

Defence (7)

• **Exercise NOMADIC ELEPHANT 2026 — India and Mongolia**

Body: **Exercise:** NOMADIC ELEPHANT, 18th edition — India and Mongolia, bilateral

Dates: 21 September to 3 October 2026

Venue: Foreign Training Node, Pithoragarh, Uttarakhand

Participation: 45 personnel from each side; platoon level

Previous edition: Ulaanbaatar, Mongolia, May–June 2025; the exercise alternates between the two countries

First held: 2004, at the Peace Support Training Centre, Terelj, Mongolia; second edition 2005 at Vairengte, Mizoram

Aim: counter-insurgency operations in semi-urban and mountainous terrain under the United Nations mandate

Curriculum: cordon and search, room intervention drills, special heliborne operations, cyber security, drones and counter-drone systems

Cordon and search: outer cordon seals, inner cordon contains, search party clears

Do not confuse: KHAAN QUEST is multinational, hosted by Mongolia, focused on UN peacekeeping

Army structure: section 10–12 → platoon about 30 → company about 120 → battalion 900–1,000

India–Mongolia: diplomatic relations 1955; India supported UN membership 1961; Strategic Partnership declared during PM's visit of 16–18 May 2015

Exam hook: **Economic:** USD 1 billion line of credit for infrastructure (2015); about USD 1.7 billion line of credit for the oil refinery project

• **Auxiliary Power Units for T-72 and T-90 Tanks**

Body: **Contract:** Rs 586 crore, signed 21 September 2026, New Delhi, in the presence of Defence Secretary Rajesh Kumar Singh

Vendor: Accurate Industrial Controls Private Limited — a private company, not a DPSU

Item: Auxiliary Power Units for T-72 and T-90 tanks

Function: alternate source of electrical power for the fire control system, firing circuit, gun stabilisation system and other ancillaries

Silent watch: main engine off, sensors and systems running on APU power

Four gains from an APU: fuel economy, reduced main-engine wear from idling, lower acoustic and thermal signature, reduced crew fatigue

Gun stabilisation: gyroscopes sense hull motion; servos counter-move the gun in elevation and the turret in azimuth; enables accurate fire on the move; requires continuous power

Procurement route: Make-II — **industry funded**, no government funding for prototype development, aimed at import substitution and innovative solutions

Make-I contrast: government funded, up to 70 per cent of prototype development cost (reduced from 90 per cent), ceiling Rs 250 crore per Development Agency

Fleet: T-72 in service since the 1980s; T-90S licence-produced at Heavy Vehicles Factory, Avadi

Exam hook: **Framing:** indigenisation of critical sub-systems of armoured platforms; Aatmanirbharta in defence

• **SAT-SAAW Contract with Bharat Dynamics Limited**

Body: **The contract:** Rs 810.79 crore, signed 23 September 2026 at New Delhi, in the presence of Defence Secretary Rajesh Kumar Singh

Vendor: Bharat Dynamics Limited (BDL), a DPSU specialising in missiles and guided weapons

Designer: DRDO

Item: 160 Satellite Smart Anti Airfield Weapons (SAT-SAAW) with associated equipment, for the Indian Air Force

Category: Buy (Indian – Indigenously Designed, Developed and Manufactured)

Indigenous content: 60 per cent

Sub-systems indigenised: inertial measurement unit, long impact delay fuse, twin store carrier

Launch platforms: Jaguar, Hawk, Su-30 MKI

Delivery: 2027–28 to 2028–29

Glide bomb: wings but **no engine**; trades altitude for forward distance; range depends on release altitude and speed

"Satellite" in the name: satellite navigation guidance to a pre-loaded coordinate

Stand-off range: release from outside the defended envelope around the target

Inertial measurement unit: accelerometers and gyroscopes; needs no external signal, so it continues guidance if satellite navigation is jammed or spoofed

Long impact delay fuse: penetrates before detonating, damaging the runway sub-base rather than only the surface

Twin store carrier: allows one hardpoint to carry two weapons, doubling aimpoints per sortie

DAP priority order: Buy (Indian-IDDM) → Buy (Indian) → Buy and Make (Indian) → Buy (Global – Manufacture in India) → Buy (Global)

Buy (Indian-IDDM) minimum indigenous content: 50 per cent, with Indian design required

Exam hook: **Make versus Buy:** Make categories concern who funds development (Make-I government-funded, Make-II industry-funded); Buy categories concern the source of the finished product

• **Exercise VARUNA 2026 — 24th Edition at Toulon**

Body: **The event:** INS Trishul arrived at **Toulon, France**, on 22

September 2026 for the **24th edition** of Exercise **VARUNA**

Participants: Indian Navy and French Navy — bilateral

Origin: India-France bilateral maritime exercises since **May 1993**; series named **VARUNA in 2001**

The name: Varuna, the Vedic god of the waters

23rd edition: Arabian Sea, March 2025 — the venue alternates between the two countries

Structure: harbour phase (professional engagements, cross-deck visits) and sea phase

France in the Indian Ocean: holds **Réunion** and **Mayotte** as part of France, with resident citizens and an exclusive economic zone; maintains a standing military presence; member of the **Indian Ocean Commission**

Strategic Partnership: established **1998**, immediately after India's nuclear tests

Reciprocal logistics support agreement: signed **2018** — mutual access to each other's bases for refuelling, replenishment and repair

Shared platforms: **Rafale** and **Rafale-M** aircraft; **Scorpène-class** submarines under **Project 75** at Mazagon Dock

India-France exercises by service: **Varuna** navies, **Garuda** air forces, **Shakti** armies

Do not confuse: INDRA (Russia), SLINEX (Sri Lanka), SIMBEX (Singapore), Konkan (United Kingdom), AUSINDEX (Australia), Malabar (multilateral — India, US, Japan, Australia), MILAN (multinational, hosted by India)

Exam hook: **INS Trishul:** Talwar-class guided missile frigate, commissioned 2003

• First Ascent Expedition — 20 Unclimbed Peaks in Ladakh

Body: The event: 25 September 2026 — Raksha Mantri **Rajnath Singh** flagged in the **First Ascent Expedition** at Kartavya Bhavan-2, New Delhi
The achievement: 20 previously unclimbed peaks above 6,000 metres, summited in 23 days

Where: the **Chamser-Lungser**, **Gyama Nala** and **Chokula** areas of the **Ladakh Range** — first recorded summits

The team: 20 climbers from **NIMAS**, **Dirang**, led by **Col Ranveer Singh Jamwal**

First ascent: the first documented successful climb of a peak by any route — distinct from a new route, a first winter ascent or a first solo

Why unclimbed 6,000ers remain: sheer number of such peaks; remote approaches; access and permission in frontier areas; and no reputational return for commercial expeditions

Altitude: above about 5,500 m atmospheric pressure is roughly **half** sea level; the **proportion** of oxygen stays about **21 per cent**, but **partial pressure** falls

Acclimatisation: faster and deeper breathing and raised heart rate within hours; **erythropoietin**-driven red blood cell increase over days and weeks

Altitude illnesses: **AMS**, **HAPE** (pulmonary oedema), **HACE** (cerebral oedema); definitive treatment for severe forms is **descent**; rule of thumb **climb high, sleep low**

NIMAS: **Dirang**, **Arunachal Pradesh**, under the **Ministry of Defence**; covers land, air and water adventure sports

HMI: **Darjeeling**, **West Bengal**, established **1954**; **Tenzing Norgay** its first Director of Field Training

NIM: **Uttarkashi**, **Uttarakhand**

JIM: **Pahalgam**, **Jammu** and **Kashmir**

High Altitude Warfare School: **Gulmarg**

Exam hook: **Why the forces do it:** terrain competence, selection and development under consequence, knowledge of the ground, and inspiration

• Tarang Shakti 2026 — Multinational Air Exercise at Jodhpur

Body: Exercise: **Tarang Shakti 2026**, theme "**Power in Partnership**"

Dates and venue: **26 September to 12 October 2026**, **Air Force Station Jodhpur**; operational phase commenced 27 September

Participating Friendly Foreign Countries (7): **Australia**, **USA**, **UAE**, **France**, **Germany**, **Sri Lanka**, **Bangladesh**; others as **observers**

Foreign aircraft: **F-35 Lightning II**, **Rafale**, **F-16**, **A400M**, **MRTT**, **C-130**, **C-130J**, **KC-30A**

Inaugural edition: **Tarang Shakti 2024** — India's **first and largest** multinational air exercise; two phases, **Sulur (Tamil Nadu)** and **Jodhpur (Rajasthan)**; about **150 aircraft**; **51 countries invited**, **10 with assets**, **18 observers**

Cadence: **biennial**

Fifth-generation fighter features: **low observability (stealth)**, **sensor fusion**, networked data sharing — the **F-35** is fifth-generation; the **IAF** operates fourth and 4.5-generation types (**Su-30 MKI**, **Rafale**, **Mirage 2000**, **MiG-29**, **Tejas**)

Air-to-air refuelling aircraft here: **MRTT** (**Multi-Role Tanker Transport**) and **KC-30A**; tankers convert combat radius, and cross-national refuelling cannot be improvised

Airlifters: **A400M**, **C-130J**

What the exercise trains: advanced joint training, interoperability, mission planning across nations, **operating philosophies**, and **aerospace safety** in mixed airspace

Hosting vs participating: hosting demands ramp space, fuel, ordnance handling, ranges, airspace, radar and ATC for a mixed package, maintenance, and diplomatic and customs clearance — an infrastructure and staff-work demonstration

Guest-list logic: **Australia**, **USA**, **France** as strategic partners; **Germany** reflecting European Indo-Pacific interest; **Sri Lanka and Bangladesh** as neighbourhood capacity-building

Side activities: seminar, **industrial tour** (defence-export purpose), heritage tours, yoga, **Sekhon Marathon**

Exam hook: **Flying Officer Nirmal Jit Singh Sekhon:** the **only IAF officer awarded the Param Vir Chakra**, posthumously, for action over **Srinagar on 14 December 1971** flying a **Gnat**

• ADMM-Plus Maritime Security Activity at Subic Bay

Body: The activity: **23rd ADMM-Plus Experts' Working Group on Maritime Security Joint Cooperation Activity (EWG-MS JCA)**, **Subic Bay, Philippines**

Dates: commenced **21 September 2026** at **Naval Operating Base Subic**; closing ceremony **25 September 2026**

Hosted by: the **Philippine Navy**; co-chaired by **Japan**

Indian ships: **INS Sahyadri** (**Shivalik-class stealth frigate**, **Mazagon Dock**) and **INS Kulish** (**Kora-class missile corvette**, **GRSE Kolkata**)

ADMM: **ASEAN Defence Ministers' Meeting** — the **ASEAN member states' defence ministers**

ADMM-Plus: **ASEAN plus eight Dialogue Partners** — **Australia**, **China**, **India**, **Japan**, **New Zealand**, **Republic of Korea**, **Russia**, **United States**; **inaugurated 12 October 2010**

Seven Experts' Working Groups: **Maritime Security**, **Counter-Terrorism**, **Humanitarian Assistance and Disaster Relief**, **Peacekeeping Operations**, **Military Medicine**, **Humanitarian Mine Action**, **Cyber Security**

EWG co-chairing: one **ASEAN member** and one **Plus country**, on a **three-year cycle**

Sea phase serials: search and rescue, hydrographic survey, casualty and medical evacuation, deck landing qualification, assistance to vessels aground — **all non-warfighting**

Why no combat serials: the forum includes both **China** and the **United States**, and states with live maritime disputes; no warfighting scenario is acceptable to all participants

Harbour phase: **Subject Matter Expert Exchanges on Peace and Security**; **ASEAN Navy Chiefs' Meeting and Guidelines for Maritime Interaction (ANCM-GMI)**; **Senior Enlisted Leadership**; **Marine Environmental Protection**

Tabletop Exercise: a discussion-based rehearsal around a map or plan, where disagreements surface before ships are committed

Pre-Sail Conference: fixes frequencies, callsigns, formations and emergency actions before the sea phase

Indian framing: **Act East Policy** and **MAHASAGAR** — **Mutual and Holistic Advancement for Security and Growth Across Regions**

Exam hook: **Bilateral vs multilateral:** bilateral exercises can go as high-end as the two navies choose; inclusive multilateral activity is limited to what all participants accept, and delivers **presence and normalisation**

Environment (1)

• Project Rhino and World Rhino Day

Body: The announcement: 22 September 2026, **World Rhino Day** — the Prime Minister announced that **Project Rhino** has been initiated

Mandate: financial and technical support to range states for protection, habitat management, genetic improvement and understanding population dynamics

World Rhino Day: 22 September, covering all five species

Five species: white and black (**Africa**); greater one-horned, Javan, Sumatran (**Asia**). One horn — **Indian** and **Javan**; two horns — **white**, **black**, **Sumatran**

Species: ***Rhinoceros unicornis***, greater one-horned rhinoceros; **IUCN Vulnerable**; **Schedule I**, **Wild Life (Protection) Act, 1972**; trade controlled under **CITES**

Horn: keratin, the protein in hair and nails — not bone, not ivory

Global population: about 4,075; India about 3,323; Nepal about 752

Assam: about 3,260 — close to 80 per cent of the world total

Kaziranga: more than 2,600 — largest single stronghold

Pobitora: highest density of one-horned rhino

Manas: **National Park** and **UNESCO World Heritage Site**; restocked after losing its wildlife

Indian Rhino Vision 2020: launched 2005; target of at least 3,000 wild rhinos across seven protected areas in **Assam**

The seven: **Kaziranga**, **Pobitora**, **Orang**, **Manas**, **Laokhowa**, **Burachapori**, **Dibru-Saikhowa**

Dudhwa, Uttar Pradesh: four rhinos moved into fully wild grassland in **March 2026**, taking the free-ranging population to eight

Poaching: **Assam** recorded zero incidents in 2025, about 86 per cent down since 2016

The structural risk: concentration — disease, flood or a single sustained poaching campaign reaches most of the species at once

Exam hook: **Project series:** **Project Tiger 1973**, **Project Elephant 1992**, **Project Snow Leopard 2009**, **Project Dolphin**, **Project Lion**, **Project Rhino 2026**

Sci/Tech (5)

• 9th Molecular Virology Meeting at BRIC-NII

Body: **The meeting:** 9th Molecular Virology Meeting (MVM 2026), concluded 18 September 2026 at BRIC-NII, New Delhi; about 200 participants; initiated 2009

Keynote: Dr Naveen Kumar, Director, ICMR-National Institute of Virology, Pune — **"Flip the Switch: Host Factors That Block or Boost Viruses"**

Supported by: ICGEB and the Regional Centre for Biotechnology; seven scientific sessions

Panel: **"Future of Virology Research and its Contribution in BioE3 Policy: Advancing Towards Viksit Bharat"**, moderated by Dr Nimesh Gupta

A virus: genetic material (DNA or RNA) in a protein coat, sometimes enveloped; no ribosomes, no metabolism; replicates only inside a host cell

Host factors: proviral factors the virus needs; antiviral or restriction factors the cell uses to block it

Host-directed antivirals: resistance is harder to acquire and one drug may cover several viruses, but toxicity risk is higher than for virus-directed drugs

Viruses on the programme: influenza, dengue, chikungunya, HIV, hepatitis E, West Nile virus, coronaviruses, respiratory syncytial virus

Antigenic drift: gradual mutation, hence annual reformulation of the influenza vaccine

Antigenic shift: abrupt reassortment of gene segments, the mechanism behind pandemics

Dengue: four serotypes; antibody-dependent enhancement makes a second infection with a different serotype potentially worse

Platform technology: separates delivery system from pathogen-specific content — validate once, swap the sequence; mRNA and viral-vector vaccines

BRIC: Biotechnology Research and Innovation Council, Society registered November 2023 under DBT, subsuming 14 autonomous institutes including NII

ICGEB: intergovernmental organisation, established 1983, autonomous since 1994, 60+ member states; components at Trieste, New Delhi and Cape Town — **not** a DBT institute

Exam hook: ICMR-NIV: National Institute of Virology, Pune, under ICMR

• ePlane, the TDB and the RDI Fund

Body: **The approval:** 23 September 2026 — Technology Development Board (TDB), Department of Science and Technology, approved **Rs 285 crore** to **Ubifly Technologies Private Limited**, Chennai

Total project cost: Rs 570 crore; **TDB Secretary:** Rajesh Kumar Pathak
Fund: the Research Development and Innovation (RDI) Fund, the government's Rs 1 lakh crore corpus

Instrument: Optionally Convertible Debentures — debt that may later be converted to equity; shares risk without transferring control

Purpose: take the indigenous ePlane from **TRL-6 to TRL-9**; categorised under Deep Technology

The aircraft — e200X: three-seater (one pilot, two passengers), zero-emission, targeted range **110 km**, ideal speed **160 kmph**

Distinctive feature: landing gear for **both conventional and vertical** landing

Indigenous elements: vertical rotors, forward propellers, flight-control algorithms, power-distribution controllers, battery-pack modules with integrated cooling; complete airframe designed in house

TRL scale: developed by NASA in the 1970s, runs **1 to 9**

TRL 1 basic principles observed · **TRL 2** concept formulated · **TRL 3** proof of concept · **TRL 4** component validation in a **laboratory** environment · **TRL 5** component validation in a **relevant** environment ·

TRL 6 prototype demonstrated in a **relevant** environment · **TRL 7** prototype demonstrated in an **operational** environment · **TRL 8** system completed and qualified · **TRL 9** system proven in operations

The valley of death: TRL 6 to 9 — too applied for a research grant, too unproven for commercial finance; the work shifts from making it function to qualifying it

Why VTOL costs energy: hovering needs rotor lift equal to full aircraft weight with no help from forward motion; a wing produces lift from airspeed far more efficiently

Flight-control algorithms: a multi-rotor aircraft is aerodynamically unstable and is flown by a computer adjusting rotor speeds continuously

Exam hook: Battery thermal management: a safety system against cell degradation and thermal runaway, not merely an efficiency measure

• DRDO, TDF and a 20 Millikelvin Dilution Refrigerator

Body: **The agreement:** 24 September 2026 — DRDO's **first high-value deep-tech project agreement with a start-up** under the **Technology Development Fund (TDF)** scheme

Partner: Zero mK India Private Limited, **Alwar, Rajasthan**

Item: indigenous **20 millikelvin dilution refrigerator** for quantum applications

Corpus: first high-value agreement under the **Rs 500 crore** deep-tech corpus approved by Raksha Mantri Rajnath Singh

Mentoring: Director, **Solid State Physics Laboratory (SSPL)** and team; Defence Secretary and Chairman DRDO **Rajesh Kumar Singh**

Temperature scale: room temperature about **300 K**; liquid nitrogen **77 K**; liquid helium **4.2 K**; cosmic microwave background **2.7 K**; target **0.02 K (20 mK)**

Evaporative cooling floor: about **1 K** pumping on helium-4; about **0.3 K** pumping on helium-3

Phase separation: below about **870 mK**, a helium-3/helium-4 mixture separates into a **concentrated phase** (nearly pure He-3) and a **dilute phase** (He-4 with about **6.6 per cent** He-3)

The cooling mechanism: moving He-3 across the phase boundary into the dilute phase absorbs heat, like evaporation — and does **not** shut down at low temperature, because the dilute phase retains about 6.6 per cent He-3 however cold it gets

Components: **mixing chamber** (final cooling), **still** (He-3 distilled out at about 0.7 K), **heat exchangers**, and a **pulse-tube cryocooler** for the stage from 300 K to about 3 K

Why qubits need it: thermal energy of order **kT** must be far smaller than the qubit's energy splitting; superconducting qubits work at about **10–20 mK**; superconductivity itself also requires low temperature

Decoherence: loss of quantum state through interaction with the environment; cooling buys **coherence time** rather than eliminating decoherence

Strategic point: reduces dependence on **imported cryogenic infrastructure**; helium-3 is scarce, produced largely from tritium decay

Exam hook: TDF: DRDO scheme funding Indian industry, especially **MSMEs and start-ups**, to develop technologies not available domestically — **development funding, not procurement**

• Agnibaan RLV and Agnikul Cosmos

Body: **The agreement:** 25 September 2026 — TDB, Department of Science and Technology, with **Agnikul Cosmos Private Limited**, Chennai
Amount: **Rs 200 crore** under the **Research Development and Innovation (RDI) Fund**, through **Optionally Convertible Debentures**

Objective: develop the **Agnibaan RLV**, moving from **TRL-4 and above** towards **TRL-8**

Ambition: beyond recovering only the first stage — towards **full-system reusability**, including a reusable upper stage with descent propulsion

Why the upper stage is harder: it returns from **orbital velocity**, about **7.8 km/s** in low Earth orbit; kinetic energy scales with the **square** of velocity, so re-entry heating is far more severe, requiring a **thermal protection system** and imposing a heavy mass penalty

Restart: an engine must relight in vacuum after shutdown — needing ignition after cold-soak, propellant settling in microgravity, and tolerance of thermal cycling

Deep throttling: an engine sized for a fully fuelled lift-off must produce a small fraction of rated thrust to land a nearly empty stage; combustion becomes unstable far below the design point

Cryogenic vs semi-cryogenic: cryogenic uses liquid hydrogen with liquid oxygen (highest performance, hardest handling); **semi-cryogenic** uses a **cryogenic oxidiser with a non-cryogenic fuel** — liquid oxygen with refined kerosene — denser, storable and easier to handle

Agnibaan SOrTeD: flew **30 May 2024** from Sriharikota; about **6.2 m**, **575 kg**, thrust about **6.2 kN**, burn **70 seconds**, propellants **LOX and aviation turbine fuel**

Three firsts on that flight: world's first **single-piece 3D-printed rocket engine** (Agnilet); **India's first semi-cryogenic engine flight**; launch from 'Dhanush', India's first privately developed launchpad

Agnikul: incubated at **IIT Madras**

ISRO's RLV-TD: winged vehicle **Pushpak**; **LEX-03** on **23 June 2024**, released from an **IAF Chinook** at about **4.5 km**, autonomous runway

landing above **320 km/h**, decelerated by brake parachute and landing-gear brakes

Two approaches: winged runway landing (Pushpak) versus propulsive descent landing (Agnibaan RLV)

Exam hook: Debris argument: spent upper stages are major debris objects; the cascading collision process is the **Kessler syndrome**

• India's First Port-Based e-Methanol Plant at Kandla

Body: The event: 26 September 2026 — foundation stone for **India's first port-based e-methanol plant** at **Deendayal Port Authority, Kandla, Gandhidham, Gujarat**

Present: Gujarat CM **Bhupendra Patel**, Union MoPSW Minister

Sarbananda Sonowal, Assam CM **Dr Himanta Biswa Sarma**

Partners: DPA and **Assam Petro-Chemicals Limited (APCL)**, Namrup — capital ratio **76:24**

Capacity and cost: **150 tonnes per day**; total **Rs 2,300 crore** — Phase I **50 tpd / Rs 1,200 crore** by **January 2027**, Phase II **+100 tpd / Rs 1,100 crore** by **March 2027**

DPA's contribution: **Rs 567.32 crore** equity, **75 acres** of land, desalinated water, renewable energy as green hydrogen

Jobs: more than **3,500** direct and indirect

Cost claim: **US\$750 per tonne** against a global rate of about **US\$1,300 per tonne**

Target traffic: vessels on the **Asia-Europe International Trade Corridor**

Methanol: **CH₃OH**, the simplest alcohol; conventional methanol uses fossil carbon from natural gas or coal

Green methanol families: **bio-methanol** (from biomass) and **e-methanol** (green hydrogen + CO₂)

Feedstock here: renewable power, water and **biogenic CO₂**

Biogenic vs fossil CO₂: biogenic carbon was recently absorbed from the atmosphere, so the cycle approximately closes; fossil-sourced carbon only delays the emission

Why shipping wants methanol: it is a **liquid at ambient temperature and pressure**, so storage, pumping and bunkering use largely existing infrastructure — near **drop-in**; dual-fuel engines are available

The penalty: roughly **half** the energy per litre of conventional marine fuel oil, so about twice the tank volume

Alternatives: **liquid hydrogen** needs cryogenic storage around **20 K**; **ammonia** is carbon-free but **toxic** and lacks port handling at scale

Regulator: the **International Maritime Organization (IMO)**, UN specialised agency for shipping, headquartered at **London**; international shipping falls outside national emissions inventories

IMO trajectory: substantial **carbon intensity** reduction by 2030 and **net zero from international shipping** by around 2050

Scale check: 150 tpd is about **55,000 tonnes a year**; replacing all marine fuel by 2050 would need over **540 million tonnes a year** of green methanol

Exam hook: The geographic point: the twelve largest bunkering hubs handle about **40 per cent** of world bunkering, while much green methanol capacity is far from them — producing at the port removes a transport leg

Culture/Sport (1)

• Kabaddi Double Gold at the 2026 Asian Games

Body: 2026 Asian Games: India's **men's team** beat **Iran** for gold, becoming **nine-time champions**; the **women's team** also beat **Iran** for gold, taking India's overall tally past **100** medals

Asian Games debut: 1990, Beijing — six teams (India, Bangladesh, Pakistan, China, Japan, Nepal) in round-robin; India undefeated

Women's event introduced: 2010

India's men's record: nine of ten golds since 1990, including **seven** successive golds before 2018

2018 Jakarta: Iran won **both** titles — beat India in the men's **semi-final** (India finished **fourth**) and the women's final **27-24**

Women's record: gold in every edition except 2018

Team size: seven players a side

The raid: a single **raider** enters the opposition half to touch **antis** (defenders) and return across the **midline**; must maintain the **cant** — a continuous chant on **one breath**; raid limited to **30 seconds**

Lona: bonus points when a team's entire side is out

Distinctive features: requires **no equipment**; the breath-held chant makes it a test of **anaerobic capacity** under physical pressure

Pro Kabaddi League: launched **2014**; professionalised the sport and brought foreign players, notably Iranians, into Indian franchises

Domestic federation: **Amateur Kabaddi Federation of India (AKFI)**, founded **1950**

International body: **International Kabaddi Federation**

Olympics: appeared at the **1936 Berlin Olympics** as a **demonstration** sport — never a medal event

Obstacle to Olympic inclusion: competitive strength concentrated in South and West Asia; inclusion needs cross-continental participation

Exam hook: Why it suits service training: explosive movement, grappling strength, breath control, spatial awareness, rapid decisions in a team, and no equipment