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TOPIC OF THE
MONTH –
SCIENCE & TECH

SELF-IMPROVEMENTS

CSAT CONCEPT

CA NORTH-EAST
& MANIPUR

MPSC MAINS
MOCK TESTS

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INAUGURAL ISSUE



From The Editor's Desk

Welcome to the inaugural edition of MAION. It's a privilege to address our readers and introduce a magazine designed specifically for UPSC and MPSC aspirants, particularly those from Northeast India and Manipur.

While there are already quality magazines for Civil Services preparation, we aim to offer something unique—focused coverage on news and events from the Northeast, often underrepresented in mainstream publications. This is intended to enhance aspirants' knowledge of their own region, preparing them not only for their state PCS exams but also for UPSC interviews with a strong foundation in local and regional knowledge and issues.

Success in the Civil Services Examination requires more than just academic preparation. Personal development—character, discipline, consistency, sleep, exercise, productivity etc.—is equally important. We aim to offer content that helps aspirants grow holistically; reinforcing the idea that you must first embody the qualities of an IAS officer to become one. Expect articles, book reviews, and resources that focus on these essential, non-academic aspects of preparation.

Finally, we introduce a regular feature: a prize competition based on original UPSC-standard Prelims questions. With a fair and transparent awards system, we hope this will challenge and inspire aspirants to elevate their preparation.

We wish you the best on your journey. Godspeed!

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1. Artificial Intelligence is Revolutionizing Solar Energy

Artificial intelligence (AI) is transforming the solar energy industry by enhancing efficiency and optimizing production, distribution, and consumption. As the world shifts towards renewable energy, AI is playing a crucial role in maximizing the potential of solar power.

Optimizing Solar Energy Production

AI optimizes solar energy production by using machine learning to predict weather patterns and adjust solar panel angles for maximum efficiency. It also monitors individual solar cells, redistributing loads to improve performance and energy output.

Predictive Maintenance: Enhancing Reliability

AI revolutionizes maintenance through predictive analysis. Sensors and algorithms detect early signs of equipment degradation, such as micro-cracks in panels or potential inverter failures. This proactive maintenance reduces downtime, cuts costs, and extends the lifespan of solar systems.

Analyzing Energy Consumption Patterns

AI helps optimize energy consumption by analyzing usage patterns. For consumers, AI-powered smart systems can schedule energy use

during peak solar production. For utilities, AI predicts demand and adjusts solar energy distribution, facilitating dynamic pricing to encourage energy use during high production periods.

Enhancing Grid Integration and Storage

AI ensures stable grid integration by managing solar power variability. It predicts solar output and coordinates with other energy sources to maintain a steady supply. AI also optimizes energy storage by determining when to store or release excess solar power, improving efficiency and grid stability.

Improving Solar Panel Design and Manufacturing

AI improves solar panel design by analyzing data to identify efficient materials and designs. In manufacturing, AI-powered quality control detects defects more accurately, leading to higher-quality solar panels and reduced waste.

Challenges and Future Prospects

AI in solar energy presents challenges, such as data privacy concerns and the need for standardized data sharing. However, the future looks promising with the potential for autonomous solar farms and AI-enabled peer-to-peer energy trading, driving us closer to a sustainable energy future.

Conclusion

AI is revolutionizing solar energy by optimizing production, enabling predictive maintenance, analyzing consumption, and enhancing grid integration. These innovations make solar energy more efficient, reliable, and accessible, contributing significantly to the transition towards renewable energy.

2. India’s Livestock and Feed Challenges

India, home to 17.5% of the world’s population and 20% of the global livestock population, faces unique challenges with its limited land, just 2.3% of the world’s total area. The country's human population is growing at 1.6% annually, while its livestock population grows at 0.66%. With only 4% of cultivable land used for fodder production, India faces a severe feed shortage: 35.6% deficiency in green fodder, 10.5% in dry crop residues, and 44% in concentrate feed ingredients. The limited options to expand land for fodder agriculture exacerbate this feed supply-demand imbalance, which negatively impacts livestock productivity.

Alternative Feed Sources

To address this imbalance, non-traditional feed resources (NCFR) are gaining importance. NCFR includes feeds not traditionally used in commercial livestock rations, sourced from perennial crops, industrial origins, or animal by-products. These alternative feeds are crucial for reducing dependency on conventional feed, stabilizing supply, and lowering costs.

Insect Feed

Insect feed is gaining popularity due to its high nutritional value and low environmental impact. Insects, such as crickets, require significantly less feed than traditional livestock to produce equivalent protein. For example, crickets

need 12 times less feed than cattle. However, insect farming for feed in India is underdeveloped, partly due to a lack of regulatory guidelines by BIS or FSSAI. Globally, the insect feed market is expanding and is expected to reach \$1,996.4 million by 2032, reflecting a 12% CAGR.

Microalgae-Based Feed

Microalgae are another promising alternative feed source. With 40-60% protein content and essential amino acids, microalgae such as Chlorella and Arthrospira can be added to traditional feed to enhance animal growth, health, and product quality. Globally, the microalgae feed market was valued at \$57.54 million in 2021 and is projected to reach \$80.96 million by 2031, growing at a 3.5% CAGR.

Genetically Modified (GM) Feed

Genetically modified (GM) crops, such as maize and soybeans, are widely used in livestock feed globally. In the United States, over 95% of livestock consume GM crops, and in Europe, over 80% of poultry are fed GM ingredients. India, however, has strict regulations regarding GM crops, currently only allowing *Bacillus thuringiensis* (Bt) cotton. Nevertheless, in 2022, India imported 550,000 metric tonnes of GM soy meal to meet the feed demand.

Government Initiatives

The Indian government, through the National Livestock Mission, offers subsidies and support for initiatives in feed and fodder development. Programs focus on increasing fodder

seed production, promoting feed value addition units (for hay, silage, and fodder blocks), and offering farmers training on improving feed quality. A 50% capital subsidy is available for entrepreneurs establishing feed production facilities.

Opportunities for Innovation and Investment

The Indian feed sector presents significant opportunities for investment and innovation, particularly in alternative feed sources. With demand outstripping supply, entrepreneurs and corporations have room to explore sustainable, cost-effective feed solutions that enhance livestock productivity.

3. Microbes: Potential Game-Changers for Carbon Capture and Climate Goals

As global greenhouse gas emissions continue to rise, scientists are exploring innovative methods to capture carbon. Microbes, especially cyanobacteria, present a promising solution. These microorganisms are efficient at consuming carbon dioxide (CO2) through photosynthesis and can convert it into useful byproducts such as fuels, biodegradable plastics, and biomass. Recently, a strain of cyanobacteria discovered near the volcanic island of Vulcano off Sicily has demonstrated unprecedented carbon absorption abilities, absorbing 22% more CO2 than other known strains.

Importance of Cyanobacteria:

Cyanobacteria's ability to absorb CO2 rapidly through photosynthesis makes them valuable for mitigating climate change. These microbes are also scalable and cost-effective, requiring less operational expenditure compared to direct air capture technologies. Cyanobacteria can be cultivated in diverse environments, such as bioreactors or open ponds, using non-arable land, which prevents competition with food production. The biomass generated can serve multiple purposes, such as biofuels, fertilizers, and animal feed.

Challenges and Environmental Impact:

Despite their potential, large-scale microbial carbon capture poses challenges. Selecting the best strains, optimizing cultivation, and maximizing CO2 absorption are complex processes that vary based on location and strain. Additionally, there are concerns about the stability of captured carbon. When microbes die, stored carbon could be released back into the environment unless proper measures are taken.

Microbes and Pollinator Health

Microbes are also showing potential beyond carbon capture, particularly in addressing environmental issues like declining pollinator populations. Honeybees, essential for crop pollination, have been severely affected by pesticides and antibiotics, which harm their gut microbiota. Recent research has shown that introducing probiotics to honeybee hives can help restore their microbial balance, boosting their health and resistance to pathogens.

Probiotics for Honeybees:

In Canada, scientists developed probiotics to enhance honeybee health. Tests on commercial hives in California revealed that the probiotics significantly improved hive health and growth by protecting bees from bacterial and fungal pathogens. This advancement has the potential to reverse the drastic decline in pollinator populations, which is already limiting the supply of crops like apples and blueberries in parts of the U.S.

Concerns and Caution

While microbial solutions appear promising,

scientists emphasize the need for caution. The large-scale introduction of microbes into ecosystems could cause unintended disruptions, and the permanence of carbon storage is not guaranteed. Furthermore, researchers warn that these methods should complement, not replace, stringent emission reduction efforts required to meet climate goals.

Relevance for UPSC Prelims and Mains

Prelims Aspects:

- Cyanobacteria's role in carbon capture.
- Applications of microbes in carbon sequestration and pollinator health.
- Government initiatives for carbon capture technologies.
- Understanding carbon capture mechanisms through natural processes vs. technological solutions.

1. Which of the following statements is/are correct regarding cyanobacteria?

1. Cyanobacteria perform photosynthesis and absorb carbon dioxide.
2. Cyanobacteria can only grow in marine environments.
3. Biomass produced by cyanobacteria can be used to produce biofuels and animal feed.

Select the correct answer using the codes given below:

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

Which of the following statements correctly

describes the role of cyanobacteria in mitigating climate change?

- (a) Cyanobacteria absorb methane from the atmosphere.
- (b) Cyanobacteria convert carbon dioxide into usable biomass through photosynthesis.
- (c) Cyanobacteria release harmful gases while absorbing carbon dioxide.
- (d) Cyanobacteria depend on fossil fuel inputs for their carbon capture process.

Mains Aspects:

- **GS Paper 3 (Environment and Science & Technology):** Explore the role of microbes like cyanobacteria in mitigating climate change. Discuss the challenges and benefits of microbial carbon capture technologies. Examine the use of probiotics for environmental conservation, particularly pollinator health, and its implications for food security.
- **GS Paper 3 (Biodiversity and Climate Change):** Analyze the potential of microbial carbon capture in achieving global climate goals and its integration with existing natural systems like forests and peatlands. Discuss the ethical concerns around large-scale microbial interventions and the potential environmental impacts.

In conclusion, microbial innovations could play a critical role in climate change mitigation and biodiversity conservation, with careful consideration of ecological risks and integration with other solutions.

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4. Elastocaloric Effect

Elastocaloric materials are solids capable of stress-induced reversible phase transformations during which latent heat is released or absorbed. The elastocaloric effect occurs when stress is applied or removed, and a phase transformation is induced. As a result of the entropy difference between the two co-existing phases, the material heats up or cools down. A good elastocaloric material must exhibit a large latent heat, a large adiabatic temperature change, good thermal conductivity, long fatigue life, and low cost. Shape memory polymers can also exhibit elastocaloric effect. Elastocaloric systems are 20-30% more efficient than the traditional vapour compression system used in refrigerator and Air conditioner. These systems don't require the climate harmful HFCs.

Elastocaloric Materials

- Alloys
- Ceramics
- Salts
- Polymers

Advantages of Elastocaloric Refrigeration

- More efficient than vapor-compression refrigeration
- No gases or volatile liquids involved
- Non-hazardous
- Re-usable and recyclable parts and components

5. Immersive Technology Overview

Immersive technologies integrate the virtual with real-world experiences, engaging users through sight, sound, and touch. These technologies include **Virtual Reality (VR)**, **Augmented Reality (AR)**, and **Haptics**, enabling more interactive applications, content, and experiences.

1. Virtual Reality (VR):

- VR replaces real surroundings with a completely digital environment using head-mounted displays (HMD). It provides fully immersive 3D experiences, useful for industrial applications and creative storytelling. VR has been adopted for training, entertainment, and professional use, with increasing prominence in sectors like defense and healthcare.

2. Augmented Reality (AR):

- AR merges the digital with the physical world, overlaying digital objects in real-world settings using computer vision and machine learning. AR is widely used in sectors like retail, where it enhances customer experience by enabling virtual product placement, such as IKEA's app that lets users view furniture in their homes.

3. Haptics:

- Haptics technology adds tactile feedback (e.g., pressure and vibrations) to immersive experiences, allowing users to "feel"

interactions in virtual environments. This is expected to play a major role in future human-computer interactions, especially in areas like spatial computing and the "metaverse."

Application of Immersive Technologies:

1. Training:

- VR and AR are revolutionizing training in sectors like defense, healthcare, and sports. These technologies provide hands-on, practical training experiences, improving retention and engagement. Research indicates that VR-based training can result in employees retaining information four times better than traditional methods.

2. Product Design & Prototyping:

- Immersive tech helps product development teams rapidly create virtual prototypes, enabling remote collaboration and quicker iteration. Tools like Gravity Sketch allow teams to communicate in 3D, speeding up design processes and enhancing collaboration.

3. Retail:

- Immersive tech, especially AR, enhances online and offline retail. Customers can now visualize products in real-time environments, improving confidence in purchases. Retailers also leverage AR to gamify

in-store experiences, engaging younger generations and revitalizing physical stores.

4. Content Creation:

- Immersive technologies have significantly impacted media production, using advanced techniques like game engines and large LED walls to create virtual backgrounds for films and TV, reducing the need for traditional green screens and post-production.

Economic Impact & Future Trends:

- The **UK immersive economy** was valued at £1.4 billion in 2022, with over 2,000 immersive tech companies contributing to industries like training, retail, and media.
- The convergence of technologies such as **5G, digital twins, and brain-computer interfaces** will further shape the future of human-computer interaction. Haptic devices and multisensory technologies are expected to expand the boundaries of immersive experiences.

5. Integrated Sensing and Communication

Integrated Sensing and Communication (ISAC) Overview

Integrated Sensing and Communication (ISAC) is an emerging technology combining traditional telecommunications with sensing capabilities like radar and LiDAR. It uses radio signals to detect and identify objects and surfaces in the environment. By embedding sensing functions within network base stations and user devices, ISAC enables telecom networks to gather and process sensing data.

Key Concepts and Phases:

- **Phase 1:** Networks will start transmitting sensing data, optimizing operations and services.
- **Phase 2:** Networks will use their own radio signals for sensing, reducing dependence on external sensors.

ISAC can transform devices like cell phones into radar-like tools, offering novel use cases and benefits for network operators by improving network efficiency, creating new services, and providing a return on investment (ROI).

Benefits:

- **Network Optimization:** Operators can process sensing data to fine-tune networks.
- **New Services:** Enhanced data allows for better services and opportunities for

operators to monetize.

- **Sustainability:** ISAC supports energy efficiency, aligning with the sustainability goals for future networks (IMT 2030 systems).

Challenges:

- **Hardware Upgrades:** Network base stations and devices need new hardware and modems to support ISAC.
- **Design Considerations:** Modems require new waveforms and framing to handle both communication and sensing tasks.
- **Standards:** Developing and implementing standards is crucial to ensure consistent deployment and interoperability of ISAC systems.

ISAC represents a key step towards the future of 6G, offering significant potential for operators, industries, and sustainability. However, integrating this technology will require changes to both infrastructure and device design. ISAC systems can detect movements through walls, it could be misused for surveillance and privacy concerns.

6. High Altitude

Platforms (HAPs)

Overview for UPSC CSE

Preparation

1. Definition and Potential:

High Altitude Platforms (HAPs) are aircraft or airships stationed in the stratosphere (17 to 22 km above Earth). They can serve as wireless communication hubs and have applications ranging from disaster relief to broadband connectivity in remote areas. HAPs are seen as an infrastructure that bridges terrestrial systems and satellites, offering line-of-sight communication over large areas, rapid deployment, and easy reconfiguration. They have been used in wireless communication since 1999, with significant academic research contributing to their development.

2. Use Cases and Applications:

- **Urban and Remote Areas:** HAPs can support a large number of users in urban areas or rural regions. In underserved areas, HAPs could provide broadband and telecom services, bridging the digital divide, especially in remote, mountainous, coastal, and desert regions.
- **Disaster Relief:** HAPs can be rapidly deployed to restore communication after natural disasters where ground networks are compromised.
- **Temporary Events:** HAPs can offer short-

term coverage during large-scale events or emergencies.

- **Broadband Expansion:** They can be used for backhaul links, expanding International Mobile Telecommunications (IMT) networks, and supporting the rising demand for mobile broadband.

3. Technological Development and Collaborations:

HAPs rely on advancements in solar power, battery technology, lightweight materials, and autonomous avionics. Global harmonization of frequency bands at the World Radiocommunication Conference 2019 (WRC-19) facilitated HAP development, and ongoing research explores new applications such as using HAPs as IMT base stations (HIBS). India will see its first high-altitude platform (HAP) take off. The prototype device will hover about 3 km above ground while its designer-manufacturer, National Aerospace Laboratories (NAL), tests and validates the onboard equipment.

4. Sustainable Development and Challenges:

HAPs contribute to **Sustainable Development Goal 9** (Industry, Innovation, and Infrastructure) by providing broadband connectivity to underserved communities. Despite this, challenges like commercial viability, infrastructure costs, and technological hurdles remain. Continued trials and technological innovation are necessary for large-scale deployment and sustainable operation.

Key Points for UPSC Aspirants:

- HAPs provide an alternative between satellite and terrestrial communications

systems, with faster deployment and easier maintenance.

- Their role in disaster recovery and remote area connectivity is significant, aligning with India's focus on digital inclusion and disaster management.
- Technological advancements, global collaboration, and regulatory frameworks are key to their widespread adoption.
- Sustainable Development and SDG goals make HAPs a priority for future telecom infrastructure expansion, especially in rural and underserved areas.

7. Reconfigurable Intelligent Surfaces (RIS) Overview for UPSC CSE Preparation

1. Definition and Concept:

Reconfigurable Intelligent Surfaces (RIS) are programmable planar surfaces composed of unit-cells that can dynamically alter their properties to control the behavior of wireless signals. These surfaces can tune the signals through reflection, refraction, modulation, or absorption, offering a versatile and dynamic solution to improve wireless communication. RIS can be deployed both indoors and outdoors in places like offices, airports, shopping centers, and even on objects such as lamp posts and billboards.

2. Technological Applications and Features:

- **Signal Control:** RIS can control electromagnetic (EM) waves between a transmitter and receiver, improving signal quality by directing it to the receiver and reducing interference.
- **Multi-Frequency Operation:** RIS can function across a wide range of radio spectrum frequencies, from below 6 GHz to THz, allowing it to be adaptable in various wireless systems.
- **AI & ML Integration:** RIS can incorporate Artificial Intelligence (AI) and Machine Learning (ML) tools to optimize signal transmission and system operation dynamically.

- **Energy Efficiency:** Due to its low energy consumption, RIS offers a sustainable solution for next-generation wireless technologies.

3. Use Cases and Benefits:

- **Enhanced System Performance:** RIS can improve key performance indicators (KPIs) like capacity, coverage, positioning accuracy, security, and sustainability in wireless networks.
- **Advanced Capabilities:** It supports new capabilities like wireless power transfer, ambient backscattering, and sensing, expanding the scope of wireless applications.
- **Signal Steering:** By strategically placing RIS in the propagation path of signals, it can steer signals to hard-to-reach places, improving overall network performance and reception in difficult environments.

4. Technological Approaches to RIS:

- **Metasurfaces:** These are electrically thin, dense two-dimensional arrays of structural elements (meta-cells or meta-atoms) that control EM wave propagation. Metasurfaces can manipulate signals in complex ways, including data modulation and even temporarily storing electromagnetic pulses.
- **Antenna Arrays:** RIS can also be implemented through tunable antenna arrays that adjust their radiation patterns. Unlike traditional MIMO systems that require multiple RF chains, RIS antenna arrays are passive reflectors that operate without

complex transmission and reception systems.

5. Implications and Importance:

- **Controlling Wireless Environment:** RIS transforms the traditionally uncontrollable radio channel environment by allowing signal manipulation, which can significantly improve the energy efficiency, reliability, and coverage of wireless systems.
- **Sustainable and Scalable:** The low-energy consumption of RIS makes it a sustainable choice for future communication networks, aligning with the global push towards energy-efficient technologies.

Key Points for UPSC Aspirants:

- RIS is a **transformative wireless technology** that could redefine how signals are managed between transmitters and receivers.
- By controlling signal reflection and refraction, it enhances network **coverage, capacity, and energy efficiency**, making it a vital component of future telecom infrastructure.
- It has **wide application potential** in urban, rural, and complex environments like airports, shopping malls, and disaster zones.
- Integration with **AI and ML** for dynamic optimization reflects the next step in smart network solutions.
- Sustainable development is a key driver, aligning with India's goals for **energy-efficient technology** in communication networks.

8. Privacy-Enhancing Technologies (PETs)

Overview

Privacy-Enhancing Technologies (PETs) are digital solutions that enable the secure collection, processing, analysis, and sharing of data while safeguarding privacy and confidentiality. PETs play a critical role in ensuring privacy compliance in various sectors, such as healthcare, finance, and data transfers. They also aid in aligning with regulatory standards, such as GDPR, making them essential tools for data governance.

Key PET Examples:

1. **Homomorphic Encryption:** Allows computations on encrypted data, ensuring data security during transfers and analysis.
2. **Secure Multi-Party Computation (SMPC):** Enables computations on data from multiple encrypted sources, safeguarding individual data privacy.
3. **Differential Privacy:** Adds statistical noise to data, preventing the exposure of individual information while analyzing group patterns.
4. **Zero-Knowledge Proofs (ZKP):** Verifies data without revealing sensitive details.
5. **Trusted Execution Environment (TEE):** A secure area in processors that protects sensitive operations, even if the main system is compromised.
6. **Obfuscation:** A data masking technique that replaces sensitive information with

misleading data.

7. **Pseudonymization:** Replaces identifying information with fictitious data, commonly used to comply with GDPR.
8. **Data Minimization:** Limits data collection to the minimum required for a specific purpose.
9. **Synthetic Data Generation:** Uses algorithms to create artificial data that mirrors real data, ideal for testing and analysis.
10. **Federated Learning:** Trains machine learning models across decentralized servers without sharing actual data.

Applications of PETs:

- **Test Data Management:** Ensures minimal access to customer data while testing systems.
- **Financial Transactions:** Protects customer privacy in private transactions.
- **Healthcare Services:** Safeguards electronic health records (EHR) during data sharing and analysis.
- **Data Transfers:** Ensures privacy for data handled by intermediaries during transfers.

PETs are vital in balancing data utility with privacy protection, making them indispensable in sectors handling sensitive information.

UPSC Prelims Questions

1. **Which of the following privacy-enhancing technologies allows computations to be performed on encrypted data without decrypting it?**

- a) Zero-Knowledge Proofs (ZKP)
- b) Homomorphic Encryption
- c) Pseudonymization
- d) Data Minimization

Answer: b) Homomorphic Encryption

2. Consider the following statements regarding Differential Privacy:

1. It ensures the privacy of individual data by adding statistical noise to the dataset.
2. It enables sharing of personal information while maintaining complete confidentiality of the individuals.

Which of the statements given above is/are correct?

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

Answer: a) 1 only

Which of the following terms refers to replacing personally identifiable information in data sets with fictitious data to protect privacy, often used to comply with regulations like GDPR?

- a) Obfuscation
- b) Data Minimization
- c) Pseudonymization
- d) Synthetic Data Generation

Answer: c) Pseudonymization

UPSC Mains Questions

1. **Discuss the role of Privacy-Enhancing Technologies (PETs) in ensuring data protection and privacy in sectors like healthcare and finance. How do PETs contribute to regulatory compliance such as GDPR? (250 words)**
2. **What are the key privacy-enhancing technologies used to protect data during transfer and processing in multi-party environments? Analyze the benefits and challenges of implementing such technologies in government data sharing initiatives. (250 words)**

9. General Studies and Current Affairs of NE & Manipur

1. ENVIRONMENT

In May, four otter skins were seized in Assam's Dhemaji district, underscoring the prevalence of illegal otter fur trade in Northeast India. This trade largely affects otters outside protected areas, while those within such areas remain relatively safe. India is home to three out of the 13 global otter species: the Eurasian otter, smooth-coated otter, and small-clawed otter.

The seizure took place on May 23, during a joint operation by the Wildlife Crime Control Bureau (WCCB) and the Dhemaji forest department. The suspect, apprehended in Jonai, Assam, claimed to be merely a carrier transporting the skins to another individual in Gogamukh. Investigations suggested that the skins were at least a year old, indicating they were not from recent kills. The skins are typically in demand for their use in fashion, while otter hair is used in making paintbrushes.

Historically, Tibet was a major market for otter skins, with the fur used to make raincoats and adorn traditional clothing. Despite a decline in smuggling following a call by the Dalai Lama to halt the use of animal skins, recent seizures indicate the illegal trade persists. The otter fur trade is driven by demand from the fashion industry, with otter fur considered particularly valuable by furriers due to its density and durability. Otter skins are easily

smuggled because they can be dried, folded, and concealed in pockets.

In some regions of West Bengal and Bangladesh, live otters are used by fishermen to drive fish into nets, a practice comparable to the use of cormorants in China and Japan. Though illegal, authorities often do not prioritize enforcing wildlife laws against this practice unless the otters are killed.

Otters are classified differently on the IUCN Red List: the Eurasian otter is Near Threatened, while the smooth-coated and small-clawed otters are Vulnerable. While otters in protected areas like Kaziranga and Manas National Parks are generally safe from poaching, those outside are more vulnerable. Conservation efforts for otters often fall short due to the focus on more prominent species like rhinos, tigers, and elephants.

Despite declining otter populations in some regions like Manas in the 1990s, their numbers have increased in recent years. However, the threat from illegal trade remains. Otter parts were once sold at markets due to superstitions, such as the belief that an otter's paw could remove a fish bone stuck in someone's throat. Though this practice has diminished, the trade of otter parts continues.

Reports from the WWF highlight that otter skins are often seized alongside tiger and leopard skins during raids. The lack of focused monitoring on otters raises concerns that their populations may continue to decline unless concerted conservation efforts are made.

2. MANIPURI PONIES AND CONSERVATION

The state of **Manipur** is credited with the **origin of modern polo**, which has its roots in the traditional sport of **Sagol Kangjei**. Played with seven players per team, this game laid the foundation for modern polo, which now has four players per team. The historic **Mapal Kangjeibung**, the oldest functional polo ground in the world, continues to host international polo tournaments annually. Teams from across the globe come to Manipur not just for the prize money but to compete at this iconic venue.

In contrast to other regions where polo is primarily a sport of the **elite, royals, and military**, in Manipur, the game remains a popular sport among the locals. Central to the game is the **Manipuri pony**, one of India's five recognized equine breeds, known for its **stamina, intelligence, agility, and endurance**. Standing at **11–13 hands tall**, this breed is considered the **only living original polo pony** and plays an integral role in the state's culture and rituals, particularly during the annual festival of **Lai Haraoba**, where ponies are believed to be reincarnations of **Samadon Ayangba**, a mythological flying horse.

Current Threats to Manipuri Ponies

Despite its cultural importance, the **Manipuri pony is endangered**, with its population declining from **1,898 in 2003 to 1,101 in 2012**, according to livestock censuses. The **Food and Agriculture Organization (FAO)** lists it as an endangered breed. Habitat loss due to urbanization, road accidents, and consumption of plastic waste are among the major threats facing the ponies. As

wetlands shrink and grazing areas disappear, the ponies are often forced onto roads or into garbage dumps, leading to fatal accidents and health complications from ingesting plastic.

Delayed Implementation of Conservation Policy

In **2016**, the **Manipur government** introduced the **Manipur Pony Conservation and Development Policy** to address the decline in pony populations. However, implementation has been ineffective. According to **R.K. Nimai**, a retired IAS officer involved in drafting the policy, only minimal steps have been taken, such as herding ponies into limited areas and providing stall feed. **Ningthoukhongjam Bedajeet**, Technical Chairman of the Manipur Horse Riding and Polo Association, echoed concerns, noting that only **32 acres of land in Lamphelpat** have been designated for grazing, which can barely support **100 ponies for a month**.

A **2019 livestock census** further highlights the declining trend, showing a **45.2% drop in the horse and pony population** across India, with only **994 Manipuri ponies remaining**, 918 of which are in Manipur. These figures underscore the urgent need for action.

Government Focus on Infrastructure Over Habitat Preservation

In **January 2023**, Union Home Minister **Amit Shah** inaugurated a **122-foot-tall statue** of a polo player mounted on a pony, a tribute to the state's legacy in polo. While symbolic, critics argue that such gestures divert attention from the pressing need for **habitat preservation**. Instead of conserving grazing grounds and wetlands, the

government has prioritized infrastructural projects, such as the controversial dredging of the **Lamphelpat wetlands**, traditionally a crucial habitat for the ponies.

The dredging project, which spans **300 acres**, has resulted in significant **habitat destruction**, forcing ponies out of their natural grazing grounds. Former Manipuri women's polo team captain **Kh Habe** highlighted that more ponies have died since the start of this project than from road accidents or plastic consumption. The wetlands have been transformed into a **muddy deathtrap** for the ponies, causing them to get stuck and perish.

Furthermore, the dredging work threatens nearby infrastructure, such as the **National Institute of Technology** and **Shija Hospital**, due to potential flooding from the excavation. The displacement of the ponies to the **Manipur Pony Breeding Farm** has also alienated them from their natural habitat, increasing their vulnerability to accidents and malnutrition.

Concerns Over Breeding and Fodder Availability

At the **Manipur Pony Breeding Farm**, ponies are fed **hay-straw**, which is not their preferred food. The loss of natural grazing areas has led to a shortage of their traditional fodder, such as **tingoi** and **hoop** grass, further endangering their survival. Despite these challenges, government intervention remains minimal, leading experts like **Habe** to express frustration over the lack of effective action.

Conclusion

The plight of the **Manipuri pony** highlights the broader issue of balancing **development and conservation**. The symbolic gestures of celebrating polo and the pony's legacy must be matched with tangible efforts to protect their habitats. The failure to implement the **Manipur Pony Conservation and Development Policy** reflects the urgent need for focused action on **habitat preservation**, prevention of **road accidents**, and management of the **wetland ecosystems** that these ponies depend on for survival. For UPSC aspirants, this case serves as a significant example of challenges in **biodiversity conservation**, **cultural heritage preservation**, and the role of government policies in safeguarding endangered species.

(A summary of the article by [Donald Takhell](https://india.mongabay.com/2024/05/manipuri-ponies-under-threat-despite-state-conservation-policy/) @MongabayIndia, the link is as <https://india.mongabay.com/2024/05/manipuri-ponies-under-threat-despite-state-conservation-policy/>)

3. Comprehensive Summary of the "Manipur Pony Conservation and Development Policy, 2016"

Introduction:

On 17th October 2016, the State Cabinet of Manipur decided to establish a policy for the conservation and development of the Manipuri Pony, one of India's five recognized equine breeds. The Manipuri Pony holds significant cultural and socio-economic importance for Manipur. Recognizing the pressing need to preserve this

breed, the **"Manipur Pony Conservation and Development Policy, 2016"** was drafted to seek comments from stakeholders and the public by 22nd November 2016.

Significance of the Manipuri Pony:

The Manipuri Pony is an integral part of Manipuri history and culture. Historically, the breed has been associated with events like **Lai Haraoba** and was widely used for polo (Sagol Kangjei), cavalry mounts, and races. Despite the uncertain origins—whether from Tibetan ponies, Mongolian wild horses, or a cross with Arabian breeds—the pony is highly regarded for its agility, stamina, and adaptability. It is recognized as the original polo pony, linked to the roots of modern polo.

In **Manipuri mythology**, the pony descends from "Samadon Ayangba," the winged steed of Lord Margjing. Though small (11-13 hands), it was never used as a draught animal, showcasing its revered status.

Current Challenges and Decline:

Over recent years, the **Manipuri Pony population** has drastically dwindled, with numbers decreasing from **1,898 ponies in 2003** to **1,101 ponies by 2012**. The **Food and Agriculture Organisation (FAO)** lists it as an endangered animal. Major challenges include:

- **Shrinkage of natural habitats** due to urbanization.
- Lack of **polo grounds** and grazing areas.
- Uncontrolled diseases.
- Exodus of ponies to neighboring states and

countries.

In 2013, the State Government declared the **Manipuri Pony as an endangered breed**. Immediate action is now required through comprehensive government policies and the collective efforts of NGOs, pony owners, and local communities.

Policy Objectives:

The key objectives outlined in the draft policy are as follows:

1. **Title of the Policy:**
 - Named **"Policy on Conservation of Manipuri Pony."**
2. **Implementing Agency:**
 - The **State Veterinary & Animal Husbandry (A.H.) Department** will act as the nodal department responsible for implementing the policy.
3. **Funding:**
 - The state government will ensure **adequate and continuous funding**, with the establishment of a dedicated **Head of Accounts** for this purpose.
4. **Formation of Manipuri Pony Development Board:**
 - A **Manipuri Pony Development Board** will be constituted to oversee the policy's implementation, consisting of government officials, experts, and representatives from relevant organizations.

Board Members include:

- Hon’ble Chief Minister (Chairperson)
- Hon’ble Minister (Vety. & A.H.) (Vice-Chairperson)
- Principal Secretary/Commissioner (Vety. & A.H.) (Member Secretary)
- Principal Chief Conservator (Forest & Environment)
- Commissioner (Revenue)
- Director General of Police
- Director (Veterinary & A.H.)
- Director (Tourism)
- Director (Youth Affairs & Sports)
- President of Manipur Horse Riding & Polo Association
- President of All Manipur Polo Association
- President of Manipur Pony Association

Key Action Plans and Strategies:

1. Breeding Strategies:

- Establishing **preserves and farms** for natural breeding.
- Preventing early castration and encouraging the use of **mares in polo**.
- Strict **ban on crossbreeding** with imported breeds.
- **Cryo-preservation of semen** for ex-situ conservation.

2. Feeding Plan:

- Enforce the **Cattle Trespass Act, 1871** to prevent ponies from

wandering.

- Identify and preserve **wastelands and grazing areas**.
- Develop a **feeding schedule** and pasture development programs for ponies.

3. Health and Disease Control:

- The nodal agency will monitor and control **diseases affecting the ponies**.

4. Polo Grounds and Race Courses:

- Preserve existing **polo grounds** in each district.
- Develop **Imphal Polo Ground** for state and international events.
- Establish a **race course** in Imphal City for promoting pony-related events.

5. Pony-Based Employment Opportunities:

- Introduce **pony-based employment schemes**.
- Re-establish **Mounted Police** and create a **cavalry unit** for the Governor.
- Establish **pony-riding schools** and promote pony rides in tourist spots for revenue generation.

6. Incentive Programs for Pony Owners:

- Provide **maintenance allowances** and organize **pony shows** to encourage better pony management and breeding.

7. Promotion of Eco-Tourism:

- Organize **polo festivals, tournaments, and equestrian events** as part of **eco-tourism** to

attract both domestic and international tourists.

8. Inclusion of Pony-Related Literature in Textbooks:

- Integrate **pony-related history and literature** into school curricula to foster awareness among students about the importance of the Manipuri Pony.

Conclusion:

The "Manipuri Pony Conservation and Development Policy, 2016" aims at the holistic conservation and development of this endangered breed. It addresses various aspects, from habitat protection, breeding strategies, and employment opportunities to public awareness and eco-tourism initiatives. All stakeholders, including the government, NGOs, pony owners, and local communities, are expected to contribute to preserving the Manipuri Pony for future generations.

For more details and extra exam-oriented knowledge click the link

<https://manipur.gov.in/wp-content/uploads/2014/06/pony-conservation.pdf>

5. Manipur Budget Analysis 2024-25

Manipur Budget Analysis 2024-25," capturing all the key points:

Overview

- The Chief Minister of Manipur, Mr. N Biren

Singh, presented the state budget for the financial year 2024-25 on July 31, 2024.

Budget Highlights

1. Gross State Domestic Product (GSDP):

- Projected at **Rs 49,937 crore** at current prices for 2024-25.
- Represents a growth of **9.6%** compared to the previous year (2023-24).

2. Expenditure:

- Total expenditure (excluding debt repayment) is estimated at **Rs 29,246 crore**, which marks a **13% increase** over revised estimates for 2023-24.
- **Debt Repayment:** An additional **Rs 5,653 crore** is allocated for debt repayment.

3. Receipts:

- Total receipts (excluding borrowings) for 2024-25 are estimated at **Rs 27,720 crore**, reflecting a **17% increase** from the revised estimates of the previous year.

4. Revenue Surplus:

- Projected at **14.2% of GSDP**, amounting to **Rs 7,089 crore**. This is an increase from **11.1% of GSDP** in 2023-24.
- The revenue surplus for 2023-24 is expected to be lower than the budget estimate of **16.1% of GSDP**.

5. Fiscal Deficit:

- Targeted at **3.1% of GSDP** (approximately **Rs 1,526 crore**) for

2024-25.

- For 2023-24, revised estimates indicate a fiscal deficit of **4.9% of GSDP**, down from the budget estimate of **6.1%**.

Policy Highlights

1. School Phagathansi Mission:

- Launched to improve the quality of government schools, initially covering **60 schools** in 2019.
- An additional **120 high and higher secondary schools** will be improved at a total cost of **Rs 134 crore**.

2. Infrastructure Development:

- Four new roads and bridges proposed for border districts Kamjong and Chandel under the **North East Special Infrastructure Development Scheme**, with an outlay of **Rs 140 crore**.

Manipur’s Economic Performance

1. GSDP Growth:

- For 2022-23, the GSDP (at constant prices) grew at **11.4%**, compared to **10.6%** in 2021-22.
- The national GDP is estimated to grow at **7%** during the same period.

2. Sectoral Performance:

- **Agriculture:** Contracted by **7.6%** in 2022-23, following **6.4% growth** in 2021-22. This decline came after a low base in 2020-21.
- **Manufacturing:** Grew by **10.1%** in 2022-23.

- **Services:** Expanded by **16%**, up from **11% growth** in 2021-22.
- Contribution to economy (at current prices):
 - Agriculture: **22%**
 - Manufacturing: **10%**
 - Services: **68%**

3. Per Capita GSDP:

- Estimated at **Rs 1,25,406** in 2022-23, reflecting a **14% increase** over 2021-22.

Detailed Budget Estimates for 2024-25

1. Total Expenditure:

- Targeted at **Rs 29,246 crore**, a **13% increase** over revised estimates for 2023-24.
- The expenditure is proposed to be funded through **Rs 27,720 crore** in receipts and **Rs 1,772 crore** in net borrowings.

2. Revenue Surplus:

- Estimated at **14.2% of GSDP** (Rs 7,089 crore), surpassing the revised estimates for 2023-24.

3. Revenue Expenditure:

- Proposed at **Rs 20,628 crore**, which indicates an **11% increase** over revised estimates for 2023-24.
- This includes expenses related to salaries, pensions, interest payments, grants, and subsidies.

4. Capital Outlay:

- Proposed at **Rs 8,616 crore**, marking an **18% increase** over revised estimates for 2023-24. This capital

outlay is intended for asset creation.

5. **Loans and Advances:**

- Estimated at **Rs 2 crore**, significantly lower by **74%** compared to revised estimates.

largest contributor (57% share), with revenue expected to rise by **47%**.

- Sales Tax/VAT:** Estimated to contribute **24%** of own tax revenue, projecting an increase of **146%**.

Receipts in 2024-25

1. **Total Revenue Receipts:**

- Estimated at **Rs 27,720 crore**, reflecting a **17% increase** over revised estimates for 2023-24.
- Breakdown:
 - Own Resources: Rs 2,771 crore (10%).**
 - Central Resources: Rs 24,946 crore (90%),** comprising state's share in central taxes and grants.

2. **Devolution:**

- State's share in central taxes estimated at **Rs 8,930 crore**, up **13%** from revised estimates for 2023-24.

3. **Grants from the Centre:**

- Estimated at **Rs 16,016 crore**, a **12% increase** over revised estimates for 2023-24. Previous grants were **14% lower** than budget estimates.

4. **Own Tax Revenue:**

- Projected at **Rs 2,471 crore**, which marks an **86% increase** from revised estimates.
- Own tax revenue as a percentage of GSDP is estimated at **4.9%**, higher than revised estimates (2.9%).

5. **Major Tax Sources:**

- State GST:** Anticipated to be the

Deficits, Debt, and FRBM Targets for 2024-25

1. **Fiscal Responsibility and Budget Management Act, 2005:**

- Mandates annual targets for reducing outstanding liabilities, revenue deficits, and fiscal deficits.

2. **Revenue Surplus:**

- Projected at **Rs 7,089 crore (14.2% of GSDP).**

3. **Fiscal Deficit:**

- Targeted at **3.1% of GSDP**; the central government allows a fiscal deficit of up to **3.5%** of GSDP for states, with an additional **0.5%** contingent on power sector reforms.

4. **Outstanding Liabilities:**

- Estimated to be **34.5% of GSDP** by the end of 2024-25, marginally lower than revised estimates for 2023-24 (34.7% of GSDP).
- Outstanding liabilities peaked in 2021-22 at **45.3% of GSDP** but have been on a decline since then.

Sectoral Expenditure Comparison (2024-25)

- Education: 11.3%** of total expenditure, lower than the average allocation by states (**14.7%**).
- Health: 5.4%**, lower than the average (**6.2%**).

- **Rural Development:** 14.4%, higher than the average (5%).
- **Urban Development:** 3.2%, slightly lower than the average (3.4%).
- **Agriculture:** 4.3%, lower than the average (5.9%).
- **Police:** 10%, higher than the average allocation by states (4.2%).

5. GENERAL AWARENESS OF THE MONTH

CHIEF MINISTER HAKSHEL TENGBAL
(CMHT)

CMHT Scheme Benefits

Up to Rs. 5,00,000/- health cover:

The CMHT scheme covers cashless health protection up to Rs 5. Lakh per family per year.

By producing the CMHT-Manipur Health card at the empanelled hospitals, a beneficiary can get cashless treatment (Without making any payment to the empanelled hospitals) up to Rs. 5 Lakh for secondary and tertiary healthcare per year per enrolled family on a floater basis. The benefit will be applicable to hospitalization procedures only.

Other benefits:

Under CMHT, beneficiaries are entitled to the following towards transport allowance and daily allowance

Transport Allowance Within State: Provision for transport allowance (Rs. 300/-per visit) but subject to an annual ceiling of Rs. 3,000/- shall be a part of the total coverage of Rs. 5,00,000 (Max ceiling of

50000 for Primary & Secondary Care) whichever may be the case, within the state.

Transport Allowance Outside State: For out of state treatment in empanelled hospitals in selected cities, patients and one attendant will be provided with the economy cheapest airfare on that route subject to an annual ceiling of Rs. 30,000 within the overall limit of Rs. 5,00,000 Lakh per family per annum calculated from the date of enrolment.

For out of state treatment a daily allowance of Rs. 1,000 will be provided up to a limit of Rs. 10,000 provided the total number of days claimed matches the hospital length of stay or treatment dates within the overall limit of Rs. 5,00,000 Lakh per family per annum.

For availing of transport allowance, the beneficiary will have to provide bank account details at the time of hospitalisation for the amount to be deposited into his/her account.

6. CMHT Guidelines

I. Overview of Chief Minister-gi Hakshelgi Tengbang (CMHT)

Chief Minister-gi Hakshelgi Tengbang (CMHT) is a pioneering health assurance scheme initiated by the Government of Manipur. The Scheme will provide Cashless treatment to the poor at Empanelled Network of Hospitals in Manipur and Guwahati and give health cover worth up to Rs. 5 Lakh per eligible family per year.

1. Objectives of CMHT

The Scheme will cover secondary and tertiary care

on Hospitalization at the empanelled network of Hospitals.

Within the state: Under the Scheme, treatment will be available at 9 District Hospitals(2 Medical college hospitals -RIMS & JNIMS) | CHC (Wangoi, Saikul, Kakching, Sugnu and Sekmai), PHC Maram and UHC Singjamei|Moreh Hospital and other empanelled private hospitals.

Outside the state: Treatment will also be available at Narayana Super specialty Hospital, Guwahati.

2. Eligible Beneficiaries under the Scheme

- Widows, Disabled and AAY cards holder will be eligible for the scheme.
- Local Media Person & Newspaper hawkers
- Newly added to State SECC (identified through DC verification process)
- ASHA Workers
- Anganwadi Workers
- Anganwadi Helpers
- Ima Market Woman Vendors

3. Enrollment and Issuance of Card

- Eligible families need to get enrolled on the scheme by producing mandatory documents.
- Each eligible beneficiary family will receive a CMHT - Manipur Health card with a unique identification number.
- Names of up to 5 members of the family will be printed on the card. If there are more than 5 members, then the additional member's count will be written next to the 5th name (Eg. 2 more, 1 more, 3 more and soon)

4. Mandatory Documents Required for Enrollment:

- **ID Proof:** Original Ration Card /Aadhaar Number.
- **Eligibility Proof:** AAY card / Disability certificate / Widow- Proof certificate (Death Certificate of the husband) /Certificate from Deputy Commissioner regarding eligible economic status / ASHA Workers-Membership letter from State Health Society (NHM), Manipur/ Anganwadi Workers and Helpers- Membership letter from Social Welfare Department, Manipur/ Ima Market Woman Vendors- Membership letter from Imphal Municipal Corporation/ any other documents approved as eligible for the scheme by Government of Manipur. Any one of the above is acceptable as eligibility proof. For Local Media person & Newspaper hawkers authorised Agency's ID card is enough.
- **Aadhaar Number:** To enrol in the scheme, the Aadhaar number is essential and a copy of the Aadhaar card is to be shared along with a consent note. At least, one member of the family must provide Aadhaar credentials for enrolling the family.
- If the beneficiary is not having an Aadhaar card but still wants enrolment in the scheme, he/she has to get enrolled into Aadhaar and provide the Aadhaar application number and consent form.
- **Optional Documents:** Any document which is notified as acceptable and issued by the Government of Manipur.
- Declaration form for unemployment in

Government service to be filled up at the counter before making the card by the beneficiary.

5. Benefits under the Scheme

- By showing a CMHT-Manipur Health card, a beneficiary can get cashless treatment i.e. without making any payment to the empanelled hospitals up to Rs. 5 Lakh per year per enrolled family on a floater basis. The benefit will be applicable to certain day-care and hospitalization procedures only.
- The total benefit will be admissible up to the ceiling amount of Rs 5 Lakh per year per family including transport and daily allowances.

6. Empanelled Hospitals

Within the state: CHC (Kangpokpi, Wangoi, Haoreibi, Mao, Moirang, Nambol, Saikul, Kakching, Sekmai, Parbung, Heirok, Kamjong, Chakpikarong, Sagolmang, Nungba and Yairipok), PHC Maram and UHC Singjamei | Moreh Hospital | District Hospitals | RIMS | JNIMS and other empanelled private Hospitals are implementing of CMHT Manipur Scheme.

Outside the state: Treatment will also be available at Narayana Super specialty Hospital and Midland Hospital Guwahati.

The beneficiary will be offered the option to choose hospitals within the State in the first instance, provided there is the availability of capacity and the treatment procedure.

"Health Coordinator" appointed by the ISA at the

empanelled Hospitals, within the State, will guide the beneficiary, from enrollment to admission until discharge.

II. Implementation of CMHT

1. State Nodal Cell (SNC)

State Nodal Cell (SNC) has been set up by the Government of Manipur for the implementation of the Scheme. SNC will support implementation by the ISA and supervise the Scheme.

2. Implementation Support Agency (ISA)

Medi Assist Insurance Pvt. Ltd. a TPA has been selected by the SNC through an open and transparent tender process to support the execution of the following activities of the Scheme:

- Enrollment of beneficiaries.
- Establish an Enrollment Kiosk cum Claims Help Desk at all the District Hospitals | RIMS | JNIMS | Wangoi CHC.
- Empanelling hospitals.
- Deployment of Health Coordinators at empanelled Public hospitals within the State to facilitate the beneficiaries and ensure that effective treatment is extended to the beneficiary patients without any hassle.
- Provide software access to the hospitals for IT based management of the scheme besides ensuring that the empanelled hospitals set up the infrastructure and follow the duly agreed processes.
- Ensuring that the beneficiaries are provided cashless treatment at empanelled hospitals including processing and verification of bill details and then forwarding them to SNC

through ISA for making payment to the hospitals.

- Quality Audit of the empanelled hospitals from time to time as agreed in the contract with the SNC.
- Set up a 24x7 Call Centre to help beneficiaries get timely support and clarifications. The Toll-Free Number Registered for CMHT - Manipur is 1800 103 2015
- Timely redressal of grievance received at Call Center as well as at the field level in collaboration with SNC

III. Roles & Responsibilities

The overall responsibility for the implementation of the scheme lies with the ISA. However, the positioning of responsible and designated District Officials will be necessary to coordinate and facilitate the work of the ISA to ensure the success of the Scheme under the overall guidance of the SNC.

1. Responsibilities of District Officials

The District team led by Deputy Commissioners in the districts will be responsible for ensuring that the Scheme is implemented by the ISA in a proper and robust manner. Each district will have a **Nodal Officer in the rank of a District Community Mobiliser (DCM)** to coordinate all activities related to the Scheme with the ISA. He/ She will be supported by **designated Block and village Nodal officers**.

- **Pre-Enrollment**

- There will be a kick-off meeting

chaired by the DCs in each District. A detailed enrollment and activity plan will be worked out and the key officials identified in consultation with the SNC.

- Space for setting up of the Enrollment Kiosks of the ISA will be allotted in all the enrollment counters in consultation with the Chief Medical Officer and Medical Officer in charge.
 - Verifying Authorities (VAs) will be identified to verify and authenticate beneficiary credentials and documents as per Government of Manipur guidelines before enrolling the respective beneficiary family. All PHC MOs will nominate their respective VAs and the Medical Superintendent will nominate the VAs for RIMS and JNIMS.
 - Will support the ISA to ensure the training of VAs, IT staff and other support staff at the district level.
 - Deputy Commissioners will take the lead and guide in the organization of district workshops by the ISA.
 - Will ensure adequate and appropriate publicity by the ISA through ASHA workers before the process of enrollment commences.
- **During Enrollment**
 - Will monitor and ensure participation of VAs in the enrollment process at the enrollment counters.

- Will ensure specific publicity of the process for enrollment of eligible beneficiaries. To keep additional VAs in reserve in case the designated VAs at enrollment stations are absent/unable to perform duties.
- To provide support to ISA during enrollment by helping them in the coordination with stakeholders at the District, Block and Panchayat levels.
- To ensure that the VA submits the enrollment activity report on a weekly basis and the same is transmitted to the District Nodal Officers and other relevant officials at SNC.
- To review the performance of ISA with regard to the enrollment status through periodic review meetings.

2. Responsibilities of Health Coordinator

Health Coordinators are appointed by the ISA to facilitate beneficiaries from the time of enrollment/admission/hospitalization till discharge. The health Coordinator must act as a guide and friend for the prospective beneficiaries under the Scheme.

The ISA will post a Health Coordinator at each empanelled public hospital. It will ensure that the Health Coordinators are able to communicate effectively with the patients and their attendants.

Health Coordinators should be adequately trained and sensitized to the needs of the patients and their

attendants.

The roles and responsibilities of Health Coordinators are as given below:

At the Empanelled Hospital

- **In Case of enrollment at a Hospital Kiosk**
 - To maintain the Help Desk and Enrollment Kiosk at the reception area of the hospital.
 - To enrol eligible beneficiaries who come for enrollment and distribute them the CMHT- Manipur Health Card.
 - To register the claims of the un-eligible beneficiaries for enrollment and upload the same details to the respective Deputy Commissioner of the district for verification.
 - Once the DC verifies the details, inform the beneficiary to visit and enrol at the nearest district hospitals
- **In Case of availing benefits:**
 - To receive the patient.
 - To verify the CMHT Health card and the documents of the patients.
 - To facilitate consultation with the doctor and for admission.
 - To coordinate with the designated Hospital Coordinator/Administrator.
 - To counsel the patient regarding treatment/surgery/therapy.
 - To facilitate early evaluation and posting for surgery/therapy.
 - To ensure that the pre-authorization is correctly sent and followed upon

approval.

- To facilitate discharge of the patient and obtain feedback.
- To counsel the patient regarding follow-up.
- To coordinate with the ISA and Medical Officers for any clarifications.

IV. Enrollment of Beneficiaries and how to avail Benefits at Empanelled Hospitals

For Eligible Beneficiaries

- **Beneficiaries having:**

1. AAY card
2. Disability Certificate
3. Widow (death certificate of husband),
4. Local media person,
5. Newspaper hawkers
6. Newly identified other poor families (to be verified by the concerned Deputy Commissioner)
7. ASHA Workers
8. Anganwadi Workers
9. Anganwadi Helpers
10. Ima Market Woman Vendors
11. Any other documents approved as eligible for the scheme by the Government of Manipur.

ISA will provide Village wise eligible beneficiary list along with a Scheme leaflet.

The Eligible Beneficiary will visit the nearest District Hospital along with

mandatory documents to get enrolled.

All information regarding the scheme will be explained to the enrolled family.

- **Addition | Deletion of family members**

- In case any member got expired or had separated from the family, his/her name will be deleted from the Scheme enrolment list based on the Head of the family's recommendations.

For Un-Eligible Beneficiaries (Not in SECC database)

- If any beneficiary visits District Hospitals for enrollment, he/she will be treated well and his/her claim is registered by collecting all the documents (ID proof | Eligibility proof | Aadhar | Aadhar Consent form)
- The details will be captured in the software and the same will be uploaded to the respective Deputy Commissioners of the district for verification and approval.
- An SMS | Email notification will be sent to DC's for information.
- DCs will arrange the verification of the beneficiary details received and he/she will submit their recommendations.
- Based on the recommendations the beneficiary will be notified.
- If the respective beneficiary is eligible as per DCs recommendation they will be enrolled into the scheme

and CMHT Health card will be issued by collecting eligible documents.

- Once the enrollment is completed the details will be forwarded to the SNC.

How to avail benefits at Empanelled Hospitals

- Within the state: Beneficiaries who have CMHT Health Card can visit the nearest Empanelled Hospitals CHC (Kangpokpi, Wangoi, Haoreibi, Mao, Moirang, Nambol, Saikul, Kakching, Sekmai, Parbung, Heirok, Kamjong, Chakpikarong, Sagolmang, Nungba and Yairipok), PHC Maram and UHC Singjamei | Moreh Hospital | District Hospitals | RIMS | JNIMS and other empanelled private hospitals. The beneficiaries can connect to the Call Centre (Toll-free no. 1800-103-2015) which is a 24x7 service.
- Outside the state: Treatment will also be available at Narayana Super specialty Hospital, Guwahati and Midland Hospital Guwahati. The newly empanelled Narayana Superspeciality Hospital, Guwahati will provide free treatment for CMHT cardholders of Manipur in cardiology, general surgery, cardiac surgery, neurosurgery, nephrology, urology, orthopaedics, gastrology, and kidney related ailments and The newly empanelled Midland Hospital

Guwahati will provide free treatment for CMHT cardholders of Manipur in Surgical oncology, Medical oncology, General surgery, obstetrics & gynecology, trauma, general medicine, neurosurgery, otorhinolaryngology, orthopedics, ICU care and supplemental procedures, pediatric surgery, neonatal care, genitourinary disease (kidney disease), gastroenterology and pathology.

- They have to present the CMHT Health Card along with ID proof of the respective beneficiary who requires treatment to the helpdesk.
- The Health Coordinator will verify and coordinate with Hospital coordinators to ensure that the patient gets cashless treatment.
- The Health Coordinator supports Hospital coordinators to submit Pre-authorization to ISA Processing Team through the Hospitalization portal provided by ISA.
- The Health Coordinator does the following for the pre-authorisation request sent by the hospital if it is approved and crossed TAT.
- Pre Authorization will be approved if all the details are corrected by the processing team.
- Ask for more information, in case the Hospital has not provided complete documents during the pre-authorization request.

- Deny if the treatment required is not listed as per the scheme conditions (Exclusion Policy).
- Once ISA Processing Team approves the pre-authorization, the treatment continues
- After successful completion of treatment, the Hospital will submit Claim documents through the Hospitalization portal provided by ISA.
- The Health Coordinator coordinates with the beneficiary and the Hospital for smooth treatment of the beneficiary during hospitalization.
- The Health Coordinator will take feedback from the beneficiary regarding the treatment availed at the time of discharge.
- The ISA Processing team will verify all the documents of claims and submit the float once a week or once a fortnight to SNC.
- SNC will verify all the details of claims processed by ISA and makes payment to respective Hospitals.

Note: In case of a treatment facility is not available at CHCs, PHC and UHC, the beneficiary will be referred to Sub District Hospital, District Hospitals, RIMS, JNIMS, Narayana Super specialty Hospital, Guwahati, Midland Hospitals or other empanelled network Hospitals respectively.

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10. Mastering Data Sufficiency for UPSC CSAT: Concepts, Approaches, and Tricks

Data sufficiency questions can be solved efficiently with the right strategies and concepts. These questions do not require you to find the exact answer; instead, you must determine whether the information given is sufficient to solve the problem. Here's a deeper dive into the **concepts, approaches, and shortcuts** to tackle these questions effectively.

Key Concepts of Data Sufficiency:

1. Sufficiency Over Calculation:

- Unlike typical problem-solving questions, you don't need to solve the problem fully. Instead, focus on whether the given information (statements) is **enough** to find the solution.

2. Understand the Question First:

- Before looking at the statements, understand the question clearly. Ask yourself: **What is being asked?** What kind of information will I need to answer this question?

3. Isolated Evaluation of Statements:

- Always evaluate **each statement independently** first. Don't jump to conclusions by combining them prematurely.

4. Combining Statements:

- Only combine the statements when neither of them alone is sufficient. Sometimes, combining both statements might provide the complete picture necessary to answer the question.

Approaches to Solve Data Sufficiency:

1. Break Down the Problem:

- Separate the **question** from the **statements**. Identify whether the question is asking for a specific value (e.g., "What is the value of x?") or a yes/no answer (e.g., "Is x even?").

2. Evaluate Statements in Isolation:

- Analyze **Statement 1** first, ignoring **Statement 2**.
 - Ask yourself: "Can I answer the question using only the information in this statement?"
- Do the same for **Statement 2**, ignoring **Statement 1**.

3. Combine if Necessary:

- If neither statement is sufficient by itself, **combine** the information provided in both statements. Sometimes the combination will give enough data to solve the question.

4. Be Aware of Redundancies:

- Sometimes both statements might say the same thing in different ways. In such cases, combining them won't provide any new information.

Types of Data Sufficiency Questions:

1. Value-based Questions:

- These questions ask for a specific value, such as "What is the value of x ?" or "What is the area of the triangle?"
- **Approach:** You need information that directly or indirectly helps you calculate the exact value.

2. Yes/No Questions:

- These questions ask for a definitive yes or no answer, like "Is x even?" or "Is the triangle a right triangle?"
- **Approach:** You don't need to find the exact value; just determine if the statements give enough information to confidently answer "yes" or "no."

- **Option E:** Even both statements together are insufficient.

Familiarity with these choices allows quicker decision-making.

2. Focus on Sufficiency, Not Calculation:

- Never calculate the exact answer unless necessary. The goal is to assess if the information is **enough**, not to solve the problem fully.

3. Shortcut to Identify Sufficiency:

- If **both statements provide the same type of information**, neither statement alone is likely sufficient.
- In **yes/no questions**, if one statement leads to a clear yes and the other leads to a clear no, the data is **not sufficient** together.

4. Watch for Hidden Redundancies:

- If two statements seem different but essentially provide the same information, combining them won't help. For instance, if one statement gives a length and the other gives a perimeter formula involving the same length, they might not give new data.

Tricks and Shortcuts:

1. Understand the Roles of Different Answer Choices:

- DS Qs often use the standard format for answer choices:
 - **Option A:** Statement 1 alone is sufficient.
 - **Option B:** Statement 2 alone is sufficient.
 - **Option C:** Both statements together are sufficient, but neither alone.
 - **Option D:** Either statement alone is sufficient.

Examples with Tricks:

Example 1: (Shortcut: Check for Redundancy)

Question: What is the value of $x+y$?

- **Statement 1:** $x=10$

- **Statement 2:** $y=15$

Approach:

- **Step 1:** Evaluate **Statement 1:** We know $x=10$, but nothing about y , so **insufficient**.
- **Step 2:** Evaluate **Statement 2:** We know $y=15$, but nothing about x , so **insufficient**.
- **Step 3:** Combine both: $x=10$ and $y=15$, so $x+y=25$, making the combined data sufficient.

Answer: Option 3 – Both statements together are sufficient, but neither alone is sufficient.

Example 2: (Shortcut: Eliminate Options)

Question: Is n divisible by 4?

- **Statement 1:** n is divisible by 2.
- **Statement 2:** n is divisible by 8.

Approach:

- **Step 1:** Evaluate **Statement 1:** n divisible by 2 doesn't guarantee divisibility by 4, so **insufficient**.
- **Step 2:** Evaluate **Statement 2:** If n is divisible by 8, it is also divisible by 4, so **sufficient**.

No need to combine; **Statement 2 alone** is enough to answer the question.

Answer: Option 2 – Statement 2 alone is sufficient.

Example 3: (Trick: Recheck for "Yes/No")

Question: Is x greater than 5?

- **Statement 1:** $x>3$
- **Statement 2:** $x<8$

Approach:

- **Step 1:** **Statement 1** tells us $x>3$, but we can't determine whether $x>5$, so **insufficient**.
- **Step 2:** **Statement 2** tells us $x<8$, but it doesn't tell us whether $x>5$, so **insufficient**.
- **Step 3:** Even when we **combine** them, we only know $3<x<8$, but not whether $x>5$

Answer: Option 5 – Even both statements together are insufficient.

Advanced Tips for Faster Solution:**1. Work with Specific Types of Information:**

- In geometry, be familiar with formulas for area, perimeter, etc. Often, statements give partial data for these.
- In number systems, focus on divisibility rules and properties of numbers.

2. Use Elimination:

- Often, you can **eliminate 2-3 options** quickly by identifying if a statement is insufficient on its own.

3. Memorize Common Patterns:

- Questions on divisibility, number properties, or inequalities tend to

follow predictable patterns.

Conclusion:

Data sufficiency questions in UPSC CSAT test not only problem-solving ability but also reasoning and logical analysis. The key is to **analyze the information** quickly and determine if it's enough to solve the problem without actually solving it. With practice, the right approaches, and a few tricks, these questions can be answered swiftly and accurately.

11. Self-Improvement

Section

When You’re Freaking Out,
According to Experts

The article "How to Calm Your Nerves When You’re Freaking Out, According to Experts" by Maggie O'Neill explores practical techniques for managing stress and calming the nervous system during overwhelming situations. It highlights how the sympathetic nervous system, responsible for the body's fight-or-flight response, sometimes misinterprets non-threatening events as dangers, causing an overreaction that can lead to chronic stress and health problems like anxiety and heart disease.

Experts offer various strategies to help reset the nervous system and return the body to a calm state. Techniques include:

1. **4-7-8 Breathing:** A breathing method that slows the heart rate and calms the body by following a pattern of inhaling for four counts, holding for seven, and exhaling for eight.
2. **Singing or Humming:** Stimulating the vagus nerve, which can lower heart rate and calm the body, through vocal activities like singing or humming.
3. **Cold Showers:** Exposing the body to cold water can trigger the vagus nerve, release mood-boosting chemicals like dopamine and endorphins, and reduce stress.
4. **5-4-3-2-1 Grounding Technique:** A

mindfulness exercise that helps reorient attention to the present by identifying five things you see, four things you can touch, three things you hear, two things you smell, and one thing you taste.

5. **Yoga Pose (Legs-Up-the-Wall):** A restorative pose that helps to reduce stress and relax the body by lying on the floor with legs elevated against a wall.

This Is Your Brain on Exercise

The article emphasizes self-compassion and avoiding self-judgment when feeling anxious, as harsh self-criticism can exacerbate stress. It also recommends seeking professional help if these symptoms lead to anxiety or panic attacks, noting that cognitive behavioral therapy (CBT) can be helpful for retraining the brain’s responses to stress.

Exercise is as good for your brain as it is for your body.

Researchers are discovering how exercise benefits the brain, with evidence pointing to improvements in cognition, memory, and attention. While we’ve become more sedentary, our brains evolved for activity, and understanding how exercise affects the brain is becoming clearer with new technology.

Brain Waves Get a Boost

During exercise, the brain becomes more active, generating more beta waves, which are linked to improved attention and information processing. This heightened brain activity suggests that our mental gears shift into a more alert state

when we're in motion.

You Become More Sensitive to the World Around You

Exercise enhances the brain's ability to filter important information, leading to sharper visual perception. Studies show that aerobic activity boosts the brain's ability to pick up key details in the environment, improving senses and visual clarity post-exercise.

Your Brain Shores Up Neurotransmitter Stores

As heart rate increases, the brain consumes more fuel and produces neurotransmitters like glutamate and GABA. This process may help replenish neurotransmitter stores, contributing to optimal brain function and alleviating depression.

Your Brain Becomes Younger

Exercise promotes the growth of new neurons, blood vessels, and growth factors that protect the brain, particularly in regions linked to memory and intelligence. Active individuals tend to have healthier, younger-appearing brains with increased gray and white matter.

New Connections between Neurons Emerge

Exercises strengthens neural connections, improving memory, decision-making, and multitasking. These enhanced networks resemble those of skilled professionals and may contribute to improved focus and reduced mind wandering.

So, Is Exercise Magic?

While exercise won't dramatically increase

IQ, its moderate effects on cognition and brain health are promising. Experts envision a future where exercise is prescribed as a preventive measure against cognitive decline and depression.

Gandhi: A Reading List on His Thought - summary from an EPW article.

As the world celebrates the 150th birth anniversary of M. K. Gandhi, his philosophy—especially his advocacy for **ahimsa (non-violence)** and **satyagraha (passive political resistance)**—continues to shape global peace movements. However, Gandhi's thought extends beyond these well-known principles, and scholars continue to debate his views on **sexuality, religion, and caste**. This reading list from the *Economic and Political Weekly* explores these lesser-known aspects of his philosophy.

1) Gandhi on Social Conflict

In his 1968 article, A. K. Das Gupta discusses the **social conflict** at the core of Gandhi's philosophy, comparing it to **Marxism**. While both Gandhi and Marx recognized the exploitation of laborers and cultivators, Gandhi extended this idea to villages being exploited by cities for resources. Unlike Marx, who advocated for violent proletarian action, Gandhi promoted **non-cooperation** and **passive resistance**, hoping to foster the idea of **trusteeship** among property owners. Gandhi's vision was of a society free from exploitation, where property was seen as a responsibility, not a right.

2) Gandhi and Religion

M. N. Srinivas explores Gandhi's complex relationship with **religion**, particularly **Hinduism**. Gandhi viewed politics as an extension of religion but maintained that his interpretations were subject to change. While proud of his Hindu faith, he criticized certain practices like **untouchability**, **animal cruelty**, and **blood sacrifices**. He famously rejected the practice of **phuka** (a cruel method of driving cattle) and even abstained from drinking animal milk. Gandhi's flexible religious views were central to his broader philosophical outlook, though some scholars find his reading of non-violence in the **Bhagavad Gita** perplexing.

3) Gandhi and Politics

Gandhi is often seen as a political leader, but Aditya Nigam challenges this view. Nigam suggests that Gandhi's **relationship with politics** was not the essence of his work, but merely the stage for his broader **existential drama**. Nigam's reading opens a deeper exploration of Gandhi's intentions, suggesting that politics was a means to an end rather than his core focus.

4) Gandhi's Contradictions

Dipankar Gupta highlights the **contradictions** in Gandhi's philosophy, noting that Gandhi himself acknowledged them. Gandhi's thought was not systematic, which leaves much room for interpretation. Gupta argues that Gandhi's **practice** should be the primary way to understand his philosophy, rather than his writings. For instance, Gandhi promoted **spinning** as a form of self-reliance but did not intend for all Indians to become spinners. Likewise, in his **Nai Taleem**

education model, he advocated for practical learning over traditional academic study but still recognized the importance of literature and sciences in some contexts.

5) Gandhi on Caste

Gandhi's views on **caste** are perhaps the most debated aspect of his philosophy. While some of his writings support aspects of the caste system, his **practices often violated caste restrictions**. Nishikant Kolge suggests that Gandhi approached caste with a long-term **strategic** outlook, balancing his defense of certain aspects of the system with his personal opposition to its discriminatory practices. Kolge's argument reconciles Gandhi's seemingly contradictory positions by framing them as part of a larger strategy to dismantle caste oppression over time.

Conclusion

The reading list reveals the complexity of Gandhi's philosophy beyond his well-known commitment to non-violence. His thoughts on **social conflict**, **religion**, **politics**, **contradictions**, and **caste** reflect a multifaceted thinker whose ideas continue to inspire debate and reinterpretation.

12. Book Review

Summary of "Healing the Shame That Binds You" by John Bradshaw

Toxic Shame: Understanding and Healing Toxic shame is the belief that one is inherently flawed and unworthy of love, often developed during childhood from shame-based parents. These parents struggle with their own emotional issues and inadvertently pass them on to their children. Because of this, children feel emotionally abandoned, which creates a deep sense of personal inadequacy.

Here are the key points:

- **Shame-Based Parenting:**
 - Shame-bound parents are emotionally unavailable, unable to meet their children's emotional needs.
 - These parents project their unresolved emotional issues onto their kids, using shame as a way to control them.
 - The result is that the children inherit their parents' shame, believing they are inherently wrong.
- **The False Self:**
 - Children raised in this environment suppress their true selves and create a "false self" to cope with the pain.
 - This false self may take the form of a perfectionist, victim, or even a scapegoat, but it leads to further emptiness and disconnection.

- **The Consequences of Toxic Shame:**
 - A person carrying toxic shame may develop narcissism, paranoia, or offender behavior, all of which stem from the repression of their true self.
 - These individuals are often exhausted and lack energy, as they are repressing their emotions instead of expressing them.

Healing from Toxic Shame: Bradshaw suggests three main approaches to healing:

1. **Drop the Mask:** Stop hiding behind your false self and begin revealing who you truly are.
2. **Join a 12-Step Program:** Group therapy can provide support and help in the healing process.
3. **Heal the Inner Child:** Through meditation or therapy, connect with and nurture the wounded child inside, fulfilling the unmet needs from childhood.

Healthy vs. Toxic Shame:

- **Healthy shame** helps us recognize our limitations and humanity.
- **Toxic shame** is internalized and becomes a part of our identity, causing feelings of worthlessness and self-rejection.

Key Insights from the Book:

- Toxic shame, when internalized, leads to a host of emotional and psychological issues, including depression, perfectionism, and personality disorders.

- Healing involves reconnecting with your true self and letting go of the false identities formed in response to shame.
- **Total self-love and acceptance** is essential for overcoming toxic shame and achieving lasting happiness.

In summary, *Healing the Shame That Binds You* offers a deep understanding of how shame impacts our lives and practical steps to heal and rebuild self-worth.

Summary of *The Magic of Thinking Big* by David Schwartz

Introduction: The Power of Big Thinking Our thoughts determine our success. People who think big achieve more, while small thinkers limit their potential. Society often discourages ambition, but to succeed, we must think and act big.

Chapter 1: Believe You Can Succeed

Success starts with belief. When you believe in yourself, you take actions toward your goals. Positive thinking fosters success, while doubt invites failure.

- **Key Tips:**
 - Think success in every challenge.
 - Never underestimate yourself.
 - Big ideas lead to big success.

Chapter 2: Cure Yourself of Excusitis

Excuses hold people back. Common excuses involve health, intelligence, age, and luck.

Successful people take responsibility and stop making excuses.

- **Key Tips:**
 - Health issues? Many succeed despite them.
 - Intelligence? Enthusiasm and creativity matter more.
 - Age? You're never too old or too young to succeed.
 - Luck? Success comes from hard work, not luck.

Chapter 3: Build Confidence and Overcome Fear

Fear is a major barrier to success, but confidence comes through action. Procrastination increases fear, while action reduces it.

- **Key Tips:**
 - Identify your fears and take steps to overcome them.
 - Improve your appearance, skills, and mindset to boost confidence.
 - Don't let others' opinions stop you—focus on doing the right thing.

Confidence isn't innate; it's built through actions. Focus on positive memories, and take small, confident steps like making eye contact, walking with purpose, and speaking up.

Chapter 4: How to Think Big

Most people think small, undervaluing themselves and settling for less. To think big, you need to recognize your worth.

- **Steps to Think Big:**

- Identify your five most valuable assets (e.g., education, experience, attitude).
- Compare yourself with others who are more successful but lack some of your assets—this proves you’re bigger than you think.

To think big, use positive and expansive language. Instead of saying “fine,” say “wonderful.” See problems as opportunities or challenges and focus on adding value wherever you can.

Chapter 5: How to Think and Dream Creatively

Creative thinking is solving problems in new ways. Here’s how to develop it:

- **Steps to Creative Thinking:**

- Believe solutions are possible.
- Don’t be stuck in old habits—be open to change.
- Harvest ideas from others and write them down.

Chapter 6: You Are What You Think You Are

Your self-image dictates how others see and treat you. Think of yourself as important, act accordingly, and people will respect you.

- **Key Tips:**

- Dress the part.
 - Give yourself pep talks.
 - Always think and act like an important person.
-

Chapter 7: Manage Your Environment: Go First Class

Your environment shapes your mind. Surround yourself with positive, successful people, and avoid negative influences.

- **Tips for Success:**

- Don’t surrender to failure—keep striving.
- Seek advice from successful people, not from naysayers.
- Choose friends who uplift you and focus on positivity.
- Avoid gossip; it’s toxic and distracts from meaningful success.

Invest in quality relationships, services, and advice—it pays off in the long run.

Chapter 8: Make Your Attitudes Your Allies

Your attitude affects how others perceive you.

Cultivate these key attitudes:

1. **Enthusiasm:** Show excitement about what you do by learning more about it. Share good news and engage positively with others.
 2. **Make Others Feel Important:** Acknowledge people's contributions, use their names, and praise them. Making others feel valued increases your own self-worth.
 3. **Service First:** Focus on serving others rather than prioritizing money. By going the extra mile for others, financial success follows naturally.
-

Chapter 9: Think Right Toward People

Your success depends on your relationships. To win people's support:

- **Follow President Johnson's Rules:** Remember names, be likable, interesting, and genuine.
- **Take the Initiative:** Reach out, make connections, and show interest in others.
- **Avoid Gossip:** It distorts your view and influences behavior negatively.

Focus on liking people genuinely and listening more than talking. This will foster support and open doors for success.

Chapter 10: Get the Action Habit

Success comes from doing, not waiting. Delaying only increases fear, while action builds confidence. Tackle obstacles as they arise instead of over-preparing for potential problems.

- **Tip:** Be proactive and act immediately on opportunities or needs you see. Waiting only amplifies resistance.

Chapter 11: How to Turn Defeat into Victory

Successful people treat failure as a learning experience rather than a setback. After a defeat:

- **Key Steps:** Learn from the failure, adjust, and try again.
- **Relaxation Boosts Creativity:** Taking a break can provide fresh solutions when you're stuck.

Don't let failure define you—let it refine you.

Chapter 12: Use Goals to Help You Grow

Goals give direction and purpose to life. Visualize where you want to be in 10 years and create specific goals to guide your actions.

- **Common Obstacles:** Fear of competition, family responsibilities, and self-doubt can hinder goal pursuit.
- **Solution:** Focus on the next step rather than the entire goal. Break big dreams into manageable actions.

Without goals, growth and progress are impossible.

Chapter 13: How to Think Like a Leader

Leadership requires empathy, humanity, and continuous improvement. Follow these rules:

1. **Empathize:** Understand the needs of the people you lead.
2. **Be Human:** Treat people kindly, not mechanically.
3. **Improve:** Constantly seek ways to make things better.
4. **Reflect:** Take time regularly to evaluate and adjust your leadership approach.

Effective leaders grow themselves and inspire change in others.

MAION Magazine Contest Rules

1. **Eligibility:** *The contest is open to all readers of MAION Magazine, regardless of age, location, or subscription status.*
2. **Qualification Criteria:** *Only participants who score **above 70%** will be eligible for prize consideration. Each question carries **2 marks**, and there will be **negative marking**, similar to the UPSC Prelims. For each incorrect answer, **33% of the marks** (i.e., **0.66 marks**) will be deducted. Accuracy is key, so answer carefully!*
3. **Entry Submission:** *Entries can be submitted either via email to **maheicivilservices@gmail.com** or in person at the **MAHEI Office, Kwakeithel**. In both cases, participants must clearly include their **purchase receipts** (either physical or digital). For online submissions, the email subject line must read **"MAION Contest"** followed by the specific **contest number**. The last date for submission is the **20th of every month**. Late entries will not be considered.*
4. **Prize Selection & Announcement:** *Winners will be selected based on a **merit list**. In the event that multiple participants score the same marks, a **lottery system** will be used to fairly determine the final rankings. The lottery process will be video-recorded for transparency and can be reviewed by any interested party from the **Mahei Institute**. Winners will be revealed in the next episode, along with the correct answers. Prize collection will require both a valid **proof of identity** and the **purchase receipt** of the magazine (either physical or digital).*
5. **Final Decisions:** *All decisions made by the MAION Magazine contest team are final and binding. No appeals or revisions will be entertained once the winners are declared.*
6. **Additional Terms:** *The contest is void where prohibited by law. Participants must ensure their submissions are received by the stated deadline, as late entries will not be considered.*

Q.1) Consider the following statements:

1. The Israeli port of Haifa plays a crucial role in the recently proposed India-Middle East-Europe Economic Corridor (IMEC).
2. A key component of IMEC is the Greek port of Piraeus, the largest in Eastern Europe, which is set to receive cargo from Haifa, Israel.
3. The IMEC aims to establish a "sanction-free" trade corridor, designed to reshape and streamline trade flows across Eurasia.

Which of the statements given above is/are correct?

- a) 1 only
- b) 1 and 2 only
- c) 2 and 3 only
- d) All of the above

Q.2) Which of the following statements about "Stablecoins" is incorrect?

- a) Stablecoins seek to maintain price stability by using reserve assets as collateral to support their value.
- b) Stablecoins are cryptocurrencies that ideally should be supported by a nation's central bank.
- c) Stablecoins can be backed by other cryptocurrencies, which do not necessarily have to be stablecoins.
- d) None of the above.

Q.3) Consider the following statements:

1. The Commission for Air Quality Management is a statutory body empowered to improve coordination, conduct research,

identify issues, and address concerns related to the air quality index and associated matters.

2. The Commission primarily focuses on air pollution issues in the National Capital Region (NCR) and its surrounding areas.
3. "Adjoining areas" refers to regions in the states of Haryana, Punjab, Rajasthan, and Uttar Pradesh only that are adjacent to the National Capital Territory of Delhi and the NCR.

How many of the statements given above is/are correct?

- a) Only 1 statement is correct.
- b) Only 2 statements are correct.
- c) All the statements are correct.
- d) None

Q.4) Regarding the India Migration Attractiveness Index (IMAI), which of the statements given is NOT correct?

- a) The INDEX was developed collaboratively by the International Labour Organisation and the Ministry of External Affairs.
- b) The index was formulated by assigning equal weight to four factors: the stock of the Indian migrant population, per capita income, the Global Human Capital Index, and remittances received.
- c) In the latest IMAI index, the UAE ranks first.
- d) None of the above.

Q.5) Sumita Dawra taskforce which was recently in the news is regarding

- a) Sexual harassment of women at the

workplace

- b) Rape victims' rehabilitation and justice
- c) Strategies to enhance female workforce participation.
- d) To increase female workforce in manufacturing sector

Q.6) Regarding the BioE3 (Biotechnology for Economy, Environment and Employment) Policy, which was recently approved by the Union Cabinet, consider the following statements:

1. The BioE3 Policy is intended to address key global challenges like climate change and the depletion of non-renewable resources.
2. The Policy is linked with India's vision of a 'Viksit Bharat' in 2047.

Which of the statements given above is/are correct?

- a) 1 only
- b) 2 only
- c) Both 1 and 2
- d) None of the above

Q.7) Which of the statements regarding the Capacity Building Commission (CBC) is correct?

- a) The Capacity Building Commission (CBC) operates as a consultative body without any executive power.
- b) The Capacity Building Commission (CBC) is a temporary advisory body with no formal decision-making powers.
- c) The Capacity Building Commission (CBC) reports directly to the Prime Minister's Office but lacks independent executive authority.
- d) The Capacity Building Commission (CBC)

is conceived as an independent body with full executive power.

Q.8) Which of the statements regarding the recently established Anusandhan National Research Foundation (ANRF) is INCORRECT?

- a) The Anusandhan National Research Foundation (ANRF) is overseen by a Governing Board (GB) chaired by the Honorable Prime Minister, who serves as the President of the Board.
- b) The Executive Council (EC), chaired by the Principal Scientific Advisor to the Government of India, will implement the Foundation's objectives under the guidance and policy direction of the Governing Board (GB).
- c) The Chief Executive Officer (CEO), who will be appointed by the President of the Governing Board, must hold a rank of at least Additional Secretary to the Government of India to ensure the efficient administration of the Foundation.
- d) The Principal Scientific Adviser is the nodal authority for the Anusandhan National Research Foundation (ANRF).

Q.9) What was the primary objective of the Copenhagen Consensus (recently in the news), and which global challenges did its expert panel identify as the highest priorities for addressing?

- a) To establish global financial regulations; the panel prioritized climate change and renewable energy.
- b) To set priorities among proposals for confronting ten significant global

challenges; the panel identified solutions to HIV/AIDS, hunger, free trade, and malaria as the top priorities.

- c) To promote technological innovations in developing countries; the panel emphasized education and infrastructure development.
- d) To create a global health framework; the panel focused on non-communicable diseases and health infrastructure.

Q.10) Examine the following statements concerning the recently published Annual Survey of Industries (ASI) for the fiscal year 2022-23 by the Ministry of Statistics and Programme Implementation:

1. Maharashtra achieved the highest Gross Value Added (GVA) in 2022-23.
2. The employment growth for 2022-23 is the highest since the fiscal year 2010-11.
3. Organized manufacturing across all states in India comprises factories that have 10 or more workers utilizing power and those that employ 20 or more workers without utilizing power.

Which of the statements given above is/are correct?

- a) Only 1 statement is correct.
- b) Only 2 statements are correct
- c) All
- d) None

Q.11) Which of the following is/are the reasons for the decline of the Gupta Empire?

1. The successive waves of Huna invasions weakened Gupta rule, when the Hunas

successfully breached northern India.

2. The Guptas consistently implemented a policy of restoring the authority of local chiefs or kings in conquered areas upon their acceptance of Gupta suzerainty, resulting in a lack of strict and effective control over these regions.
3. The Guptas issued land grants to Brahmana donees, surrendering revenue and administrative rights in favour of these recipients, which inevitably led to a decline in revenues, affecting the empire.

Select the correct answer from the code given below:

- a) 1 only
- b) 1 and 2 only
- c) 2 and 3 only
- d) All of the above

Q.12) Which of the poetess of Ancient India is incorrectly matched?

- a) Avvaiyar – *Bhakti* poet
- b) Uttiyar - *Sangam* literature
- c) Andal – *Alvar*
- d) Isaignaniyaar – *Nayanar*

Q.13) Consider the statements regarding the Mughal Empire:

1. Mewar was the only region in Rajputana that never came under Mughal rule or accepted Mughal suzerainty.
2. The Mughals' major achievement in the northeast was the annexation of Assam, with the Mughal Governor of Bengal

successfully capturing Karnrup, the capital of the Ahom kingdom.

Which of the statements given above is/are correct?

- a) 1 only
- b) 2 only
- c) Both 1 and 2
- d) None of the above

Each question consists of two statements, Assertion (A) and Reason (R). Select the correct answer, use the following code:

- A. Both Assertion (A) and Reason (R) are true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Q.14)

Assertion: A kilo of tomato from your garden for home consumption is not included in the calculation of GDP.

Reason: A home garden is not a registered entity of production, so it comes under the unorganized sector of the economy.

Select the correct answer from the code given below:

- (a) A
- (b) B
- (c) C
- (d) D

Q.15)

Assertion (A): The Indian Rupee will depreciate in value if inflation in India is high.

Reason (R): High inflation reduces the purchasing power of the rupee, causes capital flight, worsens the trade balance, and creates uncertainty for investors.

Select the correct answer from the code given below:

- (a) A
- (b) B
- (c) C
- (d) D

Q.16) Consider the statements regarding the Constitution of India:

1. Article 75 of the Constitution signifies the collective responsibility of the Council of Ministers, but not individual responsibility.
2. The Constitution sets the term of office for members of the Rajya Sabha at 6 years, with one-third of the members retiring every two years.

Which of the statements given above is/are correct?

- a) 1 only
- b) 2 only

- c) Both 1 and 2
- d) None of the above

Q.17) With reference to AgriStack and the Krishi Decision Support System in India, consider the following statements:

1. AgriStack aims to create a comprehensive and authenticated database that includes farmer demographics, land holdings, crops sown, and livestock ownership.
2. The Krishi Decision Support System focuses solely on financial assistance for farmers, such as credit distribution and targeted subsidies.
3. Advanced technologies like artificial intelligence and big data analytics are to be used in AgriStack to improve the efficiency of agricultural schemes.
4. The implementation of AgriStack will provide policymakers with real-time data analysis tools to tackle emerging challenges in the agricultural sector.

Which of the statements given above are correct?

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

Q.18) This plant thrives in humid climates, with ideal temperature conditions in India ranging from a minimum of 24-28°C to a maximum of 32-34°C. However, its preferred temperature for optimal growth lies between 21°C and 30°C. It is a shade-loving species, flourishing under the canopy of taller trees. Cultivating this plant requires

significant water, as it grows best in regions receiving more than 2,000 mm of rainfall annually.

Identify the plant.

- a) Coffee
- b) Pepper
- c) Areca Nut
- d) Cocoa

Q.19) With reference to traditional irrigation practices in India, which state is known for using the bamboo drip irrigation system, where hollow bamboo trunks are used to transport water from uphill sources to terraced fields downhill, and is commonly employed for growing crops like rice, betel leaf, and pepper during dry months?

Select the correct answer from the code given below:

- a) Arunachal Pradesh
- b) Sikkim
- c) Meghalaya
- d) Nagaland

Q.20) Which of the following statements best describes the importance of monitoring glacier mass balance in the context of climate change and hydrology?

1. Monitoring glacier mass balance helps determine whether glaciers are growing or shrinking, which is crucial for understanding their response to climate change.
2. A negative mass balance indicates that glaciers are gaining more ice than they are losing, contributing to rising sea levels.
3. Glacier mass balance is solely influenced by

precipitation levels, with no significant impact from temperature changes.

How many statements given above is/are correct?

- a) Only one statement is correct.
- b) Only two statements are correct
- c) All
- d) None

Q.21) Consider the statements given below:

1. In the early stages of World War II, Gandhi endorsed the Congress Working Committee's resolution to offer conditional support to the British.
2. The August Offer of 1940 proposed by the Viceroy included the formation of a War Advisory Council.
3. The Quit India Movement took a violent turn from the outset, as the arrest of all prominent Congress leaders, including Gandhi, left the movement without effective leadership from the very beginning.

How many of the statements given above is/are correct?

- a) Only one
- b) Only two
- c) All
- d) None

Q.22) Consider the following statements about the Parliament of India:

1. The Lok Sabha and Rajya Sabha both have reserved seats for Scheduled Castes and

Scheduled Tribes.

2. The President nominates members to both the Lok Sabha and Rajya Sabha.

Which of the statements above is/are correct?

- a) 1 only
- b) 2 only
- c) 1 and 2 only
- d) None of the above

Q.23) Which of the following plastic type is dubbed ‘ Poison plastic ‘?

- a) Polypropylene
- b) Polystyrene
- c) Poly vinyl chloride (PVC)
- d) Polyethylene triphthalate (PET)

Q.24) Consider the following statements:

1. The Voluntary Carbon Market (VCM) operates under the oversight of national, regional, or international carbon reduction frameworks.
2. VCM follows a cap-and-trade system that establishes a limit on greenhouse gas (GHG) emissions by creating a specific number of allowances, which are essentially permits that authorize emissions within that cap. This system effectively restricts the total GHGs that an industry or country is permitted to emit.
3. Examples of VCM carbon markets include the Kyoto Protocol and the European Union emissions trading system.

How many of the statements given above is/are

correct?

- a) Only one
- b) Only two
- c) All
- d) None

Q.25) Which of the following statements about the EU Deforestation Regulation (EUDR), which has faced opposition from several countries including India, is incorrect?

- a) The regulation mandates that commodities placed on or exported from the EU market must be free from deforestation.
- b) The legal production requirement stipulates that the relevant products placed on or exported by the EU must comply with the applicable laws of the country of production.
- c) Assessing the state of forests as of December 31, 2020, is essential, as the EUDR prohibits sourcing commodities from areas that were forested prior to this cut-off date.
- d) The EUDR defines forests based on the legal definitions established by the exporting country.

ALL THE BEST

Time Allowed:
Three hours

Maximum
Marks: 250

GENERAL STUDIES (PAPER – IV)

Question Paper Specific Instructions

Please read each of the following instructions carefully before attempting questions:

*There are **TWELVE** questions divided*

in two Sections and printed in English.

All questions are compulsory.

The number of marks carried by a question/part is indicated against it.

Answers must be written in the medium authorised in the Admission Certificate. No marks will be given for answers written in a medium other than the authorized one.

Keep the word limit indicated in the questions in mind.

Any page or portion of the page left blank in the Question-cum-Answer Booklet must be clearly struck off.

Answer questions in NOT MORE than the word limit specified for each in the parenthesis. Content of the answer is more important than its length.

SECTION – A

1. a) What does goodness mean to you? Explain the concept with an example. (150 words, 10 marks)

b) Can actions be considered good if the intent behind them is selfish? Justify your answer with suitable examples. (150 words, 10 marks)

2. a) Is righteousness more important than pragmatism in public service? Justify your answer with relevant examples from policy decisions or public administration. (150 words, 10 marks)

b) Can righteousness be effectively taught through formal education? Evaluate the role of

moral education in shaping a child's ethical foundation. (150 words, 10 marks)

3. a) What is corporate governance, and why is it necessary for ethical business practices? (150 words, 10 marks)

b) Discuss the role of transparency and accountability in governance. How do these principles ensure ethical decision-making in public offices? (150 words, 10 marks)

4. a) The Right to Information Act is often termed as a tool for transparency and accountability in governance. How does RTI empower citizens ethically, and what challenges does it face in practical implementation? (150 words, 10 marks)

b) Corruption is a systemic challenge in public administration. Critically analyze how an ethical approach to leadership and governance can reduce corruption at the grassroots level, ensuring that public resources are used for the common good. (150 words, 10 marks)

5. Define in brief the given foundational values of Public servants: (250 words, 5 x 4 = 20 marks)

a) Courage of conviction

b) Humility

c) Professionalism

d) Respect for diversity

e) Moral courage

6. What does each of the following quotations

mean to you and explore the relevance of these in the context of public services?

- a) "To truly lead is to put the collective interest above personal ambition." – Kamala Harris

(150 words, 10 marks)

- b) "Man is the only creature who refuses to be what he is." – Albert Camus

(150 words, 10 marks)

- c) "To live a pure unselfish life, one must count nothing as one's own in the midst of abundance." – Buddha

(150 words, 10 marks)

7. a) Effective governance requires not just technical skills but also emotional competence. (150 words, 10 marks)

b) Discuss the significance of maintaining a neutral political attitude in the civil service and how it contributes to good governance and public trust.

(150 words, 10 marks)

Section – B

In the following questions, carefully study the cases presented and then answer the questions that follow:

8. Ajay Kumar is a senior district officer responsible for implementing rural development schemes. His role demands constant interaction with villagers, many of whom are uneducated

and unaware of the government's schemes. Ajay holds the personal belief that most people in rural areas are unwilling to adopt modern practices due to their deeply entrenched traditional attitudes. This belief has made him dismissive of the villagers' concerns, and he often overlooks their input during meetings.

A conflict arises when a new welfare scheme is launched in the district, and villagers

protest against its design. Ajay's negative attitude leads him to disregard the protest, believing the villagers lack the technical understanding to offer valuable input. His team later discovers that the protest was due to a design flaw that could have been avoided had Ajay been more open-minded and respectful toward the villagers' feedback. (250 words, 20 marks)

a. Analyze how Ajay's attitude influenced his thought process and behaviour towards the villagers.

b. How could Ajay's attitude towards the rural population have been shaped differently to foster more effective governance?

c. Suggest ways in which public servants can develop a more inclusive and open-minded attitude to better engage with stakeholders.

9. Rohit, a senior government official, is known for his professional ethics and commitment to public service. In his personal life, however, he struggles with relationships, often being dishonest with his friends and family. While he ensures that his public responsibilities are carried

out efficiently, his private actions create mistrust among his close ones. Recently, his behavior in private life has come under public scrutiny, affecting his public image. (250 words, 20 marks)

1. Analyze Rohit's actions in the context of ethical dimensions in both public and private relationships.
2. How should one reconcile the expectations of ethical behavior in personal and public life?
3. If you were Rohit's colleague, how would you advise him to manage the situation?

10. You are a principal of a reputed school that recently faced a controversy involving a group of students found cheating during exams. The parents of the students, many of whom are influential, are pressuring the school management to ignore the incident to avoid damage to the school's reputation. Some teachers argue that punishing the students would ruin their future, while others believe that firm action must be taken to reinforce ethical behavior.

1. What ethical dimensions are involved in this situation?
2. How does the role of educational institutions in inculcating values come into play here?
3. How would you balance the interests of the students, the school's reputation, and the ethical need to maintain fairness?

11. You are a mid-level officer working in a government department that is notorious for

corrupt practices. During an internal audit, you discover a large-scale embezzlement of public funds involving senior officials. You are aware that reporting this could lead to serious consequences for the department's leadership, and potentially bring about a major investigation. However, the officials involved are politically well-connected, and filing a report might lead to retaliation against you, both professionally and personally. On the other hand, remaining silent would mean being complicit in the corruption and allowing public funds to continue being misused, ultimately affecting the services meant for the public. You also fear that the whistleblower protection system is not strong enough to fully shield you from the risks of coming forward. The dilemma puts you in a precarious position where your conscience, duty to public service, and personal safety are all in conflict. (250 words, 20 marks)

1. What are the options available to you in this case, and how would you evaluate the ethical and practical consequences of each?
2. How can whistleblower protection mechanisms influence your decision?
3. What would be the most ethical course of action, and how would you ensure personal and professional safety while acting in the public interest?

12. Consider the following cases and answer appropriately: (4 x 5 = 20 marks, 250 words)

- a. You are appointed as the head of a government department where the work culture is marred by inefficiency

and apathy. What ethical measures would you introduce to transform the work culture? Provide a step-by-step approach."

- b. You are responsible for a rural development scheme, and you find discrepancies in the utilization of public funds. How would you ethically address this situation to ensure the proper use of these funds, while maintaining transparency and public trust?"
- c. You are in charge of a public health campaign, and your team is under pressure to reach vaccination targets. Some team members suggest inflating the numbers to show success. Reflecting on Gandhian ethics of truth and non-violence, how will you ethically address this situation and ensure that accurate reports are submitted while meeting public health goals?
 - a. You are the director of a government-run hospital where inefficiency and absenteeism among staff are rampant, leading to poor service delivery. Patients are suffering, and the hospital's reputation is deteriorating. How would you address these issues and ensure that the staff improves their work ethic while enhancing the quality of service delivery?

Time Allowed:
Three hours

Maximum
Marks: 250

ESSAY

QUESTION PAPER SPECIFIC INSTRUCTIONS

(Please read each of the following instructions carefully before attempting questions)

The Essay must be written in English. No marks will be given for answers in medium other than English.

Word limit, as specified, should be adhered to.

Write an essay, choosing one topic from Section A and one topic from Section B, in about 1000 – 1200 words each.

SECTION A

1. Right to privacy and Human Rights.
2. Securing India's position in the new world order of the 21st century.
3. Democratic decentralization in India.
4. The object of Education was to produce a desire to serve community as a whole and to apply the knowledge gained for public welfare.

SECTION B

1. Realization of Viksit Bharat.
2. Green Economy: Prospects, challenges and solutions.
3. Indian women and Politics: Beyond quotas.
4. AI (Artificial Intelligence) Revolution: the next step to human progress or an impending doom.