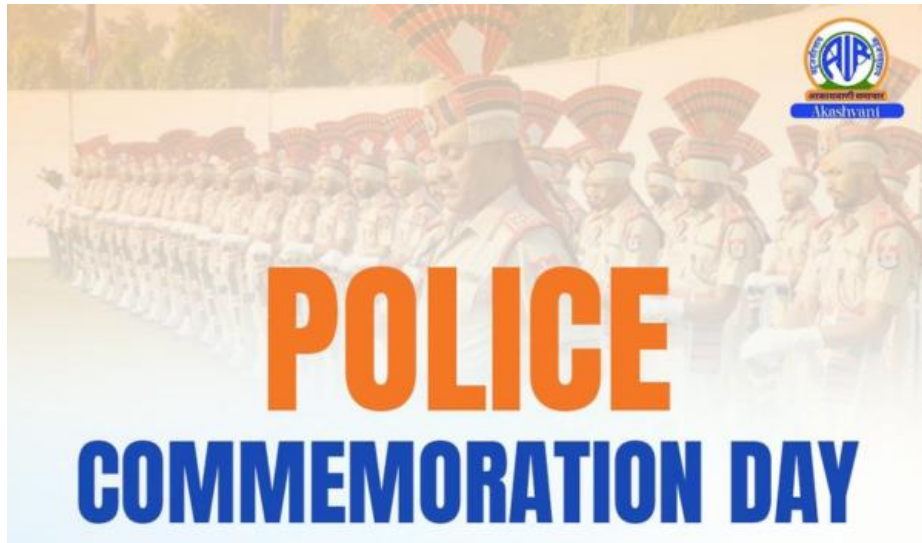


Daily Current Affairs

21 October 2026

Police Commemoration Day 2026

- India marks Police Commemoration Day every year on October 21 in the memory of police officers who gave their lives while performing their duties. This day is in commemoration of the death of ten CRPF officers at Hot Springs in Ladakh in 1959, who were murdered by the Chinese forces.
- The main ceremony will take place at the National Police Memorial, Chanakyapuri, New Delhi in 2026. There is also going to be a motorcycle rally program with the theme of **“Fight Against Drugs.”**
- Police Commemoration Day is derived from the events of the October 21, 1959, when a CRPF convoy faced an attack by the Chinese army at Hot Springs in Ladakh.
- These ten CRPF members sacrificed their lives on that day while performing their duties close to the India-China border. This sacrifice was a landmark event in the annals of India’s police services.
- The National Police Memorial was unveiled to the nation by Prime Minister Narendra Modi during the Police Commemoration Day celebrations on October 21, 2018. The monument symbolizes the service and sacrifice of police forces from all states and union territories of India and of central police forces.



World Iodine Deficiency Day 2026

- Iodine Deficiency Day or World Iodine Deficiency Disorders Prevention Day is celebrated on October 21 to create awareness regarding the issue of iodine deficiency and its consequences. Iodine is a micronutrient that is very important for the production of thyroid hormones that help regulate metabolism, growth, and brain development.
- Deficiency of iodine may lead to various diseases like goiter, hypothyroidism, and developmental disorders especially in pregnancy and childhood. NIDDCP, or National Iodine Deficiency Disorders Control Programme in India, is one such initiative.
- Iodine is an important mineral that is needed by the thyroid for the synthesis of two hormones,
- Thyroxine (T4): This is a thyroid hormone with four iodine molecules.
- Triiodothyronine (T3): This is a thyroid hormone with three iodine molecules.
- Iodine deficiency is said to be characterized by the body's inability to get enough iodine for proper synthesis of thyroid hormones. The consequences of this deficiency largely depend on its severity and length.
- **Main causes includes,**
- Lack of consumption of iodine containing foods.
- Consuming non-iodized salts in place of sufficiently iodized salts.
- Inaccessibility to iodine-containing foods in some geographical areas.
- Higher needs of iodine during pregnancy and lactation.



UNESCO Adds Three Indian Sites to World Heritage Tentative List

- Three new sites have been added to India's Tentative List by UNESCO's World Heritage Centre, marking an essential step toward formal nomination for World Heritage status.
- The newly included sites cover key geological and archaeological landscapes, namely the Karst-mud-volcano Complex of Baratang and Andaman Subduction Volcanoes in Andaman & Nicobar Islands and the Sirpur Cultural and Archaeological Landscape in Chhattisgarh.

Property	State/Union Territory	Type	Significance
Karst-Mud-Volcano Complex of Baratang	Andaman and Nicobar Islands	Natural	Limestone Caves, Karst features & Mud Volcanoes
Andaman Subduction Volcanoes	Andaman and Nicobar Islands	Natural	Volcanic geological formations, Tectonic

		a l	processes & Biodiversity
Sirpur Cultural and Archaeologi cal Landscape	Chhattisgarh	Cultural	Archaeological site, Historic Trade Routes & Multi-faith heritage landscape



Sachin, Praveen Kumar Wins Gold

- Indian para-athlete Praveen Kumar won gold in the men's high jump T44/64 event at the Asian Para Games 2026 in Aichi-Nagoya, Japan, on 21 October 2026.
- He cleared 2.05 metres to set a new Games record. India's Banti won silver with a personal-best jump of 1.92 metres, while Uzbekistan's Temurbek Giyazov took bronze with 1.86 metres.
- T44 and T64 are classes associated with lower-limb impairments. T64 includes athletes with lower-limb amputation who compete using a prosthesis. Athletes from different classes may compete together in a combined event category, as in the T44/64 high jump.

- Sachin Khilari won the men's shot put F46 gold medal at the Aichi-Nagoya Asian Para Games on 21 October 2026. His throw of 15.87 metres set a Games record, and India secured all three medals in the event.
- The Asian Para Games are a multi-sport event for athletes with disabilities from across Asia. The Asian Paralympic Committee governs the event. The first edition was held in Guangzhou, China, in 2010.
- The Hangzhou edition took place in 2023 after its original 2022 schedule was postponed. Khilari's 2026 victory was his second Asian Para Games gold in the men's shot put F46 event.



ISRO Targets Mid-2028 Launch of GSAT-7B

- ISRO is expected to launch GSAT-7B by mid-2028 as the Indian Army's first dedicated communication satellite. The satellite is designed to provide secure, round-the-clock connectivity for troops and military units, including in remote border areas and challenging terrain.
- GSAT-7B is intended to provide beyond-line-of-sight communication for forward-deployed troops, military formations, weapon systems and airborne

platforms. Beyond-line-of-sight communication enables links between users who cannot communicate directly through a terrestrial line-of-sight connection.

- Satellite links can support communications across large distances and difficult terrain. The Indian Army currently relies on the Indian Air Force's GSAT-7A for satellite-based communication.
- GSAT-7B will provide the Army with a dedicated satellite communication capability. Its planned coverage includes remote operational areas where terrestrial communication infrastructure may be difficult to establish or maintain.
- GSAT-7B is planned as a five-tonne geostationary satellite, which would make it India's heaviest communication satellite to date. A geostationary satellite orbits above the equator at an altitude of approximately 35,786 kilometres and has an orbital period matching Earth's rotation.



REVIEW QUESTIONS

Q1. Police Commemoration Day in India is observed every year on which date?

- A) 15 October
- B) 21 October
- C) 26 October
- D) 31 October

Correct Answer: B) 21 October

Explanation: Police Commemoration Day honours police personnel who sacrificed their lives in the line of duty. It commemorates the death of ten CRPF personnel at Hot Springs, Ladakh, in 1959.

Q2. The National Police Memorial was dedicated to the nation by which Indian Prime Minister?

- A) Manmohan Singh
- B) Atal Bihari Vajpayee
- C) Narendra Modi
- D) Rajiv Gandhi

Correct Answer: C) Narendra Modi

Explanation: Prime Minister Narendra Modi dedicated the National Police Memorial in Chanakypuri, New Delhi, on 21 October 2018.

Q3. Which of the following thyroid hormones contains four iodine atoms?

- A) Triiodothyronine (T3)
- B) Thyroxine (T4)
- C) Insulin
- D) Adrenaline

Correct Answer: B) Thyroxine (T4)

Explanation: Thyroxine (T4) contains four iodine atoms, whereas triiodothyronine (T3) contains three. Iodine is essential for normal thyroid hormone production.

Q4. Which of the following sites in Chhattisgarh was added to UNESCO's World Heritage Tentative List, according to the provided material?

- A) Sirpur Cultural and Archaeological Landscape
- B) Kanger Valley National Park
- C) Chitrakote Waterfalls
- D) Bastar Palace

Correct Answer: A) Sirpur Cultural and Archaeological Landscape

Explanation: Sirpur is recognised for its archaeological significance, historical trade routes and multi-faith cultural heritage.

Q5. The Karst-Mud-Volcano Complex of Baratang is located in which Union Territory?

- A) Lakshadweep
- B) Jammu and Kashmir
- C) Andaman and Nicobar Islands
- D) Puducherry

Correct Answer: C) Andaman and Nicobar Islands

Explanation: The site is known for its limestone caves, karst landforms and mud volcanoes.

Q6. Praveen Kumar won gold in which event at the Asian Para Games 2026, according to the supplied presentation?

- A) Men's shot put F46
- B) Men's high jump T44/64
- C) Men's long jump T64
- D) Men's javelin throw F46

Correct Answer: B) Men's high jump T44/64

Explanation: Praveen Kumar cleared 2.05 metres, setting a new Games record. India's Banti won silver with a jump of 1.92 metres.

Q7. Sachin Khilari won the gold medal in which event at the Asian Para Games 2026?

- A) Men's discus throw F46
- B) Men's shot put F46
- C) Men's high jump T44

D) Men's javelin throw F64

Correct Answer: B) Men's shot put F46

Explanation: Sachin Khilari recorded a throw of 15.87 metres, setting a new Games record. According to the presentation, India secured all three medals in this event.

Q8. The first edition of the Asian Para Games was held in which city in 2010?

A) Tokyo, Japan

B) Seoul, South Korea

C) Guangzhou, China

D) Bangkok, Thailand

Correct Answer: C) Guangzhou, China

Explanation: The inaugural Asian Para Games took place in Guangzhou, China, in 2010. The event is governed by the Asian Paralympic Committee.

Q9. GSAT-7B is being developed primarily to provide dedicated satellite communication capabilities to which Indian armed force?

A) Indian Navy

B) Indian Air Force

C) Indian Army

D) Indian Coast Guard

Correct Answer: C) Indian Army

Explanation: GSAT-7B is intended to provide secure communication for Army personnel, military formations, weapon systems and airborne platforms, including in remote border regions.

Q10. What is the approximate altitude of a geostationary satellite above Earth's equator?

A) 3,578 km

B) 18,000 km

C) 35,786 km

D) 42,164 km

Correct Answer: C) 35,786 km

Explanation: A geostationary satellite orbits at approximately 35,786 km above the equator, with an orbital period matching Earth's rotation. GSAT-7B is planned as a geostationary communication satellite.