

Cosmic energy enters the body through the medulla and then passes to the cerebrum, in which it is stored or concentrated.

-Paramahansa Yogananda

DISCIPLINE-WAY TO IDEAL LIFE

Discipline 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...

Academic Dishonesty: Kinds, Effects and Prevention

DR. RAJKUMAR SINGH

Academic 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...

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...

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...

(The author is a Youth Motivator).

Remembering Indira Gandhi

G.L. KHAJURIA

In a famous Bengali poem written by Gurudev Rabindra Nath tagore which was Mrs. Indira Gandhi herself translated 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 cover 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..."

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...

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 hope 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...

His father always preached and encouraged to be very meticulous towards her health. Even when she used to run, she was told to be poised and graceful, her father taught 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...

Her father always inspired her to have a good collection of books and inbuilt 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.

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...

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 femotined 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...

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 blood 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).

Tourism replacing terrorism in Kashmir

OMKAR DATTATRAY

The winds of change are brewing in Jammu and Kashmir as positive and 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...

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...

terrorism has receded and is more or less 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 yielded 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 Monaj 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 far 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

Dear Editor, 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 those 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

Dear Editor, 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 limit.

Jubel D'Cruz