











## #UNPLUGGED

## Rediscover Life Offline

Screen-Free Week 2025 (May 5-11) invites you to unplug and reconnect, are you in?



In a world where scrolling, streaming, and swiping are second nature, Screen-Free Week comes as a breath of fresh air. Celebrated this year from May 5 to May 11, the global initiative encourages people of all ages to switch off their screens and switch on real-life experiences. Whether you're a student, professional, parent, or teen, you probably spend more time than you'd like on your phone or laptop. But what if, just for one week, you paused the pings, muted the notifications, and rediscovered the world beyond the screen?



## What's Screen-Free Week All About?

Started in 1994 as TV Turnoff Week and rebranded in 2010 to reflect the rise of smartphones, tablets, and streaming services, Screen-Free Week is now a

global movement. It's not about giving up tech forever; it's about finding balance, rekindling creativity, and spending intentional time away from digital distractions.

## Why Go Screen-Free?

Here's what a week without screens can gift you!

**Better Sleep** - No more light before bed.

**More Focus** - Say goodbye to constant multitasking.

**Stronger Relationships** - More face time, less FaceTime.

**Mental Clarity** - Create

## Fun Ideas to Try (No WiFi Required!)

- Cook a new recipe from scratch
  - Try yoga or meditation
  - Download an app
  - Write a handwritten letter to a friend
- Tip:** Make a list of screen-free activities and stick it on the fridge for the whole family!

## How to Make It Work

Unplugging doesn't have to be all or nothing. Here's how to ease into Screen-Free Week!

- Set daily screen-free hours.
- Create tech-free zones at home (like the dinner table or bedroom).
- Inform your circle, let them know you're unplugging.

## Beyond the Week: Creating Lasting Balance

After Screen-Free Week ends, reflect on how it felt. Which activities did you love? What surprised you? Carry forward what worked

and slowly build healthier tech habits into your everyday routine. It's not about ditching screens; it's about not letting them run your life.

So, are you up for the challenge? This May 5-11, unplug to reconnect, with yourself, your people, and your passions. The screen can wait, real life is calling.



# The Story Of Kashmir Waiting To Be Told



Farooq with Paran and Dulat at our 50th wedding anniversary.

PART:1

## #A.S. DULAT

It was a response typical of the man. Doctor Sahib could be both reticent and forthcoming, depending on the time, place, and mood. That is why, rather than a biography, Dulat liked to this had been wanting to be told ever since he first met Doctor Sahib in the winter of 1987.

In October that year, Dulat had received a call from his friend. According to Dulat, at the very first time he heard of Farooq Abdullah, he had probably entered into a political accord with Rajiv Gandhi in December 1986. At that time, Dulat was on an assignment as the security officer for a presidential visit to JKLC.

One month on the night of 15th April, there was a book launch of A. S. Dulat's latest book, *The Chief Minister and The Spy*, at the India International Centre. This was Mr. Dulat's sixth book in the last ten years, and every of his book launch in India or London had done well.

Dulat, however, says that when he began thinking of writing this, he talked it over with Doctor Sahib (as Dr. Farooq is more commonly known in Kashmir). In fact, they spoke about it until one summer of 2004, when Dulat finally began writing it.

"Karo, na," he said. (Go ahead.)

Farooq put a stamp of approval on this feeling by putting out a statement in the press a few days later: "A. Dulat is a friend, he shouldn't have written this book."

Farooq's absence at the book launch became more glaring when, as Dulat recalls, in May 2024, he flew down to Delhi for the launch of Dr. Farooq's book *Covered* at the India International Centre (IIC).

It was on the day that Omar's constituency in Baramulla went to the polls for the parliamentary elections. At first, Dulat had been

unsure that Farooq would come. "No, no, of course, I will come," he assured. "It is Srinagar's election, ours in Srinagar is already over."

But it was reported that the book launch at IIC had all the mirth and gaity that always marked the book events of Dulat's books. About 15 to 17 people were present, and the atmosphere was sombre. People were mostly professional colleagues, there more as a corps-de-ville than celebrating a triumph. Most, explaining Farooq Abdullah's absence, wrote with a sense of regret, framing their words in hushed tones: "Why did he do it?" Why did he write the book?"

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One morning, Romesh Bhandari, the secretary general with President Giani Zail Singh, excitedly brought a copy of *The Times of India* and exclaimed, "Dekho Gian ji ki khabar aayi hai."

Giani responded to this accord with typical fatalism: "This is the beginning of the end of Farooq Abdullah."

The news was, of course, the signing of the accord between Farooq and Rajiv.

Farooq responded to this accord with typical fatalism: "This is the beginning of the end of Farooq Abdullah."

But like many others, according to Dulat, who tried to estimate where Farooq stood on the great political chessboard that is Kashmir, he was wrong.

According to Dulat, the subtitle of the book refers to 'an unlikely friendship' not friendship in its truest sense, which implies that you are on intimate terms with another person.

Farooq says that in the three decades he had known Farooq, he couldn't say with confidence that he truly knew him. "You see, he is the one who is okay and he is on our side. Please, see to that."

It was puzzling because it was something that he had also heard from Chief Minister Arjun Singh, when he had gone to say goodbye before shifting to his new posting in Srinagar; after removing him from the state. Arjun Singh had said, "Doctor Sahib is a nationalist and our best bet, so stay close to him."

With this background, Dulat

was introduced to Farooq at the farewell tea party of his predecessor. "I shook hands with Doctor Sahib and then sat quietly in a corner." Farooq appeared to take absolutely no notice of Dulat, and as Dulat wrote, to be fair to Farooq, why should he have noticed a young fellow on his first posting to Kashmir?

It was only later he realised that even though Doctor Sahib appeared to notice nothing, in reality, he noticed everything. It was a quality that kept even the laziest of Dulat's tribe alert. "You never knew what Doctor Sahib was observing and how he would bring it to your notice at a time of his choosing."

Dulat's first task as IB's station-in-charge in Srinagar was to gain a meeting with Farooq. Farooq had been playing hard to get for a few weeks since Dulat's arrival. In time, Dulat learned that this was part of Farooq's style of dealing with people.

Finally, a call came summoning Dulat to his official residence. Even more apprehensive, Dulat asked his colleagues what he should address him as when he met him. Should he call him Farooq Sahib or Dr. Abdullah?

Farooq immediately disarmed him. "What is this all-on-one business?" he demanded. "Come and have a meal with us at home."

Then, a secretary and security advisor to the Chief Minister, O.P. Butani, came up with, "He is known as Doctor Sahib. That would be good

enough."

So, Dulat went to meet Farooq, armed with just his colloquial nickname and scraps of information about the man himself. When Dulat arrived at Doctor Sahib's home on Gupkar Road, he was already out of the house, heading towards his car like an impatient air.

Dulat was taken aback. "Didn't we have an appointment?"

"Come on," he said briskly, registering Dulat's question. "Hop in the car with me. We will talk on the way."

"Would you like a drink?"

"Farooq would ask as soon as Dulat and his wife arrived for their first meal and the inevitable pleasantries were over."

Dulat was a bit startled at the prospect of a Chief Minister offering him, the local head of IB, a drink but decided to go with the flow.

"If you are having a drink, I don't mind one."

"Yes, of course, I think I'll have a drink," he said, beginning to pour the drink.

And so it was, Farooq and Dulat had a drink, dined, and talked about many different things. It was the first of many such meetings, and it opened the doors to a friendship that lasted three decades.

What also strengthened their bond was the friendship between Dulat's wife, Paran, and Mollie.

They spent a lot of time together while Dulat was at work. Paran had no special friends in Srinagar, so, Mollie became a comforting and close companion.

Doctor Sahib was also very caring towards Dulat's family. He often went out of his way to help them, not as a favour, but as a natural extension of his warmth. This trait was evident during a particularly difficult time when Dulat contracted COVID. Though the attack was mild, Paran insisted he be admitted to the hospital. Dulat was reluctant and even caused a minor fuss.

Concerned, Paran rang Farooq and

however, walked across to Doctor Sahib's lane to seek help from Mollie. Instead, she sent Farooq at the gate. Without hesitation, he calmed her and advised that Aditya be transferred to the Srinagar Medical Institute, Srinagar's equivalent of AIIMS, where his assured her that the doctors would take good care of him.

True to his word, Farooq kept in touch and called Dulat every morning without fail. "Arrey, kya haal hai?" he would ask. "Take your medicines and rest. Don't worry about anything." Dulat was touched by these small but meaningful gestures of friendship and trust.

Another incident that remains etched in Dulat's memory was when his sister and her family came to visit. His son was also home for the holidays, and together with the cousins, they formed a lively, youthful group. One night, four of them decided spontaneously to drive to Pahalgam after dinner. However, near Pampore, they realized it was too far and decided to turn back. On their way, the car spun out of control, turned turtle, and Dulat's nephew Aditya bore the brunt of the accident.

To be continued...

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Dulat with Farooq.



## Honouring the Unsung Heroes of Communication: Interpreter Appreciation Day

Observed annually on the first Wednesday of May, Interpreter Appreciation Day celebrates the vital role interpreters play in bridging language gaps across various sectors, including healthcare, legal, and community services. In 2025, it falls on May 7. Established in 2013 by Joshua Jones, a deaf-blind advocate, the day acknowledges the dedication and skill of interpreters who facilitate clear and accurate communication, ensuring inclusivity and understanding in our diverse society. Whether through spoken languages or sign language, interpreters are essential in connecting people and fostering meaningful interactions across linguistic and cultural boundaries.

[ FAROOQ WENT A STEP FURTHER AND OFFERED HIS OWN HELICOPTER TO DULAT'S SISTER TO FLY ADITYA TO DELHI IF SHE PREFERRED. HOWEVER, POMA, DULAT'S SISTER, DECLINED, EXPRESSING HER FULL FAITH IN THE KASHMIRI DOCTORS AT SOURA. ]

This is a fascinating account of Kashmir, written by one who is not merely an expert but, more importantly, whose emotional attachment to Kashmir and with the mercurial Dr. Farooq Abdullah is, perhaps, unrivalled. On one level, this is an honest and unvarnished account of events that have taken place in Kashmir since the 1980s to the present, but what is more fascinating is that it is an insider's account, unrivalled in terms of understanding the forces at work during a very turbulent period.

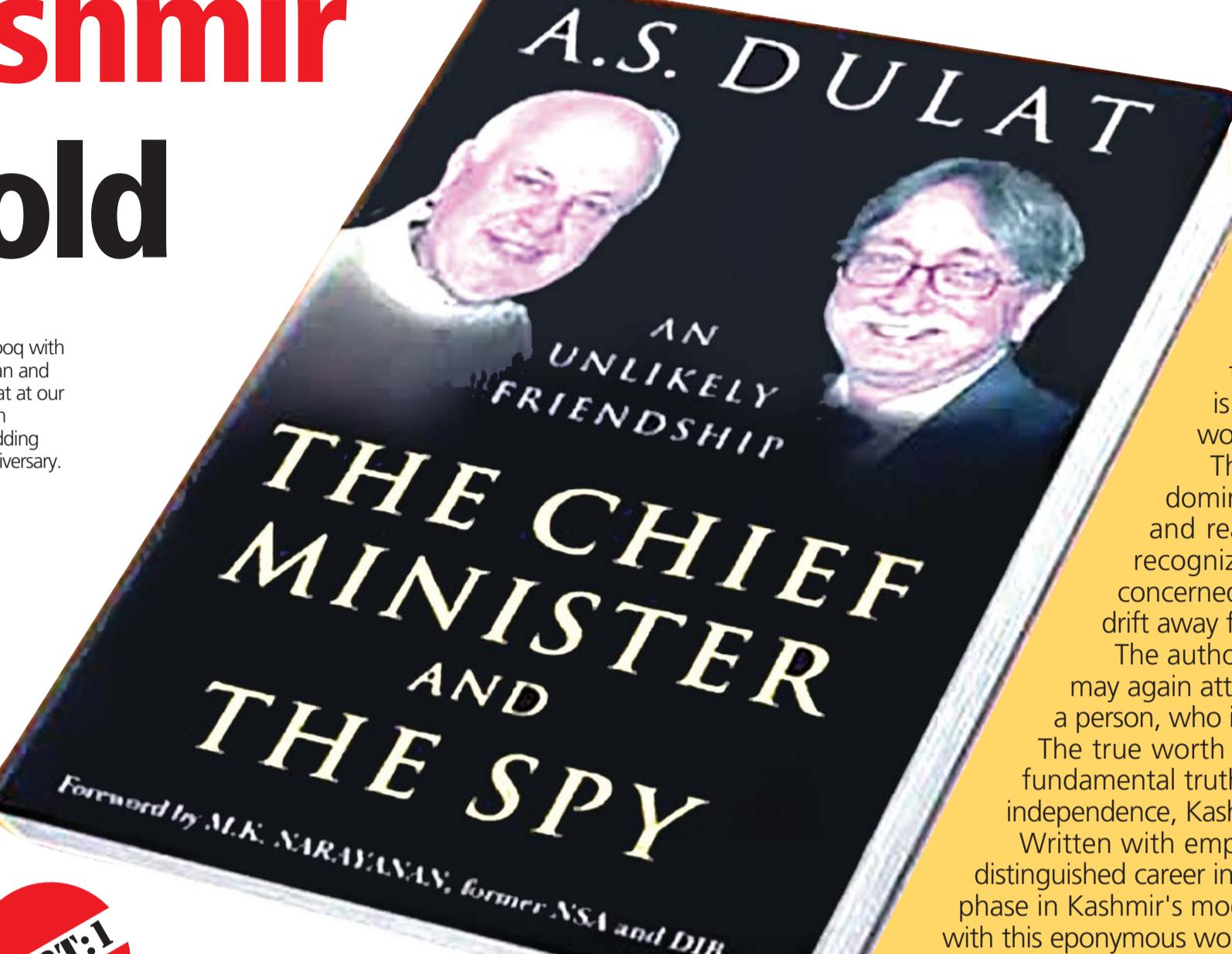
The author's sympathetic portrayal of Dr. Farooq Abdullah as a 'colossus' who dominated the course of many, if not most, events in Kashmir is closest to the truth and reality than most other portrayals. The true merit of the work, though, lies in recognizing the centrality of Dr. Abdullah's role as far as contemporary Kashmir is concerned, and also how critical Dr. Abdullah's role was in ensuring that Kashmir did not drift away from India.

The author's reference to Dr. Abdullah as the tallest of the modern-day Kashmiri leaders may again attract criticism from many, but it is the unvarnished truth and is acknowledged by a person, who is among the very few in the world who can be considered an expert on Kashmir.

The true worth of this book, written in conversation style, is how the narrative brings out a fundamental truth, that notwithstanding several other problems that India has had to face since independence, Kashmir is probably the most complex and enduring.

Written with empathy and sympathy, but 'seeing with the mind's eye,' the author, who has a distinguished career in intelligence over several decades, has provided an insightful account of a chaotic phase in Kashmir's modern history. Few accounts of similar situations across the world quite compare with this eponymous work.

-M. K. Narayanan, former National Security Adviser to the Government of India



## #A.S. DULAT



Farooq in a thoughtful mood at Dulat's residence in December 2024.

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# वारदात अंजाम देने से पहले हथियार सहित तीन बदमाश गिरफ्तार

पुलिस ने आरोपियों के पास से एक पिस्टल, छह जिंदा कारबूस और एक जीप बरामद की गई है।

अजमेर, (कासं)। हरिभाऊ उपाध्याय नगर थाना पुलिस और जिला स्पेशल टीम ने संयुक्त कार्रवाई करते हुए वारदात अंजाम देने से पहले हथियारों से लैस तीन बदमाशों को गिरफ्तार किया है। आरोपियों के पास से एक पिस्टल, छह जिंदा कारबूस और एक जीप बरामद की गई है। पुलिस घृताछ में मुख्य आरोपी भूपेंद्र सिंह खांवा खुद को कुच्छात लॉरेंस बिश्नोई गैंग का सदस्य बताता है।

सीधे रूपक्राक्षश शर्मा ने बताया कि जिला स्पेशल टीम को सच्चा मिली थी कि हरिभाऊ उपाध्याय थाना क्षेत्र में हथियारों के साथ घूम रहे हैं। इस पर पुलिस टीम ने पुकार घाटी पर जानकारी की ओर एक संदिध जीप को रोका। तात्परी लेने पर थार जीप से एक पिस्टल और छह कारबूस बरामद हुए। जीप में सबर तीनों युवक पुलिस को कोई संतोषजनक जवाब नहीं दे सके। शक



पुलिस और जिला स्पेशल टीम ने बदमाशों को गिरफ्तार किया।

के आधार पर पुलिस ने मौके से तीनों बदमाशों में व्यावर निवासी भूपेंद्र सिंह खांवा, आदर्श नगर निवासी दीपक रावत और पीसांगन निवासी आदेश गैंग के खिलाफ गैंग से खरीदे गए थे।

तीनों बदमाशों के खिलाफ गैंग ने बदमाशों को खांवा रावत और पीसांगन निवासी आदेश कई आपाराधिक मामले दर्ज की हैं।

पुलिस की प्रारंभिक पूछताछ में

- पुलिस पूछताछ में मुख्य आरोपी भूपेंद्र सिंह खांवा ने खुद को कुच्छात लॉरेंस बिश्नोई गैंग का सदस्य बताया।
- करीब पांच महीने पहले भी इन तीनों को मध्य प्रदेश पुलिस ने हथियारों के साथ गिरफ्तार किया था।

सामने आया कि आरोपी पुकार की ओर जा रहे थे और हथियारों की सप्लाई से जुड़े हैं। जानकारी में सामने आया है कि बदमाशों द्वारा हथियार जवाजा से खरीदे गए थे। गिरफ्तार तीनों आरोपियों के खिलाफ पहले से कई आपाराधिक

मामले दर्ज हैं। करीब पांच महीने पहले भी इन तीनों को मध्य प्रदेश पुलिस ने हथियारों के साथ गिरफ्तार किया था।

लॉरेंस बिश्नोई गिरोह से जुड़े तार - सुनों के अनुसार भूपेंद्र सिंह खांवा का जुड़ाव सीधे तौर पर लॉरेंस बिश्नोई गिरोह से है। भूपेंद्र पर इस गिरोह को हथियार सम्बद्ध करने का आरोप है। बताया जाता है कि वह वर्ष 2017 में पंजाब की एक जल में अफीम तस्करी के मामले में बंद था, जहां उसकी मुलाकात लॉरेंस से हुई थी। इसके बाद से ही वह गिरोह के लिए काम करने लगा। पुलिस ने तीनों आरोपियों को रिमांड पर लेकर गवन घृताछ शुल्क कर दी है। हैंड कार्सेट लॉरेंस और कास्टेल रामनिवास की भूमिका महत्वपूर्ण भूमिका रखी। पुलिस अब यह भी जाच कर रही है कि इन बदमाशों के तार कहीं किसी बड़ी साजिश से तो नहीं जुड़े हैं।

# नगर परिषद प्रशासन ने पुष्कर सरोवर में चार फव्वारे लगाए

फव्वारे पुष्कर सरोवर के मछलियां समेत जलीय जंतु के लिए जीवन देना वाला साबित हो रहे हैं।



पुष्कर सरोवर में ऑक्सीजन लेवल एवं जल स्तर बढ़ाने के लिए फव्वारे लगाए गए हैं।

पुष्कर, (निस). बड़ती तेज गर्मी को जनुआरी के लिए पुष्कर सरोवर की मछलियां एवं जलीय जंतुओं के लिए बरदान लगाए गए हैं। ये फव्वारे नुकसान की तीन बन्द पड़े वर्षिंग के लिए सात दिन बालू स्ट्राइप फिट कर दिए जाना चाहिए। जानकारी के अनुसार पुष्कर नगर परिषद अयुक्त जनादेश शामि ने बड़ती तेज गर्मी के लिए जलीय जंतुओं को आक्सीजन लेवल बढ़ाने के लिए पांच क्रेसर पाइप बन गया है जिससे पुष्कर देखते हुए पुकार नगर परिषद प्रशासन ने गर्मी महीने युक्त सरोवर का आक्सीजन लेवल बढ़ाने के लिए पांच क्रेसर फव्वारे लगाए गए हैं। पांच क्रेसर अधिकारियों से बात की, जिस पर सफाई निरीक्षण लेवल बढ़ावा देता है। ये फव्वारे नुकसान की मछलियां समेत जलीय जंतुओं के लिए जीवन देना वाला चालू करवाते हुए सरोवर का आक्सीजन लेवल बढ़ावा देने के कार्य में जुटा डुआ है। नार परिषद प्रशासन की ओर से क्रेसर फव्वारे की देखेख के लिए चार सरोवर की मछलियां एवं जलीय जंतुओं को आक्सीजन लेने के लिए जीवन देने के कार्य में जुटा डुआ है। नार परिषद प्रशासन की ओर से क्रेसर फव्वारे की देखेख के लिए चार सरोवर की मछलियां एवं जलीय जंतुओं को आक्सीजन लेने के लिए जीवन देने के कार्य में जुटा डुआ है।

# कार में बैठी सैलानी युवती ने 70 साल के बुजुर्ग को फंसाया

जैसलमेर, (निस.). जिले के सरहदी तनाव थाना क्षेत्र में सैलानी को भेड़े-घायल बुजुर्ग चिमपाराम (62) पर स्वरूपराम ने बताया कि वह सिरियारों से घृणा के बाद बुजुर्ग को घर जाकर पीटा, जिससे वह घायल हो गया और उपचार के लिए उसे घृणा के बांगड़ हास्पिटल में भर्ती करवाया।

गाली के बांगड़ हास्पिटल में भर्ती होकर उसके परिवार के लोगों ने कुछ ग्रामीणों के साथ मिलकर उस पर हमला कर दिया और घर से बाहर निकालकर लाठियों से पीटा, जिससे वह घायल हो गया। अपने साथ हुई इसके बाद बुजुर्ग को लेकर घर लौटने में बुजुर्ग घृणा हुई। इसके बाद जानकारी उसने पुलिस-प्रशासन को दी। इससे नाराज गाली के बांगड़ हास्पिटल में भर्ती की गई।

गौरतलव है कि जैसलमेर घूमने के लिए जैसलमेर में भर्ती की गई।

आई महिला ने न सिर्फ बुजुर्ग के साथ अरेल वीडियो व्हिडियो बैरावल नहीं करें।

अग्रेसर पाइप बन गया है जिससे पुष्कर सरोवर की मछलियां एवं जलीय जंतुओं के लिए बरदान लगाए गए हैं। पांच क्रेसर अधिकारियों से बात की, जिस पर सफाई निरीक्षण लेवल बढ़ावा देने के लिए जीवन देना वाला चालू करवाते हुए सरोवर का आक्सीजन लेवल बढ़ावा देने के लिए जीवन देने के कार्य में जुटा डुआ है।

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