

Retail inflation eases to a four-month low of 4.87% in October

Vegetable price rise decelerates to 2.7%; overall consumer food price inflation remains unchanged; inflation faced by rural consumers is 5.1%

Vikas Dhoot
NEW DELHI

India's retail inflation pace eased to a four-month low of 4.87% in October from a tad over 5% in September, with the rise in vegetables prices easing to 2.7% from 3.4%, though overall consumer food price inflation remained virtually unchanged at 6.6%.

While base effects from last October, when retail prices surged 6.8%, helped cool the headline inflation rate, some deceleration was also seen in prices of non-food items such as services, clothing and footwear as well as fuel and light.

Aided by the LPG cylinder

Inflation eases

India's retail inflation eased to a four-month low of 4.87% in October from 5.02% in September



der price cuts, fuel and light costs dropped 0.4% from last October's levels.

Rural, urban inflation

Inflation faced by rural consumers eased from 5.33% in September to 5.1%, but urban households saw a fractional in-

crease in inflation at 4.65%. On a month-on-month basis, consumer prices were up 0.65%, while food prices were up 1.06%, with urban food prices rising 1.14%.

CONTINUED ON
» PAGE 10

Inflation :- Price changed of Goods & Services.

⊗ Consumer Price Index
Wholesale Price Index.

CPI

WPI

• Retail Buyer

• Wholesale

• Goods & Services

• Goods only

• National Statistical office.

• Published by Office of Eco. Advisor

• Base year 2012

• 2011-12.

⊗ Not :- In 2014

RBI CPI as key

measure

Prelims

⊗ Inflation Targetting Done by RBI.

↳ monetary policy.

⊗ Idea :- To Reduce money supply.

⊗ Ideal Inflation :- 4% $\left[\begin{matrix} \text{window } 2\% \text{ to } 6\% \\ \pm 2 \end{matrix} \right]$

⊗ MPC → Statutory body, 6 member

↳ Tools → { RR, RRR, SLR, CRR etc. }

Main

Relation b/w Growth & Inflation.

Enhancing representation, for a just electoral system

An Indian Member of Parliament (MP) is said to represent 2.5 million citizens on average. In comparison, a U.S. House of Representatives member typically represents approximately 700,000 citizens. Similarly, in Pakistan, a member of the National Assembly is a representative of approximately 6,00,000 citizens, while the ratio in Bangladesh is closer to approximately 5,50,000 citizens. In this year so far, India had around 4,126 Members of the Legislative Assembly, 54 Lok Sabha MPs and 245 Rajya Sabha MPs. There are far too few parliamentarians/Assembly members responsible for citizens welfare in India. Limited representation, in a democratic setup, seems to be our default preference.



Feroze Khan Gandhi is a Member of Parliament, representing the Pilibhit constituency for the Bharatiya Janata Party

results periodically published by 2026), there is a window to conduct delimitation earlier. However, unleashing delimitation will have its consequences. Between 1971 and 2011, Rajasthan and Kerala, at 25 million and 21 million in population in 1971, respectively, have seen a widening to 65 million and 33 million, respectively. Similarly, in the 2019 elections, each MP from Uttar Pradesh represented approximately three million voters, while an MP from Lakshadweep represented about 55,000 voters. Assuming the number of parliamentary seats goes up to 752 seats, States such as Tamil Nadu, Andhra Pradesh, Telangana and Kerala might see an increase in seats of about 6%, with Karnataka potentially seeing an 11% rise. Meanwhile, northern States such as Uttar Pradesh, Bihar, Madhya Pradesh, and Rajasthan would see their seats rise by 63%. Delimitation, in its historical form, would engender a bias towards a Hindi-speaking northern population while enabling select national parties to rise to power. States which have performed well in reducing their population growth, such as Tamil Nadu and Kerala, may be punished. Delimitation is inevitable, but its deleterious consequences can be minimised. First, the number of seats in Parliament needs to increase significantly (at least around 800 seats to avoid any State losing seats), helping to enhance democratic representation ratios. Delimitation should not be driven only by factors based on population. Geographical determinism, economic productivity, linguistic history, and a sense of fairness should also play a part. In simpler terms, Sikkin's voice must also be heard in Parliament even if Bihar has a greater population. The fiscal impact of delimitation on future transfers to States will also need to be rethought.

Promoting federalism
Beyond this, our electoral system must be reformed. Federalism needs to be promoted (past decades of centralisation that have impacted Centre-State relations, and we need to give States a better voice and a platform to represent their interests.

The Rajya Sabha can play this role; however, it is currently elected by State legislatures, giving disproportionately more representation to larger/more populous States. Constitutional reform can be pursued to give each State the same number of Rajya Sabha MPs. At the same time, direct elections for Rajya Sabha MPs should be promoted while ensuring that a domicile requirement is added and stringently adhered to. Proportional representation can also be considered, especially for the Lok Sabha and State Assembly elections. In Australia, lower-house elections have voters rank candidates on an alternative preference ballot – if a candidate does not win a majority of votes in

the first round, the weakest candidate is eliminated, with their votes redistributed to the next preferred candidate. This goes on until there is a clear majority behind a candidate. In France, a double ballot system is conducted for National Assembly elections: if no candidate wins in the first round, the second round sees only candidates with over 18th of total votes in the prior round competing. India's first past the post system may ensure quicker election results. But still, it does ensure that a legislator often represents a constituency without a majority of votes.

Having more States
We need more States as well. The largest State (highest resident population) in the United States, California, has a population of just 39 million, with the average State having a population of about five to six million. Around 22 Indian States/Territories have a population higher than that. The States Reorganisation Commission was set up in 1953, creating nearly 14 Linguistic States and six Union Territories. There is potential for India to have more States (moving up from 29 to say 50 or even 75 States); for example, a State such as Uttar Pradesh, is simply too big to be governed well as a single unit. A concern about North Indian or large States dominating the polity would be alleviated if we had more and smaller sized States. A New State Reorganisation Commission may be set up after the next election to evaluate the socio-economic and administrative viability of select to-be States (for example, Haryana, Gujarat, Jharkhand, Jammu, Karu Nadu, Kongu Nadu, Mithila, Saurashtra, Tulu Nadu and Vidarbha). We have enough linguistic States – States must be split up/redesigned to enhance administrative efficiency and democratic accountability.

India has 8,000-plus urban settlements, but the number of mayors remains in the low hundreds. Every Census town may have a fixed-tenure mayor elected in direct elections. Direct elections could enhance democratic representation while improving efficiency in urban governance. Such mayors must also be empowered, with decision-making ability over critical functions – for example, urban planning, water supply, fire, land use regulations and slum improvement), as outlined in the Constitution (74th Amendment) Act. Select States such as Bihar and Rajasthan must be pushed to loosen their grip on city-level authorities/functions. Enhancing local democratic representation will help strengthen India's democracy. Such measures might help alleviate the concerns of citizens in varied parts of India and to enhance its democracy. Any child from the northeast or south of India could aspire to become a Prime Minister. One hopes our policymakers have the wisdom to ensure a just electoral system.

Summary → Fresh Delimitation
↳ Seats Increase in LS
↳ Equal Seats for State in RS.
Should move Towards PR.

Challenges →
⊗ Pnsus (2026)
⊗ Increased Seat Southern States
Concern

Fact →
⊗ Seats frozen by 42nd C.A.
↳ Censuses 1971 & 4th C.A. Increased
Freeze till 2026.

PR → will lead to Instability
↳ lack of clear majority.

↳ India follows First Past the Post system.

Issues →
→ Census Delay, Importance of Census in Policy.
→ Women Reservation, Fresh Delimitation.
→ Electoral Reforms.

Think →
↳ Now how many times Delimitation Commission est.?

Remission of diabetes, desirable, but not essential

Summary } Silent Bomb
↓
Diabetes.

The concept of a reversal of diabetes has become very popular recently. Several commercial organisations have jumped on the bandwagon of a 'reversal of diabetes' and are making tall claims. Therefore, it is important to consider the pros and cons of a reversal of diabetes.

First, the term 'reversal' of diabetes is scientifically incorrect; the appropriate term is 'remission' of diabetes. Reversal implies that the condition has permanently reverted to normal and a cure has been achieved. 'Remission' implies that diabetes has only gone away temporarily. We know for instance that cancer can go into remission, but can come back in a more virulent form.

Remission and type 2 diabetes
Diabetes is not a single condition but consists of several types. When we talk of remission of diabetes, we are referring most often to type 2 diabetes. However, there are other forms of diabetes such as type 1 diabetes where long-term remission is very unlikely to occur.

Can everyone with type 2 achieve remission? Some diabetes reversal programmes claim that they can reverse type 2 diabetes at any stage of the disorder. This is not true.

There are certain individuals with type 2 diabetes who are more likely to achieve remission. This can be identified by the letters ABCDE. A refers to A1c (glycated haemoglobin) which should not be very high; B refers to Body Mass Index (BMI) or body weight. If it is high, you are more likely to achieve remission due to weight loss; C stands for C-Peptide, a measure of insulin secretion. If it is good, you can achieve



Dr. V. Mohan
is Chairman,
Dr. Mohan's Diabetes
Specialities Centre
and the Madras
Diabetes Research
Foundation, Chennai

remission more easily; D stands for Duration of diabetes; the shorter the duration, the greater the chances of remission; and E stands for an Enthusiastic individual who is keen to achieve remission.

One should remember that even if one achieves remission of diabetes only for a few months or years, it is still worthwhile because it leads to a good 'legacy effect' which provides protection from complications caused by diabetes.

What about those who cannot achieve remission? Should they be disheartened? Definitely not. Indeed, in my experience, the majority of people with type 2 diabetes would find it difficult to achieve long-term remission of their diabetes. Even among those who do so, in the majority of cases, diabetes returns after a few months; the severity of the diabetes is often much worse than when it was before the person went into remission.

Leading a long and healthy life
I would like to reassure people who do not achieve remission that nothing is lost. My experience over the last four to five decades has taught me that all that is needed to have a long and healthy life despite diabetes is to follow another set of ABCD-linked mantras: A: A1c or glycated haemoglobin should be below 7% (or if possible even below 6.5%); B: Blood Pressure should be less than 130/80 mm/Hg, or as appropriate for the age; C: Cholesterol (LDL cholesterol) should be less than 50 mg/dl or at least below 70mg/dl.; D: Discipline which includes healthy diet, exercise and frequent check-ups with your diabetologist.

We were among the first to show that if ABCD is maintained, people with diabetes can live long and healthy lives. Indeed, 50 or 60-years of survival with diabetes and with no complications whatsoever, is possible.

The ultimate aim of the treatment of diabetes is to have a diabetes complications-free life. Today, diabetes remains sub-optimally controlled which is why it is the leading cause of blindness, amputation, heart attacks, stroke, kidney failure and impotence. Very often we find people in the prime of their life affected by one or more of these devastating complications which affects not only the individual but also his or her family. It can ultimately even impact the economy of the country.

Data on India
According to our recent Indian Council of Medical Research-India Diabetes (ICMR-INDIAB) study, there are currently 101 million people with diabetes and 136 million people with prediabetes in India. In those with prediabetes, preventing the majority of these individuals from developing diabetes for a considerable number of years is possible with just lifestyle modifications. In those who already have diabetes, we should, of course, try to achieve remission of diabetes. But if this is not possible, meeting the ABCD guidelines of the treatment of diabetes will ensure that they can all live a long and healthy life without any diabetes-linked complications.
Even though we may not be able to make India 'diabetes free', my dream is that we can at least have a 'diabetes complications-free India'. On the occasion of World Diabetes Day (November 14), let us rededicate ourselves to achieve this dream.

It may not be possible to make India 'diabetes free', but a 'diabetes complications-free India' is within reach

Diabetes: Type 1 vs. Type 2

Diabetes is on the climb — but there is a difference between Type 1 and Type 2. Do you know it?

Type 1 Diabetes	Type 2 Diabetes
<p>Why</p> <p>Your body is no longer able to produce insulin</p>	<p>Your body still produces insulin, but it doesn't make enough of it or it doesn't use it efficiently</p>
<p>Age</p> <p>Usually develops during childhood, but can develop at any age</p>	<p>Can develop at any age but is most common in adults over 45</p>
<p>Risk Factor</p> <p>Family history</p>	<p>- Overweight and/or inactive - Family history - High blood pressure</p>
<p>Symptoms</p> <p>- Bedwetting - Blurry vision - Frequent urination - Increased appetite and thirst - Mood changes and irritability - Tiredness and weakness - Unexplained weight loss</p>	<p>- Increased appetite and thirst - Dark patches on armpits/neck - Frequent urination - Blurry vision - Tiredness and weakness - Unexplained weight loss</p>
<p>Prevention</p> <p>No known prevention methods</p>	<p>Healthy lifestyle</p>
<p>Treatment</p> <p>Insulin injections</p>	<p>Healthy living, possible insulin support</p>

Impact of Diabetes } Affects organ → Kidney, heart, Blood vessels, Nervous System, Eye.

Reason

- Unhealthy Diet.
- Lack of Physical Activity
- Harmful use of Alcohol
- Obesity
- Tobacco etc.

Fall → 14th Nov World Diabetes Day

main :- Youths are more prone to Diabetes.
↳ more Awareness, Early Screening, managing Life Style, Sugar Int, Physical Activity.

Growth dichotomy

Slowdown in industrial output growth shows low consumer confidence

In September, the Index of Industrial Production or IIP rose 5.8%, almost half the 14-month-high 10.3% growth in August. Most economists anticipated a 7% to 8% uptick in the month that marks the onset of India's packed festive calendar. September's factory output growth was the slowest in three months, but also marked a 2.4% drop in production levels compared to August. Manufacturing led the decline, with year-on-year growth dropping from 9.3% in August to 4.5% in September and production volumes declining 2% month-on-month. In August, just seven of 23 manufacturing sectors had clocked a contraction but that list expanded to nine in September, with furniture dropping 20% and apparel production almost 18%. What is more worrying is that 12 sectors recorded a sequential decline in output this September, belying hopes that firms would ramp up inventories in anticipation of festive spending. Producers' lack of confidence in consumers' impulses is reflected in consumer durables and non-durables, which were up just 1% and 2.7%, respectively, on top of a 5.5%-plus contraction last September. Sequentially, consumer non-durables, what one may broadly consider as fast moving consumer goods involving smaller-ticket spends, were down 3.5% with the lowest output levels seen since November 2022. Electricity generation also fell 6.6% sequentially in September, perhaps due to the higher rainfall recorded over August.

On the whole, September's IIP takes average factory output growth to 7.4% in the second quarter, lifting the uptick in the first half of 2023-24 to 6%. This may still weigh in well with the central bank chief's hopes of Q2 GDP growth outpacing their official projection of 6.5%. But spliced up, the IIP indicates an asymmetry in the economy and a fresh fork lies in the road ahead. Consumer goods' output was just 0.3% higher than pre-COVID-19 levels this September, with durables being the only use-based segment to record a contraction so far this year. By contrast, output has been more resilient in investment-linked sectors such as infrastructure/construction goods and capital goods, up 12.1% and 6.7%, respectively, this year. Public capex on infrastructure sectors has surely lifted output of items such as steel and cement through the first half of the year, while high inflation has eaten into all but the high-income consumers' propensity to spend. Going forward, capex spends that have been front-loaded this year may moderate and additional revenue spends ahead of the Lok Sabha election are likely, especially with sensitive commodities such as fuel, urea and food facing fresh volatility in prices. That infrastructure and construction goods' output in September was the lowest since March 2023, suggests one growth tide may be ebbing, which makes the other, more fragile consumption story even more critical to watch.

⊗ Index of Industrial Production.

↳ Measure of manufacturing Activity.

- Data Published by National Statistical Office (NSO).

- Base Year 2011-2012.

Significance

— ↳ ⊗ Used by Govt Agencies.
↳ only measure on Physical Volume of Production.

⊗ Eight Core Sectors :-

- 40.3% weightage in IIP

- Decreasing order

Refinery products > Electricity > Steel > Coal >

Crude oil > Natural Gas > Cement >

Fertilizers.

⊗ mains

↳ GDP, GVA, Jobless Growth etc.

Delhi most polluted city in world: Swiss survey

Mumbai and Kolkata were other Indian metropolises on the list of 10 most polluted cities after Deepavali; data show that pollution in parts of the capital was 30 times higher than safe limits

Jacob Koshy
NEW DELHI

On Monday, the day after Deepavali, three Indian metropolises figured on the list of the most polluted cities in the world compiled by the Swiss air purifier company IQAir.

Delhi was the most polluted city in the world with an air quality index (AQI) of 287 followed by Lahore, Pakistan, at 195. Mumbai, at 153, and Kolkata, 166, were among the top 10. The IQAir's AQI measures data from 109 countries, and the readings change hourly. It follows a U.S. methodology and varies slightly from the Indian one.

The values are a measure of the quantities of PM [particulate matter] 2.5, considered most harmful for respiratory health. Though pollution from firecrackers are short-lived compared with those from persistent sources such as vehicle emission and waste and biomass burning, the spike in pollutants has a pronounced effect on health.

Air pollution in parts of Delhi was 30 times the safe limits prescribed by the World Health Organization (WHO), contributed in part by the firecrackers lit on



Smog screen: Vehicles move amid low visibility in New Delhi, where an increase in pollution levels was noted after Deepavali. PTI

Sunday night, show figures from the Delhi Pollution Control Committee. This is despite a ban on firecrackers in the city.

Continuing worry

The most updated readings from these cities, as of Monday, suggested that air quality is deteriorating, with several monitoring stations reporting a value of 400, classified as the "severe" category.

The air quality of Delhi is likely to be in the "severe" category on Tuesday and Wednesday, according to the Centre's Air Quality Early Warning System for

Delhi. Air pollution in the "severe" category "affects healthy people" and "seriously impacts those with existing diseases", says the Central Pollution Control Board (CPCB).

Another joint analysis by Climate Trends and Respirer Living Sciences, which analysed all-India pollution levels on Deepavali day in several cities, reported that the highest average PM 2.5 pollution was reported from Patna, Bihar, at 206 microgram per cubic metre. Just as the IQAir ranking, it too reports Delhi as being the most polluted city on the

day after Deepavali. Meanwhile, Bengaluru reported the lowest levels of PM 2.5 among 11 cities analysed and their figures were lower than last year's Deepavali (October 24), the report added.

'Phase out firecrackers'

"Already poor average PM 2.5 levels crossed limits due to firecrackers in several cities. Our analysis shows that widespread burning, in defiance of the Supreme Court orders, took away the gains (in reducing pollutants) that were made due to rain. The cracker industry must be phased out," Aarti Khosla, director, Climate Trends, said. "Delhi and other major cities must not continue to bear the burden of public health in the name of hollow support for traditions. We can look at community fireworks or lighting of lamps, as done in Ayodhya."

Last week, the hazardous air quality in Delhi, which the Centre attributed to stubble burning in Punjab, prompted emergency measures to be imposed, including plans to impose odd-even rules on the use of cars as well as experiments with artificial rain. An unexpected rain improved air quality by over 100 percentage points.

① Delhi, Mumbai & Kolkata in Top 10 most polluted cities.

② Delhi tops most polluted city.

③ Swiss air purifier company IQ Air.

↳ Data from 109 countries.

(fact) AQI → 8 Pollutants

PM 2.5, PM 10, Ammonia, Lead, Ozone, Nitrogen oxides, Sulfur dioxide, Carbon monoxide.

main

→ There should be focus towards long term plan.

- ✓ Industrial Pollution
- ✓ Construction site
- ✓ Stubble Burning
- ✓ vehicle pollution
- ✓ Dumping sites.
- ✓ Waste Burning etc.