

# NATIONAL AWARENESS TIMES

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Saini Reaches Gurdwara  
**SHRI FATEH GARGH SAHIB**

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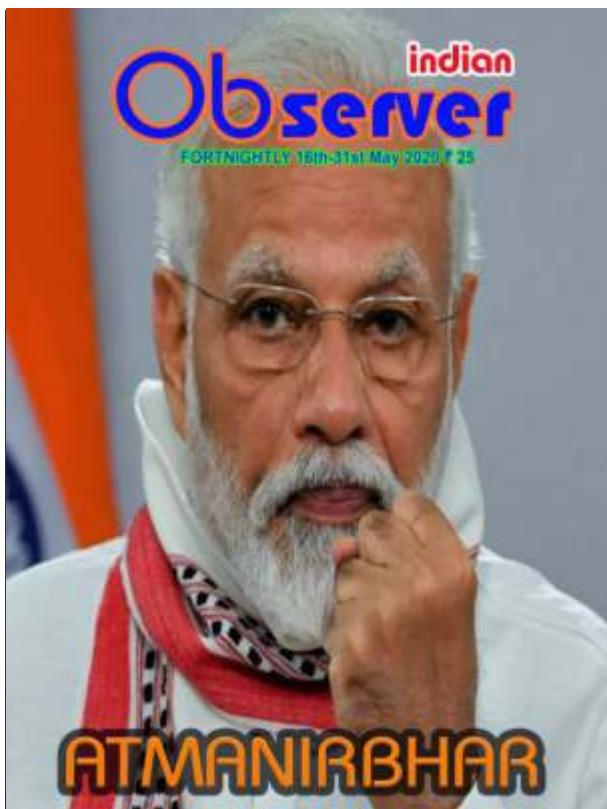
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## CHIEF EDITOR DESK



Dear Readers,

*On behalf of National Awareness Times (India's National Weekly), the editorial board and the team of our journal would like to wish all the readers a wonderful week ahead & Happy Guru Gobind Singh's birth (Prakash Gurpurab) to all.*

*Commemorating the supreme sacrifice of the Sahibzadas, Haryana Chief Minister Nayab Singh Saini's visit to*

*Gurdwara Sri Fatehgarh Sahib carried deep historical, spiritual, and moral significance.*

*The Indian Space Research Organisation marked another significant milestone in its growing international space portfolio with the successful launch of the US BlueBird Block 2 satellite.*

*The Supreme Court's decision to stay its own earlier order in the Aravalli case has brought temporary relief to multiple stakeholders while reopening an important debate on environmental protection, development, and judicial review.*

*Mount Etna, Europe's most active and one of the world's most closely watched volcanoes, erupted once again, reminding the world of the immense natural forces simmering beneath the Earth's surface.*

**Deepak Singh,**  
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# SAINI REACHES GURDWARA SHRI FATEHGHAR SAHIB

By Editor – Gaurav Singh



Commemorating the supreme sacrifice of the Sahibzadas, Haryana Chief Minister Nayab Singh Saini's visit to Gurdwara Sri Fatehgarh Sahib carried deep historical, spiritual, and moral significance. The sacred land of Fatehgarh Sahib is not merely a place of worship; it stands as a living testimony to one of the most poignant chapters in Indian history, where courage, faith, and sacrifice triumphed over cruelty and oppression. By paying homage at this revered shrine on the occasion of Veer Bal Diwas, the Chief Minister

joined millions across the country in remembering the extraordinary bravery of the younger Sahibzadas of Guru Gobind Singh Ji, Baba Zorawar Singh and Baba Fateh Singh, who laid down their lives at an age when most children are still discovering the world around them.

The story of the Sahibzadas is etched deeply into the collective conscience of India. Born into the house of Guru Gobind Singh Ji, the tenth Sikh Guru, they inherited not wealth or power, but a profound legacy of truth, righteousness, and fearless

resistance against injustice. At a time when tyranny sought submission at any cost, these young souls chose the path of faith and honour. Despite their tender age, they refused to renounce their beliefs or bow before the oppressive authority of the Mughal administration. Their martyrdom was not an act of desperation, but a conscious stand rooted in spiritual conviction and moral clarity. Standing at the historical site where Baba Zorawar Singh and Baba Fateh Singh were bricked alive, Chief Minister Nayab Singh Saini bowed his head in



reverence. The silence of the place speaks louder than words, reminding visitors of the unimaginable cruelty faced by the Sahibzadas and the unwavering resolve with which they endured it. The CM paid homage to their moral fortitude and unshakeable faith, emphasizing that their sacrifice transcends time and religion. According to him, their courage continues to inspire humanity to remain steadfast on the path of truth, justice, and righteousness, even in the face of overwhelming adversity.

Veer Bal Diwas, observed to honour the martyrdom of the Sahibzadas, serves as a powerful reminder of the role of youth in shaping the moral future of society. The Chief Minister highlighted that the sacrifice of the Sahibzadas is not only a chapter of Sikh history but a universal lesson in bravery and integrity. Their story teaches that true strength lies in standing firm for one's principles, even when doing so comes at the highest personal cost. In an era where moral compromises are often justified for convenience, the lives of the Sahibzadas challenge society to reflect on the meaning of

courage and character.

During his visit, Nayab Singh Saini also participated in sewa, or voluntary service, at the Gurdwara complex. This act carried symbolic importance, as sewa is one of the core tenets of Sikh philosophy. Through humble service, individuals dissolve barriers of ego and status, reaffirming the idea that service to humanity is service to the divine. By engaging in sewa, the Chief Minister conveyed a message that leadership is not merely about authority or administration, but about humility, compassion, and active participation in the welfare of society.

The CM's presence at Gurdwara

Sri Fatehgarh Sahib also served to remind devotees that bravery is not limited to acts of physical valor on the battlefield. True bravery, as exemplified by the Sahibzadas, is found in steadfastness to truth and faith, in the quiet strength to say no to injustice, and in the willingness to endure suffering without abandoning one's values. This form of courage is timeless and relevant in every age, offering guidance to individuals facing moral dilemmas in their personal and professional lives.

In continuation of his visit, Nayab Singh Saini also paid his respects at Gurdwara Shaheed Baba Motiram Mehra, another site deeply connected to the martyrdom of the Sahibzadas. This gurdwara commemorates the selfless sacrifice of Baba Motiram Mehra, a humble and compassionate man whose actions demonstrated that courage often manifests through acts of kindness. When the Sahibzadas were imprisoned in the Thanda Burj by the Nawab of Sirhind, they were subjected to extreme hardship and deprivation. Despite strict prohibitions and the threat of severe punishment, Baba Motiram Mehra, guided by his





conscience and humanity, provided milk to the imprisoned children.

The story of Baba Motiram Mehra adds another profound dimension to the narrative of Fatehgarh Sahib. While the Sahibzadas displayed extraordinary spiritual courage, Baba Motiram Mehra exemplified moral bravery rooted in compassion. He knew the consequences of defying the authorities, yet he chose to act in accordance with his inner sense of right and wrong. His decision ultimately cost him his life, but it immortalized him as a symbol of selfless service and human dignity.

Addressing devotees, the Chief Minister remarked that these events are not merely historical incidents but eternal messages for humanity. He emphasized that those who walk the path of truth and compassion are never truly defeated, even if they face persecution or death. Their lives become guiding lights for future generations, reminding society that moral victory is far greater than material power or political dominance.

Today, Gurdwara Shaheed Baba Motiram Mehra stands as a centre of reverence and reflection. Devotees from across the country visit the site to honour the timeless lesson that true religion is expressed through empathy and shared suffering. The legacy of Baba Motiram Mehra reinforces the idea that courage does not always come from wielding weapons or commanding armies, but from the willingness to stand up for humanity when it matters most. His compassion transformed a moment of cruelty into a story of hope and moral resilience.

The combined legacy of the Sahibzadas and Baba Motiram Mehra offers a holistic vision of courage. It teaches that faith without compassion is incomplete, and compassion without courage cannot survive in the face of oppression. Together, these sacrifices form the moral foundation of Sikh philosophy and offer universal values that resonate far beyond religious boundaries. They call upon individuals to cultivate inner strength, uphold ethical principles, and serve others selflessly.

Chief Minister Nayab Singh Saini's visit also carried contemporary relevance. In a world increasingly marked by intolerance, conflict, and moral ambiguity, the teachings of Fatehgarh Sahib offer clarity and direction. By remembering the sacrifices of the Sahibzadas and Baba Motiram Mehra, society is reminded of the cost of freedom, the importance of standing up for one's beliefs, and the transformative power of compassion. The CM's homage underscored the responsibility of present and future generations to preserve these values in daily life and governance.

The visit concluded with prayers for peace, harmony, and unity. It reinforced the idea that the sacrifices of the past are not meant to remain confined to history books or commemorative events. Instead, they must inspire action, ethical conduct, and social responsibility. The Sahibzadas, though young in age, displayed wisdom beyond their years, while Baba Motiram Mehra showed that ordinary individuals can perform extraordinary acts of courage.

As devotees bowed their heads at Fatehgarh Sahib and Gurdwara Shaheed Baba Motiram Mehra, the atmosphere resonated with a deep sense of gratitude and introspection. These sacred sites continue to remind humanity that faith, truth, and compassion are forces stronger than tyranny and fear. By honouring these sacrifices, Chief Minister Nayab Singh Saini reaffirmed a collective commitment to uphold the ideals for which the Sahibzadas and Baba Motiram Mehra gave their lives, ensuring that their legacy continues to guide and inspire generations to come.

## EVENTS



The Union Minister for Home Affairs and Cooperation, Shri Amit Shah attends the state-level Veer Bal Diwas programme organised by the Haryana Government at Panchkula, in Haryana.

The Speaker of Lok Sabha, Shri Om Birla, attends a programme highlighting the participation of the youth of the country in paying homage to our national leaders on their birth anniversaries at Parliament House, in New Delhi.



The Union Minister of Women & Child Development, Smt. Annpurna Devi along with the Minister of State for Women and Child development, Smt. Savitri Thakur interacted with the child heroes honored with the Pradhan Mantri Rashtriya Bal Puraskar awardees, in New Delhi.



*The President of India, Smt. Droupadi Murmu graced the convocation ceremony of NIT Jamshedpur, in Jharkhand on December.*

*NCC Republic Day Camp 2026 Commences with Sarv Dharm Pooja at Cariappa Parade Ground, in Delhi Cantt.*



*PM interacts with Economists at NITI Aayog, in New Delhi on December 30, 2025.*

# ISRO SUCCESSFULLY LAUNCHES US BLUEBIRD BLOCK 2 SATELLITE



The Indian Space Research Organisation marked another significant milestone in its growing international space portfolio with the successful launch of the US BlueBird Block 2 satellite. The mission highlighted ISRO's increasing role as a reliable and cost effective launch partner for global space agencies and private companies, reinforcing India's position as a major player in the international space ecosystem. The satellite was launched using ISRO's proven launch vehicle from the Satish Dhawan Space Centre, Sriharikota. The flawless execution of the mission once again demonstrated ISRO's technical precision, rigorous planning, and deep expertise in satellite deployment. From liftoff to the precise placement of the satellite into its intended orbit, every phase of the launch was completed as planned, earning appreciation from international observers and partners. BlueBird Block 2 is an advanced satellite developed by a US based company with a focus on next generation communication capabilities. The satellite is designed to support enhanced connectivity, particularly in remote and underserved regions, by

enabling direct to device communication. With growing global demand for seamless and reliable communication networks, satellites like BlueBird Block 2 play a crucial role in bridging digital divides and strengthening emergency and disaster response systems.

ISRO's role in launching the satellite underscores the trust international clients place in India // space agency. Over the years, ISRO has launched hundreds of foreign satellites for countries across continents, offering competitive pricing without compromising on reliability or safety. This mission further adds to India's reputation as a preferred destination for commercial satellite launches, especially for small and medium class satellites.

The successful launch also reflects the expanding scope of India US cooperation in the space sector. Space collaboration has emerged as an important pillar of bilateral relations, encompassing satellite launches, earth observation, navigation, and space science research. By launching the BlueBird Block 2 satellite, ISRO has contributed to strengthening this partnership, showcasing how space technology can act as a bridge for

strategic and scientific collaboration between nations.

From a technological perspective, the mission highlights ISRO's growing capability to support advanced satellite architectures. Launching modern communication satellites requires precise orbital insertion and strict adherence to mission timelines. ISRO's performance in this launch reaffirms its ability to handle complex international payloads while meeting diverse mission requirements.

The achievement also has broader implications for India's commercial space sector. With the opening up of the space economy to private players and startups, successful international missions boost investor confidence and create new opportunities for collaboration. Each such launch enhances India's credibility in the global market and supports the country's ambition to become a hub for space services, including launches, satellite manufacturing, and downstream applications.

For ISRO, the launch of the US BlueBird Block 2 satellite is not just another mission but a symbol of consistency and excellence. It reflects decades of investment in indigenous technology, skilled manpower, and a culture of innovation. As global reliance on space based services continues to grow, ISRO's role in supporting international missions is expected to expand further.

Overall, the successful deployment of BlueBird Block 2 stands as a testament to ISRO's engineering prowess and its commitment to peaceful and collaborative use of outer space. The mission reinforces India's standing as a trusted partner in the global space community and sets the stage for deeper international cooperation in the years ahead.

# SUPREME COURT STAYS ITS OWN ORDER IN ARAVALLI CASE



The Supreme Court's decision to stay its own earlier order in the Aravalli case has brought temporary relief to multiple stakeholders while reopening an important debate on environmental protection, development, and judicial review. The Aravalli range, one of the oldest mountain systems in the world, plays a critical role in maintaining ecological balance across northern India. Any legal development related to this fragile region therefore carries wide environmental, social, and economic implications.

The case revolves around concerns related to mining, construction activities, and land use in the Aravalli region, particularly in parts of Haryana and Rajasthan. Over the years, unchecked human activity in the area has led to deforestation, depletion of groundwater, and increased environmental degradation. The Supreme Court has repeatedly intervened in the past to safeguard the Aravallis, recognizing their importance as a natural barrier against desertification and pollution. In its earlier order, the apex court had issued directions that were aimed at strengthening environmental protection in the region. However, the order also raised concerns among state authorities and affected parties, who argued that certain aspects of the ruling had far-reaching

consequences. It was contended that the interpretation of forest land and regulated zones could disrupt lawful activities, impact livelihoods, and create administrative challenges. These concerns eventually led to petitions seeking clarification and reconsideration.

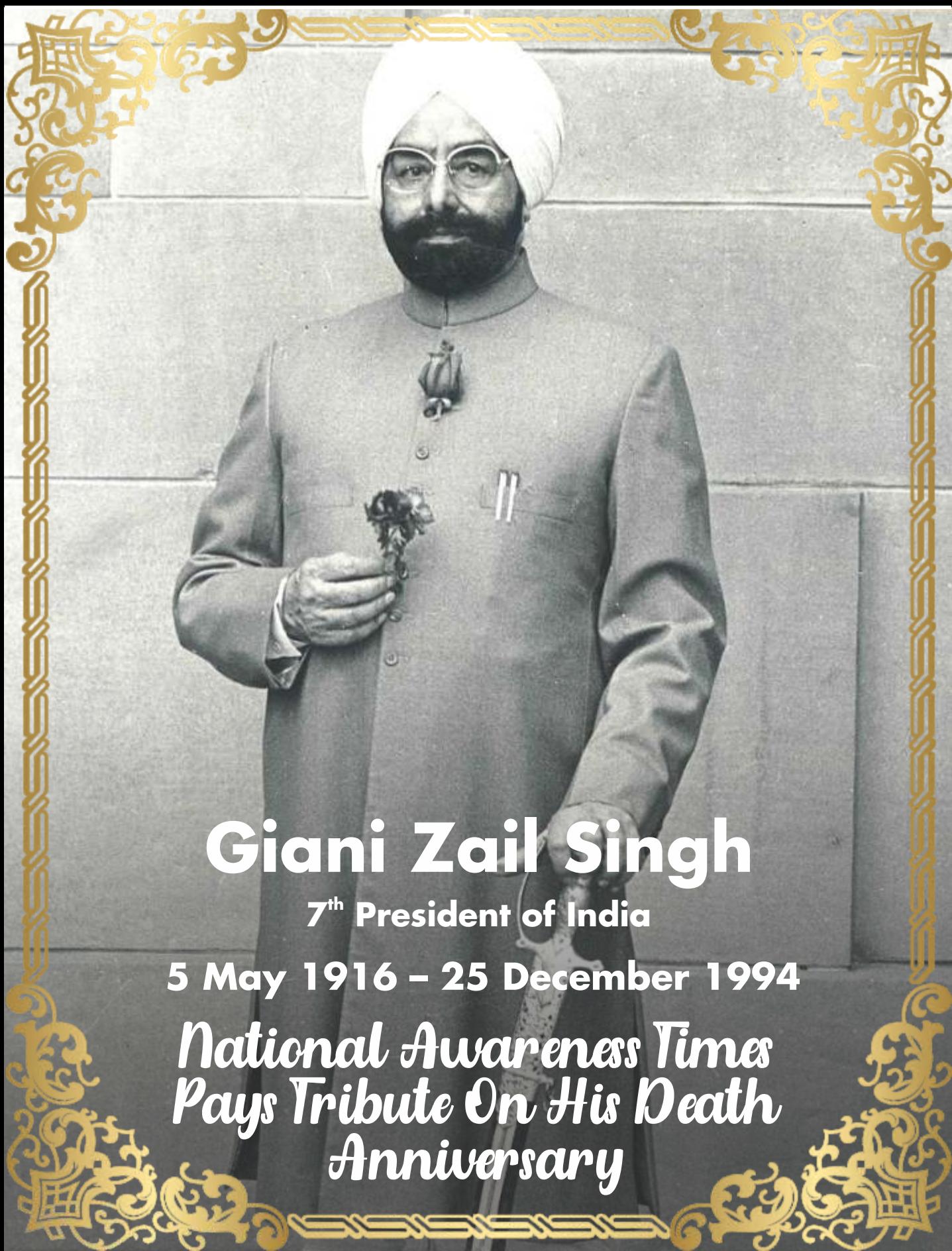
By staying its own order, the Supreme Court has chosen a cautious and balanced approach. The stay does not amount to a reversal of its earlier stance on environmental protection but signals the court's willingness to reexamine the implications of its directions. This step allows time for a more detailed hearing, during which all stakeholders can present their arguments and data. It also prevents immediate disruption while legal clarity is pursued.

Legal experts view this development as an example of judicial self-correction. The power of the Supreme Court to stay or modify its own orders reflects the dynamic nature of constitutional adjudication. When complex issues involving ecology, governance, and economic activity intersect, even well-intentioned orders may require refinement. The stay ensures that justice is not only delivered but also practically implementable. Environmentalists, while welcoming continued judicial oversight, have expressed concern that any dilution

of protections could harm the already vulnerable Aravalli ecosystem. They argue that delays or uncertainty may give room for activities that further degrade the region. At the same time, industry representatives and landowners have emphasized the need for clear and consistent regulations that distinguish between illegal exploitation and lawful development.

The case highlights a larger challenge faced by policymakers and courts alike. Protecting the environment while allowing sustainable development requires nuanced decision making. Blanket restrictions may not always be effective, just as unregulated growth can cause irreversible damage. The Supreme Court's decision to pause and reassess reflects an understanding of this complexity. For the states involved, the stay offers breathing space to review their policies and present comprehensive plans for conservation and regulated development. It also places responsibility on governments to demonstrate their commitment to protecting the Aravallis through effective enforcement and transparent governance, rather than relying solely on judicial intervention. In the long term, the outcome of the Aravalli case is likely to set an important precedent. It will influence how environmental laws are interpreted and enforced, and how courts balance ecological concerns with developmental needs. The Supreme Court's latest move underscores that environmental justice is an evolving process, one that requires constant evaluation, dialogue, and sensitivity to ground realities.

As the matter awaits further hearings, the stay serves as a reminder that safeguarding natural heritage is a shared responsibility. Judicial decisions, administrative action, and public awareness must work together to ensure that the Aravalli range continues to protect the region and future generations.



# Giani Zail Singh

7<sup>th</sup> President of India

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*National Awareness Times  
Pays Tribute On His Death  
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# MOUNT ETNA ERUPTS, EUROPE'S MOST ACTIVE VOLCANO SPEWS LAVA AND ASH



**M**ount Etna, Europe's most active and one of the world's most closely watched volcanoes, erupted once again, reminding the world of the immense natural forces simmering beneath the Earth's surface. Located on the east coast of the Italian island of Sicily, Mount Etna has a long and dramatic history of eruptions, and its latest activity has once more drawn global attention from scientists, authorities, and residents living in its shadow. The eruption was marked by fountains of lava, thick plumes of ash rising into the sky, and streams of molten rock flowing down the volcano's slopes. The spectacle, though visually striking, raised concerns for nearby towns and infrastructure. Local authorities closely monitored the situation, issuing advisories to ensure public safety and to minimize disruption. Ash fall affected surrounding areas, coating roads, buildings, and farmland, while air traffic in the region faced temporary restrictions as a precaution. Mount Etna's frequent eruptions make it unique among volcanoes. Unlike sudden, catastrophic eruptions seen elsewhere, Etna is

known for its persistent and often predictable activity. This allows volcanologists to study its behavior in detail and provide early warnings. Italy's National Institute of Geophysics and Volcanology continuously monitors the volcano using seismic sensors, satellite data, and thermal imaging, enabling authorities to respond swiftly when activity intensifies.

Despite the risks, Etna has shaped life in Sicily for centuries. The volcanic soil around the mountain is among the most fertile in the region, supporting vineyards, orchards, and agriculture that sustain local communities. Many residents have learned to live with the volcano, respecting its power while benefiting from the natural resources it provides. However, each eruption brings renewed reminders of vulnerability, especially for villages located along historic lava flow paths.

The recent eruption did not initially report any casualties, but emergency services remained on high alert. Schools in some areas were temporarily closed, and residents were advised to stay indoors due to ash in the air. Clean up operations began quickly,

focusing on clearing roads and protecting water supplies from contamination. The Italian government and regional authorities coordinated closely to ensure that response measures were effective and timely.

Beyond its local impact, Mount Etna's eruption has scientific importance. As one of the best monitored volcanoes in the world, Etna offers valuable insights into volcanic processes. Each eruption adds to a growing body of data that helps scientists better understand magma movement, gas emissions, and eruption dynamics. This knowledge is crucial not only for Italy but also for improving volcanic risk management globally.

Mount Etna is also a UNESCO World Heritage Site, recognized for its outstanding natural value and scientific significance. The designation highlights the need to balance public access and tourism with safety and conservation. While eruptions often attract tourists eager to witness nature's raw power, authorities stress the importance of adhering to safety guidelines and respecting restricted zones during periods of heightened activity.

The eruption serves as a reminder of the dynamic nature of the planet. In an age of advanced technology and urban expansion, natural events like volcanic eruptions continue to shape landscapes and challenge human preparedness. Mount Etna stands as both a symbol of destruction and creation, capable of causing disruption while also enriching the land it dominates.

As activity continues to be monitored, the people of Sicily remain watchful yet resilient. For them, Mount Etna is more than a volcano; it is a constant presence that defines their environment, history, and identity. Its latest eruption reinforces the delicate balance between human life and the powerful geological forces that continue to shape the Earth.

## AAMIR KHAN AND R MADHAVAN DENY BEING APPROACHED FOR 3 IDIOTS SEQUEL: "IT ALSO SOUNDS FAR-FETCHED"



the internet is afire with reports on Rajlumar Hirani's 3 Idiots acquiring a sequel. When this writer approached the two principal players in 3 Idiots Aamir Khan and R Madhavan they individually declared they had no clue of this development.

Said Madhavan, "A sequel to 3 Idiots sounds great. But it also sounds far-fetched. All three of us Aamir Khan, Sharman Joshi and I are much older now. Where do we go in the sequel? What are our lives like now? It is an interesting thought. But hardly conducive to a proper sequel. I would love to work with Raju Hirani again. But 3 Idiots again? I think that would be idiotic."

Aamir Khan said that he is delighted by the thought of sequel to 3 Idiots. "We had so much fun making that film! My character Rancho is the most

popular character I've played. People still talk about Rancho. So yeah, I'd love to do a sequel. But no one has approached me."

One hopes this puts an end to the endless speculation on a sequel to a beloved film.

## 'SANDESE AATE HAIN' GETS RETITLED AS 'GHAR KAB AAOGE' IN SUNNY DEOL STARRER BORDER 2



One of the most iconic patriotic songs of the 1990s, 'Sandese Aate Hain' from Border (1997), continues to hold a special place in the hearts of Indian audiences. With Border 2 slated for a grand theatrical release in January 2026, expectations have been high regarding how the makers plan to revisit the emotional core of the original film. Now, Bollywood Hungama has learnt an interesting detail about the much-anticipated song's recreation.

According to information accessed from the censor certificate, the recreated version of 'Sandese Aate Hain' in Border 2 will be retitled 'Ghar Kab Aaoge'. While the melody is expected to evoke the same emotional resonance associated with the original, the change in title suggests a renewed narrative perspective aligned with the sequel's

storyline. The censor details further reveal that the song has been cleared without cuts and will have a runtime of three minutes and 23 seconds.

The original 'Sandese Aate Hain' became synonymous with the pain of separation, longing, and patriotism, striking a deep chord with audiences across generations. Its lyrics, picturisation, and emotional weight elevated Border beyond a conventional war film. Naturally, the decision to recreate such a beloved track comes with immense expectations, and the retitling to 'Ghar Kab Aaoge' appears to emphasise the personal cost of duty and the emotional bond between soldiers and their families.

Border 2 sees Sunny Deol returning to the franchise as the leading man, marking his comeback to the war drama that defined a significant phase of his career. In the sequel, he will be seen essaying the role of Lt. Col. Fateh Singh Kaler. Varun Dhawan will portray Major Hoshiar Singh Dahiya, while Diljit Dosanjh steps into the role of Indian Air Force officer Fg Offr Nirmal Jit Singh Sekhon. Ahan Shetty will be seen as Indian Navy officer Lt Cdr Alfred Noronha.

The film also features Mona Singh, Medha Rana, Sonam Bajwa, and Anya Singh in pivotal roles as the wives of the respective officers, adding an emotional domestic layer to the larger-than-life war narrative. Additionally, multiple cameo appearances by actors from the original Border are expected, further strengthening the film's nostalgic appeal.

Slated to release on January 23, 2026, coinciding with India's Republic Day weekend, Border 2 aims to balance scale, emotion, and legacy. With 'Ghar Kab Aaoge' set to serve as a musical bridge between the past and the present, all eyes are now on how the makers reinterpret a song that defined an era.

# Physical Benefits of Yoga

## Yoga vs Functional Fitness

The Point of functional fitness is to prepare the body for everyday life practicality while increasing physical performance.



## Powerfull Yoga Styles

The main types of yoga that can increase ones physical performance in terms of strength balance and body awareness are Ashtanga Yoga and Power Yoga



## How can Yoga Build Functional Strength

Many don't realize that yoga sessions of 30-60 mins incorporate high volume of isometric-strength building movement, such as handstands, plank poses, downward facing dog or glute bridge.

## Physical Benefits

Toning your body, losing some weight, increasing muscular strength and endurance, balance improvements, and core toning are some of the benefits of yoga

## YOGA BENEFITS

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- Increased Range of Motion and Joint Mobility
- Improvements in Overall Physical Fitness
- Improvements in Agility, Coordination, and Balance
- Improved Balance, Single Leg Standing Poses
- Improved Cardiovascular Performance and Endurance
- Improved Muscular Strength and Muscular Endurance



# PIC OF THE WEEK



*Kiara Advani*

**Pink ribbons, pink dresses, pink hairbands.  
“Pink was my first language of joy.**

23 December, 2025

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