

CRACKDOWN ON NARCOTIC TRADE

In a major move to combat the growing menace of drug trafficking, Jammu Police have launched a series of operations targeting drug smugglers and peddlers across the region. The crackdown comes in the wake of increasing concerns over the rampant spread of narcotics in Jammu and Kashmir, which has severely impacted the youth and local communities.

In the last few weeks, Jammu Police have intensified their efforts, leading to a number of significant arrests and seizures of drugs. The operations have been carried out under the leadership of senior police officials and in coordination with intelligence agencies, who have been gathering data on the activities of drug cartels operating in the region.

The Jammu Police have particularly focused on intercepting narcotics at key entry points along the Jammu-Srinagar National Highway, where smuggling of drugs from neighboring states has become a major concern.

To enhance enforcement, Jammu Police have also introduced surveillance systems using advanced technologies like CCTV cameras, drones, and facial recognition software. These technologies are designed to keep track of the movement of suspected drug smugglers and to monitor high-risk areas. Moreover, the police have been working closely with agencies such as the BSF (Border Security Force) and Army to curb cross-border drug trafficking from Pakistan.

Police are working with the Jammu and Kashmir High Court to ensure that the cases are expedited, and those involved in the drug trade are given stricter sentences. The authorities are also pushing for changes in legislation to introduce tougher penalties for drug traffickers and smugglers.

While the recent actions by the police have led to significant breakthroughs, officials acknowledge that the battle against drug smuggling is ongoing. Police, alongside other agencies, have vowed to continue their vigilance, ensuring that Jammu remains free from the scourge of drug addiction. The police are hopeful that with community support, the menace of drugs will eventually be eradicated from the region.

As Jammu Police take strong action against drug smugglers, the region is witnessing a renewed commitment to preserving the safety and well-being of its citizens, particularly the youth, who have been the primary victims of drug abuse. The crackdown serves as a stern warning to drug traffickers that their operations will no longer be tolerated, and that Jammu's resolve to eliminate the drug trade is stronger than ever.

Success in life has to be slow and steady

■ DR. K.S. CHANDRASEKAR

World is now facing lot of uncertainties and we are living in a VUCA(Volatile, Uncertain, Complex and Ambiguous) world. In order to be successful, it becomes increasingly difficult over the years that too with the Artificial intelligence slowly engulfing our day to day life. However one should know that every opportunity comes with hurdles. When Steve jobs and Warren Buffet during the AGM of the Hathway foundation were asked about how can a person be successful, pat came the answer simultaneously from both of them that it is FOCUS which is of paramount importance. By mentioning Focus, they intended that one should have a clear goal to achieve in life and what and where they want to reach. The confidence you project in your ideas and yourself is how you define your career path. Approach every job with enthusiasm and dedication considering it as the most important task in your hand. Embrace high risk for higher rewards which is difficult in the early years. However, that is the time where experiments and risks can be taken. If you want to master something, teach it. The more you teach, better your learn. Teaching is a powerful tool to learning. Remember, it's not over until it's over. Never stop until you win. Those who relax while reaching the end of the goal will not get the results they desire. Those who have succeeded are the ones who have continuously learning or doing a deliberate learning of new skill sets or new knowledge. A book on "Blue ocean strategy", "Fortune at the bottom of the Pyramid" has hugely supported institutions/organisations who have been finding their purpose being defeated.

Learning is a continuous one. The former President Dr. APJ Abdul Kalam was a firm

proponent of learning till death. Deliberate learning is different as we study those areas we are not exposed to. Some of the successful people have mentioned that reading 10 pages a day such deliberate learning will make a person complete. One of the important aspects of the successful people is that they never quit or they never make excuses. They also have the innate trait that they never blame anyone as such and most of the time, they take the blame. Sathish Dhawan, renowned space scientist took the blame for the failures and when they successfully launched rockets, he made others in the team including Dr.APJ Abdul Kalam to address the press meet. That is one of the hall marks of successful people.

According to Bill gates, it is essential to be surrounded with people who challenge, teach and push to be one's best self. This comes from the person who is now a role model for many.Good people give us happiness. Bad people give us experience, worst people give lessons but best people give memories. Hence it is important to ensure the best people are around in order to be successful. Similarly it is understood that there are nine open minded people one has to have in their life viz.,

The listener, the encourager, the inspirer, the challenger, the empathiser, the accountability partner, the brutally honest, the practical motivator and the optimist. These people can actually help, challenge and sympathise with you for your deeds and actions.

Winston Churchill once said, "Success is not final, Failure is not fatal, it is the courage to continue that counts". If you look at Albert Einstein, Abdul Kalam, Michael Jordan, Walt Disney, Steve Jobs etc., they have failed initially.JK Rowling was rejected several times. She says that each failure is a lesson that pre-

pares you for eventual success. This gives us the importance of Perseverance and Persistence which will help to reachthe goals. The phrase "One step at a time, you'll get there" conveys a message of perseverance and patience. It suggests that large goals or difficult tasks may seem overwhelming at first, but they can be achieved by breaking them down into smaller, manageable steps. The quote encourages persistence, reminding us that success doesn't happen all at once; it's the small, steady actions that eventually lead to achieving our desired outcomes. It also reassures that, as long as we continue moving forward, we will eventually reach our destination, no matter how long it might take.Rather than focusing on the entire journey or the end goal all at once, the idea is to focus on making consistent progress, one step at a time.Warren Buffet says to narrow your focus. If you have 20 goals, focus on top 5. This concentrated effort leads to better achievement.Success doesn't happen overnight, but those who persist are the ones who eventually make it happen. So, take the setbacks in stride and keep working.

Everyone should always think that next time will be my time.* But without action, "next time" never comes. One will end up watching opportunities slip through your fingers.Stephen King, celebrity author mentioned that "Ever wonder how successful people seem to predict the future? They don't - they create it!" Embrace the power to craft your own destiny and turn dreams into reality. It's time to stop waiting and start building! Remember, your future is in YOUR hands. Talent is a gift but grit is the weapon. Once the Cricket commentator Harsha Bhogle said that both Sachin and KamblI were talented and KamblI was much

more talented. However Sachin used his hard work, grit and determination won the race amongst the two and became the World's greatest. Obstacles sharpen the skills.

Growth demands focused imbalance. Temporary discomfort leads to lasting success.

Being present reduces stress and boosts clarity. Smile-it's a proven productivity booster. If you are going first time to a gym, you will find that your muscles are paining in the first two days. But if you persist and continue the routine, success will beacon. Small, consistent actions lead to exponential results. Helping others creates ripples of impact."Even a small dot can stop a big sentence. But few more dots can give continuity". Every ending is a new beginning.

One should plan and act accordingly. There is a8+8+8 Rule. The number of hours one needs to distribute in a day that includes, 8 hours of hard work, 8 hours of good sleep and 8 hours spent on 3Fs, 3 Hs and 3 Ss. 3Fs means family, friends and faith. 3 Hs mean Health, Hygiene and Hobby and finally 3 Ss mean Soul, Service and Smile.

In a famous book on Atomic Habits by James Clear, he says Success is the product of daily habits not once in a lifetime transformations. 1% better every day is equivalent to 37.78% better every year. As per Upanishads, it clearly says that " You are what your deep, driving desire is.As your desire is, so is your will.As your will is, so is your deed.As your deed is, so is your destiny." Follow your destiny and work hard success will come. Wait to complete success in a slow and steady manner.

(The writer is Vice Chancellor, Cluster University of Jammu)

Dr Manmohan Singh-An iconic economist and statesman

■ MOHAMMAD HANIEF

Former Indian Prime Minister Dr. Manmohan Singh, an iconic economist and politician, passed away on Thursday at AIIMS, New Delhi, at the age of 92. Revered as a symbol of intellect, integrity, and foresight, Singh leaves behind a monumental legacy in Indian politics and economic reforms.

Renowned as an esteemed economist and statesman, Dr. Manmohan Singh, the 13th Prime Minister of India, has firmly established himself as a prominent figure in the global economic and political arena. He is widely recognized as one of the most influential personalities worldwide. Throughout his career, Dr. Singh has dedicated himself to serving his country and consistently demonstrated remarkable humility.

India's fourteenth Prime Minister, Dr. Manmohan Singh, was rightly acclaimed as a thinker and a scholar. He will be remembered for his diligence, academic approach to work, accessibility, and unassuming demeanour.

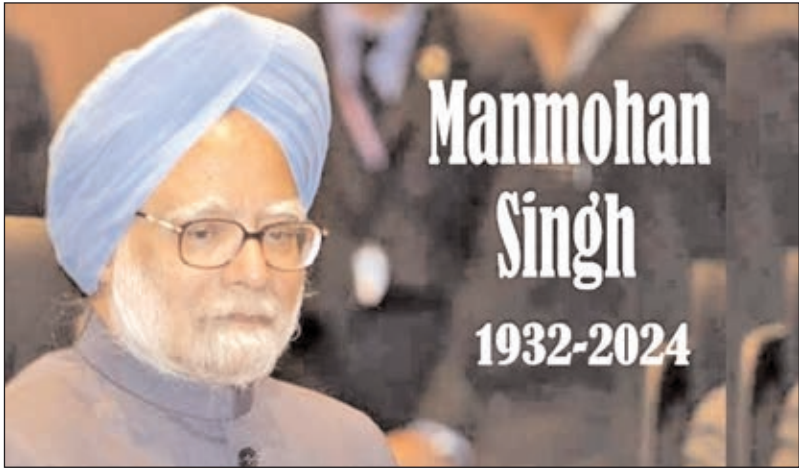
Dr Singh's commitment to development and his many achievements have been recognized through the many honours that have been conferred upon him. These include the Padma Vibhushan in 1987, the Euro Money Award for Finance Minister of the Year in 1993, the Asia Money Award for Finance

Minister of the Year in both 1993 and 1994 and the Jawaharlal Nehru Birth Centenary Award of the Indian Science Congress in 1995.

Before leading the country, Dr Singh had a distinguished career in finance and economics, shaping India's economic landscape. Serving in various key roles, including as the economic adviser in the Commerce Ministry, chief economic advisor in the Finance Ministry, and governor of the Reserve Bank of India, he is best remembered for his pivotal role in liberalizing the Indian economy during his tenure as Finance Minister from 1991 to 1996.

The former PM widely regarded as the architect of India's economic liberalisation, played a pivotal role in transforming the country's economy during a time of severe crisis. His tenure as Finance Minister in the early 1990s and later as Prime Minister from 2004 to 2014 introduced policies that continue to influence India's growth. Known for his humility and academic brilliance, Singh's economic reforms and social welfare programmes remain his enduring legacy.

Dr. Manmohan Singh was born on September 26, 1932, in a village in the Punjab province of undivided India. He completed his Matriculation examinations from Punjab University in 1948. His illustrious academic journey took him from Punjab to the University of Cambridge, UK, where he earned a First Class Honours degree in Economics in 1957. Dr.



Singh followed this with a D. Phil in Economics from Nuffield College at Oxford University in 1962. His book, India's Export Trends and Prospects for Self-Sustained Growth (Clarendon Press, Oxford, 1964), was an early critique of India's inward-oriented trade policy.

Dr. Singh's academic credentials were further strengthened by his years on the faculty of Punjab University and the prestigious Delhi School of Economics. He also served briefly at the UNCTAD Secretariat, presaging his later role as Secretary General of the South Commission in Geneva between 1987 and 1990.

In 1971, Dr. Singh joined the government of India as economic advisor in the commerce ministry. This was soon followed by his appointment as Chief Economic Advisor in the Ministry of Finance in 1972. Over his career, Dr. Singh held several significant positions, including Secretary in the Ministry of Finance, Deputy Chairman of the Planning Commission, Governor of the Reserve Bank of India, Advisor to the Prime Minister, and Chairman of the University Grants Commission.

From 1991 to 1996, Dr. Singh served as India's Finance Minister, marking a turning point in the nation's economic history. His role in ushering in a comprehensive policy of economic reforms remains globally celebrated. Those years, marked by transformative change, are inseparably linked to his vision and leadership.

The financial sector underwent significant changes under his leadership.

Following the Narasimham Committee's recommendations, the statutory liquidity ratio (SLR) was reduced from 38.5% to 25%, and the cash reserve ratio (CRR) was lowered from 25% to 10% over a few years. These measures allowed banks to lend more freely, supporting economic expansion. Licensing requirements for bank branches were eased, and interest rates were deregulated, creating a more competitive and efficient banking system.

His reforms not only saved India from the brink of collapse but also laid the foundation for sustained economic growth. The policies attracted foreign investments, boosted exports, and created new industries. Millions of Indians were lifted out of poverty as job opportunities expanded. By dismantling socialist controls, India transitioned into a market-driven economy, setting the stage for its rise as one of the world's fastest-growing economies.

Dr. Singh represented India at numerous international conferences and organizations, including leading Indian delegations to the Commonwealth Heads of Government Meeting in Cyprus (1993) and the World Conference on Human Rights in Vienna in 1993.

In his political career, Dr. Singh served as a Member of India's Upper House of Parliament (the Rajya Sabha) from 1991 and was the Leader of the Opposition between 1998 and 2004. He was sworn in as Prime

Minister on 22nd May 2004, following the general elections, and took the oath of office for a second term on 22nd May 2009.

However, Singh's second term was overshadowed by allegations of corruption, including the 2G spectrum, Commonwealth Games, and coal block allocation scams. These scandals, coupled with a perceived policy paralysis, tarnished his government's image. The rise of the anti-corruption movement led by Anna Hazare further dented the Congress party's standing.

Manmohan Singh was not only a politician but also a distinguished economist. He held roles at the Reserve Bank of India, Planning Commission, and International Monetary Fund (IMF) before entering politics. His expertise earned him respect globally, with many recognising his efforts to integrate India into the global economy.

His economic liberalisation policies transformed India into one of the world's fastest-growing economies. He dismantled socialist regulations, attracting foreign investment and creating jobs. His legacy includes a modernised industrial sector, a strengthened banking system, and policies that uplifted millions from poverty.

As India mourns his loss, history indeed remembers Dr Manmohan Singh-as the architect of modern India's economic journey and a leader whose policies continue to shape the nation's future.

VIVEKANANDA: THE POWER
A Retrospect and the Prospect

■ KULDIP KHAJURIA

A hundred and sixty two years ago on the twelfth of January was born in Culeutta, then capital of India, in an aristocratic family, a lad, Narendranath Datta, who in the thirties of his life conquered the world with love and wisdom as Swami Vivekananda, and left the mortal coil before he reached forty.

How did Vivekananda acquire the power with which he accomplished it? It is a long story of a hard struggle; it is difficult to imagine how hard it was. It was like a small boat tossing all the while on the bosom of the turbulent sea, yet crossing the vast span and reaching the shore, where the sun shines ever and ever.

Once he said, 'May I be born again and again , and suffer thousands of miseries so that I may worship the only God that exists, the only God I believe in, the sum total of all souls-and above all, my God the wicked, my God the miserable, my God the poor of all races, of all species, is the special object of my worship.'

What sort was he ? When Swami Vivekananda went to Oakland in 1900 one gentleman among many listened to him. 'When he returned, ' he was very much excited and could scarcely contain his enthusiasm. He said, "I have met a man who is not a man; he is a God! And he spoke the truth!"Josephine MacLeod went to see her ailing brother when he was in his death bed. His hostess was in no way related to them. Josephine found a portrait of Swami Vivekananda over his bed. She asked the hostess, Who is that man whose portrait is over my brother's bed ?" She drew herself up with all dignity of her seventy years and said, "If ever there was a God on earth, this is the man." A lady, an agnostic, heard Vivekananda once and then went into a room and was weeping. Someone asked her the reason and she replied, "The man has given me the eternal life. I never wish to hear him again."

During his itinerant life in India, after the passing away of Sri Ramakrishna, he ' suffered the pangs of hunger - certain times because he was during the times under a vow not to ask for food and not to eat anything that was not offered to him. At other times, when not under such a vow, various kinds of ideas seized him and he went without food -- the longest such period, as he once told Sister Nivedita, being five days-and was on the verge of death. Once the question arose in his mind whether he had a right to beg for food from the poor, ... for he thought he did nothing for them in return. In any case, thought he, if they could save an extra morsel of food, their children had a better claim upon it than him. One day, being in a mood like this, he walked on and on through a forest without food till he sank to the ground, fixing his mind on God. At night he

saw a tiger approaching him and he felt happy at the prospect of giving his body to the animal, as Buddha is said to have done in one life and said within himself, "We are both hungry; let one of us atleast be fed." The beast, however, walked away.

Sister Christine wrote , 'One did not need to be told, but seeing him one knew that he would willingly have offered his flesh for food and his blood for drink to the hungry.'

Another day as Swami Vivekananda ' lay at the point of death in a Himalayan glade under a rude thatch of dry branches, 'he heard a voice say, 'You will not die. You have a great work to do in the world.' Once during a long journey by railway he came across a young man, who was under the spell of occultism. Swamiji was hungry and sat quietly. But the boy approached him and started conversation. The mistis before his mid started shifting as words poured out from Swamiji's mouth. Swamiji said spiritually had nothing to do with miracle mongering. The craze for Psychic illusions was demoralizing the Indian nation . He went on : 'What we need is strong common sense, a public spirit, and a philosophy and religion which will make us men.' The boy felt inspired and offered food to Swamiji which he accepted. When he reached the southern-most tip of India at Kanyakumari, he felt tempted to mediate on the rock across the sea, whereParvati as Kanya did her tapasya for Shiva. Not having a pie with him he swam across the sea to reach the rock. This was not un-noticed and when he came back, people asked him eagerly about himself and his meditation. ' He only said that he was a disciple of Sri Ramakrishna Paramahansa, about whom the whole world would soon hear. As regards his experiences on the rock he only said that the thing in the search of which he had been wandering both physically and mentally for years he had achieved on that spot. And again in April 1902, about three months before he passed away, he said, 'I have nothing in the world. I haven'ta penny to myself. I have given away everything that has ever been given to me.' And how did money come to him ?Just an instance. In 1893 at Chicago Swami Vivekananda was the guest at the home of Mrs. John B. Lyon. Her granddaughter; Cornelia Conger, wrote long after; when he (Vivekananda) began to give lectures, people offered him money for the work he hoped to do in India. He had no purse. So he used to tie it up in a handkerchief and bring it back - like a proud little boy - pour it into my grandfather's lap to keep for him. She made him learn the different coins and to stack them up neatly to count them.'

Cornelia Conger wrote in her reminiscences: ' Swamiji was such a dynamic and attractive personality that many women were quite

swept away by him and made every effort by flattery to gain his interest. He was still young and, in spite of his great spiritually and his brilliance of mind, seemed to be very unworlly. This used to trouble my grandmother who feared he might be put in a false or uncomfortable position, and she tried to caution him a little. Her concern touched and amused him, and he patted her hand and said, " Dear Mrs. Lyon, you dear American mother of mine, Don't be afraid for me. It is true I often sleep under a banyan tree with a bowl of rice given to me by a kind peasant, but it is equally true that I also am sometimes the guest in the palace of a great Maharaja and a slave girl is appointed to wave a peacock feather fan over me all night long ! I am used to temptation and you need not fear for me.'

And of name and fame ?When he returned to his hotel the night after the first meeting of the Parliament, he wept like a child. Their lavish hospitality made him sick at heart when he remembered the crushing poverty of his own people. His anguish became so intense one night that he rolled on the floor, groaning : ' O Mother; what do I care for name and fame when my motherland remains sunk in utmost poverty ? ' To what a sad pass have we poor Indians come when millions of us die for want of a handful of rice, and here they spend millions of rupes upon their personal comfort ! Who will raise the masses of India ? Who will give them bread ? Show me, O Mother; how I can help them."

Even before he launched his open offensive at the Parliament of Religions, he wrote in a letter : ' Gird up your loins, my boys! I am called by the Lord for this. The hope lies in you - in the meek, the lowly, but the faithful. Feel for the miserable and look up for help - it shall come. I have travelled twelve years with this load in my heart and this idea in my head. I have gone from door to door of the so-called "rich and great." With a bleeding heart I have crossed half the world to this strange land, seeking help. The Lord is great. I know He will help me. I may perish of cold and hunger in this land, but I bequeath to you young men this sympathy; this struggle for the poor; the ignorant, the oppressed. Glory unto the Lord ! We will succeed. Hundreds will fall in the struggle - hundreds will be ready to take it up Faith - sympathy, fiery faith and fiery sympathy ! Life is nothing, death is nothing - hunger nothing, cold nothing . Glory unto the Lord ! March on, the Lord is our General. Do not look back to see who falls - forward - onward !'

The retrospect brings forth in dotted lines 'the personality that grew around the name Vivekananda. It is difficult to view the detailed outline, but the image that can be visualized fills any serious mind with awe and admiration. We may certainly use his own

words in his own case and say : Vivekananda is a force. You should not think that his doctrine is this or that. But he is a power, living even now ... and working in the world.' We saw him growing in his ideas. He is still growing . And he said, 'I will not cease to work.'

This takes us from the retrospect to the prospect of Vivekananda, the Power.' This has been working and will work more vigorously in future gradually entering into all minds and bringing about a vital transformation. Unseen and unheard like the dew drops that fall at night, it will bring into blossom lives that will find fruition of their efforts in the happiness of others. Between the two hundredthand two hundred fiftieth birth anniversaries interpersonal and international relations will have undergone fundamental changes, every thought will pass through the filter - Not I, but thou - and the only policy that will be applauded will be good of the many. Recognition of the dignity of man will be supreme. Special privileges and differentiation in the matter of opportunities will become things of the past. Materialistic ideas will be buried in the earth. The pulse of spirituality will be felt everywhere. Many will correct their mistakes and many more will never commit them. Understanding and acceptance will draw a constantly ascending curve.

Towards the end of nineteenth century one day in a prophetic mood Vivekananda startled those around him by saying , 'The next great upheaval which is to be bring about a new epoch will come from Russia or China.' And it came both in Russia and china. It will also come in India but later; for the inertia is deep here.

The power will work in the world to remould man and his destiny in spite of our lukewarmness. But work done by a force is inversely proportional to the resistance it has to overcome. The question of positive resistance does not arise; our half- hearted acceptance and wordy eulogies on the power work as resistance. We can accelerate the process by our willing acceptance and through deliberate action ensuring our own involvement.

Each of us should acquire the honesty and courage . When shall we be able to say with Sister Devanata ? : 'The time of hearing was over, the time of pondering and practising had come.'

Said Swami Vivekananda : ' I have given you advice enough; now put atleast something in practice. Let the world see that your listening to me has been a success.' This is the prospect of this power in which lies the dormant destiny of man. O Man ! 'Arise, awake and stop not till the goal is reached !'

(The author is the devotee of Ramakrishna Mission Centre Jammu and Social activist)

