



KAVISH IAS

— Converting Possibilities into Reality —

KAVISH INFORMIX

DAILY CURRENT AFFAIRS

🎯 **PRECISE** | 🧠 **RELEVANT** | ⌚ **EXAM FOCUSED**

STAY AHEAD. STAY INFORMED. **STAY READY.**

TODAY'S DATE



11 SEPTEMBER 2026

---FRIDAY---



Kolkata Topper

VAISHNA BISWAS

AIR - 367 | CSE 2025

★ OUR PROVEN LEGACY ★

OUR UPSC TOPPERS 2023



IPS LAXMAN PRATAP
RANK - 597

FORMER ASST. COMMANDANT IN BSF
CITY COLLEGE KOLKATA

OUR UPSC TOPPERS 2024



IRS SARLA JAKHER
AIR 593

CITY COLLEGE KOLKATA



IRS TANMAY
AIR 346

IIT KHARAGPUR

Converting Possibilities into Reality

PRELIMS MAINS | INTERVIEW



DAILY CURATED
NEWS



EXAM ORIENTED
ANALYSIS



SMART NOTES &
INFOGRAPHICS



BOOST YOUR
PREPARATION

— "INFORMED TODAY, EMPOWERED TOMORROW." —

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DAILY CURRENT AFFAIRS

1. Protein: Reel, Reality and What Constitutes a Wholesome Meal
2. AI as the First Confidant in a Mental Health Crisis
3. Ladakh to Get a Unique Elected Body
4. Xi Jinping's Visit to India: BRICS Summit and India-China Ties
5. DILRMP 3.0

1. Protein: Reel, Reality and What Constitutes a Wholesome Meal

Source: The Hindu

Why in News?

The Physicians Association for Nutrition, India (PAN-India) released a white paper, "Rethinking Protein in Plant-Based Diets", during National Nutrition Week, challenging social-media-driven protein trends and the simplistic classification of animal proteins as "complete" and plant proteins as "incomplete".

Key Points

- ICMR-NIN recommends around **0.83 g protein/kg body weight/day** for healthy Indian adults.
- A varied diet with adequate calories can provide all **essential amino acids**; specific food combinations at every meal are not necessary.

RETHINKING PROTEIN

Science Over Myths. Diet Over Fads.



ICMR-NIN RECOMMENDATION

0.83 $\frac{\text{g}}{\text{kg}}$ body weight daily

For Healthy Indian Adults



Adequate calories + varied diet

↓

All essential amino acids

MYTH vs FACT

MYTH	FACT
Animal protein = "Complete"	Plant protein ≠ "Incomplete"

Protein quality depends on the whole diet, not a single food.

BEWARE: PROTEIN FADS

Social media influencers spread myths.

Follow advice only from qualified professionals, not unverified sources.

WHY IT MATTERS

Misinformed intake can cause severe health complications

On GLP-1 medications? Monitor muscle loss. Ensure adequate protein.

FOCUS SHIFT: From grams & marketing to complete diet & health.

  +  =  **Better Health**

- The "complete vs incomplete protein" distinction is considered an oversimplification when assessing an individual's overall diet.
- Social media influencers and unqualified sources can promote excessive or inappropriate protein intake.
- A wholesome diet should prioritise **local, traditional and seasonal foods** rather than highly processed and packaged products.
- Protein supplements are generally unnecessary for healthy adults but may have a role for **athletes, older people with poor appetite and those recovering from illness**.
- Dietary needs should be assessed holistically using **anthropometric, biochemical, clinical, dietary and exercise parameters**.

Significance

The debate shifts attention from “how much protein?” to **overall dietary adequacy and quality**. It also highlights the need for evidence-based nutrition communication as social media increasingly influences dietary behaviour.

Prelims Practice

Q. With reference to protein nutrition, consider the following statements:

1. Essential amino acids must be obtained through the diet.
2. A varied diet with adequate calories can provide all essential amino acids.
3. Protein supplements are necessary for all healthy adults to meet their daily protein requirements.

Which of the statements given above is/are correct?

- (a) 1 and 2 only
- (b) 2 and 3 only
- (c) 1 and 3 only
- (d) 1, 2 and 3

Answer: (a) 1 and 2 only

Mains Practice

Q. Social media-driven nutrition trends can distort public understanding of a balanced diet. Discuss the need for an evidence-based approach to protein consumption in India. (150 words)

2.AI as the First Confidant in a Mental Health Crisis

Source: JAMA Pediatrics survey; expert observations

Why in News?

AI chatbots are increasingly becoming the first point of contact for people experiencing mental-health distress. While their 24/7 availability and non-judgmental interaction can improve accessibility, experts warn that over-reliance may delay professional intervention and potentially reinforce hopelessness.

Key Highlights

- A JAMA Pediatrics survey found that 19.2% of 12–21-year-olds used AI chatbots for mental-health advice in 2025.
- Some users engage with chatbots monthly or even daily, making AI an important source of emotional support.
- Major advantages include 24/7 availability, instant responses and a perceived non-judgmental environment.
- AI can identify very low- and very high-risk cases more effectively, but struggles with intermediate or nuanced levels of suicide risk.
- Suicidal distress may be disclosed gradually and subtly; simple keyword-based detection may therefore be inadequate.
- Empathetic AI responses may unintentionally reinforce hopelessness, prolong rumination or create an “internal loop” that delays professional care.
- AI generally lacks a person's complete psychiatric history, personality, protective factors and broader clinical context required for comprehensive assessment.
- Warning signs of excessive dependence include quoting chatbot responses verbatim, withdrawing from human confidants and resisting professional help.

Concerns and Way Forward

- AI should function as a supportive tool, not a substitute for psychiatrists or timely human assessment.
- Mandatory safety audits and independent clinical assessments are needed for AI-based mental-health tools.
- Clear liability frameworks should establish responsibility when AI systems fail to respond appropriately to a crisis.
- Public awareness should explain the appropriate and inappropriate uses of AI in mental-health support.
- Reducing stigma around seeking professional help remains essential, particularly among young users.

UPSC Prelims Practice

Consider the following statements regarding AI chatbots in mental-health support:

1. AI chatbots offer continuous availability and instant responses.

2. AI systems may have difficulty identifying intermediate levels of suicide risk.
3. AI chatbots have access to the complete psychiatric history and protective factors of every user.
4. Excessive reliance on AI may delay professional intervention.

Which of the statements given above are correct?

- (a) 1 and 2 only
- (b) 1, 2 and 4 only
- (c) 2, 3 and 4 only
- (d) 1, 2, 3 and 4

Answer: (b) 1, 2 and 4 only.

UPSC Mains Practice

“AI-based mental-health support can improve accessibility but cannot substitute human clinical assessment.” Discuss the opportunities, risks and regulatory safeguards required for the responsible use of AI in mental healthcare. (150 words)

3.Ladakh to Get a Unique Elected Body

Source: The Hindu

Why in News?

The Centre has proposed a unique “sui generis” elected body for Ladakh with legislative, executive and financial powers. However, the government has ruled out both statehood and a Union Territory with a legislature, disappointing the Leh Apex Body (LAB) and Kargil Democratic Alliance (KDA).

Key Highlights

- Ladakh will continue as a Union Territory without a legislature, but may receive a special UT-level elected body.
- The proposed body is expected to have legislative, executive and financial powers.
- Its members would be directly elected through constituencies.
- The nomenclature, composition and precise distribution of powers are still under discussion.
- Discussions have focused on the relationship between the proposed UT-level body and the existing hill councils.
- LAB and KDA criticised the government for lack of concrete proposals and a clear roadmap.

- Local groups have demanded constitutional safeguards to protect Ladakh's land, culture, tribal identity and local interests.
- Inclusion of Ladakh under the Sixth Schedule has also been a major demand.
- The Centre is reportedly considering a special constitutional provision, potentially Article 371(K), for Ladakh.

Constitutional & Governance Context

- Ladakh became a Union Territory without a legislature after the reorganisation of the erstwhile Jammu and Kashmir in 2019.
- The proposed "sui generis" arrangement seeks to provide greater local autonomy without converting Ladakh into a state or a UT with legislature.
- Any new constitutional safeguard would require an appropriate legal and parliamentary process.
- The issue highlights the challenge of balancing national administrative control with regional aspirations and protection of local identity.

• Article 371

Constitutional Framework

Found in **Part XXI** of the Constitution, these are titled "**Temporary, Transitional and Special Provisions.**" They represent **Asymmetrical Federalism**, where different states are governed by different rules to accommodate their unique historical, cultural, or developmental needs.

Recent Update (September 2026)

As of **September 9-10, 2026**, the Union Ministry of Home Affairs (MHA) has proposed a new **Article 371(K)** specifically for the **Union Territory of Ladakh**.

- **Purpose:** To grant Ladakh a **sui generis** (unique) governance model with a directly elected legislative body.
- **Powers:** The proposed body would have authority over **land, culture, language, forests, and natural resources**, subjects currently influenced by the President under **Article 240**.

State-wise Special Provisions

The provisions vary significantly, from protecting customary laws to ensuring economic development.

Special Provisions under Article 371

Article	State(s)	Key Safeguards / Provisions
Article 371	Maharashtra & Gujarat	Establishment of separate Development Boards for regions such as Vidarbha, Marathwada, Saurashtra and Kutch.

Article 371A	Nagaland	Parliamentary laws relating to Naga customary law, social practices, and land ownership do not apply unless accepted by the State Assembly.
Articles 371B & 371C	Assam & Manipur	Creation of committees in the Legislative Assembly consisting of members representing tribal/hill areas.
Articles 371D & 371E	Andhra Pradesh & Telangana	Ensures equitable opportunities in public employment and education ; Article 371E provides for establishment of a Central University .
Article 371F	Sikkim	Protects the rights and interests of different sections of the population ; the Governor has special responsibility for maintaining peace.
Article 371G	Mizoram	Protects Mizo religious/social practices, customary law, and land ownership from application of Parliamentary laws unless approved by the State Assembly.
Article 371H	Arunachal Pradesh	The Governor has special responsibility for law and order in the state.
Article 371-I	Goa	Provides that the Legislative Assembly of Goa shall have a minimum of 30 members .
Article 371J	Karnataka	Provides special provisions for the Hyderabad-Karnataka region (Kalyana-Karnataka) , including a Development Board and reservation in education and public employment.

Significance

- Could provide greater democratic participation and local decision-making.
- May strengthen protection of land, culture and tribal interests.
- Provides an alternative institutional model between conventional UT administration and full statehood.
- The continuing disagreement reflects tensions between administrative integration and demands for greater autonomy.

UPSC Prelims Practice

Consider the following statements regarding Ladakh:

1. Ladakh became a Union Territory in 2019.
2. Ladakh currently has a legislature.

3. The Sixth Schedule has been demanded as a constitutional safeguard for Ladakh.
4. The proposed model seeks to provide legislative, executive and financial powers to an elected body.

Which of the statements given above are correct?

- (a) 1 and 2 only
- (b) 1, 3 and 4 only
- (c) 2, 3 and 4 only
- (d) 1, 2, 3 and 4

Answer: (b) 1, 3 and 4 only.

UPSC Mains Practice

“Ladakh’s proposed sui generis governance model reflects the challenge of balancing regional aspirations with the constitutional framework of Union Territories.” Discuss. (150 words)

4. Xi Jinping's Visit to India: BRICS Summit and India-China Ties

Source: The Hindu

Why in News?

Chinese President Xi Jinping is scheduled to attend the 18th BRICS Summit in New Delhi on September 12–13, 2026. He is also expected to hold a bilateral meeting with Prime Minister Narendra Modi, focusing on boundary issues and economic relations.

Key Highlights

- Xi Jinping’s visit would be his first visit to India in seven years and his first bilateral meeting with PM Modi in India since October 2019.
- India will host the 18th BRICS Summit under its 2026 chairship.
- India’s 2026 BRICS theme: “Building for Resilience, Innovation, Cooperation and Sustainability”.
- India and China are working towards launching a Strategic Economic Dialogue to address trade and investment concerns.
- The leaders are expected to review progress in boundary negotiations led by Special Representatives Ajit Doval and Wang Yi.

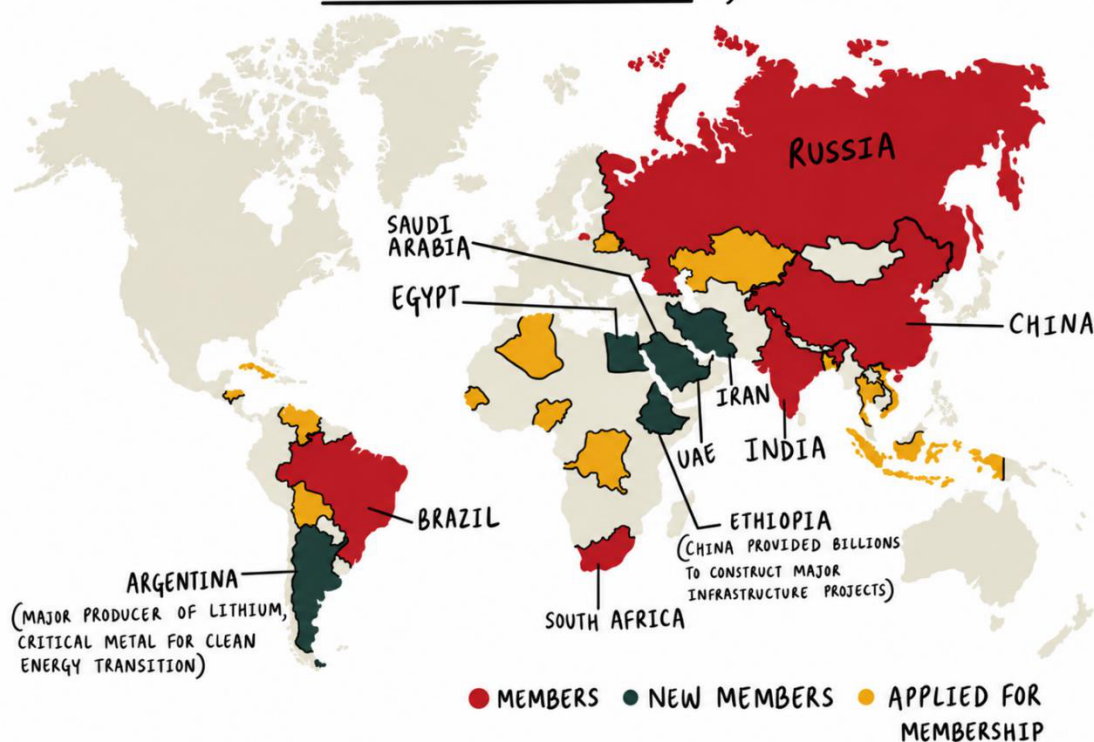
- The 25th round of Special Representatives talks in Beijing in August 2026 reportedly agreed on:
 - Two new military hotlines.
 - Two new meeting points for military commanders.
- Discussions may seek an “early and substantial harvest” on boundary delimitation and border management.
- Earlier Modi–Xi meetings in Kazan (2024) and Tianjin (2025) contributed to troop disengagement and stabilisation along the LAC.

18th BRICS Summit (2026)

India is the current **Chair of BRICS for 2026**, having assumed the presidency on January 1, 2026. This marks India's fourth time leading the bloc (after 2012, 2016, and 2021).

- **Venue & Dates:** The 18th Summit is scheduled for **September 12–13, 2026**, at **Bharat Mandapam, New Delhi**.
- **Theme:** "Building for Resilience, Innovation, Cooperation and Sustainability", guided by a people-centric "**Humanity First**" approach.
- **Key Focus Areas:** Strengthening multilateralism, food and energy security, disaster resilience, and advancing the interests of the **Global South**.
- **Significance:** This is the first full in-person summit hosted by India since the group expanded beyond its original five members.

BRICS EXPANSION, 2010



The "BRICS+" Expansion

The grouping has evolved from the original five nations (Brazil, Russia, India, China, and South Africa) into a 11-member bloc as of early 2026.

Full Members

- **Founding:** Brazil, Russia, India, China, South Africa.
- **2024 Entrants:** Egypt, Ethiopia, Iran, United Arab Emirates (UAE).
- **2025 Entrant:** **Indonesia** (officially joined in January 2025).

 Key Fact

Saudi Arabia was invited in 2024 and participates in activities, though it has maintained a nuanced stance on formal full accession.

Key Issues in India–China Relations

- Border management and unresolved boundary delimitation remain the core strategic concern.
- Restrictions affecting visas for Indian businesses continue to create economic friction.
- India has concerns regarding the sharing of transboundary river data.
- China's perceived support for Pakistan during Operation Sindoor has added to strategic mistrust.
- Economic engagement remains important despite political and security differences.

Broader Geopolitical Agenda

The bilateral discussions are also expected to take place against the backdrop of:

- Energy security concerns.
- West Asia conflict.
- Partial closure of the Strait of Hormuz.
- Impact of US tariff policies on global trade.

UPSC Prelims Practice

Consider the following statements:

1. India is hosting the 18th BRICS Summit in 2026.
2. The India–China Special Representatives mechanism deals with the boundary question.
3. The LAC is an internationally demarcated and mutually accepted international boundary between India and China.

4. India's 2026 BRICS chairship theme is "Building for Resilience, Innovation, Cooperation and Sustainability".

Which of the statements given above are correct?

- (a) 1, 2 and 4 only
- (b) 1 and 3 only
- (c) 2 and 3 only
- (d) 1, 2, 3 and 4

Answer: (a) 1, 2 and 4 only.

UPSC Mains Practice

"India-China relations require simultaneous management of strategic competition, border tensions and economic interdependence." Discuss in the context of the recent diplomatic engagement between the two countries. (150 words)

5.DILRMP 3.0

Source: PIB

Why in News?

- Union Minister Shri Shivraj Singh Chouhan launched the **Operational Guidelines for Digital India Land Records Modernisation Programme (DILRMP) 3.0**.
- It aims to transform land administration into an integrated **Digital Public Infrastructure (DPI)**.
- The programme will be implemented with **100% Central funding** across all States and Union Territories.

DILRMP 3.0

- Shifts the focus from simple digitisation to **integration and interoperability** of land records.
- Previous phases achieved:
 - **99.90% digitisation of Records of Rights (RoRs)**.
 - **97% digitisation of cadastral maps**.
- Aims to improve access to institutional credit, reduce property disputes and minimise citizens' visits to government offices.

Key Components

- **GIS-enabled Land Stack:** Integrates different layers of land-related information to create a National Land Stack.
- **ULPIN (Universal Bhu-Aadhaar):** Provides a **14-digit unique identification number** to each land parcel.
- **Registration Seva Kendras (RSKs):** Modernises **75 high-footfall Sub-Registrar Offices (SROs)** into citizen-centric service centres.
- **Registration Repository:** Digitisation and preservation of legacy registration records.
- **RCCMS:** Modernisation of the **Revenue Court Case Management System** for paperless land-related courts.
- **NAKSHA:** Accelerated implementation of GIS-based urban land records and **Urban Property Cards (UrPro Cards)**.

Significance

- Enhances **transparency, spatial accuracy and property identification**.
- Helps prevent land-related fraud and duplication.
- Facilitates easier property transactions and access to institutional credit.
- Real-time monitoring will be undertaken through the upgraded **DILRMP-MIS dashboard** under the **Project Sanctioning & Monitoring Committee (PS&MC)**.