

MISSION POSHAN 2.0: COMPREHENSIVE ANALYSIS (EXAM NOTES)

1. BACKGROUND AND EVOLUTION

- **Launch:** POSHAN Abhiyaan (PM's Overarching Scheme for Holistic Nourishment) was launched on March 8, 2018.
- **Mission POSHAN 2.0:** Announced in the 2021-22 Union Budget by merging existing schemes.
- **Integrated Schemes:**
 1. Anganwadi Services
 2. Scheme for Adolescent Girls (SAG)
 3. POSHAN Abhiyaan
- **Primary Objective:** To reduce the prevalence of Stunting, Wasting, Anaemia, and Low Birth Weight.

2. PRIMARY VERTICALS

POSHAN 2.0 rests on three major pillars:

- **Nutrition Support:** Providing supplementary nutrition to pregnant women, lactating mothers, children under 6 years, and adolescent girls.
- **ECCE (Early Childhood Care and Education):** Pre-primary education for children aged 3–6 years and early stimulation for infants (0–3 years).
- **Anganwadi Infrastructure:** Modernizing 2 lakh Anganwadis into 'Saksham Anganwadis' equipped with advanced facilities.

3. TECHNOLOGY AND GOVERNANCE

- **Poshan Tracker:** A real-time digital monitoring platform to track the implementation and delivery of the scheme.
- **Aadhaar-based Monitoring:** Linking Aadhaar to identify beneficiaries transparently and eliminate ghost/ineligible entries.
- **Facial Recognition:** Introduced to ensure accountability in the distribution system.
- **Helpline Number:** The current active number for grievances is 1515.

4. EDUCATIONAL REFORMS (ECCE & NEP 2020)

- **National Education Policy (NEP 2020):** Under the 5+3+3+4 education structure, Anganwadi education has been integrated into the 'Foundational Stage.'
- **Aadharshila:** The national curriculum framework designed for children aged 3 to 6 years.
- **Navchetana:** An early stimulation framework for infants and toddlers aged 0 to 3 years.
- **Vidhyarambh Certificate:** A certification provided to children upon completing pre-school in Anganwadis.

5. JAN ANDOLAN (PEOPLE'S MOVEMENT)

- **Poshan Pakhwada:** A two-week awareness program held annually in April. (2026 Theme: "Enhancing Brain Development in the First Six Years").
- **Rashtriya Poshan Maah:** Celebrated every September as the National Nutrition Month.
- **Poshan Vatikas:** Developing nutrition gardens at Anganwadi centers to grow nutrient-rich fruits and vegetables.

QUICK FACTS FOR PRELIMS

Feature	Details
Nodal Ministry	Ministry of Women and Child Development (MWCD)
Target Period	Human resource development as part of achieving 'Viksit Bharat' by 2047.
Crucial Period	The first 1000 days (from pregnancy to 2 years of age)
Converging Ministries	More than 26 departments
Poshan Pakhwada 2026 Dates	April 9 to April 23

Note: This scheme is not merely about food distribution; it is a multi-dimensional strategy intertwined with Swachh Bharat (Water and Sanitation) and Women's Empowerment.

NATIONAL HIGHWAYS FEE (AMENDMENT) RULES, 2026

1. CONTEXT

- **Effective Date:** These new regulations will come into force from **April 15, 2026**.
- **Objective:** To control vehicle overloading, enhance road safety, and protect highway infrastructure from damage caused by heavy vehicles.

- **Nodal Ministry:** Ministry of Road Transport and Highways (MoRTH).

2. REVISED FEE STRUCTURE

Fees will be levied based on the excess weight beyond the permissible **Gross Vehicle Weight (GVW)**:

Overloading Percentage	Applicable Overload Fee
Up to 10%	No additional fee (No Fee)
Over 10% and up to 40%	2 times the base rate
Above 40%	4 times the base rate

3. KEY PROVISIONS

- **Scientific Measurement:** Overloading will be determined using certified **Weigh-in-Motion (WIM)** devices installed at toll plazas.
- **No Weighing, No Fee:** If weighing facilities are unavailable at a toll plaza, no overload fee shall be levied on the vehicle.
- **Digital Payment:** Overload fees must be collected exclusively through **FASTag**.
- **Data Recording:** Details of overloaded vehicles must be compulsorily recorded in the National Vehicle Register (**VAHAN**).

4. EXCEPTIONS

- The provisions will not apply to certain private investment projects (Concessionaires) executed prior to the commencement of these rules, unless the concessionaires voluntarily consent to adopt them.

5. SIGNIFICANCE FOR EXAMS

- **Infrastructure Protection:** Reduction in overloading leads to decreased road maintenance costs.
- **Transparency:** Integration with FASTag and VAHAN reduces human intervention, thereby increasing transparency.
- **Logistics Efficiency:** Adherence to prescribed weight limits ensures a more systematic and efficient goods transport system.

IMPORTANT TERMINOLOGY (EXAM POINT OF VIEW)

- **GVW (Gross Vehicle Weight):** The total weight of the vehicle plus its maximum load (cargo).
- **WIM (Weigh-in-Motion):** Technology that captures a vehicle's weight while it is moving.
- **VAHAN:** A centralized pan-India database for motor vehicle registration.

Note: Vehicles entering National Highways without a valid FASTag will continue to attract penalties as per existing rules.

ACHAPPA'S ALBUM & NFDC: KEY HIGHLIGHTS

1. CURRENT CONTEXT

- **Film:** Achappa's Album (Malayalam).
- **Release Date:** April 24, 2026.
- **Specialty:** It is a family fantasy and comedy film. It portrays emotions between a father and son through an innovative 'Time Travel' concept.
- **Director:** Deepti Pillay Sivan.

2. NATIONAL FILM DEVELOPMENT CORPORATION (NFDC) - NOTES

Since questions about organizations are often asked in competitive exams, remember the following points about NFDC:

- **Establishment:** 1975.
- **Ministry:** Ministry of Information & Broadcasting.
- **Functions:**
 - Acts as the central agency for the development of Indian cinema.
 - Provides support for the production of high-quality and meaningful films.
 - Oversees the production, promotion, and preservation of old films in various Indian languages.
- **Current Managing Director:** Shri Prakash Magdum.

3. FILM INDUSTRY - GOVERNMENT ENCOURAGEMENT

- Diverse stories are coming to light due to the Indian government's promotion of regional cinema through NFDC.
- This film was produced as part of NFDC's "Cinema Promotion and Production" objectives.

4. ADDITIONAL POINTS FROM AN EXAM PERSPECTIVE

- **Technical Crew:** National Award winner Sreekar Prasad (Editor) worked on this film.
- **Lead Cast:** Mohan Agashe, Anjana Appukuttan, Priyanka Nair.

QUICK REVISION FOR EXAMS

Topic	Details
NFDC Established Year	1975
Nodal Ministry	Ministry of Information & Broadcasting
Language of Achappa's Album	Malayalam
Core Concept	Time Travel and Generational Emotions

FOUNDATION OF KHALSA PANTH & BAISAKHI: EXAM NOTES

1. FOUNDATION OF KHALSA PANTH

- **Founder:** The 10th Guru of the Sikhs, **Sri Guru Gobind Singh Ji**.
- **Year:** The Khalsa Panth was established on the day of **Baisakhi in 1699**.
- **Significance:** This is a crucial turning point in Sikh history. Guru Gobind Singh Ji created a disciplined group of warriors (Khalsa) to fight against oppression and to uphold truth and righteousness (Dharma).
- **Panj Pyare:** On this occasion, the Guru selected five disciples as the 'Panj Pyare' (Five Beloved Ones), administered *Amrit* (holy nectar) to them, and initiated them into the Khalsa.

2. THE FESTIVAL OF BAISAKHI

- **Harvest Festival:** Baisakhi is primarily a festival related to the harvesting of **Rabi crops**.
- **Cultural Significance:** It is a celebration observed across the country, particularly in Punjab and Haryana, honoring the hard work of farmers.
- **New Year:** According to the solar calendar, it is also considered the New Year in many regions of India.

3. QUICK FACTS FOR EXAMS

- **Guru Gobind Singh Ji:** He was the last human Guru of the Sikhs. Following him, the '**Guru Granth Sahib**' was declared the eternal and permanent Guru.

- **Honor to Annadatas:** The festival commemorates the role of farmers (*Annadatas*) in the nation's prosperity.
- **Sikhism & Culture:** Questions regarding Sikh Gurus, their literary works, and major festivals are frequently asked in the 'Art and Culture' section of various exams.

4. GOVERNANCE CONTEXT

- **Nodal Ministry:** The Union Ministry of Home Affairs reflects social unity and the nation's diverse heritage through the celebration of such national and cultural events.

SUMMARY TABLE

Topic	Details
Foundation of Khalsa	1699, Anandpur Sahib
Founder	Sri Guru Gobind Singh Ji
Nature of Baisakhi	Harvest Festival
Core Philosophy	Truth, Righteousness, and Courage

PUTHANDU (TAMIL NEW YEAR): EXAM NOTES

1. SIGNIFICANCE

- **Definition:** Puthandu is the Tamil New Year. It is also popularly known as '**Tamil Puthandu**' or '**Varusha Pirappu**'.
- **Timing:** It falls in April every year (the first day of the Tamil month '**Chithirai**'). It marks the moment the Sun enters the zodiac sign of Aries (*Mesha Rashi*) according to the **Solar Calendar**.
- **Geographical Reach:** It is celebrated not only in Tamil Nadu but also by Tamil diasporas in Sri Lanka, Malaysia, Singapore, and Mauritius.

2. CUSTOMS & TRADITIONS

- **Kanni:** On the morning of the New Year, viewing auspicious items like gold, silver, fruits, flowers, and a mirror is called 'Kanni'. It is believed that this brings prosperity throughout the year.
- **Vadai & Pachadi:** A special 'Pachadi' is prepared using neem flowers (bitter), jaggery (sweet), tamarind (sour), and raw mango pieces. Similar to the Ugadi Pachadi, it symbolizes the equanimity one must maintain through the different experiences (six tastes) of life.
- **Kolam:** Intricate and colorful patterns made with rice flour (Kolam) are drawn in front of houses to welcome auspiciousness.

3. SIMILAR FESTIVALS IN INDIA

From an examination perspective, it is crucial to know the other New Year festivals celebrated across India during the same period:

- **Ugadi:** Andhra Pradesh, Telangana, and Karnataka.
- **Vishu:** Kerala.
- **Baisakhi:** Punjab.
- **Bihu (Rongali Bihu):** Assam.
- **Poila Baisakh:** West Bengal.
- **Maha Bishuba Sankranti:** Odisha.

4. QUICK FACTS FOR EXAMS

Feature	Details
State	Tamil Nadu
Calendar System	Solar Calendar
Tamil Month	Chithirai
Core Message	Social Harmony and New Beginnings

BAISAKHI FESTIVAL: KEY HIGHLIGHTS FOR EXAMS

1. SIGNIFICANCE

- **What it is:** Baisakhi is primarily a harvest festival celebrated in the states of Punjab and Haryana. It symbolizes the **Solar New Year**.
- **Timing:** It falls on April 13th or 14th every year. According to the Sikh calendar, it is celebrated on the first day of the month of '**Vaisakh**'.

2. HISTORICAL IMPORTANCE

Aspirants of competitive exams should remember these two pivotal historical events associated with this day:

- **Foundation of Khalsa Panth:** In 1699, the 10th Guru of the Sikhs, **Sri Guru Gobind Singh Ji**, established the 'Khalsa Panth' at Anandpur Sahib on this day. This is the most significant milestone in Sikh history.
- **Jallianwala Bagh Massacre (1919):** On April 13, 1919, the day of Baisakhi, General Dyer opened fire on unarmed people gathered at Jallianwala Bagh in Amritsar. This remains one of the most tragic events in modern Indian history.

3. CULTURAL AND GEOGRAPHICAL ASPECTS

- **Rabi Harvest:** Farmers celebrate this festival to mark the joy of bringing home the **Rabi (Wheat)** crops.
- **Folk Dances:** Celebrations feature traditional dances – **Bhangra** by men and **Gidda** by women in Punjab.
- **Kar Sewa / Service:** Special prayers are held in Gurdwaras, and *Langar* (free community kitchen/meal) is organized for everyone.

4. PARALLEL FESTIVALS IN OTHER STATES (REGIONAL NAMES)

Similar festivals are celebrated across India during this time (frequently asked in "Match the Following" questions):

- **Puthandu:** Tamil Nadu
- **Vishu:** Kerala
- **Poila Baisakh:** West Bengal
- **Bihu (Rongali Bihu):** Assam
- **Maha Bishuba Sankranti:** Odisha

QUICK FACTS FOR PRELIMS

Feature	Details
Region	North India (primarily Punjab)
Foundation of Khalsa	1699 (by Guru Gobind Singh Ji)
Agriculture	Conclusion of Rabi crop harvest
Historical Event	Jallianwala Bagh Massacre (1919)

MAHA BISHUBA PANA SANKRANTI: EXAM NOTES

1. SIGNIFICANCE

- **Definition:** This is the official New Year of the state of Odisha. It is also known as '**Maha Bishuba Sankranti**' or '**Mesha Sankranti**'.
- **Timing:** It occurs on April 13th or 14th every year. According to the solar calendar, it marks the day the Sun enters the zodiac sign of Aries (*Mesha Rashi*).
- **Hanuman Jayanti:** In Odisha, this day is also celebrated as the birthday of Lord Hanuman.

2. CUSTOMS & TRADITIONS

- **Pana:** The festival gets its name from a special drink called '**Pana**'. It is prepared using jaggery, fruits, yogurt, milk, and spices. It is considered a symbolic remedy to beat the summer heat.
- **Chataka / Basudhara:** A small earthen pot with a hole at the bottom is hung over the Tulsi plant. Water drips through it drop by drop onto the plant. This ritual, called '**Basudhara**', represents a prayer for a good monsoon.
- **Jhamu Yatra:** In certain regions, devotees perform a courageous ritual of walking on burning coals as an act of penance and devotion.

3. HISTORICAL & ASTRONOMICAL SIGNIFICANCE

- **Bishuba:** The term 'Bishuba' refers to the **Equinox** (when the sun is directly above the equator). Traditionally, it is believed that day and night are of equal length on this day. (While the

astronomical equinox falls around March 21, the Indian traditional calendar observes this transition during the Sankranti).

- **Odia Panji:** The Odia calendar or 'Panji' officially commences on this day.

4. PARALLEL NEW YEAR FESTIVALS IN OTHER STATES

Similar festivals are celebrated across India during this period:

- **Puthandu:** Tamil Nadu
- **Vishu:** Kerala
- **Baisakhi:** Punjab
- **Poila Baisakh:** West Bengal
- **Rongali Bihu:** Assam

QUICK FACTS FOR PRELIMS

Feature	Details
State	Odisha
Signature Drink	Pana
Deities Revered	Lord Jagannath and Lord Hanuman
Cultural Status	Odia New Year

DELHI-DEHRADUN ECONOMIC CORRIDOR: EXAM NOTES

1. PROJECT HIGHLIGHTS

- **Investment:** Approximately ₹12,000 crore.
- **Connectivity:** It connects Delhi to Dehradun (Uttarakhand) via Ghaziabad, Baghpat, Baraut, Shamli, and Saharanpur in Uttar Pradesh.
- **Wildlife Conservation:** A key feature of this expressway is the **12 km long elevated wildlife corridor**. Designed to allow the unhindered movement of elephants and other wildlife, it is one of the largest such corridors in Asia.

- **Benefits:** Reduction in travel time and costs, fuel savings, growth in the tourism sector (specifically the Char Dham Yatra), and creation of employment opportunities.

2. INFRASTRUCTURE TRENDS

- **Budgetary Growth:** Annual spending on infrastructure, which was less than ₹2 lakh crore before 2014, has now surged to over **₹12 lakh crore**.
- **In Uttarakhand:** Infrastructure projects worth ₹2.25 lakh crore are currently underway in this state alone.

3. SOCIAL & CONSTITUTIONAL POINTS

- **Uniform Civil Code (UCC):** The Prime Minister noted that Uttarakhand has set an example for the nation by moving toward the implementation of the Uniform Civil Code.
- **Nari Shakti Vandan Adhiniyam:** A special discussion is scheduled in Parliament from April 16 regarding this act, which provides **33% reservation for women** in the Lok Sabha and State Assemblies. The PM called for a constitutional amendment to ensure its implementation starting from the 2029 general elections.
- **Ambedkar Jayanti:** On the birth anniversary of Dr. B.R. Ambedkar, the PM emphasized the government's commitment to the welfare of the poor and the protection of constitutional values.

4. ENVIRONMENT & CULTURE

- **Swachh Bharat:** A call was made to tourists to keep 'Devbhoomi' (Uttarakhand) clean by avoiding plastic waste and maintaining the sanctity of pilgrimage sites.
- **Kumbh Mela 2027:** Reference was made to the upcoming management of the Kumbh Mela in Haridwar.
- **Nanda Devi Rajjat Yatra:** Highlighted as a symbol of Uttarakhand's unique cultural heritage and women's active participation.

5. DEFENCE & VETERAN WELFARE

- **OROP (One Rank One Pension):** Nearly ₹1.25 lakh crore has been disbursed under this scheme.
- **Welfare Schemes:** Home delivery of medicines for veterans above 70 years, education grants for children, and an increase in marriage assistance for daughters from ₹50,000 to **₹1 lakh**.

QUICK REVISION TABLE

Topic	Details
Project Name	Delhi-Dehradun Economic Corridor (Expressway)
Wildlife Corridor Length	12 km (Elevated)
Primary Goals	Connectivity, Tourism, and Economic Boost
Core Vision	Viksit Bharat - Integration of Progress, Nature, and Culture

Exam
Champs