

LEGENDARY IAS MENTOR

PRELIMS CARDIO

BIOSPHERE RESERVES

Nilgiri Biosphere Reserve	TN (2537), Kerala (1455), Karnataka (1527)
Nanda Devi Biosphere Reserve	Uttarakhand
Nokrek Biosphere Reserve	Meghalaya
Gulf of Mannar Biosphere Reserve	Tamil Nadu
Sundarbans Biosphere Reserve	West Bengal
Manas Biosphere Reserve	Assam
Great Nicobar Biosphere Reserve	Andaman and Nicobar Islands
Simlipal Biosphere Reserve	Odisha
Dibru-Saikhowa Biosphere Reserve	Assam
Dihang-Dibang Biosphere Reserve	Arunachal Pradesh
Pachmarhi Biosphere Reserve	Madhya Pradesh
Khangchendzonga Biosphere Reserve	Sikkim
Agasthyamalai Biosphere Reserve	Kerala, Tamil Nadu
Achanakmar-Amarkantak BR	Madhya Pradesh, Chhattisgarh
Great Rann of Kutch BR	Gujarat
Cold Desert Biosphere Reserve	Himachal Pradesh
Seshachalam Hills Biosphere Reserve	Andhra Pradesh
Panna Biosphere Reserve	Madhya Pradesh

Do you know?

- **Nilgiri BP is the first BP in India**
- **Gulf of Kutch BP in Gujarat is India's largest BP**
- **Dibru-Saikhowa BP is the smallest in India**

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RAMSAR SITES

Andhra Pradesh	Sasthamkotta Lake
Kolleru Lake	Vembanad-Kol Wetland (Longest Lake in India)
Assam	Madhya Pradesh
Deepor Beel	Bhoj Wetland
Bihar	Sakhya Sagar
Kanwar (Kabar) Taal	Sirpur wetland
Goa	Yashwant Sagar
Nanda Lake	Maharashtra
Gujarat	Lonar Lake (Impact Crater Lake)
Khijadia WLS	Nandur Madhameshwar
Nalsarovar BS	Thane Creek
Thol Lake	Manipur
Wadhvana Wetland	Loktak Lake
Haryana	Mizoram
Bhindawas WLS	Pala Wetland
Sultanpur NP	Odisha
Himachal Pradesh	Ansupa Lake
Chandra Taal	Bhitarkanika Mangroves
Pong Dam Lake	Chilika Lake (Oldest Ramsar Site in India)
Renuka Lake	Hirakud Reservoir
Karnataka	Satkosia Gorge
Ranganathittu BS	Tampara Lake
Kerala	Punjab
Ashtamudi Wetland	

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Beas Conservation reserve
Harike Wetland
Kanjli Wetland
Keshopur-Miani CmR
Nangal WLS
Ropar Wetland
Rajasthan
Keoladeo National Park
Sambhar Lake
Tamil Nadu
Chitrangudi BS
Gulf of Mannar Marine BR
Kanjirankulam BS
Karikili BS
Koonthankulam BS
Pallikaranai Marsh Reserve Forest
Pichavaram Mangrove
Point Calimere WLS & BS
Suchindram Theroor Wetland Complex
Udhayamarthandapuram BS
Vaduvur BS
Vedanthangal BS
Vellode BS
Vembannur Wetland Complex
Tripura

Rudrasagar Lake
UT of JK
Hokera Wetland
Hygam Wetland CnR
Shallbugh Wetland CnR
Surinsar-Mansar Lakes
Wular Lake
UT of Ladakh
Tso Kar (High Altitude Ramsar Site)
Tsomoriri (High Altitude Ramsar Site)
Uttar Pradesh
Bakhira WLS
Haiderpur Wetland
Nawabganj BS
Parvati Arga BS
Saman BS
Samaspur BS
Sandi BS
Sarsai Nawar Jheel
Sur Sarovar (Keetham Lake)
Upper Ganga River (Brijghat to Narora)
Uttarakhand
Asan Barrage
West Bengal
East Kolkata Wetlands

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Sundarban Wetland (Largest Ramsar Site in India)

Do you know?

- **Sundarbans is the largest RS in India**
- **Chilika Lake in Odisha is the first RS of India**

SACRED GROVES

Andhra Pradesh	Pavithravana
Arunachal Pradesh	Gumpa Forests (Attached to Buddhist monasteries)
Goa	Deorai, Pann
Jharkhand	Sarana
Karnataka	Devara Kadu
Kerala	Kavu, Sara Kavu
Maharashtra	Devrai, Devrahati, Devgudi
Manipur	Gamkhap, Mauhak (Sacred bamboo Reserve)
Meghalaya	Ki Law Lyngdoh, Ki Law Kyntang, Ki Law Niam
Orissa	Jahera, Thukuramma
Puducherry	Kovil Kadu
Rajasthan	Orans, Kenkris, Jogmaya
Tamil Nadu	Swwami shoal, Koikadu
Uttarakhand	Deo Bhumi, Bugyal (Sacred Alpine Meadows)
West Bengal	Garamthan, Harithan, Jahera, Sabitrithan, Santalburithan