

Daily Current Affairs

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World Mental Health Day 2026

- World Mental Health Day is celebrated by the Ministry of Health and Family Welfare on October 10th, 2026, to emphasize the significance of the having accessible and inclusive mental health care services.
- The theme of the year for 2026 is “**Lived experiences heard: real voices, real change,**” it reflects the need to listen to the views of those individuals who have experienced the mental illness.
- The Tele-MANAS means that Tele Mental Health Assistance and Networking Across States. The initiative was introduced on October 10, 2022, and it provides free confidential counselling and guidance on issues of mental health via the toll-free number 14416 at the national level.
- In India, there is community and facility-based care alongside digital mental health care in the form of the National Mental Health Programme (NMHP) and the District Mental Health Programme (DMHP).
- DMHP has been approved for implementation in 767 districts, being assisted by the States/Union Territories as per the National Health Mission.



Pieter Coetze Sets Men's 50m Backstroke World Record

- South African swimmer Pieter Coetze set a men's 50m backstroke short-course world record of 22.09 seconds at a World Aquatics World Cup meet in Tashkent, Uzbekistan, on 9 October 2026.
- The 22-year-old lowered the previous record of 22.11 seconds, set by Russia's Kliment Kolesnikov in 2022, by 0.02 seconds. It was Coetze's first career world record.
- Coetze's 22.09-second swim also improved on his South African and African record of 22.51 seconds, set six days earlier in Baku, Azerbaijan. Russia's Egor Kornev finished second in 22.29 seconds, while Pavel Samusenko took third in 22.35 seconds. Coetze is a World and Commonwealth Games champion.
- Short-course swimming takes place in a 25-metre pool, while long-course swimming takes place in a 50-metre pool. Pool length affects the number of turns in a race, and swimmers use a turn at each end of the pool.



Rajgir To Host India–New Zealand Under-20 Rugby Series

- Rajgir in Bihar will host an India–New Zealand Under-20 Rugby Series from 22 to 28 October 2026. New Zealand's under-20 men's and women's teams, named Tama Toa and Hine Toa, will play Indian under-20 teams. The series is linked to 100 years of sports cooperation between India and New Zealand.
- The tour will include joint training sessions and cultural and community engagements. Four competitive Rugby Sevens matches are scheduled for 27 October: a men's match, a women's match and two mixed matches featuring players from both countries.

- Rugby Sevens is a version of rugby union played by seven players per team, compared with 15 in the standard format. New Zealand's touring squads comprise 24 young Māori players and a six-member management group.
- The tour is funded by New Zealand's Ministry of Foreign Affairs and Trade. Māori are the Indigenous Polynesian people of New Zealand.
- The Indian Rugby Football Union is the national governing body for rugby in India. New Zealand Rugby is the national governing body for rugby in New Zealand.
- Rahul Bose, President of the Indian Rugby Football Union, and Manu Albert, Head of the New Zealand Rugby delegation, are associated with the exchange. In May 2026, Rugby India hosted New Zealand Rugby coaches in Bhubaneswar for workshops attended by 35 Indian coaches. The October series follows that coaching exchange and includes both training and competitive matches.



Maharashtra To Host Cyber Tech Asia 2027

- Maharashtra Chief Minister Devendra Fadnavis announced on 9 October 2026 that Cyber Tech Asia will be held in Mumbai for the first time in India. The two-day event is scheduled for 17–18 March 2027 at the Jio World Convention Centre in the Bandra Kurla Complex (BKC), Mumbai.
- Cyber Tech Asia Mumbai 2027 is planned as a conference and exhibition bringing together cybersecurity experts, technology innovators, startups, industry representatives and other stakeholders from across Asia.

- The event's dates and venue were included in the announcement; further details about its schedule and participating organisations were not provided at that time.
- Cyber Tech Global was established in 2014. It operates an international exhibition and conference platform focused on cybersecurity and digital innovation, with events held in locations worldwide. Cyber Tech Asia's Mumbai event will be its first appearance in India.



Supreme Court Constitutes Standing Committee on Judicial Well-Being

- A standing committee for judicial well-being has been formed by the Supreme Court of India to create an institutional mechanism for dealing with the problems that judicial officers face professionally and personally.
- The Supreme Court of India's Chief Justice, Surya Kant, has formed this committee, and it will be headed by Supreme Court judge Justice K V Viswanathan. The formation of the committee comes amid World Mental Health Day.
- The chairman of the standing committee would be Justice K V Viswanathan of the Supreme Court. The committee comprises a blend of expertise in the areas of judiciary, psychiatry, psychology, and legal administration.
- **The Committee Comprises**
- **Justice K V Viswanathan:** Supreme Court judge and chairperson.
- **Dr Savita Malhotra:** Ex-dean at the Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh and a professor at the institute's Department of Psychiatry.

- **Rajat Mitra:** Psychologist, Director, and co-founder of Swanchetan Society for Mental Health.
- **Mrinal Kanwar:** Advocate-on-Record at the Supreme Court.
- **Aarti Singh:** Registrar (J), Centre for Research and Planning of the Supreme Court.
- Judicial Officers operate in challenging professional settings where they have to deal with high levels of workload, long working hours, difficult decision-making processes, administrative pressure, and emotionally draining cases.
- **Important Duties of the Committee**
 - To identify areas where there is a need for institutional intervention.
 - To facilitate coordination between different stakeholders on welfare issues.
 - To develop guidelines for the benefit of judicial officers.
 - To review the activities done to improve judicial well-being from time to time.
 - To establish a continuous process instead of being limited to mere welfare initiatives.



REVIEW QUESTIONS

1. What is the theme of World Mental Health Day 2026?

- A. Mental Health for All
- B. Lived experiences heard: real voices, real change
- C. Building Resilient Communities
- D. Access to Mental Healthcare for Everyone

Answer: B. Lived experiences heard: real voices, real change

2. What is the toll-free helpline number for India's Tele-MANAS initiative?

- A. 1098
- B. 112
- C. 14416
- D. 14567

Answer: C. 14416

3. Which swimmer set a men's 50m backstroke short-course world record of 22.09 seconds in October 2026?

- A. Kliment Kolesnikov
- B. Egor Kornev
- C. Pieter Coetze
- D. Pavel Samusenko

Answer: C. Pieter Coetze

4. Who held the previous men's 50m backstroke short-course world record of 22.11 seconds?

- A. Pieter Coetze
- B. Kliment Kolesnikov
- C. Egor Kornev
- D. Caeleb Dressel

Answer: B. Kliment Kolesnikov

5. Which city in Bihar is scheduled to host the India–New Zealand Under-20 Rugby Series in October 2026?

- A. Patna
- B. Gaya
- C. Bhagalpur
- D. Rajgir

Answer: D. Rajgir

6. How many players from each team participate in Rugby Sevens?

- A. 5
- B. 7
- C. 11
- D. 15

Answer: B. 7

7. Where will CyberTech Asia 2027 be held?

- A. Bengaluru International Exhibition Centre
- B. Bharat Mandapam, New Delhi
- C. Jio World Convention Centre, Mumbai
- D. HITECH Exhibition Centre, Hyderabad

Answer: C. Jio World Convention Centre, Mumbai

8. On which dates is CyberTech Asia 2027 scheduled to take place?

- A. 17–18 March 2027
- B. 10–11 January 2027
- C. 22–23 April 2027
- D. 5–6 June 2027

Answer: A. 17–18 March 2027

9. Who is the chairperson of the Supreme Court's Standing Committee on Judicial Well-Being, according to the supplied material?

- A. Justice Surya Kant
- B. Justice K. V. Viswanathan
- C. Justice Sanjiv Khanna
- D. Justice B. R. Gavai

Answer: B. Justice K. V. Viswanathan

10. Which programme provides free and confidential mental health counselling in India through the helpline 14416?

- A. Ayushman Bharat
- B. National Health Mission
- C. Tele-MANAS
- D. National Digital Health Mission

Answer: C. Tele-MANAS