

21/06/2026 Daily Current News

1. *International Day of Yoga 2026:*

Context: The 2026 edition, themed ‘Yoga for Healthy Ageing’, carries this journey forward through nationwide participation, innovative initiatives and year-round engagement, while promoting preventive healthcare and active living.

About International Day of Yoga 2026:

- ❖ Recognising its universal appeal and benefits, the United Nations proclaimed 21 June as the International Day of Yoga in 2014.
- ❖ The proposal, introduced by Prime Minister Shri Narendra Modi at the 69th session of the UN, was supported by 175 member states.
- ❖ The first observance was held on 21st June 2015. Yoga was inscribed on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity in 2016.
- ❖ Yoga is among the world's oldest knowledge traditions, with roots tracing back to the Indus-Saraswati Civilisation (c. 2700 BCE).
- ❖ The word 'yoga' derives from Sanskrit, meaning to join or to unite — symbolising the union of body and consciousness.
- ❖ The Yogic tradition was systematised by Maharishi Patanjali through the Yoga Sutras, laying the foundation for its philosophical and practical framework.
- ❖ The Common Yoga Protocol (CYP) is a standardised 45-minute Yoga practice that serves as the core programme for International Day of Yoga celebrations worldwide, enabling people across countries and cultures to participate in a shared Yoga experience.
- ❖ The protocol combines loosening practices, like Yogasanas, Kapalabhati, Pranayama, meditation and relaxation techniques into a simple, structured routine that can be practised by people of different age groups and backgrounds.
- ❖ The 2026 edition also allows institutions to incorporate an additional 15 minutes of Yogic practices such as Pranayama, Yoga Nidra, Dhyana and Satsang, where appropriate.
- ❖ The 12th edition of the International Day of Yoga is being observed on 21st June 2026, with Kolkata hosting the main national celebration.

2. *Nirbhay Chetna:*

Context: The Ministry of Panchayati Raj organised a three-day Training of Trainers (ToT) programme on Nirbhay Chetna from 17th–19th June 2026 in New Delhi under the Nirbhaya Fund project.

About Nirbhay Chetna:

- ❖ Recognised as the largest drive of its kind anywhere in the world, Nirbhay Chetna is a landmark national initiative on the sensitisation of men towards women-related issues, including women's safety and security that aims to strengthen gender-responsive governance at the grassroots level.
- ❖ The program also marked the launch of the Nirbhay Chetna training module, developed by Transform Rural India.

- ❖ The initiative seeks to create a cadre of master trainers who will engage male elected representatives on gender equality, women's safety, rights, and leadership within Panchayati Raj Institutions.
- ❖ Nirbhay Chetna is a key intervention under the Nirbhay Raho initiative, launched on 11th March 2026, which comprises three complementary components. Nirbhay Netri focuses on capacity-building and legal awareness among elected women representatives; Nirbhay Chetna seeks to sensitise elected male representatives on gender equality and women's safety; and Nirbhay Drishti envisages the installation of CCTV cameras at strategic rural locations to strengthen technology-enabled safety infrastructure in Panchayats.
- ❖ Under Nirbhay Chetna, a cadre of 28,500 Master Trainers is being developed at the State, district, and block levels to reach over 17.5 lakh male elected representatives across the country.

3. *Sickle Cell Anaemia:*

Context: Indian President held that the country would eradicate sickle cell anaemia well before the target of 2047.

About Sickle Cell Anaemia:

- ❖ Sickle Cell Disease (SCD) is an inherited haemoglobin disorder caused by a genetic mutation.
- ❖ In SCD, red blood cells become crescent or sickle-shaped instead of their normal round shape.
- ❖ These abnormal RBCs are rigid and sticky, obstructing blood flow and reducing oxygen supply to tissues.
- ❖ The disease often causes chronic anaemia, leading to fatigue, weakness, and paleness.
- ❖ Patients experience pain crises (painful episodes) characterized by sudden and severe pain in bones, chest, back, arms, and legs.
- ❖ Long-term complications may include organ damage, delayed growth and puberty, and premature death.
- ❖ Blood transfusions help manage anaemia and reduce the risk of pain crises.
- ❖ Treatment options include Hydroxyurea therapy to reduce painful episodes and bone marrow/stem cell transplantation, which can offer a potential cure.

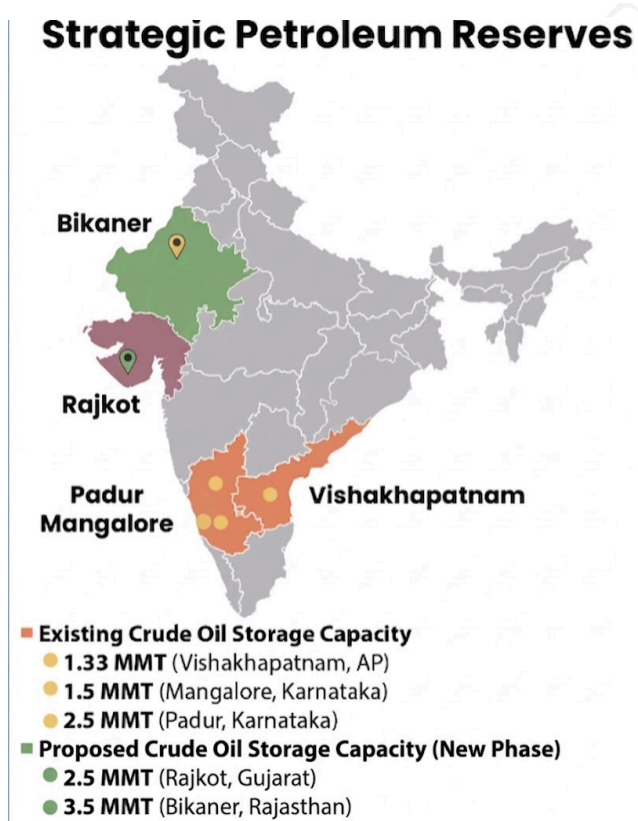
National Sickle Cell Anaemia Elimination Mission:

- ❖ It was announced as part of the Union Budget 2023.
- ❖ It aims to eliminate sickle cell disease (SCD) as a public health problem in India before 2047.
- ❖ The mission will entail awareness creation, universal screening of seven crore people in the 0-40 years age group in affected tribal areas and counselling through collaborative efforts of central ministries and state governments.

4. *Strategic Oil Reserves:*

Context: India has assigned Oil and Natural Gas Corporation (ONGC) to develop a new strategic petroleum reserve (SPR) facility in Mangaluru, Karnataka. The underground crude oil storage cavern is estimated to cost about ₹15,000 crore and will add 1.75 million metric tonnes (MMT) of storage capacity.

About Strategic Oil Reserves:



- ❖ Strategic Petroleum Reserves (SPR) are government-held crude oil stockpiles for energy security during supply disruptions.
- ❖ Maintained in addition to commercial reserves held by oil companies.
- ❖ Implemented by Indian Strategic Petroleum Reserves Limited (ISPRL), a Special Purpose Vehicle set up in 2004
- ❖ Comes under the Ministry of Petroleum and Natural Gas
- ❖ Stored in underground rock caverns, typically located near coastal areas

5. *Bolivia:*

Context: Bolivia's crisis intensified on Saturday as President Rodrigo Paz declared a state of emergency, enabling wider military deployment to clear blockades and restore order after protests brought the economy to a halt over the past 50 days. The conflict initially erupted after Mr. Paz abruptly cut long-standing fuel subsidies to shrink the deficit, amid a worsening dollar crunch and talks with the International Monetary Fund (IMF).

About Bolivia:

- ❖ Bolivia, officially the Bolivia, is a landlocked country located in western-central South America.
- ❖ The country is named after Simón Bolívar, a key leader of Latin America's independence movements.

- ❖ Bolivia's geography includes the Andes Mountains, highland plateaus, and lowland plains of the Amazon Basin; about one-third of its territory lies within the Andes.
- ❖ It shares borders with Argentina, Brazil, Chile, Paraguay, and Peru.
- ❖ Sucre is the constitutional capital, while La Paz serves as the executive and administrative capital.
- ❖ Bolivia shares Lake Titicaca, the world's highest navigable lake for large vessels, with Peru and follows a mixed economic system combining private enterprise with government planning and regulation.

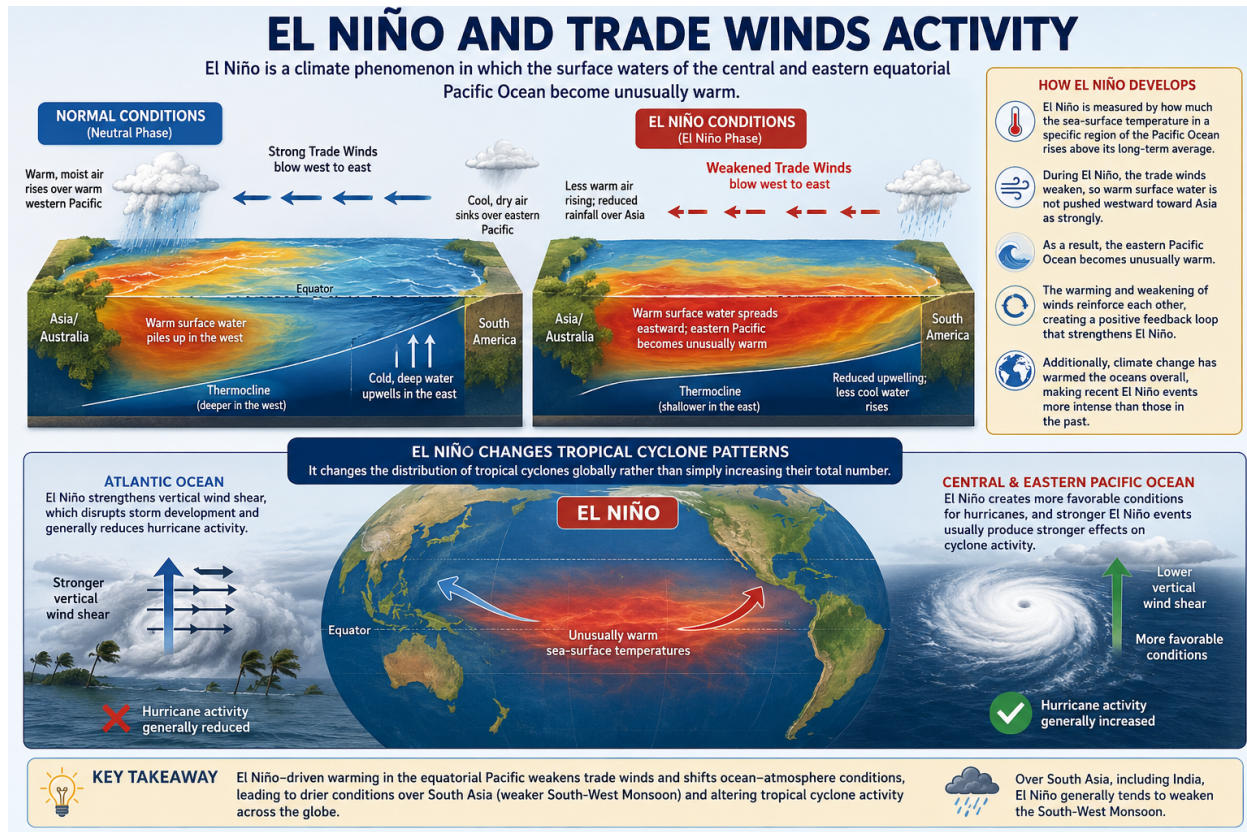


6. *'Super' El Niño:*

Context: The U.S. National Oceanic and Atmospheric Administration (NOAA) confirmed this month that an El Niño has formed in the equatorial Pacific Ocean, and placed the odds at about 63% that it will strengthen into a “very strong” — colloquially, a “super” — event by the northern winter.

About *'Super' El Niño:*

- ❖ El Niño is a climate phenomenon in which the surface waters of the central and eastern equatorial Pacific Ocean become unusually warm.
- ❖ This warming alters global weather patterns and generally tends to weaken the South-West Monsoon over South Asia, including India.
- ❖ The strength (potency) of an El Niño is measured by how much the sea-surface temperature in a specific region of the Pacific Ocean rises above its long-term average.
- ❖ During El Niño, the trade winds weaken, so warm surface water is not pushed westward toward Asia as strongly. As a result, the eastern Pacific Ocean becomes unusually warm.
- ❖ The warming and weakening of winds reinforce each other, creating a positive feedback loop that strengthens El Niño. Additionally, climate change has warmed the oceans overall, making recent El Niño events more intense than those in the past.
- ❖ El Niño changes the distribution of tropical cyclones globally rather than simply increasing their total number.



- ❖ In the Atlantic Ocean, El Niño strengthens vertical wind shear, which disrupts storm development and generally reduces hurricane activity.
- ❖ In the central and eastern Pacific Ocean, El Niño creates more favorable conditions for hurricanes, and stronger El Niño events usually produce stronger effects on cyclone activity.

Quick Bites:

- ☐ The Agricultural and Processed Food Products Export Development Authority (APEDA), under the Ministry of Commerce & Industry, Government of India, facilitated the first-ever commercial export shipment of dried whole egg powder from Balangir, Odisha, to Austria, marking a significant milestone in promoting value-added agricultural and processed food exports from India.
- ☐ Abhigyan App was launched by the Union Home Minister and has been developed by the National Crime Records Bureau to enable field police personnel to identify suspects from any location using a certified fingerprint scanner. The app is linked to the National Automated Fingerprint Identification System, a centralized fingerprint database implemented by NCRB that stores fingerprint records of accused persons, convicts, and prison inmates. By matching fingerprints against the national database in real time, the app enhances the efficiency of criminal identification, investigation, and law enforcement operations across the country.

- ☐ Rajasthan-born theoretical physicist Jainendra K. Jain won the 2025 Wolf Prize in Physics. The award was presented by Israeli President Isaac Herzog at a state ceremony in the Knesset in Jerusalem on 18 June 2026. Jain received the prize for the discovery of composite fermions, a concept linked to the fractional quantum Hall effect.
- ☐ India is set to acquire nine retired SEPECAT Jaguar fighter aircraft from the United Kingdom in 2026.

Practice questions:

Objective questions:

The first-ever commercial export shipment of dried whole egg powder from India was exported from:

- (a) Nashik, Maharashtra
- (b) Balangir, Odisha
- (c) Coimbatore, Tamil Nadu
- (d) Guntur, Andhra Pradesh

Consider the following statements regarding the Common Yoga Protocol (CYP):

1. It is a standardized 45-minute Yoga practice.
2. It serves as the core programme for International Day of Yoga celebrations worldwide.
3. It is inscribed on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity in 2016 as part of Yoga.

Which of the statements given above are correct?

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

Consider the following statements regarding Sickle Cell Disease (SCD):

1. SCD is an inherited haemoglobin disorder caused by a genetic mutation.
2. In SCD, red blood cells become spherical and more flexible than normal RBCs.

Which of the above statements is/are correct?

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

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