

All differences in this world are of degree, and not of kind, because oneness is the secret of everything.

-Swami Vivekananda

EDITORIAL

JAMMU RAILWAY DIVISION

he Jammu Railway Division is a key operational unit within the Northern Railway zone of Indian Railways. Located in the northernmost part of India, Jammu is the winter capital of the Union Territory of Jammu and Kashmir. The division plays a crucial role in connecting the region with other parts of India, especially for both passenger and freight transportation. This division handles an extensive network of trains, including long-distance, local, and freight services.

Jammu, being a vital gateway to the northern hills and the Kashmir Valley, holds strategic importance for both the Indian Railways and the defense infrastructure of the country. The Jammu Railway Division covers an area that stretches from the plains of Punjab to the foothills of the Himalayas. It serves as the entry point for pilgrims visiting the Vaishno Devi shrine in Katra, which is one of the most visited pilgrimage sites in India. The railway services also cater to people traveling to other popular tourist destinations like Patnitop and Poonch.

Jammu Railway Division is integral to connecting Jammu with important cities such as Delhi, Amritsar, and other parts of the Northern region. The most prominent railway station in the division is the Jammu Tawi Junction (JAT), which is the main rail hub for the region.

This station connects Jammu to major cities across India and is the most important stop on the Jammu-Delhi rail route. It is equipped with modern amenities, such as waiting rooms, food courts, and ticketing facilities.

Other important stations in the division include Katra, Udhampur, and Samba. Katra station, specifically, is significant for pilgrims heading to the Vaishno Devi shrine, and it sees heavy footfall, especially during the pilgrimage seasons. The Udhampur station serves as a crucial link in the rail network connecting Jammu with the rest of India, especially through the Udhampur-Srinagar-Baramulla Rail Link Project.

In recent years, the Jammu Railway Division has witnessed significant infrastructure upgrades and modernization initiatives.

National Road Safety Week: A Call for Awareness and Action

PROF (DR.) VIKAS SHARMA & KOMAL SUDAN

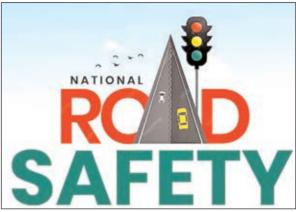
▼ational Road Safety Week is an annual initiative in India aimed at raising awareness about road safety \mathbf{N} and reducing the number of road accidents. Traditionally observed on first week of January, this campaign is organized by the Ministry of Road Transport and Highways. The event emphasizes the collective responsibility of individuals, organizations and governments to make roads safer for everyone.Road safety slogans are simple, catchy sentences or phrases promoting road safety and safe driving practices and using road safety slogans is a cost-effective way to raise awareness and promote the best safety practices on the road.

- ▶ Alert today to live tomorrow
- Better late than never
- ▶ Speed thrills, but kills ▶ Driving fast can be the last
- ▶ Normal speed meets every need
- ▶ Stop accidents, before they stop you
- ▶ All accidents are preventable ▶ Drinking and driving kills
- ▶ Leave sooner, drive slower, live long
- Accidents don't happen; they are caused ▶ Follow traffic rules, save your future
- ▶ Drive with reason this holiday season

Importance of Road Safety: Road safety is a critical public nealth concern. According to the World Health Organization (WHO), road traffic injuries are the leading cause of death for individuals aged 5 to 29. The recent statistics from the country indicate that about 1.264 accidents and 462 deaths occur on the roads each day, which is 53 accidents and 19 deaths per hour. Beyond the tragic loss of life, road accidents impose a

significant economic burden, costing nations billions in healthcare expenses, lost productivity and damage to infrastructure. The main aim of National Road Safety Week includes awareness of the general public about the traffic rules, encourage responsible behaviour on the roads and promote infrastructure modification that enhance safety. The campaign seeks to ensure that everyone-drivers, modification that enhance safety. The campaign seeks to ensure that everyone - drivers, passengers and pedestrians, understands their role in preventing accidents. This week involves activities such as workshops, road safety drill, education on campaign and rally.

Key Themes: The primary objectives of National Road Safety Week are to promote safe driving practices, raise pub-



lic awareness, to reduce a high rate of road accidents and create a culture of safety among all road users. Every year the campaign adopts a theme to focus on specific elements of road safety, e.g., the theme like "Be a Road Safety Hero," emphasizing individual actions in enhancing traffic safety and promoting support to crash victims. Some common themes include

Speed management: Focusing on risk-associated with speeding and stressing on the need to respect, set speed limits.

Drunk driving prevention: Educating people about the consequences of risks of driving under the influence of alcohol or drugs.

Pedestrian and cyclist safety: Raising awareness about the vulnerability of non-motorized road users.

Use of seatbelts and helmets: Promoting the consistent use of safety equipment in order to minimize the injury severity in accidents.

Activities During National Road Safety Week: A variety of programmes are carried during National Road Safety Week in order to target the various segments of society. Schools and colleges organize programs like workshops, seminars etc., in order to let the students know about the rules and regulations of road safety and disadvantages of negligent driving. Street plays, music fusion and awareness activities such as rallies are organized by local government and NGOs to create awareness on the risk associated with road safety. TV and radio as well as social sites are equally effective in relaying the message on road safety to the nation's populace.

Memorials and night marches are used to celebrate lives of those who perished in road accidents in order to ensure that everyone understands the cost of unsafe roads.

Role of Technology in Enhancing Road Safety: Advancements in technology has played a major role in improving road safety. Improved safety features including an automatic braking system, lane warning system and those of the traffic management system assists in preventing accidents and quick response to disasters. Smartphone applications also play a role by providing real-time traffic updates and increasing traffic safety measures. Governments are increasingly investing in intelligent transport systems (ITS) to optimize the traffic control systems. It is used to reduce rate limit, speed limit and it is a part of surveillance, with gadgets like speed cameras or red-light cameras.

Role of citizens: Although governments and organizations have responsibility of providing essential safety mechanisms on the roads, people have equal responsibility as well. Every driver needs to ensure that she/he obeys the traffic laws, does not use a mobile phone while on the road. Some of the things that people should avoid doing are aggressive driving, lack of seat belt use and inept use of child safety seats. Pedestrians, too, need to be careful and avoid the use of the road by using proper channel crossings and avoiding walking close to cars. Cyclists and motorcyclists should wear their helmets and also ensure their bikes have reflector lights among other safety measures. Despite these concerted efforts, several challenges persist, including lack of awareness, enforcement issues and infrastructure deficiencies. Addressing these challenges, requires a multi-faceted approach involving enhanced education, improved enforcement, infrastructure development and community engagement.

To conclude, National Road Safety Week is more than just an awareness campaign; it is a call to action for every individual to contribute to making our roads safer. By raising awareness, promoting responsible behaviour and leveraging technology, we can move closer to the goal of zero fatalities on the roads. As individuals, our commitment to road safety today will determine the legacy we leave for future generations. Let us pledge to make our roads safer, one step at a time.

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Delhi Election: A Political Triangle

MANMOHAN DHAR

elhi, the capital of India, is not only the administrative heart of the country but also a dynamic and highly competitive political arena. Over the years, elections in Delhi have unfolded like a dramatic political triangle, with three major parties consistently battling for power: the Aam Aadmi Party (AAP), the Bharatiya Janata Party (BJP), and the Indian National Congress (INC). This triangular contest presents a complex and intriguing narrative of shifting allegiances, strategic maneuvering, and high-stakes battles for governance.

There are Three Players mainly in the fray.Aam Aadmi Party (AAP),led by Arvind Keiriwal, the AAP has reshaped the political landscape of Delhi since its inception in 2012. Kejriwal, a former civil servant, presented a fresh alternative to the traditional political setup, positioning himself as a champion of anti-corruption and governance reforms. His focus on issues such as healthcare, education, and electricity subsidies earned the AAP massive support, especially among the urban middle class and the working class in Delhi.

AAP's rise to power in 2015, when it secured a resounding 67 out of 70 seats, marked a decisive shift in Delhi's politics. The party's strong focus on local governance, addressing citizens' immediate needs, and populist welfare schemes have given it a firm foothold in the city. Secondly the national political giant Bharatiya Janata Party (BJP) claims to be the favourites this election. The BJP, India's dominant political force at the national level, has had a significant presence in Delhi, though it has struggled to replicate its national success in local elections. Despite winning the most seats in the Delhi Municipal Corporation (MCD)

elections, the BJP has found it challenging to break the AAP's stronghold on the Delhi Legislative Assembly. The BJP's strategy often revolves around its broader national appeal, associating itself with the leadership of Prime Minister Narendra Modi and promoting development projects in the cap-

The BJP's campaign often revolves around national security, Hindu nationalism, and critiques of AAP's governance. While it holds substantial power in the Delhi MCD and is a formidable force in the media, the BJP's inability to secure the Delhi Assembly speaks to the limits of its local appeal in the urban areas of Delhi.

And, last but not the least, Indian National Congress (INC) which has in the past held the reigns of power in the national capital, has its own agenda to topple the AAP supremacy and BJP's claim to be the favourites in the coming elections.

Once the dominant political force in Delhi, the Congress party has seen a sharp decline in recent years. Its stronghold, built on decades of governance at both the national and local levels, has been severely eroded. In the 2015 and 2020 elections, Congress failed to secure a single seat in the Delhi Assembly, a shocking blow to its influence in the city

ized by several interrelated factors viz.Electoral Strategy and Local vs National Appeal. AAP's success has often been attributed to its ability to focus on local governance issues that resonate with the city's voters-improving education, healthcare, and infrastructure. Kejriwal's emphasis on Delhi as a unique entity, with its own set of challenges and opportunities. has helped distinguish AAP from the national parties. In contrast, the BJP's approach is often more national, seeking to leverage Modi's leadership and focusing on issues like nationalism, national security, and Hindu identity. While this approach has worked at the national level, it has struggled to gain traction in a city where local governance is the primary concern. Congress, on the other hand, has struggled to define its relevance in this local context. Its failure to craft a compelling local narrative has left it lagging behind in this battle of ideas.

Identity and Ideology is yet another all important factor which can have a decisive impact on the election results.

The rise of the AAP reflects a shift in Delhi's political identity. Kejriwal and his party have positioned themselves as the voice of the common man, advocating for transparency, fairness, and better services. The BJP with its emphasis on Hindu identity, often appeals to a certain section of the electorate, while Congress remains a more ambiguous player, trying to find its footing in an era of shifting political ideologies. The Impact of Delhi Elections on National Politics can not be over looked at the same time. The outcome of Delhi elections often sends ripples across national politics. AAP's success, particularly in securing repeated mandates, has shown that a strong focus on local governance and public welfare can yield political dividends. This success has positioned Kejriwal as a prominent leader in

national politics, with the AAP seeking to expand its footprint beyond Delhi.

On the other hand, the BJP's challenges in Delhi, despite its national dominance, highlight the difficulties of translating national issues into local victories. The BJP's inability to wrest control of Delhi from AAP has become a point of contention within the party, especially considering Delhi's strategic importance as the country's capital.

For Congress, the erosion of its base in Delhi serves as a sobering reminder of the shifting political preferences in India. Once a party of the masses, its decline in Delhi mirrors its struggles in several other states across India. However, its legacy and reach continue to make it an important player in the city's political triangle.

To conclude the entire election scenario, Delhi's elections offer a fascinating insight into the evolving political landscape of India. The triangular contest between AAP, BJP, and Congress provides a dynamic stage for debates on governance, identity, and national versus local issues. Each of these parties represents a different vision for the future of Delhi, and the outcome of the elections will continue to shape the city's trajectory in the years to come.

As Delhi moves towards its nex

2025 is year to shine -Let's create something unforgettable and unique

ebrations. Reducing firecrackers,

actions.

SURJIT SINGH FLORA t midnight on December 31, we will say goodbye to 2024 and welcome New Year's Day 2025, January 1. The highs and lows, the fun and the mundane soon, they will all be memories. With the New Year coming, we're ready to face any challenges ahead. An exciting and reflective vibe fills the air, blending cherished memories with future hopes. Life is found in stillness in the pause between exhaling and inhaling. Every ending mark the beginning of something fresh. The year's first day is the ideal time for this realization.

New year, new begin-We are reflecting on the nings. Fresh and vibrant. past year and uncovering With the new year, we feel our lessons. Have we conthe nuch to change our lives, explore new paths, achieve new goals, and let go of old habits and challenges. We frequently create new plans and resolutions. We can feel excitement, inspiration, and hope, yet also fear. Poets and philosophers emphasize applying life's lessons to our future actions. That's simple to say, but hard to do. People wish each other a happy New

tivity.

partying.

rants,

on self-improvement and

gaining new insights.

People wear bright outfits

and engage in singing,

dancing, playing, and

Nightclubs, movie the-

atres, resorts, restau-

parks hum with lively

New year resolutions

are a popular tradition.

Common resolutions are

shedding pounds, developing positive habits, and

making an effort. With rising environmental con-

cerns, we should embrace

eco-friendly New Year cel-

crowds of all ages.

and amusement

nections. Let's spread love and kindness togeth-The New Year is more than a date change; it's an opportunity to shift our paths. Let's move forward with new energy, excitement, and positivity. Let's turn this New Year into a moment for transformation for ourselves and our community. During the celebrations, New Year's Day offers a chance to reflect.

planting trees, and con-

serving water are positive

The New Year invites us

to release past grudges

and welcome fresh con-

However, Congress remains a key player in the triangle, if not in terms of electoral victories, then in terms of political symbolism. Its legacy, combined with the shifting political ideologies within the party, continues to be a part of Delhi's electoral narrative. Congress's challenge is finding a way to reconnect with Delhi's voters, particularly its traditional support base, while remaining relevant in a highly competitive political environment.

The Political Dynamics of the Triangle in Delhi's forthcoming elections is charactercycle, the political triangle will remain in flux, with shifting alliances, emerging leaders, and new political ideologies constantly reshaping the landscape. For voters, the question is not just who governs Delhi, but what vision for the city will dominate in the coming years. The stakes are high, and the outcome will continue to influence both Delhi's future and the national political scene.

Whosoever wins or loses, the election results should go a long way in nation building

quered our fear of spiders? Are we dedicating enough time to those who matter most? Looking back at life's big moments makes you wonder, "Did I really do that?" Plant a tree, write a letter to your future self, or enjoy a board game. Make it personal and plan for it each year.

Here's a simple way to begin a tradition! Spread happiness with thoughtful Year. New Year's celebragifts this New Year's Day. tions involve sending The feeling is what greetings, cards, and counts, not the price. A gifts. Media highlights note, a trinket, or a mesvarious New Year celebrasage can deepen your tions, especially on major appreciation for those networks. New Year diswho matter most. We frequently ignore or reject plays excite those indoors. The New Year brings it, trying to create a narcelebration and an opporrative that has already tunity for reflection and ended. In moments like growth. Let's improve our this, it's okay to put the lives by learning from our pen down. Fighting in private isn't right. Define goals and create Gripping obstructs your a plan to achieve them. view of the window ahead. Let's leave negativity Mindfulness teachers tell us the perfect moment to behind and welcome posistart fresh is always now. Let's act to help those in The New Year's morning need. Let's concentrate

glows with the perfect setting; all else resides within you. Make your New Year's

Day 2025 unforgettable, whatever you choose.

Move freely, laugh joyfully, and embrace your friends warmly.

What's up? 2025 is your year to shine. Let's make something memorable and one-of-a-kind!

Wishing you all the best as you embark on this enchanting journey of new beginnings!

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

Euthanasia: A compassionate choice at Life's crossroads

PK MAN

uman life is a precious gift, guided by the cycle of karma and • overseen by a higher power. Life naturally flows through moments of joy and sorrow, eventually leading to old age, illness, and death. However, for those suffering from incurable conditions, the idea of ending their pain through euthanasia or practices like Ichcha-Mrityu, Samadhi, Santhara, or Sallekhana (as in Jainism) often arises.

The need for euthanasia stems from profound suffering caused by prolonged illness, particularly in old age, when life becomes an unending burden and death feels like a blessing. Personal experiences reveal that while peaceful deaths are rare, countless loved ones endure prolonged agony, underscoring the necessity of a compassionate framework for a dignified exit. Fundamental rights of life and liberty are incomplete without the right to an honorable end. Denying individuals this autonomy undermines their dignity and reduces the "right to die" to a "sentence to life," forcing relentless suffering without recourse. Balancing Pain and Compassion --

Euthanasia, also known as "mercy killing" or "assisted dying," is the act of ending a life to relieve unbearable pain. It raises difficult questions about compassion, personal choice, and the value of life, challenging our beliefs about how life and death should be approached. The Two Sides of Modern Healthcare -

Medical advances have extended lifespans but also introduced challenges. such as managing long-term illnesses and dependency in old age. Families often face emotional and financial stress, prompting the question: Should people have the right to choose a dignified end to their suffering?

Wisdom and Age-Old Cultural Practices --

In India, traditions like Santhara in Jainism demonstrate how death can be seen as a peaceful transition. Unlike suicide, which stems from despair, Santhara is a thoughtful act of letting go, rooted in spiritual beliefs. However, modern laws often equate such practices with suicide, creating tension between ancient wisdom and today's legal systems

For those who follow karmic beliefs -life's ups and downs are part of settling past actions. Ending life prematurely might seem like disrupting this natural process:

"Punarapijananma, punarapimaranam, Punarapijananijataresayanam...

(Birth leads to death, and death to birth again, until liberation is attained.) If suffering is terminated prematurely, another life might be needed to complete and disband unresolved karmic debts. The enigmatic, unfathomable, and inscrutable law of Karma cannot be swiped away or escaped through euthanasia.

Yet for others -- particularly nonbelievers in karma or those who view life as finite and ending with death, the focus remains on relieving pain and suffering-not only for the patient but also for their caregivers-when recovery is impossible.

Learning from Other Countries --

In countries like the Netherlands, Belgium, Canada, Switzerland, the UK, and parts of the U.S., euthanasia is allowed under strict rules, ensuring decisions are made with care, understanding, and medical supervision.

In India, passive euthanasia-where life support is withdrawn in specific cases-is legal but often takes too long to be practical. Quicker and more accessible processes are essential for those in need. The Role of Living Will --

Living wills allow individuals to express end-of-life wishes in advance, ensuring control over their care even if they cannot communicate later. While concerns about misuse exist, strong protections can address these issues. Living wills empower people to make dignified choices about their future.

Addressing Ethical and Practical Concerns --

Critics of euthanasia often cite the potential for misuse or moral dilemmas. However, with robust safeguards, these concerns can be mitigated. Legalizing euthanasia under strict conditions provides relief to the suffering and promotes a humane approach to end-of-life

care. India must use more investment to set up palliative care centers and develop advanced pain management techniques. This will ensure the best possible care for patients and reduce the perceived need for euthanasia in some cases.

avoid unnecessary suffering.

options.

about their rights, including living wills, to enable informed decisions.

tual issue-it's about ensuring dignity and compassion at the end of life. With proper safeguards, we can balance concerns about misuse with the need to relieve suffering.

genuine necessity and robust safeguards, can offer a compassionate release from suffering. In the karmic journey of life, the prana departs naturally, continuing that true dignity lies in embracing both life and its inevitable transitions.

India must work toward a future where everyone has the right to a peaceful and respectful end, no matter their beliefs or circumstances.

to develop advanced pain management

3. Public Awareness: Educate people

Conclusion --

Euthanasia is not just a legal or spiri-

Ultimately, euthanasia, when guided by its cycle of incarnation, reminding us

Steps Toward a Compassionate Future past. 1. Faster Decisions: Expedite passive euthanasia processes in genuine cases to 2. Better Pain Relief: Invest in research