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Science Reporter
विज्ञान एवं प्रौद्योगिकी मन्त्रालय
MINISTRY OF SCIENCE AND TECHNOLOGY
सत्यमेव जयते



MK Yadav Sir

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THE HINDU Page 16

RBI lets banks issue RuPay prepaid forex cards to help widen usage

The Hindu Bureau
MUMBAI

The Reserve Bank of India (RBI), in a bid to broaden the scope of RuPay cards and as part of its strategy of internationalising issuance and acceptance of such cards, has decided to permit banks to issue RuPay prepaid forex cards to customers and to issue such cards abroad.

"RuPay Debit and Credit cards issued by banks in India are gaining increased acceptance abroad. It has now been decided to permit issuance of RuPay prepaid forex cards by banks," RBI governor Shaktikanta Das announced as part of additional measures by the central bank on Thursday.

"This will expand the payment options for Indians travelling abroad," he said.

RUPAY CARDS

(Syllabus: GS Paper 3 - Economy)

Context: The Reserve Bank of India (RBI), in a bid to broaden the scope of RuPay cards and as part of its strategy of internationalising issuance and acceptance of such cards, has decided to permit banks to issue **RuPay Prepaid forex cards** to customers and to issue such cards abroad.

- **RuPay cards** will be enabled for issuance in foreign jurisdictions.

RuPay Cards

- RuPay is a **product of NPCI,** the umbrella organisation that powers retail payments in the country.
- The provision under the **Payment and Settlement Systems Act, 2007,** empowered the Reserve Bank of India (RBI) and Indian Banks' Association (IBA) to create a secure electronic payment and settlement system in India.
- It was conceived and launched by the **National Payments Corporation of India (NPCI) in 2012.**
- The name, derived from **'Rupee and Payment',** emphasises India's very own initiative for Card payments.
- It **facilitates electronic payment** at all Indian banks and financial institutions.
- Presently, RuPay cards are **issued by more than 1,100 banks** which includes Public Sector Banks, Private Sector Banks, Regional Rural and Co-Operative Banks.
- It's 10 core promoter banks include **SBI, PNB, Canara bank, BOB, Union Bank of India, Bank of India, ICICI Bank, HDFC bank, Citibank and HSBC.**

BUSINESS STANDARD

Page 1

DOVISH AND HAWKISH

(Syllabus: GS Paper 3 - Economy)

RBI maintains status quo, turns hawkish on inflation

REPO RATE RETAINED AT 6.5%; INFLATION TARGET BACK AT 4% AFTER 3 YEARS

CENTRAL BANK KEEPS GROWTH PROJECTION FOR FY24 UNCHANGED AT 6.5%

MANOJIT SAHA
Mumbai, 8 June

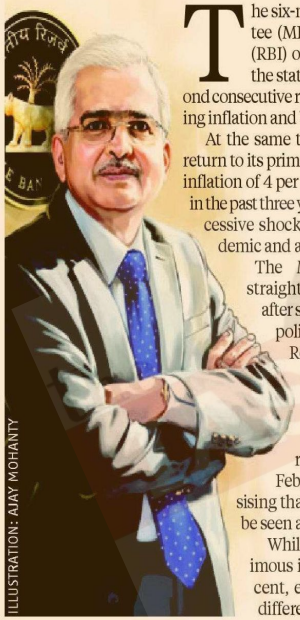


ILLUSTRATION: AJAY MOHANTY

The six-member monetary policy committee (MPC) of the Reserve Bank of India (RBI) on Thursday decided to maintain the status quo in the repo rate for the second consecutive review meeting, basing itself on easing inflation and brighter growth prospects.

At the same time, the central bank decided to return to its primary objective of targeting headline inflation of 4 per cent, which was kept in abeyance in the past three years due to successive shocks like the pandemic and a war in Europe.

The MPC's second straight pause comes after surprise hikes in policy rates by the Reserve Bank of Australia (RBA) and the Bank of Canada (BoC) following their previous pause.

The RBI paused in April after a hike of 250 basis points in the repo rate between May 2022 and February 2023, to 6.5 per cent, emphasising that its decision to pause should not be seen as "pivot".

While all six MPC members were unanimous in keeping the repo rate at 6.5 per cent, external member Jayanth Varma differed with the stance. Turn to Page 7

EDIT

ALL BOXES TICKED P9

"CLOSE AND CONTINUED VIGIL ON THE EVOLVING INFLATION OUTLOOK IS ABSOLUTELY NECESSARY, ESPECIALLY AS THE MONSOON OUTLOOK AND THE IMPACT OF EL NINO REMAIN UNCERTAIN"
SHAKTIKANTA DAS, RBI GOVERNOR

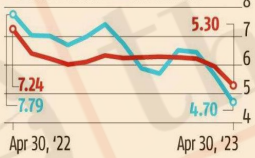
KEY INDICATORS

Repo rate path (in %)



Inflation trajectory YoY chg (in %)

Retail inflation — Core inflation



Inflation projections YoY chg (in %)

Earlier Now



GDP growth forecast YoY chg (in %)

Earlier Now



Sources: RBI, Mospi, Bloomberg
Compiled by BS Research Bureau

CBDC QR CODES MAY BE INTEROPERABLE WITH UPI

Reserve Bank of India (RBI) Deputy Governor T Rabi Sankar on Thursday said the central bank digital currency (CBDC) QR codes would be made interoperable with Unified Payment Interface (UPI) mechanism. 7

50% OF ₹2K NOTES IN CIRCULATION BACK IN BANKS

Around 50 per cent or ₹1.8 trillion of the ₹3.62 trillion worth ₹2,000 notes have returned to the banks, of which 85 per cent are deposits, Reserve Bank of India Governor Shaktikanta Das said on Thursday. 6

RBI DEFINES TECHNICAL WRITE-OFFS FOR REs P6

A CAUTIOUS PAUSE, RATE CUT NOT ANYTIME SOON P7

Tamal Bandyopadhyay writes

Context: The 6-member **monetary policy committee (MPC)** of the Reserve Bank of India (RBI) decided to maintain the status quo in the repo rate for the second consecutive review meeting, basing itself on **easing inflation and brighter growth prospects.**

- The central bank decided to return to its primary objective of targeting **headline inflation** of 4 per cent, which was kept in abeyance in the past three years due to successive shocks like the pandemic and a war in Europe.

Dovish and Hawkish

- **Dovish View of Monetary Policy:** Doves support the **idea of low-interest rates s**ince they believe that it encourages economic growth.
  - They also argue that **an increase in economic growth leads to a high rate of borrowing** among the consumers, which encourages spending.
- **Hawkish View of Monetary Policy**: A Hawk or an inflation Hawk is a financial advisor or policymaker who believes that **monetary policies should maintain high-interest rates to curb inflation.**
  - They are primarily interested in **high-interest rates** as they relate to Fiscal policy.
  - Hawks are generally **not concerned with economic growth** but support an economy operating at a level below its full-employment equilibrium.

Hawkish	vs	Dovish
Currency appreciation (stronger)		Currency depreciation (weaker)
Interest rate: Increase		Interest rate: Decrease
Monetary policy stance: Contractionary		Monetary policy stance: Expansionary
Objective: Reduce/contain inflation		Objective: Stimulate the economy

ECONOMIC TIMES

Page 9

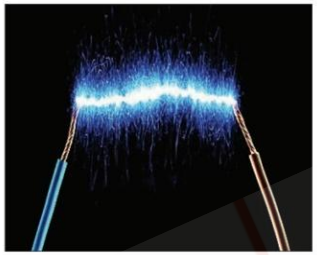
MARKET COUPLING MECHANISM

(Syllabus: GS Paper 3 - Infrastructure)

TO MAKE PRICES UNIFORM ACROSS EXCHANGES

Power Ministry asks CERC to Start Process for Market Coupling

Move could make it possible for exchanges to gain market share in real-time trading



Our Bureau

New Delhi: The power ministry has requested the Central Electricity Regulatory Commission (CERC) to initiate market coupling process of multiple electricity exchanges, which could make prices uniform across exchanges.

Several stakeholders had approached the ministry and it has decided to go ahead with the process, a letter from the ministry to the regulator said.

In this form of discovering prices, bids are accepted in all power exchanges, brought together to a market coupling operator that merges them and runs a single combined solution.

India has three power exchanges – India Energy Exchange (IEX), Hindustan Power Exchange (HPX) and Power Exchange India (PXI).

IEX commands 99.9% of the volume traded on the exchanges.

In the current state of market share, coupling does not make much difference, one industry source and a government official said.

However, market coupling could bring a possibility for other exchanges to gain market share in the day-ahead and real-time trading.

"This will give a fillip to the service levels in the power market, ensure better transparency and uniform prices discovery across exchanges. The move is also expected to bring down the power tariff in the country significantly," Naveen Singh, head, business development at Hindustan Power Exchange said.

In India we have voluntary market framework where all exchanges have equal opportunities, Rohit Bajaj, head of business development, regulatory affairs & strategy, IEX, said.

Market coupling is done to couple different markets operating in different geographies which is not applicable in our case, he added.

"All the regions are already coupled, and we have one market and one price. Government has requested CERC to initiate the process of consultation and finalisation of construct. I am sure all aspects like objective of coupling and need in the current market framework will be examined," he said.

The move would make more impact when combined with the proposed market-based economic dispatch, which is a centralised model for scheduling and dispatching electricity, sources said.

The market-based economic dispatch ensures that cheapest power generating resources in the country will be supplied to meet the overall demand and result in saving for the consumers and distributors.

Context: The power ministry has requested the Central Electricity Regulatory Commission (CERC) to initiate **market coupling process** of multiple electricity exchanges, which could make prices uniform across exchanges.

- The move is a step towards the government's intention to **shift India's electricity trading from long-term (25 years) power purchase agreements** (PPAs) to electricity markets (exchanges) and shorter PPAs of up to 12-15 years.

Market coupling

- CERC in February 2021 had issued the **Power Market Regulations 2021,** whose Part-5, Regulation 37 contains enabling regulations for the implementation of market coupling in power markets in India
- Under market coupling, **buy and sell bids from all power exchanges** in the country will be aggregated and matched to discover a uniform market clearing price (MCP).
- At present, power **prices or MCPs** are different in the three power exchanges that India has - Indian Energy Exchange Limited (IEX), Power Exchange India Limited (PXIL) and Hindustan Power Exchange Limited (HPX).
- The development is seen as a **setback to IEX,** which currently enjoys a monopoly status with a 90 percent share in the electricity market.
- Market coupling is a step towards implementing the **Market-Based Economic Dispatch (MBED) mechanism.**
    - The **MBED mechanism** envisages centralised scheduling for dispatching the entire yearly consumption of electricity of around 1,400 billion units.
- It proposes **centralized scheduling of power** dispatches both at the inter-state and intra-state levels.
- Besides, market coupling will also pave the way for the **implementation of electricity derivatives** in the market.
- Some states have objected to the MBED mechanism as they feel it will **infringe on their autonomy** over the electricity sector, which as per the Constitution is a concurrent subject.

LIVE MINT Page 10

COAL MINES (SPECIAL PROVISIONS) ACT, 2015

(Syllabus: GS Paper 3 - Infrastructure)

Govt allocates 22 coal mines to buyers

The government on Thursday said it has issued allocation orders to successful bidders for 22 coal mines which were put on sale for commercial mining.

"Out of the 22 coal mines, 11 mines are under Coal Mines (Special Provisions) Act, 2015 and the rest comes under Mines & Minerals (Development and Regulation) Act,1957," the ministry of coal said in a statement.

16 coal mines are fully explored and the remaining six mines are partially explored.

The cumulative peak rated capacity (PRC) of 22 coal mines is 53 million tonne per annum (MTPA).

Total geological reserve of six coal mines is 6,379.78 MT and the blocks are likely to generate an annual revenue of ₹9,831 crore and will attract capital investment of ₹7,929 crore. It will provide employment to 71,467 people both directly and indirectly.

SAURAV ANAND

Context: The government has issued allocation orders to successful bidders for 22 coal mines which were put on sale for **commercial mining.**

- Out of the 22 coal mines, eleven mines are under **Coal Mines (Special Provisions) Act, 2015 and the rest comes under Mines & Minerals (Development and Regulation) Act,1957.**

Coal Mines (Special Provisions) Act, 2015

- **About**: The act replaced Ordinance issued by the Government after the apex court cancelled the allocation of 204 blocks.
- **Objectives of the act:**
  - To **provide for allocation of coal mines** and vesting of the right, title and interest in and over the land and mine infrastructure to successful bidders and allottees with a view to ensure continuity in coal mining operations and production of coal.
  - To **take immediate action to auction or allot coal mines** to minimise impact on core sectors such as steel, cement and power, which are vital for the development of the nation.
  - To **amend the Coal Mines (Nationalization) Act, 1973 and the Mines and Minerals (Development and Regulation) Act, 1957** thereby removing the restriction of end use from the eligibility to undertake coal mining except in the case of certain specified coal blocks.
- **Salient features of the act:**
  - The **Central Government has the power to classify mines** identified from Schedule I coal mines as earmarked for a class of specified end-uses.
  - There shall be **no end use restrictions** on the eligibility to participate in the auction, other than for Schedule II & III coal mines.
  - **'Nominated Authority'** shall be appointed for conduct of auction/ allotment and vesting and transfer of all interests, rights and titles of these coal mines in the successful bidder or allottee. Nominated Authority to be assisted by experts and other officers.
  - The proceeds of auction shall be received by the Nominated Authority and disbursed to respective States.
  - **Compensation** only for land and immovable mining infrastructure shall be paid to the prior allottee after paying secured creditors.
  - **'Commissioner of Payments'** shall be appointed for disbursal of compensation.
  - The Central Government may appoint **Custodian(s) for operation** and management of the coal mines till they are allocated through auction or allotment.
  - **Tribunal constituted under the Coal Bearing Areas (Acquisition and Development), Act, 1957** will adjudicate any dispute arising out of any action of the Central Government/ nominated authority or any dispute between the successful bidder or allottee and prior allottee arising out of any issue connected with the Act.

DTE

June 9

NUTRIENT-BASED SUBSIDY REGIME

(Syllabus: GS Paper 3 - Agriculture)

CACP recommends Centre to bring urea under NBS regime to check overuse

Disproportionate use of urea in agriculture over the years has been one of the primary reasons for worsening plant nutrient imbalance



Context: The Commission for Agricultural Costs and Prices (CACP) has recommended the Centre to bring urea under the **nutrient-based subsidy (NBS) regime** to address the problem of imbalanced use of nutrients.

Key Points

- **Urea does not come under NBS,** which includes non-urea fertilisers like phosphorus and potassium.
- Keeping urea out of NBS essentially means that the government has retained direct control over MRP of urea and its subsidy.
- The MRPs of other fertilisers have been under **indirect control by virtue of NBS policy.**
- Manufacturers of these fertilisers have the **freedom to fix MRP** within "reasonable limits", and a fixed per-tonne subsidy linked to their nutrient content is given.

Fertiliser Subsidy

- About: The government pays a subsidy to fertiliser producers to **allow farmers to buy fertilisers at below-market rates.**
  - The difference between the cost of production/import of a fertiliser and the actual amount paid by farmers is the subsidy portion borne by the government.
- **Nutrient Based Subsidy Scheme**
  - **Origin**: was initiated in the year 2010.
  - **Nodal Ministry**: administered by the **Department of Fertilizers under the Ministry of Chemicals & Fertilizers.**
  - **Key feature**: **All Non-Urea based fertilisers** are regulated under Nutrient Based Subsidy Scheme.
    - The MRPs of non-urea fertilisers are **decontrolled or fixed by the companies.**
    - The **Centre pays a flat per-tonne subsidy** on these nutrients to ensure they are priced at reasonable levels.
    - **Examples of non-urea fertilisers**: Di-Ammonium Phosphate (DAP), Muriate of Potash (MOP).
- **Urea Subsidy Scheme**
  - **About**: It is **part of Central Sector Scheme (CSS)** of Department and is wholly financed by Central Government of India through budgetary support.
    - It also **includes Imported Urea subsidy** which is directed towards import to bridge gap between assessed demand and indigenous production of urea in the country.
    - It **also includes freight subsidy** for movement of urea across the country.
  - **Subsidy on Urea**: The Centre pays subsidy on urea to fertiliser manufacturers on the **basis of cost of production at each plant** and the units are required to sell the fertiliser at the government-set Maximum Retail Price (MRP).

DTE

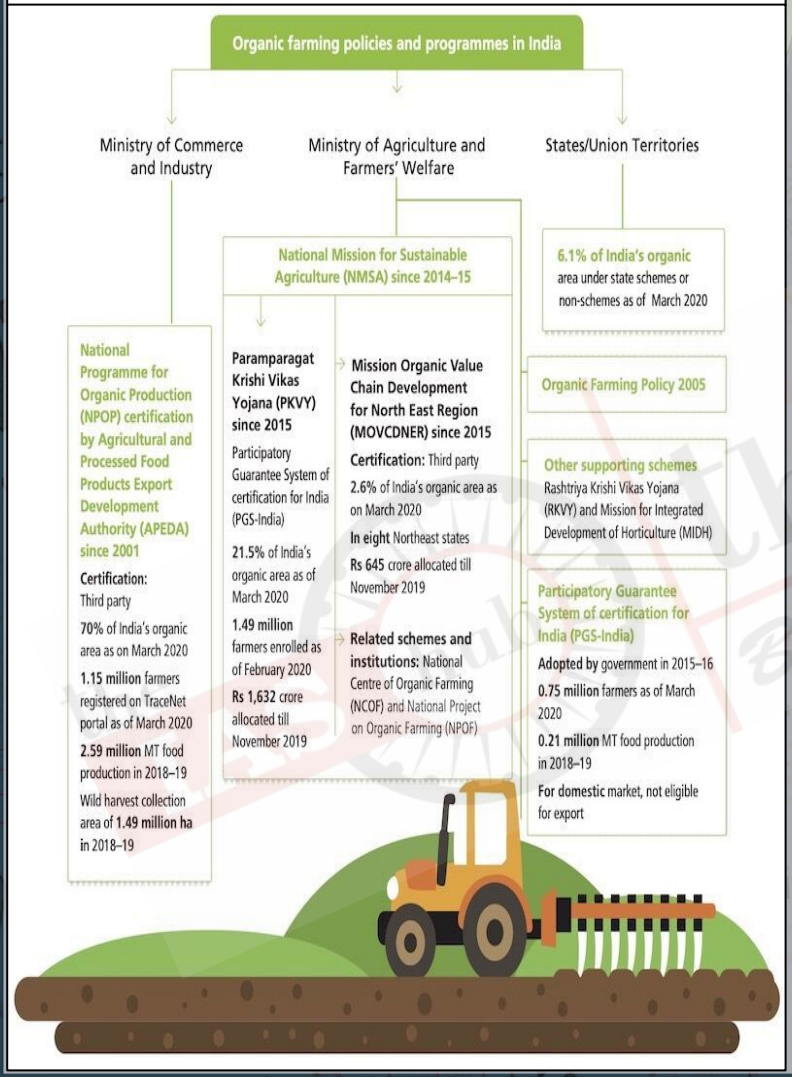
June 9

NATURAL FARMING

(Syllabus: GS Paper 3 - Agriculture)

Farmyard manure in natural farming leads to higher yield than conventional method: Study

Natural farming was perceived to be more labour intensive & regular monitoring by farmers was required, survey in three states finds



Context: Natural farming practices alone could not yield as much as conventional farming, but supplemented with farmyard manure (FYM), crop yields were invariably higher than those from conventional or chemical farming.

- This was established in a field survey done in Andhra Pradesh, Karnataka and Maharashtra during February-May 2019 by **Indian Council of Agricultural Research (ICAR).**

Key Points

- The yield of major crops - **paddy, sugarcane, finger millet, black gram** - was worked out for the three farming practices:
  - Natural farming with **farm yard manure (FYM), natural farming without FYM, and non-natural farming.**
  - **Non-natural farming** yields were superior to natural farming yields without FYM, it was found.
  - In most crops, however, **natural farming with FYM** had a greater yield than that without FYM and non-natural farming farms.
- **Intercropping** is a major recommended practice in natural farming as it reduces soil stress by reducing the mining of only specific nutrients from the soil, as in the case of a solo / mono crop.
- Another important component of natural farming - **mulching** - was found to be followed by farmers, depending on the crop and availability of mulching material.
- Natural farming was also perceived to be **more labour intensive** and regular monitoring by farmers was required, according to the respondents.
- The farmers also **expected higher prices for the natural farming produce,** considering it is free from chemicals.
- Hence, the **non-availability of designated markets** for natural farming produce (as in the case of organic produce) has driven reluctance towards natural farming adoption.
- However, a **substantial reduction in input cost of natural farming** as compared to non-natural farming due to non-use of expensive agro-chemicals was found.
- This has resulted in a **significant reduction in the cost of cultivation** of all the crops for better profitability natural farming practitioners.

INDIAN EXPRESS Page 1

PM KRISHI SINCHAYEE YOJANA

(Syllabus: GS Paper 3 - Agriculture)

Irrigation scheme unravels in Jharkhand: Aadhaar misused, funds claimed, farmers clueless

Of 94 beneficiaries tracked by *Express*, just 17 were using per drop-more crop, minister says will act

ABHISHEK ANGAD
HAZARIBAGH, JUNE 8

AADHAAR CARDS being misused to create beneficiaries, new equipment gathering dust, farmers not even aware that money has been collected by private companies in their name, case after case of fraud: this marks the implementation by the JMM-Congress-RJD government of "Per Drop More Crop," a key element of an ambitious Central micro-irrigation scheme under the Pradhan Mantri Krishi Sinchayee Yojana, an investigation by *The Indian Express* has revealed.

Launched by the Centre in 2006 and first implemented by the state in 2011, it was meant to enhance water use and increase farmers' productivity through the use of drip or sprinkler systems, particularly in arid areas. However, on the ground, in one

CONTINUED ON PAGE 15



Drip irrigation equipment lies unused at the home of a beneficiary in Chouparan's Poro village. *Abhishek Angad*

A robust verification process — just on paper

ABHISHEK ANGAD
RANCHI, JUNE 8

ON PAPER, a four-step verification process to ensure that the Centre's micro irrigation scheme for farmers is implemented on the ground in Jharkhand is robust. But in practice, the process has fallen flat under the watch of the state agriculture department which is now waking up to how the process has been rigged by middlemen, who, acting on behalf of companies, enrolled farmers as beneficiaries.

Take, for instance, the case of 70-year-old Lalji Thakur from Hazaribagh's Lasodh village (Churchu block) and 65-year-old Arjun Singh from Ingunia village (Chouparan block). Both men are

CONTINUED ON PAGE 15

Context: Under the Pradhan Mantri Krishi Sinchayee Yojana, Aadhaar cards being misused to create beneficiaries, new equipment gathering dust, farmers not even aware that money has been collected by private companies in their name, case after case of fraud under Per Drop More Crop Scheme in Jharkhand state

- **Per Drop More Crop** is a key element of an ambitious Central micro-irrigation scheme under the Pradhan Mantri Krishi Sinchayee Yojana.

Pradhan Mantri Krishi Sinchayee Yojana

- **About**: Launched in 2015, It is a national mission to **improve farm productivity** and ensure better utilization of the resources in the country.
- **Major objectives:**
  - **Convergence of investment** in irrigation at the field level
  - **Expand cultivable area** under irrigation
  - **Improve On-farm water use efficiency** to reduce wastage of water
  - Enhance the **adoption of being precise in irrigation** and other water saving technologies (more crop per drop)
- **Components**:
  - **Department of Water Resources, River Development and Ganga Rejuvenation, Ministry of Jal Shakti**
    - **Component** : Accelerated Irrigation Benefits Programme (AIBP)
    - **Component** : Har Khet Ko Pani (HKKP)
      - Sub component : Command Area Development (CAD)
      - Sub component : Surface Minor Irrigation (SMI)
      - Sub component : Repair, Renovation and Restoration (RRR) of Water Bodies
      - Sub component : Ground Water Development
  - **Department of Land Resources, Ministry of Rural Development**
    - **Component** : Watershed Development
  - **Department of Agriculture and Farmers Welfare, Ministry of Agriculture & Farmers Welfare**
    - **Component** : Per Drop More Crop

PIB

June 9

INDIA-FRANCE-UAE MARITIME EXERCISE

(Syllabus: GS Paper 2 - International relations)

MAIDEN INDIA-FRANCE-UAE MARITIME PARTNERSHIP EXERCISE

Context: The first edition of **India, France and UAE Maritime Partnership Exercise** commenced on 07 Jun 23 in the Gulf of Oman.

Key Points

- **INS Tarkash** and French Ship Surcouf both with integral helicopters, French Rafale aircraft and UAE Navy Maritime Patrol Aircraft are participating in the exercise.
- The exercise scheduled over two days will witness a **wide spectrum of naval operations** such as Surface Warfare, involving tactical firing and Drills for Missile engagements on surface targets, Helicopter Cross Deck Landing Operations, Advanced Air Defence Exercise and Boarding operations.
- The exercise would also include **cross embarkation of personnel** for exchange of best practises.
- The maiden exercise aims to **enhance trilateral cooperation** between the three navies and pave way for adopting measures towards addressing traditional and non-traditional threats in the maritime environment.
- The exercise will also **enhance collaboration in ensuring safety** of mercantile trade and freedom of navigation at high seas in the region.



PIB

June 9

NON-ALCOHOLIC FATTY LIVER DISEASE

(Syllabus: GS Paper 3 - Sci & Tech)

Health Ministry organizes webinar on Non-Alcoholic Fatty Liver Diseases (NAFLDs) to empower Medical Officers posted in Primary Health Centres (PHCs), Community Health Centres (CHCs) and District Hospitals

Context: Health Ministry organized webinar on **Non-Alcoholic Fatty Liver Diseases (NAFLDs)** to empower Medical Officers posted in Primary Health Centres (PHCs), Community Health Centres (CHCs) and District Hospitals.

- The primary objective of this capacity building webinar organized under the **National Programme for Prevention and Control of Non-Communicable Diseases** was to foster knowledge exchange, promote collaboration, and raise awareness about NASH (Non-Alcoholic Steatohepatitis) and its impact on global health among medical officers in the country.
- This **Capacity Building Programme** will have two tracks- the first will include regular webinars, and the second will include 3 day residential training programmes.
- The first state to undertake this r**esidential training programme** will be Madhya Pradesh.

Non-alcoholic fatty liver disease (NAFLD)

- **About**: It is the term for a **range of conditions caused by a buildup of fat in the liver**. It's usually seen in people who are overweight or obese.
  - Early-stage NAFLD **does not usually cause any harm,** but it can lead to serious liver damage, including cirrhosis, if it gets worse.
  - Having high levels of fat in liver is also **associated with an increased risk of serious health problems**, such as diabetes, high blood pressure and kidney disease.
  - If someone already have diabetes, NAFLD **increases the chance of developing heart problems.**
  - If detected and **managed at an early stage**, it's possible to stop NAFLD getting worse and reduce the amount of fat in liver.
- **Symptoms**: There are **not usually any symptoms** of NAFLD in the early stages.
  - Occasionally, people with **NASH or fibrosis** (more advanced stages of NAFLD) may experience:
    - a dull or aching pain in the top right of the tummy (over the lower right side of the ribs)
    - extreme tiredness
    - unexplained weight loss
    - Weakness
      - If **cirrhosis** (the most advanced stage) develops, one can get more severe symptoms, such as yellowing of the skin and the whites of the eyes (jaundice), itchy skin, and swelling in the legs, ankles, feet or tummy (oedema).
- **Treatment**: There's currently **no specific medication** for NAFLD, but making healthy lifestyle choices can help.

DIABETES

(Syllabus: GS Paper 3 - Sci & Tech)

100m+ in India now diabetic, up 44% in 4 yrs: ICMR study

It Estimates Prediabetic Popn At 136M

Pushpa.Narayan
@timesgroup.com

Chennai: India has more than 101 million people living with diabetes compared to 70m in 2019, according to an ICMR study published in the UK medical journal 'Lancet'. While the numbers are stabilising in some developed states, they are increasing at an alarming rate in many others, "warranting urgent state-specific interventions", the study notes.

At least 15.3% of the population or 136 million people have prediabetes, according to the survey, which assessed a sample of individuals aged 20 years and above.

'36% HAVE HYPERTENSION'

- While 11.4% of India's population is diabetic, 15.3% have prediabetes
- Ratio of diabetic to prediabetic people is 1:1 in Delhi, 1:1.2 in Maha, 1:1.5 in Haryana and 1:3.8 in UP
- 35.5% of people have hypertension and 81.2% dyslipidemia (abnormal levels of cholesterol)
- While 28.6% Indians have generalised obesity, 39.5% have abdominal obesity

*Source: Metabolic non-communicable disease health report of India/ICMR-INDIAB

10 WORST AFFECTED

% Of Popn With	Diabetes	Prediabetes
Goa	26.4	20.3
Puducherry	26.3	25.8
Kerala	25.5	18.3
Chandigarh	20.4	15.6
Delhi	17.8	18
Tamil Nadu	14.4	10.2
W Bengal	13.7	23.5
Sikkim	12.8	31.3
Punjab	12.7	8.7
Haryana	12.4	18.2

The highest prevalence of diabetes is in Goa (26.4%). The study warns of an explosion of diabetes cases in states with lower prevalence, such as UP, MP, Bihar and Arunachal, in the next few years. "In Puducherry and Delhi, diabetes and prediabetes cases are nearly equal. So the disease is stabilising," says the study's first author, Dr Ranjit Mohan Anjana, president, Madras Diabetes Research Foundation.

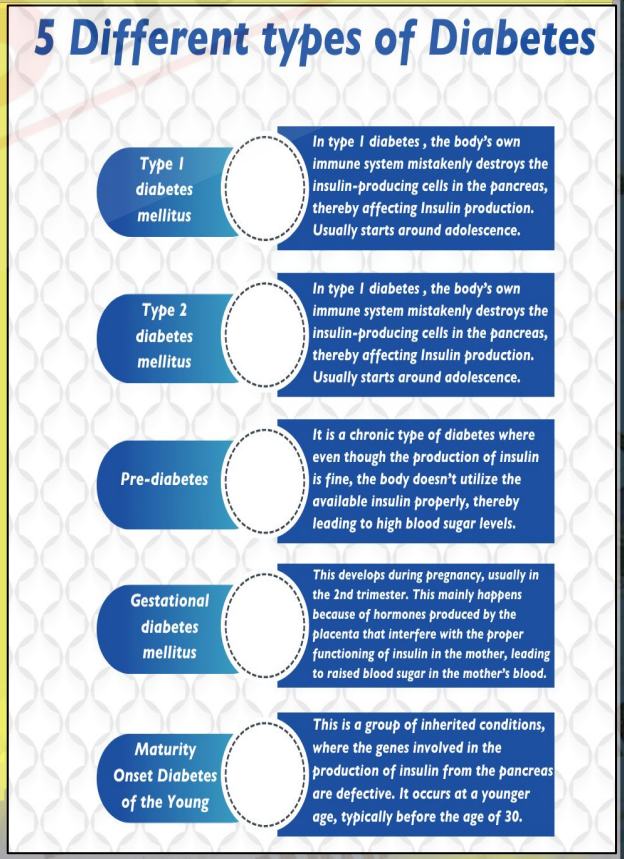
▶UP has lowest, P 16

Context: India has more than **101 million people living with diabetes** compared to 70m in 2019, according to an ICMR study.

- At least **15. 3% of the population** or 136 million people have prediabetes.
- The highest prevalence of diabetes is in **Goa** (26. 4%).

Diabetes

- **About:** A **metabolic disease** or a condition in which the glucose levels in the blood will be high over a prolonged period of time.
  - It is a a **Non-Communicable Disease (NCD).**
- **Cause**: Occurs either **when the pancreas does not produce enough insulin** (a hormone that regulates blood sugar, or glucose), or when the body cannot effectively use the insulin, it produces.
- **Impacts of Diabetes**: It affects the **five major organs** namely, Kidney, Heart, Blood vessels, Nervous System, and Eyes (retina).
- **Treatments**: Glucose monitoring and Artificial pancreas.



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