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21st June 2021

Topic: Important Day

Important for Prelims

What is the news?

- Chief Minister Shri Jairam Thakur ji wished everyone on “International Yoga Day.”



About International Yoga Day:

- The UN proclaimed June 21 as International Day of Yoga by passing a resolution on December 11, 2014. Although yoga has long been recognized as India's gift to the global culture of wellness, the official UN recognition came after a push by Prime Minister Narendra Modi in 2014.

Why is International Yoga Day being commemorated?

- June 21 is marked as the annual international day of yoga to celebrate the ancient Indian art of healthy living. Translated into the «unity» of Sanskrit, yoga

intends to unite the body and the spirit to bring harmony.

Who is the father of yoga?

- Lord Shiva, as per the scriptures and his beliefs, Lord Shiva is the father of Yoga.

Theme:

- This year, the theme is «Yoga for wellness» and the emphasis will be on the practice of yoga for physical and mental well-being.

Topic: Geography

Important for Prelims & Mains

What is the news?

- Desiltation of Khajjiar lake begins.
- Reduced to a quarter in size; Rs48 lakh approved.
- The lake's ecosystem was threatened by rapid anthropogenic changes and was losing its area of water propagation. Siltation, weed infestation, improper rinsing, indiscriminate grazing and subsequent soil erosion contributed to this problem.

Report by WII:

- The WII, in its report, advised taking up the restoration work in stages involving de-siltation, de-weeding, reducing influx of nutrient and floating debris, maintenance of water level, management of the meadow and comprehensive ecological assessment to frame management plan.
- “The fact that most of the de-silting has to be done manually and not through machines makes the task even more arduous. We cannot undertake scrapping as the lake has natural undulations that provide habitat complexity,” explained Sharma.

About WII:

- The Wildlife Institute of India (WII), an autonomous natural resource service institution under the Ministry of Environment, Forests and Climate Change, was established in 1982.
- It is headquartered in Dehradun, India. ***It is located in Chandrabani***, which is close to the southern forests of Dehradun.

(Source: The Tribune)

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