

1. "Shatavari – For Better Health" a nationwide Species-Specific Campaign launched**Campaign by Ministry of Ayush**

In a bid to raise awareness about the health benefits of medicinal plants, a species-specific campaign titled "Shatavari –For Better Health" was launched today by Shri Prataprao Jadhav, Minister of State (Independent Charge), Ministry of Ayush.

The Minister also mentioned previous successful campaigns including those for Amla, Moringa, Giloe, and Ashwagandha. These initiatives have contributed to spreading knowledge of the health benefits of medicinal plants across the country.

Shatavari

Shatavari, also known as satavari, satavar, or *Asparagus racemosus* (*A. racemosus*), is said to promote fertility and have a range of health benefits, particularly for the female reproductive system.

The herb is thought to be adaptogenic, which means that it may help to regulate the body's systems and improve resistance to stress.

Health benefits of Shatavari

Shatavari is a popular supplement that people use to treat a wide range of symptoms. It can be taken orally as a tablet, a powder, or liquid essence.

Recent studies suggest that the root could provide a number of health benefits. However, more studies are needed before this herb can be recommended to treat any specific condition, and it is not currently used in clinical medicine.

Research has suggested that shatavari may provide the following health benefits:

1. Improving female reproductive health

Perhaps the most common traditional use of shatavari, or *A. racemosus*, is to treat female health conditions, specifically reproductive disorders.

Recent research also suggests that a combination of herbal medicines, including *A. racemosus*, may reduce the symptoms of menopause.

2. Antioxidant effects

Antioxidants protect the body from harm caused by free radicals, which can damage cells and lead to the development of diseases, including cancer. Antioxidants also fight against oxidative

stress, another cause of disease. Shatavari possibly has antioxidant properties, though more research is needed in humans.

3. Anti-anxiety effects

Shatavari supplements have also traditionally been used to combat anxiety and depression.

Relevance: GS Prelims; Ecology

Source: PIB

2. Cabinet approves extension of the tenure of National Commission for Safai Karamcharis for three years beyond 2025

Introduction



The Union Cabinet, chaired by the Prime Minister Shri Narendra Modi, has approved the extension the tenure of the National Commission for Safai Karamcharis (NCSK) for three years beyond 31.03.2025 (i.e. upto 31.03.2028).

IT would help in facilitating socio-economic upliftment of sanitation workers, improving the working conditions in the sanitation sector and aiming to achieve zero fatalities while performing hazardous cleaning.

Functions of the Commission

Mandate of the NCSK is to:

- (a) recommend to the Central Government specific programmes of action towards elimination of inequalities in status, facilities and opportunities of Safai Karmacharis;
- (b) study and evaluate implementation of the programmes and schemes relating to the social and economic rehabilitation of Safai Karmacharis and scavengers in particular;
- (c) investigate specific grievances and take suo-motu notice of matter relating to non-implementation of (i) programmes or schemes in respect of any group of Safai Karmacharis, (ii) decisions, guidelines etc. aimed at mitigating the hardships of Safai Karmacharis; (iii) measures for the social and economic upliftment of Safai Karmacharis etc,
- (d) study and monitor the working conditions, including those relating to health safety and wages of Safai Karmacharis,
- (e) make reports to the Central or State Government on any matter concerning Safai Karmacharis, taking into account any difficulties or disabilities being encountered by Safai Karmacharis; and
- (f) any other matter which may be referred to it by the Central Government.

Under the provisions of the Prohibition of Employment as Manual Scavengers and their Rehabilitation Act, 2013 (MS Act 2013), NCSK shall perform the functions namely:

1. to monitor the implementation of the Act;
2. to enquire into complaints regarding contravention of the provisions of this Act and to convey its findings to concerned authorities with recommendations requiring further action;
3. to advise the Central and State Govt for effective implementation of the provisions of this Act; and
4. to take suo-motu notice of matter relating to non-implementation of this Act.

Background

The National Commission for Safai Karmcharis Act, 1993, was enacted in September, 1993 and a statutory National Commission for Safai Karmcharis was first constituted in August, 1994.

Relevance: GS Prelims; Governance

Source: PIB

3. India Achieves Historic Milestone of 100 GW Solar Power Capacity

Why in News?



India has achieved a historic milestone by surpassing 100 GW of installed solar power capacity. This remarkable achievement is a significant step toward realizing the ambitious target of 500 GW of non-fossil fuel-based energy capacity by 2030.

Unprecedented Growth in Solar Sector

India's solar power sector has witnessed an extraordinary 3450 % increase in capacity over the past decade, rising from 2.82 GW in 2014 to 100 GW in 2025. As of January 31, 2025, India's total solar capacity installed stands at 100.33 GW.

Contribution of Solar Energy

Solar energy remains the dominant contributor to India's renewable energy growth, accounting for 47% of the total installed renewable energy capacity. Rajasthan, Gujarat, Tamil Nadu, Maharashtra and Madhya Pradesh are among the top-performing states, contributing significantly to India's total utility-scale solar installations.

Solar Manufacturing Capacity

India has also made significant strides in solar manufacturing. In 2014, the country had a limited solar module production capacity of just 2 GW. Over the past decade, this has surged to 60 GW in 2024, establishing India as a global leader in solar manufacturing. With continued policy support, India is on track to achieve a solar module production capacity of 100 GW by 2030.

Relevance: GS Prelims & Mains Paper III; Economy

Source: PIB

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