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**DAILY QUIZ — SOLVED**

# Daily Quiz — March 20, 2026

20 March 2026

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20 March 2026 · 10 Questions · Answers &amp; Explanations Included

**Q 1** The World Happiness Report 2026 is published by which organisation?

- A World Economic Forum (WEF)
- B United Nations Development Programme (UNDP)
- C UN Sustainable Development Solutions Network (SDSN) ✓
- D World Health Organisation (WHO)

### EXPLANATION

The World Happiness Report is published annually by the UN Sustainable Development Solutions Network (SDSN). It uses Gallup World Poll data based on the Cantril Life Satisfaction Ladder across ~147 countries.

### CONCEPT

First published in 2012, the WHR is released on International Day of Happiness (March 20). Finland has ranked #1 for nine consecutive years. India ranked 116th in 2026, up from 118th in 2025.

**Q 2** India was awarded hosting rights for the 2028 World Indoor Athletics Championships. Which city will host the event?

- A Mumbai
- B New Delhi
- C Hyderabad
- D Bhubaneswar ✓

### EXPLANATION

Bhubaneswar, Odisha will host the 2028 World Indoor Athletics Championships at the Kalinga Stadium complex. The hosting rights were awarded by the World Athletics Council at its meeting in Torun, Poland.

### CONCEPT

This is India's first time hosting this championship. Bhubaneswar previously hosted the Hockey World Cup in 2018 and 2023. World Athletics (formerly IAAF) is headquartered in Monaco and headed by Sebastian Coe.

**Q 3** Exercise Amogh Jwala was conducted by which Command of the Indian Army?

**A** Northern Command

**B** Eastern Command

**C** Western Command

**D** Southern Command ✓

#### EXPLANATION

Exercise Amogh Jwala was conducted by Southern Command of the Indian Army at the Babina Field Firing Ranges near Jhansi, Uttar Pradesh. It showcased multi-domain warfare capabilities including drones, electronic warfare, and night-fighting.

#### CONCEPT

The Indian Army has 7 Commands: Northern, Eastern, Southern, Western, Central, South-Western, and Army Training Command (ARTRAC). Southern Command HQ is in Pune. The exercise reflects India's shift to network-centric, multi-domain operations.

**Q 4** What does RELIEF stand for in the context of the scheme launched for Indian exporters in March 2026?

**A** Resilience & Logistics Intervention for Exporters ✓

**B** Rapid Export Logistics Infrastructure Enhancement Fund

**C** Reinvigoration of Export Logistics for India's Foreign Trade

**D** Restructured Export Losses Intervention and Finance Scheme

#### EXPLANATION

RELIEF stands for Resilience and Logistics Intervention for Exporters. It was launched by the Ministry of Commerce and Industry (DPIIT) to support exporters hit by higher freight costs due to Houthi attacks forcing rerouting via the Cape of Good Hope.

#### CONCEPT

The Red Sea crisis (Houthi attacks since late 2023) diverted ships from the Suez Canal route to the Cape of Good Hope, adding 10-14 days and 200-300% higher freight costs. India launched Operation Sankalp for naval deployment in the region.

**Q 5**

The Garo Hills Autonomous District Council (GHADC) derives its constitutional authority from which provision?

- A Fifth Schedule, Article 244(1)
- B Sixth Schedule, Article 244(2) ✓**
- C Article 371(A)
- D Article 275(1) read with the Ninth Schedule

**EXPLANATION**

The GHADC is established under the Sixth Schedule, Article 244(2) of the Indian Constitution, which provides for Autonomous District Councils in Assam, Meghalaya, Tripura, and Mizoram.

**CONCEPT**

The Sixth Schedule grants ADCs legislative, executive, and judicial powers over tribal subjects including land, forests, and customary law. It is distinct from the Fifth Schedule (Article 244(1)) which covers most mainland tribal states and has only advisory Tribal Councils, not legislative ADCs.

**Q 6**

The Stockholm Water Prize 2026 was awarded to Kaveh Madani, who serves as director of which institution?

- A International Water Management Institute (IWMI)
- B Stockholm International Water Institute (SIWI)
- C UN University Institute for Water, Environment and Health (UNU-INWEH) ✓**
- D Global Water Partnership (GWP)

**EXPLANATION**

Kaveh Madani is the Director of UNU-INWEH (UN University Institute for Water, Environment and Health), based in Hamilton, Canada. He received the Stockholm Water Prize from SIWI, which is the body that awards the prize, not his home institution.

**CONCEPT**

The Stockholm Water Prize (est. 1991) is awarded annually at Stockholm World Water Week by SIWI. World Water Day falls on March 22. India faces extreme water stress, ranking 13th globally per the World Resources Institute Aqueduct Atlas.

**Q 7** Under which Ministry does the Yoga 365 campaign fall?

- A Ministry of Health and Family Welfare
- B Ministry of Culture
- C Ministry of Ayush ✓
- D Ministry of Education

**EXPLANATION**

Yoga 365 was launched by the Ministry of Ayush, which was established in November 2014. AYUSH stands for Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy.

**CONCEPT**

The first International Day of Yoga was celebrated on June 21, 2015, after India proposed it at the UN in 2014 (UN declared it in December 2014). June 21 is the longest day in the Northern Hemisphere (summer solstice). Yoga 365 aims to make yoga a daily practice rather than an annual event.

**Q 8** The World Happiness Report 2026 found that declining happiness among youth in developed countries is most linked to which factor?

- A Rising income inequality and cost of living
- B Climate anxiety and environmental concerns
- C Excessive social media use — especially 5+ hours daily ✓
- D Decline in religious participation and community bonds

**EXPLANATION**

The WHR 2026 found that teenagers using social media for 5 or more hours per day reported significantly lower well-being, particularly girls. The decline in youth happiness in the US, Canada, Australia, and New Zealand correlates with smartphone and social media adoption from around 2012.

**CONCEPT**

The report recommends digital literacy education, platform design regulation, and age restrictions on social media. This aligns with Jonathan Haidt's research (The Anxious Generation, 2024). India with 380 million+ social media users under 25 faces similar risks.

**Q 9**

Babina Field Firing Ranges, the venue for Exercise Amogh Jwala, is associated with which type of Indian Army formation?

- A Mountain warfare and special forces training
- B Armoured and mechanised corps training (1 Strike Corps) ✓**
- C Counter-insurgency operations
- D Naval aviation coordination exercises

**EXPLANATION**

Babina is home to elements of the 1 Strike Corps — India's primary offensive mechanised strike formation equipped with T-90 Bhisma and T-72 Ajeya tanks. It is a key armoured warfare training centre in central India.

**CONCEPT**

India is transitioning toward Integrated Theatre Commands (ITCs) under the Chief of Defence Staff (currently Lt Gen Anil Chauhan). The 1 Strike Corps is based in Mathura with operations HQ at Bhopal. Theaterisation aims to integrate Army, Navy, and Air Force assets under unified theatre commanders.

**Q 10**

Which constitutional schedule governs the Autonomous District Councils of Meghalaya, and how many ADCs does the state have?

- A Fifth Schedule; 2 ADCs
- B Sixth Schedule; 3 ADCs ✓**
- C Seventh Schedule; 4 ADCs
- D Sixth Schedule; 2 ADCs

**EXPLANATION**

Meghalaya has 3 Autonomous District Councils under the Sixth Schedule: Garo Hills ADC (GHADC), Khasi Hills ADC (KHADC), and Jaintia Hills ADC (JHADC). The Sixth Schedule applies to Assam, Meghalaya, Tripura, and Mizoram.

**CONCEPT**

The Sixth Schedule (Article 244(2)) gives ADCs strong legislative and judicial powers over tribal subjects like land, forests, and customary practices. Garo society is notably matrilineal. Meghalaya became a state on January 21, 1972, carved out of Assam. CM in 2026 is Conrad Sangma (NPP).

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