

ACTION ON CRIME : Importance of Constitution Day

Jammu, the winter capital of Jammu and Kashmir, has faced a complex security environment over the years, marked by both socio-political instability and evolving crime patterns. In recent years, the Jammu region has witnessed a significant rise in various forms of crime, including drug trafficking, theft, organized crime, and, at times, communal violence. The government and law enforcement agencies have taken several measures to curb these criminal activities and maintain law and order in the region.

One of the primary actions taken by the Jammu administration to combat crime has been the strengthening of law enforcement agencies. The Jammu and Kashmir Police have worked in collaboration with the Army, Central Reserve Police Force (CRPF), and other paramilitary forces to ensure greater presence and vigilance across the region. They have undertaken various operations to neutralize anti-social elements and criminal gangs that operate within Jammu and its peripheries.

The Jammu and Kashmir Police have also been focusing on the surveillance of high-risk areas and hotspots for drug trafficking, which has become a significant issue in recent years. To counter this, the authorities have been cracking down on the distribution and supply of narcotics, arresting drug peddlers, and launching awareness campaigns to educate the public about the dangers of drug abuse. In addition, the police have been actively involved in monitoring the border areas to prevent the smuggling of drugs and arms, which often fuels criminal activities in the region.

Another crucial aspect of the action on crime in Jammu has been the enhanced use of technology. The installation of CCTV cameras in strategic locations, digital policing, and data analytics tools have helped in tracking criminal activities, identifying suspects, and solving cases more efficiently. The police have also launched initiatives like 'Operation All Out,' aimed at rooting out terrorism, organized crime, and violent extremism, ensuring that such threats do not spill over into civilian life.

Moreover, the Jammu administration has been promoting community policing, engaging with local communities to build trust and encourage cooperation in fighting crime. However, the sustained efforts of the police and security agencies, along with strong community engagement, have shown positive results in improving law and order.

■ OMKAR DATTATRAY

Constitution of India is the supreme document of the country and it is in fact the life line of the nation. All other laws are subservient to constitution. The grateful nation celebrated Constitution Day yesterday that is on 26th November 2024 with enthusiasm. On this occasion various functions and programmes were held across the country.

Formation and drafting of the Indian constitution has a long history as the constitution was not drafted in few days. The constitution drafting committee drafted the present constitution under the chairmanship of Dr B.R.Ambedkar who is rightly regarded the chief architect of the constitution.

Constitution of the country was adopted on 26th November 1949 and it came into effect and force on 26th November 1950. Thus 26th November has a special importance for the government, political parties and people of the country at large. From year 2015, we are celebrating the constitution day and it is celebrated with great pomp and show as well as with gaiety.

On 26th November 2024 [Tuesday] we celebrated the 75th year of the adoption of the constitution across the country. Constitution Day or Samvidhan Divas is observed annually on November 26 to mark the adoption of the constitution of India. On this day in 1949, the Constituent Assembly of India adopted the constitution and it came into effect on 26th January 1950. Celebrating constitution Day is primarily to honor Dr Ambedkar who played a pivotal role in drafting the constitution of independent India.

India celebrated the 75th anniversary of its constitution on November 26. Prime Minister Modi commemorated the occasion highlighting the documents importance. This followed the Supreme Court's rejection of petitions challenging the 1976 amendment that added -socialist, secular and integrity to the preamble of the constitution. On 26th January 1950, India will be an independent country. "father of the Indian constitution BR

Ambedkar had said as he presented the draft of the Indian constitution seventy five years ago. But this optimism was accompanied by the anxiety of "will she maintain her independence or will she lose it again." But this anxiety proved wrong. India has maintained its independence and she will continue to remain as an independent country in future as well. PM Narendra Modi extended his wishes to the citizens saying, "Happy constitution Day to all the countrymen on the auspicious occasion of 75th anniversary of the Indian constitution," as he went on to explain the significance of the book. This comes a day after the Apex court rejected the petitions sought to challenge the 1976 amendment to the constitution, which added the terms "socialist," "secular," and "integrity" into the preamble. These words were added through the 42nd Constitutional Amendment, passed during the tenure of the Indira Gandhi government.

On November 19, 2015, the Ministry of Social Justice and Empowerment announced the Government of India's decision to observe November 26 as Constitution Day each year, with the aim of promoting the various values enshrined in the constitution among citizens.

From being used as a weapon in politics to being a tool for the judiciary, the book has single-handedly acted as the legislative, the executive and judiciary rule book and guide. Ambedkar has said about the apprehensions about the success of the constitution, "Indeed, if I may say so, if things go wrong under the new constitution, the reason will not be that we had a bad constitution. What we will have to say is, that Man was vile." But the constitution has stood the test of time as the country and its politico-legal system is functioning well all these years of its enforcement and we should take pride in it. Constitution Day serves as a tribute to the vision of the Constituent Assembly, which comprised leaders and thinkers from diverse fields and backgrounds. It underscores the transformative journey of India from a colonized nation to a

sovereign nation. The objectives of constitution Day celebration promotes the following goals. Building Constitutional Awareness - 'Hamara Samvidhan, Hamara Samman' focusses on simplifying and popularizing the Constitution's core principles for the citizens. It helps citizens understand the values of justice, equality, liberty and fraternity that the constitution promotes. The slogan of the Constitution Day is 'There is no democracy without constitution. However slogan of the constitution varies every year focusing on different aspects of the constitution. Constitution defines democracy so we should understand its supremacy. The whole country runs according to a constitution so respect it. Constitution protects our rights all the day and night. Constitution Day also known as Samvidhan Divas, is celebrated every year on November 26 to commemorate the adoption of the Indian constitution shaping the democratic framework of the nation. Under the leadership of BR Ambedkar, the Constituent Assembly finalized the constitution after three years in 1949. The constitution of India as already said above came into effect on January 26, 1950, marking the birth anniversary of the Indian Republic. Recognizing the significance of this historic event, the Government of India officially declared November 26 as Constitution Day in 2015, under the Ministry of Social Justice and Empowerment. The constituent Assembly drafted the constitution in 1946 under the 1946 Cabinet Mission Plan. BR Ambedkar chaired the Drafting Committee which prepared the longest constitution which originally included 395 articles, 22 parts and 12 schedules. The constitution though almost sacrosanct is subject to amendments. The constitution has undergone several amendments. One of the amendments in 1976 through the 42nd Amendment introduced Article 51-A listing ten duties inspired by Indian traditions and global practices. An eleventh duty was added in 2002. It is worth

noting that this is the constitution is supreme document of the country and it binds the legislature, executive, judiciary and the fourth estate that is the press. All the organs of the government have to work within the confines and jurisdiction laid down by the constitution. Anything which violates the constitution and is ultra vires and so is void and illegal. Constitution is almost Sacrosanct but it can be amended by following the procedure given in the constitution itself. But the basic structure of the constitution cannot be altered and amended. The Government of India declared 26 November as Constitution Day on 19 November 2015 by a gazette notification. The Prime Minister of India Narendra Modi made the declaration on 11 October 2015 while laying the foundation stone of the B.R.Ambedkar's Statue of Equality memorial in Mumbai. The year 2021 was the 131st birth anniversary of Ambedkar, who had chaired the drafting committee of the Constituent Assembly and played a pivotal role in the drafting of the constitution. Previously this day was celebrated as Law Day. 26 November was chosen to spread the importance of the constitution and to spread the thoughts and values as well as ideas of Ambedkar. Constitution Day is not a public holiday. Various departments of the Government of India celebrate the constitution Day. Centre government, state governments and the UT's celebrate the day. In our J&K UT LG Manoj Sinha chaired a function to commemorate the Constitution Day and addressed the gathering and threw light on the principles enshrined in the constitution. To sum up, it can be opined that constitution of India is the life line of the country and guide to the three wings of government and the press. Let us celebrate constitution Day with pride and uphold the constitution.

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

Let spirit of season become a reality

■ SURJIT SINGH FLORA

Love is simpler and more lucrative than hatred; hence, let the seasonal spirit become reality.

We are in that festive month when people all over the world will be enjoying Christmas. Not just for children, but also for adults, the build-up to Christmas Day is typically the most fascinating aspect of the season. One thing that really sticks out to me is the additional effort many individuals make to treat others with respect and decency.

After all, this is the core of Christmas, and God sends his son to save us and extend his love to the world. However, the world is currently facing war, with hostilities raging in the Middle East and North Africa, specifically in the following territories: Cyprus, Egypt, Iraq, Israel, Libya, Morocco, Palestine, Syria, Turkey, Yemen, and Western Sahara.

Peacekeeping efforts in Gaza, Sudan, and Ukraine are in dis-

array. Diplomatic attempts to resolve conflict throughout the world are failing. More leaders use military force to achieve their goals. People feel they can get away with it.

Gaza is currently the most dangerous place on Earth. Since the battle intensified in October, more than 42,000 people have died in the Gaza Strip, with over 99,000 injured. Over 60% of the victims are civilians. About 1.9 million Palestinians, nearly the whole population of Gaza, have had to leave their homes. The most serious current conflict in the world is in Sudan. In March, the war in Syria marked its fourteenth year of hate crimes. Recent crime rates have surged, particularly in murder cases, terror attacks, and bomb blasts, worsening the situation.

Also, the climate crisis has emerged as one of the most significant challenges of our era for several years now. Water shortages are especially challenging for the Middle East and

North Africa, yet they are also impacting numerous other nations, including Peru, Kenya, Syria, Afghanistan, and Somalia.

In these locations, climate change is anticipated to exacerbate and cause enormous relocation. Millions of people will migrate from rapidly drying up areas where they are unable to earn a living to cities in search of employment opportunities.

While the Canadian Liberal government is facing challenges, Prime Minister Trudeau has acknowledged that his immigration program has resulted in the use of the system by "bad actors" such as "fake colleges" and major companies. Pierre Poilievre leads the Conservatives in the polls, yet half the population worries about a Poilievre administration. Over half of Canadians suspect a "hidden agenda." His explicit declarations are alarming enough without digging.

In India and Canada, there exists a significant amount of

hate, anger, and bitterness between Sikhs and Hindus. This does not contribute to our progress as a nation. As a nation, we must stand resilient and overcome all that lets us down.

Let us put aside all our little differences, what separates us, and love again. Let the spirit of the season become a reality because love is easier and more profitable than hate.

Because humans tend to like company, Christmas is really powerful in relationships. Regardless of the boundaries of a country, the quality of a relationship with neighbors, or the bond with family members, Christmas holds immense power.

I wonder if you have heard of the five languages of love and peace. They are quality time, gifts, service behaviors, physical contact, and words of affirmation.

There are vacations and school time, which provide people with time to get together.

People exchanged numerous gifts and felt deeply cared for. There were many hugs and kisses, as well as general contact, as people felt closer to one another. There were a lot of positive and kind words, as Christmas is a time to "be kind to everyone."

Being kind to others actually produces a happy chemical in our body. In addition, we indulge in our favorite foods during the Christmas season. We decorate everything beautifully and aim to make people feel satisfied and happy. It brought back many memories.

Additionally, the music is relaxing, pleasant, or calm. This may be more relevant today. Today is a new day: let us love again, restoring peace and harmony in our blessed land. We can do it if we try - one nation, one nation working together to improve the whole world, is its mother earth.

(The writer is a veteran journalist and freelance writer based in Brampton).

Calm Disposition

■ MOHANJI



Never underestimate the calm, incredibly kind, and cool people. They might know the value of peace of mind. Or they know the intensity of their anger. They know that if unleashed, that might be uncontrollable and may wreak irreversible havoc.

Do not underestimate the cool and the kind.

SIMPLE TRUTHS

- L**ife can be simple and uncomplicated. Follow certain simple rules.
- A. Do not assume. Ascertain.
 - B. Do not keep in mind a question. Ask politely.
 - C. Misunderstanding? Discuss or Explain.
 - D. Enmity, misunderstanding? Invite for a tea, a meal. Discuss and settle.
 - E. Cannot accept something? Speak it out gently, lovingly, effectively.
 - F. Want something? Ask. Do not hesitate, ask.
 - G. Love someone or something? Tell them. Express immediately, without offending anyone.
 - H. If you like something? Share it. Celebrate it through sharing.
 - I. You think of someone or miss them? Call them, meet them without delay.
 - J. If you care for someone, express it wholeheartedly.
 - K. Made a mistake? Admit, apologize, learn and move on.
- There is nothing wrong in saying sorry. It is a maturity to accept mistakes, correct and move on. This is your time. Tomorrow is always a mystery. Use your today very well.

Challenges are Opportunities-A Message to the Young Generation

■ MAHADEEP SINGH JAMWAL

To the young minds of today, I offer a message of empowerment: "Challenges are not obstacles but invitations to grow, innovate, and transform." You have within you the remarkable ability to take risks, explore new possibilities, and create solutions that can shape the future. What sets dreamers apart from achievers is the ability to turn challenges into stepping stones.

The road ahead may not always be smooth, but remember this: challenges are your greatest teachers. They are not barriers to your success but opportunities for growth. Face every challenge with courage, knowing that within every struggle lies the seed of achievement. Success is not simply a destination-it is the journey of overcoming obstacles and evolving. When failure strikes, see it not

as an end, but as the universe's way of urging you to dig deeper, think differently, and rise above.

In the modern world, young people face a multitude of challenges-academic pressures, career uncertainties, societal expectations, and personal struggles. These may feel overwhelming, but they should not be viewed as roadblocks. Instead, recognize them as opportunities in disguise-each one offering a chance to learn, adapt, and grow. Challenges are not interruptions; they are catalysts for innovation and resilience.

History has consistently shown us that no great achievement comes without adversity. Whether in business, science, or the arts, every milestone has been preceded by struggle. Take Thomas Edison, who failed countless times before inventing the light bulb. Yet he didn't see fail-

ure as a setback; he saw it as a stepping stone. "I have not failed. I've just found 10,000 ways that won't work," Edison famously said. His perseverance demonstrates that challenges are the fertile ground where success is cultivated.

Failure, though often feared, is not the end. It is an opportunity to reflect, reassess, and improve. Consider Michael Jordan, who missed over 9,000 shots and lost nearly 300 games in his career. He did not see these moments as defeats but as lessons that paved the way to his greatness. "I've failed over and over again in my life, and that is why I succeed," he said. Jordan's words teach us that success is not about avoiding failure-it's about embracing it as part of the journey.

In today's world, challenges often arise from technological advances, shifting

market trends, and societal changes. These may initially seem overwhelming, but they are ripe with opportunities for creativity and innovation. Consider the global pandemic, which forced industries to confront unprecedented challenges. Many organizations stumbled at first, but those that embraced the challenge adapted and emerged stronger. What began as a crisis turned into a chance for growth, proving that adversity often sparks creativity and drives progress.

Change is inevitable, and though it may feel uncomfortable, it is often where the greatest opportunities lie. Growth occurs when we embrace change and adapt to new circumstances. The discomfort we feel during change is often the driving force behind personal and professional development. It is in navigating the unknown that we discover our

most valuable insights and solutions. Every challenge presents an opportunity to become stronger, more resilient, and more capable. Embrace change; embrace opportunity.

As you face life's inevitable challenges, remember that they are not insurmountable barriers but gateways to growth, resilience, and transformation. With perseverance, optimism, and adaptability, challenges become the catalysts for success. The future is filled with limitless potential, and as Winston Churchill wisely said, "A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." Let us choose to be optimists, recognizing that each challenge is a canvas for innovation, growth, and achievement.

To turn challenges into opportunities,

cultivate self-awareness and control over your reactions. Instead of succumbing to fear or frustration, focus on taking deliberate, actionable steps. Challenges become more manageable when supported by a strong network-seek advice, mentorship, or simply a listening ear. Break down large challenges into smaller, more achievable tasks, and celebrate each milestone along the way. Progress fuels motivation, and positivity empowers action. Embrace difficulty not as a defeat, but as a chance to prove your resilience.

In conclusion, every challenge carries the potential for opportunity. The key lies in how we perceive and respond to them. By shifting our mindset, we can turn obstacles into opportunities for personal growth, success, and fulfillment.

Wonderful Winged visitors

■ G L KHAJURIA

Aristotle, the world renowned Philosopher had more than two thousand years back known how the Avian (Bird) migrate with seasonal changes but in fact it was in Mazzy, 1822 a day of bewilderedness for ornithologist that during this period they observed that a stork with its neck pierced was caught in Mecklenburg, Germany. In fact this stork with arrow had come from Africa and established for the migration though the fact goes that there are references in Sanskrit, by the Greek Philosopher in the old testament and allied scriptures. In line with supporting fact, The German emperor Freidrich (1194-1250 AD) Observed South bound flights of bird crossing Mediterranean sea during winter.

The migration of birds is normally effected with the change of season and the birds have the record if flying over thousand of

km and find the same locations where they had built their nests or habitats a year before. Why do birds migrate is a matter of mystery. After deep thought, it was established by the ornithologist that the migration triggered is to escape from cold, seek food and to choose new breeding grounds. And of all these birds, the most ones are those who don't feel eagerness of migration despite the impending cold or weather changes that take place.

Ornithologists establish that out of around 8-10 thousand species of birds those inhabit this planet, two third are migratory and strangest fact is that these fly too high mountainous regions like that of Himalayas or so. The Siberian crane is a regular migratory bird from Siberia to India flying long and hazardous routes.

After a great deal of studies ornithologist have established that American golden ploru (pluriallis) flies from Arctic to

South America covering a long stretch around 7000 kms or so. The Red - Throated humming bird barely 10 inches of size flies about 2500 Kms from Canada to Florida and the swallow (Hirundinidae) measuring about 10-15 cms migrates covering a distance around 7000 Kms from Europe to South Africa crossing over Atlantic. The Northern pintail duck (Anas acuta) and garany duck (Anas quequedula) which breeds in the Siberian tundra and taiga cover long long distances during their migration.

Similarly, the birds inhabiting in Delhi zoo also migrate long distances with the change of climate for food and finding new ground apart from 1200 species which are spectacular and inspiring. The Bharatpur Bird Sanctuary is a paradise of magnificent birds and same is with wildfowl refuge in Rajasthan which is barely 26 sq Kms in area and much of its area is marshy,

besides the cover of woods. It is no denying the fact that the domesticated pigeon can obviously find its way home after having been shifted to unknown strange place or location. Similarly, it was experimented with wild manx shearwater; taken from its nest off the sea coast of UK and released in Boston USA. Surprisingly enough, the bird returned or navigated to or say avigated to its original habitat. The avigation of bird have been studied using advanced technology like radar; keeping the birds in planetarium, putting bands of light metal etc and the studies have shown miraculous results.

Ornithologist have established that birds navigate not only with the help of sun but these also pursue or take cue from the position of stars of night sky. The German biologist FA Schneider established that the bird navigate with the help of sun in 1996.

Stephen T Emin, professor at cornell university conducted detail studies to ascertain as to how the bird could orient the visibility of stars correctly. In his experiment, he turned off the light in the planetarium where birds were kept. Emin and other observers found that the birds fluttered aimlessly revealing that they took the celestial bodies if sky is their guide.

The ornithologists are not in consonance with the outdated idea that the birds are guided by the Earth's magnetic field or that of gravitational field. In the experiment so conducted, the birds were put in a strong magnetic field with magnified plates attached to their wings and resolutely revealed insensitivity to electromagnetic field or the result were inconclusive.

According to some researches, the birds, however can synthesize a magnetic compound capable of indicating the earth's

magnetic field.

It is astonishing to note that the avians are capable of forecasting weather conditions and their changes. Studies on pigeons have shown astonishing result that these can see polarised light and ultraviolet light. The birds, in fact, can hear infrasound (noise in ultralow frequencies which carry vast varied distances). As a corollary, it has been attributed that birds do not live in sensory world as we human do.

The birds during the course of long distant migration are having very sharp and keen eyesight. Physiologically their body weight is low as the skeletal structure is hollow whereas the pectoral muscles are strong enough to take long flights. Besides, the respiratory system is well adopted to meet up their metabolic activities involved during their long in that distance flights.

(The author is Former Dy. Conservator of Forest, J&K).