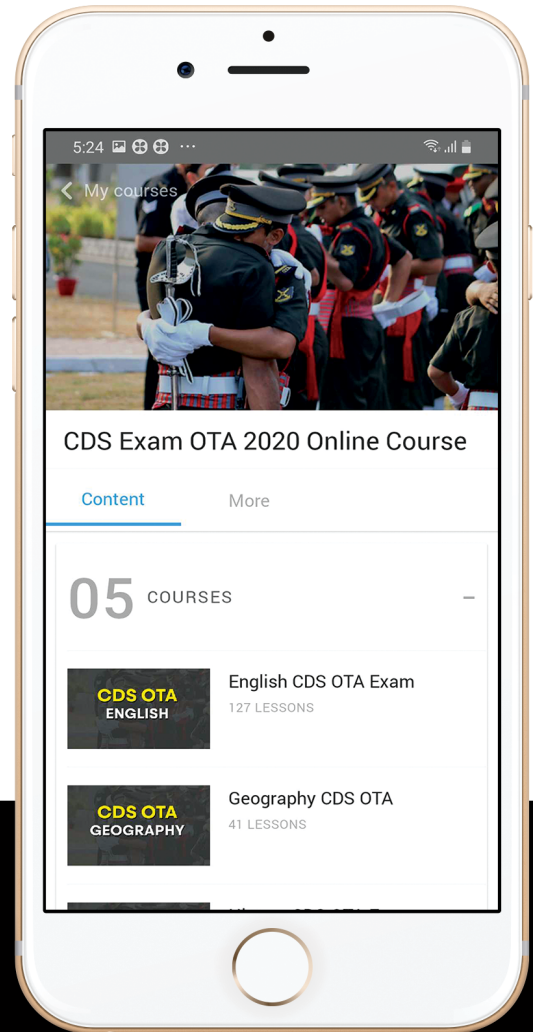




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DEFENCE UPDATES

22 JUNE 2021

International Day of Yoga celebrated at WNC

- With all serving naval personnel including Defence Security Corps (DSC), the Military Engineer Services (MES), Defence Civilian Employees and their family members enthusiastically participating in the 7th International Day of Yoga on the theme '**Be with Yoga - Be At Home**' on 21 Jun 21.

International Day of Yoga celebrated at SNC

- Vice Admiral AK Chawla, PVSM, AVSM, NM, VSM, ADC, Flag Officer Commanding-in-Chief (FOC-in-C), SNC and Mrs. Sapana Chawla joined families of Southern Naval Command in a virtual Yoga session.
- Simple and easy to do asanas were demonstrated on a digital platform and replicated by the participants in accordance with the guidelines on the “**Namaste Yoga App**” and by the “**Morarji Desai National Institute of Yoga**” at their respective residences.

International Day of Yoga celebrated at ENC

- All participants practised Yoga Asanas at their respective residences/units in accordance with the guidelines promulgated by Ministry of Ayush, Government of India with strict adherence to COVID protocols.
- Ships of the ENC on Mission Deployments at high seas across Indian Ocean region, participated in the Yoga sessions in the true spirit of International Yoga Day.

60% Drop in terror incidents in J&K since scrapping of Article 370 in 2019

- On August 5, 2019, parliament scrapped Article 370 of our constitution.
- Post the abrogation of Article 370, the Centre has adopted a policy of zero tolerance as far as terror activities are concerned. Security measures in the Valley have not only been strengthened, but legal actions were also initiated against

pro-Pakistan politicians from J&K who used to allegedly launder money to support terror activities in the Valley, including violent activities like stone pelting.

	2020	2019	2018	2017	2016	2015	2014
Terror Incidents	244	594	614	342	322	208	222
Terrorists Killed	221	157	257	213	150	108	110
SF Personnel Martyred	62	80	91	80	82	39	47
Civilians Killed	37	39	39	40	15	17	28
Stone Pelting Incidents	327	2009	1458	1412	2808	730	449

U.S. Air Force develops bio-inspired micro drones

- The details were given in a 15 June media release, to said that using biomimetics, the application of engineering, chemistry and biology to the synthesis of materials, engineers have created synthetic systems to function and achieve insect-like maneuverability.
- The main challenge is designing an aircraft capable of six-degrees-of-freedom flight with only two actuators.

REVIEW QUESTIONS

1. 7th International Day of Yoga theme observed at Western Naval Command on 21 June 2021:
 - A. Be with Yoga – Be at Home
 - B. Yoga for Power
 - C. Yoga for Wealth
 - D. Be with Self – Be with Yoga

ANSWER: A

2. Vice Admiral AK Chawla, PVSM, AVSM, NM, VSM, ADC is the Flag Officer Commanding-in-Chief (FOC-in-C) of:

- A. Eastern Naval Command
- B. Western Naval Command
- C. Southern Naval Command
- D. Indian Naval Academy

ANSWER: C

3. When did our parliament scrap Article 370 of our constitution?

- A. August 5, 2019
- B. August 15, 2019
- C. July 02, 2019
- D. September 26, 2019

ANSWER: A

4. U.S. Air Force develops bio-inspired micro drones. These drones are being formed for:

- A. Bird-like manoeuvrability
- B. Rotor-like manoeuvrability
- C. Vehicle-like manoeuvrability
- D. Insect-like manoeuvrability

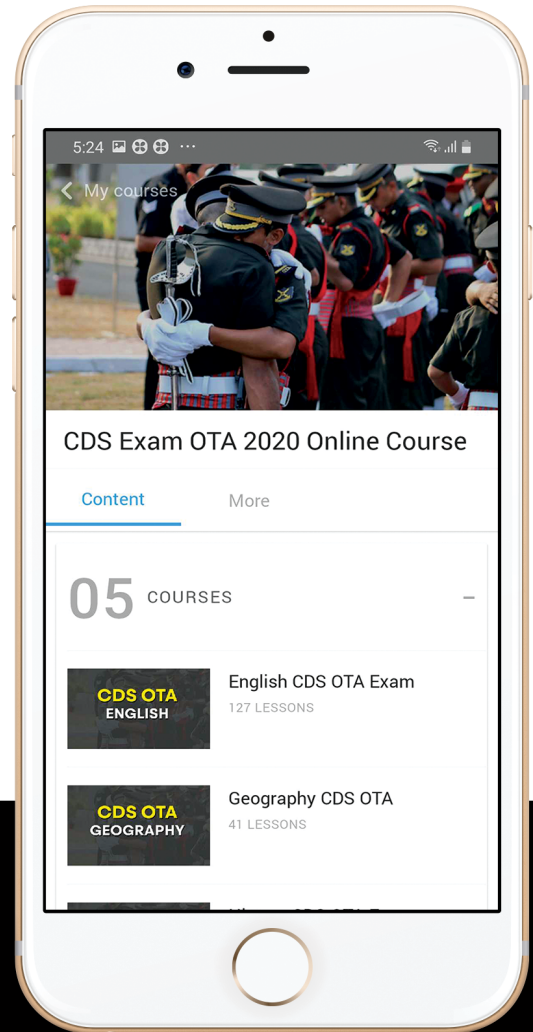
ANSWER: D



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