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History, Art and Culture

Ayurveda Day: September 23rd

20. Government of India has declared September 23rd as the annual Ayurveda Day, commencing in 2025.

• **Significance of the Date -** September 23rd aligns with the autumnal equinox, symbolizing nature's balance, mirroring Ayurveda's principle of equilibrium in body, mind, and spirit.

• **Understanding Ayurveda -** Derived from 'Ayu' (life) and 'Veda' (knowledge), Ayurveda, the "science of life," encompasses human, animal, and plant health, promoting positive health and spiritual growth.

• **Structure and Practice -** Ayurveda integrates preventive measures like hygiene and lifestyle with curative therapies including herbal remedies and personalized treatments based on individual constitution and imbalances.

• **Formal Recognition -** The Indian Medical Council Act of 1971 formally recognizes Ayurveda, ensuring standardization and regulation within the Indian medical systems.

• **Core Principles -** Based on the tridosha theory (Vata, Pitta, Kapha), seven body tissues (dhatus), and waste products (malas), Ayurveda defines health as their balanced state, treating the root cause of imbalances.

Geography

Mearim River's Tidal Bore

A Brazilian surfer recently used the Mearim River's powerful tidal bore, known as "pororoca," to highlight climate change and ecological issues.

• **Mearim River -** Located in Maranhão, northern Brazil, this ~800 km river originates in the south and flows north into the Baía de São Marcos, forming an estuary with other rivers.

• **River Characteristics -** Its upper and middle sections feature rapids, hindering navigation, while only the lower course is navigable. It borders a vital biodiversity hotspot.

• **The "Pororoca" Phenomenon -** The Mearim is renowned for its "pororoca," a tidal bore where high ocean tides surge upstream, creating a "great roar" from the water collision.

• **Understanding Tidal Bores -** A tidal bore is a surge of water caused by rising ocean tides pushing against river currents, typically during spring tides and supermoons, lasting around 30 minutes.

• **Significance of Mearim's Bore -** The Mearim's pororoca is a significant remaining tidal bore in Brazil, attracting surfers and researchers alike.

Inland Waterways Authority of India (IWAI) Establishes Srinagar Office

The Inland Waterways Authority of India (IWAI) has opened a new office in Srinagar to boost river navigation infrastructure in Jammu & Kashmir.

• **Focus on National Waterways** - The initiative targets development in three national waterways within the Union Territory: NW-26 (Chenab), NW-49 (Jhelum), and NW-84 (Ravi).

• **About the IWAI**- IWAI is a statutory body established in 1986 under the Inland Waterways Authority of India Act.

• **Parent Ministry**- The IWAI operates under the Union Ministry of Ports, Shipping, and Waterways.

• **Core Functions-** Its primary function involves undertaking projects for the development, maintenance, and regulation of Inland Water Transport (IWT) infrastructure on national waterways.

• **Boosting River Navigation** - The new Srinagar office signifies IWAI's commitment to expanding and improving river navigation capabilities in the region.

Himachal Notifies Tsarap Chu Reserve

The Himachal Pradesh government has notified the Tsarap Chu Conservation Reserve in Spiti Valley, now India's largest.

• **Location of Tsarap Chu** - Situated at the confluence of the Unam River and Charap Nala in the Spiti Valley region.

• **Geographical Boundaries** - The reserve is bordered by Ladakh to the north, Kibber Wildlife Sanctuary to the east, Kabjima Nala to the south, and Chandratal Wildlife Sanctuary to the west.

• **Key Wildlife: Snow Leopard** - Tsarap Chu is particularly renowned as a habitat for the elusive snow leopard, often referred to as the 'ghost of the mountains'.

• **Other Notable Species** - The reserve is also home to the Tibetan wolf, bharal (blue sheep), Himalayan ibex, kiang (wild ass), Tibetan argali, and various rare bird species like the Rose Finch.

• **Conservation Significance** - This notification underscores Himachal Pradesh's commitment to preserving the unique biodiversity of the Spiti Valley, especially its endangered high-altitude fauna.

Polity & Governance

National Bank for Financing Infrastructure and Development (NaBFID) Offshore Bond Plans

NaBFID recently held non-deal investor meetings in Hongkong to prepare for its inaugural offshore bond issuance.

• **Genesis of NaBFID -** Established in 2021 through an Act of Parliament (NaBFID Act, 2021).

• **Core Objective -** A specialized Development Finance Institution focused on bridging long-term non-recourse finance gaps in infrastructure.

• **Market Development Role -** NaBFID also aims to strengthen the development of India's bonds and derivatives markets.

• **Regulatory Oversight -** The Reserve Bank of India (RBI) regulates and supervises NaBFID as an All India Financial Institution (AIFI) under the RBI Act, 1934.

• **Offshore Bond Preparation -** The Hongkong meetings signify a crucial step towards NaBFID's first venture into the offshore bond market.

International Relations and Issues

International Day of Families

Observed annually on May 15th, this UN-established day in 1994 highlights the family's central role in society and promotes its well-being.

• **Historical Roots -** The UN General Assembly recognized family stability in the late 1980s, leading to resolutions in 1989 and 1991 acknowledging evolving challenges and the need for support.

• **Global Significance -** The day raises awareness about hardships families face, emphasizing their role in values, support, and identity development for stronger communities.

• **Heartfelt Wishes -** Common messages convey love, warmth, togetherness, and enduring happiness within family bonds.

• **Inspirational Insights -** Quotes from figures like Louis Zamperini and Mother Teresa underscore the unique love, support, and irreplaceable nature of family.

• **Celebrating Diversity -** The day promotes respect for all family structures and cultural traditions, advocating for inclusive support to ensure every family can thrive.

Security

Anti-Terror Operations Intensified in J&K

1. May 2025, Indian security forces executed significant anti-terror operations in Jammu and Kashmir, responding to recent attacks with strong resolve.

• **Operation Nader Underway -** Launched on May 15, 2025, in Tral, Awantipora, a joint operation by the Army, J&K Police, and CRPF encountered terrorists. A gunfight ensued following suspicious movement; the operation is ongoing.

• **Shopian Encounter Success -** On May 13, 2025, a joint operation in Shopian's Keller Forest resulted in the killing of three terrorists, including a local commander of LeT/TRF.

• **Joint Forces Involved -** These operations saw the coordinated efforts of the Indian Army, Jammu and Kashmir Police, and the Central Reserve Police Force (CRPF).

• **Significant Recoveries -** Following the Shopian encounter, security forces recovered AK-series rifles, substantial ammunition, grenades, and other war-like materials.

• **Firm Stance Against Terrorism -** These actions underscore India's determined approach to counter terrorism in the region based on specific intelligence inputs.

Shahid Kuttay Neutralized in Operation Keller

20. Indian Army successfully neutralized Shahid Kuttay, TRF chief and Pahalgam attack mastermind, in Operation Keller, Shopian, Jammu & Kashmir.

• **Operation Keller Details -** Launched on May 13, 2025, in Shoekal Keller, Shopian, this search and destroy mission was based on Rashtriya Rifles intelligence.

• **Joint Forces Involved -** The operation was a coordinated effort by the Indian Army, Jammu & Kashmir Police, and the Central Reserve Police Force (CRPF).

• **Operation Objectives -** The primary goals were to neutralize TRF terrorists involved in the Pahalgam attack and eliminate Shahid Kuttay to prevent further threats.

• **About Shopian District -** Located in southern Kashmir Valley, Shopian, granted district status in 2007, is bordered by several districts and the Pir Panjal mountains.

• **Shopian's Significance -** Historically a trade route on the Mughal Road, Shopian's economy is mainly driven by apple orchards and agriculture. Its name's origin is debated.

Pakistan's Troop Buildup Near Shakargarh

101. the recent, Pahalgam terror attack, Pakistan has increased its military presence, including troops, tanks, and artillery, near the Shakargarh Bulge, raising alertness on India's western border.

• **Shakargarh Bulge -** This protruding landmass in Pakistan's Sialkot district, bordered by the Ravi and Chenab rivers, offers Pakistan strategic depth for offensive operations due to its flat terrain and access to infrastructure.

• **Strategic Importance -** For India, protecting the Jammu-Pathankot axis was crucial for maintaining connectivity with Jammu & Kashmir. For Pakistan, capturing it could have isolated Indian forces in Kashmir.

• **Battle of Basantar Context -** The Shakargarh Bulge was the site of the Battle of Basantar during the 1971 Indo-Pak war, a major tank battle.

• **Battle of Basantar (1971) -** Fought from December 4-16, 1971, around the Basantar River in the Shakargarh Bulge, India preempted a Pakistani offensive, protecting northern supply lines.

• **Battle Outcomes -** Indian forces, using tactics like night operations and air-land coordination, destroyed over 60 Pakistani Patton tanks, enhancing India's negotiation position and preventing a strategic thrust into J&K.

Miscellaneous

Neeraj Chopra Honored with Lieutenant Colonel Rank

The Ministry of Defence announced on May 13, 2025, the conferment of the honorary rank of Lieutenant Colonel in the Territorial Army upon Ex-Subedar Major Neeraj Chopra.

Celebrated Javelin Thrower - Born in Khandra village, Panipat, Haryana, Neeraj Chopra is a distinguished athlete. He secured a Gold Medal at the Tokyo 2020 Olympics, a Silver Medal at the Paris Olympics 2024, and became World Champion in 2023

• **The Territorial Army (TA**) - Is a part-time volunteer reserve force supporting India's regular army in national security and essential services.

• **Establishment and History** - Inaugurated on October 9, 1949, by Shri C. Rajagopalachari, Territorial Army Day commemorates its founding, evolving from earlier volunteer forces.

• **Core Roles** - The TA primarily relieves the regular army from static duties and aids civil administration during disasters and essential service disruptions.

• **Structure and Personnel** - Composed of officers and other ranks equivalent to the regular army, it includes departmental and non-departmental units of employed civilians.

• **Volunteer Nature** - The TA is a volunteer force of working citizens who undergo military training to serve the nation when needed.

• **Key Functions -** Its functions encompass war support, disaster relief, and maintaining essential services, demonstrating civil-military cooperation.

SHANKAR IAS PARLIAMENT
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