

Shiv Shivoham and Yog- 'A Path to Embrace Serenity'

The United Nations, through its Counter-Terrorism Committee and other mechanisms, provides guidance and support to member states. Regional organizations like NATO, the African Union, and ASEAN also play important roles in coordinating security efforts. Effective multilateral cooperation ensures that no country becomes a safe haven for terrorists due to weak governance or lack of capacity.

Shiva Yoga: In astrology, "Shiva Yoga" refers to a specific planetary alignment that can bring transformative energy to an indi-

In essence, the connection between Shivoam and yoga lies in their shared goal:

Yoga and Divinity:
Connection to the Divine: Yoga, at its core, is a spiritual discipline that can guide individuals towards an experience of the divine or a higher power within themselves and the

Personal Journey: Ultimately, yoga is a personal journey that can lead to a deeper understanding of oneself, the world, and one's place in the universe and one can embrace serenity through yoga" means using the practice of yoga to find and cultivate a state of calm, peacefulness, and freedom from worry. It involves not just the physical postures (asanas) but also mindful movement, breathwork (pranayama), and meditation, all of which contribute to mental clarity and emotional balance. Ultimately, it's about connecting with your inner self and finding a sense of inner peace amidst the ups and downs of life.

Yoga significantly impacts the development of moral values by fostering self-awareness, promoting ethical behavior, and encouraging compassion. Through practices like meditation and asanas, yoga cultivates inner peace, which can translate into more ethical interactions with others and the environment.

Panch Parivartan: A Decisive Initiative Towards India's Cultural Renaissance

(The writer is an Independent Columnist)

Chenab Bridge-The Arch of Modi's New India

Modi's developmental policies have decisively altered polity, with nationalism becoming a primary factor. In contrast to the Nehruvian consensus, which viewed nationalism as an elite abstraction, and Indira Gandhi's politics, which used development as electoral appeasement, Modi has treated both nationalism and development as intertwined forces. His infrastructure is ideological; his development is civilizational. The Chenab Bridge is not merely a logistical link. It is a metaphor for a new India—unapologetically nationalist, logistically integrated, and emotionally inclusive. The Chenab Bridge today stands as a national statement of the transformation of dreams to deeds. Hence, as trains begin to cross this magnificent arch, they will carry more than just passengers. They will carry an idea of Bharat—connected, complete, and committed.