

23-1-2021

Section - A

1(A) Child :- • It means ^{one} ~~it~~ who has not attained the age of 18 years.

• This criteria is applicable for both boys and girls.

1(B) AYUSH :- • It stands Ayurveda - Yoga - Unani - Siddha - Homeopathy
• A separate ministry has been created for it.

• Focus on traditional medicines.

1(C) Birth Death Rate :- • Also known as Infant Mortality Rate
• It is the ratio of ~~the~~ infant death per thousand live birth.

1(D) Corruption :- It is the wilful misuse of one's power and position to fulfil one's selfish aims for further enhancing the power and position.

1(E) AICTE :- • All India Council of Technical Education.
• It is the apex body in the field of technical education in India.

1(F) Bird Flu :-

- It is a type of influenza
- Also known as avian influenza
- Abbreviation → ~~H1N1~~ H1N5

1(G) UNESCO :-

- To protect the tangible as well as intangible cultural heritage of the world.

1(H) WHO :-

- Formed on 7 April 1948
- Apex global health monitoring body.
- HQ → At Geneva

1(I) Division of labour :-

- Breaking a large task into number of smaller tasks.
- It increases the productivity in the production system.

1(J) Active Immunisation :-

- Induces antibodies in the body in live or killed form
- Antibodies are stored permanently in the body.

1(K) Consumer :-

- 1) One who uses the goods and services.
- 2) He also pays for the same.

1(L) I.F.A. :-

- 1) Its full form is International Fiscal Association.

1(M) Roko - Toko Campaign :- Started by the govt. of Madhya Pradesh.

- To make aware the people to wear masks to prevent the spread of COVID-19!

1(N) Integrated Education Commission :-

- It oversees the quality of education imparted to the students of 1st to 12th.

1(O) AIIMS :- 1) All India Institute of Medical Sciences,

2) Open medical institution in the Country

3) AIIMS Delhi, AIIMS Bhopal

III

2(A) Measures Taken By Govt. of Madhya Pradesh to contain the spread of COVID-19 :-

- Strict lockdown of four months i.e. March-June in all the districts, in accordance with the guidelines of Central government.
- Weekly lockdowns in the hotspots of COVID-19 i.e. in Indore, Bhopal



and gradual, in the post nationwide lockdown period i.e. after June.

- Roko-Toko Campaign started to spread the awareness about the importance of wearing masks.
- Free distribution of food grains to the poor in the lockdown period.
- Restriction of the entry of persons of other states in Madhya Pradesh.

21. B) → Constitution Efforts to protect women

- Art. 14 states that all people, whether men or women, are equal in the eyes of law.
- Art. 15 prevents discrimination among the people on the basis of their caste, sex, age, religion etc.
- Art. 16 states that all the people of India have been provided equal opportunities for employment irrespective of their age, sex etc.
- In Part IX titled 'Panchayats' Art. 243(D) provides for the reservation of seats for women in the panchayats at all the three levels.

→ Equal justice and free legal aid to SC, ST, OBC including the women, stated in Art. 39(A).

→ In Part IX A titled 'Municipalities', provisions are being made for the reservation of women in the municipal bodies.

2(E)

→ Provisions made for the welfare of labour:-

→ Various labour unions are functioning all over the country. For e.g. → the NCRMU and NCRPS are the labour unions of Railways.

→ Code on Wages Bill has been passed recently. This bill mandates the central government to fix the ~~the~~ national minimum wages for the labours.

→ The Indian Factory Act of 1948, ~~which~~ contains provisions like the weekly holiday, double payment of wages for overtime etc.

→ Employees Provident Fund Organisation provides social security for the ~~welfare of~~ workers.



→ At global level, International Labour Organisation i.e. ILO has been established to oversee the conditions of ~~the~~ labours around the world.

→ Article 23 of the Indian Constitution makes provision for the abolition of bonded labour.

→ Equal Remuneration Act of 1976 provides for equal wages to the female workers.

~~2(F)~~ 2(G) WTO i.e. World Trade Organisation came into existence on 1st January 1995. It is a successor of GATT i.e. the General Agreement on Trade and Tariffs, which was established in 1948.

WTO is an open global agency whose main function is to provide for barrier-free trade across the world. That means, it provides a level-playing field for the developing as well as the developed countries.

However, WTO has been criticised for its functioning. Firstly, because it sees the 'subsidies' provided on various goods and services in the developing countries as 'barriers to free trade'. Secondly, it often works under pressure of developed countries like USA, which often

use it for fulfilling its ends.

But, now the time has come when all the countries must unite to make WHO a strong global body.

2(J)

Reasons of Spread of COVID-19

- 1) Fake information given by China to WHO related to coronavirus, led to the late understanding of the gravity of the disease caused by this deadly virus.
- 2) WHO and its experts were not able to identify the disease for a very long time.
- 3) WHO instead of its independent enquiry, continued to work on the reports given by the Chinese health authorities. This made US president Trump to call it as "Chinese Health Organisation".
- 4) WHO lately declared it a pandemic and hence, it spreaded to other countries of the world.
- 5) Countries around the world were having scarcity of masks, ~~and~~ hand sanitisiers, ventilators etc.



2(I) Main Causes of Malnutrition

- Lack of universal access to nutritious food especially to the poor people.
- Lack of diversified diet like absence of intake of fibre, vitamins, minerals, proteins in the daily diet.
- Attraction towards the junk food which is rich in fats, sugar and salt.
- Biasedness towards the female members of the family in the ~~share~~ share of food.
- Lack of awareness among the common people regarding the importance of taking the multivitamin ~~fruit~~ food articles in daily diet.

2(II) Health programs for women in India

1) Pradhan Mantri Ujjawala Yojna :- It was launched in May 2016. It provides free gas connections to the poor families in the country. This will increase the LPG coverage in the country as well as prevent the women from respiratory diseases.

2) Pradhan Mantri Matru Vandana Yojna :-

• It provides for direct cash transfer of Rs. 5000 in three installments per year to the pregnant women to take care of their health and compensate for the wage loss.

3) Increase in the maternity leave from 12 weeks to 26 weeks for the pregnant women.

4) Free health-check-up in the government hospitals of poor pregnant women under Pradhan Mantri Surakshit Matritva Abhiyan.

5) Distribution of sanitary pads to ~~the~~ girls under Street-Swabhimata Yojna.

2 (H) Health prevention programs in India

1) Mission Indradhanush :- It is an ambitious scheme of the Govt. of India to increase the ~~same~~ vaccination coverage in the country. It aims to prevent the children against diseases like measles, rubella, diphtheria, whooping cough etc.

2) Ayushman Bharat :- It was launched in the year 2018



and it aims to provide universal health coverage to all the citizens of the country.

3) Pulse Polio Campaign:- It was launched ~~in~~ to eradicate the disease of Polymyelite. In this campaign, oral drops were given to children under the age of five.

4) Recently, the Govt. of India launched 'TB Haarega Desh Jetege Campaign' so as to eliminate the tuberculosis from the Country by 2025.

5) Free treatment of upto Rs. 5 lakhs will be provided at the secondary and tertiary levels hospitals under the Pradhan Mantri Jan Arogya Yojna.

2(D) → Main provisions of the Consumer Protection Act 2019

→ It mandates to constitute a Central Consumer Protection Authority, which will chaired by the Minister incharge of the Consumer Affairs.

→ Doing advertisements which consists of false claims and products which affects the health of customers, will now be a punishable offence. Actors endorsing such type of acts will be punishable as per the law.

→ The ~~new~~ amendment to the Consumer protection act of 1986, now contains provisions regarding the regulations of e-commerce in the country.

→ It provides for an Alternative Dispute Redressal mechanism to both the customers as well as the product manufacturers. In this, they will be able to ~~set~~ settle their disputes through 'mediation', instead of courts.

3(A) Malnutrition: - Malnutrition is the deficiency of vital nutrients like Iron, Iodine, Calcium, Sodium, etc. along with vitamins in the body. This leads to the retardation of growth in children and leads to stunting, wasting etc. in the children.

Causes: - 1) Widespread poverty in the country makes it difficult for having access to a nutritious diet.

2) Lack of sanitation practises among the people living in slums, give birth to many contagious diseases.



3) Bad eating habits among the rich people
i.e. eating food that is rich in fats,
sugar and salt is also a cause of
malnutrition.

4) Wars and natural disasters results in the
displacement of people, which results in
the inability of these people to get a
~~conser~~ nutritious diet.

3(B) Consequences :- 1) Causes a number of
disorders like Iodine, Anaemia
etc.

2) Causes a number of diseases like Kwashiorkor
and Marasmus ~~and~~ due to the deficiency of
proteins.

3) Causes child wasting i.e. low weight for
height among the children.

4) Causes child stunting i.e. low height for
age among the children.

5) Malnutrition may also result in
obesity due to consumption of fat, sugar
and salt rich food.

3(B)

Migrant Workers

• Migrant workers is a category of those
workers who move ~~to~~ from their

birthplace to other places in search of better employment facilities.

In India, every year, a large number of people move outside their homelands to cities like Delhi, Mumbai, Bangalore, Pune, Noida, Gurgaon etc. to search for employment.

Majority of the migrant workers are from the states like Madhya Pradesh, Uttar Pradesh, Bihar, Jharkhand, Odisha, Rajasthan, Chhattisgarh.

Ill treatment
by their employers

Treated as
'Outcasts'

→ Their first problem is accommodation. They being poor are forced to live in slum areas.

Problems faced
by migrant
labourers

→ They are not able to get ration from the PDS shops in other states. [One Nation - One Ration Card scheme]

Many of them
do not have bank
accounts.

→ They are having mere savings.

Their children
often suffer from
malnutrition

→ They are not able to benefit due to 'outsiders' of the government schemes of state

Their children are
not able to get
good education



In case of the migrant labour, they are bound to several problems due to they being outsiders. Hence, the government schemes like One Nation - One Ration Card, PM Jan Dhan Yojna etc., may lessen their problems to some extent.

3(C) Epidemic Disease Amendment Act, 2020

- 1) The amendment to the Epidemic Disease Act of 1857 was done in the backdrop of the violence against the doctors and ~~and~~ healthworkers during the COVID-19 pandemic.
- 2) In order to prevent the doctors from the violence, while on their duty, violence against the doctors and the healthworkers was declared a criminal offence.
- 3) As per the amendment, the violence against the doctors and the healthworkers will attract imprisonment of upto 5 years.
- 4) The persons inciting the violence will be fined with Rs. 50,000 - Rs. 5,00,000 as per the amendment.

Social Impact of COVID-19

The advent of COVID-19 pandemic has resulted in the widespread social changes in the society.

Social Impact of COVID-19

→ People have become less sociable.

→ People have become aware about the importance of washing hands.

→ People started watching movies on OTT platforms like Netflix etc. instead of going to theatres.

← People started using online methods for shopping instead of physical ~~and~~ going to shops.

→ Conferences were organised in the form of webinars

→ Even the election campaign of Bihar was organised through Skype and other video messaging apps.

← People have realised the importance of wearing face masks.

→ Marriage ceremonies were organised in the presence of limited people.

→ People refrain from going to parks and other public places.

Section-B

PAGE NO.:



- 1(A) Kasturirangan Committee:- • Headed by K. Kasturirangan.
• Prepared the draft of ~~New~~ National Education Policy 2020.
- 1(B) BCG vaccine:- • It is a vaccine of Tuberculosis.
• Full form:- Bacille Calmette - Guerin
- 1(C) Disabled:- • According to persons with disabilities act of 1995, a person is whose 40% of the part of the body is damaged or ceased functioning, is deemed to be disabled.
- 1(D) National Child Health Program:- • It is an umbrella program for improving the health of the children.
- 1(E) Fiscal Deficit:- • It is the sum of revenue deficit and capital deficit.
• Difference between the total expenditure and total receipts.
- 1(F) E-Inclusion project:- • It is an initiative to bring within the reach of all people, all E-services in the country.
- 1(G) Asian Development Bank:- • Ensuring economic

Prosperity in the Asia-Pacific Region.

- Providing loans to the countries of Asia-Pacific for completion of the projects.

2(H) Communicable Disease :- • Spreads from one person to other at a rapid rate.

- E.g. → Measles, Chikengunya, COVID-19

2(I) Anaemia :- • Caused due to the deficiency of Iron in the blood.

- Remedy is the consumption of green leafy vegetables like Spinach.

2(J) Mobile Medical Centre :- • These provide reliable and rapid medical services in the remote and inaccessible areas.

2(K) Environmental Pollution :- • The presence of unwanted elements in air, water and land in excess amounts, is called as environmental pollution.

2(L) Public Service Centre :- • These are integrated centres



where all government services like AADHAR, PAN CARD etc. are provided under one roof.

1(M) Distance Education: - • Imparting education to those people who are not able to access the formal educational institutions for the same.
• E.g. → ~~to~~ Housewives, freelancers etc.

1(N) IIT: - • These are ~~primary~~ premier institutions in the field of technical education.
• There is IIT in Indore in the state of Madhya Pradesh.

1(O) Skilled manpower: - • One who have received formal vocational training for the job.
• Pradhan Mantri Kaushal Vikas Yojna

1(A) Demographic Dividend: - When the working population (15-59 years) is more than that of the dependent population in the country, it is known as demographic dividend.

Developing countries like India has great significance of the term demographic dividend because the population of

young people in the country is increasing day-by-day.

Hence, India possess a vast potential of youth ~~to~~ however, the problem is that only 4% of the country's youth is skilled.

* So, to take full advantage of the demographic dividend, the youth of the country must be provided formal & skill education.

2(B) → Need of Vocational Education

→ In India, inspite of having such a large youth population only 4% has undergone skill education.

→ A large chunk of the Indian youth is still unskilled which makes them unfit for the foreign markets.

→ There is a dire need of vocational education in the country so that youth may embrace enterpriseness and become self-reliant.

→ Imparting compulsory vocational education to every youth may also solve the problem of unemployment.



2(c) → Role of distance education during COVID-19

- During COVID-19 pandemic and the nationwide lockdown, distance learning emerged as a powerful tool to impart education to the students, even in the time of crisis.
- It is because of the distance education that students were able to continue studies even during the lockdown.
- The distance education through online mode during COVID-19 pandemic ~~help~~ prevented the students from being infected with COVID-19.
- Distance education remained successful in making students aware of the latest news, even during the COVID-19.

~~2(d)~~

2(e) → Indian Administrative Services

- Previously, they were termed as ICS i.e. Indian Civil Services.
- Lord Cornwallis is known as the father of Indian Civil Services.
- In 1947, ICS was given the status of ~~the~~ 'All-India Service'.

→ The members of the IAS hold prominent posts like Cabinet Secretary, Chief Secretary etc. in ~~the~~ under the central governments as well as the state government.

→ The members of the IAS perform the function of overseeing the general administration.

→ Due to their importance in the functioning of country, they are often termed as 'Steel Frame of India'.

2 (F)

Objectives of Auditing

- To check - up the financial discrepancies in the ~~the~~ government departments.
- To maintain economy in the public expenditure.
- To check whether the money is spent as per the provisions of the budget.

Types of Auditing

- Audit of Appropriation Accounts :- It is

carried out to check the discrepancies in the amount sanctioned through Appropriation Act by Parliament and the actual expenditure.

- Audit of Financial Accounts: - To check the receipts and disbursements from the Consolidated fund.
- Audit of Public Enterprises: - To check the financial discrepancies in the functioning of public enterprises.

2 (b) Objectives of SAARC

- To ensure peace and stability in the South-Asian region.
- To develop cordial relations among the member states.

Organisation of SAARC: -

- SAARC has its secretariat at Kathmandu in Nepal.
- It has eight members → India, Pakistan, Sri Lanka, Bangladesh, Maldives, Afghanistan, Nepal, Bhutan.

Future of SAARC: - For the last sometime the functioning of the

PAGE NO.:

SAARC has been disabled by the false propoganda and the terrorist activities of Pakistan.

- For the proper functioning of SAARC, ~~all~~ members like Pakistan must stop their illegal activities.

2(II) → Atma Nirbhar Bharat

→ Atma Nirbhar Bharat Abhiyaan aims at making India self-reliant in the production of goods and services in the country.

→ The main feature of this Campaign is enhancing the domestic production within the country, so that our dependence on other countries for goods and services gets reduced.

→ Boosting domestic production will result in the increase in the exports.

→ The production of Corona Vaccine by Serum Institute of India and Bharat Biotech is an excellent example of Atma-Nirbhar Bharat.



2(J) → Contribution of ICAR

→ ICAR i.e. Indian Council of Agricultural Research was founded at Pusa in Samastipur in Bihar by the then Viceroy → Lord Curzon.

→ This body is the apex body in the field of agricultural research in the country.

→ The biggest contribution of ICAR is in making the Green Revolution in the country successful.

→ Recently, ICAR → Pusa Agricultural Institute at Delhi has ~~be~~ developed a technique to convert rice straws into compost, so as to prevent the 'smog' due to stubble burning.

2(K)

→ Family Health

→ "Health is the real wealth, all else are pieces of gold and silver" → Mahatama Gandhi

→ The real wealth of each member of the family is indeed good health and well-being.

→ For ensuring good health, each member should take a balanced diet.

→ Special focus must be on the female members of the family. They must be made aware of using sanitary pads for intimate care.

→ It is essential for every family to limit its size. Hence, every family must have two children and not more than that.

→ All the matters of the family health are under the supervision of Ministry of Health and Family Welfare.

2 (L) → Importance of Birth and Death Related Data:-

→ A decrease in the death rate of a country is the indication that health infrastructure is improving in the country and it leads to an increase in the life-expectancy (in years).

→ A decline in the birth rate is indication of the fact that population growth has declined, due to the adoption of ~~the~~ family planning methods by the people.

→ Infant Mortality Rate denotes the number of infant deaths per thousand live births.

→ Maternal Mortality Rate denotes the mortality of mothers per 1,00,000 live births.

These vital statistics related to birth and death helps us in having an idea about the health services in that country.

3(A) A good health is the basic necessity of every citizen in the country. It is the prime duty of the government at the centre and at the states to ensure good health and well being of all the people in the country.

The government takes measures from time to time in order to improve the health facilities. Some of the initiatives taken by the government are as follows :-

a) Establishment of AIIMS :- Sometimes ago, there used to be AIIMS at Delhi. This used to create a lot of difficulty to the people of far-flung regions to get quality health services. As a result, the government has opened up new AIIMS at places like Bhopal, Gorakhpur, Patna etc.

b) Tar Aushadhi Kendras :- They have been established at the district headquarters to provide affordable

medicines to every citizen of the country.

c) Air-Ambulance Services have begun from various ~~the~~ cities to take the serious patient from the remote areas to the nearby hospitals.

d) '108' National Ambulance Service is functioning all over India.

e) During COVID-19 pandemic, the Govt. of India encouraged the manufacturing of hand sanitisers, masks and ventilators in the country.

f) Ayushman Bharat Scheme provides for free health treatment upto 5 lakh rupees in secondary and tertiary health care centres to the poor people.

g) The Govt. of India, in 2020, has decided to establish 'drug-parks' in order to boost the domestic manufacturing of drugs.

In this way, the Govt. of India is trying to improve the health services in the country.



3(B) When the ordinary people are given appropriate skills and training for a particular type of job, then, they are converted into human resources.

Importance of human resources

→ Boost economic activities in the country

→ Availability of human resources - increases the economic growth rate

→ Availability of human resources boost entrepreneurship

→ Availability of human resources implies the availability of the skilled workforce

In this way, the human resources of any country are its real wealth because they are the 'main engines' of economic growth and development.

* Skill Development Programs in India

a) Human Se Rozgar:- It is a skill development program under the Ministry of Minority Affairs. It is for generating employment among the youth belonging to the minority community.

b) Pradhan Mantri Kaushal Vikas Yojna :-
It is for imparting short-term vocational courses to youth so as to increase the ~~still~~ availability of skilled labour in India.

c) Atal Innovation Mission :- It is abbreviated as AIM. The main aim of the mission is to develop an atmosphere of innovation and research in the country. Atal Incubation Centres have been established in various educational institutions.

In this way, the Govt. of India is trying its ~~best~~ best to enhance the skill development among the youth of the nation.

3(c) ^{present} The Educational System in India has its roots in the British Period. The Woods Despatch of 1854 is the backbone of the present system of education in the country. Hence, it is known as the 'Magna - Carta of the Education System' in the country.

The ~~present~~ Educational system in the country is based on the National Educational Policy of 1986. It is suffering from the following types of drawbacks.



Drawbacks of present educational system

→ Theoretical in nature and lacking pragmatic approach.

→ Lack of well qualified teachers in schools and universities.

→ 'Contract teachers' are teaching in the govt. schools, implying substandards in teachers.

→ Marks secured in the final examinations are the only proof of one's ability.

→ There is no availability of vocational educational courses at school level.

→ Large amount of tuition fees in private institution

→ Less importance is given to marks secured in practical exams.

→ Focuses only on 'learning - by heart' and 'word-by-word'

However, the new educational policy has been released in July 2020 by the Ministry of Education, which attempts to ~~rectify~~ rectify the errors in the present educational system.