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# AIKS 𑆑𑆑𑆑𑆑 naad

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April 2020



## COVID-19 Pandemic Reshapes Global Societies and Economies

# KASHMIR

## Its Aborigines and their Exodus

Colonel Tej K Tikoo, Ph.D.

Revised Edition



Col Tej Kumar Tikoo (Retd.), PhD was born in Srinagar (Kashmir) on 15 April, 1906. After completing his school and college education at Srinagar, he joined the Indian Army, being commissioned into 1st Battalion of the newly raised Naga Regiment on 22 August 1971. Soon thereafter, he found himself fighting the 1971 Indo-Pak war in the eastern sector, which resulted in the creation of Bangladesh.

As an infantryman, Col Tikoo spent major portions of his thirty four years of service in the Army on the Lines of Control in Jammu and Kashmir or fighting insurgency operations. This includes deployment in southern Jammu Glacier and Operations in Nagaland, Mizoram, Assam, Manipal, Sikkim as part of DRG and in Jammu and Kashmir.

Col Tikoo is a graduate of the prestigious Defence Services Staff College and has been an instructor in the Senior Commando wing of the Army Staff College at Whist. He also commanded the newly raised counter insurgency training school in Jammu and Kashmir. He retired in 2001.

He is an MS in Defence Studies from Madhav University. He was awarded PhD in defence studies in 2012.

In 2013 Col Tikoo was elected as the President of Kashmiri Migrant Welfare Association, Srinagar, an important body of Delhi. Later in 2017, he took over the as the Editor in Chief of NSAD, a community monthly journal. In 2018, Col Tikoo was elected as the President of All India Kashmiri Samaj, an apex body of Global Kashmiri Pandit organisations nationwide.

For the past seven years Col Tikoo has been regularly appearing in various regional, Indian and global TV channels, as an expert commentator on various issues dealing with security, terrorism, international affairs, etc.

He can be contacted at: tk.tikoo@gmail.com

"...Written with scholarly passion, toughness and personal engagement. It brilliantly and fondly recounts the history of Kashmir from ancient times to its modern day. This reads of governance, blood and death". —**The Tribune**

"The mobility describes the enormous trauma they (Kashmiri Pandits) have had to contend with, in terms of immense economic, cultural and psychological damage". —**Deccan Herald**

Col Tikoo has demolished many myths and exposed many lies with facts and figures. He has also masterfully exposed the Janus-faced secularism in Kashmir. He has painstakingly exposed how successive governments continued to silence the rights of Kashmiri Pandits till 1989. This made the subsequent ethnic-cleansing perpetrated by Pakistan an easy task. —**South Asian Asia South Asian Institute of Strategic Studies**

"Written in lucid language and easy style, this booky truthful, objective and unvarnished account should be an eye opener for the vast majority of Indians who read know the truth, and a source of enlightenment for the few hundred thousand Kashmiri Pandits whose lives have been forgotten what they have been going through". —**HAAD**

"One can confidently assert 'Kashmir – Its Aborigines and their Exodus' will, henceforth, act as an impetus between various practitioners of those who have a thirst of reading about a 'Kashmiri Its Aborigines and their Exodus' is compelling reading that will also make the answer for future researchers by providing them over 100 reference sources". —**Deccan Herald**

KASHMIR  
Its Aborigines and their Exodus  
Colonel Tej K Tikoo, Ph.D.

## KASHMIR Its Aborigines and their Exodus

Colonel Tej K Tikoo, Ph.D.

Revised Edition



Exodus of Kashmiri Pandits from Kashmir in 1990, was first seventy such studies since the arrival of Islam in Kashmir in the fourteenth century. This was precipitated by the ethnicisation of Islam-sponsored insurgency across Kashmir Valley in 1989. The radical Islamists targeted Pandits – a non-Muslim community in Muslim dominated society, creating enormous fear, panic and grave sense of insecurity in the face of endless atrocities inflicted on them, the Pandits' sole concern was ensuring their own physical safety and their resolve not to consent to Islam.

Over 4,00,000 Kashmiri Pandits were forced to flee their homes leaving their homes and hearts. This was the single largest forced displacement of people of a particular ethnicity since partition of India.

Pandits' resolve did not end with the exodus. The obstinate and intimidating attitude of the State administration towards the Pandit refugees, made their post-exodus existence even more miserable. The Government of the Centre remained indifferent to their plight.

This book traces the Pandit's economic and political marginalisation in the State over the past six decades and covers in detail the events that led to their eventual exodus.

In the light of ethnic cleansing of Pandits from the Valley, the book also examines some critical issues on crucial to India's survival as a multi-cultural, liberal and secular democracy.

Development of the Pandit HOPE AGENCY HQP by V.K. MISHRA (Chief Executive) in May, 1995, Chief Patron: "Hops Against Hope" (Against Kashmiri Pandits is a grave to organisations) (Against in America).



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## THIS MONTH'S COVER

Cover page depicts  
COVID -19 Challenge  
being faced by the World

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# From the Editor-in-Chief



## Dear Readers,

World is struggling to comprehend the new monster in the form of COVID19. Though various authorities across the world are trying to contain the pandemic, yet it might take longer before this disease is finally stamped out and normal social and economic life restored.

In India the government authorities restricted the spread earlier than some other countries by announcing timely lockdown which, till now, has shown good results. There were three options before the government; one - take no action and allow the spread of the virus which would have resulted in larger deaths, collapse of health care system, besides huge emotional stress. The second was to immediately take preventive measures against the spread of the virus. These included identifying the patients, their contacts and preventing any ingress from outside the country. The third one was to undertake suppression strategy. The strategy adopted by government has worked well though the spread has not been fully contained. But going by the vast population of India and its size, we may take solace in taming the virus to some extent. The suppression strategy too has worked well so far. By taking measures like social distancing, etc., the curve has not been allowed to grow uncontrollably. This strategy was used by South Korea and they have reduced the mortality rate to less than 1%. However, we need to keep our fingers crossed as we have not yet reached the watershed.

## China's role

COVID19 was detected in Wuhan as early as in November 2019. As per some media reports, the authoritarian Chinese regime made all attempts to hide the same and hid the information of outbreak from the world.

Earlier too, SARS broke out in China in November 2002, but the Chinese authorities informed the WHO only in February 2003. This time around they tried to hush up the COVID19 issue. But its geographical spread forced them to acknowledge its outbreak.

It is pertinent to mention that American Society of Microbiology in its review in year 2007, had stated that there is a presence of SARS-CoV virus in various horseshoe bats and its eating by Chinese people would be like a time bomb which may lead to deadly spread. Again, in the year 2003, the then DG of WHO, Harlem Brundtland, had asked the world to identify these SARS viruses, its outbreak and its spread from animal to human with special mention of Chinese wet markets from where the spread is believed to have started. However, world remained inactive on the exhortations of then DG WHO. Consequently, now the whole humanity is facing an existential crisis.

Large number of people across the globe are attributing the spread to China and some have even named the pandemic as Chinese Virus. This has led to the annoyance of the Chinese authorities. This Chinese Virus is also responsible for shattering the livelihood of people and the impending recession, which the coming months will witness. Needless to say that the world needs to take strong notice of such pandemics and ensure that guidelines issued by the United Nations are followed in future. We hope this pandemic will not prove as dangerous as Flu Pandemic of 1918, which was responsible for some 20 million deaths.

## Nation Salutes Health Workers;

Amid the lockdown our people across the country have shown tremendous will power and character by supporting the initiative of the PM; first, by making the Janta Curfew a





success and second, by following the strict instructions of lockdown. During the Janta Curfew on 22<sup>nd</sup> March, people across the country followed the call of PM Modi and clapped for 5 minutes at 5 pm in the evening to express their gratitude to the various health workers, especially to those doctors, nurses, policemen, sanitation workers and other agencies who are working as frontline warriors against COVID19. One could see the unity of thought and expression among the countrymen across the length and breadth of the country while expressing their thanks to them. Again, this unity was recreated on 5<sup>th</sup> April wherein countrymen followed the appeal of the PM and lit a lamp at 9 pm in the evening with a prayer to overcome COVID19 pandemic. These two events are going to unite India further as everyone felt that he or she is not alone in this struggle for survival but whole nation is together to fight the pandemic. Similarly, while lighting the lamp one could see unison among the citizens at the same time across the country. Such scenes are very rare

in the human history where people obey their leader in the resolve to fight the pandemic and stand together.

The nation witnessed *Virat Swaroop* in the form of awakened citizens coming together for a single cause, irrespective of constraints of geography. These two events are akin to those occasions of freedom struggle where the nation followed the words of Mahatma Gandhi to attain independence from the British yoke. With these two events the world will now see India with a different perspective of respect and awe. In the words of Swami Vivekananda;

*“All the tortures and miseries of the world will pass over without hurting us, and we shall come out of the flames like Prahlada, so long as we hold on to this grandest of all our inheritances, spirituality.”*

मनील रौन गणक



# COVID-19 PANDEMIC

## Globalization Driven by Profit Motive & Without Transparency has Proved Disastrous

The rate at which COVID 19, also called Coronavirus, is spreading across the world, leaving a trail of disaster behind, it would be difficult to foresee what state the world would be in by the time you received your monthly copy of Naad.

Today is the seventh day of the lockdown announced by the Government of India, effective 25 March 2020; an unprecedented move about which the PM Sh. Narendra Modi, informed the Nation in a televised speech on 24 March 2020. As the PM explained, the Coronavirus-spread needed to be stopped before it entered the stage III, a situation in which communities got infected en masse, making it difficult to track the movement of the carriers of this dreaded virus. Though, by and large, India has not, as yet, seen the catastrophic levels of the infected and the consequent fatalities, one is keeping one's fingers crossed and praying for the slowing down of the spread of the virus in India and its eventual neutralization. With a huge population, wide-spread poverty, large number of ghettos and slums in which the urban poor live in cramped spaces, even the most restricted spread of the COVID 19 in communities will create a

dangerous situation, which will be unprecedented in scale and spread across a huge geographical area.

As is well known, the Coronavirus originated from China's Wuhan city in Hubei province, where doctors were receiving one to five patients everyday as early as third week of November 2019. Unfortunately, china waited for two months (21 Jan 2020) to issue its first public warning, by which time, the spread of virus had attained an uncontrollable dimension. "A study based on sophisticated scientific modeling has indicated that had Chinese authorities acted three weeks earlier, the number of COVID-19 cases in China would have been reduced by 95% and the global-spread of the disease limited," writes internationally renowned strategic thinker and writer Brahma Chellaney. It is a well-known fact that the Communist Party of China (CPC) is extremely sensitive to protecting its 'face' (reputation) at any cost. In the instant case it did not let the world know about the lurking danger that had the potential to hurt its reputation. But in the end, it did so at the cost of preventing peoples' suffering.

Lately, through mainstream media, and mostly through social media,

theories have been floated that the Coronavirus is the by-product of some bio-weapon engineering. For the time being it is just a rumor as no proof of this exists anywhere. But this is also a fact that no country, particularly the scientifically and technologically advanced countries, where research facilities are the best in the world (the U.S, Israel, Germany, France, Britain, etc), are so deeply involved in responding to the mayhem caused by the pandemic to their own countries, that they have not been able to pay attention to finding out the actual cause of the spread of Coronavirus. Such matters can (and must) be attended to only after the devastation caused by the pandemic and its spread has finally been reversed.

In an economically globalized world, where faster means of travel, international trade, labour intensive factories and technically qualified young people move from one country to another for work, earth has shrunk and has truly turned into a global village. The level of international trade, manufacturing, research, connectivity and inter-dependence among nations today is such that no country can remain isolated from any significant development taking place in any other country; be it terrorism, climate change, environmental issues, spread of contagious diseases, etc. Therefore, it is necessary to work with a high degree of transparency, which I am afraid, china did not follow in the instant case. Italy, which has till now suffered the highest number of deaths due to Coronavirus, has a well-established trade relation with china. Similarly, America imports 97% of its antibiotics from China. France, Germany, Britain, Spain, etc., have

extensive trade relation with China. Their democratic system and open societies make these countries vulnerable to the intended or unintended machinations of powerful and rich dictatorships like China. In the present instant, this is what seems to have happened.

In the olden days, not too far back, the western world called the eastern European countries as being 'behind an iron curtain'. This signified a fact that countries under the influence and control of the erstwhile Soviet Union were shielded from the open western societies by a huge iron curtain, which neither allowed anything to enter nor exit from these countries. Today, the same thing should have applied to china, but no country dare call china by any such name as most economies of western world are dependent upon china, which manufactures everything from Pin to Plane and from small souvenirs to special sophisticated submarines. A matter of fact, china controls the manufacture-supply chain in a vice-like grip and therefore, western countries are loath to call the Chinese bluff. The fact is that in the present day Inter-connected world profits are more important than human lives.

However, the man-made pandemic has caused unparalleled global economic crises, human suffering and social disruptions. Someone must be held accountable for causing such a massive human and material loss to the world. END.

*- Col. Tej K. Tikoo*

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## General Secretary's Column

### Newly Constituted Core Group Meets

The newly constituted HQ Core group held its first meeting at R K Puram office on Saturday 14th March 2020 and held extensive discussion on many vital issues related to the community and means to be adopted by AIKS to tackle them. The meeting was chaired by President Col. Tej K Tikoo and attended by S/sh. M L Malla, Vijay Kashkari, Dalip Kaul, Rajinder Premi, Sunil Kaul, Sudhir Shah, Sanjay Sapru and the undersigned. Issues deliberated included the means to enhance readership of Naad, organization's increased connectivity with its affiliate organisations, ongoing petition of AIKS being heard at Hon'ble High Court of Jammu & Kashmir which has entered a crucial stage and many other issues. It was decided to strength the presence of AIKS both at Jammu & Srinagar considering the scenario post abrogation of Articles 370 and 35 A and the emerging political developments.

Another important decision taken was to highlight the issues and concerns of the KP Community through a letter to be submitted by AIKS to all sitting members of both houses of parliament and to heads of all political parties seeking their intervention in resolving the multiple issues confronting the community.

### Dealing With Coronavirus Emergency At Our Community Level

As Covid 19 is playing havoc with the communities across the world, AIKS has issued an appeal on 27th March to the community to be prepared for the worst, while at the same time, hoping for the best. Fortunately, we have several area-specific associations/organizations whose homogeneous composition makes them best-suited instruments for responding effectively to this crisis. It is through these instruments that the community can contribute to the national effort in whatever manner we can. Some of the

suggestions given are tabulated below:

1. We need to organize ourselves in a manner that within the specific geographical area, we can get the information about our own people, particularly the elderly, well in time to render whatever assistance is required.

2. Our Premier Medical Help line, the KMECT, which enjoys a great credibility and wide footprint in the community, could perhaps get involved with this effort in some form. This decision can only be taken by the organization itself. However, We need to keep in mind their constraints in terms of both human and financial resources.

3. We need to avoid religious/social functions to bring our activities in tune with the government-issued restrictions. We have had Hawans even as late as middle of March.

4. Every association could draw up a list of senior citizens living within their area, particularly of those living alone.

5. We could also seek volunteers who could be contacted in times of emergency to render physical help when needed.

6. Associations could appeal for donation of face masks and hand sanitizers. These could be stored at one place and issued to the needy community members whenever required.

7. Every association has its own WhatsApp group. As we can see, huge volume of messages/videos on these are 'forwards'. Time has come for Admins of these groups to restrict posting what is not essential. With lock down likely to last for some time, the social media is going to be under heavy load, disrupting the internet. Therefore, only the most useful information be put on these groups.

8. If possible, it would be useful to nominate a mob number within a group as an emergency-response number in order to act as a bridge between the needy and the association /institution.



9. Associations could devise a mechanism to coordinate information-flow with local authorities so that these too could be in loop while dealing with a grave situation.

There are several other measures that the associations can institute to maximize the effective response to this once-in-a-century menace.

In response to the appeal sent to the community on 27 March 2020, AIKS received some positive feedback from some of our affiliates who have taken initial steps to face the coming challenges.

It was heartening to receive a very positive response from our stalwart member, Dr K L Chowdhury, who, despite his own constraints, offered to help in whatever manner possible. I am reproducing the message received from Doctor Sahab in response to our appeal.

“I commend AIKS for this initiative. In this context I offer my humble services for the community in every form possible especially as a medical professional. I am at their disposal to answer any relevant questions, to offer advice on any ailments through WhatsApp and email.

You may kindly pass on this information to the community through your forum or other portals.

We must put in our very best to fight the menace of Corona. Every individual effort matters in the collective good. We must put all our resources at the disposal of the central government and strengthen the resolve of our beloved prime minister and his dedicated team to win this war”.

I would like to reassure everyone that AIKS would do everything possible to render whatever assistance is required to help our community/ associations/ affiliates to strengthen their hands in this fight against the deadly virus.

#### **All India Kashmiri Samaj Condemns Attack on Gurudwara in Kabul on 24 March 2020.**

AIKS during an Emergency Video Conference Meeting on 26th March passed a resolution expressing its deep anguish and pain at the huge loss of life in the dastardly attack on the Sikhs who had congregated at a Gurudwara in Kabul, on 24 March 2020. AIKS unequivocally condemns this attack on the microscopic Sikh minority by the much-reviled IS, which has

claimed the responsibility for this attack.

Over the last few months it is the second attack on the Sikhs of Afghanistan, who were once a robust minority, but are now reduced to a few hundred.

The attack clearly establishes the justification for the enactment of CAA and the futility of the orchestrated protests against it.

We appeal to the Govt of the Islamic Republic of Afghanistan to ensure the safety and security of its minorities.

#### **AIKS Civil Writ Petition No. 534 of 2006**

As reported earlier this petition was heard on 6th March 2020 by the double bench of Hon’ble the Chief Justice Gita Mittal and Justice Rajesh Bindal where AIKS was represented by a battery of lawyers comprising Sh. P.N Raina, Sr. Advocate, Sh. P.N Goja, Advocate, Sh. J. A Hamal, Advocate, Sh. Virender Bhat, Advocate and Sh. K.L Bhat, Advocate on the respondent behalf Sh. Rajesh Thapa Dy. AG and Sh. S.S Nanda, Sr. AAG appeared for arguments.

The Divisional Commissioner, Kashmir pursuant to the order passed by the court on 29th January 2020, filed a compliance report on 29th February 2020 and Sh. P N Raina sought time to file a response. Sh. Raina on a perfunctory examination of the status report brought to the attention of the Hon’ble Court that no information regarding the report filed by Divisional Commissioner, Kashmir on 2nd March 2019 and pointed out the large gaps in the submissions and also in the report of DM/ DC Anantnag submitted on 10th May 2019. He further raised grievance about complaints made by migrants regarding their land not being registered by the respondents. Several other issues were also raised by the eminent lawyer.

The court directed the Divisional Commissioner, Kashmir, to furnish status report furnishing the status report concerning the specific questions regarding procedure followed for receipt and examination of complaints from the kashmiri Migrants, details of proceedings of land acquisition of property which was owned by the migrants, steps being taken for protection of un-encroached land and many other issues related to the kashmiri migrants.

The case has now been listed for next hearing on 21st April 2020.

**M K Pajan**  
General Secretary, AIKS



# ALL INDIA KASHMIRI SAMAJ (REGD.)

(APEX BODY OF INDIAN & OVERSEAS KASHMIRI PANDIT ORGANISATIONS)

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April 07, 2020

## Shri Girish Chandra Murmu

Hon'ble Lt Governor of the Union Territory of Jammu & Kashmir

Raj Bhavan

Jammu-180001

**Sub: AIKS - GenNext (youth) seek the administration's focus on overall good of the people of Jammu & Kashmir UT due to challenges posed by the COVID-19 pandemic.**

Respected Shri Murmu Ji,

All India Kashmiri Samaj (AIKS), GenNext (Youth), appreciates the efforts of your administration to face the challenges posed by the COVID19 pandemic; an effort which was even recognized by hon'ble High Court of Jammu & Kashmir UT. However, AIKS - GenNext (youth) would seek the administration's further focus on the following areas for the overall good of the people of Jammu & Kashmir UT.

1. Jammu being a transit hub for traders/tourists, etc., to Kashmir, hill districts of Jammu and Leh, monitoring of the transients is essential and will be needed even after the lock-down restrictions are lifted.
2. Due to limited resources available and nature of the terrain of Jammu region, it has not been possible for your administration to carry out extensive tests. We request you to increase the testing facility as more resources become available. This is particularly applicable to BPL families and those living in remote villages. Jammu city also has migrant labour across the industrial and residential areas which needs to be taken care of.
3. From media reports it has been learnt that Tablighi Jamaat has its centres in various areas of Jammu region, which need to be kept under constant COVID 19 surveillance.
4. The pandemic put many people, particularly the poor, under heavy financial stress. Therefore, all provisions extended by central Govt in this direction may please be extended to the people of the UT, including the Kashmiri Pandit migrants.
5. As the children's' studies are adversely affected due to lock-down, high speed internet facility be made available to ensure that on-line conduct of classes can be made effective and fruitful.
6. It is requested that the Administration make optimum use of the electronic media to establish a rapport with the people and keep them updated on regular basis on facilities available and the measures being taken to mitigate the effects of the pandemic. Enough toll-free phone numbers should be assigned to be used by the public for such purposes/ in case of any emergency.

7. Our doctors and healthcare professionals are in the forefront of fighting this war 24x7. We request that all of them be provided with protective gear in order to ensure their own safety. We can be safe only if they are safe.

AIKS - GeNext (youth) is ready to assist the administration during this time of need in any form.

With Warm Regards,

Yours Sincerely

**Team AIKS – GeNext (Youth)**

Sanjay Sapru :- 9810282928 (sapru1971@gmail.com)

Sunil Kaul :- 8527609898 (sunilkaul.kmr@gmail.com)

CC :

- 1) Advisors to LG – Jammu & Kashmir UT / Pr Secy Planning J&K
- 2) Divisional Commissioners Jammu / Kashmir
- 3) Deputy Commissioners Jammu
- 4) Mayor, JMC
- 5) Municipal Commissioner, JMC

# SHRADHANJALI

All India Kashmiri Samaj (AIKS) deeply grieves the demise of Shri (Prof.) Somnath Raina. He breathed his last on 30<sup>th</sup> March 2020 at Apollo Hospital in Bangalore.

An Educationist, English professor as a profession. He will be remembered as the first to open an Academy in J&K, along with his brother Late Prof. Kanya Lal Raina. The Academy was adjacent to Nawakadal Bridge on the bank of Vitasta in Srinagar.

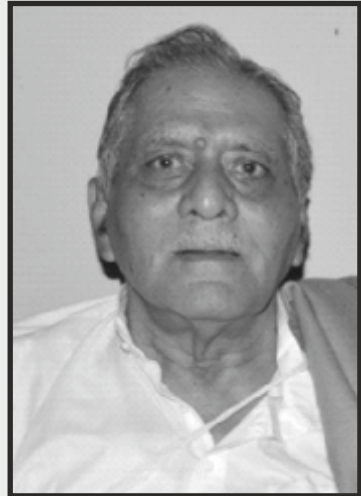
As social activists in Kashmir, the duo professor brothers were famous by the names "Suma Bhagwan & Kanya Bhagwan".

He was presently President of Kashmir Hindu Samiti, Bangalore. He was previously Vice-president of All India Kashmiri Samaj for some time.

Prof. Raina was highly social, humorous, very affectionate and noble person besides being a very good philanthropist.

AIKS expresses deepest condolences to the bereaved family and prays to Almighty for eternal peace to the noble soul.

Om Shanti !



**Shri (Prof.) Somnath Raina**



## **AIKS takes up with Lt. Governor and high ups of UT J&K to Release of Monthly Relief in Favour of Kashmir Migrant Relief Holders**

Receiving several calls from Jammu that the relief holders were facing difficulties in lockdown due to covid-19, the President took up the matter with the concerns, to draw their attention to the hardships faced by the displaced persons (called migrants) of Kashmir, living in Jammu. This serious issue was brought to the notice of the Lt. Governor as a humanitarian issue.

AIKS has been given to understand, the problems faced by average relief- holder families, living within or outside the camps because of the ongoing lock-down due to COVID 19 pandemic, is being solved.

## **Press Release from Sh. Ajey Bharti The issuance of the Jammu and Kashmir Reorganisation (Adaptation of State Laws) Order, 2020 including Domicile Law**

The issuance of the Jammu and Kashmir Reorganisation (Adaptation of State Laws) Order, 2020 is a welcome step. It clearly indicates that in spite of being fully involved in fight against deadly Covid19 pandemic the GOI is conscious of its responsibilities particularly towards the citizens of UT of Jammu and Kashmir.

Section 96 of the Jammu and Kashmir Reorganisation Act, 2019 empowered the Central Government to order such adaptations and modifications of the law, whether by way of repeal or amendment, as may be necessary or expedient. This exercise is a logical step toward complete integration after reorganisation of the erstwhile state into two Union Territories. It was also a necessary legal requirement.

Amendment notified to the Jammu and Kashmir Migrant Immovable Property (Preservation, Protection and Restraint on Distress sales) Act 1997, besides defining the Domicile for the purpose of the Jammu and Kashmir Civil Services Decentralization and Recruitment Act, 2010 is heartening and welcome. It fulfills the commitment of Union Government, repeated umpteen times by both Hon'ble. Prime Minister and Home Minister, to address the apprehensions of people of J&K.

The Competent authority under the Jammu and Kashmir Migrant Immovable Property (Preservation, Protection and Restraint on Distress sales) Act 1997 has been asked to “prepare the details of immovable property” The Displaced Community “in such format, as may be prescribed, and take appropriate action to evict unauthorised occupant of such migrant property”.

The Displaced community has been for last 30 years running from pillar to post to protect left behind immovable property including that belonging to temples Shrines and Cremation Grounds. This welcome amendment has opened new gates to restore it. We are hopeful justices will no more be denied in these cases.

Definition of Domicile and reserving posts up to Level 4 of 7th CPC pay scales, i.e., 22500 basic pay for domiciles is a much needed protection that will address the genuine apprehensions of the local youth. It means more than 3/4th of jobs created in the government sector are protected for the youth of Union territory. Some people including a section of media has confused Level 4 posts with class 4 posts.

According to one estimate number of vacancies presently available around 70 thousand vacancies is in up to Level 4 and about 7 thousand only are available in gazetted cadre. That is around 90% of are reserved for youth of Jammu Kashmir.

Moreover the youth of the UT are also



getting opportunities of competing for gazetted cadre throughout country where number of posts will be much more than the number of post in Jammu Kashmir. This will be in a spirit of reciprocity and equality, without tag of being exclusivist. Youth of J&K are capable, aspiring and do not shy competition. Vested interest, provoking must be exposed.

## **Contribution of KSS Faridabad towards PM Cares Fund**

COVID-19 has become the single most dangerous protein that has shaken the whole world. However, looking at positive aspect of it, this has created some kind of cohesion amongst the communities. Today, everyone makes a bee line in India to make contribution, in one or the other form, to help fight this tiny monster. Our revered Prime Minister's call for support got an overwhelming response. We are pleased to inform that Kashmiri Sewak Samaj, Faridabad, in its own humble way has contributed Rs 1 Lakh to PM Cares fund on April 3, 2020. We stand by our Prime Minister in this hour of crisis.

## **SHKJAM Distributes Sanitizers in Jammu**

Shri Hari Kirtan Adyatmik Jagrati mission Express concern over the outbreak of Coronavirus also called Covid-19 is challenging threat to the humanity. Now it is to be fought on war footing to defeat Coronavirus by one and all. Hari Kirtan mission is out on job to educate people and in gratitude towards all health, front line workers, security, sanitation and everyone in the line of duty serving selflessly to ensure India's victory in the battle of Covid-19. Mission is working day night to educate people across city and Sh. Moti Lal Raina, Organizers voluntarily distributed bottled of sanitizer, Masks in every temple, ashram and people in different Mohalla's and shall continue the process in future as well.

People are told to be calm, not to panic and maintain social distancing. Mission assures to distribute more bottles. An appeal to the masses:

1. Protect yourselves,
2. Protect your loved ones &
3. Protect your community.

## **Press Release from Sh. Ajey Bharti PM Package Employees Facing Shortage**

Displaced Employees working in Kashmir valley are reporting shortage of essential commodities. There are other people who were in Kashmir valley for short visits and could not leave before lockdown. Administration is requested to look into their concerns and ensure their welfare. District administration of respective Districts and Relief organisation also needs to take necessary steps to address the genuine grievances of these employees at an earliest.

Necessary steps to protect them from Chinese virus named Covid19 also need to be taken.

I would also like to bring to the notice administration the fact that some case of persons whose one or the other parent expired during the current lock-down are facing trouble reaching their homes to a) join the cremation and/ or b) other last rites like 10th Day Kriya.

Almost every family is scattered these days. We understand that it is neither possible nor desirable for those who are far away to reach Jammu. Family members of such persons living in Delhi –NCR or Punjab, Haryana Himachal Pradesh tend to come to Jammu to join the family using their own transport facility. Two of such cases have been reported just in one day. In one case an Inspector of CRPF cremated his deceased mother in Delhi but came to Jammu with ashes and proper paperwork done yet he was retained at Vijaypur and put in Quarantine. Similarly, other person came from Gurgaon to cremate his mother but was not allowed to enter state at Lakhanpur.

The authorities need to have protocol for such cases. While we support every preventive measure, yet this human aspect needs to be looked into. It is strictly only for close kith & kin like sons and daughters of any such person who has expired. Even in their case necessary precaution like screening, home quarantine and under watch rule must be applied.

I appeal to the authorities and LG administration to look into the issue sympathetically as 21 days is not a short period where such more cases will not surface.

## SRMA", Vivekananda Kendra, Nagdandi, Anantnag, Kashmir Donates in PM Care Fund

As communicated by the Chairman, Shri Brij Lal Bhat of Vivekananda Kendra Nagdandi, Anantnag; volunteers, members, associates & local workers, connected to "Shree Ramakrishna Mahasammelan Ashram( SRMA) Nagdandi, Anantnag, Kashmir has deposited Rs 1,11,111.00 as donation in "Prime Ministers COVID-19 Care" Fund.

The Chairman further appeals, "Let us all through joint efforts following strictly the Social

Distancing System, put our all our positive strengths in to action to fight this deadly Virus to finish for good."

Thanking the donors, the Chairman along with his executive body of Shree Ramakrishna Mahasammelan Ashram ( SRMA), Nagdandi, Anantnag has appreciated the contributors for contribution towards the PM's COVID -19 Care Fund.

The Chairman, SRMA humbly request all to contribute their share towards PM/ UT JK, COVID-19 Fund as a support to guard against any anticipated financial setback besides "Nation Building".

जय माता दी

# कश्मीरी कर्मकाण्ड पंडित

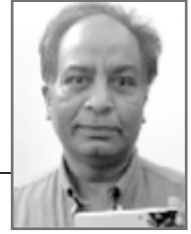
लग्न, देवगुण, मेखल, काहनेथर, जन्मदिन, गृहप्रवेश, भूमि पूजा, नवग्रह पूजा, बड़ा हवन, दहिम् कहिम् बहिम्, शिवरात्रि, काल सर्पयोग महामृत्युंजय जप, जन्मपत्री मिलाना एवं देखना इत्यादि।



संपर्क

शिवदत्त शास्त्री

सेक्टर - 53, गिजोर, नोएडा, नियर कंचनजंगा  
मो. - 9711545390/7042087271



## What Did A World Famous Psychologist Say After His Visit To India?

Last week I phoned my friends around the world and talked about the COVID-19 crisis. They are professionals in my field who I have known for years. We often share our joys and sorrows over the transitions we go through.

This time I found a difference. Many of them talked about feeling acutely lonely and alienated. They shared how being locked up inside homes; the alienation has overtaken them and brought them to a stage of questioning many assumptions. One of them broke down saying he and his wife might separate due to the stress of the lockdown. They were a little surprised that I wasn't so perturbed and asked me why? I told them I wish I knew. "Maybe it is yet to come," I said to make them feel better. We talked about the times we have spent together in the past, when they came to India, about our families and last but not the least the COVID19 virus.

As I sat back, something said by my teacher came to my mind. George Kohlrieser is an internationally known expert on human attachment process, author of the book 'Hostage

at the Table' he had visited India and stayed here travelling the length and breadth of our country. He was my mentor, guided my research and coached me in grief work. An astute observer of human nature, I wondered what impressions he had of India when he left.

"Rajat," he said, after a moment of silence when I asked him a few months later, "I have many impressions of your country, but there is one I would like to tell you. Throughout my journey I didn't hear a baby cry in India. Even if I heard one crying, I found someone quickly came and picked him up. When I was returning back home, my plane had halted at Amsterdam airport and I heard a baby cry. His mother was buying something nearby. No one bothered or came to calm or comfort him. People passed by as if nothing happened."

And then he said, "This may be one of the biggest strengths of you people. In crisis, in times of darkness this is the spirit you can invoke to come out stronger."

Finishing his words, he said, "This incident taught me how alienated and detached some

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Throughout my journey I didn't hear a baby cry in India. Even if I heard one crying, I found someone quickly came and picked him up. When I was returning back home, my plane had halted at Amsterdam airport and I heard a baby cry. His mother was buying something nearby. No one bothered or came to calm or comfort him. People passed by as if nothing happened."

people have become. Your country still retains a value that the world can learn from.” His words ring true every time I hear a baby cry. Having grown up in a way where I never thought of this, an expert like him made me aware of what I perhaps would have never known.

But my article is not a comparison between cultures. I only shared it to describe the alienation of modern man from himself and how we can heal that path. If not done today, long after the trauma of COVID19 is gone, the alienation of man would remain, forcing us to listen to the message that my professor reminded me of.

The word ‘alienation’ comes from a Latin word that means the condition of being an outsider to oneself. When and where did some of us become outsiders to ourselves? He also said that alienation lies at the root of many an illness.

Otto Rank, the psychiatrist, once said, “Loneliness is a part of self definition for the modern man.” He said loneliness is an issue we will have to face each time we cut ourselves off from our roots. He felt that faced with the most violent time in history and technology that has the power to take over our lives, the day is not far off when we will have to face an alienation that would force us to define ourselves taking us back to our roots.

Three decades ago, a conference was organized to reflect over the issue ‘if man has really progressed and if so, how much’. Fifty Nobel Laurates were given this question to reflect and find an answer over three days. Some of the brightest minds of our time, at the end of the conference got together and asserted that

The word ‘alienation’ comes from a Latin word that means the condition of being an outsider to oneself.



**“This may be one of the biggest strengths  
In crisis, in times of darkness this is the sp**

*- George Kohlrieser, an intern*

man has progressed, but little and true progress will only come when he learns to integrate science with art and spirituality. They also said that the enemy of man is his alienation from his own self and he will find healing in the wisdom of the ancients, especially the east.

Today, when more and more people are living as single members in a household as compared to any other time in history, this message could not be truer. In Sweden 62% households have only one member. In USA, nearly a third of people live as single persons. This is spreading across the world and perhaps becoming the biggest enemy of man.

Alienation has become the biggest enemy of our civilization. The present COVID19 crisis has the potential to take it to its limit, a point of no return. It is an existential dilemma from





of you people.  
spirit you can invoke to come out stronger.”

ationally known expert on human attachment process

which there is no escape.

Many years ago, in Tihar jail, when a new jail was set up, the traditional bonding system in the prisons called ‘phatta’ was disrupted with group of prisoners being shifted to different jails. The morbidity amongst those separated reached an all time high and when the original groups were restored, the illnesses were dramatically brought down.

On the day of Janta curfew as I came out to ‘clap’, I noticed something that I had never seen before. All around me, in the apartment balconies, people looked at each other, smiling, creating music with whatever they had found. Have we ever done that before? I tried to remember. Then I noticed something else. Everyone was trying to synchronize his music with the other, elders and children alike. Do we

do that in times of crisis?

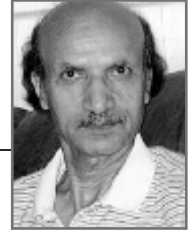
In 1994, I was in Bergamo, Italy, presently in the middle of COVID19 crisis. A group of townspeople had assembled in the main square and brought all metallic junk pieces dating back to fifty years. They beat them together creating a music late in the night protesting against the war by beating anything they could find. Somebody told me they are all musicians from the town who have kept the musical instruments at home. When I met one of the band members and asked why they did it, he replied this was music from the soul that no musical instrument could bring out. He explained when the town had almost become a ghost town after the second world war, the towns people had found hope once again by beating every metal piece they could find.

Today, the epidemic is forcing us, the digital man, to confront and ask us the same question. We may be the last generation who remains as the bridge between the old and the modern that separates the two periods and we may be the only one to bridge this alienation. The digitalization has become a disconnect, a loss to be filled up. The bubble the modern man built around himself has burst, this time by a virus.

The COVID19 virus comes to us at a time in history unlike any other time. The Indian in us stands alienated and needs an awakening to heal itself. We are finding a new definition and meaning in ‘*vasudaiva kutumbakam*’, the corner stone of our identity. We need that definition today but based on a collective unity amongst ourselves, more than any other time in history. It will decide where our civilization will go.

The call by our Prime Minister to light a lamp on the night of 5th April was perhaps to re-awaken and ignite that bond that connects and binds us together. We must re-awaken that as people, as a nation, to feel whole again. Keeping that in mind, my family and I lit the lamp as an ordinary Indian. We connected with every Indian in those nine minutes and I know I am not alone when I say so.

(Author is a Psychologist, Speaker and  
Author of ‘*The Infidel Next Door*’,  
[www.rajatmitra.co.in](http://www.rajatmitra.co.in))



# Coronavirus (Covid-19) Pandemic

## Creating Corona Consciousness

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The world will not be the same after it emerges from this state of dissolution, the *parlaya*. A lot will depend on whether those, who survive it, will have learnt the right lessons, or will go back to their erring ways. The post-Covid-19 Epoch is going to define a new *Yuga*, a new world order.

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Several friends, patients and others have been asking me to write about Corona. So much has been already written, spoken and debated about it as to fill all the libraries of the world and yet, people are baffled and in disbelief, ignorant and even arrogant about it. After all, an apocalyptic situation has suddenly engulfed the world as never before in our memory.

The world has been deluged by invisible, ultramicroscopic particles stalking the globe like a phantom, unleashing a lethal armamentarium, killing humans everywhere, respecting no geographical boundaries, no religion or faith, no standing or status, striking the high and low equally, and the young and old, bringing humanity to its knees. It has become a leveler and has caused a pandemic of panic and grief, and forced almost all nations to lockdown, to stay indoors, bringing life to a grinding halt everywhere.

It is worse than what befell aeons back when Lord Vishnu had to take the *Matsya* incarnation to salvage mankind from total deluge. Pray, who is going to be the saviour in

the present age of *Kal Yuga*, except the humans themselves.

For that, We need to create, what I call, a Corona consciousness, an understanding of the genesis, the nature, and the unforeseen consequences of this pandemic that may last several months, even a year or more.

### What do we know about Corona? What is Covid-19?

Well, it is a virus of the Coronavirus family, that has been around for a long time causing disease in mammals (including humans) and birds. Viruses are notorious in that they change their form and character like a person wearing different disguises. We call it mutation. The present pandemic is the result of a mutant variety that surfaced in China around November 2019, so the name Covid-19. Co-corona, vi-virus, d-disease and 19 for the year of discovery of this novel variety.

The name 'corona' derives from Latin which means a crown or halo like the solar corona (around the sun). Viewed under the ultra-microscope, the surface of the virus particle is covered with club-shaped spikes giving it the

corona shape. These are the spikes with which the virus hooks on to the lining of the respiratory tract of humans including the nose, air passages and lungs, where it multiplies in the cells to wreak havoc.

Imagine the *Sudarshan Chakra* of Lord Krishna as it moves towards its target. So also does the corona virus move from the breath of an infected person and travel in the air to home on to others. Coughing and sneezing send it to a larger distance at a faster speed than normal speaking or breathing which has a reach of 5-6 feet. That is why the minimum social distancing advised is about two arms length. The virus may settle on any surface and remain alive there for variable period of time. An unsuspecting person may touch it and carry it on hands, touch his own nose, eyes or mouth and get infected. He may go anywhere, touch another person, or touch a door knob or a handle, the button of a lift or any other object. This is important to know about the viral spread from human contact (contagion) which has the potential to carry it wherever the vector (carrier) moves. Thus one infected person may pass on the virus to any number of people directly or indirectly resulting in an exponential community spread.

Despite the rapidly accumulating knowledge we are still trying to understand the traits of the virus, as baffling as understating human character. How long does it survive on different surfaces and clothes, under different temperatures, or in the atmosphere, it's still not fully defined. The general observation that respiratory viruses are active in winter gives us hope that summer, which has already set in, might diminish the intensity and spread of the virus. The different rates of spread in different countries, especially the relative moderation with which it has unfolded in India so far has generated some hope that India will be spared the devastating spell. Only time will tell. The early lockdown enforced in the country has been pivotal in checkmating the spread somewhat. An extension for some more time after the present 3-week curfew might be in order. No doubt, it has huge immediate and long-term economic, social and political consequences, but we may have to bite the bullet now rather than face the battery later.

The incubation period, transmissions as well as the symptoms of the infection are variable too. It takes upto 2 weeks for the virus after it enters the human body to cause symptoms. Therefore, if someone is suspected to have been exposed to the virus, 2-week quarantine (isolation) is mandatory. Remember, even an asymptomatic person can transmit the disease to others, like most respiratory viral diseases e.g. the common cold, influenza etc. Covid -19 may not exhibit any symptoms in the victim. Others may have a mild illness - dry cough, fever, body aches - which may recover without any treatment. Such patients should watch their course. If there is any deterioration like worsening cough and breathing difficulty, report to the hospital immediately. Keep your family physician posted of the details all along; he might advise a test done. Online consultation is a useful first step. Only just around five to seven percent may need hospitalization and most of them recover with resuscitative measures like respiratory assistance or by inserting a tube in the air passages for ventilation and delivery of oxygen. A much smaller percentage go through a rapidly downhill course involving both lungs and death may supervene despite all efforts.

No drugs are effective as yet except for some anecdotal evidence of a few, like anti-malarials and anti-virals.

Scientists are seriously engaged in finding drugs to fight the virus, making effective vaccines to prevent healthy people from contracting the infection, and in creating test kits for speedy screening for the virus in patients, contacts, clusters, communities, and even whole populations. It is a gargantuan task. Human and financial resources are limited, but there can't be any compromises when a pestilence threatens whole mankind.

Extensive human trials are going on. It may take months to find the right answers. There is hope that a vaccine may be ready by the end of the year. But, going by the rate of infection in different countries, the virus could be lethal to hundreds of thousands of humans by that time despite the untiring efforts of medical professionals engaged in the fierce encounter

with the greatest enemy of mankind.

**Meanwhile, what about others, the common masses cooped up in their homes?**

There may an opportunity waiting for us even in this extreme adversity. Either we meekly succumb or stand up to the challenge. It is time for sagacity, self discipline and self inquiry. It's time for action, not for depression and despondency. Find ways and means to cope with the privations which are not going to last forever. Stay indoors. Maintain social distance. Avoid social and religious congregations. God wants to be left alone for some time, and wants us to seek answers from self.

Patience is the watchword. Stay calm, for panic never helps. It takes reason away, erodes confidence and diminishes immunity. Spend time gainfully by working from home as far as possible (e.g. I make myself available to my patients through e-consultation, phone, what's app). Learn anew the virtue of self-help by doing household chores that were delegated previously to outside helpers. Observe the precautions about hand washing, avoiding contact, using a mask when you have to go out. It is a lot of bother but worth it. If masks are not available, fold a clean cotton hankie several times, wet it slightly and fasten it around your mouth and nose.

Don't be misled by the unsubstantiated claims about different diets, herbs, condiments, potions, drinks (hot, cold, lukewarm) etc. that circulate in social media. Eat normal diet; no change from your routine.

Take time off to look at the sky, the beautiful sunrises, sunsets and the star constellations. Enjoy the silence for a while. Listen to spiritual music. Hear the birds sing in joy. Speak with the flowers that bloom brighter, watch the gauzy butterflies. All these nature gifts have suddenly sprung into renewed life, reminding us of the injustice we have heaped upon them. It is also time to revive family values and bond together, spend precious hours with kids, indulge parents and elders, revive lost contacts with friends, reach out to the sick and needy. Physical distancing can thus be bridged by emotional proximity.

More importantly, it is time to sit back and introspect about the higher truths, about the meaning of life, about the unseen hand of a higher entity that controls the world. The great scientists that ever lived also believed in philosophical inquiry, the world view, and the unifying theories that govern the cosmos. It is also time for the world to wake upto to the quintessential moral philosophy of the Upanishads, '*Vasudev Kutumbakam*' (the whole world is one family). Time to put an end to tinkering with biological agents like viruses, because any attempts at their weaponisation (bioterrorism) may boomerang, with a serious potential to consume its own creators like the fictional Frankenstein monster. This is believed to have happened in Wuhan, the epicenter of the present pandemic.

It is time for world leaders to unite and put heads together in the course correction of mankind. Through unregulated development and the exploitation of natural resources along with the rampant use of toxic chemicals and the massing up of effluents, humans have caused untold environmental disasters and created conditions ideal for genetic mutations in cells resulting in the high incidence of cancers and the emergence of new strains of bugs - bacteria, fungi, viruses - new mutants, potent scourges for mankind like Covid-19.

Finally, let us pay our unbounded gratitude to the doctors and other health professions, the brave warriors who are firefighting at the front lines, in the intensive care units of hospitals, against heavy odds and at great personal risk. Many of them have paid the ultimate sacrifice. Let us applaud the services of others who keep the cogs of governance functioning including the procurement of essential supplies, manufacturing life-saving equipments, and ensuring uninterrupted power, water, and communication lines so vital in fighting this pandemic.

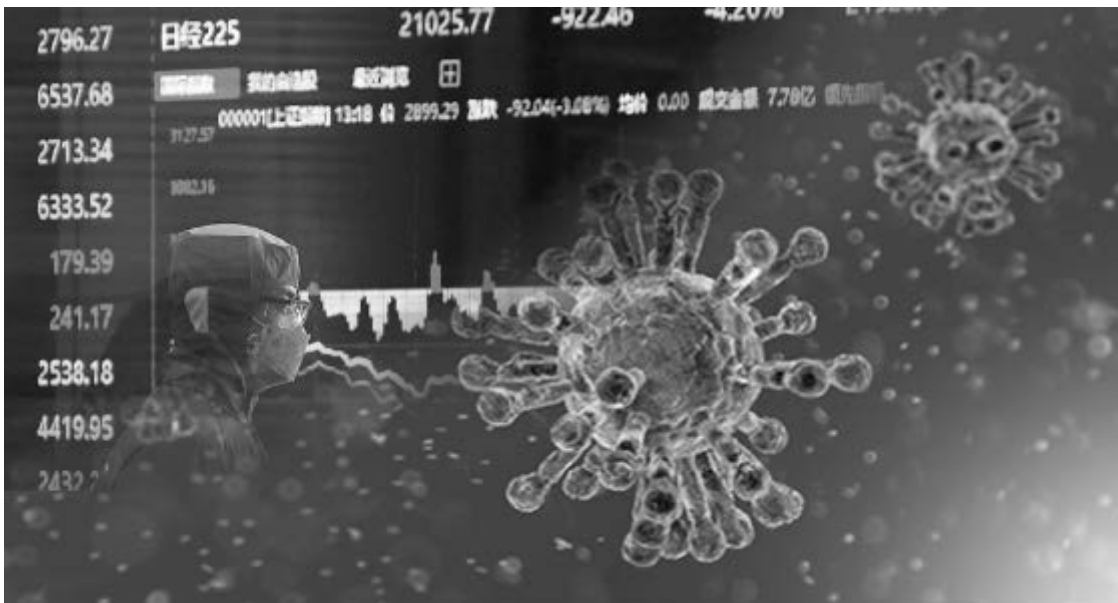
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# COVID-19 Pandemic Reshapes Global Societies and Economies

## The world will not be the same



**H**istorically, major wars have fostered profound changes in societies and economies. Today's China-originating pandemic has created an acute international crisis akin to wartime. The world will not be the same after the pandemic.

The incalculable human and economic toll exacted by the rapid spread of the killer Coronavirus promises to shake up global geopolitics, including China's position in the world. The pandemic's enduring impacts will likely extend from altering previously dependable supply chains to reshaping bilateral

relationships.

President Donald Trump is right that "the world is paying a big price" for China's initial, weeks-long cover-up of the COVID-19 outbreak in Wuhan city and other parts of Hubei province. According to a South China Morning Post report based on Chinese government data, Wuhan doctors began recording one to five cases daily from November 17, before infection rates spiraled and a raging epidemic unfolded. However, China waited until January 21 to issue its first public warning. By then, the spread of the virus had gone beyond its control.

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**To many other countries, one key lesson from the pandemic is that, in an increasingly interconnected and interdependent world, secrecy and obfuscation are antithetical to globalization and international security. Transparency is essential to make us all safer.**

A study based on sophisticated modeling has indicated that if Chinese authorities had acted three weeks earlier than they did, the number of COVID-19 cases in China could have been reduced by 95% and the global spread of the disease limited. The virus spread farther and wider because the Communist Party of China (CPC) cared more about its reputation than the people's suffering.

There is no evidence that the new coronavirus was engineered as a bio-weapon. But some virus experts believe it may have accidentally escaped from one of the two Wuhan laboratories studying bat corona viruses.

According to one study conducted at the South China University of Technology in Guangzhou and supported by the National Natural Science Foundation of China, "the killer coronavirus probably originated from a laboratory in Wuhan." The study appeared in Research Gate, a professional network for scientists and researchers, before being removed.

One Wuhan lab studying corona viruses is located at the Wuhan Center for Disease Control and Prevention and the other is at the Wuhan Institute of Virology, which the state-run China Daily, in a 2018 tweet, called "the largest virus bank in Asia" holding 1,500 different viruses. Significantly, soon after this writer on March 23 provided a link to that tweet while posting a comment on Twitter, China daily deleted its old tweet.

Just months before the COVID-19 outbreak, a biomedical study conducted by four Chinese presciently warned that a new coronavirus would emanate from bats, with "an increased probability that this will occur in China." Earlier, Hong Kong-based infectious disease specialists said in a 2007 study that the presence of a large reservoir of SARS-like "viruses in horseshoe bats, together with the

culture of eating exotic mammals," constituted a Chinese "time bomb" that pointed to "reemergence of SARS and other novel viruses from animals or laboratories."

Regardless of how the novel coronavirus originated in China, the fact is that the CPC treated the viral outbreak as a political embarrassment rather than a public health emergency. For the world's strongest and richest dictatorship, power and control take precedence over everything else, including human lives.

The result has been a manmade calamity and an unparalleled global crisis fueling economic turmoil and social disruptions. This, in turn, has given rise to a popular tagline on social media, "China lied and people died."

Make no mistake: China faces lasting damage to its image. And the damage could extend to its economic interests.

After the crisis is over, the West's relationship with China is unlikely to go back to normal. Efforts would likely begin to loosen China's grip on global supply chains. Moves are already afoot in the U.S. Congress to bring manufacture of essential medicines and medical devices back to the United States, which currently relies on China for 97% of all its antibiotics.

By accelerating the decoupling of the U.S. economy — and by extension of other Western economies — from the Chinese economy, the pandemic's geopolitical effects could help transform international relations. The pandemic, by removing any doubt that China is America's principal challenger and threat, could add momentum to the incremental adjustments that have been underway in the U.S.-China economic relationship. Indeed, the entire U.S.-China relationship could change forever.

Once countries ride out the current crisis, there will be a reckoning. After all, China's disastrous missteps caused the coronavirus

outbreak to spiral out of control, gifting the world a horrendous pandemic.

To be sure, the Chinese leadership is also facing a credibility problem at home over its secretive initial response to the outbreak. Many Chinese are still seething over their leaders' initial concealment and mismanagement of the crisis. The public anger at home, coupled with the damage to China's global image, has prompted Beijing to launch a public-relations blitzkrieg, including churning out unfounded conspiracy theories.

More fundamentally, China is seeking to aggressively rebrand itself as the global leader in combating a virus that spread from its own territory. Its rebranding efforts include counter-pandemic aid to developing countries, a pledge to donate \$20 million to the WHO, a claim to have fully contained the coronavirus in its worst-affected areas, and disseminating disinformation to obscure its costly initial cover-up.

With the help of the CPC's propaganda organs, Beijing is trying to fashion a narrative that China is an example of how to control the spread of COVID-19. In fact, like the arsonist offering to extinguish the fire it started, China is now seeking to help other countries combat a

dangerous pathogen after its own gross negligence sparked the pandemic.

Beijing's proactive attempt to rewrite the history of the pandemic, even as much of the world grapples with its escalating consequences, highlights its well-oiled propaganda machine. To justify its handling of the outbreak, it has even released a book, "A Battle against Epidemic," in multiple languages, including English, Arabic, Spanish, French and Russian.

To many other countries, one key lesson from the pandemic is that, in an increasingly interconnected and interdependent world, secrecy and obfuscation are antithetical to globalization and international security. Transparency is essential to make us all safer. China cannot have its cake and eat it too. It must fundamentally reform and embrace transparency and international norms.

The pandemic is truly a defining moment that could help reshape the international order. If it upends the world order as we know it, history will record China's role as the principal trigger.

*Brahma Chellaney is the author of nine books, including "Water: Asia's New Battleground" (Georgetown University Press).*

## KAL AAJ AUR KAL

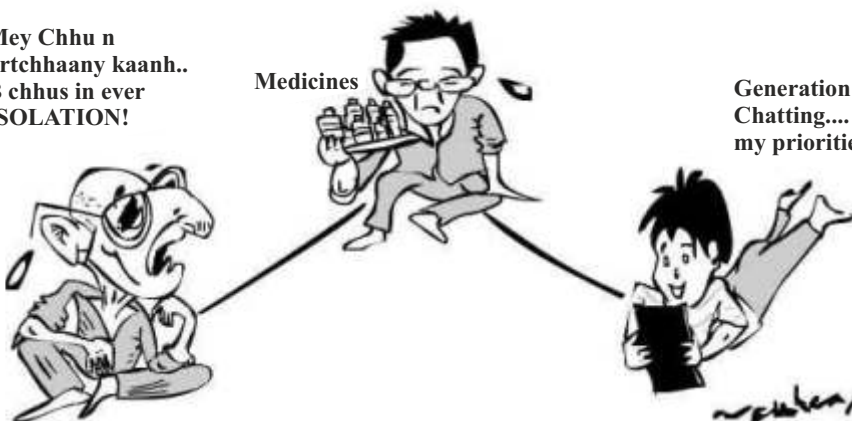
- Anil Nakhasi

Mey Chhu n  
prtchhaany kaanh..  
B chhus in ever  
ISOLATION!

Medicines

EMI  
EXPENDITURE  
STRESS  
Personal Life...

Generation Gap  
Chatting....  
my priorities





- Dr. Anusheel Munshi



# Corona – The Deadly Virus

## Can it Have Some Great Positives!

**T**here have been umpteen scares to our planet in the past including epidemics, world wars and natural calamities. That was then. The present day world and the present generation would probably have seen only a minor scare, a minor skirmish. Cut to reality. The past few weeks have seen a near complete global shut down. Flights suspended, countries closed, markets closed, public transport closed. A super virus has come and affected 339,182 individuals on our planet and caused 14,703 deaths in past 3 months, threatening to spread its tentacles with

and attachments, twitter bytes, and of course the traditional means like television and newspapers. The entire world seems to be an expert, a PhD on Corona.

So how could this deadly virus have any positive effect at all. Multiple take home positives, I would say. This teacher, Headmaster Covid-19 has taught us several valuable lessons.

First, this is a big shake up and wake up call for the scientific and the medical community. We may like to sit high on the citadel of scientific achievements, but one tiny bug can

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**Let us pledge to develop humility and shun arrogance in our approach. We also need to learn the value of the support staff in our homes. We often take them for granted. In many parts of the world, including our country, the gardener, the dish washing maid, the weekly vacuum cleaning help and the chauffeur are an integral part of life of upper middle class.**

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each passing hour. I am cancer specialist and treat patients of this dreaded disease every day, for past 25 years. But such is the impact of this deadly virus that even the draconian cancer is appearing like a trivial ailment!

Television, social media posts and newsprint articles are abuzz with the havoc caused by corona. In this article, I shall not focus on what to do to prevent ourselves from this malady. We already have a flood of information on that from the numerous WhatsApp messages

bring us down on our bare knees. The challenges for this community are huge. Preventing such episodes in future and quickly inventing vaccines for the present and future bugs are most crucial questions.

For the governments and bureaucrats of the world, there are several takeaways. Remaining transparent about actual figures and having a ready action plan for such future strikes are mandatory. Countries fight over territory, over ideology, over resources. Nations speak about

fighting their enemies with super hi tech weapons in their arsenal. Hopefully this sinister, tiny but common enemy has told them that the focus should be somewhere else.

This little virus has also given us some valuable lessons in mannerisms, telling us to introspect once a while, develop humility and concern for ourselves and others around us. This should be a message for the Kashmiri Pandit community as well. Let us pledge to develop humility and shun arrogance in our approach. We also need to learn the value of the support staff in our homes. We often take them for granted. In many parts of the world, including our country, the gardener, the dish washing maid, the weekly vacuum cleaning help and the chauffeur are an integral part of life of upper middle class. These are considered a given. And now their absence has made us realize the value of self-work and self-discipline.

Corona has been a big unifier, we all have to agree. How well it has treated everyone with no bias for country, religion, caste, creed color! Perhaps conveying a message for the humanity to be one, to be united. Earth is a tiny speck in universe, countries and cities even tinier and individuals almost microscopic. This tiny speck of earth in the universe needs to stand as one now and forever! In the same vein, is it a big ask for the Kashmiri Pandit community to be united and to stand united in future. This is something we have been conspicuously lacking.

And therefore, I say with confidence that Covid-19 has been a great teacher. Shall we all be good pupils? Only time shall tell....

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# Pranan

**The rain in the form of bliss,  
her feet it touched and kiss.**

**The differentiated  
Water drops did integrate,  
Nothing from her seemed separate.**

**The integrated drops turned into ocean,  
It moved up,  
Ahh! What a motion**

**Up it reached and touched all gaps,  
Ahh! There was no chance of lapse.**

**A flow of depth,  
Entered and left.**

**And then again its journey began,  
Through the same passage it ran.**

**It all felt at that one point,  
Nothing scattered yet all determined.**



**Vimarshi Koul**

**The colours lead to the fragrant light,  
With colours bright still that apparent white.**

**The circumference merged into the center,  
The center remained as whole was entered.**

**Gross turned subtle,  
Subtle turned true.**

**To the nature which was beyond this blue  
Aahh the passage too bowed to you.**

**You, oh energy oh holder too,  
My prana too got to bow to you.**





- Ravinder Gurtoo



# COVID-19 And We

***Yes, life is very different right now. Closings, cancellations and social distancing are the new norms. In all of this though, here are some things that should never be cancelled. Things that should always remain constant.***

Please share with anyone who needs a little pick me up, a little reminder and a little sunshine.

In a matter of weeks, the global epidemic has transformed relationships. Weddings have been postponed, while divorce rates have reportedly soared in China as the crisis has eased. Lovers and family members are suffering aching separations as borders have closed. Prosaic choices, like whether to send a child on a play date or whether to meet a potential suitor, have become matters of life and death.

The internet has emerged as a lifeline to millions of people stuck indoors, enabling them to go on virtual yoga dates and other entertainment sites. You need to avoid all non-essential travel and stay at home unless you meet one of a few criteria. These include shopping for food or medication, travelling to work as a key worker or your once-daily form of exercise. Lots of people are now working from home full-time or looking after their children due to school closures - meaning we are all spending more time behind closed doors. Whether that is a couple who are both working from home, a whole family with children who need to be entertained or housemates who are finding living difficult, it is not yet known how long these measures may last. While it is not yet known, divorce lawyers have already forecast a spike in splits later this year due to self-isolation. The coronavirus is unprecedented, not only on a

societal level but for your relationship – you may have dealt with testing times.

Make no mistake. The rapid implementation of social distancing is necessary to flatten the coronavirus curve and prevent the current pandemic from worsening. But just as the coronavirus fallout threatens to cause an economic recession, it's also going to cause what we might call a "social recession". A collapse in social contact that is particularly hard on the populations, most vulnerable to isolation and loneliness — older adults and people with disabilities or pre-existing health conditions.

A tension in the coronavirus response is that it's so difficult to get people to accept social distancing that few want to muddle the message with worries about social isolation. But if the ultimate concern is the health and well-being of the most vulnerable, then both dangers need to be addressed.

We're now officially in pandemic emergencies, and we've also entered a new period of social pain. There's going to be a level of social suffering related to isolation and the cost of social distancing that very few people are discussing yet.

Governments and the administration are, even now debating the best tools to deploy in fighting the coronavirus's economic effects. India being the second largest populations in the world has much to lose. India is deep in a debate over payroll tax cuts, industry bailouts etc, but there are fewer policy tools to fight a social recession. Just as it's incumbent on those of us least affected by coronavirus to take precautions to limit its spread, it's also important that we

reach out to limit its social damage. The brunt of Covid-19 will be borne by the poor, elderly, and sick.

The Centers for Disease Control and Prevention has already warned Indians over age 60 to “avoid crowds,” cancel all nonessential travel and stay home as much as possible.

The researchers worldwide have found that even before the coronavirus, about a quarter of older adults fit the definition of socially isolated — which measures routine social contact — and 43 percent said they felt lonely. You can be socially isolated without reporting feelings of loneliness, and you can be lonely without being socially isolated. But both conditions seem to inflict harm on physical and mental health.

“Social isolation has been associated with a significantly increased risk of premature mortality from all causes. The researchers reviewed dozens of studies and found a consistent relationship between social isolation and depression, anxiety, and suicidal ideation.

Over thousands of years, the value of social connection has become baked into our nervous system such that the absence of such a protective force creates a stress state in the body. Loneliness causes stress, and long-term or chronic stress leads to more frequent elevations of a key stress hormone. It is also linked to higher levels of inflammation in the body. This in turn damages blood vessels and other tissues, increasing the risk of heart disease, diabetes, joint disease, depression, obesity, and premature death as happened to the Kashmiri Pandit community after exodus in 1990.

If stress is the pathway by which loneliness damages health, then even beyond its direct dangers, coronavirus is a dual threat. It’s simultaneously terrifying and isolating. No one quite knows how the isolation enforced by an epidemic disease will affect those at the highest risk, but even those who avoid the worst consequences will see their quality of life degrade. Local clubs, religious services, and time with family bring social structure and joy to many of our lives, but they are particularly important touch points for those who don’t work or can’t go out on their own, due to age or health conditions. If older and sick people have to refrain from these activities for months on end, their lives will be worse, and the rhythms

and relationships that once sustained them may prove hard to rebuild.

There is no stopping the social recession. It’s an inevitable byproduct of public health recommendations. But there are actions and policies that could ease it.

Obviously, we want people to follow the public health recommendations about social distancing and quarantining. We need to be thinking about what individuals can do, but also what we as neighbours and a society can do, to not make it worse than it might otherwise feel for people.

Just as countless businesses have moved to remote work and tele-conferencing to balance social distancing and the need for continued collaboration. Sadly, the hardest-hit populations are often the least technologically savvy. So one simple way to help may be to act as tech-support for the people in your life. As with so much else in the coronavirus pandemic, the response here will depend on the level of social solidarity we feel and the degree to which we’re willing to look out for each other. Social isolation and loneliness among older, sicker populations isn’t something caused by the coronavirus, but it will be worsened by it. The question is whether the intensity of the problem will force us to see, and respond, to pain we typically do.

Now let me conclude by visiting some vital issues with regard to Kashmiri Pandit community. After witnessing the pain of exodus, our huge populations are under stress and anxiety which later gave birth to hypertension, diabetes and dementia like problems and are now very common and widespread in our races. COVID-19 is further going to add to these problems. KP families are scattered, children are spread throughout the globe and there is hardly anyone around to look after.

Worries will keep multiplying due to large distances between the families, which will finally result in increasing the issues of this already extinct community. If we are fortunate, let’s built a longer table than a taller fence. The best antidote I know for worry is work. The best cure for weariness is the challenge of helping someone who is even more tired. He or she who serves almost always benefits more than he or she who is served.



- Dr. Tej N Dhar



# Lockdown

I have no hesitation in admitting that I did not know the word lockdown till I heard it from the mouth of the Prime Minister on March 24, in his address to the nation. He worked hard to make the people of the country understand what it means and what observing it entailed for each one of them. After listening to his speech, I just wondered why I had not encountered this word before, though I do read quite a bit. Perhaps because it is not a 'good' word, that is, if one could think of words being good or bad.



If lockdown means that people are forced to stay in their homes or houses for whatever reason, it obviously is against their will, for who would like to stay forcibly inside his/her home and be happy about it. Aristotle rightly said it ages ago that we are social animals, and we delight in gregariousness. So any curbs on our desire to socialize are unwelcome. Lockdown is truly unnatural!

Perhaps because of this, the Prime Minister clarified time and again that the government had been compelled to take the draconian measure of disallowing us from leaving our homes, because the country is in the grip of a malignant virus, which loves to spread its reach as fast as it can. As my friend put it succinctly: corona virus revels in proliferation.

So we are all locked up, even though our doors are not actually locked. We are to stay indoors and make sure that the virus is not allowed to make its way into our homes and hearts. Though a vast number of people have welcomed the move, some, including my close neighbour, are really unhappy about it. Their complaint is: what do we do inside our homes, especially in ones that are small and thickly populated?

My neighbour is quite a character. When he retired from active service last year, he looked sad and morose. His colleagues and friends arranged a party in his honour for what they called his "smooth retirement," but he did

**“ Lockdowns may be unnatural, but they can be converted into opportunities that do not come ordinarily to hundreds and thousands of people amongst us. We do not need to dismiss lockdowns as unwanted scourge. ”**



not say anything pleasing to them; only offered a wry smile. When he and I met the morning after the event, I asked him why he did not respond cheerily to his friends for arranging a nice party to celebrate his retirement. That is why, was his quick response. Retirement is no occasion for celebration. It renders a person useless. Since I did not want to enter into a fruitless debate with him, I quietly walked towards my home.

While walking back to my home, I pondered over his remark of retirement making a person useless. I remembered that he is not the only person who feels like that. Scores of people identify their lives with their jobs. They think that without a job, a person's life has no meaning. My grandfather's friend suffered a steep decline in his health soon after his retirement. Within a year he was dead. My father's friend lost his cheerful mien and fought everybody in his family. He became overly aggressive, because he felt that he had turned into a non-entity.

The lockdown is no less than a calamity for my friend. Had he been willing to hear me, I could have given him examples of many people who realized their true potential by locking themselves in a secluded place, by a self-imposed lockdown. The great Michel Montaigne gave up his job in the city to retire to a secluded place in the country, where he wrote his famous essays. In more recent times, Carl Jung built a house far away from the city to stay alone

and do some deep thinking, which helped him to formulate his celebrated theories.

I do realize that these self-imposed seclusions are different from the present lockdown. Firstly, they were consciously willed by people to do something that needed a peaceful environment and concentrated effort. Secondly, there was no coercion involved in them. People could walk out from their chosen spots any time they wished. Thirdly, this seclusion did not come with fears and anxieties of the kind that are associated with the present lockdown.

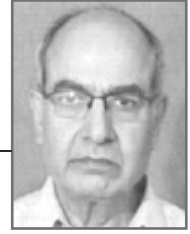
I accept that willy-nilly all of us have to suffer this lockdown. Therefore, more reason for us to make a virtue of this necessity. Staying at home is not all that dreadful; it does provide some clear advantages. For those who are involved in any kind of serious business, it is an opportunity to try something new that can be truly innovative. For those who could not get the opportunity of enjoying the joys of living together, it is a godsend; it can open their eyes to aspects of life that they could not have imagined in their busy lives. And for those who love reading and writing, this could be no less than a bonanza.

Lockdowns may be unnatural, but they can be converted into opportunities that do not come ordinarily to hundreds and thousands of people amongst us. We do not need to dismiss lockdowns as unwanted scourge.





- Dr. Upinder K. Zutshi



# Our Return to Valley



**I**t seems to be a common place thing for many of us that our exodus from Kashmir in 1990 has not been the first one and that we shall go back to the Valley as we have done earlier. Or rather we shall be in a position to go back. My reading of the history of Kashmir and particularly the research into as to what led to the 1931 Muslim upsurge in Kashmir has made it obvious that things are of a different nature and character this time. Earlier it must have happened as a result of missionary zeal on behalf

of autocratic Muslim rulers and consequent discrimination against us. This time fellow citizens have turned against us. That makes it a qualitative different thing and phenomenon.

It all started in 1885 after the demise of second Dogra ruler- Maharaja Ranbir Singh. The basis for same had already been laid down by the British Secretary of State, the Earl of Kimberley, in his communication to British Government of India on 23rd May, 1884. The communiqué clearly spelt out a policy that had



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## Mishandling of State politics by Sheikh Abdullah in the State combined by his ambition and Nehru as the first Prime Minister of India laid the basis within which secessionist movement in the State.

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to be adopted by the Government of India vis-à-vis the State of Jammu & Kashmir and its people. It envisaged to use and put the fact of Muslim majority against the Dogra rulers and to politicize it. Soon after the third Dogra ruler, Maharaja Pratap Singh, took over Govt of India unilaterally appointed a British Resident in the State. And in this game British were supported by Maharaja's own brother, Raja Amar Singh, who happened to be none other than the father of last Dogra ruler, Maharaja Hari Singh and grandfather of present Congress leader Dr. Karan Singh. From 1885 to 1931 there ensued a struggle between the successive representatives of the British Government (the Residents) and the two Maharajas-Pratap Singh (1885-1925) and Hari Singh (1925-1931). This struggle assumed two major forms, first to coax the Muslim majority into their hegemony and, secondly, to exercise hegemony over administration. This had obviously to be done by the British within the limitations set by the parameters, both objective and subjective, within and outside the State. The British Government could not ignore the policy that it had adopted since 1858, after the Indian revolt of 1857, of sustaining and conciliating the Native Indian Princes. They had also to contend with the increasing importance of Indian public opinion after the emergence of the India National Congress in 1885.

It is a misnomer to call Dogra rulers and particularly the third one, Pratap Singh, to have been independent. Dogra's were not independent but ruled within what in history is known as British Paramountcy. The undermining of the authority of Pratap Singh in particular had been dictated by Russian advance in the Northern Frontiers of Indian Sub-continent. This led to reorienting the entire state structure on modern lines. This entailed in particular the Land Settlement and importing of British lent officers to the State. Apart from

British and Eurasian officials this included a large contingent of men from Punjab.

Subsequent to the introduction of the above stated changes and the introduction of modern education by Christian Missionary School and the Government schools, there developed along with the birth of religious reform movements amongst Pandits and Sunni Muslims, two socio-political movements. One strived for the fool-proof reservation of the State subjects in the state services. It had two strands- one in Kashmir and other from Jammu. In Kashmir its social base was primarily in the Karkun Pandit caste-class group. The movement came to its conclusion with the enactment of State subject definition in 1927. The other was the Muslim communal movement for their proportional representation in the state services. It had been in operation from 1907 onwards and came into headlong collusion with the State Government when an agitation was launched by a group of young educated Muslims led by a State school teacher, Shiekh Abdullah for the purpose in the beginning of 1931. As a consequence of the agitation the upsurge took place. The leaders of the agitation and the important Muslim elements from the dominant classes in the Kashmiri society which were at the back of it had the probable support from the Britishers for the reason that the new Maharaja, Hari Singh, was being refractory. The upsurge both reflected and promoted political awareness in the wider sections of the Kashmiri society and was followed by many significant developments including the grant of freedom of press and platform by the Maharaja's government. This created room for further political activity in future. All Jammu and Kashmir Muslim Conference under the leadership of the leader of the agitation in 1931- Sheikh Mohammad Abdullah was formed in 1932. This was transformed into National Conference in 1939. After Indian independence and departure from



the sabotage of the agitation.

The muslim communal movement which we have referred to above was preceded by a few years by what is known in the social sciences as a revivalist movement led by Maulvi Rasool Shah, an ancestor of present day Mirwaiz- Omar Farooq. This started the process of driving away muslim masses from local variant of Islam that was attached to “Rishis” and “Asthaans”. This was followed by

establishment of Ahl-I-Hadidh and subsequently Jamait-I-Islami in 1941-the leader of which happens to be present day Sayed, Ali Shah Jeelani. Their agenda is to re-orient the Kashmiri society and politics on puritanical Islamic lines and introduce what is known by them to be Nizam-E-Mustafa and State’s accession to Pakistan. This and mishandling of State politics by Sheikh Abdullah in the State combined by his ambition and Nehru as the first Prime Minister of India laid the basis within which secessionist movement in the State was born. What has been stated in the preceding pages set the stage for the forced exodus of Kashmiri Pandits from the Valley. It seems to us that spread of Islamic fundamentalism, to which we have referred to above, Muslim communal middle class job politics, coupled with Pakistan’s non-acceptance of Kashmir’s accession to India and continued support to terrorists seems to make it difficult, if not impossible, for us to return to the Valley in the near future. I have given, what appears to be a fair assessment, the stated intentions of the present N. D. A. government led by B. J. P. at the Centre and the assertion of different Kashmiri Pandits outfits notwithstanding. Maybe destiny has something else in store for us-our metamorphosis from descendants of Kashyap Rishi into worthy sons and daughters of Bharat Mata.

India of the British there took place one important development and that is the accession of the State to Indian Union and the takeover of Prime Ministership of the State by Sheikh Abdullah. The government under Sheikh introduced a landmark transformation in the State, i.e., the Land Reforms. This affected the Jagirdar’s and absentee landlords- the Chakdar’s in particular. This was a non-communal act but was interpreted by some of the affected parties to have been done specifically to deprive “Hindus” of their lands. That is why a grudge is still being nursed against it by some people.

Simultaneously with the spread of mass education and virtual declaration of “Muslims” to be backward class and indiscriminate reservation for them in the government jobs led to deprivation of Karkun Kashmir Pandits of their livelihood. They were forced to migrate to other parts of India. The ones who still continued to live in Kashmir were a frustrated lot and did not know as to what to do in the absence of industrialization in the State. The successive governments in the State were indifferent to their plight. This to my mind was the reason as to why and how the agitation launched in 1967 on the issue of conversion of a Kashmiri Pandit girl and her marriage to a muslim superior acquired a momentous form which it did but was crushed and proved to be of no result. Congress Government in New Delhi also were a party to



# Bone Health

## Diet and Other Factors

*(Incontinuation with “Bone health and physical activity” discussed in the last issue)*



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Calcium rich diet is essential. Calcium is the most important mineral required for normal growth and development of the bones. Adequate calcium intake is critical to achieving optimal peak bone mass.

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**B**alance diet is very essential for overall health of the body. A diet rich in calcium, vitamins especially D, C, K, proteins, magnesium etc. is important for the growth and development of the bones. Bone healthy diet is certainly very important for maintaining a sound bone health, however it has to go side by side with other very important thing i.e. regular physical activity especially weight bearing exercises. As a matter of fact, a bone healthy diet together with regular physical activity is must

for a sound bone health. Malnutrition and under-nutrition, even though things have improved, is still a problem especially in children in developing countries in spite of many programs started by the governments and other agencies. Malnutrition does affect overall health of the people- children and that includes bone health also. We somehow need to tackle it proactively with the active involvement of the local society.

Calcium rich diet is essential. Calcium is the most important mineral required for normal



growth and development of the bones. Adequate calcium intake is critical to achieving optimal peak bone mass. Men aged 50-70 years should consume 1000 mg per day of calcium, the women aged 51 and older, and men aged 71 and older should consume 1200 mg per day. Intakes in excess of 1200 to 1500 mg per day may not have much of benefit, it may increase the risk of developing kidney stones and cardiovascular problems. Children and young people certainly need more calcium than adults as bone is developing and growing. The demands of calcium also increase during pregnancy and lactation. Milk and dairy products like yogurt, cheese etc. are rich in calcium and high in calcium absorption, thus are useful foods for prevention of osteoporosis and maintaining the bone health. In addition green leafy vegetables like broccoli, turnip greens, mustard greens, dried figs and nuts like almonds also provide calcium. Somehow or other the children and the teenagers of present times are averse to consuming milk and milk products, and one of the reasons for that is the misconception that milk makes you fat. Again their preference for all junk food and aversion to taking fresh green vegetables and fruits, which again are important sources of calcium and other nutrients, results in a diet that is inadequate in calcium, so they have to be supplemented. We should encourage people especially children and adolescents to consume more milk, fresh green vegetables and fruits that are important sources of calcium and

routine calcium supplementation as such should not be recommended.

Vitamin D is important for calcium absorption and mineralization of bone. Vitamin D deficiency is characterized by inadequate mineralization. An intake of 800 to 1000 international units of vitamin D per day for adults is recommended. Exposure to sun light provides vitamin D by way of skin, that is why vitamin D is also called sunshine vitamin. However, because of the life style changes of staying indoors most of the time, most of us are not able to make use of this free source of vitamin D. Again there are some factors which affect the vitamin D formation in skin like atmospheric pollution, clothing, dark colour of skin, winter season, old age, use of sun screens, medications - anti TB, epilepsy etc. and diseases of liver, kidney, irritable bowel syndrome etc. Also there is fear of skin cancer caused by over exposure to sun. With the result we see a widespread deficiency of vitamin D and as such people need to take the vitamin D supplementation.

Vitamin C is also essential for bone health. It helps in maturation of the protein in bones i.e. collagen, which forms a scaffold to provide strength and structure of the bone. Vitamin C also stimulates bone forming cells-osteoblasts. Studies have shown a connection between vitamin C and bone mass.

In addition we also need proteins, phosphorus, magnesium, vitamin K, vitamin A



and B12, as they do help in maintaining optimal bone health.

There are also certain things like smoking, alcohol etc. that are not good for the health of the bones. Smoking we all know is detrimental to overall health of a person, so it is to the bones as well. Tobacco smoking and use of tobacco products affects bones very badly. It has a negative influence on bone mineral density and has rightly been labeled as ‘bone terrorist number one’. It damages bone cells and reduces blood flow to bone. It also decreases the production of hormones that are good for bones like estrogen in women and testosterone in men, although the exact mechanism is not known. It has been reported that smokers have almost double the risk of osteoporosis and hip fractures as compared to nonsmokers. As such smoking has to be stopped at all cost in order to maintain a good bone health.

Alcohol is harmful for the bones. It damages bone cells directly and inhibits calcium absorption. It also damages the liver – the organ where activation of vitamin D occurs. Again poor nutrition which is usually associated with chronic alcoholism, further adds up to the problem. Chronic alcohol abuse certainly increases the risk of osteoporosis, osteoporotic fractures and the complications there of. So simply, say no to alcohol.

Soda and Colas have to be avoided as they contain lot of caffeine and phosphoric acid which drain calcium from bones and thus decrease bone mineral density.

Excess intake of coffee is again not good for bones as the caffeine may induce loss of bone by increasing calcium excretion in urine and decreasing calcium absorption. Studies have shown that high coffee consumption is associated with a small reduction in bone density especially in people with inadequate calcium intake. Do consume and enjoy your coffee but it has to be in moderation, and with adequate calcium and vitamin D intake. In fact, it may be good to have a glass of milk for each cup of coffee to restore calcium balance.

Certain chronic medical problems like rheumatoid arthritis, diabetes, irritable bowel syndrome, kidney, liver diseases etc. and certain medications like cortisone- steroids, anti-epileptics, anticoagulants, anti-cancer drugs etc.

**It has been reported that smokers have almost double the risk of osteoporosis and hip fractures as compared to nonsmokers. As such smoking has to be stopped at all cost in order to maintain a good bone health.**

**Alcohol is harmful for the bones. It damages bone cells directly and inhibits calcium absorption.**

adversely affect bone health, so we have to address to the problem accordingly.

Low Body weight is associated with low bone mass. Studies have shown a close connection between osteoporosis and low body weight. Nowadays as we all see, there is a general trend in people especially in teenagers - more so in females to be extra slim. This as it is, is not good for bone health, yes it is not good for bones. A low body weight and low muscle mass result in less stimulation of the bones and hence lower bone mass. On the contrary, obesity is also not good for overall health of a person and that include bones also. Obesity is associated with increased fracture risk. As such, it is important that we have an optimal body weight.

Having discussed, what all can be done to improve and maintain bone health, we have to keep in mind that there are some factors like genetics and heredity, upon which we do not have much of control. Genetics does play an important role in the development of peak bone mass and it has been reported that about 70% of an individual’s peak bone mass is influenced by genetics. Good thing is that, lot of research is going on and there has been some progress in identifying the genes responsible for peak bone mass, however lot more has to be done to know the specific gene responsible for peak bone mass and osteoporosis. (Concluded)

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# The Address

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Vyeth is your identity. Your forefathers have been staying on the bank of river Vyeth since ages. You can never be separated from Vyeth. You simply cannot exist without Vyeth.

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Since morning Roshan was remorseful and restless. For the whole day he had not moved out of his bed-room. The bedding spread on the previous night was carelessly allowed to adorn the floor for the whole day, He neither shaved off his beard nor took a bath as laziness had overtaken him completely. He would simply turn sides on his bed. He would neither sit on his bed nor lie down upon it. He rested his head on the pillow, spread his legs and was gazing at the ceiling of the room. Tosha came and sat near him. She touched his head with her hand and started consoling him, 'Why should you be sad? Do you think we shall not get another rented accommodation? After all, it is a big city. If we don't get it, we shall shift to the migrant camps like most of our kinsmen. So why be remorseful and sad?

Roshan did not reply. The very idea of changing the house would put him off. Since the day his landlord had ordered him to vacate the house, he was much upset. Frequent change of residence was bothering him. Packing the household items once more, bringing them down through the rickety stairs loading them on a bull cart or a tempo, again unloading, untying and again rearranging. It was indeed awful and cumbersome for him. The misery would not end up there but it would mean moving from one office to another and getting the new address registered. Ration card, cooking gas, children's school, and bank-all would have to be rescheduled. Besides, it would also amount to

informing all relations and friends about the change of address. It would take months together, that too in a strange city with strange people with no acquaintances around. This has been his fate for the last nine years and the present one was his fifth house in this city. He had become a rolling stone, a nomad, moving from one place to another.

He felt as if his existence was threatened. All sorts of bad and negative ideas started pouring into his mind. His restlessness continued to grow. Suddenly he stood up and eagerly started looking for a cigarette. He opened the almirah, tossed its panes, searched his pockets, but could not find a cigarette. Actually he had not moved out of his room today, and thus had not been to the market to buy his daily stock. Seeing him restless and impatient, Tosha too got worried. She said, "Hell with these cigarettes! These have taken a toll on you. Your appetite has gone; your eyes have sunken; your lips have dried up. How long will this continue?" But Roshan remained unmoved. He was so desperate that when he could not find a cigarette, he picked up the ashtray and started looking for the butts.

Once he laid his hand on a reasonably one, he lit it up and inhaled it in a few puffs of smoke. He then eased his tension by making numerous rings of ashen smoke, again sat on his bed, and was lost in some distant thoughts. Apprehensive and angry, Tosha could not stand the sight. She got up suddenly, squeezed her nose looked at



Roshan and blurted out, 'You deserve to be left alone... Do whatever you want' Then she left the room with a Jerk and tossed the door behind her. Roshan sat unmoved. Tosha's anger did not deter him. He had gone through similar routines several times. Since the day they had lost their home, such incidents had become a diurnal feature. Roshan once again picked up the morning newspaper in his hands and started looking for the news which said that an unidentified body of a young man was flushed out from the Vyeth (River Jhelum) near Sathu. The dead body was decomposed beyond recognition. Roshan continued to gaze at the word 'Vyeth' for several minutes. It reminded him of his childhood days... Their three-storey house on Soomyaar Ghat was situated on the bank of river Vyeth.

In this spacious house, built of stones and teak in a typical Kashmir style, there was a large window in one of the back side rooms through which Roshan would stare at the water of river Vyeth for hours together. He could perhaps view the entire world in the quietly flowing water of Vyeth. Through its waters, he could judge the temper of the times and have a feel of the

climate. He used to enjoy the daily chores of the life of people staying in the boats near the Ghat. He was witness to several delightful scenes. Smoking of a hookah (hubble-bubble) by Sultan Joo on one end of his boat, daily quarrels of Saja Maasi and Zaina Ded, the love scenes of Tasleema and Ghulam, the boating of tourists in shikaras and the naked children of boatmen bathing and swimming across the Vyeth.

Roshan had innumerable memories related to Vyeth right from his childhood to youth. He suddenly remembered Hamidullah, the teacher, who used to teach him during his late school years. The pedagogic sessions would be hold in the backside room of Roshan's residence. He would narrate interesting stores regarding Vyeth to Roshan. He would say that Vyeth which was known as Vitasta in ancient times and is considered as one of the oldest and most important rivers of India right now. It was mentioned both in Rigveda as well as in Mahabharata. In Neelamat Purana, it was named as Neelja i.e. the daughter of Neelnag. Neelnag was the son of Kashyap Rishi after whom the present-day Kashmir is named. It is said that Kashyap Rishi, a venerated saint, drained water

out of Satisar, a huge lake, and rehabilitated Kashmir. Thereafter, he handed over this land i.e. Kashmir to his son and he himself resumed his pursuit of God through prayers and meditation.

Roshan would enjoy such stories related to Vyeth as narrated by his teacher Hamidullah. Hamidullah would always drill in Roshan's ears, 'You too are a son of Neelnag. That is why you are assigned the role of being a guard to Vyeth. Vyeth is your identity. Your forefathers have been staying on the bank of river Vyeth since ages. You can never be separated from Vyeth. You simply cannot exist without Vyeth. Your address-Roshan Lal Kaul S/o Sohan Lal Kaul, Soomyaar Ghat, Near Vitasta, Srinagar, Kashmir-represents your existential identity. This address shall remain forever. So long as Vyeth moves on, your address shall remain. You are indeed a lucky guy. Your name shall always remain part of Vyeth. So far as Vyeth continues to allow with times, your descendants shall continue to reside on the banks of Vyeth.' These were sermons as well as blessings of his teacher Hamidullah to Roshan.

Roshan also remembered the postman Salama. Once while looking for the address of boatman Ghulama, the postman became desperate to carry money-order for him he travelled across over all ghats from Dal Gate to Janglat Mandi and from there to Amira Kadal, Gaav Kadal and ultimately to Soomyaar Ghat. As soon as he saw Roshan, he virtually begged him to help locate Ghulama's address. He

remarked, 'oh these hopeless people never stay at one place. Like bakkerwalas (nomadic shepherds), they keep moving from one place to another, they are at one place in spring and at another in autumn, they would rope in their boat to any Ghat they like. These people do not have a permanent address like you. One hardly has any clue of their whereabouts, Please help me to locate him, and Let God bless you with a high rank. Let your address remain permanent.'

Tosha suddenly opened the door with a bang. Roshan was shaken and the newspaper fell from his hands. Tosha picked up the newspaper at once and threw it in the bathroom. She quickly poured a bucketful of water on it. 'Thank God! The bedding is saved. Hell with these cigarettes!' Tosha screamed, 'what was so important in this newspaper that you lost your senses! Had I not noticed the smoke, we would have been finished, what could have we carried from here to our new rented accommodation?'

Roshan was in a state of daze, as if he was woken up from deep slumber. His entire body was shivering and beads of perspiration coursed down his body. Seeing his condition, Tosha got doubly anxious. She asked, 'Oh God! What's happened to you? Where are you lost? I hope you're alright?' Roshan replied desperately, 'Lost, Oh!... Tosha, I am not well. I have lost my address... Yes... My address.'

*Translated from Kashmiri by the author,  
Dr. Roop Krishen Bhat is a well-known  
Kashmiri writer and Linguist*

## Events of the Month

Sankat Chaturthi	11th April 2020
Sankranti/Baisakhi	13th April 2020
Ekadashi (Krishna Paksha)	18th April 2020
Amavasya	23rd April 2020
Akshay Tritiya	26th April 2020
Kumar Shashti	28th April 2020
Ashtami (Shukla Paksha)	01st May 2020
Ekadashi (Shukla Paksha)	04th May 2020
Purnima	07th May 2020

**Note**

***Panchak Starts on 18th April and ends on 22nd April  
Baisakh Krishan Paksha from 13th April to 22nd April  
Baisakh Shukla Paksha from 23rd April to 07th May***



# Tales and Legends of Aragam, Bandipore

**T**he legends, fables, oral history accounts, tales of supernatural spirits, heresy stories and stories of tutelary forest spirits etc. are deeply rooted in the traditional historical and cultural opinions of a place or a region. They are passed on to the posterity mostly orally and form a connecting link between the past and the present times. They sometimes become narratives of a particular place and its people. They may possess elements of divinity and supernaturalism, though they may not be evidenced by documentary and supporting facts. They usually have an element of mystery and may possess a legendary pull and fascination for the native people.

In a plain speak, they can be said to be based on diverse emotional offshoots and legacy of centuries of faith and belief.

Aragam is an obscure picturesque village nestled in the lushness of the green foliage, being located about 50 kms from Srinagar on Srinagar-Bandipore route. Now a part of the newly carved-out Bandipore district, it is at a distance of five kms. from Bandipore town and about twenty five kms. from Sopore. Aragam mainly comprises of plain lands and is surrounded by wooded mountains on three sides, locally known as Animbar, Fakhnar and Lungmarg forests. The village derives its name from a riverlet which flows through the village. Adjacent to the lungmarg forests is a vast stretch of imposing grazing ground called 'Ziasun'-



**Late Sh. Ved Lal Tikoo of Aragam Village**

which is a lively ambience of pastoral life. The surrounding mountains support majestic pine and Deodar forests, while as wild walnuts, chinar, willow and poplar trees can be spotted everywhere in the village lands. Paddy constitutes the main staple crop of the village though isolated pockets also support maize and





**A View of Aragam Village**

oil seeds.

Aragam also has substantial stretches of orchards bearing apple, pears, cherry, walnuts, and almond fruit trees. The village has about 2,000 households, out of which about ten were Kashmiri Pandit families; the rest being Muslims. All the Kashmiri Pandit families prior to their forced migration in 1990 were agriculturists and orchardists with livestock forming an additional source of income. Aragam has a high literacy rate with most of the Pandit families serving in Government departments.

The family of late Sh. Tika Lal Tikoo, who was a head munshi in the forest department during Maharaja Hari Singh's time is a well-known family of the village. He had three sons, namely Sh Dwarika Nath Tikoo (agriculturist), Sh. Manmohan Tikoo, an ex-servicemen of the J&K light infantry and Sh Chaman Lal Tikoo, who retired from the BSF. The family of Sh. Divram Tikoo (agriculturist) likewise had three sons, namely Sh. Rattan Lal Tikoo (M.A, M.Ed) being first position holder in M.Ed) who served in the state education department, Sh Girdhari Lal Tikoo (a retired employee from the J&K

Secretariat) and Sh. Kanya Lal Tikoo (M.Sc. Physics) a senior Lecturer in the State Education Department. Another Pandit family was that of Sh Gulab Ram Raina (agriculturist), who had two sons namely Sh. Somnath Raina ( a retired police inspector) and Sh. Manmohan Raina, who worked in the Block Development Office. The remaining Pandit families were those of Sh. Shamboo Nath Nehru, Sh. Madhusudhan Nehru and Sh. Shyam Lal Nehru, all of them being real brothers. Their children Sh. Bushan Lal Nehru and Sh. Ashok Nehru served in the state departments. In contrast to the Tikoo families, the Nehrus are not original residents of the village. They are said to have migrated to Aragam village about two centuries back from Naroo village in tehsil Kishtwar of Doda district. The village Aragam has been a witness to three plunders locally known as 'Baem Loot', 'Pathan Loot' and 'Qabali Loot'. The 'Baem' were ferocious war tribe men of the frontier areas, who are said to have resorted to loot and plunder hundreds of years back.

During the Qabali tribal raid in 1947, the Kashmiri Pandits of Aragam could save their

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## The villagers believed that late Sh. Tika Lal would often be spotted in the village cremation ground (Razbal) in his astral form in the company of Sagar Raz Bhairav and his associates.

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skin as they fled to the adjacent mountains. But in the nearby Bandipore Kharpora town, nine members of a Kashmiri Pandit family of Sh. Sansar Chand Sadhu (Choudhari) were brutally murdered by the tribal men. They were lined-up in a row and subjected to a hail of bullets. Late Sansarchand nicknamed as Chowdhari was a well-known trader of his time, whose business interests extended upto Gilgit. He used to trade in 'Kishmish', dates, hazzle and cashew-nuts business and in return would send Kashmiri spices to the frontier province.

As per the village lore of Aragam, about two and a half centuries back, a Kashmiri Pandit namely Sh. Gash Ram lived here and was endowed with spiritual powers. Besides being a known agriculturist, he had about nine hundred livestock. He had acrimonious relations with Akal Bhat, who in order to settle scores with him invited the professional tribal plunderers called 'Baem' to Aragam village.

To escape from the wrath, Gash Ram packed off his two daughters and two sons to the neighbouring place, while the remaining two sons along with their entire livestock took shelter in the Lungmarg forests. They hid themselves in the mountain cave, which even today is now as Gash Ram's hut. Gash Ram was caught and as punishment he was suspended from a tree by means of his skull hair-luft (chaog).

Astonishingly, he survived the near-death ordeal. Later-on he was handed-over to a executioner for being killed. He bribed him by giving an appreciable part of his cattle and in the bargain got a lease of life. Sh. Gash Ram had five sons--Sahaj Ram, Prakash Ram, Raja Ram, Siraj Ram and Balram. Among them late Sh. Raja Ram and Sh Sahaj Ram had saintly disposition and possessed exceptional spiritual powers. Both of them were ardent devotees of Sagar Raz Bhairav, the presiding deity of the village Aragam.

As per the village lore, both the brothers would enter into divine communion with Sagar Raz Bhairav. To ensure wrinkle free smoothness

of the turban cloth, both Raj Ram and Sahaj Ram would hold it in their hands till Sagar Raz Bhairav tied turban on their head. On special occasions, they would keep offerings of food in a thali for Sagar Raz Bhairav. The thali would immediately vanish from sight and it had to be collected afterwards from the adjacent cremation ground obviously after Sagar Raz Bhairav had accepted the offering. The village cremation ground (Razbal) was about a hundred yards away from their residence. Adjacent to it was a piece of land where Raz-Kath the sacrificial religious offering of sheep was performed in honour of the presiding deity of the village. This piece of land is even now known as 'Rajun', signifying the ownership of it to the saint Raj Ram Tikoo. An attempt made some time back by a native Mohammad Tilwani to cultivate it made him bedridden for a couple of months.

It was seen as an expression of displeasure and annoyance shown by Sagar Raz Bhairav. The latter regarded as the presiding deity of the villages of Aragam, Garoora, Brar, Chittibandi, Gund, Dechan, Tantraypora and vast area extending right upto the Wular Lake.

The Late Tika Lal Tikoo, a direct descendant of the said family was also a man of spiritual pursuits. Being a great devotee of the village Bhairav himself, he had immense faith and reverence for him. He was said to converse with the Bhairav in his dreamful state during night as strange and ununderstandable discourse could be heard near his room. The villagers believed that late Sh. Tika Lal would often be spotted in the village cremation ground (Razbal) in his astral form in the company of Sagar Raz Bhairav and his associates. It came to light when a Muslim lady inadvertently stepped inside the village cremation ground in search of her lost cow. She was bewildered to spot late Sh. Tika Lal sitting in the company of persons supporting white cloaks (pheran) and white turbans.

Due to his spiritual powers, late Sh. Tika Lal was quite popular in the village Aragam and its neighbourhood as a spiritual healer for he

“The Pandit community of Aragam also became the victims of the militants' furry in 1990, when the wife of Sh. Kanya Lal Tikoo namely, Mrs. Girja Tikoo (Babli) was killed by the terrorists. She was a laboratory assistant at Govt. High School, Trehgam, (Kupwara).”

could successfully cure persons afflicted with various ailments like infectious boils, jaundice, headache, high fever and those possessed by evil spirits. Once a neighbour, Mr. Ghulam Rasool Bhat's daughter Shama got possessed by an evil spirit. She was taken to a local Muslim priest for cure. After having failed to drive-off the evil spirit, the Peer suggested Shama to be taken to Tika Lal for cure. On hearing his name, the civil spirit is said to have communicated not to bother Sh. Tika Lal as he would leave Shama's body provided her father promised to make an offering of turmeric rice at the 'Razbal'. Sh. Tika Lal departed from this world in July 1990. The Pandit community of Aragam also became the victims of the militants' furry in 1990, when the wife of Sh. Kanya Lal Tikoo namely, Mrs. Girja Tikoo (Babli) was killed by the terrorists. She was a laboratory assistant at Govt. High School, Trehgam, (Kupwara). At the height of the militancy she was abducted and subsequently killed when she had gone to collect her salary at Trehgam.

On her way back, she had to make a night halt at Tikker village in the house of her childhood female friend. Tikker was also incidentally her parental village. She was kidnapped by her friend's militant turned kins. She was taken to an adjacent electric saw-mill and mercilessly cut into two halves upto her chest by the electric-saw and her dead body was later-on thrown near a bridge in Tikker. This brutal slaying sent a chilling message to the Pandit families of Aragam and the adjoining villages, who were left with no alternative but to migrate from their ancestral homes in order to save their honour and skin.

The village Aragam has an ancient temple by the side of a holy spring, which has a Shivaling and a stone idol of the Goddess Parvati. The village temple complex has plenty of willow and poplar trees. Another village holy spring called 'Brari Maji Hund Nag' has one kanal of land attached to it, which abounds in majestic chinar trees. The villagers irrespective of their caste and creed would offer the milk of their first delivered cow to the holy spring out of reverence for it.

About four kms away from the village Aragam is a hillock known by the name of Shank Paul. A hermit of the same name is said to have done hard penance here hundreds of years back. It had a few pious springs in its vicinity, some of which have now dried-up. The village lore says that any unholy misdeed committed in the area would result in instant rainfall in earlier times.

A well known Muslim saint and Sofi poet, Lala Sahib Aragami was a native of Aragam village. He lived upto the year 1984. In one of his Kashmiri couplets, the poet eulogizes the virtues of a Kashmiri Pandit,

***"tan darith.....tah zahnar"***

In another Kashmiri verse, the said poet exhorts a Kashmiri Pandit girl to have unrestrained devotion for her God as her favourite deity i.e. enshrined in the stone idol itself,

***"Bata Koori Vate Kanie Manj Chuai Dai,  
Karee Pooja, Yinai Mushravak Lai."***

Likewise being a devotee of the Goddess Parvati, he expresses his reverence for the Goddess in the following lines,

***"Haran Doh Gaie Praran Yaeti Parvati Lo,  
Sonhaer Paad Yaepaar Trav Lotie Parvati Lo"***

The Isht Devi of Tikoo families of Aragam is Tripur Sundri and her birthday called 'Tikchoram' is celebrated on Magh Shukla Paksh Chiturthi by offering turmeric mixed rice and goat's liver (Tahar-Charvan) to the family deity. The Kashmiri Pandits of Aragam and the adjoining villages used to celebrate all the religious festivals with the usual religious fervour prior to their forced migration from Kashmir.



# Kshemendra's Desopadesa and Narmamala ( Part-II)

**K**shemendra did not only minutely observe the administrative and social set up of his time, but beautifully mentioned it in a satirical manner including constructive criticism. The corruption prevailing then has been mentioned in Narmamala which can be said to be akin to the Desopadesa in many respects described in three chapters. Narmamala gives an account of a Kayastha or a clerk. This Kayastha finds mention in Rajtarangni also and their role mentioned in Rajtarangni will be placed by me side by side of description of Narmamala. As per Narmamala, the main administrative officials have been

- (i) The Grihakrityadihipati
- (ii) The Paripalaka
- (iii) The Niyogi.

Other officials were mainly subordinate to them. These are all Kayasthas who pretend to be adherents of Saiva cult.

Kshemendra has not tried to project Saivism in a bad colour as he himself was a disciple of Abhinavagupta. The Narmamala begins with the description of mythological birth of Kayastha. He is also known as Divira,

one who weeps in the sky. When the Rakhshas, his masters were destroyed by Lord Vishnu, he bitterly wept in the sky and Kali took pity on him. He was granted "Kalama" (Pen), a sharp sword to terrify devas, the Brahmins and other pious persons. He took his birth to havoc the temples and to reduce the salt and fodder of cows. Kayastha is shown as always eager to grab the post of Grihakrityadihipati who is head of the home deptt. Civil, military and Dharmarth deptt. Seven executives work under him. He is a hypocrite; his devilish character does not remain hidden even during religious fervor. He is a wolf in lamb clothing. He caused Brahmins to go on hunger strike. Here mention in Rajtarangni too is relevant when on the cunning advice of Kayasthas, the land is taken away from Brahmins of Tullamula village and they not only perform self-immolations, but the curse the king who soon dies in an accident.

The next executive officer after him is Paripalaka. He is Governor of a province. Those who possess extraordinary record of being merciless, proud, false and voracious, could compete for this post. He ravaged temples and villages, frightened the villagers. He would earn honour by murdering, doing crimes like

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**Kshemendra does not say anything about his birth but evidence suggests that he was born after 990 AD and died after 1065 AD**



patricide, Brahmanicide and cow slaughter. Paripalaka's clerk in chief was called as "Lekhopadhaya" who is in charge of confidential record. He is a perfect accountant. He forces villagers to part away wooden ladles, small and big grass mats and wicker work baskets. He wears shabby dress before holding this post and similar is the case with his wife too who previously had earthen jewellery but holds now just a princess would do.

Ganj Divira is another executive and is Superintendent of Finances. He controls treasury. He gives account of Income and Expenditure to Paripalaka. He is a strong advocate of retrenchment policy and he laid axe to the land grants of Brahmins (Quote from Rajtarangni already mentioned above). He curtails the funds for maintenance of temples. He helps his master by suggesting ways for stealing state property including those of temples. Kshemendra compares him to an old rat which steals away a store of walnuts.

Kayastha as Niyogi His function is to supervise villages, their accounts and inspecting roads. He is having First class magisterial powers just like Tehsildar of today. He has increased his wealth by unfair means, an inventory of articles possessed by him is mentioned by Kshemendra. He is compared to an old fish catcher. He speaks bad language and insults the villagers. He spares neither a Brahman nor a cow. He has coolies on "Beggars" and through them collects and sends various necessary household items to his home. He punishes the people before villagers to display his authority. Niyogi has power to appoint or dismiss Patwaris. Patwari is an expert to make false signatures. He obliterates the old letters with his saliva to favour or disfavour a person.

Asthana Diviras, Kshemendra mentions them as clerks in the court who do not even spare their son in law if he has done any criminal act. An interesting mention we find here about a practice which was in vogue till our displacement from Kashmir. That is when Asthana Divira leaves for his office, he likes to pass by the right side of a sweeper than that of a Brahman. He wants to see in the morning face of a person who would be helpful in his corrupt deeds. These clerks do not like the prosperity of

their own brethren. Here also Kshemendra describes the life of wife of Kayastha, her journey from poverty to a rich lady and how a Physician treats her in a Sycophant manner. The character of Physician is briefly mentioned.

Astrologer A wonderful satire, Kshemendra mentions about consulting an astrologer who asks boatman for the forecast of weather. He does not trouble himself to learn the rudiments of Astrology. Kshemendra mentions how Astrologer treats wife of Niyogi for Jaundice (again a satire).

Kshemendra does not say anything about his birth but evidence suggests that he was born after 990 AD and died after 1065 AD. In Bharatamanjari, he says that he studied Sahitya with Abhinavgupta, author of the Vidyavivriti or Pratyabhijnnavrihativimarshini. Evidence suggests that Kshemendra might have been then about 25 years old. Kshemendra retired from the world and probably lived in hermitage. He breathed his last on Tripuresa Mountain where he wrote Dasavtaracharita in the reign of Kalasa in the year 1065 AD. He was born in a rich family, descendants of Narendra who was minister of Jayapida. He was a follower of Saiva cult and installed various idols of Siva near Nijihama in Handwara, Tehsil. Somendra was son of Kshemendra and he wrote introduction to the Avdana -Kalpalata. Kshemendra shunned the company of dry logicians and grammarians. He was decent in speech and dress. He ate rich food, loved poetry and music. He later leaned towards Vaishnavism under the influence of Soma Bhagvata whom he respected more than Abhinavgupta. He also pursued Buddhism. Kshemendra mentions Abhinavgupta as crest Gem among the teachers of that era.

Kshemendra's mastery lied in Satires and criticism. His Darpadalana is a master piece of the satirical literature in Sanskrit. Kalavilasa and Samaymatrika belong to same category. Kshemendra has been found to have constructive programme for reforms. The corruption of Kayasthas is mentioned in Narmamal. The present position of Kashmir is no better and it seems DNA of Kayasthas has travelled to present generation. The only difference is that now we have a band of executives who operate in the same fashion.



- Vijay Kashkari



# A Man with a Mission

*“The power is with the silent ones, who only live and love and then withdraw their personality. They never say “me” and “mine”; they are only blessed in being instruments.”*

*-Swami Vivekananda*

**A**nantnag is a district of Kashmir Valley, situated in the southern part of the valley. Anantnag is famous for its springs and streams. Amongst the famous streams are Sandran, Brengi, Arpath and Lidder. The Lidder originates from Sheshnag lake. Anantnag used to be summer capital city of Jammu and Kashmir till the capital was shifted to Srinagar. The name of Anantnag is, works aforesaid, Ananta and Naga, means in Sanskrit as infinite springs. The district is famous for Surya Martand Mandir, a destination for learned Brahmin.

Pertinent to mention, during Mughal rule, governor of Kashmir Islam Khan changed the name of Anantnag as Islamabad in 1663 AD. The name of Anantnag was restored by Maharaja Gulab Singh of Jammu & Kashmir.

A good number of the KP community stalwarts were born in the district, in-particular belonging to the legal fraternity. The district has a place called Nagdandi. The place is about two Kms away from charming Achabal Mughal garden. On way to Shrine of Uma Nagri, Brareiangan, Nawgam, Shangus, at a foothill is

the Ashram known as Ramakrishna Mahasammelan Ashram, Nagdandi.

The Ashram was abode of Swami Ashokanand Maharaj. Born in 1911, Swami ji; from a Mukherjee family, belonged to a village named Jessore, now in Bangladesh. He was a mystic sage, lived an ascetic life. His Guru was Guru Sachananda. On his Guru's behest, to spread teachings of Shri Ramakrishna Parmahans in Himalayas, he left Bengal on the objective as visualised by his Guru. After protracted journeys in the towns of North Himalayas, his last sojourn was Kashmir.

In Kashmir, his first stay was at Kathleshwar temple, near Zaindar Mohalla, Srinagar. Later, he stayed, for a short time, at the Shrine of Nandakishor Bhairav of Sumbal. Finally on Lord's call, he found a place called Nagdandi. His devotion towards his Guru to preach ideas of universe, many within the vicinity followed him. Locals supported him in his mission. When his word spread through the length and breadth of the valley, many visited him and became his ardent devotees. The Ashram of three huts, took shape of a full grown

Ashram with the help of believers. His followers acquired five acre land. Maharaja Hari Singh donated land in 1933, which used to be his hunting ground.

Swami ji didn't leave the Ashram till 1970. In the year 1970; when he was ill, he wished that the Ashram was taken over by Shri Ramakrishna Mission Bellur Mutt, Kolkatta. The Mutt was hesitant to take over. An invitation was sent to Shri Eknath Ranade, then organising secretary of Rock Memorial Vivekananda Kendra, Kanyakumari. Shri Ranade accepted the invitation and visited Kashmir to meet Swami Ashokanand ji. He met him in the house of Dr. Jai Lal Ogra at Srinagar. Swami ji had shifted in the Ogra's house because of his illness. Swami ji attained Nirvaan on 19th December 1971.

As per the will of Swami Ashokanand, written on 6th October 1970, the Ashram at Nagadandi came under the control of Vivekananda Kendra, Kanyakumari. Since then the Ramakrishna Maha-Sammelan Ashram, Nagdandi, Achabal, Anantnag, is under the control of Vivekananda Kendra and Vivekananda Rock Memorial Kanyakumari. The life workers of the Vivekananda Kendra assist the administrative committee of Nagdandi Ashram for its development and missionary work.

Despite of difficult situation of Kashmir, Ashram remained open and undertook several projects. The vision of Swami Ashokanand for the Ashram is presently been executed by the committee, constituted by Vivekananda Kendra Kanyakumari. The Managing Committee is headed by a Chairman. Present Chairman of the committee is Shri Brij Lal Bhat. Appropriate to Shri Bhat, I hereunder quote Shri Ranade.

“A mere collection of people is not congenial to the growth of the organisation. The individuals must be competent in the sense that they must be physically sound, intellectually equipped and monetarily rich. As is said in Sanskrit or in most of the Indian languages, they should offer their Tana (body), Mana (mind) and Dhana (wealth) for the propagation

of the cause. They must be physically prepared for the exertion and torture, mentally ready to suffer everything and monetarily unhesitating to part with their wealth for translating the noble thought into concrete form.”

Shri Brij Lal Bhat was born in Kashmir. He worked in Jammu & Kashmir State under various suitable capacities. Passion for missionary work and by motivation of his mentors especially like that of Pt. Prem Nath Bhat and Pt. Harji Lal Jad and excessive love for the place brought him to the Ashram. He is connected to "Nagdandi" from 1980. His active involvement in its Management & Developmental Programmes is from 2012. He took over as Chairman, Administrative Committee of Shree Ramakrishna Mahasammelan Ashram (SRMA), Nagdandi, Achabal, Anantnag, Kashmir (J&K) since 2014.

Shri Bhat categories the "SRMA" vision & objectives as primary and secondary. The primary works for him are to teach, preach, propagate and preserve "Sanatan Dharma" i.e. the eternal set of duties ordained practices incumbent upon all Hindus. Secondary, to



facilitate and promote normalization in Kashmir Valley through direct Civil Society meets, connecting of displaced Hindus to their roots and intra and inter State integration from Kashmir to Kanyakumari (K to K Integration). When asked about his priorities which he would like to get completed, he classified the activities as:

#### **A) Spiritually Oriented Service Mission Activities.**

The activities include, organising annual traditional festivals like Durga Ashtami, Ramanavmi, Smadhi Pratishta of Swamiji & Nagpanchmi in Nagdandi with participation of hundreds of devotees, to promote connectivity of displaced community to roots, besides spiritual gains. Organizing with support of the community donors, five days Bhandara Service within Mata Kheer Bhawani, Tulmulla Kashmir on annual Zesht Ashtami festival. The aim is to create awareness among devotees about teachings of Shree Ramakrishna, Maa Sharda, Swami Vivekananda, Shri Ek Nath Ranade and other saints of Kashmir. The objective is met through meets, interactions, sale of books and distribution of publicity material among visitors within parisar. Organise annual ten days 'National Yog Shikhsha Shiver' within "SRMA"; Nagdandi, with participation of least 15 States annually, to promote connection of Individual to Self to Family to Society to Nation and to whole creation. This is to promote national integration and universal brotherhood. Aasra (shelter) for needy, providing temporary living arrangements for devotees, visitors and security and defence personal. Pilgrims on visit, avail this facility regularly. Organise hundreds of Karyakarta baithaks, Yuwa Sammelans, Seminars, Workshops, group meets to strengthen Sanatan Dharma and preserve the age old Himalayan culture and Kashmir ethos. Organise Medical Camps during Festivals/Special occasions, Scientific programmes for personality and skill Development of youth working within and outside the valley besides mandatory regular morning and evening pooja archana & kirtans on special occasions.

#### **B) Development and Management Activities.**

1) To make Ashram self-generating/self-

supporting, a developed one, the works undertaken are to develop "High Density Apple Orchard", with technical & other supports from Central Institute Of Temperate Horticulture, Government of India. In this context the work is going on five export-oriented varieties on MM Rootstock for 1500 plants. This is expected to generate Rs 5-7 lacs annually. The project is also serving as demonstrative unit for the local populace. In addition, this will add to the aesthetic value of the Ashram.

2) Construction of "Vivekananda Bhawan" is completed, in addition to the present utilities. The Bhawan is comprising of; one main hall of 3500 sq. ft dimension, four rooms, a hall and administrative block, library and lavatory blocks on the first floor.

3) Eight point Lavatory Block, constructed under Swacch Bharat Abhiyan at estimated cost of Rs 18 lacs, stands completed and the facility is in use by devotees.

4) Water storage tank is connected, at top of the Ashram building, commissioned with fixation of distributaries for multi use of water within the Ashram.

5) Construction of Shree Ramakrishna Temple, around 1350 sq ft, completed after





expansion of old Temple of 320 sq ft

6) Dormitory Hut around 1100 sq ft is expected to be completed at estimated cost of Rs 70 lacs during the current year.

7) Other works which have been completed are: construction of two suitable rooms with toilet points, renovation of the Maa Sharda Bhawan with two Halls in the First floor, used by ladies during festivals and other occasions.

8) To ensure uninterrupted electric supply, the Solar Net Work system is expanded within the Ashram, with provision of additional solar lights within premises at key points. 63 KV Electric Transformer is installed.

9) Aasra Ashram is providing temporary facilities for nearly 5000 youth who come from different places for recruitments in Defense and other Central services. Recently in the National interest, two companies of Security Personnel who were in the valley on Election and other duties, were provided the accommodation.

10) Other development works undertaken were constructions of drains, lanes, paths within Ashram premises.

11) To undertake new works, contour and site plan survey was got done by Public Works Department of J&K Government. High-tech Engineers & Consultants were engaged as consultants to negate claims of encroachment from land mafia by preparing the latest Site Plan Map of the Ashram and its peripheries. Approx. 90 kanals of the area has been fenced with stone work and chain link. Wire fencing has also been completed. The Kendra has retrieved the other properties also, In-particular 54 kanals of Abi Awal (irrigated) land at Kangan Ganderbal and 5 kanals & 1 marla commercial plot on main Achabal Uttrussu. The plot has been fancied.

12) Laid Foundation, base & Stone plinth, for six sided, "Om Shakti Bindu" in the centre of the holly spring, to improve the aesthetics & spiritual value of Ashram.

When asked about his expectations, Sh. Bhat said, "we continue to strive as a team to connect more and more Community people to Kashmir through "SRMA". As support from various groups working for displaced and others connected to Ashram, the uncertainty is declining, we expect more and more people join the movement." Expressing optimism, he said,

"during Zesht Ashtami 1998, we hardly witnessed 100-150 KP's mostly from Secretariat in Kheer Bhawani Tulmulla and now with Mata Kripa the number has progressively increased. The pessimism trend within Community is on gradual decline and the optimism is increasing.

Contemplating, I found the team is facing several challenges. The biggest challenge is about resources and financial management. The Ashram manages all spiritual oriented service mission activities through donations and support from displaced KP Community. A few activities like YSS, seminars and workshops are organised on Self financing basis. Vivekananda Rock Memorial & Vivekananda Kendra Kanyakumari monitors the accounts of the Ashram.

For completion of ability to perceive, Shri B.L. Bhat gives credits to his team. He says, "One sparrow can never bring spring. I am supported by my very dedicated team of Kaykarts who are dedicated to the basic cause. Religious properties in Kashmir, we firmly believe, can not be managed & maintained through remote control. We are always within "SRMA" Nagdandi in a revolving process round the year, irrespective of seasonal and diurnal variation in climate.

Shri Bhat is excited about his work as it brings him closer to the community and connects him to the people for revival of the moral values, for which the community is known for. He acknowledges his work as "Pay Back Stage" towards Society/ Nation. He also thanks his wife for support in sharing his major family & social entrustments and supporting and strengthening him in his involvement with "SRMA"; Nagdandi.

Closing the converse, I asked Shri Bhat, if he faces any hostility from the neighbours, belonging to majority community. He said, "Threat perceptions are in the Valley but when on missionary work, you are bound to leave everything to Supreme Lord, the Protector.

Nagdandi is the symbol of the community's identity and resurgence of Hindu India. The person involved with it needs to be admitted as the people for a purpose; Shri Ramakrishana Paramhansa and Swami Vivekanada lived for. For a person like Shri Brij Lal Bhat, needs no appreciation as such people live for a mission and not for popularity.



- Sanchi Bhat



# Mental Health In The Time of COVID-19 Tips on How to Stay Sane

The Chinese virus has taken over the minds of the world more than it has our people. COVID-19 related topics have cropped up to such an extent that it feels like we never knew a world that wasn't impacted by the virus. Also, the focus of the world is disproportionately on maintaining immunity without much to do about mental health. To top it off, the breadth and volume of information and news related to the disease that the mind is assaulted with (due to content forwarding via social media) is massive. In this era of information overload, anxiety about the future, the uncertainty of the next course of action related to the virus and the inability to move out of our homes, it is imperative that we focus our attention on keeping a healthy mental outlook. Constant fear and anxiety would mean lesser quality of life, irritability, and obsession leading to fights and a sense of doom.

I've come up with five simple tips you can use to tackle virus-related anxiousness and help lessen the fear:

- Understand that it is ok to be upset: We're all grieving the loss of routine, a perfectly happy life or in some cases, a job. It's okay to be upset about it. You don't have to pretend to be happy. Let yourself feel the sadness, allow your mind to assess the loss of your previous lifestyle. Talk to your loved ones about the past, about your goals and dreams before the pandemic took

over. You have a right to be sad and the best way to deal with sadness is to let the feeling wash over you. You'll get around to accept the new way of life, eventually.

- Keep a watch on what is in your control and what isn't: Your hygiene, cleaning your masks after you come home from doing essential work, washing your hands periodically, and sneezing into your elbow are some of the things in your control. Things like the healthcare scenario of your country, the level to which the virus spreads in other parts of the nation, and the timeline of the current lockdown are examples of what is out of your control. Focus only on the things that are in your control, and realize that thinking about the things that are out of your control will do no good. If it helps, make a list of things that are in your control and those that aren't. If you still find yourself thinking about things not in your control, then

```
remember  
the times when you felt  
that all hope was lost  
and, against all odds,  
you emerged victorious?  
this is one of those times  
and you will win, yet again.
```

YOU ARE A SURVIVOR

the san. b.

stop your thoughts by saying the word “STOP”. Practice this again and again, until thoughts related to things out of your control stop coming to you.

- Bring yourself back to the present: Every time you catch yourself over thinking things that serve no purpose, try and get yourself back to the moment. One way to do so is to breathe strategically. Take a long deep breath, hold for five seconds, and let it go slowly. Repeat this step fifteen-twenty times until you can feel the calm take over you. You can do this exercise every time you feel like you’re panicking or experiencing high levels of anxiety. If you can’t hold your breath for five seconds, you can just do deep breathing for ten minutes.

- Find ways to physically exert yourself, everyday: Apart from helping you remain physically fit, studies have shown that exercise changes your brain chemistry in a way that reduces stress and anxiety. Exercising also

releases the hormone endorphin, which causes a boost of happiness. Make it a point to keep your heart rate elevated for 30-40 minutes in a day (sweating is a great thing). There are thousands of YouTube videos to choose from for full-body workouts or simple dance routines that can keep your heart rate up for a set period of time. If that doesn’t work, then walk every day on your roof, balcony or inside your home at a quick pace for 30 minutes.

- Practice empathy: Staying cooped up in the house as opposed to going for work is taking a mental toll on all of us. There will be times when your loved ones will be cranky or irritable, maybe unusually so. Give them the benefit of the doubt. It’s tough to not have the freedom to switch off from daily situations by going outside our homes. Remember to forgive your loved ones for their outbursts (and they should forgive yours) even more than normal.

# Corona

*Do not go gentle into that forlorn street  
For a killer prowls the city streets  
With a sickle long and curved deep  
He scours the streets for fresh meat  
Oh do not weep do not weep  
Just stay indoors and be discreet  
Or else you will have it in the street*

*The scourge of Heaven he says he is  
To cleanse the Earth of human meat  
Oh do not weep do not weep  
Or else the reaper will hack you deep  
And dispatch you to the fathomless deep*



**Dr Ravi Dhar**

*Invisible he scours every street  
Lying in wait for the human meat  
Piling on high the carcass heap  
He thunders for more blood and meat  
Oh do not weep do not weep  
For a killer prowls the city streets.*



# Yoga, Meditation and Drishti

A drishti is commonly used in meditation to focus and concentrate the mind. The most useful drishti points used are the breath and the third eye center. External focal points can also be used, such as the tip of the nose, a candle or mandala.

I thought to bring my focus to very important aspect of yoga and meditation which is “Drishti”

A “drishti” in English explained as “Gaze” is a specific focal point that is employed during meditation or while holding a yoga posture. Drishti is a Sanskrit word meaning “sight”.

We communally use during our meditation to improve focus and aid in sense withdrawal. Practicing Drishti while performing yoga, supports and improves the practice while creating Self-awareness. It also makes breathing exercises and meditation more productive.

Drishti involves conscious seeing, through which the individual looks past the screen of prejudiced beliefs. Hence, it helps one to achieve superior levels of consciousness.

Practicing Drishti not only helps with yogic poses by improving alignment and encouraging adjustment toward perfecting the poses, but also supports mental health and improves mental clarity.

## Why Drishti is Important ?

The ancient yogis discovered that where our gaze is directed our attention naturally follows, and that the quality of our gazing is directly

reflected in the quality of our mental thoughts. When the gaze is fixed on a single point the mind is diminished from being stimulated by all other external objects. And when the gaze is fixed on a single point within the body, our awareness draws inwards and the mind remains undisturbed by external stimuli. Thus, the use of a drishti allows the mind to focus and move into a deep state of concentration. And the constant application of drishti develops ekagraha, single-pointed focus, an essential yogic technique used to still the mind.

A drishti is commonly used in meditation to focus and concentrate the mind. The most useful drishti points used are the breath and the third eye center. External focal points can also be used, such as the tip of the nose, a candle or mandala.

There are a total of nine drishtis in yoga. The following are the gaze positions and related asanas for each:

1. Nasagrai drishti :- the nose tip
2. Shambhavi Mudra /Bhrumadhya drishti, the ajna chakra :- between the eyebrows
3. Nabhi chakra drishti :- the navel



4. Angusthamadhye :- the thumb
5. Hastagrai drishti :- the hands
6. Parsva drishti :- the right side
7. Parsva drishti :- the left side (All twist poses)
8. Padayoragrai drishti :- the toes
9. Urdhva drishti :- upward

## ASANA FOR THIS MONTH

### Garudasana /Eagle Pose

The, Garudasana named after the divine creature ‘Garuda,’ the fierce bird and the vehicle of Lord Vishnu has it all– strength, balance, coordination, and harmony. As a twisting yoga posture, the practitioners of Eagle Pose twirl and stretch and wrap their hands and feet in order to untangle their body, mind, and spirit upon release of the yoga posture.

Eagle pose is a posture that generates great joint stability and balance. In order to successfully practice this pose, you must give your full attention. Eagle pose requires you to focus equal attention on both your upper and lower body. The more you release your muscle tension during your exhales, the better the release. Through the effect of twisting, the Eagle Yoga Posture offers rewards for the immune system and chakras ,Boost focus, concentration and the lymphatic system! The eagle fixes his eye on one point with superior vision and focus.

This yoga asana connects us back to the third eye chakra which stimulates clear vision. We practice eagle pose to aide to check in with our concentration and fix our gaze upon one point.

### Drishti

Hastagrai drishti: the hands or Urdhva Drishti, gazing up to infinity means focussing internally

### How To Practice The Eagle Posture (Garudasana):

- Stand in Tadasana
- Firmly ground your right foot into the floor.
- Gently bend the right knee and cross the left leg over it.
- Tuck the left ankle behind the right calf .

Stretch the arms straight in front of you.

- Bend the elbows, keep the forearms perpendicular to the floor and drop the left arm under the right.
- Intertwine the hands so that the palms touch each other and fingers point upwards.
- Try to lengthen the spine and arise through the crown of the head while maintaining the balance.
- Relax the shoulders and gaze at a fixed point in front of you.
- To exit the pose, unwind the legs and hands and stand in the mountain pose.

### Modifications:

- If balancing in the pose is difficult, cross the leg and place the foot of the folded leg on the floor.
- Beginners can practice the pose against a wall for greater balance and steadiness. Stand with your back to the wall, so the wall supports your torso.
- During the practice of the pose, always



bent the knees generously so as to avoid straining.

- In the pose, if you are unable to touch the palms together, hold a yoga strap in your hands and then twist your palms.

. For a deeper challenge, come into the full pose. Exhale, lean forward and press the forearms against the thigh of the top leg.

. When you lift the hands up, the elbows should be line with the shoulders.

### Benefits of Eagle Pose

The benefits of Eagle pose are vast. Done properly and consistently, the most noticeable benefits include:

- Stronger arms, legs, knees and ankles
- Open shoulder joints, creating space between the shoulder blades
- Open hips and IT band
- Increased circulation to all joints
- Improved digestion and elimination
- Improved balance
- Improved focus (Drishti)

### Cow Face Pose Gomukhasana or Shoelace

Go" means "cow" and "Mukha" means "face" in Sanskrit. When this asana is performed, the final position of the legs resembles the face of a cow.

Brings awareness to patterns of breath and facilitates subtle movement in your shoulders, arms, hips, and legs, encourages toning and awareness from the palate to the pelvic floor; fosters internal reflection.

### Drishti

Bhrumadhye drishti /Shambhavi Mudra (Third Eye Mudra) /Eyebrow Centre Gazing

### How To Practice Cow Face Pose Gomukhasana

- Begin sitting in a cross-legged position or Easy Sitting Pose (Sukhasana).
- Bring the front leg on top of the bottom leg crossing the knees one on top of the other (note that the knees may not line up completely if the hips are tight).
- Ensure that both sitting bones are touching the ground (use a prop is



necessary). The feet should be approximately the same distance from the hips on either side of the body.

- Beginners often have a difficult time getting both sitting bones to rest evenly on the floor, which can make it difficult for the knees to stack on top of each other evenly. When the pelvis is tilted, the spine can't properly extend. Use a folded blanket or bolster to lift the sitting bones off the floor and support them evenly.
- Bring both hands in-between heart center and now slowly move your gaze towards eyebrow center.
- Stay here for 2- 3 minutes
- Repeat on the other side

### Modifications :

Focus on the lower body in this Yin yoga version. Stack the knees as previously described, and rest each hand on a foot. Remain here, or to go deeper, fold forward and rest your forehead on your knee, stacked fists, or a block.

Or

## Supta Gomukhasana, Reclined Cow Face

- Lie on your back and cross your right knee over the left.
- Inhale, grasp your ankles. Exhale, draw your feet towards the floor on either side of your waist.
- Hold your both palm of feet to support.

Repeat on the other side

### Benefits

- Stretches the ankles, hips and thighs, shoulders, armpits and triceps, and chest
- It's a great pose for those who sit most of the day at work as it will open your hips and chest, counteracting the slump many people adopt while sitting. It is a calming and centering pose.
- When you combine the cow face with Shambhavi Mudra Meditation (Third Eye Mudra) – Eyebrow Centre Gazing it synchronizes the two brain lobes to create inner balance.
- This practice brings us deep peace in the midst of our hectic outer activities we face in daily lives.
- Physically, the mudra strengthens the eye muscles and releases accumulated tension in this area
- Eyebrow gazing mudra awakes the "agya chakra" lying in between the eyebrows. Awaking this chakra enhances the brightness of the eyes.

So when you look at an object during your practice, don't focus on it with a hard gaze. The muscles around the eyes should be relaxed and the gaze should be soft. Instead, use a soft gaze, looking through it toward a vision of cosmic unity. Soften your focus to send your attention beyond outer appearance to inner essence.

You should never force yourself to gaze in a way that strains your eyes, brain, or body. In many seated forward bends, for example, the gazing point may be the big toes. But many practitioners, at certain stages in their development, must take care not to create such an intense contraction of the back of the neck that this discomfort overwhelms all other awareness. Rather than forcing the gaze

prematurely, you should allow it to develop naturally over time.

In general, practitioners should use the various bahya (external) gazing points during more externally oriented yoga practices, including asanas, kriyas and meditative practices. If you find yourself closing the eyes during in any practice return back and re-establish an outer gaze. On the other hand, if the outer gaze becomes a distraction to your concentration, perhaps an inner-directed correction is necessary. There is also value to having the eyes closed and using antara drishti during yoga postures, as this creates a deep state of meditation and inward focus while holding the pose.

*"Liberation can be attained by that pranayama which is accomplished by disjoining the course of inspiration and expiration."*

—Yoga Sutras II:49



Have a beautiful and safe practice.  
Namaskar

# Tribute to Dr. Makhan Lal Hashia

-Sushil Hashia



*Dr Makhan Lal Hashia was born to Pt. Sudarshan Hashia and Smt. Leelawati Hashia of Karan Nagar, Srinagar, Kashmir on 15th Sept, 1936. The family was nothing short of a large and joint enterprise where he grew amongst many siblings and cousins. He would pride himself in those family values imbibed from his parents.*

*He had his early schooling in Mission School, Fateh Kadal, true to the teaching of that great institution of Srinagar, he lived an active life all through. He graduated as a Bachelor of Veterinary sciences from Bombay Veterinary College.*

*During his graduation itself, he was united in marriage with Smt. Shanta Hashia (Khar) on 6th June 1957. Smt. Shanta Ji was a perfect balance for this energetic always on the move young man. He remained until the twilight years of his life and she played the perfect homemaker.*

*On completion of his graduation, he joined the Animal Husbandry Department in the govt of J&K. He served with aplomb and was held in high esteem by his contemporaries, bosses and subordinates. The cruel hands of destiny forced him to be an internally displaced person. He lost his home and hearth to terrorism in 1990, when he moved to New Delhi.*

*He pushed himself hard and adopted to the new challenges. In this, he took the larger family along and never lost sight of smallest of issues faced by the members. Smallest of the problems and he would appear from nowhere to provide panacea. He ploughed a fresh field for himself and his family and was soon on the prowl. He moved in the new house in Faridabad in 1994. Soon, he was all over the social scene amongst Kashmiri Pandit community in Faridabad. He played an active role as a close associate of Padmashri J.N. Koul in building of Sharika Bhawan and Hari Parbat in Faridabad. He is the person who initiated the collection for funds across the globe. Where ever he along with his team used to go for the funds, he would say "CHANDUS KRIVTAV TASA, ASI THI FEREREYE HUISA" & people loved to give donations to his team. He was also vice president and later served as president of Kashmiri Sewak Samaj, Faridabad. When he was associated with KSS Faridabad as vice president and president, the team used to go to Jammu to give books and scholarship to the needy kids for the education. He was also vice president of All India Kashmiri Samaj, New Delhi. While in AIKS he went to Himachal Pradesh & other states for admission of our kids in various institutions along with respected Mr. M.K Kaw and was active member of Samaj Vikas Sansthan, J&K till his last breath.*

*He breathed his last on 8th June 2019. Much as he would have loved, all his near and dear ones as well as community members were by his side as he departed to his heavenly abode. Dr. Hashia will always be remembered for his selfless services, sense of humor, an easy demeanor, witty retorts and the same time for his object-oriented devotion to duty.*

*Veshna-bhawnas manz asinas jay !!!*



# MARTYRS OF JIHAD IN KASHMIR

## April List of Martyrs

Team NAAD pays homage to the martyrs who were brutally killed by Jihadis in Kashmir which eventually led to the ethnic cleansing of Kashmiri Pandit's from their Homeland. The list given below is not comprehensive. We request community members, friends and relatives of victims to share with us the details of martyrs so that a list is constantly updated. Due to the violent & disturbed conditions prevailing in Kashmir during the initial phase of militancy, there may be some discrepancies prevailing in the information given below.

SR. NO	NAME	LOCATION	KILLING DATE
1	Sh. P N Handoo	Srinagar	01.04.1990
2	Sh. Prem Nath Tickoo	---	05.04.1990
3	Sh. K.K.Koull	Srinagar	05.04.1990
4	Sh. Radha Krishan	Karan Nagar, Srinagar	05.04.1990
5	Sh. Prem Nath Koull	Kil, Pulwama	05.04.1990
6	Sh. Radha Krishan Koull	---	06.04.1990
7	Sh. Ashok Kumar	---	06.04.1990
8	Sh. H.L.Khera	Srinagar	06.04.1990
9	Sh. Rameesh Peer	Vichar Naag, Srinagar	06.04.1990
10	Sh.Kari Lal	---	09.04.1990
11	Sh. Makhan Lal Wanganoo	Srinagar	10.04.1990
12	Sh. Dina Nath	-	13.04.1990
13	Smt. Sarla Bhat	Srinagar	19.04.1990
14	Sh. Makhan Lal	Kani Kadal, Sringar	21.04.1990
15	Sh. Sushil Kr Kotru	Rainawali, Srinagar	22.04.1990
16	Sh. Joginder Malhotra	Safakadal, Srinagar	22.04.1990
17	Sh. Ravinder Kr. Pandit	Mattan, Anantnag	24.04.1990
18	Sh. Narender Nath	...	24.04.1990
19	Sh. Niranjana Nath	....	24.04.1990
20	Sh. Bansi Lal Sapru	....	24.04.1990
21	Sh. Kashi Ram	....	25.04.1990
22	Sh. Sapru Sampath	Zakura Budgam	25.04.1990
23	Sh. Surender Budgam	Mattan, Anantnag	25.04.1990
24	Smt. Sarla Bhat	Qazi Mohalla, Anantnag	25.04.1990
25	Sh. Bhushan Lal	Budgam	26.04.1990
26	Dr. Raj Nath	New Khanda, Srinagar	26.04.1990
27	Sh. Raj Nath Raina	-	26.04.1990
28	Sh. Brij Lal Shah	Sadhu Ganga, Kupwara	27.04.1990
29	Sh. M L Pandita	Tikri, Kupwara	27.04.1990
30	Sh. Bansi Lal Sapru	Chattergul, Srinagar	28.04.1990
31	Sh. Bharat Bhushan	Pampore, Srinagar	28.04.1990
32	Sh. Predhiman Krishan Bhat	Lolab, Sogam	28.04.1990
33	Sh. Gushi Lal	....	29.04.1990
34	Sh. Daleep Kumar	Nowhatta, Srinagar	30.04.1990
35	Sh. Dwarika Nath	Anantnag	30.04.1990
36	Sh. Heera Lal Khar	Kak Mohalla, Srinagar	30.04.1990

**COUNSELLING****» CBSE partnership with Intel**

The Central Board of Secondary Education (CBSE) has partnered with Intel to incorporate a curriculum on Artificial Intelligence (AI) to its affiliated school across India. After a launch as a pilot project in eight schools in the year 2019, the curriculum is now set to be implemented. With this move, CBSE is expected to empower over one lakh students. As per the Memorandum of Understanding (MoU) signed between Intel and CBSE, the project involves setting up a focused AI Skills Lab and trained facilitators in CBSE-affiliated schools. According to Intel, there is a skill gap in the demand for AI workforce and trained professionals, so they have rolled out a comprehensive program called 'Intel AI for Youth'. Intel also stated that special emphasis will be put in northern India and north-eastern Indian states in terms of the AI curriculum, with "special focus on aspirational districts".

Dr. Biswajit Saha, director of skill education and training with CBSE said in a press statement that – "AI has been widely recognised as the power that will fuel India's digital economy. It is imperative to understand its importance and enable Indian youth to become adept in harnessing its positive impact. CBSE is the only Board that has introduced AI as a full-fledged subject in school curriculum. Our collaboration with Intel has helped us empower the youth with AI skills in an inclusive way and we hope to take this journey ahead in a big way in the coming years."

Intel collaborated with Kendriya Vidyalaya Sangathan to set up India's first AI Skills Lab in accordance with the AI curriculum specified by CBSE at Dr Rajendra Prasad Kendriya Vidyalaya, New Delhi.

CBSE and Intel together will soon be launching a 'National AI Olympiad' to motivate young students to showcase their meaningful social impact solutions as evidence of achievement, is also stated in MoU

**» IIT Delhi releases JEE Advanced 2020 Information Brochure**

Indian Institute of Technology (IIT) Delhi has released the Information Brochure for JEE Advanced on its official website: <https://jeeadv.ac.in>. As per the information brochure, JEE advanced will be conducted on May 17, 2020 across the country and abroad for Admission to 23 IITs in the country. The total number of supernumerary seats for female candidates for academic session 2020-21 has been increased to 20% as compared to 17% seats last year.

The application process for JEE Advanced 2020 will begin on May 1, 2020 and will conclude on May 6, 2020. The last day to pay the fees for the registered is May 7, 2020. JEE Advanced 2020 exam would be conducted on May 17, 2020 in CBT mode across the country and abroad for a total of 12,463 seats at 23 IITs in the country.

Around 2.5 lakh top candidates of JEE Main 2020 exam are eligible to appear for JEE Advanced 2020.

Through JEE Advanced 2020, IITs, offer admission to undergraduate courses leading to a Bachelor's, Integrated Master's or Bachelor-Master Dual Degree in Engineering, Sciences or Architecture

The examination consists of two papers (Paper 1 and Paper 2) of three hours duration each. Both the papers are compulsory. The examination will be held as per the following schedule:

- Paper 1: 09:00 IST to 12:00 IST
- Paper 2: 14:30 IST to 17:30 IST

**ADMISSION ALERT****» PUTHAT 2020 - Panjab University Tourism and Hospitality Aptitude Test**

Admission to Bachelor of Hotel Management and Catering Technology (BHMCT), Bachelor of Tourism and Travel Management (BTTM).

Interested candidates will be able to submit their application on or before 30th April 2020.

- ❖ Last date of Submission to Generate Challan: 23rd April 2020

- ❖ Last date for deposit of fee in any branch of State bank of India using a website generated challan: 27th April 2020
- ❖ Last date of uploading the documents: 30th April 2020
- ❖ PUTHAT Examination Date: 15th May 2020
- ❖ 1st Counseling: 25th June 2020
- ❖ Examination Mode: offline

Register Online in PUTHAT website  
<https://puthat.puchd.ac.in>

Additional seats for wards of Kashmiri Displaced Persons

#### »» **Punjab University Chandigarh**

Entrance Test for Admission to B.A./B.Com. LL.B. (Hons.) (5 Years Integrated Course)

Entrance test on 24th May 2020 at Chandigarh Centre only for the following institutes:

- ❖ University Institute of Legal Studies (UILS), Panjab University, Sector 14, Chandigarh
- ❖ UILS, Swami Sarvanand Giri, Panjab University Regional Centre, Bajwara, Hoshiarpur
- ❖ UIL, Panjab University Regional Centre, Civil Lines, Ludhiana

The Prospectus and Online Application Form are available on Website <https://uglaw.puchd.ac.in> from 1st April 2020.

- ❖ Last date for submission of application: 7th May 2020

Detailed instructions for submission of online Application Form and payment of Fee are available on the website <https://uglaw.puchd.ac.in>

#### »» **Thapar University MCA (3 years) & MCA Lateral (2 years) Admission**

- ❖ Last date for receipt of completed application forms: June 30th, 2020
- ❖ Counselling: July 06th, 2020

Visit website [www.thapar.edu](http://www.thapar.edu) for details.

#### »» **CLAT 2020 Postponed, last date to apply extended**

Due to the concerns arising out of the COVID-19 pandemic, the Consortium of National Law Universities has rescheduled the following:

- ❖ The deadline for online applications - Saturday, April 25, 2020.
- ❖ The examination date - Sunday May 24, 2020, from 3:00 to 5:00 PM.

If candidates face any difficulty with the

application process or the examination, they may write email at [clat@consortiumofnlus.ac.in](mailto:clat@consortiumofnlus.ac.in), or on the phone at 080 47162020 (between 10:00 am to 05:00 pm on all working days).

#### »» **Thapar University M.Sc. Admission**

Institute of Engineering & Technology, Thapar University invites applications for admission to the Master of Science Program; M.Sc. (Bio-Technology), M.Sc. (Chemistry), M.Sc. (Biochemistry), M.Sc. (Mathematics), M.Sc. (Mathematics and Computing) and M.Sc. (Environmental Sciences) for the academic year 2020. Application can be submitted through online mode till April 30, 2020.

- ❖ Last date for receipt of completed application forms: June 30, 2020
- ❖ Counselling including a deposit of fee: July 01, 2020
- ❖ Counselling including a deposit of fee: July 01, 2020

Applicants can apply online [www.thapar.edu](http://www.thapar.edu)

#### »» **MAT 2020**

Management Aptitude Test (MAT) is a standardized test being administered since 1988 to facilitate Business Schools (B-Schools) to screen candidates for admission to MBA and allied programs.

MAT is considered for admission to over 600 B-Schools across India.

- ❖ Last Date for Online Registration is 26th April 2020 (Sunday)
- ❖ Paper-Based Test (PBT) will be taken on 03rd May 2020
- ❖ For computer based test Last Date for Online Registration is 10th May 2020
- ❖ Computer Based Test will be on 16th May 2020

Register online at website link:

<https://mat.aima.in/may20/register-online>

#### »» **SMV Devi University UG PG and PhD Admission 2020**

Shri Mata Vaishno Devi University, Katra (Jammu & Kashmir) has released the admission notification for various UG, PG, Integrated programs & Ph.D. for the academic session 2020. Candidates can fill the online applications at the official website before the last date.

The candidate can visit website

www.smvdu.ac.in and admission.smvdu.ac.in for applying Online & Submission of Application  
CBSE partners with INTEL

» **Birla Institute of Technology (BIT) Mesra, Ranchi Admission MCA**

The admission is offered at Birla Institute of Technology, Mesra (Main Campus) and its Off Campuses at Jaipur, Lalpur and Noida

Upto 1 seat at all Campuses is reserved for candidates who are Sons or Daughters of Kashmiri Migrant who otherwise have qualified for admissions.

- ❖ Last date for applying online is 20 May 2020
- ❖ Admit card will be released on 30 May 2020
- ❖ The Online Computer Based test will be on 14 June 2020

Eligible candidates must complete and submit the application form online only [link available on the Institute website [www.bitmesra.ac.in](http://www.bitmesra.ac.in)]. Pay application fee of Rs.2,500/- (General candidates) through ICICI payment Gateway/net banking / debit card / credit card of any nationalized bank till the last date of application process.

The candidates may select multiple choice of place for study maximum of three campuses, in order of preference from the prompt. Candidates will not be permitted to alter their preferences at a later stage.

» **BIT Meera Admission to 4-Year BHMCT (Hotel Management) Program**

Application form is available online at website [www.bitmesra.ac.in](http://www.bitmesra.ac.in), to register.

Candidates must have passed Class 12 / Intermediate or equivalent qualifying examination with 50% marks in Class 12 / Intermediate or equivalent qualifying examination with English as a subject.

The selection will be based on performance of the candidate in the Entrance Test and Interview conducted by the Institute.

- ❖ Upto 1 seat may be allotted to the candidates who are Sons or Daughters of Kashmiri Migrant who otherwise have qualified for admissions.
- ❖ All selected students will be required to undergo medical examination by a Medical Officer of the Institute and their admission is subject to being found medically fit for the Program.

- ❖ Last date for Applying online 20th: June 2020
- ❖ Date of entrance test will be on 5th July 2020
- ❖ Interview same day, 5th July 2020 From: 2:00 pm onwards (Sunday)
- ❖ Declaration of 1st Provisional Selection List: 6th July 2020
- ❖ Applicants should download hall tickets from website <https://sche.ap.gov.in/icet> only.

» **Uttarakhand Technical University B.Tech Biochemical Engineering**

All the registration forms can be downloaded from the University website. The application process is online. For courses that require the UKSEE qualification, candidates need to register for the entrance test on the website by following these steps:

- ❖ Application Form Availability: 15 Apr to 30 Apr, 2020
- ❖ Date of Entrance Exam: 13 May, 2020; 14 May, 2020;
- ❖ Counseling Starts: 01 Jul - 30 Jul, 2020

» **IITM MBA (Tourism & Travel Management)**

Applications are invited for admission to 2-year full-time Master of Business Administration (MBA) Program in Tourism and Travel Management at IITM Campuses Gwalior, Bhubaneswar, Noida and Nellore Centers for the session 2020-22.

- ❖ Last date of applying to appear in written test (IIAT): 29th May 2020
- ❖ Admission Test (IIAT) 2020: 07th June 2020
- ❖ GD and PI for all applicants (all centers): 15th to 19th June 2020

Bachelor degree from a recognized university, having secured a minimum of 50% aggregate in case of General categories is eligible to apply.

Must appear in any of the following Management Entrance Test and submit a valid score card (MAT/ CAT/ CMAT/ XAT/ GMAT/ ATMA) between June 1, 2019 to May 31, 2020).

Appear in written test "IGNTU IITM Admission Test (IIAT)" to be conducted by IGNTU & IITM. Admission Test (AT) will be held on June 7, 2020 (Sunday) (tentative) from 10:00 am to 12:00pm at IITM centres (i.e. Gwalior, Bhubaneswar, Noida & Nellore).

Interested candidates can apply online through official website [www.iitm.ac.in](http://www.iitm.ac.in)



## EDUCATION NEWS

### »» List of Exam postponed in India due to coronavirus outbreak

Here is the list of Exams postponed in India

- ❖ CBSE 10 and 12 Board Exams 2020: Class 10 and 12 board examinations which were scheduled to take place between March 19 to 31, have been postponed. The board will notify the new dates after March 31.
- ❖ ICSE Class 10 and 12 Board Exams: CISCE has postponed its ongoing board exams of class 10th and 12th from March 19 till March 31.
- ❖ Joint Entrance Examination (JEE) Mains 2020 April: The JEE Mains examination slated to take place on April 05, 2020, has also been postponed.
- ❖ NIOS: NIOS or National Institute of Open Schooling has postponed secondary and senior secondary examination till March 31.
- ❖ Bihar D.El.Ed. Joint Entrance Exam 2020: Bihar School Examination Board (BSEB) has postponed its Bihar D.El.Ed joint entrance exam 2020 that was scheduled for March 28
- ❖ BSEH Haryana Board 10th, 12th Exams 2020 : The Board of School Education, Haryana (BSEH) has postponed BSEH class 10 and 12 exams remaining exams which were scheduled from March 19 to 31
- ❖ MAH MCA CET 2020 Exam: The Maharashtra MCA CET 2020 exam that was scheduled for March 28 has been postponed to march 30
- ❖ GUJCET 2020 : Gujarat Secondary and Higher Education Board (GSEB), Gandhinagar has announced the postponement of GUJCET 2020. The exam will now be conducted after April 15,

Several Competitive Exams have also been postponed in view of the ongoing situation in the country due to the coronavirus outbreak. Some of them are as follows:-

- ❖ SSC CHSL and JE Exam
- ❖ RBI Assistant Main Exam
- ❖ BPSC Assistant Engineer Exam
- ❖ ITBP Constable Examination
- ❖ Kerala PSC Recruitment 2020 exam

- ❖ Maharashtra Public Service Commission Recruitment 2020 Exam

UPSC has postponed the Personality Tests (Interviews) of the candidates of Civil Services (Main) Exam slated to take place from March 23, 2020, to April 03, 2020.

### »» Other Examination Authority also postpones Examination

- ❖ Karnataka Examination Authority (KEA) postpones CET
- ❖ Revised time table for CET-2020 will be posted on KEA website <http://kea.kar.nic.in>
- ❖ Guru Gobind Singh Indraprastha University (GGSIPU) extends last date of Registration for 2020 Admission till 17th April 2020 for Common Entrance Test (CET) / Merit-based/ National Level Test Candidates. CET 2020 will be held between 20th - 30th May 2020. Kindly visit the university website ([www.ipu.ac.in](http://www.ipu.ac.in)) regularly for further updation.
- ❖ NEET (UG) May 2020 examination scheduled to be held on the 3rd May 2020.
- ❖ The new date will be announced later on after assessing the situation.
- ❖ University of Allahabad administration has decided to postpone the admission process till further notice.
- ❖ Punjab University Chandigarh PUCET UG Last date of registration for admission to B.Pharm and B.Sc (Hons.) has been extended upto May 04, 2020.
- ❖ Visit [www.cetug.puchd.ac.in](http://www.cetug.puchd.ac.in) for updates
- ❖ .NTA postpones registration process of Delhi University, merit based admissions, for UG, PG, M.Phil and PhD.

### Central Sanskrit Universities Bill, 2019 gets nod of Parliament

Parliament has given nod to a bill to upgrade three deemed Sanskrit universities into central universities. The three Sanskrit Universities are Rashtriya Sanskrit Sansthan, Sri Lal Bahadur Shastri Rashtriya Sanskrit Vidyapeeth, and Rashtriya Sanskrit Vidyapeeth Tirupati.

Feedback: [vijaykashkarii@gmail.com](mailto:vijaykashkarii@gmail.com)



# AIKS Matrimonial Service



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 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- 941914151, Email id: ratanpur1990@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 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/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



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 & Kulwali at 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.



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.



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



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, 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 & MB- 7006410298/7889971482



Suitable alliance for our daughter born on December 9, 1991 in Faridabad (Time: 9.58 AM). She is 5'.7" tall and has had done BBA from IP university, Delhi. She is an Asst. Manager Talent acquisition (Recruitment) in NCR. Parents belong from Habba Kadal Srinagar. Presently living in Faridabad. Interested may send CV & Kulawali along with snaps of the boy on our email id- mansi.kaul18@gmail.com. You can also contact us on mob: 8447956643.



Suitable alliance is invited for my daughter who is legally separated, issueless, born on 22.4.1986 at 10.25 hours at Srinagar. She is BE (CSE) from MIET Jammu, through Jammu University and M.Tech (IT) through Karnataka State Open University, Mysore. She is working as an Executive in a Govt. of India Enterprises, and presently posted at Jammu. Job transferable anywhere in India. The previous marriage lasted for a very brief time due to certain peculiar circumstances which ultimately lead to legal separation. Interested may kindly send their tekni and Kulawali per return mail to R K Raina on email id rkrajgk@gmail.com or phone 7006003635 or can WhatsApp the details on 9419264309.

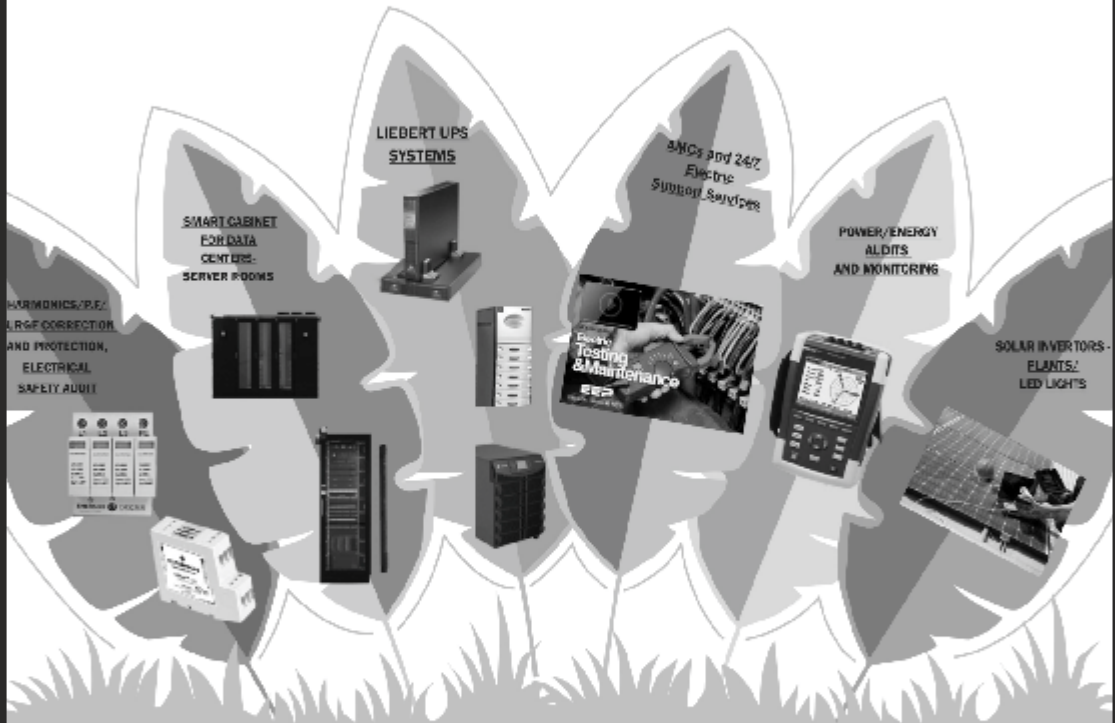


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Date : .....

**The President**  
**All India Kashmir Samaj**  
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**Dear Sir,**

I hereby apply for Life membership of the All India Kashmiri Samaj.  
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I have studied the AIKS Constitution and agree to abide by the policies and programmes of the AIKS.

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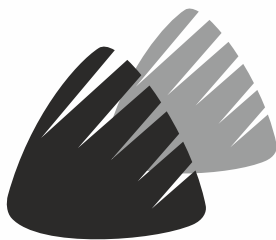
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