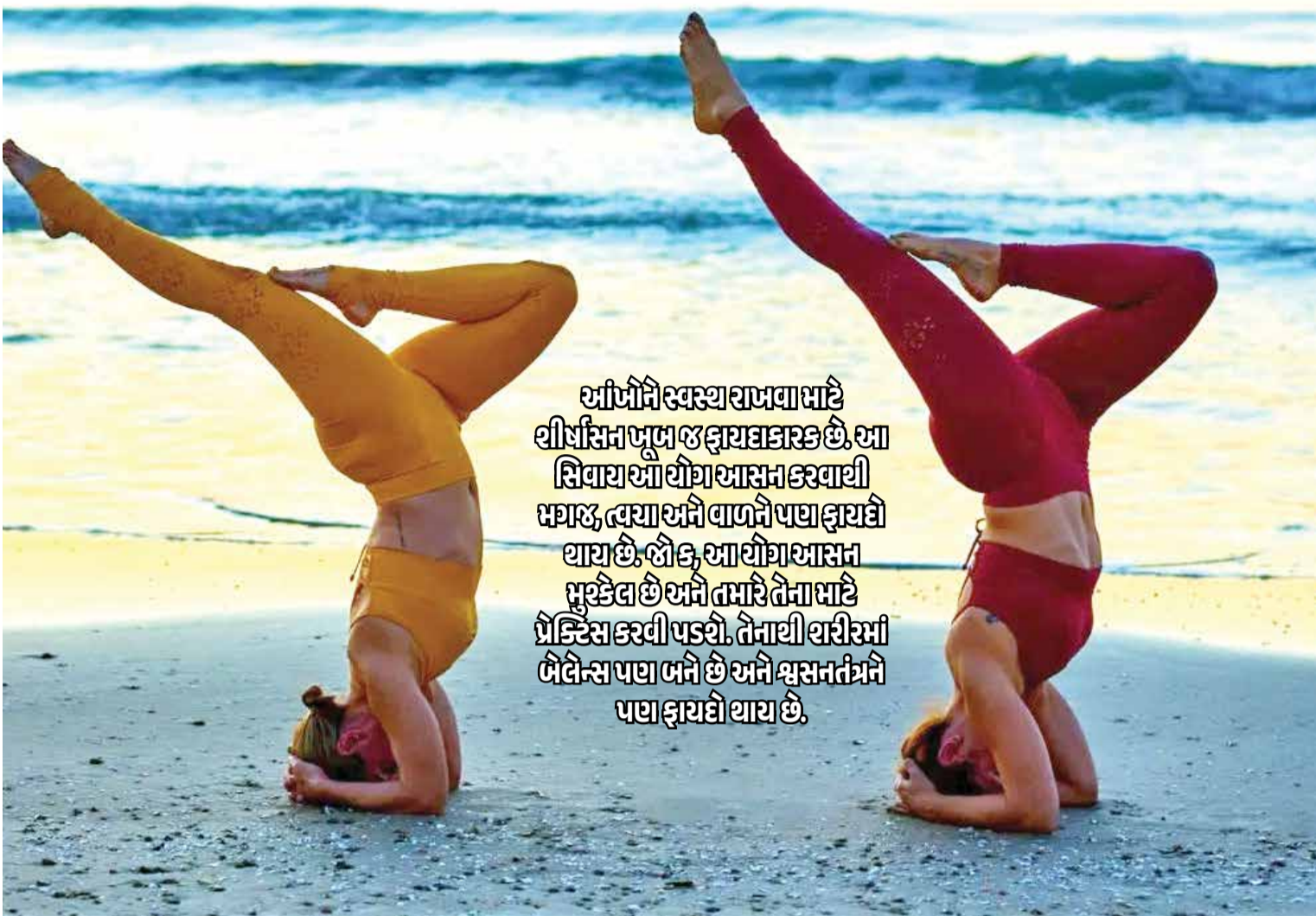


શું તમે આખો દિવસ કોમ્પ્યુટર પર કામ કરો છો? તો તમારી આંખોને સ્વસ્થ રાખવા માટે કરો આ યોગાસન

જો આપણે આખો દિવસ કોમ્પ્યુટર પર કામ કરીએ છીએ અને ફોનનો ઉપયોગ પણ કરવો પડે છે, તો સ્ક્રીનનો સમય ઘણો લાંબો થઈ જાય છે અને તેના કારણે તેની આંખો પર ખૂબ જ ખરાબ અસર પડે છે. આ જ કારણ છે કે આજકાલ બાળકો પણ ચશ્મા પહેરે છે. કમલાં માટે ચાલો જાણીએ કેટલાક યોગ આસનો જે આંખોને સ્વસ્થ રાખશે.

જો તમે તમારી આંખોને સ્વસ્થ રાખવા માંગતા હોવ તો તમારે તમારી દિવસર્યામાં સર્વાંગાસન કરવું જોઈએ. આ યોગ આસન ખૂબ જ સરળ છે અને પુષ્ટ વયના લોકો તેમજ બાળકો પણ કરી શકે છે. સર્વાંગાસન કરતી વખતે માથા તરફ રક્ત પરિભ્રમણ થાય છે. જેનાથી માત્ર આંખોને જ ફાયદો નથી થતો પરંતુ તણાવ પણ દૂર થાય છે. આ સિવાય આ યોગ આસનના ઘણા ફાયદા છે.



આંખોને સ્વસ્થ રાખવા માટે શીર્ષાસન ખૂબ જ ફાયદાકારક છે. આ સિવાય આ યોગ આસન કરવાથી મગજ, ત્વચા અને વાળને પણ ફાયદો થાય છે. જો કે, આ યોગ આસન મુકેલા છે અને તમારે તેના માટે પ્રેક્ટિસ કરવી પડશે. તેનાથી શરીરમાં બેલેન્સ પણ બને છે અને શ્વસનતંત્રને પણ ફાયદો થાય છે.

સારી દૃષ્ટિ જાળવી રાખવા માટે ભ્રમરી પ્રાણાયામ કરવું પણ ખૂબ જ ફાયદાકારક છે. આ સિવાય આ પ્રાણાયામ ચિંતા, તણાવને દૂર કરવામાં મદદ કરે છે અને મનને આરામ આપે છે અને એકાગ્રતામાં પણ વધારો કરે છે. તે હૃદયને ફાયદો કરે છે, ઊંઘની પેટર્ન સુધારે છે અને માઈગ્રેન, માથાની દુખાવો વગેરે જેવી સમસ્યાઓમાં પણ ફાયદાકારક છે.



યોગા સિવાય આંખોને આરામ આપવા અને તેમને સ્વસ્થ રાખવા માટે કામની વચ્ચે આંખો પર હથેળીઓ લગાવવી જોઈએ. એટલે કે તમારી હથેળીઓને એકસાથે ઘસો અને જ્યારે ગરમ લાગે ત્યારે હથેળીઓને આંખો પર રાખો. આ પ્રક્રિયાને બેથી ચાર વાર પુનરાવર્તન કરવાથી ઘણી રાહત મળે છે.

જો તમે આખો દિવસ કોમ્પ્યુટર પર કામ કરો છો, તો યોગા સિવાય તમારે તમારી આંખોને સ્વસ્થ રાખવા માટે 20-20-20 નિયમનું પાલન કરવું જોઈએ. આમાં દરેક વીસ મિનિટના કામ પછી વ્યક્તિએ વીસ સેકન્ડ માટે વીસ ફૂટ દૂર રાખવામાં આવેલી વસ્તુને જોવી પડશે. તેનાથી તમારી આંખોને પણ આરામ મળે છે.



યુસુફે ઘરની અંદર એની રાહ જોઈ રહેલ એલીને પૂછ્યું કે વેર ઇઝ કલોધ

યુસુફ ના ફેસ તરફ નજર કરતા મનુ ગુપ્તા સમજી ગયો કે ઘણાં કાંઈક તો કાળું છે પણ શું? પરેશાની થી કાળો ધબ થઈ ગયેલ યુસુફ ના ચહેરા પરથી લાગતું હતું કે યુસુફ નો પ્લાન ઊંધો પડી ગયો છે, બપોર ના બાર વાગી ગયેલ ચહેરા તરફ સ્મિત કરીને મનુ ગુપ્તા એના તરફ હાથ ઢલાવતા પૂછ્યું કે બોસ, શેના વિચાર મા પડી ગયા? હું જ્યાં સુધી તમારો ચહેરો વાચી શકું છું એટલે સમજી શકું છું કે તમારા આશ્ચર્ય નું કારણ ત્રણ સિગારેટ પીધા બાદ મને કેમ કશુંય થતું નથી? સાચું ને યુસુફ એ મનમાં મનું મનું ગુપ્તા ને ત્રણવાર ભારે માઈલી ગાળો આપી ને ચાલક બનતા કીધું હા!! એકદમ સાચી વાત છે એજ વી વિચારતો હતો કે કોઈકે જાણી ત્રણ ચાર સિગારેટ પીધા બાદ પણ કેમ મારી સામે અડીપમ ઊભા છો? મનુ ગુપ્તા એ દરિયાકિનારા ના સુંદર દ્રશ્યો નિહાળતા નિહાળતા યુસુફ ના ખંભે હાથ મૂકતાં કહ્યું કે અભજોપતિ ભાપ ની બગડેલ ઓલાદ છું ને ડ્રગ્સ સાતમા ધોરણ થી લઈ છું તારી મામૂલી કોકેઈન સિગારેટ ની મનુ ગુપ્તા અસર ના થાય. યુસુફ ને થયું કે મરઘો સારો પકડાયો છે બેગમ ની સામે હલાલ કરવો પડશે. અત્યારે તો હિક્કાજત થી હોટેલ ના રૂમમાં મહેમાન બનાવી રાખવો પડશે.



કપડાં ક્યાં ગયા? શરીર પરનું અંડર ગારમેન્ટ સુધા નું ગાયબ હતું. મનોમન બોલ્યો યાર!! આદિ માનવ બની ને કેવી રીતે રૂમની બહાર નીકળીશ? એ એના કપડા શોધવા ચારે બાજુ નજર ફેરવી રહીયો હતો ત્યાં બ્લે કેટ માંથી રાત વાળી બ્યુટીફુલ ફ્રાન્સ લેડી આગસ મરડી ને બેઠી થઈ. અનુભવ સેન ની સમસ્યા એ લેડી ને જોઈને વધી જતાં સહેજ સ્માઈલ કરીને આંખ બંધ કરવાનો ડોળ કર્યો.



મર્ડર મિસ્ટ્રી કેસ - રુપાલી દવે

આગલા દિવસે નશામાં ધૂત કેન્ચ લેડી ને ભાન આવતા એ એની ભાષા માં લાંબા લાંબા ના સમજાય એવા અનુભવ સેન ની સામે નજર કરી ને આપવા લાગી. એની બક બક અનુભવ ના માંથા પરથી નીકળી ને હોટેલ ના રૂમ ની બારી બહાર જતા હોટેલ ના માલિક એ દરવાજો ખોલવાનું કેન્ચ ભાષા માં સૂચન કર્યું. હોટેલ ના રૂમ નો દરવાજો ખુલતા જ અતિ સુંદર નમણી મોટી આંખો વાળી સુંદર સ્ત્રી હોટેલ ની માલિક નરગીસ પ્રવેશી ને કેન્ચ લેડી ને કેન્ચ ભાષામાં પૂછ્યું એલી, શું થયું? બન્ને વચ્ચે દસેક મિનિટની વાતચીત બાદ અનુભવ સેન ની સામે જોઈને બન્ને ખડખડાટ હસ્યા. હોટેલ ની માલિક નરગીસ એ અનુભવ તરફ બમુંડા ટી શર્ટ ફેંકતા પૂછ્યું 'ઈન્ડીયન' રાઈટ, આઈ એમ પાકિસ્તાની. અનુભવ સેન એ બ્લેન કેટ ની અંદર બમુંડા ટી શર્ટ પહેરી ને ઊભા થઈને નરગીસ નજીક

જઈને કહ્યું યેસ, આઈ એમ ઈન્ડીયન, માય નેમ ઈઝ અનુભવ સેન. હું અને મારો મિત્ર ફ્રાન્સ ની ટુર પર નીકળ્યા છીએ. નરગીસ એ શુધ્ધ હિન્દુ ભાષા માં અનુભવ સેન સામું જોઈને કહ્યું કે અહીંની પ્રોસ્ટીટ્યુટ કપડા ચોર હોય છે એટલે આગળ થી સાંભળજો. હોટેલ બધા પ્રકાર ની સગવડતા આપે છે પણ ફી બમુંડા ટી શર્ટ ની સહેજ સ્માઈલ કરીને બોલી સોરી નથી આપતી. આમ લંચ થી ડિનર, ડ્રીક્સ વગેરે વગેરે નું શેક્ષઅલ દરવાજા પાછળ છે એટલી માહિતી આપી ને ત્યાંથી રવાના થઈ ગઈ.

મનુ ગુપ્તા ને યુસુફ નોરમન્ડી ની સફરે લઈ ને એની વૈભવી કાર મા નીકળ્યો હતો. યુસુફ ને મનુ ગુપ્તા ના કેરેક્ટર માં રસ પડ્યો હતો એને લાગતું હતું કે બકરો મેડમને કામ આવે એમ છે. મનુ ગુપ્તા ઈચ્છતો હતો કે યુસુફ એને મુનમુન બેગમ સુધી લઈ જાય. યુસુફ એ એની વૈભવી કાર ને અચાનક ખરેર લાગતા ઘર આગળ ઊભી રાખી. યુસુફ કાર ને લોક કરી ને ઘર તરફ ચાલવા લાગ્યો ને એની પાછળ પાછળ મનુ ગુપ્તા પણ ચાલવા લાગ્યો. ઘર નજીક આવતા જ યુસુફ એ મનુ ગુપ્તા ને બહાર પાંચ મિનિટ રાહ જોવાનું સૂચવી ને અમુક પાસવર્ડ લખતાં દરવાજો ખૂલ્યો. એ અંદર પ્રવેશ્યો એ બેગા દરવાજો ઓટોમેટીક બંધ થઈ ગયો.



Destination Uttarakhand

UTTARAKHAND PIONEERING SOCIAL REFORMS



Under the leadership of Prime Minister Narendra Modi, Uttarakhand is scaling new heights of growth and development. I am working with full dedication to ensure that this stream of progress and prosperity continues in coming years as we follow the path of good governance.

Pushkar Singh Dhami,
Chief Minister

UCC TIMELINE

- Announcement:** Feb 12, 2022
- 5-member panel formed:** May 27, 2022
- 2 sub-committees:** August 22, 2022
- Draft submitted:** February 2, 2024
- Cabinet approval:** February 4, 2024
- Table in assembly:** February 6, 2024
- Passed in assembly:** February 7, 2024
- 9-member panel to draft rules:** February 10, 2024
- Presidential assent:** March 11, 2024
- PLANS AHEADS**
 - 2 sub-committees to submit report before Aug 31
 - 1 sub-committee to submit report before Sept 30
 - To be implemented around Nov 9 (state foundation day)



Opportunities for growth

Uttarakhand steers ahead towards a promising pathway to economic empowerment, social justice, and growth

The implementation of a Uniform Civil Code (UCC) in Uttarakhand presents a significant opportunity for economic empowerment and growth. One of the foremost advantages of the UCC is the simplification of legal procedures related to property and inheritance. Currently, different religious communities in India follow their laws, leading to a complex legal landscape. This complexity can create ambiguities and disputes, deterring investment and economic activities. With the UCC in place, all citizens in Uttarakhand will follow the same set of rules. This clarity will boost investor confidence and encourage both domestic and international investments in the region.

Empowering women: Bridging the gender gap

The UCC also holds the potential to significantly empower women economically. In many personal laws, women have traditionally been at a disadvantage regarding inheritance and property rights. The UCC, by providing equal rights to all individuals, irrespective of gender, can rectify these historical injustices. Empowering women in this way is not only a matter of social justice but also an economic imperative, as it can lead to higher household incomes, improved economic productivity, and overall economic growth.

Economic empowerment: From equality to prosperity

Entrepreneurs and businesses will benefit from standardised laws, reducing the time and costs involved in legal compliance. This can make Uttarakhand an appealing destination for new businesses and startups, encouraging a thriving entrepreneurial environment. Simplified legal processes and decreased administrative obstacles can boost economic activity, job creation, and innovation in the state. Furthermore, the Uniform Civil Code (UCC) can contribute to social harmony and cohesion, which are crucial for maintaining a stable economic environment. A more harmonious society creates an environment that is favourable for economic activities, as it promotes trust, cooperation, and a sense of community. This stability can also attract more tourists, investors, and businesses to Uttarakhand.

Uttarakhand stands to gain significantly in terms of economic development and improved quality of life for its citizens and a promising pathway to economic empowerment and growth.

With the Uniform Civil Code, CM Pushkar Singh Dhami led Uttarakhand government has taken significant strides towards promoting equality and ensuring equal rights for all its citizens

Chief Minister Pushkar Singh Dhami led government, with the vision of bringing uniformity in the society by providing same set of laws regarding marriage, divorce, land, property and inheritance to all people of Uttarakhand - irrespective of their faith - has taken the initiative to implement Uniform Civil Code in the Himalayan state. With CM Dhami announcing to implement UCC before November 9 - the state foundation day - Uttarakhand is on path of becoming the first state of the country, since Independence, to implement UCC. The law that intends to increase social harmony, promote gender justice and empower women, is in compliance with the provisions of Article 44 of the Constitution.

UNIFIED LAW, UNIFIED GROWTH

Uttarakhand's initiative to implement the UCC marks a significant step towards realising the constitutional mandate of equal rights for all. The state's leadership has recognised that diverse personal laws can perpetuate inequalities and impede social justice. By adopting the Code, Uttarakhand aims to streamline its legal system, ensuring all citizens are subject to the same laws and thus fostering a more inclusive and equitable society.

TIMELINE TO THE HISTORIC BILL

The bill was introduced in the state legislative assembly on Feb 6 and was passed on Feb 7 during a special session of the Uttarakhand assembly. A nine-member panel drafted rules on Feb 10. Gurmit Singh, Uttarakhand governor, referred the bill sent by the state government to President Murmu for her approval, which she approved on March 11. This makes Uttarakhand the first state in the country to implement the UCC. Pushkar Singh Dhami, chief minister, Uttarakhand, declared it as a historic day and stated that his state will implement the UCC before State Foundation Day (November 9).

Uniform Civil Code: Promoting equality



>> Narendra Modi, Prime Minister of India and Pushkar Singh Dhami, CM Uttarakhand

The proposed law has 392 sections divided into four parts and seven chapters providing equal rights to women in marriage, divorce, alimony, and inheritance of property, proscribes certain kinds of relationships, bans polygamy, sets the marriageable age for men and women (21 years and 18 years respectively), and makes registration of marriages mandatory

ENSURING EQUAL RIGHTS TO WOMEN AND CHILDREN

One of the primary benefits of UCC is the promotion of gender equality. UCC would eliminate disparities and gender biases, ensuring that women have equal rights to property and inheritance, regardless of their religion. The UCC also promises to uphold children's rights by standardizing adoption laws. Currently, different religious communities have varying practices regarding adoption, with some not recognising it at all. The UCC would establish a uniform legal framework, guaranteeing that

all children have the same rights to a family environment, irrespective of their background.

PROMOTING SOCIAL HARMONY

In a diverse state like Uttarakhand, where different religious and ethnic communities coexist, the UCC would reinforce the principle that all citizens are equal before the law, thus promoting a more harmonious and integrated society.



>> CM Pushkar Singh Dhami in discussion with UCC Panel

SIMPLIFYING LEGAL SYSTEM

The implementation of a Uniform Civil Code (UCC) would simplify the legal system in Uttarakhand. The presence of multiple personal laws complicates legal proceedings and can result in conflicting judgments. UCC would establish a single legal framework for all civil matters, making the judicial process more streamlined and efficient.

ECONOMIC BENEFITS

Uniform civil laws can have positive economic implications. By ensuring that property rights are clear and consistent, a UCC can create a more predictable environment for economic activities. This legal clarity can encourage investments and economic development, contributing to the overall growth of the state. Additionally, by securing women's property rights, UCC would empower women economically, allowing them to participate more fully in economic activities. As Uttarakhand leads the way, it sets a precedent for other states to follow, bringing India closer to the constitutional ideal of equality for all.

WHAT UCC AIMS

- Provide security and empowerment to weak, poor, and sensitive section of society.
- Connect women, children, youth, and the elderly of every section with the mainstream of development.
- Promote the feeling of unity, integrity, and nationalism through a uniform law.
- Encourage daughters and sons for higher education by increasing the age of marriage.
- Eliminate a prosperous society by ending evil practices that have been going on for years.
- Eliminate discrimination between son-daughter and man-woman by giving equal rights to people of all communities.



I congratulate Uttarakhand government on the remarkable progress achieved in the last few years. This has been made possible by sustained policy push and focus on key sectors such as tourism and renewable energy. Alongside, the state has made significant strides in infrastructure development, setting new benchmarks for sustainable growth. Uttarakhand's commitment to harnessing its natural resources and promoting tourism has not only bolstered its economy but also showcased its potential on the global stage. I applaud the state's dedication to inclusive development and look forward to its continued success in the years ahead.

Narendra Modi,
Prime Minister

Benefits of a Uniform Civil Code for Uttarakhand's judicial system

Uttarakhand's initiative to implement the UCC is a significant step towards legal simplification, promising numerous benefits for the state's judicial system. Read to know more...

The concept of a Uniform Civil Code (UCC) has long been a subject of discussion in India, aiming to replace the personal laws of various religious communities with a common set of rules applicable to all citizens. One of the primary advantages of the UCC is the simplification of legal processes. Currently, personal laws in India vary significantly among different religious communities, leading to complexities and inconsistencies in the legal system. For instance, laws governing marriage, divorce, inheritance, and adoption differ for different communities.

By introducing UCC, Uttarakhand aims to establish a single, cohesive legal framework that applies to all citizens. This uniformity will streamline legal procedures, reduce ambiguities, and enhance the efficiency of the judicial process.

Legal reforms and social progress

In a country where we have more than 5 crore pending court cases, the UCC

will facilitate quicker resolution of legal disputes. With a standardised set of laws, courts can process cases more swiftly, as judges will no longer need to interpret varying personal laws. This will significantly reduce the backlog of cases and ensure timely delivery of justice. For instance, disputes over inheritance and property rights, which



often involve complex interpretations of personal laws, can be resolved more expeditiously under the UCC. This efficiency will not only benefit the judiciary but also provide relief to citizens who often endure prolonged legal battles. The Uniform Civil Code (UCC)

brings about a significant benefit by promoting equality before the law. The implementation of UCC will eliminate discrepancies, ensuring that all citizens are treated equally under the law. Furthermore, laws about parental rights on property, the legitimacy of children born in live-in relationships, and equal property rights will prove beneficial in the long term. The UCC represents a move towards gender equality and non-discrimination, upholding the principles of the Indian Constitution and fostering social justice and inclusivity.

Economic growth through legal uniformity

The Uniform Civil Code aims to improve the transparency and predictability of legal outcomes. This will help citizens gain a clear understanding of their rights and obligations, leading to better compliance with the law. By adopting UCC, the state is aligning with the constitutional vision of uniformity and equality.

After the implementation of the Anti-Copying Law, it has proven to be a game changer in the state

Anti-Copying Law boosts job creation in U'Khand

The Anti-Copying Law has addressed several concerns like cheating, corruption, and favouritism head-on. By establishing stringent measures to prevent malpractices the state has ensured a level playing field for all aspirants. With the law in place, government examinations have become more transparent and fair.

POSITIVE EFFECTS

Boosting job creation:

Ever since CM Dhami took charge, 15 thousand jobs have been created. And after the implementation of the Anti-Copying Law, Uttarakhand has conducted exams and more than 10,000 government positions have been filled, providing employment opportunities across various sectors. The implementation of this law has led to fewer exam delays and instances of

malpractice, enabling the government to speed up the recruitment process. **Restoring public trust:** Candidates now have greater confidence that their hard work and merit will be fairly evaluated, leading to more genuine and competitive participation in government exams. This renewed trust has also motivated

and competent individuals to public service, ultimately enhancing the efficiency and effectiveness of the government workforce. This, in turn, leads to better governance and improved public services, contributing to the overall development of the state.

Future prospects: To sustain its effectiveness, it is crucial to ensure strict enforcement, maintain technological infrastructure to prevent malpractice, and continuously update the law to counter new cheating methods. Additionally, the government must focus on creating awareness among candidates about the law and its benefits to foster a culture of integrity and honesty. With continued efforts and commitment to upholding the principles of this law, Uttarakhand can look forward to sustained progress and development in the years to come.



>> CM Pushkar Singh Dhami presiding over a meeting on Anti Copying Law

more individuals to pursue government jobs, knowing that the selection process is unbiased and transparent. **Long-term benefits:** A transparent and fair recruitment system attracts more qualified

Ensuring progress

UCC has some key features that will help the CM Dhami led government promote social justice and equality

KEY FEATURES OF THE UCC

Equal rights for husband and wife

Under the UCC, the rights and responsibilities of husband and wife are equal. This ensures that both partners have the same legal standing and obligations in their marriage.

Mandatory registration for live-in relationships

To provide legal recognition and protection to live-in relationships, the UCC mandates their registration. This ensures that partners have clear legal rights and responsibilities.

Equal rights on divorce

The UCC ensures equal rights for both husband and wife, guaranteeing fair dissolution of marriage with equitable treatment.

Mandatory marriage registration

All marriages to be registered within a stipulated time. This mandatory registration helps maintain accurate records and provides legal clarity and protection to married couples.

Equality for men and women of all religions and sects

The UCC ensures equal rights for individuals of all religions and sects, thus fostering inclusivity and eradicating gender and religious-based discrimination.

Uniform marriage age

The UCC standardises the minimum age for marriage across all religions, setting it at 21 years for boys and 18 years for girls.

Legitimacy of children born in live-in relationships

Children born during a live-in relationship are granted legitimacy under the UCC. These children are entitled to all the rights of a biological child, ensuring that they are not disadvantaged or stigmatised. This provision protects the welfare and rights of all children, promoting their acceptance in society.

Equal property rights

The UCC provisions equal property rights for sons and daughters across all religious communities. This ensures that inheritance laws are fair and non-discriminatory, empowering women with the same economic rights and opportunities as men.

Anti-Copying Law: A bold step towards recruitment integrity

The new law underscores the state government's commitment to establish a fair and just recruitment system. Anti-Copying Law addresses the same

is a significant step to uphold the integrity of education and discourage misconduct in competitive exams, the Anti-Copying Law has been implemented in Uttarakhand. This new law entails strict penalties, including the potential for life imprisonment, for individuals involved in or aiding cheating.

Anti-Copying Law: A necessary reform

The integrity of job examinations is crucial to maintaining a fair and merit-based recruitment process. However, with the increasing instances of cheating and unfair practices, the need for stringent measures has become more pressing than ever. The Anti-Copying Law is designed to address this issue comprehensively by introducing stringent penalties for those who engage in cheating. It serves as a deterrent to potential offenders and reassures students, parents, and educators that the government is serious about creating a level playing field for all. The introduction of an anti-copying law in job exams aims to address this challenge head-on, ensuring that only the most deserving candidates earn their positions. This law not only safeguards the credibility of the examination process but also reinforces the principles

of justice and transparency in employment. Chief minister Pushkar Singh led the Govt. ruling BJP government in Uttarakhand has brought the country's strictest anti-copying law and blamed previous governments for being slack in the matter. "Why has no one in the past tried to tighten the noose around

the neck of the cheating mafia? I knew an attempt would be made to intimidate us after we decided to act against the mafia involved in the paper leak. I would like to know in whose government's tenure the accused were sent to jail," Dhami said. CM Dhami further said, "It will also



>> CM Dhami distributing appointment letters

have provisions for disqualification of candidates guilty of using unfair means from appearing in any examination for 10 years and confiscation of property of those facilitating cheating." The Uttarakhand Competitive Examination (Measures for Prevention and Prevention of Unfair Means in Recruitment) Ordinance came into force after the approval given by the Governor on February 10.

Upholding the sanctity

The bill aims to ensure transparency and fairness in competitive exams in the Himalayan state. The state authorities clarified that the provisions shall remain applicable only in competitive exams and not in school and college exams. Following actions punishable under this law: **● Any involvement in unfair exam processes may result in life imprisonment and a fine of up to Rs 10 crore for individuals, printing presses, service provider organizations, management systems, or coaching institutes. ● Conspiring with such entities can lead to life imprisonment and a fine of up to Rs 10 crore.**