1. React uses several techniques to minimize the number of costly DOM operations required to update the UI. Using React will lead to a fast user interface. It only renders if changes occur. Also, it only re-renders elements that are changed.
2. React JSX is a syntactic sugar for creating DOM elements using JavaScript. JSX mixes HTML with JavaScript. JSX is not a templating language, HTML or XML. But it looks like it, so it is only a syntactic sugar.