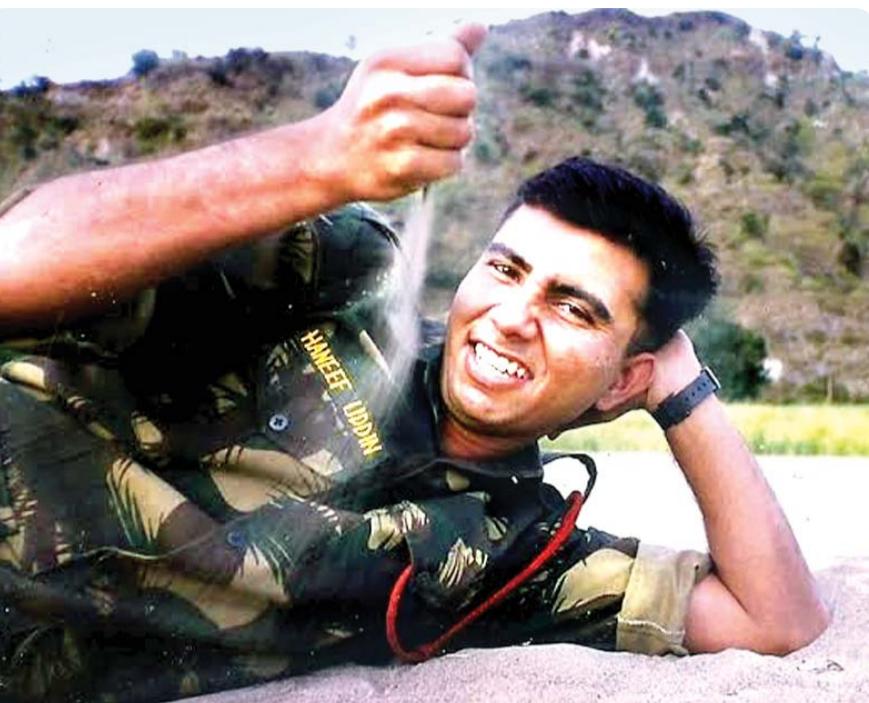
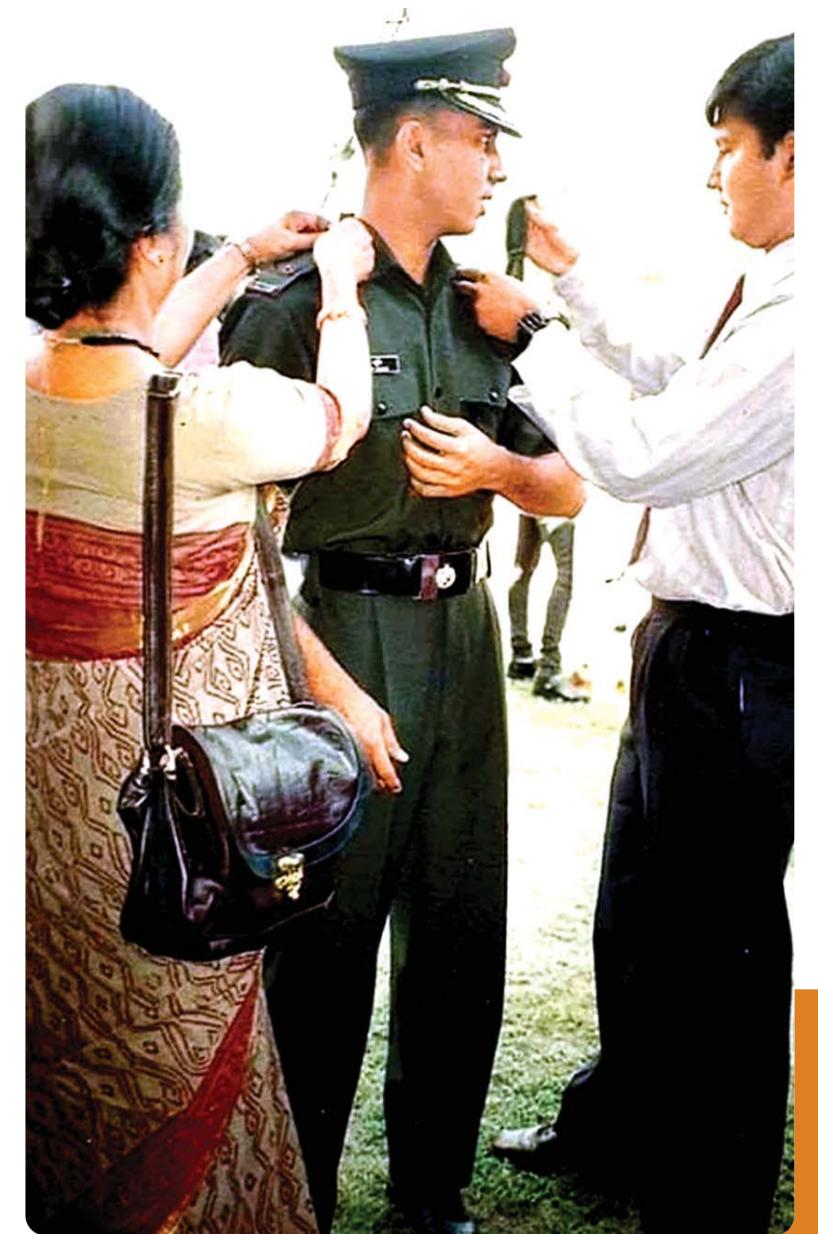


#INTERNATIONAL TEA DAY

Celebrating India's Timeless Love Affair with Tea

Honouring the rich heritage, livelihoods, and future of tea cultivation in India.



World Meditation Day: Embracing Inner Peace

World Meditation Day, celebrated every May 21, highlights the power of meditation to promote mental well-being and inner peace. This global observance encourages people to take a moment from their busy lives to practice mindfulness, reduce stress, and enhance emotional balance. Meditation has been shown to improve focus, boost creativity, and support overall health. On this day, individuals, communities, and organizations come together through workshops, guided sessions, and events to share the benefits of meditation. World Meditation Day serves as a reminder that taking time for quiet reflection can transform our minds and lives for the better.

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Kargil In Retrospect



In the fierce firefight, Captain Haneef Uddin received multiple gunshot wounds, yet he didn't move an inch from his position till his team reached a safer location. The officer, however, succumbed to his injuries while fighting on the icy heights of Point 5590. Inspired by the sacrifice of their young officer, his team established a foothold on the mountain and held it against all odds.



Every year on May 21, the world comes together to celebrate International Tea Day, a day dedicated by the United Nations to honour the cultural and economic importance of tea. For India, one of the world's largest producers and consumers of tea, this day holds special significance. Tea is not just a beverage here; it's woven deeply into the fabric of everyday life, regional culture, and milieus.

The tea story began in the 19th century, flourishing in regions like Assam, Darjeeling, and Nilgiris. These areas are known for their distinctive tea varieties that delight palates globally. Today, the Indian tea industry supports over 1.5 million smallholder farmers and workers, many from rural and tribal communities, making it a backbone of rural employment and economic growth.

International Tea Day offers an opportunity to recognize these hardworking individuals who cultivate and process tea leaves under often challenging conditions. It also sheds light on critical issues facing the sector: climate change, fair wages, and sustainable farming, with a commitment to sustainability.

HIS SACRIFICE OUTLIVES HIM

Captain Haneef Uddin was born on 23 August, 1974 in Delhi to a Hindu mother, Mrs. Hema Aziz and Muslim father, Mr. Aziz Uddin. His mother and father both being artists, a classical singer and a drama practitioner respectively, worked for the Ministry of



Information and Broadcasting. Since their jobs demanded them to tour across the country and perform for soldiers posted in border areas, Captain Haneef Uddin lived with his grandmother in Old Delhi during his formative years.

It was only after the demise of his father at the age of eight, he started living with his mother and older brother Nafees, while his younger brother lived with his aunt in Bengaluru. He was an exceptional student and a popular figure in his school and college. Captain Haneef Uddin was a man who had many feathers in his hat, had a mesmerizing voice and was also popular as a computer genius among his peers.

Interestingly, while completing his graduation in science at the Shivaji College, University of Delhi, he was also crowded as Mr.

Shivaji. Captain Haneef Uddin's discipline and ambition distinguished him. Despite having an offer of a lucrative career in computers, he was determined to join the Indian Army. In conversation with author Mrs. Rachna Rawat Bisht, Mrs. Hema Aziz smiles nostalgically as she recalls her conversation with her son on the matter and how overjoyed he was when she asked him to choose his dream.

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On the night of 06-07 June, 1999, in an attempt to identify the enemy positions along Point 5590, Captain Haneef Uddin volunteered to patrol Karchen Glacier. Accompanied by Naib Subedar Mange Singh, he led a special mission patrol, consisting of one Junior Commissioned Officer and twelve Other Ranks. Advancing through sub-zero temperatures along the sharp razor edge from the South-Western direction, the patrol reached as near as 200 meters to the enemy positions.

Captain Haneef Uddin and his Company were just back from their four-month long tenure at the Siachen Base Camp when 12 JAT reported an enemy intrusion in Sub-Sector West's Turtuk Sector. Due to intense clashes in Batalik Sector between Indian troops and Pakistani intruders, 11 RAJPUTANA RIFLES, which was

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