

REMEMBERING MARTYRS

- n 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. Martyrs Day, observed on various dates across different regions, is a solemn occasion dedicated to honoring these valiant individuals. It is a day to remember the likes of Bhagat Singh, Rajguru, Sukhdev, and countless others whose indomitable spirit and unwavering resolve against colonial oppression inspired generations. Their ultimate sacrifice was not just an act of defiance against tyranny but a beacon of hope and a clarion call for freedom that resonated across the nation. The Kargil War of 1999 is another chapter etched in golden letters in the annals of our military history. The war, which saw Pakistani intruders trying to capture strategic heights in the Kargil sector, was a significant test of our armed forces' mettle. The bravery displayed by our soldiers during this conflict is unparalleled. Heroes like Captain Vikram Batra, who famously declared "Yeh Dil Maange More!" after a crucial victory, and Lieutenant Manoj Kumar Pandey, who led his men from the front, exemplify the extraordinary valor and leadership that turned the tide in our favor. Their stories of grit and gallantry continue to inspire and evoke profound respect. However, remembering martyrs is not confined to annual observances or ceremonial gestures. It is a continuous process of acknowledging and appreciating their sacrifices in our everyday lives. It involves supporting the families they left behind, ensuring their children receive quality education, and remembering their deeds in our educational curricula, Establishing memorials, organizing events, and narrating their stories to younger generations help keep their legacy alive. Moreover, it is crucial to internalize the values for which they stood. Their sacrifices were driven by a vision of a free, just, and equitable society. As citizens, honoring their memory translates to upholding these values in our actions and decisions. It means striving to build a nation that reflects the ideals for which they fought a nation characterized by unity, integrity, and inclusive growth.

In conclusion, our martyrs are not just historical figures; they are the eternal sentinels of our nation's spirit. Their sacrifices are the foundation upon which our nation stands tall.

FSSAI's Evolution and the Road Ahead



J P NADDA s I visited the Food Safety and A Standards Authority of India (FSSAI)last week after assum-Standards Authority of India ing 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 period which was witnessing

nascent growth of an organisation striving to establish itself as the food safety regulator of the country, tasked with the massive responsibility of setting standards and policies for food products consumed by the world's second-largest population.

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. These initiatives have beautifully merged under the Eat Right India Movement, which has adopted a holistic whole system approach to ensure safe, healthy, and sustainable food for all Indians.

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. It is heartening to know that FSSAI's scientific panels and expert committees have expanded significantly, comprising of 286 experts from 88 organizations. This has significantly expedited the pace of development of standards and policies that are at par with the global standards.

A commendable achievement of FSSAIis the creation of Millet standards, which were launched by Hon'ble Prime Minister at the Global Millets (Shree Anna) Conference in 2023. These standards have been shared with the Codex Alimentarius Commission, thereby paving the way for the development of global group standards for millets and establishing India as a global pioneer.

In addition to development of policies and stand enforcement and testing are equally essential to ensure safe food. FSSAI's food testing infrastructure has seen significant improvements over the past eight years. Under the visionary leadership of Hon'ble Prime Minister, the Cabinet approved ?482 crores for strengthening state food testing laboratories. FSSAI has further started reaching out to remote areas by providing mobile food labs : named "Food Safety on Wheels".



- Atal Bihari Vajpayee

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



1999, brave Indian soldiers compelled the Pakistani army and government to surrender. This day is etched in the annals of Indian history. India is set to celebrate the 25th anniversary of Karoil Vijay Diwas this year. July 26th is a day dedicated to Indian soldiers, as it commemorates the valour of the martyrs during the Kargil War. Kargil Vijav Diwas is observed in memory of the soldiers who were martyred during the India-Pakistan conflict of 1999. The Kargil War, fought between May and July 1999, holds significant importance in India's history as it demonstrated the unbreakable resolve and extraordinary courage of the

Indian armed forces. India is globally recognized for its bravery and valour. However, the hostility between

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 war stands as evidence of Pakistan's malicious intentions. The then Pakistani army chief, Pervez Musharraf, attempted to infiltrate Indian borders. However, India fought bravely and defeated Pakistan, once again proving its strength to the world. The then Prime Minister of India, Shri Atal Bihari Vajpayee, showcased India's valor and strength to the world, teaching Pakistan a lesson. Even the international supporters of Pakistan had to acknowledge India's resolute and stern response.

The Kargil War resulted in a significant defeat for Pakistan, questioning its credibility. India also lost many brave soldiers whose sacrifice became a source of inspiration for the nation. The country will never forget the sacrifice of these heroes. Hence, every year on July 26, we observe Kargil Vijav Diwas

Since the partition of India and Pakistan, Pakistan's intentions and actions have not been favorable towards India. They have continually tried various methods to infil-

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trate Indian territory. The Kargil War was a result of one such infiltration attempt. 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. However, with increasing reports of infiltrators in various areas and retaliatory attacks, the Indian army quickly understood that this was a large-scale infiltration planned by Pakistan, involving both jihadists and the Pakistani army. In response, the Indian army launched 'Operation Vijay' involving 30,000 soldiers. Over 500 Indian soldiers were martyred, and 1,300 were injured in this war, which is considered the most severe after World War II. Despite the hardships, the soldiers did not let the honor of Mother India fall and hoisted the Indian flag on the Kargil peaks, defeating the Pakistani soldiers. Remembering this day fills every Indian with pride. After immense struggle, we won the battle and raised our flag of victory. Kargil Vijay Diwas is recorded in the annals of Indian history.

Every Indian celebrates this day with great pride, remembering the bravery and sacrifice of the soldiers

EDITORIAL

India has constructed a memorial in Kargil to honor the victory, where Prime Minister Shri Narendra Modi pays tribute every year on this date. Kargil Vijay Diwas is celebrated across India, and people pay homage to the soldiers and martyrs. Prime Minister Modi visits Amar Jawan Jyoti in Delhi to honour the soldiers. Various social and cultural programs are organized in schools and other educational institutions to remember the brave heroes. It is essential for the new generation to know about this significant chapter in Indian history and the glorious outcome for the country. On this day, the entire nation salutes the bravery and sacrifice of our soldiers. Prime Minister Modi has boosted the morale of our soldiers and showcased India's strength. Every Indian is proud of their soldiers.

On the glorious occasion of Kargil Vijay Diwas, we pay tribute to the martyred soldiers who sacrificed their lives for the country.

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

I.D SONI

indness 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. Tell a joke to a friend who is hurting. Learn to give more than we receive.

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. When we focus on being kind, we will bring so much positivity into each and every day. By helping others, we help ourselves.

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! Parantapal!" says Sri Krishna in the Gita stand up, O Arjuna! Stand up unafraid on the battlefield of life." The truly spiritual life is the heroic life. We must be a hero in the struggle of life. We must meet the challenge of the universe with courage. Be brave, be fearless.

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. It is therefore, imperative on our part to renounce ambition, renounce aggressiveness, renounce reputation, renounce all imitation and walk the way of humilitv.

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 world, today, is in a great agony. The sympathy is the power of a new world, a new life.

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 immorality. 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. But most of us very casually in our daily lives say, "Oh, I have no time." Time is money. It is very precious. Let us give due regard to the value time.

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. Children do copy. They can be excused but when the elders also behave that way, they cannot be excused. 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 no two persons can be alike.

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. We should utilize to the full extent what nature endowed us with and develop our personality and live our own

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.

TO LIVE

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. A friend said to him, "If you do this, you will have given away everything. You will have nothing left for yourself." "Oh yes I have", replied Alexander. "I have kept what is greatest of all. I have kept all any hopes to mvself.'

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. The best way to face life is to face it with love. Let us give Him the love of hearts. So let us step into every new day with a simple prayer i.e. we love you God! Grant us pure love and devotion for 'Thy Lotus Feet' and so bless us that this worldbewitching maya may not lead us astray.

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. One of the biggest regrets that dying people have is that they did not spend enough with those who meant the most. Let us. therefore, make it a point to spend sufficient time with our children. Let us go out on dates with our spouse and children. We

Spend some time with them and provide them all comforts, if we can.

While it is so important to pursue our dreams and work feverishly to accomplish our goals, strive to keep a balance in our life. Make time for our family, friends and ourselves

Accomplish our duty before starting any task: The enquiry revealed that the battle was lost because the soldiers were discouraged, as the horse slipped, killing the General of the Army. But why did the horse slip? Because the horse's shoe came off, and this in turn because the blacksmith had not nailed it properly. So the saying was that "the battle was lost for want of the horse shoe nail." Hence the importance of careful planning and cheerful execution of our duty in life.

Uplift for our spiritual thoughts and brighten our future: We are born not merely to eat, drink, grow and then pass away but also to uplift ourselves spirituality and brighten our future. "Nor or Never" should be our motto in life. No one can lift us out of the mire; but self-effort, along with guidance from the Spiritual Beings or Guides, will definitely help. The Vedic scriptures proclaim that this human form of life is very rare and the time available to us in this body has to be most effectively used for attaining the goal of life, i.e. to be eternally happy. Inner peace and happiness are interconnected. We want more happiness. Let us learn to calm our mindmake it less restless through spirituality. We don't have to create happiness, because though we may not believe it, it is part of our essence, but is just hidden. All we have to do is calm down our mind and feelings and uplift our spiritual thoughts because when here is a quiet mind, our spiritual thoughts are uplifted, inner peace and happiness emerges from within us. This is how we learn that "Life is to Live."

Concluded he writer is President. Home of Aged

civilisation. For sympathy is creative. In

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

As global food trade expands, FSSAI is forging stronger international partnerships by engaging with global regulators at various platforms such as Codex, which enables sharing of best practices and developing harmonized approaches to ensure safe, nutritious food and food security for the growing world population. FSSAI also organized the first Global Food Regulators Summit (GFRS) in Delhi in 2023, a first-of-its-kind collaborative platform for food regulators to meet and brainstorm about emerging food safety challenges. FSSAI is geared up for the second edition of GFRS in the coming months.

When we discuss food safety, it is important to empower consumers and citizens on various food safety issues through evidencebased information. It is only then that our work will be completed in totality. This is where FSSAI's Eat Right India movement is playing a crucial role by ensuring that vital information reaches consumers at every level. This transformative programme is being scaled up to strengthen our outreach further and foster behavioural changes that empower consumers to demand safe and healthy food choices, encouraging food businesses to offer better options.

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. Policies for advertisement and claims also ensure that no misleading claims are being made by the food businesses on the food products. The Consumer Protection Act (CPA) 2019 has been instrumental in addressing the modern challenges faced by consummers by providing them with adequate mechanisms to file complaints, especially concerning misleading advertisements, unsafe or substandard food.

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 approaches. FSSAI is also taking a proactive lead and adopting a collaborative approach by making industry and other stakeholdersa partner in the food safety and health initiatives.

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. Through dedication and a holistic approach, FSSAI aims to make India a global leader not just in food production, but also in food safety and sustainability.

Jai Hind!

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

must visit our parents if they are alive.

& Infirm, Ambphalla, Jammu)

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

RAVI ROHMETRA

harat Ratna Avul Pakir Jainulabdeen Abdul Kalam usually D to 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 Naidu.He came from poor background and started working at an early age to supplement his family's income. After completing school, Kalam distributed newspapers in order to financially contribute to his father's income. In his school years, he had average grades, but was described as a bright and hardworking student who had a strong desire to learn and spend hours on his studies. especially mathematics. After completing his school education at the Rameshwarm elementary school, Kalam went on to attend Saint Joseph's College. Tiruchirappali, then affiliated with the University of Madras from where he graduated in Physics in 1954. Towards the end of the course, he was not enthusiastic about the subject and would later regret the four years he studied it. He then moved to Madras in 1955 to study aerospace Engineering while Kalam was working on senior class project, the Dean was dissatisfied with the lack of progress and threatened revoking his scholarship unless the project was finished within the next three days. He worked tirelessly on his project and met the deadline impressing the Dean who later said, "I (Dean) was putting you (Kalam) under stress and asking you to meet at difficult deadline". For him becoming a fighter Pilot was a "dearest dream" but he failed to realize it as he bagged the ninth posi-

tion when only eight slots were available in the IAF. Career as Scientist:- After Graduating from Madras Institute of Technology (MIT) Chennai in 1960, Kalam joined

Aerorecutinal 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, joining ISRO was one of Kalam's biggest achievements in life and he is said to have found himself when he started to work on SLV project Kalam first started work on an expandable rocket project independently at DRDO in 1965, in 1969 kalam received the Government's approval and expanded programe to include more $_{\mathrm{the}}$ Engineers.In 1963-64 he visited NASA's Langley Research Centre in Hampton Virginia, Goddard Space Flight centre in Greenbelt, Maryland and Wallops Flight facility situated at Easteem Shore of Virginia. During the period between the 1970's & 1990's Kalam made an effort to develop the Polar SLV and SLV-III projects both of which proved to be success. Kalam was invited by Raja Ramanna to witness the country's first nuclear test smiling Buddha as representative of TBRL, in 1970's a landmark was achieved by ISRO when the locally built Rohini-1 was launched into Space, using the SLV rocket. In the 1970's Kalam also directed two projects namely, Project Devil and Project Valiant ,which sought to develop ballistic missiles from the technology of the successful SLV programme, despite the disapproval of Union Cabinet, Prime Minister Indira Gandhi allotted secret funds for these acrospace projects through her discretionary powers under Kalam's Directorship. Kalam played an integral role convincing the Union Cabinet to conceal the true nature of these classified aerospace projects. His

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. The Pokhran-II nuclear tests were conducted during this period where he played an intensive political and technological role Kalam served as the Chief Project Coordinator along with R Chidambram during the testing phase photos and snapshots of him taken by the media elevated Kalam as the Country's top Nuclear Scientist.

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. The polling for Presidential election began on 15th july 2002 in Parliament and state Assemblies with media claiming that the election was onesided affair Kalam's victory was a foregone conclusion. The counting was held on 18th July Kalam won the Presidential election in a highly one-sided contest. He became the 11th President of the Republic of India. He moved into Rashtrapati Bhawan after he was sworn in on 25th July. Kalam was the third President of India to have been hounred with a Bharat Ratna, India's highest civilian honour, before becoming the President Dr. Sarvapali Radha Krishnan (1954) and Dr. Zakir Hussain (1963) were the earlier recipients of Bharat ratna who later became the President of

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.In his own words " I fell comfortable in the company of young people, particularly high school students. Henceforth ,I intend to share with them experiences, helping them to ignite their imagination and preparing them to work for a developed India for which the road map is already available. He continued to interact with students during his term as President and also during his post-Presidency period as a visiting professor at Indian Institute of Management Indore and Ahmadabad He was nominated for the MTV youth Icon of the year award in 2003 and in 2006

Awards and honours: Kalam's 79th birthday was recognized as world student's day by united Nation's . 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 Kalam received India's highest civilian honour the Bharat Ratna for his immense and valuable contribution to the scientific research and modernization of defence technology in India.

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

(The writer is Social worker and writer)