

COMBAT DRUG PEDDLERS STRICTLY

The scourge of drug trafficking has plagued societies worldwide, bringing devastating consequences for individuals and communities alike.

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.

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.

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 drug-sniffing dogs, to intercept contraband before it enters the country.

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.

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.

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The Impact of Sports on Students' Lives

BHAVNEET KOUR

Sports play a crucial role in the overall development of students, extending far beyond the boundaries of physical fitness. Engaging in sports offers a myriad of benefits that positively influence academic performance, mental well-being, and social skills.

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.

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.

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.

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.

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.

Conclusion

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.

GL KHAJURIA

How many of us often accept our attachment in real sense of term in so far as love affection and fantasies of our kids and children are concerned.

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.

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.

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.

OMKAR DATTATRAY

The pension schemes and pensioners have rightly become the talk of the town as pensioners; government employees and even general populace are discussing the hot topic of pension schemes and the plight of the pensioners.

Under NPS, employees contribute 10% of their salary, while government contributes 14%. The corpus is invested in a mix of government securities, equities, and corporate bonds, similar to mutual funds.

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 service will receive a minimum of Rs 10,000 per month.

Retirees under the UPS will receive dearness Relief. Employees will receive a lump sum payment at retirement.

One of the most significant advantages of UPS is the increased government contribution of 18.5%, compared to 14% under NPS.

AYAAN SAROORI

In 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 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.

Caring For The Children

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.

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.

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 got lost. Apart from all these, the rainbow-coloured fantasies vanish like a silver lining in dark clouds.

Now, let us have a glimpse of surmounting 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 piggy-backs.

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 tuition to more than 30-40 children at a time.

The enigmatic scenario doesn't stop over here. The generous amount of pocket money even in mediocre families, whether the mother is employed or otherwise routinely a housewife, thereis 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.

UPS Vs NPS Vs OPS

This boost in contribution is expected to result in a larger pension corpus, ensuring better financial security post-retirement. 2-Guaranteed Pension - UPS guarantees a pension equal to 50% of the average salary over the last 12 months of service.

Under NPS, employees can choose from various investment options, including up to 65% in government securities, 15% in equities, and remainder in corporate bonds.

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.

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.

cost. UPS linked to all India consumer price index -CPI for industrial workers. UPS is set to benefit 23,00,000 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.

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.

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

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 initiative, motivation and enterprise.

The educationist opined that a child is influenced 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.

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

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 far superior.

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.

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 pensioners.

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

Vision of India by 2047

"Our vision for India, is a country where justice and opportunity flourish for all"

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.

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.

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.

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.

By the 22nd century, India will be advanced in technology, education, healthcare, infrastructure and will be accessible and will be well-facilitated 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)