



UPSC & STATE PCS CURRENT AFFAIRS · UJIYARI.COM

EDITORIAL ANALYSIS

Europe Must Learn to Live with Heat

 **INDIAN EXPRESS**4 July 2026 · **ENVIRONMENT** · **GS3**

CURATED & WRITTEN BY

**Bharat Choudhary**

UPSC Educator & Content Creator

 [linkedin.com/in/epicbharat](https://www.linkedin.com/in/epicbharat)**ALSO FROM THE CREATOR****BharatNotes**Free UPSC notes, MCQs, PYQ analysis. **100% Free.**bharatnotes.com → **ADVERTISE****Advertise with Ujiyari**

Reach thousands of UPSC aspirants daily.

 epicbharat@gmail.com



Europe Must Learn to Live with Heat

 **The Indian Express** 4 July 2026 **GS3**

Source: ujyari.com — researched, fact-checked & UPSC-mapped

 **Every fact web-verified against primary sources** (<https://ujyari.com/how-we-verify/>)

THE LIFT LINE

Summer 2026 brought a record-breaking heatwave to Europe, a continent long built for cold. The message is stark: even the wealthiest societies must now learn not just to cut emissions but to live with heat that is already locked in. Here, India, with heat-action plans since 2013, has lessons to offer as well as to learn.

WHY THIS EDITORIAL MATTERS FOR YOUR EXAM

Extreme heat connects climate science, disaster management, urban planning and public health, a cross-cutting GS3 theme with clear India linkages.

GS Paper 3: Conservation, environmental pollution and degradation; disaster and disaster management; climate change and its impacts.

Prelims angle: **Mitigation** (<https://ujyari.com/vocab/mitigation/>) versus adaptation, urban heat island, heat-action plans, National Disaster Management Authority (NDMA), Disaster Management Act 2005, notified disasters.

Mains angle: Why adaptation is now unavoidable, treating heat as a public-health emergency, and whether heatwaves should be a notified disaster in India.

BACKGROUND AND CONTEXT

Summer 2026 saw record-breaking temperatures across Europe. The event underscores a shift in climate discourse from mitigation alone (cutting greenhouse-gas emissions to limit future warming) to adaptation (coping with warming already committed by past emissions). A crucial driver of urban heat is the urban heat island effect, where concrete, asphalt and reduced greenery make cities several degrees hotter than surrounding areas.

India is, in one respect, ahead. It has had heat-action plans since Ahmedabad pioneered its plan in 2013, the first of its kind in South Asia. The National Disaster Management Authority (NDMA) coordinates national heat-action guidelines. Yet a live policy debate remains: heatwaves are not yet a “notified disaster” under the Disaster Management Act, 2005 (<https://ujivari.com/terms/disaster-management-act-2005/>), which affects access to relief funds and the framing of heat as a formal disaster. The Sixteenth Finance Commission has recommended adding heatwaves and lightning to the notified-disaster list, which would unlock State Disaster Response Fund support.

THE CORE ARGUMENT / ISSUE

Mitigation and adaptation are not substitutes

The heart of the argument is that mitigation and adaptation must run in parallel. Mitigation addresses the cause; adaptation addresses the consequences that are now unavoidable regardless of future emission cuts. A society that only mitigates leaves its people exposed to the heat already baked in.

APPROACH	GOAL	EXAMPLES
Mitigation	Reduce future warming	Cut emissions, renewables, efficiency
Adaptation	Cope with locked-in warming	Heat-action plans, cool roofs, early warning
Urban design	Lower local heat	Green cover, active mobility, shade
Governance	Institutionalise response	NDMA guidelines, disaster notification debate

Cities are the frontline

Because of the urban heat island effect, cities bear the sharpest burden. Adaptation measures include cool roofs, expanded urban green cover, active mobility (walking and cycling infrastructure that reduces vehicular heat and emissions) and worker protections during peak-heat hours. The core reframing is to treat extreme heat as a public-health emergency, not merely a weather inconvenience.

The Indian lessons, both ways

India’s heat-action plans, early-warning systems and city-level protocols show that low-cost, locally administered measures save lives. Europe can borrow this operational template. Conversely, India can learn from Europe’s push on urban greening and long-term city redesign, and both must resolve the institutional question of formally recognising heat as a disaster.

HOW TO THINK ABOUT THIS (ANALYTICAL FRAME)

Ujivari Current Affairs - ujivari.com - Free Daily Current Affairs for UPSC & State PCS

Use the frame of committed versus avoidable warming. Some warming is already committed by historical emissions and cannot be undone in the near term; this is the domain of adaptation. Further warming is still avoidable through mitigation. Good climate policy therefore has two dials, not one. A second frame is scale: heat is felt locally (a neighbourhood, a construction site) but driven globally, so responses must be simultaneously hyper-local (cool roofs, ward-level early warning) and global (emission cuts).

THE DIAGRAM IN WORDS

Picture a thermostat with two knobs. One knob, mitigation, slowly turns down the global heat setting but takes decades to register. The other knob, adaptation, does not lower the temperature at all but adds fans, shade, water and early warnings so people can survive the current setting. Turning only the first knob leaves people sweltering while it acts; turning only the second ignores the rising baseline. Both knobs must turn together.

WAY FORWARD

- Scale up heat-action plans to every vulnerable city and district, with clear early-warning triggers and responsibilities.
- Invest in cool roofs, urban green cover and shaded active-mobility corridors to blunt (<https://ujivari.com/vocab/blunt/>) the urban heat island effect.
- Extend worker protections, altering work hours and mandating rest and hydration during peak heat.
- Resolve the policy debate on notifying heatwaves as a disaster under the Disaster Management Act, 2005, to unlock structured relief.
- Treat extreme heat explicitly as a public-health emergency, integrating it into health-system planning.

PYQ LINKAGE AND PRACTICE

Relevant PYQ threads: 2022 GS3 “Discuss global warming and mention its effects on the global climate...”; 2017 GS3 on climate change and food security; 2013 GS3 on disaster management.

Practice question (15 marks, 250 words): “Adaptation, not mitigation alone, must now define climate policy for a warming world.” Examine with reference to extreme heat, drawing on India’s heat-action plan experience.

Sources: *The Indian Express* (<https://indianexpress.com/>)

Source: Europe Must Learn to Live with Heat — Ujivari.com | Free UPSC & State PCS Editorial Analysis

 **RELATED DAILY ARTICLES**

3 Jul **Tiger Conservation Roadmap Flags 25 Priority Reserves** Ujjyari Current Affairs · ujjyari.com · Free Daily Current Affairs for UPSC & State PCS

3 Jul **Assam's Borjuli Wetland: India's First Biodiversity...**

2 Jul **Monsoon 2026 Opens with a Rainfall Deficit Under El...**

1 Jul **Delhi Notifies Its Electric Vehicles Policy 2026**

Ujiyari Current Affairs · ujiyari.com · **Free Daily** Current Affairs for UPSC & State PCS

CURATED & WRITTEN BY

Bharat Choudhary

UPSC Educator & Content Creator

[linkedin.com/in/epicbharat](https://www.linkedin.com/in/epicbharat)[Read Full Article on Ujiyari →](#)<https://ujiyari.com/editorials/2026/07/ie-europe-living-with-heat-2026/>

ALSO FROM THE CREATOR

BharatNotes

Free UPSC study platform — subject-wise notes across all 4 GS papers, Prelims MCQs, Mains answer frameworks, PYQ analysis & progress tracking. **100% Free • No Login Required.**

[Start Preparing → bharatnotes.com](https://bharatnotes.com)

📌 OPPORTUNITY

Advertise with Ujiyari

Reach **thousands of serious UPSC & State PCS aspirants** daily through our PDFs, website, and social channels.

Ideal for: Coaching institutes • EdTech platforms • Book publishers • Exam prep apps

[✉ epicbharat@gmail.com](mailto:epicbharat@gmail.com)

Write to us for rates & media kit

Free UPSC & State PCS Current Affairs · ujiyari.com · bharatnotes.com