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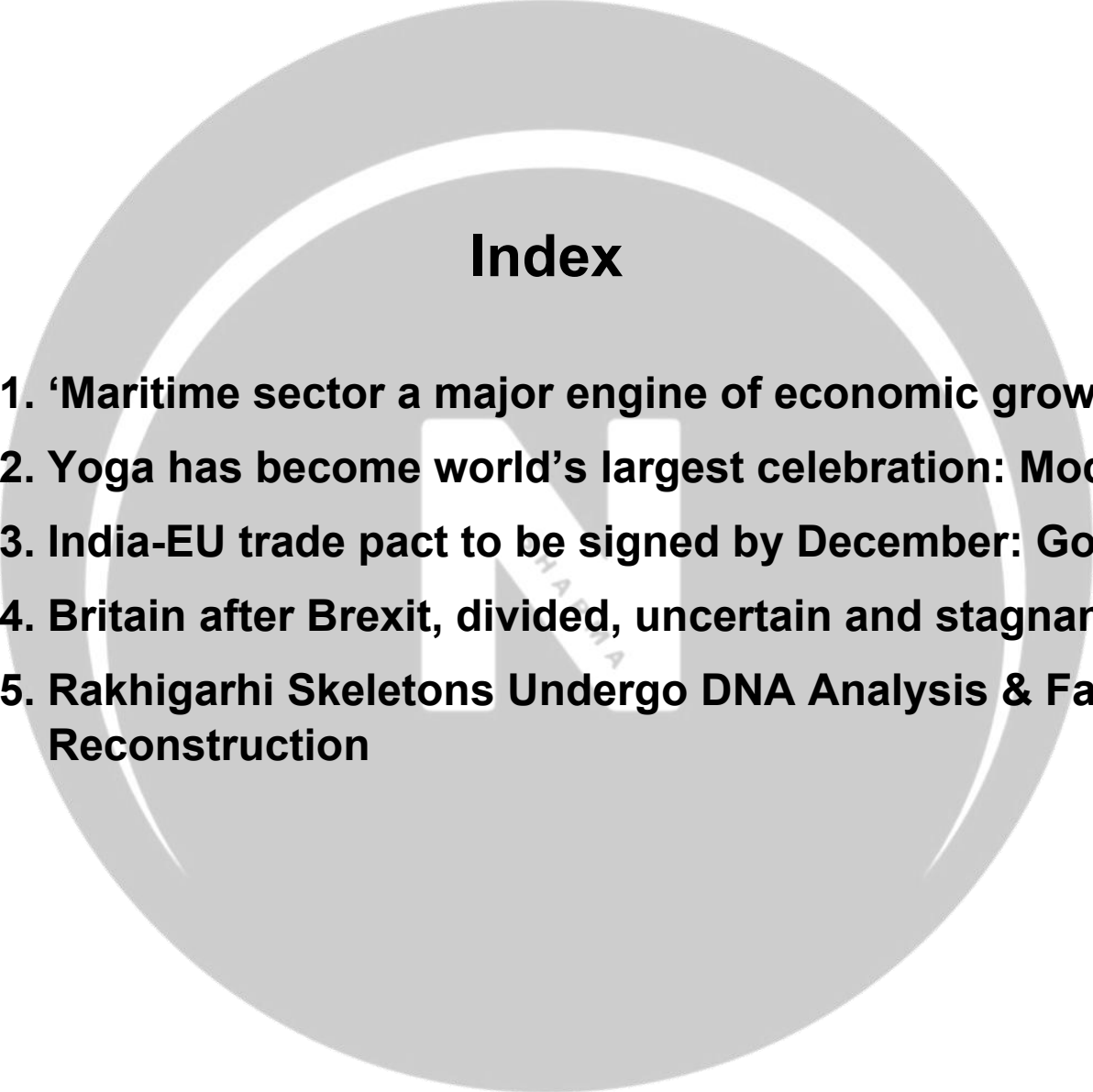
Daily **CURRENT AFFAIRS**

 June 22th 2026



Offline Centre Location:

SCO 173-174, Sector 17C, Chandigarh



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1. 'Maritime sector a major engine of economic growth'

Why in the news?

Recently, the prime minister, Narendra Modi, launched three Indian Naval ships of indigenous construction, namely, **INS Dunagiri**, **INS Agray**, and **INS Sanshodhak** at Kolkata. In his address, he stressed the importance of the maritime sector in contributing to **India's economic prosperity and strategic strength**.



Background

- India has a coastline of about 7,500 km and relies heavily on maritime trade, with around 95% of trade by volume and 70% by value carried through sea routes.
- **In recent years, the government has promoted:**
 - Atmanirbhar Bharat (Self-Reliant India) in defence production.
 - Indigenous shipbuilding and naval modernisation.
 - Port-led development through initiatives like Sagarmala.
- Over 40 indigenously built warships and submarines have been inducted into the Indian Navy in the past few years.

Significance

Economic Growth

- Maritime industries generate employment in shipping, ports, logistics, fisheries, and shipbuilding.
- Efficient maritime infrastructure reduces transportation costs and boosts exports.

Strategic Importance

- Strong naval capabilities protect sea lanes and secure trade routes.
- Maritime power enhances India's influence in the Indian Ocean Region (IOR).

Self-Reliance in Defence

- Indigenous warship construction reduces dependence on imports.
- Strengthens domestic manufacturing and technological capabilities.

Global Role

- Nations with strong maritime capabilities enjoy greater economic and geopolitical influence.
- India's growing naval strength supports its aspiration to become a leading global power.

Conclusion

Prime Minister Modi's observations clearly indicate the importance of the connection between the power at sea, economic growth, and national security. The launch of locally built ships is an indication that India has made huge progress in manufacturing weapons of war. The development of shipbuilding, ports, and the blue economy is the key element for the implementation of the concept of Atmanirbhar Bharat.

2. Yoga has become world's largest celebration: Modi

Why in the news?

PM Narendra Modi attended the IDY celebrations in Kolkata on 21 June, which saw the participation of about 35,000 people. Highlighting the theme **"Yoga for Healthy Ageing"**, PM Modi said that yoga had transformed into the biggest mass exercise in the world and is an expression of unity and wellness.

Background

- Yoga is an ancient Indian practice integrating physical, mental, and spiritual well-being.
- In September 2014, Prime Minister Modi proposed at the **United Nations General Assembly (UNGA)** that **June 21 be observed as International Day of Yoga**.
- On 11 December 2014, the United Nations adopted the resolution with support from **177 countries (including 175 co-sponsors)**.
- Since 2015, International Yoga Day has been celebrated annually worldwide.
- June 21, the summer solstice in the Northern Hemisphere, was chosen because of its significance in yogic traditions.



Government Initiatives

International Day of Yoga (IDY)

- Celebrated globally every year on June 21.

Ministry of AYUSH

- Promotes yoga education, research, and awareness.

Common Yoga Protocol (CYP)

- Standardised set of yoga practices developed for mass participation.

WHO–India Collaboration

- Development of benchmarks and traditional medicine initiatives for integrating yoga into healthcare.

National AYUSH Mission

- Supports infrastructure and promotion of traditional systems of medicine.

Significance of Yoga

Promotes Physical and Mental Health

- Enhances flexibility, strength, and endurance.
- Helps reduce stress, anxiety, and lifestyle-related diseases.
- Encourages mindfulness and emotional resilience.

Supports Healthy Ageing

- This year's theme, **“Yoga for Healthy Ageing,”** highlights yoga's role in:
 - Maintaining mobility and balance.
 - Improving cognitive health.
 - Promoting active and independent ageing.

Global Recognition of India's Heritage

- Yoga has emerged as a major instrument of India's soft power.
- It has increased awareness about India's ancient knowledge systems.

Social Cohesion and Community Building

- Collective yoga events promote inclusiveness and unity across regions, cultures, and nationalities.

Contribution to Preventive Healthcare

- Yoga complements conventional healthcare by encouraging healthy lifestyles and reducing healthcare burdens.

Way Forward

Promote Yoga as a Daily Practice

- Encourage year-round participation rather than limiting it to annual celebrations.

Strengthen Research

- Invest in scientific studies to establish evidence-based benefits.

Enhance Accessibility

- Expand yoga centres and digital platforms, especially in rural areas.

Standardize Training

- Develop certification and quality standards for instructors.

Integrate with Public Health Policies

- Include yoga in preventive healthcare, schools, workplaces, and geriatric care programmes.

Leverage Soft Power Diplomacy

- Use yoga to strengthen cultural diplomacy and India's global image.

Conclusion

Yoga has spread beyond physical limits to be a global movement for well-being and harmony. Yoga's focus on healthy ageing, good mental health, and socialisation makes it highly relevant in today's times. As pointed out by the Prime Minister, yoga can become more significant if scientific research is promoted and people engage in it regularly.

3. India-EU trade pact to be signed by December: Goyal

Why in the news?

Recently, Union Minister of Commerce & Industry Piyush Goyal stated that the FTA between India & the European Union will be signed by December 2026 and will become effective by February-March 2027. The FTA is referred to as "the mother of all deals".

Background

- India and the European Union (EU) resumed FTA negotiations in 2022 after a gap of nearly nine years.
- The EU is India's largest trading partner, accounting for around €124 billion in goods trade and substantial services and investment flows.
- India and the EU together contribute about 25% of global GDP and around one-third of global trade.
- The proposed FTA seeks to reduce tariffs, facilitate investments, and enhance cooperation in services, digital trade, and sustainable development.

Feature

Duty-Free Access for Indian Exports

- Around 93% of Indian shipments will enjoy duty-free access to EU markets.
- Sectors expected to benefit include:
 - Textiles and garments
 - Pharmaceuticals
 - Engineering goods
 - Chemicals
 - Leather products
 - Gems and jewellery

Reduced Tariffs on EU Products

- Imports of luxury cars, wines, and premium products from Europe are likely to become cheaper.

Increased Investment

- The agreement aims to attract European investments into India, supporting manufacturing and employment.

Services and Digital Trade

- Greater market access for IT services, professionals, and digital commerce.

Supply Chain Diversification

- Strengthens resilient supply chains amid geopolitical uncertainties.

Significance

Economic Benefits

- Boosts exports and foreign direct investment (FDI).
- Creates employment opportunities.
- Enhances India's integration into global value chains.



Strategic Importance

- Deepens ties with the EU amid changing global trade dynamics.
- Reduces dependence on specific markets and strengthens economic resilience.

Support for Make in India

- Encourages manufacturing competitiveness and technology transfer.

Countering Protectionism

- Expands access to a high-income market with nearly 450 million consumers.

Challenges

Market Access Issues

- Differences over tariffs on automobiles, dairy products, wines, and spirits.

Sustainability Standards

- EU regulations such as:
- Carbon Border Adjustment Mechanism (CBAM)
- Environmental and labour standards may increase compliance costs for Indian exporters.

Services Mobility

- India seeks easier movement of professionals, which remains a sensitive issue for the EU.

Intellectual Property Rights (IPR)

- Divergences on pharmaceutical patents and data protection.

Agricultural Concerns

- Domestic industries fear competition from European imports.

Way Forward

Ensure Balanced Market Access

- Protect sensitive sectors while maximising export opportunities.

Enhance Competitiveness

- Improve infrastructure, logistics, and manufacturing capabilities.

Address Non-Tariff Barriers

- Harmonise standards and strengthen quality certification mechanisms.

Leverage Strategic Partnership

- Expand cooperation in clean energy, digital technologies, semiconductors, and critical minerals.

Support MSMEs

- Assist small businesses in adapting to international standards.

Conclusion

The India–EU Free Trade Agreement that is being considered would rank among the most progressive trade deals entered into by India. It is likely to greatly benefit from preferential access to a major market in the world. Nevertheless, care will have to be taken to balance domestic considerations with the international obligations involved to make sure that the deal brings about inclusive economic development.

4. Britain after Brexit, divided, uncertain and stagnant

Why in the news?

June 23, 2026, will be the 10th anniversary of the United Kingdom's decision to separate from the European Union (Brexit). Ten years later, arguments regarding the impact of the decision made by Britain persist as the country still faces challenges in growth, politics, and its identity.



Background

What is Brexit?

- Brexit refers to the United Kingdom's withdrawal from the European Union (EU).
- In the June 23, 2016 referendum, 52% voted to leave while 48% voted to remain.
- The UK formally exited the EU on January 31, 2020.

Main Arguments of the Leave Campaign

- "Take Back Control" over:
 - Trade policy.
 - Immigration.
 - Sovereignty and regulations.
- Reduce dependence on the EU and pursue independent trade agreements.

Lessons from Brexit

Economic Integration Matters

- Leaving a major trading bloc can impose significant adjustment costs.

Populism Cannot Substitute Structural Reforms

- Issues such as inequality and declining public services require long-term solutions.

Identity Politics Can Deepen Divisions

- Political polarisation may weaken democratic institutions.

Globalisation Creates Interdependence

- Sovereignty and economic openness often require careful balancing.

Causes Behind Brexit

Sovereignty Concerns

- Opposition to the EU's "ever closer union".
- Desire for independent control over laws and regulations.

Immigration Issues

- Rising migration from Eastern Europe after EU enlargement.
- Public perception of pressure on jobs and welfare services.

Economic Discontent

- After the **2008 financial crisis**:
- Stagnant wages.
- Rising inequality.
- Austerity measures weakened public services.

Rise of Populism

- Anti-establishment sentiments fueled dissatisfaction with mainstream politics.

Imperial Nostalgia

- Belief that Britain could revive global influence through independent trade relations.

Way Forward

Rebuild Relations with the EU

- Enhance cooperation in trade and security.
- Reduce regulatory barriers.

Address Structural Economic Issues

- Invest in infrastructure.
- Improve productivity.
- Strengthen public services.

Moderate Political Polarisation

- Encourage centrist consensus and social cohesion.

Reform Immigration Policies

- Balance labour market needs with social integration.

Define a New Global Role

- Strengthen ties with Indo-Pacific countries and emerging economies.

Conclusion

Brexit is not the first time the UK has voted for independence; there has already been another referendum before in 1975. In ten years, it will be clear whether Britain has found a political and economic way out. So far, however, the UK has gained sovereignty but lost the promised economic growth and stability.

5. Rakhigarhi Skeletons Undergo DNA Analysis & Facial Reconstruction

Why in the News?

The Archaeological Survey of India (ASI) has sent nearly 5,000-year-old skeletons excavated from Rakhigarhi, Haryana, for DNA analysis and facial reconstruction to gain insights into the people of the Harappan Civilisation.

Highlights

Five skeletons recovered:

- 3 females and 2 males (preliminary assessment).
- Estimated age: 30-40 years.



Scientific Institutions Involved:

- Anthropological Survey of India (AnSI), Kolkata: Anthropological study and facial reconstruction.
- Birbal Sahni Institute of Palaeosciences (BSIP), Lucknow: Ancient DNA analysis.

About Rakhigarhi

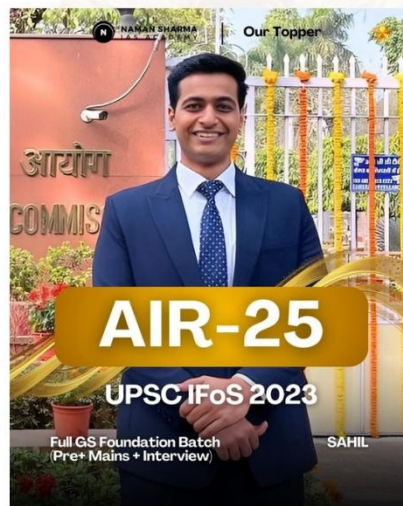
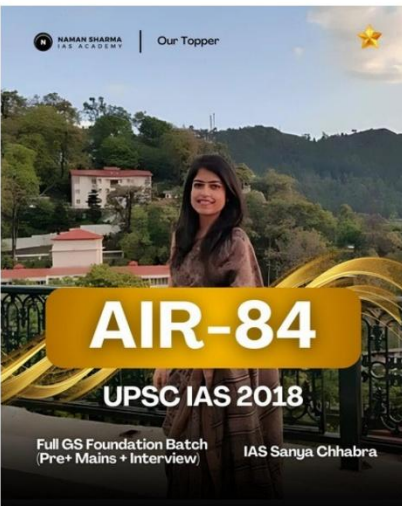
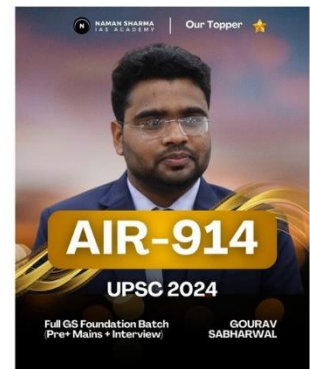
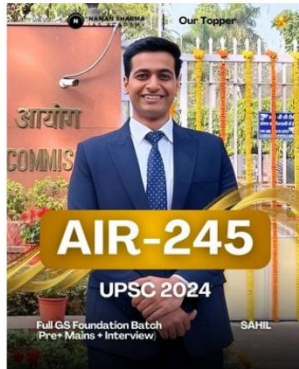
- Located in the Hisar district, Haryana.
- The largest known site of the Indus Valley (Harappan) Civilization.
- Flourished during 2600-1900 BCE (Mature Harappan Phase).
- Known for planned urban settlement, Drainage system, Granaries, Cemetery remains, and Craft production

Objectives of the Study:

- Determine ancestry and genetic profile.
- Identify the cause of death and possible diseases.
- Reconstruct facial features and physical appearance.
- Estimate height, lifestyle, and social status.
- Reconstruct the palaeo-environment of the Harappan period.
- Three additional disturbed burials with fragmentary remains were also discovered at Mound No. 7, the site's ancient cemetery.



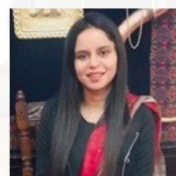
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