

Short Answer Question:

Q2. Write about qualities of major fruits produced in Jammu and Kashmir.

Ans. The major fruits found/produced in Jammu and Kashmir state are:

Apple, Cherry, Pear, Peach, Plum, Apricot , Almond

The qualities of the above fruits are:

Apple:

- a. Apples are one of the healthiest foods / fruit a person can eat.
- b. They are high in fibre and Vitamin C.
- c. They are having low calories.
- d. Apples act as an antioxidant.
- e. Apples have only a trace of sodium and no fat or cholesterol.

Cherry:

- a. Cherries protect us from diabetes.
- b. Cherries help you sleep better.
- c. Cherries help us in decreasing belly fat.
- d. Cherries provide cardiovascular benefits.
- e. Cherry lowers the aging of skin.

Pear:

- a. The fiber content in pears prevents constipation and promotes regularity for a healthy digestive tract.
- b. A high fiber diet is associated with a lower risk of developing diabetes and keeps blood sugar stable.
- c. Pears are approximately 85% water, which help to keep stools soft and flush the digestive tract.
- d. Increased fiber intakes have also been shown to lower blood pressure and cholesterol level.
- e. Pear can reduce pressure and inflammation in the colon.

Apricot:

- a. Apricots are highly beneficial for your eyes.

- b.** Apricot, when ripened naturally are a rich source of antioxidants.
- c.** The high fiber content present in apricot is useful in reducing the level of bad cholesterol content in the body.

Almond:

- a.** Almonds are high in vitamin E, which protects your cell membrane from damage.
- b.** Eating almonds reduces hunger, lowering your overall calorie intake.
- c.** Almonds are incredibly effective for weight loss.

Long Answer Question

Q2. Write down the basic objective of forest policy in Jammu and Kashmir.

Ans. The basic objectives of the state forest policy of J&K are as follows:

- a.** Conservation of biodiversity and nature's habitat through preservation of nature's forests with the vast variety of flora and fauna.
- b.** Poverty alleviation by meeting livelihood needs of forest-dependent communities through sustainable supply of forest produce by improving productivity of existing forests, and through forestry activities, schemes and programmes.
- c.** Rehabilitation of degraded forests so as to optimize their productivity and restore their potential to provide ecosystem goods and services on a sustainable basis.
- d.** Maintenance of the health of forest vegetation and forest soils for augmenting water supplies through recharge of underground aquifers and regulation of surface water flows, sediment level and water quality.
- e.** Optimally utilising the mitigation and adaptation potential of forests in the context of climate change.

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