

KARGIL VIJAY DIWAS

Kargil Vijay Diwas, commemorated on July 26th every year, stands as a solemn reminder of India's triumph in the Kargil War of 1999.

The Kargil War, also known as Operation Vijay, erupted when Indian intelligence detected Pakistani soldiers and militants occupying positions in the Kargil sector of Jammu and Kashmir.

The terrain in Kargil was treacherous and inhospitable, with steep mountain slopes and unpredictable weather conditions.

The battle of Tololing, Tiger Hill, and Point 4875 are etched in memory for their strategic importance and the immense sacrifices made by soldiers.

The Indian Air Force played a crucial role in providing air support, conducting precision strikes to dislodge enemy positions.

Kargil Vijay Diwas is not just a day of remembrance but a tribute to the gallantry of the soldiers who laid down their lives in the line of duty.

The war also highlighted the resilience and unity of the Indian nation, as people from all walks of life rallied behind the armed forces.

The aftermath of Kargil saw India emerging victorious on the international stage, upholding the principles of sovereignty and territorial integrity.

As we remember Kargil Vijay Diwas, we salute the courage and sacrifice of our armed forces, whose bravery continues to inspire generations.

Kargil Vijay Diwas serves as a testament to the bravery and dedication of our soldiers, reminding us of the sacrifices made to secure a peaceful and prosperous future for the nation.

One has to be zeroed to get know 'One'

TARA CHAND BHAGAT

When the Nature has made everything so vast and with unending limits; however it does not boast of its unlimited creations along with its food for the sustainability of every kind of creations.

Whereas a man who is always dependent upon this 'Vast Nature' for his sustainability even for not seconds but takes unlimited pride to be living for centuries together.

Whatsoever this vast Nature has made is quite free from all pollutions. You take the example of air, water, various types of gases in the formation of a wonderful atmosphere above in the vast sky.

When this vast Nature shows its anger; these countries will be wiped out of the world map within seconds. Big or small; all are equal in the eyes of this Vast Nature. None is great; None is small.

One has to be zeroed oneself reaching towards 'One' that is the Supreme Power of Almighty God. One who has seen 'One' considers the whole Universe to be 'One'.

Through the medium of this article it is appealed to the world body UNO to kindly wake up from its deep slumber interfering mediation for making cease-fire for the savior of this vast world which came into existence lakhs of centuries ago.

Union Budget 2024: Implications For Indian Agriculture

DR. PARVEEN KUMAR

The Union Budget 2024 presented in the background of a robust economy that is projected to grow at 6.5-7 per cent highlighted nine priorities of the present government.

These priorities include productivity and resilience in agriculture; employment & skilling; inclusive human resource development and social justice; manufacturing & services; urban development; energy security; infrastructure; innovation, research & development and next generation reforms.

An amount of rupees 1.52 Lakh crore has been kept for agriculture and allied sectors. In the year 2023-24 an amount of rupees 1.25 lakh crore was kept for the Ministry of agriculture and Farmer's welfare but there was a separate head for allied sectors.

The survey further called for urgent structural reforms with a rider that the country's inability to address the structural issues could further lead to impeding of country's overall growth trajectory.

UNION BUDGET 2024: Sustainability is now the buzz word everywhere. This is because a lot of damage has been done to the environment because of our wrong and faulty habits and practices. In the agriculture sector, sustainable agriculture practices are now being promoted through Natural Farming.

of agriculture produce, the flagship programme e-National Agriculture Market which aims to connect all the regulated markets in the country has registered over 1.77 crore farmers and 2.56 lakh traders, streamlining agricultural marketing.

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scale vegetable production clusters. These clusters will be strategically established to boost production and ensure a steady vegetable supply across the country.

The abolition of Angel Tax, a tax applied to unlisted companies in India when they raise capital by issuing shares to investors at a price exceeding a company's fair market value.

The budget also plan to promote large-scale vegetable production clusters. These clusters will be strategically established to boost production and ensure a steady vegetable supply across the country.

food quality and safety testing labs with NABL accreditation will be facilitated. Regarding crop protection from unforeseen calamities, the PM Fasal Bima Yojana continued to provide comprehensive crop insurance.

This has been reported in a working paper published in April, 2024 by the National Institute of Agriculture Economics and Policy Research (NIAP) that works under the Indian Council of Agriculture Research (ICAR).

The Economic survey had also stressed the need for increased private sector investment in agriculture to drive advancements. Investments in technology, modern production methods and marketing infrastructure were crucial for enhancing post-harvest management and reducing losses.

(The author writes on agriculture and social issues)

How can we control high blood pressure?

SURJIT SINGH FLORA

Maintaining a healthy lifestyle is quite necessary if one wants to lessen the likelihood of encountering the condition of high blood pressure. In order to accomplish this objective, it is necessary to eat a diet that is not only well-balanced but also low in sodium and rich in whole grains, fruits, and vegetables.

Controlling one's blood pressure is very necessary in order to accomplish the goals of maintaining one's overall health and avoiding serious medical problems. It is common to refer to high blood pressure as hypertension.

For instance, one of the most effective ways to keep one's blood pressure at a healthy level is to engage in physical exercise. Your ability to reduce stress, decrease your cholesterol levels, and lose weight are all factors that may contribute to the maintenance of a healthy blood pressure.

When it comes to keeping your blood pressure under control, you are in luck since there are a number of changes that you can make to your lifestyle that will help you do so.

OMKAR DATTATRAY

The union budget for year 2024-25 has been introduced & presented in Lok Sabha by the finance minister Nirmala Sitharaman on 23rd July 2024 Tuesday.

The budget has been prepared with the focus on women, youth, farmers and the poor. The union budget when studied gives the true impression that it is basically inclusive and people friendly.

The new budget caters to the aspirations and needs of all sections of the society and at the same time it is pro people. Much stress has been given to the development of the infrastructure in the country. Due emphasis in the budget has been accorded to creations of job opportunities during the year and the finance minister has made great financial outlay for the promotion of the job opportunities because it has come to fore and the opposition parties also allege that the BJP has failed to gain a majority on its own in the recent Lok Sabha elections.

that it helps you achieve these goals. You should make it a goal to be physically active for at least thirty minutes every day, preferably at a moderate intensity. Participating in activities such as walking, jogging, swimming, or cycling for a period of half an hour to an hour are all examples of such activities.

Eat as little processed food as possible, as well as meals that are high in sugar, salt, and fat. This is the best course of action. This can only take place if you try to reduce the amount of stress you are under.

Additionally, if you are a smoker, you should seriously consider quitting the habit since it has the ability to significantly lower your blood pressure that you are experiencing.

You should make sure that you receive a sufficient amount of sleep since a lack of sleep might cause your blood pressure to increase. Ensure that you obtain between seven and nine hours of sleep each and every night by setting a goal for yourself.

percent to Rs 75,000 and tweaked tax slabs for taxpayers opting for the new income tax regime. The union minister Ashwini Vaishnaw said the 2024-25 budget includes provisions to simplify tax rates, reduce taxes, and help middle class families fulfill their dream of owning a house.

Inclusive & People Friendly Union Budget 2024-25

pressure is something you should make sure to do. In the event that the quantity is extreme, your physician could suggest taking medicine in order to provide assistance in putting an end to it.

Salmon, mackerel, and sardines are examples of fatty fish that have a high concentration of omega-3 fatty acids. These acids have the ability to reduce inflammation and may also assist in lowering blood pressure. The omega-3 fatty acids found in these fish are likewise of high quality. On

lower income classes of people through its proposal of increasing the limit of exemption of capital gains u/s 112A to Rs 1.25 lakh per year. The previous value of Rs 1 lakh per year 2% TDS is being withdrawn on mutual funds.

From banking perspective budget is pro-growth and offers scope for balance sheet expansion. In all budget remains grounded in domestic and international realities and has chalked the best strategy for future.

the budget caters to the needs and aspirations of various sections of the society and so there is no exaggeration in terming the budget 2024-25 as inclusive and people friendly. FM gave a helping hand to the two alliance partners -JDU in Bihar and TDP and Jansena in AP of the BJP. Sitharaman's offering to the two states started with her proposal for 'Purvodaya' all-round development of the eastern region of the country covering Bihar, Jharkhand, West Bengal, Odisha and Andhra Pradesh.

top of that, garlic has compounds that relax blood vessels and lower blood pressure, while beans, lentils, and other legumes are abundant in fiber, magnesium, and potassium, all of which have the potential to assist in the management of hypertension.

Before making any changes to your diet, it is essential to have a conversation with your primary care physician about your specific needs and medications. This is especially crucial if you have high blood pressure.

It is essential to bear in mind that the management of high blood pressure requires an all-encompassing approach, despite the fact that there is a potential that certain meals could be helpful. For the purpose of preserving your physical fitness and general health, it is essential to schedule an appointment with your physician in order to get tailored counsel and to start treatment in line with your specific concerns.

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

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