

Daily Current Affairs

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World Heart Day 2026

- World Heart Day is marked every year on 29 September for raising awareness concerning CVDs, their risk factors and preventive measures against them. For 2026, the theme will be **“Don’t Miss a Beat”**.
- The campaign stresses the need for people to concentrate on preventing CVD, detecting it in its early stages and leading a healthy life. The WHO has continuously identified tobacco usage, poor diets, physical inactivity, hypertension and other risk factors as significant contributors to cardiovascular diseases.
- **Significance & Impact**
- Cardiovascular disease is the leading cause of death globally, killing 1 in 3 people.
- Up to 80% of premature deaths from heart disease and stroke are preventable.
- The day mobilizes international action, community walkathons, health talks, and free cardiac screenings.



India Energy Week 2027

- India Energy Week (IEW) 2027 will take place in Kolkata between January 28 to 31, when the international energy conference will be held for the first time in

eastern India. It will be the fifth conference which will take place in New Town Convention Centre.

- Organized under the aegis of Ministry of Petroleum & Natural Gas, IEW 2027 will provide a platform to policymakers, energy firms, investors and innovators of technology to talk about energy security, affordability and the move to cleaner energy systems.
- India Energy Week was started in 2023 in Bengaluru. In subsequent years, there were improvements in the level of international participation and industry representation at the conference.
- India Energy Week in Kolkata offers a unique regional flavor to IEW. This event aims at creating greater opportunities for the businesses, institutions, and energy industry stakeholders from eastern India to interact with the international players and engage in global energy conversations.
- For instance, the 2026 India Energy Week Conference was hosted in Goa with the attendance of foreign ministers, policy makers, corporations and energy agencies. The official website of IEW cites participation from agencies such as International Energy Forum, BIMSTEC and Eurasian Economic Union in the previous year's conference.



Vithya Ramraj Breaks PT Usha's Record

- Vithya Ramraj of India won the bronze medal in women's 400m hurdles event at the Asian Games 2026 held in Aichi-Nagoya in an individual best time of 54.75 seconds.
- The achievement by Ramraj broke the Indian national record of 42 years held by PT Usha who had set a time of 55.42 seconds at the 1984 Los Angeles Olympics.

- Mariam Kareem of UAE bagged the gold medal in an Asian Games record 54.31 seconds and Kazakhstan's Adelina Zems the silver medal in 54.58 seconds.
- PT Usha had set the record in 1984 during the Los Angeles Olympics. This record has been India's national record in the women's 400m hurdles for more than four decades. Vithya had beaten the 55.42 seconds record in the Hangzhou 2023 Asian Games while winning the bronze medal in the event.
- Thus, Vithya not only got a new national record but also added another bronze medal in 2026 Asian Games after her 2023 Asian Games win in the event.



Youngest Woman Grandmaster at 11

- Bodhana Sivanandan, an 11-year-old Indian-born chess player playing for England, has become the youngest player to satisfy the criteria for achieving the title of **Woman Grandmaster**. She attained her third and last WGM norm at the 46th Chess Olympiad of FIDE in Samarkand, Uzbekistan.
- FIDE announced this remarkable feat while the tournament was taking place. Bodhana represented England on the No. 1 Board and scored 8 out of 11 in the Chess Olympiad.
- Before Bodhana, the youngest age record in terms of obtaining the WGM title belonged to Kateryna Lagno, who obtained the title when she was 12 years old.
- World women's champion Hou Yifan obtained the WGM title at the age of 12 as well. Hou Yifan is also known for becoming the youngest woman obtaining the GM title at 14.



Neeru Dhanda Wins Women's Trap Gold

- Indian athlete Neeru Dhanda took home the women's individual trap gold at the Asian Games 2026 that was held in Aichi-Nagoya and gave India its fifth gold medal in the Games. In the eight-shooter finals, Neeru Dhanda amassed 26 points and finished ahead of Sun Yunong from China and Hajar Abdulmalik from Kuwait who amassed 21 points each.
- After 25 shots, Dhanda was leading with 23 hits, while Sun Yunong and Hajar Abdulmalik had both amassed 21 points. Subsequently, Hajar Abdulmalik was eliminated, and Dhanda and Sun Yunong contested for the gold.
- Dhanda clinched the individual gold on the same day when she had also won the silver for India in the women's trap team competition.
- Event Indian Shooters & Result
- Women's Individual Trap: Neeru Dhanda & Gold
- Women's Trap Team: Neeru Dhanda, Aashima Ahlawat, Manisha Keer & Silver
- With Dhanda's gold medal, India managed to win 47 medals at Asian Games 2026.
- Medal India's Tally
- Gold: 5
- Silver: 21
- Bronze: 21
- Total: 47



India Issues First PRAMAAN Certificates

- India issued its first PRAMAAN certificates under the Indian Forest and Wood Certification Scheme (IFWCS) on 29 September 2026. The certificates were handed over to the Andhra Pradesh Forest Development Corporation and a bamboo farmer from Odisha.
- The Indian Forest and Wood Certification Scheme was launched in December 2023 by the Ministry of Environment, Forest and Climate Change. The scheme is branded as PRAMAAN, which is used for certification of forest and wood-based value chains in India.
- PRAMAAN is linked with sustainable forest management, agroforestry, and responsible practices in wood-based industries. The scheme is also aligned with the National Working Plan Code 2023 and international market requirements such as the European Union Deforestation Regulation.
- Andhra Pradesh is set to become the first state to receive PRAMAAN certification for environmentally sustainable cultivation practices. The certification process covered about 33,000 hectares of eucalyptus plantations managed by the Andhra Pradesh Forest Development Corporation in Satyavedu, Kavali, Nellore, and Naidupeta.
- As of 28 February 2026, pre-audits under IFWCS-PRAMAAN covered 7.76 lakh hectares under Forest Management certification and 10.78 thousand hectares under Trees Outside Forests certification. The certification framework is intended to support market access for certified forest produce and wood products.



REVIEW QUESTIONS

1. What was the theme of World Heart Day 2026?

- A) Use Heart for Action
- B) Don't Miss a Beat
- C) Healthy Heart, Healthy World
- D) Heart for Life

Answer: B) Don't Miss a Beat

2. India Energy Week 2027 will be held in which city?

- A) Bengaluru
- B) Mumbai
- C) Kolkata
- D) New Delhi

Answer: C) Kolkata

3. India Energy Week 2027 is scheduled from:

- A) 15–18 January 2027
- B) 28–31 January 2027
- C) 1–4 February 2027
- D) 10–13 February 2027

Answer: B) 28–31 January 2027

4. Who broke PT Usha's 42-year-old national record in the women's 400m hurdles?

- A) Seema Punia
- B) Vithya Ramraj

- C) Hima Das
- D) Dutee Chand

Answer: B) Vithya Ramraj

5. What time did Vithya Ramraj record in the women's 400m hurdles at the Asian Games 2026?

- A) 54.31 seconds
- B) 54.58 seconds
- C) 54.75 seconds
- D) 55.42 seconds

Answer: C) 54.75 seconds

6. Bodhana Sivanandan achieved her third and final WGM norm at which event?

- A) World Chess Championship
- B) 46th FIDE Chess Olympiad
- C) Asian Games 2026
- D) Chess World Cup 2026

Answer: B) 46th FIDE Chess Olympiad

7. At what age did Bodhana Sivanandan become the youngest player to fulfil the criteria for the Woman Grandmaster title?

- A) 9 years
- B) 10 years
- C) 11 years
- D) 12 years

Answer: C) 11 years

8. Who won the women's individual trap gold medal at the Asian Games 2026?

- A) Manisha Keer
- B) Aashima Ahlawat
- C) Neeru Dhanda
- D) Sun Yunong

Answer: C) Neeru Dhanda

9. What is the name of India's forest and wood certification scheme under which the first certificates were issued?

- A) VAN PRAMAAN
- B) PRAMAAN
- C) HARIT India
- D) VRIKSHA

Answer: B) PRAMAAN

10. Andhra Pradesh is set to become the first state to receive PRAMAAN certification for:

- A) Marine conservation
- B) Sustainable mining
- C) Environmentally sustainable cultivation practices
- D) Wildlife tourism

Answer: C) Environmentally sustainable cultivation practices