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- 
- 
- Home
- UPSC
 - Current Affairs IAS
 -   
 - Quiz IAS
 -   
 - UPSC News Editorial (/Eng)
 - Answer Writing ( /Eng)
 - UPSC Essay (/Eng)
 - UPSC GS (/Eng)
 - UPSC GS 1 ( /Eng)
 - UPSC GS-2 ( /Eng)
 - UPSC GS-3 ( /Eng)
 - UPSC GS-4 ( /Eng)
 - Kurukshetra ( /Eng)
 - Yojana ( /Eng)
 - IAS Strategy for Prelims
 - General Studies
 - CSAT
 - IAS Strategy for Mains
 - IAS GS 1
 - IAS GS 2
 - IAS GS 3
 - IAS GS 4
 - IAS Test Series
- Himachal HPAS
 - Himachal Daily Current Affairs
 -   
 - Daily Himachal GK Quiz

- Himachal HPAS
- Himachal News Editorial (Hindi/Eng)
- Answer Writing (Hindi /Eng)
- Himachal Essay (Hindi/Eng)
- Giriraj
 - Magazine
 - Giriraj Quiz
- Himachal
 - Himachal
 - Himachal Himachal
- HP Government Schemes
- Himachal Himachal Himachal Himachal
- Syllabus Prelims Himachal HPAS
 - GENERAL STUDIES
 - CSAT
 - English
 - Hindi
- Syllabus Mains Himachal HPAS
 - English,Hindi,Essay & One Optional
 - HPAS GS 3
 - HPAS GS 2
 - HPAS GS 1
- Himachal HPAS Test Series
- All You need to Know about Himachal HPAS
- HARYANA HCS
 - Haryana Current Affairs
 - Himachal Himachal Himachal
 - HCS Quiz
 - Himachal Himachal Himachal
 - Haryana News Editorial (Hindi/Eng)
 - Answer Writing (Hindi /Eng)
 - Haryana Essay (Hindi/Eng)
 - HR Government Schemes
 - Himachal Himachal Himachal Himachal
 - Syllabus Mains Haryana HCS
 - Syllabus Prelims Haryana HCS
 - HCS Prelims Test Series

- [Punjab PCS](#)
- [Punjab PCS Current Affairs](#)
- [Daily Quiz Punjab PCS](#)
- [Punjab News Editorial \(Eng\)](#)
- [Answer Writing \(Eng\)](#)
- [Punjab Essay \(Eng\)](#)
- [All you need to know about Punjab PCS Exam 2021](#)
- [Syllabus Prelims Punjab PCS](#)
 - [General Studies](#)
 - [Prelims GS 1](#)
- [Syllabus Mains Punjab PCS](#)
 - [PCS GS 1](#)
 - [PCS GS 2](#)
 - [PCS GS 3](#)
 - [PCS GS 4](#)
 - [Online PUNJAB PCS TEST SERIES 2020](#)
- [CSAT](#)
 - [CSAT English](#)
 - [Punjab PCS CSAT](#)
- [Concept Mindmaps](#)
 - [Polity \(Hindi / Eng\)](#)
 - [Geography \(Hindi / Eng\)](#)
 - [Environment \(Hindi / Eng\)](#)
 - [History \(Hindi / Eng\)](#)
 - [Economics \(Hindi / Eng\)](#)
 - [Science and Technology \(Hindi / Eng\)](#)
 - [CSAT Concepts \(Hindi / Eng\)](#)
 - [Maps \(Hindi / Eng\)](#)
 - [Art and Culture \(Hindi / Eng\)](#)
 - [International Affairs \(Hindi / Eng\)](#)
 - [Punjab PCS Concepts](#)
 - [Himachal HPAS Concepts \(Hindi / Eng\)](#)
 - [Haryana HCS Concepts \(Hindi / Eng\)](#)
 - [Rajasthan RAS Concepts \(Hindi / Eng\)](#)
- [Concept Quiz](#)
 - [Polity Quiz \(Hindi/Eng\)](#)

- Geography Quiz (हिंदी/Eng)
- Environment Quiz (हिंदी/Eng)
- History Quiz (हिंदी/Eng)
- Economics Quiz (हिंदी/Eng)
- Science and Technology Quiz (हिंदी/Eng)
- CSAT Concepts Quiz (हिंदी/Eng)
- Maps Quiz (हिंदी/Eng)
- Art and Culture Quiz (हिंदी/Eng)
- Punjab PCS Concepts Quiz
- Himachal HPAS Concepts Quiz (हिंदी/Eng)
- Haryana HCS Concepts Quiz (हिंदी/Eng)
- Rajasthan RAS Concepts Quiz (हिंदी/Eng)
- Mains
 - UPSC Answer Writing (हिंदी/Eng)
 - HPPSC Answer Writing (हिंदी/Eng)
 - Haryana HCS Answer Writing (हिंदी/Eng)
 - Punjab PCS Answer Writing
- Exam Blogs
 - UPSC Exam Blogs
 - Himachal Exam Blogs
 - Punjab exam Blogs
 - Haryana Exam Blogs
 - Rajasthan Exam Blogs
 - E-Magazine
 - E-Magazine for HPAS
 - हिमाचल प्रदेश का हिंदी-हिंदी
 - E-Magazine for Punjab PCS
- UPCOMING EXAMS
 - National Exams
 - Himachal Pradesh Exams
 - Punjab Exams
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- About US
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Click on Drop Down for Current Affairs

29th August 2019

Topic:- Health(Important for Prelims)

News:- Sept to be observed as 'Poshan Maah' in HP.

Context:-Additional Chief Secretary, Social Justice and Empowerment, Nisha Singh today said September would be observed as the "Poshan Maah" (nutrition month).

Which month?

- September

Purpose:-

- The main focus would be on five critical components, including first 1,000 days of child, anaemia, diarrhoea, hand wash and sanitation.

(Source: The Tribune)

Topic:- Environment.

(Important for Mains)

News:-CM says no to activities degrading environment.

Context:-Chief Minister Jai Ram Thakur today said as a reply in Monsoon session that no environmentally degrading activity like illegal mining, felling of trees and use of banned polythene bags will be allowed as their repercussions would be very harmful to the fragile Himalayan ecology

Impact due to this action:-

- It is people living in the village who have realized the importance of forests and green cover and they are the real custodians of forests. CM said 747 sq km of forest area had increased in HP since 2003 while 26.47 lakh saplings had been planted.
- "Even though HP was amongst the first states to ban the use of plastic bags, thermocol and even mineral water bottles even now there are violators, who are being heavily penalized,"

Penalised:-

- There are 487 mining leases given out by the mining wing, which has detected 2,749 cases of illegal mining in which Rs 1.16 crore penalty had been imposed

(Source: The Tribune)

Topic:- Important Day

News:-On the occasion of National Sports Day, Prime Minister Narendra Modi launched the “Fit India Campaign”.

Chief Minister Shri Jairam Thakur has urged the people of the state to exercise for a healthy life. Also called for making the “Fit India Campaign” a success.

When is National Sports day observed?

- ***29 August,***
- ***The National Sports Day in India is celebrated on 29 August, on the birth anniversary of hockey legend Major Dhyan Chand. This day marks the birthday of Major Dhyan Chand Singh, the hockey player who won gold medals in Olympics for India in the years 1928, 1932 and 1936.***

About “Fit India Campaign:-

- ***Today Prime Minister Narendra Modi launched “Fit India Movement” at the Indira Gandhi Indoor Stadium in New Delhi on National Sports Day on Thursday. The programme aims to encourage all citizens to inculcate a culture of fitness.***

(Source: Government)

QUIZ: -

Question 1:- Which month to be observed as 'Poshan Maah' in HP?

1. August
2. September
3. July
4. June

Question 2:-When is National Sports day observed?

1. 26th August
2. 28th August
3. 29th August
4. 1st Sept

Answers: -

- Q1: - 2
- Q2: - 3

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- UPSC Prelims Test Series
- UPSC Mains Test Series
- UPSC Interview Test Series

- [Punjab Current Affairs](#)
- [PPSC Quiz](#)
- [Punjab Mindmaps](#)
- [Punjab Editorial](#)
- [Punjab E-Magazine](#)
- [PPSC Free Mock Test](#)
- [PPSC Prelims Test Series](#)

Punjab PCS

- [Punjab Current Affairs](#)
- [PPSC Quiz](#)
- [Punjab Mindmaps](#)
- [Punjab Editorial](#)
- [Punjab E-Magazine](#)
- [PPSC Free Mock Test](#)
- [PPSC Prelims Test Series](#)

Haryana HCS

- [Haryana Current Affairs](#)
- [HCS Quiz](#)
- [HCS Editorials](#)
- [HCS Mindmaps](#)
- [HCS E-Magazine](#)
- [HCS Free Mock Test](#)
- [HCS Prelims Test Series](#)

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- [UPSC Current Affairs](#)
- [UPSC Quiz](#)
- [UPSC Editorials](#)
- [UPSC Mindmaps](#)
- [UPSC E-Magazine](#)
- [UPSC Free Mock Test](#)
- [UPSC Prelims Test Series](#)

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- [संघीय सेवाएँ](#)
- Himachal HPAS
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