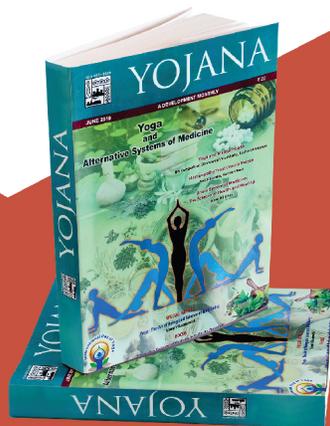
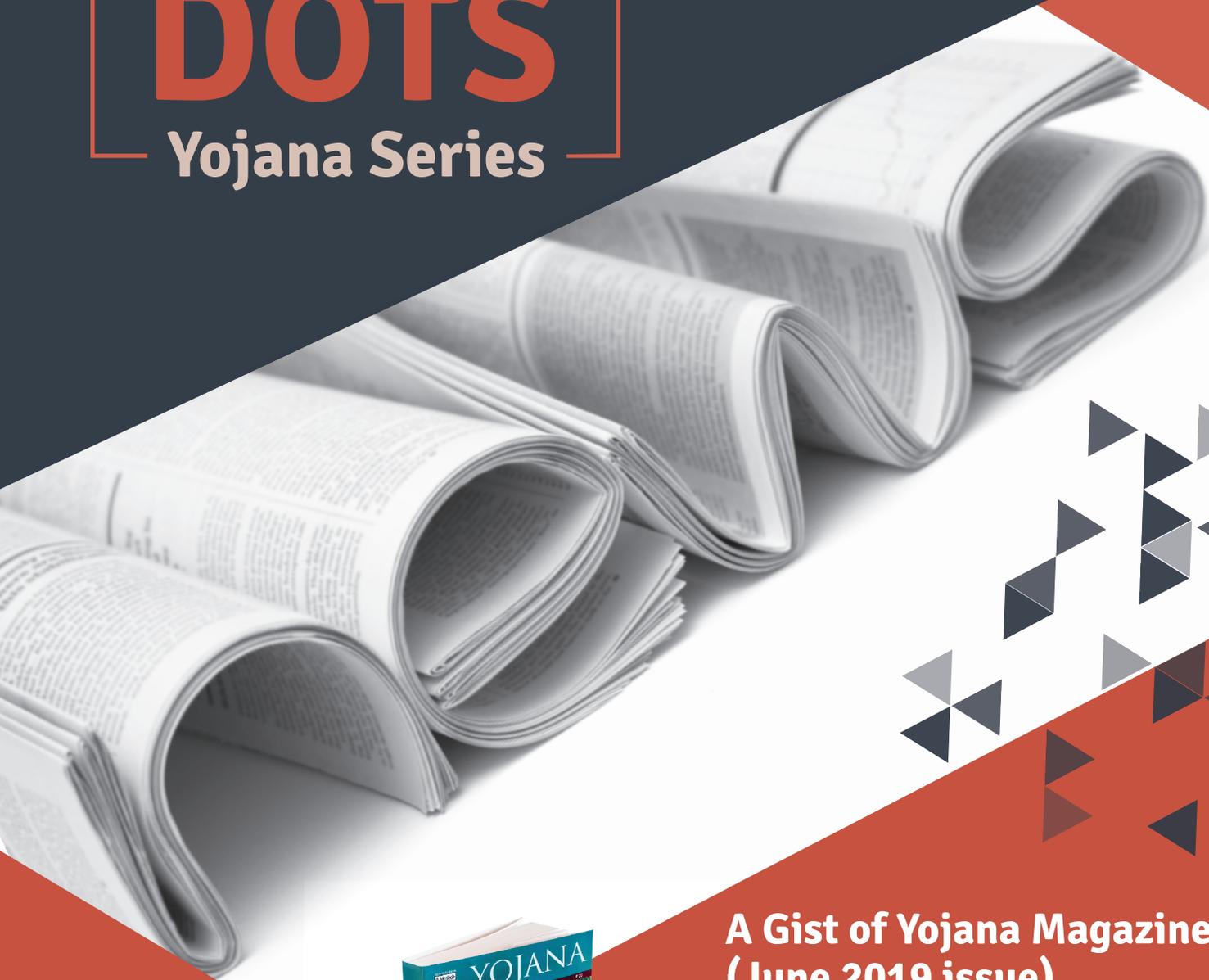


JOIN THE
DOTS

Yojana Series



A Gist of Yojana Magazine (June 2019 issue)

Yoga For Lifestyle Changes

The Alternative System of Medicine

The Relevance of Yoga in Modern Times

The Asthanga Yoga

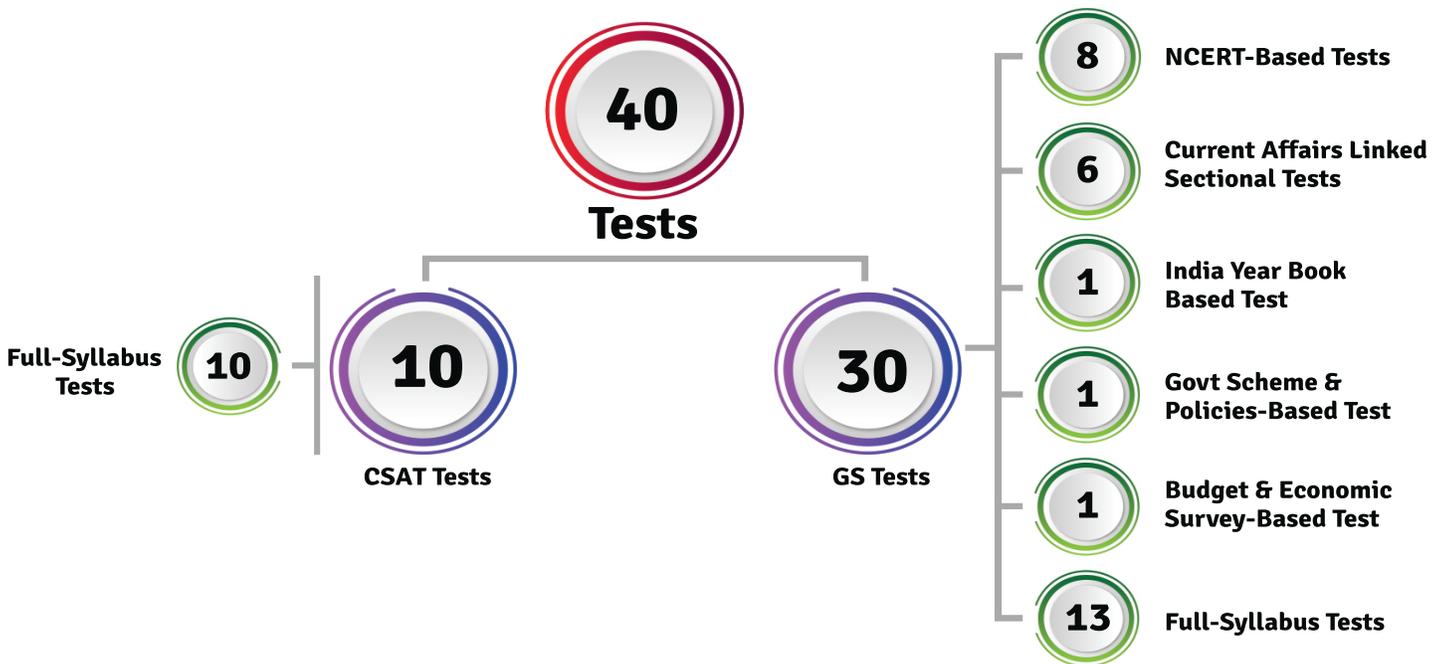


All India Prelims 2020 Test Series



40 Tests @ ₹999 only!

The preferred choice of **UPSC CSE AIR 1** (2017, 2015, 2013)



Audited result

Limited Period Offer. Enroll now!

Contents

1.	Yoga – the art of being and science of well being	1
2.	Steps taken by the government for promotion of Yoga	1
3.	The Asthanga Yoga	1
4.	Increasing Relevance of Yoga in modern times	2
5.	Yoga For Lifestyle changes	2
6.	Benefits of Yoga	3
7.	Alternative System of Medicine in India – An Overview	3
8.	Evolution of Medicine Since Antiquity	4
9.	Traditional/Indigenous/Alternative Systems of Medicine in India	4
10.	The alternative system of medicine	7
11.	Steps taken by the government to promote AYUSH	7
12.	What’s needed to be done	7
13.	Special Focus – World Environment Day June 5, 2019	8

Join the dots! Yojna Synopsis

June 2019

Yoga and Alternative Systems of Medicine

Yoga – the art of being and science of well being

- The word yoga comes from a Sanskrit root yuj which means union or to yoke or to join. This union is the merger of the individual consciousness with the universal one
- Yoga is a inner science comprising of a variety of practices and methods through which human beings can achieve a union between the body and the Mind to attain self- realisation
- Yoga is a science and a way of healthy living which helps to achieve a harmonious personality
- The word yoga was first mentioned in the Rigveda, but its philosophy, science and grammar were first provided by Patanjali in his magnum opus, Patanjali Yoga Sutra
- At present global health care is dominated by modern medicine. Cost of medicine is going beyond the reach of poor and middle class people. On the other hand communities need safe, effective, affordable and accessible healthcare.
- The holistic wisdom of yoga and the other ancient healthcare systems offers the necessary wisdom, experience and capabilities that are crucial for such transformational changes

Steps taken by the government for promotion of Yoga

- UNESCO inscribed Yoga in the representative list of Intangible Cultural Heritage of Humanity- Yoga was inscribed in the UNESCO's list of Intangible Cultural Heritage of humanity during the 11th session of the intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage held in Addis Ababa Ethiopia in December 2016.
- Inclusion of Yoga In National Health Policy 2017: In order to leverage a proper healthcare legacy, the National Health Policy 2017 recommended introduction of Yoga in school and at work places as part of promotion of good health
- Yoga in School Curriculum: In order to promote Yoga as part of school curriculum, Yoga Education was made compulsory by National Council for Teacher Education (NCTE), a statutory body under Ministry of Human Resource Development, through its 15 Teacher Education Programmes
- Yoga Certification Board: Established by Ministry of AYUSH for certification of Yoga professionals and accreditation of Yoga Institutions and Personnel Certification Body.
- UGC has established Yoga Departments in Six Central Universities and framed Standard Yoga Syllabi for various courses e.g. B.Sc., M.Sc. and Ph.D. programmes in Yoga by constituting an Expert Committee
- Ministry of External Affairs (MEA) under auspices of Indian Council for Cultural Relations (ICCR) also deputed Yoga teachers to Indian Missions for imparting training to local students and teachers
- The ICCR signed an MoU with Yunnan Minzu University, China for establishment of Yoga College named "India-China College of Yoga".
- Yoga Olympiad: NCERT has taken the initiative of "YOGA OLYMPIAD" for School Children
- Yoga training to Central Armed Police Force (CAPF): Morarji Desai National Institute of Yoga (MDNIY). Ministry of AYUSH, Govt. of India has introduced Yoga training to Central Armed Police Force (CAPF) and more than 1385 Master Yoga Trainers have been trained by MDNIY

The Asthanga Yoga

- Yoga is described as a holistic health system in the Yoga Sutras, credited to Patanjali (circa 300 CE).
- Yoga is generally understood particularly in the west as asana or pranayama but in reality consists of many more components

- Ashtanga yoga as outlined by Patanjali consists of eight limbs
 1. Yama (universal ethics)
 2. Niyama (individual ethics)
 3. Asana (physical poses)
 4. Pranayama (breath control)
 5. Pratyahara (control of the senses)
 6. Dharana (steadiness of mind)
 7. Dhyana (meditation)
 8. Samadhi (bliss)

Increasing Relevance of Yoga in modern times

- Yoga is one of the most ancient Indian philosophical systems propounded by sage Patanjali (150 BCE)
- Ever since UNO declared June 21st as International Day of Yoga, celebration of this IDY has become a global phenomenon
- “Shareeramyamkhalu dharma saadhanam” (a healthy body is the prerequisite for achieving higher goals).
- Recognising that “yoga provides a holistic approach to health and well-being” and also that wider dissemination of information about the benefits of practising yoga would be beneficial for the health of people all over the world, the UN proclaimed June 21 as the International Day of Yoga via Resolution 69/131.

Yoga could promote the concept of Earth is but one family (Vasudhaiva Kutumbakam).

- Yoga is something beyond physical health and material wealth. The human persona is not only a body; it is also a mind, an intellect, and a soul. Yoga attempts to harmonise all of them.
- In the process, one attains a healthy body, a sharp intellect, and a focused mind capable of realising the unity between ‘I’, generally defined as personal consciousness, and ‘T’, the universal or cosmic consciousness.
- Yoga means to join. Its ultimate goal is to experience the unity of individual and universal consciousness.
- Yoga teaches us to recognise the fundamental unity between human beings and humankind, humans and the environment, and ultimately recognise a total interconnectedness of everything.
- The essence of this realisation is to experience that all is one. There is no ‘us’ and ‘they’ — everything is us. This is an integral or holistic approach.

Yoga For Lifestyle changes

- We are living in times of great challenges, of unprecedented change in unpredictable directions. The way we live, learn, work and enjoy is changing rapidly.
- Lifestyles are getting transformed through technology. We are making significant progress in our relentless quest for economic growth and prosperity, in enhancing convenience and comfort, in enriching our knowledge and skills, in enlarging our choices for entertainment and education. However, as the global community started drafting its development agenda in 2015, it realised that we have been missing a big component of “development”. There was a need for balance. There was a need for caring for the poor.
- There was a need for caring for the planet. There was a need to look for gross national happiness in addition to gross national product. There was a need to avoid excesses, avoid reckless exploitation of nature, avoid excessive consumption.
- Our individual lifestyles and patterns of global governance needed to be rebooted. Sustainability has become the new mantra. “Balance” is at the heart of sustainability. And that “balance” in all spheres starting with physical well-being is what yoga is all about.

Lifestyle changes include

- C-Absence of diseases
- Optimal physical fitness
- Proper nutrition

- Spirituality
 - Smoking cessation
 - Stress management
 - Substance abuse control
 - Health education
 - Environmental support
- Yoga's benefits are slowly being realised the world over. As the world makes the epidemiological transition and the contribution of most of the major non-communicable disease groups to the total disease burden is increasing, it is important that individuals make healthier choices and follow lifestyle patterns that foster good health.
 - According to 2019 edition of Bloomberg Healthiest Country index, India is placed at 120th rank among 169 countries related to measures such as mortality by communicable & non-communicable diseases & life expectancy.
 - Physical inactivity is now identified as fourth leading risk factor for global mortality.
 - As Harvard Medical School experts have recognised, yoga, a combination of four components — postures, breathing practices, deep relaxation, and meditation — has a significantly positive impact on health. It can alleviate arthritis pain, reduce the risk of heart disease, relieve migraines and fight osteoporosis, multiple sclerosis or fibromyalgia. A study showed how yoga increased blood vessel flexibility by 69 per cent and even helped shrink arterial blockages without medication.
 - The Bhagavad Gita makes two important statements: “yoga-sthah kuru karmaani” (Do your duty with a yoga approach) and “samatvam yoga uchyate” (balance is the essence of yoga).
 - Yoga is an approach to life that focuses on physical balance, mental equilibrium and working towards a harmonious synthesis of diverse elements including the protection of the environment. Quite appropriately, the theme of the 2019 International Yoga Day is “Climate Action”.
 - Since yoga works across multiple systems in our body, Harvard researchers have documented that it helps to rev up immunity and decrease the need for diabetes medications by as much as 40 per cent. Yoga, according to these researchers, does so much for one's health and well-being that people who do yoga use 43 per cent fewer medical services and save anywhere from \$640 to more than \$25,000 a year!

Benefits of Yoga

1. **STRESS MANAGEMENT:** Yoga is the best way to reduce stress and mind relaxation. Stress-free mind can think positive about self and society as well
2. **HEALING AND RECOVERY:** Yoga is a path of recovery and healing- Yoga really helps to recover fast from trauma, anxiety, anger, etc.,
3. **SELF AWARENESS:** Yoga helps people understand the value of self. A person who has a sense of self-awareness can create a good society and environment
4. **MINDFULNESS:** Yoga can work as a medicine which can make people understand how to move towards the right direction in life.

Alternative System of Medicine in India – An Overview

Traditional and Complementary Medicine

Traditional Medicine (TM) –

- The sum-total of the knowledge, skill and practices based on the theories, beliefs and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, or treatment of physical and mental illness.

Complementary Medicine (CM) or Alternative Medicine (AM) –

- A broad set of healthcare practices that are not part of that country's own tradition or conventional medicine and are not fully integrated into the dominant healthcare system. In some countries, the term Traditional Medicine (TM) is used interchangeably with CM and AM and also together as Complementary and Alternative Medicine (C&AM) and are used interchangeably. These systems typically use a variety of methods that fall under the CAM umbrella (herbal remedies manipulative practices).

Traditional and Complementary Medicine (T&CM) –

- T&CM merges the terms TM and CM, encompassing products, practices and practitioners

Evolution of Medicine Since Antiquity

Indian Medicine

- Medicine in India originated around 3000 BC, when the practice of Ayurveda is considered to have started. In addition, the Siddha system of medicine is also Indian in origin.
- The period of 800 BC to 600 AD is regarded as the golden period for Indian medicine, a period which coincides with widely accepted authorities in Ayurvedic medicine, such as Atreya, Charaka and Sushruta. Of them, Atreya (about 800 BC) is considered as the first great Indian physician and teacher.
- Charaka (200 AD; also written as Charaka) wrote Charaka Samhita and was the most popular physician of the time. Sushruta is referred to as the father of Indian surgery.

Egyptian Medicine:

- Egyptian civilization had well-advanced medicine, which is reported to have reached its peak in the days of Imhotep (2800 BC).

Chinese Medicine:

- There are well-documented records of Chinese medicine since 2700 BC. Some of the medicinal practices of those times are still followed in various forms

Mesopotamian Medicine:

- The Codes of Hammurabi, in name of King of Babylon, were formulated around 2000 BC in the Mesopotamian civilization to govern the conduct of physicians to guide health practices

Greek Medicine:

- Greek Medicine was most evolved between 460 BC-136 BC and Aesculapius (around 1200 BC) and Hippocrates (460-370 BC) were amongst the leaders in Greek Medicine. Hippocrates is often termed as "Father of Medicine" and the oath drafted by him guides medical ethics even now

Roman Medicine:

- Roman Medicine emerged from Greek Medicine. Roman Medicine was more about overall health with focus on disease prevention and control (and not restricted to curing illnesses, as was the predominant feature of some other medicines prevalent at that time or earlier). Galen (130-205 AD) was a famous Roman medical teacher, whose teaching lasted till mid of sixteenth century when some recent knowledge on anatomy and physiology emerged.

Arab Medicine (Unani Medicine):

- From 500 AD to 1500 AD, Greco-Roman medical literature was translated into Arabic. The local adaptation gave birth to the Unani system of medicines in schools of medicines and hospitals in Baghdad, Damascus and Cairo. The period of 800-1300 AD is often referred to as the golden period in Arabic medicine. Abu Bcer (865 AD-925 AD; also known as Rhazes) and Ibn Sina (980 AD-1037 AD, also known as Avicenna) are known as two leaders of Arab medicine

Traditional/Indigenous/Alternative Systems of Medicine in India

Ayurveda:

- The Ayurvedic System of Medicine evolved nearly 5000 years ago (3000 BC). The word Ayurveda means Lite and employs treatment modalities, such as purification palliation, prescription of various diets, exercises and the avoidance of disease causing factors
- The Ayurvedic medicine, though practiced for a wide range health needs. 15 more commonly used for preventive and health and immunity boosting activities.

- Ayurveda is widely used in India and is more popular in Kerala, Himachal Pradesh, Gujarat, Karnataka, Madhya Pradesh, Rajasthan, Uttar Pradesh and Orissa,
- Ayurvedic medicine (“Ayurveda” for short) is one of the world’s oldest holistic (“wholebody”) healing systems. It was developed more than 3,000 years ago in India.
- Ayurveda has its foundations laid by the ancient schools of Hindu Philosophical teachings named Vaisheshika and the school of logic named as Nyaya. It is also related to the manifestation framework, well-known as Samkhya, and it was established in the same period when schools of Nyaya and Vaisheshika flourished.
- It’s based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Its main goal is to promote good health, not fight disease. But treatments may be geared toward specific health problems.
- Ayurveda believes that the entire universe is composed of five elements: Vayu (Air), Jala (Water), Aakash (Space or ether), Prithvi (Earth) and Teja (Fire).
- These five elements (referred to as PanchaMahabhoota in Ayurveda) are believed to form the three basic humors of human body in varying combinations. The three humors; Vatadosha, Pitta dosha and Kaphadosha are collectively called as “Tridoshas” and they control the basic physiological functions of the body along with five sub-doshas for each of the principal doshas.

Unani Medicine:

- Unani Medicine originated in the Arab world, though over a period of time it imbibed some concepts from other contemporary systems of medicines in Egypt, Syria, Iraq, Persia, India, China and other Middle East countries.
- Unani medicine treats a patient with diet, pharmacotherapy, exercise, massages and surgery. Unani Medicine was introduced in India around the 10th century AD and at present it is popular in the states of Andhra Pradesh, Karnataka, Tamil Nadu, Bihar, Madhya Pradesh, Maharashtra, Uttar Pradesh, Delhi and Rajasthan.
- Unani, as a system of medicine, originated in Greece. Unani medicine was the first to establish that disease was a natural process and that symptoms were the reactions of the body to the disease. It believes in the humoral theory which presupposes the presence of the four humors - Dam (blood), Balgham (phlegm), Safra (yellow bile) and Sauda (black bile) in the body.
- The diagnosis of diseases in Unani system of medicine is through Nabz (pulse) and examination of Baul (Urine) and Baraz (stool).

Homeopathy:

- The word ‘Homeopathy’ is derived from the Greek words, ‘Homois meaning similar and pathos means suffering’.
- It originated in Germany and was introduced in India around 1810. Homeopathy is based on the law of healing- ‘Similia Similibus Curantur’ which means likes are cured by likes. It uses highly individualized remedies selected to address specific symptoms or symptom profiles. It is practiced in many countries and in India, where it is the second most popular system of medicine.
- Homeopathy is practiced all over the country and is popular in Uttar Pradesh, Kerala, West Bengal, Orissa, Andhra Pradesh, Maharashtra, Punjab, Tamil Nadu, Bihar, Gujarat and North-Eastern States. In the recent years, the popularity of homeopathy has witnessed some decline.
- Homeopathy is an alternative system of medicine, which believes that ‘Like cures like.’ According to it, a disease can be cured by a substance that can induce symptoms similar to the ailment itself by using highly-diluted doses of natural ingredients. These substances are believed to trigger the body’s healing system.
- Lower the dose of the homeopathic ingredients, higher the potency of the medicines. Some of the homeopathic substances are diluted to such great extent that no traces or molecules of the original substances remain.
- Homeopathy was discovered by Dr. Samuel Hahnemann, who himself was a doctor practicing western medicine. Every year April 10, his birth anniversary, World Homeopathy Day is celebrated as a tribute to Hahnemann.
- India also has the biggest homeopathic drug manufacturers and traders in the country.

Siddha:

- This system has originated in India and is amongst the oldest systems of medicine in the country. It takes into account the patient, his/her surroundings, age, sex, race, habitat, diet, appetite, physical condition etc. to arrive at the diagnosis. Siddha System uses minerals, metals and alloys and drugs and inorganic compounds to

treat the patients. Unlike most T&CM, this system is largely therapeutic in nature. Siddha literature is in Tamil and it is practiced largely in Tamil speaking part of India, i.e. Kerala and abroad.

- Siddha medicine is a system of traditional medicine originating in ancient Tamilakam (Tamil Nadu) in South India and Sri Lanka. The Siddha science is a traditional treatment system generated from Tamil culture. Palm leaf manuscripts say that the Siddha system was first described by Lord Shiva to his wife Parvati.
- Parvati explained all this knowledge to her son Lord Muruga. He taught all this knowledge to his disciple sage Agasthya. Agasthya taught 18 Siddhars and they spread this knowledge to human beings.
- Siddha is focused on “Ashtamahasiddhi,” the eight supernatural power. Those who attained or achieved these powers are known as Siddhars.
- There were 18 important Siddhars in olden days and they developed this system of medicine. Hence, it is called Siddha medicine. The Siddhars wrote their knowledge in palm leaf manuscripts, fragments of which were found in parts of South India.
- When the normal equilibrium of the three humors — Vaadham, Pittham and Kapam — is disturbed, disease is caused. The factors assumed to affect this equilibrium are environment, climatic conditions, diet, physical activities, and stress.
- Under normal conditions, the ratio between Vaadham, Pittham, and Kapam are 4:2:1, respectively. According to the Siddha medicine system, diet and lifestyle play a major role in health and in curing diseases. This concept of the Siddha medicine is termed as pathiyam and apathiyam, which is essentially a rule based system with a list of “do’s and don’ts”.

Sowa-Rigpa:

- The word combination means the science of healing and is considered one of the oldest living and well-documented medical traditions of the world. It originated from Tibet and is widely practiced in India, Nepal, Bhutan, Mongolia and Russia.
- In India, this system is practiced mainly in Sikkim, Arunachal Pradesh, Darjeeling parts of Delhi (West Bengal), Dharamshala, Lahaul and Spiti (Himachal Pradesh), Ladakh region (Jammu and Kashmir) and in parts of Delhi
- “Sowa-Rigpa” commonly known as Amchi system of medicine is one of the oldest, living and well documented medical tradition of the world. The majority of theory and practice of Sowa-Rigpa is similar to “Ayurveda”. Sowa-Rigpa” (Science of healing) is one of the classic examples of it.
- Gyud-Zi (four tantra) the fundamental text book of this medicine was first translated from India and enriched in Tibet with its own folklore and other medical tradition like Chinese and Persian etc.

Yoga & Naturopathy:

- The concepts and practices of Yoga are reported to have originated in India. Yoga is now being adapted to correct lifestyle by cultivating a rational, positive and spiritual attitude towards all life situations. The role of Yoga techniques in the prevention and mitigation of diseases and promotion of health are being studied
- Yoga is widely practiced across India and has spread to many other parts of the world. The United Nations (UN) has designated 21 June as ‘International Yoga Day’.
- Naturopathy or the naturopathic medicine is a drugless, noninvasive system of medicine imparting treatments with natural elements based on the theories of vitality, toxemia and the self-healing capacity of the body as well as the principles of healthy living.
- The common naturopathy modalities include counseling, diet and fasting therapy, mud therapy, hydrotherapy, massage therapy, acupressure, acupuncture, magnet therapy and yoga therapy.
- Naturopathy or naturopathic medicine is a form of alternative medicine that employs an array of pseudoscientific practices branded as “natural”, “non-invasive”, and as promoting “self-healing”. The ideology and methods of naturopathy are based on vitalism and folk medicine, rather than evidence-based medicine.
- The practice of naturopathy is based on a belief in the body’s ability to heal itself through a special vital energy or force guiding bodily processes internally.
- Diagnosis and treatment concern primarily alternative therapies and “natural” methods that naturopaths claim promote the body’s natural ability to heal.

The alternative system of medicine

- Unlike modern medicine, alternative systems follow a more holistic approach, with the objective of promoting overall well-being instead of focussing on curing illness alone.
- Such an approach assumes even greater significance in the case of non-communicable diseases which are difficult to treat once they have developed into chronic conditions.
- Apart from a rich heritage in traditional medicine, India has nearly eight lakh registered Ayurveda, Yoga, Unani, Siddha and Homoeopathy (AYUSH) practitioners whose services can be better utilised for delivering healthcare to the population.
- While the demand for alternative systems of medicine has been on the rise, there is still some scepticism perhaps due to the paucity of large-scale studies in India demonstrating its effectiveness.
- Moreover, the emphasis of AYUSH on overall well-being makes it less tangible compared to modern medicine which focusses on treating diseases.

Steps taken by the government to promote AYUSH

- The government has taken several steps to promote AYUSH. A dedicated ministry was set up at the Central level in 2014.
- Additionally, mainstreaming AYUSH is a clearly stated policy objective under the National Health Policy, 2017.
- Another pioneering initiative is the establishment of a Centre for Integrative Medicine & Research by AIIMS, Delhi. Several union ministries also plan to set up AYUSH units in the hospitals operated by them.
- Further, AYUSH is one of the 12 champion services sectors that the government seeks to promote by offering soft loans and interest subsidies to AYUSH establishments as well as allowing 100 per cent foreign direct investment.

What's needed to be done

- The 'Strategy for New India @ 75' released by NITI Aayog recently sets out the explicit target of AYUSH services in at least 50 per cent of primary health centres, 70 per cent of community health centres and 100 per cent of district hospitals by 2022-23.
- Investments in AYUSH education and research need to be stepped up. Mechanisms should be identified for integrating modern medicine and AYUSH curricula at the undergraduate and postgraduate levels in educational institutions.
- In China, for instance, traditional medicine is already taught alongside Western medicine. Developing a credible research base is also critical as it will help to embed AYUSH within the overall framework of healthcare by addressing the lingering concerns around its effectiveness.
- A range of communication channels should be leveraged to popularise Ayurveda and Yoga and inform citizens about their preventive and curative properties. While Yoga has gained immensely in popularity as a form of exercise, the full range of physical and mental health benefits it can yield are still not widely appreciated.
- Essential AYUSH medicines must be included in various national health programmes and guidelines should be developed for ensuring their quality.
- The time is ripe to systematically promote and mainstream integrative medicine. We are faced with a dual disease burden on the one hand and have a rich history of traditional medicine to tap into, on the other. While the last few years have witnessed a number of enabling policy interventions, more needs to be done to reap the full benefits of integrative medicine.

AYUSH

- The new health policy pitches AYUSH as a panacea for the health problems that plague the country's 1.2 billion people. The potential of alternative therapies and practitioners to alleviate the human resource crisis in Indian healthcare is indeed enormous.
- Paucity of health workforce in rural India has always been a problem. Lack of interest of modern allopathic graduates in serving the rural poor has worsened the situation little more.
- The National Rural Health Mission brought an innovative concept of mainstreaming of AYUSH and revitalization of local health tradition by collocating AYUSH doctors at various rural health facilities such as community health centres and primary health centres.

- In this context a study was aimed, based on secondary data, to make a situational analysis of health workforce in rural India and thereby analysing the status and role of AYUSH Doctors in filling this gap of health workforce inequality.
- In this background Government has constituted new ministry for the promotion of AYUSH as an alternate system of treatment.

The key strategies that were identified by the Government of India towards the process of mainstreaming were

- Integration and mainstreaming of the Indian systems of medicine and Homeopathy into the existing public healthcare system and the national health programmes;
- Encouragement and establishment of Indian systems of medicine specialty centres;
- Facilitation and strengthening of quality control laboratories for the AYUSH system;
- Strengthening drug standardisation research;
- Advocacy for AYUSH; and
- Establishing sectoral linkages for AYUSH.

Special Focus – World Environment Day June 5, 2019

- World environment day is celebrated on the 5th of June every year. WED was established in 1972 during the United Nations conference on the Human environment, which led to the creation of the United Nations Environment Programme.
- In 2019 china is the host for world environment day celebrations on the theme air pollution
- The report, Air Pollution in Asia and Pacific – Science based solutions is the first comprehensive scientific assessment of the air pollution outlook in Asia and the Pacific. It details 25 policy and technological measures that will deliver benefits across sectors. These are follows
 1. Strengthen emission standards for road vehicles
 2. Regularly maintain and inspect vehicles
 3. Mainstream electric vehicles
 4. Provide better mobility options
 5. Control dust from construction and roads
 6. Reduce emission from international shipping
 7. Improve post combustion control
 8. Strengthen industrial process emission standards
 9. Introduce efficient brick kilns technology
 10. Control methane from oil and gas production
 11. Improve solvent use and refinery controls
 12. Use environmentally friendly refrigerants
 13. Provide clean cooking and heating options
 14. Strictly enforce bans on household waste burning
 15. Provide incentives for improved efficiency in households
 16. Increase renewable electricity generation
 17. Improve energy efficiency for Industry
 18. Recover coal mining gas
 19. Improve livestock manure management
 20. Strengthen management of nitrogen fertilizer application
 21. Better management of agricultural residues
 22. Prevent forest and peatland fires
 23. Promote more efficient rice production practices
 24. Strop biogas Leakages from wastewater treatment
 25. Improve solid waste management



Career Launcher

IAS

All India Prelims 2020 Test Series



40 Tests @ ₹999 only!
Offer closes Aug. 3, 2019

The preferred choice of **UPSC CSE AIR 1** (2017, 2015, 2013)

Program Features

40 mock tests identical to the UPSC pattern

Language: In both Hindi & English

Papers 1 & 2 on the same day (as per Prelims)

Sectional tests based on NCERT, India Year Book

Separate tests on budget, economic survey & govt schemes

All India Ranking & in-depth analysis after every test

24x7 access to AI-based online portal

Test Series starting August 4, 2019. Enroll now!

 **8882-120-120**

 www.careerlauncher.com/upsc

 **INQUIZITIVE MINDS**

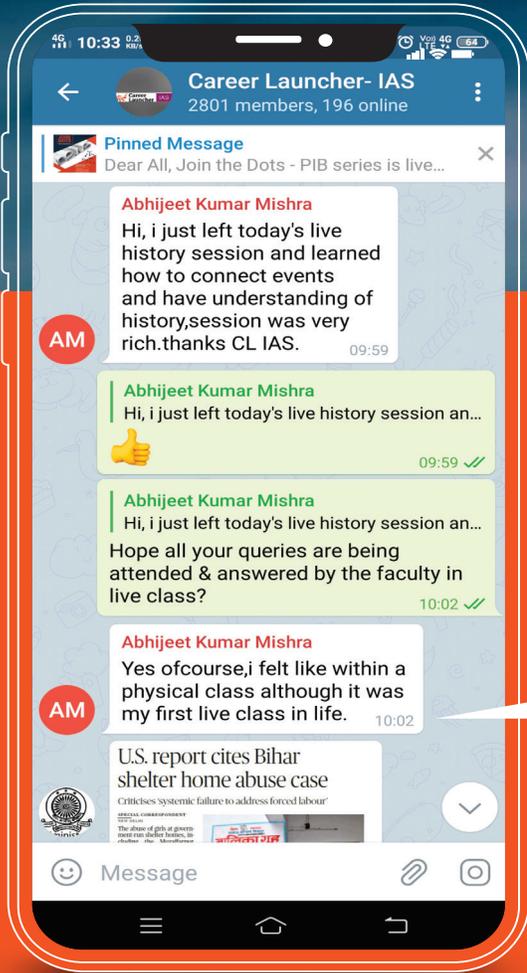


Career Launcher

IAS

IAS Live Classes

Live Sessions by Delhi's Renowned IAS Mentors Learn from Anywhere!



Abhijeet Kumar Mishra

Yes of course, I felt like within a physical class although it was my first live class in life.

10:02

Abhijeet Kumar

CL ID: 11399237

GS Foundation 2020 (English)

Live @ Home

Programs Available

**GS Foundation
1 year**

Batches starting
July 8, 2019

**GS Integrated
2 year**

Batches starting
July 20, 2019

**GS Integrated
3 year**

Batches starting
July 20, 2019

Program fee
starting from
₹50,000 only!
GST Extra

Enroll Today

AIR 1 in UPSC CSE 2017, 2015 & 2013

8882-120-120

www.careerlauncher.com/upsc

**INQUIZITIVE
MINDS**