

**UPSC Syllabus Topic : GS Paper 2 International Relations – Effect of policies and politics of developed and developing countries on India’s interests.**

**Indian Navy in a threatening Red Sea**

India is recalibrating its relationship with Russia as one between equals. Challenges exist in defense Shipping trade plays a pivotal role in the global economy due to its cost-effectiveness for transporting goods across long distances. The Indian Ocean, carrying 80% of the world’s oil, holds immense significance. However, it's vulnerable to interventions due to narrow passages, known as choke points, like the Malacca, Hormuz, and Bab al Mandab straits, which are prone to state and non-state actor interventions.

The recent Houthi attacks in the Red Sea, particularly at Bab al Mandab, pose significant threats to merchant ships. These attacks are multi-dimensional and could be rooted in regional power conflicts, such as the Saudi-Iran proxy war. The Houthi rebels claim ideological objectives, targeting ships associated with Israel to pressure it to end its actions in Gaza.

The international response, particularly the US-led Operation Prosperity Guardian, aims to safeguard Red Sea shipping but faces challenges due to tensions with Iran and limited support from key NATO countries like France, Italy, and Spain.

India, demonstrating its maritime power, deployed several warships to display naval presence in response to these threats. However, the Indian Navy faces challenges. Jurisdictional issues arise as the state where a ship is registered holds primary responsibility for security, limiting intervention by other states' warships. Additionally, countering drone attacks poses a challenge, as these smaller drones are difficult to detect and require sophisticated countermeasures.

To mitigate these challenges, India could leverage its relations with Iran and Israel to promote moderation and restore peace in the Indian Ocean. Developing diplomatic solutions and enhancing countermeasures against evolving threats like drone warfare are crucial for maintaining maritime security.

**UPSC Syllabus Topic : GS Paper 2 Social Justice – Issues relating to Health.**

**Rehabilitation of the Disabled – A call for disability inclusion that must be heeded**

Neuropsychiatric disorders encompass a wide range of conditions affecting mental health and neurological functioning. These conditions include autism, ADHD, depression, anxiety, traumatic brain injuries, Alzheimer's, and Parkinson's disease, among others.

Globally, around 1 billion people are living with disabilities, predominantly in developing countries. Among them, about 2.41 billion individuals have neuropsychiatric conditions that would benefit from rehabilitation services. However, these services are often under-prioritized and lack adequate resources in many countries.

**Improving rehabilitation services for those with neuropsychiatric conditions requires a comprehensive approach:**

1. **Widening Coverage:** Rehabilitation services need to encompass a broad spectrum of mental health and neurological issues rather than being narrowly specialized.
2. **Generating Awareness:** Public education is essential to dispel the notion that disabilities are permanent and cannot be addressed effectively.
3. **Essentializing Rehabilitation:** Encouraging healthcare professionals and the public health sector to recognize and prioritize rehabilitation as an indispensable service.
4. **Developing Human Resources:** Enhancing the training and professional growth of various rehabilitation professionals, including therapists and caregivers, is crucial for the evolution and improvement of these services.

5. **Holistic Approach:** Rehabilitation should adopt a multidisciplinary, comprehensive, and holistic approach to address the complex needs of individuals with neuropsychiatric conditions.
6. **Innovative Scientific Methods:** Exploring and utilizing innovative scientific methods, such as Non-Invasive Brain Stimulation (NIBS), can significantly contribute to the care and rehabilitation of neurological and mental health conditions.
7. **Collaboration:** Effective solutions require collaboration among governments, public and private sectors to innovate and create sustainable rehabilitation programs for individuals with disabilities.

By adopting these strategies, countries can significantly improve rehabilitation services for individuals with neuropsychiatric conditions, enhancing their quality of life and overall well-being.

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