



The Hindu **SimpLEfied**

Daily News Highlights & Key Updates

March 22, 2026



Middle East

conflict escalates; US eases oil sanctions



Supreme Court updates on **Maternity Leave** & **Disability Rights**



Understanding **EV Fires** & an environment success story in **Kerala**



Sports highlights & crucial **Defense updates**

Global Conflict Tracker

USA

Easing sanctions on Iranian oil to stabilize global prices (bringing **140 million barrels** to market).

Hit an Iranian bunker housing weapons in the Strait of Hormuz.

Iran

Attacked US bases in the UAE and Kuwait.

Fired missiles near Israel's **Dimona nuclear facility**, wounding 20.



India's Stance

PM Modi spoke with Iran's President, emphasizing **freedom of navigation** in the Strait of Hormuz to protect global supply chains.

World Updates

Ukraine/Russia

Ukraine launches over **280 drones** at Russia in one of the largest barrages since the war began.

Cuba/USA

US fuel blockade continues. Cuba refuses a US Embassy request to import fuel for its own generators.

Indian Ocean

UK condemns Iran's unsuccessful missile strike attempt on the US-UK air base at Diego Garcia.



National Economy & Policy

LPG Supply Boost



Centre increases commercial LPG allocation to States by an additional 20%.

Total allocation now reaches 50% to ease shortages for restaurants and commercial establishments.

Aviation Fares Normalized



Centre removes the airfare caps.

Caps were originally introduced in December during widespread flight cancellations to prevent price spiking.



Supreme Court Highlights

	The Ruling	The Impact
Disability Rights	State cannot impose arbitrary upper limits of disability for jobs.	Candidates with special needs cannot be excluded if they are equipped to perform official duties.
Maternity Leave	Strikes down the rule requiring an adopted child to be under 3 months old.	Adoptive mothers now get the same 12 weeks of paid maternity leave , regardless of the child's age at adoption.



Environment Success Story: Chokramudi Hills

The Problem (2024)

Chokramudi hills in Idukki, Kerala became a hub for illegal land encroachers, unauthorized roads, and resorts.

The Solution (2025/2026)

Govt cancelled titles and seized resorts. The landscape is now a thriving natural habitat for endangered species.



Nilgiri tahrs

Neelakurinji

Science Explainer: Why Do EV Batteries Catch Fire?

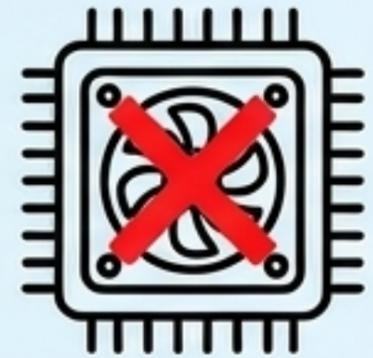
The Trigger

A single lithium-ion battery cell overheats (due to direct sunlight, overcharging, or physical damage).



System Failure

The Battery Management System (onboard computer) fails to cool the temperature down.



Thermal Runaway

A chain reaction spreads to neighboring cells, releasing a toxic cocktail of flammable gases (like hydrogen fluoride) and sparking a severe fire.



Defense & Security Updates



Naval Power

Indigenous stealth frigate **INS Taragiri** (equipped with supersonic missiles) to be commissioned into the Indian Navy on **April 3** in Visakhapatnam.

Internal Security

Security forces in Manipur seized **50 IEDs** (Improvised Explosive Devices) and numerous firearms to maintain regional stability.

Society & Culture Highlights

Culture

Aragam, Kashmir is transforming into India's 'Book Village' with a growing network of community home libraries.



Health

Corporate health study reveals surging blood pressure and pre-diabetes (abnormal HbA1c) among young corporate staff aged **20-35**.

Rights

Activists reject the **Transgender Persons Amendment Bill**, protesting its new requirements as arbitrary and inhumane.

Sports Quick Notes

Table Tennis

Yashaswini wins her maiden National title, celebrating by mimicking tennis star Ben Shelton's trademark pose.



Cricket Updates



Virat Kohli urges RCB to stay focused for their IPL title defense. Meanwhile, Sanju Samson wins the T20 World Cup with India but trades his Rajasthan Royals pink for yellow.

End-of-Day Review (Self-Check)



1. What is the name of the indigenous stealth frigate commissioning on April 3?



2. What is the chain-reaction phenomenon that causes EV batteries to catch fire?



3. Which endangered animal returned to the reclaimed Chokramudi hills?