

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

VOL XXXIII No. 03
March, 2023



AIKS ਐੱਨ ਐੱਸ ਐੱਸ naad

A Monthly Publication of *all india kashmiri samaj*



AIKS CELEBRATED
International Mother Tongue Day on
4TH MARCH, 2023

Glimpses of AIKS International Mother Tongue Day Celebration



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THIS MONTH'S COVER
International
Mother Tongue Day
Celebration

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21st February is what many of us look forward to every year. Not just that it is declared by UNHRC as the **International Mother Language Day**, but more because its relevance has attained very high importance since Kashmiri Pandits lost the **Motherland** itself. It has assumed an emotional importance for the community. While living in the lap of our home in Kashmir, very scant attention was given to groom our progenies to enrich them in their mother tongue. Most would grow knowing the spoken word and not its historical richness.

Post-independence, Kashmir valley witnessed both geographic as well as demographic changes. With that came the new dispensation in the state of Jammu and Kashmir which, under the secular garb, brought in laws that made the minority Hindus in the valley ineligible for most of the opportunities. Thus, began a systematic outflux of Kashmiri Pandits from the valley. With this first post-Independence migration, the mother tongue became the victim of desertion by its own people. We seem to be genetically suffering from an acute inferiority complex when it comes to learning and propagating our mother language – Kashmiri. The result is that the post-Independence Kashmiris born outside Kashmir do not know their Mother Tongue.

The 1990 forced exile of the entire community from the valley accelerated the loss of Kashmiri language as this whole community followed the practice adopted

by their predecessors over four decades ago. Today, the diaspora speaks the language of the place they have settled in, more fluently than the mother language.

It has the same significance as our rituals that we desperately struggle to follow in the hinterlands of our new abodes. We jostle with half syllables and pass the rickety language to our progeny as their mother language. In this backdrop, the Mother Language Day assumes great significance. Many linguists among us stepped forward to do a course correction. They have been systematically campaigning amongst the diaspora to make children learn Kashmiri. Every 21st February, we see programmes being organised by these linguist enthusiasts where young children perform in various ways in Kashmiri language.

While these initiatives are welcome, for bringing Kashmiri in our day to day conversation as the preferred language is still a far cry. For this, the parents of the new born have to pledge that they will introduce Kashmiri as the first spoken language to them. The child picks up from what we speak. And let that be Kashmiri. Let us take the pledge to give the mother tongue to our new generation and we will see in next decade our new children will take it forward and keep Kashmiri alive for us. This is food for thought.

Namaskar!

युकांकमड *Ukankamad*

From the *President's* Desk



WILL THIS CYCLE OF TARGETED KILLINGS EVER COME TO AN END!

Yet, another Kashmiri Hindu killed in a targeted manner by jihadis in Pulwama, Kashmir. Shri Sanjay Sharma, s/o Shri Kashinath Sharma, resident of Achan, Pulwama, was shot dead when he was on his way to the market with his wife to make some purchases. He was a guard at a local bank. Shri Sharma was killed by the ideology of Islamic Jihad, a new normal and unfortunately the local Kashmiri society has, for at least 35 years now, accepted this ideology as its dominant one. The movement to establish a “Nizam-e-Mustafa” (an Islamic sharia based state) has been ongoing in Kashmir for longer than 35 years, but at least since 1988, it has been carried out using the instrument of “Jihad”, namely Islamic religious war upon anyone (usually Kafirs) who stand in the way of establishing a “Nizam-e-Mustafa”.

Kashmir Jihad in 90's started with "Kashmir Banega Pakistan but without Kashmiri Pandits". Consequent to the ideology the narrative was built on a denial

mode that KP's were made to look like a thorn and an obstruction to the avowed design of Kashmir's Islamisation. It entered into every conceivable area of the society and thereafter these thirty-three years of their forced absence from the native land has given strength and teeth to this well designed narration. Thus the aborigines of Kashmir became a territory less community. Ever since KP's went through the painful ordeal of gradually eroding them from the socio-psychological memory of Kashmir. As victims of barbarism unleashed collectively on them by religious and political forces in equal measure by now is clear that there was an organised and well programmed coup against them but with a subtle politico-religious patronage. What we see now is an offshoot of the process though started much earlier with it getting militarised in 90's for the purpose that stands achieved.

Painful killing of our community members at regular intervals has an uninterrupted continuity “kill one scare one thousand”. The fact that such target killings against the residual Kashmiri Pandits have created a ‘fear psychosis of greater magnitude within the Community’ as they constitute an apathetic minority considering the population dynamics of the region, their vulnerability and fear, therefore, has intensified due to the tumultuous political environment and the persistent killings since 2019. The growing fear among Pandits is palpable. It raises a big question as to how the local Kashmiris can allow this to happen in their society and obviously they have no answers. However, the perception at the national level, based on the narrative built over more than three decades, depicts a consistent silence from

local Kashmiris on such killings. This is because the fundamentals of the perception are essentially based on accommodation and appeasement of local populace, Blame gaming (alleged Jagmohan Theory behind the exodus of KP's) and discrediting pain trauma and sufferance of KP's. This is reflected in no or at the best a little outreach by local and national political leadership to the Pandit community. Resultantly they are nursing a sense of betrayal and rightfully so.

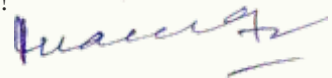
Considering how politics and terrorism has changed the region, several Pandit families and non-Muslims have consequently begun leaving the Valley. Although J&K has not witnessed major terrorist attacks on security establishments or convoys over the last few years but there have been targeted killings of religious minorities and of unarmed policemen. Most of these attacks have been carried out by "hybrid militants." It makes yet again the current ongoing witch-hunt against KP's a new, dangerous and challenging for them in Kashmir. While it is evident that these militants do not have the capacity or training to carry out attacks on well-guarded security establishments or armed personnel, they are a source of concern because they are able to kill civilians easily. Such killings have the potential to trigger an exodus of religious minorities from predominantly Muslim Kashmir. It is a fatal invasion of the evil forces from which we will probably never recover. As horrid as it is, what happened after the exodus of 90's is more significant: none of the villains were

punished for their sins and atrocious acts.

It is simply the brutal climax that is mercilessly accomplished which is leading the Valley to stand on the cusp of paradigm change and things seem to be headed for an irreversible shift. The corrosion of human spirit and the ethical foundations which unfortunately it symbolises has other grievous consequences as well and the well-entrenched constituencies that it has created have eventually acquired frightening power on their own. Now, having morphed into disguised anti-KP forces of reckoning. Apart from Constitution and the Laws, any democracy and multiculturalism functions mostly on trust which is the most prized possession of politicians but Kashmir has been unfortunate in this regard as not even one member of the dynastic politics in vogue earned the trust of the minorities.

To make it a truly minority friendly place, the Government has to pay a far greater substantive and not superficial attention to the challenges that continue to take lives of KP's and other minorities with impunity. An opportunity has been created because of the decision to break the logjam by making sweeping reforms in the constitutional framework to end the region's special status and integrate Jammu and Kashmir into the national mainstream. Wasting this opportunity will be unfortunate because it will take years before another such chance is either created or presents itself.

Namaskar!



AIKS Extends its Grateful Thanks to Shri Kamal Hak

AIKS extends its grateful thanks to **Shri Kamal Hak**, President Kashmiri Migrant Association, NOIDA for facilitating the celebrations of International Mother Language Day organised by CKLLC on 4th March 2023 at Kashyap Rishi Bhawan, NOIDA. AIKS looks forward to continued engagements between the two organisations.



- Puran Patwari



General Secretary's Column

The month of February-March has been very busy, as the AIKS team was hopping from one community event to another and also organizing its own flagship programmes like Mother Tongue Day scheduled for March 04, 2023. It felt pleasant to attend programmes after a long spell of cold winter. All in all, it has been a very busy month before the onset of full blown summer season.

AIKS Team meets Chairman National Commission for Minorities (NCM):

Team AIKS led by its president Dr Ramesh Raina met with the NCM Chairman, Shri Iqbal Singh Lalpura. Besides the President the team included Senior VP, Padma Shri Prof Sudhir Sopory, VPs Dr Manorama Bakshi, Ms Alka Lahori and Shri Anoop Koul, Chairman Sampooran Kashmir. The meeting was arranged by Shri Anoop Koul. The agenda of the meeting was to apprise the Commission Chairman about the recent AIKS Ambala Declaration demanding for the creation of a legitimate minority space for the displaced Kashmiri Pandits in Kashmir. The President Dr Raina said that Kashmir today has been reduced to a monolithic society in the absence of minorities and a legitimate minority space for Kashmiri Pandits consistent with secular and multi-cultural ethos of the rest of the country---'By minority space, we mean that as the **Aborigines**, Kashmiri Pandits constitute a factorial importance in the socio-cultural construct of Kashmir. Therefore, the need for recognizing Kashmiri Pandits as a minority in Kashmir becomes all the more important'. Shri

Anoop Koul, Chairman Sampooran Kashmir, said that, in the light of target killings and those people opting to stay and serve in Kashmir had become more vulnerable and there was no institutional mechanism like State Minority Commission on the lines of NCM to protect them. Prof Sudhir Sopory, Senior-VP – AIKS, described the situation in Kashmir as grave for non-Muslim minorities in general and PM Package Employees in particular and urged the Government to take strong and effective measures to grant minority status to contest such inimical forces and prevent another displacement from happening.

International Mother Tongue Day:

International mother tongue day was celebrated by Centre for Kashmiri Language Literature and Culture (CKLLC) of All India Kashmiri Samaj on 4th March, 2023 at the Kashyap Rishi Bhawan, Noida. Dr Ramesh Raina, President AIKS, while welcoming all the guests and participants who gathered from entire NCR region and even from Jammu, said that due to Shivratri the day could not be celebrated on its UN designated date of 21st February. He said this day is an important event for us at AIKS and we shall keep on our efforts to preserve and promote our mother tongue. He added that Vaakh, an AIKS publication in Kashmiri has turned out to be an important vehicle for the language promotion and that it gets readership from the traditional Kashmiri women folk because of whom its readership base has increased

considerably. He said we are pleased to designate the award being given to eminent personalities in the field of language and literature as Prof. Omkar Koul award. Prof. Koul was an eminent Linguist of the community and country whose contribution to the subject and to Kashmiri language and linguistics is phenomenal and well acclaimed. Dr. Roop Krishen Bhat, Chairman CKLLC spoke in detail about the origin and importance of International mother tongue day. He said that CKLLC was established within the All India Kashmiri Samaj to work for preservation and promotion of Kashmiri language and culture and to make available the Kashmiri learning and reading materials in Devanagiri script.

On this occasion an audio course in Kashmiri conceived, written and developed by Dr. Roop Krishen Bhat was also formally launched on YouTube. Sh. Omkar Nath Shabnam was presented the Prof Omkar Koul award by Prof. Sudhir K Sopory, an eminent scientist, former VC JNU and vice President of AIKS—(see full report).

AIKS has a twitter account: All India Kashmiri Samaj @ allindiakashmi1. All are requested to follow the account.

AIKS team attends GKPD-JKVM global conclave:

Team AIKS led by President Dr Ramesh Raina and General Secretary Puran Patwari attended two-day GKPD--JKVM global conclave at Sai Sadan Auditorium, Lodhi

Road, New Delhi. Others who attended included Senior VPs Padma Shri Sudhir Sopory, Shri S.K Bhan, Ms Alka Lahori and Dr Manorama Bakshi and others. President Dr Ramesh Raina also participated in a panel discussion on 26th February in the morning session. He reiterated the AIKS demand for the creation of a legitimate Minority space for displaced KPs in Kashmir, as enunciated recently in Ambala Declaration by AIKS and its affiliates at Ambala, and also called for the passage of Temples and Shrines bills.

AIKS Team attends Shuhul-Taaph:

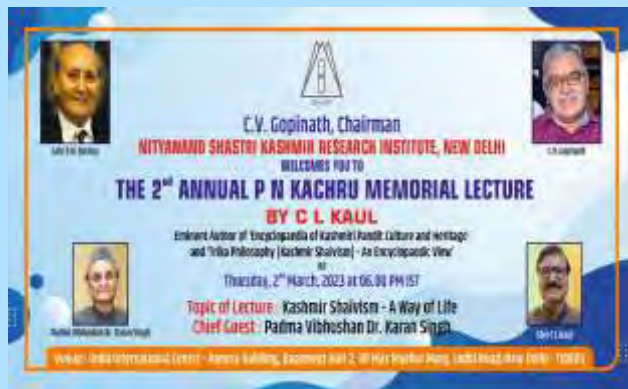
AIKS team led by Dr Ramesh Raina attended the two day annual cultural programme of KECSS (Kashmir Education, Culture and Science Society) Shuhul-Taaph at Lal Ded Memorial Hall in Pamposh Enclave on 11th and 12th of February.

AIKS Condemns killing of Shri Sanjay Sharma at Achhan:

In an emergency meeting held by AIKS in the aftermath of the killing of Shri Sanjay Sharma at Achhan, Pulwama, AIKS demanded the immediate constitution of a separate department within J&K administration to address the grievances and security issues of KPs living in the valley. It also called upon the government to create a minority friendly environment by addressing the insecurity and threat perception unleashed on social media campaigns by the terrorist organizations like TRF and their ilk.

P N Kachru Memorial Lecture

2nd P N Kachru Memorial Lecture was delivered by Shri C L Kaul on Kashmir Shaivism - A Way of Life. The annual lecture was organised by Nityanand Shastri Kashmir Research Institute, New Delhi on March 2, 2023 at India International Center, Annexue Building. Padma Vibhushan Dr Karan Singh was the Chief Guest of the function.



Press Report on AIKS Delegation Meet with Chairman NCM

Successive Govts remained mute spectators to KPs plight: AIKS

Executive Correspondent

NEW DELHI, Feb. 28: All India Kashmiri Samaj (AIKS) held an emergency meeting today at its office in Faridabad, Haryana and demanded lasting touch policy for the Kashmiri Pandits living in Valley, immediate release of the salaries of protesting PM package employees, out of box decisions be taken to address their core concerns including security, sleeper cells responsible for attacks should be located, identified and punished, immediate constitution of a separate Department in the J&K administration to address the grievances and day today survival issues of KPs.

The meeting, which was chaired by AIKS president, Dr Ramesh Raina reiterated that the restitution, rehabilitation and non-refoulment constituted the core of AIKS policies which indeed shall be pursued with a great vigour in the days to come.

It while discussing the situation arising out of the fresh target killing of Sanjay Sharma said that there is an uninterrupted continuity in the hovering of dark clouds on the KP community from the black intervening night of 19/20th January 1990. Ever since the powers that be have chosen to neglect and remain deaf and dumb towards the plight of the community and

that apathetic and lethargic attitude has costed them dearly by way of becoming a cannon fodder and sitting ducks for those trigger happy mad skulls. It added.

Concerned about such happenings in a recurrent manner, Dr Ramesh Raina said with pain and anguish a heads to be understood this killing of religious minorities in a fashion of kill one scare one thousand is not just one more killing but a civilizational war on the last remnants of Kashmir's Hindu civilization and that they are already in a war mode ready to strike at any given opportunity which comes to them in plenty. It is indeed a march towards greater Islamisation of Kashmir taking place at a fast pace, he added.

It is the same ideology at work which was put to practice in 90's an Islamic Kashmir without Kashmiri Pandits and other religious minorities, he said.

He said every KP killing has a large and loud message of establishing Islamic State consistent with other Islamic countries but within India and any obstruction in that design has to be removed and KPs have been registered, recognized and identified as obstructions. This is reflected in the issuance of online threat posters on the social media almost on day today basis.

AIKS delegation meets Chairman National Commission for Minorities

Executive Correspondent

NEW DELHI, Feb 17: AIKS team led by its president, Dr Ramesh Raina held a meeting with Iqbal Singh Lalpura, Chairman National Commission for Minorities (NCM) here, today.

Dr Raina was accompanied by Anoop Koul, Chairman Sampuran Kashmiri, Padma Shri Prof Sudha Sopory (senior vice president AIKS), Alka Lahori and Dr Manorama Bahshi, vice presidents of AIKS.

Dr Raina apprised NCM chairman about the dilemma of the policy of treating the Muslims of the State as a majority group at the State level and a minority at the national level. On the other hand, for subject Kashmiri Pandit minority of Kashmir issued and linked with the Hindu majority of the country thereby denying them the legitimate minority space in the Valley of Kashmir. This stance is a clear repudiation of the minority concept in the Valley.

If the clear cut national policy on minorities is to be enforced in letter and spirit, then all the privileges and facilities extended to Kashmir as part of a national minority should be withdrawn, he said.

He recalled that on several occasions Wajahat Habibullah and Prof Tahie Mahmood, the then Chairmen of National Commission for Minorities had written to the Home Minister and also to Dr Farooq Abdullah, the then Chief Minister of J&K,

that Kashmiri Pandits deserve to be given the minority status and National Commission for Minorities played a significant role in this regard.

He said that Kashmir today has been reduced to a racialistic society in the absence of minorities and urged the Government to take strong, unambiguous and out-of-box decisions and create a legitimate minority space for Pandits in Kashmir consistent with secular and multi-cultural ethos of the rest of the country. 'By minority space, we mean that as the Aborigines, Kashmiri Pandits constitute a factorial importance in the socio-cultural construct of Kashmir'. Therefore, the need for recognizing Kashmiri Pandits as a minority in Kashmir becomes all the more important.

Anoop Koul, chairman Sampuran Kashmiri, said that the time had come when Government of the day deals with the issue of grant of minority status to Kashmiri Pandits decisively and with clarity.

Prof. Sudha Sopory, described the situation in Kashmir as grave for non-Muslim minorities in general and PM package employees in particular.

He urged the Government to take strong and effective measures to grant minority status to KPs and prevent further displacement from happening.

Alka Lahori and Dr Manorama Bahshi urged the NCM to take necessary steps needed in this matter.





- B L SARAF



In Search of Minority Space

Ambala Conclave of the All India Kashmiri Samaj (AIKS), held in January, concluded with the adoption of a statement called Ambala Declaration (AD), flagging quite a number of issues that beset the Internally Displaced Pandits. Attention of powers that be has been drawn to these issues suggesting, at the same time, some measures that could be employed to find a way out for safe, secured and dignified return of the IDPs to their roots, in Kashmir.

While not belittling the importance of other issues raised, the AD places a great deal of vehemence on a point which the declaration describes as “Reclaiming the Legitimate Minority space of KPs in Kashmir.” The matter has been dealt with elaborately and compelling reasons in Annexure -1. To hammer down the point, appropriate reference has been made to history, geography of the area and aborigines thousands of years compact with the social, spiritual and political ambience of the Valley. “Minority” and the “Minority Space” stand properly defined as have been the rights and benefits delineated that will accrue to the KPs once declared 'Minority'. As such there is hardly anything left for one to make an addition. Nevertheless, having put in some labor in the campaign of seeking minority status for Kashmiri Hindus -as envisaged by law (courtesy Prof G K Muju led Kashmir Minority Conference), I may add something supplemental to the point canvassed in the AD.

Projection is well made. Will it generate a commensurate response from the quarters concerned is a question hard to answer? Experience tells us that whenever a right that should come naturally to the KPs, as a consequence of law, there is a remarkable congruity across the political spectrum that is in view in J&K – NC, BJP, PDP included – to stall its flow and deny the accrual.

The AD has made mention of Feb, 2014 report prepared by 31MPs (belonging to different parties) where after the MHA held that the KP migrants, being Hindus, can't be granted the Minority status. In December 2017, the BJP/PDP coalition Government, in J&K, told Supreme Court that implementation of National Commission for Minorities Act 1992 (Act) is not binding on it and “it is sole prerogative of the State Legislature to take decision on this aspect that State government will consider and examine the need and feasibility of setting up of State Minority Commission at the relevant point of time as and when need arises based upon the critical study of the social and educational backwardness of the minorities spread across various regions of Jammu and Kashmir.” Media reports mentioned that this was conveyed in an affidavit submitted in reply to the petition, filed for seeking directions to the state government to institute a Minority Commission and explain under which law minority benefits were granted to some sections of the State's population when Act was not applicable to J&K.

Matter is pending consideration before the Apex Court. We are still in wait for its order. Nevertheless, after going through the contents of the government's plea (as reported in the media) couple of disturbing thoughts crossed one's mind that made him apprehensive of the State's intentions. Situation on this front is no different even today.

When asked to explain under which law it was granting benefits, reserved for the minorities, to a section of population in the State – which numerically constitutes a majority here, the government, then, took a stand that the section stood notified as a 'minority' by the Central Government under provisions of the Act and benefits flow to them under welfare schemes of Union Ministry of Minority Affairs. Applicability of these schemes, according to the State government, was not related to the applicability of the Act. It was said then that some of the benefits accruing to the minority (majority in J & K) flow from Prime Minister's 12 Point Program for the welfare of minorities “in spite of the fact that the Act is not applicable to the State of J&K.”

State government said that it was the Central Government which notifies 'minority' under the Act: and argued further that Central Minority welfare schemes, which benefit local majority community, flow independent of the Act. Could it be so? In this regard, situation for the KPs, today, is far worse than it was in 2017. Because the NCM Act 1992 now stands extended to the UT. At the cost of repetition, it may be stated here that in 2014 the MHA referred to the provisions of the Act when it described Migrant KPs as Hindus to reject their claim to be called a “minority.” Mark the irony! The argument which UPA government raised in Feb 2014 to deny KPS a minority status is now, thanks to the extension of the Act, available to the BJP lead Central government to treat them similarly.

Government made a case for not granting minority benefits to the 'real minorities' in J & K as there was no law to support the scheme, and the Act wasn't applicable here. But relied on the Act to bestow benefits to the majority

'under the garb of a 'minority' definition. It was government's stand that it granted benefits to the 'majority community' in the State because the Act has notified it as a 'minority'.

This is a curious case of law making virtual a real and turning a real into the virtual

Government should know that 'Minorities' are nowhere defined in the Constitution. It is only under Section 2 of the Act that Central government is empowered to notify the “national minorities” for the purpose of the Act. If our government then did not believe in the Act – as admittedly it was not applicable here – how come it had no compunction to derive benefits out of it for a section of community as a minority which in numerical terms constitutes a 'majority' in J & K. No one can be permitted to approbate and reprobate at the same time.

Minorities in J & K have been making a demand for the grant of statutorily assured benefits available to the minorities elsewhere in the country. A day after the then State Government's stand in the Supreme Court was known, former Chairman of the National Commission for Minorities (NCM), Wajhat Habibullah advised State government to extend jurisdiction of NCM to J & K, as he had been telling them in the past, when was the Chairman. He describes the demand of the state minorities as genuine. In 1999, the then Chairperson of the NCM, Tahir Mahmud had written to Farooq Abdullah, the then CM, inviting his attention to the miserable condition of the minorities in the State. In one communication he wrote “Our Hindu brethren are in minority in J & K State. We owe them the sacred responsibility of all that is necessary to protect their lives, properties, human rights and civil liberties.” (No CH /4/ 88 NCM dtd. 21-01-1999). It evoked no response. It hardly matters now as, J & K Reorganization Act 2019 has made NCM Act applicable to the UT. The logical effect of such an extension is that what the majority community in J & K used to get by contrived definition of the 'Minority' will now receive as a matter of right, to the detriment of the

“real minorities” in J & K.

In TMA Pai Foundation case (2002) 8 SCC, 481 Supreme Court held that since India has been reorganized on the linguistic bases, therefore, for determining minority the unit has to be the State and not whole of India. Both religious and linguistic minorities are to be considered State wise. In Bal Patil's case, (AIR 2005 SC 3172) the Apex Court has made job of the State government easy by defining Minority thus; “minority as understood from the Constitutional scheme signifies an identifiable group of people or community who were seen deserving protection from likely deprivation of their religious, cultural and educational rights by other communities, who happen to be in majority and are likely to gain power in a democratic form of government based on election.” It is for the State government to act in this direction. The UT being presently ruled by the Centre, the MHA has a job cut out to move in the direction.

It may be profitable here to say that in 2017 we witnessed a strange spectacle of two alliance partners, sworn to the Agenda of Alliance, speaking in different voices. The then Deputy CM, a BJP nominee, feigned ignorance about the affidavit. The prevarication of 2017 on the issue is more

profoundly visible today when it comes to help the KP's cause – be it the grant of Minority status or Statutory protection of their Temples and Shrines in the Valley.

The BJP/ PDP government when in office said that it will constitute a Minority Commission “as and when need arises.” As if time had not come! Tahir Mahmud had enough data before him, in 1999, when he noticed miserable condition of the minorities in J&K and invited then CM's attention to it. Nothing moved then. On the available indications nothing is likely to move even now. There is a need of a community push to the issue flagged prominently in AIKS's AD. This is the time when movers and shakers of the community have to act in unison, at least for the issue at hand. Let imagination rather than self-projection have the way.

Now that NCM Act has been extended to J&K and that we have a “Double Engine” government in place, it is time for the GOI to walk that talk and redeem its pledge and grant KPs what is due to them, in terms of the relevant law. Or, should we wait for the Supreme Court to goad the Central government to show a 'real' concern for the 'real minorities' of the State. P S: GOI has recently nominated to the NCM, a person from Kashmir who belongs to the majority community living there.

AIKS congratulates Dr Uday Kakroo

on receiving the coveted **National Award for Outstanding Efforts in Science & Technology Popularisation among Children (Category – C).**

Dr Uday Kakroo has over 45 years of professional experience in veterinary medicine and science communication. He has developed and implemented over 50 innovative science popularization campaigns and projects as a consultant with organizations like Millennium India Education Foundation, Heart Care Foundation of India, and more.

Under One Health Concept, Dr. Kakroo has been organizing workshops and conferences for students, medical/ veterinary practitioners and the scientific community since 2008.

Dr Kakroo has also been running a campaign for '**Revival of Indian ancient script Sharada**'.





- Alka Lahori



JKVM-GKPD CONCLAVE

Revenge of the Lamb

Whether the recently held two-day community conclave held in the national capital of Delhi will reinvigorate our struggle remains to be seen, but there were many stories and side stories and take-aways from the exercise. One which I am tempted to write about is that our **little lambs are ready for the revenge**. Our young ones are no longer getting carried away by false narratives, a la – 'if you were not born then your ancestors did it' famous line of wolf and the lamb story. Even in The Kashmir Files too, the lamb, err the main protagonist too is shown caught in the web of institutionalized false narratives perpetuated by a Left Liberal

eco system in the country, where victims are projected as perpetrators and murderers as dreaded as Yaseen Malik as Gandhi preaching non-violence. Our young ones fanned across institutions in the country responsible for creating future leaders in multiplicity of disciplines, were fed on this diet of 'Kashmir being the story of uneven distribution of resources where 'your ancestors' had usurped the lions share and you deserved to be shunted out'.

As things started unfolding, we soon realized that Kashmir uprising was not an impromptu phenomenon, as some Pak apologists would have us believe as a fallout





of 1987 rigged elections. That may only have hastened its happening, but it had been in the making for a very long time. Its journey from drawing board stage to actual on roads has had many architects, engineers and political dramatis personae involved with its edifice. Also how to create a narrative post its happening in the power corridors and public at large in India and around the world through lobby groups and media houses had already been charted out and put in place.

However, in keeping with all aspects of the warfare strategy that surprise is an essential element of armoury, we were taken unawares, and India caught napping. So before we could fathom what had happened we crash landed on various destinations and refugee camps in Jammu and Delhi; and before we could even realize what had hit us, the lobby groups were already at work in

institutions including Press Club of India and JNU, reeling out the sob stories of 'usurper' (lands, jobs, resources) v/s the 'poor and deprived'.

So, our saga – death, deceit and displacement had no takers, and with apathetic Government and insensitive and unresponsive media, our stories of personal tragedies got lost amid the din of fake narratives crisscrossing the labyrinths of power and influence. We had definitely lost the game at the narrative building, realizing sooner than later that we had to rely on our own cerebral strength. And with Pen as weapon, knowledge as power and never-say-die as spirit, it literally has been no less a feat than that of Greek God Phoenix's rising from ash, intertwined by grit and resilience, individual trials and collective triumphs. And by turning adversity into an opportunity and our young generation trotting





across the continents and globe and carting many a success stories in the corporate world, today we have turned tables on our detractors and those who had written us off.

But we know our victory is not complete till we have reclaimed our land. It may not happen in our lives, so the gen next has to be readied for the final assault and concluding push. So far we had lurking doubts whether the agony and saga of great betrayal, deceit and

loss of roots had effectively percolated down to our generation next and whether the pain has entered the race memory. But it was heart-warming to see very young boys and girls playing as volunteers at the conclave, sort of interning (by their own admission) to be ready for induction into the final and decisive battle (of attrition and wits). However, it was, two young kids—Vitasta Koul and Vassu Raina—barely in their teens, who captured





the minds (and hearts too) of the audiences with their respective perspective of the whole saga and how to see themselves fit into the narrative and carry the struggle forward.

Hearing them was a real treat to senses. One thing noteworthy in both the accounts was their connect with their grandparents and faith and trust they have in them. For Vitasta Koul, sensitive as girls are, she often heard her father speak of his youth been lost in pursuit of livelihood, rebuilding life brick by brick in alien land and environment, and as avid cricketer not chasing his cherished dream of playing Ranji for the state and landing a job he so abhorred. She said she often heard her father and grandfather's yearning for the home that she can identify with their pain. She spoke with so much passion and a sense of carrying forward the flame of struggle which evoked thunderous applause from the much appreciative audiences. For Vassu Raina, he was on a different trajectory and never figured or registered when his parents spoke about 'home' and things about the 'great escape' till The Kashmir Files happened. He said he decided to watch the movie independently, and what he saw did not move him at once, but when the incidents were corroborated verbatim by his grandmother whom he calls 'Toshi' (who had



not seen the movie by then), he was hit hard by the reality of the situation. So, for Vassu, TKF has been the moment of reckoning and he is avowed soldier of the struggle.



JAMMU KASHMIR VICHAR MANCH

Email:- jkvicharmanch2016@gmail.com

February 28, 2023

Jammu Kashmir Vichar Manch Celebrated “Samoochik Shivratri Mahotsava”

Press Release

Jammu Kashmir Vichar Manch thanks all Biradari members for the continued support to the organisation and its activities. **Samoochik Shivratri Mahotsava Milan** has been a flag ship event organised by **Jammu Kashmir Vichar Manch** since its inception. The programme is organised in a unique manner by organising the community gathering on the following Sunday to Shivratri to propagate the message of togetherness, love and Universal peace.

This year the programme was celebrated at Sathya Sai Auditorium, Lodhi Road, New Delhi on **26th February 2023**. The function was concurrently held with **Global Kashmiri Pandit Conclave**. The function started with Shradhanjali paid to Martyr Sanjay Sharma who was martyred on this day by the separatist frustrated jihadi elements, to the Martyr.

Like every year, felicitation of prominent personalities etc. Community members who made outstanding contribution in the area of Literature/social work/gallantry were recognised and felicitated with various awards and certificates. Following awards were given out on the occasion:

“Pt. Tika Lal Taploo Memorial” award sponsored by **Pt. Tika Lal Taploo foundation** was awarded to **“Shri. Aditya Raj Kaul”** for his exceptional work on Kashmir

“Pt. Krishen Joo Razdan Saraswati Puruskar” for literature to **Dr. Rattan Lal Talashi**. Dr. Talashi, a doctorate from Kashmir University, retired as Professor from the Department of Kashmiri, Kashmir University and is now a visiting Faculty in their Centre of Distance Education & UGC-Staff Academic collage. He has published many Books, Translation works and articles.

He is the recipient of many Awards and Honours including Hindi Kashmiri Sangam Award 2016, Shuhul Taaf, Bakhshi Award, etc.

“Yashaskar Samman” to Sh Ravi Mahaldar who has been working for the upliftment of underprivileged children for more than four decades at **“Satchel the Matamal”** to promote art and literacy among the displaced Kashmiri Pandit children.

“Yashaskar Samman” to Kashmiri Overseas Association, Inc. (KOA)”, a non-profit, socio-cultural organization. It was founded over 40 years ago out of a need felt by the KP families in the US to connect with each other.

“Yashaskar Samman to Global Kashmiri Pandit Diaspora (GKPD)”, a Kashmiri Pandit civil society movement started as a backend community platform in year 2008 which managed to secure a unanimous resolution from MP state assembly in 2008 acknowledging our ethnic cleansing.

“Shriya Bhat Kirti Puraskar” to Dr Surinder Kaul. Dr Kaul is MBBS from Government Medical College Srinagar and MS from Gandhi Medical College Bhopal. He is presently working as Medical Director at Baylor College of Medicine, Houston, USA. In 2008, he co-founded “Global Kashmiri Pandit Diaspora”. Dr Kaul conceptualized The Kashmir Files and was its architect.

“Pt. Krishen Joo Razdan Saraswati Puruskar” to Sh. Badri Nath Pandita, a renowned Bhakti poet born on July 22, 1942

is presently a household name in Kashmiri Pandit society across the globe. His published works are – Khyamaposh and Tez Vuzmal. Most of his Bakhti songs are available online on his YouTube channel “Abhilash vann.

The chief for the event, Dr **Ashish Gautam** was also felicitated on the occasion. Addressing the gathering he applauded the efforts by the **team JKVM** towards preserving and nurturing Kashmiri Pandit culture and language.

JKVM also organised the virtual global competition for Kashmiri speaking **“Late Smt Lalita Kaul Sahib and Late Sh. A.N.Kaul Sahib Memorial Award”** during the month of February 2023. A trophy, a certificate and a medallion is awarded to the winners. The **winner in each category as follows-**

Junior Category:

- | | | |
|-----------------------------|---|-----------------|
| Winner | - | Karthik Pandita |
| 1 st . Runner up | - | Vani Bhat: |
| 2 nd . Runner up | - | Abhyank Handoo |

Senior Category:

- | | | |
|-----------------------------|---|--------------------|
| Winner | - | Chhavi Koul: |
| 1 st . Runner Up | - | Rushil Bindroo: |
| 2 nd . Runner Up | - | Ishu Bharti Pandit |



Special encourage award on the recommendation of the judges was awarded to two year Laugaksh Ambardar S/O Mr/Mrs. Sunil Raina, Pretoria, South Africa.

Also, children shortlisted for the **Late Smt. Bimla Kaul Memorial consolation** prizes for Kashmiri speaking were given by our veteran activist **Sh B.L.Kaul, Deep** to the top three performers: 1st - Chahel Rayu: 2nd - Satvik Mattoo: 3rd -Ahaan Kaushik

A painting competition among the young children was also organised virtually with the theme Maha Shivratri. The winners declared are:

SeniorCategory:

Winner - Leepakshi Tikoo;
1st. Runner Up - Bhumika Raina:
2nd. Runner Up - Chahel Rayu

Other awards were:

Vatuk Model Making Competition

Winner – Akanksha Sharma

Shankhnaad

Winner – Yajatt Saproo

Dress Competition

Junior Category - Tanishka Sharma



SeniorCategory

Shivam Kaul Male
Dhanya Braroo Female

Super Senior Category

King C Bharti Male
Meenakshi Pandita Female

The programme culminated with the vote of Thanks by the Treasurer.

A candle lit silent march was done in the memory of Martyr Sanjay Sharma.

-President – JKVM





- Dr. Roop Krishen Bhat



All India Kashmiri Samaj celebrates **MOTHER TONGUE DAY**

International mother tongue day was celebrated by Centre for Kashmiri language literature and culture of All India Kashmiri Samaj on 4th march, 2023 at the Kashyap Rishi Bhawan, Noida. The programme started with inaugural session with the welcome speech of Dr. Ramesh Raina, President AIKS. Dr Raina while welcoming all the guests from across the NCR and Jammu. He said that due to Shivratri the day could not be celebrated on its normal date of 21st. February. He said this day is an important event for us at AIKS and we shall keep on our efforts to preserve and promote our mother tongue. He said we are pleased to designate the award being given to eminent personalities in the field of language and literature as prof. Omkar Koul award. Prof. Koul was an eminent Linguist of the community and country whose contribution to the subject and to Kashmiri language and linguistics is phenomenal and well acclaimed.

Dr Roop Krishen Bhat, Chairman CKLLC spoke in detail about the origin and importance of International mother tongue day. He said that CKLLC was established within the All India Kashmiri Samaj to work for preservation and promotion of Kashmiri language and culture and to make available the Kashmiri learning and reading materials in Devanagiri script. He said under this scheme four important books have been

published so far and they have been received well within the community. The fourth publication ie. *Kaeshri adbhik' gaashi taarakh* "Luminaries of Kashmiri literature" containing 52 biographical essays on Kashmiri writers from Lal Ded to shafi shauq under CKLLC series was released in the function besides a book on poetry by Smt. Sunita Raina Pandit and a book on Munshi Prem Chand in Kashmiri by AN Prashant.

Dr. Bhat said that the center has also awarded several eminent Kashmiri personalities till date whose contributions have been monumental. He said that naming the award in the name of Prof. Omkar Koul a world famous linguist will further raise the stature of the award. This year's award was presented to Sh. Omkar Nath Shabnam an eminent Poet for his contribution to Kashmiri literature.

On this occasion an audio course in Kashmiri conceived, written and developed by Dr. Roop Krishen Bhat was also formally launched on YouTube. Speaking about the course Dr. Bhat said it is very useful for learning Kashmiri language especially for youngsters. There are forty-five videos professionally produced.

Thereafter Sh. Omkar Nath Shabnam was presented the prof Omkar Koul award by prof. Sudhir K Sopory an eminent scientist, former VC JNU and vice President of AIKS. In his thanks giving speech Sh. Shabnam thanked the CKLLC and AIKS for choosing him for the

prestigious award. He recited a beautiful poem which was appreciated by the audience. Prof. Sopory appreciated the work done by CKLLC in preserving and promoting the mother tongue and organizing a programme like this for so many years now. He said mother tongue was essential for an individual to express oneself in full and everyone should learn and speak with pride one's mother tongue. Prof Sopory said that he himself learnt his mother tongue at a later stage in his life and felt emotionally proud to have done so. He thanked the organisers for giving him an opportunity to be part of this year's celebration.

In the next session on preservation of Kashmiri language and culture which was presided by Sh. M L Kaul Naz, an eminent poet, Dr. Roop Krishen Bhat spoke about an easy way to learn and preserve Kashmiri especially among community youngsters. He mentioned the materials, books and courses available and methods to be followed and highlighted role of NGOS like KECSS, JKVM, AIKS etc. in this regard. Dr. Gauri Shankar Raina, an eminent media personality and writer spoke about the historical perspective of contribution of KPs in folklore e.g., Baand theatre and drama vis-a-vis preservation of language and Kashmiri culture. Shri Upinder Ambardar, an expert on KP culture spoke about importance of Kashmiri language being the language of Mata Sharada and Mata Parvati the mother Goddess

of Kashmiris and the inherent aashirvaad of Mata in it. He said Shiva has an important place for Kashmiris as Kashmir is his abode and we KPs are his devotees and we must preserve our rituals, festivals and sanskars. Sh Moti Lal Kaul Naz in his presidential remarks said preservation of Kashmiri language and culture is essential for our identity and referring and quoting Tagore's Geetanjali he said one can express completely in one's mother tongue only. Post lunch a mushaira was arranged in which poets Moti Lal Naz, Sunita Raina Pandit, S K Bhan, Narinder Safaya and BL Kaul Deep participated. Immediately after this Upasan Pandita and Shriya Pandita enthralled the audience with beautiful Kashmiri music. The girls along with Smt. Sunita Raina Pandit and Sh. S K Bhan were felicitated by Dr. Ramesh Raina and Dr. Roop Krishen Bhat with mementos, shawls and set of books. The entire audience cheered them up.

On this occasion a precious mother tongue set was distributed to the participants which was appreciated by all. The full days programme was anchored ably by Smt. Sunita Raina Pandit an eminent Kashmiri poet. The programme concluded with vote of thanks by Sh. S K Bhan vice President of AIKS who thanked one and all especially Sh. Kamal Hak, the President of Kashmiri Migrant Association, Noida and his team for extending facilities at Kashyap Rishi Bhawan





WOMEN

THE REAL SUPERHEROINES



Diya Bhat

A mother, a sister,
A wife, a daughter,
They can wear a frock Or a shirt.
They don't even show if they're hurt.
Whenever we fall,
Our mothers, we always call.
She never whines,
She always smiles.
Daughters being voluble,
And sisters being lovable.
Let's not suppress them!
Let's encourage them!

Why criticize her if she hasn't made your favorite dish?
Why hate her if she couldn't fulfill your one wish?
Look around, hasn't she filled Enough of your wishes,
By bringing u in this world of blisses!

She is an artist.
Whole day's schedule, she can paint.
She is a without-degree-doctor!
Whose one hug feels warm as wearing a fur.

She never is uninterested in your talks.
She has a solution for all in a tick of clock.
She can cook without looking,
NO, she has never been to class of cooking!

They might not be physically strong,
But they are never wrong!
Mentally as strong as a brick,
For making you smile, they know all the tricks!





- Karthikeyan Chidambaram



Time is Slipping, After the Ground Beneath was Pulled-Off. But, Nothing is Totally Lost

The exiled and persecuted are displaced at home and away from home

Kashmiri Hindus are in the 34th year of exile covering almost two generations, and a new generation has emerged after the first generation persecuted Hindus or to put it plainly children of the first generation refugees who had to flee Kashmir. That apart, one thing that goes undiscussed is that many exiled/ refugee communities in the world shrank in numbers in the distant past.

Kashmiri Hindus too might have shrunk more in percentage compared to Kashmir Muslims due to constraints of living in camps first and now due to uncertainties coupled with materialistic, false notions of small happy families being imposed on such ethnicities globally off late. Communities like the Kashmiri Hindus are the latest civilizational victims facing this ethnic cleansing and decline. 34 years may not be close to 50 years, but is very close to 40 years and the memories may fade soon.



Political Incompetence

Just to keep the Issue Boiling

As I write this I remember how last Sunday Rahul Gandhi unfurled the Tricolour in Lal Chowk Srinagar. Farooq Abdullah of NC and Mehbooba Mufti of PDP both had joined his "Bharat Jodo Yatra" just a few days before this. The next day again, Omar Abdullah and Mehbooba Mufti of PDP joined the Bharat Jodo Yatra. But they skipped his unfurling the Tricolour in Lal Chowk, Srinagar. No doubt they escaped being questioned on their regular vociferous insistence for years that unfurling the Tricolour is "provocative" (and invitation for violence).

So, PDP/NC don't do things that others do and themselves hesitate to do what others do on this matter. The crackdown on terrorists for the Jammu attacks a fortnight before was quoted by Dr Farooq Abdullah as revenge politics that will instigate violence. News channels blared Farooq's warning for a few hours but the

The crackdown on terrorists for the Jammu attacks a fortnight before was quoted by Dr Farooq Abdullah as revenge politics that will instigate violence.

absurdity of such statements will not go unnoticed by common citizens. Common people may be used to this for decades, but now with the frequency of such contradictions and platforms available for people to question politicians have increased many fold. Recently Dr Farooq Abdullah walking away from the interview of Navika Kumar on being questioned about the 1990 exodus during his tenure is yet another thing, irrespective of the manner in which Navika Kumar questioned him.

Coming back, Kashmiris of all hues have been aware for decades that the whole pretence of disagreeing with whoever is in power in the Central Government is getting more predictable and certain. Now neither the Central Government nor the people living in Kashmir care much for this. As for the Kashmiri Hindus, who are unable to return, they are the worst sufferers because all these postures are doing their best to distance the

Kashmiri Hindus from their ancestral land year after year. The house arrest of NC, PDP top leaders during abrogation of Article 370 in 2019 is forgotten even by them yet, in the Parliament, only Congress and Vaicko of MDMK raised this matter. The house arrest itself looked consensual as, neither did PDP, NC leaders complain nor start agitations of being kept in "house arrest". Complaining against the house arrest seems to be an insignificant issue rather than nurturing the uncertainties and passively supporting separatism. From "don't unfurl the Tricolour in Lal Chowk", to "talk to Pakistan" to, now going completely silent. This is clear political incompetence that is getting exposed. After giving statements and suggestions just to keep the issue boiling, now keeping silent, except during terrorist attacks or even counter terror actions.

Loss of credibility by indecisive politicians has given power to those who are

more determined.

Politicians in coalition politics are often seen to be changing their stance. In Kashmir it turns out to be more astonishing as

well as acceptable, and looks like even separatists are regularly being sent signals of approval for separatism. Frequent political U turns would have discredited some politicians so much that decisions taken from the Central Government seem to be going down well in Kashmir. It might be absurd for me to make this statement considering that Kashmir is considered to be too volatile to make such observations, but, this is an assumption that can be made now. Those who don't seem to have any suggestions, solutions or determination keep repeating statements like "Talk to Pakistan " and keep blaming the Central government after every terrorist attack or the killing of civilians in Kashmir (which included migrant Kashmir Hindus even after 32 years of exile). What I notice is that irrespective of the hype and opposition to

every move taken by political adversaries, the whole thing fizzles out after another statement they give to the news media. But in this fast moving social media age intelligence, foolishness or pretence is no more hidden; be it by politicians, bureaucrats or ordinary people themselves.

Hindi Movie "The Kashmir Files" and another Routine Opposition

At the national level if you look at the criticism for the Hindi movie "The Kashmir Files" it largely came from politicians who happened to be in the opposite camps and this included a statement from Shiv Sena the former ally of the BJP in Maharashtra. Shiv Sena was the only party far away from Kashmir to genuinely address the issue of Kashmiri Hindus but here too we saw the minor glitches in the form of namesake opposition resulting from compulsion of opposition politics. So, the frequent political U turns have discredited politicians in front of their own voter base at least on matters of national importance and they now silently approve what the ruling political parties do, as these matters of consensus are deliberately

horrifying) seem to be the last flickers. History, events and the march of human civilization/progress itself owes many of its landmarks to unexpected incidents wherein human beings and ideologies merely happen to be in favourable positions just for a very short period, even if the impact is for centuries.

Great landmark, watershed moments in the histories of civilizations sometimes owe it to unseen factors. We have seen such examples in Europe in ancient as well as medieval times that changed society drastically for the better. Be it the rise of nations in Europe or the rise of Jews to prominence in that landscape. Here we are talking of a nation and territory that is very much within our own control.

Now too it is the right time to undo the exodus

In 1990, we saw it happening in front of our eyes when those in power avoided accountability over Kashmir, primarily due to personal political troubles. Today we just end up finding explanations to the events of 1989-90 rather than solving the issue of civilizational loss to Kashmiri Hindus in particular and our Indic civilization in general. 1990 was itself the latest exodus in a series of earlier persecution

Today we just end up finding explanations to the events of 1989-90 rather than solving the issue of civilizational loss to Kashmiri Hindus in particular and our Indic civilization in general.

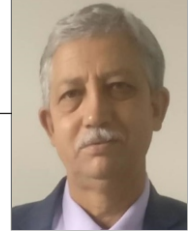
being opposed by opposition parties. The reason as to why I delved so much into this point, is to present these examples here.

Just like the present government at the center marched past after abrogation of article 370 in August 2019, those who opposed it are also not raising the issue of abrogation any more, except when there are terrorist attacks and that argument is also now getting feeble, irrespective of the fact that it clearly looks like deliberate detraction and blame game and non-constructive criticism. I once even heard someone in a discussion saying that the targeted killings in Kashmir (even if

over the centuries. 34 years is not a small number but is enough, not just for Kashmiri Hindus but for our Indic civilization in particular. The time has come to ignore anyone and everything that routinely crops in front of us in the form of meaningless statements from people who enjoy their few hours of fame, but have no power, determination and even justification. The time has come to reverse the exodus ignoring the detractors and exodus deniers. They don't need to know everything. They don't need to be even heard, they have nothing to say either.



- Avtar Bhat



NHRC Takes Serious Note of Failure In Granting Justice to Martyrs' Kin



Source: Daily Excelsior

JAMMU, Oct 30: The National Human Rights Commission (NHRC) while taking serious exception to the failure on the part of J&K Government in granting justice to family of martyr Sarwanand Koul Premi and his son Virender Koul who were gunned down by militants in May 1990 in Anantnag district of South Kashmir has issued fresh directives to the UT Government through its Chief Secretary to submit the comprehensive Action Taken Report (ATR) to the Commission regarding the case within a period of three weeks.

The NHRC issued the fresh directives to

Fresh directives issued

the J&K Government after the case came up for hearing before it on October 26. Premi, a well-known educationist, writer, poet and a social activist was kidnapped along with his son from village Soaf Shali in Anantnag district in May 1990 as he had raised his voice against militancy and separatists accusing them of ruining the centuries old composite culture of Kashmir where Hindus and Muslims lived in complete harmony. The bodies of both father and son duo were thrown in Anantnag town bearing marks of torture.

Since then, the family of Premi was

running from pillar to post for justice demanding action against the militants responsible for the heinous crime and those who looted their property and torched their house etc.

The NHRC, in a fresh notice to J&K Government, through its Chief Secretary, has directed him that a comprehensive Action Taken Report (ATR) be submitted by it within a period of eight weeks. The Commission also took serious exception that the Deputy Commissioner, Anantnag has failed to implement the directives of erstwhile State Human Rights Commission (SHRC) of J&K to ensure the safe custody of the left over property of the complainant and also to recover the encroachment as the Deputy Commissioner is bound to ensure the safe possession and custody of the migrant property which the officer has failed to do, it observed.

Taking a serious note, the NHRC has directed the J&K Government that the additional/complete report as directed by the Commission in the matter be sent latest by 31/12/2022, for further consideration of the Commission.

The Commission while reprimanding the UT Government observed that the directives have not been translated into action so far due to discriminatory approach that amounts to denial and deprivation of the legitimate right of family of the complainant. The complainant, Rajinder Premi, son of the martyr has prayed for early implementation of the SHRC judgment dated 12.2.2012 in letter and spirit, translating into action of the decisions of a high level meetings held on 19.12.2012, 22.1.2014, 14.1.2017, 12.10.2017 and 4.10.2018, immediate issuance of record notes/minutes of the meeting held on 14.1.2017 and 12.10.2017, early orders of construction of a community/cultural center at the native place of martyr in Soaf Shali, Anantnag and commemoration for literary and cultural work of the martyr by the Culture Department, J&K Art, Culture and Languages.

The Commission expressed its displeasure the way the UT Government was responding in the instant case for the reason that the State Government has failed to produce it on record its willingness to implement the decision of the DB of J&K SHRC dated 22.2.2012 unmindful of the fact that the matter is pending since 2012 and almost nine years have lapsed. The Commission also observed that the decision of the DB has not been challenged so far by the J&K Government and thus has attained finality by now.

The Commission also issued directives to the Chief Secretary, UT of J&K to submit the final /supplementary report on steps taken in furtherance of implementation of DB decision dated 22.2.2012 within four weeks.”

The Commission further observed that in the instant case, instead of complying its directions qua implementation, in toto, the recommendations of the erstwhile SHRC made in favour of the family of the complainant, the State is raising issues concerning authority/powers / functioning of the Commission and that too not in good spirit. The Commission deprecated the conduct of the UT authorities in the instant case. It is not the case that the State Government is not inclined to implement the recommendation of the DB of erstwhile SHRC but the issue is that how long the State would take to implement the same as Justice delayed is justice denied.

The Commission further observes that vide this report, a request has also been made by the State to defer the matter till the pendency /outcome of the writ petition filed by the UT of Jammu and Kashmir before High Court of J&K at Srinagar.

The Commission has considered the request and is of view that it has already been made clear in earlier proceedings that the High Court of J&K has not stayed the proceedings of this Commission which makes it abundantly clear that with regard to the implementation of the erstwhile J&K SHRC recommendation, there is no legal impediment.

The Commission while passing strictures against the UT Government observed several directions have been given by the NHRC

earlier to give effect to the recommendation of erstwhile J&K SHRC dated 22.2.2012. At the cost of repetition, the Commission will appreciate if the J&K Administration realizes the pain and agony and the prolonged misery of the complainant who has not only been ousted from the home State but also suffered huge personal loss resulting him to run from pillar to post to get justice. The family had been subjected to forced ousting resulting thereby a huge harassment both from society point of view, besides personal loss. So, it is expected that the J&K administration must sanction a reasonable amount which could be sufficient to compensate their personal, physical and other losses and such compensation should be awarded in a time bound manner without any delay.

The Commission is of the opinion that to uphold the laws of protection of human rights which include the dignity, equality, life and liberty, resulting thereby it becomes an imperative on the part of the J&K Administration to uphold the Division Bench recommendation of the erstwhile J&K SHRC dated 22.2.2012 in letter and spirit without any further delay and in any case not later than six weeks from the date of the order.

The Commission further directed the J&K Police Department to issue a complete revised and rectified FIR, giving the full factual details of trespassers, looting, kidnapping etc., as despite the direction of the erstwhile J&K SHRC to handover the case to some other police officer not below the rank of

Dy SP, nothing has happened. Therefore, it is incumbent upon the J&K Administration to initiate special investigation team to look afresh into the heinous crimes to bring the culprits to book for speedy justice to the victim.

The Commission observed that erstwhile J&K SHRC has also asked Dy Commissioner, Anantnag to ensure compensation regarding destruction of pucca tin surfaced cow shed but nothing has happened so far. J&K Administration is expected to expedite the process.

It further observed that erstwhile J&K SHRC had directed Deputy Commissioner to ascertain the factual position regarding torching of the residential houses by the miscreants but nothing was done so far. If the houses were occupied, the actual owners of the houses are entitled to have the rent which should be calculated and paid to the victim family. The State Commission had also directed the Deputy Commissioner, Anantnag to ask Tehsildar to contact the complainant so that he could pay for the transportation of the household belongings of the deceased family, which were to be transported to Jammu for handing them over to its owner. The household goods were kept under supervision of Mam Bhat. The Commission has failed to understand that why nothing has been done so far. The Commission issued directives that the same be done within six weeks from the date of the order.

Congratulations Dr Kumkum Dhar!

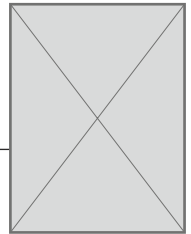
AIKS feels proud that Dr Kumkum Dhar was awarded Sangeet Natak Academy Award for the year 2020 for Kathak dance by the President of India Smt. Draupadi Murmu.

AIKS congratulates Dr Kumkum Dhar on receiving this coveted award!





- Raj Nath Bhat



32 YEARS and COUNTING



The hapless community of the displaced Kashmiri people has been living in exile/adapted places for the last 32 years with little hope of any support or succour from the powers that be. India is predominantly a caste-driven society where the Brahmin/ Pandit is such an entity that does not deserve good-will or sympathy! Secondly, the timid Hindu is afraid of speaking out in favour of the homeless Kashmiri. Thirdly, the politician gives importance to the numerically strong communities! For such and several other reasons, the displaced Kashmiris need to realise that the green pastures of Kashmir are

meant for numerically strong sections of society.

Most of the members of the displaced community who were 50 years of age or more at the time of displacement in 1989-90 are no more with us. They were cremated in alien cremation grounds. I cremated my father at Kurukshetra where I was placed then. The newspaper 'Excelsior' at Jammu has been the sad news carrier of the dead which every family in displacement at Jammu subscribes to. Those aged twenty-five or more in 1990 were excessively worried about their children's education. It is the third generation that lived, schooled in exile whose future is being

discussed! After another twenty odd years the fourth generation may know very little or nothing about their ancestral home!

Sometimes I go back to my childhood memories and realise in hindsight that we were a foolishly trusting people. The signals of genocide had been sent very early in 1930, 1947, 1986 but we shut our eyes and ears and put our heads in sand instead of facing the truth. After 1947, we forgot to learn Sanskrit. Little did we realise that there would be negligible number of seats for the minority youths in Medicine and Engineering. But most of us opted for biology and mathematics. As a result we could not claim our rich ancestral heritage. A community is known by her contribution to knowledge. We knew nothing about it! What our minds were trained in was to dislike everything that constitutes our heritage. One's 'tilak' mark was ridiculed, so was 'yagyopavit'. Yet we trusted!

Our greed had reached new heights! Some families merged 'yagyopavit' ceremony of their son with his marriage ceremony so that the would-be bride's family would arrange a 'GOLDEN YAGYOPAVIT' for the would-be

son-in-law! Such sad and shameful act on the part of some persons brought disgrace to the entire community. At the end of the day, we found ourselves under the hot sun with no home, no name and no press coverage!

Do we need to reclaim our heritage now? I believe that Sanskrit learning is of vital importance for our youths to speak to the world about the creative quality of our ancestors. 'Katha Saritsagar' guided the world in creating short-stories. Abhinavagupt created ample space for the devotee as well as the literary critic. We need to learn more about literary critics, grammarians, scientists, women warriors, rulers, history, economics, sociology, warfare etc. from Sanskrit literature that has been written with great difficulty for over a millennium, until the king Budshah replaced Sanskrit with Persian.

I urge the youths to work hard, read and understand intensely, put in extra energy to learn Sanskrit language so that one is able to understand the original Sanskrit texts in future. Literature opens one's mind to societal requirements and limitations.

Tribute to Shri Sanjay Sharma

AIKS is deeply saddened by the targeted killing of yet another Kashmiri Pandit brother, Sanjay Sharma Ji, who was working as a Bank Security Guard and was shot dead by terrorists while he was in market in Achan, Pulwama on 27th February, 2023.

AIKS, in its core committee meeting, strongly condemned this dastardly act by the Kashmiri terrorists and appealed to the UT administration as well as the central government to take effective steps to safeguard the precious lives of the innocent Kashmiri Pandits living in the valley.

AIKS prays to Lord Shiva to bestow Moksha to his Aatma and give strength to the family to bear this irreparable loss. Namah Shivai!





-Sanjeev Munshi



LIVING IN DENIAL

On September 11, 2022, Distt Court, Varanasi pronounced a historic judgement, rejecting the contention of the Anjuman Intezamia Masjid Committee (which manages Gyanvapi Masjid), questioning the maintainability of the petition seeking the right to worship Maa Shringar Gauri and other deities within the Gyanvapi mosque complex at Varanasi. District Judge Ajaya Krishna Vishvesha observed that the suit of the plaintiffs is not barred by the Places of Worship (Special Provisions) Act, 1991; Waqf Act, 1995; and Uttar Pradesh Sri Kashi Vishwanath Temple Act, 1983, as was being claimed by the Masjid Committee.

communal clash in 1855, lingered on for almost 164 years before the Supreme Court resolved it in 2019. Is the social atmosphere in 'India of tomorrow' likely to be held to ransom by the old disputes of 'religious one-upmanship'? Are the Kashi Vishwanath – Gyan Wapi Masjid (Varanasi) dispute and Shree Krishna Janmabhoomi – Shahi Eidgah dispute (Mathura) going to keep the pot boiling over the next century? Is there any way to put out the embers that are scalding the torso of Mother India?

Genesis:

George Santayana has said, "Those who cannot

Simply trying to sweep the dirt of history under the carpet would be akin to treating a festering wound with a band-aid!

Expectedly, the Masjid Committee has decided to challenge the judgement in the Allahabad High Court. Self-styled 'Muslim' political and 'religious' leaders in the meantime, have expressed negative comments about the court judgement, raising the socio-political temperature in the country.

To a generation that has seen turmoil in the country, following attempts at rectification of historical wrongs, this event brings back memories of the charged atmosphere of 1980s and 1990s. The Ram Janmabhoomi dispute, that had its first

remember the past are condemned to repeat it." To understand an issue, one needs to trace its historical roots and the path of its genesis. Simply trying to sweep the dirt of history under the carpet would be akin to treating a festering wound with a band-aid! This is what Nehru and his cohorts did, in the name of a convoluted definition of 'secularism'. A Muslim preacher, who had never attended a proper school or college, became Education Minister of India for the first 11 years of this nation (1947-58). Humayun Kabir, Mohammad Carim Chagla, (long term associate and junior of Jinnah),



(Painting by Pt Ravi Dhar)

Srinagar City Reduced to Eleven Households....1323 CE

Fakhruddin Ali Ahmad, Syed Nurul Hassan were some of the other luminaries who ensured that Indian History, already distorted by the Europeans, was given a communal twist by the leftist agenda driven 'historians' of Delhi. Akbar became Akbar the Great (his acts of Jazia imposition were diluted), History of Delhi Sultanates became the History of Medieval India at the cost of the Cholas and the Vijayanagar Empire; the Ahom Kings who defeated Mogul army 17 times were not even a part of the footnotes. However, as the light of education and independent thinking started percolating, people started resenting this marginalization of the Hindu community and twisted Indian history. Facts started emerging as people started challenging the JNU driven historical interpretations. Late Mr BB Lal and Mr KK Muhammed, the famous Archaeologists produced irrefutable evidence

of a Temple structure existing under the disputed structure at Ayodhya. History needs acceptance, not living in denial.

As per various Hindu organizations and historians, there are records of over 40,000 Temples of Hindu/ Buddhist/ Jain faith that were looted, damaged, desecrated or destroyed by the armies of Religion of Peace! From Mohammad bin Qasim's conquest of Sind (708-11) to Tipu Sultan (1751-99) in deep South, most Muslim invaders and rulers made it a practice to demolish places of worship of non-Muslims as a State policy. I have seen the ruins of Martand in Kashmir - the handiwork of a rabidly bigoted despot, Sultan Sikandar Shahmiri (1389-1413), known as Sikandar Butshikan (breaker of idols), who singlehandedly destroyed hundreds of Hindu and Buddhist Temples in Kashmir, forcing Hindus of Kashmir to either

convert to Islam or get killed. Across India, we see signs of such destruction. Once, at the Ajanta caves, an American tourist told me, "You guys need to be thankful that these caves got hidden for some centuries. Otherwise, who knows what havoc Aurangzeb would have wrecked on these caves!"

Francois Gautier in his book 'Rewriting Indian History' (1996) wrote, "The massacres perpetuated by Muslims in India are unparalleled in history, bigger than the Holocaust of the Jews by the Nazis or the massacre of the Armenians by the Turks; more extensive even than the slaughter of the South American native populations by the invading Spanish and Portuguese." Who in India can forget the torture suffered by Guru Arjan Dev Ji at the hands of Mogul King Jahangir (1606 CE) for his failure to convert to Islam? And the martyrdom of Guru Teg Bahadur Ji at the hands of the cruel and fanatic Aurangzeb on November 24, 1675 CE – for his refusal to convert to Islam. The entire life of Guru Gobind Singh Ji (1666-1708 CE) was spent in fighting Islamic bigotry; he sacrificed his 4 sons in the process but did not yield to Aurangzeb. This is what our Muslims intellectuals need to acknowledge, not deny!

Persian chronicle "**Baharistan-i-Shahi**" tells us that a cruel Mongol Chieftain Zulqadar Khan or Zulchu, reduced Srinagar to mere 11 households through wanton killings, loot and plunder. We have a saying in KP Community," Kashiri Gaya 11 gare," referring to the time when just 11 households were left of a prosperous and peaceful community.

Incidentally, such acts of vandalism, in the name of Islam, have not been witnessed in India alone – wherever the flaming Sword of Islam went, it brought about death and destruction. Arab invasion of Europe (711 CE) led not only to conquest of large tracts of land but also to wholesale conversion of Churches to Mosques. **Hagia Sophia**, the Christian Cathedral built in 537 CE at Constantinople (now Istanbul) was converted into a Mosque in 1453. It was declared a **National Museum** by the revolutionary and

reformist statesman **Mustafa Kemal Atatürk** in 1935 as a symbol of 'secular' Turkey. The decision was reversed in July 2020 and the Museum again got converted to a Mosque, in step with the Islamist policy of current regime. Likewise, destruction of Zoroastrian Temples of Fire in Iran started with the Muslim conquest of Persia (633–654 AD). Interesting to note that the High Priest of Jihadi Islam, Mohammad Iqbal has praised these acts of vandalism in his iconic poem 'Shikwa' and I quote:

*Thay Hameen Aik Teray Ma'ar K Aaraaon Mein,
Khushkiyoon Mein Kabhi Lartay,
Kabhi Daryaaon Mein
Dee Azanein Kabhi Europe K Kaleesaaon Mein
Kabhi Afreeqa K Taptay Hoay Sehraon Mein
Shaan Aankhon Mein Na Jajti Thi
Jahandaaron Ki
Kalima Parhtay Thay Hum Chaaon Mein
Talwaaron Ki
Qaum Apni Jo zaro Maal Jahan Per Marti,
But-Farooshi Ke Iwaz But-Shikni Kiyoon
Karti! (Reference is to Mehmood of Ghazni
who was requested by locals and Pandits not to
desecrate Somnath Temple and take gold
instead but he preferred to be an idol-breaker)!*

*Tu He Keh Day K Ukhara Dar Khyber Kiss Nai
Shehr E Qaiser Ka Jo Tha Is Ko Kiya Sir Kiss Nai?
Toray Makhlooq Khudaon K Paiker Kiss Nai?
Kaat Ker Rakh Diyeah Kuffar K Lashkar Kiss Nai?
Kiss Nai Thanda Kia Aatish Kada E Iran Ko?*

Loosely translated:

We alone were the marshals of Thy troops! We were fighting on land as well as on the seas (for you); We offered Namaz in the Cathedrals of Europe and in the scorching African deserts. We never cared for the grandeur of monarchs but recited 'Kalmah' in the shade of swords. If we (Muslims) had been greedy of worldly wealth, we would have become idol sellers, not idol breakers! Tell us (O Allah), who uprooted the gates of Khaibar (mountain pass that led to undivided India from Afghanistan)? Who conquered the city of Qaisar (Caesar)? Who destroyed the images/ idols of false gods? Who slaughtered the armies of Kafirs (infidels)?

Who extinguished the Fire Temples of Iran?

While the poem is in an expression of grievances (against Allah), it is a telling comment on the mindset and thought process of Islam and Jihad. It justifies destruction of the 6th century statues of Buddha in Bamiyan, Afghanistan by Taliban (2001). Or what happened in Anantnag (Kashmir) in 1986 and the Ethnic cleansing of Kafir Hindus in Kashmir Valley in 1990. It has happened in Spain, Cyprus, Turkey, Egypt, Afghanistan, South-East Asia – wherever Islam rode in. It is happening in Kenya, Nigeria, France, Belgium, the UK, Horn of Africa, Somalia etc. even today!

Add to this the sense of hurt amongst Hindus & Sikhs due to partition of the country on religious lines. Muslim League led by Aga Khan, Iqbal and later Jinnah first demanded a separate electorate for Muslims and later, creation of a separate country for Muslims. Partition resulted in massive transfer of populations (16 million?) and large-scale communal killings (two million?) mostly in Punjab and Bengal. Hindus and Sikhs migrated from areas given to the newly formed Pakistan while a segment of Muslims left India for the new country. Hindus and Sikhs of Punjab and Bengal were bitter at the loss of their homes and hearths, for no fault of theirs. Violent nature of the partition created an atmosphere of hostility and suspicion between the communities involved as well as between India and Pakistan that affects their relationship to this day. But the worst part is that not all Muslims from India moved to the 'new' Land of Islam for the Pure! The portion that did not move to Pakistan in 1947 has grown to almost 18% of population today and, is now demanding special privileges and exclusive laws (a repeat of pre-partition era?). They are asking for exemptions and immunity from civil norms (wearing Hijab in schools,

education in Madrasas etc), not adhering to laws passed by the Indian Parliament (CAA, Triple Talaq etc) and even not accepting decisions of various courts (Ram Janmabhoomi, Kashi Vishwanath etc). Needless to say, such obduracy not only hurts the State but creates ill-will amongst different sections of society.

Way Forward:

The only way forward, the way to reconciliation between two communities that have, for over last ten centuries been living as neighbours, would demand maturity from both sides of the communal divide. To my mind, the following steps can help:

Truth and Reconciliation Commission:

We have the classical example of Truth and Reconciliation Commission of South Africa, set up in 1995 to help heal the country and bring about a reconciliation of its people by uncovering the truth about human rights violations that had occurred during the period of apartheid. Its emphasis was on gathering evidence and uncovering information—from both victims and perpetrators—and not on prosecuting individuals for past crimes, which is how the commission mainly differed from the Nürnberg trials that prosecuted Nazis after World War II. In the words of Archbishop Desmond Tutu, "The South African TRC

represented a major departure from the approach taken at the Nürnberg trials. It was hailed as an innovative model for building peace and justice and for holding accountable those guilty of human rights violations. At the same time, it laid the foundation for building reconciliation among all South Africans. Many other countries dealing with post conflict issues have instituted similar methodologies for such commissions, although not always with the same mandate. The South African TRC has provided the



There is no reason to glorify Aurangzeb, the destroyer of many, many of Hinduism's most glorious symbols.



world with another tool in the struggle against impunity and the search for justice and peace.”

While past can't be undone, acceptance of past mistakes is often the first step towards a solution. Today's Muslims can't be directly held responsible for sins of Aurangzeb or Mehmood of Ghazni or other tyrants – but simultaneously, these characters need not be eulogized as heroes by certain sections of Muslims. What can serve as salve for Hindus is acceptance by Muslims that invaders and bigots, who ruled India in the name of Islam – they committed innumerable sins of torture, of destruction in India and, specifically, on Hindus and Sikhs. There is no reason to glorify Aurangzeb, the destroyer of many, many of Hinduism's most glorious symbols. There are serious historical proofs that indict Aurangzeb for destroying temples at Varanasi and Mathura. Why defend those acts? Why live in denial?

Other measures that can be discussed for long term social peace are: Privacy Notice. be links are provided in every email.

1. Allow reconstruction of two remaining (main) temples at Varanasi and Mathura. There is to be no unnecessary and contentious litigation on these two sites from Muslim side.

2. In turn, Hindus shall assure Muslims that no more cases of destruction of Temples/ Gurudwaras shall be raked up. A legal frame work shall need to be built in, making the terms binding for all communities. Hindu Sant Samaj and the RSS have been saying that since 1964.

3. The new law or agreement shall not apply to acts of wanton destruction of Hindu Temples and other properties in Kashmir.

4. An agreement that Muslims shall agree to being treated at par with any other citizen of India, without any separate or exclusive laws. This means that the Article 44 of the Constitution, enshrining the Spirit of the Constitution shall prevail over personal laws of different communities.

5. Any religious community that constitutes up to 5% of India's total population shall qualify as a Minority under the constitution. This definition alone can get justice for the genuine minorities like the Parsis (0.006%), Jains (0.4%), Buddhists (0.7%), Sikhs (1.7%) and Christians (2.3%).

It is very important for academics and opinion leaders to accept that most of the Muslim population in Indian subcontinent has Hindu roots; invaders did not bring their women along – they married local women after converting them since they were the victors. Muslims shall have to accept that they are Indians first and foremost; that religion is personal and the romantic notion of Iqbal's Muslim Umma stands rejected by the 57 members of Organization of Islamic Countries (OIC). Today's realpolitik and diplomacy work on the concept of Nation-states; commonality of religion, political philosophy or language may not always work. Disintegration of Pakistan (1971) and USSR (1991) are classical examples. Today, Bangladesh, a predominantly Muslim country, does not want to accept Rohingya refugees, even though they are Muslim!

In 1910, Iqbal very romantically wrote:

Chīn o-‘Arab hamārā, Hindūstān hamārā,
Muslim haiṅ ham, waṭan hai, sārā jahān
hamārā

China and Arabia are ours; Hindustan is ours; we are Muslims; the whole world is ours

The sooner this romantic notion is given a burial by Muslims in India, that much quickly doors of their acceptance by other communities shall open. Once they accept their identity as Indians and not the Pan-Islamic victors' who ruled India for 1000 years, their socio-economic emancipation shall start, as part of mainstream India. That the concept of 1910 poem runs in face of Iqbal's own poem of 1904 'Saare Jahan se achha' only reflects the fickleness of a poet. Muslims of India need to realize that their fates are linked to the fate of 130 Crore India

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- C L Kaloo



Infinite Nature of God

Shri Paramhansa Yogananda has said, “We have descended from the infinite into finite. Yoga is withdrawal of the attention from externals in order to focus it on the inner source of truth. Only in this way, we can discover how God has condensed His consciousness into the multitudinous finite

consciousness present in the body is beyond human consumption. Though externally we are made of flesh, behind its gross cells are electrical currents, known as life currents, and behind these subtle energies, are the thoughts and perceptions.

We have experienced that the searching



forms of his creatures and the Universes, they inhabit. The human body is the most intricate of all Gods' creations. A single original cell by multiplication of the process builds up trillions of cells around itself to create the body temple that houses our divine and soul consciousness”. Thus the reverend Swamiji revealed that the power and extent of the

mind is infinite but at the same time, there is a point beyond which ideas become too subtle to follow. From that point (sphere) where the mind cannot penetrate, God is pouring truth—The cosmic intelligent vibrations (God's essential light). Thus, if we use the mind properly, we can understand how God is beyond mind and intellect and that God's true

nature can be felt only through intuition (That is soul power of intuition). We have to make concentrated efforts by adopting regular mode of meditation to develop the power of intuition and can find God-consciousness through the Super-conscious mind – that is the nucleus of mind and intelligence. His infinite nature is thus revealed to men through the intuitive Super-consciousness of the soul. The ecstasy felt in meditation reveals the presence of eternal joy spread over all creation. The light which is seen in meditation is the Astral light. To explain the Astral light, it is revealed in the scriptures that, “everything on the mental plane has a counterpart made of Astral light, a light that is subtler than the electromagnetic energy of the atom”. In Hindu Scriptures, it is called “Prana” (energy). Sri Paramhansa Yogananda called it “Lifetrans”.

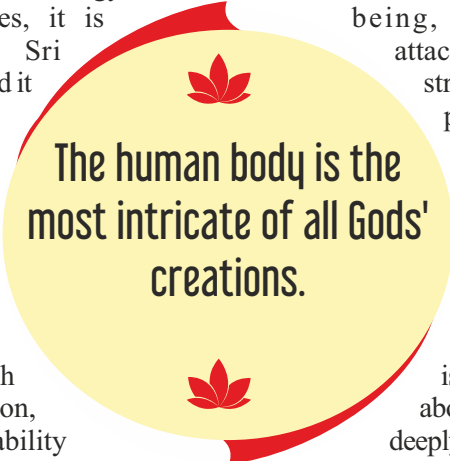
The wise know that the suffering is not the work of God and it is the fog of ignorance that causes delusion in a human being and thus, one stumbles through life. “Tamasic” (ignorant) action is that which is instituted through delusion, without measuring one's ability and disregarding the consequences, the loss to oneself, health, wealth and influence and also harm to others. But when the fog of ignorance is removed by meditation, you will see the right path. To explain what meditation is in true sense, it is concentration upon God. The term is used in general sense to denote practice of any technique to divert the attention and focus it on some aspects of God. In the specific sense, the meditation refers to the end result of successful practice of such techniques – direct experience of God through intuitive perceptions. It is the seven steps “Dhayana” of the eight-fold path of yoga described by Sage Patanjali. It is achieved only after one has attained that fixed concentration within, whereby, he is completely undisturbed by

sensory impressions from the outer world. In deepest meditation one experiences the 8th step of yoga path – 'SAMADHI' – communication or oneness with God.

Yoga means in Sanskrit “Yuj” (union). It maybe stated here that there are various types of yoga methods: 1) Mantra yoga 2) Laya yoga 3) Karam yoga 4) Bhakti yoga 5) Jnana yoga and Hatha yoga. The sage Patanjali, the foremost exponent of yoga paths has outlined eight (8) steps by which the “Raja Yoga” attains the 'SAMADHI' or union with God. However, the most prominent step is “Pranayama”-The control of “Prana” – subtle life currents, and subsequently the other important step is “dharma” – concentration.

In conclusion, the crux is that a human being, among other material attachments, various strains and stresses of life must give first place to God in his heart by following the rules of prayer being the simple and easiest way to love God. The first rule in prayer is to approach the God with legitimate desires and pray for their fulfilment. What is important is to be practical and earnest about prayer, and concentrate deeply, on what you are praying. As

life is a continuous struggle for material and spiritual achievements and is surrounded by enemies, diseases, poverty, suffering, bad habits and wrong desires, it is the power of mind which is the tremendous instrument of protection. Thus, it is the MIND that must be strengthened so that awareness of the God is felt. As a human being, you have the God given power (soul power) to cast away every habit and limitations and speed over consciousness throughout creation as is apparent from Swami Vivekananda's saying, “Every soul is potentially Divine”. We are limited now, but by deep, daily meditation, we become able to transfer over consciousness from the finite to the infinite and we will be free. Thus by removing the fog of ignorance, we are able to learn the God's true nature only through intuition.



The human body is the most intricate of all Gods' creations.



Pen Portrait of Poet 'ABHILASH'

After the publication of his two books and their subsequent numerous editions, it was time for Abhilash to pursue his childhood passion for music. He fulfilled this desire by giving voice to his words and collaborated with many Kashmiri singers following which he released a number of CDs that contained his Bhakti songs. All of his devotional songs are now available online on his YouTube channel "Abhilash vann", and these songs are often aired on FM Radio

Sharda as well. The online platform has provided him with an opportunity to reach a wider Kashmiri audience across the globe.

Abhilash is mostly known for his Bhakti poetry, but very few people know that he has also penned some witty and satirical poems that focused on themes like Graham Bell's Telephone, modernization, Vaat Paerem and his recent composition on the Corona pandemic. Abhilash's poetry is mostly spiritual and metaphysical in content.



Image: B.N Abhilash's CDs of Kashmiri devotional songs.



Image: B.N 'Abhilash' at a book release event.

However, some more aspects came to fore while having a conversation with him. When asked about the future of Kashmiri Bhakti poetry, especially among the new generation, he said:

“The future of Bhakti poetry will be good, as the saying goes that no seed gets permanently extinct from the face of Earth. Although, sometimes it flowers fully while other times it does not blossom much because it is the law of nature, but the seed survives in one form or the other. In present times, it is true, that there are few people who read or listen to Bhakti poetry as the new generation has hardly any interest in it.”

One of the hallmarks of his devotional poetry is that it is sprinkled with rural imagery, metaphors and similes, but some listeners have been feeling a bit uneasy over the meaning of these idioms and phrases, particularly the new generation who could not follow their language. On this, he remarked:

“Since I come from a village and my upbringing has been in that same ordinary village life, it must have an effect on my poetry, although not that much because after

every few kilometers the words and pronunciations change. The similes and metaphors employed in my poem find their roots in the village as they are influenced by village life such as land cultivation, trees, birds, animals, plants etc. These things I believe have less influence in the cities.”

Even after having earned a good fan following, Abhilash remains a downtrodden person and respects the response from the listeners. He is grateful to the audience who either comment or criticize his poetry. In his own inimitable style, he says:

“My poems generally receive a good response. People like and appreciate them. You can confirm it from the audiences or from YouTube where I receive many good comments from many people, and it motivates me to continue my work.”

There was a time when he strongly opposed the use of mobile phones by people with the view that it was a waste of money and time and it corrupted the mindset of people, especially the young generation and led them astray. But he changed his mindset after he himself began to use it. When asked why this

change of attitude towards mobile now, he said:

“It is a necessity of the time; mobile phones are not a bad thing; the whole world is connected in a fist through it. Wherever something good or bad happens, you receive the news sitting at home especially since phones with cameras have been introduced people can talk face to face. There is a black-and-white (negative and positive) for everything; unfortunately, some people misuse mobile phones which should not happen. Cybercrime has also increased. I would not like to elaborate further on this.”

Exodus had a terrible effect on his life. It shattered him beyond any description. From an independent businessman who had a name and fame around big swathes of his area, he overnight became a non-entity. He lost his business, land, and above all his identity. He could not recover from this severe jolt even after 32 years of exile. He curses the governments for the past and the present for the miserable plight of KPs and for his own life. This can be gauged from his viewpoint when he said:

“There has been a tremendous effect of migration on Kashmiri Pandits, and it has made sure that our identity and existence cease to exist in the coming years. The trend of inter-caste marriages has also increased. It is natural for a tree to perish and die when its roots have been cut. Post exodus, every Kashmiri household has a person who is diseased, immersed in a pool of worries. Families have got scattered; parents here and children there. Old folks have their heads buried in their hands and are living a life of sorrow and shame. We do not know if someone will lend shoulders to our dead bodies. We do not know if someone will lend fire to our pyres. Children have moved from their homes in search of jobs. God is our only hope, our protector and it's our faith in Him that makes us go on living. We are burning in the embers of worries. We have come to rags from riches.”

The dilemma of returning to Kashmir haunts every Kashmiri Pandit living in exile right now. There are no clear-cut answers to



Image: Abhilash's abandoned home in Achan, Kashmir.

this question. Many people have died in this longing. Coming generations too are not certain about their future in Kashmir as the government does not seem to have a clear-cut policy vis-a-vis KPs. Despite wishing to return, particularly those who are born in Kashmir and have grown up in that atmosphere, they are not in a position to go there right now. Going there remains wishful thinking. One does not know how much more time it will take KPs to return. The same dilemma confronts poet Abhilash which can be inferred from his statement:

“My answer to everybody who asks me if I would like to return to Kashmir after all these years is ‘No’. Because the people of Kashmir have dismissed us for the past 32 years and that too on the grounds that we are Hindus. Is there any other reason for our exodus? No Kashmiri Pandit has committed crimes akin to those inflicted on him by the Kashmiri Muslim. Kashmiri Pandits have not killed any Muslims, never burnt any of their



Image: Abhilash in his shop in Jammu.

houses, never razed any of their shrines and never acquired their lands by deceit or force. Despite being a peace-loving community, we had to endure such suffering. Everything that we had was snatched away from us in an

instant. They did not leave our homes and temples. What is left there for us now? More miseries, more suffering and an uncertain future, as the saying goes: “Jahan nahi chaina wahan nahi rehna”.

Calendar of Month

Navreh (Navratra Aarambh)	22 nd March 2023
Durga Ashtami (Shukla Paksha)	29 th March 2023
Ram Navami (Shukla Paksha)	30 th March 2023
Ekadashi (Shukla Paksha)	01 st April 2023
Chaturdashi (Hanuman Janam-Mahotsav)	05 th April 2023
Poonima	06 th April 2023
Sankat Nivaran Chaturthi	09 th April 2023
Ashtami (Krishna Paksha)	13 th April 2023
Sankranti	14 th April 2023
Ekadashi (Krishna Paksha)	16 th April 2023
Amavasya	20 th April 2023

Note

Panchak starts on 19th March 2023 ends on 23rd March 2023

Chaitra (Shukla Paksha) from 22nd March 2023 to 06th April 2023

Vaishakh (Krishna Paksha) from 07th April 2023 to 20th April 2023



-Dr. Ramesh Raina



MADHAV KOUL

AN UNSUNG AND UNWEPT HERO OF 1931

Whenever there has been an upheaval in Kashmir, be that political, social or religious, Kashmiri Pandits have invariably been at the receiving end. It has seen an uninterrupted continuity from times immemorial. The history of Kashmir is replete with such examples as forced religious conversion of its people bears witness to its consequences. Having witnessed worst kind of mayhem and arson in 1931, Kashmiri Pandits continued to remain vulnerable to majoritarian outrage and assault. Therefore, psychological pressures about their safety and security as a community kept constantly building on them.

The post July 1931, uprising made the soil of Kashmir politically fertile for the demonisation of its minorities particularly Kashmiri Pandits. It brings to the fore the impact of communal riots that engulfed the valley on the said month of 1931. Thereafter, the deeply embedded public sentiment against the Kashmiri Pandits started surfacing gradually and found its expression in many violent incidents of targeting the members of KP community which largely remained

Pursuant to the revolt against the Dogra regime, Kashmir saw a dislike for Maharaja's rule which eventually became an organised movement against the Hindu rule.

unnoticed. One such incident is mob lynching of Pt. Madav Koul.

Madhav Koul; Who?

The aftershocks of July 13 uprising remained palpable for a long time and left its unpleasant footprints on the social relations of the people. Illustrative of it is the cruel and cold blooded murder of Madhav Koul on September 24, 1931 while on duty. He was a revenue officer (Nazir) at the Naib Court of Shopian and was residing with his wife as a tenant in the house of Pt. P N Punjabi. By nature, a workaholic, he would therefore invariably hang around his duties. September 24, being the day of Ant Chhodah, his pregnant wife was busy in making sweet pudis for performing Satyanarayan Puja and that kept her waiting for the husband to break her fast. Little could she have imagined that the biggest shock of her life was in store for her and that was to receive the mutilated body of her husband stacked in a big jute sack. More appalling was to give birth to a posthumous male child sometime after his death.

The angry mob, after satiating the thirst with the blood of slain Madhav Koul, became unstoppable and went on rampaging spree.

Narration of Facts

Pursuant to the revolt against the Dogra regime, Kashmir saw a dislike for Maharaja's rule which eventually became an organised movement against the Hindu rule. Anything connected with it came under its destructive sweep. Since there was no dearth of religious bigots who would get provoked at the drop of the hat, his murder therefore has to be seen from the context of toxic anti-Maharaja campaign gaining momentum. It resulted in inflaming the anti-Hindu passions leading to the spewing of their venom against the Hindus which ignited the communal fires and Kashmiri Pandits became victims of the mad frenzy. Its progression led to the angry crowd shouting slogans against the Maharaja and quickly moving towards the Munsif court and police station. With Madhav Koul already in possession of such an information, he apprehended trouble for the Town and KP minority in particular. Consequent to it, he swung into action and started taking some

leave for the court to secure and prevent mob rioting but that was not to happen as he was trapped by the murderous mob at Kila Bagh only to get lynched and his body mutilated. Not content with that his eyes were gouged out with sharp edged knives. The immediate provocation for making a cause before killing him came from the mob who insisted on the instant release of a Pir (Moulvi) facing trial in Munsif Court for seduction charges.

The angry mob, after satiating the thirst with the blood of slain Madhav Koul, became unstoppable and went on rampaging spree. This resulted in damage to the public property including the dismantling of the top storey of the police station, burning public and Hindu minority properties and stone pelting. Seeing the worsening situation and crowd getting out of control, police resorted to fire, a first time in the history of Shopian that bullet was fired. The administration without waiting for any further damage moved swiftly and, issued an ordinance called 19 L under which Army was deployed and powers vested with Army

To live up to his promise made to the distraught parents, he quickly moved towards the middle school and shifted the children to a safer place.

preventive measures. First and foremost being his advice to the Hindu shopkeepers to close the shops and return home quickly as most of them resided near the Hindu village Bhatpara. Most of the people showed reluctance to leave as their children were trapped in the school, compounding their worries. He made them to see the logic and reason behind his persuasion after assuring them about ensuring the safety of children as a priority. To live up to his promise made to the distraught parents, he quickly moved towards the middle school and shifted the children to a safer place.

Having secured the safety of the children, the next thing on his mind was to

officers and District Magistrates to search and arrest without warrant any suspicious persons. Massive combing operations were launched by the Government in the neighbouring villages and towns to nab the killers. The main accused Khalil Banday remained absconding but the other culprits Mohammad Sultan Nengroo, Abdul Gaffar and Mohammad Wani were apprehended. Further to their arrest, they were subjected to the interrogation in the police station and it remains unclear till date whether two of the people died in interrogation or were sentenced to death. It is a different matter that they were declared as freedom fighters later and their families received pension by the post independent Government of the State.



Lumbar Strain



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 occurring with 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 is called chronic strain.

Lower back especially lumbar and lumbosacral region 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 lower back- lumbar and lumbosacral junction. Again, this is the area where congenital (since birth) anomalies of spine usually occur, which weaken the area and make it prone to stress. Lower back also bears much of the body's weight during walking, standing, bending, sitting etc. All that makes lower back- lumbar area prone to stress and strain, and thereby back ache.

Lumbar strain is the most common cause

of low back pain in younger and middle aged people. It occurs in either sex. It is a fact that many lumbar strains occur while performing daily activities like lifting, exercising etc. It is somewhat a life style related problem. It occurs usually because of obesity, improper use of back, bad posture, improper lifting of objects, abrupt or awkward movement or repetitive movements, an overuse or an injury to back, weak abdominal and back muscles, sudden impacts, taking new sports or activity without proper workup etc.

Risk factors : There are several factors that can increase the risk of lumbar strain and they are:

(i) Obesity-extra weight puts additional load and stress on the ligaments, discs and the muscles of the back, thus increases the chances of lumbar strain. 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.

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.

iv) Jobs having strenuous physical activity where people do strenuous activities repeatedly that require bending at the back are prone to lumbar strain as there is constant wear and tear of the back. Again, people involved in lifting heavy weight are at a higher risk of lumbar strain 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.

v) Sports that require sudden bending and twisting of back like tennis, basketball, golf, football etc. also increases the chances of lumbar strain. Taking a new sport or an activity can put sudden unfamiliar stress on muscles, ligaments and result in strain. As such, it is not uncommon to see youngsters especially those doing it for the first time that too without any proper workup sustain acute lumbar strain

One thing that needs to be stressed is that prolonged bed rest and inactivity does not help, rather it is harmful. It decreases muscle strength, flexibility, bone density and disc nutrition in addition to affecting cardiovascular fitness.

ii) 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 lumbar strain increases. Sedentary life style also makes you gain weight, which again is not good for back and overall health of the person.

iii) Abnormal postures i.e. natural alignment of spine- neck, mid back and lower back is not maintained while sitting, standing or walking. Good posture reduces unnecessary stress and strain on muscles, ligaments and joints. On the contrary, abnormal posture increases stress and strain on muscles, ligaments and joints of the body particularly of the back. It is

during or after a workup in gym.

vi) Poor physical fitness when back and abdominal muscles are weak makes a person prone to lumbar strain, not only that it also makes a person prone to other medical problems.

vii) Excessive curvature of lower back- lumbar lordosis makes one prone to lumbar strain

viii) Pregnancy increases the chances of lumbar strain as the normal lumbar curvature-lordosis increases and the centre of weight bearing is shifted forward with the result stress on the lumbar spine increases. The women who do not do exercise during pregnancy are certainly prone to get lumbar strain than the ones who do it regularly.

Clinical presentation :

Patients of lumbar strain present with low back pain which can be sudden in origin. Lumbar strain as discussed earlier is the most common cause of low back pain in youngsters and middle age people. In addition to pain, there is stiffness – spasm of muscles of back. Back pain increases with the movements of back. There is localised tenderness i.e. pain on pressure in lower back. Back pain may radiate to buttocks but does not go down the legs. Detailed history taking and a meticulous clinical examination is very important in the diagnosis and



It can be acute due to a sudden injury occurring with lifting heavy weight, sudden twisting of lower back, not using correct technique for sports etc.

management of lumbar strain. It helps in choosing the appropriate diagnostic test to be done for the proper work up and treatment.

Investigations : X-rays are done to rule out any fracture, congenital anomaly or infection etc. of spine. MRI is certainly the most appropriate investigation for spinal problems. It is a non-invasive investigation, and shows all the details of discs and neural structures like roots and spinal cord, facet joints and vertebrae. MRI is usually not needed for diagnosis of lumbar strains. It is done when we suspect something other than a simple lumbar strain. It helps to rule out the possibility of other causes of back pain.

Treatment : Treatment of lumbar strain depends on the age, overall health and the severity of the problem. Aim of treatment is to reduce pain and stiffness. Rest for couple of

days when pain is acute along with medication for pain and stiffness - NSAIDS help to reduce pain and stiffness. Application of bag of ice or cold pack to the affected area for the few days- first 48 hours or so, helps in reducing inflammation and pain. After a few days, hot packs do help. Once the acuteness and severity of pain is over, one must start with mild low stress exercises and it has to be within the comfort zone. Gentle exercises started and done slowly help in quick recovery from an episode from back pain. Exercises for strengthening of core muscle i.e. back and abdominal muscles along with stretching exercises are very useful. One thing that needs to be stressed is that prolonged bed rest and inactivity does not help, rather it is harmful. It decreases muscle strength, flexibility, bone density and disc nutrition in addition to affecting cardiovascular fitness. Weak muscles and stiffness of the back caused by prolonged rest increase the back stress and back pain. Good thing is that majority of patients of lumbar strain usually recover fully within two weeks or so.

(To be continued with Prevention of lumbar strain)



Entrepreneurial Mindset

5 Characteristics to Cultivate



Having an entrepreneurial mindset may determine success or failure. Here are 5 characteristics you can learn for success. Entrepreneurs help bolster economic development, create jobs, and invent products or services that can make the world a better place. Being a successful entrepreneur requires outside-the-box thinking and larger-than-life ideas. Anyone can come up with a new idea, but building a successful business around it is the entrepreneurial challenge. The entrepreneurial mindset is unique in that one must be creative, communicative, and highly

motivated to succeed, yet open to risk and failure.

It's not a big idea alone that paves the path to ultimate entrepreneurial success. Oftentimes the success or failure of a business comes down to the characteristics of the entrepreneur themselves. It takes a unique aggregate of characteristics to meld one big idea into a fully-functional thriving business. Is there a certain amalgam of skills and traits which allows some entrepreneurs to become wildly successful?

So what ARE these all-important characteristics aspiring or new entrepreneurs should cultivate? What attributes tend to tip the

scales in favor of heading up a booming business? Read on, as we share our experts' opinions on the matter.

1. A Positive Mental Attitude

Why is a Positive Attitude Important for Entrepreneurs?

A positive attitude and outlook is a must for successful entrepreneurs. The mindset of the head of the company sets the tone for the rest of the company and influences corporate culture. Negative thoughts undermine forward motion and the progress of the company, not to mention the management's ability to lead staff and motivate employees. Part of what gives entrepreneurs the fortitude to weather the business downturns is positivity.

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it." – Henry Ford, founder of Ford Motor Company.

How Can You Cultivate A Positive Attitude For Business?

Part of relinquishing negativity is realizing that your own negative thoughts as a company leader waste energy, time, and money. Being positive is something which, like all life skills, can be learned. Becoming an entrepreneur is not for the faint-hearted. The long hours and erratic demands of heading up your own company can negatively impact both your personal life and mental outlook. One of the easiest ways to cultivate a positive attitude is to focus on the things you can control. You can control your diet, amount of sleep and ability to exercise. Each of these factors will help you stay focused, healthy and positive.

2. A Creative Mindset

Why is a Creative Mindset Important For Entrepreneurs?

Never has the adage "Creativity is the mother of invention" been truer than in the world of entrepreneurship. Think of Steve Jobs and the iPhone. Edison and the light bulb. The Wright Brothers and the airplane. Each of these ground-breaking inventions would not have come to fruition were it not for healthy doses of creative gumption.



Even if you're not in a "creative" industry, creativity is needed for entrepreneurial success. The mind of an entrepreneur is always looking for novel ideas and innovations. The basic life cycle of any entrepreneurial product stems from the conception of an idea followed by turning that idea into a viable product or service.

"Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while. That's because they were able to connect experiences they've had and synthesize new things." – Steve Jobs

How Can You Cultivate a Creative Mindset For Business?

Most entrepreneurs are inherently creative thinkers; otherwise, they would not be inspired to take the innovative leap to create their own business. That said, we can all learn to be more creative and to tap into our inherent talents.

Whether or not you believe that creativity is gifted to some or a learned trait, there are ways to learn to cultivate your creative mind.

3. Persuasive Communication Ability

Why is Persuasiveness Important For Entrepreneurs?

The best entrepreneurs are persuasive individuals. The power of persuasion can help you negotiate, close a sale, or score a lower price on your inventory. Not to mention, persuasive people tend to be

inspiring leaders, ergo they tend to be stellar bosses. “If you would persuade, you must appeal to interest rather than intellect.”—Benjamin Franklin

How can you Cultivate Persuasiveness for Business?

While some people are more naturally persuasive than others, persuasive communication skills can be learned and practiced. Learning to communicate and present your ideas will make you a better entrepreneur—no matter what your industry is.

Mastering persuasive tactics can mean the difference between financial success or ruin. Here’s how to make the art of persuasion work for you in business.

4. Intrinsic Motivation and Drive

Why is Intrinsic Motivation Important for Entrepreneurs?

One of the top entrepreneurial characteristics is intrinsic motivation, meaning you are self-motivated as opposed to looking to others to push you to do things or hold you accountable. Broadly speaking, those who own their own businesses are incredibly motivated to succeed. They’ve poured blood, sweat, and tears into their company, and may have literally mortgaged their future to first open their businesses’ doors. Having a lot at stake personally fuels the motivational drive.

“The secret of change is to focus all your energy not on fighting the old but on building the new.”—Socrates

How can you Cultivate Intrinsic Motivation for Business?

Successful entrepreneurs know that staying motivated is the key to running a successful company. What steps can you take to cultivate this motivation?

One way to stay motivated in the long-term is to keep the focus on the endgame, the big picture. Where is your company headed? What plans do you have in the future to grow and expand? How will your company fit into its respective industry in the future? Experts say that formulating long-range goals and plans keeps the motivational fires burning.

Speaking of goal setting, experts also advise that goal setting is another way to keep your motivational wheels turning. The key to using goals for motivation is to set high-quality goals.

5. Tenacity and an Ability to Learn from Failure

Why is Learning from Mistakes Important for Entrepreneurs?

When you’re starting a business, you hope that your business will be a wild success. It’s true that success is wonderful, but failure is where growth and change happen. The key to learning from failure is to actually learn and embrace your mistakes so they make your better, not break you.

“Every failure is a step to success.” —Malcolm Forbes

Don’t be afraid to fail, because when you do, you’ll be in good company. The richest business owners, most decorated sports stars, and well-known artists have all failed at one time or another in their path to riches and fame. Everyone is human, therefore, imperfect. Do not expect yourself to be perfect in the pursuit of your business dream. It is, by definition, impossible.

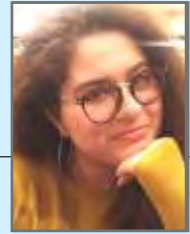
How can you Cultivate Tenacity and Embrace Growth from Failure in Business?

Failure is inevitable, but your reaction to your failure is what you make of it. Here’s how to cultivate that and use your failure to come out even more successful in long-term.

- Don’t be ashamed of your setback
- Use tough times to learn from adversity
- Share your experiences with others
- Don’t be afraid to change course and reset
- Never give up!

Conclusion

Starting up your own business and running your own company may be the most exciting, rewarding, positive thing you’ve ever done. It may also be fraught with challenges, self-doubt, and worries. That’s normal. Learning how to embrace the entrepreneurial mindset and cultivate key characteristics linked to success will help you build a thriving business.



THE MENTAL BENEFITS OF YOUTH SPORTS



Physical Activity and Exercise Programs Positively Impact the Mind and Body.

We all know the importance of maintaining a healthy diet and exercise regimen for our overall health. The general idea is to eat a balanced diet and exercise five times a week for 30 minutes per session to improve your quality of life. However, your lifestyle routines, including participation in team sports and regular exercise, do more than just influence your physical health. Your mental health is influenced as well. There are mental benefits of playing sports as well as the ways athletics affect people of all ages especially when you start early in young age.

Mental Health Benefits of Sports

From your mood and quality of sleep to your communication and leadership skills, participation in sports affects your mental and emotional health each day.

Boost your Mood

Physical activity stimulates neurotransmitters which induce feelings of pleasure. Whether you play a sport with a friend or teammate or go for a brisk walk, the effect of endorphins is the same. You feel happier and more relaxed. In addition, participation in team sports gives you a moment to kick back and unwind with friends. Not only does the movement alone aid in improving your mood, but the social interaction in a recreational setting produces mental health benefits. You can relax, laugh, and connect with friends.

Reduce Depression and Anxiety

When you are actively engaged in sports, your mind is occupied with the activity at hand. You do not have time to focus on the stresses or worries of the day.

For those with mental health issues, regular physical activity keeps your

depression or anxiety at bay. When you are depressed or anxious, you are less likely to get up and move around. The lack of movement then takes its own toll on your emotional well-being because you are not getting the rush of endorphins. Also since your mind is free to worry and stress, the lack of activity allows negative thoughts to increase. To keep depression behind you, get up and get moving. This keeps your mind busy and reduces stress hormones in the body.

Improve your Concentration and Focus

Participating in sports improves your thinking and analyzing skills and helps you use good judgment. Oftentimes during sports, you have to quickly analyze a situation and make a decision or make a move. This keeps your eyes and brain alert improving your ability to hone in and concentrate on your tasks.

Get Quality Sleep

Physical activity through sports improves your sleep. The most obvious reason is that you exert energy, and it tires you out. Your body needs to rest and recover from the activity, and sleep is the best way to do that. Getting better sleep has rollover benefits the next day. When you are well rested, you have more energy, feel better, and are in a better mood.

Boost your Self-confidence

Getting regular amounts of exercise through sports can boost your confidence in yourself. With each practice or game, you get stronger and your skills improve. This enhances your self-image. As you master your skills, you feel a sense of pride in your accomplishments, which can then be applied off the fields well.

Improve your Social Skills

Participation in sports helps interact with others in a positive manner. This is especially true for children who are learning social cues and skills. Athletic activities help boost confidence, improve communication and listening skills, and teach the difference between being aggressive or assertive. Sports give you an opportunity to make friends and socialize and learn how to work as part of a team.

Promote Leadership Skills

The mental benefits of team sports goes a step beyond just improving social cues and communication skills. Participating in sports gives athletes leadership opportunities and skills that can then be used off the field. Athletes learn to work together with teammates to accomplish a common goal. Team-building skills apply on and off the field. Sports help individuals learn to work with one another in school, at work, and in social situations. These skills are important leadership qualities.

Maintain a Healthy Weight

While your weight and form affect your physical health, it can also affect your mental health. Being at an unhealthy weight lowers your self-esteem and the way you perceive yourself. It can increase depression and negative thoughts.

Additional Benefits of Sports

By playing sports at a young age, children develop a better psychological mindset and social skills. They are also more likely to stay active as they get older. Seniors and older adults also receive important perks of regular exercise and athletics. Those who exercise regularly are more likely to lead healthy lifestyles.

Keep your Mind and Body Strong

Playing sports and getting regular exercise affect the mind and body. To protect yourself from injuries, remember to stretch before physical activity and to check with your doctor before starting any new or intense workouts. I have been myself a sports enthusiast and have played volleyball in my school days and have participated in multiple sports activities. I was captain of my school volley ball team and have won two silver and one gold for my school in CBSE Volley Ball National Championship during my class X & XI. I pursued volley ball in my University too and played in boys team as captain of team as I was only girl who was enthusiastic about volley ball. Sports has helped me in developing my overall personality. I have cultivated a habit of physical exercise to keep myself fit even during my hectic office schedule today.

AFFILIATES' NEWS

Mahayagya Performed by Kashmiri Pandit Welfare Association, Dilshad Garden



Kashmiri Pandit Welfare Association, Dilshad Garden (KPWADG) performed Annual Mahayagya for peace, welfare and prosperity for the nation and the entire mankind on Saturday and Sunday, the 4th -5th March 2023 at Gauri Shankar Mandir, Pocket – I, Dilshad Garden, Delhi – 110095. The Mahayagya started on Saturday, 4th March at 7



PM and ended on Sunday 5th March with Purna Aahuti and Prashad. The Mahayagya was attended by a large number of people from across the NCR. The President AIKS, Dr Ramesh Raina along with the AIKS executive members Shri S K Bhan, Shri Bansi Razdan and Shri Uma Kant Kachru attended the function and sought blessings from the deity.

KSS Faridabad Hosted Shobha Yatra of Maa Sharada from 12th -14th Feb. 2023

Shobha Yatra of Maa Sharada, the presiding deity of Sharada Peeth, the ancient seat of learning (now in PoK), which started from Sharada Peetham of Shringeri Matth (Karnataka) on 24th January 2023, reached Faridabad on 12-02-2023 and stayed till 14-02-2023, in its way to Teetwal near (LOC, in Kashmir) and was received here by a large number of devotees in a majestic ceremony organised by Kashmiri Sewak Samaj Faridabad in association with Y-Kunth Mandali with support from Sharika Sewaks and Milchar Group. The day long halt of Shobha Rath at Sharika Bhawan, Sec-17 (the HQ of Kashmiri Sewak Samaj Faridabad) was marked with chanting of hymes by Gurukul Shishyas, disciples bhajan/kirtan by well-known community artists Sh. Dileep Langoo, Smt. Sushma Kalla, Sh. Rohit Dass, Sh. Sanjeev Raina

Gautam, Sh. S K Raina, Y-Kunth Mandali team, Mata ki Chowki by Bhajan mandali of Laxmi Narayan Temple, Sec-16, Faridabad. Two swahakar Hawan was performed on the second day i.e. 13-02-2023. Naveed was organised on all the three days and the zealous participation of devotees of all hues made the event worthwhile to remember. The Shobha Rath was given a warm send off on 14th February 2023 in the evening for its onward journey to Teetwal Kashmir for consecration at a newly built temple on 22nd March 2023 on the auspicious occasion of 1st Navratra. The Gold-plated Panch-Loha Idol of Maa Sharada, weighing around 300 Kgs, has been donated by Jagat Guru Shankaracharya of Shringeri Math, who has also supported the construction of her new temple.



Nagabal Anantnag Executive Body Constituted

Extra ordinary "General Body Meeting" was organised on 26 - 02 - 2023 in "Sanjivni Sharda Kendra", Anand Nagar, Bohri to review the position of Nagabal Anantnag & take decisions for constitution / election of new Management body. The important meeting started with three "Omkars" & two minutes Samoohik Prayer for peace to the departed noble soul of our beloved associate Dr. Bhushan Lal Ji Koul who attained eternity on 23 -02 - 20023. The meeting convened by Sh. Bimal Wantoo was attended by majority of the members from Anantnag & some major vital decisions regarding constitution of Executive Committee & Advisory Body were unanimously taken under Presidentship of Sh. Dileep Handoo, / Chairmanship of Shri Sundri Lal Koul Raise & Shri Brij Lal Bhat Katal. Shri S.K Kandroo, Smt. Sheila Handoo, Shri Anil Razdan ,Shri B.K Wantoo, Shri Jigan Ji Goja & Shri Sanjay Nitu Razdan were unanimously taken on the Executive

Body with S.K. Kandroo as its Chairman. The members present wanted for smooth & transparent management of Nagabal complex an advisory committee of most experienced persons from Anantnag connected to Nagabal as a strong support & consultancy team for the Executive Body. The members as such decided unanimously to have Shri B. L. Bhat, Shri P. N. Goja, Shri J.K. Bhat, Shri Sundri Lal Koul, Shri M.K Bambru & Shri Kashmiri Lal Bhat as Advisory Committee - Consultancy Body members with Shri B.L Bhat as its Chairman. The bodies constituted were empowered to take all decisions regarding management & development of Nagabal complex & adjoining connected religious properties. With the constitution of new bodies all ad-hoc/ regular bodies constituted/ selected earlier stand dissolved with immediate effect. The proceedings register was handed over to Shri S K Kandroo formally by Shri B.L Bhat for executing as President from now onwards. The meeting concluded with thanks to all participants & management Sanjivani Sharda Kendra.

Report By: Nana Ji Sathu



PM Package Employees Suspend Protest for Relocation

Package employees suspend 300 days-long protests. Surrendering before the Government, the Prime Minister's package employees under the banner of All Migrant Employees (Displaced) Association Kashmir stopped their 300 days long protest, keeping in view the complex faced by the employees and their families. In a hurried press briefing, the leadership of the package employees said that they had suspended their protest for many reasons, particularly given the financial choking of the employees, which has caused tremendous distress among their families.

"For many days, the Core Committee held several meetings with the employees and their families. They learned that employees were in complete chaos and confusion as their issues multiplied daily. They were in complete distress. So the Core Committee, after discussing the pros and cons, took a unanimous decision to suspend the protest," said AMEAK (D) leader, adding that "We suspend the protest and desperately surrendered before the Government as the response of the Government towards their primary demand of relocation remained very cold in 300 days of their legitimate struggle". Pertinent to say that the police detained scores of PM package employees on 15th February 2023, including half a dozen female employees who were protesting near the Press Club, demanding the release of their last eight months' salaries and relocation to Jammu.

Manoj Sinha Handover Appointment Letter to Suneel Pandita's Wife

Jammu and Kashmir Lieutenant Governor Manoj Sinha handed over an appointment letter to Suneeta Pandita, wife of Suneel Pandit, who was shot dead by terrorists in Shopian last year at Raj Bhawan Jammu in the presence of her family members, as per the official spokesperson.

Herath Mahotsav at Jagti Jammu

Herath Mahotsav was organised by Vishwa Kashmiri Samaj and Global Solace at the

Community Hall at Jagti Township Jammu on the eve of Herath.

Senior BJP leader Devender Singh Rana was the chief guest on occasion. He greeted the people on the eve of Maha Shivratri. He recalled the immense contribution of Kashmiri Pandits in education, healthcare, art and culture over decades; despite undergoing continued post-terrorism. "Erudition of Kashmiri Pandits has left an indelible mark on the social landscape of Jammu & Kashmir, which is hard to be erased", Devender Rana said. He further said that Jammu acknowledges with pride the contribution of Kashmiri Pandits as teachers, guides, philosophers and doctors. Rana said the community had demonstrated inspirational resilience and fortitude during their forced exodus from homes and hearths by weathering all the storms.

The Herath Mahotsav was organised with the Tourism Directorate Jammu, Relief and Rehabilitation Department, J&K Academy of Art, Culture and Languages and supported by the Tourism Federation. Among those present on occasion included Syed Abid Rashid Shah, IAS, Commissioner Secretary Cultural, Er Kiran Wattal, Convener Vishwa Hindu Samaj, Rajesh Gupta, Chairman, Tourism Federation of Jammu, Mr Sheikh Shakeel Advocate, Pintoo Ji, President Global Solace besides Kuldeep Singh Jamwal, Prof. Ashok Aima, Anil Dhar, Pt. Rameshwar Dutt, Lala Kishore and many more dignitaries.

Shree Jagat Amba Sharika Chakreshwar Sanstha Celebrates Hora Ashtami

Hora Ashtami falling five days before Maha Shivratri was celebrated with religious fervour and gaiety, organised by the Shree Shree Jagat Amba Sharika Chakreshwar Sanstha Hari Parbat, Srinagar, despite chilly and cold weather. The function was held traditionally, and Pooja-archana and Bhajan-Kirtan were held for the entire night. The devotees were served, Prasad.

The Sanstha also held another function at the Chakreshwar Dhok Paloura, Jammu shrine, where many devotees thronged and participated in Bhajan-Kirtan for the entire night. A night-long Jagran was also held at Bhagavan Gopinath Ashram Udaiwala Bohri.

The celebrations were also held at Bhagwaan Ji's other Ashrams in Srinagar, Delhi, Bengaluru, and Pune.

KP Sabha, Ambphalla Celebrates Hora Ashtami

KP Sabha, Ambphalla celebrated in the Sabha premises. Puja Archana was performed in which large numbers of devotees participated. Traditional Bhajan and Kritan were held. After that, Samoohik Aarti, led by K. K. Khosa, the president, was performed. Later, Prasad was distributed among the devotees. The Puja was performed traditionally. The Hora Ashtami was also celebrated at Sharika Peeth Subash Nagar. The function was held under the chairmanship of the president of Sanstha, M K Jalali. A night-long Jagran was held, and Prasad was distributed among the devotees after the culmination of the function.

Shri Vishwakarma University Signs MoU with HESK

In February, Shri Vishwakarma Skill University, Palwal Gurugram, Haryana and Hindu Education Society Kashmir (HESK) signed a Memorandum of Understanding (MoU) under which short-term courses will be run at Gandhi Memorial College, Raipur, Jammu. "We look forward to promoting skill education in all the country's states. In this sequence, an MoU has been signed with HESK, and five short-term courses will be run there for the students of J&K", said the Vice-Chancellor of the University, Raj Nehru. The MoU will prove to be very decisive for the career of the youth of J&K.

Significant work will open new avenues of skill education and employment at UT through this MoU. Thousands of youths of J&K will be linked with the job and benefit by

making them skilled. To implement this, the faculty of J&K will be trained, and their coordination will be made with skill education, as reported. The MOU was signed in the presence of the Vice Chancellor of the University, Raj Nehru. The MOU was signed by Prof. R.S. Rathore, Registrar of Shri Vishwakarma University and Prof. BL Zutshi, President of HESK.

On occasion Registrar of the University said that two seats in all courses are reserved for the students of J&K. Terrorists on Sunday shot dead a 40-year-old Kashmiri Pandit in Jammu and Kashmir's Pulwama district. At the same time, he was on his way to a local market in yet another targeted killing of a minority community member in the valley, police said.

Sanjay Sharma, who worked as an ATM guard, was shot in the chest at point-blank range barely 100 metres from his residence in the Achan area of the south Kashmir district at around 11 am, police said, adding he was rushed to a hospital by passers-by but succumbed to injuries. His colleagues said that Sharma was not reporting late to duty following an earlier spate of terror attacks on his community members. "Terrorists fired upon one civilian from minority namely Sanjay Sharma S/O Kashinath Sharma R/O Achan Pulwama while on way to a local market," the Kashmir Zone police said on Twitter. Deputy inspector general (DIG), South Kashmir Range, Rayees Bhat, said it was a "planned attack". He said armed security guards had been placed on duty in the village.

Another Target Killing in the Valley

Terrorists on 26th February shot dead a 40-year-old Kashmiri Pandit in the Pulwama district of Jammu and Kashmir while he was on his way to a local market. Sanjay Sharma, who worked as an ATM guard, was shot in the chest at point-blank range barely 100 metres from his residence in the Achan area of the south Kashmir district at around 11 am, police said, adding he was rushed to a hospital by passers-by but succumbed to injuries.

His colleagues said that Sharma was not reporting late to duty following an earlier spate

of terror attacks on his community members. "Terrorists fired upon one civilian from minority, namely Sanjay Sharma S/O Kashinath Sharma R/O Achan Pulwama, while on the way to a local market," the Kashmir Zone police said on Twitter.

Deputy inspector general (DIG), South Kashmir Range, Rayees Bhat, said it was a "planned attack". He said armed security guards had been placed on duty in the village. "We had security in place here as well. Under what circumstances this attack took place is a matter of investigation. We will proceed further based on what comes out of these investigations," he added.

"We are sifting through the information that we have received so far. The terrorists involved in this crime will soon be tracked down and neutralized. We will not allow the terrorists to succeed in their evil designs," the DIG said. It was the first attack on a member of the minority community in Kashmir this year. Last year, terrorists carried out nearly 30 attacks on civilians, killing 18 people,

including three Kashmiri Pandits, a bank manager from Rajasthan, a woman teacher from Jammu and eight non-local workers. Political parties have condemned the killing.

Kashmiri Pandit's Killing Sparks Outrage.

The targeted killing of yet another Kashmiri Pandit in south Kashmir's Pulwama district triggered a fresh round of protests in the union territory. Hundreds of Kashmiris turned out for the last rites of Sanjay Sharma. "I do not want to stay here. I fear that they will kill me too. Then where will my three young children go? Who is going to take care of us now?" Sharma's wife, Sunita, asked. Sunday's killing was the latest in a series of attacks on civilians and members of the Pandit community, prompting them to leave their homes.

*Courtesy: News Agencies
Editing: Vijay Kashkari*

Mr. Ramesh Chander Raina's Hindi Story Book "Aayina" Released by Sh. Narinder Singh Tomar

Shri Narinder Singh Tomar, Minister of Agriculture, Govt. Of India released book by Shri Ramesh Chander Raina at New Delhi on 23-Feb-2023. The Hindi book titled "Aayina" is set of seven stories which author Ramesh Chander Raina has written based on his life experiences. The book is published by Sh. Vijay Handoo, Geoffrey and Bell Publications, New Delhi. The author Sh. Ramesh Chander Raina, is a Kashmiri Pandit and Retd. Dy Director, Fire and Emergency Services J&K, he has received President Fire Service Gallantry Award on 26-Jan-2003, also a recipient of Meritorious Service Medal 2014. He qualified BSc, LLB and graduated from Institute Of Fire Engineer (India). His many articles have already been published in different leading newspapers and leading magazines in India. He always highlighted the local issues aiming to make a better society. This book will be available on leading online platforms like Amazon, Flipkart and all the profit earned would be donated to the PM relief package for Armed forces and Kashmiri Pandit rehabilitation.

Mr. Tomar lauded the efforts of the writer in presenting his research and experiences for the betterment of the society. He congratulated the writer and wished him success for his notable effort.





Letter to Editor

Often, in the fields of art, science, academics, creativity, and areas of research, ideas and concepts can be protected by the copyright laws. That, however, may not be true about a political thought or a strategy that may have important implications for a community in distress.

The recent "Ambala Declaration" viz-a-viz a plea by the AIKS, seeking "Minority Space for the Kashmiri Pandits in the Valley" appears to be one such proposition that has its genesis going back more than two decades. Many well-known leadership faces of the community representing several organisations across the board have pleaded with the Home Ministry and the National Commission for the Minorities in the past to grant our exiled community a minority status though without success.

Also, anyone reading the accompanying article in the February edition of NAAD, "Majority among the Minority - Claiming our Identity," by a contributor to the magazine pages would likely conclude that the "Ambala Declaration" isn't after all that novel an idea as it has been portrayed.

As is well known, it was conceived decades ago and even rearticulated yet again in 2014 as we learn from the present contributor's blog post reproduced in the magazine. All these concerted attempts made previously over several years, however, failed to impress any serious consideration with the authorities.

Timing is everything, and as the above article suggests, the best time to press for a minority status would have been as a supplement to the demand for the abrogation of Article 370. Did we lose a golden opportunity then? Or, do we still have a chance now when all our avenues to redeem our place in Kashmir have been shut by a series of decisions by the Supreme Court? Only the time will tell.

However, one thing is clear that no single person or a community organization, least among them the AIKS, can claim to be the architect of this political strategy, should someday the community attain the minority status. In all fairness, it can only be an outcome of the relentless persuasion by many selfless individuals by way of their personal effort or as community push at the organizational level. AIKS's political positioning now with this idea is too late for a Guinness Book entry.

-S N Pandita

Dear friends,

In my humble opinion, it doesn't really matter whether the idea of seeking a minority status is a decades old proposition or a recent one. What matters most is that 'Ambala Declaration' is a noble initiative taken by the AIKS and we, as a community, need to lend it our whole-hearted support. Some of you may wonder, how an individual like me, who has been at odds with the AIKS on a few specific issues for as long as one can remember, would rise in support of an AIKS initiative. I do so recognizing that should the AIKS administration succeed in getting the initiative through the corridors of power, then it's bound to benefit the entire community.

Our shared destiny as KP community, as we know it today, is already set in motion towards extinction. Similar to the laws that are meant to protect the endangered species, we, as an endangered community can at least expect the government to extend a protective shield in the form of a minority status, to allow an opportunity for us to make another valiant attempt and succeed in returning from the brink of extinction, for the eighth time.

- Ravi Munshi

DU to Set up Cluster Colleges to Function as Knowledge Networks

The University of Delhi (DU) will establish cluster colleges as knowledge networks. The university implements the National Education Policy 2020 (NEP) through the Undergraduate Curriculum Framework 2022 (UGCF). (The UGCF provides the curriculum framework with an FYUP.) The university will form cluster colleges to offer flexibility for students to choose the courses according to their interests and future prospects. Colleges of the university in the cluster will share their resources to the extent possible with other colleges in its vicinity to provide more choices to students and overcome the resource constraints and limitations at the end of each college, as per a DU statement.

While announcing the creation of clusters, DU said that university colleges would be grouped under five different cluster colleges depending upon their geographical locations, and each cluster college would operate as Knowledge Network. The college highlighted within a cluster has been identified as the nodal or hub college, which will act as the nodal point for coordination with the university and the colleges within the cluster for smooth implementation of the NEP. The nodal or the hub college will coordinate with the rest of the colleges in the cluster for effective and smooth networking for sharing of resources. Each college will have one nodal faculty to coordinate with the nodal or Hub College in a cluster or knowledge network. The coordinators of the nodal college and Co-hub College will coordinate with the nodal faculties in the cluster or knowledge network to constitute three working groups, Skill Enhancement Courses Working Group, Value Addition Courses Working Group and Ability Enhancement Courses Working Group.

Eligibility Criteria for

Admission to NITs, IIITs, and CFTIs Revised

Following a meeting in the Ministry of Education, NTA agreed to add a criterion allowing students who scored in the top 20% of their board exam to apply for admission based on their JEE Main score

for admission to NITs, IIITs, and CFTIs. It is a relief to students aspiring to appear for the Joint Entrance Examination (JEE) Main, apart from the eligibility criteria of scoring 75 per cent and above in the class 12 exam. Students from the top 20 percentile of all boards will be eligible for admission based on their JEE Main score.

As the JEE Advanced already has the same criterion, this part-relaxation will allow students to compete for seats across NIT. According to the National Testing Agency's (NTA) JEE Main information brochure, in addition to the candidate's All India Rank (AIR) in the national entrance test for engineering admissions, aspirants must also score 75 per cent or higher in class 12 to be eligible for admission. The criteria were suspended for three years due to the Covid pandemic.

AICTE's Concern on the crisis of vacant seats in Engg Colleges

The government will work towards strengthening the core engineering courses and introduce "industry-relevant" disciplines in these colleges, All India Council for Technical Education (AICTE) chairperson TG Sitharam said. In an interview, the former IIT-Guwahati director, who took charge of India's technical education regulator last month, told Fareeha Iftikhar that there is a need to set up an "institutional system" for regular feedback to bridge the gap between academia and industry. According to the AICTE chief, the AICTE will focus on spearheading an industrial co-innovation network while concentrating on diverse research fields in cooperation with international institutions and research centres.

Many engineering seats across the country are going vacant every year. To address this, the AICTE will emphasize core engineering subjects more. The AICTE recommends adding "industry-relevant" disciplines to current colleges. In contrast to public health engineers, who work on issues like waste and water management and environmental health, communication and security engineers may, among other things, be responsible for safeguarding sensitive data from cyberattacks.

To ensure that students who graduate from academic institutions have the skills necessary for in-demand jobs, these institutions assess future skill requirements and modify content and pedagogy appropriately.

National Testing Agency CUET (UG) - 2023

The Ministry of Education and UGC have mandated the National Testing Agency to conduct the Common University Entrance Test (CUET) for admission into Undergraduate Programmes in Central Universities under the Ministry of Education and other participating Universities / Institutions/Organizations/Autonomous Colleges. CUET (UG) will provide a single window opportunity to students seeking admission in the Central Universities (CUs) or other participating organizations (including State Universities, Deemed and Private Universities) across the Country. Online submission of application forms started on February 09 and ended on March 12 2023. For the Academic Session, 2023-24, CUET (UG) – 2023 will be conducted in the computer-Based Test (CBT) mode as per the details given in the brochure.

The details of the programmes offered by Central Universities (CUs) and other participating Universities / Organizations are available on their respective websites and <https://cuetsamarth.ac.in/>. Candidates must carefully refer to the eligibility requirements of the programmes offered by various Central Universities and participating Universities / Organizations in this regard. For Papers, Schemes, Timing, eligibility and other information, candidates are requested to please check the Information Bulletin of CUET (UG) – 2023 available on the website.

- ✓ Announcement of the centre of Examination is April 30 2023
- ✓ Date of Examination is May 21 2023, onwards

Display of Recorded Responses and Answer Keys to be announced later on the Website (s) www.nta.ac.in, <https://cuetsamarth.ac.in/>. Declaration of Result on the NTA website to be announced later on the Website Display of Recorded Responses and Answer Keys to be announced later on the Website (s) www.nta.ac.in, <https://cuetsamarth.ac.in/>.

State Common Entrance Test

Maharashtra (MAH-CET) Mumbai

Online Computer-Based Test MHT-CET 2023 for admission to First Year of Four-Year Full-Time

Degree Courses in Engineering and Technology, Pharmacy and First Year of Six Year Full-Time Degree Course in Pharm.D.

- ❖ Online registration & Confirmation of Application Form: up to April 07 2023
- ❖ Online registration & Confirmation of Application Form on the Website (with additional Late Fee of Rs. 500/- for all categories) April 08 2023 (Saturday) To April 15 2023
- ❖ Payment only through Online mode up to April 16 2023

A migrant candidate of the Union Territory of Jammu and Kashmir and the Union Territory of Ladakh will be given preference if obtaining a non-zero positive score in JEE (Main) over the candidates who obtained non-zero scores in CET. Application Form for MHT-CET 2023 will be filled through Online Mode only. The Information Brochure for MHT-CET 2023 and the User Manual for filling up the online application form is available on web site www.mahacet.org

Karnataka Admission

Karnataka State Open University, Mysuru, has begun the academic year 2022-23 (January cycle) admissions for undergraduate and postgraduate courses and certificate and diploma courses. The last date is March 31. Download the prospectus: ksoumysuru.ac.in.

National Council for Hotel Management Joint Entrance Exam NCHM JEE 2023

The National Testing Agency (NTA) will conduct the National Council for Hotel Management Joint Entrance Examination (NCHM JEE-2023) for admission to the B.Sc. (Hospitality & Hotel Administration) Course at the Institutes of Hotel Management (IHM) affiliated with the National Council for Hotel Management and Catering Technology (NCHM&CT) for the Academic Year 2023-24 in Computer Based Test (CBT) Mode.

- ❖ Date of exam May 14, 2023 (Sunday). Timings 09.00 am to 12.00 PM
- ❖ Mode of exam Computer-Based Test
- ❖ Date of submission of Online Applications 02.02.2023 to 27.04.2023 (Up to 05.00 PM)
- ❖ Last Date of successful fee transaction 27.04.2023 (11:50 P.M.)

Eligibility and other conditions relating to the exam are contained in the Information Bulletin hosted on www.nta.ac.in.

Apply online at <https://nchmjee.nta.nic.in> during the period specified above. The exam fee

must also be paid online through (Canara Bank Payment Gateway through Credit Card / Debit Card (except Master/Visa Card) / Net-Banking / UPI / Wallet. It has been decided to reserve one seat, on a supernumerary basis, for the wards of Kashmiri Migrants and Kashmiri Pandits / Kashmiri Hindu Families (Non-Migrants) residing in Kashmir Valley in each Central Institute under Govt. guidelines.

MLNNIT Allahabad Admission to M.B.A. session 2023-24

Applications are invited for admission to the MBA programme for 2023- 24 in the School of Management Studies of the Moti Lal Nehru Institute of Technology Allahabad. Eligible candidates may apply online through URL http://academics.mnnit.ac.in/fresh_mba. The candidate must have a Bachelor's degree or the equivalent of a minimum of three years duration in any discipline, with at least 60% aggregate marks or CPI 6.5. Applicants must have valid CAT or MAT-2022/ GMAT, CMAT, or ATMA Scores of July 2022-February 2023/ XAT-2023.

- ❖ Last date for submission of online forms April 21, 2023
- ❖ Declaration of list of Eligible Candidates May 10, 2023
- ❖ Date for the Conduct of GD & PI May 27-28, 2023
- ❖ Declaration of Result June 09, 2023

For subsequent updates, follow the institute's Website.

International Institute for Population Sciences Mumbai Maharashtra

The International Institute for Population Sciences (IIPS) Mumbai, formerly known as the Demographic Training and Research Centre (DTRC) till 1970, was established in July 1956 under the joint sponsorship of the Government of India, Sir Dorabji Tata Trust, and the United Nations. The Institute is under the administrative control of the Ministry of Health and Family Welfare, Government of India.

Programmes

- ✓ M.A./M.Sc. in Population Studies
- ✓ M.Sc. in Bio-statistics and Demography
- ✓ Master of Population Studies (MPS)
- ✓ Ph.D. in Population Studies
- ✓ Ph.D. in Bio-statistics and Demography

- ✓ Part-time Ph.D. Programme
- ✓ Post-Doctoral Fellowship (PDF)
- ❖ Applications are invited for admission to the above Studies for the Academic Session 2023-2024. The classes for the course will begin on July 11, 2023.
- ❖ Each selected Indian student will be awarded a Government of India Fellowship.
- ❖ The selection will be made based on the test across India.
- ❖ Date of Online Entrance Test: April 30, 2023
- ❖ All eligible candidates must register online by visiting the Institute's Website, www.iipsindia.ac.in, up to April 02, 2023.

Reservation for the wards of migrants of Kashmir will be considered as per the Government of India norms only. The format of the Kashmiri Migrant Certificate is given in the Annexures. The candidates must submit the respective valid category certificate at admission.

Dr. B. R. Ambedkar University Delhi

Admission process for Undergraduate programmes of Dr B. R. Ambedkar University Delhi through CUET (UG)- 2023. The list of UG programmes, eligibility criteria and other details are available on the university website. Candidates are advised to visit the University website (<https://aud.ac.in>), NTA website (<https://nta.ac.in/>), and CUET-UG website (<https://cuet.samarth.ac.in>) regularly for upcoming updates.

Karnataka Examinations Authority Admission to Engineering per

Reservation is made in favour of the son/daughter of Jammu & Kashmiri migrants who satisfy the eligibility condition for Government seats by clause (m) of Item – 6 of Chapter – I of the e-brochure. One seat each in all the Government Medical and Dental Colleges of the state & One seat each in Engineering colleges, irrespective of course.

- ❖ Admission Test: 20 & 21 May 2023
- ❖ Registration commenced on: 02-03-2023
- ❖ Last date to file the application file: is 05-04-2023
- ❖ Last date to pay the application fee: is 07-04-2023

Website : kea.kar.nic.in

For details, download the e-brochure from the website.

Feedback: vijaykashkari@gmail.com



AIKS Matrimonial Service



Suitable alliance is invited for my Son, born on 12.03.1994 at 11:55 AM at Jammu, height 5'11", Education Qualification: BCA, MBA. Presently working in IBM Bangalore as Network Engineer in Gurugram, Haryana Office. Please contact Surinder Raina R/o Hazuri Bagh, Talab Tilloo, Jammu and originally residents of Habba Kadal, Srinagar on Mobile no. 8717082777



Seeking alliance for our son born on Date: 08 November 1994, Time: 10:45 AM at Faridabad Haryana, Height: 176 cm, Qualification: BTech (Computer Science from RGPV University Bhopal), Job description: Currently working as Senior Associate at PWC (Big 4) in Bangalore earlier worked as Product Consultant at Yardi Softwares in Pune, Salary: 7 figures. Permanent Address: Rajghat Baramulla, Kashmir, Present address: Talab Tillo Bohri Jammu, Interested may contact on Email: puranpatwari@yahoo.co.in, anjalipatwari04@gmail.com, Mobile No: 09811561341, 9086516792.



Seeking alliance for our only daughter born at Faridabad on 5/5/1993 Time: 9.27 PM, Qualification: MBBS and currently pursuing MD pathology. Height 5ft 3 inches. Interested may contact with kulawali and tekni Email: neenac2@yahoo.com, Contact no 8191895075.



Looking for a well-educated boy for our daughter (DOB- 14/01/1992; TOB- 1:00 pm; Height- 5'5"). She has done B.Tech (ICT, Mumbai) and MBA (ISB, Hyderabad). Working for a top MNC in Hyderabad. Interested may contact- ravimunshi711@gmail.com or whatsapp- 9137417928



Looking for a suitable match for our son, born on January 02, 1991 at 06:30 PM at Jammu. Height: 5'11", B.E (C.S.E) Computer Science from VTU University. Presently working as Team Leader inside Sales in (M.N.C) USA Company at Bangalore with handsome package (seven figures). Interested persons may contact on: WhatsApp No. 7006171324, 9055272134, 8717090262, 8717090264, Email-Id: hldhar1958@gmail.com





Looking for a well-educated boy for our daughter (DOB- 14/01/1992; TOB- 1:00 pm; Height- 5'5"). She has done B.Tech (ICT, Mumbai) and MBA (ISB, Hyderabad). Working for a top MNC in Hyderabad. Interested may contact- ravimunshi711@gmail.com or whatsapp- 9137417928

Wanted Suitable match for Kashmiri Pandit Boy born on 16th of Feb, 1991 (In New Delhi) at 03.10 hrs Height: 5' 9" MBA (International Business Studies) from Mumbai. Presently working in Pune with UK Based MNC, Family originally from Naidyar Rainawari (J&K) settled in Pune. Interested may contact Mr. Sanjay Raina 9619630232/8600400232 or mail at: sanjayraina007@yahoo.com



Seeking alliance for my only son. DOB: 19.08.1987 at Srinagar, Time: 7.45 PM, Ht. 176 cms. Education: Btech Computer Science & MBA from Tata Institute of Social Sciences. Working at Bangalore as Director in Razorpay. Highly placed and handsomely paid. Interested may contact at WhatsApp no. 8803004092.



Looking for a suitable match for our son born at 12.59 AM on 4th October, 1997 at New Delhi, height 5.11ft. He is MBA from a Govt. University, working in Gurgaon in a multinational company. Family residing at Noida (Ext.). Father working in the Ministry of Finance and mother superannuated from the Ministry of Health & Family Welfare, Govt. of India. Interested may contact on 9540818777 / 9540819777 for Tekni, Kalawali etc. (both numbers are also available on whatsapp).



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Looking for a suitable girl for my son. Please find below the details: Date of Birth: 02/09/1991, Place of Birth: Jammu, Time of Birth: 10: 16 am, Qualification: B.Tech(Mechanical), Employment Details: Presently Working in Luminous India(Himachal Pradesh), (Previously working in Uno Minda). Valley address : Handwara and Present address is Durga Nagar, Bantalab Jammu, Height : 5ft 9inch, Contact/WhatsApp number : 9469554886



A Non-Karkun family but no bar within Hindu Kashmiri Community cherishes traditional values but has Modern Outlook, seeking academic & professionally qualified match, for our daughter. Jaipur (Rajasthan)/ 04:28 pm /25-01-1993/ B.Tech (ECE) throughout Distt. / 164cms-5'5")/ Job-MNC Bangalore. kbrazdan53@gmail.com, 9982129955



Looking for a suitable match for our Son born on July 29, 1988, at 4:57 PM. Place of Birth: Srinagar, Height: 5feet 10 inches. He is MBA from Kurukshetra University, working in Delhi and earning 7 figures annual salary. He is a Low amngalik. The family originally belongs to Budgam and presently resides at Butta Nagar, Jammu. Interested may contact at Email: rahulbhatn88@gmail.com & Mobile no: 9650836408, 8803769763.



AIKS naad

A Monthly Publication of **all india kashmiri samaj**



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Telephone : 0129-4061043 Web : www.aiks.org E-mail : hqaiks@gmail.com

Application No. :

Date :

The President

All India Kashmir Samaj

H. No. 308 (LGF), Sector 35, Ashoka Enclave Part - III,
Faridabad, Haryana - 121 003

Dear Sir,

I hereby apply for Patron membership of the All India Kashmiri Samaj.

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Address :

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Tel : (Res.) : **Office :**

Mobile : **Email :**

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 10,000/- (Rs. Ten Thousand) only favouring All India Kashmiri Samaj is enclosed here with.

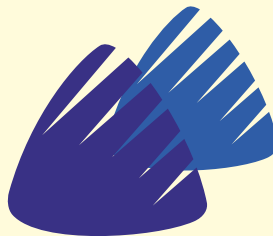
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