-Paramahansa Yogananda



### **DISCIPLINE-WAY TO IDEAL LIFE**

iscipline is a way to live an ideal life. This path is created through student life. During this period, if good habits are formed, the goal is realized and the student recognizes the importance of his life, then such a student definitely keeps moving towards the goal of success because he has learned to make good use of time. It is often seen that political parties use student organizations to promote their objectives and their ideology. This is misuse of youth power.

Maintaining discipline and maintaining a disciplinary environment is the first duty of education. Student life is the most precious life of a human being. Every moment of this life is very useful. Only Vidya can make good use of this moment. Obedience to parents and other teachers in the family is the first step of discipline.

### Academic Dishonesty: Kinds, **Effects and Prevention**

■ DR. RAJKUMAR SINGH

cademic dishonesty is the any form of cheating, plagiarism, or unethical behavior that occurs in an educational setting. It involves actions that compromise the integrity of the learning process and undermine the value of education. It can take various forms, including but not limited to: a. Plagiarism: Presenting someone else's work, ideas, or words as our own without giving proper credit. This includes copying and pasting from sources with out citation. b. Cheating: Using unauthorized materials or methods to gain an unfair advantage during examinations, tests, or assignments. This may include looking at someone else's work, using cheat sheets, or receiving assistance from others without permission. c. Fabrication: Inventing or falsifying information, data, or citations in academic assignments, research papers, or any other academic work. d. Collusion: Collaborating with others on assignments or exams without permission when individual work is required. This includes submitting someone else's work asour own. e. Ghostwriting: Having someone else write a paper or assignment on our behalf without proper acknowledgment. f. Contract cheating: Paying someone else to complete an assignment or take an examination on our behalf. g. Unauthorized access: Gaining unauthorized access to exam materials, teacher's notes, or other resources. These consequences may include academic penalties, such as receiving a failing grade on an assignment or exam, as well as more severe consequences like suspension or expulsion from the educational institution.

Beginning of academic dishonesty: The origins of academic dishonesty owe to some factors that contribute to the existence of academic dishonesty: a. Pressure to Succeed: High expectations and intense competition can create pressure on students to excel academically. This pressure may lead some individuals to resort to dishonest practices in an attempt to meet these expectations. b. Lack of Understanding: In some cases, students may engage in academic dishonesty due to a lack of understanding of what constitutes plagiarism or cheating. c. Ease of Access to Information: With the advent of the internet, information is readily available and easily accessible. While this facilitates learning, it also increases the temptation to copy and paste without proper attribution. d. Fear of Failure: The fear of failure, whether due to personal expectations or external pressures, can drive individuals to cheat as a way to avoid negative consequences, e. Cultural and Societal Factors: Cultural attitudes toward education and success can influence behaviour. In some cultures, the emphasis on academic achievement may lead to heightened stress and a greater likelihood of academic dishonesty. f. Technology Advances: Advancements in technology provide new opportunities for academic dishonesty, such as using electronic devices to cheat during examination or hiring online services for ghost-writing assignments.

Kinds of academic dishonesty: Academic dishonesty manifests in various forms, ranging from subtle to more blatant violations of ethical standards. The common types of academic dishonesty include: a. Fabrication:Falsifying Data: Inventing or altering data in research or lab reports. Creating False Citations: Including citations that don't exist to make it seem like you've conducted extensive research.b. Collusion: Unauthorized Collaboration: Working together on assignments or exams when individual work is required. Sharing Work: Allowing someone to use your work as their own.c. Contract Cheating:Paying for Academic Work: Paying an individual or a service to complete an assignment, exam, or project.d. Unauthorized Access:Hacking or Unauthorized Access: Gaining access to exam questions, teacher's notes, or other confidential information.e. Multiple Submission:Submitting the Same Work Twice: Submitting the same paper or project for credit in more than one course without permission.f. Inappropriate Collaboration: Collaborating Improperly: Collaborating on assignments when it's not allowed or not disclosing the extent of collaboration.c. Misrepresentation: False Credentials: Providing false information about academic credentials or achievements. These forms of academic dishonesty can occur at various educational levels, from high school to university, and they undermine the principles of fairness, honesty, and personal responsibility in the academic environment

Preventing methods: Preventing academic dishonesty requires a combination of proactive measures, educational efforts, and the enforcement of consequences for violations. In the context, there are some effective methods to prevent academic dishonesty: a. Educate Students on Academic Integrity: Clearly communicate expectations regarding academic honesty in course syllabi and academic policies. Conduct orientation sessions or workshops on plagiarism, proper citation, and the consequences of academic dishonesty. b. Promote a Culture of Integrity: Foster a positive academic environment where honesty and integrity are valued. Encourage open discussions about the importance of academic integrity among students, faculty, and staff, c. Use Plagiarism-Detection Tools:Implement plagiarism-detection software to identify instances of copied or unoriginal content in assignments and papers.Make students aware that these tools are in use, serving both as a deterrent and a means of detection, d. Vary Assessment Methods: Use a mix of assessment methods, such as essays, examinations, presentations, and group projects, to make it more challenging for students to engage in dishonest practices.Change examination questions and assignments from year to year to discourage sharing, e. Design Unique Assignments: Create assignments that require original thought and personal reflection, making it more difficult to plagiarize. Assign topics that are relevant and engaging, encouraging students to invest time and effort in their work. f. Encourage Critical Thinking: Emphasize the importance of critical thinking, analysis, and synthesis in academic work. Design assignments that require students to apply concepts, rather than simply regurgitating information. g. Use Proctored Examinations Consider using proctored examinations, either in-person or through online proctoring services, to monitor students during examinations and deter cheating. Implement measures to secure the examination environment. h. Implement Honora Codes: Establish and enforce an honour code that outlines expectations for academic honesty. Encourage students to take pride in their work and commit to upholding the principles of academic integrity.i. Provide Clear Guidelines: Clearly outline assignment guidelines, expectations, and grading criteria to reduce confusion and misunderstandings. Specify whether collaboration is allowed and, if so, to what extent. j. Communicate Consequences: Clearly communicate the consequences of academic dishonesty, including potential academic penalties and disciplinary actions. By implementing a combination of these methods, educational institutions can create an environment that discourages academic dishonesty and promotes a commitment to ethical behaviour in learning and scholarship.

(The author is a Youth Motivator).

# Remembering Indira Gandhi

**■ G.L. KHAJURIA** 

→n a famous Bengali poem written by Gurudev Rabindra Nath tagore which was Mrs. Indira Gandhi herself translatded into English. This poem awakens the modern youth and the upcoming generations. It reads as such, "If nobody listens to your call, walk alone, if in fear they cower mutely facing the wall, O hapless, open your mind and speak out alone, if as you cross the wilderness, they turn away and desert you, O hapless one, tread firmly on the thorns on the bloodline track and travel alone, if in the storm-troubled night, if they dare not hold aloft the height. O hapless one ignite your own heart with the lightening and pain and yourself becomes the guiding light. Indira Gandhi, the leading lady prime Minister of India was ever born in the history of the world She sacrificed herself for the unity integrity and prosperity of Mother India. Born on November 17, 1917, Priyadarshini Indira ji was the only child blessed to Kamla and Pt. Jawahar Lal Nehru at Anand Bhawan in Allahbad. A city prominent for the confluence (Sangam) of three pious rivers. The Ganga, The Yamuna and the under flowing Saraswati. Anand Bhawan was the home town of her grandfather Motilal Nehru who was a leading advocate of Allahbad High Court. As we all know that he was basically hailing from Kashmiri Brahmin family and purchased this house in 1900 and named it Anand Bhawan literally means an abode of hap-

Anand Bhawan was most oftenly frequented by high dignitaries from far and wide prominent places, was blessed with the only son Pt. Jawahar Lal Nehru on November 14, 1889 through his early education was in Allahbad but later he graduated from Cambridge university and became barrister. At an age of twenty seven, he was married to Kamal Koulon Panchnami in 1916 on November 19, 1917 she was blessed with a sweet child and named by her grandfather Preidarshini

It was an eventful year when Indira was borned. The Russian revolution had already started first world war (1914-18) started and Gandhiji had started Indian Freedom movement instilling a ray of rope amongst the people of India. Indiraji stood by her father in the most intricate and crucial pursurs and took care of all important matters in the most magnanimous manner, thereby bringing greater fame to her father's name. Indira Ji was too small to be involved in political matters. She had also spiritual inclination and regular used to visit temples with her grandmother whom she fondly called "Dol Amma" as she used to give sweets secretly hidden in a box called "Dol". Indira grew up with love showered by her parents, grand parents and all other family members. She had a strict and disciplined upbring. She was strongly attached to her mother Kamla Ji whom she utmostly loved. Kamla ji had a strong character and so she gave a very deep impression to Indira. Indira Ji shared and valued the real and special movements when she had her parents close by. She write "although I didn't see much of my parents and when my father said by my side, he was never distracted by other things". In the morning, all the three used to sit together and her father and mother would read great epic- The Ramayana, The Bhagwat Geeta to get her well acquainted with her religion. Indira had a very unique and unusual childhood. She says that "my public life began at tender age of three when i have no recollection of games and my sole occupation was to deliver fiery speeches to servants who oftenly pretend to be afraid of me while bring perched on the tour or table delivery thunderous speech to them and her dolls". When Indira was of five, her education remained as a far off thing ouring to political turmoil whereby it tan amounted to uncertainty. Though she didn't attend any nursery school, a teacher, however, was appointed to teach at home. Even while being in studies, she was most often distracted by the procession who at most of occasion entered into her house and take away all her valuables to whom

ulous towards her health. Even when she used to run, she was told to be poise and graceful, her father tought her swimming and later she realised swimming as the only way out of tension. She also learned riding from her father as when she had occasion to go to the hill station. She was told to be over graceful on all occasion giving top priority towards regular exercise to ensure good health.

Her father always inspired her to have a good collection of books and inbuild regular reading and writing skills and she came to the expectation of her father. Further she was advised to go through the writing of Shake sphere, Barnard shaw, Dickens and so many of their elks.

Indira was a nature, the forest, wildlife and the environment. She has had immenseively contributed towards preservation and conservation of natural assets. She was of the opinion that we should do have developments but not at the cost of destruction. As such, she always emphasized on all occasion while deliberating in world conferences seminars and conventions.

She was the pioneer in the introduction of the "Department of Environment in Nov. 1980. Also, she inculcated wildlife protection act 1972. She introduced and established department of ocean development in 1981 as she wanted to give impetus to department of ocean science and technology. She had great love for wildlife and this department was introduced by her apart from tiger, elephant projects when she came to power as the prime minister of India. Indira Ji had her education in India one abroad. She was immensively motivated at Shanti Naketan academy which was being run by gurudev R.N. Taigore. She actively participated in freedom movement and at most of the occasions was failed also as started Indira married Feroze Gandhi on march 28th 1942 where after she was called Indira Gandhi. Jawahar Nal Nehru was in prison when he got the news that he had been blessed with a grand son on August 20th 1944. And the child was named as Rajeev Gandhi. It was of course delightful experience for Indira Gandhi to became mother. She gave birth to the second son in December 1946 who was named after great thought as Sanjay. Since she had been deprived of much care so she diverted her maximum time for the care and up brings of both the children. She sent both her sons to boarding to Dehradun. With the passage of time Indira and Feroze devoted maximum as for the service of the nation. It was September 8th 1960 when Feroze had heart attack untimely expired. Indira was utterly shocked by the untimely demise of her husband's death. Still she kept a big heart and actively with her father working day in a day and shaping modern India. In May he along with his daughter flew dehradun in view of tailing health. Despite utmost care he expired on May 27th 1964. Indira was utmostly shocked and so was the entire nation in June 1964, Lal Bahadur Shastri was chosen as the 2nd Prime Minister of India and Indira Gandi held the change of Minister for interformation and broadcasting in his cabinet. In September 1965, Pakistan invaded India and in dealing with the challenging situation, Shastri Ji hit hard and the entire nation after 22 days cease fire was drawn on September 23 where Shastri ji as well had to attend an agreement at Tashkant on January 1966 and he had to sign the agreement to withdraw the Indian forces and the areas that had been occupied by the variant Indian Jawans. Shastri ji could not bear with the signing of this agreement and eftsoon ill-luck had it when shastri ji gloomy scenario provided over Indian horizon. After the said demise of Shastri Ji, Mrs Indira Gandhi was sworn in the Prime Minister on January 24 and she took the responsibility with utmost courage from sixteen to eighteen hours continuously for the nation and her tempo of work remained excelling with the revolv-

In the ongoing process she had to face defeat in polls of March 1977. Morarji desai became the prime Minister but shortly his government could not continue owing to sime internal differ

ences. So a care taking government under Chaudhary Charn Singh femetioned till 1980 election when gain Indira Gandhi came back to power. Indira Gandhi did a lot for the betterment of the nation. She brought many changes on social and economic fronts. On May 18, 1974 India's first peaceful nuclear explosion at Pakhran in Rajasthan was demonstrated. On the occasion, Indira said, we have no intention to make nuclear weapon, we want our desert bloom and not to make the world a desert". In the field of space research, the Indian space Research Organisation (ISRO) designed 1st space satellite and was launched from Russian cosmodrone on April 12, 1975. Similarly, at Sriharika, she blasted of the second experimental satellite launch vehicle (SLV-3) and entered into space age for the exploration on peaceful grounds. On December 3, 1971, a war ensued by Pakistan here to India showed her outstanding leadership, Indira Ji said, The aggression would be met and the aggression must be met and people of India will meet with fortitude, determination and with disciple and utmost unity." Indira augmented 20 point programme in July, 1975. It was aimed for the benefits of landless labours, slum dwellers and other weaker sections of the society. She also struggled for worldwide betel against poverty, inequality and hunger. Indira inaugweated the second UNC-TAD conference in New delhi. On the occasion she said conscious that we bear the mark of the storms and weathered. I hope you will also recognise the spirit of our country who have seen countless difficulties, calamities and manmade complexities. It is the spirit alone that has inspired our great men through the ages, some of our problems ate centuries old and some are new parehed land and buesting cities, illiteracy and brain drain". Throughout her life, she encountered countless upheavels and so were the years of emergency and ensuing Punjab problem which being very complex and compelling and she faced the utmost courage with body, mind and soul in togetherness and people of integrity associated with her whole- heartedly. The people never expected that Indira could send the army to the sacred shrine temple (Golden temple) but She was utterly helpless. Ultimately she took a bold step and handed over the responsibility to Lt. General Tanjeet Singh Dayal to Initiate any action to hide over the alarming situation who daringly gripped the situation when 83 army Jawans killed apart from 793 other person and terrorists and 336 were badly injured. The temple shrine was stripped clean of terrorists which lead to the death of Bhindranwala and Indira Gandhi became the victim of undying hatered of Sikhs. In the process 86 stanguns, 303 rifles, 41 Light Machine guns (LMG) and 30 lakh cash recovered. It was October 31, 1984 morning that she was shot dead by his own sikh security guard when she stopped out of his official residence to give an interview to Irish TV film maker peter ustimov, when suddenly the air was rent with gun shops. She was assassinated by her own sikh security guard who were hiding under the cover of hedges to oveng the attack on sikh nationalists. Her body received sixteen gun shots from stangun and 38 bore pistol. The grand lady felled down and her body lay profusely bleeding. She was immediately taken to All India Institute of medical science. Her son Rajiv who was in west Bengal immediately rushed New Delhi. The doctors operated on her to extract the bullets and blood was administered. Despite all efforts made by the doctors to save her but all went futile. She was declared dead at 2:30 PM after a long operation for four hours. Indira ji had long desire that after her death, the ashes must pe sprayed on the Himalayas and so such

On November 3rd, her funeral took place which was attended by the high and low around the globe. The Samadhi of Indira Ji was built on Yamuna River site and till date named as Shakti Sthala which symbioses the strength and power of the most prominent blod lady ever to born. Amongst Indian masses and asomes the globe her name shall remain glittering till sun shines.

Moon so thos and stares continue twinkling in the cosmos. (The author is former Deputy Conservator, J&K Forest).

terrorism has receded and is more or less

## Tourism replacing terrorism in Kashmir

**■ OMKAR DATTATRAY** 

he winds of change are brewing in Jammu and Kashmir as positive and L encouraging things are taking place as the tourism is replacing terrorism .It is a welcome development that Jammu and Kashmir is transforming from terrorism into tourism .The calls of strikes .hartals bands as well as stone pelting are the things of past and is now a history. There is spectacular change in the UT so far as influx of tourists is concerned. The terrorism is being replaced with tourism and there is transformation from terrorism to tourism. The development is taking place and the businesses are opening and employment opportunities are increasing and there is an atmosphere of peace ,security ,economic development and large tourist arrival which is adding to the local economy of Jammu and Kashmir .There are no strike calls and the people yarn for peace and development .There is great tourist footfall in Jammu and Kashmir due to return of peace and development as the tourist arrivals are increasing day by day and adding to the economy of Jammu and Kashmir .The UT is witnessing large and unprecedented tourist arrival due to improvement in peace and security and the tourist arrival in large numbers is a sign and symbol of peace security and positive change for better in J &K and it points towards the fact that terrorism is declining and is being replaced with tourism as there is big transformation from terrorism to tourism in Jammu and Kashmir thanks to the nullification of controversial article 370 as the UT is on move and marches on the path of peace, security and development. The killings and violence is slowing

down and the graph of killings h as substantially slowing down and this is very encouraging development .Tourists both domestic and foreign are coming in lacks and this is in no way a mean development but it is very extra-ordinary in the history of Jammu and Kashmir Terrorism is replaced by tourism and the fact is that tourists are visiting in very big numbers and they are the ambassadors of change and peace .J&K is under transformation as there is a sea change in the situation as terrorism and militancy is on wane and dwindling and this augurs well for the UT and its people .People are heaving a siege of relief and they favour change and transformation of J&K from terrorism to tourism .The common Kashmiris favor change and are for development .There is discernable change in situation and the days of the closure of schools .colleges and universities business establishments on the calls of strikes at the behest of Pakistan is a thing of past and is buried in the land and all this is enough to conclude that there is a marked improvement in the ground level situation in Jammu and Kashmir .Some attribute this improvement in peace, security and development to the repeal of article 370 in August 2019. Whatever be the reason and cause of peace, what matters most is that peace and tranquility is fast returning the UT and the people are benefitted by this change and development .Much of the development and increase in the incomes of the people can be attributed to the large influx and tourist footfall as the tourism has revolutionized the economy of the UT .All people connected directly and indirectly with tourism industry have been benefitted by tourism as tourists in very large numbers

are visiting Jammu and Kashmir and bettering the fate of the people associated with tourist industry. There has been a substantial increase in number of tourists visiting the valley with 1.88 crore tourists in the last year and expectation of over 2 crore tourists in the current year. The transformation of Jammu and Kashmir from a terrorist hotspot to tourist hotspot is a big achievement and this has been possible due to the concerted and planned efforts of the government both centre and LG administration .The repeal of article 370 in 2019 was a big blow to the separatists and militants and the cumulative effect of this historical development led to the improvement in overall situations of Jammu and Kashmir and the people stand greatly benefitted .All this change has become possible by the efforts of the security forces and the determination of Modi government .The operations against hawala operators are being meticulously planned and executed to choke the finances of the terrorists resulting in a big blow to militants and separatists .The cooperation and collaboration of various security agencies and the local police led to the improvement in the ground situation and this would not have been possible without the active involvement of the local police .Due to improvement in the overall situation and peace returning to the UT .tourists in very large numbers are visiting the valley and this is the testimony that peace and normalcy is fast returning to Jammu and Kashmir and the people are benefitted with peace, development and influx of the tourists. The fact that tourists are coming in unprecedented manners points towards the fact that peace

and normalcy is fast returning to UT and

absent .All this change has become possible due to the efforts and cooperation of different security agencies .Therefore all the security agencies including the Jammu and Kashmir police are worthy of commendation and praise for having fought militancy with determination .The governments stress on the promoting tourism and big investment on the tourist infrastructure and tourist destinations have vielded results as there is big tourist footfall in J&K thanks to the sustained efforts of the centre and UT government. Due to this Jammu and Kashmir has seen unprecedented rush of tourists, LG Monai Sinha said that foreign tourist footfall in Jammu and Kashmir increased by 350% after the G20 summit held in May in Srinagar. Notable efforts, including hosting major events to showcase the J&K's tourist potential ,peace ,and infrastructure development have transformed the UT remarkably. People have favored the initiatives of the centre and UT government of developing the tourist infrastructure and other initiatives aimed at the development of Jammu and Kashmir. The Prime Minister Narendra Modi has the other day while addressing the Hindustan Times Leadership conclave at Delhi said that Jammu and Kashmir has moved from the terrorist hub to tourist hub as there has been discernable change so for as the normalcy and peace is concerned. He also said it rightly that tourism is replacing terrorism in the UT and this is really a welcome development and should be encouraged.

(The author is a columnist, social and KP activist).

### YOUR COLUMN PHQ silent on police retirees' issues

We approach your esteemed paper feeling that the Fourth Pillar of Democracy 'Media' is a powerful tool and the matters highlighted through media carry the weightage. This is to draw the attention of the Police Headquarters of JKUT as to 'Sea of Problems/grievances' police retirees are facing and seeking welfare measures for retirees and their families. This is not a benevolence we are asking for but implementation of Welfare Schemes for retirees already in domain. I drew the attention of PHQ to a letter captioned 'Open letter to new DGP of JK' mailed to PHQ on 6th of November 2023 with copies to IGP Kashmir/Jammu, various DIGs & SSPs concerned, highlighting the present needs of retirees. What to speak of considering they did not even bother to acknowledge the mail. Many of the retirees have been on these musical chairs that are occupied presently by those yet in uniform and retirees have great contributions in the department but now they feel them as a neglected category by present Police authorities. The  $\,$ main issues highlighted were: 1. Police cell of retirees in each district. 2. To enhance the funds meant for welfare of police retirees. 3. To place some amount from the huge earning from 'Police Public Mela', a bi-annual event in the department, at the disposal of the District Police Chief for the welfare of members of 'J&K Police Wives Welfare Association (PWWA)' in respective districts. 4. The scope of 'Police Public schools' confined to few districts is required to be extended to all districts as this is a 'Welfare Facility for Retired Police Personnel' in respect of resettlement measures. We request PHQ to immediately call the meeting of police retirees to discuss and to consider the issues highlighted in the mail.

Mahadeep Singh Jamwal

### **World AIDS Day**

World AIDS Day is celebrated every year on December 1 to show solidarity with the people living with AIDS, to commemorate those who succumbed to this fatal disease, and to raise public awareness. AIDS (Acquired Immune Deficiency Syndrome) is a public health hazard. It is caused by HIV which can enter

the body through unprotected sex with an HIV-infected person. sharing needles during intravenous drug use, contaminated blood transfusion, sharing razor blades and infected mother to her child through the placenta. A person infected with HIV suffers from declining immunity with symptoms like pneumonia diarrhoea, tiredness, weight loss and fever. This impairment of the immune system can be slowed down by effective treatment and medication but cannot be fully cured. With AIDS, death is inevitable. Although the prevalence of AIDS is comparatively less in India, it has steadily increased over the last two decades The population at risk in our country includes blood donors drug addicts, prisoners and sex workers. Government and Non-Governmental Organizations (NGOs) should jointly raise awareness of its causes, symptoms and diagnosis. Moreover, it is the government's job to build more rehabilitation centres for drug users, provide free nucleic acid tests (NAT) to determine its presence and open up job opportunities for transgender people to replace their sex work. Adequate public health awareness is urgently needed before the prevalence reaches an alarming

Jubel D'Cruz