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- 
- 
- Home
- UPSC
 - Current Affairs IAS
 -    
 - Quiz IAS
 -     
 - UPSC News Editorial (/Eng)
 - Answer Writing ( /Eng)
 - UPSC Essay (/Eng)
 - UPSC GS (/Eng)
 - UPSC GS 1 ( /Eng)
 - UPSC GS-2 ( /Eng)
 - UPSC GS-3 ( /Eng)
 - UPSC GS-4 ( /Eng)
 - Kurukshetra ( /Eng)
 - Yojana ( /Eng)
 - IAS Strategy for Prelims
 - General Studies
 - CSAT
 - IAS Strategy for Mains
 - IAS GS 1
 - IAS GS 2
 - IAS GS 3
 - IAS GS 4
 - IAS Test Series
- Himachal HPAS
 - Himachal Daily Current Affairs
 -   
 - Daily Himachal GK Quiz

- Himachal News Editorial (English/Eng)
- Answer Writing (English /Eng)
- Himachal Essay (English/Eng)
- Giriraj
 - Magazine
 - Giriraj Quiz
- Himachal Pradesh
 - Himachal Pradesh
 - Himachal Pradesh Government Schemes
- HP Government Schemes
- Himachal Pradesh Government Schemes
- Syllabus Prelims Himachal HPAS
 - GENERAL STUDIES
 - CSAT
 - English
 - Hindi
- Syllabus Mains Himachal HPAS
 - English,Hindi,Essay & One Optional
 - HPAS GS 3
 - HPAS GS 2
 - HPAS GS 1
- Himachal HPAS Test Series
- All You need to Know about Himachal HPAS
- HARYANA HCS
 - Haryana Current Affairs
 - Haryana Current Affairs
 - HCS Quiz
 - Haryana News Editorial (English/Eng)
 - Answer Writing (English /Eng)
 - Haryana Essay (English/Eng)
 - HR Government Schemes
 - Haryana Government Schemes
 - Syllabus Mains Haryana HCS
 - Syllabus Prelims Haryana HCS
 - HCS Prelims Test Series

- [Punjab PCS](#)
- [Punjab PCS Current Affairs](#)
- [Daily Quiz Punjab PCS](#)
- [Punjab News Editorial \(Eng\)](#)
- [Answer Writing \(Eng\)](#)
- [Punjab Essay \(Eng\)](#)
- [All you need to know about Punjab PCS Exam 2021](#)
- [Syllabus Prelims Punjab PCS](#)
 - [General Studies](#)
 - [Prelims GS 1](#)
- [Syllabus Mains Punjab PCS](#)
 - [PCS GS 1](#)
 - [PCS GS 2](#)
 - [PCS GS 3](#)
 - [PCS GS 4](#)
 - [Online PUNJAB PCS TEST SERIES 2020](#)
- [CSAT](#)
 - [CSAT English](#)
 - [Punjab PCS CSAT](#)
- [Concept Mindmaps](#)
 - [Polity \(Hindi / Eng\)](#)
 - [Geography \(Hindi / Eng\)](#)
 - [Environment \(Hindi / Eng\)](#)
 - [History \(Hindi / Eng\)](#)
 - [Economics \(Hindi / Eng\)](#)
 - [Science and Technology \(Hindi / Eng\)](#)
 - [CSAT Concepts \(Hindi / Eng\)](#)
 - [Maps \(Hindi / Eng\)](#)
 - [Art and Culture \(Hindi / Eng\)](#)
 - [International Affairs \(Hindi / Eng\)](#)
 - [Punjab PCS Concepts](#)
 - [Himachal HPAS Concepts \(Hindi / Eng\)](#)
 - [Haryana HCS Concepts \(Hindi / Eng\)](#)
 - [Rajasthan RAS Concepts \(Hindi / Eng\)](#)
- [Concept Quiz](#)
 - [Polity Quiz \(Hindi/Eng\)](#)

- Geography Quiz (हिंदी/Eng)
- Environment Quiz (हिंदी/Eng)
- History Quiz (हिंदी/Eng)
- Economics Quiz (हिंदी/Eng)
- Science and Technology Quiz (हिंदी/Eng)
- CSAT Concepts Quiz (हिंदी/Eng)
- Maps Quiz (हिंदी/Eng)
- Art and Culture Quiz (हिंदी/Eng)
- Punjab PCS Concepts Quiz
- Himachal HPAS Concepts Quiz (हिंदी/Eng)
- Haryana HCS Concepts Quiz (हिंदी/Eng)
- Rajasthan RAS Concepts Quiz (हिंदी/Eng)
- Mains
 - UPSC Answer Writing (हिंदी/Eng)
 - HPPSC Answer Writing (हिंदी/Eng)
 - Haryana HCS Answer Writing (हिंदी/Eng)
 - Punjab PCS Answer Writing
- Exam Blogs
 - UPSC Exam Blogs
 - Himachal Exam Blogs
 - Punjab exam Blogs
 - Haryana Exam Blogs
 - Rajasthan Exam Blogs
 - E-Magazine
 - E-Magazine for HPAS
 - हिमाचल प्रदेश का हिंदी-हिंदी
 - E-Magazine for Punjab PCS
- UPCOMING EXAMS
 - National Exams
 - Himachal Pradesh Exams
 - Punjab Exams
 - Test Series Planner
- About US
- Sign Up
- Login
- facebook 

- instagram 
- youtube 

MENU

Click on Drop Down for Current Affairs

September 7th, 2020

Topic:- Polity

What is the news?

- Y-plus category security to Kangna Ranaut.

Reason:-

- The decision has been taken because of a renewed threat to the actor after she spoke about drug use among a section in the film industry following the death of actor Sushant Singh Rajput, and after the Himachal Pradesh government reached out to the Union home ministry.

Which security team?

- Central Reserve Police Force (CRPF) security.

Types of security:-

- **SPG category** is a security detail whose strength is classified (only provided to the Prime Minister of India).
- **Z+ category** is a security detail of 55 personnel, including 10+ NSG commandos and police personnel.
- **Z category** is a security detail of 22 personnel, including 4 or 5 NSG commandos and police personnel.
- **Y category** is a security detail of 11 personnel, including 1 or 2 commandos and police personnel.
- **X category** is a security detail of 2 personnel, with no commandos but only armed police personnel.

Topic:- Health

What is the news:-

- Prime Minister Narendra Modi in his Mann ki Baat session said that September will be observed as '**Poshan Maah**' *i.e.* '**Nutrition month**'.
- He threw light on "**Yatha Annam Tatha Mannam**", which means, mental and intellectual development is dependent on the kind of food we consume.

National Nutrition Week 2020 is celebrated from September 1 to 7. It aims to create awareness about good nutrition and health.

National Nutrition Week 2020 is aimed at creating awareness about health and nutrition. In this week, initiatives taken up by the government are focused on nutrition and good food,

healthy body, mind and lifestyle.

National Nutrition Week 2020 theme:-

The theme for National Nutrition Week **2020** is 'Eat Right, Bite by Bite'.

The theme for **2019** was 'Har Ghar Poshan Vyavahar'.

The theme for National Nutrition Week **2018** was 'Go Further with Food'.

2017, it was 'Optimal Infant & Young Child Feeding Practices: Better Child Health'.

(Source:- India Today)

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- National Current Affairs
- UPSC Quiz
- Editorials
- Mindmaps
- E-Magazine
- Free Mock Test
- Prelims Test Series

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- UPSC Current Affairs
- UPSC Quiz
- Editorials
- Mindmaps
- E-Magazine
- Free Mock Test
- Prelims Test Series

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- HP Current Affairs
- HPAS Quiz
- HP Editorials
- HP Mindmaps
- HPAS E Magazine
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- [Uttarakhand UPSC Prelims Test Series](#)
- [Uttarakhand UPSC Mains Test Series](#)
- [Uttarakhand UPSC Current Affairs](#)
- [Uttarakhand UPSC Editorials](#)
- [Uttarakhand UPSC Mindmaps](#)
- [Uttarakhand UPSC E-Magazine](#)
- [Uttarakhand UPSC Free Mock Test](#)
- [Uttarakhand UPSC Prelims Test Series](#)

Punjab PCS

- Punjab Current Affairs
- PPSC Quiz
- Punjab Mindmaps
- Punjab Editorial
- Punjab E-Magazine
- PPSC Free Mock Test
- PPSC Prelims Test Series

Haryana HCS

- Haryana Current Affairs
- HCS Quiz
- HCS Editorials
- HCS Mindmaps
- HCS E-Magazine
- HCS Free Mock Test
- HCS Prelims Test Series

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- दिल्ली के नए मुख्यमंत्री का परिचय
- दिल्ली के नए मुख्यमंत्री का परिचय
- दिल्ली के नए मुख्यमंत्री का परिचय
- दिल्ली के नए मुख्यमंत्री का परिचय
- दिल्ली के नए मुख्यमंत्री का परिचय
- दिल्ली के नए मुख्यमंत्री का परिचय
- दिल्ली के नए मुख्यमंत्री का परिचय
- दिल्ली के नए मुख्यमंत्री का परिचय

Useful Links

- UPSC
- दिल्ली के नए मुख्यमंत्री का परिचय
- Himachal HPAS
- दिल्ली के नए मुख्यमंत्री का परिचय
- Punjab PCS
- Contact us
- About us
- Privacy Policy
- Haryana HCS
- दिल्ली के नए मुख्यमंत्री का परिचय
- CSAT
- दिल्ली के नए मुख्यमंत्री का परिचय

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