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Dear Students,

In the competitive landscape of the UPSC Mains examination, the significance of integrating data, facts, and examples into your answers cannot be overstated.

These elements serve as the backbone of a compelling and persuasive response, **elevating your answer from a generic narrative to a well-substantiated argument.**

To support you, we have **distilled essential information from the VisionIAS Mains 365 resources** which are renowned for their comprehensive coverage of current affairs. This document **provides a concentrated source of high-quality data, facts, and examples.**

The layout of this document is designed for **quick reference and easy integration into your answer.**

Leveraging this distilled information will help you **craft comprehensive, informative, and compelling answers** essential for securing higher marks.

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Women

Marriage

Laws governing marriages in India

- **Hindu Marriage Act, 1955**
- **Special Marriage Act, 1954**
- **Prohibition of Child Marriage Act, 2006**

Live-in relationships

Important Judicial Pronouncements

- **Lalita Toppo vs The State of Jharkhand (2018):** Applicability of Domestic Violence Act, 2005 with respect to the live-in-partner
- **Indra Sarma v. VKV Sarma (2013):** Mutual live-in relationship is not an offense.

Women in Workforce

- **Female labor force participation** increased from 23.3% (2017) to **37% (2022-23). (PLFS)**
- **Wage disparity** as men in India capture 82% of labour income (World Inequality Report 2022)
- **Women constitute 13.76% of entrepreneurs in India.**
- **Contribution to GDP by Women is 17% in India,** as against global average of 37% **(UN).**
- **Gender equality** would increase India's annual **GDP growth** by 1.4%. (McKinsey report)
- Legal provisions: Women at Workplace (Prevention, Prohibition and Redressal) Act (2013), Maternity Benefit (Amendment) Act (2017), Code on Occupational Safety, Health and Working Conditions (OSH) (2020), etc.
- **Schemes/initiatives:** Mahila Shakti Kendra (MSK), National Crèche Scheme, **SDG 5** (Gender Equality).

Menstrual Hygiene

- **Only 78% of women aged 15-24 years** use hygienic menstrual protection **(NFHS-5)**
- **23 million girls drop out** annually due to lack of proper facilities. (2014 report by an NGO)

Women in STEM

- **Global STEM Workforce:** Women make up **29.2%** in STEM, despite being **49.3% in non-STEM** jobs (Global Gender Gap Report 2023).
- **India's STEM Graduates:** India leads with **42.6% women STEM graduates but only 27% in STEM jobs** (World Bank).
- **Initiatives:** Science, Technology, and Innovation (STI) Policy, 2013, Women in Science and Engineering-KIRAN (WISE-KIRAN) , Gender Advancement for Transforming Institutions (GATI) programme, etc.

Care Economy (Purple Economy)

- **Public expenditure** on care economy is **less than 1% of GDP.**
- **Globally, 249 million women and 132 million men** comprised care workforce **(ILO).**
- **About 76.2%** of the total amount of **unpaid care work is performed by women (ILO).**

Violence against women

- Crimes against women **rose 4% in 2022 as compared to 2021 (NCRB).**
- **13,479 cases** were registered under the **Dowry Prohibition Act (NCRB).**
- **Legal provisions:** Indecent Representation of Women (Prohibition) Act, 1986, Dowry Prohibition Act, 1961, Pre-Conception and Pre-Natal Diagnostic Techniques (Prohibition of Sex Selection) Act, 1994, Protection of Women from Domestic Violence Act, 2005, Immoral Traffic (Prevention) Act, 1956, etc.
- **Schemes:** Fast Track Special Courts, Nirbhaya Fund, One Stop Centres, Sexual Harassment electronic Box (She-Box), Mission Shakti- Sambal and Samarthya, etc.
- **International Measures:** UN Convention on the Elimination of All Forms of Discrimination against Women (CEDAW, 1979), UN Declaration on the Elimination of Violence against Women (1993).

Children

Child marriage

- Child marriage in girls declined **from 49.4% in 1993 to 22.3% in 2021.** (Lancet)
- **1 in 5 girls** and **1 in 6 boys** are still married below the legal age of marriage.
- Bihar, West Bengal, Uttar Pradesh and Maharashtra (in decreasing order) accounted for **more than 50%** of child marriages in **girls.**
- **Sustainable Development Goal target 5.3** aims to end child marriage in girls by 2030.
- **Legal provisions:** Prohibition of Child Marriage Act (2006), Protection of Children from Sexual Offences (POCSO) Act (2012), Prohibition of Child Marriage Amendment (PCMA) Bill, 2021, etc.
- **Jaya Jaitley committee (2020)** recommended increasing the age of **marriage for females to 21 from 18.**

Child Labour

- Globally, **1 in 10 children** are engaged in child labour **(UNICEF).**
- In India, 10.1 million Children engaged in labour (Census 2011).
- 80% of child labour found in rural areas
- 62.8% of child labour is engaged in hazardous work
- **Constitutional Provisions: Article 24** (Prohibition of employment of children in factories, etc.), **Article 23** (Prohibition of traffic in human beings and forced labour), **Article 39(e)** (Directs the state to ensure that the tender age of children is not abused).

- **Legal Provisions:** Child and Adolescent Labour (Prohibition & Regulation) Act (1986), Commission for Protection of Child Rights Act, 2005: Establishes National Commission for Protection of Child Rights, Right of Children to Free and Compulsory Education Act (2009), Juvenile Justice (Care and Protection of Children) Act (2015), etc.
- **Government initiatives:** National Policy on Child Labour (1987), National Child Labour Project (NCLP) Scheme, 1988 (Now merged with Samagra Shiksha Abhiyan since 2021), **PENCiL** (Platform for Effective Enforcement for No Child Labour) portal, etc.
- **Global Measures:** UN Declaration of the Rights of the Child (1959), UN Convention on the Rights of the Child (UNCRC) (1989), **Sustainable Development Goal 8.7** (to end all forms of child labour by 2025.

Other Vulnerable Sections

Indigenous people

Constitutional Measures

- **Article 342:** Notification of STs
- **Schedule V and VI (Article 244)**
- **Article 275:** Grant of special funds for promoting the welfare of STs
- **Article 338A:** National Commission for STs

Legislative Measures

- Panchayat (Extension to Scheduled Areas) Act, 1996
- Scheduled Tribes and Other Traditional Forest Dwellers (Recognition of Forest Rights) Act, 2006
- SC/ST (Prevention of Atrocities) Act, 1989

Government Schemes

- Panchasheel Principles for Tribal Development
- Eklavya Model Residential School (EMRS)
- Pradhan Mantri Vanbandhu Vikas Yojana
- Pradhan Mantri Adi Adarsh Gram Yojna (PMAAGY)
- Pradhan Mantri Khanij Kshetra Kalyan Yojana (PMKKKY)

Particularly Vulnerable Tribal Groups (PVTGs)

- **Criteria for identifying PVTGs:**
  - Pre-agricultural level of technology
  - Low level of literacy
  - Economic backwardness
  - A declining or stagnant population
- Currently, there are **75 PVTGs** spread over **18 states and** the UT of **Andaman and Nicobar Islands.**
- **Odisha** houses highest number (13) of PVTGs in India.

Transgenders

- **NALSA vs UoI (2014):** Legal Recognition for Transgender Persons as 'Third Gender'.
- **K.S. Puttaswamy vs UoI (2017):** Recognition of the right to sexual orientation as an aspect of privacy.
- **Navtej Singh Johar vs UoI (2018):** Decriminalization of Homosexuality
- **Deepika Singh vs Central Administrative Tribunal (2022):** Atypical families such as unmarried or queer relationships are also entitled to equal protection of law (under Article 14).
- **Supriyo @ Supriya Chakraborty vs Union of India case** unanimously refused to accord legal recognition to marriages between persons of the same sex.
- **Other measures:** National Council for Transgender Persons, Garima Greh, National Portal on Transgender Persons, etc.

Senior care

- In India, senior citizens (people aged 60 years and above) currently comprise around **10% of population (NITI Aayog).**
- **78%** of elderly population survives **without pension.**
- **Only 18%** of seniors are covered by **Health insurance.**

Constitutional provisions:

- **Article 41:** State shall make effective provision for securing right to work, education, and to public assistance in cases of unemployment, old age, sickness, and disablement, etc.
- **7th Schedule:** Item No. 9 of State List and item 20, 23 & 24 of Concurrent List relates to old age pension, social security and social insurance, and economic and social planning.

Other measures

- Maintenance and Welfare of Parents and Senior Citizens Act (2007), National Policy for Older Persons (NPOP), Senior Ageing Growth Engine (SAGE) initiative, Senior Able Citizens for Re-Employment in Dignity (SACRED) portal, National Social Assistance Programme (NSAP), etc.

Persons with Disability (PwDs)

- **2.21% of the total population** is disabled persons. (Census 2011)
- **55% of disabled are illiterate.**
- **Initiatives:** Rights of Persons with Disabilities (RPwD) Act (2016), ADIP Scheme (Assistance to Disabled Persons for Purchase/ Fitting of Aids and Appliances), Deendayal Disabled Rehabilitation Scheme (DDRS), National Fund for PwDs, Accessible India Campaign, etc.
- **International cooperation:** Convention on Rights of Person with Disabilities (UNCRPD), Biwako Millennium Framework and Adoption of Incheon Strategy.

Education

Early Childhood Care and Education (ECCE)

Legal and Policy Framework for ECCE

- **Article 45:** Directs the State to provide ECCE for all children until they complete the age of six years.
- **Right of Children to Free and Compulsory Education (RTE) Act, 2009:** Provides that appropriate government may make necessary arrangements for pre-school education.
- **National Education Policy, 2020:** Recommended a sub-framework for 0-3 years old under National Curricular and Pedagogical Framework for ECCE

Other measures

- **Navchetna-** National Framework for Early Childhood Stimulation for Children (2024) from Birth to Three Years, **Aadharshila-** National Curriculum for Early Childhood Care and Education 2024, ICDS, Poshan Bhi Padhai Bhi, etc.
- **Global initiatives:** Global Partnership Strategy (GPS) for Early Childhood established by UNESCO, SDG4 (Quality Education for all), etc.

School Education

- **Gross Enrolment Ratio**
  - Elementary: 100.13% (UDISE+)
  - Secondary: 79.56% (UDISE+)
- **Dropout rate**
  - Primary: 1.45% (UDISE+)
  - Secondary: 12.62% (UDISE+)
- **Mean years of schooling: 6.7 years.** (UNDP's Global Human Development Index Report 2021)
- Education expenditure for 2020-21 was **4.64% of GDP,** still short of the **6% target under NEP 2020.**
- About **25%** of **14-18 year-old** rural youth still **cannot read a Standard II level text fluently** in their regional language. (ASER, 2023)

Provisions for Higher Education under National Education Policy (NEP)

- **Gross Enrolment Ratio (GER) to reach at least 50% by 2035.**
- **Multiple entry and exit options**
- **Multidisciplinary Education and Research Universities (MERUs)**
- **Internationalization of education**
- **National Educational Technology Forum (NETF) is established as a platform for the free exchange of ideas on the use of technology to enhance learning.**
- **National Research Foundation (NRF)**

Education in Regional Languages

- **Article 350A of the Constitution:** Provides for instruction in the mother tongue at the primary stage of education to children belonging to linguistic minority groups.
- **Right to Education Act 2009:** As far as possible the medium of instruction in education should be in the mother tongue.
- **National Education Policy (NEP) 2020:** Wherever possible, the medium of instruction until at least Grade 5, but preferably till Grade 8 and beyond, will be the mother tongue/ regional language.

Other Initiatives: Anuvadini (AI-based App), e-KUMBH Portal, Natural Language Translation Mission, etc.

Healthcare

Healthcare

- **Government Health Expenditure:** ~1.35% of GDP (41.41% of Total Health Expenditure) (2019-20)
- **Out-of-pocket expenses (OOPE):** 47.1% of the total health expenditure (2019-20)
- **Health insurance coverage:** 41% of households with any usual member covered under a health insurance. (NFHS-5)
- **Total Fertility Rate (TFR):** 2.0 (NFHS-5)
- **Under-five mortality rate (U5MR):** 41.9 (NFHS-5)
- **Infant mortality rate (IMR):** 35.2 (NFHS-5)
- **Neonatal mortality rate (NMR):** 24.9 (NFHS-5)
- **Maternal Mortality Rate (MMR):** 97 per 1 Lakh Live births 2018-20 (Economic Survey 2022-23)
- **Institutional birth:** 88.6% (NFHS-5)
- **Low doctor to patient ratio:** 1:834 (including both allopathic doctors AYUSH doctors) (1:1000 prescribed by the WHO)
- **Geographical inequality:** Around 2/3rd population in rural areas, yet 73% of the public hospital beds in urban areas.

Universal Health Coverage

Dimensions of UHC: Access to health services, Financial Risk Protection, Quality of Services.

Initiatives:

- **Ayushman Bharat Yojana:** Holistic health interventions at all levels.
- **Ayushman Bharat Digital Mission:** Equitable access via technology.
- **National Health Policy 2017:** Affordable, quality healthcare for all.
- **Intensified Mission Indra Dhanush:** Immunization for zero-dose children and pregnant women.

Digital Health

Government Initiatives to promote Digital Health

- **Ayushman Bharat Digital Mission (ABDM):** Integrated digital health infrastructure
- **Covid Vaccine Intelligence Network (CoWIN) system:** Digital COVID vaccine distribution
- **eSanjeevani:** National telemedicine service
- **Poshan Didi:** Chatbot-based nutrition counseling
- **Nikshay 2.0 portal:** Community support for TB patients
- **Telemental Health Assistance and Networking Across States (Tele-MANAS):** Free tele-mental health services.

Mental healthcare

- **10.6%** of adults in India **suffer from mental disorders.**
- **Treatment gap** for mental disorders **ranged between 70 to 92% for different disorders. (National Mental Health Survey 2015-16).**
- **Key initiatives to deal with the issue of Mental illness:** KIRAN Helpline, Tele MANAS, Mental Health Care Act, 2017, National Mental Health Programme, Manodarpan.

Palliative care

- **According to the WHO, 56.8 million people need palliative care** which would be doubled by 2060.
- In India, **only 1-2% of people in need of palliative care are able to access it.**
- **National Programme for Palliative Care (NPPC) 2012 under NHM**

Nutrition

Global Hunger Index (GHI)

- **India ranked 111 out of 125 countries** with **GHI score of 28.7** and is categorized as **Serious on GHI Severity of Hunger Scale.**
- **South Asia** and **Africa South of the Sahara** regions have the **highest hunger levels.**
- **Government initiatives to tackle hunger:** National Food Security Act (NFSA) (2013), Pradhan Mantri Garib Kalyan Anna Yojana (PMGKAY), POSHAN Abhiyan (National Nutrition Mission), POSHAN Tracker, Eat Right Movement, etc.

Poverty and Developmental Issues

Population

- **India is the world's most populous country.**
- India has around **17%** of population but **only 2.45%** of the global **surface area and 4% of the water resources.**
- **IMR** has decreased from 40.7 in 2015-16 to **35.2 in 2019-21 (NFHS-5).**
- **Increasing** Life expectancy at birth: reached to **69.7 years** in the 2015-19 period from 31 in 1947.
- **Measures taken by India for population control:** National Programme for Family Planning (1952), National Population Policy 2000, Mission Parivar Vikas, India Family Planning 2030 Vision Document, etc.

Youth development

- **Demographic dividend:** India is one of the youngest countries in world with an **average age of 29 years.**
- **Initiatives:** Samagra Shiksha Abhiyaan, PM Kaushal Vikas Yojana, Atal Tinkering Labs (ATL), Startup India, Khelo India, etc.

Manual Scavenging

- **714 out of 766 districts** in the country have reported themselves as **manual scavenging-free. (2023)**
- **Constitutional provisions: Articles 15** (Prohibition of discrimination), **17** (Abolition of untouchability), **21** (Right to Life and Personal Liberty), etc.
- **Legal Provisions: Prohibition of Employment as Manual Scavengers and their Rehabilitation Act, 2013 (MS Act, 2013), SC/ST (Prevention of Atrocities) Act, 1989**
- **Safai Karamchari vs Union of India case (2014):** Supreme Court ruled that manual scavenging is in blatant **violation of Article 17.**
- **Initiatives:** National Safai Karamcharis Finance and Development Corporation (NSKFDC), National Action for Mechanised Sanitation Ecosystem (NAMASTE), Rashtriya Garima Abhiyan, etc.
- **International conventions:** Universal Declaration of Human Rights, International Convention for Economic, Social and Cultural Rights, etc.

Migration

- **Internal migration: 75.9 million individuals were living in internal displacement at the end of 2023,** Internal Displacement Monitoring Centre (IDMC) report.
- About 80% of seasonal **migrant children in major destinations lack access to education** near work sites
- **Marriage (81%)** is the leading reasons for **migration of women (PLFS).**
- **3/4th of migrant women are unemployed,** approximately 14% of migrant women are in self and wage-employed jobs and approximately 12% are in casual labour. (PLFS)
- **Initiatives taken for betterment of Internal Migrants:** National policy for rehabilitation and resettlement 2007, Enhancing accessibility to welfare schemes like 'One Nation One Ration Card', Pradhan Mantri Ujjwala Yojana 2.0, Ayushman Bharat, etc.

Urbanization

- **Urban population:** 36% (World Bank, 2023)
- **Future projections on urbanization:** 40% population by 2036 (World Bank)
- **Contribution to GDP:** ~60% (NITI Aayog, 2022)
- **Urban slums** constitute around **49% of urban population.** (World Bank, 2020)
- **Initiatives for sustainable urbanization:** AMRUT, Smart Cities Mission, etc.

Social isolation and loneliness

World Health Organization has declared loneliness a pressing **global health threat** and has initiated an **international commission** focused on tackling loneliness.

Impact

- **Health Risks** with about a **50% increased risk of dementia, 29% increased risk of heart disease** and **32% increased risk of stroke.**
- Loneliness costs US economy an estimated $406 billion a year.

Suicide

- **Suicide rate has increased to 12.4 per 1 Lakh** -the highest rate ever recorded in India **(NCRB).**
- **Suicide rate among Indian women and girls is twice** that of global average. (Lancet)
- **Age-group 18-45 years** remains most vulnerable and **accounted for around 2/3rd of the suicides in 2021.**

Steps taken for suicide prevention

- **Legal framework:** Decriminalization of suicide attempt under Bharatiya Nyaya Sanhita (2023) and Mental Healthcare Act (2017).
- **Policies and Programs:** National Suicide Prevention Strategy (2022), National Mental Health Policy (2014), National Palliative Care Programme, UMMEED guidelines by Ministry of Education, Manodarpan, KIRAN Helpline, etc.

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