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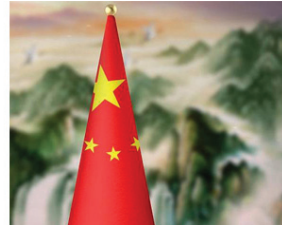
Page No. 1

62 Years of Sino-Indian



WAR 1962

Chushul was one of the scenes of the bloodiest battles in the Sino-Indian war of 1962



Arun Prakash - This November, 62 years ago was fought a fierce battle between the Indian army and the invading Chinese army in eastern Ladakh - same area which has recently been much in the news in standoffs

with the Chinese. A battle in which two got posthumously the country's highest gallantry award - mostly forgotten by our countrymen save perhaps for historians and men in uniform interested in military history. In 2006 I

had visited Ladakh for some work in an Army convoy to Ladakh. On the way to Loma in eastern Ladakh I stopped at the Rezangla War Memorial. This is the story of those brave young men who stared (... *Contd... on Page 4*)

Ganja seizure at polytechnic hostel: Police take two former students of Kalamassery college into custody



Staff Reporter - The Kochi City police have taken into custody two persons, reportedly former students of the Government Polytechnic College, Kalamassery, in connection with the seizure of nearly 2 kg of ganja from the college's men's hostel. Aashik and Sherik, suspected to be dropouts, have been taken into custody. The police suspect them to be behind the supply of the ganja seized, though this is still being verified. Aiju Thomas, college Principal, said that

Aashik was expelled more than a year ago. "We suspect they were the ones who had fled the hostel at the time of the (police) raid. We are also verifying their credentials," said P.V. Baby, Assistant Commissioner, Thrikkakara. About 1.9 kg of ganja was seized from one room and 10 grams from another, while three final-year students were arrested in the overnight raid that started on Thursday night and concluded on Friday around 4 a.m.

(... *Contd... on Page 3*)

Over 100 Motorists Booked for Drunk Driving During Holi



Staff Reporter - The Navi Mumbai Traffic Department cracked down on drunk driving during Holi, booking 107 motorists for driving under the influence of alcohol. The offenders were charged under relevant sections of the Motor Vehicles Act as part of a special enforcement drive. The campaign was conducted on March 13 and 14, 2025, under the supervision of the Police Commissioner, Joint Police Commissioner, and senior traffic officials. The initiative aimed to curb

(... *Contd... on Page 2*)

Unchecked tree cutting in Navi Mumbai sparks concern among environmentalists

Staff Reporter - Incidents of tree cuttings, deliberate uprooting, and severe pruning of branches continue unabated in the city areas, much to the worry of nature lovers. On the eve of Holi, at least 25 trees were cut at a plot in Vashi Sector 15, where there was a municipal overhead tank earlier. On the same day, a Belapur-based activist, Paramdeep Garewal, said: "A private builder in the Killegaathan area was trying to fully uproot three large trees with the help of a JCB. Earlier too, many trees were ruthlessly cut in this region,

including the roadside trees which are not inside any private plot." An NMMC official from the gardens department visited the Killegaathan site following the complaints of activists. RTI activist, Anarjit Chauhan, stated: "According to the Maharashtra Tree Preservation Act, there must be four trees for each person in the city. However, in Navi Mumbai, the tree count is much less than this criterion. On the other hand, the civic body is easily giving more permissions to cut trees, which can affect our environment."

Murder over suspicion of infidelity

Staff Reporter - Suspecting infidelity, a truck driver strangled his 47-year-old live-in partner, who was a sex worker in the Turbhe red light area on Friday afternoon. The arrested accused is identified as Ajay Kumar Yadav (40), who is remanded to police custody till March 19, informed Turbhe police. As the victim, identified as Shibani Bala, fell unconscious after the accused strangled her, he panicked and, with the help of a neighbour, rushed her to NMMC Hospital in Vashi, where the doctors declared her brought dead. A medico-legal case was informed

by the civic hospital to Turbhe police, and the accused was arrested after registering a murder case against him. The FIR was registered after a complaint was lodged by the victim's neighbour, Prabhavati Hirwe (43). Investigating officer API Mahesh Jankar said, "The murder victim hails from West Bengal, where her husband and two children reside, and the accused Yadav hails from UP, and his wife and two children reside at his native place. Both were in a live-in relationship for the past two years.

PREVENTION IS BETTER THAN CURE




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Editorial

HEALTHY RESOLUTIONS

As the year ends, many people make resolutions for the new year. However, my resolution is the same every year and is easy to follow. It has become a part of my routine lifestyle. By the grace of God, I have never had to register for a gym or follow a diet regime. I resolve to ensure my family's physical, mental, and emotional stability. However, I always remember to take care of myself, as my good health is essential for the well-being of my family. Instead of making resolutions meant to be broken, I choose a healthy and manageable lifestyle for myself and my family. Nowadays, people are much more aware that mental health is as important as physical health. Also, helping less fortunate people can give them immense happiness in life. Financial planning and time management can keep you from worries and help you achieve mental stability. Listening to inspirational speakers can also be motivating. My resolution every year is to do aerobic exercise for 30 to 40 minutes only twice or thrice a week. For grocery shopping or visiting nearby relatives, I prefer walking to get fresh air and save money. So, I plan my eating habits in such a way that I can enjoy all the tastes and flavours while also keeping my weight almost stable. I take time for my hobbies, which give me inner satisfaction and keep me going.

OVER 100 MOTORISTS BOOKED FOR ...

..... **Contd. from Page 1** reckless driving and enhance road safety during the festive period. Authorities have warned that strict action will continue against traffic violators to ensure safe and

smooth traffic flow. Motorists are urged to adhere to traffic rules and cooperate with the police to prevent accidents and maintain public safety

Letters to Editor

Dear Editor,

U have been regularly & effectively using your columns to highlight the problems of common man, particularly in Navi Mumbai for the past 30 years or so & sustained, only with the patronage of your esteemed readers & contributors.

Regards,
A reader & well wisher from Vashi.

Editor Sir,

I am a regular subscriber

& reader of your esteemed Sunny News, for the past 15 years. While you cover a lot of interesting topics, like any other in print media, you have been avoiding to address the most severe problem of air Pollution in Navi Mumbai, particularly by night in Vashi & neighbouring areas. Should the NMMC collect tax, to provide toxic air to residents ???

Regards.

Sandesh Patil,

A 1 B2, Thurbhe Naka.,

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FREEDOM OF PRESS

Curtailement of the freedom of the press. - Governments take recourse to suppress newspapers publishing irritating articles in different ways. Over the years governments in different parts of the world have used diverse method to keep press under control. They have followed carrot-stick methods. Secret payments of money, open monetary grants and subventions, grants of lands, postal concessions, Government advertisements, conferment of titles on editors and proprietors of newspapers, inclusion of press barons in cabinet and inner political councils, etc. constitute one method of influencing the press. The other kind of pressure is one of using force against the press. Enactment of laws providing for pre-censorship, seizures, interference with the transit of newspapers and demanding security deposit, imposition of restriction on the price of newspapers, on the number of pages of newspapers and the area that can be devoted for advertisements, withholding of Government advertisements, increase of postal rates, imposition of taxes on newsprint, canalisation of import of newsprint with the object of making it unjustly costlier, etc. are some of the ways in which Governments have tried to interfere with freedom of press. It is with a view to checking such malpractices which interfere with free flow of information, democratic constitutions all over the world have made provisions guaranteeing the freedom of speech and expression laying down the limits of interference with it. It is,



Adv. Sosamma Varghese

B.A., LL.B., PG (Human Rights)

therefore, the primary duty of all the national courts to uphold the said freedom and invalidate all laws or administrative actions which interfere with it contrary to the constitutional mandate.

Law reports - Whether a newspaper a work must be a : (i) printed work, (ii) a periodical, and (iii) should contain public news or comments on public news. Any other class of printed periodical work as may, from time to time, be notified in this behalf by the Central Government in the Official Gazette, may also be a newspaper.

It is significant that the expression 'newspaper' as defined in the Working Journalists and Other Newspaper Employees' (Conditions of Service) and Miscellaneous Provisions Act, 1955, includes not merely 'public news' but also 'comments on public news'. Every law report contains the editorial note at the commencement of the decisions printed therein and also comments on some of the recent decisions. Law reports also contain newly enacted Acts, Rules and Regulations, book reviews and advertisements relating to law books, reports of handwriting and finger-print

experts, etc., speeches made at conferences in which the legal fraternity is interested, etc. Though the publication of these items by itself may not occupy a substantial part of a law report to make it a newspaper, the publication of the recent judgments itself is sufficient to make a law report a newspaper which may after some time cease to be a newspaper and become a book of reference.

Media reports and public advocacy. - Media reports are given due consideration. There are cases where a newspaper report itself is treated as a writ petition and action taken on it by the Courts. Courts have granted 'standing' to 'public interest' litigant, and to individuals to take up cases involving a 'public right' or 'injury to the public interest'. There can be no dispute on the point that 'media' exercises the de facto rights of the people and in fact a representative of 'public interest'.

Public advocacy outside courts through well established mechanisms like lobbying, negotiations and mobilisation of public opinion could be effectively undertaken by the media. The media can offer innovative ideas on 'social legislation' and by publishing the views of affected interests can pinpoint the ill effects of the social welfare measures and the correctives needed to deliver justice to the people. The need for a new type of legislation or a policy may be highlighted by the media, which the authorities can take note of in shaping the laws conformable to the needs of the society.

PEACE IS SPIRIT OF SPIRITUALITY



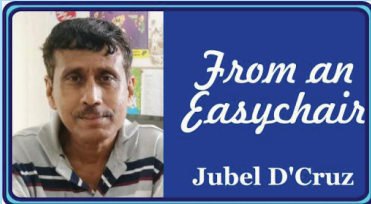
C.K. SUBRAMANIAM -

The International Day of

Peace, sometimes officially known as World Peace Day, is a United Nations-sanctioned holiday observed annually on 21 September. The world must choose the path of non-violence and unite in ensuring that peace is maintained across nations. The forces of terror and violence

must be totally isolated. The way the international system is structured poses enormous obstacles to peace. The International Day of Peace is an occasion for deep reflection about the prevalence of war, violence and insecurity in many parts of the world.

(... Contd... on Page 4)



*From an
Easychair*

Jubel D'Cruz

CHH. SHIVAJI WAS A GREAT MARATHA WARRIOR

The 395th birth anniversary of Chhatrapati Shivaji Maharaj was celebrated on February 19 to remember and praise his courage, warfare tactics and administrative skills. Shivaji's mother, Jijabai, and mentor, Dadaji Kondadeva, played crucial roles in shaping his character. They taught him values like bravery and fairness from a young age. As Shivaji grew up, he showed great military skills and clever strategies. He fought against the Mughal and Adil Shahi rulers who oppressed his people. His courage and leadership made him a hero among the people. The idea of celebrating his birth anniversary came about to honour his memory and recognise his impact on history. Over time, it became a national celebration, reminding everyone of the importance of bravery and resilience. The day is not just about battles and forts but it is also about understanding the importance of unity, like Shivaji did by respecting people of all faiths. Imagine this! A Hindu king like Shivaji having a Muslim bodyguard named Siddi Ibrahim. Shivaji did not care about what religion people followed; he cared about their loyalty and bravery. Just like when you play with friends who might be different from you, Shivaji brought everyone together for a fair and strong kingdom. Ibrahim Khan was the chief gunner; Shama Khan and Ibrahim Khan were the heads of the cavalry squad. Siddi Ibrahim was one of Shivaji's bodyguards. In the encounter with Afzal Khan, Siddi Ibrahim saved Shivaji by risking his life. Later, Shivaji appointed him as the head of the Fonda fort. In Shivaji's army, Hindus and Muslims fought alongside each other, protecting their land and people. Many soldiers in Shivaji's army were Muslims like the 700 Pathans who joined him. Even when building forts like Pratapgad, Shivaji worked with Malik Sandal, a talented Muslim architect. This shows that when people work together, amazing things can happen. As we enjoy the stories of Shivaji's bravery, let us remember his message of unity. We might be different, but when we join forces, we can achieve incredible things. There is a Govindrao Phule in 1870. The first Chhatrapati Shivaji Maharaj Jayanti was need to



celebrate not only Shivaji's courage, but also his belief in unity.

The commemoration of his birth anniversary was initiated by Mahatma Jyotirao celebrated in Pune, marking the beginning of this tradition. Subsequently, Bal Gangadhar Tilak (popularly known as Lokmanya Tilak) played a pivotal role in advancing this observance. Tilak, by emphasising Shivaji's contributions and virtues, significantly influenced public perception and elevated his image in the eyes of the people. Today, Chhatrapati Shivaji Maharaj Jayanti is a day of celebration where people come together to honour his memory and find inspiration in his life. It's not just about remembering a historical figure but also about celebrating the values he stood for – bravery, honesty, and fighting for what is right.

Chhatrapati Shivaji Maharaj was considered the people's king. His iron determination, valour, and dominance were the epitomes to follow. His courage knew no bounds. He was a Maratha warrior and founding ruler of the Maratha empire in western India. In India and even in other countries, he is still considered the greatest warrior of his time. An innovative military tactician and a skilful administrator, he is considered a valorous warrior. The great qualities he possessed as a leader and king helped him build the Maratha Empire into a powerful and massive power.

Ganja seizure at polytechnic hostel:

..... **Contd. from Page 1**
The raid was based on intelligence reports that ganja had been bought as part of Holi celebrations on Friday. Reportedly, "donations" were collected from students for buying ganja. Adityan, 20, a Mechanical Engineering student from Alappuzha; Abhiraj, 21, an Automobile Engineering student from Karunagapally; and Akash, 21, a Chemical

Engineering student from Kollam, were arrested. Incidentally, Abhiraj is the general secretary of the College Union led by the Students Federation of India (SFI). According to the police, Akash was found in possession of a medium quantity of around 1.9 kg of ganja and was remanded in judicial custody. Abhiraj and Adityan, allegedly possessed less than 3 grams, which qualifies as

small quantity, and were granted bail. The Academic Council of the college has suspended the arrested students pending inquiry. The police also seized weighing machines and zip covers reportedly used for selling ganja in smaller quantities, giving the impression that it was not limited to personal consumption, but there was sale as well.

Wishing 'Eid Mubarak' to all Muslim readers

--- Jubel D'Cruz

As Muslims around the world celebrate the auspicious occasion of Eid-ul-Fitr, I take this opportunity to extend Eid Mubarak greetings to the Muslim community in India and around the world. Eid-ul-Fitr is a festival that marks the end of the holy month of Ramadan. This joyous day is celebrated worldwide to give thanks to Allah for the blessings of Ramadan. Muslims attend the congregational Eid prayer service, which is held in the morning at the mosque. They wear new clothing, cook delicious food and invite friends and neighbors to celebrate with them. After the completion of prayers, every worshipper congratulates and shakes hands or embraces the other brother/sister present in the congregation, irrespective of having acquaintances with another person or meeting him or her for the first time. Later on, visits to the homes of friends, relatives and less fortunate members are made. Believers visit their neighbors and friends and offer gifts to express their happiness to as many people as they can. Fasting during Ramadan inspires sympathy for the hungry and the needy and encourages Muslims to donate generously to the poor. The main goal of fasting during Ramadan is to develop their connection with God, which is possible and can be achieved only during Ramadan. The Prophet (saw) says that the very purpose of fasting is achieving Allah. So all the believers try their best to imbibe themselves in the attributes of God and emerge out of Ramadan as completely reformed, purified and having close connection with Him. Fasting teaches and trains one to face the hardships of life and to increase the power of resistance. This practice really contributes to the physical, moral and spiri-

tual development of man. The method of achieving this high goal during fasting is devotion of time and making sincere and conscious effort in the right direction. Believers read and reflect over the Qur'an and are guided at every step and stage of advancement in their spiritual race. On Eid-ul-Fitr, one should reflect on one's condition of spiritual improvement and resolve not to lose what one has gained, but rather, not only to maintain it, but press forward to even higher spiritual development through righteous conduct, prayers and seeking the grace of God. Islamic tradition says that the first Eid was celebrated by Prophet Muhammad (PBUH) around 624 AD. Eid is a time to spend with friends and family, sharing meals and exchanging gifts. Children are also often given money, called 'Eidiyah' or 'Eidi'. Eid starts when the new moon is sighted or on the date that scientific calculations predict it will appear. Like other aspects of the celebration, food eaten during Eid-ul-Fitr can vary between regions and countries. However, no matter where you are from, the feast is commonly started by eating a date, which signifies the end of the fast. One of the most common items that one will also find at most Eid feasts is 'sheer khurma', which is a warm, sweet vermicelli milk. This is a treat that is delicious at any time of the day and is a staple at meals. Other foods that are common during Eid festivities around the world are chicken/mutton briyani, samosas and many other delectable dishes. Being happy and thankful to Allah, we should not forget the workers who are not celebrating Eid because of their duties such as policeman, housemaids and gate keepers. We should share our happiness with them too, as Eid is all about sharing happiness and joy.

HEALTH

Consume these superfoods for dust allergy relief

An allergy is our immune system's adverse reaction to a substance as if it would cause a disease. However, the same substance may not cause any trouble for others. A substance which causes an allergy is called an allergen. In this article, we've listed to foods that can fight dust allergies quite effectively. Keep reading! The initial reaction by the immune system is inflammatory. Allergies can be caused by dust, pollen, insects and their bites, fur and feathers, certain foods. Bacteria, medicines, etc. of these, dust allergy is a condition of inflammation and it is one of the most common problems related to the immunity in modern times; thanks to the high level of air pollution all around us. Dust allergy caused asthma, and it can be frequent and unexpected.

Symptoms of dust allergy: the symptoms of the dust allergy include continuous sneezing, runny nose, cough irritation in the eyes, shortness of breath and itching, but, it is possible to keep dust allergy and asthma at bay if you include the following 10 superfoods in your diet.

Apple: just like an apple a day keeps

the doctor away, it also keeps allergy away. It is said that pregnant women who had at least four apples a week and less chance of giving birth to an asthmatic child. Apple has a high content of quercetin, which is a phytochemical that can protect you against asthma. **Water:** Water is also an important drink to fight allergy. Since dehydration is a major reason that aggravates asthmatic symptoms, consumption of an adequate amount of water on a daily basis is a must, unless of course you have a water allergy.

Banana: having just one banana a day can keep asthma at bay. The fiber content in this fruit also helps in preventing respiratory problems, including asthma.

Spinach: The more you consume spinach, the more is your chance of getting rid of asthma. 'The doctor green vegetable' has several rich ingredients like vitamin C, vitamin E, beta-carotene, potassium and magnesium, the last one being a very important agent to prevent asthma attacks. Deficiency of potassium also makes one more vulnerable to asthma.

PEACE IS SPIRIT OF SPIRITUALITY

Contd..from page 2

Essence of spirituality gives a sense of peace, wholeness and balance among the physical, emotional, social and spiritual aspects of our lives. It enhances our ability to deal with life's ups and downs and bounce back from difficult experiences. It is a broad concept of a belief in something beyond the self. A spiritual person has certain essential qualities which include positive thinking, inner peace, egoless, unconditional love, optimism, harmony, humility, responsibility, compassion, justice, simplicity, and reciprocity. Therefore, it is important that the spiritual dimension of life is brought into everybody's lives. There are people who develop an allergy to spirituality because they are told that spirituality means leaving everything and going to the mountains which is not true. Essence of spirituality teaches us how to be spiritual in our office, in our home, on the streets, or wherever we are. In fact, spirituality is about our interiority, not what we do outside. It is an inner science to create a conducive inner atmosphere. The quality of our life is dependent on how we are within ourselves, how joyous, how peaceful we are. Our body is simply an accumulation of what we have gathered from the Earth. When we leave, we

cannot take even an atom of our body. So, this body is not really ours, our mind is not ours either. Even if our memory is erased, we will still be there but our family, our status, our business, and everything that we own in the world will disappear. So, there is something else which needs to be looked at beyond these dimensions. All the things that we identify ourselves with, there is still something called 'We'. This 'We' is not subject to what we accumulate from outside. Unfortunately, that 'We' has been covered up and crowded with other things and we never allow ourselves to look at that. We always think that what we are identified with is much more important than who we really are. The whole process of spiritual science is to elevate us to an experience that is beyond the five senses. When we transcend the limited experience of what we know as ourselves, our experience of life will naturally be in a different dimension. Only then will we begin to experience the joy, the blissfulness of knowing who we really are, why we are here and what is the purpose of God's blessed human life. In short, finding our soul is the essence of spirituality! Originality is the essence of spirituality! To stand firmly on the ground and still reach out and touch the sky, is the essence of spirituality!

62 YEARS OF SINO-INDIAN

..... **Contd. from Page 1**
death in the face — a story that should be remembered. In 1962 after an eight-day battle, which concluded on October 27, there was an eerie silence in Ladakh until the early hours of November 18 when an artillery shell landed and broke the silence, thus ushering in some of the most famous battles in military history.

Chushul the central flash-point was one of the scenes of the bloodiest battles in the Sino-Indian war of 1962. It is in the south of the Chang-Chenmo valley and has Pangong-tso as its main attraction.

The village of Chushul is to the west of the vast Spanggur Gap - a mountain pass on the line of actual control (LAC) between India's Ladakh and China-controlled Tibet's Rutog county in Ngari prefecture, which is located on the westside of the Spanggur lake and has a mountain slope on its south bank. The strategically significant Chushul airstrip located between the village and the gap and Indian Air Force AN-12 and Packet

aircraft would frequently operate from there. There were two phases to the clashes at the Chushul sector—first at Sirijap post on October 21, and then at Rezang La and Gurung hill from November 18 onwards. Despite a valiant defence, a consequence of being outnumbered and outgunned, Indian soldiers from 1/8 Gorkha Rifles, 13 Kumaon, and 5 Jat suffered heavy casualties in the Chushul sector.

Chushul was held by two companies of the 1/8 Gorkha Rifles when the India-China conflict began. Its Delta Company's lesser platoon, led by Maj Dhan Singh Thapa, was stationed at the Sirijap complex, which was maintained by assault boats and had no land connection to the Chushul garrison. The Indian soldiers held off the first few waves of attack by the Chinese at Gurung Hill and Rezang La—two crucial battles in Chushul. This defence even included engaging in hand-to-hand combat and drawing the Khukri (curved knife).

..To be contd. in the next issue

