

+91 9815591973 support@examlife.info



- 
- 
- 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 News Editorial (Hindi/Eng)
- Answer Writing (Hindi /Eng)
- Himachal Essay (Hindi/Eng)
- Giriraj
 - Magazine
 - Giriraj Quiz
- Himachal Pradesh
 - Himachal Pradesh
 - Himachal Pradesh Government Schemes
- HP Government Schemes
- Himachal Pradesh Government Schemes
- 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 Pradesh Government Schemes
 - HCS Quiz
 - Himachal Pradesh Government Schemes
 - Haryana News Editorial (Hindi/Eng)
 - Answer Writing (Hindi /Eng)
 - Haryana Essay (Hindi/Eng)
 - HR Government Schemes
 - Himachal Pradesh Government Schemes
 - 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
 - Test Series Planner
- About US
- Sign Up
- Login
- facebook 

- instagram 
- youtube 

MENU

Click on Drop Down for Current Affairs

11th, December, 2021

Topic: Pension Scheme

Importance: Himachal HPAS Prelims and Mains

What is the news?

- The representatives of New Pension Scheme Employees Association (NPSEA) Himachal Pradesh called on the Chief Minister, Jai Ram Thakur at Tapovan, Dharamshala today.

What's the demand?

The delegation urged the Chief Minister to cover them under the Old Pension Scheme.

What CM said?

- NPS was implemented in 2003, which had been accepted by the entire country, but now NPS employees are demanding to implement the old pension scheme again.

Basic difference between old and new:

- The basic difference between the old and the new scheme is that while the earlier system was defined the new one is totally based on investment returns along with accumulations until retirement age, annuity type and its levels.
- Before the implementation of NPS in January 2004, when a government employee retired, his pension was fixed equal to 50 percent of his last salary. Whether it is 40 years of job in OPS or 10 years, the amount of pension was decided by the last salary i.e. it was the Definitive Benefit Scheme. In contrast, NPS is a Definitive Contribution Scheme, that is, the pension amount depends on the number of years the job has been done and the annuity amount. A fixed amount is contributed every month under NPS. At retirement, 60 percent of the total amount can be withdrawn in a lump sum and the remaining 40 percent has to be purchased from the insurance company's annuity plan, on which the interest amount is given as pension every month.
- According to tax and investment expert Balwant Jain, OPS is a safer option, but NPS money is also invested in equities, due to which it can get higher returns on retirement after a long service period.

(Source: CMO Himachal & informalnewz)

Topic: Health

Importance: Himachal HPAS Prelims and Mains

What is the news?

- Dr YS Parmar University of Horticulture and Forestry (UHF), Nauni, has constituted a Functional Food Association of India (FFAI) to address food-related issues. It was formally launched by the Governor of Himachal Pradesh on the occasion of the university's 11th convocation on December 7.
- The governing body of the association has food scientists from renowned institutions of the country as their office-bearers.

Concerns:

- Dr Parvinder Kaushal, Vice-Chancellor of the university and patron of the FFAI, said: "In India, the shift from traditional to modern lifestyle, consumption of a diet rich in fat and calories, combined with a high-level of mental stress, has resulted in increased incidences of lifestyle-related diseases. Scientific evidences regarding the role of food in maintaining good health and preventing diseases, and adverse effects of allopathic medicines and rising health care costs are some of the factors which require education of large population toward functional foods and Nutraceuticals."
- The association's founding president, Dr KD Sharma, said: "***Japan was the first country to realize the ill effects of junk food and introduced the idea of functional food in 1980***, which led to increases in lifespan of their population with the delayed onset of chronic diseases. It also saved the government expenditure in setting up huge hospital infrastructure."

The first conference of the Functional Food Association of India will be held in 2022 at Solan.

(Source: HP Tribune)

Free Regular HP Quiz

REGULAR HP QUIZ

- Daily Updated Questions
- Detailed Solutions
- Real-Time Rank

[CLICK HERE](#)



UPSC

- National Current Affairs
- UPSC Quiz
- Editorials
- Mindmaps
- E-Magazine
- Free Mock Test
- Prelims Test Series

UPSC

- UPSC Current Affairs
- UPSC Quiz
- Editorials
- Mindmaps
- E-Magazine
- Free Mock Test
- UPSC Prelims Test Series

Examlife Online Prelims Test Series

Enroll Now

Himachal HPAS

- HP Current Affairs
- HPAS Quiz
- HP Editorials
- HP Mindmaps
- HPAS E Magazine
- HPAS Free Mock Test
- HPAS Prelims Test Series

उत्तर प्रदेश प्रशासनिक सेवा

- उत्तर प्रदेश प्रशासनिक सेवा
- प्रशासनिक सेवा प्रश्नोत्तर
- उत्तर प्रदेश प्रशासनिक सेवा
- प्रशासनिक सेवा प्रश्नोत्तर
- उत्तर प्रदेश प्रशासनिक सेवा
- प्रशासनिक सेवा प्रश्नोत्तर
- प्रशासनिक सेवा प्रश्नोत्तर
- प्रशासनिक सेवा प्रश्नोत्तर

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

उपयोगी लिंक्स

- भारतीय प्रशासनिक सेवा
- भारतीय प्रशासनिक सेवा
- भारतीय प्रशासनिक सेवा
- भारतीय प्रशासनिक सेवा
- भारतीय प्रशासनिक सेवा
- भारतीय प्रशासनिक सेवा
- भारतीय प्रशासनिक सेवा
- भारतीय प्रशासनिक सेवा

Useful Links

- UPSC
- भारतीय प्रशासनिक सेवा
- Himachal HPAS
- भारतीय प्रशासनिक सेवा
- Punjab PCS
- Contact us
- About us
- Privacy Policy
- Haryana HCS
- भारतीय प्रशासनिक सेवा
- CSAT
- भारतीय प्रशासनिक सेवा

Social Media



Examlife Online Prelims Test Series

Enroll Now

- Punjab PCS Exam (Click Here)
- Himachal HPAS Exam (Click Here)
- [\[Placeholder\]](#) [\[Placeholder\]](#) (Click Here)
- UPSC Preparation (Click Here)
- [\[Placeholder\]](#) [\[Placeholder\]](#) (Click Here)

© 2024 www.examlife.info. All Rights Reserved.