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VIDHVATH IAS KAS ACADEMY
&
STUDY CENTRE


DAILY MCQ'S

FOR UPSC CIVIL SERVICE EXAMINATION

DATE: 26, 27, 28, May-2025

- **Static mcq's**
- **Current Affairs mcq's**
- **Mains Practice Questions**



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STATIC PART OBJECTIVE QUESTIONS

1. With reference to the Mauryan administration, consider the following statements:

1. The Arthashastra provides a detailed account of the Mauryan administrative system.
2. Megasthenes' *Indica* mentions the existence of a council of ministers assisting the king.

Which of the above statements is/are correct?

- (a) 1 only
- (b) 2 only
- (c) Both 1 and 2
- (d) Neither 1 nor 2

Answer: (a) 1 only

Explanation:

- **Statement 1 is correct:** *Arthashastra*, attributed to Kautilya (Chanakya), offers a detailed insight into the Mauryan administration, covering aspects like espionage, revenue, judiciary, and army.
- **Statement 2 is incorrect:** *Indica* by Megasthenes does describe the Mauryan administration but does **not** explicitly mention a council of ministers. His work focuses more on the city administration and social customs than the ministerial system.

2. Consider the following statements regarding the Fiscal Responsibility and Budget Management (FRBM) Act, 2003:

1. It aims to eliminate revenue deficit and bring transparency in fiscal operations.
2. The Act mandates that the government cannot borrow from the Reserve Bank of India under any circumstance.
3. The FRBM Act was amended in 2018 to introduce a debt-to-GDP target for the central government.

Which of the above statements is/are correct?

- (a) 1 and 2 only
- (b) 1 and 3 only
- (c) 2 and 3 only
- (d) 1, 2 and 3

Answer: (b) 1 and 3 only

Explanation:

- **Statement 1 is correct:** The FRBM Act was enacted to ensure fiscal discipline by reducing fiscal and revenue deficits.
- **Statement 2 is incorrect:** While the Act discourages direct borrowing from RBI, it does allow for borrowing under certain extraordinary circumstances like natural calamities or national security needs.
- **Statement 3 is correct:** The FRBM (Amendment) Act, 2018 introduced a debt-to-GDP target of 40% for the central government by FY 2024–25.

3. Consider the following statements regarding the President of India:

1. The President can promulgate an ordinance only when both Houses of Parliament are not in session.
2. The President is bound to give assent to a Constitutional Amendment Bill.
3. The President can return a Money Bill for reconsideration.



Which of the above statements is/are correct?

- (a) 1 and 2 only
- (b) 1 and 3 only
- (c) 2 and 3 only
- (d) 1, 2 and 3

Answer: (a) 1 and 2 only

Explanation:

- **Statement 1 is correct:** Ordinances can be issued by the President only when **both** Houses are not in session.
- **Statement 2 is correct:** The President **must** give assent to a Constitutional Amendment Bill; they do not have discretionary powers in this matter.
- **Statement 3 is incorrect:** The President **cannot** return a Money Bill for reconsideration; it must be assented or withheld.

4. With reference to Indian classical dances, consider the following statements:

1. Kathak is traditionally associated with temples and devotional storytelling in North India.
2. Kuchipudi originated in Tamil Nadu and involves male Brahmin performers.
3. Bharatanatyam emphasizes geometric movements and is traditionally performed by Devadasis.
4. Odissi dance is characterized by tribhangi posture and sculptural poses.

Which of the statements given above are correct?

- (a) 1, 2 and 3 only
- (b) 1, 3 and 4 only
- (c) 2, 3 and 4 only
- (d) 1, 2, 3 and 4

Answer: (b) 1, 3 and 4 only

Explanation:

- **Statement 1 is correct:** Kathak evolved as a storytelling dance in temples, later modified under Mughal patronage.
- **Statement 2 is incorrect:** Kuchipudi originated in **Andhra Pradesh**, not Tamil Nadu, though it traditionally involved Brahmin male performers.
- **Statement 3 is correct:** Bharatanatyam was associated with Devadasis in Tamil temples and features geometric precision.
- **Statement 4 is correct:** Odissi emphasizes fluid movements with characteristic *tribhangi* (three-bend) posture and temple sculptures.

5. Assertion-Reason Type Question

Assertion (A): Western Ghats receive more rainfall than the Eastern Ghats.

Reason (R): The Western Ghats are continuous and intercept the south-west monsoon winds.

- (a) Both A and R are true and R is the correct explanation of A
- (b) Both A and R are true but R is not the correct explanation of A
- (c) A is true but R is false
- (d) A is false but R is true

Answer: (a) Both A and R are true and R is the correct explanation of A

Explanation:

- **Assertion is true:** Western Ghats receive very high rainfall due to their location and orientation with respect to the south-west monsoon.
- **Reason is true and explains the assertion correctly:** The Ghats act as a barrier due to their continuous elevation and force the monsoon winds to rise, causing orographic



rainfall. The Eastern Ghats are lower and more discontinuous, leading to lesser rainfall.

6. With reference to the Bhakti Movement in medieval India, consider the following statements:

1. The Bhakti saints rejected rituals and idol worship and promoted devotion to a formless God.
2. Guru Nanak was among the prominent saints of the Bhakti movement and emphasized the unity of all religions.

Which of the above statements is/are correct?

- (a) 1 only
- (b) 2 only
- (c) Both 1 and 2
- (d) Neither 1 nor 2

Answer: (c) Both 1 and 2

Explanation:

- **Statement 1 is correct:** Many Bhakti saints, especially those from the Nirguna tradition (e.g., Kabir, Nanak), denounced ritualism, casteism, and idol worship. They emphasized personal devotion to a formless divine.
- **Statement 2 is correct:** Guru Nanak, the founder of Sikhism, was a part of the Bhakti tradition. He preached the oneness of God and universal brotherhood, drawing from both Hindu and Islamic philosophies.

7. Consider the following statements regarding the Repo Rate in India:

1. Repo rate is the rate at which RBI lends short-term money to commercial banks.
2. An increase in the repo rate usually leads to an increase in market liquidity.
3. Changes in the repo rate influence inflation and borrowing costs in the economy.

Which of the above statements is/are correct?

- (a) 1 and 2 only
- (b) 1 and 3 only
- (c) 2 and 3 only
- (d) 1, 2 and 3

Answer: (b) 1 and 3 only

Explanation:

- **Statement 1 is correct:** The repo rate is the rate at which the Reserve Bank of India lends to commercial banks for short durations.
- **Statement 2 is incorrect:** An increase in repo rate makes borrowing costlier, which reduces liquidity in the market.
- **Statement 3 is correct:** By making borrowing cheaper or costlier, changes in the repo rate influence credit demand and thus impact inflation and economic activity.

8. Consider the following statements about Jet Streams:

1. Jet streams are high-speed winds found in the upper levels of the atmosphere.
2. Subtropical jet streams influence the Indian monsoon and western disturbances.
3. Jet streams always move from east to west due to the Earth's rotation.

Which of the above statements is/are correct?

- (a) 1 and 2 only
- (b) 1 and 3 only
- (c) 2 and 3 only
- (d) 1, 2 and 3

Answer: (a) 1 and 2 only



Explanation:

- **Statement 1 is correct:** Jet streams are fast-flowing air currents located near the tropopause, generally above 9–12 km altitude.
- **Statement 2 is correct:** The subtropical westerly jet affects winter weather over North India, while the tropical easterly jet is associated with the onset of the monsoon.
- **Statement 3 is incorrect:** Jet streams flow from **west to east**, not east to west, due to the Coriolis effect resulting from Earth's rotation.

9. With reference to the Election Commission of India (ECI), consider the following statements:

1. The Chief Election Commissioner (CEC) and Election Commissioners have equal powers.
2. The CEC can be removed in the same manner as a Supreme Court judge.
3. The Constitution specifies the term of office for the Election Commissioners.
4. The ECI is responsible for conducting elections to the Parliament and State Legislatures.

Which of the statements given above are correct?

- (a) 1, 2 and 4 only
- (b) 1, 3 and 4 only
- (c) 2, 3 and 4 only
- (d) 1, 2, 3 and 4

Answer: (a) 1, 2 and 4 only

Explanation:

- **Statement 1 is correct:** As per the Election Commission (Conditions of Service of Election Commissioners and Transaction of Business) Act, 1991, the CEC and ECs have equal powers in decision-making.
- **Statement 2 is correct:** The CEC is removed in the same manner and on the same grounds as a Supreme Court judge—by Parliament through impeachment.
- **Statement 3 is incorrect:** The Constitution does not prescribe the term of office; it is governed by law made by Parliament.
- **Statement 4 is correct:** The ECI conducts elections to the Lok Sabha, Rajya Sabha, State Legislative Assemblies and Councils, and offices of the President and Vice-President.

10. Assertion-Reason type

Assertion (A): Mangrove forests are highly efficient carbon sinks.

Reason (R): Mangroves have a high rate of photosynthesis and significant carbon storage in their biomass and soil.

- (a) Both A and R are true and R is the correct explanation of A
- (b) Both A and R are true but R is not the correct explanation of A
- (c) A is true but R is false
- (d) A is false but R is true

Answer: (a) Both A and R are true and R is the correct explanation of A

Explanation:

- **Assertion is true:** Mangrove ecosystems are among the most effective natural carbon sinks in the world.
- **Reason is true and explains the assertion correctly:** Mangroves perform high photosynthetic activity and also store carbon in deep, waterlogged soils which slow down decomposition. This dual function makes them efficient in sequestering carbon dioxide.



11. With reference to the Revolt of 1857, consider the following statements:

1. The Doctrine of Lapse was one of the primary causes of discontent among Indian rulers.
2. The revolt was widely supported by educated Indians and social reformers.

Which of the above statements is/are correct?

- (a) 1 only
(b) 2 only
(c) Both 1 and 2
(d) Neither 1 nor 2

Answer: (a) 1 only

Explanation:

- **Statement 1 is correct:** The **Doctrine of Lapse**, introduced by Lord Dalhousie, allowed the British to annex princely states where the ruler died without a natural heir. This led to widespread resentment among Indian rulers.
- **Statement 2 is incorrect:** Educated Indians and reformers like **Raja Rammohan Roy** were generally **unsupportive** of the revolt, as they viewed it as reactionary and feared the return of orthodox practices.

12. Consider the following statements about Biodiversity Hotspots in India:

1. The Western Ghats and the Himalayas are among the four biodiversity hotspots found in India.
2. Biodiversity hotspots are defined solely based on the number of endemic species they host.
3. The criteria for declaring a region as a biodiversity hotspot include habitat loss.

Which of the above statements is/are correct?

- (a) 1 and 2 only
(b) 1 and 3 only
(c) 2 and 3 only
(d) 1, 2 and 3

Answer: (b) 1 and 3 only

Explanation:

- **Statement 1 is correct:** India has four biodiversity hotspots — the Himalayas, the Western Ghats, Indo-Burma, and Sundaland (Nicobar Islands).
- **Statement 2 is incorrect:** Biodiversity hotspots are defined by **two criteria**: (i) at least 1,500 species of vascular plants as endemics; (ii) at least **70% of original habitat lost**.
- **Statement 3 is correct:** Significant habitat loss is a key requirement to be designated a hotspot, indicating both richness and threat.

13. Consider the following statements regarding the Goods and Services Tax (GST) in India:

1. GST is a destination-based indirect tax levied on the supply of goods and services.
2. Petroleum products are currently outside the purview of GST.
3. The GST Council is chaired by the Finance Minister of India and consists only of Union government representatives.

Which of the above statements is/are correct?

- (a) 1 and 2 only
(b) 1 and 3 only
(c) 2 and 3 only
(d) 1, 2 and 3

Answer: (a) 1 and 2 only



Explanation:

- **Statement 1 is correct:** GST is a **destination-based** tax, meaning the tax revenue goes to the state where the goods or services are consumed.
- **Statement 2 is correct:** As of now, **petroleum products (like petrol and diesel)** are outside the ambit of GST and are taxed separately by states.
- **Statement 3 is incorrect:** The GST Council includes representatives from **both the Union (Finance Minister as Chairperson)** and **state governments (State Finance/Tax Ministers)**.

14. With reference to Indian temple architecture, consider the following statements:

1. Nagara style temples are characterized by a beehive-shaped tower called *shikhara*.
2. Dravida temples have pyramid-shaped towers called *vimanas*.
3. Vesara style developed as a fusion of Nagara and Dravida styles, especially in Deccan India.
4. The Sun Temple at Konark is an example of the Dravida style of architecture.

Which of the statements given above are correct?

- (a) 1, 2 and 3 only
- (b) 2, 3 and 4 only
- (c) 1, 3 and 4 only
- (d) 1, 2, 3 and 4

Answer: (a) 1, 2 and 3 only

Explanation:

- **Statement 1 is correct:** Nagara style is dominant in North India and features a curvilinear shikhara.
- **Statement 2 is correct:** Dravida style, dominant in the South, uses pyramid-shaped towers called *vimanas*.
- **Statement 3 is correct:** Vesara is a hybrid style seen in places like Karnataka (e.g., Hoysala temples).
- **Statement 4 is incorrect:** The **Sun Temple at Konark (Odisha)** is a **Nagara** style temple, not Dravida.

15. Assertion-Reason type

Assertion (A): The eastern coast of India is more prone to cyclones than the western coast.

Reason (R): The Bay of Bengal has higher sea surface temperatures and more inflow of moist air compared to the Arabian Sea.

- (a) Both A and R are true and R is the correct explanation of A
- (b) Both A and R are true but R is not the correct explanation of A
- (c) A is true but R is false
- (d) A is false but R is true

Answer: (a) Both A and R are true and R is the correct explanation of A

Explanation:

- **Assertion is true:** The **eastern coast** is more cyclone-prone due to favorable conditions in the Bay of Bengal.
- **Reason is true and explains the assertion:** The Bay of Bengal's **warmer sea surface temperature**, along with the **low vertical wind shear** and moist air influx, supports frequent cyclone formation, unlike the relatively stable Arabian Sea.



CURRENT AFFAIRS PART

1. Consider the following statements regarding the Prime Minister Dhan-Dhaanya Krishi Yojana:

1. The scheme aims to provide interest-free loans to marginal and small farmers for purchasing agricultural inputs and post-harvest storage.
2. It incorporates a unique agri-infrastructure digital portal for real-time monitoring of storage capacity and market linkages.

Which of the above statements is/are correct?

- (a) 1 only
- (b) 2 only
- (c) Both 1 and 2
- (d) Neither 1 nor 2

Answer: (b) 2 only

Explanation:

- **Statement 1 is incorrect:** The scheme **does not provide direct interest-free loans**. Instead, it focuses on promoting agri-infrastructure such as godowns, cold storages, and integrated value chains, especially in underserved areas.
- **Statement 2 is correct:** A notable feature of the scheme is the **integration with a digital agri-infra monitoring system** that enables real-time data on warehouses, storage capacities, and supply chains, aiming for transparency and efficiency.

2. Under the Presumptive Taxation Scheme (PTS) as per Section 44ADA of the Income Tax Act, the income is presumed at what percentage of gross receipts for professionals?

- (a) 6%
- (b) 8%
- (c) 50%
- (d) 30%

Answer: (c) 50%

Explanation:

- Under **Section 44ADA**, for specified professionals (like doctors, lawyers, architects) having gross receipts **up to ₹75 lakhs**, **50%** of the gross receipts is deemed to be income.
- They are **not required to maintain books of accounts**, and this deemed income is **taxed at applicable slab rates**.

3. Consider the following statements about Cardamom cultivation in India:

1. The majority of large cardamom in India is cultivated in the state of Sikkim.
2. Small cardamom cultivation requires high-altitude tropical climates with well-distributed rainfall.
3. India is the largest exporter of both small and large cardamom globally.

Which of the above statements is/are correct?

- (a) 1 and 2 only
- (b) 1 and 3 only
- (c) 2 and 3 only
- (d) 1, 2 and 3

Answer: (a) 1 and 2 only

Explanation:



- **Statement 1 is correct:** Large cardamom (*Amomum subulatum*) is primarily cultivated in the **Eastern Himalayan region**, particularly **Sikkim**.
- **Statement 2 is correct:** Small cardamom (*Elettaria cardamomum*) thrives in the **Western Ghats**, needing **warm, humid climates**, **altitudes between 600–1500m**, and **even rainfall**.
- **Statement 3 is incorrect:** While India is a **major producer**, **Guatemala** is the **largest exporter** of cardamom (especially small cardamom) in the world. India exports less due to high domestic consumption.

4. Consider the following statements regarding the Gyan Bharati Mission:

1. The mission is designed to support Indian language research and publication at school and university levels.
2. It is being implemented by the Ministry of Education under the National Education Policy (NEP) 2020 framework.
3. The mission aims to develop digital infrastructure for creating localized knowledge repositories in multiple Indian languages.

Which of the above statements is/are correct?

- (a) 1 and 2 only
- (b) 2 and 3 only
- (c) 1 and 3 only
- (d) 1, 2 and 3

Answer: (d) 1, 2 and 3

Explanation:

- **All statements are correct.**
- **Statement 1:** The **Gyan Bharati Mission** promotes content creation, translation, and scholarly engagement in **Indian languages**.
- **Statement 2:** It is aligned with the **NEP 2020** vision of making education more inclusive and regionally rooted.
- **Statement 3:** The mission focuses on creating **digital and print-based repositories**, integrating **AI/ML tools** for translation and learning support across Indian languages.

5. With reference to Man-Portable Air Defence Systems (MANPADS), consider the following statements:

1. MANPADS are shoulder-fired surface-to-air missiles capable of targeting low-flying aircraft.
2. India has indigenously developed MANPADS under the Akash-NG programme.
3. The use of MANPADS is strictly limited to state actors under the Wassenaar Arrangement.
4. MANPADS are effective only during the daytime due to limited sensor capabilities.

Which of the above statements are correct?

- (a) 1 and 2 only
- (b) 1 and 3 only
- (c) 1, 2 and 3 only
- (d) 1, 2, 3 and 4

Answer: (b) 1 and 3 only

Explanation:

- **Statement 1 is correct:** MANPADS are lightweight, shoulder-launched missile systems designed to destroy low-flying aircraft such as helicopters and drones.
- **Statement 2 is incorrect:** India's **Akash-NG** is not a MANPADS but a **medium-range surface-to-air missile** system; India relies on foreign MANPADS (e.g., Igla-S



from Russia) and is **developing indigenous versions** under DRDO, but not under Akash-NG.

- **Statement 3 is correct:** Under international arms control regimes like the **Wassenaar Arrangement**, MANPADS are heavily regulated and are meant only for **legitimate state actors** to prevent misuse by non-state entities.
- **Statement 4 is incorrect:** Modern MANPADS are equipped with **infrared or optical sensors**, making them **effective at both day and night** with certain limitations in adverse weather.

6. Consider the following statements regarding the global Fentanyl crisis:

1. Fentanyl is a synthetic opioid that is significantly more potent than morphine and has contributed to a public health emergency in several countries.
2. India is among the top exporters of illicit fentanyl and its analogues, according to UNODC reports.

Which of the above statements is/are correct?

- (a) 1 only
- (b) 2 only
- (c) Both 1 and 2
- (d) Neither 1 nor 2

Answer: (a) 1 only

Explanation:

- **Statement 1 is correct:** Fentanyl is a synthetic opioid estimated to be **50–100 times more potent than morphine**. It is a major contributor to the **opioid overdose crisis**, especially in the **United States**, where it has caused **tens of thousands of deaths annually**.
- **Statement 2 is incorrect:** While India is a **major legal exporter** of pharmaceutical ingredients, there is **no conclusive evidence** that it is among the top exporters of **illicit fentanyl**. The illicit trade is more often linked to **Mexico and China**, as per recent **UNODC (United Nations Office on Drugs and Crime)** assessments.

7. The Remission of Duties and Taxes on Exported Products (RoDTEP) Scheme aims to:

- (a) Subsidize domestic transport of goods to ports
- (b) Refund embedded central and state taxes that are not reimbursed through other schemes
- (c) Offer interest-free loans to exporters for infrastructure development
- (d) Reimburse customs duties paid on raw materials used for exports

Answer: (b) Refund embedded central and state taxes that are not reimbursed through other schemes

Explanation:

- **RoDTEP** replaces the **MEIS (Merchandise Exports from India Scheme)** and ensures that **hidden taxes** and levies (like electricity duty, VAT on fuel, mandi tax, etc.), **which are not refunded under any other scheme**, are now remitted to exporters, thereby **improving India's global competitiveness**.

8. Consider the following statements regarding the International Big Cat Alliance (IBCA):

1. It is a global initiative launched by India to conserve seven species of big cats.
2. IBCA proposes a collaborative research and transboundary conservation model for tiger range countries only.
3. The alliance is open only to G-20 countries and UN agencies for membership.

Which of the above statements is/are correct?

- (a) 1 only



(b) 1 and 2 only

(c) 2 and 3 only

(d) 1, 2 and 3

Answer: (a) 1 only

Explanation:

- **Statement 1 is correct:** India launched IBCA in 2023, targeting the conservation of **seven big cats**: Tiger, Lion, Leopard, Snow Leopard, Puma, Jaguar, and Cheetah.
- **Statement 2 is incorrect:** IBCA's scope is **not limited to tiger range countries**. It promotes **global cooperation** among all countries with big cat populations or those willing to support conservation.
- **Statement 3 is incorrect:** IBCA is **open to all interested countries and institutions, not limited to G-20 or UN bodies**. It aims for **inclusive participation** to foster global support.

9. With reference to the use of *Gambusia affinis* and *Poecilia reticulata* in mosquito control, consider the following statements:

1. Both species are known for larvivorous feeding habits and are introduced in stagnant water bodies.
2. Introduction of these species has shown no ecological risks or invasive potential in India's aquatic systems.
3. Recent studies recommend restricting their use due to their impact on native biodiversity.

Which of the above statements is/are correct?

(a) 1 and 2 only

(b) 1 and 3 only

(c) 2 and 3 only

(d) 1, 2 and 3

Answer: (b) 1 and 3 only

Explanation:

- **Statement 1 is correct:** *Gambusia affinis* (mosquitofish) and *Poecilia reticulata* (guppy) are **larvivorous fish**, often released in stagnant ponds or drains to reduce mosquito larvae.
- **Statement 2 is incorrect:** These species are **non-native** and **highly invasive**, often competing with or preying on native aquatic fauna, leading to **ecosystem imbalance**.
- **Statement 3 is correct:** **Environmental experts and conservationists** have warned against their unregulated use, recommending the adoption of **native larvivorous fish** as a sustainable alternative.

10. With reference to plastic-degrading bacteria, consider the following statements:

1. *Ideonellasakaiensis* is a bacterium known to degrade PET plastics through the action of PETase and MHETase enzymes.
2. Bacterial plastic degradation is faster and more efficient in anaerobic conditions compared to aerobic ones.
3. Researchers have identified bacterial strains from cow dung capable of degrading low-density polyethylene (LDPE).
4. Engineered microbes for plastic degradation are already commercially deployed in municipal waste plants in India.

Which of the statements given above are correct?

(a) 1, 2 and 3 only

(b) 1, 3 and 4 only



(c) 1, 2 and 4 only

(d) 1, 2, 3 and 4

Answer: (a) 1, 2 and 3 only

Explanation:

- **Statement 1 is correct:** *Ideonellasakaiensis* was discovered in Japan and is capable of degrading **polyethylene terephthalate (PET)** using **PETase and MHETase** enzymes.
- **Statement 2 is correct:** Some bacteria have shown **greater efficiency under anaerobic conditions**, but this varies by species and substrate; however, the **general trend supports anaerobic activity in certain cases**.
- **Statement 3 is correct:** Recent Indian research has demonstrated that bacteria **isolated from cow dung** can degrade **LDPE**, showing promise for **natural, low-cost bioremediation**.
- **Statement 4 is incorrect:** While **lab trials and pilot studies** exist, **commercial deployment** of engineered plastic-degrading microbes in **municipal plants in India** is **not yet widespread or standardized**.

11. Consider the following statements regarding the United States Agency for International Development (USAID):

1. USAID is an autonomous agency of the United Nations focused on delivering humanitarian aid and developmental finance.
2. USAID has been involved in key developmental partnerships with India since the early decades post-independence.

Which of the above statements is/are correct?

(a) 1 only

(b) 2 only

(c) Both 1 and 2

(d) Neither 1 nor 2

Answer: (b) 2 only

Explanation:

- **Statement 1 is incorrect:** USAID is an **independent agency of the United States federal government, not a UN agency**. It administers civilian foreign aid and development assistance on behalf of the **U.S. government**, often aligned with U.S. foreign policy objectives.
- **Statement 2 is correct:** Since the 1950s, USAID has **actively partnered with India** on issues like public health, food security, climate resilience, and more recently, COVID-19 response and clean energy.

12. What best defines “Beggar-Thy-Neighbour” economic policies?

- (a) Fiscal measures that focus on rural employment over exports
- (b) Trade policies that benefit one country at the expense of others
- (c) Tax reforms that favour domestic industry through subsidies
- (d) Monetary policies aimed at stabilizing the domestic currency

Answer: (b) Trade policies that benefit one country at the expense of others

Explanation:

- "Beggar-Thy-Neighbour" refers to **economic policies, especially in trade and currency devaluation**, where one nation **tries to boost its economy at the cost of others**. For example, **currency devaluation or tariffs** might improve a country's exports but can harm global trade and provoke retaliatory actions.



13. With reference to the State Emblem of India, consider the following statements:

1. The emblem is an adaptation from the Sarnath Lion Capital of Emperor Ashoka, originally made from sandstone.
2. The motto “Satyameva Jayate” inscribed below the emblem is in Devanagari script and is taken from the Rigveda.
3. The official use of the State Emblem is regulated by the Emblems and Names (Prevention of Improper Use) Act, 1950.

Which of the above statements is/are correct?

(a) 1 and 2 only

(b) 1 and 3 only

(c) 1, 2 and 3

(d) 2 and 3 only

Answer: (b) 1 and 3 only

Explanation:

- **Statement 1 is correct:** The **State Emblem** is adapted from the **Ashokan Lion Capital at Sarnath**, originally carved out of sandstone during Emperor Ashoka’s reign.
- **Statement 2 is incorrect:** The motto “**Satyameva Jayate**” is taken from the **Mundaka Upanishad**, not the Rigveda. It is indeed inscribed in **Devanagari script**.
- **Statement 3 is correct:** The **Emblems and Names (Prevention of Improper Use) Act, 1950**, governs the **legal use** of the State Emblem and prohibits its **unauthorized commercial or personal use**.

14. Consider the following statements regarding Jevons Paradox:

1. It suggests that increased efficiency in resource use leads to proportionate reductions in total consumption.
2. The paradox has been primarily observed in the context of coal use during the Industrial Revolution.
3. It highlights the need for demand-side policies alongside technological efficiency measures.

Which of the above statements is/are correct?

(a) 1 and 2 only

(b) 2 and 3 only

(c) 1 and 3 only

(d) 1, 2 and 3

Answer: (b) 2 and 3 only

Explanation:

- **Statement 1 is incorrect:** Jevons Paradox states the **opposite**—as efficiency in resource use **increases**, it often leads to **greater total consumption** due to lower effective cost and rising demand.
- **Statement 2 is correct:** William Stanley Jevons observed that **improved efficiency in coal use** during the Industrial Revolution **increased** total coal consumption, not decreased it.
- **Statement 3 is correct:** The paradox underscores the need for **complementary policies** such as **regulations, pricing mechanisms, or behavioral interventions** to truly curb total resource use.

15. Consider the following statements regarding the Debt-to-GDP Ratio in macroeconomic context:

1. A rising Debt-to-GDP ratio necessarily implies a worsening debt sustainability situation.



2. India's debt-to-GDP ratio includes liabilities of both the Centre and the States.
3. High nominal GDP growth can improve the debt-to-GDP ratio even without reducing absolute debt.
4. The Fiscal Responsibility and Budget Management (FRBM) Act of India prescribes specific targets for debt-to-GDP ratio.

Which of the statements given above are correct?

- (a) 1, 2 and 4 only
- (b) 2, 3 and 4 only
- (c) 1, 3 and 4 only
- (d) 1, 2, 3 and 4

Answer: (b) 2, 3 and 4 only

Explanation:

- **Statement 1 is incorrect:** A rising debt-to-GDP ratio **does not automatically indicate unsustainable debt**; it depends on factors like **interest rates, growth rates**, and government revenues.
- **Statement 2 is correct:** India's reported debt-to-GDP ratio usually includes **both Centre and State government liabilities**.
- **Statement 3 is correct:** A high **nominal GDP growth** (real + inflation) can **improve** the ratio even if debt levels remain the same or rise modestly.
- **Statement 4 is correct:** The **FRBM Act** recommends a **combined debt target** for the Union and States, aiming for **long-term fiscal prudence** (e.g., 60% combined debt target).



SUBJECTIVE QUESTIONS FOR MAINS ANSWER

WRITING PRACTICE

26th May, 2025

GS Paper I

Question 1:

“Social norms around gender roles continue to perpetuate inequality in the domestic and professional spheres.” Examine this statement in the context of Indian society.

Sample Answer:

Indian society is deeply rooted in patriarchal values that assign gender roles early in life. These roles often dictate that men are breadwinners while women are caregivers. This dichotomy continues to shape expectations and restricts women's autonomy and opportunities.

In the **domestic sphere**, the "invisible labour" of women, such as cooking, cleaning, and caregiving, is often unrecognized and unpaid. According to the NSSO Time Use Survey (2019), women spend nearly 5 hours a day on unpaid domestic chores, while men spend less than 1 hour. This burden is rarely redistributed, even when women take up paid work.

In the **professional domain**, gender roles affect both participation and progression. Women's workforce participation has dropped below 20% (PLFS 2022), partly due to societal expectations around marriage, motherhood, and caregiving. Furthermore, workplace biases such as maternity penalties, lack of flexible policies, and glass ceilings hinder their career growth.

The **COVID-19 pandemic** and post-pandemic recovery have worsened these inequalities. Many women dropped out of the labour force due to increased household duties and loss of job security in informal sectors.

Addressing this issue requires **multi-pronged reforms**—legal safeguards (e.g., maternity benefits), institutional support (like crèches), and most importantly, **a cultural shift in gender perceptions**, including greater male participation in domestic responsibilities and a more inclusive workplace environment.

In conclusion, unless gendered social norms are challenged and restructured, women will continue to bear the double burden of work without adequate recognition or support.

GS Paper II

Question 2:

Do you think the strengthening of local self-governments is essential for inclusive governance and grassroots democracy? Discuss with examples.

Sample Answer:

Local self-governments—Panchayati Raj Institutions (PRIs) and Urban Local Bodies (ULBs)—are vital for inclusive governance as they bring administration closer to the people and allow for participatory decision-making.

The **73rd and 74th Constitutional Amendments** institutionalized these bodies, enabling decentralized governance. They were designed to improve **public service delivery**, especially in health, education, sanitation, and welfare schemes like MGNREGA or Jal Jeevan Mission.

However, the **implementation gap** is evident. Many PRIs lack administrative, financial, and functional autonomy. Often, funds are released late or are insufficient. In states like Bihar and



Uttar Pradesh, the devolution of powers remains symbolic. Further, issues like **political interference**, lack of training, and low digital penetration hinder effectiveness. Nevertheless, successful models like **Kudumbashree in Kerala**, **Mission Antyodaya**, or the **'My City My Pride'** campaign in Jammu and Kashmir highlight how empowered local bodies can drive inclusive development.

Moreover, **gender and caste representation** through reservations have enhanced social inclusion. Over 50% of PRI representatives today are women, yet many act as proxies.

Hence, capacity-building and real decision-making powers are essential.

In conclusion, local self-governments must be empowered in true spirit to ensure inclusive governance. This requires strengthening fiscal devolution, reducing bureaucratic control, and investing in capacity-building at the grassroots level.

GS Paper III

Question 3:

What are the challenges and opportunities in achieving a \$5 trillion economy in India?

Sample Answer:

India aspires to become a **\$5 trillion economy** by the latter half of the 2020s. This ambitious goal presents both challenges and opportunities across sectors.

Opportunities:

1. **Demographic Dividend:** With over 60% of the population in the working-age group, there is a potential for a productivity surge.
2. **Digital Economy:** India's strides in fintech, UPI, and AI integration can revolutionize services.
3. **Manufacturing Push:** Schemes like **PLI (Production-Linked Incentive)** aim to boost manufacturing, especially in electronics, textiles, and semiconductors.
4. **Green Transition:** India's leadership in solar energy, EVs, and climate financing offers a chance for sustainable growth.

Challenges:

1. **Unemployment and Informality:** High youth unemployment and dominance of informal work (over 80%) reduce productivity.
2. **Infrastructure Deficit:** Logistics, power, and urban infrastructure need significant investment.
3. **Low Investment in R&D:** India spends less than 1% of GDP on research, limiting innovation.
4. **Global Uncertainties:** Wars, supply chain disruptions, and oil price volatility affect macroeconomic stability.

To overcome these, India must adopt a **multipronged strategy**: investment in skilling, ease of doing business, labour reforms, and public-private partnerships. Inclusive growth—where rural and marginalized populations are empowered—is key to sustainability.

Thus, while the \$5 trillion target is difficult, it is not unattainable with robust reforms, digital innovation, and inclusive development models.

GS Paper IV

Question 4:

What is meant by 'Ethical Leadership'? Discuss its significance in public service with relevant examples.

Sample Answer:

Ethical leadership refers to the practice of leading based on ethical principles such as honesty, integrity, transparency, fairness, and respect for others. It is a core component of good governance and public trust.



In public service, ethical leadership is crucial because bureaucrats and politicians wield significant influence and are entrusted with public resources. Without ethical conduct, corruption, nepotism, and inefficiency can thrive.

An **ethical leader** acts as a role model. For example, **T.N. Seshan**, former Chief Election Commissioner, is remembered for his strict enforcement of the Model Code of Conduct and electoral reforms. His ethical stance redefined election management in India.

Similarly, **E. Sreedharan**, the "Metro Man of India," upheld transparency and punctuality in public infrastructure projects, earning public confidence.

Significance:

- **Trust-building:** Citizens are more likely to comply with rules when leaders act fairly.
- **Efficiency:** Ethical governance reduces leakages and improves policy implementation.
- **Moral Compass:** Ethical leaders uphold constitutional values, especially in times of crisis.

To nurture ethical leadership, regular training, value-based recruitment, and institutional checks (e.g., Lokpal, CVC) are necessary.

In conclusion, ethical leadership ensures that power is exercised not just efficiently, but also morally. It is a cornerstone for a just, accountable, and citizen-centric administration.

Current Affairs

Question 5:

*"The burden of unpaid care work remains the silent barrier to women's economic freedom in India." Critically analyse in the context of the recent article, "*The Woman's Burden: Double Shift, No Break*" (*The Hindu*, May 2024).

Sample Answer:

The article "*The Woman's Burden: Double Shift, No Break*" throws light on how the disproportionate burden of **unpaid care work** on women restricts their participation in the formal economy. The piece cites the case of women workers in Bengaluru's garment industry—working 9–10 hours a day and still returning home to shoulder the entire domestic load.

This "**double shift**" perpetuates gender inequality. It leads to **exhaustion, poor mental health**, and reduced productivity, affecting women's career mobility and job retention. Often, these women **cannot negotiate better working conditions** or explore higher-paying opportunities.

India has one of the **lowest female labour force participation rates** globally. The **Time Use Survey (2019)** reveals that women spend **over 4.5 hours daily** on unpaid care, compared to just 30 minutes by men. Such skewed division of labour is **invisible in GDP calculations**, reinforcing its lack of value.

The solution lies in a **multidimensional approach**:

- **Policy Reforms:** Implement crèche facilities, flexible hours, and parental leave for both genders.
- **Social Messaging:** Media and education must challenge traditional gender roles.
- **Economic Measures:** Include unpaid work in satellite national accounts to recognize its contribution.

In sum, unless unpaid care work is redistributed and recognized, economic growth will remain **gender-skewed and exclusionary**. As the article rightly notes, true empowerment lies not just in employment, but also in **relief from invisible burdens**.



27th May, 2025

GS Paper I

Question 1:

How did the Bhakti Movement contribute to religious harmony and social reform in medieval India? Explain with examples.

Sample Answer:

The **Bhakti Movement**, which began in South India (6th century CE) and later spread across the subcontinent, marked a significant **departure from ritualistic orthodoxy** and fostered a more **inclusive and devotional form of religion**.

Religious Harmony:

- The movement emphasized **devotion (bhakti)** over rituals and priestly mediation, promoting a **personal connection with the divine**.
- Saints like **Kabir**, who rejected both Hindu and Islamic dogmas, and **Guru Nanak**, who preached the oneness of God, encouraged **inter-religious understanding**.
- The movement transcended sectarian boundaries—**Sufi and Bhakti saints** often shared values like universal love, humility, and service, creating **syncretic traditions** like the **Ganga-Jamuni Tehzeeb**.

Social Reform:

- Bhakti saints such as **Ravidas** and **Tukaram** attacked **caste-based discrimination**, asserting that devotion, not birth, determined spiritual worth.
- **Mirabai**, as a woman saint, defied patriarchal norms and royal expectations, symbolizing gender emancipation through spiritual pursuit.
- The use of **vernacular languages** (e.g., Tamil, Marathi, Awadhi) instead of Sanskrit democratized access to spiritual knowledge, empowering the masses.

Thus, the Bhakti Movement laid the foundation for **religious pluralism, social equity, and democratized faith**, many of which still shape India's cultural ethos today.

GS Paper II

Question 2:

Critically examine the effectiveness of the Right to Information (RTI) Act in promoting transparency and accountability in governance.

Sample Answer:

The **Right to Information (RTI) Act, 2005** was a landmark legislation aimed at enhancing **transparency, accountability, and participatory governance**.

Achievements:

- Over **2.2 crore RTI applications** have been filed since inception, demonstrating a robust civic engagement.
- It has exposed numerous irregularities—**Adarsh Housing Scam, Vyapam, and corruption in ration schemes**—thus reinforcing democratic oversight.
- RTI has empowered **common citizens**, including marginalized communities, to access entitlements and public services.

Challenges:

- **Dilution of Independence:** Amendments in 2019 gave the Centre the power to fix the tenure and salaries of Information Commissioners, compromising autonomy.
- **Vacancies and Backlogs:** CIC and SICs often face staffing shortages, leading to delayed or ineffective grievance redressal.
- **Culture of Secrecy:** Despite the law, many public authorities resist sharing information, invoking exemptions under **Section 8** liberally.
- **Threats to Whistleblowers:** Activists have faced intimidation, and over **90 RTI users have been killed**, highlighting the need for better protection.



Way Forward:

- Ensure timely appointments to CIC/SICs.
- Introduce safeguards for RTI activists.
- Strengthen digital access to public data via proactive disclosure (Section 4 compliance).

In conclusion, while the RTI Act has significantly improved transparency, **its potential is hindered by institutional and political constraints**. Reviving its original spirit is crucial for deepening democracy.

GS Paper III

Question 3:

Discuss the role of agroecology in promoting sustainable agriculture and climate resilience in India.

Sample Answer:

Agroecology is an integrative approach to agriculture that considers ecological principles in farming systems. It promotes **sustainability, biodiversity, and resilience**, particularly crucial for **climate-vulnerable countries like India**.

Advantages:

- **Climate Resilience:** Agroecological practices like **intercropping, mulching, and crop rotation** improve soil health and water retention, helping farmers adapt to erratic rainfall and temperature shifts.
- **Resource Efficiency:** Reduces dependence on synthetic fertilizers and pesticides, thus minimizing environmental degradation.
- **Economic Viability:** Lower input costs and improved soil fertility can raise net income, especially for **small and marginal farmers**.
- **Biodiversity Conservation:** Encourages preservation of native seeds and local ecosystems.

Indian Context:

- **Zero Budget Natural Farming (ZBNF)** in Andhra Pradesh has shown improved yields and soil health.
- **Paramparagat Krishi Vikas Yojana (PKVY)** supports organic farming clusters using agroecological methods.
- Reports by **FAO and NITI Aayog** recognize agroecology as a scalable alternative to chemical-intensive models.

Challenges:

- Lack of awareness and extension services.
- Market barriers for organic produce.
- Transition risks during the initial phase.

Thus, agroecology, backed by **policy incentives, capacity building, and market support**, can be a **transformative strategy** for sustainable and climate-resilient Indian agriculture.

GS Paper IV

Question 4:

What do you understand by 'Conflict of Interest'? How can civil servants manage it while discharging their duties? Illustrate with examples.

Sample Answer:

Conflict of Interest (COI) arises when a public servant's **private interest interferes with their official duty**, leading to **compromised impartiality or decision-making**.

Types:

1. **Actual:** A personal benefit is directly linked to official duty.
2. **Perceived:** Even the appearance of partiality exists.



3. **Potential:** A future scenario may cause conflict.

Examples:

- A bureaucrat involved in allocating tenders owns shares in a bidding company (actual).
- An officer's spouse employed by a firm under investigation by that officer's department (perceived).

Management Strategies:

- **Disclosure:** Declare personal and familial financial interests.
- **Recusal:** Refrain from decision-making in conflicted cases.
- **Code of Conduct:** Follow service rules, such as **All India Services (Conduct) Rules**.
- **Institutional Mechanisms:** Ethics committees, ombudsmen, and training can sensitize officers.

For instance, an officer who previously worked in the mining sector must declare this history before overseeing related regulations. Transparency and proactive integrity are key to upholding **public trust**.

In sum, effectively managing COI is essential to ensure ethical governance and public confidence in institutions.

Current Affairs

Question 5:

Critically analyse the objectives and potential impact of the “Viksit Krishi Sankalp Abhiyan” launched in 2024.

Sample Answer:

The **Viksit Krishi Sankalp Abhiyan (VKSA)**, launched in 2024, is a flagship campaign aiming to **transform Indian agriculture** by integrating productivity, sustainability, and farmer welfare. The initiative supports the broader vision of making India an **agriculture powerhouse by 2047**.

Objectives:

- **Doubling farmers' income** through improved cropping practices and market linkages.
- **Adoption of technology**, including precision farming, AI-based advisories, and drone applications.
- **Soil health and climate resilience** via natural farming and water-use efficiency.
- **Farmer empowerment** through awareness campaigns, training, and mobilization of Krishi Sakhis and FPOs (Farmer Producer Organisations).

Potential Impact:

- **Sustainable Productivity:** Through climate-smart and resource-efficient practices.
- **Youth Engagement:** Agritech adoption can attract rural youth to farming careers.
- **Rural Development:** Integrated approach may uplift allied sectors like dairy, fisheries.
- **Inclusivity:** Emphasis on women farmers, tribal communities, and smallholders ensures equity.

Challenges:

- Dependence on state implementation capacity.
- Infrastructural bottlenecks in remote areas.
- Need for financial and institutional convergence (credit, insurance, MSP reforms).

In conclusion, VKSA has the potential to **revitalize Indian agriculture** by aligning ecological sustainability with economic viability. Timely execution, stakeholder coordination, and continuous feedback will determine its success.



28th May, 2025

GS Paper I

Question 1:

Discuss how changing lifestyles and urbanization have transformed the traditional Indian family structure. What implications does this have for Indian society?

Sample Answer:

Urbanization and economic liberalization have significantly impacted the **traditional Indian family system**, especially in urban areas.

Transformations in Family Structure:

- **From Joint to Nuclear:** Economic migration and rising costs in cities have led to the rise of **nuclear families**, replacing the traditional joint system.
- **Women in Workforce:** Increased **female labor participation** has shifted gender roles within households, with dual-income households becoming more common.
- **Rising Individualism:** There's a shift from collectivist norms to **individual aspirations**, especially among urban youth.
- **Elderly Isolation:** The disintegration of joint families has led to growing **elderly neglect** and mental health concerns.

Implications for Society:

- **Social Security Strain:** The decline in familial support systems increases the burden on public healthcare and pension infrastructure.
- **Childcare Challenges:** Working couples rely on daycare services or domestic help, impacting early child development and parent-child bonding.
- **Mental Health:** Urban stress, isolation, and lack of familial bonds contribute to anxiety, depression, and substance abuse.
- **Changing Values:** There's a visible shift from community-centric to consumer-centric lifestyles, affecting civic engagement and cultural continuity.

Thus, while urbanization brings progress and mobility, it also necessitates **policy adaptations in housing, healthcare, and social welfare** to support evolving family systems in urban India.

GS Paper II

Question 2:

Evaluate the role of the National Commission for Scheduled Tribes (NCST) in safeguarding the rights of tribal communities. Has it been effective?

Sample Answer:

The **National Commission for Scheduled Tribes (NCST)**, established under Article 338A of the Constitution, is mandated to protect and promote **tribal rights and welfare**.

Functions of NCST:

- Monitor implementation of safeguards under the Constitution and laws (e.g., PESA Act, Forest Rights Act).
- Investigate specific complaints regarding rights violations.
- Advise on planning socio-economic development of STs.
- Report to the President annually with recommendations.

Achievements:

- Advocacy for proper implementation of the **Forest Rights Act (FRA)** and **Minimum Support Price for Minor Forest Produce**.
- Highlighted the need to **recognize unrecognised tribes** and pushed for **data disaggregation**.
- Taken up cases of tribal displacement due to infrastructure and mining.



Limitations:

- **Lack of Enforcement Power:** It only has recommendatory status and cannot enforce its decisions.
- **Understaffed and Underfunded:** Delays in report submissions and limited field presence hinder outreach.
- **Delayed Appointments:** At times, the Commission has functioned without a full quorum, impacting effectiveness.

Way Forward:

- Ensure timely appointments and adequate staffing.
- Enhance cooperation with local administration and civil society.
- Provide enforcement backing to NCST's key recommendations.

In conclusion, while NCST has **highlighted tribal issues effectively**, its **institutional constraints limit its transformative capacity**. Strengthening its legal and administrative teeth is crucial for meaningful tribal empowerment.

GS Paper III

Question 3:

Examine the challenges and opportunities of digital financial inclusion in rural India.

Sample Answer:

Digital financial inclusion refers to the use of digital platforms to provide affordable and accessible financial services to all, especially underserved rural populations.

Opportunities:

- **Wide Reach:** Mobile penetration allows remote areas to access banking, insurance, and credit.
- **Cost Efficiency:** Reduces transaction costs for both banks and users.
- **Empowerment:** Enables **direct benefit transfers (DBT)**, improving transparency in welfare schemes.
- **Women's Inclusion:** Mobile banking enhances autonomy and savings among rural women.

Government Initiatives:

- **Jan Dhan–Aadhaar–Mobile (JAM) Trinity:** Facilitated account opening and DBT.
- **Digital Payments Infrastructure Fund, UPI, and PM SVANidhi** have promoted microfinance and small-scale transactions.

Challenges:

- **Digital Illiteracy:** Many users lack the knowledge to use digital platforms securely.
- **Infrastructure Gaps:** Poor internet connectivity and power supply in remote areas.
- **Cybersecurity Concerns:** Rural users are more vulnerable to fraud and scams.
- **Language and Interface Barriers:** Lack of vernacular UI limits accessibility.

Way Forward:

- Strengthen digital literacy through community-based campaigns.
- Improve rural connectivity infrastructure.
- Promote vernacular and voice-based fintech apps.
- Strengthen grievance redressal and data protection.

Digital financial inclusion has transformative potential, but **success depends on bridging the digital divide and building user trust**, especially in vulnerable communities.

GS Paper IV

Question 4:

Integrity and empathy are essential traits for public servants in a democracy. Discuss how these values can be cultivated and demonstrated in administrative functioning.



Sample Answer:

Integrity involves honesty, transparency, and moral uprightness, while **empathy** is the ability to understand and share the feelings of others. Both are indispensable for ethical and responsive governance.

Importance in Public Service:

- **Integrity** ensures impartial decision-making, accountability, and public trust.
- **Empathy** enables public servants to design and implement policies that are sensitive to citizens' needs, especially the marginalized.

Cultivation of Values:

- **Training:** Ethics modules in administrative academies can instill these values through case studies and simulations.
- **Mentorship:** Senior officers who model integrity and empathy influence new entrants.
- **Code of Conduct:** Clear guidelines and reward mechanisms encourage ethical behavior.

Demonstration in Practice:

- A district magistrate waiving documentation requirements for disaster victims demonstrates empathy.
- An officer refusing a bribe despite pressure shows integrity.

Real-life Example:

IAS officer **T.N. Chaturvedi**, who refused political pressure during the Bofors probe, is remembered for his **uncompromising integrity**.

Similarly, IAS officer **Armstrong Pame**, who crowdsourced funds to build a road for tribal villagers in Manipur, exemplifies **empathy-driven leadership**.

Public servants with integrity and empathy bridge the gap between **policy and people**, ensuring ethical, effective, and inclusive governance.

Current Affairs

Question 5:

“Urban India is facing a dual burden of malnutrition — undernutrition and overnutrition — leading to a Non-Communicable Disease (NCD) crisis.” Discuss with causes, implications, and policy measures.

Sample Answer:

India's urban health landscape has evolved into a **dual burden of malnutrition**: persistent **undernutrition** among the urban poor and rising **overnutrition** among the affluent and middle class, resulting in a growing **NCD crisis**.

Causes of Overnutrition and NCDs in Urban India:

- **Dietary Transition:** Shift to high-calorie, processed foods.
- **Sedentary Lifestyle:** Desk jobs, vehicular transport, and reduced physical activity.
- **Stress and Sleep Deprivation:** Urban stressors disrupt hormonal balance.
- **Aggressive Marketing:** Junk food targeting children and youth.
- **Health Inequity:** While poor urban slums face undernutrition, middle classes battle obesity and hypertension.

Implications:

- Rising incidence of **diabetes, cardiovascular diseases, cancers**, and mental disorders.
- Increased **economic burden** on households and health systems.
- **Loss of productivity** and quality of life.

Policy and Institutional Responses:

- **National Programme for Prevention and Control of NCDs (NP-NCD)** under NHM.



- **Eat Right India** campaign and **FSSAI's labelling guidelines**.
- Urban health missions integrating **NCD screenings** in primary health centres.
- Proposal for **junk food tax**, front-of-pack labelling, and urban wellness programs.

Way Forward:

- School and workplace-based nutrition awareness campaigns.
- Promotion of cycling tracks, urban parks, and fitness infrastructure.
- Regulating food advertising and portion sizes in restaurants.
- Health insurance and universal screening at the community level.

Thus, managing urban overnutrition and NCDs requires a **whole-of-society approach**, combining **urban planning, lifestyle change, healthcare access, and public health education**.