UPSC Mains practice – reference note

GS-I · 19-11-2026 · 15 marks · https://www.shanmugamiasacademy.in/upsc-mains-practice/2026-11-19-regionalism-national-integration

19 November is observed as National Integration Day, the first day of the Qaumi Ekta Week (19–25 November). Regionalism in India is often seen as a threat to national integration, yet it has also deepened Indian democracy and federalism. Critically examine. (15 marks, 250 words)

1. Why in news (19 November)

- 19 November is observed as National Integration Day; it opens the Qaumi Ekta Week (National Integration Week), announced every year by the Ministry of Home Affairs. The day-wise themes are below.
- The National Foundation for Communal Harmony, an autonomous body under the Ministry of Home Affairs, runs a Communal Harmony Campaign during the week and observes Flag Day on 25 November.

Date	Day
19 November	National Integration Day
20 November	Welfare of Minorities Day
21 November	Linguistic Harmony Day
22 November	Weaker Sections Day
23 November	Cultural Unity Day
24 November	Women's Day
25 November	Conservation Day (also Communal Harmony Flag Day of the National Foundation for Communal Harmony)

2. Key facts to quote

Fact	Detail

National Integration Council	Grew out of the National Integration Conference convened by Nehru in September–October 1961; first met in June 1962; chaired by the Prime Minister; reconstituted in 2005, 2010 and 2013; last (16th) meeting on 23 September 2013
Committee on National Integration and Regionalism	Appointed by Nehru in 1962 under C.P. Ramaswami Aiyar, about a month after C.N. Annadurai raised the Dravida Nadu demand in his first Rajya Sabha speech (1 May 1962); its recommendations led to the Sixteenth Amendment
Sixteenth Amendment, 1963	Allowed reasonable restrictions on the freedoms of speech, assembly and association in the interests of the "sovereignty and integrity of India" (Article 19(2)–(4)); added the pledge to uphold sovereignty and integrity to the oaths in the Third Schedule
Linguistic States	Andhra State, 1 October 1953, after Potti Sriramulu's fast unto death (died 15 December 1952); States Reorganisation Commission (Fazl Ali, K.M. Panikkar, H.N. Kunzru), report 1955; States Reorganisation Act, 1956 – 14 States and 6 Union Territories
Constitutional anchors	Article 1 – "Union of States"; Preamble – "unity and integrity of the Nation" ("and integrity" added by the 42nd Amendment, 1976); Article 51A(c) – duty to uphold sovereignty, unity and integrity
Tamil Nadu angle	Madras State renamed Tamil Nadu from 14 January 1969; anti-Hindi agitation of 1965 → Official Languages (Amendment) Act, 1967; Kashi Tamil Sangamam inaugurated in Varanasi on 19 November 2022 (Ministry of Education, with IIT Madras and BHU)

3. Static links

- GS-I: Indian society – regionalism, communalism, secularism; unity in diversity; post-independence consolidation and reorganisation of States.
- GS-II: federalism – Articles 3, 263, 371 series; Fifth and Sixth Schedules; Sarkaria (1983–88) and Punchhi (2007–10) Commissions on Centre–State relations.
- Essay: "unity in diversity", "cooperative federalism".

4. Previous-year questions (UPSC)

- GS-I 2020 (10 marks): "Do you agree that regionalism in India appears to be a consequence of rising cultural assertiveness? Argue."
- GS-I 2016 (12.5 marks): "Has the formation of linguistic States strengthened the cause of Indian Unity?" Also 2016: "What is the basis of regionalism? Is it that unequal distribution of benefits of development on regional basis eventually promotes regionalism? Substantiate your answer."

5. Common mistakes

- Treating regionalism and secessionism as the same – most regional demands are for recognition within India.
- Giving only threats – "critically examine" needs both sides and a judgement.
- Wrong years: Andhra State is 1953, the States Reorganisation Act is 1956; the Sixteenth Amendment is 1963 (not 1976).

Official sources

- Business Standard (ANI) – Foster the spirit of communal harmony with Qaumi Ekta Week (18 November 2018) – https://www.business-standard.com/article/news-ani/foster-the-spirit-of-communal-harmony-with-qaumi-ekta-week-118111800175_1.html
- PIB, Ministry of Education – Kashi Tamil Sangamam, 19 November–16 December 2022 – https://pib.gov.in/PressReleasePage.aspx?PRID=1884329
- The Print – The oath to uphold the sovereignty and integrity of India was added in 1963 (Sixteenth Amendment) – https://theprint.in/opinion/oath-uphold-sovereignty-integrity-india-invented-1963/25540/

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