

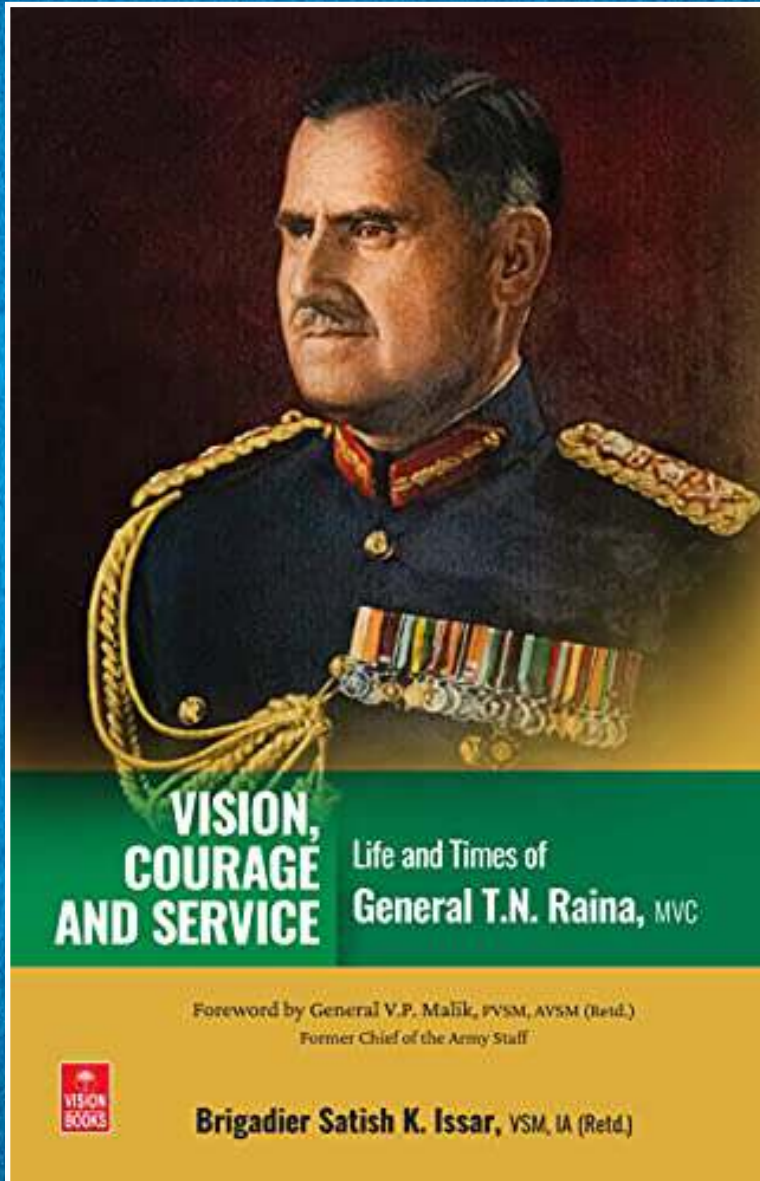
ISSN: 2582-1857
Text - 68 Pages, Price: ₹50

VOLXXXI No. 07
July 2021



AIKS **नाद**
naad

A Monthly Publication of **अल इंडिया कश्मिरी समाज**



**JKUT and Ladakh Continue to Remain at the
Centre of India's Security Concerns**



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THIS MONTH'S COVER

This months naad is dedicated on security aspects and the cover page is dedicated to Former Army Chief T N Raina

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Dear Readers,

Its almost two years when regressive article 370 and 35 A were removed by the central government led by PM Modi. Over these two years much water has flown down the Vitasta and the situation on the ground is slowly but steadily getting stabilized. Initially security forces and the government were not sure what will happen post abrogation of the article, but to the surprise of the government no violent incident or large mass scale protests were observed after the neutralization of the article. There is a certain paradigm shift in the approach towards India by the people in the valley and it would be too early to conclude how long this approach or scenario shall last.

Effective LG Administration

The LG administration is very popular in valley as the people have realized that their issues are resolved in professional and time bound manner. These issues are related either to development, jobs, or justice are speedily investigated and addressed at the earliest. The erring officials are tasked for not performing well and such officials' are watched out by the administration. Common people feel that present setup of administration is very suitable for their needs and hence they have a trust in the current administration. This effective administration has led to the winning of hearts of the common people. Therefore, any attempts by separatists and that of the disgruntled



elements are overlooked by the people. The present administration is also speeding up the development work in far flung areas of valley which were traditionally deprived in the past. Be it roads, schools, offices, electricity, water connections, etc. one could see the result on the ground. The reality is that valley is fast catching up with any other progressive state of India. People have slowly understanding that these developments are there to be encashed and is being appreciated on ground.

With these slews of measures the common people have realized that they too are stake holders in this peace process and are hence yearning for the same. The realization that Kashmir without article 370 has synced with them and they are realizing that only peace can fetch them dignity and economic prosperity.

Security Situation

The ceasefire on borders between India and Pakistan has improved the overall security situation both at the borders and within the valley. The counter terror operations in hinterland by security agencies have thwarted all attempts of terrorists of any such disruption of peace in the valley. Coupled with accurate intelligence reports the security grid has neutralized many terrorists. The credit to such operations goes to security forces and the agencies along with local people who are now openly reporting about the terror operatives. As per the government reports the stone pelting cases are negligible. The two important strikes in the month of July failed miserably. One was on the 8th July, death anniversary of Hizbul Mujahedeen terrorist Burhan Wani and the other was of so-called Martyrs day on 13th July. Partial closure was seen in early

hours of the day and the business was back as the day progressed. This change in approach by local population is an indicator that they do not want to be used anymore by separatist lobby. Peace, prosperity, and progress is what they are looking now onwards.

The enduring peace can be achieved by further strengthening the Indian constitutional mandate within the valley. The elements in bureaucracy are still acting as a deep state against the changes which central government is trying to bring upon. Time has come that such elements are removed from the decision making and the ones who are efficient, progressive, and secular brought on the helm of affairs. Such efforts would help in fast tracking of government schemes and creating environment conducive for the rehabilitation of minorities in valley.

At the same time security forces must ensure that a single vulnerability would cost the nation badly. Therefore, all efforts must be made to show utmost vigil and foil any such nefarious efforts immediately.

Special Issue of Naad

The current issue of Naad is a special issue on security aspect of Kashmir vis a vis China and Pakistan. This is to access the two front war strategy on this strategically important border state. The article's are written by eminent security analysts who have accessed the situation in its entirety. In the words of Nelson Mandela,

“Safety and Security don't just happen, they are the result of collective consensus and public investment. We owe our children the most vulnerable citizens in our society, a life free of violence and fear.”

मनील रौन गणक

From the *President's* Desk



Rescheduled Election in AIKS

As Informed through your Journal NAAD in its last issue, the election to the post of President of AIKS was scheduled to be held on 8 June 2021, i.e., three years after the last election was held in May-July 2018. However, due to the Covid Pandemic wave-II creating a frightening situation in the country, the election had to be postponed indefinitely and is now being held on 18 July 2021.

As we go to the press, there are two candidates in the fray. I wish both the candidates the very best of luck and wish them success in the elections. Of late, I have seen several posts on the social media, which have questioned the fair process of the elections. Whereas a certain degree of disinformation being peddled through various channels is expected as part of the electioneering by various vested groups and by those who represent different interest groups, but

the contention of questioning the very process of fair play of the election process itself is rather going overboard. Let me re-assure all our voters that AIKS has a laid down procedure enshrined in its constitution which it follows in letter and spirit, not only while conducting elections but also in its functioning. AIKS carries out many duties as part of its functioning, having both, long-term as also short term implications. Its constitution is, therefore, its guiding light that dictates its working.

It is undeniable that during the last forty years of its existence, many changes have taken place in the situation of the community and overall dynamics of the social, cultural, and political milieu of the country impacting our displaced community. AIKS, through various amendments to its constitution, has tried to bring the constitution in tune with such changes. However, these changes -minor in nature- have not catered for the fast-paced dynamics that impacted the community, as mentioned earlier. Now, the new dispensation needs to give the process a re-think and proceed accordingly. During my tenure, AIKS carried-out a few changes, but these did not touch the crucial issues: role of AIKS, its composition, relationship with affiliates and the state of affiliates, etc. Hopefully, the new dispensation will succeed in proceeding further from where we left it.

National Security

This month's cover story is based on the issue of National Security which, after the withdrawal of the U.S/NATO forces from Afghanistan after 20 years of bloody engagement, has seen the surge in Taliban offensive resulting in, as media claims, establishing their (Taliban) dominance over 85% of Afghanistan's landmass. After last year's Galwan clashes, which changed the very operational imperatives on the Line of Actual Control (LAC) against China, it appears that the events in Afghanistan too will impact the erstwhile Northern States (now Gilgit-Baltistan) and India's Western borders, rather adversely. India's Foreign Minister, Sh. Jai Shankar, has been hopping from one country to another impacted by the Taliban offensive; these include Russia, Iran, Afghanistan, the U.N and our newly acquired friends in West Asia. With Pakistan hoping to establish itself deeply in Afghanistan's emerging power structure through its proxies, the Taliban and the Haqqani Network, India must quickly find a solution to the problem of losing a friendly government in Afghanistan. Three imponderables are likely to impact the India's stand: Iran's reaction to the Taliban-control of Afghanistan, role of present Afghan government thereafter, and the stand taken by Tehreek-e-Taliban, Pakistan (TTP) vis a vis Taliban and Pakistan. It will not be prudent for us to look to the future through the prism of events that took place 20 years back and reach erroneous conclusions based on what happened then. Nor will it be right to make assumptions of coming events based on the world that existed in 2001,

when the American / NATO forces entered Afghanistan and removed the Taliban from power.

However, one thing is certain: JK UT as also Ladakh (whole region forming the erstwhile state of J&K as it existed prior to 05 August 2019) is likely to witness a heightened security related activity in months ahead. The recent political developments taking place in the state, as also the relentless anti-militant operations conducted by security forces, which resulted in the neutralization of many jihadis in the Kashmir valley, have had a positive impact on the overall situation in the UT. It must be ensured by the UT administration as also by the centre that such gains made after huge sacrifices are not undone by the emerging situation in Afghanistan. It is a well-known fact that the so-called mainstream parties in JKUT, represented by the Gupkar Alliance, will continue to have a nuisance value, and will create roadblocks in ushering in Naya Kashmir. It is necessary to keep them on a tight leash, particularly when situation in the northwest of the Union Territory is likely to witness a surge in anti-Indian activity on its borders.

Biography Gen TN Raina, MVC

This issue of your journal also carries a review of the biography of late Gen. T N Raina, MVC, by Brig. Satish K Issar, VSM. One of the most outstanding post-Independence Chiefs of the Army Staff, our community should justly be proud of the gallant soldier whose vision and commitment to the Nation was exemplary and whose service to the Nation will always be remembered.

- Col. Tej K. Tikoo

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General Secretary's Column

The term (2018-21) of the President AIKS will be over on July 18 2021, when the AIKS electorate will elect the president for 2021-24.

I want to sum up the three years as an excellent opportunity to work for the community's welfare as per the objectives laid down by the founding members of AIKS.

These three years were challenging and demanding due to COVID-19.

I want to record my appreciation to the outgoing president and other executive councils of AIKS who stood with me in performing the assigned job.

AIKS write to National President BJP

President AIKS expressed his deep concern to the National President, BJP Sh. JP Nadda and sought his attention shown by the party's spokesperson, Smt. Sanju Verma, in a TV debate against the three Kashmiri Pandit panelists.

Smt. Sanju Verma was not only arrogantly dismissive of the opinion of the Kashmiri Pandit panelist's on the debate, but her comments were also contemptuous and her manners unworthy of her position.

Sh. Nadda was requested to note that Kashmiri Pandits have contributed hugely to the growth of BJP during the past three decades. The president wrote to the BJP president to ask the party's

spokespersons to be considerate and respectful towards our community. This community is intensely patriotic and, despite its small numbers, is determined to prevent the total Islamisation of Kashmir.

Lt. Governor UT J&K

Communique to President AIKS

On June 2, 2021, Sh. Rakesh Pandita, president of the Municipal Committee Tral, was killed by the Jihadis. The president has conveyed the sentiments of the community on the gruesome killing.

AIKS conveyed to the government that this gruesome killing should not cause his son's uncertain future. He has left behind his ailing mother, disabled brother, wife and 17 years old son. The Lt. Governor was apprised of the family's economic conditions and requested to help the family with adequate compensation to protect their future.

A communique received from the Lt. Governor has written to the President AIKS that Sh. Manoj Sinha, the Lt. Governor, visited the family of Rakesh Pandita to pay condolences. He has announced the sanction of forty Lakhs as relief for the family.

Maharaj K Pajan

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Ishwar Ashram Trust in Association with Shri Ram Shaiv Trika Ashram and Himalayan Foundation Celebrated Jayanti of Mahamaheshwara Abhinavagupta

Acharya Abhinavagupta is one of the most Erudite Philosopher, India has ever produced. This is evident from the fact, that not only was he an outstanding Philosopher-who gave Trika Shastra better known as Kashmir Shaivism- but he was also Poet, Exegete, Dramatician as well as an outstanding logician.

In modern times, his importance is increased manifold, as he is probably the only Philosopher from the valley of Kashmir who gave an independent yet a modern Philosophy that has its base on the tenets of Shaiva - Siddhant's Agam Shastra.

His magnum opus, 'Tantraloka' reflects the Genius he really was. But his another Book, 'Abhinavbharti' based on the 'Natyashastra' of Bharatmuni too has transfixed the imagination of not only the present day Philosophers, but also the lovers of Art and Music.

Since, Last couple of Years, Ishwar Ashram Trust in association with Shri Ram Shaiv Trika Ashram and Himalayan Foundation have started to celebrate the works of Acharya on a much larger scale.

This year too, a weeklong programme that started on 15th June 2021 and culminated on the Birthday of Acharya Abhinavagupta i.e. 21st June 2021 (Nirjala Ekadashi).

During the weeklong Programme, a number of reputed Universities, Scholars of Kashmir Shaivism and Aesthetics participated in the Webinars during morning and evening sessions and the affect of Acharya Abhinavagupta was elucidated in Detail.

The Scholars, Sadhakas and Dancers who participated and delivered their speeches & Performances in the Event are:

Morning Sessions:

Guru Nanak University, Jawaharlal Nehru University, Punjab University, Indira Gandhi National Center of Arts, Sanatan Dharam College, Ambala, Kurukshetra University, Swami Vidhyadhar Ashram.

Evening Sessions:

1. Sh. Moti Lal Pandit- A reputed Scholar who has written many Books on Kashmir Shaivism as well as Buddhism.
2. Sh. Lalit Parimoo - Professional Actor, Tantra Practitioner.
3. Sh. Subhash Kak- Regents Professor at Oklahoma State University, Author of more than 20 Books.
4. Sh. Mark Dyczkowski- Reputed Scholar of Kashmir Shaivism and Tantra and Author of several Books.
5. Dr. Mohan Lal Gupta- A practioner of Medicine. He Runs the Harihar Trik Ashram at Maheshwar (M.P), teaches and propagates Kashmir Shaivism.
6. Ramachandran Nagaswamy (Padma Bhushan awardee)-Indian Historian, Archaeologist and Epigraphist.
7. Dr. Meera Rastogi-Kashmir Shaivism Scholar and Author.
8. Dr. Sthaneshwar Timalsina-Professor (San Diego state University). A Scholar of Kashmir Shaivism, Tantra, Vedanta and Yoga.
9. Sh. Kapil Kapoor - An Indian Scholar of linguistics and literature and an authority on Indian intellectual Traditions.
10. Dr. Padma Subrahmanyam (Padamshree & Padma Bhushan awardee) -A dancer and a multi-faceted scholar.
11. Kum. Mahati Kannan – BFA & MFA (Bharatanatyam) Shastra University. She belongs to the fourth generation of the illustrious family of film Director K. Subrahmanyam.

Junior Masters Ms, Ayurda, ms. Pranavi, Ms. Ritika Master. Sohun, Master Agastya also gave Presentation about Acharya.

Sh. Sunil Raina Rajanaka hosted all the evening sessions with co-host Smt. Jyoti Razdan, Smt. Bharti Kaul, Sh. Sandeep Raj Koul, Col. Rajeev Raina, Dr. Rakesh Raina, Sh. Rakesh Koul, Sh. Sanjay Koul, Sh. Umesh Koul.

Media partners : Naad Journal, Kashmir AsItIs App, Kakini Foundation, Radio Vitasta, Epilogue Magazine

Sharika Sewaks organised Samoohik Yagenopavit

Sharika Sewaks of Delhi-NCR who are primarily KP volunteers for creating awareness for social causes organised a Samoohik Yagenopavit Sanaskar ceremony



Children in Yagenopavit attire along with organizers during Samoohik Yagenopavit at Faridabad

for six community children at Sharika Bhawan, Sec-17 Faridabad, on 11 July 2021. Kashmiri Pandit families from different areas came together to join the function

Community stalwarts who attended the function included S/Sh. Dr. Sudhir Sopori, MK Pajan, Dr. SK Handoo, Utpal Koul, Ravinder Pandita, Dileep Mattoo, Sanjay Ganjoo, Jia Kachroo, while the team from Sharika Sewaks included Sanjay Kaul, Rakesh Koul, Bharat ji Pandita, Ashwani Pandita, Subhash Premi and Palvin Tiku. Traditional Kashmiri songs by Sanjeev Gautam Raina enlivened the Maenzirath Ceremony.

The programme was supported by Kashmiri Welfare Association, KSS Faridabad, Youth 4 Panun Kashmir, Roots in Kashmir, Sharika Foundation, Kousher Saal

Restaurants, Landmark Crafts, Save Sharda Committee, Kashyap and Milchar Cricket teams.

Kashmiri Sewak Samaj, Faridabad: Events Held in June



President, KSS Unveiled the Portrait of Acharya Abhinavagupta, at Sharika Bhawan on 21.06.2021 on the pious occasion of Jayanti of Mahamaheshwara Acharya.



KSS Celebrated 400th PRAKAASH UTSAV of Mata Roopa Bhawani on 26th June, 2021. A Programme of Motivational Talk by Sh. Raj Nehru, Vice Chancellor, Sri Vishwakarma Skill University, Haryana and inspirational Music by artists S/Sh. / Ms. Sanjeev Raina 'Gautam', Dileep Lango, Umakant Kachroo, Vanshika Bhat and Sanna Bhat was conducted under the title "GATI MANZ GAASH" through Zoom and broadcast live through Facebook Wall of KSS.

Vyeth Commemorates Vaishnavi Divas-2021



Due to current pandemic Vyeth, a Socio-Cultural organization, observed 9th Death anniversary of Pt. Amar Nath Vaishnavi, Father of the Community, in a very simple but impressive function in the premises of Vyeth office at Jammu.

The programme was attended by the galaxy of intellectuals, artists, spiritual and social activists. Prominent among those were, Sh. Makhan Lal Saraf, Swami Kumar Ji, Smt. Naina Saproo Trisal, Sh. Ramesh Marhatta, Pt. Bal Krishan Sanyasi, Sh. Hira Lal Bhat, Sh. Ashok Kangan, Dr. T.K Bhat, Pt. T.N Raina, Sh. Kamal Kishan Ganju, Sh. Adarsh Ajit, Mr. Vikram Koul with KVP team and many more.

Since 2016, Vyeth has been commemorating the death anniversary of Pt. Amar Nath Vaishnavi as Vaishnavi Divas regularly involving the community at large. However, due to the pandemic the function

was restricted to simple but impressive meeting. Floral Tributes were paid to the late leader who stood like an umbrella for the rights of the Kashmiri displaced persons after their mass exodus. Two minutes silence was observed in memory of Late Pt. Amar Nath Vaishnavi. Tributes were also paid to eminent poets Sh. J.N Sagar and Sh. T.N Ganju Vishwas and all the victims of the Covid 19.

Recalling the services of Late Pt. Amar Nath Vaishnavi, Shri Hira Lal Bhat, said that Vaishnavi Ji was a great fighter and fought for the people of the state in general and for the Kashmiri Pandit community in particular.

Earlier, Professor Virender Rawal, President Vyeth, in his welcome address, explained how the passion, determination, and commitment dismantle all obstacles to reach the goal. Virender Rawal also gave a short account of the endeavors of the organisation. He said that Vyeth is committed to work in the cause of Kashmiri Pandits living in exile for three decades now in its own way.

Dr. T.K Bhat in his brief speech said that the burning problem of the community is related to our youth. Despite of all odds and hostile conditions, our youth excelled in all departments of life yet the dispersal of the youth in search of their employment led to many other problems that have affected the community in negative sense also.

Swami Kumar Ji, paying floral tributes to Vaishnavi Ji said that displacement is not a



joke. The exodus is the biggest tragedy in the modern history and the way, Kashmiri Pandits have faced it, and are toiling for the survival is an example for the whole world. He, while throwing light on the need of following the Vaishnavi Ji's footsteps said even after his mundane departure Vaishnavi Ji is like a lighthouse in these dark times also.

Speaking on the occasion Sh. Vikram Koul gave brief account of the services of KVP rendered to the society during the present period of pandemic.

Shri M K Bhat of Helpline Humanity was awarded Vaishnavi Samman -2021 on this occasion for his contribution towards the community cause.

Sh. H.L Bhat while giving a very brief account of the services rendered by Sh. M.K Bhat through Helpline Humanity, an NGO said that the organization is doing an outstanding effort for helping the Covid 19 victims. Saraswati Pustkalya a constituent of helpline humanity, offers books of all kinds

from class first to the IAS cadre, to the needy exiles. Helpline Humanity has earned name for its philanthropic works Sh. Bhat said.

At this auspicious moment, a book of collection of poems written by Sh. Bal Krishan Sanyasi entitled Poison and Nectar translated in English by Prof. Arvin Gigoo was also released. The book is dedicated to Pt. Amar Nath Vaishnavi. In addition, a book on biographical details of late Sh. Pushkar Bhan written by Sh. Makhan Lal Saraf was also released.

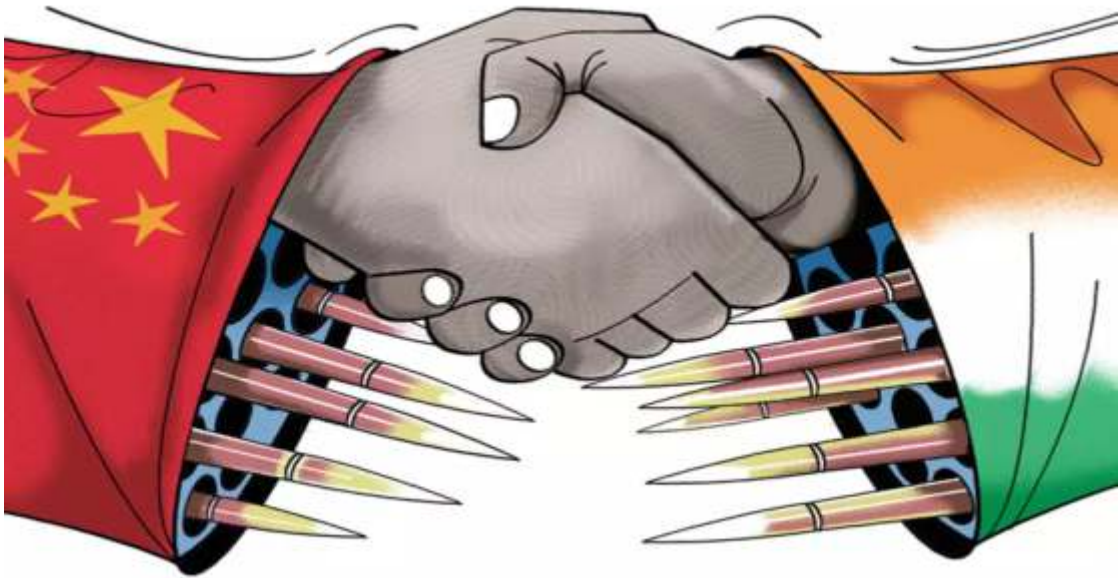
The meeting started with the Pooja Aradhana conducted by Shri T. N. Raina and subsequently Kuldeep Kalla a renowned singer with his team mesmerized the whole audience with singing Bhajans hymns in memory of Vaishnavi Ji.

Last but not the least the renowned singer Naina Saproo Trisal mesmerized the whole audience by singing her own lyrics and composition Prabhat Ke Waavo one of the incredible devotional songs.

Cartoon Corner

- Anil Nakhasi





Settling the Border with **CHINA**

India holds the unique distinction of having longest un-delineated and un-demarcated, thus disputed, borders with its neighbours. With China, entire length of the border from Ladakh to Arunachal Pradesh, with the exception of 220 Kms in Sikkim (delimited by Convention of March 1890 signed between British and China at Calcutta), is not demarcated. A somewhat ambiguous Line of Actual Control (LAC) works as the de facto alignment. This has led to periodic border skirmishes, apart from a major war in 1962 and the one averted in May - June 2020,

at prohibitive cost to national resources and human lives. Yet a permanent solution continues to elude.

While it is in India's long term interest to permanently settle the dispute, the Chinese have never shown any urgency in the matter and have even scuttled the process of clarifying respective perception of LAC, set in motion by the 1993 Agreement. In fact, they have been candid in saying that in developing bilateral relations, let the focus be on matters of convergence, leaving the contentious border issue to be resolved by the following

generations - possibly a clever ploy to be able to trigger confrontation, when expedient, as also to pose a threat of 'two front war' on India.

In the recent imbroglio in Eastern Ladakh, after the initial setback, Indian forces did well to promptly wrest the initiative from Chinese, particularly by occupying dominating heights on the Kailash Range on 29-30 August 2020, thus effectively blunting Chinese design for any further offensive as also markedly strengthening India's bargaining position. This, followed by five points resolution by Foreign Ministers of both the countries in Russia on 10 September and the subsequent rounds of military level talks have finally yielded in a synchronized and mutually monitored disengagement. Notwithstanding the tardy progress and resultant continuing stalemate, disengagement per se can, at best, avert an immediate confrontation but not eliminate the possibility of similar, or even worse, repeating at a future date. Ultimate solution lies only in a comprehensive resolution of the dispute. It is only prudent, therefore, not to get lulled into mere disengagement of troops but to press forward, in continuum, for a permanent settlement by delineating and demarcating the entire border.

To recall briefly, the ambiguity about border with China is an ancient legacy. In Ladakh, it was sanctified by treaties from time to time and assumed to be well known based on usage, customs and traditions. On attaining sovereignty over Jammu & Kashmir in 1847, the British had proposed to delineate the border by a joint tripartite commission, but it did not find favour with China. Ironically, in fact, the British themselves seem to have lacked clarity as they kept vacillating between a maximalist Johnson - Ardagh Line and a more moderate Mcartney Line, essentially dictated by requirements of the Great Game

for control over Central Asia, principal variables being the Russian pressure and Chinese ability to provide a buffer. Their map of mid 1930s showed the frontier by a colour wash with annotation 'boundary undefined'. The firm boundary shown in 1954 Survey of India map was not accepted by China and, in the absence of any presence of the Indian military or administrative control of the area, they started construction of the Aksai Chin road shortly thereafter.

In the East, the British attempted to delineate the border with Tibet jointly with China in 1914 to follow the McMahon Line, based on the watershed principle. Though the Chinese representative was present during consultations, it does not recognize the same on the plea that they were not signatories to the agreement. A Chinese map published in China Pictorial in 1958 showed five of the six divisions of then NEFA (now Arunachal Pradesh) as its integral part, thus laying claim to 1,29,500 square Kms of Indian territory.

In the Central sector, six border passes (Shipki La, Mana, Niti, Kungri Bingri, Darma and

Lipulekh) mutually agreed upon in the India - China Trade Agreement of April 1956, are not recognized as such by China, who merely refer to these as points agreed upon for the purpose of transacting trade.

Towards finding a solution now, it would be in order to visit the existing ground reality - Arunachal Pradesh has always been an integral part of India and Aksai Chin is under Chinese physical control since mid-1950s, through which passes their strategic national highway G219, being the only road link between Xinjiang and Tibet. Viewed in context, the Chinese claims over Arunachal Pradesh as well as Indian assertion to take back Aksai Chin are virtually matching in rhetoric. A realistic appraisal of the balance of combat power of both sides would suggest

It is in India's long term interest to permanently settle the dispute, the Chinese have never shown any urgency in the matter.



that neither seems to be in a position to realise their respective claims in the foreseeable future, employing military means. To add, the process of clarification of LAC, started in 1993, has got scuttled and, in fact, even LAC has now lost its sanctity; the Confidence Building Measures (CBMs), formulated in 1996, have been compromised. As such, a pragmatic solution for the future lies in the realm of a negotiated border settlement.

Here, it would also be instructive to understand the Chinese mindset on border settlement by recalling Deng Xiaoping's proposal to Shri AB Vajpayee, then Foreign Minister, during his visit to Beijing in February 1979. He had then stated that China could compromise her stand in the Eastern Sector for a similar concession by India in rest of the places, implying concessions by both sides. Indian viewpoint on this, as later stated by Shri Narsimha Rao, then Foreign Minister, in the Parliament in July 1980, was that Arunachal Pradesh was an integral part of India and, as such, the very premise on which China was offering the concession had no basis. Nevertheless, mutual understanding and accommodation/adjustment in all sectors has remained at the core of their subsequent exchanges at various levels.

Flowing from the above, one possible way towards an equitable and mutually

acceptable solution would be to recognise the boundary alignment based on the widely accepted 'watershed principle', both in the Eastern and Middle Sectors. In the East, China must accept Arunachal Pradesh as an undisputed part of India and recognise McMahon Line as the border. In the Central sector, the six border passes agreed to in 1956 should form the basis of border alignment. Cartographic distortions of the past, resulting in differing perceptions, can be resolved using the more advanced techniques now available.

In the Ladakh Sector, solution may well be in a negotiated settlement somewhere between the Chinese 1959 Claim Line and the boundary claimed by India. Once this is broadly accepted in principle by both sides, detailed negotiations could follow. Underlying principles for fixing the precise alignment should include, providing adequate depth to the Indian road to DBO as well as Chinese Highway G219; boundary should run along identifiable topographical features, ensuring even defensibility; and no settled population must be dislocated. No doubt this would be a hard bargain and a long drawn exercise, but will surely be a step forward to reach a final settlement. For the interim, both sides must commit to completely demilitarise the area and keep their forces well back at mutually agreed locations, to be monitored through a joint mechanism.

Such formulation, to have a chance of success, needs a strong political will, requiring both countries to address the concerns of their domestic constituencies. While it may be easier for a totalitarian regime like China, it presents a bigger challenge in a democracy like India as no political party likes to be seen as compromising with an adversary. With a strong and stable national government and the leadership amenable to taking bold decisions, India may well now be in a position to bite the bullet and put a historic end to the festering Sino Indian border dispute.

This would usher in a permanent 'win win' situation for both the countries and also pave the way for regional cooperation to mutual advantage. ●



There is no threat to Kashmir from Pakistan

Internally, radicalization, the route adopted by Zia, to raise militants to fight the Soviet invasion of Afghanistan and participate in the battle of Kashmir has damaged Pak society. The clerics have gained immense power and are a force against the state.

In 1978, post the arrest and trial of Zulfikar Ali Bhutto, Zia-ul-Haq assumed charge of Pakistan, and launched his policy of bleeding India with a thousand cuts. Four and a half decades later, the policy has, apart from backfiring, placed Pakistan in a quandary. Nothing has been achieved, rather more has been lost. India has galloped ahead economically, diplomatically and militarily, while Pak has sunk deeper and deeper into the abyss of debt, internal dissension, radicalization and poverty.

Pakistan's intent of causing turmoil in Kashmir did prove successful initially, however, with passage of time, the scenario reversed. Currently, Pakistan's Kashmir policy is in tatters. Its carefully nurtured Hurriyat has fallen by the wayside, with none willing to support it. Its belief in India maintaining status quo was pushed aside when article 370 vanished from history books, never to return again. Attempts at supporting infiltration through ceasefire violations were met with overwhelming response, smashing

Pak defences, resulting in mass casualties to its forces. Pakistan was forced to seek a ceasefire.

Kargil proved that India will not relent. Its regaining the heights forced Pak to approach the US for a ceasefire. The Balakote and cross-border strikes changed Indian approach to Pak's misadventures. The ongoing Ladakh embroil-go further proved that India has the strength and determination to deny any power a free run and it is no pushover.

The confidence within Indian security forces is such that it has changed its strategies. It has begun seeking surrenders and emphasizing on preventing youth from picking the gun, rather than eliminating them. Simultaneously, focus has shifted to breaking the nexus of overground workers, the leading elements behind recruitment of terrorists. Enhanced engagement with the younger generation has built confidence amongst the public. Kashmir is rising again, this time peacefully, welcoming the rushing tourists.

On the contrary, Pakistan's western provinces are currently on the boil with both the Tehreek-e-Taliban Pakistan (TTP) and Baluch freedom fighters gaining steam and confidence. Hardly a day goes without loss of lives to Pak forces. Simultaneously, the Pashtun anger is rising as their demands for removal of the Taliban and an end to enforced disappearances and extra judicial killings are not being accepted. Afghanistan appears to be heading for civil war and possibly coming again under Taliban rule, pushing millions more as refugees into Pakistan.

Internally, radicalization, the route adopted by Zia, to raise militants to fight the Soviet invasion of Afghanistan and participate in the battle of Kashmir has damaged Pak society. The clerics have gained immense power and are a force against the state. The recent action of the government banning the TLP is a case in point. Blasphemy laws, which are exploited to settle personal vendetta and target minorities, has become the stick which the western world employs to beat Pakistan.

While Pak sinks deeper into the sink hole, Kashmir rises above the clouds. It is no longer a region where outsiders fear to tread.

casualties from the Balakote strike, it may not happen again. Threatening Kashmir by military means is not the answer as they lack capabilities. It tried terrorism but without an army of overground workers it cannot succeed. Diplomatically, Pakistan has failed. Apart from China and Turkey, it has zero support.

The world has seen through Pakistan's lies and deceit. It's attempts to bulldoze its way out of the FATF Grey List by claiming it has implemented almost all points was disregarded. Its failure to act against UN proscribed terrorist groups and leaders was noted and it will continue to pay this price. The bomb blast in Johar Town, Lahore targeted Hafiz Saeed, who was in his residence, while supposedly undergoing a jail term in Lahore's Kot Lakhpat Jail. The blast occurred while the FATF plenary was in progress, making public another fake claim of Pakistan, that it acted against terrorist group leaders. Its accusing India for backing the TTP, which its own army claims is a part of the Taliban has been globally ignored.

For India, Pakistan will remain a pinprick, which will keep spewing verbal

Threatening Kashmir by military means is not the answer as they lack capabilities. It tried terrorism but without an army of overground workers it cannot succeed. Diplomatically, Pakistan has failed. Apart from China and Turkey, it has zero support.

Tourism is on the rise, peace prevails across most of the region, political initiatives continue at a steady pace and the uncertainty post abrogation of article 370 has eroded. The recent meeting of the PM with all political parties opened doors for cooperation on the delimitation exercise, the start of the political process.

It is this change from negative to positive in Kashmir and positive to negative along Pakistan's western borders which has impacted the Pak leadership. They have realized that there is nothing they can do to threaten India militarily. They hid their

venom at regular intervals. To make their population momentarily forget their suffering, shortages, unemployment and economic collapse, Pakistan will exploit the name of India. Its capacity to damage Kashmir society, bring about an internal uprising in the region, and add to Indian problems are history. There will still be incidents of terrorism, spread across the region, intended to display that Kashmir remains a disputed territory. Beyond that Pakistan can do nothing. This is the situation as long as Indian military power remains notches above Pakistan. There is currently no threat to Kashmir from Pakistan. ●



EASTERN TURKISTAN

Struggle for a Nation-State

The Arab and Persian historians of medieval times have written very little about the Uyghurs of Eastern Turkistan, their history, culture and life. They generally included them in the broader Turkic people of the Central Asian region and rightly so, essentially because of their Turko-Mongoloid descent. But they have been treated rather a lesser momentous populace in comparison to the main body of that race in the heartland of the Central Asian Steppes. Much less was told about their tribes and satrapies and their exploits in the neighbouring areas though culturally they remained glued to the vast Turko-Mongoloid milieu. It was the western

historians and specialists like Barthold who dug deep into their past and present and presented their profile which has now become a dependable source for knowing the Uyghur and other Asiatic settlers in the region.

Muslim historians gave it the name of Turkistan which means the land of the Turks. Though the people in this vast region spoke different languages and dialects, yet racially they mostly descended from the Turko-Mongoloid stock except those living in the northern slopes of Badakhshan Mountains – the watershed that divides the Turko-Mongoloid homeland from the Aryan settlements across the Badakhshan, Pamir and

Hindukush. Nevertheless, Turkistan has remained integral to the writings of the historians and litterateurs of the Iranian and Arab stream. The Arab and Iranian historians called the region Turkistan meaning the land of the Turks. But the Russian historians used the term East Turkistan.

The region remained under the sway of the Chinese Emperors for a long time. There were sporadic opposition to or uprising against the Chinese suzerainty. In present-day terminology, these could be termed as secessionist movements and local rebellions undertaken not only by the Uyghur but also by other nationalities like the Tajiks, Uzbeks and Kazakhs settled in Eastern Turkistan as merchants but not as missionaries to propagate one or the other sect. These defiant political groups bore affinity more to the indigenous Turkistanis than to the Hans the predominating ethnic group of China that had been in power for long.

After the fall of China's Qing dynasty in 1912, local separatists continued to fight for

elements in the Eastern Turkistan (Xinjiang) became pro-active in demanding secession from China and raising of an independent State of Eastern Turkistan in the footsteps of its earlier avatar.

The US has almost completed its troop withdrawal from Afghanistan in the wake of the Doha agreement. Only a few days ago, the US forces abandoned the crucial Bagram airbase thus creating a vacuum for the advancing Taliban forces and cutting the lifeline of Afghan communication with the world outside. It seems very difficult for Kabul to prevent the Taliban from capturing the airbase of Bagram and thus strengthen their position for a final assault on the capital from where vulnerable people have already begun to move out for safety.

The international community is much concerned about the new situation developing in Afghanistan and is seriously visualizing the consequences of the Taliban takeover of Kabul. China is no less concerned but in a different way. One cannot rule out the

The international community is much concerned about the new situation developing in Afghanistan and is seriously visualizing the consequences of the Taliban takeover of Kabul.

an independent state. In 1933, the Uyghurs managed to establish an East Turkestan Republic (ETR) but were defeated by China's Kuomintang forces.

After the establishment of the People's Republic of China in 1949, communist leader Mao Zedong designated the region (now given the new name of Xinjiang) as the "Uyghur Autonomous Region" as a bargain for separatists to surrender. Since then, the ruling Communist Party of China (CPC) has tried to suppress any feelings of "national liberation" and link such acts to "foreign hostile forces".

After the implosion of the Soviet State in 1991 resulting in the declaration of independence by 5+2 Central Asian and the Trans-Caspian States, the ethnic-nationalist

possibility of Al-Qaeda and the Daesh (Islamic State) jumping in to fill the vacuum left by the retreating Americans. China views the deteriorating situation as a catalyst to strengthen the East Turkestan Islamic Movement (ETIM), an Uyghur separatist organization, fearing security implications of a Taliban regime.

ETIM, (also known as Turkistan Islamic Party), is an extremist Uighur nationalist group founded by Uighur jihadists in Western China that seeks to create an independent East Turkestan state to replace China's Xinjiang.

Under China's lobbying and strong clout in the UN, The Security Council designated ETIM as a terrorist organization in 2002 for its links with Al-Qaeda. But in 2020, the US removed the group from its list of foreign

terrorist organizations, a move vehemently condemned by China.

The Asia Times reported that the ETIM may have increased its logistical and financial resources, manpower, and weaponry since the removal of the terrorist tag by Washington in 2020.

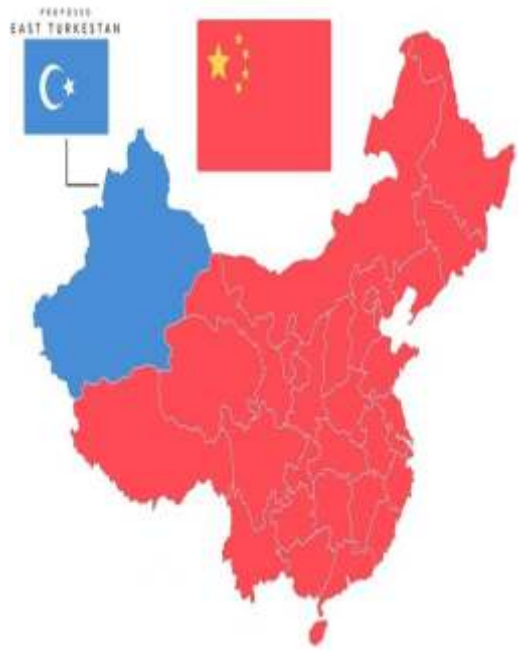
A recent UNSC report confirms the presence of more than 500 ETIM fighters in different parts of northern Afghanistan, including Badakhshan, Kunduz, and Takhar provinces that connect China's Xinjiang province via a narrow Wakhan Corridor. China also fears the possibility of other jihadist organizations supporting ETIM's "Uyghur -cause" to carry forward their "Islamic" agenda. In 2017, the Islamic State released a video of Chinese Uyghur Muslims threatening to return home and "shed blood like rivers", as reported by Asia Times.

At present, an East Turkestan government - in-exile is based out of Washington, formed under the leadership of Anwar Yusuf Turani in 2001.

July 7th marked the 12th anniversary of the violent Xinjiang riots that had left more than 190 people dead and several others injured in the capital city of Urumqi. This event put the international spotlight on the semi-autonomous region as the western media and experts termed it "ethnic unrest" and displeasure among the minority 12 million Uyghurs. However, China calls the event an "act of terror" that put into motion a series of draconian measures to curb the spread of extremism in the region and detained over 1.5 million Uyghurs.

Several instances of violence have occurred which the Chinese authorities call terrorist activities necessitating action to curb them. China has suppressed the region with excessive policing, surveillance, and restrictions on the pretext of "counterterrorism" and "deterrence". Incidents of violence have also multiplied, which the Chinese blame on Uyghur extremists belonging to the ETIM.

Last month, Indian-origin journalist Megha Rajagopalan was awarded the Pulitzer Prize in the 'International Reporting' category



for exposing the secret of detention camps of Xinjiang, which Beijing has been categorically refuting. It calls them "vocational institutes" to de-radicalize the members of the minority community and sustain peace in the province, a claim which no news agency has endorsed.

China has been stubbornly contradicting and attacking the organizations exposing her in the case of large scale Uyghur distension. For instance, it repeatedly attacks Munich-based World Uyghur Congress (WUC), an international organization formed by exiled Uyghur groups that aspire to "represent the collective interest of the Uyghur people both inside and outside of the Xinjiang, over anti-China propaganda and spread of "false information" such as forced sterilization, lack of religious freedom and destruction of Uyghur heritage," reports Asian Times.

The Uyghur are forcefully carrying forward their great struggle for recognition of their land not as an autonomous region of China but as an independent state recalling to mind its status before the occupation by Communist China and large scale effort of changing the demographic complexion of the region. The world is listening to their voice more intently today than ever before. ●



AFGHANISTAN

Drawdown or Abandonment – Its Consequences



Joe Biden has ultimately announced 11 September as the final cut-off date for the complete pullout of the US and other allies' troops from the war-torn Afghanistan. Earlier he had denounced the decision of his predecessor Donald Trump of complete drawdown by 01 May as “impractical.” As per the new blue print the pull out would begin on 01 May and terminate by 11 September. 11 September 2022 will mark the completion of two decade of invasion of Afghanistan codenamed 'Operation Enduring Freedom' till 2014 (when the twin objective of

overthrowing the ruling Taliban regime and decimating Osama bin Laden's Al Qaeda was partially achieved) and 'Operation Freedom's Sentinel' thereafter, the longest running war in US history. At the time when US is leaving, Afghanistan is in turmoil due to the internal war for “who will control Afghanistan” continuing between the elected government of President Ashraf Gani and the insurgents led by the Taliban, who already control more than 40% of the country. A Pakistan brokered peace agreement between the US and the Taliban reached last year in February succeeded only

to the extent that the Taliban stopped attacking the foreign troops but failed to achieve the main purpose of a negotiated settlement and permanent ceasefire with the Afghan government. The Taliban had also agreed to ensure that its soil would not be used as a 'launchpad' for the global jihadi terror, which also has been violated many times. In fact, the violence has surged in Afghanistan ever since the beginning of peace talks in September last year with the civilian and security force deaths recording an upward trend and even deadly terror attacks have increased. In nut shell, Afghanistan continues to be in a quagmire and the melting pot for global jihadi terror.

The question arises what did the US

is likely to be back with the Taliban, a scenario dreaded not only by the Afghans, particularly the women, but India as well. Afghanistan has once again lived up to its reputation of “the graveyard of the Empires”. Yet another power is leaving Afghanistan leaving the country in ruin and without ushering peace in the war-torn nation. This is straight forward abandonment. Afghanistan faces threat not only from the Taliban but from the Islamic State as well which is reported to have formed an affiliate Islamic State in Khorasan Province.

Afghanistan has witnessed sea-change with regards to infrastructure development under the Reconstruction Program with India



achieve even after spending a whopping \$2tn plus and losing 2216 precious lives? Billions in “aid” are said to have gone down the drain with the bulk invested in Dubai property market. The cost to Afghan civilians has been equally appalling, put at between 50,000 and 100,000 deaths over the two decades. Many analysts believe that the present regime in Kabul is unlikely to hold for long after the Americans leave. It could hardly govern with American help and is unlikely to succeed without them. Come September, Afghanistan

being a major contributor. Will it have any value for the radical Islamists for whom the rule of Sharia is the ultimate even if it means return to the medieval era? The Taliban have already announced themselves as the 'Winner'. “We have won the war, America has lost,” say Taliban.

The Taliban see themselves as a government in waiting, speaks volumes of their confidence to overthrow the current regime after the Americans leave. They have already decided to rename the country as

"Islamic Emirate of Afghanistan." "This is jihad, it is worship. We don't do it for power but for Allah and His law. To bring Sharia to this country. Whoever stands against us we will fight against them," says Haji Hekmat, Taliban's shadow Mayor in Balkh District, virtually under its control. The statement mirror images the mind-set of the Taliban leadership, some elements feel that with passing of time and changed thinking among many Muslim countries, a group of moderates has also emerged among the Taliban. How much they would be able to influence the new government or how the new Islamic government when formed will accommodate them will be the actual litmus test of the Taliban?

India has both strategic and internal security issues with the American abandonment of Afghanistan. While India's arch rival in the region Pakistan seems to be in a win-win situation, India will have to face many challenges. Though, India has been included, at the American insistence, in UN supervised talks for ensuring intra-Afghan peace, it is not going to make much difference as any positive outcome of the talks is almost ruled out. As and when the Taliban assume power, Pakistan would emerge as a major player. While Pakistan will not like any type of Indian influence in Afghanistan, India can ill-afford to lose all the goodwill and strategic leverage it has gained through huge investments in its economic uplift. Afghanistan is as strategically important to India as it is to Pakistan.

The major threat that would emerge to India, is the likelihood of the situation as it prevailed in 1990s and early 2000 with relation to jihadi terror. A pliant government in Afghanistan will allow Pakistan to continue to adhere to its policy of using terror as an instrument of the state policy. To avoid international pressure and the fear of watchdogs, it is likely to shift the terror infrastructure to the badlands of Afghanistan. Jihadi terrorists who would become surplus to the internal need in Afghanistan may well be diverted across the border by Pakistan as in the

past. The security of the infrastructure built by India including the alternate road route via the Sistan Baluchistan of Iran and the Indian personnel deployed there would be another major concern.

To ensure that the gains made by India are not buried to the ground along with the anticipated change in regime post September this year, it needs to formulate and put in place a robust response based on a long-term strategy. To begin with without losing any time the government must appoint a special representative for Afghanistan reconciliation with the mandate to open communication channels and negotiations with all stake holders including the Taliban and the Islamic State. To put the boots on ground has been opposed by India till now and hopefully will stick to its stance even hereafter. A greater outreach to strengthen the Afghan forces including training and equipping them must continue with increased emphasis on capacity building.

India would need to leverage its good relations with Iran and Russia to keep Pak and Turkey away from harming our interests. The emerging threat from radical Islamists will have to be highlighted to China since it is very sensitive to such threat in its Xinxiang province. The goodwill of the Afghans earned by us should also be exploited by us to soften the Taliban approach to India. The emerging situation in Afghanistan would definitely test our political and diplomatic mettle in the coming days.

While the Afghans will have to prepare themselves for a possible civil war, the global community must get ready for a renewed and more vigorous threat from extremist Islam. The epicenter of the new global Great Game may be shifting to the Indo-Pacific or South Caucasus, but Afghanistan will continue to be the epicenter of global jihadi terror, rejuvenated and resurrected. US may abandon Afghanistan; it would not be able to abandon war on terror.

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- Dr. Rahul Magazine



KASHMIR

THE MARCH OF TIME

The ancient and medieval history of Kashmir has been documented by Kalhana in Rajatarangini (CE 1148-50). The Valley of Kashmir, as per Nilamata Purana, was called Satidesa (Satisar). It is mentioned that at the time of the Mahabharata war, the king of Kashmir was just an infant, so neither Pandavas nor Kauravas sought his help.

Asoka (BCE 273-232)—there is doubt whether he was the great emperor Asoka or some local ruler—having gained control over Kashmir encouraged Buddhism in the Valley. Later his son became the monarch of Kashmir and reverted back to Hinduism. After around three centuries, Kushans took over the control of Kashmir and the fourth Buddhist council was held there during the time of king Kaniska. Kashmiri missionaries spread the Buddhist philosophy up to China. Much later, a cruel Hun

general, Mihira-Kula, seized power and ruled from CE 515-550. King Vikramaditya of Ujjain during his reign exercised some control over the kingdom of Kashmir. Chinese traveler, Huien Tsang, visited the Valley in CE 631 during the rule of Karkota dynasty and found both Buddhism and Hinduism being practiced side by side. Lalitaditya, one of the most illustrious rulers of Kashmir, belonging to the Karkota dynasty, ruled from CE 724-761 over a vast territory. His campaigns seem to have taken him up to Cauvery in South India, Kathiawar in west, Bengal in east, Ladakh in north-west and western portion of Tibet as well. He is credited with the construction of Martanda temple, even the ruins of which are testimony to its past grandeur. Avantivarman (CE 855-883) of Uptala dynasty was another great king, who being a good administrator brought prosperity to



Kashmir. He made two impressive temples, Avantisvamin and Avantisvara. He was a deeply religious person and it is said he listened to Bhagavad-Gita even on his deathbed. Acharya Abhinavagupta (c. 950-1016 CE) a philosopher, and a talented personality—musician, poet, dramatist, and logician—has greatly influenced the Indian culture. He wrote over 44 works, the most well-known is *Tantrāloka*, an in-depth treatise on Trika (Kashmir Shaivism). Unfortunately around this time the regent of Kashmir, Queen Didda (died in CE 1003), negatively influenced the politics of Kashmir for a long 50 years of her rule, by spreading immoral behavior. Jaya Simha (CE 1128-5) of second Lohara dynasty was another great ruler like Lalitaditya and Avantivarman, but after his death the decline which had begun around Didda's time regained the lost momentum. The subsequent two centuries produced weak rulers, in a way preparing the ground for Muslim takeover of the kingdom.

In CE 1320, King Suhadeva of the Damra dynasty was swept out of power, by the plundering hordes of Dulacha, a Mongol fighter from Turkistan. Rinchana, a Buddhist refugee from Ladakh who had been granted asylum by Suhadeva, taking undue advantage of the anarchy in the wake of the Mongol attack seized power. Rinchana married Kota Rani (daughter of Suhadeva's minister Rama Chandra) whose father he had deceitfully slain during the power struggle. Rinchana wanted to convert to Hinduism but Kashmiri Brahmins refused to accept him. So instead he accepted Islam and thus Kashmir got its first Muslim ruler: Sadr-uddin. Shortly afterwards, Rinchana died in CE 1323 and power again shifted back into the hands of Hindus, but this was quite short-lived as Shah Mir, who was a foreigner, seized power from Kota Rani in CE 1339. Thus the Muslim rule got firmly established in the Valley. A few decades later, an Iranian Sufi, Sayyid Ali Hamdani, visited Kashmir and propagated strict religious practices. Sultan Sikandar (CE 1389-1413) took the religious fanaticism to the next level by seeking jizya from Hindus, forcefully converting them, and relentlessly destroying their temples—earning the well-deserved epithet, Butshikan (The Iconoclast). Reprieve came for the beleaguered Hindus in the form of

Sultan Zain-ul-Abidin (CE 1420-70), son of Sikandar Butshikan. He reversed all the cruel measures imposed on Hindus and dealt with them justly. Zain-ul-Abidin's rule brought prosperity to the Valley. After his death, Kashmir was ruled by weak sultans for more than a century, and then in CE 1586 Mughal Emperor Akbar's army entered the Valley and made it part of the Mughal Empire.

Later during Aurangzeb's rule (CE 1658-1707) forced conversion and the persecution of Hindus once again gained momentum. After Aurangzeb's death, the Afghans invaded the Valley, bringing it under their rule for next 67 years. It was a total misrule, bringing misery to the Kashmiris. The Afghans were particularly harsh on Kashmiri Hindus—whose lives, faith and womenfolk were under constant attack. To save their daughters from the licentious Afghans, the Hindu parents were forced to resort to extreme measures like disfiguring the faces of their daughters. Unable to bear the atrocities a Kashmiri Pandit, Birbal Dhar beseeched Maharaja Ranjit Singh to come to the rescue of Kashmiri Hindus. Consequently, on 1 July 1819, the Sikh armies entered the Valley and defeated the Afghans at Shopiyan, bringing much needed relief to the Hindus. The Sikhs, whose rule lasted for 27 years, were harsh on Muslims. After the death of Ranjit Singh in CE 1839, the Sikh power declined and eventually the British defeated them.

Under the conditions laid out in the Treaty of Amritsar (CE 1846), Raja Gulab Singh, a Dogra ruler of Jammu, whose forces had earlier conquered Ladakh as well, got possession of Kashmir from the British. The Dogra rule was marked by constant intervention by the British in the affairs of the state. In fact, the British had installed the Dogras in Kashmir as it suited their geopolitical interests. Later as the Independence movement in India gathered steam its repercussions were felt in the Valley as well. The growing discontent among the Muslims stirred up agitation against the Hindu rulers, and Sheikh Mohammed Abdullah assumed its leadership. Sheikh maintained a distance from the Muslim League due to his soured relationship with its leader Mohammed Ali Jinnah. On the other hand, Jawaharlal Nehru disliked the last Maharaja of Kashmir, Hari Singh, as he had

been arrested on the orders of the Maharaja on trying to enter Kashmir. It was natural for Sheikh and Jawaharlal to join hands, thus together influencing the course of history in the Valley. While the Maharaja was toying with the idea of having an independent kingdom, Pakistan broke the Standstill Agreement on 22 October 1947, and let loose hordes of tribal raiders (Afridis, etc) along with Pakistani regulars, under the overall command of Major General Akbar Khan. The Muslim troops of the Maharaja deserted his army and it was left to Brigadier Rajinder Singh to fight the raiders at Uri with few troops at his disposal. Fighting valiantly, he ensured that the advance of the raiders was delayed by two crucial days but in the process lost his life. Many Dogra officers wouldn't accept that their Muslim troops, who had fought numerous battles alongside them, would turn traitors. Some officers, like Colonel Hari Singh, paid heavily for this lack of crucial judgment, by being killed by their own deceitful comrades. Meanwhile, the raiders indulged in large scale loot, rape and killings.

Finally, on 27 October 1947, India troops entered Kashmir, after the Maharaja had sought help from the Indian Government and signed the Instrument of Accession to the Indian Union. If Nehru had not procrastinated the acceptance of Maharaja's proposal of accession much pain and suffering of Hindus and Sikhs at the hands of the raiders could have been avoided. Eventually the raiders were pushed back by the Indian army, the threat to Srinagar was averted just in time and a large part of Jammu and Kashmir was liberated before the ceasefire was surprisingly accepted by the central leadership. As expected, over time the Maharaja was ignored by Nehru, and the power was transferred to Sheikh Muhammad Abdullah. Nehru and Sheikh got Article 370 imposed, thus paving the way for the creation of a democratically-elected 'sheikhdom' in Jammu and Kashmir. The abrogation of Article 370 in 2019, hopefully, heralds a new dawn of integration and unity.

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Art work by Mr. Pankaj Raina



- B L SARAF



TIME TO STRENGTHEN INDIAN CULTURE in Kashmir

Lt. Governor Manoj Sinha, while speaking on the occasion of 'Bhoomi Pujan' of Shri Venkateshwara Swamy Temple to be constructed by Tirumala Tirupathi Devasthanam in Jammu, flagged salient features of the project which, when completed, will have a far reaching impact on overall economic and cultural development of Jammu

Centers." The Administrative Council, while approving the proposal, said that the move was aimed at exploiting to the full the tourism potential of Jammu, besides enhancing economic opportunities.

The TTD board has been established under TTD Act, 1932 and is presently governed by Chapter IV of Andhra Pradesh Charitable &



region. He said that once the Temple complex comes up, particularly the Vedic Pathshala part, the Indian culture will find a strong foundation here. In the month of April, the Administrative Council allotted 496 kanals of land to the Tirumala Tirupathi Devasthanams (TTD) for "building of Temple and its allied infrastructures, pilgrim amenities complex, Vedpathshala and Spiritual/ Meditation

Hindu Religious Endowments Act 1987. It is a charitable organization with proven record of activities in spiritual, cultural, social and educational spheres.

The auspicious occasion has, indeed, gladdened hearts of Kashmiri Pandits (KPs) because, they see a ray of hope that their spiritual and civilizational sign posts in the Valley may be reclaimed from the brink. With

their expulsion from the Valley Pandit's "cultural foundation" back home stands so violently shaken by the elements that it may cave in anytime. The temples and shrines of Hindus in Kashmir are, on government's own admission, in a bad shape and their valuable assets have been misappropriated. In this situation the spirit in LG's point that Shri Venkateshwara Temple will strengthen Indian Culture in Jammu needs to be carried further to the Valley, where not only the "Cultural Foundation" of India has shaken but also the local culture is in ruins. Therefore, it is not for nothing that Kashmiri Hindus, in one voice, have been demanding a proper statutory cover for protection, democratic and transparent management and preservation of temples and shrines, so that "foundation of local culture" is strengthened and saved from decay. That in turn will ensure preservation of Indian culture in the Valley.

In Jammu, the same day other event of some significance for the Kashmiri Hindus came to be noticed. On the initiative of some well-wishers of the community the MOS in the PMO, Dr. Jitendra Singh unveiled first edition of specially designed LED glow of Mata Kheer Bhawani Pratima. Speaking on the occasion the MOS said that this work will reiterate and transmit religious and cultural heritage to the next generation of KPs living far and wide in the globe. He impressed upon the organizers to prepare a soft copy of the Pratima and circulate it among the new generation so that the young ones remain connected to the roots. Good suggestion, indeed.

Jatindra Singh has been a well-wisher of the displaced KPs. He stood by them in trying times. They appreciate it and have been in affectionate deference to Doctor Saheb, well before 2014 and continue to hold him in high esteem thereafter also. It must be said to the credit of H'b MOS that he, more than KPs themselves, is in know of the bad state of health of these religious places in Kashmir. In terms of physical structure and spiritual grandeur, very little is left of them to be transmitted to the next. Only a tale of devastation, loot and plunder remains to be told. State government has admitted it in no uncertain terms but failed to stem the rot. The community is sanguine that

Doctor Saheb, being in a position of authority, will recall the sorry state of these cultural landmarks and ensure that an appropriate legislation is put in place, soon.

Admittedly, the religious places managed under a Statutory architecture are well kept, have attracted large number of devotees and huge offerings which have immensely contributed to the welfare of populace, besides catering to the spiritual appetite of the devotees. Their management is transparent and accountable. TTD Trust is one shining example of it and Shri Mata Vaishnov Devi Shrine Board (SMVDSB), in Jammu, is the other.

We wish same could be said of the management of Temples and Shrines run privately –some as family assets - many face charges of mismanagement. On occasions the Apex Court had to intervene to stem the rot. The Court, while hearing the management and other related matters of Lord Jagannath Temple Puri in Orissa some years back, issued directions to ensure protection of "the sanctity and ethos" of this highly revered religious place. The directions issued have far-reaching consequences and apply, uniformly, to all religious places in the country.

We hope the LG would take cognizance of the issues raised by the Apex Court as they relate to the management of religious places in J& K as well and in the light of his statement made at the time of 'Bhoomi Puja' of Devasthanam, may take appropriate steps to "protect sanctity and ethos" of these places of culture and spirituality by means of a statute. Apex Court has given expression to what millions of people feel on the issue in Kashmir. The Court must be heard carefully when it says that proper management of pilgrimage centers of great importance is a matter of public interest. These centers are of undoubted religious, social historical and architectural importance, representing cultural heritage of our country.

Hindus In Kashmir visualize role for the prospective Statutory Board akin to SMVDSB and act as community institution and prove itself, as latter has holistically done, in the field of public service. For that to happen a law on the lines of SMVDSB is required.

Former Principal District & Sessions Judge



- C.L. KALOO

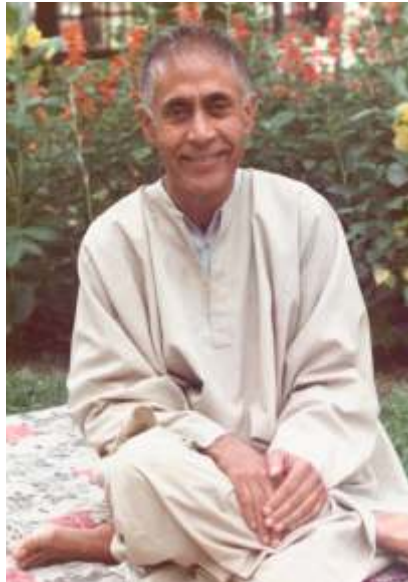


Lectures

By Saint Shaiva Philosopher, Swami LakshmanJoo

A book containing lectures on practice and discipline in Kashmir Shaivism, delivered by Swami Lakshmana Joo in Kashmiri language with Shlokas from relevant Smritis at the Shaiva institute, Gupt Ganga in Kashmir during the fall of 1980, relates to meditation, concentration, vegetarian type of food habits etc. These lectures were transcribed and translated into English, and finally edited under Swamiji's guidance by the Universal Shaiva Trust, Nishat Srinagar in April, 1982 (1st edition)

In Kashmir Saivism, emphasis has always been laid upon the practical application of its philosophy and the realization of truth rather than on the more intellectual understanding of its concepts. It is a practical system of spirituality, strengthened by Swamiji due to the fullness of his awareness in his intellectual understanding. Dr. Jaideva Singh, the author of



Vijnanabhairava (or Divine Consciousness) in his preface expresses his gratitude to Swamiji, for his teaching the book, word by word. Swamiji, during his life time, lectured many a

times about the sins of meat eating or animal killings and advocated to maintain a vegetarian lifestyle. It was his desire; as I have also occasionally listened to his lectures, when I used to visit Srinagar on official tour or during holidays with my family, that his teachings should be communicated to the people of our community particularly about preferring vegetarian food to be served on marriages, birthdays, shradaas and other religious functions. He also advised people during his sermons to abandon the myth that in

case, we don't offer meat to the deity on some rituals, we shall come to grief. In this connection, he narrated an episode that his father once went to the Khrew shrine, worshipped there by offering the lungs of

It was Swami Ji's desire; that his teachings should be communicated to the people of our community particularly about preferring vegetarian food to be served on marriages, irthdays, shradaas and other religious functions.

sheep to please the deity and said, “I wondered at that time, how on earth, they thought that they would reach heaven at the cost of so much pain and suffering of speechless lamb whose life has been lost by killing it.”

According to Swamiji, Yajnavalkya tells us in his Yajnavalkya smriti that there are three ghostly crimes committed in the slaughtering of animals for the enjoyment of eating their flesh. These crimes are known as “Pranahara”, “Pida” and viryaksepa. To describe it in short, Prana-hara is the crime of taking life away of an innocent animal, “Pida” is the crime of inflicting great pain while killing it and Viryaksepa is the crime of taking away its life-strength. Swamiji restricted Shloka from Saiva scriptures, in the above context is also quoted here, for the general information of our community brethren in particular.

*“na vivahe pasum hanyanna catmartha kadacane
Yagakale ca na hanyat nestabandhu samagame”*

Purport: You should not kill animals at the time of marriage celebrations or for your own self-satisfaction or in rituals or in hosting your dear loved ones.

Swami Lakshman Joo clarifies in his discourses that killing an animal (lamb etc.) and eating its flesh is both punishable according to our scriptures. He refers to Manu who in Manu Smriti expresses even stronger view point of punishment for many lives (Rebirths).

*“Yavanti pasulomani tavat krtvo ha maranum
Vritha pasughnah praproti pratyajanmani janmani”*

And Manu further says,

*“Versa versa svamadhana yoyajata satam samah
Mamsani ca na khadedyah toyoh punyaphalam
samam”*

Purport: He who avoids meat eating for his whole life receives the same meritorious fruit, after death, as he, who adopts the Asvamedha Yajna every year for one hundred years. To clarify “mamsa” in above Shloka refers to “mas” that is we call meat- “Mamsa” (he will eat me). It may be stated here that according to Bhagavan Ved Vyas, meat-eating or offering it to the diety is NOWHERE written in the Vedas and according to this

legendary Rishi, if it is written anywhere, it is written then by ignorant and fraudulent people to deceive the society, for their own self interests. In another text, Pandit Prem Nath ji Shashtri, Doyen of Kashmiri culture who suggested many reforms in the community also advocated the community, quoting relevant Shlokas from Upanishads in his Panchang, in order to convince the community to abstain from eating or serving meat on auspicious marriage ceremonies, religious functions including “Shradaas” etc. He has also laid emphasis on purity of speech, besides purity of food. He, in his discourses stated that purity of body, mind and speech are completely interlinked and help us to achieve the desired result- concentration and consciousness.

In conclusion, it is stated that this covid pandemic has taken toll of large numbers of our community members and this makes us to ponder to make adjustments in our life styles, substitute vegetarian type of food against non-vegetarian, as per teaching of late Saint and Shaiva philosopher of Kashmir. We have to develop a marginal tendency to be content with a simple way of living and performing rituals and auspicious ceremonies devoid of meat preparations and the like, keeping in view this horrible experience which covid-pandemic has taught us. Since we are habitual meat eaters and habits die hard, we cannot, thus control this habit in our homes, but we can endeavour to change our to vegetarian types of food, in marriage functions and religious ceremonies etc. where Vedic hymns and mantras are recited and Yajnas are performed to invoke the blessings of diety/Gods, for our peace and prosperity as the pure vibrations emanate from Yajnas during the performance of pooja. In this context, we have to develop a sense of strong feeling to be imbibed in our mind so that in course of time, it is deeply rooted in our mind and then such changes are possible in our society.

“Santosadamuttamas ykhalabhah!”

Means : The fruit that accrue from

maintaining complete contentment (santosa) is that you become completely in peace in this life-time.

Sri Paramhansa Yogananda ji in his book “Man's Eternal Quest” says, “Temptation is sugar coated poison. It tastes delicious, but death is certain. Start with a clean slate now, you will experience true-happiness.” He further goes on to say in his essay “Healing by God's unlimited power” that vegetables, fruits and nuts are superior to meat. God has infused

medicinal power in vegetables and fruits to help overcome diseases. Actually the organs of the body are essentially sustained by the energy of God. Illness comes when the resisting power of the blood has diminished by wrong or over-eating. Flesh foods may aid in healing ones illness, they sometimes create a condition whereby another disease, even more serious, may develop elsewhere in the body. That is why, the safest diet for man is fresh fruits, vegetables, nuts and diary proteins.



Art Work by Ms. Neha Sharma



- Surender Koul



K Shattered Historical Monument of KASHMIR

ASI Kashmir office does not appear to be doing justices to their allocated charter of protection and preservation of the ancient Heritage sites in Kashmir. J&K Govt. also seems to be uninterested for the upkeep of these bygone celebratory heritage sites which give deep insight about the past of Kashmir and its architectural zenith



The valley of Kashmir is dotted with many incredible historical sites built in the olden times. Each of these monumental sites is epitome of its civilization, architectural, workmanship and cosmological layout designed on colossal scale. Whether, it

is in Wangat, Pattan, Parihaspur, Avantipura, Kupwara and Anantnag area, each site has its own story to tell? The grandness of these massive sites is that it withstood the test of times, remained standing despite the quirks of geographical phenomenon and destructive

onslaught of the bigot for traveller to marvel at. Martand Sun temple is the prize mammoth site.

On entering the premises of Martand Sun temple two kilometres up the plateau from Mattan, Dist. Anantnag, Kashmir ; one gets aghast on seeing such a huge temple structure, most impressive in the very first look . It was said, that the shadow of conical dome of the temple touched Srinagar at early sunrise. Though, the vandalised and crumbled structure of Martand temple was neglected , unprotected, unattended for five centuries ; yet it still exhibits visible grandeur and splendour which it had in past, before it was burnt and demolished by tyrant Sikhander Butshakan in fourteenth century, in passionate rage of spreading Islam in Kashmir.

Its architectural ideals and designs of 8th century were in no way less to other world renowned ancient designs of Rome and Greek civilizations. The stone images and carvings of Godly figures are elaborately chiselled and richly designed. The site of the temple and its court yard surrounded by volumes of colonnaded in Greek fashion shows that this structure was mix of many ancient building designs and art. The temple of Sun commands superb view over the valley since it is situated on a lofty Karewa. Its background of snow-capped mountain peaks and blue sky makes it most attractive place for divinely grace. It reflects the ancient art and architect and its development in Kashmir under most prosperous ruler and warrior King Lalitaditya Muktapada, builder of this Sun temple at Martand in Kashmir. Of the three Sun temples in India , Martand is the oldest, where as the second one, Konark Sun temple, a colossal structure stands in majestic dignity on the sea shore on a vast stretch of sandy soil was built in 13th century by King Narasimhadeva in Orissa and the third one is at Modhera ,Gujrat built by 1026 by King Bhimdev. Oldest Sun temple, known as kashyapapur was in Multan, Pakistan, built by Samba son of Krishna in 515 BC, which was totally disseminated in 10th century.

From tourist point of view Martand Sun

temple can be spot worth visiting to understand and to acknowledge the past glory of Kashmir history. Its historical background, building structural craftsmanship and sculptural figures on stone slabs of deities are alluring for both domestic and foreign tourists in most of the season in the year. State Tourism has to frame long term plan for drawing the focus on the ancient ruins of the Kashmir valley, just as in other parts of India like Nalanda, Konarak, Redfort Agra or all over World.

On the contrary, World heritage sites in South American, Latin America, Egypt, Italy, Persia, Greece, Middle East, South East Asian countries, and other parts of World have preserved, protected and restored their historical cultural sites. Thousands of tourists throng these heritage sights in the season and respective countries make income from their ruminants. Travellers are delighted to find sites with cultural, architectural designs, artistic values and information treasure about the past civilization of these regions. Encouraging of tourism to the ancient heritage sites has the possibility of generated sustainable employment chances to the unemployed youth of surrounding locations and would add substantial income to the state exchequer through foreign tourism.

It is most significant landmark in the history of Kashmir which needs proper maintenance, protection. Opinions from experts for restoring the damaged structure and preservation of striking ancient Hindu architecture in the valley are to be called for. Archaeological Survey of India had been reconstructing, repairing, polishing or rebuilding of Mughal *places*, palaces, forts, shrines and other sites of Muslim rulers in India. In past five years according to CAG report Rs 15.77 crores expenditure was incurred as per the Comprehensive Conservation Management Plan for the maintenance and repairs of 17th century monuments of India.

Comparatively, ASI Kashmir office does not appear to be doing justices to their allocated charter of protection and

preservation of the ancient Heritage sites in Kashmir. J&K Govt. also seems to be uninterested for the upkeep of these bygone celebratory heritage sites which give deep insight about the past of Kashmir and its architectural zenith. For that the State Govt. has to put sites like Martand temple and other old monuments in the perspective of tourism in their tourist brochures, books and other tourist literature or in some major advertisement from time to time, make them attractive. It should not be set aside or ignored by the State governing body. It is an essential part of Kashmir's heritage and every Kashmir should be proud of such astonishing architectural achievements of Kashmiri people. Kashmir does not have natural beauty only to attract World tourism, but its rich cultural heritage, literature, philosophy, poetry, music, dramas, art and craft for which Kashmir had touched pinnacles once upon a time, could be absorbing for the tourist. Moreover, possibilities of new job avenues for the local people will brighten by introducing this chapter in Kashmir tourism.

The temple premises is given cosmetic touch by laying garden and flowers beds in the front of the with barbed wire fencing fixed on six feet angle iron polls. A regular gardener is employed to look after the lawn and to plant



flowers, shrubs. Beyond that its major work of repairs, restoration, replacing of stones and revamping of the standing walls or roofing to safeguard it from climatic conditions.

The main central sanctum is roof less, with the result snow, rains, snow storm and icy

cold winds for last five centuries must have producing weathering and denuding impact on the standing columns of the structures. With the passage of time, these standing doorway, trefoil arches and massive lintels will further loosen its grip and will fall on the ground like scattered stones.

2) Many stone images and their body contours are distinct but the dust over them and growth of moss on most of the stones has



eclipsed the stone images. ASI can remove the moss and clean the dust with hard brush to make it more visible to naked eye. Some type of chemical cleaning of the stone images on the walls to make it more clear to the naked eye and green moss gathered on the side pillars could be done away with the help of some experts within the country or from outside.

3) There is some inscription in Sharda script on a stone in the corner, which too has gone defaced due to utter negligence. The Sharda writing needed to be translated in



common language to enable incoming tourist to know what it conveys. There are no comprehensive details about the Martand temple written on some fixed slab / board for the information of the tourists as one comes across in rest of the monuments in India. Entry point is circled by cluster of the local houses, thereby putting the temple site in background, leaving little parking space for the tourist vehicles.

4) Kashmir tourism also does not give it that tourist importance. The names of historical monuments of Kashmir do not find



even mention among the Historical Famous Monuments of Kashmir even in Google. Is it deliberate to block the past civilisation link with current Kashmir ethos for communal

political objective? It does not have wide road and open space for parking of tourist vehicles.

5) The way ASI had been investing in repairs, replacement of stones? Marbles, renovation, polishing of domes and restoration / revamping of tombs, forts, shrines of Mughal rulers all over India, they are spending paltry amount in Kashmir on the ancient heritage site in Kashmir.

Even in their present state of decay they command admiration both by their imposing dimension and by the beauty of the decoration and masons artisanship in fixing heavy stones in symmetrical architectural motif.

Why not the Chairman ASI, should plan for the revamping all ancient heritage sites in Kashmir to this extent that its universal value are preserved and its further decay due to climatic changes is stopped. Supreme Court of India had given orders in 2007 to ASI to save the collapsing, decaying and crumbling heritage sites of 17th century under CCMP (Comprehensive Conservation Management Plan, in response to PIL filed for the protection of the Mughal sites. Similar, like such plan could be thought of the ancient heritage sites in Kashmir from their further collapsing and crumbling to upkeep these sites for our progeny. We can also follow the same policy.

Events of the Month	Haar Ashtami (Shukla Paksha)	17 th July 2021
	Haar Navam (Sharika Jyanti)	18 th July 2021
	Ekadashi (Shukla Paksha)	20 th July 2021
	Chataurdashi (Khrew Yatra Jwala Ji)	23 rd July 2021
	Guru Poornima	24 th July 2021
	Ashtami (Krishna Paksha)	31 st July & 1 st Aug 2021
	Ekadashi (Krishna Paksha)	04 th Aug 2021
	Amavasya	08 th Aug 2021
Note	Panchak Starts on 25th July Ends on 30th July 2021	
	----- Aashaad (Shukla Paksha) from 11 July to 24 July 2021 Shravan (Krishna Paksha) from 25 July to 08 August 2021	



-Dr. M K Mam



LOW BACK PAIN

Causes and Risk Factors

Low back pain is defined as pain and discomfort between the costal i.e. lower margin of rib cage and inferior gluteal i.e. buttock folds with or without leg pain (sciatica). It is extremely common and its prevalence is increasing. In fact, it is a major health problem worldwide. Over three quarters of the world's population experiences an episode of low back pain (LBP) at some point of time in their lives, however the symptoms and severity may vary. It is one of the leading causes of absenteeism, sick leave, loss of work days and workplace productivity. In addition, expenses involved in its diagnosis and treatment are high, thus it affects the economy not only of the affected person and the family but of the society as a whole. It is also associated with disability and restriction of social activities, thus affecting the social life of a person. The good thing is that vast majority of episodes of LBP are self-limiting and non-progressive. It resolves or improves spontaneously or with minimal treatment within a couple of days or weeks and patient returns to the work. It is a fact that many patients have a self-limited episodes of acute LBP and do not seek any medical advice. However, something not good – really disturbing about it is that it recurs in large number of cases. Yes, recurrence is very common, it recurs in most of the cases if due



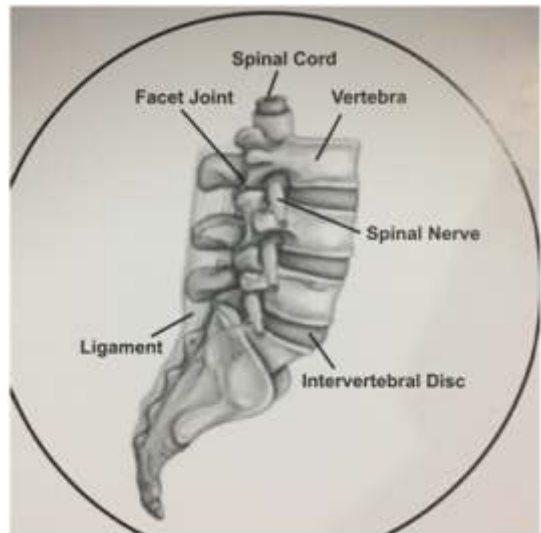
care is not taken. LBP is defined as acute when it persists for less than 6 weeks, sub-acute between 6-12 weeks and chronic when it lasts more than 12 weeks. Pain can vary from a dull ache- pain that develops gradually to sudden, sharp or persistent pain. It can be localized in the lower back or may be diffuse. It can be radiating down the back of thigh, leg to foot which generally is called sciatica.

Causes of LBP: There are several causes of LBP. Before we discuss the causes of LBP, it is appropriate to know about the structure of lower back, how it is formed and what is there that makes it more prone to strain and pain. Lower back especially lumbo-sacral region as a matter of fact is subject to considerable mechanical stress and strain as it is the junction between mobile lumbar spine and fixed pelvis. It is also a fact that assumption of erect posture by humans during evolution has thrown undue strain at the lumbosacral junction. Again, this is the area where many congenital (since birth) anomalies of the spine usually occur, which weaken the area. All this makes lower back prone to stress and strain, and thereby back ache.

Lower back is made up of bones-vertebrae, the cushions - intervertebral discs located between two vertebrae, facet joints i.e. joints in between the vertebrae, ligaments that hold the bones in place, muscles in front and back of the vertebrae, tendons, fascia and skin. Then there is spinal cord in the spinal canal, nerves and blood vessels in the back. Cause of back pain can be intrinsic - spinal in origin i.e. it arises as a result of disease or disorder affecting the structures forming the lower back like bones -vertebrae, intervertebral discs, facet joints, spinal cord and nerves, ligaments, nerves, muscles of the back, tendons, fascia and the skin covering the lumbar area. The conditions affecting can be since birth –i.e. congenital or it can happen later in life. The causes that happen later in life can be intervertebral disc prolapse with or without a neurological deficit, injury like acute sprain or compression fracture of vertebra, infection like tuberculosis, osteoporosis- weakness of bones, osteoarthritis-degenerative disc and facet joint disease, spinal stenosis, spondylosis thesis, inflammatory disorders like ankylosing spondylitis or rheumatoid arthritis, tumor-benign or malignant, which can be primary and more commonly a secondary deposit from a primary tumor elsewhere in the body etc. Lower back also becomes more susceptible to strain and pain, when main abdominal and

back muscle are weak. LBP can also be extrinsic - non-spinal in origin i.e. it arises from sources outside the back like internal organs of the pelvis and abdomen like kidneys, uterus and ovaries in females and prostate in males, and abdominal aorta – aneurysm etc. It could also be due to shortening of a leg or a deformity in hip or knee.

The most common cause of LBP in younger and middle aged people is lumbar-lumbosacral strain. A lumbar strain is a stretch injury to the ligaments, tendons, and/or muscles of the lower back. It can be acute due to a sudden injury, lifting heavy weight, sudden twisting of lower back, not using correct technique for sports etc. It can also happen gradually over time due to abuse, overuse or repetitive movements which result in overstretch or microscopic tears in these



tissues and that it is called a chronic strain. It is somewhat a life style related problem and occurs usually because of obesity, improper use of back, bad posture, improper lifting of objects, abrupt or awkward movements or an overuse or an injury to back or weak abdominal and back muscles etc. After lumbar strain prolapsed lumbar intervertebral disc is the next common cause of LBP in young and middle aged people. Intervertebral disc rupture and its herniation can cause back pain with or without radicular pain in leg

commonly known as sciatica and this is due to irritation / impingement of nerve root by the herniated disc. In older adults the commonest cause of LBP is lumbar spondylosis i.e. osteoarthritis - degeneration (wear and tear) of discs and joints of the spine.

A detailed history taking and a meticulous clinical examination is very important in the diagnosis and management of LBP. It helps in choosing the appropriate diagnostic test to be done for the proper work up and treatment. It is always essential to correlate the history and clinical findings with the investigations especially imaging studies and decide about the appropriate treatment. With all the advances in the diagnostics especially imaging techniques like MRI, CT scan etc., diagnosis, treatment and overall management has improved a lot. Technology has certainly revolutionized the diagnosis and treatment. However, with all the advances in diagnostics- imaging techniques, there are many patients where we cannot reliably identify the specific disease or abnormality that could explain the cause of LBP and as such the diagnosis of nonspecific pain is made after exclusion of any specific pathology. Once an organic cause of LBP is ruled out by the appropriate physical examination and the diagnostic tests, it is also important to look into the psychological status of the person as anxiety and depression has been linked to back pain. Again, there may be occasions when the patient may be a malingerer who may be doing all this and that for some sort of compensation. As such, a detailed history taking and a meticulous clinical examination followed by appropriate investigations- imaging are essential to find the actual cause of back pain.

Risk factors: Any one can get back ache, however there are some factors that increase the risk of having LBP and those factors can be--

❖ **Obesity:** Extra weight puts additional load and stress on the ligaments, discs and the muscles of the back, and thus increases the chances of strain and LBP. The back muscles accordingly have to work harder to support



and keep the back in the proper alignment. Obesity is often associated with protuberant abdomen that increases natural backward curve- concavity of lower back i.e. lumbar lordosis which puts extra strain on the ligaments and muscles of back. A diet high in calories and fat certainly makes you gain weight, thus increase the chances of getting LBP.

❖ **Sedentary life styles:** When we sit for long periods of time and do no exercise, back and abdominal muscles become inactive and increasingly weak, thus the risk of LBP increases. In modern busy and fast life styles people hardly do any physical exercise and this certainly is not a healthy thing. Sedentary life style also makes you gain weight, which again is not good for back and overall health of the person. Physical exercise, being active certainly is important for overall health of a person that includes back also. Studies show that exercise has a preventive effect on LBP.

❖ **Abnormal postures:** Good posture means maintaining natural alignment of spine- neck, mid back and lower back while sitting, standing or walking. It reduces



unnecessary stress and strain on muscles, ligaments and joints of the body and somewhat supports them. Sitting or standing in abnormal postures increases stress and strain on muscles, ligaments and joints of the body particularly of the back. It is not unusual to see people especially the youngsters sitting in abnormal postures for long time while studying, using mobile phones or laptops, thus inviting trouble for their back and neck. Again people who work at desk all day, do not change position frequently and then sit in an incorrect posture certainly have high chances of having LBP.

❖ **Old age:** As one grows older, the muscles, ligaments and the bones like all other tissues tend to wear out (degenerate) and become weaker thus making a person vulnerable to back stress and LBP.

❖ **Jobs having strenuous physical activity:** People doing strenuous activities repeatedly that require bending at the back are prone to LBP as there is constant wear and tear of the back. Again, people involved in lifting heavy weight are at a higher risk of LBP and it usually is because of improper lifting of heavy

weight by bending back instead of knees wherein back muscles are being used instead of leg muscles.

❖ **Anxiety & depression:** Anxiety and depression is linked to LBP. The people suffering from depression, mental stress and anxiety have more incidences of back pain, however the exact reasons are not known. It is well known that mental stress affects the whole body, brings unrest in all systems of the body.

❖ **Smoking:** It is well recognized that the smokers are more prone to LBP. They have more frequent episodes of LBP and often it stays longer, however its main cause is still not clear. Smoking causes narrowing of blood vessels- arteries thus reducing the flow of nutrients to the back including discs, joints and the muscles, thus making it vulnerable to injury. Again, people who smoke are slow to heal, so back pain may last longer. Smoking is also known to decrease bone density- results in osteoporosis. Studies also report that cessation of smoking reduces LBP.

❖ **Poor physical fitness:** LBP like any other medical problems is more common in people who are not physically active and fit.

❖ **Pregnancy:** It has been reported that about 50% of women experience LBP during pregnancy. The normal lumbar curvature-lordosis is increased and the center of weight bearing is shifted forward in pregnancy thus stressing the lumbar spine. In addition, female hormone estrogen and relaxant may contribute to loosening of ligaments and other back structures and back pain. The women who do not do exercise during pregnancy are certainly prone to get LBP than the ones who do it regularly.

❖ **Heredity:** Problems like ankylosing spondylitis- a form of arthritis that affects spine and causes back pain, can have genetic component.

(..to be continued with- Prevention LBP)

Former Vice Principal, Professor & Head of Orthopedics, Christian Medical College, Ludhiana, Punjab



- Chander M. Bhat



Amrit Kond

Pokhribal



Pokhribal is a place just below the hillock of Hari Parvat in its North-West corner close to Kathi Darwaza on the one side and Nagin Lake on the other. It is a famous place of pilgrimage since ancient times. Pokhri means spring and Bal a place-the place of springs.

Originally square in plan, the temple is centered on a spring which lies at the centre of the cella surrounded by many Chinar trees. The water from the spring flows out beneath the northern wall into a Kund before joining the waters of the Nagin Lake. An ancient Shiva

temple stands overlooking the holy Kund. The entry to the temple is from the northern side with a circumambulatory path going around. The internal ceiling of the temple is formed from a shallow dome, which starts at the lintel level spanning from an arched string course. The painted CGI sheet covered Shikhara seems to be of later addition. At the back of the temple, along the southern face a portion has been added which opens onto the cella. The walls of the temple are constructed in stone and brick masonry covered with cement plaster. In older portion of the temple stone

flooring is retained while rest of the portion is covered with plain cement flooring. The most prominent decorative features of the temple are the carved eaves board and the carved wooden balustrades. This shrine is presently maintained by Amrit Kond Committee.⁽¹⁾

The ancient shrine, revered by Kashmiri Pandits, is famous for two ancient temples....one dedicated to Shiva and the other to Uma Devi, a representation of Sharika. The Pokhribal complex has Amrit Kond, Holy Spring, bathing spring, Suraj Kond, building with store, kitchen, hall; big chinar tree, the Shivalinga and the main temple in its premises. The shrine also has Hawasnhala and L shaped two storey building with number of rooms, a kitchen and two halls. The Amrit Kond, considered holy, is rectangular in shape and its holy water flows into other spring and then into the Nagin Lake. It is said that the feet of goddess Sharika rest in Amrit Kond. Devotees not only visit this shrine on a regular basis but also organize Bhajan and Puja on various occasions. Many saints and seers, namely, Swami Anand Ji, Swami Nand Bab, Swami Razdan Sahib, Swami Sona Kak and many others, have performed their Sadhana at the Amrit Kond and were blessed. Some devotees have also built an Asthapanana at Bantalab, Jammu.⁽²⁾

During the spring of 1944 or 1945, when almond trees were in full bloom, a group of devotees sitting in front of Bhagwan Gopinath Ji requested him to go with them to Hari Parvat, which is surrounded by almond orchards. He asked another person present, Pt Nila Koul Saraf, also to accompany him. But



Pt Nila Koul said, 'The Devi is here also. Why should we go there?' However, somehow he was prevailed upon to go and the party of nine including Bhagwan Ji, left for Hari Parvat at about 12 noon. They entered the Shrine through the exit gate of Kaathi Darwaaza and proceeded to the Pokhribal Temple, inside which is a holy spring. As soon as they opened the small outer wicket gate, they saw a small girl of about five years, alone, playing with the fallen Chinar leaves with a stick. They entered the inner gate and sat on a wooden platform inside the Shrine premises. Bhagwan Ji asked Pt Nila Koul to get the small girl inside the Shrine. As soon as Pt Nila Koul brought her, Bhagwan Ji made her sit on his lap and fed to her nadermunja (a fried preparation made from lotus roots and rice flour) which he had asked a man (while they had been far away from the Shrine) to fetch from a confectioner's shop at Devi Aangan. After feeding her, Bhagwan Ji asked Pt Nila Koul to escort her back. She moved fast after coming out of the inner gate and disappeared. Pt Nila Koul came back. The party returned after taking salted tea. En-route, as they came out of Kaathi Darwaaza, Pt Nila Koul said to Bhagwan Ji banteringly, 'Have you shown me the darshan of the Devi?' Bhagwan Ji said, 'Did you not see the Devi, Whom you called to sit with us? Was she not fed nadermunja by me and did you not escort her back, at my bidding?' Pt Nila Koul understood the position and fell down in a swoon. With difficulty, he was almost dragged home by the party.⁽³⁾

At present the shrine is under renovation. The land in front of the shrine adjacent to Nagin Lake has been leveled and some 200 popular trees have been planted. Dharamshalas are still being occupied by Central Reserve Police Forces.

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-Dr. Tej N Dhar



Stray Thoughts



When I told my friend that I had run out of ideas for writing my monthly column, he said that I need not worry. For want of a subject or a theme that could be worked out in a systematic way, I could try to bring together a number of stray thoughts. That, in fact, would give me freedom to write a bit about anything that strikes my mind. I must say that although he seemed sure that it would work for me, I was not. For stray thoughts

reminded me of stray dogs, who wander around aimlessly and without any hope of a proper place to stay.

After a few seconds, I told my friend that stray thoughts are after all thoughts that lack direction and purpose, and these may not generate interest among my readers. He was quick to say that I could write not just on one subject or theme, but on multiple themes. I could, for example, write about the wisdom that

is being poured relentlessly, day after day, on the social media. The moment he said that the image of thousands of videos that people have put on the media for instructing Covid-infected persons floated before my eyes. They cover a wide range: from light physical exercises to different kinds of medications to control fever and cough, and to raise Oxygen levels.

Interestingly, the information about the disease, its symptoms, and its spread is so detailed and so varied and also conflicting that even a normal, healthy being starts suspecting that he or she is infected. When I told my friend how dangerous such information is, he smiled, and told me that it often reminds him of that wonderful book *Three Men in a Boat*. When its three characters read advertisements of patent medicines and descriptions of illnesses in books, they were convinced that all of them were ill and in need of a change, and decided to take some fresh air by going

essays in which they criticize the leaders of the country and everybody who is in the government for what is happening to human lives because of the spread of the pandemic. The most interesting feature of many of the outpourings of these politicians is that though they speak against the government all the time, in their writings and in their interviews, they still complain that there is no freedom to speak one's mind.

My friend has an observant eye and is always full of interesting stories about people who are keen on fishing in troubled waters. He tells me that many people who are no longer as important as they were at one time lament that they are not being allowed to be useful. This intrigued me no end. I told my friend that instead of finding fault with this or that government, they could find ways and means to help people by organizing small or big eateries or create facilities for providing

For stray thoughts reminded me of stray dogs, who wander around aimlessly and without any hope of a proper place to stay.

down the river Thames in a boat.

The most interesting aspect of this Internet wisdom or gyan, as my friend calls it, relates to the domain of spirituality. Beware, says my cousin, nothing can affect you in this world if you have faith in God and in yourself. No disease will dare to cross your path. I remembered how one of my distant relatives, who was known for causing pain to people by his barbed tongue and wicked actions, suddenly started sprinkling gyan to everybody. That we must do good actions, forget the wrongs done by other people, and always forgive the ones who make mistakes or cause trouble to others. Like a cat going for Haj after eating one hundred mice!

My friend also drew my attention to some retired politicians, who have shown the despicable tendency of cashing on human misery to revive their fortunes. So many of them have flooded the media with their long

succour to the needy. He laughed and said that such activities do not interest them and they do not want to spend any part of their ill-gotten money on them. They only want to make a noise and draw the attention of whosoever they can to keep themselves in the limelight.

Hearing him I felt that social media could prove a rich source of stray thoughts, but I also realized that invariably, this source contains more harmful than useful matter. That is why my friend warned me not to believe much of what is posted in the media. Much of what you see is fake, be it news, or any variety of gyan. So I decided that I had enough for the day, and enough to put before my readers, except to tell them that if they want to be at peace with themselves, they should avoid reading what is being put out on the media. They should take it with what my friend calls “intelligent scepticism,” a phrase that he has recently learnt from some book on philosophy.



- Dr. Ramesh Tamiri



90th Anniversary of **Batta Loot Day**

13 July 1931 — Historical Forces and Legacy



For over 90 years Kashmiri Muslim leadership have been observing 13 July as 'Martyrs' Day. After 1947 when National Conference was handed over the political power the Muslim communal narrative was given official sanction by declaring it a Gazetted holiday.

Kashmiri Hindus were subjected to loot and attacks on 13 July 1931 at different places in Srinagar and Anantnag town in South Kashmir. In folk memory of Kashmiri Hindus this day is regarded as 'Batta loot day' and rightly so.

Few Pandit families who were attacked

on that day in Khankah-i-mohalla had nightmarish memories of the attack. They never went to live there again.

Historical Forces

After 1990 Kashmiri Hindus have been publicly protesting on 13 July every year by holding rallies and demonstrations. This is done to condemn the attacks on 13 July 1931 and also against official observance of the day as 'Martyrs' Day.

It goes to the credit of the Modi Govt that it stopped the practice of observing communal violence on Hindus as 'Martyrs' Day'.

Nothing has changed in Kashmir since 1931. If any communalism and fundamentalism have gained a bigger constituency and more virulence. What was limited to arson, loot and sporadic killings in 1931 turned into genocide and ethnic cleansing campaign against Kashmiri Hindus in 1990.

Our gen next should not only know what really happened on that day but it should also probe deeply into why it happened. Which were the historical forces responsible and why did it take a communal character? Also, how did it impact the future politics in Kashmir.

In the great game that unfolded between British colonial Govt. and Tsarist Russia in last quarter of 19th century the former wanted a strong foothold in Gilgat Agency part of J&K to deal with imagined or real threats from Russia. The British machinations started against Maharaja Partap Singh. False accusations were levelled against him that he was in secret correspondence with Tsar. The British even had a plan to depose Maharaja. Strong nationalist campaign in British India forestalled it. Finally, Maharaja agreed to grant the British a toehold in Gilgat in 1895.

This did not fully satisfy the British. Low key campaign continued against Maharaja. After victory of Communist revolution in 1917 the British became more active. They began instigating affluent trader and feudal class among Kashmiri Muslims against Maharaja. The British were behind the presentation of memorandum by Kashmiri Muslim notables to Lord Reading when he visited Kashmir in 1924.

In 1925 Maharaja Hari Singh took over as new ruler. In late 1920s the British became unhappy with him for his strong nationalist stand at Roundtable of Princes in London and also on his refusal to handover Gilgat. By late 1920s many Kashmiri Muslim youth had returned to Kashmir after completing education at Aligarh Muslim University. Their thinking was along communal lines. The British through their hirelings began secretly patronizing these elements against Maharaja.

Around the same time Ahmed-i-elite was active in Punjab. It was pro-British. Secondly,

its religious campaign was not making any headway there. So it started looking at Kashmir as the new ground. It formed a Kashmir committee to conduct Muslim movement in Kashmir against Maharaja.

So three historical forces-The British, the Ahmedi leadership and the AMU trained Kashmiri Muslim youth spearheaded Muslim upsurge against Maharaja which led to attacks on Central Jail and communal violence against Hindus in Kashmir. The British Resident W. Wakfield, Mirza Bashiruddin and Sheikh Mohammad Abdullah were actively involved and represented three historical forces. Each had a specific objective.

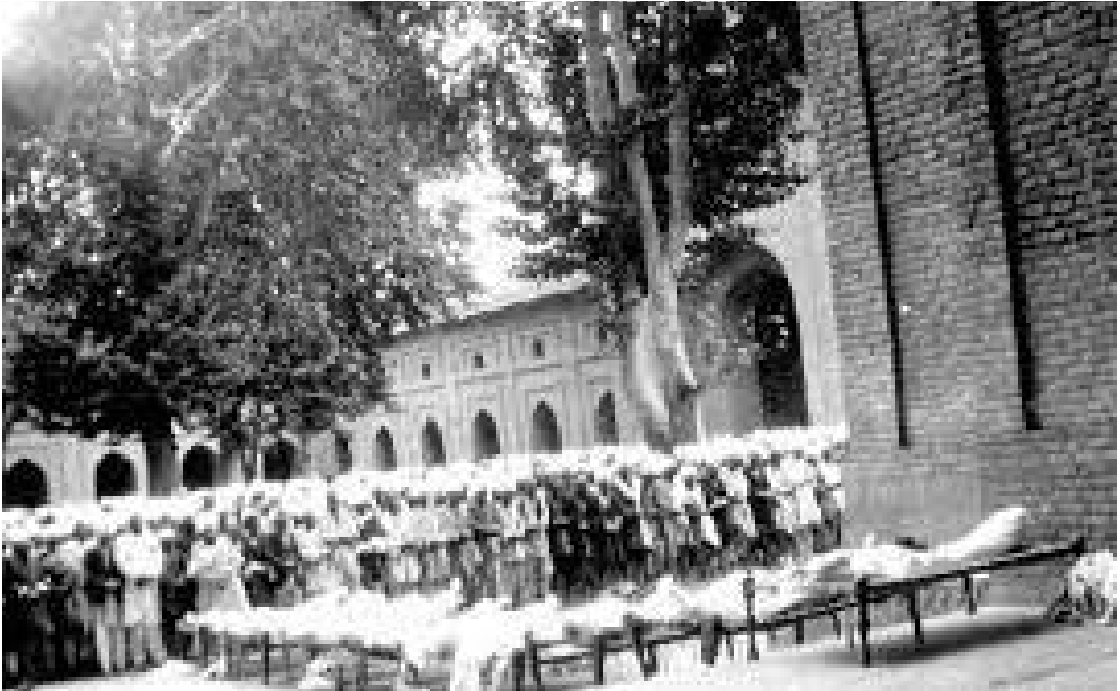
The communal character of Muslim upsurge was outcome of the triangular alliance of these three historical forces.

Impact

In 1935 the British support to Muslim movement became dormant after Gilgat was handed over to them. Ahmedis were forced to retreat due to active campaign against them by pro-Congress Muslim outfit, Ahrars. Muslim League was emerging as new organisation of Muslims in Muslim minority provinces. Muslim Conference, which was spearheading Muslim campaign in Kashmir, lost external support. Sheikh Abdullah, even while subscribing to communal Muslim sub-nationalism, sought to build links with Congress and the Left. The search for new allies created discord within Muslim Conference. This discord led to launch of new organisation, National Conference in 1939.

Two things are very important to understand here-

1. National Conference was not an ideological monolith. It had two streams. One was represented by Sheikh Abdullah. It was firmly committed to Communal Muslim sub-nationalism. Changing political stances of Sheikh Abdullah in 1936, 1939, 1944, 1947, 1953, 1975, 1981 did not show any real change. Basic content of his politics remained the same.



2. Second faction was represented by GM Sadiq. Though Sadiq was opposed to Muslim sub-nationalism from a 'Nehruvian Marxist' perspective yet he stuck to the position of cultivating Muslim communalism.

Positions of Bakshi Ghulam Mohammad and Maulana Masoodi did not fall in Sheikh Abdullah and Sadiq ideological perspective. Bakshi ,while endorsing Muslim sub-nationalism in a limited way, pursued pragmatic politics. Masoodi took a Deoband position.

GOI's Kashmir policy

Nehruvian Kashmir policy, followed by successive Gov.'s too, had no ideological content. Though publicly it sought to project accession of J&K as refutation of two nation theory but in practice it did everything to strengthen two-nation theory in Kashmir context-Article 370,convention of Muslim precedence, patronization of half-separatist and separatist elements and weakening of nationalist & non-Muslim elements.

The two realities helped Sheikh Abdullah and his National Conference to carry forward

the objectives of 1931, of course, under different banners. Had Sheikh Abdullah been secular it would not have led to 1953 or launching of Plebiscite Front and Al Fatah secessionist outfits. Installation of Sheikh Abdullah in 1975 fuelled communalism, religious radicalization, and secessionism created a fertile climate for Pak sponsored cross border terrorism.

So events that led to anti-Maharaja uprising and communal violence against Hindus have dialectical continuity with what happened in Kashmir in 1980s.Unless Indian state and its political leadership and also Kashmiri Hindu leadership understand the historical forces and their mutations in proper context no real solution can be found.

It is good holding rallies and webinars on 13 July but more important is drawing proper lessons for future survival and durable peace. Sometimes, it is extremely painful to listen to observations of Pandit seminarists which seek to trivialize communal and security situation in Kashmir. This will only harm our interests, present and future. Our gen next need better guidance from us.

Lockchaar - Kids Special

HIDDEN GEM OF KASHMIR



Martand Temple

- MARTAND (SANSKRIT NAME FOR SURYA) TEMPLE IS A HINDU TEMPLE DEDICATED TO THE SUN GOD.
- BUILT IN THE 8TH CENTURY BY LALITADITYA, THE TEMPLE IS FAMOUS AS AN ARCHITECTURAL ACHIEVEMENT OF KASHMIR'S ANCIENT HERITAGE.
- IT IS LOCATED NEAR ANANTNAG DISTRICT OF J&K.

NEXT TIME YOU ARE IN KASHMIR
DON'T FORGET TO VISIT THIS MARVEL
AND SHARE YOUR EXPERIENCE !

HOW DOES THE TEMPLE LOOK TODAY?



ARTISTIC IMPRESSION OF THE TEMPLE!



- THE HISTORIANS CLAIM THAT THE ORIGINAL TEMPLE WAS CONSTRUCTED OF NEATLY CARVED ASHLAR (SQUARE-CUT STONEMWORK) SLABS OF DEVARI LIMESTONE.
- THE COURTYARD HAS THE PRIMARY SHRINE IN THE CENTER SURROUNDED BY 84 SMALLER SHRINES.
- IT WAS BUILT ON TOP OF A PLATEAU FROM WHERE ONE COULD VIEW WHOLE OF THE KASHMIR VALLEY.

- BEING THE ONLY SUN TEMPLE IN KASHMIR VALLEY, THIS WONDER IS PRESENTLY IN RUINS.
- THE TEMPLE WAS DESTROYED IN THE EARLY 15TH CENTURY ON THE ORDERS OF MUSLIM RULER SIKANDAR BUTSHIKAN.
- IT IS BELIEVED THE TEMPLE WAS SO STRONGLY BUILT THAT IT TOOK HIM YEARS TO DESTROY.
- EVEN IN RUINS, THE DETAILED CARVINGS OF ANCIENT TIMES ARE CLEARLY VISIBLE ON THE REMAINS OF ITS STRUCTURE.
- SOME RELICS OF ANCIENT CIVILIZATION CAN BE SEEN ON THE WALLS LIKE MOTIF DISPLAYING SHARDA SCRIPT.

Spotlight Editing Credits - Shivansh Koul, 7y, NewYork

Shankracharya Temple

Also known as the **Jyeshtheshwara Temple**
It is on top of the Shankaracharya Hill on the Zabarwan Range in Srinagar

The temple may date to 200 BC as a Buddhist construction but the Hindu structure probably dates to the 9th century AD.

Sikandar, the iconoclast, did not for some reason, destroy it. The Maharaja of Mysore came to Kashmir in 1925 and he made the electrical installations at the temple. The temple is used for regular worship and pilgrims visit the temple during the **Amarnath Yatra**.

Dedicated to Lord Shiva. The temple is at a height of 1,000 feet (300 m) above the valley floor and overlooks the city of Srinagar.

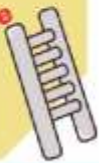


Illustration: Niyanta Muku Shah

It was visited by **Adi Shankara** and has ever since been associated with him; this is how the temple got the name **Shankaracharya**

The temple rests on a solid rock, a 20-foot tall octagonal base

243 steps to climb the Temple



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The birds of desire perch on the branches of devotion
Swaying the branches, again and again
Came they, hither and tither and sat in my house
Time and again, they sway these branches.

They sat and stopped the rising sun
Stock-still I sit, unable to fight them
And who would help the hapless me?
Time and again, they sway these branches.

The branches of this plant are not strong enough
to bear the weight of these birds
How shall I meditate amidst the hubbub of their
twittering, cheeping, chirping and shrieking?
Time and again, they sway these branches.

My promptness, as if, has worn out
What shall I do of these birds, that don't leave?
Both my arms have exhausted from chasing them away
Time and again, they sway these branches.

What would my chasing away do them anyway?
They have a heart stronger than mine
They will flee only at the scam of an exalted sage
Time and again, they sway these branches.

These birds amassed twigs and specks
And started making nest in my home
Countless times they visited my abode
Time and again, they sway these branches.

My longings of heart shall come to fruition
Only if they leave the roost
Only then would I sit carefree in my home
Time and again, they sway these branches.

He who is absorbed in His devotion
And remembers Him with his wisp of kusha grass¹ put on;
These birds then, cannot break his concentration
Time and again, they sway these branches.

What shall the army of birds do?
If "Abhilash" sits in pure devotion
Only then can he experience the Supreme bliss
Time and again, they sway these branches.



Birds of Desire

~B N Pandita (Abhilash)
Translated from Kashmiri
by Satyarth Pandita



Vision, Courage & Service

Life and Times of General T N Raina, MVC.

Author : (Retd.) Brig S K Issar, VSM.

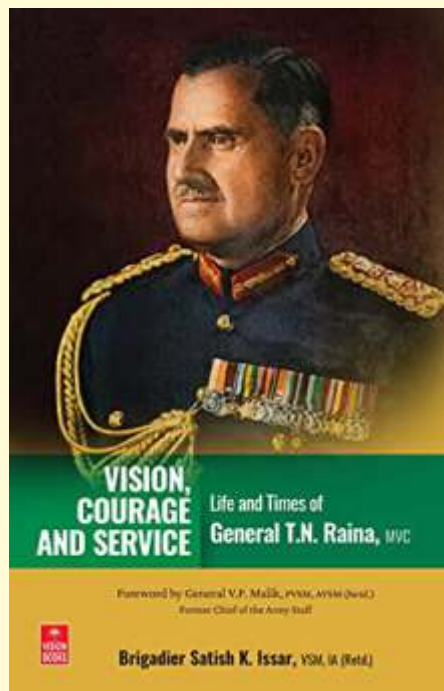
Book Review By : Col. Tej K Tikoo (Retd.)

The latest book from the stable of Brig S K Issar, VSM, (Retd), to hit the stands is *Vision, Courage & Service: Life and Times of Gen T N Raina, MVC*. A 500-page book, neatly arranged in 38 chapters, encapsulates the extraordinary life of one of India's greatest post-independence Chiefs of our battle-hardened Army.

If ever there was a person who could do justice to penning down Gen Raina's life story; capturing its moments of joy and sorrow, its challenges and achievements, the wide landscape that Gen Raina traversed in his eventful life, it had to be Brig Satish K Issar, VSM. The author's association with the General dated back to 1962 and ended with the General's death in 1980. Not only did the author belong to the General's Regiment (The Kumaon Regiment) but also served on his personal staff on two occasions: when Gen Raina was the Corp Commander and later, when he was the Chief of the Army Staff (COAS). Brig Issar was eyewitness to or participant in many events recounted in this book.

The book starts with Gen Raina's early life dealing with his family's roots in Rainawari, a Kashmiri-Pandit-dominated suburb of Srinagar in Kashmir. After the advent of Islam in Kashmir in the 14th Century, Kashmiri Pandits faced several exoduses from Kashmir. General Raina's ancestors first migrated to Jammu, where he was born on 21 January 1921, to Pandit Anand Narain Raina and Mohini Raina and was named Tapishwar Narain Raina - affectionately called *Tappu*. He was only a year-old when he lost his mother while she was giving birth to her sixth child. It, therefore, fell on the shoulders of his paternal grandmother, Raj Rani, to bring up Tappu, along with four of his own siblings and four of his uncle's children, who too was a widower.

Tappu did his early education in Ludhiana and later, after doing matriculation in 1936, he shifted to Forman Christian College, Lahore, as his father had now been posted as Head Postmaster of GPO, Lahore. It was here that Anand Narain was bestowed with the title of 'Rai Saheb' for his outstanding work in the Postal Department. Tappu grew up in a family that was God-fearing, believed in hard work and possessed a spartan lifestyle based on the values of morality and honesty. While doing his graduation, Tappu joined the military training programme as part of University Training Corps (UTC). Tappu, a strong-willed young man of independent thinking, took his military training in the UTC (Oct 1938 to Mar 1941) rather seriously. As part of the 4th Battalion of Punjab University



Training Corps, He was awarded the best Recruit Cup for the year 1939 /1940. He was also made the Vice President of the College Rifle Club.

By the time Tappu did his graduation and was pursuing his post-graduation, World War II was not going well for the British. To add to their difficulties, Japanese threat to British possessions in Southeast Asia was growing stronger by the day. As the need to expand the army to meet the increased threat became inescapable, the British Indian Army grew from 200,000, before the start of World War II, to two million strong army by the end of the war. Similarly, its officer corps too grew from 1000 to 15740 by the time the Great War ended. Many young men came forward to join the British Indian Army. Tappu, with his background of UTC and his commendable performance in its activities, decided to join the British Indian Army, though his family opposed his choice. But eventually, the young man had his way. Tappu joined Officers' Training School (OTS), Mhow, in September 1941, as a cadet. His other batch mates included two other cadets who were to prove their mettle in the latter years. These were JFR Jacob of Bangladesh fame and Major Ralengnao 'Bob' Khathing, the man from Northeast India who, in 1951, prevented China from grabbing Tawang.

On being granted the Kings Emergency Commission on 12th April 1942, Tappu joined 19 Hyderabad Regiment (later re-named The Kumaon Regiment) in its 2nd Battalion deployed in Burma. However, after a couple of months, he was posted to 1st Battalion of 19 Hyderabad Regiment, which was then part of Persia and Iraq force (PAI force). It was here, as part of a detachment at Dibia (Iraq) that Tappu Tappu (in the Army, Tappu had now become Tappy) suffered the first setback of his life; serious multiple injuries in a grenade blast on 12 March 1944, in which he lost one eye. However, displaying his typical determination to overcome any adversity- a hall mark of his later life- he was out of the hospital in 4 months. The author writes, "Despite this permanent disability of partial vision loss of his right eye, Tappy never let it come in the way of his professional training and duties".

After recovery from his wounds, Tappy was promoted to the rank of Captain on 26 Jun 1944 and posted to 80 Infantry Brigade deployed in Burma, his second posting to that Country in two years. Later, on being posted back to his Battalion, 1/19 Hyderabad Regiment, Tappy saw action at Myitson, Mongit and Mogok. In a fierce encounter at Myitson. Tappy showed exceptional courage while engaging the Japanese in a fierce encounter. He was 'Mentioned in Dispatches', a well-deserved war decoration. At the end of the campaign of XIV Army in Burman, Tappy went to Indochina as part of the Allied troops who were required to take the surrender of the defeated Japanese troops. Tappy now found himself posted at Saigon where he met his future wife Marie-Antoinette Florence Kurtz (Short name Ninette), whose father Charles Kurtz was a senior officer in French Colonial Services in French Indochina (Vietnam, Cambodia, and Laos). Captain Tappy Raina's experience of working in international environment in tricky situations stood him in good stead in the years ahead.

Thereafter, the author touches upon Tappy Raina's return to India, his posting to Infantry School, Mhow, nomination to attend the Defence Services Staff College and later posting to Army Headquarters at Delhi in the prestigious Military Operations

Directorate. In all these appointments, Tappy earned accolades for his thorough staff work, ability to see beyond the immediate requirement and take a long-term view of issues at hand.

The author describes in detail Tappy's tenure in 4th Battalion, Gwalior Infantry, which, after merger with the Kumaon Regiment, became 14th Battalion (later 5th Battalion of the Mechanised Infantry), first, as its Second in Command (2IC) and later, as its Commanding Officer (CO). As the 2IC Tappy left no stone unturned to improve the standard of the Battalion across an array of activities. As CO, Tappy, through ingenuity and resourcefulness improved every aspect of his Battalion's functioning; operational, administration, sports, training, and welfare of troops. Some of the measures that he initiated came to be emulated by all other units in the Kumaon Regiment later. Tappy's tenure as CO of 14 KUMAON, which ended in September 1959, was marked by herculean efforts he put in while infusing self-belief among all ranks that it could outperform any other unit in the formation. By the time Tappy finished his command of 14 KUMAON, it had created a name for itself in the formation and a tradition of excellence which the future generations of the Battalion endeavored to live up to. A distinct feature of his command tenure was that he never resorted to cover-up. As a man of integrity, he stuck to the truth irrespective of the fall-out. Responding with cool head and providing the right kind of leadership in difficult situations left an indelible impression of his personality on all ranks of the Battalion.

After nearly two years tenure at the Military Secretary's Branch, Army Headquarter, it was time now for Tappy to face the real test of his character, and professional competence. When he took over the command of 114 Infantry Brigade on 31 August 1962, the situation in eastern Ladakh was already tense. The Brigade was operationally responsible for a frontage of approximately 480 Km facing the Chinese, stretching from Daulat Beg Oldie (DBO) in northwest to Demchok in the east, with very little resources to play around with. Brig Raina got down to redeploying his meagre resources as best as he could. Extreme cold, high altitude environment and lack of adequate clothing and equipment made the life of troops very difficult. However, realizing the serious threat that Chinese posed to Leh from the Chushul-Leh axis, the Army Headquarter inducted another battalion into the Brigade sector. This force-accretion enabled the Brigade Commander to plug some vital gaps, occupy some dominating heights and re-deploy guns and tanks in as tactically a sound manner as was possible. Through an ingenious deception plan, Tappy fabricated artificial gun/tank positions, dummy administrative areas, etc. By the time the Chinese launched their fierce attacks on the brigade on 20 November 1962, 114 Infantry Brigade had established a fair degree of balance in its defences with the less-than-adequate resources available. The deception Plan too contributed in confusing the enemy who wasted precious ammunition in continuously bombarding dummy positions.

Brig S K Issar, VSM, has described the Chinese attack on 114 Infantry Brigade, including force deployment, quantum of Chinese assaults, timings, movement of reserves, use of meagre artillery and armor, and finally, how the actual battle progressed, in minute detail. Two of the major battles that took place during the entire

1962 Sino-India war were fought in this sector. One was the battle of Rezangla and the other battle of Gurung Hill. In both battles, particularly in the former, the Chinese suffered a heavy casualties despite attacking the Indian defensive position in great strength, one assaulting wave following the other. The author, having had the experience of serving in the area, brings to bear on the description a sense of realism which allows the reader to become a part of both these battles. As is well known, in the annals of military history the battle of Rezangla occupies a pride of place as a military action of historical significance: one of the most dogged defensive battles ever fought by a numerically inferior force against a vastly superior force, that too at a height of over 16,000 ft in the thick of winter, when the temperature drops to 30° below freezing point.

Tappy's leadership as a field Commander, prior to the start of the Chinese assaults on his Brigade on 19/20 November night, during the battle and after the battle was of an exceptionally high order. He visited every post, met troops in forward-most posts to motivate them and raise their morale and always faced as much danger as his troops. He provided exemplary leadership of high order. Government of India bestowed two Param Vir Chakras to 114 Infantry Brigade, the nation's highest gallantry award and Maha Vir Chakra to Brig Tappy Raina.

After a highly successful command of the brigade and based at his meritorious services, Tappy was nominated to attend the 4th course at the National Defence College at New Delhi in 1964. Having been selected for this prestigious course, it signaled that Tappy was identified as an officer of great potential to tender higher and more responsible positions in future.

At the end of the course, Tappy moved to Headquarter, 33 Corps, as Brig General Staff (BGS), on 04 Jan 1965. This important operational appointment entailed planning, preparation, coordination, issue, and execution of operational directives within the corp. His Corp Commander was Lt Gen G G Bewoor (later to become COAS).

After spending a year in this appointment, Tappy was promoted to the rank of Major General and posted as General Officer Commanding, 25 Infantry Division (Rajauri) in January 1966. The Division was responsible for the conduct of operations over 160 km of frontage against Pakistan, starting from Munnawar Tawi, east of Naushera to Poonch in the North. Tappy wasted no time in familiarizing himself with the largely mountainous terrain which had seen much action during the 1965 Indo-Pak war a few months back, particularly in the Uri-Poonch bulge. In this battle Indian Army had captured the most vital piece of real estate, the Haji Pir Pass (returned to Pakistan after the signing of the Tashkent agreement in January 1966). It fell on Tappy's shoulders to oversee the exchange of captured enclaves on ground. His frequent meetings with his Pakistani counterparts along with their staff have been covered in detail by the author. Being an important operational formation facing Pakistan in J&K, Tappy had to receive and brief high officials from Government of India, as also prominent political figures of the country and of the state. After his successful command of 25 Inf Division, Tappy was posted as Chief of Staff at HQ 15 Corps at Udhampur. At that time, the Corps had a huge operational responsibility extending from Ladakh in the Northeast to Jammu Sector. It was only later that major readjustments were done in the division of operational

responsibility by shifting 15 Corps to Srinagar and making it responsible for Kashmir valley and Ladakh.

During this period, Gen Raina was made the Colonel of the Kumaon Regiment. It was a great honour bestowed on Tappy. Before him, the post had been held by the legendary Gen Thimmaya and Gen Shrinagesh, both having tendered the post of COAS. Later, in 1971, The newly raised Naga Regiment too invited Gen Raina to be their Colonel of the Regiment. Gen Raina took many steps to improve the Regimental Centre at Ranikhet; building a Museum, a War Memorial and commissioning the writing of the Regiment's History, *Valour Triumphs* and starting vocational training for the Regiment's war widows and instituting proper training of the regimental sports persons by qualified coaches of high caliber, etc.

After a brief tenure of a year as Deputy Adjutant General (DAG), at Army Headquarter, General Raina was promoted to the rank of Lt Gen and ordered to raise a new Corps (2 Corps) at Krishnanagar in West Bengal's Nadia district. He arrived there on 07th October 1971, while the troops of Indian Army were occupying their concentration areas to prepare to face any challenge that India might have to face due to the deteriorating political conditions in East Pakistan. The war formally began on 3 December 1971. Gen Raina as Commander of 2 Corps was tasked to Capture Jessore and Jhenida, secure Harding Bridge, Goalanda Ghat, Khulna and Faridpur ferries.

The author describes the operations in East Pakistan in detail, particularly the role of 2 Corps in accomplishing its mission as defined by the Army Headquarter. By 13 December 1971 it was clear that Pakistan Army in East Pakistan had no option but to surrender. This they did on 16 December 1971. While the nation was celebrating its victory over Pakistan and the creation of Bangladesh, Gen Raina, however had other issues to resolve. Even before he could take part in celebrating the unprecedented victory, he was ordered to move to Western border in the 11 Corps area to carry out reconnaissance and prepare a plan to deploy 2 Corps in the new area of its operational assignment in the Western Command against what was now left of Pakistan.

“The most remarkable aspect of the 1971 Indo-Pak war was the speed with which the Indian Army successfully concluded the campaign in East Pakistan,” writes Brig S K Issar, VSM, the author of the book. He quotes the Sunday Times of London to buttress his statement, “It took only 12 days for the Indian Army to smash its way to Dhaka, an achievement reminiscent of German blitzkrieg in 1940.”

Those who were part of the 1971 war in this Eastern sector have always wondered why Gen Tappy Raina does not appear in the famous surrender picture taken at the time of Lt Gen A A K Niazi signing the surrender documents in Dacca. The Author now clears this mystery. He writes, “General Tappy Raina, assisted by Lt Col Sunith Francis Rodrigues, GSO 1 (Ops) HQ 2 Corps (later to become Chief of Army Staff), was away to 11 Corps sector, busy reconnoitering and planning the deployment of his 2 Corps in its new operational role in the Western Command.”

For his outstanding command of 2 Corps during a particularly difficult phase of its raising, operations in East Pakistan and subsequent deployment in western command, Government of India bestowed its third highest honor, Padam Bhushan, on the General.

After having Commanded 2 Corps for two years during which the Corps accomplished its operational tasks in the eastern sector swiftly and skillfully, its re-deployment in the western sector, training, administration, and enhancing its battle-worthiness as a strike Corps, Tappy was promoted as GOC-in-C Western Command, on 16 October 1973. With his professionalism, dedication, planning and visionary leadership, Gen Raina set about his task of commanding the then most important command of Indian Army, responsible for operations against Pakistan in the states of Punjab and adjoining areas. In a space of two years western command benefited immensely from the sage helmsmanship of the Army Commander.

In March 1975, Lt Gen T N Raina, MVC, received the news of his having been selected as the next Chief of Army Staff. General Raina thus became the first Chief who had not graduated from any of the prestigious Military institutes like the Royal Military College, Sandhurst, or the Indian Military College, Dehradun.

One of the greatest achievements of Gen Raina as the Army Chief was to move the Regimental Centres located close to Indo-Pak border to depth areas in the hinterland, and in their places, get the field formation to occupy the vacated areas. This was done to ensure that the fighting formations could be mobilized and moved to their operational areas in the least possible time. This was easier said than done. There was resistance from vested interests, acquiring land for developing KLPs was a cumbersome process, disposing off huge assets acquired by Regimental Centres over centuries was another roadblock, circumventing the red tape, etc., had to be done in double quick time. It needed a high degree of maturity, tact, firmness, and belief in the righteousness of the mission to accomplish all this. General Raina got the impossible done with his usual efficiency. It may be added that prior to issuing such orders, he had taken the Prime Minister, Mrs Indira Gandhi, into confidence.

Gen Raina, as COAS, initiated many projects for long term welfare of the Army. These included the creation of Army Group Insurance Scheme for all ranks of Indian Army and Army welfare Housing Organization. Both proved to be of immense value to the Army personnel over the years and were later emulated by the Indian Air Force as also by the Indian Navy and other civilian organizations. He also created an Army Adventure Cell under the redoubtable mountaineer and a fellow Kumaoni, Colonel Narinder (Bull) Kumar.

There is an old saying that physical courage in youth and moral courage in old age are assets of highest importance, particularly when holding positions of power and responsibility. Tappy's physical courage as a young officer had already been recognized. Now as COAS, his moral courage was on test, when he kept Indian Army aloof during National Emergency that was declared on 25 June 1975 by the then Government. Gen Raina steered clear of it, thus ensuring Indian Army's apolitical character. This also needed enormous moral courage under the existing circumstances then.

Tappy had a fair share of misfortunes in his life. It is only his courage, positive attitude, determination, and mental strength that saw him through such tragedies. While commanding the Western Army with its HQ at Shimla, Gen and Mrs Raina lost their only son, Captain Jyoti Raina, in a gruesome accident just outside the main gate of

his unit lines, 14 KUMAON on March 9, 1974. It was a devastating blow. The author has described the event in some detail and the reader can barely prevent his eyes from shedding a tear. Tappy took the tragedy on his chin. Being completely wedded to his service, he moved on and later became the COAS. But the tragedy took its toll. Earlier, Ninette, his wife, was detected with cancer in 1968, but she lived on to become a rare cancer survivor. This challenge too he overcame with grit and determination.

One of the important features of the book is the narration of events based on eye-witness accounts of those who were part of such events. Similarly, the domestic / social life of the Rainas described in the book by the author is based on extensive quotes of Mrs Ninnette Raina, Gen Raina's wife. Such narration lends authenticity to the book's contents and captures the pathos of both the life and times of Tappy Raina. It may be mentioned that Ninnette, having travelled all alone from Marseille to Bombay in a ship, to marry her sweetheart in Feb 1945, stood like a rock besides her husband, sharing all his joys and sorrows over many years, in the process Indianizing herself completely.

After his tenure as Army Chief, while Tappy was looking forward to a well- deserved retirement, two things happened almost simultaneously. He fell ill and was diagnosed with cancer. Immediately thereafter, he was appointed as India's High Commissioner to Canada. Though he informed the President of India and the Prime Minister about the likelihood of his sickness interfering with the discharge of his duties, he was, however, advised to proceed all the same. In fact, the then P.M. of India, Sh. Mararji Desai told him, "I know General, that is also the reason to send you to Canada so that you can get good treatment and get well."

His tenure as India's High Commissioner to Canada was marked by success that his ceaseless efforts achieved in improving Indo-Canadian relations, which had suffered a setback after India had carried out its first nuclear test in 1974. Simultaneously, the cancer too kept progressing. Finally, Tappy suffered a brain hemorrhage and he passed away in Canada on May, 19, 1980, at the age of 59 years five months.

The life story of Gen T N Raina, MVC, is the story of Indian Army through the last phase of its transformation from British Indian Army to Indian Army. His biography captures the essential features of the British Indian Army's involvement in its campaigns in Northeast India and Burma against Japanese forces and its subsequent deployment in French Indochina. The story also captures the momentous events of the division of the Army and its assets between India and Pakistan at the time of partition, Indian Army through four wars' 1947-48, 1965 & 1971 (against Pakistan) and in 1962 against China. The author has been able to capture the essence of Indian Army's transition from an unwieldy behemoth of 2 million during the World War II to a well-trained and efficient fighting machine of 1971 war which recorded an unprecedented victory against Pakistan. The book is a testimony to Gen Raina's qualities of head and heart.

The book is embellished with some rare pictures which enhances the value for the reader. However, the absence of index at the end of the book makes it difficult to check cross references.

>> COUNSELLING**IISc world's top research university in QS World Rankings**

Among more than 20 different global ranking systems, the longest standing and most influential are the ARWU (produced by the Shanghai Ranking Consultancy), Times Higher Education (THE), and Quacquarelli Symonds (QS).

QS Quacquarelli Symonds was founded in 1990 and has established itself as the leading global provider of specialist higher education and careers information and solutions. Their activities span across 50 countries, working with over 2000 of the world's leading higher education institutions. It is the most widely viewed university ranking worldwide.

The universities are evaluated according to the following metrics: Academic Reputation, Employer Reputation, Faculty/Student Ratio, and Citations per faculty, International Faculty Ratio and International Student Ratio.

Featuring 1,300 universities from around the world, this year's university rankings are out. Each institution has been assessed according to five key metrics

The Quacquarelli Symonds (QS) World University Rankings 2022 were published recently, which showed that only three Indian universities; the Indian Institute of Technology (IIT) Bombay, the IIT Delhi, and the Indian Institute of Sciences (IISc) in Bengaluru have been able to position in the top 200. These three are the only universities that have remained in the QS world universities rankings for the past five years, while 22 Indian universities in total have found their place in the top 1,000 of the rankings this year. Incidentally, IISc Bengaluru continues to enjoy its distinction as the world's top research university,

maintaining a perfect score of 100/100 in research metrics.

The top three institutions globally are Massachusetts Institute of Technology (MIT), University of Oxford and Stanford University ranked at number one, two and three respectively.

Commenting on the ranking of Indian institutions, Ben Sowter, Director of Research at QS, said: "This year's edition of the QS World University Rankings demonstrates the excellent work that many Indian universities are doing to improve their research footprint, with positive consequences for their reputation on the global stage."

Indian Institute of Technology Bombay is a public technical and Research University located in Powai in Mumbai, Maharashtra, India. IIT Bombay was founded in 1958. In 1961, the Parliament decreed IITs as Institutes of National Importance. It has 23 academic departments covering engineering, applied sciences, humanities & social sciences, management programmes, four educational centres, eight academic service centres and three supporting units. IIT Bombay has secured the fourth position in the 'Overall' category, the third position in the 'Engineering' category and the eleventh position in the 'Management' category of the National Institutional Ranking Framework (NIRF).

Indian Institute of Technology Delhi (IIT Delhi) is a public technical and Research University located in Hauz Khas in South Delhi. It is one of the oldest Indian Institutes of Technology in India, established in 1961. Established in 1961 as College of Engineering in Delhi, the Institute has later declared an Institution of National Importance under the 'Institutes of Technology (Amendment) Act, 1963'. It was renamed as 'Indian Institute of Technology (IIT) Delhi'. It was then granted the status of a Deemed University with powers

to decide its own academic policy, conduct its own examinations, and award its own degrees. Since its inception, over 48,000 students have graduated from IIT Delhi in various disciplines, including Engineering, Physical Sciences, Management and Humanities & Social Sciences. Of these, nearly 5,000 students received PhD degrees. Indian Institute of Technology (IIT) Delhi, has been ranked amongst the top 5 engineering institutes in India by all the ranking agencies. Recently, the institute was ranked at the 47th position by the QS 2021 Asia Ranking. The college is ranked 2nd under the Engineering category by both NIRF and Outlook in the year 2020.

The Indian Institute of Science (IISc) Bangalore was established in 1909 by a visionary partnership between the industrialist Jamsetji Nusserwanji Tata, the Mysore royal family and the Government of India.

Over the last 111 years, IISc has become India's premier institute for advanced scientific and technological research and education. The campus of IISc Bangalore is built across 371 acres of land, it has 45 academic departments spread across six divisions that offer various UG and PG courses, including BSc, M.Tech, and PhD among others. IISc Bangalore has been ranked 1st consecutively for the past four years among the Indian Universities in NIRF Rankings.

»» EDUCATION ALERTS

AICTE Revised academic calendar

AICTE Academic Calendar 2021 has been revised by the All-India Council for Technical Education.

The last date for commencement of classes for first-year students of technical courses is September 15, 2021.

- ✓ Commencement of classes: August 2, 2021
 - ✓ Last date for cancellation of admission: August 6, 2021
 - ✓ Last date for admission: August 11, 2021
- Guidelines on semester examinations issued from time to time in view of Pandemic.

- ❖ The Classes may be started in Online or Offline (Class Room) or Blended mode (Online as well as Offline) following the prescribed protocols/guidelines related to pandemic.
- ❖ The Academic Calendar may change subject to conditions existing due to Pandemic and guidelines issued by the Ministry of Health, Ministry of Home or Ministry of Education from time to time.
- ❖ Institutions admitting students without any prior approval shall be subjected to punitive action.

The AICTE Academic Calendar 2021 is created in line with IIMs and UG Degree final year exam dates. Classes in online, offline mode or blended mode may get started by following the prescribed protocols or guidelines related to the Pandemic. It is advised to go through the official website to get more details on AICTE Academic Calendar 2021.

Birla Institute of Technology, Mesra, Ranchi Admission BBA, BCA

- ◆ Last date for submission of Online Application 15th August 2021
 - ◆ Declaration of Result 18th August 2021
- To fill online application form, click on the link “Apply Online” to register for the program.

Provisional selection to BBA and BCA programs will be based on marks obtained by the candidates in Class 12 / Intermediate / equivalent qualifying examination. However, candidates must meet the age criteria and other minimum academic requirements upto 1 seat at its all Off Campuses is reserved for candidates who are Sons or Daughters of Kashmiri Migrant who otherwise have qualified for admissions. Visit www.bitmesra.ac.in for details.

Himachal Pradesh University Admission

The University seeks admission to 30 teaching departments covering various departments. Visit website <http://www.hpuniv.ac.in/> for information booklet to find eligibility, application process, fee etc.

University provides relaxation to the Kashmiri Migrants in admission to all courses.

No final decision on NEET

The earlier decided date of August 1 for the National Eligibility cum Entrance Test is likely to be changed even though the National Testing Agency is yet to finalise the date for the crucial competitive examination this year, The New Indian Express has gathered.

The examination could be held in September, provided the COVID-19 situation in India remains conducive, sources in the NTA under the Union education ministry said but added that a final decision will be taken after thorough discussions with the top echelons in the government.

»» SCHOLARSHIPS

ONGC Scholarship 2021

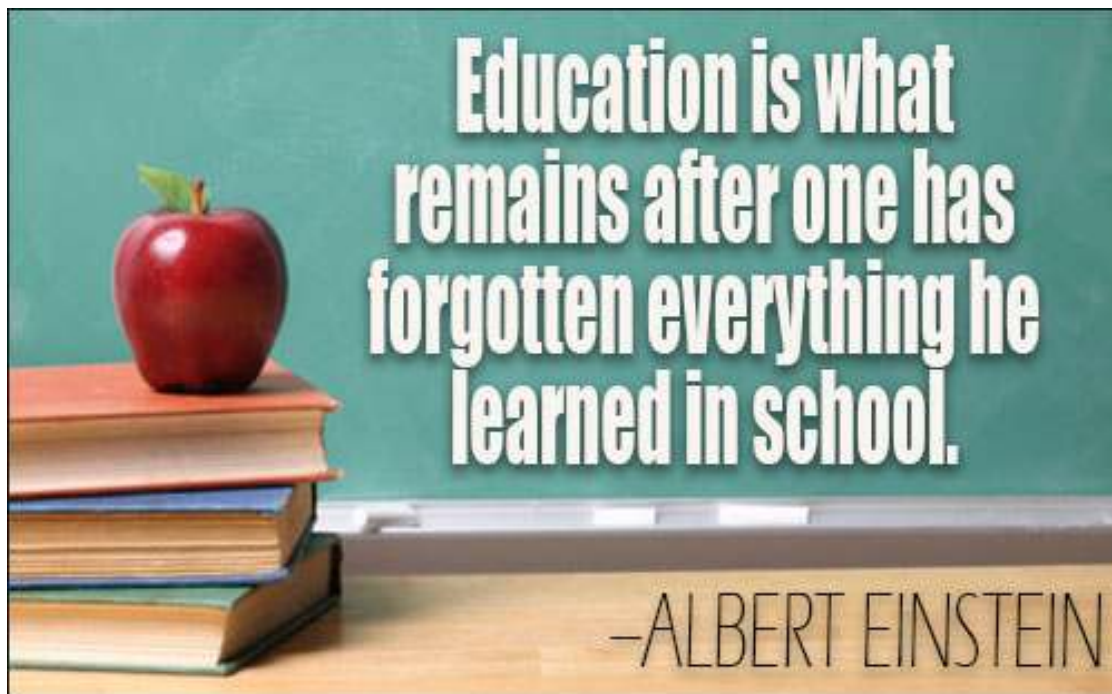
The Oil & Natural Gas Corporation (ONGC) Limited has released a notification and invites applications from the meritorious students pursuing professional courses in Engineering, Medical stream and Master's Degree courses in Business Administration, Geology and

Geophysics for ONGC Scholarship Scheme 2021

- ❖ Last Date to Submit ONGC Scholarship Applications: 06th August 2021
- ❖ Declaration of Final List of Scholarship Beneficiaries: To be announced
- ❖ Stream-wise distribution of scholarships :
- ❖ Engineering –300 (General)
- ❖ MBBS –50 (General)
- ❖ MBA –50 (General)
- ❖ Masters in Geology/Geophysics –100 (General)
- ❖ 50 % scholarships are reserved for girl students.
- ❖ An amount of Rs.4000/- per month, i.e., Rs 48,000/- per annum is the scholarship value.

Applicant must be a full-time student in the 1st year of Eng. /MBBS course or 1st year of MBA / Master in Geology / Geophysics at an AICTE/UGC/MCI/State University/State Education Board/Central University/Central Govt. institution.

Candidate fulfilling the above criteria may submit their application in the prescribed Application Format which can be downloaded from ONGC's Website www.ongcindia.com





AIKS Matrimonial Service



Alliance is invited for our 1992 year born daughter. She has completed BE in IT from Kurukshetra University and is presently employed in TCS. Family originally hails from district Pulwama presently settled in Jammu. For Tekni and Kulawali please contact 9419227270, 7780857090



Looking for a suitable match for our son, born 2nd January 1991 at 6.30 PM at Jammu. Height - 5'11", B.E (C.S.E) Computer Science. From VTU University. Presently working as LEAD INSIDE SALES in Metric Stream (MNC) Company at Bangalore with handsome package. Interested persons may contact on: - MB No. 7006171324, 9055272134, 8717090262 & 8717090264, WhatsApp No. 7006171324 & 9055272134 and Email-Id: - hldhar1958@gmail.com



Seeking Suitable Alliance for our Son, Ht- 5'.10", Born on 20/12/1991 At New Delhi. the Boy has done five years post high school education in Advanced finance/accounting and hospitality/hotel management. Presently Looking after well-established family business of well to do family settled in Canada (toronto) for over 25 years. Interested may contact kaul123@hotmail.com or WhatsApp +14168719147



Suitable alliance invited for our son born on 8th April, 1989, 1110 hours, 5 feet 10 inch tall, at Anantnag Kashmir. The boy is B tech Mechanical with MS applied mechanics from Ecole central's, DeNantes, France and is presently working as senior business Analyst, Sopra Steria India at Noida (UP). Interested may please call for tekni and biodata from WhatsApp number 9419765031, 7051961209.



Looking for alliance for our son born in New Delhi on 1st Sept 1989. Height 186 cm. He is a Computer Engineering from India and M.B.A from U.S.A. Presently working as Senior Consultant with IT company based in New York, USA. The girl should be Masters/MBA from USA and working in USA on her work visa. Parents based in Dubai. Interested please contact on mob no +971506196474, EMAIL deep190058@gmail.com.



Looking Suitable Match for my Son, Born on 22.10.1992, 13.52 Hrs at Jammu, Height 5'11". Done B.E from Mysore and MS from USA. Working as Software Developer in USA on H1B Visa interested may contact raina50@gmail.com, Mobile 9419191462, 9419114335.

Suitable Alliance for our daughter Born 22 August 1993, Height: 168 Cms. Bachelor's in Architecture from I.P University Delhi, working with an MNC at Bangalore. Please send Tekni and kulawali at Email: dhruva62@gmail.com OR Mob. No: 9868901676 & 8383032306.



Seeking Suitable Alliance for our daughter Born on 04.09.1984 in Delhi, HT 165 Cms. Economics Honours Graduate from Delhi University and MBA (Finance and HR) from reputed institute Delhi. Working in Govt. of India Institution at Manesar, Gurugram as consultant in Human Resources Development Deptt. With good Annual Package. Interested may please send Kulawali and Tekni at Email:- arunraina50@gmail.com OR WhatsApp at 9873787189.



Parents seeking marriage proposal for their daughter. Our daughter is a physician and is based in the US. She is a US citizen. We are looking for a suitable professional Kashmiri Pandit match. Our daughter is talented, humble, and has been raised in Kashmiri and Indian culture at home. She is willing to relocate to India or other countries for the right match. Date of birth October 12, 1982 at 1:30 am, in Milwaukee, Wisconsin, USA. A recent photograph would be very helpful. Please correspond with a brief writeup of the family and a tekni to: kkher50@msn.com. WhatsApp: +1 202-765-5444.

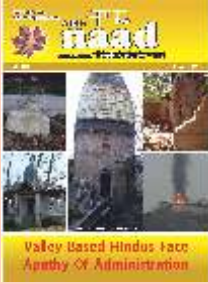


We are looking for a MEDICO Match with MD/MS for our Daughter who has done MBBS from RGUHS, Bangalore presently working as MO in a Private Hospital in Delhi and also preparing for MD, born on 30th March 1991, 17:37 at Udampur. Interested may contact with Tekni and Biodata on 94191-30214, 94191-13288.



AIKS naad

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Date :

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I have studied the AIKS Constitution and agree to abide by the policies and programmes of the AIKS.

With best wishes
Yours Sincerely

Signature

A Cheque of Rs 5,000/- (Rs. Five Thousand) only favouring All India Kashmiri Samaj is enclosed here with.

Cheque No. : **Drawn on (Bank) :**

Amount : **Date :**

AIKS Receipt No. :

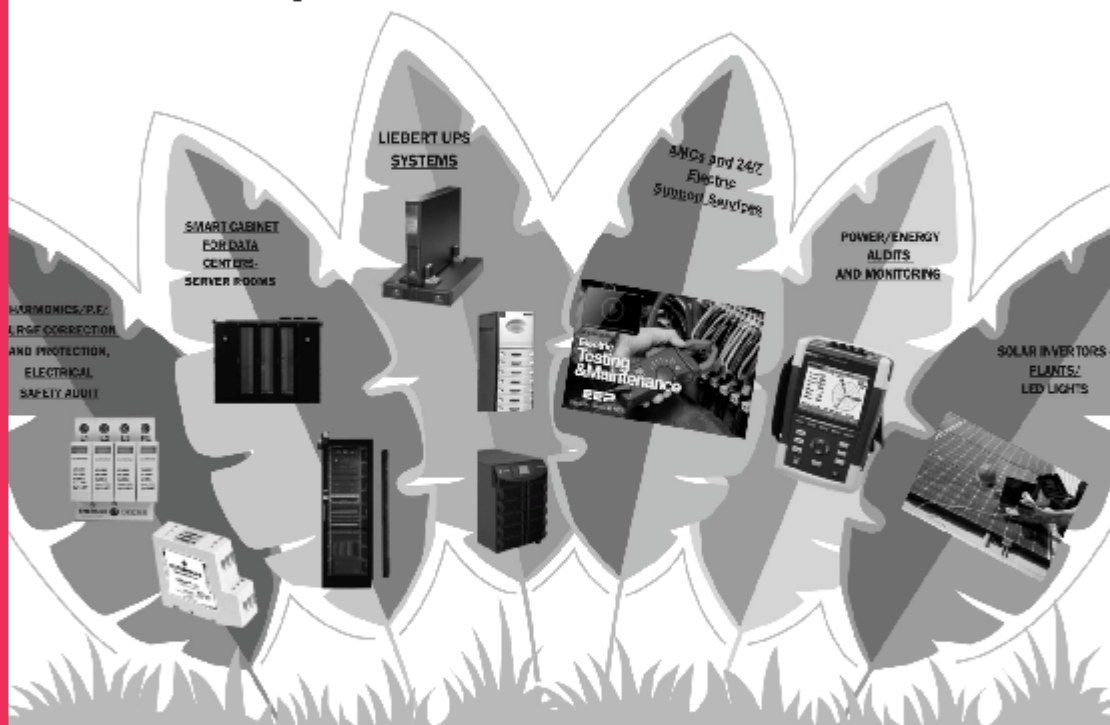
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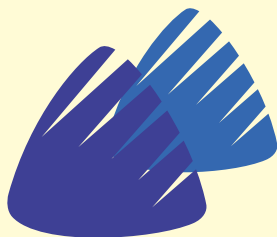
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OBITUARY



Shri Badri Nath Malla

(28.04.1928 – 05.05.2021)

With profound grief we inform the sad demise of our father Shri Badri Nath Malla, original resident of Malik Angan, Fateh Kadal Srinagar (J&K) on 05 May 2021.

Daddy, as he was fondly called, was a man of strong will power, dedication and fighting spirit. Himself a yoga enthusiast for the past 20 years he was always motivated others to follow it. It was because of his zeal to live a long and healthy life that he had set a target of completing 100 years for himself. Unfortunately he could not achieve it due to some complications in the later years of his life and passed away at the age of 93.

He was fond of acquiring latest gadgets, and his love for these, even if he could not use them, is something we are going to cherish forever. His lively nature, strong will power and dedication will remain in our hearts for many years to come. Although for the last few years he struggled with his health but sailed through every challenge and always came back victorious. We were sure he will come back this time as well, but Lord had a different plan for him.

We pray to God to give him place at his lotus feet. May he be happy wherever he is and keep showering his blessing on all of us.

Om Shanti

Deeply Missed and Remembered by:

- Neelmani & Nirmal Malla (Son & Daughter-in-law)
 - Meena Malla (Daughter-in-law)
- Sushma & P.K Kaul (Son & Daughter-in-law)
- Geeta & Vipin Makkar (Son & Daughter-in-law)

Grand Children

Ankit, Pulkit, Charu-Himanshu, Abhishek, Anirudh, Heemal, Shefali-Jatin, Kshitij

Great Grand Children

Bhavya, Raghiya

In loving memory of



Smt Dulari Moti nee Hakhoo

*“When someone you love becomes a memory,
memory becomes treasure”*

You were treasure of Love, compassion and empathy. Your acts of kindness are still resonating in every heart and mind. In every form and connect of your existence, be it Mummy, Aunty, Krishna, Dulari or Choti, your absence is felt by your family and friends. Every festival and every occasion of our lives would remain incomplete without your presence, however we can still feel your blessings and warmth in our lives. Let your divine soul bless us all the time!

The Maasvar & Vaharvaar of our beloved mother Smt Dulari Moti (Hakhoo) w/o Sh. Dwarka Nath Moti of Moti Villa, Rajbagh, Srinagar will be performed at our residence on 14th & 15th July, 2021 - The Castle Apartment, Flat No 202, Sector 56, Gurugram, Haryana.

Deeply remembered by:

- | | |
|---|------------------------------------|
| <input type="radio"/> Sapru and Dhawan Family | <input type="radio"/> Gassi Family |
| <input type="radio"/> Moti Family | <input type="radio"/> Koul Family |
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