

# THE DAILY GK DOSE

## SHEETAL DEVI NAMED 'PARA ARCHER OF THE YEAR 2025'

- **World Title Breakthrough:** The primary basis for the award was Sheetal's landmark performance at the 2025 World Para Archery Championships in Gwangju, South Korea. At age 18, she became the first and only female armless archer to win a World Championship gold medal by defeating Türkiye's Ozgur Cüre Girdi in the final.
- **A "Deeply Personal" Honor:** In her acceptance message, the 19-year-old from Jammu & Kashmir described the award as "deeply personal," expressing gratitude for being recognized among the world's best. The award adds to a growing collection that includes the Arjuna Award and her Paris 2024 Paralympic bronze medal.
- **Shattering Able-Bodied Barriers:** Beyond her success in para-sports, 2025 was the year Sheetal broke into the mainstream.

## IMEX TTX 2026 HELD AT SOUTHERN NAVAL COMMAND, KOCHI

- **Multinational Strategic Cooperation:** The exercise brought together senior delegates and naval experts from 12 countries, including Bangladesh, France, Indonesia, Kenya, Maldives, Mauritius, Myanmar, Seychelles, Singapore, Sri Lanka, Tanzania, and Timor-Leste. This diverse participation highlights a collective commitment to addressing non-traditional maritime security challenges.
- **India's Leadership Milestone:** The event holds special significance as India assumes the Chairmanship of the IONS for the 2026–2028 cycle after a 16-year hiatus. The exercise is a key step in

reinforcing India's role as a primary coordinator for regional maritime safety and its "SAGAR" vision.

- **Focus on Simulated Readiness:** Unlike live sea drills, this Table Top Exercise was conducted in a sophisticated simulated environment.

## BIHAR CM NITISH KUMAR RESIGNS FROM LEGISLATIVE COUNCIL, JOINS RAJYA SABHA



- **Constitutional Requirement:** Having been elected to the Rajya Sabha on March 16, 2026, Kumar was legally required to vacate his state legislative seat within 14 days to avoid holding dual membership.
- **"All Four Houses" Milestone:** This transition makes Nitish Kumar one of the few Indian politicians to have served in all four legislative bodies: the Bihar Legislative Assembly, the Bihar Legislative Council, the Lok Sabha, and now the Rajya Sabha.
- **Continuity of Chief Ministership:** Despite stepping down as an MLC, he remains the Chief Minister of Bihar. Under Article 164(4), he has a six-month window to continue in his role without being a member of the state legislature, though the move has intensified rumors regarding a future leadership transition in the state.

## IMPORTANT FACTS

### NICKNAMES

- *Shimla – Queen of Hills*
- *Darjeeling – Queen of Hills*
- *Nainital – Lake District of India*
- *Dehradun – School Capital of India*
- *Pune – Oxford of the East*
- *Kota – Coaching Capital of India*
- *Mysuru – City of Palaces*

## CENTRAL EXCISE DUTY ON PETROL & DIESEL REDUCED BY ₹10/LITRE

- **Fixed Reduction of ₹10/Litre:** The Central Government slashed the excise duty on petrol from ₹13 to ₹3 per litre and on diesel from ₹10 to zero. While this effectively reduces the tax by ₹10 per litre for both fuels, the Ministry of Petroleum and Natural Gas clarified that this relief will not lead to a price cut at the pump for consumers.
- **Stabilizing Oil Marketing Companies (OMCs):** The primary intent of the cut is to cushion state-run companies (IOCL, BPCL, HPCL) that are absorbing massive "under-recoveries" (losses). Currently, these companies are losing approximately ₹24 per litre on petrol and ₹30 per litre on diesel due to international crude prices soaring above \$120 per barrel. The tax cut helps these firms stay financially viable without passing the full cost to the public.

## PRAMOD BHAGAT CLINCHES GOLD & 2 SILVER MEDALS AT SPANISH PARA BADMINTON INTERNATIONAL 2026

- **Mixed Doubles Gold:** Bhagat's campaign was highlighted by a gold medal in the Mixed Doubles SL3-SU5 category. Partnering with Manisha Ramdass, the duo defeated fellow Indians Nitesh Kumar and Thulasimathi Murugesan in a 30-minute straight-sets victory (21-15, 24-22).
- **Double Silver in Singles & Doubles:** Bhagat added two silver medals to his tally. In the Men's Singles SL3 final, he settled for silver after a hard-fought battle against compatriot Nitesh Kumar (10-21, 17-21). He secured his second silver in Men's Doubles SL3-SU5 alongside Sukant Kadam, narrowly losing the decider in a three-set thriller (16-21, 21-12, 15-21) against the pair of Naveen Sivakumar and Surya Kant Yadav.
- **Continued Momentum in 2026:** This victory follows his "double gold" performance just a week prior at the Level 2 tournament in Vitoria. These back-to-back podium finishes solidify his position as a world leader in para-badminton as the circuit heads toward the major championships later this year.

## ZAFAR IQBAL CONFERRED WITH 'MAJOR DHYAN CHAND LIFETIME ACHIEVEMENT AWARD

- **Recognition of an Olympic Icon:** Zafar Iqbal, now 69, was a key member of the Indian team that won the Gold Medal at the 1980 Moscow Olympics. His international career also includes two silver medals at the Asian Games (1978 and 1982) and a bronze at the 1982 Champions

Trophy. He received a cash prize of ₹25 lakh as part of this recognition.

- **Call for "Club Culture" Revival:** Upon receiving the award, Iqbal emphasized that for Indian hockey to regain its peak global dominance, the country must revive its grassroots club culture. He noted that while academies are helpful, the mass engagement and deep talent pool of the 1970s and 80s were driven by a robust network of local clubs.
- **A Surprise Tribute:** Iqbal described the award as a "secret" and a complete surprise. He was felicitated alongside other modern stars like Hardik Singh and Navneet Kaur (Players of the Year), marking a symbolic bridge between India's golden Olympic history and its current top-tier international standing.

## LIFETIME ACHIEVEMENT AWARD CONFERRED UPON NANDAMURI BALAKRISHNA AT IFFD 2026



- **Celebrating 50 Years in Cinema:** The award recognizes Balakrishna's extraordinary five-decade career in the Indian film industry. Since his debut in 1974, he has acted in over 100 films, ranging from mythological epics to high-octane mass entertainers, making him a central figure in Tollywood's history.
- **Grand Ceremony at Bharat Mandapam:** The honor was presented by Delhi's Honorary Chief Minister Rekha Gupta at the prestigious Bharat Mandapam in

New Delhi. The event was attended by various cinematic stalwarts, including Hema Malini and Sharmila Tagore, the latter of whom also received a Lifetime Achievement Award during the festival.

- **Special Screening of 'Bhagavanth Kesari':** As a tribute to his recent success, his film Bhagavanth Kesari—which won the Best Telugu Film at the 71st National Film Awards—was specially screened at the festival.

## VIJAYPAT SINGHANIA, FORMER RAYMOND GROUP CHAIRMAN PASSED AWAY

- **Architect of a Global Brand:** Born in 1938, Singhania took over as the Chairman of the Raymond Group in 1980. Over two decades, he transformed the company from a domestic textile mill into a global powerhouse and one of India's most iconic men's fashion brands, famously associated with "The Complete Man" tagline.
- **Record-Breaking Aviator:** Beyond the boardroom, Singhania was a world-renowned aviator. In 2005, at age 67, he set a world record for the highest altitude gained in a hot air balloon, reaching nearly 69,000 feet. He also gained fame in 1988 for a solo microlight flight from London to New Delhi. For his contributions to aviation, he was conferred the honorary rank of Air Commodore by the Indian Air Force.
- **A Legacy of Distinction:** A recipient of the Padma Bhushan (2006) and the Tenzing Norgay National Adventure Award, Singhania also served as the Sheriff of Mumbai.

## WHAT HAPPENED TODAY?

30.03.2026 / MONDAY

- **International Day of Zero Waste: 30<sup>th</sup> March**
- **Theme 2026: "Zero Waste Starts on Your Plate."**
- **Food waste is a major source of greenhouse gases, contributing to roughly 8–10% of global emissions.**