Yoga Science meet organized at Indian Science Congress in Bengaluru

NATIONAL NEWS

Yoga Science meet organized at Indian Science Congress in Bengaluru

- A Yoga Science meet was organized as part of the ongoing Indian Science Congress in Bengaluru.
- The head of SVYASA Yoga deemed University Dr. HR Nagendra spoke on the benefits of Yoga in busting stress.
- Yoga heals the mind, body and soul thereby insulating those doing yoga from diseases.
- Different yoga therapies and postures that can benefit people. Dr. Indranil Basu Ray, a cardiologist from Canada spoke on Yoga research. He gave examples of people practicing yoga and how it helped them cope up with ailments.
- That meditation and yoga can compose our body and mind and give relief from any anxiety and stress. The penultimate day of 107th Indian Science Congress in Bengaluru will focus on farming and rural development.

HRD Ministry takes a leap forward in transforming education sector

- Human Resource Development Ministry took a leap forward in transforming the education sector with the motto of Education for All and Quality Education. In the year 2019, Dr K Kasturirangan Committee submitted the Draft National Education Policy to the ministry.
- The Government had initiated the process of formulating a New Education Policy to meet the changing dynamics of the requirements of the population with regard to quality education, innovation and research.
- The Ministry has launched the Pradhan Mantri Innovative Learning Program (DHRUV) to identify and encourage talented children to enrich their skills and knowledge.

Javadekar to confer first 'Antarrashtriya Yoga Diwas Media Samman' to 30 media house

· Information and Broadcasting Minister Prakash Javadekar will confer the first 'Antarrashtriya Yoga Diwas Media Samman' to 30 media houses in New Delhi. Acknowledging the positive role and responsibility of the media in disseminating the outreach of Yoga in India and abroad, the Ministry had instituted the award in June last year to mark the contribution of media in spreading the message of Yoga.

- **Eleven awards will be conferred under the category of Best Media Coverage of Yoga in Newspapers, Eight under the category "Best Media Coverage of Yoga in Television while 11 awards to be conferred under the category "Best Media Coverage of Yoga in Radio. The award will consist of a special medal, plaque, trophy and a citation.**

DEFENCE NEWS

Defence Expo 2020

- The Defence Expo 2020 will be held for the first time in Lucknow from February 5 to 9. It will be the biggest ever defence exhibition in the country in terms of participation of exhibitors, the area of the exhibition and the revenue to be earned. Prime Minister Narendra Modi will inaugurate the exhibition.

DRDO participates in Pride of India-Science Expo-2020

- The Defence Research and Development Organization (DRDO) is participating in Pride of India-Science Expo-2020 being held at the 107th Indian Science Congress in Bengaluru.
- 31 DRDO laboratories with more than 150 exhibits and models are participating in the expo showcasing many cutting-edge indigenous defence technologies, which narrate the saga of Self-reliance and National Pride with the Make in India spirit.

COMMITTEE/CONFERENCE

Women Science Congress begins in Bengaluru

· The Women Science Congress was inaugurated at the ongoing Indian Science Congress in Bengaluru.

· DRDO Aeronautical Systems Director General Dr.Tessy Thomas who is known as Missile Woman of India graced the occasion as the Chief Guest.

· The status of women in the country is changing as their growing presence is seen in many areas of expertise.

OBITUARY

Former Karnataka Governor T N Chaturvedi passes away

· Former Governor of Karnataka T N Chaturvedi passed away last night at Noida. He was 90.

· T N Chaturvedi served as of Comptroller and Auditor General of India from 1984 to 1989. He was awarded the Padma Vibhushan in 1991.

SPORTS

Indian Blind Sports Association organizes sports events from Jan 6

- Indian Blind Sports Association (IBSA) is organizing week-long sportsevents for the blind from 6 to 11 January, 2020 in the premises of The BlindRelief Association, Delhi, Lal Bahadur Shastri Marg, near the Oberoi Hotel, New Delhi.
- Over 400 participants, including 85 female blind sports persons from 7states, namely, Delhi, Himachal Pradesh, Madhya Pradesh, Maharashtra, Rajasthan, Tamilnadu and Telangana will be taking part in the following events.
- 5th IBSA KabaddiChampionships For Men (6-11 January)
- 2nd IBSA KabaddiChampionships For Women (6-11 January)
- 8th IBSA PowerliftingChampionships (08 January)
- Coaching Camp and Seminar on Blind Sports (6-11 January)

Khelo India Youth Games-2020 to advocate for elimination of single-use plastics

- The third edition of Khelo India Youth Games-2020, to be held in Guwahati from 10th of January, will be advocating for the elimination of single-use plastics this time.

Govt approves IOA's proposal to host Commonwealth shooting in India

· The government approved in principle the Indian Olympic Association's proposal to host the Commonwealth shooting championships and archery events which are not part of the 2022 Commonwealth Games roster - in March 2022.

· Earlier this week, the IOA had withdrawn its threat to boycott the Birmingham Commonwealth Games over shooting's omission and decided to submit a formal proposal to host a shooting championship, where the medals won will be counted in the tally of the 2022 edition.