



EVERYDAY CURRENT AFFAIRS – JANUARY 30, 2026

SCHEMES

- **Swasthya Pension Scheme**
- ✓ India's Pension Fund Regulatory and Development Authority (PFRDA) launched the NPS Swasthya Pension Scheme on January 27, 2026, under its Regulatory Sandbox Framework.
- ✓ This innovative pilot allows subscribers to use part of their National Pension System savings for medical expenses, addressing rising healthcare costs while preserving long-term retirement benefits.
- ✓ Operated as a voluntary, sector-specific product within the Multiple Scheme Framework, it requires subscribers to maintain a Common Scheme Account along with a dedicated Swasthya Pension Scheme account.
- ✓ The initiative tests the integration of health-linked benefits into pension plans in a controlled environment, balancing innovation with regulatory oversight and consumer protection.

RANKING & INDEX

- **Cost of Living Index 2026**
- ✓ The Cost-of-Living Index by City 2026, released by Numbeo, shows that Swiss cities dominate the world's most expensive urban rankings, while Indian cities remain among the most affordable globally.
- ✓ The index compares average expenses for a family of four – covering food, transport, utilities, and rent – using New York City as the baseline (100).

- ✓ In 2026, Zurich tops the list, followed by Geneva, Basel, Lausanne, Lugano, and Bern, reflecting Switzerland's high wages, strong currency, premium housing, and superior public services.
- ✓ Other costly cities include New York City, Reykjavik, Honolulu, and San Francisco, highlighting global trends in urban economics and living standards.

➤ PESA Rankings

- ✓ Among the 10 States with Fifth Schedule Areas where PESA Act applies, Maharashtra bagged the first position in implementation of PESA, closely followed by Madhya Pradesh in second position and Himachal Pradesh in third position.
- ✓ These rankings aim to encourage PESA States to strengthen Gram Sabha-centric self-governance, promote evidence-based policy interventions and identify areas requiring focused support.

BOOKS & AUTHORS

- "The Life and Legacy of Arun Jaitley"
- ✓ A book titled The Life and Legacy of Arun Jaitley has been formally launched, chronicling the life, contributions, and legacy of late leader Arun Jaitley.
- ✓ The book is authored by Sumant Batra and published by Om Books International.
- ✓ The book portrays Arun Jaitley as an exceptional public figure who left a lasting imprint across law, politics, governance, and public service in India.

SPORTS

➤ 6th Khelo India Winter Games 2026

- ✓ The sixth edition of the Khelo India Winter Games (KIWG) 2026 was inaugurated on 20 January 2026 by Lieutenant Governor Kavinder Gupta at the Nawang Dorjan Stobdan (NDS) Stadium in Leh, Union Territory (UT) Ladakh. The first phase of the Games, dedicated to ice sports, successfully concluded on 26 January 2026.

- ✓ In the medal tally, Haryana emerged on top with 5 Gold, 1 Silver, and 2 Bronze medals, followed by Ladakh with 2 Gold, 5 Silver, and 4 Bronze, while Maharashtra secured third place with 2 Gold, 3 Silver, and 2 Bronze medals.

IMPORTANT DAYS

➤ **Martyrs' Day - January 30**

- ✓ Martyrs Day, observed on 30 January, commemorates the assassination of Mahatma Gandhi in 1948 and honours all freedom fighters who sacrificed their lives for India's independence.
- ✓ The day reminds the nation of the immense human cost of freedom and reinforces values of non-violence, truth, courage, and patriotism embodied by Gandhi.
- ✓ It is observed with prayer meetings and tributes at Raj Ghat, moments of silence, and remembrance programmes across schools and institutions.

