

05-08-2021**Ashwagandha****Question: Consider the following statements:**

1. It is a traditional Indian herb used to increase energy, reduce stress and strengthen the immune system.
2. Ashwagandha is widely grown in dry parts of sub-tropical regions like Rajasthan, Punjab, Haryana, Uttar Pradesh, etc. in India.
3. The temperature between 20 ° C to 35 ° C is the Right temepature of its cultivation.

Which of the above statement(s) is/are true?

- (A) 01 and 02 (B) 02 and 03
(C) 01 and 03 (D) all of the above

Answer:- (D) All of the above

Role:- Recently, the Ministry of AYUSH has entered into an agreement with London School of Hygiene and Tropical Medicine (SBSHD), UK to conduct a joint study on 'Ashwagandha' to promote recovery from Kovid-19.

Exam Useful Points:-

- Ashwagandha (Withania Somnifera) is commonly known as Indian winter cherry.
- It is classified as an adaptogen. it can help your body manage stress.
- It is a traditional Indian herb to increase energy, reduce stress and strengthen the immune system.
- Ashwagandha is widely grown in the dry parts of the sub-tropical regions. Rajasthan, Punjab, Haryana, Uttar Pradesh, Gujarat, Maharashtra and Madhya Pradesh are the major Ashwagandha growing states in India.
- Being a hardy and drought-tolerant crop, Ashwagandha requires relatively dry weather to grow fully. Areas with 60-75 cm of rainfall are suitable for its cultivation.

- Ashwagandha grows well in sandy loam or light red soil with a value of 5-8 PH black soil with proper drainage system is also suitable for the cultivation of Ashwagandha.
- The temperature between 20°C to 35°C is most suitable for its cultivation.

Gilgit-Baltistan

Question: Consider the following statements:

1. According to this bill, the Election Commission of the region will be financed in the Election Commission of Pakistan by abolishing the Supreme Court of Appeal of Gilgit-Baltistan.
2. Gilgit-Baltistan shares borders with China in the north, Afghanistan in the west and Kashmir in the southeast.
3. Although India has clearly conveyed to Pakistan, that the entire Union Territory of Jammu and Kashmir, Ladakh and the areas of Gilgit-Baltistan are an integral part of India.

Which of the above statement(s) is/are true?

- (A) 01 and 02 (B) 02 and 03
(C) 01 and 03 (D) all of the above

Answer:- (D) All of the above

Role:- Recently Pakistani authorities have fully prepared a law to temporarily give provincial status to Gilgit-Baltistan. This law is currently in the form of a proposed bill.

Exam Useful Points:-

- According to this bill, the 'Supreme Court of Appeal of Gilgit-Baltistan' will be abolished and the "Election Commission of the regio" will be subject to the Election Commission of Pakistan.

- At present, Gilgit-Baltistan is an autonomous region, but after the implementation of this Pakistan Bill, this region will become the 5th province of Pakistan.
- However, India has clearly conveyed to Pakistan that the entire Union Territory of Jammu and Kashmir, Ladakh and the areas of Gilgit-Baltistan are an integral part of India.
- The region was part of the erstwhile princely state of Jammu and Kashmir, but Pakistan has controlled the Dul region since 4 November 1947 after Kashmir was invaded by tribal fighters and Pakistani forces.
- Gilgit-Baltistan borders China to the north, Afghanistan to the west and Kashmir to the southeast.
- Due to this geography, this area is very important from the strategic point of view for all three India, China and Pakistan.
- Due to the border of Afghanistan and China, this area is strategically important.
- Strategic and Strategic Significance This region is of great importance to both India and Pakistan due to the region's land connectivity with South Asian countries and the natural wealth present here.

Tribunal Reform Bill

Question: Consider the following statements:

1. Jurisdiction including the Film Certification Appellate Tribunal (FCAT) will be abolished.
2. It also provides for similar terms and conditions of service for the Chairperson and members of certain Tribunals.
3. The Tribunal Reform Bill 2021 to replace Rationalisation and Conditions of Service Tribunals Reforms ordinance, 2021

Which of the above statement(s) is/are true?

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|---------------|----------------------|
| (A) 01 and 02 | (B) 02 and 03 |
| (C) 01 and 03 | (D) all of the above |

Answer:- (D) All of the above

Role: - Recently on 3 August 2021, the Tribunal Reform Bill Appellate Tribunal will be abolished.

Exam Useful Points:-

- The tribunals including the Film Certification Appellate Tribunal (FCAT) will be abolished.
- The Tribunal Reform Bill 2021 will replace Tribunals Reforms (Rationalisation and Conditions of Service) ordinance 2021.
- The Bill provides for the abolition of tribunals or authorities under several Acts by amending the Cinematograph Act of 1952, the Copyright Act 1962, the Customs Act, 1970, the Airport Authority of India Act, 1944, as well as the Cold Marks Act in 1999.
- All pending cases before such tribunals or authorities shall be transferred to the Commercial Court or High Court.
- The government had started the process of rationalization of seven tribunals in 2015. Under the Finance Act, 7 tribunals were merged on the basis of functional equality.

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