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# TATHASTU

Institute of Civil Services



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## HI-WISE - Water, ice, society, and ecosystems in the Hindu Kush Himalaya

**News:** Rivers in eastern and northeastern India including the Brahmaputra, Ganga and Teesta will, like their counterparts in the rest of the **Hindu Kush Himalayas (HKH)**, see a rapid increase in stream flow followed by water scarcity, a **new report** released by the **International Centre for Integrated Mountain Development (ICIMOD)**.

### Why is HKH region important?

- The HKH region is a vast area, encompassing mountain ranges stretching from the **Hindu Kush range in northern Afghanistan** to the **Arakan range in Myanmar**, with the Himalayan range as its spine, and also includes the Tibetan Plateau.
- It is home to the **world's largest reservoir of ice and snow** outside the polar regions, and the source of **12 major rivers** that provide freshwater and other vital ecosystem services to **240 million people** in the mountains and a further **1.65 billion people downstream**.

### Key Findings of the Report:

- Glaciers disappeared 65% faster in the 2010s than in the previous decade.
- On current emissions pathways, **80% of glaciers' current volume will be gone by 2100**.
- Availability of water is expected to peak in mid-century and then decline.
- Vulnerable mountain communities are already experiencing major adverse impacts: loss and damage to lives, property, heritage, infrastructure, leading to displacement and psychological impacts.
- **200 glacier lakes** across these mountains are deemed dangerous, and the region could see a **significant spike in glacial lake outburst floods** by the end of the century.
- **Permafrost is decreasing** in the region, which will lead to **more landslides and problems for infrastructure** at high elevation.
- Biodiversity is under threat from habitat loss, invasive species, overexploitation, pollution, and climate change.
- Current adaptation efforts are wholly insufficient, and more support and finance are needed to enhance the resilience of the mountain communities and ecosystems

### Key Recommendations:

- To **reduce greenhouse gas emissions** and other drivers of climate change, such as black carbon and ozone, and to promote low-carbon and green development pathways in the HKH region.
- To **enhance regional cooperation among the HKH countries** to address the shared challenges of climate change and cryosphere loss, and to leverage the opportunities for sustainable development.
- To scale up **adaptation and resilience measures** for the mountain communities and ecosystems, such as **early warning systems, disaster risk reduction, climate-smart agriculture**, ecosystem-based management, and livelihood diversification.
- To support loss and damage mechanisms for unavoidable impact of climate change and cryosphere change.

### About ICIMOD:

- It is a regional intergovernmental learning and knowledge-sharing centre serving the 8 regional member countries (RMCs) of the HKH region – Afghanistan, Bangladesh, Bhutan, China, India, Myanmar, Nepal, and Pakistan.
- It was established in 1983 and is headquartered at Lalitpur, which is located in the Kathmandu valley.
- ICIMOD promotes and fosters partnerships amongst the RMCs to secure a better future for the people and environment of the HKH region.

## Jagannath Rath Yatra

**News:** The Jagannath Rath Yatra began on 20<sup>th</sup> June in Odisha and was also celebrated in other parts of India.

### What is Jagannath Rath Yatra?


- Jagannath Rath yatra is a Hindu festival that celebrates the annual journey of **Lord Jagannath, his brother Balabhadra** and **his sister Subhadra** from their temple in Puri, Odisha to their aunt's temple in Gundicha.

- It is also known as the **Festival of Chariots** because the deities are carried on huge wooden chariots that are pulled by devotees. The festival is one of the most important and oldest in India, and attracts millions of pilgrims and tourists every year.
- This year, the festival started on June 20 and will end on June 28.

#### What are the chariots made of?

- The chariots are made by expert carpenters known as **Maharana** who have the **hereditary rights to make them**. They use over 4,000 pieces of wood to construct the chariots over 42 days.
- The chariots are decorated with colourful fabrics, paintings and flags. Each chariot has a different size, colour and number of wheels.
- **Lord Jagannath's** chariot is called **Nandighosha**. It is 45 feet high and has 16 wheels. It is covered with **red and yellow** cloth.
- **Lord Balabhadra's** chariot is called **Taladhwaja**. It is 44 feet high and has 14 wheels. It is covered with **red and green** cloth.
- **Devi Subhadra's** chariot is called **Darpadalana**. It is 43 feet high and has 12 wheels. It is covered with **red and black** cloth.

THE THREE RATHS			
	NANDIGHOSA	DARPADALAN	TALADHWAJA
Presiding Deity	Lord Jagannath	Goddess Subhadra	Lord Balabhadra
Wheels	16	12	14
Wooden pieces used	832	593	763
Height	44.2 feet	42.3 feet	43.3 feet
Colour of cloth	Red & yellow	Red & black	Red & green



#### About Jagannathpuri Temple:

- It is an important Hindu temple dedicated to Jagannath, a form of Vishnu.
- It was built by **King Indradyumna of Avanti**, and **rebuilt by King Anantavarman Chodaganga** of the Eastern Ganga dynasty in the 10th century CE.
- It is one of the Char Dham pilgrimage sites, along with Badrinath, Dwarka and Rameswaram.
- The architectural style of Jagannath puri temple is **Kalinga architecture**.
- Jagannath Puri temple is called '**Yamanika Tirtha**' where, according to the Hindu beliefs, the power of 'Yama', the god of death has been nullified in Puri due to the presence of Lord Jagannath. This temple was called the "**White Pagoda**".

## International Day of Yoga 2023

**News:** The 9th International Day of Yoga (IDY) was celebrated on June 21<sup>st</sup> with the Theme **Yoga for Vasudhaiva Kutumbakam**.

#### Background:

- The idea of International Day of Yoga (IDY) was proposed by India during the opening of the 69th session of the United Nations General Assembly (UNGA), held in 2014.
- The UN proclaimed 21st June as IDY by passing a resolution in December 2014.

#### What is Yoga?

- Yoga is a modern form of physical fitness that consists largely of asanas (postures) that are designed to improve strength, flexibility, balance, and coordination. Yoga also helps with stress relief, mental health, and sleep quality.

#### What are the benefits of Yoga in different domains?

- **Spiritual** - Yoga can help you connect with your inner self, your higher power, or the divine, depending on your beliefs.
- **Health** - Yoga can improve your physical and mental health by enhancing your flexibility, strength, balance, breathing, heart health, immunity, pain management, sleep quality, and mood. Yoga can also reduce your stress, inflammation, depression, anxiety, and chronic diseases.

- **Social** - Yoga can help you build positive relationships with others by increasing your empathy, communication, and trust. Yoga can also create a sense of community and belonging among practitioners who share similar values and goals.
- **Economic** - Yoga can enhance your productivity, creativity, and performance at work by improving your focus, memory, problem-solving, and decision-making skills. Yoga can also save you money by reducing your health care costs and increasing your well-being.

### How is India using Yoga to highlight its soft power and diplomacy?

- Through Yoga, India showcases its ancient wisdom, diversity and innovation.
- Promoting yoga as a universal practice that can foster peace, harmony, and well-being among people of different cultures, religions, and backgrounds.
- Engaging with foreign leaders, diplomats, and institutions through yoga sessions, workshops, exhibitions, and exchanges.
- Supporting and collaborating with yoga practitioners, teachers, organizations, and enthusiasts around the world to spread the awareness and benefits of yoga.

### What are some of initiatives taken by the government to promote Yoga?

- Launch of M-Yoga app by PM Modi.
- Yoga was recognized as Sports discipline and Yoga is also part of Fit India movement.
- Several Yoga instructors and students have been trained under Pradhan Mantri Kaushal Vikas Yojana
- The Beauty & Wellness Sector Skill Council (B&WSSC) has vocational education courses in Yoga for CBSE schools.

Source - Indian Express, hopkinsmedicine.org

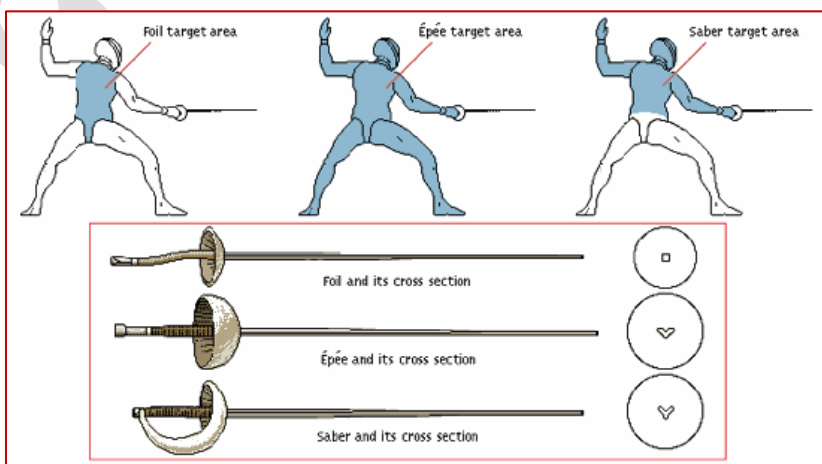
## Facts for Prelims

### Fencing

**News:** CA Bhavani Devi, an Indian fencer, made history by winning India's first-ever medal at the **Asian fencing championships** held in Wuxi, China. She secured a bronze medal in the **women's sabre event**.

#### What is Fencing?

- Fencing is a sport that involves two opponents dueling with swords, trying to touch each other's target area to score points. There are **three types of swords** used in fencing: **foil, epee, and sabre**. Each sword has **different rules for scoring and target area**.



**What are the rules followed in Sabre?** (Try to know basics if possible)

- The sabre is a **cutting and thrusting** weapon that can score with **both the tip and the edge of the blade**.
- The target area is **everything above the waist**, excluding the hands.

#### What are other rules?

- A fencing bout consists of **three periods of three minutes each**, with a one-minute break between periods.
- The first fencer to score **15 points wins the bout**. If neither fencer reaches 15 points by the end of the third period, the fencer with more points wins.
- If **both fencers have equal points** at the end of regulation time, a **sudden death period** of one minute is played, with one fencer having priority by a coin toss. The fencer who scores first in this period wins.

## Places in News

### Kareri Lake

**News:** Recently, Police rescued 39 tourists stranded near Kareri Lake in Kangra.

**About:**

- Kareri Lake is a **shallow high elevation fresh water lake** that is located on the southern spur of the Dhauladhar range, about 9 km northwest of Dharamsala in Kangra district, Himachal Pradesh.
- It is fed by the melting snow from the Dhauladhar range and has a stream called **Nyund** as its outflow. The lake has crystal clear water that allows the visibility of the lake bed in most places.
- It is a popular destination for trekking and camping.

