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# AIKS ਭਾਸ਼ਣ naad

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## Ajay Pandita Martyred

## Genocide Continued

# Protest by KPs Across Globe on Killing of Ajay Pandita



AIKS Pays Tribute to Martyr Ajay Pandita Through Web Meeting.



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**THIS MONTH'S COVER**

The cover page is dedicated to  
Martyr Ajay Pandita and the  
painting is made by  
Shivani Koul Bhat

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# From the Editor-in-Chief



## Dear Readers,

Targeted killing of Sh Ajay Pandita who was democratically elected sarpanch from Lukbhawan in District Anantnag of JK on 8<sup>th</sup> June 2020 evening by the islamist jihadis sent the displaced Pandit's and nationalist community into a severe shock. This murder reminded them of the horrors which preceded the genocide on Kashmiri Hindus in early 90's where half a million Kashmiri Hindus were subjected to ethnic cleansing. The killing of Sh Ajay Pandita who was a congress grassroot politician was to convey a broader message to the displaced community that their presence in Kashmir is unacceptable. Jihadi enterprise was not happy with the work done by martyred sarpanch as they would like Kashmir to suffer more so that it becomes a fertile ground to recruit more terrorists in their rank and file to keep the turmoil alive.

Martyr Ajay Pandita had shown great resilience and strength of character as he had returned to Kashmir way back in 1997 and had constructed his own house and tended his orchids. So, in all these years he was part and parcel of the social milieu of the valley. He never waited for the normalcy to return to Kashmir nor did he wait for any government job or help in returning to the valley. He planned as per his instincts and thought that by returning to valley he would be a bridge between the two communities. This, he felt, would facilitate the return of Pandits safely among the Muslim majority. But his gruesome murder proved otherwise.

## Pakistan Role

Soon after the killing of Ajay Pandita, the Pakistan-backed TRF claimed responsibility for the attack on Pandita by releasing a statement, *"No political stooge/collaborator who stands alongside the occupational*

*regime will be spared. Ajay Pandita Sarpanch was one of these political leeches who tarnish the image of Jammu and Kashmir. These are the main reasons for our occupational regimes to stay on our land the JK."*

These statements are like ones which Hindus could relate to 1990 when local newspapers published threatening posts on the behest of the terrorists to intimidate Hindus and to force them to leave Kashmir. Those who would defy such orders and continued to stay back were mercilessly killed. The killings of Wandhama, Chattisinghpura and Nadimarg bear testimony to this fact. This brings back the fact that Kashmir terrorism is still fully conceived, controlled and sponsored by evil state Pakistan with the active support of local separatist stooges.

## Terror Eco system

The cold-blooded murder of Ajay Pandita was justified by the local cabal of separatists, journalists, elite civil society as another usual killing of a sarpanch due to rivalry between local politicians. They continued to make moral equivalence between some Muslim sarpanch killings and that of Ajay Pandita as if to convey that this is a new normal in Kashmir and anyone championing the cause of democracy shall meet the similar fate. This narrative is to provide a cover to jihadis and to build an eco-system where such killings look like a part and parcel of the so-called freedom struggle. It is this cabal along with nexus among bureaucrat's, separatist, politicians, civil society, businessmen and journalists who ensure that the radicalization continues, and the society is Progressively Islamised and nurtured to keep the jihadi movement alive and thriving.

Post neutralization of Article 370 & 35A the central government should have strongly dealt with this nexus, but unfortunately the over ground workers are still free as no action has been taken against them. Unless central government does not take strong measures and inflict cost on the terror network till then the radicalization cannot be stopped, and situation cannot be retrieved in national interest.

### Safety of Employees

The safety of remaining Pandit employees in Kashmir is a matter of concern. The few thousand employees who are working there under tough conditions are at the mercy of jihadi elements. They are exposed to threats, anti-India vilification and hatred quite often. These employees are living a life of servitude under the radicalized society who ridicule them on their patriotism or religious beliefs. Few incidents have come up every now and then and the safety and security of these vulnerable people should be the main priority. If these few thousands are not provided the adequate security by the administration, then

all talk of return of lakhs of displaced Hindus back to valley shall turn out to be a pipe dream.

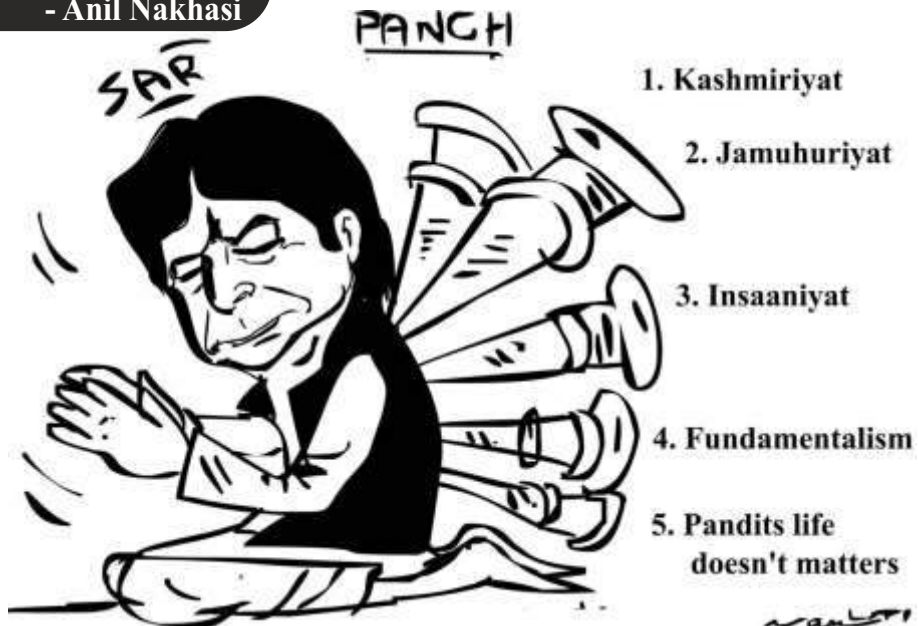
### Punishment & Restorative Measures

The administration should make all out efforts to identify the jihadi killers and their over-ground supporters and punish them adequately so that the confidence of the displaced community is bolstered. Repeated requests have been made to the central government over the years to officially recognize the genocide of Kashmiri Hindus. Unless this restorative measure is taken and perpetrators not brought to justice, till then the lives of Hindus in Kashmir would be at the mercy of jihadi cabal who can easily kill and run away with impunity. Thus, a commission can be constituted like the one at Nuremberg to safeguard the human rights of left-over Pandits which shall also act as a deterrent against such future events. Only by strong laws and working in national interest we shall be able to prevent future refolement's of Hindus from Kashmir.

मनील गुप्ता

## Cartoon Corner

- Anil Nakhasi





## Delimitation Process Ordered by the Govt Will Seal Our Political Dis-empowerment

Union Government and the Government of the Union Territory of Jammu and Kashmir has issued orders to carry out the delimitation process in the UTJK based on the census data of 2011, whose figures are so flawed that if the process goes ahead, it will permanently disempower the displaced Kashmiri Pandits. After our exodus in 1989-90, two censuses were conducted, i.e., in 2001 and 2011. According to 2001 census, wherein no door to door survey was carried out, Kashmiri Hindus formed 1.84 % of Kashmir population. It further states that 1.5 lakh to 3 lakhs Kashmiri Pandits were displaced to Jammu and other parts of India due to militancy.

In the 2011 census too, no door to door survey was conducted. But the records reveal that the population of Hindus in Kashmir stood at 1.64 lakhs, with a sex ratio as 10:1. This sex ratio, compared to national figure of 1000:940, is a complete farce. Under the circumstances, any delimitation carried out based on 2011 census will not represent this important government input truthfully. Such inputs are not merely used for determining the distribution of seats for election purposes but also for implementation of various govt/social welfare schemes.

The political disempowerment of Kashmiri Pandits has a long history, starting with the demographic assault launched on them ever since the Kashmiri Muslim majoritarian dominance of the erstwhile state's power structure started in 1931. According to the Official census figures for 1941, Kashmiri Pandits formed 15 per cent of the population of Kashmir, as against 83 per cent Muslims. However, these figures were wide off the mark. It was a well-known fact that those who conducted the censuses during the Dogra rule, were invariably junior Muslim officials, notorious for describing Kashmiri Pandit families as Muslim households. Actual

population of Kashmiri Pandits in 1941 must have been close to 25-30 per cent of the total population. Indeed, the census of 1941 was the first statistical assault on the Kashmiri Pandits in the valley; an ingenious ploy among other methods, used to reduce Kashmiri Pandits to non-entities.

Even after independence and accession of the State with India, Pandits remained as vulnerable as ever to the whims and fancies of Muslim majoritarianism. The old method of employing statistical assault on Kashmiri Pandit population in Kashmir can be gauged by the figures quoted by the state

administration about the number of Kashmiri Pandits left in the valley after the 1947 Pakistani invasion of Kashmir; between 80,000 and 120,000; a figure way below the actual number. The whole aim of under-representing the Kashmiri Pandit population was to deny them their due share in the state legislature and in the government jobs. Sheikh Abdullah's radical land reforms and his ambivalence, lack of economic opportunities for Pandits and political uncertainty had created such a sense of insecurity among the Pandits that 20 per cent of them had migrated to places outside the valley by 1950.

The census figures of 1981 put the Muslim population in the valley at 95 per cent, up from 83 per cent in 1941; whereas the corresponding Kashmiri Pandits population, placed at 124,000, was down to 5 per cent from 15 per cent, during the same period. The false figures quoted by the government stood exposed in 1989–90, when the number of Kashmiri Pandits who fled the valley was placed at over 450,000; nearly 300,000 of them were housed in refugee camps in Jammu, Delhi and elsewhere; 100,000 found place with relatives in various places in India; around 50,000 were still left in Kashmir before the end of 1990. Thereafter, the 1991 census put the Pandits at 0.1 per cent of the population, which would translate to barely 3,000 people.

In 1947, with a population of nearly 15 per cent, Kashmiri Pandits had a considerable presence in at least six constituencies; four in Srinagar and two in Anantnag district. In fact, in the elections of 1952, 1962 and 1967, Kashmiri Pandits had won from three constituencies: two from Srinagar and one from Anantnag district. Later, by altering the electoral boundaries of these and other constituencies, it was ensured that Pandits would not be able to elect a candidate of their choice from these constituencies. By 1972, they were left with

one constituency of Pahalgam. Even here, the Pandits could not win this seat on their own strength.

Reservation for Muslims in education and employment, events of 1986 in South Kashmir and political mobilization on religious platform resorted to by the mainstream political parties, gave a further impetus to this Pandit exodus. However, Pandits have consistently questioned these figures as a deliberate attempt at under-assessing their numbers to marginalize them politically. Their claim is borne out by the fact that 450,000 Pandits fled the Valley in 1989–90. Prof Saifudin Soz, while a minister at the centre had said, 'There are roughly 700,000 Kashmiri Pandits, with their largest concentration of nearly 300,000 in Jammu, 100,000 each in Delhi, other metro cities, different states, and 10,000 living abroad. Pre-1947 displaced Pandits are nearly 70,000 and present in the Valley are roughly 20,000.' After the exodus of 1990, their numbers in the Valley fell sharply, and by 1991, Pandits constituted merely 0.1 per cent of Kashmir's population. By 2010, the number of Pandits left there was less than 5,000.

As would be evident, their dwindling numbers and statistical assault on them had gradually made them irrelevant to the political process in the state; after exodus, their irrelevance was complete as only 22,818 had been included in the voters' list. But the reality is that nearly 400,000 displaced Kashmiri Pandits, whose relevance to the events in the Valley cannot be questioned, have ceased to have any stake in the Valley's political process. The delimitation to be carried out based on 2011 census will further seal this irrelevance. END

**- Col. Tej K. Tikoo**

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## General Secretary's Column

**C**ovid-19 Pandemic has resulted in a lockdown being imposed on the entire country since end- March 2020. Consequently, AIKS office has remained closed since then.

The Core group members of AIKS have been holding regular interaction over internet-based audio/video networks so that key issues relating to the organisation and community do not get ignored. Members of the Core group who are presently disbursed across locations in NCR, Jammu, Goa & Bangalore have been deliberating on key issues on regular basis. These meetings are held under the chairmanship of Col. Tej K Tikoo, President AIKS.

In one such extraordinary meeting the Core group took on the issue related to establishment of Delimitation Commission under Justice Ranjana Prakash and considered the fact that the delimitation is being held based on the Census Report of 2011. This meeting after thorough debate and deliberations resolved to reject the Governments proposed conduct of delimitation exercise In the Union Territory of Jammu & Kashmir based on the Census of 2011. It was resolved to intimate our concerns to the appropriate authorities, both at the centre & UT of J&K level. The deep flaws which characterize the census data of 2011 as well as of 2001 has been communicated to the concerned authorities by AIKS as it is not based on facts. Even the sex ratio of Kashmiri Pandits mentioned in the data is far distant from the truth.

Accordingly, the community was informed about the issue through our

communique released by AIKS on 3<sup>rd</sup> June 2020 and a copy of the same is included in this issue.

### AIKS Jammu Office

AIKS Jammu team has been augmented with the induction of Sh. Kamal Warikoo, a young social activist, who has been appointed as Secretary, AIKS GeNext Entrepreneurs Cell by the President Col. Tej K Tikoo. AIKS welcomes Kamal Ji into the team and looks forward to his productive contribution for overall good of the community. His presence will strengthen our Vice Presidents, Sh. A K Raina and Sh. Vijay Kashkari, who currently are impacted by the lockdown as they were physically not in Jammu when the lockdown was announced.

AIKS Core group held a video conference wherein Shri Kamal Warikoo was formally welcomed into the team. His past contribution towards KP Community, though well known, was shared with the Core team members.

On his part, Kamal Ji promised to use his resources for implementing projects and schemes of AIKS for community welfare.

The Members took stock of the current problems faced by community at Jammu with specific emphasis on residents at various Camps in and around Jammu.

Apart from certain issues being faced by camp residents at Jagati, it was observed that a sizable number of people who have been living in Purkhoo Camp, particularly lower Purkhoo Camp, have been subjected to severe hardships due to neglect from the concerned authorities for many years. It was decided to

visit these locations for an on-the-spot assessment.

A few days later, another video conference was held by the Core group where specific issues related to irregular power supply during the summer months, unhygienic washrooms and other infrastructure related issues were shared. It was also observed that women, senior citizen and children were the worst sufferers due to lack of sanitation and decaying facilities.

The members resolved to take up the issues at multiple levels of the administration and meanwhile get acquainted with all the past efforts made by the residents which have not yielded any positive results.

### **Domicile Registration**

As communicated in the previous issue of Naad, AIKS had promised to compile a list of FAQ's with explanations along with Aide Memoire and helpline numbers for the assistance of the Community consequent to the issue of amendments to the Domicile

Definition by J&K Union Territory.

We are pleased to inform that a detailed 18 page structured document addressing all possible queries was released to the community on 26<sup>th</sup> May 2020 and was widely circulated on internet, WhatsApp groups and through affiliates across the globe. The overwhelming response from the community was reassuring and encouraging.

AIKS would like to place as record the enormous efforts put in by the team comprising S/sh. Vijay Kashkari, Sanjay Sapru, Sunil Koul and Kamal Warikoo in compiling this documents and taking responsibility to help the community members to complete the registration in coming times.

*For Detailed Document Click on the Below Link:*  
<https://www.aiks.org/aiks-domicile-update-for-the-community/>

**Email: [raj\\_692@hotmail.com](mailto:raj_692@hotmail.com)**  
**Mob.: 9910166993**

# **AIKS Communique**

## **All India Kashmiri Samaj Condemns the Brutal Murder of Sarpanch, Sh. Ajay Pandita on 8 June 2020.**

All India Kashmiri Samaj convened an emergency web meeting today to condole demise of Ajay Pandita Bharti in Kashmir. Over 100 members took part in the webinar from all most all parts of India. The cited communique was read in the meeting and proposed to release to the media houses.

All India Kashmir Samaj unequivocally condemns the brutal murder of Sh. Ajay Pandita, Sarpanch of Lokbhavan, Anantnag district, today by Jihadis. It is a well-planned murder to send multiple messages to both Kashmiri Pandits as also to the union government. A couple of days back the newly floated 'The Resistance Front (TRF)' by Pakistan had issued a statement which threatened any Hindu from the rest of the country with elimination if they thought of settling in Kashmir or taking up jobs there on by calling them BJP/RSS agents. The organization had further threatened to kill anyone trying to change the demography of Kashmir. A couple of days back another member of the minority in Kashmir, this time a Sikh, too had been killed.

The govt of the JKUT had also issued a statement recently about its intention to fill in thousands of vacant govt posts to increase the employment opportunities for the Kashmiri domiciles. Fearing that a large number of Kashmiri Pandits would be applying for these jobs, the local vested interests sent a strong message to them which inter alia conveyed, "If you come back to Kashmir, the same fate awaits you." The fact of the matter is that the genocide of Kashmiri Pandits has not stopped since it began in the modern era in 1989.

We appeal to the Union government as also to the government of JKUT to provide adequate security to Kashmiri Pandits in Kashmir Valley, particularly to large number of Sarpanchs who have been taking enormous risk to serve their Kashmiri brethren. The matter needs to be taken seriously at the highest level.

**M K Pajan**  
**(Gen Secretary)**



## **Acharya Abhinavagupta Jayanti Celebrated Globally: Upholding Kashmir Shaivism**

Mahamaheshwaracharya Abhinavagupta birth Jayanti, falling on Nirjala Ekadashi was celebrated all over the globe this year on 2nd June with great enthusiasm. Nearly 1000 years ago, the great Acharya exposed the gross and fine tenets of Kashmir Shaivism to the world. On this pious day, numerous programs were organised by Swami Ram Shaiv Trika Ashram and Ishwar Ashram Trust at their numerous centres across the country. Lectures, conferences and webinars were organised not only in India but all across the globe to commemorate the Jayanti of the highest exponent of the Kashmir Shaivism.

The celebrations were led and guided by two main Ashrams of Kashmir Shaiv Darshana, namely Swami Ram Trika Ashram and Ishwar Ashram Trust jointly. The celebrations started by traditional Pooja at Swami Ram Shaiv Trika Ashram Srinagar at 7 am. This was followed by AIR radio talk on Acharya Abhinavagupta at 7.10 am and Radio talk on FM Radio Sharda, Jammu. The traditional Pooja continued at Swami Ram Shaiv Trika Ashram Jammu at 9 am and this was telecasted live through facebook for the benefit of all Sadhaks.

A series of day long webinars started from 10.30 am. The first webinar was from Sanskrit College Ambala and was joined by nearly 350 people including reputed scholars and Sadhaks of Kashmir Shaiv Dashana and Tantra. The webinar was presided by noted scholar Dr Ramakant Angiras and the others who presented their

papers included Dr. Beena Aggarwal, Sh. Upendra Ambardar, Dr. Surender Mohan Mishra. The program was moderated by Dr Ashutosh Angiras and vote of thanks was presented by Sh. Sunil Raina Rajanaka. These webinars continued across the length and breath of the globe. The next webinar, at 12 noon was from the central University of Jammu. Dr Rajnish Shukla explained the importance of the works done by Acharya Abhinavagupta. Also a talk was organised from Hanaoi, Vietnam at Embassy of India at 1.30 pm.

This momentum continued with a webinar by Kurukshetra University at 3 pm where international scholar on Kashmir Shaivism Sarah Louise Gates, Sh Lalit Parimoo, Dr. Rajnish Mishra and Dr Surendermohan Mishra gave their presentations. The program was moderated by Sh Sunil Raina Rajanaka and vote of thanks was given by Sh Ravidutt Sharma.

IGNCA Delhi released a documentary on life of Acharya Abhinavagupta by broadcasting the same through their webinar at 5 pm.

JNU organised a special webinar at 5.30 pm to commemorate the Jayanti of Acharya Abhinavagupta. The speakers included Sh Ashutosh Bhatnagar, Sh Jawahar Lal Kaul, Dr. Ramesh K Naniwal, Dr. Yogesh Sharma, Dr Hari Ram Mishra, Prof. Anita Jain, Dr. Rajnish Mishra, Dr. Rajnish Shukla and vote of thanks was given by Sh Mayank Shekhar.

The celebrations continued till late evening. The evening programme at 7 pm started with a rare video playback of Swami Lakshmanjoo Maharaj talking about the achievement of the great acharya. This was

followed by the Facebook live talk by Prof M L Kukiloo (Ishwar Ashram Trust) and Bhajan rendition by Smt. NainaSaproot ji who in her melodious voice wonderfully sang the famed Bhairavstotra of Acharya Abhinavagupta. Her rendition brought the sadhaks to divine ecstasy. Sh Rakesh Koul from Bangalore read out the message from LG of Jammu and Kashmir and also conducted the proceedings.

Eminent Actor Sh Lalit Parimoo was on Facebook live at 8 pm discussing Art and Philosophy and Rasas given by Acharya Abhinavagupta the program was organised by Dr. Mahesh Koul from Himalayan Heritage Foundation.

Late night webinar by Centre for India Studies, under State University of New York was conducted through special Webinar from New York at 10.30 pm till 1.30 am in the night. The speaker Dr Arindam Chakrabarti enthralled the audience by explaining about the genius Abhinavagupta. The program was chaired by famous Dr Nirmal Mattoo and was moderated by ShRakesh Kaul.

The celebration's continued on to 3rd June when special program through Facebook live was conducted under Himalayan Heritage Foundation where Sh Sanjay Raina explained the importance of Kashmir Shaivism and teachings of Abhinavagupta. He emphasised the need for practicing the same and living the life of true Shaivite in our day today life. The other speaker Dr. Dileep kaul gave talk on place consciousness and why it is connected with Kashmir and Abhinavagupta. The third speaker Sh Manan Saxena explained the importance of Kashmir Shaivism. The program was conducted by Sh Vishal Sharma and vote of thanks was proposed by Sh Sandeep Raj Koul.

The celebration's concluded on 5th June when KavikulaguruKalidas University, Nagpur organised a webinar. The program had scholars including Dr

Radhavallabh Tripathi, Dr Navjivan Rastogi, Prof Nanda Puri, Prof Madhusudan Penna, Dr Parag Joshi who deliberated on the works of Acharya Abhinavagupta. The program concluded with the keynote address by Prof Shrinivas Varkhedi who extolled the cultural unity taught by Abhinavagupta. Prof Varkhedi also informed the audience that the University has passed a Resolution to celebrate Jayanti of Acharya Abhinavagupta every year.

Besides this many webinars and talks were organised by various organisations. The eminent scholars who participated in these talks include Prof. Navjivan Rastogi, Prof Ramakant Angiras, Prof. Harmohan Mishra and Prof. Moti Lal Pandit. A special photo video with musical santoor rendition was released and a short video from young kashmiri kids wishing the people on Jayanti was prepared by Sh Akhil Koul and the same was released on the day. Series of articles were published in various newspapers on the day.

On this auspicious occasions the honourable Vice-President Sh.Venkaiah Naidu of India greeted the practitioner's of Kashmir Shaivism and Tantra. In his message that was tweeted he said," Remembering Acharya Abhinavagupta, was a revered Guru of Kashmir Shaivism, a great philosopher and versatile genius, known for his seminal works in the field of literary criticism, dramaturgy, music, Tantra and yoga."

Lt.Governor of Jammu and Kashmir Sh.Girish Chandra Murmu released an exhaustive official message on this occasion congratulating the Kashmiri Shaiva practitioners and Sadhaks, he said," Kashmir's saints, scholars and spiritual Gurus have enriched this non-dual spiritual and traditional legacy for centuries and latest in the lineage of Masters like Swami Ram Ji, Swami Mahtab Kak Ji and Swami Lakshman Joo directed all their efforts during their life time towards making the

basic concepts of Kashmir Shaivism comprehensible for everyone in the world."

We want to thank all volunteers without their support, this program would have not been made possible those include include Sanjay Raina, Upendra Ambardar, Rakesh kaul (USA), Vishal Sharma, Chetan Pandey, Manish Zijoo, Sunil Shangloo, Ajay Khosa, Vinod Koul, Akhil Koul, Nidhi Bhat, Sunil Mahnoori, Veeronica Peer, Sandeep Raj Koul and Ashish Zadoo. From IAT, the effort was led by Sh Sunil Raina and Sh Rakesh Kaul and their tireless endeavours need to be appalauded.

With Blessing of Swami Lakshmanjoo Maharaj

Jai Gurudev

*I K Raina Secretary/ Trustee  
Ishwar Ashram Trust*

## **Constitute an Empowered Team to Look into Fraudulent Sale Purchase of Migrant Property**

Eradication of corruption and bringing dishonest public servants and other so-called 'influential' people responsible for fraudulent ways of plundering public assets and money is central to efficient governance. Corruption, it is well known and documented also, was well established and in a manner institutionalized in Jammu & Kashmir. Distinct provisions of Constitution were misused to shield dishonest and inefficient people. Even in proven cases of fraud and unethical practices action was never taken. No one paid any heed to pain and suffering of people and widespread anguish and anger among the masses was either ignored or curbed by misusing power.

Therefore clampdown in Jammu and Kashmir State Cooperative Bank Limited (JKSCBL) case by government is a welcome step and in right direction. For Decades of this menace of corruption was actually used by internal as well as external

forces to trigger disturbances and bring in death and destruction at large scale in the erstwhile state of Jammu and Kashmir.

Appointment of new official Board including the Chairman and the Managing Director in JKSCBL after detecting major irregularities and violations of norms is welcome step. It is hoped that the persons responsible for wrongdoings will be prosecuted and punished under law and the public money looted will be recovered also. It is also important to put in place a transparent and accountable mechanism to ensure no such thing is allowed to happen in future. Strict punishment to culprits is one strong deterrent in such cases.

Duplicitous sanctioning of huge amount of public money in favour of a non-existent co-operative society is too serious an issue practically not possible without political patronage. Similar sale, purchase, encroachment and grabbing of land belonging to displaced people and deceitful manipulation of ownership papers has happened on large scale in almost every district of Kashmir. Land belonging to Temples, Shrines, Social institutions and Trusts etc has also been appropriated in many cases against every law and norm.

Administration must constitute an empowered team to look into all such matters and return all such immovable property to its rightful owners at an earliest. I once again congratulate LG administration for showing zero tolerance towards corruption.

**Girdhari Lal Raina  
Spokesperson BJP J&K**

## **Thank You Narendra Modi ji, Amit Shah ji & LG administration**

Gratified Citizens of Jammu and Kashmir are Thankful to Prime Minister Narendra Modi ji, Home Minister Amit Shah ji and LG GC Murmu ji for relaxed Domicile (Procedure) Rules 2020 for grants of

Domicile Certificate notified today which will come into force from the date it is published in official Gazette. For residents of Jammu and Kashmir who were earlier termed as “State Subjects” and against which people struggled for decades before getting freedom last year in 2019 it is a matter of great joy and satisfaction that a hassle free procedure with a bare minimum documentary evidence is required to get a Domicile certificate as a proud and free citizen of India. Production of PRC of self or parents is sufficient to procure new Domicile Certificate. For those bonafide residents who for some reason do not have PRC have been given several options to produce as evidence.

For Displaced People –both from Kashmir or areas under illegal occupation of Pakistan procedure has been made hassle-free by notifying Relief Commissioner as competent authority. This is for obvious reason to help this section of population as they are not in a position to apply for Domicile Certificate in places of their origin.

I hope and appeal to all fellow citizens to take the benefit of these liberal rules and procure Domicile Certificates within stipulated time.

I thank all the concerned for these stress-free, generous and easy to comply with rules and procedure.

**Girdhari Lal Raina**  
Spokesperson BJP J&K

## Shri Hari Kirtan Adyatmik Jagrati Mission, Jammu Held Condolence Meeting

Shri Hari Kirtan Adyatmik Jagrati mission (Government Society), Durganagar, Jammu today held condolence meeting with the family members of Late Ajay Bharti at Topsherkhan, Subash Nagar and paid rich tributes to the departed Soul. Ajay Bharti was a legend in his own rights and upheld the dignity of the entire Nation. He was very brave, upright gentle and genius in deeds, kept the morals of the community to the level of highest esteem. Killing of Ajay Bharti recalls us the genocide of 1990. Mission Hari Kirtan stands with the family at this hour of grief. May his sacrifice make us learn necessity following Statesmanship instead of short term gains and how to save all from falling with lowest of hatred that divides a great civilisation.

May his Soul Achieve Moksha.  
Om Shanti.....!!!

### Events of the Month

Ekadashi (Krishna Paksha)	17th June 2020
Amavasya	21st June 2020
Haar Aetham	28th June 2020
Haar Navam (Sharika Jayanti)	29th June 2020
Ekadashi (Shukla Paksha)	01st July 2020
Jwala Chaturdashi	04th July 2020
Guru Purnima	05th July 2020

#### Note

**Panchak Starts on 10th /11th June and ends on 15th /16th June**

**Ashaad Krishan Paksha from 06th June to 21st June**

**Ashaad Shukla Paksha from 22nd June to 05th July**



- Dr. K.N. Pandita



# Opposing Delimitation of Constituencies

**I**n a formal statement, National Conference rejected the government's plan of forming an advisory committee to handle the delimitation of assembly constituencies in the J&K Union Territory. NC members nominated on the said committee by the Lok Sabha Speaker have declined to accept the assignment. Other opposition parties in the UT have also rejected the process attributing it to government's opportunism.

The main objection of NC and other dissenting groups in the valley is that there is no elected government or assembly in the State and the Lt. Governor being an agent of the Union government does not have powers to make sensitive constitutional decisions.

In subtle words, the opposition means to say that the BJP government at the centre is guided by the resolve of RSS not to distance from the civilizational project of Hindu Rashtra. The target, they assert, is of a Hindu grabbing the prestigious position of the chief minister of the union territory. Valley-based mainstream leadership is obsessed with the apprehension of BJP making all-out efforts of reversing the complexion of assembly in a way that the Hindus come into prominence in the law-making bodies of the Union Territory.

Generally speaking, the sub-continental Muslim psyche is controlled and guided by some fantasies rooted either in the scripture or tradition. For example, it is believed that Muslims are born or created only to rule and not remain as subjects and subordinates. This

emanates from the concept that “with God's will the lesser shall prevail”. In this concept remains embedded the urge for jihad, muscle power (terror) and suicide or *Shahadat*. Destabilizing existing order becomes a religious or social duty. Then there is the concept of Islamic Caliphate that proposes to convert the entire human society to the Islamic faith and establish monolithic Islamic Caliphate as the one and only one state on the globe.

All this makes the Muslims believe strongly that they are a community apart from the rest of the human species. This exclusiveness makes them oppose anything and everything that comes from sources other than their own. Thus emerges the firm belief that the Quran is a compendium of all the knowledge revealed by the Creator. There is no question of contradicting or arguing about it. They come into confrontation with the spectacular power an impact of modern science and technology.

This fossilized thinking is at the root of all the problems the Muslims of Kashmir Valley are beset with. They vociferously support the demand for the promulgation of Islamic *sharia* and the legal system but the idea of Hindu Rashtra is gall to them. They are sacrificing their lives to be part of the Islamic Republic of Pakistan but they find Hindu Rashtra of India a bombshell.

Kashmir Valley has 54.9 per cent of the total population of the UT. Jammu region has

44.78 per cent and Ladakh has 2.3 per cent. Erstwhile J&K State had five chief ministers all Muslims and from the valley. Only one chief minister, Azad, was not from the valley. He, too, a Muslim, was from Chenab Valley with a population of about a million souls. No Hindu has ever been a chief minister and at one time after the death of Sadiq, the name of the senior-most cabinet member Girdharilal Dogra was deleted from the panel of prospective incumbents.

The question is that the Sikhs are barely 1.72 per cent of the total Indian population, yet a Sikh Prime Minister ruled the roost for 10 long years. In contrast, the Hindus with 65.23 per cent population in Jammu region alone and about 33 per cent of the total population of erstwhile J&K State, are not acceptable to the valley Muslim leadership to send in a chief minister. This shows how valley Muslims interprets democracy. This politically motivated take from democracy has to be reversed and nobody should have any grouse.

The most important thing to understand is that with the Reorganization Act in place, the situation has drastically changed in Jammu and Kashmir. Article 370 was incorporated in the Indian Constitution in 1949 as a result of a majority vote in the Parliament though there were many dissenting voices also. The same principle applies to the scrapping of the Article in 2019, which means that dissenting voices do not matter.

Reorganization Act and Domicile laws now entitle hundreds of thousands of hitherto de-enfranchised people to become the citizens of the erstwhile state and enjoy their right to vote. This necessitates creating/reorganizing assembly constituencies to accommodate them as legal citizens. It is preposterous to call it gerrymandering. Gerrymandering is what has been done to two constituencies of Habba Kadal and Rainawari, the once Hindu dominated constituencies in Srinagar. The people have to be empowered constitutionally and administratively. By rejecting the Delimitation Commission, NC and other dissenting groups only prove that denying the

citizens rights of the refugees from PoK and West Punjab and ensuring their disempowerment for seven decades has been their steel-framed policy. Such blatant discrimination cannot be upheld either by the Indian Constitution or by international law.

It is wrong to say that scrapping of the special status of the erstwhile State of Jammu and Kashmir was politically motivated and that it was brought about as “Hindutva” programme. People should know that the communal and discriminatory leadership of the valley are squarely responsible for it as it forced the Union government to take a drastic measure to safeguard the territorial integrity and national sovereignty of the country. The solid reasons for the Home Minister to take the drastic and historic decision were: (a) by settling nearly 90 thousand Rohingya refugees of Myanmar in Jammu region without the consent of the Assembly and issuing them such certification as confirmed their citizenship of the State, the PDP-led government had not only told a lie to the Assembly but had brazenly infringed the provisions of Article 370. (b) By issuing the Gupkar Declaration, the mainstream parties had taken a very dangerous step of calling any attempt of scraping Article 370 as “war against people”. (c) Mounting a campaign against the presence of Indian security establishment in the disturbed state where it has become necessary to deter clandestine infiltration from across the border, is tantamount to sedition. No honest government would tolerate an antagonistic attitude like this and the Union government had to take proper action.

The Kashmir Valley leadership needs to understand that no community can stand in isolation or exclusive setting. Thousands of Kashmiri Muslims have purchased immovable properties in almost all big cities of India. In Jammu region, at a time when the Roshni loot was set afoot, the government issued official ads saying that only Muslim can apply for allotment of plots in new localities like Bhatinda, By-Pass, Sidhra etc.

All these steps indicated that the valley-

based Muslim leadership wanted to change the demographic complexion of Jammu and make deep inroads into the region by slow degrees. What were the purpose behind settling the illegal Rohingya in Jammu and that too along sensitive Samba-Jammu border but not taking them to the Valley where they would have been more comfortable with their co-religionists? The NC-led communal government had no qualms of conscience in passing a law in the Assembly dominated by Valley Muslim MLAs that any Kashmiri girl marrying a man outside the State loses citizenship rights and this law applies to her children also.

Valley leadership has to understand that their resistance and opposition is meaningless. The clock will not move back. Exclusiveness

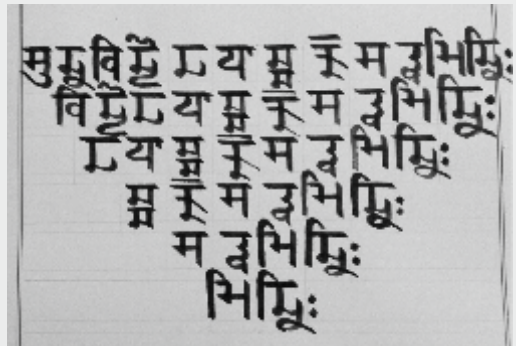
and blue-eyed treatment expectations are redundant. No community in the country can enjoy any special status and those hitherto deprived of their rights will get them come what may. The sooner Kashmir leadership understands the writing on the wall the better for the good of the general public. Once the rail link across the Pir Panchal becomes functional, Kashmir's economy will go through a sea change. Along with this the massive developmental programme will explode all myths and misgivings deliberately structured by the ambivalent Kashmir leadership with vested interests. Delimitation does not suite those with myopic vision. Indi's political and military presence in Kashmir is vital to the global strategy of promoting democracy in an era of crisis.



## Sharada in Lockdown

- Saranya Bhat

**S**harda is the script of Kashmir. It also is one of the oldest scripts known to man. Now since I am a Kashmiri I have not known much about any scripts belonging to us and therefore I felt quite left out as all my friends may it be Malayali, Tulu, Tamil, Gujarati they all had their own script which most people like me couldn't read or understand so I felt really nice knowing that we have a script that normal people couldn't read and understand. So my journey begins last year when my mom alone at home decided to learn this script. To be honest I wasn't very into learning this before but as she continued to learn this I was fascinated by it and decide to sign in. And so I filled the form for next lesson and started my classes. The journey of learning crossed my expectations. I have never had so much fun learning something so new and just in two months. I currently am a proud graduate of the sharada team. And the journey was amazing because of our gurus who were on their toes for us may it be 12am at night or 7am in the morning. We would also have activities and our teachers would encourage us to do new things such as make sharada posters for maha shivaratri. When we graduated we got



certificates and were promoted to a higher level, that's right the journey does end there. Next we translated old manuscripts given by the top teachers of the "The Core Sharada Team". Well the translation was a little hard as in manuscripts sentences are written very closely. My favorite part was the recent Abhinavagupta Jayanti where we had a drawing and writing contest in which six entries were selected for surprise gifts while the others were given certificates. This was honestly the best learning experience and I would encore other Kashmiri children to learn this divine script because it's worth all of the time you spend in learning this and I personally wouldn't choose to spend my time in doing anything else.



- Dr Ajay Churungoo



# New Changes in J&K Need New Approach

*We must not let go the advantages post neutralization of Article 370.*

**T**he new order in Jammu and Kashmir needs to be protected from the old order which is still alive and kicking. The phenomenal changes brought about by the Modi government in the erstwhile state of Jammu and Kashmir can usher in an era of peace and prosperity only if old practices are abandoned for good. The de jure edifice of the Muslim state of Jammu and Kashmir on the territory of a secular republic stands dismantled.

However, the danger of a de facto Muslim state surviving under the pretext of tactical contingencies looms large. Neutralisation of Article 370 and reorganisation of Jammu and Kashmir into two Union Territories have been

fundamentally decolonising acts accomplished by the Modi government.

Running Jammu and Kashmir as a constitutionally protected Muslim sphere of influence never accomplished the defeat of two nation of theory. It, in fact, nourished it and ensured continuation of Pakistan movement on the territory of India. Article 370 was a colonial albatross hanging round the neck of India. The phenomenal changes in Jammu and Kashmir have proven the alarmists wrong. Those who predicted Jammu and Kashmir will fall apart and violence will spiral out of control must be dumbfounded by the turn of events.

Bureaucrats handling the situation on the



ground must be no less surprised. The Governor of the erstwhile state of Jammu and Kashmir Satpal Malik has recently revealed that the Chief Secretary of the state had opined that around 1,000 people might lose life after the removal of Article 370. Nothing of that sort happened. Rebellious street mobilisations and civil unrest did not happen.

The civilian contingents that would often move in to disrupt anti-terror operations in areas with heavy presence of security personnel disappeared. Terrorist violence steeply went down. How did it happen? We cannot deny the administration at the helms the credit for managing a potentially explosive situation with deftness. We can also look for other reasons for the separatist paralysis.

One reason can be tactical retreat by the separatist establishment after coming face to face with the inability of Pakistan to escalate the situation, adverse international situation and a determined government to take them on.

political mainstream dysfunctional acted as a force multiplier. Knocking off the overground crippled the underground. This stark reality that the political mainstream tomtommed as the democratic secular face of India in Jammu and Kashmir acted as the separatist overground for decades has to be recognised and internalised. Otherwise the new phenomenal changes in Jammu and Kashmir will fail in bringing peace and prosperity.

And this is the most difficult challenge because governance in Jammu and Kashmir has been, over the years, essentially designed to be halfway separatist in content. Indian state deployed halfway-separatism as a tactical-strategic device with the misplaced belief that in a Muslim-majority Jammu and Kashmir it will help in neutralising the separatist psyche and appeal for Pakistan.

That nationalism will come through the separatist route and secularism will grow by empowerment of Muslim communal identity

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## Pakistan and pan-Islamic fundamentalist regimes have used halfway separatist governance as a subversive space over the years.

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This can explain the steep fall in terrorist violence but not the absence of civil unrest and anti-India mobilisations. The series of responses which Government of India deployed on the ground consisted of one extraordinary measure never deployed before — putting almost the entire local political leadership of Kashmir under detention.

Not only was the leadership of Hurriyat incarcerated but also the top leadership of the two regional political parties — National Conference and Peoples Democratic Party — and many others put under arrest. It is this measure that certainly proved to be a reason for the civil unrest not taking off. There is no dearth of evidence to show that the political mainstream in Kashmir has been actually performing as the overground of separatism.

Rendering the symbiotic knot between the Islamic fundamentalist separatism and the

politics has been a strategic perversion that has afflicted the policymaking on Jammu and Kashmir. Pakistan and pan-Islamic fundamentalist regimes have used halfway separatist governance as a subversive space over the years. Article 370 along with halfway separatist governance in Jammu and Kashmir has been a cardinal expression of the Nehruvian vision of handling the only Muslim-majority state of India.

This vision transformed Jammu and Kashmir into a springboard for Pakistan's nefarious designs. The most critical follow up after the annulling of Article 370 is to dispense away with halfway separatist governance lock, stock and barrel. The new order in Jammu and Kashmir cannot survive and grow on the soil of the old order. The new order has to be given a fresh ground to sprout. It is in this area the governments in the Union Territory of

Jammu and Kashmir and in the Centre seem to be faltering.

The bureaucrats that practiced halfway separatism as a strategic imperative seem to be particularly out of place in the new changed situation. They are still holding on to the formulations of the previous order as a matter of habit as well as intellectual unwillingness to recognise that halfway separatism all along acted as a subversive space rather than an anti-separatist device.

Government of India has dealt with firmness many critical situations in the erstwhile state of Jammu and Kashmir in the past. Unfortunately follow up of crisis management was invariably mishandled more often than not. Sheikh Abdullah was arrested in 1953 to thwart an imperialist conspiracy. The new Prime Minister of Jammu and Kashmir Bakshi Ghulam Mohammad had to secretly threaten Government of India with his resignation when he came to know that parleys were being started with Sheikh Abdullah.

The new government in the state had not even settled in and the move to talk to Sheikh was sending very weak signals. The threat of “independent Jammu and Kashmir” by Sheikh Abdullah had clearly brought to the fore that the NC was claiming a separate national identity for Jammu and Kashmir on the basis of Muslim-majority character of its population. The eminent scholar of Jammu and Kashmir's political and constitutional history, M.K. Teng, succinctly states that the NC claim was “in no way different from the ideological content of the Muslim movement for Pakistan”.

The Muslims of Jammu and Kashmir as per this outlook were “a separate nation and therefore could not form a part of the secular polity of India, in which the state would not be committed to the precedence of Islam and the Muslim majority of its population”. After Sheikh's volte face, why did Government of India not abandon the belief that Muslimisation of the state did not conflict with Indian secularism. Why is Government of India still clinging to the same old belief?

The defeat of Pakistan in 1971 war didn't bring a lasting victory because Government of India continued to nourish Jammu and Kashmir as a Muslim state.

A protracted process of self-defeat started at Simla Conference immediately after the war and reached its completion when Sheikh Abdullah was brought back as a victorious Caesar in 1975 and state of Jammu and Kashmir handed over to him. The wrong premise that mere democratic empowerment could neutralise commitment to communal separatism formed the basis of this move. The politics of drift away from India started as soon as Sheikh assumed the reigns of the state.

We might see one more cycle of self-initiated defeat after the epochal acts of taking Article 370 out of equation and reorganising the state of Jammu and Kashmir into two Union Territories if fundamental corrections are not made in the policy structure on Jammu and Kashmir. Deciding to conduct the new delimitation in Jammu and Kashmir on the basis of 2011 Census may constitute the beginning of this new cycle of self-defeat. 1991 Census operations were not conducted in Jammu and Kashmir because of bad internal security situation. Situation in 2001 and 2011 was no different. It had in fact deteriorated.

Pan-Islamism had entered into the political arena in a big way. Vaid Vishnudutt Sharma, top leader of BJP in Jammu and Kashmir, tried to apprise the then Union Home Minister of the ruling NDA of the dangers of conducting Census operations in the state in 2001 through a subverted and crippled administrative apparatus. A halfway separatist government was at the helms in the state led by a political leadership which was on a prowl to wreck the status quo from within.

His concern was not heeded to. What happened in 2001 and 2011 Census operations can be summed up as: The number of voters in Jammu was 1.41 lakh more than Kashmir around 2001; Kashmir's population was shown to have increased by 14,11,000 in 10 years from 2001 to 2011; average population growth of Jammu province was 31% between

1971 and 2001, it dropped to 21% in 2011. Only something catastrophic or extremely subversive must have happened to explain this. The decision to declare the new delimitation in the Union Territory of Jammu and Kashmir based on 2011 census figures is certainly guided by the same mindset which for decades clung tenaciously to the use of Muslimisation as a prescription for addressing Muslim alienation.

The issue of sharp spurt of population in Kashmir province at a time when it should have actually gone down owing to almost total religious cleansing of Hindus from there is not an ordinary issue. The apprehensions that the steep percentage fall in Jammu happened through a process of a manipulated census cannot be dismissed. If manipulation and fudging is established, then using of Census as a lethal instrument to create legislative hegemony and impetus for demographic expansion will stare us in the face.

Its implications go beyond creation and perpetuation of a particular type of hegemony. It represents a form of a subversive war in which democratic space is used to destroy democracy. The success of whatever will be

done in Jammu and Kashmir after introduction of the phenomenal changes will be primarily decided by two realities. One, will the non-Muslims particularly the Hindus of Jammu and Kashmir continue to be expendable or they get their freedom as equal citizens of India free from the servitude of Muslim precedence?

If Government of India recognises the genocide inflicted on Hindus of Kashmir and addresses their return and rehabilitation in the context of permanent reversal of their genocide, and if measures are initiated to liberate Hindus of Jammu from a demeaning and debilitating Muslim hegemony, then the new changes in Jammu and Kashmir will bring forth a future of prosperity, promise and peace. Second, will Government of India abandon halfway separatist approach to deal with Muslims in Jammu and Kashmir?

If it does, then those Muslims who want to live with India in unfettered freedom on the principle of equality will be also liberated. All through since the days of accession of Jammu and Kashmir with India such Muslims have remained equally expendable for the state of India.

# Outer and Inner

- Vimarshi Koul



Sleep because it will take you to a dream,  
This world just makes you scream.  
All you hear is mind yelling,  
Oh goodness, it is like haggling.

Go to sleep as the dead rest in peace,  
For then maybe the chaotic world would sieze.  
Sleep, for sleep is all you think you can do,  
That is why I say so

Shut the eyes like doors and windows...  
Curtains , fencing put all that you know.  
Shut your self from the external mess.  
Inner world is bliss,that is a right guess.

But realm of reality if you wanna taste,  
Then no need to make haste .

Go step by step on gaps and forth,  
That would make living worth.

No escapement can take you there,  
The reality which is so vivid and clear.  
Yoga has to be in Action,  
Build on this your spiritual Mansion.

Wake up from your comforting sleep,  
Awaken your self to the truth subtle and deep.  
There you will find the line getting thinner,  
Between what is outer and what is inner.

Neither accept nor shun,  
It is not a race, don't run.  
One day outer and inner would become one  
This Moon would merge into that Sun.



- Ajeet Bharti



## Domicile Notification : Freedom from Oppression & Discrimination

*"Never, never and never again shall it be that this beautiful land will again experience the oppression of one by another. -Nelson Mandela"*

**T**he J&K administration notified Jammu and Kashmir Grant of Domicile Certificate (Procedure) Rules 2020 on 18<sup>th</sup> May 2020. This was necessitated after the amendment of the Jammu & Kashmir Civil Services Decentralisation and Recruitment Act, 2010 on March 31, 2020 whereby words "Permanent Residents of Jammu and Kashmir" were replaced by "Domicile of Union Territory of Jammu and Kashmir". This modification is not a mere substitution of words. It has wide ranging implications. It puts an end to the decades of discrimination, persecution and harassment of a large section of population in Jammu & Kashmir. This cessation of antagonistic legal system is comparable to abolition of slavery in United States of America and ending of apartheid in South Africa.

Citizens of Jammu & Kashmir are no more 'Subjects' of anyone. They are equal and proud citizens of India like any other compatriot in any other part of the country. No More No Less. Just EQUAL. Even within the territory of Jammu & Kashmir the legal system after abrogation of 35A and now through this inclusive definition of Domicile citizens are equal without any discrimination based on race, colour, religion, caste, creed, sex, or origin.

Jammu and Kashmir in its previous

formation had a separate constitution. It was acclaimed and eulogised by neo-elites of free India as most progressive document to create a "NAYA KASHMIR". Contextual consequence of Naya Kashmir and its mischievous concealed objective is not our focus in this write up, hence no discussion on that. But the Constitution that declared its objectives in its preamble as, "to secure

JUSTICE, social, economic and political; LIBERTY of thought, expression, belief, faith and worship; EQUALITY of status and of opportunity; and to promote among us all; FRATERNITY, assuring the dignity of the individual and the unity of the Nation" remained confined to the paper only. What it achieved, instead, was total converse of all that was professed.

Neo-elites of state led by National conference leader Sheikh Mohd Abdullah in connivance with the then Prime Minister of India Jawaharlal Nehru by-passed the Parliament, over-ruled party leadership and ignored overwhelming public opinion to confer upon a section of population 'legally & politically' sanctioned privileges and rights at the same time denied them to others, particularly religious minorities of the State.

It has to be understood clearly that not just the National Conference but all its offshoots including the Congress Party were on same page in this regard. All of them may

have fought each other but in pursuing sectarian, inequality based and highly biased agenda there was hardly any difference.

Therefore, the New Domicile Law which has been put into place after abrogation of Article 35A and subsequent reorganisation of the erstwhile state of Jammu and Kashmir has put an end to the politico-legal mechanism that promoted corruption, inefficiency and opacity.

The very definition of Domicile in the new law and rules is inclusive, enabling, empowering, non-discriminative and harmonising.

In order to have some idea of how old system of PRC based distinction wreaked havoc and destroyed lives one needs to have a look on the lives of Valmikis, Gorkhas, Refugees from west Pakistan, Displaced people from areas under illegal occupation of Pakistan and off course from Kashmir valley also.

### **Valmikis –The worst sufferers**

Valmikis, practically the worst of all- for example were invited to state by the government itself. In 1956 local municipal workers were on strike and government of the day was unable to negotiate a settlement. Protests got intensified. Capital cities of Jammu and Srinagar were converted into garbage dumps. Situation became very bad.

A cabinet decision was taken in this regard and Valmiki families brought from Punjab were employed as sweepers (Safai Karamcharis). These families were given assurance that the permanent resident clause would be relaxed for them. But the promise was never honoured. Therefore, even when a Valmiki girl or boy was well qualified for other positions in J&K government yet they could only take up the job of a sweeper.

These citizens of free and democratic India were entitled to vote in Lok Sabha elections but not in State Assembly or municipality elections. Their colony at Valmiki Colony, Gandhi Nagar, and Jammu has not been regularized till date by the state government.

### **Other Victims of 35A Apartheid**

There are several other specific groups like these Valmikis who have been victimised by the system that existed under Article 370 & 35A. They include Displaced People from areas of Jammu & Kashmir at present under illegal occupation of Pakistan. They were not allowed to settle in Kashmir valley which was in close proximity to their habitations. Coming from Muzaffarabad and adjoining areas their first natural choice was Kashmir valley. They had family and business relations with people of Kashmir yet instead of helping these unfortunate victims of mindless violence they were pushed out of valley and in several cases from the state itself.

Indian citizens who shifted to J&K from the territory that became West Pakistan in 1947 are another lot of worst hit victims of 35A and communal political design behind it. They were Indians living in India that was partitioned not because of them. They ran away to save their life and honour. Majority of them, around 90 per cent, are Dalits. They had no idea of distinction that Nehru's administration had made between J&K and rest of the country. When they entered Jammu & Kashmir they were not entering some Sheikhdome or any Sultanate. For them it was India. Yet for more than seven decades they remained only second class Indians, without rights and privileges.

### **Kashmiri Hindus- Peculiar Target**

Kashmir has been a huge BRAND name for millennia of years. The community that toiled to create this name, in particular the section that ensured historic continuity has become unusual target of the forces of pessimism, separatism, exclusivism and monolithic beliefs. A consistent, systematic and untiring campaign was undertaken to marginalise, exclude and expel the community from its natural environs. Worst part of this operation is the design to blame the victims for their all ills.

Not only have they been expelled from the land of their ancestors but every effort has been made to displace them from the

“Citizens of Jammu & Kashmir are no more 'Subjects' of anyone. They are equal and proud citizens of India like any other compatriot in any other part of the country. No More No Less. Just EQUAL.”

collective memory of Kashmir. What needs to be underlined is very existence of few hundred thousand souls is not threatened. It is the civilizational ethos they represent that is the target of the forces of annihilation.

### Other Victims

There are other sections of society also, besides mentioned above who have been at receiving end of system that was put in place in Jammu and Kashmir. They include Gorkhas, & Chamb refugees, girls of state who married non-PRC holder citizens of India and uninfluential common people including majority Muslims in the long list of victimised sections of society.

### Fake narrative

Suppressing truth and propagating a fake narrative was and continues to be essential component of strategy employed by the adversary. In 1931 they concealed death and destruction forced upon minorities under the garb of opposing ruler. In 1947 sufferings, killings and displacement of same Hindu minorities was supplanted by a fake narrative of 'Ray-of-Hope' comment of Gandhi ji. In 1989-90 the story was repeated with Jagmohan conspiracy. Inconvenient truth and questions exposing fake narrative was dismissed and stifled by noise in unison of the echo-system.

Misinformation is being produced by manufacturing fabricated stories, propagating half-truths as ground reports and deceitful propaganda as people's perception. Corruption and inefficiency of people who ruled Jammu and Kashmir for decades is pushed under the carpet.

Backdoor appointments of kith's & kin of rulers in not only subordinate services but also

in administrative services, unjustified disbursement of loans and grants by Banks and financial institutions and intimidation and terrorising of political opponents is not allowed to be discussed in public. Restoration of Domicile rights to the discriminated and excluded sections of society is being projected as Demographic Change by these fake narrative pushers.

### Integration Begins

But thankfully this is not business as usual anymore. By rendering Article 370 ineffective and abrogation of 35A the process of complete integration of Jammu and Kashmir has gained the pace. Domicile Law notification has added to its momentum. Now all those Indians who served Jammu & Kashmir all their life in one or the other capacity are now entitled to be treated as Domiciles of Union Territory. No more denial of right to education in professional institutions of learning or jobs in government or PSUs. Similarly the cherished dream of those Indian citizens who put their blood, toil, tears and sweat to build and develop Jammu and Kashmir will no more be an evasive illusion but a hard reality. Even the daughters of J&K who lost their rights as citizens just because they married someone not having a PRC will not regret their choice of life partners any more.

The Displaced people who somehow were not able to register with any official agency in 1947 or 1989-90 will now have an opportunity to reclaim their roots.

But let us remember it is not PRC substitution. Chapter of PRC stands closed for good. Utility of PRC is only to the extent that it can be submitted as one of the proofs to procure Domicile Certificate. No more no less. Prime Minister Sh. Narendra Modi and Home Minister Sh. Amit Shah needs to be congratulated along with LGs administration of J&K for ushering an era of peace, prosperity and all-round development of the union Territory of Jammu and Kashmir by eliminating all ifs and buts of status of J&K. It is time to move forward and realise the dream of a, Inclusive, Developed and Progressive NAYAJAMMU& KASHMIR.



- Adv Ankur Sharma



# Delimitation on 2011 Census is a Declaration of War on Jammu

**D**elimitation on the basis of Census 2011 conducted in the erstwhile state of Jammu and Kashmir is the latest policy flaw from the central government. There is enough evidence that Censuses in Jammu & Kashmir state have been ridden with fraudulent processes since 1961, and the Census of 2011 surmounts them all. These manipulated censuses have had direct impact on Jammu region leading to the subjugation of its Hindu population. Unfortunately, now, members, leaders having past history of supporting separatism and individuals having links with the groups who perpetrated Census frauds against Jammu in past; have been included in the already notified Delimitation Commission by the Government of India. To say that Government of India is repeating the historical mistakes, is not a misplaced statement that this decision will perpetuate the slavery of Jammu region by Kashmiri hegemony.

The decision to initiate new delimitation in J&K based on Kashmir biased and fraudulent 2011 Census figures is no doubt a shocking development, which will negate the impact of neutralization of Articles 370 and abrogation of 35A. With such decision, Jammu will stand betrayed once again and thrown into perpetual slavery of Kashmir Muslim manipulators and one can make out that this is an internal sabotage and keep Jammu hostage to Fundamentalist Kashmiri Islamic hegemony. It will further rehabilitate and strengthen Jihadi separatism movement.

It will be of interest here to have look at the history of fudging Censuses in erstwhile Jammu and Kashmir State to understand how the interests of Jammu province were undermined by Muslim power brokers of Kashmir, and why 2011 census as basis of delimitation is not acceptable to the people of Jammu.

Fraud and fudged censuses in J&K has always been a conspiracy against Jammu, hatched by the successive coward and insecure Central Governments in active connivance with the Fundamentalist Kashmiri Islamic power centers, disguised as mainstream political parties, in order to ensure that power in J&K always remain in the hands of Muslims of Kashmir.

It was 1941, when the first population census was conducted in Jammu & Kashmir. There was no census done in 1951 in the State, and figures for 1951 were interpolated based on 1941 and 1961 census data. Irony is that the population count of 1961 itself is disputed. In 1941, the population of Kashmir was 46.34% as against 53.66% of Jammu Division. In absolute terms, Jammu had population of 20.01 lacs and Kashmir 17.29 lacs.

Let us examine, why 1961 census data is doubtful in the first place. In 1961, using 1941 as the base line data and as per natural growth pattern, population of Jammu region should have been higher than that of Kashmir region, as there are no apparent reasons for population count to swing towards Kashmir. Kashmir lost more population share compared to that of

Jammu between 1941 and 1961 when Pakistan occupied parts of J&K state which we now refer as POK.

The false census data of 1961 became base of 1981 census also as no census could be conducted in 1971 due to the war with Pakistan. In 1981, again a fraudulent practice of conducting census with a sole purpose to tilt the balance of population in favor of Kashmir was don and the census of 1991 was a interpolated on 1981 census.

Let us examine the decadal growth rate (in absolute figures) of two prominent Districts Jammu and Srinagar, one each from Jammu and Kashmir Province.

Population growth (in Lacs) in decades

	1981-1991	1991-2001	2001-2011
Jammu	2.65	3.64	6.29
Srinagar	1.84	3.46	5.30

The growth in absolute figures of population during 1981-1991 was higher in Jammu while in 1991-2001, population of Srinagar became almost the same as the population of Jammu.

As per our estimation, the population (in Lacs) in Jammu and Srinagar districts should have been :

	1981	1991	2001	1981	1991	2001
Jammu	9.43	15.00	19.00	9.43	12.08	15.72
Srinagar	7.08	5.92	7.05	7.08	8.92	11.83

Different parameters are taken into consideration while arriving at the above figures.

I) Migration of population from Kashmir & border areas to Jammu

II) ii) Impact of militancy reducing the population in the Valley. This should have led to the multiplier effect in decreasing the growth rate of population in Kashmir.

The manipulation in population figures in Census data is further evident if we examine data of some more Districts each from Kashmir and Jammu provinces visa-a-vis the ground realities. The most militancy hit Kupwara District shows growth rate changing from 26.34% to 27.51% from 1961 to 1991 in three decades. Then it suddenly jumps to 38.59% in the decade of 1991-2001. The growth rate in Baramulla rose from 25.89 %

in 1981-1991 to 32.70% in 1991-2001, whereas in Srinagar growth was 26% in the decades 1961-1991 and suddenly jumped to 31.45% in 1991-2001. Contrary to this, the growth in District Kathua of Jammu region was 41.25% in 1961-1971, 33.37% in 1981-1991, and then 20.91 in 1991-2001. So, growth rate in Kathua slid from 41.25% to 20.91%, with no reason for this decline. As per fudged census data, Population of Muslims as a percentage of total population increased by 4.12% whilst that of Hindus and Sikhs fell by 4.27%.

The above analysis puts on record as to why the people of Jammu region feel betrayed. Obviously, population figures of 2011 Census are not acceptable to the people of Jammu Division. Using 2011 fudged Census data base for delimitation will deprive Jammu of its share of higher seat allocation as per the ground reality as compared to Kashmir.

If the Census (Population) as a criteria of Delimitation from Legal Angle is followed then:

1. Delimitation in J&K will be conducted according to The Central Delimitation Act of 2002. This is provided in Section 62(2) of the J&K Reorganization Act, 2019.

2. According to Section 4(2) of the Delimitation Act, readjustment of constituencies shall be done, "on the basis of the Census Figures". This means that the primary base for Delimitation is Census Figures i.e. the Population.

3. For J&K, Census figures mean Census figures of 2011. This is according to Section 62(1)(b) of the J&K Reorganization Act, 2019. But we all know that Census 2011 was a fraud and highly Kashmir biased Census exercise.

4. Section 60(2)(b) of the J&K Reorganization Act provides that for determining the extent (physical boundary /map) of the constituencies, regard shall be paid to other factors like physical features, existing boundaries of administrative units; facilities of communication and conveniences to public.

5. These other factors are there to ensure

that areas divided by natural barriers like rivers or mountains or absence of roads should not be clubbed together. These should be clubbed with other constituencies which are contiguous to them.

6. So, these other factors will not create more constituencies. These will be a factor in determining as to which area goes to which constituency. For example, applying these factors, Lakhanpur will be clubbed with Kathua constituency. Currently it is clubbed with Basohli. It doesn't mean that Lakhanpur in itself will become a new constituency.

7. The primary base therefore is Population based upon 2011 Census and other factors are just ancillary or adjuncts. These are mere guidelines for the Delimitation Commission.

8. Practically, weight assigned to the Population factor is 75% whereas all other factors will have a collective weight of 25 percent.

The fundamental issue that arises here is that when 2011 Census population figures are fraud, fudged and Anti-Jammu, and has a weight of 75%, should the people of Jammu accept Delimitation on Census 2011 basis?

IkkJutt Jammu strongly condemned the move of Government of India in taking the process of Delimitation on the basis of Census 2011, and summarizes its concerns as follows:

1. Despite @IkkJutt Jammu having exposed the fraud of 2011 Census, "Delimitation Exercise (is) initiated to redraw Constituencies in J&K". The result is obvious that Jammu would become a Voluntary Slave to Fundamentalist Kashmiri Islamic Hegemony.

2. Fraud Censuses have always been a conspiracy against Jammu hatched by various Indian Governments (may be due to their cowardice or ignorance) in active connivance with the Fundamentalist Kashmiri Islamic Power Centres, resulting in power in J&K always remaining in the hands of the Muslims of Kashmir.

3. In 2002, the number of voters in Jammu were more than Kashmir by 1.41 lakhs. In 2014, Kashmir voters exceeded

Jammu voters by 4.21 Lacs - a swing of 5.67 Lacs. It is surprising as to how Kashmir's population increased by 14,11,000 in 10 years from 2001 to 2011.

According to the fraud 2011 Census, the average population growth of Jammu Province which was 31% between 1971-2001 dropped to 21% in 2011. A decrease of 10% population of Jammu proves that 2011 census amounted to Genocide of 10% Jammu population on paper.

Due to migration within and outside J & K on account of Hindu and Sikh Genocide in Kashmir, the percentage growth in Kashmir's population should have been lower than that of Jammu, but it instead grew by 26% post 1991.

4. Census figures show that the difference between population of Jammu and Kashmir increased by 44% between 2001 and 2011 i.e. post outbreak of insurgency in 1989 as compared to 16% between 1971 and 1981, which supports that 2011 census was a fraud. Between 1981 and 2011, population of Muslims as a percentage of total population increased by 4.12% and those of Hindus & Sikhs fell by 4.27%. This can be explained by only two ways - either the Censuses were fraud or the Hindus for some reason got massacred or disappeared in Lakhs. It makes more sense to state that the former is true.

5. The fraud of 2011 Census was aimed to destroy Hindus, Sikhs politically, socially, culturally and economically and create the basic foothold for Demographic Jihad in Jammu.

6. Delimitation on the basis of 2011 census will only consolidate Muslim Hegemony working against the interest of the Nation as witnessed historically, and also kill the aspiration of Jammu people to be part of healthy democratic process of the country. This injustice to the people of Jammu cannot be corrected later.

7. It seems that GOI never learns from its mistakes. The decision to conduct new Delimitation on the basis of Fraud 2011 Census was taken concomitantly with the formation of J&K Apni Party which is also a

subversive act and a part of the same design to enforce Muslim Hegemony.

8. Instead, if Delimitation is conducted on Census 2021, expected to reflect ground realities, Jammu is expected to get 50 Seats out of 90 and Chief Ministership, which would be fair as it would be based on facts. If fraudulent 2011 Census is taken as basis, Kashmir gets more constituencies than Jammu. But unfortunately, Government of India has trapped itself in the saga of so called secularism based on appeasement of Muslims.

IkkJutt Jammu strongly condemns

conducting Delimitation on the basis of fraud 2011 Census, which it considers as an act of internal Sabotage. Doing so will rehabilitate Jihadi separatism.

The Government should wait for the results of 2021 Census operations, the process for which was scheduled to be initiated in April 2020 which is likely to resume once this pandemic situation is brought under control. Jammu can wait for another 2 to 3 years for Assembly Elections to happen. But it cannot continue to remain a Colony of Kashmir for decades down the line.

(The writer is Chairman IkkJutt Jammu)

# MANKIND RIGHT NOW!

- Anshul Koul 'Ashok'

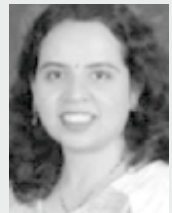
The Summer sun is not hot any more,  
the wind is just right,  
the sky, the trees, the chirping birds, I see  
from my window,  
look all alright,  
but nothing right  
for Mankind right now!

First time  
the brainy beings are scared,  
caged,  
starved,  
and innocent  
flying high  
fearless  
the mother earth's creatures and mother  
earth are all right,  
but nothing right  
for Mankind right now!

Never did we thank,  
thank for air,

thank for food,  
thank for water,  
high on arrogance,  
high on ego,  
bank balance may be right  
but nothing else right,  
for Mankind right now!

The family is not just kith and kin,  
everyone on earth is family,  
everyone!  
our earth is great grand mom,  
lets be empathetic,  
lets be real,  
lets seek forgiveness,  
lets go back to be, how god created us,  
be right,  
get right,  
be conscious,  
I Hope,  
for Mankind right now!





- Yoginder Kandhari



## Non-Migrant KP - A Pariah

**T**o a Kashmiri Pandit (KP) who refused to migrate out of the Valley at the onset of the bloody insurgency in the 1990s, the paradox is apparent whenever union ministers reiterate their commitment to safe and honourable return of KPs to the Valley. Non-Migrant KP has seen it all; his lot remains ignored. Adversity has taught him to sift sincerity from the political bluster. When Pravesh Sahib Singh Verma exhorts Delhi to vote for BJP to avoid the fate that befell KPs in Kashmir, non-migrant KP doesn't miss exploitation of his tribe in the electoral rhetoric. Having gone through the rough and tumble of hate and appeasement, the Valley-based KP finds himself to be the butt of pathetic neglect and ridicule by his own.

Post-migration, a plethora of KP outfits mushroomed. While some among them genuinely worked for the welfare of the community during the humungous humanitarian crisis; most were proxies of political outfits. Unfortunately, these zealous

the Valley and established themselves well either in the mainland or abroad. Amatorishly, they were overwhelmed not by reason but by hate- a leadership deficit. Abandoning the welfare of the community as a whole they dabbled in politics, failing miserably on both the counts. Today, the non-migrant stands disillusioned, an outcast.

### Dwindling Numbers.

In the early 1990s, almost entire KP community fled to the safety of plains, leaving behind a minuscule number. With political executive in the state (now a UT) abdicating its responsibility and New Delhi lost in the woods, the exodus of KPs continued unabated. While in 1992, their number in the Valley had reduced to just 32, 000 families, 1998 recorded a sharp fall to 19,865. As per a survey conducted by Valley-based KPs in August 2019, their numbers have shrunk to 808 households adding up to just 3445 souls, scattered over 242 places. The district-wise breakdown is here.

No	Anantnag	Bandipur	Baramulla	Budgam	Ganderbal	Kulgam	Kupwara	Pulwama	Shopian	Srinagar	Total
Families	142	32	223	44	15	72	12	102	49	117	808
Population	604	137	949	187	64	307	54	434	211	498	3445

Note: For security reasons, most families have abandoned their homes to relocate in respective district headquarters. Seventy-two families have shifted to Srinagar.

cadres turned antagonistic to those who chose to stay back. Vocal activists not only abused the left-over members; they even labelled them 'traitors' who had 'abandoned their religious faith'. Nothing is farther from the truth.

A majority of this 'leadership' were those who had long back severed connections with

Reasons for their dwindling numbers are evident. Besides economic strangulation by successive governments, vote bank politics by all including the BJP and venom spewed by their own on electronic media have rendered their stay in the Valley untenable. Rather than relapsing into fits of intemperate displays in TV frames, one wishes these 'spokespersons'

did something concrete on the ground. There is a lot they can do. It is time they followed an age-old adage- to regain what is lost; it is essential to retain one foot on the ground. Outshouting others on air has never won a 'war'.

### **Closing Ranks for Survival.**

Living in a fragile security paradigm and an intensely polarised neighbourhood, non-migrant KPs displayed immense grit and maturity to close their ranks to voice their grievances. In the early 1990s, they organised themselves into 'Hindu Forum' headed by likes of Late Shri H. N. Wanchoo, Late Dr T. N. Gangoo, Late Dr B. M. Bhan and others. 'Hindu Welfare Society, Kashmir', an NGO, replaced the Forum. Given severe constraints, both these organisations performed their roles admirably. In 2005, 'Kashmiri Pandit

politician nexus, inefficaciousness of 'The Jammu & Kashmir Migrant Immovable Property (Preservation, Protection and Restraint on Distress Sales) Act, 1997' and many more. In 2009, KPSS had the gumption to stage a photo-exhibition, in the heart of Srinagar, highlighting the wanton destruction and desecration of temples by Islamists. The visitors included separatists of all hues. It is to the credit of KPSS that long-forgotten religious festivities, like Janam Ashtami Procession, Dusshera etc., were revived in the Valley. Much that the exiles may denigrate the non-migrant for not migrating; the truth is whatever revival of KP/Hindu religious traditions has taken place in the Valley is because of daring KPSS.

### **Neglect and Discrimination.**

Non-migrants KPs have devised a novel way



Sangarsh Samity' (KPSS) was set up as the political voice of KPs in the Valley. Dr Vijay Sazawal (USA), Late Shri Shiban Duda and Late Shri M. K. Kaw lent unstinted support to KPSS and voiced their grievances in New Delhi's power corridors. Presently, Sanjay Tickoo and a determined group of youngsters head the struggle in the Valley

Besides bread and shelter issues, KPSS agitated other significant Community concerns, like usurpation of KP religious assets by the terrorist-land mafia- bureaucrat-

to express their despair. All their petitions commence with a prayer 'If you can't save us, then it is better to execute us under any Euthanasia Law rather than slaughtering us (Non-Migrant Kashmiri Pandits/Kashmiri Hindus living in Kashmir) for some hideous political revenge.'

Two different Parliamentary Standing Committees on Home Affairs in their reports, in 2009 and 2014, explicitly observed 'pathetic' conditions in which non-migrant KPs are staying in the Valley. Both

committees recommended 'special budgetary (and other) provisions for KPs left behind in the Valley for fulfilling genuine needs of housing, employment and improving their living conditions'. Politicians and bureaucrats have consigned these reports to archives.

In India, politics is a coveted profession. Across the political spectrum, numbers count. True, even migrant-KPs don't constitute a vote bank but retaining sections of them in sub-human conditions and degradation adds to the electoral fortunes of some parties. Dumping a handful of KPs in the Valley is of no political consequence to anyone. Hence, they continue to live abandoned.

Irrespective of ideology, all parties when in power siphoned off the funds meant for Kashmiri migrants to build their cadres in the Valley. Sanjay Tickoo acknowledges 'New Delhi is quick to recognise and act on our concerns. But, it is the state political functionaries who obstruct benefits from reaching us'. Neglect of non-migrants KPs is writ all over their plight.

## Relief Denied

Quoting an EarlyTimes expose, Sanjay Tickoo says "Political parties have swindled Rs. 2,340 Cr, from funds, meant to provide financial assistance to Kashmiri Migrants, to build their cadres in the Valley. Now that they have been caught with their hands in the till none has reacted to this expose". A large number of non-migrant Muslims and Sikhs are registered as migrants and are enjoying Government doles. Even during PDP-BJP Government, thousands of political foot soldiers in the Valley have registered for cash relief under this category. All these 'political migrants' stay in the comforts of their homes in the Valley under exclusive security cover.

Despite numerous representations, the Government is callously indifferent to the pleas for cash relief by needy non-migrant KPs who have relocated to safer places within the Valley. When thousands of 'political workers' of other communities receive cash relief under false pretexts, denying same to a few needy non-migrant KPs smacks of

discrimination; communally and politically expedient.

## Shelter Denied

Besides cash relief, thousands of 'political workers' have been allotted government accommodation in the Valley. In comparison, all those non-migrant KPs who have relocated in distress to district headquarters live in rented accommodation, a luxury they can't afford. Several appeals and petitions to the Government for allotting accommodation to the small number of non-migrant KPs find no favour. Isn't it a travesty of justice and fair play?

## Employment Denied

Conceding to their genuine demand, in 2013 the Centre extended benefits under Manmohan Singh led UPA Government's 'PM Employment Package' to non-migrant KPs also. Some KP 'leaders' tried to prevent this benefit from reaching these needy people by miring the issue in a legal dispute. After a protracted legal battle, KPSS' claim was upheld by the Hon'ble High Court in 2016. It is bewildering that ever since the court ruling, their file has gone into a 'bureaucratic orbit', a term coined by George Fernandes for politico-bureaucratic inertia. Exasperated, KPSS following-up the case was curtly told by the concerned officer that there were instructions to bury the file deep.

In the backdrop of politico-bureaucratic neglect, these are but a few travails that non-migrant KPs undergo in the Valley. Unless the 'left-over' KP is taken care of, rebuilding Bharat in Kashmir would remain a hollow slogan. New Delhi would be well advised to address the genuine grievances of these aboriginals for they are the foundation of Kashmir BJP wishes to build. The ruling party must ensure that it does not sacrifice their right to a dignified life at the altar of its political greed.

Don't abandon the non-migrant KP as a pariah. Otherwise, he will pack up and leave. That would be the final migration of KPs from the Valley.



- Surinder Kaul



## Media Under Attack

Congress party has entered into a blind alley lost its political sheen very fast, just in two decades. It has changed its democratic character into feudalistic ruled by aristocratic family, trapped in a clique of sycophants. Under its new political hegemony manner it has involved some media men and judiciary luminaries to serve the party interests obliquely but to support only the family rule. Although, the party and its leadership are reported to be embroiled in various scams, corruptions and misuse of power, yet the final conviction against them are hanging in limbo. Only investigating authorities are in know the status of the scams and corruption at present and how long it would take bring culprits in the Congress party to justice.

Despite its shady past on the political spectrum at national level, the party leadership has never tried to delink it from corrupt leaders or acts of muzzling the voice of a Media house. Executive, Judiciary, Legislation and free Press are the most dependable concrete pillars of the democracy as per the Indian constitution. It is an established fact that all over the world irrespective of the political line do not tolerate slightest erosion in four ideals of democracy.

Knowing well the important ingredients of Indian democracy, the Congress muscle men Preteek Misra and Arun Borde took a follow of Arnab Goswami, Editor in Chief of Republic TV channel in the midnight of 23<sup>rd</sup> April after he and his wife were return home from office. In their follow up, the goons threw liquid filled bottles on the vehicle of

Arnab and his wife with the purpose to break the window pan to physical injure them and unnerve him at the steering to disrupt his maneuverability to force his car into an accident. His vehicle was sprinkled with black liquid spilled from broken bottles thrown on the car and causing dents on the sides of car was to scare him. But his vigilant security was efficient enough to catch hold of them, who admitted that they were given the task of hitting Arnab by the senior Congress leaders. Both the rowdies were youth Congress activists in Maharashtra. Both of them were said to be in company of Ashok Chauhan former CM of Maharashtra and M.M.Khargha Congress MP, former Union Cabinet Minister.

What could be the cause that these goons were allocated of manhandling and threatening Arnab Goswami? Was it that Arnab Goswami was an independent and nationalist Television Anchor who called spades a spade? He was the TV anchor who questioned on bone contentious issues to both the ruling and the opposition equally. Was it that he dished out investigational journalism in the air which becomes hard revealing breaking news for the Indian viewership? Or Was it that he favored none but unwrapped the anti national and pseudo secular covers or exposed the double-faced characters of the country? Was it the fault that Arnab to rake up the mob lynching of two saffron colored dressed Sadhus of 70 years and 35 years age group in Palghar area in Maharashtra administered by the political alliance of Congress-National Congress Party and Shiv

Sena combine in News hours of his Republic channel on 21<sup>st</sup> April? None of the political alliance partner condemned the brutal killing of these innocent Sadhus. Tall leaders like Sharad Pawar, Sonia Gandhi did not utter a word of denunciation over the mob lynching of Sadhus in presence of policeman. This whole band of police personal meant for the protection of Sadhus ought to have been suspended followed by an enquiry. While anchoring Republic news telecasted on 21<sup>st</sup> April, Arnab blamed Sonia Gandhi for orchestrating attack on two sadhus raised a question would she had maintained same silence if the victims would have been from Muslim or Christian communities.

The surprising sarcasm was when after the attempt to physically violence by Congress louts caught by the personal security guards of Arnab went for lodging a complaint in the police station, the police officer at the police station was hesitant to lodge an FIR. Even Arnab's security personal pointed that Congress party affiliated lumpen committed the act, but police officer did not perform his duty as per law. Perhaps, Police officer must be in dilemma, shouting Arnab for lodging FIR on one side and on the other side must be waiting for the signal of his boss whether the names of the youth of congress party were to be mentioned or not because congress being in ruling alliance? However, after long exchange of arguments FIR was registered in late night on 23<sup>rd</sup> April but with mild sections and vague information report. This was how the policing system and its functions were misinterpreted by the persons who administer in the police hierarchy. On the contrary number of cases against the editor in chief, of the Republic TV Channel, was registered in congress run states in the country for accusing Sonia Gandhi directly in the brutal murdering of two saints in Palghar. Cases were inscribed in police stations of Jharkhand, Chhattisgarh states which are far away from place of occurrence against Arnab Goswami for pointing finger at Sonia Gandhi in carnage of two Sadhus in Palghar. Moreover, battery of Congress legal experts like Kapil Sibal and Vivek Tankha were

also tasked for their respective regions for pleading of the cases against Arnab in various courts of the country. It was enough to show how congress party had kept its entire legal, political and administrative armory ready to punish hard the Editor in chief of the Republic channels. Congress party in this case has misused its power to the hilt and infringed on the freedom of expression in democratic India.

The decree announced by the Supreme Court of India in respective of appeal for the deliverance of Justices to Arnab against the series of cases registered and the aim made by congress cuddies was great relief to Republic channel and its editor in chief. Most of the law abiding citizens and galaxy of legal luminaries and media groups in the country were pleased over the verdict of the highest court. Leading lawyers like Harish Salve, K.K.Manan, Kapil Sankhla, Malvik Trivade and S. Gurumurthy and many others from other states appreciated and recognized the positive adjudication by the country's highest court of justices. As per their views, modern digital and electronic amenities across the World over, the working and collection of news and information has taken a new turn with rapidity of news streaming out in all quarters. Social media and internet has unfolded extensive reach and coverage in news system in the World. Political clout and coercive actions were of no longer of any use in modern times when chances of hiding the facts are bleak. Politicians need to come out of their set mind of thrusting their myopic views in the state by misusing their authority or bullying the press. S. Gurumurthy economist and columnist drew the comparison of the attack on Arnab with the emergency days when media was muzzled, and opposition leaders were put behind the bars. Indian democracy has become matured and its people are conscious about the freedom of press as an essential component for the progress of democratic principles. Therefore, physical violence, harassment and strong arm twisting of the media is to defile the basic tenants of Indian constitution and its people; which all political parties should adhere to in all circumstances.



- Ruchi Raina



## We, the Kashmiri Pandits: What's Next After 30 Years of Exile?

A time long before the Internet and the Internet-of-things seeped in common parlance and certainly long-long before toddlers spoke Alexa as their first word, our house, like most middle class households in the 90s, received its daily dose of news from DD and magazines such as India Today and Frontline. In one such news magazine, I remember reading about the Parsis – the Zoroastrians who took refuge in India in the 12<sup>th</sup> century. The article covered their origins, struggles, their glorious past, their great contribution to nation building, and

their impending inevitable decline. It berated how young Parsis no longer understand their religion nor are connected to their culture. How difficult marriages and funerals were becoming. How only a few rituals are done, and that too without understanding the significance. Even though Parsis are one of the most educated, rich, and influential community in India, their way of life is ending. Sensing this, some Parsis had built a time capsule, put symbols of their culture in it, and placed it in a deep well for future generations to find.



“Find what” I thought. “How will this ever help? If the current generation doesn't bother, why will the one hundreds of years from now bother except for a purely academic purpose?”

“And should cultures worry about saving themselves in the first place? Cultures are rivers – taking, giving and evolving constantly – a forever churn. Those that are not, are the ones that should worry about stagnation”

Though I have always believed in an evolutionary mash up of cultures – a constant churn to create a higher, better suited one; this story of the slow but sure decline of Parsis made me sad. The desperation of the ones who were making last attempts to revive has stayed with me – after all these years. Right here, was a tangible loss. The waning away of an entire community, their wisdom, and their way of life.

The biggest gift of humanity is their power to empathize and hypothesize J K Rowling says. Replace the Parsis with us - the Kashmiri Hindus. Life post the exodus had been tough for most, the wounds perpetually green – untended, even poked again and again. Our parents' generation spend all of their life restarting from the scratch and making it easy and comfortable for us. And we, the next generation, by and large, have grown in a secure though isolated environment. Islands across the ocean called India.

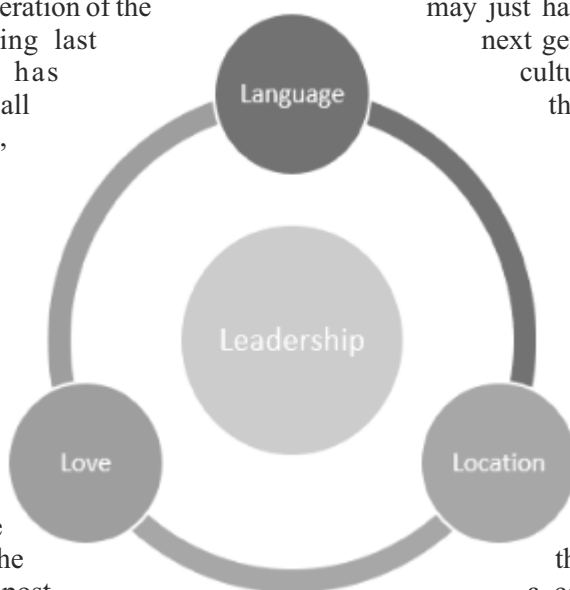
Unlike the natural evolutionary curve that cultures have, the change of our culture has been abrupt - a waterfall instead of a meandering river. We had to adjust to survive and survive we did albeit at a tremendous cost of our culture. As I have grown up, the loss of

our home and culture has become more sharp and tangible, especially since I had my own family. When my kid was small, I had to explain that snow is not hot, it's very cold. No Kashmiri should have to explain this.

At times, I feel that an event of this magnitude should have rattled our very core and got us together like the Spartans in 300. Instead, it threw us in all corners of the globe for respectful survival. 'You' and 'I' survived, though 'we' are dying. I feel we have failed our ancestors in not 'striving enough and striving intelligently' to retain and become aware of our culture. More importantly, we may just have failed in giving our next generations the necessary cultural roots. All I know at this point of time is that I do want to do my 2 cents. We have lost the battle, let's not lose the war.

So, I did some single-person brainstorming, which is obviously non-ideal, but is my personal first step to understanding and solutioning this. In my view, there are three key ingredients for a community to sustain – language, location, and love (or the sense of community which comes from togetherness). These points don't exist in silos, but are interlinked and reinforce each other. All together, these make and sustain culture. There is a pivotal fourth one – leadership – for a community to move from survive to thrive.

From my limited understanding of our history and from the account of our elders, leadership was never our stronghold. We have been weak in having a single leader and rallying after him/her with all our force – maybe it's from the decades of servitude under one regime or another. The rest three started eroding post our genocide and exodus of



1990s. As in all situations – the best of best or the worst of worst, there is always something one can still do. And that's what's critical.

Before we proceed further, here's my disclaimer: My intent of writing this is not to be preachy; it's more from the sheer desperation and magnitude of the task. I hope this triggers a wider conversation within us and we start eating this elephant one bite at a time. This is my aim for a butterfly effect.

**Leadership:** We need to unite under a single leader and a single political organization. Period.

Any this else is inefficient and won't work as we are already in year 30. Enough historical data points on this.

Most of the KP political organizations that I have tried to reach out to are dying or dead; they fall way short of the ask at hand. The phone numbers and email IDs don't work. The twitter handles are mostly dysfunctional. For the once or twice that I have managed to get a response, there is a general lack of interest from the other party. For some, the scope of work is entirely cultural. A very easy method of introspecting here is to check against the below:

- ❖ What is the vision of the party?
- ❖ How was that crafted?
- ❖ How many active party members are there?
- ❖ When was the last time the party website was updated (if there's one to begin with)?
- ❖ How many new members have been added to the party in the last 3 months / 6 month/ 3 years?
- ❖ What has been the outreach/ communication?
- ❖ How many young people have joined?
- ❖ What are their thoughts and aspirations?
- ❖ Is there any governance model?
- ❖ How is the party keeping the discussion and dialogue alive – in the old and new, far and wide, KPs and non KPs?
- ❖ How many of our leaders claim to represent us in the national forums?
- ❖ How does this lack of unity reflect on us in front of the rest of the nation?

To my knowledge (again limited), there is no census on the population of KPs. We keep hearing different numbers on the total number of KPs. In any case, quite unlikely that we are more than 10 Lakh. Is it possible to build a census and then set up a single political front by internal voting within the community? Difficult yes, but required. If not this, can all the existing parties with a political agenda converge and come up with a harmonized agenda and governance model in a 2-day workshop. Less difficult than the previous but required and effective, nonetheless.

Our political organization should be representing us with complete authority and have multiple chapters worldwide. The chapters can promote the culture and convene on the major political challenges. All chapter organizations should be named similarly instead of the gazillion names currently. We should consider a rotational chair model to keep it away from the 'I am the leader' trap.

We can consider crowd sourcing for the political party and associated expenses. Our whole existence is at stake and this requires our thought and attention now (NOW – for emphasis).

**Language :** Language is the cornerstone of any culture. It holds the key to the ancient accumulated wisdom and its evolution and progression for future. It was an early causality of our exodus – the new places we settled in required a different language skill. No one from my generation and younger uses Kashmiri as a first/second language these days. Even my parents generation, had to accede space for Hindi/ English in the multilingual society that we landed in.

As a parent now I face the same challenge – How do I teach my kid Kashmiri and keep it relevant? Here are three things I consciously do – not perfect, but better than nothing I suppose. May be you share your best practices / solutions to this list.

- ❖ Play Kashmiri music - bhajans in the morning everyday and other songs on weekends
- ❖ Share and explain the occasional

Kashmiri fun/ cultural videos – Here's a perfect example of a butterfly effect. How many of us were reminded of *kasheer* by the recent group of Kashmiri social influencers (you tubers, bloggers, and singers)– Ashima koul, ashvun koshur, Rahul Wanchoo, Search Kashmir, and the Kashmiri pandit channel by Urmilla Handoo.

- ❖ Speak in Kashmiri whenever the grandparents arrive - familiarize the kid with the tone and vocabulary of the language.

**Location:** Our next best option to co-location is to find multiple virtual and physical meeting places and keep these alive. Most Kashmiri organizations are cultural in nature. Many are doing fantastic work in keeping alive specific threads of our culture such as KoUSA and Gopinath ashrams, though with limited reach and a bit in isolation of each other. These organizations can act as catalyst for getting us together.

- ❖ The organizations should act more like chapters and promote each other.
- ❖ The ownership of organizing events should be collectively owned and the people involved should be changed. We may want to try a round robin way of governance and ensure delegated co-owned leadership.
- ❖ Organizations should have regular light meetings, similar to the way Sunday mass is organized in churches. Very light for an hour – just with kehwa/ no overheads – the idea is to know and bond.
- ❖ The communication around the various events needs to be integrated and improved majorly to have a wider reach.

**Love:** I make it a point to talk to a person if he /she seems like a kashmri pandit. It doesn't work all the time. Once a young man told me that he has no Kashmiri baggage as he was too young when the exodus happened. That nonetheless, most ppl are happy to see each other and this applies to Kashmiri's too. So, here's my two cents on improving our sense of togetherness:

- ❖ Make friends with Kashmiri Pandits

around you. It helps.

- ❖ Go out of the way to help fellow Kashmiri Pandits.
- ❖ Provide funds for scholarships, medical aid, financial aid, etc , and make these available at a pan India level.
- ❖ Acknowledge each other's effort – give a shout out/ pat in the back
- ❖ Tap the huge capital we have in the entertainment and media industry. Make our cultural motifs popular. Make our youngsters take pride in our heritage.
- ❖ Create a job group on linked for Kashmiri pandits and Dogras.
- ❖ Let's be gracious about the overall help from the Dogras. We owe them this.

There will, of course, be a 1000 more points and explanations or lens to look and evaluate our situation, but that's all immaterial now. There is no point in just deliberating if we don't act on any of our ideas, knowledge, and insights. A while back, I was cajoling a young little guy to study. As I reminded him of his intellectual Kashmiri lineage, pat came the reply “If we were this smart, we should have used this smartness when we got thrown out from Kashmir by the muslims.” Well, this statement demonstrates a logical fallacy we all have been ignorantly wallowing in - we aren't as smart as we think we are.

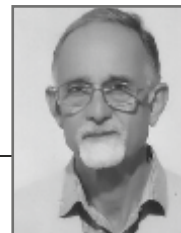
They say God makes us go through ordeals as He wants us to learn something new. Something which wasn't possible had we continued on our same old journey. I hope we are learning that we need to be more than a *samovar* lying in a display shelf or a *pashmina* lying unused in a suitcase.

30 years is a whole lot of time – almost half of the average human life span - yet not long enough for our history to be altogether forgotten. In some ways, I see our parents' generation as the last custodians - our last chance – one of the last threads which connects us to Kashmir more strongly than we ourselves do. The next five years are make/ break time for us Kashmiri Pandits as a community. We must try out bestest best to reclaim our land and our culture.

Apna time aayega!



- Dr. Tej N Dhar



## A Strangeness in My Mind

The title of this piece is from William Wordsworth's poem *The Prelude*. It is one of the three epigraphs in Orhan Pamuk's massive novel of the same title. I have a feeling that it accurately describes my present state of mind, for I have been experiencing an unusual kind of strangeness right from the time the government declared a lockdown, which does not look like ending soon.

If I were asked to explain this strangeness, I would say that I cannot. The unusualness of this strangeness could possibly be experienced by looking at the beginning of this interesting novel, which is about the "adventures and dreams" of its protagonist Mevlut.

The beginning is interesting but somewhat baffling and has to be understood in its proper perspective. Mevlut is attracted by a girl in a gathering during the wedding of one of his cousins. Right from that time, he starts writing love letters to her regularly, even though she does not respond to them. His cousin, who delivers the letters to her, tells him to persist in his efforts and keeps his hopes alive. Because of this, Mevlut decides to elope with her to Istanbul with the help of his cousin.

On the appointed day, when it is sufficiently dark, Mevlut goes to the girl's home and takes her out from there. With locked hands, they walk up to the point where they meet his cousin, who is ready to take them in his van to the railway station. In the moving van, a sudden flash of lightening brightens its



The world around me seems like crumbling any moment, as if it has lost its solidity. Would that imply that the world around me is like an illusion, a maya?

interior, and Mevlut gets a chance to see the face of the girl. At that moment, Mevlut has a strange feeling that she is not the one he had seen at the wedding. The whole adventure acquires an inexplicable strangeness, which stays with him all his life.

For me, the present lockdown has created almost a similar web of strangeness around me. When it was announced, I visualized my life during this time with remarkable clarity, of things that I would be busy with and jobs that I

“ “I had melancholy thoughts... A strangeness in my mind” are followed by two more significant lines: “A feeling that I was not for that hour/Not for that place.” ”

would finish without any disturbance from any quarter. Things have unfolded the way I had planned, but the air of unreality around me has affected my performance.

Quite often, in the midst of a busy session of reading and writing, my mind suddenly wanders into uncharted territories. I begin to feel that the world has come to an end for me and all that I am doing has no meaning, no purpose. Perhaps I should have written my will, left a note for my wife and children, and cleared my table of everything that could cause confusion to them after my departure from this world.

These could possibly be intimations of death, as, for example, my grandfather had before he actually passed away. He got them because he was a highly evolved soul. He told me six months before his actual death that he had to go and that I should be ready for that. When that moved me to tears, he patted my back and told me to learn to face death. But what I feel is different from what my grandfather felt before his death. That is why the strangeness. There is an element of mysteriousness to my feelings that I cannot fully grasp.

Yesterday, I spent upwards of an hour, or could be even more, thinking why I feel like what I do. And a violent thought hit me hard. Perhaps it is the mischief of the virus that is keeping the world so busy right now. I remember, years ago, when my daughter had an attack of malaria, which became a source of puzzlement to many specialists, I literally dreamed of the parasites that had infected her tender frame.

I have no dreams of that kind, and this new virus is no parasite. I am told that it is some kind of genetic material with a thick coating of protein on it. Perhaps, it has no life. Then why this feeling of strangeness in my mind. The world around me seems like crumbling any moment, as if it has lost its solidity. Would that imply that the world around me is like an illusion, a maya? But I don't believe that, for I am firmly rooted in the belief that Kashmir Shaivism has always stressed: that the world is real. Then, what could be the cause of my strangeness? I wish I knew for certain.

Not knowing how to come to grips with this strangeness, I decided to go back to dear old Wordsworth, whose poetry has provided solace to troubled minds. I looked once again at the lines carefully. “I had melancholy thoughts... A strangeness in my mind” are followed by two more significant lines: “A feeling that I was not for that hour/Not for that place.”

Thank you, Wordsworth. Now I know that there is strangeness in my mind because I am not made for a lockdown and certainly not in a place that is labelled a red zone, a veritable prison.

Another Pandit\* becomes a victim today,  
Not, because of the virus of Corona,  
But, because of the virus of terrorism,  
Let loose by champions of Islamism.  
For he refused to shun Hinduism,  
Continued to follow Indian secularism,  
In his homeland, once known for mysticism;  
The fountainhead of Kashmir Shaivism,  
Land of Lal Ded, and they claim, Sufism.

## VICTIM



- Ramesh Manvati





-Rohit Bhat



# Holding The Faith

## A Tribute to My Grandfather

**W**e all are members of Family Whatsapp groups, where we share pics and memories with each other, it does not matter how far we are from each other, we always feel close because of Social Media. Last week, On the birth anniversary of my maternal grandfather whom I always affectionately called as Nana Ji, my maternal uncle shared a picture of him along with a few others which included that of my maternal grandmother, my mother and her siblings when they were young.

As a remembrance to my Nana ji I posted the picture him on Facebook and in a day it went viral, because it was a powerful picture of him reading Holy Bhagvad Geeta, in front of a makeshift temple which he built in front of his torn tent after he had to leave valley and stay in refugee camp.

I would like to seek an simple answer to my query, that exodus has taken from us many things but if, I will ask you to choose one thing that you could have back, what will it be? Your house, furniture, the apple orchards, your friends or maybe Kashmir itself?

If I have to choose, I will go for all those 20,000 Kashmiri Pandits who died in the first five years of Exodus, because of trauma, heat strokes, malaria, depression, snake bites, and unhygienic conditions. These 20,000 were either the elderly or the young, I consider the young as fortunate ones, for they didn't had to go through the hardships, which were waiting for the Kashmiri Pandits and the elderly were



On 18th Feb 1997, just 8 days before his death, he asked his elder son to bring a registry for him, so that he could write down, every important detail they will be needing in future. From their clan Bhairava to Gotra, from their Isht devi to everything else.



the most unfortunate one's because they had to see everything they built in Kashmir, gone in the blink of an eye.

Among those elderly Kashmiri Pandits was my Nana Ji, whom we used to call 'Tatha', a common Kashmiri moniker for our Grandfathers. His full name was Pt Ram Chandra Koul, He was born on 13th May 1927 in Telwein, Achabal Anantnag, to Late Pt Amar Chand Koul and late Smt. Radha Devi Koul. His father wasn't a literate person, so he sent him to his 'Matamaal' to pursue his education. His elder maternal uncle was a renowned and famous Kashmiri poet named, 'Lal Laxman Razdan' and the younger one was known as, 'Narayan Joo Razdan'. His Matamal was in Hanand Chawalgam, Kulgam. Since Young age, He used to wake up at 'Brahm Mohurat' and go to the famous Ganesh Bal temple to pray before Lord Ganesha regularly, as he was an ardent devotee of Ganesha. Since his early days he had memorized, Bhagvad Geeta, Ramayana and Mahabharata and other puranas by heart.

He pursued his education in Kulgam till 9th standard, and then started self-study of Ayurveda and English Medicines. He used to get the knowledge from Medical Books and Magazines which used to come from Ludhiana, Punjab. During this period his father died and the responsibility of his four sisters and mother fell on his young shoulders. Due to loss of father his uncles persuaded him to come to Kulgam and he along with his sisters and mother started living with them. His uncles raised them as their own. He started working at the shop of his younger uncle and also sold off his house and land in Achabal and used that money to build a house in Chawalgam, Kulgam and brought some agricultural land.

With his hard work and education he became a 'Registered Medical Practitioner' and married off his four sister's. He then opened his own Chemist Shop named, "Koul Medicates". He came to known as 'Hakim Hazeek' and he opened this shop for Jan Seva only. He never asked for money and would be satisfied whatever the patient would him

which sometimes meant only a smile of gratitude. His main source of Livelihood was his Job of Branch Post Officer in Indian Post Office, Hanand Chawalgam, Kulgam. His close friend, Pt Jaggar Nath Koul ji used to work with him at both places. He was also helping him make these Ayurvedic medicines to benefit the people.

At the age of 18 year's, He was married to Chanda Devi Bhat, D/o Suraj Ram Bhat of Akingam, Anantnag in 1945. They had 3 Sons and 4 daughters together. She was a deeply religious person herself who used to look after the family with all her sincerity and devotion. But her life was cut short and she left for the heavenly abode on 11th April 1965. The responsibilities of the seven kids fell on him, and He was in his 30's back then.

But He wasn't alone, His mother who was "Dyed" to all those kids, raised them with such an unconditional love that none of them felt the absence of their mother. 'Dyed' was a religious lady too who also had memorized all the Dharmic scriptures by heart and used to teach them to the young kids. With the passage of time, the kids became young and one after other, six of them were married off.

The situation in Kashmir has started turning ugly and like the rest of the Kashmiri Pandits, the family too were to leave because of ethnic cleansing.

On 5th May, 1990 the family left for Jammu taking with them nothing but the important papers and passbooks, because like the other Pandits, they thought that the situation would be brought in control in no time. In Jammu, Pandits were scattered everywhere, From Udhampur to Muthi, From Purkhu to Mishriwalla, From Jhiri to Nagrota. Some went to Delhi.

Nana ji and his family came to Mishriwalla. After reaching the Mishriwalla he was allotted a tent by the authorities. It was here in front of his tent that he built this small temple to perform his dharmic duties.

He was believed to be in a state of trance by his family members as he used to devote all his time to meditate and read the dharmic scriptures. He was in this materialistic world

and still had nothing to do with the materialistic pleasures. Hundreds of his old patients used to come and persuade him to take the profession again, but he had made his mind. Sometimes the pursuance used to work and he used to treat those who had lost hope, and they used to get healthy. Such was the magic of Nana ji and faith of people in him.

On 18<sup>th</sup> Feb 1997, just 8 days before his death, he asked his elder son to bring a registry for him, so that he could write down, every important detail they will be needing in future. From their clan Bhairava to Gotra, from their Isht devi to everything else. mama ji told him that he will brought it, but forgot about it later. Then just 2 days before his death, he again asked him for the same, to which mama ji replied that, he will bring it after 2-3 days when he will go to Jammu city.

On 26<sup>th</sup> Feb 1997, Nana ji, like always woke up at brham mohurat, i.e 4.00 am and went outside to pray and came back later, and asked his elder son to throw the light of the torch at the face of Lord Ganesha, mama ji

enquired about the same, to which Tatha replied nothing just do it and go back to the sleep.

When mama Ji, went back to sleep, He heard a single hiccup and called for tatha, but their was no answer. He then woke up only to find out that, Tatha had left his mortal coil.

A month later after his heavenly departure, his Guru a famous Yogi named Mahesh Bharti came to pay his respect and told the family that, they never knew who Ram Ji was. He said he has attained sadgati so it's futile for you to be sad.

23 year's after the Exodus, i.e, 2013, When the family returned to Hannand Chawalgam to take part in the annual function of Ganesh Choram in the Ganesh Bal temple, the Muslims of the area asked them to bring the pic of "Ram Ji" next time with them, so that they could live a Healthy life by merely looking at his picture. If that doesn't speak volumes about his Greatness, I don't know what else will.

जय माता दी

## कश्मीरी कर्मकाण्ड पंडित

लग्न, देवगुण, मेखाल, काहनेथर, जन्मदिन, गृहप्रवेश, भूमि पूजा, नवग्रह पूजा, बड़ा हवन, दहिम् कहिम् बहिम्, शिवरात्रि, काल सर्पयोग महामृत्युंजय जप, जन्मपत्री मिलाना एवं देखाना इत्यादि।



संपर्क

शिवदत्त शास्त्री

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- Badri Nath Pandita

## A Great Social Leader A N Vaishnavi

The turbaned K P was a familiar face with people and media, with bureaucrats and politicians with intellectuals and non-intellectuals, with religious, political and social people, with Kashmiri Pandits and with Kashmiri Muslims. He was none other than the Late Amar Nath Vaishnavi, who was the unchallenged leader of Kashmiri Pandits and was the president of All State Kashmiri Pandits Conference (ASKPC).

ASKPC is organisation of Kashmiri Pandits in social, political and reformatory fields and among its greats have been Pandit Kashyap Bhando, Pt. Shiv Narayan Fotedar, Dr. S.N. Peshin, Justice Kilam, Justice, J.N. Bhat, Pt. P.N. Bazaz and many men of stature. ASKPC is the alternate name of once famous Shri Sanatan Dharam Yuvak Sabha. It had its headquarters at Sheetal Nath Srinagar, from where it led many a struggle for the people of Kashmir in general and Kashmiri Pandits in particular. The Sheetal Nath complex was what Mujahid Manzil was to National Conference. It was the Mujahid Manzil of Kashmir Pandits. The leadership of ASKPC has throughout been in the vanguard of political, social, economic and reformatory aspirations of the Kashmir Hindus and the ASKPC initiated its 'Rooti Agitation' from the same complex, which later on led to have a law for Permanent State residence.

A.N. Vaishnavi was born in August 1925,

the year of 'Taajpushi' (coronation) of the Last Maharaja of Kashmir, Shri Hari Singh and ever since his boy-hood days he had developed social, political, commitment which grew with the passing of the years. He symbolized the eternal Hindu efforts of 'Sarva Dharma Sambawa' and 'Vasudev Kutumbakum' and he

was purely a humanist in his approach to life and the people around. He grew up during the period of Hindu resurgence pioneered by Dr. Hedgewar in the twenties and in Kashmir, this was intermixed with Kashmir Shaivism.

While talking to Late Vaishnavi about his boyhood days he became nostalgic and pined for the revival of 'Daily Martand' which was the K.P. Voice and was run by people with contribution 'Muchaphul' (fistful of grains). The loss of this voice meant that the KP Voice was not

heard by the high ups and I wonder what a contribution it could have made in the present times. I feel that some vested interests must have conspired to see the death of "Martand". Shri Vaishnavi did attempt to get it revived in early 1990 but the attempts failed. The Martand could have fought back the disinformation to which the Kashmir Pandits have been subjected

Mr Vaishnavi was proud of being a Kashmiri Pandit and he recalled that it was the KP. who announced 'Kashir KAS Kashures' in the twenties, but he regrets that the said slogan was high-jacked by those who had other



designs. The propagators of this slogan could never have imagined that one day the same people shall be uprooted and shall be thrown out from the Valley, to face a 'Van Vaas'.

Late Vaishnavi had his early education from Ranbir School Jammu where late Vaid Vishnu Dutt of the BJP was his Classmate. Father's transfer took Vaishnavi back to Kashmir and there Mr. Vaishnavi worked as a communicator of Bhagat Singh Movement which had the likes of Bal Ji Zutshi, Dina Nath Nadim Jagan Nath Koul, and Pt. Ram Nath Vaishnavi who incidentally was the elder brother of A.N. Vaishnavi.

After schooling was over and armed with a Diploma in Fine Arts, Vaishnavi Ji started his career as a school teacher in DAV Rainawari and later on Arya High School Pathankot and it was he who was made in charge of the 'Shakhas' of RSS in J&K.

Shri Vaishnavi took active part in the permit raj system of J&K and the State Police arrested him under the Preventive Detention Act and the charges among other things read that he was supplying arms to the Jammu Agitators from Pathankot. What a farce! The whole world knows that Jammu agitation was peaceful and that not even a single shot was fired by the agitators. Shri Vaishnavi was ordered to be released by medium of a Habeas Corpus Petition by the Supreme Court of India, acting through its then Chief Justice, Mr. Justice Mahajan. This was Vaishnavi's first baptism with Jail life, which he tasted time and again in his life later on.

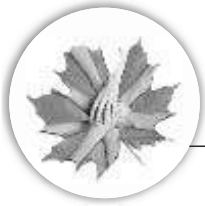
Once he was released from jail, Mr. Vaishnavi joined as a Government teacher and was posted to Bandipora in 1955 and in 1956, he was transferred to Handwara. Due to Pakistan sponsored tribal raids, Handwara was reeling under that impact and the psyche of Handwara Hindus was at its lowest then, despite the efforts of Ab. Rahim Banday and the pushtoo speaking Arshulla Khan and the legendary Shridhar Joo Pandit trying to help them overcome the trauma. The Handwara Hindus would not dare to take out Janamashtami Processions', it was Mr. Vaishnavi who asked them to take out a procession with one Moti Lal dressed as Krishna then. The Muslims of Handwara

showered flowers on the procession and appreciated the same. Mr. Vaishnavi was transferred to Anantnag soon after. Post 1947, the Kashmiri Hindus were deprived of landed properties without compensation, by the so called secular system of the State, which led to discontentment which finally found its expression in the 1967, 'Parmishori Agitation'. Mr S.N. Fotedar, formed Hindu Action Committee and the leading figures in the said Agitation were Gopi Krishen P.N. Gassi, Mr Jia Lal Raina, A.N. Vaishnavi and B.K. Handoo. The agitation saw 16 days curfew in Srinagar. It saw lathi charges, Police repression, Police firing, deaths of so many agitators and it attracted nationwide attention.

The agitation failed due to some conspirators. The Hindu Action Committee organized a "Dharna" at Delhi and volunteers H.N. Jattu, A.N. Vaishnavi, Hira Lal Chatta, Bal Ji Seeza, and Moti Lal Zaroo were arrested. It was December, 1967 when Mr. Vaishnavi was transferred to Ladakh where he championed the cause of Ladakh Buddhists and was arrested for that. Thakur Baldev Singh, T.R. Sharma and Tika Lal Tiploo, worked for his release and bailed him out and the challan finally failed in the Court of Law.

The fighter in Late Vaishnavi saw him again opposing emergency in 1975 and he was jailed for 06 months. He was a part of the famous 'Ganga Jal Yatra' in the State. In 1987, he got elected as the president of the ASKPC and ever since then he had been its President till he died. After genocide in valley in 1990, he had been the spirit behind the luckless Kashmiri Pandit migrants and he had been doing whatever he can to help them in distress. The age did not affect him. Problems do not deter him and he continued to fight and fight a peaceful battle for the survival of his community.

He had been an inspiration to the Kashmiri Hindus and post 1990; he worked as member of the National Human Rights Commission. He presided over the Global conference at London (England) and he was one of the star attractions of the Government of India's working Group on Kashmir to explore the means to see the end to the blood bath in the Valley. He was a Karam Yogi in true sense.



- Vinod Tikoo



## Swami Haem Raj

**S**wami Hemraj Ji Maharaj, popularly known as Babraj belonged to erstwhile district of Doda which comprised of Kishtwar. His place of birth isn't known exactly but he mentioned it as Doda during one of his interaction with a devotee. Swami Haem Raj is one of the pious, mystical Swami of South Kashmir.

Very little is known about his early life but he had spiritual and mystic inclination in his childhood. He belonged to a large joint

Kishtwar, who brought him under his tutelage. Guru Vasudev instructed him to wear heavy armlets of iron on his arms to control his wandering mind and improve meditative skills.

He met his another Guru, Shree Ved Lal ji at Chandpur, Kashmir. Maharaja Hari Singh used to visit Guru Ved Lal ji and take blessings from him. During his interaction with other Gurus who visited Shree Ved Lal ji, Babraj met Bhagwan Gopinath ji who presented him



*(writer with Swami Haem Raj)*

family and at a very young age of fifteen, he left his home to explore the world. Obviously, no trace of sainthood were observed during his teens but he was attracted towards saints and visited many of them. He had a brief stint of fourteen months in army when he relinquished the job after he had vision of Goddess while performing his guard duty at Saharanpur unit.

After wandering in quest of his spiritual pursuits, he found his Guru Vasudev of

bracelets which Babraj wore throughout his life till his demise. His Guru ordered him to take the path of penance and meditation for spiritual enlightenment and then Babraj proceeded towards Karkota Nag, where he spent next fourteen years of his life meditating and reciting spiritual scriptures. He chose to remain a Brahmachari for life to exploit the pursuits of spiritual enrichment. Amidst Deodhar forests, he set up his ashram at a

spring in Karkota Nag where wild animals like tiger, bear, etc. were regularly seen by visitors and is authenticated by many visitors to his ashram which included my late grandfather (nanaji) , along with his help, Shree Inder Singh of Nambal. Babraj used to be in deep connect with God and in this meditative state tiger used to sit beside him during numerous occasions. Babraj used to lit holy fire (dhooni) every day and night and nearby villagers also paid visit to him which included Pandits and Muslims. Predominantly, Rishis in Muslims were also his devotees. One such devotee, a Bakarwaal tribal was named Mangal by Babraj who remained a disciple for life to Babraj till his demise.

After spending fourteen years at Karkota Nag, the intervening period till his arrival at Harwan Mahadev is shrouded in mystery. It is a known fact that he spent considerable time at Martand, Mattan and also came in contact with Mauni Baba at Mattan. I also have vivid memories of my early childhood in Eighties when he used to visit my paternal grand father's place.

He spent three years at Harwan Mahadev as a Karamyogi where his heart remained perpetually fixed with Lord. He instinctively was able to differentiate between good and evil, dharma and adharma and thus had achieved Siddhi. Afterwards, he proceeded to Khrew where he established his ashram when commanded by Mata Jwala in one of the visions. According to my Grand uncle, Bab Raj was a honest and down to earth person, He used to do his duty religiously. But his

personality was of a religious person, He was more inclined towards divine self.

The Karkota Nag is a place near Salia Forests in Anantnag. There is still no road that leads to that Ashram, one has to go by foot only. It lies near the Papaharan Nag.

After doing Sadhna of over 18 years, Bab Raj shifted to Khrew and within days, His new Ashram was bustling with Full activities.

In Khrew Ashram, One family took care of Bab Raj and in return Bab Raj adopted one of their daughter namely "Mathri".It is said that Bab Raj even found an eligible groom for her and got her married. His brother Pinnu, as he is loving known, Bab Raj was very fond of Pinnu. Every devotee of Bab Raj still respects Pinnu Jee a lot.

Those who have spent time with Bab Raj consider themselves lucky and are often recollecting their experiences. Swami Haem Raj Bab never gave any discourses yet there were lot of Men, women who flock to his ashram to have mare darshan of Bab Raj. People used to come with their wish lists, Some wanted their children to get Jobs, some asked Bab Raj for good fortunates, while some used to come to for just peace of mind. Everybody used to work together in ashram. During the evening time, a grand Aarti used to be routine affair .

The Bab Raj had predicted mayhem in valley and like others he too migrated to Jammu leaving behind his beautiful ashram in Khrew.

After spending few years in Jammu, Bab Raj shifted to Sudh Mahadev and with the help of his devotees, a new Ashram was set up. A beautiful stream which Bab Raj called Ganga flows through that ashram, One gets solace by visiting that Ashram. Sudhmahadev is a village in Udhampur district. Sudhmahadev is also famous for Ancient Temple .Swami Haem Raj left the mortal coil on 17th December 2008 after brief illness.

Finally like great sages, his remains were buried at his ashram at Sudhmahadev. A grand Samadhi of Gurudev has been made now and is thronged by his devotees all through the year.

**Babraj used to be in deep connect with God and in this meditative state tiger used to sit beside him during numerous occasions.**



- Dr. M K Mam



# Strengthening Your Immunity

**I**t is around six months or so that the world as a whole fighting a war against Corona and as yet we do not have an approved treatment or a vaccine to prevent or treat it, even though lot of work is being done all around in that direction. As the virus is still around and is likely to stay for more time, looks we have to live with it. Thereby it is all the more important that we stay alert, do not panic and religiously follow all the guidelines like staying at home- maintaining safe distance, frequent hand washing, not touching the face especially mouth, eyes and nose etc. As a matter of fact, there is no other way but to do it. Any slackness will have its own repercussions. Under the current situation, it is also imperative that we at the same time maintain / enhance our body's defence mechanism i.e. immunity or immune system that is involved in the fight against an infection. Capability and strength of immune system differs from person to person. A robust immune system does give body the best chance at fighting off the infection. On the contrary, a person with a weak immune system is more susceptible to infection. It is well known that elderly, children and people with an underlying medical problems with a weakened immunity are more susceptible to worst outcomes following an infection. Immune system works round the clock and can be a complement in the fight against the infection. Immunity can be innate or adaptive. Innate immunity is natural, inbuilt and provides early defence against the invading pathogens, whereas adaptive immunity is the

acquired by an individual during life in response to various invading agents. Strengthening our immune system can help slow down the infection and may make it somewhat milder. We also need to keep in mind that there are no quick fix solutions, it is always regular ongoing efforts that really work and so is it with the immune system also.

Regular exercise is certainly beneficial, keeps you active and healthy. It helps in prevention and management of heart disease, hypertension, diabetes mellitus, obesity etc. Numerous studies have shown that regular moderate, daily exercise is good for immune function. Exercise has a profound impact on immune cells like T-cells and B lymphocytes. It improves immune regulation and delays the onset of age related dysfunction of immune





system, thus reduces the risk of infections. Half an hour daily brisk walking or jogging (150 minutes a week) is always good. Again running and cycling are very beneficial (do keep in mind the lockdown guidelines). In the present situation, it is important to exercise in isolation. As such climbing stairs, rope jumping, dancing etc. can be done staying at home. Research shows that daily and regular exercise is an immune system adjuvant that improves defence activity and metabolic health.

Yoga, no doubt is very useful for overall physical, mental and spiritual wellbeing of a person. Studies show that yoga has an influence on immune system. A systematic review examining the effects of yoga on immune system functioning published in 2018 showed that yoga practice may exert beneficial effects by enhancing cell mediated and mucosal immunity and may be implemented as a complementary intervention for populations at risk or already suffering from diseases with an inflammatory component, however more research is needed to draw distinct conclusions. Good thing

about yoga is that, it is doable, safe, effective and involves hardly any expenditure. It is essential that we regularly do exercise and yoga, depending upon one's capacity, health status and biological age. In fact, it has to be one of the "MUST TO DO" activities of our daily routine. While doing all this, it is also essential that we maintain personal hygiene especially hand washing following exercise.

Eating a well-balanced diet with proteins, vitamins, mineral etc. is essential for overall health and building an effective defence mechanism against the infection. Malnutrition and undernutrition impairs the immune system, results in its dysfunction and makes us prone to infections. Proteins are important for body's immune system, especially for healing and recovery. Vitamins like C, D, E, A, B6 are essential. They modulate immune system, enhance immune function and their deficiency can impair immune function resulting in poor resistance to infection. Zinc is also known to be essential for the functioning of immune system. A word about our traditional spices, it would be in the fitness of things to mention that our

forefathers very wellknew about the health benefits of the spices like turmeric, black cumin seeds, coriander, ginger etc. The good thing is that all this is now being validated byresearch. Studies show that turmeric with its active compound curcumin besides being an antioxidant and anti-inflammatory, plays a role in the modulation of immune system. So it is important that we consume a well-balanced nutritious dietwith lot of fruit and vegetables, and last but not the least donot forget the traditional spices. It is also important to maintain a healthy weight

Sufficient good quality sleep - seven to eight hours sleep is essential for our physical and mental wellbeing. It is certainly necessary for recharging our batteries, it really rejuvenates. Studies show that sleep exerts a strong regulatory influence on immune functions, it affects a wide variety of immune functions. Research has also shown that sleep has a positive impact on the correct functioning of specialised immune cells- T cells. Prolonged sleep curtailment has shown to produce immune deficiency, that is detrimental for the health of the person, makes a person susceptible to infections. It is therefore necessary to have good sleep habits for overall health of a person that includes immune system as well. It is always good to avoid exposure to any gadget- smart phones, laptops , television etc. at least an hour before we are about to sleep.

Smoking and use of tobacco products, we all know is detrimental to overall health of a person, it adversely affects many of our organs especially lungs and heart. Smoking whether active or passive also harms the immune system. Studies show that smoking impacts both innate and adaptive immune system-cells. It has immunosuppressive effect , the host's capability to fight the infection is affected. Smokers certainly are more prone to worst complications following an infection. So a big NO to smoking.

Alcohol consumption is also not good for overall health of a person. It suppresses multiple arms of the immune response. Research has shown that consumption of

alcohol especially chronic heavy drinking has profound effects on all aspects of immune system. These effects impair the body's defence mechanism and make a person susceptible to many bacterial and viral infections. Sowe need to stay away from alcohol, especially in the current difficult situations we are undergoing.

Stress especially chronic stress is not good for the physical and mental health of a person. It is a fact that any disturbance in mind results in the disturbance of body functions. Many diseases like hypertension, heart problems, diabetes etc. are strongly related to stress. Stressdoes weaken our immune system and makes us vulnerable to frequent infections. Long term and chronic stress leads to high levels of cortisol and corticosteroid - stress hormone which interferes with the immune system. We should consciously avoid taking any stress. 'Just relax'- 'take it easy' is the simple mantra to keep away the stress. Yoga- meditation, regular exercise, positive thinking and listening to music are some of the things thatdo help to calm down the mind.

Supplements or so called immune boostersof variouskinds withall the advertisements are there in the market and people certainly are there in their look out. In fact, there is lot of hype about them- their efficacy, however the evidence backing them is scanty and they could at times be harmful. Yes, if there is a deficiency of any of the vitamins or nutrients, that should to be supplemented and it should work.

Summarising , a healthy life style that includes regular daily exercise and yoga, nutritious diet, sufficient good quality sleep, avoiding stress and staying away from smoking and alcohol is essential to maintain/ enhance the immunity, thereby giving the body its best chance at fighting off the infection, and help keep us healthy today and in future also.

*Former, Vice Principal, Prof. & Head of Orthopaedics,  
C M C, Ludhiana, Past President, North Zone  
Orthopaedics Association*



- Rachita Bhat



# Ways to Work on Your Immunity

There are so many different ways we can work to increase immunity when we in cooperate good practices in our daily lives. What we need is a little time for ourselves and dedication so, we can avoid so many sufferings just by committing 15-20 mins daily or alternately to start with.

## Breathing – Prana

Prana' refers to the universal life force and 'ayama' means to regulate or lengthen. Prana is the vital energy needed by our physical and subtle layers, without which the body would perish. It is what keeps us alive. Pranayama is the control of prana through the breath.

## Pranayama

Breathing exercises or "PRANAYAM", the word is derived from 'Prana' which stands for 'life force' and 'Ayama' which means 'to lengthen or to work on it'. Prana, in yogic terms, means the force within the body that is vital for the functioning of the body as well as its vitality. Breath is our vital source of energy.

***Did you know that we can throw out 80 per cent of the toxins from our body by breathing correctly?***

Our cells regenerate all the time and cannot regenerate without oxygen. Breathing is the fastest and most efficient way for our bodies to get oxygen. Deep breathing helps our immune system regenerate cells in order to fight infection and any other ailments that affect us. Certain breathing exercises have been shown to greatly increase the efficiency of our immune system. The better the air quality and the deeper you breathe the more



you can help your immune system work properly. Routinely practicing deep breathing exercises can improve your overall immune system and your whole well-being.

The key to healthy and happy living lies in right breathing. When we attend to our breath, it can heal us from within. There are lot of subtle changes like mental peace and clarity of thought that occur in our mind when we practice Pranayama not to mention it doesn't even help us physically but does benefit us in spiritual side of our lives .

## Benefits Of Pranayama

1. Pranayama techniques are beneficial in treating a range of stress related disorder.
2. Pranayama improves the autonomic functions.
3. Pranayama enhances and stimulates the immune system.

4. Removes heart blockages.
5. It helps relieving the symptoms of asthma.
6. It reduces the signs of oxidative stress in the body.
7. Practicing pranayama everyday can assist in steady mind, strong will power and sound judgement.
8. Cure asthma, headache, Migraine, neurological problems, depression, and gastric problems.
9. Boosts overall health and cures many health issues.
10. Regular pranayama can extend life and enhance ones perception of life.
11. Number of studies show that pranayama causes change in the cardio respiratory system including lowering of blood pressure
12. Pranayama releases stress, anxiety and depression.
13. Certain pranayama's are excellent for weight loss.

### **Kapalbhati Pranayama:-**

***Kapal meaning skull, Bhati meaning shining and pranayama meaning breathing technique.***

It is a great breathing exercise and can improve bodily functions. This breathing exercise can remove 80% of the toxins in our body through the outgoing breath. Regular practice of Kapal Bhati Pranayama can help detoxify all the systems in our blood.



### **How to Practice:-**

- ❖ Sit at a comfortable place with your spine erect. Place your hands on the knees with palms open to the sky.
- ❖ Take a deep breath in. As you exhale, pull your stomach in. Pull your navel in back towards the spine. Do as much as you comfortably can. You may keep your right hand on the stomach to feel the abdominal muscles contract.
- ❖ As you relax the navel and abdomen, the breath flows into your lungs automatically.
- ❖ Take 15-20 such breaths to complete one round of Kapal Bhati Pranayama.
- ❖ After completing the round, relax with your eyes closed.
- ❖ Do at least 3 rounds of Kapal Bhati Pranayam.

### **Benefits Kapalbhati :-**

- ❖ This Pranayam is useful to treat arthritis, remits arthritis, gout, Osteoporosis, or any kind of diseases for bones.
- ❖ Regular practice of this Pranayama makes healthy intestines of a person and rectifies any kind of physical and hormone imbalance in the body.
- ❖ Kapalbhati is very helpful in removing infertility, any kind of stone in body, kidney stone, gal stone, and stone in pancreas.
- ❖ Because of generating huge Oxygen pressure in the body it removes any kind



of clot in the body, and improves blood circulation by reducing cholesterol level and increasing HDL level.

- ❖ This pranayama improves deficiency of bones, blood, chemicals, nutrients, micro nutrients, irons, protein, vitamins, Vitamin D and B-12.
- ❖ It improves the deficiency level of hemoglobin, calcium, endorphin and improves the energy level in the body and cures any kind of allergy in the body.
- ❖ Kapalbhathi is most beneficial pranayama for obesity, gas, constipation, acidity, colitis, piles, fisher, fistula and stone.
- ❖ It improves concentration power of children and beneficial for kids who are poor in studies.
- ❖ It is good for liver and kidney and they starts well-functioning in the body.
- ❖ Helps in increasing the metabolic rate, Improves digestive functioning, absorption, and assimilation of nutrients
- ❖ Improves blood circulation and nervous system functioning.

#### **Precautions While Doing Kapalbhathi**

- ❖ Heart patients should go slowly with their exhaling.
- ❖ Practice Kapalbhathi in the morning on an empty stomach.
- ❖ Those with high blood pressure should reduce their rate of Kapalbhathi.
- ❖ It is best to avoid this technique if you are pregnant or menstruating.
- ❖ Avoid Kapalbhathi if you have a slipped disc or a stent.

- ❖ If you have ulcers, be careful while practicing Kapalbhathi.
- ❖ Kapalbhathi is an advanced breathing technique. Attempt it only after becoming proficient in the basic level pranayama.
- ❖ Keep in mind your limitations during the practice and work through the process accordingly.
- ❖ Be cautious and aware during the breathing exercise if you have respiratory issues like asthma.

#### **Bhramari Pranayama (humming Bee Or Bee Breath)**

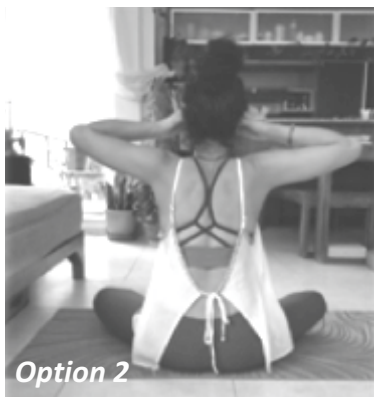
Bhramari Pranayama or the humming Bee Breath produces a sound similar to the humming of a bee. Bhramari comes from the Sanskrit word 'Bramar' which means a kind of black Indian bee. Bhramari pranayama has a soothing effect on the brain and calms the mind. Gives relief if you have a slight headache.

#### **How to Practice:-**

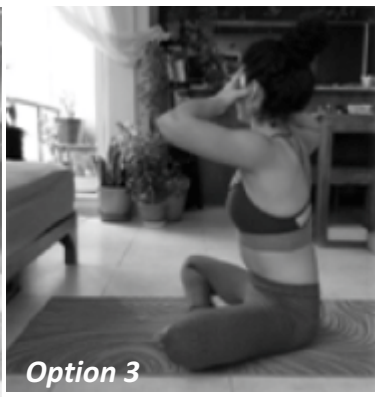
- ❖ Sit in a peaceful place with your spine erect.
- ❖ Place your index fingers on the cartilage between your cheek and ear.
- ❖ Take a deep breath in and as you breathe out, gently press the cartilage. You can keep the cartilage pressed or press it in and out with your fingers while making a loud humming sound like a bee.
- ❖ For best results make a high-pitched sounds so you can feel more vibrations.
- ❖ Breathe in again and continue the same pattern 4-5 times.



**Option 1**



**Option 2**



**Option 3**

#### **Bhramari Pranayama (humming Bee Or Bee Breath)**

## Benefits of Bhramari Pranayama (bee Breath)

- ❖ Helps mitigate migraines
- ❖ Helps calm the mind in preparation for meditation.
- ❖ Helps clear the nasal and ear canals
- ❖ Clears the sinuses
- ❖ Helps in Improving concentration and memory
- ❖ Effective in reducing blood pressure

## Precautions While Doing Bhramari Pranayama

- ❖ Ensure that you are not putting your finger inside the ear but on the cartilage
- ❖ Don't press the cartilage too hard. Gently press and release with the finger
- ❖ While making the humming sound, keep your mouth closed



## Bhastrika Pranayama

Bhastrika is an energetic yogic breathing technique, actually invented by ancient yogis to provide sufficient oxygen to every cell of your body and mind. The technique of performing Bhastrika breath is very similar to Kapalbhata but there is a difference between Kapalbhata and Bhastrika Pranayama.

Kapalbhata emphasizes fast and quick

exhalation of air and involves your breath along with stomach and in Bhastrika both inhalation and exhalation requires forceful and quick action which involves your breath and lungs.

## How to Practice:-

- ❖ Sit comfortably on the flat ground.
- ❖ Take in a deep breath and breathe out forcefully through the nose without any strain.
- ❖ Immediately, breathe in with the same force.
- ❖ Inhale and exhale repeatedly, deeply and thoroughly, using the diaphragmatic muscles with vigour. The abdomen moves out during inhalation, while the diaphragm descends. The converse happens while exhaling.
- ❖ The above movements should be slightly exaggerated. A strong nasal sound will accompany such breathing. The process should be rhythmic and controlled, maintaining the speed as per capacity.
- ❖ Do ten cycles to complete 1 round of Bhastrika Pranayama.
- ❖ Practice 3 rounds/session with pause in-between rounds for one deep inhalation and exhalation.

## Benefits Of Bhastrika Pranayama

- ❖ Favorable effect on the respiratory and digestive system.
- ❖ Oxygenates the blood increasing the vitality of all the organs and tissues
- ❖ Strengthens and tones the abdominal region.
- ❖ Calms the mind
- ❖ Energizes the entire body and mind.
- ❖ Helps reduce episodes of cold, cough and flu
- ❖ Improves thyroid function and tonsils

## Precautions While Doing Bhastrika Pranayama

Those suffering from lungs, heart problems and high blood pressure should practice slowly. High blood pressure patients should exhale through the mouth instead of the nose.

*Have a beautiful and safe practice and Wish you all well ... Namaskar*



- Vijay Kashkari



# COVID-19 : Side Effects on Students Learning

**T**he effects of coronavirus is analyzed by the statistical interpretation of how many were affected, how many cures, or how many were killed by the disease. But, we should also make a judgment of the side effects on the recession and learning of the pupils that impinges on the bankruptcy and teaching is now being thought about. The Indian state has come up with the economic package for its population. The attention at the MHRD on the impact of coronavirus on the education of lakhs of the students seems to be paid attention lately.

Corona virus has affected 32.7 Crore, Indian students, because of the lockdown. The figure comprises 15.81 crore female and 16.26 crore male students, as per the UNESCO, details posted on its website. As per All India Survey of higher education (2015-16), there were 799 Universities, 39,071 Colleges and 11,923 stand-alone Institutions (stand-alone institutions are primarily meant for providing diploma programs.). Corresponding to an estimate, 3.74 crore students were enrolled in higher education during 2018-19. According to the figures of Economic Times, India has a target to reach 4.45 Crore of people, between the age of 5 to 24, for primary to higher education.

Pandemic has disrupted the entire education sector. The Schools, Colleges and Academies are locked. Students are feeling uncertain about their education, not knowing when their schools and colleges will reopen. All India Entrance tests like JEE, NEET, CAT, MAT, CUCET, BITSTAT, AILET and competitive tests of several universities were postponed, and

next academic session proposed to be started in September. They cut board examinations taken during this period short and now is supposed to be held in July. School examinations were in progress had to be stopped. They put nursery admissions on hold. There is still the uncertainty of holding the tests and opening of the schools, though a few tests dates have been announced. Schools and colleges have declared summer holidays early.

However, it has been given to understand HRD Ministry, UGC, AICTE etc are working to minimize the impact to a certain extent. If they prolong the situation, this may threaten 'right to education'.

To foreshadow the jolt of a pandemic on study areas, students were asked to remain in touch with their books, by their institutions. Several measures have been taken by schools, colleges and universities. It has provided students with study material, maintaining access to online courses. Many IIM's, IIT's, MBA colleges and even schools' in India have made online classes compulsory during the testing times.

During the last few years, the Central Government has been putting emphasis on digital India. The authority has been successful to a large extent. The Universities and competitive agencies have taken admission application forms and conducting assessment tests online for higher education.

In digital India, the policy of wire education is the best but challenging for the classes of a primary to secondary education.

This technique has benefits but glitches as well. Smaller universities may struggle under the weight of the demand. IT departments must be adequately knowledgeable to ensure to make the programs according to the needs of the students.

Online lessons may help educational institutions across India beat the Covid-19 lockdown and catch up with the academic schedule. But this demands to be seen in the larger perspective if it caters to the demands of a hundred percent students. Isn't this arrangement, only beneficial to students living in cosmopolitan places or places with developed economy or centres with emerging economies? A few reports show that wire teaching is a non-starter for most students and institutions in India.

Only 12.5 percent of homes of Indian students have internet access. The Indian Government's National Broadband Mission has fixed a target of availability of broadband services to all the villages by 2022. This needs to ponder; how many students can afford to possess smart phones. This system may be beneficial to the students of universities and professional institutions. What about the beginners in schools or those in primary, middle, secondary or higher secondary education? What about thousands of single teacher schools in villages?

MHRD is announcing several measures for school children like twelve DTH (Direct to Home) channels for the students of all ages. A Hundred accredited institutions are starting new online courses under PM eVidya Programme. Union Finance Minister Nirmala Sitharaman on 17 May 2020 launched PM eVidya programme. PM eVidya Programme is a programme for multimode access to digital/online education.

With this scheme, students and teachers will get multimode access to digital education.

There are other problems as well. What will happen to the students of UT Jammu & Kashmir where Internet speed is reduced? In J & K, because of restricted connection to the Internet, schools could not offer online classes. In case of a speed limit is increased and 4G network restored; what about disadvantaged students who don't have a connection to digital classes? Not hesitant to say, if we find a few governments

or aided private schools having a working computer and Wi-Fi network with proper bandwidth, there will be no teacher to operate.

Though Universities of Jammu and Kashmir were preparing e-content and tutorial for students through a dedicated channel on Dish TV. This may solve the problem of students undergoing higher education, but the concern must be of primary to secondary students.

We can't ignore that at this time of crisis students need effective educational practice for the capacity-building of adolescent minds. Central Government and UT need to take some measures to ensure the overall progress in the country.

When will schools, colleges and universities reopen, difficult to predict so planners of education should devise some methods, other than digital platforms? The school administrators should know West Africa, wherein the Ebola epidemic of 2014, the teaching institutions were closed for six to nine months. When the schools were opened, the dropouts were of an enormous number, from the poorest families. The education planners should open the student-teacher communication at many levels. The teacher should make study materials available by government agencies. Even NGOs can help in this task.

There is every apprehension in the coming days; students will have a fundamental change in schooling. So, the educationists should have clarity on the effectiveness of an unfamiliar studying.

How to explain the student of 6 to 9 ages, why the school was closed? Teachers are apprehensive of scare among this growing group when schools are opened.

There are many other side effects of COVID-19, that may change the system of education.

The government should ponder about all the pros and cons of the pandemic on education and well-being of school-going children.

Indian Constitution guarantees, "Right to Equality". The equity lies in making sure every student has the support they need to be successful and continue receiving education.

# Book Review

**Review By** : Adarsh Ajit  
**Name of the Book** : The Truth Foretold  
**Author** : Prem Nath Bhat  
**Publisher** : Prem Nath Bhat Memorial Trust

Nationalism, Perceptive Journalism and Indefatigable Social Work

The Truth Foretold is a collection of Prem Nath Bhat's articles displaying his journalistic acumen. It unfurls the glimpses of Kashmir history, south Asian politics, and its impact on India and Kashmir, agencies working against Indian interests, atrocities committed on Kashmiri Pandit community, communalism, treachery and hypocrisy of Muslim leadership, shortsightedness of central establishment and its failure in infusing the warmth of Indianness among Kashmiri Muslims and lot more. Jagmohan, the then Governor of J & K and the author of Frozen Turbulence, in his foreword, certifies that Prem Nath Bhat was of a nationalist, a perceptive journalist and an indefatigable social worker.

Giving full marks to the past glamour, abilities, richness, and positivity of Pandit community the author terms them most patriotic and loyal to the Indian Nation and thus concludes that harassing Hindu minority in Kashmir is one of the tactics to clear the state of these patriotic people. He also criticizes the community members for leg pulling and mutual rivalry. He advises for establishment of small centres for collective Sadhna to sit together, walk and talk together.

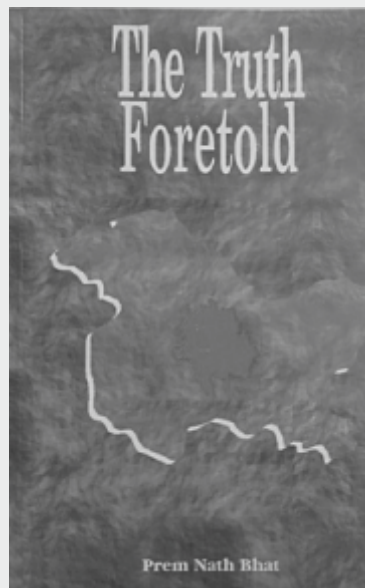
Bhat has thorough journalistic data at his back. He touches historical and socio-political fumes that spoiled Kashmir. In mid 1985, he talks of The Jammu and Kashmir Liberation Front opening a training school at Rawalpindi in Pakistan. The youths were given training in handling arms, ammunition, and explosives. It is this organisation, which extended an invitation to Dr. Farooq Abdullah to visit Pakistan in 1974. The author also talks about the former physics lecturer of Kashmir University:

'Saudi Arabia has placed a four-storeyed building in Riyad at the disposal of one Dr. Ayooob Thakur who has opened a Kashmir Affairs Council to plan and prepare the Kashmiri Muslim youth for an armed rebellion against India.' He questions if it is not fact that the Al- Jihad activists were at one time front-rank workers of NC led by Sheikh Mohammad Abdullah. He also alleges that the rise and consolidation of Muslim communalism in the form of Muslim United Front owes its origin to a section of the congress in Kashmir leading to their clamour:

'jabri nata tode doo, kashmir hamain chode doo.'

Cross sectioning all pros and cons about the communal and separatist activities, Bhat does not label Dr. Farooq as anti-national. In fact, he sometimes notices Farooq's capability to deliver. However, many a time, he dismantles various myths and scathingly criticises Dr. Farooq for his duplicity. He is disappointed on witnessing burning of the Indian flag and the mass movement against Indian nation. He blames Article 370 for the blockade for emotional integration of the state. To his despair, so-called national mainstream politicians and secular labelled people ignore the ground realities:

'No self-respecting nation and much less a secular stalwart like Dr. Farooq can allow national flag to be burnt with applause and cheers. This is a crime more serious than the nude dance before Mrs. Gandhi during 1983.'



Analysing the onslaught, atrocities, tortures, ill-treatment meted to the Kashmiri Pandits from time to time Bhat recalls the Sikh Movement. He recreates historical meeting of 16 persons under the leadership of Pandit Kripa Ram of Mattan with Guru Teg Bahadur martyred for not accepting to convert. Linking various episodes and the words of Guru 'I gave my head but not my faith' Bhat divulges how Constable Mohammad Yousuf beat Keshav Nath Mahant of famous Vicharnag Temple to death on 9th of December 1988, as the Mahant did not agree to convert. Remarks like 'batta hayhar' hurled upon Kashmiri Pandits in bazaar and streets pains Bhat.

Digging the roots of communalism in Kashmir he finds that so endemic is the communal rot that the overthrow of Dr Farooq Abdullah, engineered with much skill, patience, and money, did not push the people any nearer the secular milestone. Instead, the very forces, which flatten on Indian money, joined hands overnight with the enemies of India. Bhat puts major shame and blame on the centre that has failed to evolve a realistic long-term Kashmir policy aimed at closer integration of the state with the country. He dejectedly predicts that despite any change in the government the Kashmir's mood would remain the same as far as the separatist conviction is concerned.

The seeds of present changed philosophy of Kashmir lie in 1986 communal rights. Prem Nath Bhat unfolds stark realities. The state makes 10 years imprisonment and fine for killing cow and buffalo but immediately after elections cow and buffalo, mutton shops are opened in almost all towns and major villages. Foreign hands, internal sabotage and Pakistani agents occupy the important shrines of minority community in Murran, Tehsil Pulwama. A famous ashram at Tikar is reduced to ashes. In his much-acclaimed article, Kashmir Minority in Gas Chambers of Secular Laboratory, Mr Bhat is dangerously bold. A self-styled leader of KPs who is always at the beck and call of Dr Farooq, is invited in a crucial meeting for vetting Nisar Qazi's alterative demand of declaring the spring of Gautamnag as 'disputed'. Qazi lays claim on an ancient Hindu shrine of Gautam Nag founded by Gautam Rishi. He declares renaming of Anantnag as 'Islamabad'.

Alleging the failure of various pacts, accords, and agreements like those of Tashkent and Shimla the author comments that all our accords have a history of our surrender of all that we have won with the priceless blood of our jawans right from 1948. He also throws light on Pakistan-China relationship, American diplomacy to thwart India becoming a power, funding of Pakistan to Jammu Kashmiri Liberation Front in an exclusive article published in this esteemed paper in September 12, 1989. On the one hand, Bhat comes down heavily on the failure of intelligence agencies for their failure in 1989 for having no knowledge of the place of hiding of Rubaya Sayeed, the daughter of the then home minister of India, but on the other hand, he commends the role of intelligence agencies in the wars of 1965 and 1971.

Bhat reminds how Sheikh Mohammad Abdullah described Kashmir Minorities as the shining jewel on the crown of India-KASHMIR but the same community was denied their share in the professional colleges and later the same Sheikh described the Pandits as Fifth Columnists. 1972 Agrarian Reforms proved another blow to the community.

Bhat does not hold common Kashmiri Muslims responsible for the whole Kashmir mess. He talks of Hindu –Muslim relationship and their joint participation in their respective festivals like Eid and Shivratri. However, he holds Kashmiri leadership and their hypocrisy responsible for the colossal wreck of Kashmir fabric:

'Frankly speaking Kashmiri Muslim has been often duped by waving of a green handkerchief or exposing a small dole of rock salt. He has been exploited in the name of Muslim sentiment and Pakistan paradise.'

Bhat's warning signals to Indian union would always prove a complete guide, if the establishments want to deliver on ground.

Salutes to his martyrdom for 'India First, the Nation First.'

**>> Counselling**

Top Medical Colleges in Karnataka listed are the top ten Medical Colleges consisting of Government, Private, & Deemed University Medical Colleges. These reputed colleges are preferred by students when they are seeking admissions via NEET.

The admission into medical & dental courses of all the government & private colleges in Karnataka state are based on NEET UG score.

- ✓ Kasturba Medical College, Manipal
- ✓ St. John's National Academy of Health Sciences, Bangalore
- ✓ Kasturba Medical College, Mangalore
- ✓ J.S.S. Medical College, Mysore
- ✓ M.S. Ramaiah Medical College, Bangalore
- ✓ Bangalore Medical College and Research Institute, Bangalore.
- ✓ Vydehi Institute of Medical Sciences, Bangalore.
- ✓ Kempegowda Institute of Medical Sciences, Bangalore
- ✓ Ambedkar Medical College, Bangalore
- ✓ BGS Medical College, Bangalore

**UPSC Revised Exam Dates 2020**

The Union Public Service Commission has released the revised exam dates. The UPSC Exam Calendar 2020 is available on the official website [www.upsc.gov.in](http://www.upsc.gov.in)

**1. I.E.S./I.S.S. Examination, 2020**

- ❖ Last Date for receipt of Application- 30.06.2020
- ❖ Date of commencement of Exam- 16.10.2020

**2. Combined Geo-Scientist (Main) Examination**

- ❖ Date of commencement of Exam- 08.08.2020

**3. Engineering Services (Main) Examination**

- ❖ Date of commencement of Exam- 09.08.2020

**4. Combined Medical Services Examination**

- ❖ Date of Notification- 22.07.2020
- ❖ Last Date for receipt of Application- 11.08.2020
- ❖ Date of commencement of Exam- 22.10.2020

**5. Central Armed Police Forces (ACs) Examination**

- ❖ Date of Notification- 18.08.2020
- ❖ Last Date for receipt of Application- 07.09.2020
- ❖ Date of commencement of Exam- 20.12.2020

**6. N.D.A. & N.A. Examination (II)**

- ❖ Last Date for receipt of Application- 30.06.2020
- ❖ Date of commencement of Exam- 06.09.2020

**7. Civil Services (Main) Examination, 2020**

- ❖ Date of commencement of Exam- 08.01.2021

**8. Indian Forest Service (Main) Examination, 2020**

- ❖ Date of commencement of Exam- 28-02-2021

**9. C.D.S. Examination (II)**

- ❖ Date of Notification- 05.08.2020
- ❖ Last Date for receipt of Application- 25.08.2020
- ❖ Date of commencement of Exam- 08.11.2020

The dates of notification, commencement and duration of Examinations/ RTs are liable to alteration, if the circumstances so warrant.

**>> Admission Alerts****State and National Level Entrance Exam 2020**

Due to lockdown in the entire country because of the Coronavirus (COVID 19) outbreak, many entrance exams, conducted at the state level or National level, have been postponed.

The new exam dates for many entrance exams have been announced by the respective examination authorities. From the post below you can check out the revised exam dates.

- ❖ JEE Main 2020: JEE Main exam has been rescheduled to be conducted from July 18 to 23, 2020.
- ❖ National Eligibility cum Entrance Test (NEET) 2020: The NEET 2020 exam is rescheduled to take place on July 26, 2020.
- ❖ JEE Advanced 2020: The Exam will now be conducted on August 23, 2020.
- ❖ CBSE Board Exam: CBSE has announced to conduct the pending board exams from July 1 to 15, 2020. The board has also started the evaluation process of answer scripts.
- ❖ UGC NET, CSIR NET: There is no official announcement on exam dates.
- ❖ AP EAMCET 2020: AP EAMCET will now be conducted from July 27 to 31. AP ICET will be conducted on July 25, AP ECET on July 24, AP LAW CET will be conducted on August 6, AP EDCET will be conducted on August 5, and AP PGECET will be conducted from August 2 to 4, 2020.
- ❖ KEAM: The Kerala Engineering, Architecture and Medical entrance examinations (KEAM 2020) will be held on July 16.
- ❖ VITEEE 2020: The Vellore Institute of Technology (VIT) has announced the exam dates for the VIT Engineering Entrance Examination (VITEEE) 2020. The entrance exam will be held from July 29 to August 2 for admission to BTech courses at the institute
- ❖ ICAI CA exam: The Institute of Chartered Accountancy of India (ICAI) examination will now be conducted from June 19, 2020.

The candidates and their parents are advised to keep visiting the respective examination website (s) and [www.nta.ac.in](http://www.nta.ac.in) for the latest update. Check the Revised Dates for other Admissions

Due to COVID19 Pandemic nationwide lockdown, the examinations were postponed by the MHRD. The new dates are being issued.

#### **Savitribai Phule Pune University**

**Courses :** B.Tech, BA, B.Com. B.Sc., B.Sc. (Hons), B.Des, BBA, BCA, & B.Voc Courses

- ❖ Last date of filling online application- 30th June, 2020
- ❖ Date of Online Entrance Examination for UG/PG- 1st Week of August, 2020
- ❖ Website: <https://campus.unipune.ac.in/>

#### **Birla Institute of Technology and Science (BITS)**

**Courses :** Bachelor of Engineering (BE), Bachelor of Pharmacy (B Pharma), Master of Science in various subjects offered at BITS, Pilani, at Pilani Campus, Goa Campus, and Hyderabad Campus.

- ❖ Online BITSAT 2020.
- ❖ August 6 to August 10, 2020.
- ❖ Website: <https://www.bits-pilani.ac.in>

#### **CLAT 2020**

CLAT exam is an entrance gateway for admission to graduate and postgraduate Law courses offered by 22 National Law Universities (NLUs) across the country.

- ❖ last date for Application submission- July 1, 2020.
- ❖ The revised date for the CLAT 2020 exam will be announced in due course of time.
- ❖ Website: <https://consortiumofnlus.ac.in/>

#### **Maharashtra CET MCA, B.HMCT**

- ❖ Proposed Revised date of CET 19 July 2020
- ❖ Website: [www.mahacet.org](http://www.mahacet.org)

#### **Karnataka Common Entrance Test (CET)**

- ❖ CET 2020 scheduled- July 30 and 31, 2020
- ❖ Website: <https://cetonline.karnataka.gov.in/kea/>

#### **All India Law Entrance Test (AILET)**

- ❖ AILET 2020 will now be conducted tentatively in the month of August 2020.

#### **UNIVERSITY OF ALLAHABAD MBA & MBA-RD Admission**

- ❖ Online Registration and Submission process has begun on- 10 May 2020.
- ❖ Last Date of Online Registration & Submission of Form- Will be announced later.
- ❖ Date of Entrance Test- To be announced later.
- ❖ Admission Test shall be held through Online Mode.
- ❖ Weightage as per Government of India guidelines shall be given to Kashmiri Migrants.
- ❖ Please refer [www.aupravesh2020.com](http://www.aupravesh2020.com) or Admission-2020 link of the University

#### **Himachal Pradesh University Management Aptitude Test (HPU-MAT-2019) Admission MBA**

- ❖ Last Date to apply for HPU-MAT- 11th June, 2020.
- ❖ Date of Entrance Examination will be declared later on
- ❖ Website: [www.hpuniv.ac.in](http://www.hpuniv.ac.in)
- ❖ Reservation: Domicile (Supernumerary) two seats

#### **Institute of Legal Studies Himachal Pradesh University Shimla Admission BA (HON'S) LLB**

- ❖ Duration of the course shall be five years.
- ❖ Two seats shall be reserved for J&K Migrants.
- ❖ Last date for submission of Online Application Form- 30-06-2020.
- ❖ Date of Interview/Counseling will be Communicated later.
- ❖ Venue for Interview: University Institute of Legal Studies, Ava- Lodge Campus, Chaura Maidan, Shimla- 171004 (H.P)
- ❖ Admission to the course shall be made strictly on academic merit, based on the marks obtained in 10+2 or an equivalent examination.
- ❖ Website: [www.admissions.hpshimla.in](http://www.admissions.hpshimla.in)

#### **MAT (Management Aptitude Test)**

##### **exam Internet-Based Test (IBT)**

MAT is India's second-largest MBA Entrance Exam for MBA and allied programs for admission to over 600 B-Schools (Business Schools) in India.

##### **New Test Dates announced are :**

- ✓ Last Date for Online Registration:
- ✓ Paper Based Test: 24 June 2020.
- ✓ Computer Based Test: 10 June 2020.
- ✓ Test Date: Paper Based Test: 2 July 2020.
- ✓ Computer Based Test: 4 July 2020

For any clarification for PBT/CBT, email to [mat@aima.in](mailto:mat@aima.in) Or Contact: 8130338839

#### **Regional Centre for Bio-Technology**

(Established by the Department of Bio-Technology, Government of India, under the auspices of UNESCO)

GAT-B (Graduate Aptitude Test Bio-Technology) for PG programmes in participating Institutions. This Test replaces CEEB conducted previously by JNU.

The participating Institutions will notify separately the admission process. The selection will be on the rank of GAT-B.

- ❖ For GAT-B, apply online.
- ❖ End date to submit application form- 18.06.2020.
- ❖ Test Date- 30.06.2020
- ❖ Declaration of the Rank of the candidate: 20-07-2020.
- ❖ Website: [www.rcb.rec.in/GATB](http://www.rcb.rec.in/GATB)

#### **Savitribai Phule Pune University**

Schedule of Post Graduate/Graduate/Integrated/ Interdisciplinary Courses (Online Entrance Exam) For Academic Year 2020-202:

- ❖ Last date of Application: 30th June, 2020 (11.59 pm).
- ❖ Schedule of Online Entrance Examination: 1st Week of August, 2020.
- ❖ (Detailed schedule of date and time of each exam will be announced later on SPPU website).
- ❖ Website: [www.campus.unipune.ac.in](http://www.campus.unipune.ac.in)

#### **Deen Dayal Upadhyaya Gorakhpur University Gorakhpur** Admission to UG & PG Courses

- ❖ Last Date for submission of Online application form- 30th June 2020.
- ❖ Date of Entrance Test: To be announced.
- ❖ Mode of Exam: Offline mode.
- ❖ For all the courses, Eligibility details can be checked from the University Website <http://admission.ddugorakhpuruniversity.in/>
- ❖ Kashmiri Migrants are listed in the sub-category.

#### **» Education News**

- ❖ Delhi University not to hold exams for first, second-year UG students  
The regular students and those studying in the School of Open Learning (SOL) and the Non-Collegiate Women's Education Board (NCWEB), Delhi University will not exam for first and second year UG students. It is also applicable to first-year PG students.

- ❖ The students will be assessed, based on the previous semester's marks and internal assessment. This is a "one-time measure" being taken in light of the Covid-19 pandemic.
- ❖ Delhi University has already announced that exams for final-year students will be held in an online open book examination (OBE) format from July 1. Top scholarships for girl students in India
- ❖ CBSE Classes 9 and 11 failed students to get another chance to appear in school based test:- The Central Board of Secondary Education (CBSE) has released a notification for students of classes 9 and 11 of the schools affiliated to CBSE. As per the notification, CBSE has decided to provide an opportunity to all failed students of classes 9 and 11 to appear in a school-based test again. The board has taken this decision as a onetime measure after receiving requests from parents and students.

According to the notification, this opportunity will be extended to students irrespective of whether their examinations have been completed and the exam results have been released or their exams have not been completed.

The Board has also mentioned that the affiliated schools can conduct the examinations online/ offline/ innovative tests and can decide promotions on the basis of this test.

#### **CBSE Notification for Special Need Students**

- ❖ The Central Board of Secondary Education (CBSE) has released important notice for class 10, 12 students with special needs availing scribe facility. As per the notice released, Children with special needs availing facility of scribe can choose not to appear for pending class 10 and 12 board exams as it will be difficult to comply with social distancing norms. The result of such candidates will be declared as per an alternative assessment scheme decided by the board.

#### **» Scholarship**

Check the list of top 10 government and private scholarships for women and girls at different education levels.

##### **AICTE Pragati Scholarship for Girls**

- ❖ Under this scholarship programme, a total of 4,000 girl students studying in the first year of a technical diploma/degree course at an AICTE recognised institution will receive financial aid to continue their education.
- ❖ Provider Details: All India Council for Technical Education (AICTE)
- ❖ Eligibility: Girl students studying in first of technical courses.
- ❖ Awards: Up to Rs 30,000 and other benefits.
- ❖ Application Timeline: Between September and October (tentative).

##### **Post-Graduate Indira Gandhi Scholarship for Single Girl Child**

- ❖ This scholarship is meant to support postgraduate studies of the students. The applicants are required to take admission in the first year of full-time master's degree programme.
- ❖ Provider Details: University Grants Commission
- ❖ Eligibility: Single girl child of up to 30 years of age
- ❖ Awards: Rs 36,200 per annum for two years
- ❖ Application Timeline: Between December and January (tentative)

##### **CBSE Merit Scholarship Scheme for Single Girl Child**

- ❖ This is a merit scholarship for girl students who have passed CBSE Class 10 examination with 60 per cent or more marks. The scholarship aims to support meritorious girl students who are the only girl child of their parents.
- ❖ Provider Details: Central Board of Secondary Education (CBSE)
- ❖ Eligibility: Class 10 passed (CBSE) single girl child
- ❖ Awards: Rs 500 per month
- ❖ Application Timeline: Between September and October (tentative).

##### **Women Scientist Scheme-B (WOS-B)**

- ❖ This scheme is meant to encourage women scientists and technologists who are taking a break in their career.

- ❖ Provider Details: Department of Science & Technology (DST), Government of India.
- ❖ Eligibility: Women scientists/technologists between 27 and 57 years of age.
- ❖ Awards: Up to Rs 55,000 per month.
- ❖ Application Timeline: Between February and March (tentative).

#### **SOF Girl Child Scholarship Scheme**

This scholarship is meant for girl students who are studying in Class 1 to 10. The key objective of this scholarship is to financially support the girl students coming from economically weaker families to enable them to continue their school education. The selections for this scholarship will be made on the basis of recommendations given by the schools across India. Provider Details: Science Olympiad Foundation

- ❖ Eligibility: Girls of Class 1 to 10
- ❖ Awards: Rs 5,000
- ❖ Application Timeline: Between April and October (tentative)

#### **L'Oréal India For Young Women in Science Scholarship**

This scholarship aims to support young women to pursue higher education in the Science stream. The girl students who have passed Class 12 from Science stream with at least 85 per cent marks can apply for this scholarship. They must be willing to pursue an undergraduate degree in Science/Engineering/Medical or any other scientific field. Also, the annual income of the family should be less than Rs 4 lakh and the applicant's age should not be more than 19 years.

- ❖ Provider Details: L'Oréal India
- ❖ Eligibility: Class 12 passed girls (Science)
- ❖ Awards: Up to Rs 2,50,000 for Graduation
- ❖ Application Timeline: Between June and July (tentative)

#### **Fair and Lovely Scholarship**

This scholarship programme aims to empower underprivileged female students to pursue their higher education. The students falling in the age group of 15 to 30 years can apply. Their annual family income should be less than Rs 6 lakh per annum from all sources. Also, the candidates are expected to have passed Class 10 and 12 with at least 60 per cent marks.

- ❖ Provider Details: Fair and Lovely Career Foundation
- ❖ Eligibility: Female students pursuing UG or PG studies
- ❖ Awards: Rs 25,000 to Rs 50,000 (fixed, one-time award)
- ❖ Application Timeline: Between October and December (tentative)

#### **Rolls-Royce Unnati Scholarships for Women Engineering Students**

Introduced with an objective to support women in STEM subjects, this scholarship supports those meritorious girl students who are studying an

engineering degree programme at an institution recognised by AICTE. The students are required to have obtained more than 60 per cent marks in their Class 10 and 12 board examinations.

- ❖ Provider Details: Rolls-Royce India Private Limited
- ❖ Eligibility: Girl students studying in 1st/2nd/3rd year of Engineering
- ❖ Awards: Rs 35,000
- ❖ Application Timeline: Between January and April (tentative)

#### **Dr. Reddy's Foundation Sashakt Scholarship**

This scholarship is meant to support girl students coming from rural and low socio-economic backgrounds to help them get access to quality education in some of India's best science institutions for their undergraduate studies. The key objective is to prepare them for a career in Science stream.

- ❖ Provider Details: Dr Reddy's Foundation
- ❖ Eligibility: Class 12 passed girl students pursuing undergraduate studies (BSc in pure/natural science)
- ❖ Awards: Rs 240,000 for 3 years of study
- ❖ Application Timeline: Between March and August (tentative)

#### **SDEF School Scholarship Program 2020**

Swami Dayanand Education Foundation invites applications from the students of Class IX to XII of the Delhi/NCR region for the School Scholarship Program 2020. The scholarship will be awarded for studies in India in a government or private school from class IX TO XII

- ❖ Applications for the same can be submitted through online or offline mode till December 31, 2020. Read further for more details on SDEF School Scholarship Program 2020
- ❖ Gross annual income of the family of the candidate from all sources does not exceed Rs. 2.00 lakhs per annum.
- ❖ For any queries write to [scholarships@swamidayanand.org](mailto:scholarships@swamidayanand.org)

#### **NEST Junior Scholarships 2020**

- ❖ Applications are invited from Indian students of all schools/colleges of Class 9th, 10th, 11th, 12th (Science Stream only) and Diploma Engineering (1st and 2nd Year) for the award of several scholarships worth Rs.25000/- to Rs.50,000/- each.
- ❖ Registrations are open now for NEST-JUNIOR SCHOLARSHIPS for class 09th, 10th, 11th, 12th (Sci.) & Diploma Engineering (1st & 2nd Yr.). Read on for more details on NEST Junior Scholarships 2020
- ❖ Last Date to Apply extended till 30th June 2020
- ❖ Go to the official website of NEST through the URL <http://www.nest.net.in/>

**Feedback: [vijaykashkari@gmail.com](mailto:vijaykashkari@gmail.com)**



# AIKS Matrimonial Service



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



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



Wanted a suitable alliance for my legally separated daughter born 22.04.1986 at Srinagar, time of birth 10.25 hrs, height 173 cms who has perused BE(CSE) from MIET college Jammu and M.Tech(IT) from KSOU Mysore. She is working as an Executive in a Govt of India Enterprise and presently posted at Jammu. Her job is transferable to any part in India. Her earlier marriage lasted for a brief duration only. Merely Lagan dosha. Interested may kindly send the tekni and kulwali per return mail to R.K.Raina on email id [rkrjgk@gmail.com](mailto:rkrjgk@gmail.com) or can WhatsApp the details to 9419264309.



Seeking Alliance for Our Daughter born 2/1/1991 at Jammu, B.Tech (IT) M. Tech (computer Science) Presently Working as Assistant Professor In Engineering College (NCR). Previously Worked At MNC Cognizant Pune. Interested May please send Tekni / Kulwali on Mob/What's App- 9419209499



We are looking for MEDICO MATCH with MD/MS/DN working in DELHI – NCR match for our Daughter, beautiful & tall, Born-June 87 / Ht.- 167 Cm qualified as MD in Obs. & Gynae. & Specialization in IVF & working as IVF Consultant with Hospital in GURGAON. Interested may please contact on e-mail at: [bergen.kaulsk@gmail.com](mailto:bergen.kaulsk@gmail.com) Mob. +91 9873452557/9414012557.



Looking for a Suitable Match for our Son Born on 13th July 1991, 11.40 AM at Jammu. Parents are presently living in Roop Nagar, Jammu. Height 5'11", Qualified as BE in Computer Science. Working as Application Developer in Dhyey Consulting Services Pvt. Ltd. at Vadodara, Gujrat. Interested may contact on MB- 9419141511, Email id: [ratapur1990@gmail.com](mailto:ratapur1990@gmail.com) for Tekni & Biodata.



Seeking suitable alliance for our son, born at Srinagar on 23rd July, 1988 at 11.59 AM, 173 CMS. He is pursuing his own business at Valsad, Gujarat having a decent annual income in

seven figures. The family is currently based in Faridabad. Interested may please contact for further details on email: [rajindermagazine@gmail.com](mailto:rajindermagazine@gmail.com) or Mobile/WhatsApp: 9810847376



Suitable alliance invited for our son Akshit, born 10 December 1991, 1410hrs at Jammu, Height 166cms, B. Tech (software Engineering) from Delhi College of Engineering, MS/PhD in Electrical Engineering from USA, Presently Working With Intel Oregon, USA, Interested may please Contact Bharat Peer mail Id - [bb.peer@gmail.com](mailto:bb.peer@gmail.com)/8146625401, Anita peer /9872967824



Looking for suitable qualified good looking alliance for our son slightly Manglik born on 22 Oct.1990 at 3.50PM at Jammu, Height 169cm, Qualification BTech. EC, working as business analyst engineer in HSBC Bank, Pune. Interested may contact on mobile nos 7827427686, 8851887320 or [urmilabhannikhil@gmail.com](mailto:urmilabhannikhil@gmail.com)

Suitable Alliance invited for our Daughter Born on 14th November 1992 at 14.55 Hours at New Delhi, Height 164 cm, Qualification BBA (General) & MBA (Media Management). Presently working at Gurgaon. Interested may respond with Biodata, Tekin & Kulawali at [oaria637@gmail.com](mailto:oaria637@gmail.com) or Call on Mobile : 9810096064



We invite a suitable alliance, from respectable families, for our daughter, MBBS, currently studying for MS [Ophthalmology] second year. Our daughter is 1992 born and is 163 cms. tall. The boy should be an India based doctor [MD/MS]. Those interested may please respond with a tekni and a short bio-data on [skjailkhani@gmail.com](mailto:skjailkhani@gmail.com).



Looking for a Suitable Match for our Son Born, 7th September 1991 (11.02AM) at Jammu, height (178cms). B.E (C.S.E). Presently working in MNC AS Team Leader in Gurugram (Haryana), earning handsome salary. Interested person may contact on MB- 8826008555. Email- [vijaykaul622@gmail.com](mailto:vijaykaul622@gmail.com).



Looking for a Suitable Match for our Son Born, 2nd January 1991 (6.30PM) at Jammu, height (5'.11"). B.Tech (C.S.E) computer Science from VTU Bangalore, Karnataka University. Presently working as Senior Business Development specialist in Sales in Net Surion (USA) MNC at Bangalore, earning handsome salary. Parents are settled in Jammu & Pune. Interested person may contact on MB- 7006171324, 9055272134, 8717090264. Email- [hldhar1958@gmail.com](mailto:hldhar1958@gmail.com)



Seeking a suitable alliance for our daughter born on Aug 30, 1992 at 3.37 AM at Jammu. She is 180 cms tall. She has done B.Com & M.Com from H. L. College of commerce, Ahmedabad. Additional. Qualification Data Scientist. Presently working as Business Analyst in Tatvic Analytics, Ahmedabad. Interested may send tekni & kulawali on email id- [ashok.kachroo2@gmail.com](mailto:ashok.kachroo2@gmail.com), Mob: 9419147374.



Suitable alliance invited for our son Bipin Wanchoo born on 22nd June 1990 at 08.15 AM in Jammu. Height 5'.9". Studied B.E from University of Mumbai. Working as a senior Consultant with Capgemini in Pune, earning handsome salary. Parents living in Jammu. Interested may contact with full Kulawali at [akwanchoo@rediffmail.com](mailto:akwanchoo@rediffmail.com) & MB- 7006410298/7889971482

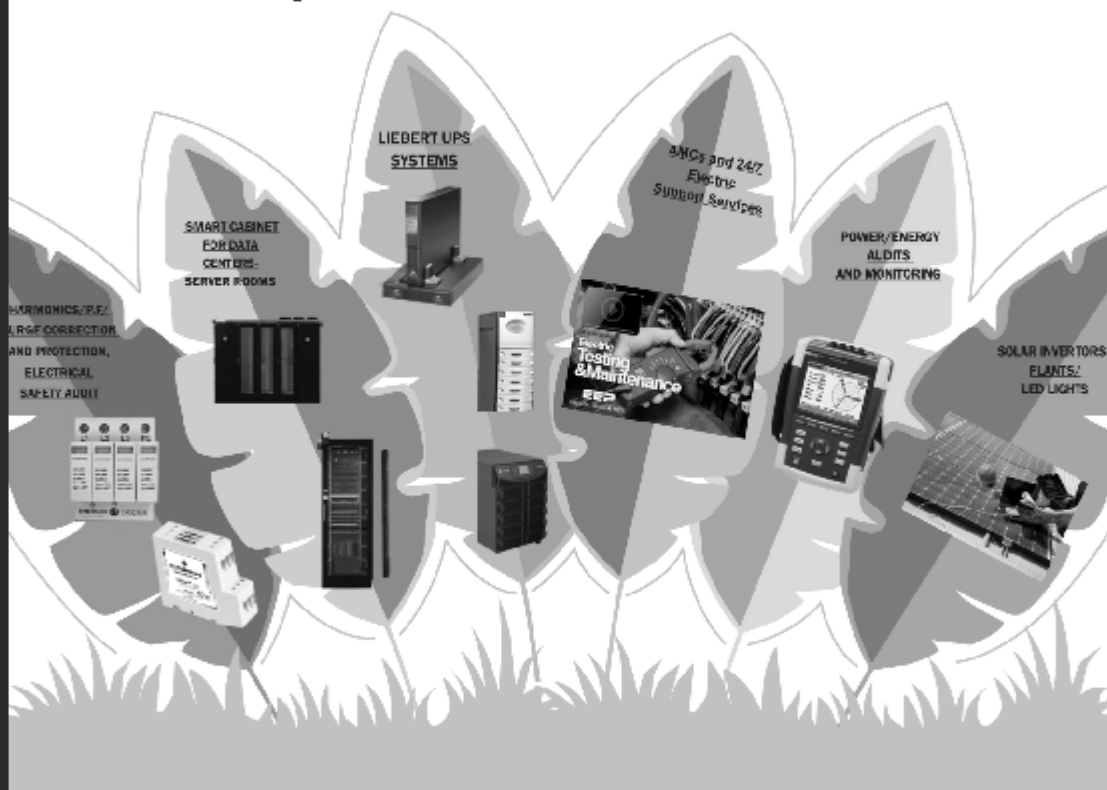


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Web : [www.aiks.org](http://www.aiks.org) E-mail : [hqaiks@gmail.com](mailto:hqaiks@gmail.com)

Application No. : .....

Date : .....

**The President**  
**All India Kashmir Samaj**  
244, Sector-3, R.K. Puram  
New Delhi - 110022

**Dear Sir,**

I hereby apply for Life membership of the All India Kashmiri Samaj.  
My Particulars are as under :

**Name (In full) :** .....

**Date of Birth :** ..... **Father's/Husband's Name :** .....

**Address :** .....

.....

.....

..... **Pin :** .....

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

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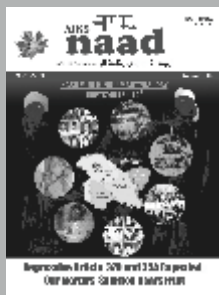
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