

# **T**NATIONAL AWARENESS**S** **IMES**

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**REKHA GUPTA VISITS**

# **GOLDEN TEMPLE**



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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 to all.*

*Rekha Gupta's visit to the Golden Temple in Amritsar was more than a routine religious stop.*

*Diwali, the festival of lights celebrated by millions across India and the world, has received global recognition with its inclusion on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity.*

*In a fresh challenge for India's export sector, Mexico has decided to impose higher tariffs on a wide range of goods imported from India, following similar trade measures taken earlier by the United States.*

*After nearly ten years of restrictions, Nepal is planning to reintroduce the use of Indian currency notes of denominations above ₹100, a move that could significantly ease cross-border trade, tourism, and everyday transactions between the two neighbouring countries.*

**Deepak Singh,**  
Chief Editor

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# REKHA GUPTA VISITS GOLDEN TEMPLE

By Editor – Gaurav Singh



**R**ekha Gupta's visit to the Golden Temple in Amritsar was more than a routine religious stop. It was a moment of quiet reflection, humility, and cultural reverence at one of India's most sacred spiritual landmarks. As she bowed her head before the sanctum, the visit symbolised a deeper connection between faith, service, and the inclusive ethos that the Golden Temple represents for millions across the world.

The Golden Temple, also known as Sri Harmandir Sahib, stands at the heart of Sikh spirituality. It is a place where devotion transcends religion, caste, and

status. Rekha Gupta's presence at the shrine reflected this universal spirit. Walking barefoot along the marble pathway, covering her head as tradition demands, she followed the centuries-old customs that underline respect and equality within the Sikh faith.

Upon entering the temple complex, the serene sound of Gurbani echoed through the air. The sacred hymns created an atmosphere of calm and devotion, drawing every visitor into a shared spiritual experience. Rekha Gupta spent time listening to the kirtan, absorbing the messages of compassion, truth, and selfless

service that form the foundation of Sikh philosophy. Her demeanor remained composed and contemplative, reflecting the solemnity of the moment.

The Golden Temple's architecture itself conveys a powerful message. Built at a lower level than the surrounding land, it signifies humility. Its four entrances, open in all directions, welcome people from every walk of life. Rekha Gupta's visit aligned with these values, highlighting the importance of openness and inclusivity in public life. The shrine's gilded exterior shimmering under the sunlight served as a reminder of spiritual richness paired with





moral simplicity.

During her visit, Rekha Gupta also paid respects at the Akal Takht, the highest seat of temporal authority in Sikhism. The Akal Takht stands as a symbol of justice, courage, and moral governance. Offering prayers there underscored the idea that leadership must be guided by ethical responsibility and accountability. It reinforced the belief that power and authority must always remain rooted in righteousness and service to society.

A significant part of any visit to the Golden Temple is the Langar, the community kitchen that feeds thousands of people every day without discrimination. Rekha Gupta visited the Langar hall, where volunteers tirelessly prepare and serve meals to devotees and visitors alike. The sight of people sitting together on the floor, sharing food regardless of background, exemplifies equality in its purest form. Her interaction with the volunteers acknowledged the spirit of seva, or selfless service, which is central to Sikh teachings.

The Langar is not merely a charitable act. It is a living institution that demonstrates how collective responsibility and compassion can create social harmony. Rekha Gupta's presence in this space highlighted the relevance of such traditions in modern society, especially at a time when divisions often dominate public discourse. The simplicity of the meal contrasted sharply with the profound values it represented.

The visit also carried cultural and historical significance. Amritsar

has long been a city of resilience and sacrifice. From the freedom movement to moments of national tragedy, the city and the Golden Temple have stood as witnesses to India's complex journey. Rekha Gupta's prayers paid homage not only to spiritual ideals but also to the countless lives that have shaped the nation's history through courage and perseverance.

Devotees and visitors present at the temple noted the calm and respectful manner in which Rekha Gupta conducted herself. There were no grand gestures or public displays. Instead, the visit remained focused on devotion and introspection. This understated approach resonated with the sanctity of the place, where humility is valued above all else.

In today's fast-paced political and social environment, such moments of spiritual grounding hold special importance. They offer leaders and public figures an opportunity to pause, reflect, and reconnect with core values. Rekha Gupta's visit served as a reminder that governance and public service draw strength from







moral clarity and inner discipline.

The Golden Temple has long been a beacon of unity. People from across the globe visit it not only for religious reasons but also to experience its message of peace and equality. Rekha Gupta's prayers added to this continuum of shared human experience. Her visit reinforced the idea that spirituality can serve as a bridge between diverse communities and perspectives.

As she exited the temple complex, the reflective waters of the Amrit Sarovar mirrored the golden sanctum. The scene captured the essence of balance between the material and the spiritual. For many, such moments leave a lasting imprint, shaping perspectives and reinforcing commitments to service and empathy. Rekha Gupta's visit appeared to embody this quiet transformation.

The significance of the Golden Temple extends beyond religion. It stands as a moral compass, reminding society of the power of

humility, generosity, and collective responsibility. By offering prayers at this sacred site, Rekha Gupta aligned herself with these enduring principles. The visit was a reaffirmation of faith not only in a spiritual sense but also in the values that bind a diverse nation together.

In an era marked by constant change and challenge, places like the Golden Temple offer timeless wisdom. They teach that true strength lies in compassion, that leadership is rooted in service, and that unity is built through respect for all. Rekha Gupta's visit to the shrine reflected these lessons in a simple yet meaningful manner.

Ultimately, the visit was not just about a public figure paying respects at a holy site. It was about engaging with a living tradition that continues to inspire millions. Through her prayers at the Golden Temple, Rekha Gupta participated in a shared legacy of devotion, equality, and selfless service. The quiet moments spent within the temple complex carried a message that resonates far beyond Amritsar, reminding us all of the enduring power of faith and humanity.





## EVENTS



*The President of India, Smt Droupadi Murmu interacted with members of Maram tribe, the only PVTG of Manipur at Senapati.*

*The Ministry of Micro, Small and Medium Enterprises (MSME) signs MoU with Amazon to Strengthen Market Access for PM Vishwakarma Artisans, in New Delhi.*



*The Union Minister of State for Cooperation, Shri Krishan Pal Gurjar, addressing at the inauguration of 4th Cooperative Mela 2025 at Guwahati, in Assam.*



*As part of Kashi Tamil Sangamam 4.0, students explored a variety of stalls at Namo Ghat, engaging with activities that blended creativity, learning, and cultural discovery at Varanasi, in Uttar Pradesh.*

*PM receives warm welcome by King of Jordan Abdullah II bin Al Hussein at the Husseiniya Palace in Amman.*



*The Deputy Chairman of Rajya Sabha, Shri Harivansh paid tribute to martyrs of the 2001 Parliament attack at Parliament House, in New Delhi.*



## DIWALI ADDED TO UNESCO INTANGIBLE CULTURAL HERITAGE LIST



**D**iwali, the festival of lights celebrated by millions across India and the world, has received global recognition with its inclusion on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity. The inscription marks a historic moment for Indian culture, acknowledging Diwali not just as a religious festival but as a living tradition that continues to unite communities, transmit values, and celebrate shared human ideals. Known widely as Deepavali, Diwali symbolises the victory of light over darkness, good over evil, and knowledge over ignorance. Celebrated on the new moon day of the lunar month of Kartika, the festival usually falls in October or November. It is observed over several days and includes rituals, prayers, lighting of lamps, decoration of homes, preparation of sweets, and gatherings of families and communities. These practices, passed down through generations, form the essence of Diwali as an intangible cultural heritage.

UNESCO's recognition places Diwali among cultural traditions that are actively practiced and sustained by communities rather than preserved as physical monuments. The Intangible Cultural Heritage list focuses on traditions that shape identities, promote social cohesion, and encourage respect for cultural diversity. Diwali's inclusion highlights its role as a shared social practice that transcends regional, linguistic, and religious boundaries.

One of the defining aspects of Diwali is its inclusive character. While rooted in ancient Indian traditions, the festival is celebrated in diverse ways across regions. In North India, it is associated with the return of Lord Ram to Ayodhya. In other parts of the country, it marks the worship of Goddess Lakshmi, the celebration of Lord Krishna's victory over Narakasura, or the beginning of a new financial year. Despite these variations, the underlying message of hope, renewal, and harmony remains universal.

The global spread of the Indian diaspora has carried Diwali far beyond India's borders. Today, it is celebrated with enthusiasm in countries across Asia, Europe, the Americas, Africa, and Oceania. Public Diwali events, cultural programs, and community gatherings have turned the festival into a global celebration of Indian heritage. UNESCO's recognition reflects this international presence and acknowledges Diwali as a cultural bridge connecting people across nations.

The inscription also places responsibility on communities and institutions to safeguard the festival's traditional practices while allowing it to evolve naturally. As modern celebrations increasingly incorporate new elements, the recognition serves as a reminder to preserve the core values of simplicity, togetherness, and respect that define Diwali's spirit. For India, the recognition is a moment of cultural pride. It reinforces the country's rich legacy of living traditions and highlights the importance of preserving cultural practices that promote unity and shared values. Diwali's inclusion strengthens India's presence on the global cultural map and showcases how ancient traditions continue to remain relevant in contemporary society. Ultimately, the recognition of Diwali as an Intangible Cultural Heritage of Humanity honours the millions of people who keep the festival alive each year through devotion, creativity, and community participation. It celebrates a tradition that illuminates homes and hearts alike, reminding the world that cultural heritage is not only about the past but also about living practices that continue to inspire light, hope, and togetherness.

## AFTER US, MEXICO IMPOSES TARIFFS ON INDIAN GOODS



**I**n a fresh challenge for India's export sector, Mexico has decided to impose higher tariffs on a wide range of goods imported from India, following similar trade measures taken earlier by the United States. The move reflects a growing trend of protectionist policies among major economies and signals tougher conditions for Indian exporters in key overseas markets.

Mexico's decision involves a sharp increase in import duties on products originating from countries that do not have a formal free trade agreement with it. India falls into this category. Under the revised tariff structure, duties on several product categories are expected to rise significantly, affecting sectors such as automobiles, auto components, steel, textiles, electronics, plastics, footwear, and household goods. The new tariffs are expected to come into force from the beginning of the next calendar year.

Mexican authorities have justified the move as part of a broader effort to protect domestic manufacturing and strengthen local industries. By raising tariffs, the government aims to reduce dependence on imports, encourage domestic production, and safeguard employment within

the country. Officials have also indicated that the decision is aligned with regional trade priorities and efforts to recalibrate supply chains in favour of countries with preferential trade arrangements.

For India, the impact could be substantial. Mexico is an important destination for Indian exports, particularly in the automobile and auto components sector. Indian manufacturers have built a strong presence in the Mexican market over the years, supplying vehicles, two wheelers, and critical parts that feed into regional supply chains. Higher tariffs are likely to raise costs, reduce price competitiveness, and potentially lead to a decline in export volumes.

The electronics, machinery, and metal sectors are also expected to face pressure. Increased duties will make Indian products more expensive compared to goods imported from countries that enjoy tariff advantages under trade agreements with Mexico. Exporters fear that buyers may shift to alternative suppliers, resulting in loss of market share and revenue.

The development comes soon after the United States imposed or tightened trade restrictions affecting Indian goods,

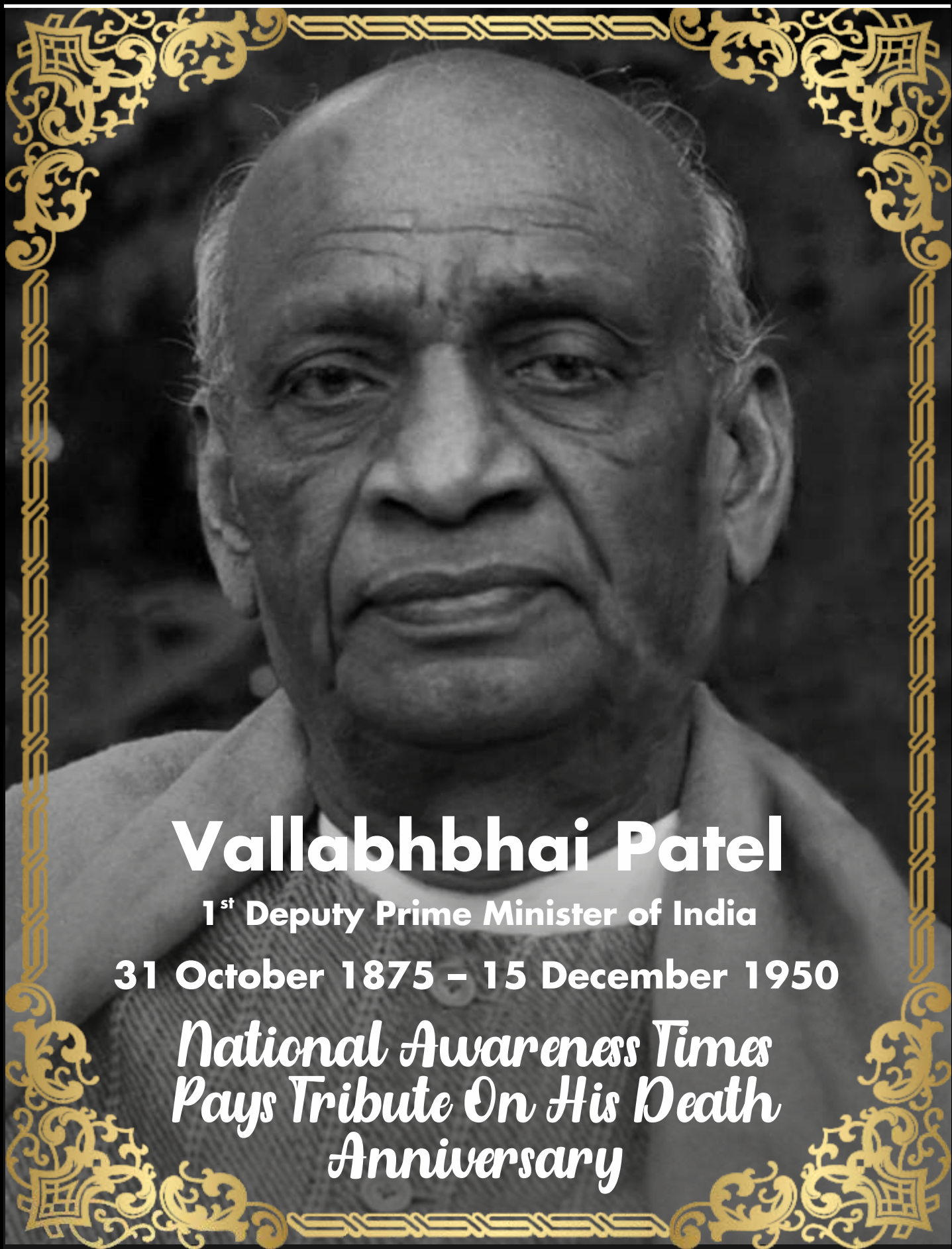
compounding challenges for Indian exporters. Together, these moves highlight the changing nature of global trade, where market access is increasingly shaped by bilateral and regional agreements rather than open trade principles alone.

Indian trade bodies and industry associations have expressed concern over Mexico's decision. They argue that the tariffs could disrupt established supply chains and hurt businesses on both sides. Indian exporters have urged the government to step up diplomatic engagement with Mexico to address the issue and explore options to reduce the tariff burden.

One possible path forward is the negotiation of a preferential or free trade agreement between India and Mexico. Such an arrangement could help lower duties, improve market access, and provide greater certainty for businesses. Discussions on enhancing economic cooperation between the two countries have taken place in the past, and the current situation may add urgency to those efforts.

The tariff decision also underscores the need for Indian exporters to diversify markets and reduce dependence on a limited number of countries. Experts suggest that expanding trade ties with emerging markets, strengthening value addition, and improving competitiveness will be key to navigating a more protectionist global environment. As global trade policies continue to evolve, Mexico's move serves as a reminder that economic relationships are increasingly influenced by strategic interests. For India, adapting to these shifts through diplomacy, diversification, and domestic reforms will be crucial to sustaining export growth in the years ahead.





# Vallabhbhai Patel

1<sup>st</sup> Deputy Prime Minister of India

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## NEPAL TO REINTRODUCE INDIAN NOTES ABOVE ₹100 AFTER 10 YEARS



After nearly ten years of restrictions, Nepal is planning to reintroduce the use of Indian currency notes of denominations above ₹100, a move that could significantly ease cross-border trade, tourism, and everyday transactions between the two neighbouring countries. The decision marks a shift in Nepal's currency policy and reflects improving coordination between Kathmandu and New Delhi on financial and economic matters. Nepal had banned the use of Indian notes of ₹500 and ₹1,000 in 2016 following India's demonetisation drive. At the time, concerns were raised about the circulation of high-value foreign currency, money laundering risks, and the lack of clarity over the legal status of demonetised notes held by Nepali citizens and traders. Since then, only Indian notes up to ₹100 were permitted for limited transactions in Nepal, particularly in border regions. The proposed reintroduction comes after prolonged discussions within Nepal's government and consultations with financial authorities. Officials believe that allowing higher denomination Indian notes will help normalise economic activity, especially in

areas that depend heavily on Indian visitors and trade. Nepal shares an open border with India, and the Indian rupee is widely used alongside the Nepali currency in many parts of the country. Tourism is expected to be one of the biggest beneficiaries of the move. Indian tourists form one of the largest groups of foreign visitors to Nepal. Restrictions on higher denomination notes often caused inconvenience, forcing visitors to rely on currency exchange or digital payments, which are not always accessible in remote or mountainous regions. Allowing higher-value Indian notes could simplify travel and spending for tourists, boosting local businesses and hospitality services. Cross-border trade is another area likely to see positive impact. Small traders, transport operators, and workers who frequently move between India and Nepal have long argued that restrictions on Indian currency created unnecessary friction. The reintroduction of higher denomination notes is expected to improve liquidity and reduce transaction costs, especially in border towns where Indian currency is commonly accepted. Nepal's central bank is expected to

put safeguards in place to manage the circulation of Indian currency. These may include limits on the amount of Indian cash individuals can hold, reporting requirements for businesses, and coordination with Indian authorities to prevent misuse. Officials have stressed that the policy aims to balance convenience with financial discipline and regulatory oversight.

The move also carries symbolic significance. It reflects renewed trust and cooperation between India and Nepal after years of economic and political sensitivities. Currency policy is often closely tied to sovereignty and financial stability, and Nepal's willingness to revisit restrictions imposed during a turbulent period signals confidence in bilateral relations.

However, some economists have urged caution. They argue that excessive reliance on foreign currency can weaken domestic monetary control and affect the effectiveness of Nepal's own financial policies. Authorities are therefore expected to monitor the impact closely and make adjustments if necessary. For ordinary citizens, the change is likely to be welcomed. Many Nepalis working in India or engaged in cross-border commerce have faced difficulties in using Indian earnings back home. The new policy could ease these challenges and restore a sense of normalcy in daily financial dealings.

As Nepal moves closer to implementing the decision, the reintroduction of Indian notes above ₹100 is being seen as a pragmatic step shaped by economic realities. If managed carefully, it could strengthen people-to-people ties, support local economies, and reinforce the deep economic interdependence between India and Nepal.

## DILJIT DOSANJH CONFIRMS SECOND COLLABORATION WITH IMTIAZ ALI AFTER AMAR SINGH CHAMKILA



Diljit Dosanjh has officially confirmed his second collaboration with filmmaker Imtiaz Ali through a behind-the-scenes vlog shared from his ongoing shoot in Punjab. Posted on Instagram on Thursday, the video gives fans a rare peek into his daily routine and subtly reveals that he and Imtiaz are reuniting after the massive success of Amar Singh Chamkila. In the vlog, Diljit is seen beginning his day at 4:30 am, followed by a workout session. He then has breakfast consisting of fruits and protein before heading to the shoot with his team. The video captures him filming in front of a green screen and sharing warm interactions with Imtiaz Ali, confirming that the director is once again helming Diljit's next, currently untitled, project. After wrapping up the shoot, Diljit returns to a scenic haveli where he is staying during the film's production.

This upcoming film marks the duo's second association after the critically acclaimed Amar Singh Chamkila, based on the life of the iconic Punjabi musician. Parineeti Chopra starred as Amarjot, Chamkila's wife. Known as the "Elvis of Punjab," Chamkila was celebrated for his electrifying performances, bold lyrical style, and cultural impact. His tragic assassination alongside Amarjot in 1988 remains one of Punjabi music's greatest losses.

Amar Singh Chamkila earned two nominations at the International Emmy Awards Best Actor for Diljit Dosanjh and Best TV Movie/Mini-Series. Despite not winning, the recognition spotlighted Punjabi and Indian storytelling globally and reinforced the enduring influence of Chamkila's music.

Diljit will next be seen in Border 2, the highly awaited sequel to J.P. Dutta's 1997 classic. Directed by Anurag Singh, the film features Varun Dhawan, Ahan Shetty, and Diljit in key roles, portraying brave soldiers safeguarding the nation. Produced by T-Series and J.P. Films, Border 2 is slated to release on January 23, 2026, promising large-scale action, emotional intensity, and a patriotic storyline for today's audiences.

## AS A TRIBUTE TO DHARMENDRA, YAMLA PAGLA DEEWANA EXPECTED TO RE-RELEASE IN CINEMAS ON JANUARY 1, 2026



Last month, the industry and moviegoers were in mourning as Dharmendra passed away on November 24 at the age of 89. More than a month after he left for the heavenly abode, his much-loved film Yamla Pagla Deewana (2011) is expected to be re-released in cinemas.

A source told Bollywood Hungama, "The re-release of Yamla Pagla Deewana will serve as a tribute to the man who was unanimously loved and who left an indelible mark in the world of cinema. The film seems apt for a re-run as it's not very old, still looks fresh and entertaining and also stars Dharmendra along with his two sons, Sunny Deol and Bobby Deol." Earlier, the plan was to re-release Yamla Pagla Deewana this Friday, December 19. But due to the Dhurandhar wave, NH Studioz, which holds the rights to the film, has decided to change the plan. Yamla

Pagla Deewana is now expected to arrive in cinemas on January 1, 2026. A final decision will be taken in a few days from now." Yamla Pagla Deewana was directed by Samir Karnik and its title was inspired by the song 'Main Jat Yamla Pagla Deewana' from the 1975 film, Pratigya, also starring Dharmendra. A remixed version of the title track was a part of the film and added to its popularity. Yamla Pagla Deewana told the story of an Indian based in Canada who travels to Banaras to locate his estranged brother and father. Trouble arises when the trio travel to Punjab to help the younger brother win the love of his life while dealing with her crazy family.

Yamla Pagla Deewana opened at Rs. 7.95 crores, which was a healthy number then, and collected Rs. 55.28 crores in its lifetime. The film was loved for its comedy and mass appeal, and also because Dharmendra, Sunny Deol and Bobby Deol all had strong roles with ample screen time. Its success led the makers to come up with Yamla Pagla Deewana 2 (2013) and Yamla Pagla Deewana Phir Se (2018). However, both these films failed to work at the box office.



# NUTRITIONAL VALUE OF POMEGRANATE?

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Energy 83 kcal	Zinc, Zn 0.35 mg
Protein 1.67 g	Copper, Cu 0.158 mg
Total lipid (fat) 1.17 g	Manganese, Mn 0.119 mg
Carbohydrate 18.7 g	Selenium, Se 0.5 µg
Fiber, total dietary 4 g	Vitamin C 10.2 mg
Sugars 13.7 g	Thiamin 0.067 mg
Calcium, Ca 10 mg	Riboflavin 0.053 mg
Iron, Fe 0.3 mg	Niacin 0.293 mg
Magnesium, Mg 12 mg	Pantothenic acid 0.377 mg
Phosphorus, P 36 mg	Vitamin B-6 0.075 mg
Potassium, K 236 mg	Folate, total 38 µg

**PIC OF  
THE WEEK**

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