

International

Japan elects Shigeru Ishiba as 102nd prime minister as Fumio Kishida steps down

About News:-

- ❖ Shigeru Ishiba was named Japan's new prime minister by Emperor Naruhito. After being accepted as the 102nd Prime Minister of Japan by the Chamber of Representatives, the lower chamber of the Japanese Parliament, Shigeru Ishiba was chosen by the Japanese emperor. Shigeru Ishiba, 67, has replaced Fumio Kishida, a member of the Liberal Democratic Party (LDP).



- ❖ Since the LDP was founded in 1955, it has dominated Japan nonstop.

Shigeru Ishiba as the New Prime Minister of Japan

- ❖ A string of political scandals forced former Japanese Prime Minister Fumio Kishida to resign in September of this year. The ruling LDP chose Shigeru Ishiba, a former minister of defense, to be the party leader during a meeting on October 27.
- ❖ The Japanese constitution of 1946 states that the House of Representatives, the lower house of the Japanese parliament, must accept a candidate before the Emperor can name him as Prime Minister.
- ❖ The House of Representatives approved Shigeru Ishiba as the new Prime Minister of Japan, with 291 out of the 461 votes cast in his favour.
- ❖ Takeshi Iwaya has been named Japan's new foreign minister by Shigeru Ishiba. To choose a new House of Representatives, Shigeru Ishiba has also demanded that the nation hold fresh general elections on October 27, 2024.

Japan's Parliament

- ❖ The Diet is the name of the Japanese Parliament. The House of Representatives is the lower house and the House of Councillors is the upper house of the bicameral Diet.
- ❖ There are 467 members in the House of Representatives, compared to 250 in the Upper House.
- ❖ The lower households the Japanese government accountable, and if the house

passes a motion of no confidence in the government, the government is required to step down.

About Japan

- ❖ Capital: Tokyo
- ❖ Currency: Yen
- ❖ Prime Minister: Shigeru Ishiba

National

Prime Minister's Internship Scheme launched, to provide 1.25 lakh internship during FY 2024-25

About News:-

- ❖ 'Prime Minister's Internship Scheme 2024' is a major project from the 2024-2025 budget, with a budget of roughly Rs 800 crore in the Financial Year 2024-25 (FY25) and an ambition to provide 1.25 lakh internships for Indian youth. The Ministry of Corporate Affairs (MCA) will launch the pilot phase of the scheme.
- ❖ By March 2029, the PM Internship Scheme hopes to have created one crore internships. It would offer Rs 60,000 in year cash support over a five-year term.
- ❖ The program is being implemented in two stages, with registration opening between October 12 and October 25, 2024, through an online portal run by the MCA (www.pminternship.mca.gov.in).



The Prime Minister's 2024 Internship Program:

- ❖ The program's main goal is to give Indian young, ages 21 to 24, chances through partnerships with 500 of the best firms.
- ❖ Candidates are eligible to apply for this scheme if their family income for the Financial Year 2023-24 (FY24) is less than Rs 8 lakh.
- ❖ Those who work full-time jobs or are enrolled in full-time courses are not eligible. Students enrolled in online or remote learning programs, however, are eligible to take part.

- ❖ Those with a diploma or an undergraduate degree, such as a Bachelor of Arts (BA), Bachelor of Science (BSc), Bachelor of Commerce (BCom), Bachelor of Business Administration (BBA), Bachelor of Computer Applications (BCA), or Bachelor of Pharmacy (BPharma), are the target audience for the PM Internship Scheme.
- ❖ To ensure that the focus stays on those who need opportunities the most, graduates from prestigious universities like Indian Institutes of Technology (IITs) or Indian Institute of Management (IIMs) as well as those with professional degrees like Master of Business Administration (MBA), Bachelor of Medicine and Surgery (MBBS), Chartered Accountant (CA), or Certified Management Accountant (CMA) are not eligible.
- ❖ The start date of the internship is December 2, 2024. A monthly stipend of Rs 5,000 is provided to interns; Rs 4,500 comes from government funding, and Rs 500 is provided by partner corporations via their Corporate Social Responsibility (CSR) accounts. Moreover, an initial payout of Rs 6,000 has been set aside to pay for unanticipated costs.
- ❖ Under government programs such as the PM Jeevan Jyoti Bima Yojana and PM Suraksha Bima Yojana, interns are also given insurance coverage, with the government covering the cost of the premiums. Businesses may choose to provide more coverage.
- ❖ Through a planned 12-month curriculum, interns will acquire useful skills. The program has a grievance redressal procedure and a multilingual helpline (1800-116-090) to support interns and guarantee a seamless experience.
- ❖ In general, the Prime Minister's Internship Scheme is a calculated attempt to bridge the skills gap and youth unemployment in India, in line with the government's goal of developing a workforce that is knowledgeable and capable.

Eligible Companies:

- ❖ For the past three years, organizations must have consistently spent money on Corporate Social Responsibility (CSR) to be qualified to participate in the PM Internship Scheme.
- ❖ Through their CSR initiatives, they must show their dedication to youth development and skill training.

- ❖ Businesses are encouraged to offer internships that support the government's goal of giving young people real-world work experience and are free to partner with other organizations.
- ❖ Under the PM Internship Scheme, businesses have to follow the reservation guidelines set forth by the government. This contains set-asides for members of Scheduled Castes (SC), Scheduled Tribes (ST), and Economically Weaker Sections (EWS).

State

NITI Aayog Launches First State Chapter of Women Entrepreneurship Platform



About News:-

- ❖ Telangana became the first state in India to establish its state chapter of the Women Entrepreneurship Platform (WEP) of the National Institution for Transforming India (NITI) Aayog, in a historic effort to support women-led businesses.
- ❖ In Hyderabad, Telangana, BVR Subrahmanyam, CEO of NITI Aayog, co-chair of WEP Sangeetha Reddy, and State Information and Technology (IT) and Industries secretary Jayesh Ranjan attended the introduction of the "WEP Telangana Chapter."
- ❖ The WEP Telangana Chapter has named Sita Pallocholla as its mission director.
- ❖ The goal of this state-specific chapter is to provide women entrepreneurs with all-encompassing support by giving them access to financial resources, digital technologies, and mentorship that empowers women in both urban and rural locations.

Role of WE Hub:

- ❖ The Telangana government launched WE Hub, a unique platform designed in 2018 to assist the state's female entrepreneurs.
- ❖ It will oversee the WEP chapter in Telangana, making sure that the state's female entrepreneurs can take advantage of this platform.

The WEP Telangana Chapter's goals are:

- ❖ The primary goal is to provide Telangana's female entrepreneurs with assistance,

emphasizing skill development, funding, and mentoring.

- ❖ Ensuring equal access to resources and opportunities for women residing in rural and urban areas of the state is a critical priority.
- ❖ The platform aims to stimulate the economy by encouraging more women to launch enterprises by providing help to female entrepreneurs.
- ❖ The Telangana chapter of the Women Entrepreneurs Project (WEP) hopes to make a major contribution to the state's economic development by promoting women for entrepreneurship.
- ❖ In partnership with other groups, the platform will build a network where female entrepreneurs can exchange knowledge, work together, and receive the assistance they require to be successful.
- ❖ It is anticipated that this program will boost Telangana's economy and assist more women in achieving business success, positioning the state as a pioneer in encouraging women's entrepreneurship in India.

Economic

India extends \$400 million support & ₹3,000 crore currency swap to Maldives



About News:-

- ❖ From October 6-10, 2024, Dr. Mohamed Muizzu, the president of the Maldives, made his first formal bilateral visit to India. He had previously traveled to India in June 2024 to see Prime Minister Narendra Modi's inauguration. On October 7, 2024, Dr. Muizzu made his maiden trip to New Delhi, where he had meetings with Prime Minister Narendra Modi and President Droupadi Murmu. President Muizzu is scheduled to attend business events in Bengaluru and Mumbai.
- ❖ Dr. Mohamed Muizzu's journey to India comes after Dr. S. Jaishankar, the minister of external affairs, visited the Maldives on August 9-11, 2024.

- ❖ India has consented to provide a \$400 million credit swap facility to the Maldives to assist in managing its external debt.

A Vision for Comprehensive Economic and Maritime Security Partnership

- ❖ Following their discussion, Dr. Mohamed Muizzu and Prime Minister Narendra Modi released a statement together titled "India Maldives: A Vision for Comprehensive Economic and Maritime Security Partnership."
- ❖ Prime Minister Modi reaffirmed India's Vision SAGAR and "Neighbourhood First" policies' commitment to supporting the Maldives' development. President Dr. Mohamed Muizzu expressed gratitude to India for averting the Maldives' impending debt default.
- ❖ The two presidents jointly launched or opened several Indian-financed projects in the Maldives.

Initiatives started or opened by both leaders

- ❖ In the Maldives, the two leaders introduced RuPay Cards, which were created by the National Payment Corporation of India (NPCI).
- ❖ Started operation of Hanimaadhoo International Airport's new runway in the Maldives.
- ❖ Through the Buyers' Credit Facilities offered by the Export-Import Bank of India (EXIM) Bank, more than 700 social housing units were constructed in the Maldives.

About Maldives

It is an archipelago situated in the Indian Ocean.

- ❖ Capital: Male
- ❖ Currency: Rufiyaa

Appointment

Tripura Governor Indrasena Reddy Nallu Takes Oath As Acting Governor Of Mizoram

About News:-

- ❖ At the Durbar Hall in Raj Bhavan, Aizawl, Mizoram, Indra Sena Reddy Nallu, 73, the governor of Tripura, took the oath of office as the acting governor of Mizoram. Judge Nelson Sailo of the Gauhati High Court administered the oath.
- ❖ Droupadi Murmu, the President of India, has assigned him additional responsibility for Mizoram because Dr. Hari Babu

Kambhampati, the current Governor of Mizoram, had to take a medical leave of absence because of a lung infection.

- ❖ Speaker Lalbiakzama, Mizoram's Chief Minister Lalduhoma, Home Minister Pu K. Sapdanga, several Cabinet Ministers, the Chief Secretary, and other special invitees were present at the occasion.



About Indra Reddy Nallu Sena

- ❖ A well-known politician and leader of the Bharatiya Janata Party (BJP) is Indra Sena Reddy Nallu. He is the 20th Governor of Tripura in office at the moment.
- ❖ In undivided Andhra Pradesh (AP), he held the position of Member of the Legislative Assembly (MLA) in 1983, 1985, and 1999.
- ❖ He had held numerous critical roles in the BJP, including being its state president in 2003 and later the national general secretary in 2014.

Important Notes:

- ❖ The Indian Constitution, in Article 153, requires that there be a governor in every state. The President appoints a State's Governor by a warrant under his or her hand and seal, as per Article 155 of the Indian Constitution.
- ❖ A person to be eligible to be appointed as the Governor of state should be a citizen of India and have completed the age of 35 years (Article 157).

Science & Technology

DRDO Successfully Tests 4th Generation VSHORADS

About News:-

- ❖ On October 3 and 4, 2024, at the Pokhran Field Firing Ranges in Rajasthan, the Defence Research and Development Organization (DRDO) successfully tested the fourth generation Very Short Range Air Defence System (VSHORADS).
- ❖ According to the Union Ministry of Defence, the VSHORADS trial has been successful, and the early user trials and manufacture of the system will commence soon.



The person who created VSHORADS

- ❖ Research Centre Imarat (RCI), Hyderabad, has worked with other DRDO facilities and other businesses to design and develop the VSHORADS domestically.

About the System VSHORADS

- ❖ The Indian Army, Air Force, and Navy are developing VSHORADS, a Man-Portable Air Defence System (MANPADS). The missile system is surface-to-air and has a maximum range of six kilometers.
- ❖ Low-flying aircraft and unmanned aerial vehicles (UAVs) are examples of aerial threats that can be neutralized by the VSHORADS air defense system.
- ❖ DRDO is developing a system for imaging infrared (IIR) homing in the VSHORADS.
- ❖ In addition to identifying and tracking the aircraft's heat source, the homing system can also take pictures of it. It can distinguish between infrared flares generated by the opponent's aircraft defense suite and the aircraft itself with ease, and it is resistant to the opposing aircraft's infrared jamming system.
- ❖ Owing to its around 21 kg weight, a tripod can be used to fire the VSHORADS missile.
- ❖ The Iglu-S MANPADS, manufactured in Russia, is currently in the Indian Army.

About the MANPADS system

- ❖ Manpads are thought to be the final missile-based air defense system in the nation. One person or a group of persons has the authority to fire them.
- ❖ Another common name for it is shoulder-fired anti-aircraft missiles. But the VSHORADS that DRDO is now developing isn't able to shoulder-fire anti-aircraft missiles.
- ❖ The DRDO is developing MANPADS, which a single soldier can fire using a launcher.
- ❖ One soldier may launch a MANPADS, such as the renowned American Stinger missiles, all by themselves.

Defence

IAF Celebrates 92 Years in Chennai with a Majestic Air Display



About News:-

- ❖ To celebrate the 92nd anniversary of the Indian Air Force (IAF) on October 8, 2024, Union Minister Rajnath Singh of the Ministry of Defence (MoD) delivered a heartfelt send-off to the "Vayu Veer Vijaeta" car rally on October 1, 2024, starting at the National War Memorial in New Delhi, Delhi.
- ❖ On October 8, 2024, the rally will officially begin at THOISE (Transit Halt of Indian Soldiers route), one of the world's highest altitude air force stations at 3,068 meters (m) above mean sea level. On October 29, 2024, the march will come to an end in Tawang, Arunachal Pradesh (AR).
- ❖ The rally's primary goals are to educate the public about the IAF's illustrious past, the bravery of its airmen in several conflicts and rescue missions, and to inspire young people to serve their country.
- ❖ In attendance were senior IAF officials, former Air Chiefs RKS Bhadauria and AY Tipnis, as well as Air Chief Marshal Amar Preet Singh, the Chief of the Air Staff (COAS).
- ❖ Every year on October 8, India observes IAF Day to honor the organization's founding in 1932. When it was first founded, the Royal Indian Air Force (RIAF) was its name.

About the Vijaeta Car Rally Vayu Veer:

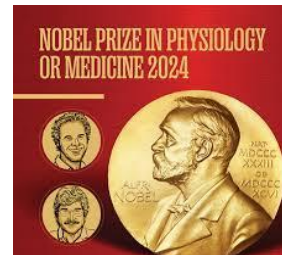
- ❖ Over fifty air warriors, including women, have departed for Thoise (Ladakh) to embark on an expedition to Tawang (AR). The expedition will traverse nine states and Union Territories (UTs) for a total distance of 7,000 km.
- ❖ The IAF organized the vehicle rally in collaboration with the Uttarakhand War Memorial veterans. While the rally is being led and organized by the IAF Adventure Cell.
- ❖ The air warriors will make 16 stops along the way in Ladakh (Leh & Kargil), Jammu & Kashmir (Srinagar, Jammu), Punjab (Chandigarh), Uttarakhand (Dehradun), Uttar Pradesh (Agra, Gorakhpur & Lucknow), Bihar (Darbhanga), West Bengal

(Bagdogra & Hasimara), and Assam (Guwahati, Tezpur & Dirang).

- ❖ Why By interacting with young people in schools and colleges throughout several states and UTs, the air warriors will inspire them to enlist in the military.
- ❖ From Ladakh to Tawang, the Maruti Suzuki Jimny will assist IAF teams in negotiating difficult terrain.

Award

Nobel Prize in Physiology or Medicine 2024



About News:-

- ❖ The distinguished Nobel Prize in Medicine was given to Victor Ambros and Gary Ruvkun in 2024, according to an announcement made by the Nobel Assembly at the Karolinska Institute in Stockholm. Their ground-breaking study focused on the identification of microRNA (miRNA) and its critical function in post-transcriptional gene regulation. It is acknowledged for its significant significance in the field of molecular biology.
- ❖ Victor Ambros and Gary Ruvkun were the joint winners.
- ❖ Subject: The identification of microRNA and its function in the regulation of post-transcriptional genes

Broad Details

- ❖ Our chromosomes contain information that can be compared to an instruction manual for every cell in our body.
- ❖ Since every cell has the same number of chromosomes, every cell has an identical set of genes and instructions.
- ❖ Nonetheless, certain cell types—such as nerve and muscle cells—have distinctly different properties. Variations occur every time, contingent on the circumstances.
- ❖ And so, gene regulation enables every cell to choose only the pertinent instructions.
- ❖ This guarantees that in every cell type, only the appropriate set of genes is active.

Their Discovery

- ❖ Gary Ruvkun and Victor Ambros were intrigued by how various cell types grow.
- ❖ They identified a novel class of small RNA molecules called microRNA, which is essential for the control of gene expression.
- ❖ Their revolutionary finding unveiled a novel theory of gene regulation that proved to be crucial for all multicellular creatures, including humans.
- ❖ Over a thousand microRNAs are known to be encoded by the human genome.
- ❖ Their startling discovery opened our understanding of gene control to a whole new level.
- ❖ It is becoming evident that microRNAs play a crucial role in the growth and operation of organisms.

Important Notes Regarding Gene Regulation

Genetic Information Flow:

- ❖ mRNA to the protein via DNA.
- ❖ DNA contains genetic information.
- ❖ A process known as transcription converts DNA into messenger RNA (mRNA). Following translation, mRNA becomes proteins, which are in charge of executing cellular tasks by genetic instructions.
- ❖ Every cell contains the same genetic information.
- ❖ The DNA of every cell in the body, including muscle, neuron, and intestine cells, carries an identical set of genetic instructions.
- ❖ distinct expression of proteins in various cells
- ❖ Different cell types express different sets of proteins even though their DNA is identical.
- ❖ The precise control of gene activity, which guarantees that only the pertinent genes are activated in each cell type, accounts for this discrepancy.

Particularized Roles of Cells

- ❖ By activating only the required genes, gene regulation allows certain cell types (muscle, neuron, and intestine) to carry out their specialized duties.
- ❖ Adjustment to Shifting Circumstances
- ❖ The dynamic process of gene regulation enables cells to modify their gene activity in response to environmental and physiological changes.
- ❖ The maintenance of proper cellular function and health depends on this fine-tuning.

Their Investigation

- ❖ They examined *C. elegans*, a rather inconspicuous roundworm measuring 1 mm in length, in Horvitz's lab.
- ❖ Despite its small size, *C. elegans* is a good model for studying how tissues develop and mature in multicellular species because it has several specialized cell types, such as nerve and muscle cells, also seen in larger, more complicated animals.

Studying Two Mutants

- ❖ They looked at two worm mutant strains, *lin-4* and *lin-14*, that showed abnormalities in the timing of genetic program activation during development.
- ❖ They sought to determine the altered genes' identities and functions.

Victor's Research

- ❖ Victor Ambros studied the *lin-4* mutant and Methodical mapping permitted the cloning of the gene and led to an unexpected finding.
- ❖ The *lin-4* gene generated an RNA molecule that was abnormally short and devoid of coding for the synthesis of proteins.
- ❖ These unexpected findings implied that the inhibition of *lin-14* was caused by this short RNA from *lin-4*.

Gary's Investigation

- ❖ Gary Ruvkun studied the control of the *lin-14* gene. He demonstrated that *lin-4* does not prevent the generation of mRNA from *lin-14*, which is in contrast to the way gene regulation was previously understood to work.
- ❖ By stopping the synthesis of proteins, the control seemed to take place later in the process of gene expression.
- ❖ Research also identified a *lin-14* mRNA region that was required for *lin-4* to block it.

Compared the results

- ❖ After comparing their research, the two laureates made a ground-breaking discovery.
- ❖ The crucial portion of the *lin-14* mRNA had complementary sequences that the short *lin-4* sequence matched.
- ❖ Additional research by Ambros and Ruvkun shows that the *lin-4* microRNA inhibits *lin-14* by attaching to complementary regions in its mRNA and preventing the synthesis of *lin-14* protein.

- ❖ The discovery of microRNA—a form of RNA that was previously unidentified—led to the development of a novel theory of gene regulation.
- ❖ The results were reported in 1993 in two pieces in the journal *Cell*.
- ❖ Unexpectedly, Ambros and Ruvkun made a groundbreaking finding in the microscopic worm *C. elegans* that opened our eyes to a new aspect of gene control, which is necessary for all complex life forms.

Concerning Victor Ambros

- ❖ Victor Ambros was born in Hanover, New Hampshire, in the United States in 1953.
- ❖ In 1979, he earned his PhD from the Massachusetts Institute of Technology (MIT), located in Cambridge, Massachusetts. From 1979 to 1985, he conducted postdoctoral research there.
- ❖ In 1985, he was appointed Principal Investigator at Harvard University in Cambridge, Massachusetts.
- ❖ He is currently the Silverman Professor of Natural Science at the University of Massachusetts Medical School in Worcester, Massachusetts. He was a professor at Dartmouth Medical School from 1992 until 2007.

About Gary Ruvkun

- ❖ Berkeley, California, USA was the birthplace of Gary Ruvkun in 1952.
- ❖ Harvard University awarded him a PhD in 1982.
- ❖ From 1982 to 1985, he worked as a postdoctoral researcher at the Massachusetts Institute of Technology (MIT), located in Cambridge, MA.
- ❖ In 1985, he was appointed Principal Investigator at Harvard Medical School and Massachusetts General Hospital, where he currently holds the position of Professor of Genetics.

Concerning the Nobel Prize

History

- ❖ The Nobel Prize was instituted following the death of businessman and entrepreneur Alfred Nobel, who bequeathed much of his wealth to the creation of prizes in the fields of physics, chemistry, physiology or medicine, literature, and peace.
- ❖ According to his will, "those who, during the preceding year, shall have conferred the

greatest benefit to humankind" should get the rewards.

- ❖ Alfred Nobel was a person who?
- ❖ In addition to being a scientist, businessman, inventor, and entrepreneur, Alfred Nobel also penned plays and poems.
- ❖ His broad interests are mirrored in the Nobel Prizes which he laid the foundation for in 1895 in his last will.

Award History

- ❖ The first Nobel Prizes were presented in 1901 and they have been awarded annually since then.
- ❖ Throughout that period, there have been years when no Nobel Prizes have been given out, primarily during World Wars I (1914–1918) and II (1939–1945).

Classifications

- ❖ The categories for the Nobel Prize are, physics, chemistry, physiology or medicine, literature, and peace - they were put out in the will of Alfred Nobel.
- ❖ The Sweden Riksbank Prize in Economic Sciences was established in 1968 by the Swedish Riksbank in honor of Alfred Nobel.
- ❖ The central bank of Sweden is called Sveriges Riksbank.

Noble Prize given in Norway

- ❖ Alfred Nobel specified in his will who he wanted in charge of choosing the recipients of the Nobel Prize.
- ❖ Except for the Peace Prize, which was to be given out by a committee made up of five members chosen by the Norwegian Parliament, the rewards were to be given out by Swedish organizations.
- ❖ Sweden and Norway united to form a union during Alfred Nobel's lifetime, while the specific reason for his decision to present the Peace Prize in Norway remains unknown.
- ❖ However as the prize committee is situated in Oslo, it follows that the prize is also awarded there.

Prize Money

- ❖ "Distributed annually in the form of prizes to those who during the preceding year have conferred the greatest benefit to humankind" was the stated purpose of the investment revenue.
- ❖ The total prize money for the Nobel Prize in 2024 is 11.0 million Swedish kroner (SEK).

What does it mean to be a Nobel Prize laureate?

- ❖ The term "**laureate**" describes someone who wears a laurel wreath. Laurel wreaths were given to winners as a mark of respect in classical Greece.
- ❖ When we combine that with the Nobel Prize, the result is "**Nobel Prize laureate.**"

To what extent may one person hold the same Nobel Prize?

- ❖ A Nobel Prize may be given to an organization, or up to three people may share it in the case of the Nobel Prize.
- ❖ The Nobel Foundation's statutes, which are in charge of carrying out Nobel's wishes, provide that a prize can only be given to three individuals.
- ❖ Specifically, it says, "A prize amount may never be divided among more than three persons."

Capable of giving a prize after death?

- ❖ A Nobel Prize cannot be given to a deceased person.
- ❖ Since 1974, nevertheless, the person may still receive the prize even if they pass away after it has been revealed.

Who chooses the recipients of the Nobel Prize?

- ❖ Alfred Nobel named the organizations in charge of the prizes he wanted to be established in his last will.
- ❖ The Swedish Royal Academy of Sciences for the Chemistry and Physics Nobel Prizes
- ❖ The Nobel Assembly at Karolinska Institutet, home of the Karolinska Prize in Physiology or Medicine
- ❖ The Swedish Academy for the Literary Nobel Prize
- ❖ A five-person committee for the Nobel Peace Prize, to be chosen by the Norwegian Parliament (Storting).
- ❖ On the bank's tercentennial, in 1968, the Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel was established.

Sport

Indian gymnast Dipa Karmakar announces retirement



About News:-

- ❖ Gymnast Dipa Karmakar, an Olympian and bronze medallist at the Commonwealth Games, has declared her retirement from competition. Dipa Karmakar, sometimes known as "Small Wonder," was the first female gymnast from India to represent her country internationally.
- ❖ Dipa Karmakar, who was born in Agartala, Tripura, has flat feet, which is a major drawback in gymnastics. However, Dipa became the most successful gymnast in Indian history by sheer talent and determination.

The first female gymnast from India to compete in the Olympics

- ❖ The first female gymnast from India to compete in the Summer Olympics is Dipa Karmakar. In the 2016 Rio Olympics vault competition, she came just short of winning a medal.
- ❖ She executed the renowned Produnova vault at the 2016 Rio Olympics, making her one of the few gymnasts in the world to do it.
- ❖ She is also notable for being the first female Indian gymnast to win a medal at the Commonwealth Games. At the 2014 Commonwealth Games in Glasgow, she took home a bronze medal.
- ❖ The first gymnast from India to win a gold medal at an international competition is Dipa Karmakar. In Mersin, Turkey, during the 2018 Artistic Gymnastics World Cup, she took home a gold medal in the women's vault.
- ❖ In 2018, she also earned a bronze medal in the World Cup in Cottbus, Germany.
- ❖ Dipa Karmakar made history by becoming the first female Indian gymnast to win a gold medal at the Asian Championships for Women's Artistic Gymnastics. At the 2024 Asian Women's Artistic Gymnastics Championships in Tashkent, Uzbekistan, she took home a gold medal in the vault competition.

Awards and Biography

- ❖ In 2017, Dipa Karmakar received the Padma Shri, the fourth-highest civilian award in India.
- ❖ In 2016, she received the Major Dhyan Chand Khel Ratna Award, which was previously known as the Rajiv Gandhi Khel Ratna Award, which is the highest sports honor in the nation.

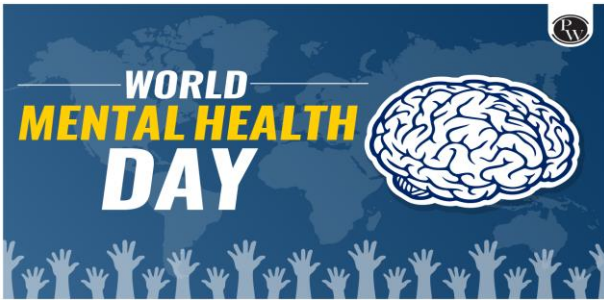
- ❖ Dipa Karmakar received the Arjuna Award in 2015.

The life story of Dipa Karmakar

- ❖ Co-authored by Digvijay Singh Deo, Vimal Mohan, and Dipa Karmakar Coach, Bishweshwar Nandi, is "Dipa Karmakar: The Small Wonder."

Important Day

World Mental Health Day – 10 October



About News:-

Every year on October 10, we observe World Mental Health Day—an essential event dedicated to raising awareness and emphasizing the significance of mental health in both individual lives and society. This day strives to educate about the stigma surrounding mental illness, urging people worldwide to rally behind the cause and foster a nurturing environment in all facets of life to uphold mental well-being.

History

- ❖ World Mental Health Day has its beginnings in the founding of the World Federation for Mental Health in 1948, in London. This organization has been a leader in promoting awareness and education about mental health for more than sixty years.
- ❖ Every year, they pick a theme for World Mental Health Day and make materials to educate the public about that theme. These resources can be easily downloaded from their website or distributed through CDs, and they provide translations in many languages to make sure the information reaches people all around the world.

