

REMEMBERING MARTYRS

In the tapestry of our nation's history, the threads woven by the sacrifices of our martyrs form the most vibrant and enduring patterns. These brave souls, who laid down their lives for the sovereignty and integrity of our country, stand as paragons of courage and patriotism. Their sacrifices are a poignant reminder of the cost of our freedom and the depths of their love for the motherland.

Kargil Vijay Diwas: A Day of National Pride and Remembrance 26th July is a proud date for every Indian



TARUN CHUGH

Many dates in Indian history hold a permanent place of pride in the hearts of Indians. One such historic date is July 26, which is a day of immense pride for every Indian. On July 26, 1999, brave Indian soldiers compelled the Pakistani army and government to surrender.

India and Pakistan is no secret. The Kargil War was an attempt by the Pakistani army to seize control of the Kargil-Drass mountain ranges. This stands as evidence of Pakistan's malicious intentions. The then Pakistani army chief, Pervez Musharraf, attempted to infiltrate Indian borders.

India was unaware of Pakistan's deceitful intentions, but upon realizing it, India responded promptly. The presence of infiltrators was confirmed by an attack on a patrol team in the area. Initially, soldiers were sent to drive out the infiltrators, mistaking them for jihadists.

Every Indian celebrates this day with great pride, remembering the bravery and sacrifice of the soldiers. India has constructed a memorial in Kargil to honor the victory, where Prime Minister Shri Narendra Modi pays tribute every year on this date.

(The author is National General Secretary of Bharatiya Janata Party)

FSSAI's Evolution and the Road Ahead



J P NADDA

I visited the Food Safety and Standards Authority of India (FSSAI) last week after assuming charge of Minister of Health and Family Welfare for the second time during NDA regime. I was reminded of my initial tenure as Health Minister in 2014.

The first time I met the FSSAI team and various stakeholders at an event marking a decade of the Food Safety and Standards Act (FSSA), 2006, on 22nd August 2016, FSSAI's vision was clear - to strengthen policies, address emerging challenges, and initiate programs aimed at fostering social and behavioral change among citizens and food businesses.

Ministry of Health and FSSAI have been tirelessly working to enhance our nation's food safety landscape. A strong food safety ecosystem can only be built on the foundation of strong food policies and standards.

A commendable achievement of FSSAI is the creation of Millet standards, which were launched by Hon'ble Prime Minister at the Global Millets (Shree Anna) Conference in 2023.

In addition to development of policies and standards, their enforcement and testing are equally essential to ensure safe food. FSSAI's food testing infrastructure has seen significant improvements over the past eight years.

As we celebrate these achievements, we must also acknowledge trends emerging globally like plant-based proteins, lab-grown meat etc. FSSAI has proactively developed standards for new categories such as vegan foods, organic products, and Ayurvedic/Aahar and is continuously adapting to the evolving trends of food safety.

When we discuss food safety, it is important to empower consumers and citizens on various food safety issues through evidence-based information. It is only then that our work will be completed in totality.

The FSSA, 2006 mandates comprehensive standards for food products, ensuring they are safe for consumption. In addition, the regulations for food labeling empowers consumer to make informed choices.

Food safety is a collaborative endeavor and FSSAI is working closely with various government departments and other stakeholders, taking a whole-of-government and whole-of-system approach.

FSSAI has significantly transformed India's food safety landscape over the past decade and is continuously working to adapt to emerging challenges and empower consumers.

(The writer is Union Minister of Health & Family Welfare)

I.D SONI

Kindness is so important: Smile at strangers who appear to be having a bad. Give Rs.500/- to the woman who forgot her purse at home and is now embarrassed standing in line at the fast food restaurant with three screaming kids.

There are opportunities for kindness everywhere we look, and not a single one is too small. Not only does kindness make a world of difference to those around us, it will also change our life.

Be a master, a master of life: To become a master, to walk the way of perfection, the way of immorality, certain qualities are needed to be developed. The very first "in courage." "Uttista! Parantapall!" says Sri Krishna in the Gita stand up, O Arjuna! Stand up unafraid on the battlefield of life.

The second great quality is the quality of simplicity. For the way of wisdom is the simple way. The simple life is the life purity and poverty. And as true purity is of the heart, true poverty means abandoning ambition, desire for prominence, thoughts of greatness.

The third great quality is the quality of sympathy. Civilization, today, in sinking into chaos. There is economic chaos, there is a political chaos in the world, today. There is class warfare. Clouds of hate and war are gathering thick and fast.

(The writer is President, Home of Aged & Infirm, Ambphalla, Jammu)

RAVI ROHMETRA

Bharat Ratna Avul Pakir Jainulabdeen Abdul Kalam usually referred as Dr. A.P.J Abdul Kalam is an Indian Scientist and Administrator who served as 11th President of India from 2002-2007 was born on 15th October, 1931 in a Tamil Muslim family to Jainulabdeen, a boat owner and Ashiamma a housewife at Rameshwaram, located in Indian state of Tamil Nadu.

(The writer is Scientist- After Graduating from Madras Institute of Technology (MIT) Chennai in 1960, Kalam joined

civilisation. For sympathy is creative. In political and economic chaos of the world, today, sympathy has the power to build that new civilisation.

Walking this way- the way of courage and simplicity and sympathy-Bab, the Prophet of Iran, and many others attained to immortality. And the way is open to all!

Value of time: These days one can practically buy everything at the click of a mouse, except a few items like "Time". It is something which is even any stock market cannot sell. It is not available even if a billionaire is willing to pay his entire wealth.

Let us live our own life: We do not live our own life. If yes, do we live somebody else's life? In the final analysis, we continue to copy others. After sometime we forget, our own personality and then live other people's life.

We have to know and understand one fact. Whoever has been born in this world is a typical man or woman in his or her own right. The hereditary, environments, education, etc. Make everyone what he is and there are different for different persons.

Hence we have our own speciality and individuality. Our personality is the sum total of numerous factors. We are a type by ourselves. We can succeed if we discover ourselves and develop our personality in our way and act accordingly.

When we imitate others, we face many problems. We suppress our actual talents and this throws an undue burden on us. We utilize only a portion of our mental power. We create our own limits and live within them.

(The writer is President, Home of Aged & Infirm, Ambphalla, Jammu)

A tribute to Bharat Ratna A.P.J Abdul Kalam

Aerorecultural started his career by designing a small helicopter for Indian Army, but remained unconvinced with the choice of his job at DRDO Kalam was also part of the INCOSPAR Committee working under Vikram Sarabhai the renowned Space Scientist. In 1969 Kalam was transferred to the Indian Space research organisation (ISRO) where he was the project Director of India's First indigenous Satellite launch vehicle (SLV-III) which successfully deployed the Rohini Satellite in near earth orbit in July 1980.

research and educational leadership brought him great Laurels and prestige in 1980's which prompted the Government to initiate an advanced missile programme under his Directorship. He was the Chief Scientific Advisor to Prime Minister and Secretary of Defence Research and Development organization from July 1992 to December 1999.

Presidency:- Kalam served as the 11th President of India on 10th of June 2002, the National Democratic Alliance (NDA) which was in power at the time, expressed to the leader of opposition, Indian National Congress President Sonia Gandhi that they would propose Kalam for the Post of President, the Samajwadi Party and Nationalist Congress Party backed his candidacy on 18th June Kalam filed his nomination papers in Parliament of India, accompanied by Vajpayee and his Senior Cabinet Colleagues.

India. He was the First Scientist and his terms as President he was affectionately known as the people's President.

Future India 2020:- In his book India 2020, Kalam Strongly advocates an action plan to develop India in to a knowledge superpower and developed Nation by the year 2020. Kalam set a target of interacting with 100,000 students during the two years after his resignation from the post of Scientific Advisor in 1999.

Awards and honours: Kalam's 79th birthday was recognized as world student's day by united Nations. He has also received honorary doctorates from 40 universities. The Government of India has honoured him with the Padma Bhushan in 1981 and the Padma Vibhushan in 1990 for his work with ISRO and DRDO and his role as a scientific advisor to the Government in 1977.

APJ Abdul Kalam, The "MISSILE MAN" who came to be known as "People's President" died on 27th July 2015 after he collapsed during a Lecture at the IIM Shillong. Kalam who would have turned 84 in October.

(The writer is Social worker and writer)

LIFE IS TO LIVE

Learn to face life: The way to live a victorious life, a triumphant life is to walk we God today, and trust Him for the tomorrow. Let God guide our footsteps. Let God lead us on the path of life.

Of Alexander the Great, we are told, that one day in a mood of generosity, he started handing out gifts. To one he gave a fortune, to another he gave a little, to the third he gave a province, to a fourth he gave a position of high honour.

The beginning of the end of life is when we live in memory, and in hopes, when our memories are an escape from the prison of life, we have nothing to hope for; all stimulus to further living is lost.

The best way to face life is to face with trust. There is no situation, there is no problem which God and we cannot handle together. So let us surrender all our affairs. If we do so, we will find miracles happen in our daily life. The way to face life is to face it with hope and faith and love.

Work hard, but do not work too hard: Let us chase our dreams and work hard to make them true; work our backside off all day long, but go home to our family and be with them when the clock strikes five.

(The writer is President, Home of Aged & Infirm, Ambphalla, Jammu)