Small aim is a crime; have great aim.

COMBAT DRUG PEDDLERS STRICTLY

he scourge of drug trafficking has plagued societies worldwide, bringing devastating consequences for individuals and communities alike. Addressing this issue requires a multifaceted approach, combining rigorous law enforcement, comprehensive prevention strategies, and supportive rehabilitation services. To effectively deal with drug peddlers, authorities must adopt a robust and unyielding stance, often described as "dealing with iron hands," ensuring that those involved in the illicit drug trade face stringent penalties and that their operations are dismantled efficiently.

A cornerstone of effectively tackling drug trafficking is strengthening law enforcement agencies. This involves not only enhancing the capabilities of police and border control forces but also ensuring that these agencies are well-coordinated and equipped with the latest technology. Surveillance systems, data analytics, and intelligence sharing are critical components. Specialized drug enforcement units should be formed to focus exclusively on drug-related crimes, providing them with the necessary resources and training to combat sophisticated drug trafficking networks.

The legal framework for dealing with drug-related crimes must be stringent and clear. Laws should impose harsh penalties on drug traffickers, including substantial fines, lengthy prison sentences, and asset forfeiture. The judiciary must be committed to enforcing these laws rigorously, ensuring that drug peddlers are prosecuted effectively and that justice is served. Additionally, legal reforms may be necessary to close any loopholes that drug traffickers exploit to evade justice

Since a significant amount of drug trafficking occurs across borders, enhancing border security is crucial. This involves deploying advanced detection technologies, such as X-ray scanners and drugsniffing dogs, to intercept contraband before it enters the country. Border control agencies must work closely with international counterparts to share intelligence and collaborate on cross-border operations, targeting drug smuggling routes and networks.

Disrupting the supply chains of drug trafficking networks is essential. This includes targeting not just the street-level dealers but also the higher echelons of drug organizations, such as suppliers and distributors. Coordinated operations between local, national, and international law enforcement agencies can dismantle these networks, seize large quantities of drugs, and arrest key figures involved in trafficking operations.

Community involvement plays a vital role in combating drug trafficking. Public awareness campaigns can educate citizens about the dangers of drug abuse and the signs of drug trafficking in their neighborhoods. Encouraging community members to report suspicious activities and providing safe channels for them to do so can enhance intelligence gathering and disrupt drug trafficking operations. Schools and local organizations should also be engaged in prevention efforts to deter young people from getting involved in drug-related activities. While stringent measures against drug peddlers are essential, addressing the root causes of drug abuse is equally important. Providing comprehensive rehabilitation services for individuals struggling with addiction helps reduce the demand for illicit drugs. Prevention programs in schools and communities can educate individuals about the risks of drug use and promote healthy lifestyles. Collaboration between law enforcement, healthcare providers, and social services ensures a holistic approach to

The Impact of Sports on **Students' Lives**

BHAVNEET KOUR

ports play a crucial role in the overall development of students, extending far beyond the boundaries of physi-Ocal fitness. Engaging in sports offers a myriad of benefits that positively influence academic performance, mental well-being, and social skills, making it an integral part of a : well-rounded education.

Physical Health and Fitness

The most apparent impact of sports is on students' physical health. Regular participation in sports helps maintain a healthy weight, improves cardiovascular health, and enhances muscle strength and flexibility. These physical benefits not only contribute to a healthier lifestyle but also help in building endurance, agility, and coordination. Students who engage in sports are more likely to adopt healthy habits that persist into adulthood, reducing the risk of chronic diseases such as obesity, diabetes, and heart conditions.

Academic Performance Contrary to the belief that sports might distract students

from their studies, research has shown that regular physical activity can actually enhance academic performance. Participation in sports has been linked to improved concentration, better memory retention, and enhanced problemsolving skills. The discipline and time management skills learned through sports can be applied to academic pursuits, helping students balance their responsibilities effectively. Moreover, the sense of achievement and confidence gained from excelling in sports can translate into increased motivation and self-esteem, further boosting academic success.

Mental and Emotional Well-being

Sports have a significant impact on students' mental and emotional health. Physical activity stimulates the release of endorphins, the body's natural mood lifters, which help reduce stress, anxiety, and depression.

Engaging in sports also provides a healthy outlet for emotions, allowing students to channel their energy and frustrations into something positive. The camaraderie and teamwork experienced in sports foster a sense of belonging and support, which is essential for mental well-being. Students learn to cope with both success and failure, developing resilience and emotional intelligence that benefit them in all

aspects of life Social Skills and Teamwork

One of the most valuable lessons sports teach students is the importance of teamwork. Being part of a team requires communication, cooperation, and understanding, skills that are essential in both personal and professional relationships. Through sports, students learn to work with others towards a common goal, respect diverse perspectives, and resolve conflicts amicably. These social skills are crucial for success in the modern world, where collaboration and networking are

Character Development

Sports also play a vital role in character development. The values of discipline, perseverance, and fair play instilled through sports help shape students into responsible and ethical individuals. The experience of facing challenges, overcoming obstacles, and striving for excellence in sports mirrors the challenges of real life, preparing students to handle adversity with grace and determination. Sports teach the importance of hard work, commitment, and the ability to bounce back from setbacks, all of which are invaluable traits for personal and professional growth.

In conclusion, the impact of sports on students' lives is profound and multifaceted. From physical health to academic achievement, mental well-being to social skills, and character development, sports contribute to the holistic development of students. By encouraging participation in sports, educators and parents can help students build a strong foundation for a successful and fulfilling life. Sports are not just about competition; they are about nurturing the mind, body, and spirit, ensuring that students are equipped to thrive in all aspects of

Caring For The Children

■ GL KHAJURIA

ow many of us oftenly accept our attachment in real sense of term in so for as love affection and fantasies of our kids and children are concerned. Well, the children mean much more than what we think of them. They are not only our children merely by giving birth to them but in broader spectrum they are the fountain head of the nation. They are the light and hope of the nation for the future. Pandit Jawahar Lal Nehru and Dr. A.P.J Kalam were most affectionate towards children. It has rightly been quoted, child is a father of the nation. Today's children are tomorrow's scientists, Scholars, Educationist and of course plentitude of Doctors, Engineers and bureaucrats apart from distinguished luminaries, cine stars and record breaking sports stalwarts.

They are the best guardian of Borders who play with their lives defending the nation. Children are the future of the nation in more than many ways. They are the blooming flowers of dawn and seedlings of the Nurseries which make the surrounds vibrant and slabrous when nurtured and nourished.

Children are of utmostly warranting care of molding the first step to success in life's run race. Any right or wrong step can make them heaven or hell apart landing into the Sea of troubles. It, therefore, becomes our boundan duty to boost their upbringings with rightful and dedicated devotional perspectives. If the natural and social cohesiveness between the father and the mother is carefully maintained, the children by all means are sure to succeed but if the same delicate fabric is distorted, thereis every apprehension of their being carried away on wrong track.

Unified Pension Scheme -UPS .on the other

hand, offers a guaranteed pension of 50% of the

average pay for the last 12 months for employees

who have served for 25 years or more. The gov-

ernments contribution under UPS is set at

18.5% with the employees contribution remain-

ing at 10%. Additrionally, UPS includes a mini-

mum monthly payment for those who have

worked for at least for 10 years, along with a

lump sum retirement benefit .The UPS offers a

more secure retirement plan with guaranteed

benefits. Under UPS , employees with at least $25\,$

years of service will receive a guaranteed pension

In case of an employee's death, their spouse will

receive a family pension of 60% of the employees'

pension. Employees with at least 10 years of serv-

ice will receive a minimum of Rs 10,000 per

month. Under UPS, both the assured pension

and family pension will be adjusted for inflation.

Retirees under the UPS will receive dearness

Relief .Employees will receive a lump sum pay-

ment at retirement .Benefits of switching to UPS

Contribution-One of the most significant advan-

tages of UPS is the increased government contri-

bution of 18.5%, compared to 14% under NPS

as given as-1-Higher Government

of 50% of their average basic par

OMKAR DATTATRAY

It is no denying the fact that the parents do their utmost and sacrifice their everything for their children. Right from the time a child is born, the conscientious young parents see to it that their child has everything as for example Education, Clothings, Toys and whatever is available within their best possible reach. They leave no stone unturned for their child's upbringing and fulfilling his every demand

However, many strings are attached to their children by the over ambitious parents who expect the child as miniature adult, a master of all trades they also expect them to excel in every field whether in studies or sports, reading, writing, oratory so to say on all aspects of life and aspire them second to none. And there lies their happiness and all hope.

In such pursuits, the children are deprived of their fundamental rights of being child. The kaleidoscopic magic of childhood, the charms of wandering through delightful avenues are get lost. Apart from all these, the rainbowcoloured fantasies vanish like a silver lining in dark clouds. Do we as wise parents are doing justice by depriving them of charming dream from which they don't want to part with.

Now, let us have a glimpse of surrounding scenario currently looming large amongst little kids and up springing children. The early morning picture is too amusing to have appreciations for all the wise parents in that their little kids are pushed into the labyrinth of learning with heavy load of books and note books beyond their caring capacity on piggybacks. This way they are confronted with triple-load - Physical, mental and Psychological.

Are we meting out justice to our budding

kids and children is a very pertinent point to ponder upon. The higher authorities at the helm should come to the forefront in framing policies and promulgating parameters in association with the conscientious parents.

How is the life of children of today? They are weaned straight from milk bottle to the nursery school! The more the homework he or she carries, the better school is considered to be. Not to be left behind in race for excellence, the child is sent for tuition and the teacher imparting tution to more than 30-40 children at a time. Things are no better at home too. In many rich homes where parents are overobsessed with their pursuits, the children are oftenly diverted to video games, expensive toys, computers to the extent of internet and social medias apart from mobile of all hues in a way that the very spirit and sanctity becomes somehow obliterated by overuse, misuse or to say abuse.

The enigmatic scenario doesn't stop over here. The generous amount of pocket money even in mediocre families, whether the mother is employeed or otherwise routinely a housewife, there is hardly any time for the family members who can share their feelings to foster theirtogetherness. Whatever little leisure is there it is squeezed out of the marathon of life and is swallowed by the TV serials which instead of creating congenial environment add fuel to fire in hassle-packed progression which way in becomes like a quick-fix in family trifling over frivolous issues thereby hooking the altitudinal inertia of our kids, children and their associates. Surveys show, the more children watch the less they observe. Their thinking and responses become adultlike in other words around the minds of the children find

shortcuts into adulthood without having the know-how of natural process of growing. And all these factors in togetherness are sure to create a generation of mini adults lacking imitative, motivation and enterprise. There is a tendency to put the whole blame at the door of school and the education system. It is an admitted fact that schools complicate the matters but at the same time, solution lies at home. It is, infact, the home that moulds the character of the child. The kids and the small children are extremely sensitive and receptive as they are growing all the time and in the process they are accepting or rejecting the goods and bads as they are physically fragile and mentally fertile. So, in all manifestations, parent's guidance play a pivotal role in moulding the life of the children. The educationist opined that a child is influ-

enced by three prominent factors- the school where he studies, the friends and his associates with whom he plays and shares his feelings and finally home where he spends maximum time with parents and other kids/ children of his relation. So, home is predominantly the best school for the kids and young children. Considering today's lifestyle, in almost all families dinner time is an ideal time. It is worthwhile to say that after the dinner is over. there is a cool and congenial environment when the children can conveniently be convinced to share their feelings and aspirations with their parents and the relatives and their kids and children on all matters and so such this can play a prominent part in moulding and shaping the future of both the kids and

(The author is former Dy. Conservator of Forest, J&K)

UPS Vs NPS Vs OPS

This boost in contribution is expected to result in he pension schemes and pensioners have rightly become the talk of the town as pena larger pension corpus, ensuring better financial security post-retirement. 2-Guaranteed Pension sioners: government employees and even UPS guarantees a pension equal to 50% of the general populace are discussing the hot topic of average salary over the last 12 months of service pension schemes and the plight of the pensioners. .This assurance makes UPS a safer option for Just a few days back, the central government has risk -averse employees ,particularly given the launched the unified Pension Scheme {UPS} as market volatility that can impact the returns on an alternative to the current National Pension NPS investments. 3-Minimum Payout and Scheme {NPS] for its employees. Scheduled for Lump Sum Benefits-For employees with at least implementation in April 2025, this new scheme 10 years of service ,UPS offers a minimum monthly payout of Rs 10,000, providing a safety presents a significant choice for employees who joined after 2004. Should they remain with NPS net for lower earning employees. Additionally, the or transition to the new UPS? Detailed scheme includes a lump sum payment at retire-Comparison between the two Pension schemes ment ,linked to the duration of service ,offering follows. The National Pension Scheme -NPS was further financial support. 4-Investment introduced in 2004 as a defined contribution Flexibility and Market Risks---While UPS offers scheme, replacing the old pension scheme-OPS a guaranteed pension, it limits the potential of .Under NPS, employees contribute 10% of their higher return that NPS might offer through salary, while government contributes 14%. The market linked investments. Under NPS, employees can choose from varicorpus is invested in a mix of government securities, equities, and corporate bonds, similar to mutual funds. Upon retirement, 40% of the corpus must be used to purchase an annuity .The

ous investment options ,including up to 65% in government securities, 15% in equities, and reminder in corporate bonds . However , these investments are subject to market risks, and final pension may vary

In contrast, UPS protects employees from market fluctuations ,providing a stable and predictable income stream in retirement .For many especially those nearing retirement this stability may outweigh the potential for higher returns under NPS .Some argue that UPS represents a step back from the market -linked reforms introduced with NPS. However, UPS retains the core principle of a defined contribution scheme, with additional safeguards to ensure a minimum pension .It also addresses the growing demand for a ruaranteed pension among government employ ees ,without reverting to the unfunded liabilities of the Old Pension Scheme

One of the most significant advantages of UPS is the increased government contribution of 18.5%, compared to 14% under NPS . This boost in contribution is expected to result in a larger pension corpus, ensuring better financial security post-retirement .Under UPS ,employees contribute 10% of their salary while government contributes 18.5%. Under NPS, employees contribute 10% of their salary, while the government contributes 14%. Under OPS, there is no contribution from employees government bears entire

cost.UPS linked to all India consumer price index -CPI for industrial workers.UPS is set to benefit 23,00000 government employees as per the government. The UPS is initially meant for central government employees and in due course of time it will be implemented in states and UT's as well. Union cabinet has decided and announced the UPS because the government employees were dissatisfied with the NPS because there were risks associated with it as it is linked to market risks and there is no guarantee of monthly pension and were demanding OPS, but the government has devised UPS to remove resentment and insecurity of monthly pension. The finance department of Jammu and Kashmir UT has ordered the physical verification of the pensioners to be done by the concerned treasury officers and that too in these days of scorching heat and humid climate and the old pensioners were forced to stand in long queues in the office of the treasury officers and had to fulfill many formalities to get the PPO verified along with their physical ver-

One wonders as to why is government putting the old pensioners to trouble off and on. The government must realize that pensioners had contributed and served a lot during their service and so this important section of the society should be respected and not put them to inconvenience and harassment now and then in the name of verification of their pension. Besides the government annually /sic monthly orders and instructs this poor and innocent lot to produce living certificates. The government should verify the life of the pensioners through digital application in these days of science and technology. A sizable number of Jammu and Kashmir government pensioners are living outside J&K in various parts of the

The finance department of J&K has not given any method for the physical verification of such pensioners. This has created much harassment and discontent among these pensioners. The government should either exempt the pensioners who are putting up outside J&K from the physical verification or alternatively devise some easy method for these pensioners so that their pension and physical verification to done outside from Jammu and Kashmir that is at the places where they are living presently and it should be done through Jammu and Kashmir Bank or any other Bank

where from these pensioners are drawing their monthly pension to save them from the harassment and inconvenience.

Some pensioners have rightly said that PPO stands for pensioners prisoners order .Coming back to the UPS ,it is far better than NPS because there is no element of risk associated with the pension Although there is higher yield in NPS because of market risk. A big number of pensioners are in favor of the NPS and it should be continued for these pensioners who favor it and they should be given the option of choosing between the UPS and NPS.

However, the Unified Pension Scheme introduced by the Union cabinet under Prime Minister Narendra Modi, has sparked widespread concern and resistance among government employees. Government employees are now demanding the reinstatement of the OPS, which they believe is

The OPS provided financial security and peace of mind in retirement, something the UPS fails to ensure. The continuation of the OPS for MPs and MLAs while denying it to the government employees has further fueled discontent. Employees are questioning the fairness of this selective application of pension policies.

If the OPS is still viable and beneficial for lawmakers, they argue why is it not extended to those who serve the public in various government departments? It is in the fitness of things to mention that a pensioner's organization known as National Old Pension Restoration United Front is against UPS and it has submitted a memorandum to the Prime minister demanding reverting to OPS in the interest of the pensioners.

Some argue that the OPS is the best because there is no risk associated with the pension and there is utmost security of minimum pension under the old pension scheme. Categorically speaking no pension scheme is full of benefits only but UPS is a better scheme having bigger contribution of 18.5% from the government

Still some consider OPS better given the financial security to the pensioners and therefore the government should concede the demand for restoring OPS to rid the market risks associated with NPS and give a thought to it and concede this demand of the pensioner's.

(The author is a columnist, social and KP

Vision of India by 2047 "Our vision for India, is a country where justice and opportunity flourish for all"

AYAAN SAROORI

n a satirical tone the Britishers labelled India as land of Snake charmers. By the strength of our spine and the sweat of our brow today we stand as the fifth largest economy. This speaks volumes of the giant leaps we have made. India is a democratic, federal country known for its diverse cultures, religions, languages and rich physical features and landscapes. As India approaches its 100th year of independence, it aims to achieve economic stability, environmental sustainability and sociocultural development, aspiring to achieve the highest distinction globally by 2047. The Vision of India by 2047 focuses on becoming a global leader by developing all sectors and utilising its abundant natural resources and minerals. I desire to see India as a nation with proper democratic rights, free and fair justice. and dignity for all, where everyone follows the path of truth and enlightens the whole world. As we enter the new century, I look forward to new opportunities, advancements in technology, quality education, and various principles of development. By dreaming big, working hard we can turn our national vision into reality. India is progressing towards this goal with various infrastructure projects like the Atal Setu bridge, Chenab train bridge, and multiple All India Institutes of Medical Sciences (AIIMS) being constructed in various states of the country. In addition to infrastructure, recent times have seen significant educational reforms and strengthened vocational training, emphasising the importance of skilled individuals as high-

lighted by the Father of the Nation, Mahatma

Gandhi. Economic Development in overall

perspectives and sectors and culture. India, the world's fifth-largest economy, prioritises policies to ensure economic benefits, reduce income inequality, and alleviate poverty. These policies promote innovation, support small startups with subsidised loans, enhance exports, and form strong trade partnerships. Additionally, India focuses on developing digital infrastructure, promoting e-commerce, and advancing technology to meet domestic needs. Also, to boost up the current economy of India, Infrastructure is crucial for its economic vitality. The government aims to transform cities into advanced, sustainable urban areas with efficient facilities and commercial spaces. The 'Smart City' initiative is exemplified by development in Jammu and Kashmir. In rural areas, developments like electricity, road connectivity and internet access are essential. Transport connectivity is vital for growth and revenue generation. Improved road connectivity, especially in rural areas, has had significant impacts. An expanded transport network will facilitate discovery of new resources, educe travel time, and boost economic activities. For a well deserved future of the nation it is mandatory to ensure that all students receive quality education, regardless of economic or social background, is crucial. Reforms in higher education will keep institutions relevant and of high quality. Education policy changes should align with the modern job market, promoting research to foster innovation. The National Education Policy of 2022 emphasises the importance of skill and vocational education. We are now providing skills to youth through vocational teachings, programs, and institutions (ITIs, NSTIs), and the Skill India initiative. Equipping the workforce with necessary skills, as emphasised by Mahatma Gandhi, is essential. Also, building and upgrading medical infrastructure and fostering innovation in the medical field are crucial. Initiatives focusing on nutrition, disease resistance (like the Pulse Polio campaign), and health awareness ensure a healthy population. Providing high-quality medication and services to all citizens is a priority.

Artificial intelligence, set to dominate in the coming decades, can manage diverse medical scenarios with precise accuracy, transforming the health sector and related fields. India also aims to strengthen local governance and administration through e-governance and the e-marketplace (GeM), enhancing the public sector with effectiveness, transparency and accessibility. Strengthening the judicial system is necessary for fair justice and effective policy implementation. IVRS provides a reliable means for quick government access. An economy can work smoothly in peace for this, upgrading and modernising weapons, ammunition, and trained armed forces is necessary to ensure national security. Strengthening border security, cyber security, and counter-terrorism strategies will help our nation to handle tough situations effectively. Agniveer policy should be replaced by the previous selection process which will encourage youth to join army.

Promoting modern agriculture with new tools and technologies is essential for increas-

ing productivity and benefiting farmers through welfare programs. Encouraging agribusiness, improving hydro irrigation methods, and providing minimum support prices for crops will positively impact the economy and lead to employment. Preserving historical monuments, heritage sites, and traditional Indian arts is crucial for cultural remembrance and attracting tourism

Building and upgrading diplomatic ties to improve peace, security, and economic growth through diplomacy is vital. Healthy international relations will enhance India's global trade position.

The ongoing generation will decide the future of the nation. So, Promoting and encouraging the younger generation is essential for India's future development. Ensuring quality vocational education, participation in sports activities that will empower youth to contribute significantly to India's progress. As India steps into the 22nd century, the contrast between now and then will be stark. Presently undergoing various development phases, India is rapidly moving towards urbanisation, modern tech-

By the 22nd century, India will be advanced in technology, education, healthcare, infrastructure and will be accessible and will be wellfacilitated by 2047. Cooperating with the government is crucial to achieving a brighter and developed nation. As India reaches its milestone in 2047, it will recall the aims and sacrifices of national freedom fighters a century ago, ensuring a peaceful and developed country.

(The writer a student)