

Editorial Summary

Teaching children to eat well must begin in school

Context

- Nutrition efforts have traditionally focused on the first 1,000 days of life (from conception to two years of age).
 - However, research now emphasizes that the next 4,000 days — covering adolescence — are equally important.
 - Good nutrition during this phase can help children catch up on growth and establish a foundation for long-term health.
 - Thus, schools must actively teach children not just what to eat but how to eat well, embedding healthy habits early.

Challenges in the Modern Food Environment

- Today's children are growing up in a world where food is easily accessible through apps, heavily marketed, and often unhealthy.
- Their eating choices are often influenced more by advertisements, peers, and habits than by nutrition knowledge or traditions.
- As a result, many children:
 - Skip breakfast
 - Consume fewer fruits and vegetables
 - Eat excessive amounts of sugar and processed foods
- **Dietary Diversity:** Dietary diversity — eating a variety of foods across different food groups — is crucial for good health.
 - Yet, most children, including those in India, do not meet the Minimum Dietary Diversity (MDD) standards set under Sustainable Development Goal 2 (End Hunger).
 - Lack of variety leads to poor health outcomes and reflects deeper flaws in food systems and education.
- **Gaps in Food and Nutrition Education:** Most classrooms today either lack food and nutrition education entirely or have outdated, irrelevant curricula. The main issues are:
 - No structured or age-appropriate curriculum
 - Lack of engaging learning resources
 - Teachers not adequately trained to impart food literacy
 - Without structured teaching, schools are unable to build meaningful food habits in children.

Need for a Structured, Holistic Curriculum

A successful nutrition curriculum should:

- Start from preschool and continue through middle school
- Grow with the child's cognitive abilities
- Teach connections between food, health, identity, and the environment
- Promote bio-diverse diets (local, seasonal, culturally relevant foods)
- Highlight the impact of food choices on environmental sustainability
- Topics could include:
 - Human body functioning
 - Importance of dietary diversity
 - Understanding food systems and environmental impacts
 - Respect for traditional food knowledge

Integrating Food Education into School Life

Nutrition education must be part of everyday school experiences, not limited to occasional awareness drives. This involves:

- Weekly lessons with carefully designed, age-appropriate material
- Healthier school canteens offering nutritious options
- Kitchen gardens where students grow their own food
- Simple cooking classes teaching practical skills
- Student-led campaigns on food waste reduction and healthy eating

Real-life activities, rather than rote learning, are crucial for building long-term habits and values.

Current Opportunities and the Way Forward

- India's National Education Policy (NEP) and the School Health and Wellness Programme have opened pathways for integrated learning. However, effective implementation requires:
 - A clear and comprehensive nutrition curriculum
 - Regular, dedicated sessions throughout the year
 - Better learning resources
- **Properly trained teachers with practical teaching tools:** Children should not only be viewed as learners but also as *influencers* within their families and communities. With proper food literacy, they can:
 - Advocate for better school meals
 - Reduce food wastage
 - Spread awareness about healthy and sustainable eating practices

Conclusion

Ultimately, teaching children to eat well is about more than just food — it's about preparing them to be healthy, compassionate, and responsible citizens in a world grappling with malnutrition, overconsumption, climate change, and cultural loss.

Source: [The Hindu: Teaching children to eat well must begin in school](#)

India Should Consider Granting Dual Citizenship To Diaspora

Context

The 25th anniversary of the High-Level Committee's report has renewed discussions on granting dual citizenship to Indians abroad.

Importance of Indian Diaspora for the Indian Economy

- **Major Source of Remittances:** The Indian diaspora contributes approximately 3.5% to India's GDP annually in remittances — significantly higher than the \$42 billion India receives through FDI.
- **Macroeconomic Impact:** These remittances help bridge India's trade and current account deficits and contribute to strengthening foreign exchange reserves.
- **Changing Composition of Remittance Sources:** While the Gulf was traditionally the major source, advanced economies now contribute more, reflecting the evolving economic profile of the diaspora.
- **Higher than Other Financial Inflows:** Remittances have surpassed many other forms of capital inflow, highlighting the economic importance of Indians living abroad.

India's Policy Response So Far

- **Launch of OCI Scheme (2005):** Based on recommendations by the 2001 High-Level Committee, India introduced the Overseas Citizenship of India (OCI) scheme to connect more deeply with its diaspora.
- **Limited Rights under OCI:** OCI cardholders are denied key rights such as voting, holding public office, and owning agricultural land.
- **Revocability of OCI:** Since OCI status can be revoked, many in the diaspora see it as a privilege rather than an assured right.
- **Perceived as "Second-Class Citizenship":** The lack of full political and property rights makes many overseas Indians feel excluded from full participation in India's civic life.

Constitutional Provisions: Articles 5 to 11

- **Article 5: Citizenship at the Commencement of the Constitution**
 - People residing in India on **26th January 1950** were granted citizenship if they:
 - Were born in India, or
 - Had either parent born in India, or
 - Resided in India for at least five years immediately before the commencement of the Constitution.
- **Article 6: Rights of Citizenship of Certain Persons Who Migrated to India from Pakistan**
 - Migrants from Pakistan before **19th July 1948** could acquire Indian citizenship if they:
 - Had been residing in India since their migration, or
 - Registered themselves as citizens after having lived in India for at least six months before registration.
- **Article 7: Rights of Citizenship of Certain Migrants to Pakistan**
 - Those who migrated to Pakistan after **1st March 1947** but later returned to India under a permit for resettlement could become citizens through registration.
- **Article 8: Rights of Citizenship of Indians Living Abroad**
 - People of Indian origin residing outside India (in territories where their ancestors were born in India) could register as citizens with Indian diplomatic or consular offices.
- **Article 9: No Dual Citizenship**
 - Anyone voluntarily acquiring citizenship of another country would lose their Indian citizenship.
- **Article 10: Continuance of Rights**
 - Provisions of citizenship as provided by law shall continue unless altered by Parliament.

- **Article 11: Power of Parliament**

- Empowers Parliament to make laws regarding the acquisition and termination of citizenship.

Citizenship Act of 1955

The Citizenship Act of 1955, enacted by Parliament under Article 11, outlines the methods for acquiring and terminating citizenship in India.

Modes of Acquiring Citizenship:

- **By Birth:** Born in India on or after **26th January 1950** but before **1st July 1987** – automatically a citizen.
 - Born between **1st July 1987 and 2nd December 2004** – a citizen if one parent is an Indian citizen.
 - Born on or after **3rd December 2004** – a citizen if one parent is an Indian citizen and the other is not an illegal migrant.
- **By Descent:** Born outside India to an Indian citizen parent, subject to registration with an Indian consulate within one year.
- **By Registration:** Granted to persons of Indian origin or those married to Indian citizens after fulfilling residence requirements.
- **By Naturalization:** Granted to a foreigner who has resided in India for at least **12 years** and meets other conditions.
- **By Incorporation of Territory:** If a foreign territory becomes part of India, the government specifies the people who shall be citizens.

Modes of Losing Citizenship

- **By Renunciation:** Voluntarily giving up Indian citizenship.
- **By Termination:** Automatically terminated if a citizen acquires foreign citizenship.
- **By Deprivation:** Government can revoke citizenship if obtained fraudulently or if the person acts against the country's interests.

Types of Residents in India

- **Citizen:** Full political and civil rights under the Constitution, including voting, holding public office, and property rights.
 - Acquired through birth, descent, registration, naturalization, or incorporation of territory.
- **Non-Resident Indian (NRI):** Indian citizens residing abroad temporarily for education, employment, or other purposes.
 - Have Indian passports but limited rights (e.g., no voting rights while abroad).
- **Persons of Indian Origin (PIO):** Foreign citizens of Indian origin (up to four generations removed) who are not citizens of Pakistan, Bangladesh, or certain other countries.
 - Previously held PIO cards (now merged with OCI).
- **Overseas Citizen of India (OCI):** A status granted to foreign nationals of Indian origin.
 - Provides certain benefits like visa-free travel and property rights but excludes voting, holding public office, and certain government jobs.
- **Foreigners:** Non-citizens who are not of Indian origin and require visas to stay in India.
 - Subject to the Foreigners Act, 1946.
- **Illegal Migrants:** People who enter India without valid travel documents or remain beyond their visa period.
 - Governed by the Citizenship Amendment Act, 2019, in some cases, and are generally subject to deportation.

Amendment

- **CAA 2019 (Citizenship Amendment Act):** Provides a pathway to citizenship for persecuted minorities (Hindus, Sikhs, Buddhists, Jains, Parsis, and Christians) from **Pakistan, Bangladesh, and Afghanistan** who arrived in India before **31st December 2014**.
 - It also said people holding Overseas Citizen of India (OCI) cards - an immigration status permitting a foreign citizen of Indian origin to live and work in India indefinitely - can lose their status if they violate local laws for major and minor offences and violations.

Asian Countries That Allow Dual Citizenship

- **Cambodia:** Dual citizenship is permitted through investment, naturalization, descent, or marriage. Citizens can possess multiple passports without renouncing their original citizenship.
- **Bangladesh:** Allows individuals to retain Bangladeshi citizenship while holding citizenship from other countries. Dual citizenship can be acquired through investment, marriage, or naturalization.
- **Sri Lanka:** Offers dual citizenship to those who have given away their Sri Lankan citizenship by obtaining another nationality, or those seeking to gain citizenship from abroad, are eligible to submit an application for dual citizenship.
 - The eligibility criteria for acquiring citizenship include factors, such as employment, property ownership, investment, or marriage to a Sri Lankan citizen.
- **Thailand:** Dual citizenship is allowed for foreigners meeting criteria such as permanent residency, employment, and marriage to Thai nationals.
- **Taiwan:** Permits dual citizenship for native-born citizens and foreign nationals with extraordinary skills in education, science, or technology.
- **Hong Kong:** Provides pathways for residency and potential citizenship through schemes like the Quality Migrant Admission Scheme (QMAS) and investment opportunities.
- **Pakistan:** Allows dual citizenship with 19 specific countries, including the United States, the UK, Canada, and Australia.
- **Philippines:** Dual nationality is allowed for Filipino-born individuals, those of Filipino descent, and those born to Filipino parents outside the country.

Arguments in Favor of Dual Citizenship

- **Strengthening Diaspora Ties:** Dual citizenship could deepen emotional and cultural ties with the Indian diaspora, encouraging them to contribute to India's development and global influence.
- **Economic Contributions:** The diaspora could play a larger role in investments, technology transfer, and business collaborations, boosting India's economy.
- **Global Mobility and Flexibility:** Granting dual citizenship may help Indian-origin individuals living abroad retain stronger links with their heritage without giving up opportunities in their adopted countries.
- **Soft Power Enhancement:** A robust diaspora with dual citizenship could act as informal ambassadors, strengthening India's diplomatic and trade relations.
- **Precedents in Other Countries:** Several countries, like the U.S. and the U.K., allow dual citizenship without significant issues. Adopting this approach might align India with global practices.

Arguments Against Dual Citizenship

- **Divided Loyalties:** Dual citizenship could lead to conflicting political loyalties, particularly during international disputes involving India and the other nation.
- **Erosion of Sovereignty:** Allowing dual citizens to vote and influence policymaking may give individuals with foreign loyalties a say in India's internal matters, threatening national sovereignty.
- **Administrative and Legal Complexities:** Managing dual citizenship would introduce challenges in areas like taxation, legal disputes, and law enforcement, especially if conflicts arise between the two countries' laws.

- **Security Risks:** Dual citizens could exploit their status for espionage, illegal financial activities, or other actions harmful to India's interests.
- **Unequal Treatment:** The privileges of dual citizenship could disproportionately favor wealthier and well-placed diaspora communities, leading to socio-economic imbalances.
- **Political Manipulation:** There is a risk of foreign influence on India's political processes, especially if dual citizens are allowed to vote or hold public office.

Way Forward

- **Constitute a New Expert Committee:** Set up a high-level committee of legal experts, policymakers, diaspora representatives, and security advisors to draft a comprehensive dual-citizenship framework.
 - Task it with balancing enhanced diaspora rights against national security, fiscal, and diplomatic considerations.
- **Amend Constitutional and Legal Provisions:** Propose targeted amendments to Article 9 of the Constitution (which currently prohibits dual citizenship) and relevant sections of the Citizenship Act, 1955.
 - Clearly define the scope of dual-citizen rights (e.g., voting, property ownership) and exclusions (e.g., certain public offices, armed forces) to prevent legal ambiguity.
- **Introduce a Tiered Citizenship Model:** Develop a graded approach—full dual citizenship for non-sensitive civil and economic rights, and “limited” citizenship for strategic domains.
 - Allow voting and property ownership, while restricting eligibility for high-security posts or candidacy in certain constituencies.
- **Transform and Consolidate OCI/PIO Schemes:** Merge OCI and PIO into the new dual-citizenship category, automatically upgrading existing cardholders while extending enhanced rights.
 - Streamline application, renewal, and revocation processes to ensure the status is perceived as a right rather than a privilege.
- **Build Safeguards and International Coordination:** Establish robust vetting, tax-compliance checks, and anti-money-laundering protocols to mitigate security and fiscal risks.
 - Negotiate bilateral treaties or MOUs with host countries to align legal definitions, data-sharing, and consular protections for dual citizens.

Source: [Indian Express: Dual citizenship is an idea whose time has come](#)