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TODAY'S ANALYSIS

(05 March 2025)

TOPICS TO BE COVERED

- HEAVY RAINS IN HIMACHAL PRADESH
- RESEARCH IN GILOY SURGE
- BANJARA COMMUNITY
- MCQs



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HEAVY RAINS IN HIMACHAL PRADESH

Situation Overview:

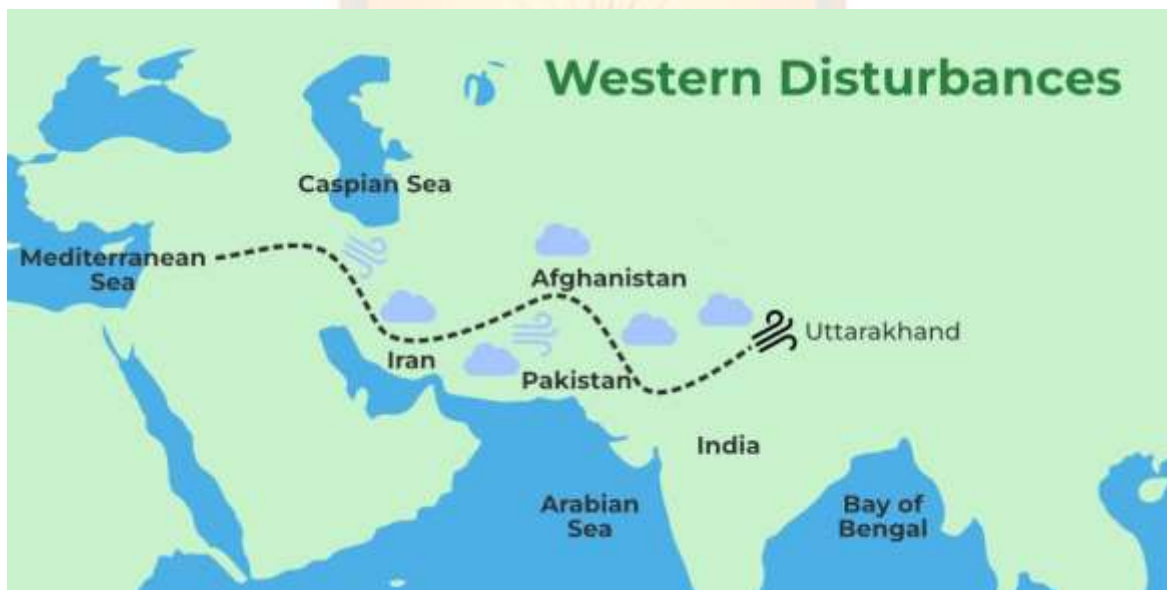
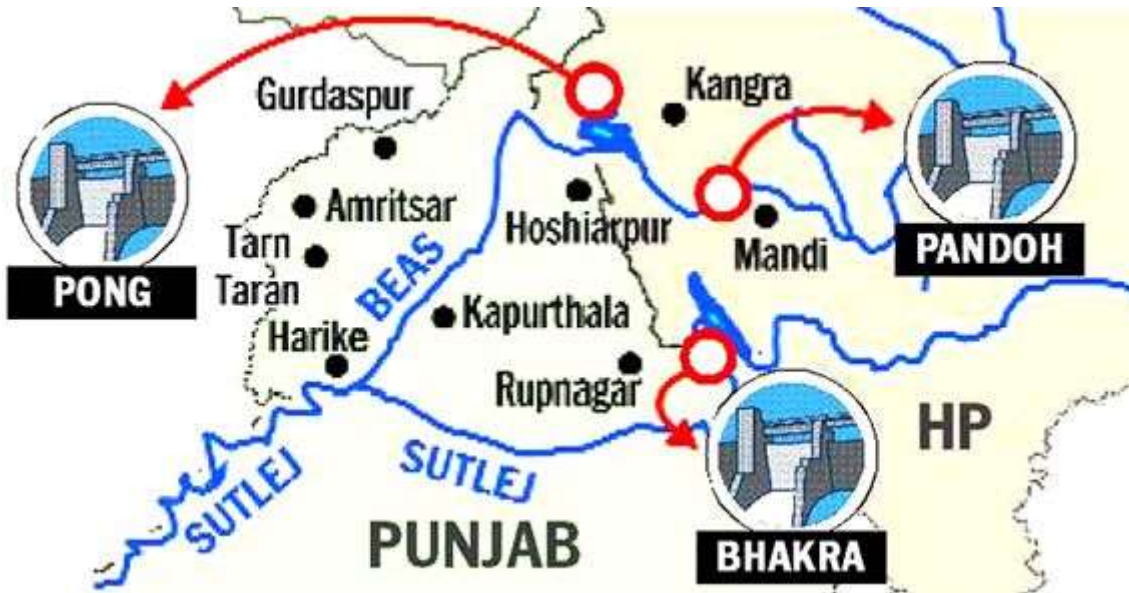
- Recently, Himachal Pradesh is experiencing **heavy rain and snowfall**, especially in the higher reaches of the state, leading to increased concerns about water levels in the Beas River.
- The **Bhakra Beas Management Board (BBMB)** opened the spillway gates of the **Pandoh Dam** (on the Beas River) as a **precautionary measure** due to rising water inflow from both **snowmelt** and **continuous rainfall** in the catchment areas.

Meteorological Alert:

- The **India Meteorological Department (IMD)** issued an **orange alert** for **very heavy rainfall** on March 3, 2025.
- Affected areas include parts of **Lahaul-Spiti, Kinnaur**, and the higher regions of **Chamba, Kangra, Kullu, Mandi, and Shimla** districts.

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PANDOH DAM & SPILLWAY GATES

- The **Pandoh Dam**, located in the Mandi district, is experiencing a **steady increase in water levels** due to **snowmelt** from the **Beas River catchment area** combined with the **ongoing rainfall**.

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- To manage the growing water levels, BBMB opened the **spillway gates** of the dam, which could result in a **sudden rise** in water levels downstream, especially in the **Beas River**.

SITUATION IN KULLU DISTRICT

- Kullu district has been particularly impacted by heavy rains since the morning.
- **Jirri Nullah** (a local rivulet) had been blocked on March 2, 2025, which caused **panic** among locals due to the formation of a small lake. The blockage was cleared naturally by the night.
- However, **Tosh Nullah** in the **Parvati Valley** was blocked on March 3, 2025.
- This is being closely monitored by local authorities, especially since there is a **hydropower project** in the vicinity.

IMPACT ON LOCAL AREAS

- The heavy rainfall has led to **localized flooding** in urban areas of Kullu, with **rainwater receding** in some areas as the rainfall subsides.
- Authorities are actively monitoring the situation to prevent potential flooding or accidents, particularly near the riverbanks.

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CONCLUSION

The situation in Himachal Pradesh remains fluid, with ongoing rainfall and snowmelt causing concern about potential flooding and rising water levels. Authorities are taking proactive measures to ensure public safety, but the public is advised to stay alert and follow safety guidelines.



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RESEARCH PUBLICATION IN GILOY SURGE



Significant Surge in Giloy Research:

- A **376.5% increase** in the number of research publications on **Giloy (Tinospora cordifolia)** has been observed over the past decade.
- A globally recognized biomedical and life sciences database, shows an increase from **243 studies in 2014 to 913 studies in 2024.**
- This highlights the growing global interest in **Giloy's therapeutic potential.**

ROLE OF GILOY IN POST COVID HEALTHCARE

- **Giloy**, also known as **Guduchi** or **Amrita** (meaning the 'herb of immortality'), has been a subject of increased research following the **COVID-19 pandemic.**

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- The pandemic led to a surge in studies exploring **natural immunity boosters** and **holistic healthcare solutions**.
- Emerging studies are reinforcing its **immune-modulatory, antiviral, and adaptogenic properties**, which have made it a prominent subject of research.

MINISTRY OF AYUSH FOCUS ON SCIENTIFIC VALIDATION

- Secretary of the **Ministry of Ayush**, emphasized that **scientific validation** of **Ayush formulations** and **medicinal plants like Giloy** is a priority.
- The Ministry is focused on **boosting research collaborations, funding scientific studies**, and promoting the **evidence-based integration of Ayurveda** with mainstream healthcare globally.

IMPORTANCE OF SCIENTIFIC RESEARCH

- Director General of **CCRAS**, highlighted that scientific research on medicinal plants like Giloy helps bridge traditional wisdom with **modern science**, enhancing global acceptance.
- **Scientific publications** play a key role in the **evidence-based validation** of traditional medicine, facilitating its integration into mainstream healthcare.

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THERAPEUTIC POTENTIAL OF GILOY

- Giloy has been identified as having potential applications in treating **cancer**, **autoimmune diseases**, and **inflammatory disorders**.
- **All-India Institute of Ayurveda**, noted that research on Giloy is increasing, especially regarding its **immune-boosting** and **anti-inflammatory** properties.

LATEST FINDINGS IN GILOY RESEARCH

- **February 2025**: A study explored **Giloy's potential in treating HPV-positive cervical cancer**, highlighting its **immunomodulatory benefits** and suggesting safer, more effective cancer therapies.
- **January 2025**: Researchers from **Tata Memorial Centre**, Mumbai, studied **Giloy's effectiveness in treating Idiopathic Granulomatous Mastitis (IGM)**, a benign breast disorder.
- They found Giloy-based treatments to be **steroid-free**, **cost-effective**, and a safer alternative to **aggressive surgeries**.

AYUSH MINISTRY'S SUPPORT FOR RESEARCH

- The **Ministry of Ayush** has launched a **technical dossier** on Giloy to support ongoing research and promote **evidence-based practices** in traditional medicine.

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- This resource compiles **scientific research, therapeutic applications, and key insights** to raise awareness among healthcare professionals and the public about Giloy's benefits.

GLOBAL IMPACT & FUTURE OUTLOOK

- As scientific studies continue to validate Giloy's medicinal properties, experts believe it has the potential to become a **mainstream integrative healthcare solution**.
- The growing global demand for **natural, plant-based therapies** positions Giloy as a key player in addressing some of the most pressing **health challenges** of our time.

CONCLUSION

As research into Giloy accelerates, its potential as a powerful **medicinal herb** with diverse therapeutic applications is becoming increasingly recognized. India's **Ayurvedic heritage**, combined with modern scientific research, is paving the way for Giloy to become a leading natural treatment option in **global healthcare**.

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BANJARA COMMUNITY

- On 28 February, 2025, Lok Sabha Speaker Shri Om Birla said that The **Banjara community**, who are always at the forefront of preserving forests, need to be mainstreamed in the development journey of the country,
- He also said that the time has come when their voices would be heard and challenges would be addressed.

ABOUT BANJARA COMMUNITY

- The **Banjara community** is a diverse group spread across India, with significant populations in **Telangana, Andhra Pradesh, and Karnataka.**
- Historically, the Banjara were **nomadic**, but most have now settled in villages called **Tandas.**

Language

- The **Banjara community** speaks **Gor Boli** or **Lambadi**, an Indo-Aryan language.
- **Lambadi** does not have a written script.

Religion

- The majority of **Banjaras** are **Hindu.**

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- Some practice a blend of Hinduism and **animistic beliefs**.

Culture

- **Festivals:**
 - The Banjara community celebrates the **Teej festival** in **Shravan** (August), where unmarried girls pray for a good husband.
- **Dance:**
 - **Fire dance** and **Chari** are traditional dances of the Banjara community.
- **Tattoos:**
 - **Tattoos** are a common cultural practice, often reflecting personal style, family identity, and social connections.

SIGNIFICANCE OF BANJARA COMMUNITY

- The **Banjara community** has a longstanding tradition of living in harmony with nature and conserving forests.
- In their migratory practices, they have helped maintain ecological balance, contributing significantly to **forest conservation** and **wildlife protection**.

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- The **Sustainable Development Goals (SDGs)**, particularly those relating to **climate action** (SDG 13), **life on land** (SDG 15), and **decent work and economic growth** (SDG 8), align with the Banjara community's traditional role in ecological conservation and sustainability.

MAINSTREAMING THE BANJARA COMMUNITY

- **Integration in National Development:**
 - The **Banjara community** needs to be mainstreamed in the country's **development agenda**, including social, economic, and political spheres.
 - Addressing their **challenges** in terms of **education, healthcare, and economic opportunities** is crucial for ensuring equitable growth.
- **Contributions to Development:**
 - Despite facing marginalization, the Banjara community contributes significantly to various sectors like agriculture, business, and labor.
 - They have shown resilience and dedication to national progress through **hard work and entrepreneurship**.

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- **Youth Empowerment:**

- **Education** and **skills training** are essential for empowering the younger generation of the Banjara community.
- As per **India's National Policy on Education**, promoting education for marginalized groups, especially for **girls**, is critical for inclusive development.

POLICY IMPLICATIONS

- **Government Initiatives:** The address by **Shri Om Birla** aligns with the **Government of India's** commitment to empowering marginalized communities, as reflected in various schemes such as:
 - **Pradhan Mantri Jan Dhan Yojana** (financial inclusion),
 - **Skill India Mission** (vocational training),
 - **Beti Bachao Beti Padhao** (education and empowerment of girls),
 - **National Scheduled Tribes Finance and Development Corporation (NSTFDC)** (financial assistance to tribals).
- **Inclusive Growth:** Ensuring the Banjara community is integrated into the mainstream development process is vital for **inclusive growth** as per India's **15th Finance Commission** recommendations on strengthening marginalized groups.

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FUTURE DIRECTIONS

- **Education and Skill Development:** Promoting **quality education** and **vocational skills** in the Banjara community is crucial for **human capital development**, which directly contributes to **economic growth**.
- **Social Inclusion:** Policy frameworks should ensure that the **Banjara community** is given access to **social welfare schemes, healthcare services, and legal rights**.
- **Environmental Conservation:** Given their traditional knowledge of forests and nature, the Banjara community can be included in **environmental protection programs** and **eco-tourism** initiatives.

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MCQs

1. The Pandoh Dam is situated on which river?

- (A) Sutlej
- (B) Beas
- (C) Ravi
- (D) None of the above

Ans. (B)

2. The Pong Dam is situated on which river?

- (A) Sutlej
- (B) Ravi
- (C) Beas
- (D) None of the above

Ans. (C)

3. Which of the following is the reason for increased rainfall in Himachal Pradesh in March 2025?

- 1. Western Disturbances
- 2. Snow Melting

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- (A) Only 1
- (B) Only 2
- (C) Both 1 & 2
- (D) Neither 1 nor 2

Ans. (A)

4. According to a recent study, Giloy can be used to treat which of the following cancer?

- (A) Blood Cancer
- (B) Mouth Cancer
- (C) Lung Cancer
- (D) Cervical Cancer



Ans. (D)

5. Consider the following statements about the Banjara community and mark the correct one:

1. The Banjara community speak Lambadi.
2. Lambadi has its own script similar to Devnagri.

- (A) Only 1
- (B) Only 2
- (C) Both 1 & 2
- (D) Neither 1 nor 2

Ans. (A)

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