

## 1. Rice Fortification

Topic: Health

# WHAT IS FORTIFIED RICE?

Fortification is the practice of deliberately increasing the content of an essential micronutrient, i.e. vitamins and minerals (including trace elements) in food to improve its nutritional quality and provide a public health benefit with minimal risk to health

➤ The fortification factor does not last for more than **45 days**, so it isn't advisable to store fortified rice for long

➤ According to National Family Health Survey, **78.7%** children and **75%** in the district are anaemic and suffer from malnutrition

➤ In the first phase, fortified rice will be distributed in Badangi, Bobbili, Ramabhadrapuram and Terlam mandals

**In News:** According to UN report, India's pilot studies on rice fortification showed that nutritional anaemia could be reduced, with a significant drop in the prevalence of anaemia among schoolchildren.

### More on the Topic

- Fortification of Rice is **the process of adding Fortified Rice Kernels (FRK), containing FSSAI prescribed micronutrients (Iron, Folic Acid, Vitamin B12) to normal Rice** (Custom Milled Rice) in the ratio of 1:100 (Mixing 1 Kg of FRK with 100 Kg custom milled rice).
- Fortified rice is **nearly identical to traditional rice** in aroma, taste, and texture. This process is done in the rice mills at the time of milling of rice.
- Fortification of rice is found to be **a cost-effective and complementary strategy to increase vitamin and mineral content in diets with low turnaround time (TAT)** and a step towards nutritional security and helps in fighting anaemia and malnutrition in the country.
- This strategy is implemented in many geographies in the world.

### Why to fortify staple food in India?

- Data from the National Family Health Survey 2019-21 shows that **57 per cent of women in the reproductive age group (15-49) are deficient in iron.**
- Moreover, studies have shown that about **a fifth of the children (0-5 years) who do not have access to a nutritious and diversified diet suffer from vitamin-A deficiency**, while vitamin-D deficiency has been termed a silent epidemic.

### Concerns regarding mass fortification:

- Fortification is not a panacea for removing all nutrient deficiencies. We also need to **promote diversified diets.**
- One major problem with chemical fortification of foods is that nutrients don't work in isolation but need each other for optimal absorption.
- A 2010 study that showed iron fortification causing gut inflammation and pathogenic gut microbiota profile in undernourished children.
- The expert committee in Jharkhand observed negative impact of iron fortification in rice. The team noticed that tribal populations in Jharkhand already have an excess iron in their bodies. The consumption of iron-fortified foods by such patients can **reduce immunity and affect organs.**

Source: Indian Express

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## 2. ITF Transport Outlook 2023

Topic: Reports and Indices



**In News:** ITF Transport Outlook 2023 report of the International Transport Forum at the Organisation for Economic Co-operation and Development (OECD) has been released recently.



### More on the Topic:

#### Key Highlights:

- Acting now and decarbonising transportation can reduce the need for investment in core infrastructure roads, railways and ports.
- Decarbonisation, in turn, can help in achieving the goals of the 2015 Paris Agreement.
- If action to decarbonise transport is accelerated, the transport sector can reduce its CO2 emissions by about 80% over the next 25 years (compared to 2019).

#### Impact Recommendations:

- Decarbonisation of transport sector requires a combination of complementary policies that **successfully avoid unnecessary transport activity, shift more trips from fuel-burning to no-carbon transport and improve the efficiency of transport** generally.
- Quickly **scale up cost-competitive technologies and fuels** to move people and goods with far fewer emissions.
- **Target incentives and introduce access restrictions in cities for high-emitting vehicles** to increase the uptake of zero-emission road vehicles.
- **Reform the current method of taxing car use** through fuel excise duty and introduce more distance-based pricing.

#### International Transport Forum:

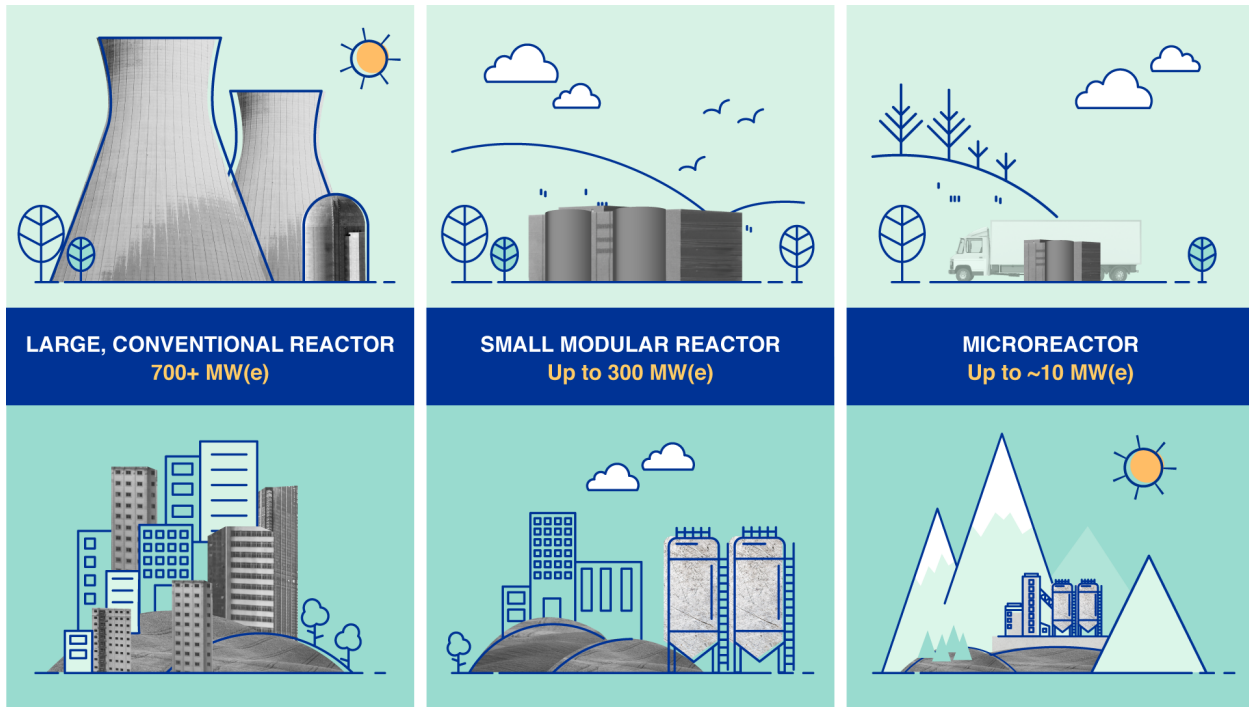
- The International Transport Forum is **an inter-governmental organisation within the OECD system.**
- It is the only global body with a mandate for all modes of transport.
- It acts as a think tank for transport policy issues and organises the annual global summit of transport ministers
- India is a member country.

Source: DTE

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### 3. Small Modular Reactors

**Topic: Science and Technology**



**In News:** NITI Aayog has pitched for establishing attractive financing frameworks such as blending finances and green bonds to attract private sector investment in setting up small modular reactors (SMR) to decarbonise India's energy sector.

#### More on the Topic:

- The recommendation has been mentioned in the recently released report - 'The Role of Small Modular Reactors in Energy Transition' by NITI Aayog.
- The report while noting that the **existing nuclear safety regulations are mostly designed for land-based plants and unit concept of large reactors**, the report recommended that for the concept of **multi-module and flexible operation of SMRs**, these regulations and guidelines need to be modified.

#### About Small Modular Reactors:

- As per the International Atomic Energy Agency (IAEA), the SMRs are advanced nuclear reactors with a power generation capacity ranging from **less than 30 MWe to 300 MWe**.
- Small- **physically a fraction of the size of a conventional nuclear power reactor**.
- Modular- making it **possible for systems and components to be factory-assembled** and transported as a unit to a location for installation.
- Reactors- **harnessing nuclear fission to generate heat to produce energy**.

### Advantages of SMR:

- The report noted that SMRs have emerged as preferred nuclear energy options compared to large reactors as they
- **require a low inventory of nuclear material per reactor** with speedy fabrication through standardisation,
- a fast realisation along with the feasibility of deployment at difficult sites
- phased capital expenditure by adding successive batches of SMR modules.
- SMR can also serve non-electric applications such as **desalination and district heating** while micro SMRs can be used to supply electricity as well as heat for **communities in remote locations**.

Source: Hindu

## 4. Kerala becomes First fully e- Governed State of India

**Topic: e-Governance**



**In News:** Chief minister of Kerala has declared **Kerala** to be India's first fully e-governed state.

### More on the Topic:

- This significant milestone would not only establish a strong network between government offices and citizens but also leverage technology to drive Kerala's development and bridge the digital divide.

### About e - governance:

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*Go, change the world*

- e-Governance can be defined as the application of information and communication technology (ICT) for providing government services, exchange of information, transactions, integration of previously existing services and information portals.
- The “e” in e-Governance stands for ‘electronic’.

**Pillars of e-Governance:**

- People
- Process
- Technology
- Resources

**Types of Interaction in e-Governance:**

- G2G i.e. Government to Government
- G2C i.e. Government to Citizen
- G2B i.e. Government to Business
- G2E i.e. Government to Employees

Source: FE

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## 5. Telengana's Gongadi shawls

**Topic: Art and Culture**



**In News:** Telangana's woollen gongadi shawls are refashioned into shoes for farmers.

**More on the Topic:**

- For generations, the rough wool of the sturdy Deccani sheep has been handcrafted by the **Kuruma and Kuruba -- pastoral communities spread across the Deccan plateau** into a tough, all-weather shawl called a gongadi in Telangana.
- Now, this resilient fabric has been repurposed into all-weather shoes for farmers by three alumni of the National Institute of Design, Ahmedabad.

**Source:** PIB

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## 6. Rejuvenating Watersheds for Agricultural Resilience through Innovative Development (REWARD) Scheme

**Topic: Government Schemes**



**In News:** The Secretary, Department of Land Resources (DoLR), Government of India (GoI) reviewed the Implementation Support Mission of World Bank Assisted Rejuvenating Watersheds for Agricultural Resilience through Innovative Development (REWARD) program.

**More on the Topic:**

- REWARD is a World Bank assisted Watershed development program which is being implemented from 2021 to 2026.
- The Development Objectives of REWARD program is to “Strengthen capacities of National and State institutions to adopt improved watershed management for increasing

farmers resilience and support value chains in selected watersheds of participating States”.

- The program is being implemented to introduce **modern watershed practices in the Department of Land Resources in the Ministry of Rural Development and in the States of Karnataka and Odisha.**

Source: Hindu

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## 7. Sarvarkar

**Topic: Personalities in News**



**In News:** Vinayak Damodar Savarkar’s birth anniversary was celebrated recently.

**More on the Topic:**

- Vinayak Damodar Savarkar was born on 28 May 1883 in the Marathi family.
- He was a leading figure of the Hindu Mahasabha, a political organisation in India.
- Savarkar endorsed the idea of India as a Hindu Rashtra and popularized the term ‘Hindutva’ (*previously coined by Chandranath Basu*) to create a collective ‘Hindu’ identity as an essence of Bharat.
- In 1911, **Savarkar was sentenced to 50 years in the cellular jail of Andamans**, also known as Kala Pani for revolting against the Morley-Minto reforms (Indian Councils Act 1909).
- Serving as the president of the Hindu Mahasabha political party, he opposed the Quit India movement in 1942.
- He was a **critic of the Indian National Congress** and its acceptance of India's partition.
- In his book '**The History of the War of Indian Independence**', he analysed the circumstances of 1857 uprising. It was via this book that Savarkar became one the first writers to call for India's first war for independence against the British.

Source: Hindu

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