

INDIAN CULTURE

It would not be wrong at all to say that our culture is the best culture in the world. The food, lifestyle, clothing etc. here are all very special in themselves. Ramayana and Mahabharata are connected to our culture. Our culture is thousands of years old.

Indian culture is considered to be one of the oldest cultures in the world. The biggest proof of this is Kashi. The history of Kashi is said to be 8000-9000 years old.

Indian culture is so great that Gods and great men were born in a country like India whether we call it Shri Krishna or Shri Ramchandra. He was born on the soil of India. Indian culture includes many brave men. This land gave us great men like brave Shivaji, Chandragupta Maurya, Chanakya, Rana Sanga, brave Ashoka.

The people of India may be well educated even if he is going to America or England for a job. But despite all this, he has not lost his values. He is preserving Indian culture even today.

Our country is the only country in the whole world where all people live in harmony with each other, even though every part of our country has different attire or food. But everyone knows very well how they have to live in unity.

If anything is given the most importance in the culture of our country, it is generosity and kindness. Our country is counted among the liberal countries. Kindness remains at the top place in the minds of all of us Indians.

The special thing about the culture of our country is that spirituality resides in the heart of every human being. Spirituality has been prevalent in our country for thousands of years. No matter how different we Indians dress and eat, we all have the same heart.

Complete Guideline to crack competitive exam in first attempt

VIJAY GARG

Competitive exams, though often daunting, are gateways to career dreams. While they may seem formidable, a strategic approach, unwavering commitment, and a well-structured plan can transform these challenges into stepping stones toward your dream profession.

1. OPTIMIZE YOUR STUDY SESSIONS

Planning ahead is a proven strategy for success in competitive exams. One of the keys to effective exam preparation is to create a well-structured study plan and have shorter, focused study sessions. Define what topics you need to cover and allocate specific study days for each subject or section. Knowing exactly what you need to accomplish each day helps maintain focus and ensures you don't miss any crucial areas.

2. THOROUGHLY UNDERSTAND THE MATERIAL

Reading your study material thoroughly is essential. Don't just skim through it; ensure you understand the concepts, headings, subheadings, and key points. A deep understanding of the subject will serve you well during the exam. Simultaneously, highlight and remember keywords from your study material. These keywords can be essential during the exam when you need to recall specific information. Regularly review and reinforce these keywords in your memory.

3. TAKE SHORT BREAKS

Don't underestimate the importance of taking short breaks during your study sessions. Prolonged study without breaks can hinder your ability to retain information. Therefore, you must avoid marathon study sessions that can leave you feeling exhausted and frustrated. Instead, break your study time into manageable chunks. Study for a couple of hours at a stretch, then take a 15 to 20-minute break to recharge your mind. These breaks are crucial for retaining information and preventing burnout.

4. ELIMINATE DISTRACTIONS

Create a study environment that is free from distractions. If your usual study place is noisy or prone to interruptions, consider relocating to a quieter space. Turn off your phone or place it in silent mode to avoid unnecessary interruptions from calls and notifications. Minimising distractions maximises your productivity. While it is essential to maintain a balance between studying and socialising, be mindful not to overindulge in social activities during your exam preparation. Prioritise your studies, especially during critical study periods, and allocate time for social interactions once your exams are complete. During study sessions, avoid checking emails, social media, or other online platforms while studying. These distractions can eat up valuable study time and hinder your progress.

5. ALLOCATE AMPLE TIME FOR REVISION

Revision is the foundation of exam preparation. Ensure you allocate sufficient time for multiple rounds of revision before the exam. Repetition helps reinforce what you have learned and enhances your recall abilities during the test.

6. SEEK GUIDANCE

Consider joining coaching classes to get the right study materials, such as textbooks, online resources, and practice papers. High-quality study materials and mock tests conducted by coaching centres such as Career Launcher, can make a significant difference in your preparation. Mock tests help you get accustomed to the exam pattern besides improving your time management skills. Alternatively, you may seek guidance from mentors, teachers, or experienced individuals who have succeeded in the same exam. They can offer valuable insights and tips.

7. EXERCISE REGULARLY AND MAINTAIN A BALANCED DIET

While competitive exams can be stressful, excessive stress can hamper your performance. Therefore, practice stress management techniques such as deep breathing, meditation, or yoga. Regular exercise also boosts cognitive function by reducing stress, enhancing focus, and improving memory retention.

A balanced diet is equally crucial for overall well-being and cognitive function. Prioritise adequate protein, healthy fats, and carbohydrates in your meals. Stay hydrated by drinking plenty of water and including vegetables in your diet to maintain optimal health and cognitive performance.

8. STAY PERSISTENT

Sometimes, you may not achieve success on the first attempt. In case you fail to achieve the desired results, analyse your performance and try again. Nevertheless, believe in your abilities and maintain a positive attitude as you strive to excel.

BOTTOMLINE

Adherence to these tips and strategies can enhance your chances of cracking competitive exams successfully. Stay focused, stay motivated, and believe in yourself, and you will be well on your way to acing competitive exams and reaching your career aspirations.

(The writer is Retired Principal, educational columnist).

Gyanodaya Express-collage on wheels initiative by Jammu University

OMKAR DATTATRAY

Gyanodaya express is the maiden and first of its kind endeavor and initiative of the Jammu university and it will give good exposure to the girl students as they will tour and travel to various states of India and will learn knowledge and experience and it will also strengthen the theme of unity in diversity and teach the girl students lessons of unity. The LG Manoj Sinha flagged off "Gyanodaya Express-collage on wheels," the first of its kind mobile educational endeavor in Jammu and Kashmir, from Shri Mata Vaishno Devi Railway station Katra. This endeavor and initiative will aim at empowering 700 girl students from across the universities of Jammu and Kashmir. In an enriching endeavor 780 students, mentors and administrative staff from various universities and colleges of Jammu and Kashmir on Monday visited the Rashtrapati Bhavan, and parliament house in national capital and the visit provided them the opportunity to know and study these highest institutions of our vibrant democracy. The students from Jammu and Kashmir universities visited Ahmedabad and experienced and saw the scenic beauty of a Lake. The enthusiastic students and faculty members embraced the opportunity to learn beyond the confines of traditional classrooms. They saw Ahmedabad's renowned Kankaria lake. The LG said, 'Gyanodaya Express will travel through various states and it will be an educational pilgrimage for these girl students. The journey endeavors to dissolve the boundaries of classrooms, streams and evolve education by providing immersive, collaborative, and project based learning experience. "It is so good that soon a similar Gyanodaya Express will be flagged off from Jammu Kashmir comprising male students from J&K universities and students from board. The collage on wheels is inspired by the life and experience of Mahatma Gandhi, where he undertook epic tour of the country by train, interacted with people from all walks of life and awakened the society, with universal and eternal values, truth, non-violence and Ahimsa. Through collage on wheels, the students will get an opportunity to get knowledge as it will be a journey of knowledge. Besides, it will also be a lifetime opportunity to discover



know and study diverse culture and to explore the new aspects of life and wisdom. The students will be able to collaborate on different subjects and create something new in spirit of teamwork and cooperation during the journey on wheels. The train journey will further and strengthen transdisciplinary education and give the students opportunity for experimental learning. The students will be in a position to appreciate the culture of different parts of India and will be able to share experiences with each other. The students on wheels will learn cultural and spiritual wealth of different states of the country. This novel journey through train will help in the cultural and national integration which is the essence, theme and great wealth of India, for which our country is famous throughout the globe. This train journey is considered as a voyage to transform present form of learning and knowledge. The students will come across the knowledge regarding Sabarmati Ashram, Indian navy, JSRO as they will get new ideas, insight and hand in knowledge for new research and development. Gyanodaya Express-collage on wheels is aligned with visionary National Education Policy-NEP 2020 and seeks to propel a shift from job seekers to job providers and creators, fostering a culture of idea of incubation, innovation and skill development. Thus this new innovation and experience is in tune with the modern and present day world and

it will go a long way to create new job opportunities in the country where the trained and educated students will become job creators. The Gyanodaya Express will enable the students to gain a holistic understanding of the areas they visit. This will be beyond the academic pursuit. It will also serve as a catalyst for personal growth, innovation and national unity. The fact that our country and culture is very diverse and so the young generation should know about the culture, traditions, customs and values of different states so that they will not only study diversity but will also be propelled to achieve national integration. The interaction and exchange of ideas, knowledge and experiences will help to know the culture and language and literature of different states and the students will be able to appreciate the unity in diversity which is the biggest wealth and asset of India for which the country is held in great reverence. The students on wheels will make the students aware about the issues, problems, customs as well as traditions of different states and it will give on spot and first-hand knowledge and experience to the students which will definitely broaden the knowledge and will also help in the development of the holistic, balanced and multifaceted personalities of the students on voyage and this will be a big achievement and it will go a long way to ensure growth

and progress of the country. The present voyage consists 700 girl students and it is the novel opportunity for the women empowerment and thus this programme is in tune with the country's national priorities. The fact the Jammu and Kashmir higher education has considered it fit to give the first opportunity to girl students and the collage on wheels will help in the development of the personalities of the girl students and it will in future lead to the development of the family and the country as well because if you teach a single male student, his knowledge will be confined to his personality, but when you give knowledge and experience to a girls student, you are educating the whole family and in the ultimate analysis to the whole country. The government should encourage and arrange such novel endeavors and initiatives which will go a long way in developing the young personalities which will be good for the individual students and the society as well. The UT government is required to focus on such initiatives and innovations which will in the long run transform our society and the country and as such there is urgent need to encourage such programmes for the good of the individual students and for the development of the society as well.

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

'Panauti'- Politics in sports

MAHADEEP SINGH JAMWAL

I fail to understand why our politicians always look into each and every aspect with political goggles, whether it is common cause of everyone, achievements of our icons and even our sports that are supposed to be taken as with sports spirit. The sport is the most noble of the wars on international platforms because it is a war of peace and friendship. The international sports battles aren't like the political wars but in India, our politicians take the sports also as a weapon of their political wars to settle their scores. ALL politicians try to associate themselves and their politics with winners. It is the very life blood of politics and has always been that way. Likewise the blind followers of these politicians form their troll army to throw garbage on one another. Each individual processes his view, thereby coming to a judgment that yields an attitude. The attitudes of different individuals are then aggregated, mostly on social media for the most part, and then such views start trending on social platforms.

After Australia's victory over India in ICC World Cup, some people are expressing their pain and are taking this defeat because of the presence of Modi in 'Narendra Modi Stadium'

and taking him as 'Panauti' for the event. 'Panauti' is not trending on social platforms only but in electronic media also as some TV channels, YouTube Channels and Media pages have also brought it on a wider spectrum by conducting debates on the word 'Panauti'. The psychological study on the subject 'Thinking' reveals that it is our attitude that creates opinions. An attitude consists of three types of elements: cognitive (beliefs); affective (emotions or feelings); and behavioral (intent to act). These elements can affect one another. The political parties are grappling over the trending of 'Panauti' and are in a word war to prove one another as behaving below humanism. Taking a dig at Prime Minister Narendra Modi, Congress leader Rahul Gandhi remarked that India would have won World Cup final against Australia but because of Panauti PM Narendra Modi they lost the match and defined 'PM' means 'Panauti Modi' whose entry into the stadium was a bad omen that led to India's defeat in the World Cup 2023 final match against Australia on Sunday. Our boys were close to winning the World Cup but due to PM Modi's entry, they lost the match. Former Cricketer and TMC leader Kirti Azad remarked 'There is decency

and decorum in sports. There are no rules in politics but there are rules in sports. Can someone visit the PM office if he loses elections, over visiting the PM to the dressing room of Indian players after India lost the World Cup? In a tongue-lashing, the BJP leaders termed the remarks of Rahul Gandhi about the Prime Minister as 'shameful, condemnable and disgraceful' and remarked these comments as signs of desperation and mental instability.

In general understanding, we define 'Panauti' as a word for someone whom we think brings bad influence, bad omen, sign of ill luck, harbinger of bad luck. The word is used to refer to someone who is considered unlucky or brings bad luck. But I believe nobody is ill-fated; it is our faith that creates such pejorative opinion. Shrimad Bhagwat Geeta guides us that faith can be of three types: in goodness, in passion, and in ignorance.

Superstition falls under the category of faith in ignorance, which is characterized by misguided rituals, empty sacrifices, and belief in the supernatural without understanding its essence.

The best analytical views after losing the match would have been to deliberate whether the Indian Team had dedicated themselves to the job

at hand, whether the Indian Team had determination to win, and whether they applied the best of them to the task at hand. But we diverted our focus to a person only with political intentions to dig out some voters' favor. It is a universal admittance that in order to succeed we need to find something to hold on to, something to motivate you and something to inspire you and I believe the PM of the country is the best object and his presence would have acted like a catalyst to augment spirit of winning the match. The experts have practically analyzed some of the reasons such as: Toss, collapse of the middle-order, dew impact in second innings, fewer boundaries, no big partnerships, Australia's aggressive batting, fielding and shot selections, Pat Cummins' captaincy, tactical errors and losing wickets at important times. I ask a simple question to those terming Modi as 'Panauti' for losing the match, what logic do you have for your observations?

Concluding, our Team India has to carry a message that learning is after all not whether we lose the game but how lose and how we have changed because of it and what we take away from it that we have never before to apply in our next matches. Losing in a curious way is winning.

YOUR COLUMN

They are differently abled, not disabled

Dear Editor,

International Day of Disabled Persons was celebrated worldwide on December 3. This day was all about promoting the rights and abilities of disabled people. I believe "they are not disabled; they are just differently abled". International Disability Day is not concerned exclusively with either mental or physical disabilities but rather encompasses all known disabilities, from Autism to Down Syndrome to Multiple Sclerosis.

In addition, not all disabilities are visible; they appear in different shapes and forms. For example, people with a mental health disorder, chronic pain and fatigue, none of which are visible at first glance. According to World Health Organisation (WHO), around 15% of the world's population is considered to have some form of disability.

Our responsibility is to know their rights because when we secure the rights of persons with disabilities, we move our world closer to upholding humanity's core values and principles. We should raise awareness about the benefits of integrating persons with disabilities into every aspect of social life, from economics to politics. We should facilitate them in every aspect, but unfortunately, we are unaware of their problems to facilitate them; most often, in moments of crisis.

People in vulnerable situations such as persons with disabilities are the most excluded and left behind. In line with the central premise of the 2030 Agenda for Sustainable Development to "leave no one behind", it is crucial for government organisations and public and

private sectors to collaboratively find innovative solutions for and with persons with disabilities to make the world a more accessible and equitable place because "they" are born to shine, and persons with disabilities should not be excluded from the general education system based on disability.

Jubel D'Cruz

Fatigue is best pillow

Dear Editor,

Benjamin Franklin, born in January of 1706, is most often celebrated as a Founding Father of the United States. "Fatigue is best pillow", says he. He further says "Go fly a kite in a thunderstorm, Benny boy, because the best pillows are decorative". Google search shows that the earliest recorded use of the modern human device dates back to the civilizations of Mesopotamia around 7000 B.C. It is learnt that during this time, only wealthy people used pillows which was symbol of status. The more pillows one owned the more influence he was able to wield. People traditionally used pillows made of wood, bronze or stone. Orthodox people even now use wooden plank for pillow. There is a belief in the medical fraternity that sleeping without a pillow can help reduce neck and back pain for some sleepers. Orthopaedic doctors recommend pillows for support to the neck and shoulders while promoting alignment. Now people not used to place their head on pillow in sleep are seldom found. For a sound sleep, pillow is necessary. Fatigue is the outcome of hard work. There cannot be substitute for hard work. Exercise to mind and body takes people away from sleeplessness. Habit of vast reading induces sleep. A tired person slips into sleep even on a pavement. Folded arm beneath the head or neck is enough in place of a pillow. Fatigue definitely obviates the need for pil-

low made of cotton or sponge. In the olden days, all the household works were done manually. Comfort level started increasing with the advancement of science and technology. Women in house used to use pestle for pounding chillies to make chilly powder and take out rice from paddy, using metate for obtaining flour from rice or ragi. Grinding machine and washing machine were never known. Women never needed extra exercise to keep themselves physically fit. Men used to walk for miles or resorted to cycling to reach their place of destination.

Definitely people needed emancipation from such ordeals. Thanks to the advent and advancement of science and technology, people are unshackled from excessive hard exercises in discharge of their household duties. Now, people in whom more moneys are in hands are past comfort level and are in the zone of luxury. Probably health and poverty live together.

Ill-health and richness live together. Consumption of home-made foods is on wane. Junk foods sold in the streets, hotels and restaurants are occupying prominent place in the life of people. Servants or maids are employed to do household work. Their health is improving while the health of moneyed class is on downslide.

People sans diabetes and high or low blood pressure are seldom found. If the doctors' advise against pillow has to be heeded, hard work must be done. Family, society and nation are benefited by the hard worker. Besides improving the health of the hard worker. Pillow, or no pillow, people involved in hard work do not suffer from sleeplessness. We can realize that Benjamin Franklin is right when he says "Fatigue is the best pillow". Many things we know. But we don't know we know.

K.V Seetharamaiah