

- **"Young Scientist Programme", or "YUva Vigyani KAryakram"**
YUVIKA, is a learning and awareness creating programme of the ISRO to **impart basic knowledge on Space Technology, Space Science, and Space Applications** to younger students with a preference to rural areas.
- The programme is also expected to encourage more students to pursue in Science, Technology, Engineering and Mathematics **(STEM)** **based research /career**

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- Eligibility: Those who have finished **class 8** and are **currently studying in class 9** could apply for the programme.
- Three students from **each state/Union Territory** will **participate in this programme every year**, covering CBSE, ICSE, and **state-board** syllabus.
- The selection is based on **8th Standard academic performance and extracurricular activities**.



SUSTAINABILITY SUMMIT & AWARDS 2024

Celebrating Public Sector Champions



CORPORATE RESPONSIBILITY CHAMPION

OVER FINANCE
CORPORATION LIMITED



PFC wins "CSR Champion Award" for sustainability efforts

पीएफसी ने स्थिरता प्रयासों के लिए "सीएसआर चैंपियन पुरस्कार" जीता

- **Power Finance Corporation** received the CSR Champion Award in the **Non-Fossil Fuel category** at the **Outlook Planet Sustainability Summit 2024** in Goa.
- **PFC's impactful CSR initiatives** focus on health, sanitation, education, environment, **skill development, and empowering differently-abled individuals.**
- **PFC – Maharatna**
- **CMD – Smt. Parminder Chopra**

S.

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DISTRICT COURTS
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Sikkim High Court Introduces Menstrual Leaves For Female Employees

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Sikkim High Court introduces menstrual leave policy for its women employees/सिक्किम उच्च

न्यायालय ने अपनी महिला कर्मचारियों के लिए मासिक धर्म अवकाश नीति शुरू की

- In a first-of-its-kind move, the Sikkim High Court has introduced a menstrual leave policy for its women employees in the registry.
- The Sikkim High Court registry stated that women employees may avail “2-3 days of menstrual leave” in a month.

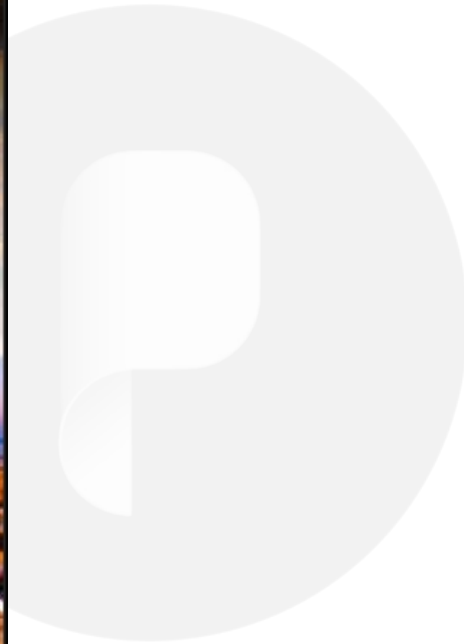
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- However, such **leave would only be granted** on the prior recommendation of the **Medical Officer of the High Court**.
- This leave will not be **counted against the employee's overall leave account**
- The Sikkim HC, the **country's smallest High Court**, has **three judges, with just 9 officers** in the registry including **one woman officer**.
- The Sikkim High Court is **the first High Court to introduce a menstrual leave policy**. Currently, there is **no national policy or law for menstrual leave**.



Varanasi ropeway

first leg likely to be ready by
August



m Classes

India's first urban ropeway in Varanasi to be ready by August 2024

वाराणसी में भारत का पहला शहरी रोपवे अगस्त 2024 तक बनकर तैयार हो जाएगा

- **The first section of India's inaugural urban ropeway project in Varanasi will link Varanasi Cantonment Railway Station to RathYatra by August 2024, under the 'Parvatmala Pariyojana'.**
- **Constructed by Vishwa Samudra Engineering in partnership with Switzerland's Bartholet Maschinenbau AG**
- **the project is designed to carry 96,000 passengers daily, improving connectivity in congested areas.**

What Is Wet Bulb Temperature? And How Hot Is Too Hot

- **Wet bulb temperature** is a meteorological term **used to describe the lowest temperature** that can be reached **by evaporating water into the air at constant pressure**.
- It is measured by **covering a thermometer bulb with a wet cloth and letting the water evaporate**.
- As the water evaporates, it **cools the thermometer, showing the wet bulb temperature**.
- This temperature helps **measure humidity and understand how much water can evaporate into the air**, affecting things like comfort, farming and weather patterns.

- The difference between the **Dry bulb and Wet bulb temperatures** depends on the **humidity of the air**.
- When the air is fully saturated (100% humidity), the **Wet bulb and Dry bulb temperatures** are the same.

What is a safe heat/humidity limit?

- A wet-bulb temperature of **35 degrees Celsius** is suggested as the **maximum safe limit, according to a 2010 study**.
- Beyond this point, **the human body can't cool itself** by sweating, which is necessary **to maintain a stable core temperature**.
- However, this was proven inaccurate recently

- The researchers discovered the **"critical environmental limit" – the point where** a person's core temperature starts to rise uncontrollably.
- Below this limit, the body **can keep a stable core temperature** for a long time.
- Above this limit, **the core temperature keeps rising**, increasing the risk of heat-related illnesses.
- The studies discovered that the **safe limit is lower than 35 degrees Celsius (as was revealed by the earlier study)**.
- The ideal wet bulb temperature is approximately **31 degrees Celsius at humidity levels above 50%**.
- This means, **31 degrees Celsius at 100% humidity or 38 degrees Celsius at 60% humidity**, showing the significant risk posed by high heat and humidity even for healthy people.

Indian Air Force Contingent Reached Alaska To Participate In Multi-National Exercise, Red Flag 24/भारतीय वायु सेना की टुकड़ी बहुराष्ट्रीय अभ्यास, रेड फ्लैग 24 में भाग लेने के लिए अलास्का पहुंची

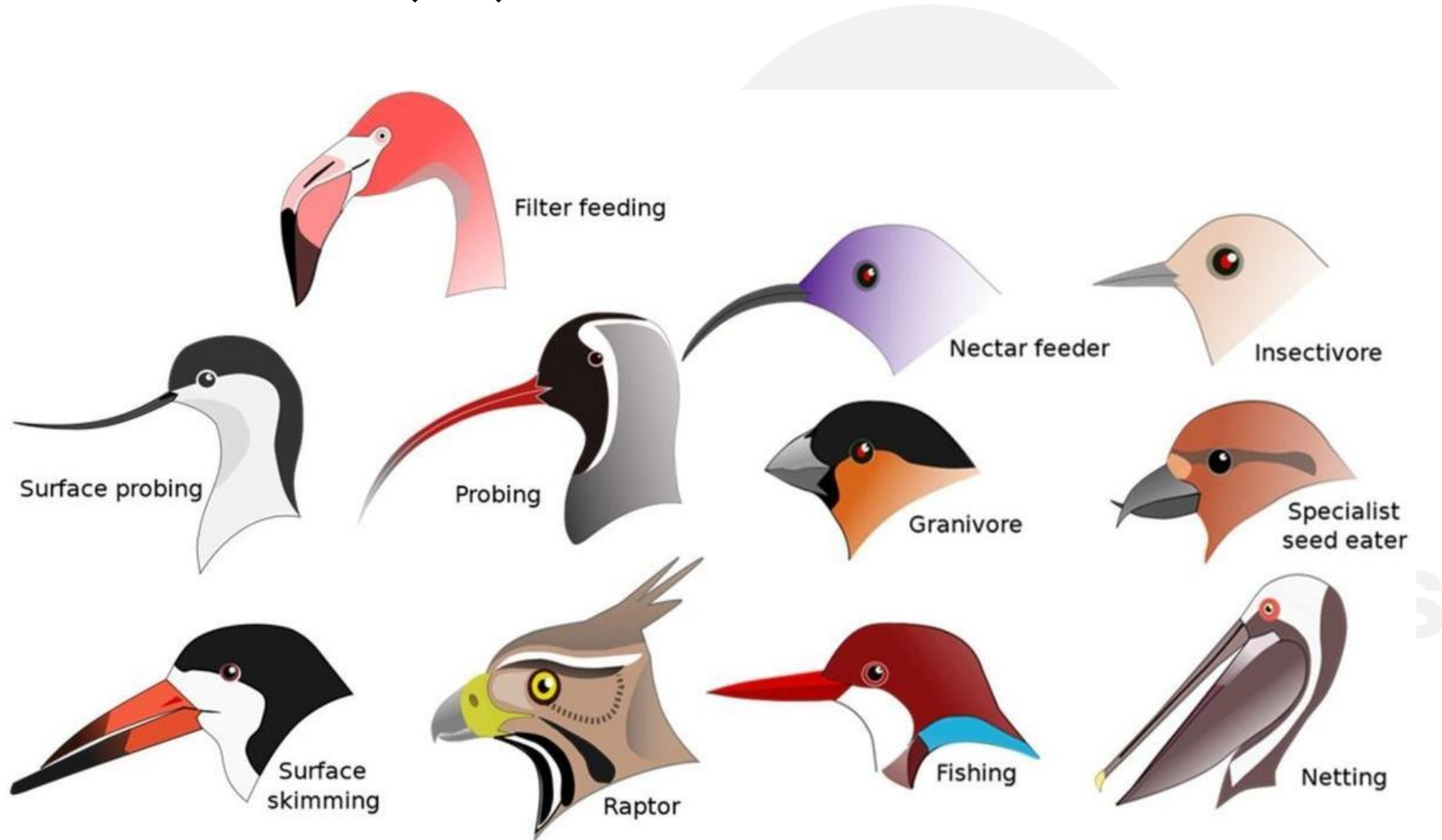


- An **Indian Air Force** contingent reached the **Eielson Air Force Base of the U.S. Air Force in Alaska, USA**, to participate in the upcoming edition **of the multi-national exercise Red Flag 24**.
- Ex-Red Flag is a **two-week advanced aerial combat** training exercise.
- 8 Rafale fighter jets will take part from India

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Study reveals how new species evolve without

geographic barriers/अध्ययन से पता चला कि भौगोलिक बाधाओं के बिना नई प्रजातियाँ कैसे विकसित होती हैं



Not to scale

L. Shyamal, CC-by-SA-2.5

- A new study conducted by scientists from the **Indian Institute of Technology Bombay (IIT Bombay)**, Mumbai published in **NPJ Systems Biology and Applications**, has shed light on the **process of speciation**, meaning the **formation of new species**, in the absence of geographic barriers.
- Researchers at IIT Bombay discover the **role of environmental resources, genes and mating in species** in the development of new species in the same area, challenging the traditional view that new species can develop only in distinct geographies.

- Traditionally, it is believed that **speciation** largely occurs when populations of a species are isolated from each other **by geographical barriers** such as mountains or bodies of water.
- This is called **allopatric speciation**.
- However, the new IIT Bombay research suggests that **speciation can** happen even when populations **live in the same area** without geographical barriers.
- This mode of speciation **is called sympatric speciation**.
- While there is **ecological evidence** in favour of sympatric hypothesis, there **is no experimental evidence**

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#FPWorld

**Pakistan violated Lahore Agreement
with India in 1999: Nawaz Sharif**

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Nawaz Sharif admits violation of 1999 Lahore Agreement/नवाज

शरीफ ने 1999 के लाहौर समझौते का उल्लंघन स्वीकार किया

- Former **Pakistan Prime Minister Nawaz Sharif** has finally accepted his **mistake after 25 years**.
- In fact, Nawaz Sharif has accepted that **Pakistan had violated the Lahore Agreement** signed with the then **Indian Prime Minister Atal Bihari Vajpayee** in Islamabad on **February 21, 1999** - with the goal of fostering peace and stability between India and Pakistan.
- The **Lahore Declaration** called for strict actions against all stakeholders of terrorism in **all its forms and manifestations**.

- The two countries emphasised the **need to take immediate steps to ensure the safe and authorised use of nuclear energy and reduce the risk of accidental or unauthorised use** of nuclear weapons.
- India and Pakistan agreed to intensify their efforts to resolve all **conflicts related to Kashmir, through proper diplomatic channels.**
- However, **shortly after the signing, Pakistani troops infiltrated the Kargil district** in Jammu and Kashmir, leading to the Kargil War.
- Sharif confirmed conducting **5 nuclear tests on May 28, 1998,** despite an offer from then **US President Bill Clinton to prevent them.**



Praggnanandhaa defeats Magnus Carlsen for the first time in Classical Chess, leads in Norway Chess 2024



classes

Praggnanandhaa beats World No. 1 Magnus Carlsen For First Time In Classical Event At Norway Chess 2024/प्रग्गनानंद ने नॉर्वे शतरंज 2024 में क्लासिकल इवेंट में पहली बार दुनिया के नंबर 1 मैग्नस कार्लसन को हराया

- The **18-year-old Indian prodigy** took down the World No. 1 in the 3rd round of Norway Chess 2024.

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REVISION QUESTIONS

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Consider the following statements regarding Agnibaan SOrTeD.

1. It is India's first semi-cryogenic engine powered rocket launch and the world's first single piece 3D printed
2. Agnikul Cosmos became the first company in the country to sign an agreement with ISRO under the IN-SPACe initiative

Which of the above given statement/s is/are NOT correct?

- a. Only 1
- b. Only 2
- c. Both 1 and 2
- d. Neither 1 nor 2

Ans: d

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Which organization observes World No Tobacco Day?

कौन सा संगठन विश्व तंबाकू निषेध दिवस मनाता है?

- a) United Nations
- b) World Health Organization (WHO)
- c) Centers for Disease Control and Prevention (CDC)
- d) Red Cross

Ans: b

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Who received the CSR Champion Award in the Non-Fossil Fuel category at the Outlook Planet Sustainability Summit 2024?

आउटलुक प्लैनेट सस्टेनेबिलिटी समिट 2024 में गैर-जीवाश्म ईंधन श्रेणी में सीएसआर चैंपियन पुरस्कार किसे मिला?

- a) NTPC Limited
- b) Power Finance Corporation
- c) Tata Power
- d) Adani Green Energy Limited

Ans: b

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Consider the following statements regarding YUVIKA programme

1. YUVIKA, is a learning and awareness creating programme of the ISRO to impart basic knowledge on Space Technology
2. Those who have finished graduation can apply for the programme.

Which of the above given statement/s is/are correct?

- a. Only 1
- b. Only 2
- c. Both 1 and 2
- d. Neither 1 nor 2

Ans: a

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QUESTION OF THE DAY

What does the term "wet bulb temperature" describe?

"वेट बल्ब तापमान" शब्द किसका वर्णन करता है?

- a) The lowest temperature that can be reached by evaporating water into the air at constant pressure
- b) The highest temperature that can be reached by heating water
- c) The temperature of water when it starts to boil
- d) The temperature inside a closed container of water

"I constantly see people rise in life who are not the smartest, sometimes not even the most diligent, but they are learning machines." - Charlie Munger

Classes