

JAMMU RAILWAY DIVISION

The Jammu Railway Division is a key operational unit within the Northern Railway zone of Indian Railways.

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.

Jammu Railway Division is integral to connecting Jammu with important cities such as Delhi, Amritsar, and other parts of the Northern region.

This station connects Jammu to major cities across India and is the most important stop on the Jammu-Delhi rail route.

Other important stations in the division include Katra, Udhampur, and Samba. Katra station, specifically, is significant for pilgrims heading to the Vaishno Devi shrine.

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

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National Road Safety Week is an annual initiative in India aimed at raising awareness about road safety and reducing the number of road accidents.

- 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 health concern. According to the World Health Organization (WHO), road traffic injuries are the leading cause of death for individuals aged 5 to 29.

Key Themes: The primary objectives of National Road Safety Week are to promote safe driving practices, raise public awareness, to reduce a high rate of road accidents and create a culture of safety among all road users.



Public 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.

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.

Delhi Election: A Political Triangle

MANMOHAN DHAR

Delhi, 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.

There are Three Players mainly in the fray. Aam Aadmi Party (AAP), led by Arvind Kejriwal, the AAP has reshaped the political landscape of Delhi since its inception in 2012.

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.

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.

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 capital.

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.

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.

The Political Dynamics of the Triangle in Delhi's forthcoming elections is character-

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.

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 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.

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.

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.

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.

As Delhi moves towards its next election cycle, 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.

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

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.

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.

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.

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

SURJIT SINGH FLORA

At 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.

New year, new beginnings. Fresh and vibrant. With the new year, we feel the push to change our lives, explore new paths, achieve new goals, and let go of old habits and challenges.

There's a simple way to begin a tradition! Spread happiness with thoughtful gifts this New Year's Day. The feeling is what counts, not the price.

Define goals and create a plan to achieve them. Let's leave negativity behind and welcome positivity.

Let's act to help those in need. Let's concentrate on self-improvement and gaining new insights. People wear bright outfits and engage in singing, dancing, playing, and partying.

Ultimately, euthanasia, when guided by genuine necessity and robust safeguards, can offer a compassionate release from suffering. In the karmic journey of life, the prana departs naturally, continuing its cycle of incarnation, reminding us that true dignity lies in embracing both life and its inevitable transitions.

New year resolutions are a popular tradition. Common resolutions are shedding pounds, developing positive habits, and making an effort. With rising environmental concerns, we should embrace eco-friendly New Year celebrations.

Euthanasia: A compassionate choice at Life's crossroads

PK MAM

Human 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.

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.

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.

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?

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.

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.

"Punarapijananna, 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.

Yet for others -- particularly non-believers 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.

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.

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.

- 1. Faster Decisions: Expedite passive euthanasia processes in genuine cases to avoid unnecessary suffering.
2. Better Pain Relief: Invest in research to develop advanced pain management options.
3. Public Awareness: Educate people about their rights, including living wills, to enable informed decisions.

Euthanasia is not just a legal or spiritual 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.

