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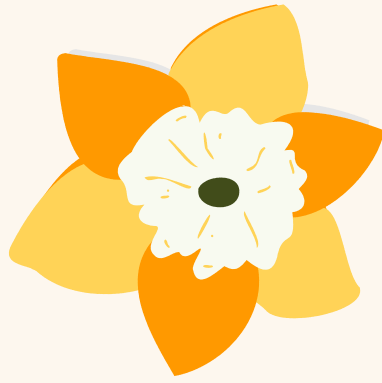
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Table of Content

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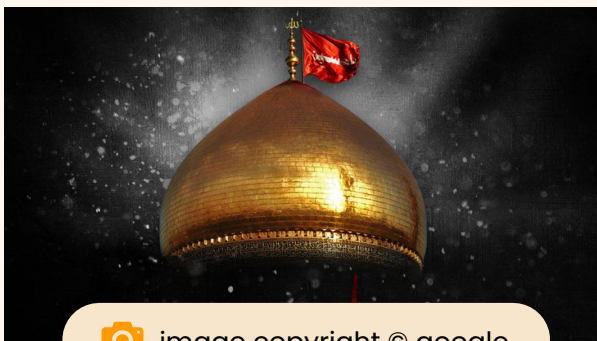
01	What does muharram teach us	18	Flowers of remembrance
02	The scientific buzz about aspartame: The Artificial Sweetener	19	Eternal Life
03	Girls and Freedom ; A Paradox	20	Fly
04	The Enchanting lakes of kashmir valley: A natural marvel	21	To My Mother
06	Towards an AIDS-Free World: Prevention and Awareness	22	Nipah Virus
08	AIDS On Rise In JK: 6,158 Cases Recorded This Year	23	UPSC Corner
09	Environmental Pollution; Death Staring us in the Face	24	Word Search
10	Time To Wake Up	25	Inspirational Quote
11	India's Chandrayaan-3 moon lander successfully separates, prepares for Aug. 23 touchdown		
12	رشتوں کی دوڑ اور حقیقی رشتہ		
13	We Cannot Decide		
14	Promise		
15	Make And Break		
16	Voilence		
17	Letha		


What Does Muharram Teach Us?



Written by Syed Mustafa Ahmad

Content Writer



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Islam is a religion that begins as well as ends with sacrifice. The first month of the Islamic Calendar starts with the martyrdom of Hazrat Imam Hussain and his companions in Karbala and ends with the sacrifice of Hazrat Abraham, when he was to sacrifice his son in the way of Allah, to test his loyalty and to make him a role model to be followed by Hazrat Usmaan and Hazrat Imam Hussain respectively. But here we are going to talk about the lessons taught by Muharram in general and the Day of Ashura in particular.

There are many lessons to be learnt from the unique event. A reasonable person can draw many lessons from Karbala. It should be kept in mind that barring prejudiced minds, no one can deny the universal messages of Muharram. The lessons we learn from Karbala are discussed in the coming lines.

The first is giving one's life for truth. Muharram teaches us that for the sake of truth, life must be sacrificed, so that truth doesn't die. Imam Hussain did the same. At that time, there were many pious people, who were deep religious, but they were not ready to do what Imam Hussain and his Companions did. At that time, Madina was the centre of religious rituals and customs, but at the helm of affairs, there were the people, who would use religion for some gains, but no one could afford to challenge the authority. However, it was only Imam Hussain and his progeny, who, for the sake of Islam, sacrificed

their lives for the truth and that is the noble cause.

The second is preferring long lasting to short term. Imam Hussain and his family didn't crave for the worldly belongings. However, if they had craved for, they would have got it. But they knew this fact that their home was the home, where Allah's angels used to visit. It was the home where the World has no importance. It was the home, where the rivers of morality used to flow. In the home of humility, materialism has no value. Wealth, lavish buildings, sweet dishes, slaves at service, etc., were useless in their eyes. Keeping these teachings in mind, Imam Hussain was brought up. It left an indelible mark on his life and paved the way for Karbala.

The third is love for Allah. For the sake of Allah, nothing is more important than His happiness. Allah's happiness is the aim of life. This aim was always in the eyes of Imam Hussain. All the worldly things, plus our beautiful bodies, are Allah's gifts. If these are sacrificed in the way of Allah, then it is a source of eternal happiness. The Giver takes back the things, which He had given us as gifts for a time being to be taken care of. This truth was given the practical shape by Imam in the hot sands of Karbala.

The fourth and last is to live for a cause. Imam had a cause to live for. Islam was completed in his house and he made its protection and to be Allah's religion's supporter, the cause to live for. At that time, there were many causes to live for. He could have remained silent and enjoyed every luxury. But he could not afford to follow others and see his grandfather's religion, manipulated by so-called champions of Islam. Imam's cause is Karbala's.

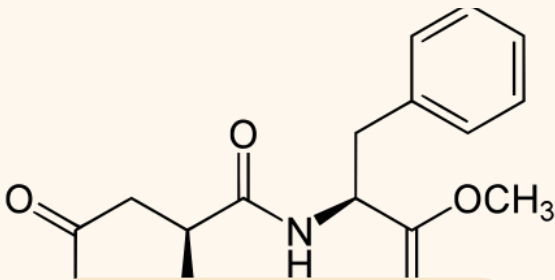
In short, Muharram teaches universal message of truth, loyalty, honesty, sacrificing one's life for the sake of truth, etc., are to be followed in letter and spirit. Commemorating martyrs on this occasion is a pious job, but how far we have been able to universalize the message of Muharram, is a question to be asked. In the present times, Muharram has no angers from outside, but from inside. In our ranks, there are people like those, who shed the blood of Imam and his family. There are 57 Muslim countries, which can become one in the name of Imam Hussain and disseminate the real message of Karbala. How long shall we remember Imam for a specific number of days? It is a shame for us. In our homes, there is no Hussainiyat. However, our homes are the homes of Yazidiyat. Throw out Yazids from your hearts, homes, societies, etc. If not, then Imam has to come back again to get martyred for the sake of our survival. Long live Islam! May Allah be pleased with Imam and his family!


The Scientific Buzz about Aspartame - The Artificial Sweetener



Written by Haq Nawaz Qayoom

Grade 11 School Student



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Aspartame, a sweetener commonly found in soft drinks, has been classified by the World Health Organization's cancer research agency as "possibly carcinogenic to humans." Despite the potential significance of this report, it didn't receive much attention due to the unusual amount required for it to be carcinogenic in humans. Soft drinks, which comprise 95% of all carbonated beverages, contain aspartame—an artificial sweetener 200 times sweeter than sugar. To reach the acceptable limit of aspartame, a person would have to consume more than a dozen cans, equivalent to around 5 liters, according to the European Food Safety Authority. Therefore, it is considered safe to consume even one can every day.

Aspartame is not only present in soft drinks but also found in yogurt, Diet Coke, breakfast cereal, low-calorie chewing gums, cough drops, and other products. While the consumption of aspartame from soft drinks might not pose a significant risk, given that it is unrealistic to drink so many cans in a day, it is not impossible, and there are other sources (mentioned above) of aspartame to consider. Previous research has linked aspartame to various health issues such as mood disorders, leukemia,

migraines, cardiovascular diseases, and diabetes, among others.

The difficult job of finding out the truth about aspartame can be done by studying it scientifically. However, critics argue that similar to the cover-ups of health risks associated with cigarettes and talcum powder, there might be attempts to safeguard interests concerning aspartame. It is noteworthy that the carbonated soft drink industry is projected to surpass the 9.5 billion pounds mark by 2027. Moreover, over time, reports about aspartame have lost their credibility.

A study of 166 articles from medical journals between 1980-85 revealed that all the researches funded by the industry declared aspartame as safe. On the other hand, out of 92 independently funded articles published during the same period, 84 indicated adverse health effects related to aspartame. This raises concerns about potential biases due to industry funding. For instance, in 2015, Coca Cola provided \$1,000,000 to the University of Colorado School of Medicine to fund an advocacy group that denied any links between fizzy drinks and obesity. Experts argue that such tactics are part of a larger playbook used by the cigarette industry to dismiss evidence of cancer caused by smoking.

Supporters of aspartame compare the recent WHO report to other WHO reports on topics such as red meat or the use of mobile phones. It is widely acknowledged that junk food, which includes soft drinks, has adverse health effects. Moreover, with the current trend of increased health consciousness and regular gym attendance, reports about regularly consumed products should be taken seriously.

As of the present report, aspartame isn't considered harmful. However, future research may reveal new information about products that, with our current knowledge, may have only minimal adverse effects but could be carcinogenic. Foods with artificial sweeteners offer no health benefits and may lead to increased cravings for sugar. Consequently, the best course of action for our health is to avoid them.

 Yemberzal Quote

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Mawlana Rumi

Raise your words, not voice.
It is rain that grows flowers,
not thunder


Girls and Freedom; A Paradox



Written by Ulfat Khanday

Student from Kushipora HMT Srinagar



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A girl is a beautiful gift from God. Without her, the very basis of life is unthinkable. She is the foundation stone of humanity. She wears many faces like a daughter, sister, wife, et cetera. In every role, She is important. However, nowadays, girls are depressed. In the age of liberty, they are caught in a complicated situation. On one side, they want to live according to their wishes while on the other side, many causes, which we will discuss in the coming lines, stop them from pursue their dreams or somehow move freely. A girl has feelings. She wants to do what she feels good. She wants to nurture herself. Following irrational rules dictated by someone makes no sense. Why is girl the soft target of everything?

The first is the family pressures. The family stops a girl from doing this and that. Some activities are welcomed while the majority are abhorred. The elder brothers have their sets of rules which they implement in their sisters' lives, though they don't themselves follow them. In this manner, girls' voices are choked. She can't live her life. The second is the orthodox society. In our orthodox society, girls are not treated at par with the boys. It is ingrained in our minds that girls are inferior than boys. In this wake, girls are unable to do what they are capable of

doing. The third is religion. In our lives, religions have been distorted and misinterpreted to such an extent that all religions except a few call girls the source of evil and shame. If a girl is allowed to live, she has to obey the decrees of their masters. The fourth is education. Our educational system never gets tired of proclaiming that all girls and boys are same. However, on the ground, there is no such thing. Bias and misogyny prevail everywhere in our books. A girl is called dirty in some books. At some other places, she is degraded to such a level that she hardly looks a human being. Boys are advised to keep a distance from girls and vice versa. Girls are told to be bold. However, when she speaks her heart, she is not taken into account. When she defines her feelings for someone, she is taunted and sometimes beaten ruthlessly.

In order to utilize the defunct energies of girls, they must be given opportunities. They must be understood. Their genuine desires must be taken into account. An atmosphere of understanding must be created so that petty issues don't turn into major ones. Family must understand their girls. A mother has the most important role to play. She must understand her daughter and give her as freedom as possible. Last but not least, teen age girls must be given more attention than others. They want themselves to be understood. Instead of thrusting things onto them, their genuine demands have to be fulfilled. A soft corner for them in our hearts can do miracles. Overall, girls also have feelings. They have desires and want them to be fulfilled. Suppression of desires takes a negative turn at the end of the day.

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The Enchanting Lakes of Kashmir Valley: A Natural Marvel



Written by Syed Mehreen

Content Writer

Nestled in the lap of the mighty Himalayas, the Kashmir Valley is renowned for its breathtaking natural beauty. Among its many treasures, the region is dotted with mesmerizing lakes that have captivated the hearts of locals and visitors alike. This article delves into the enchanting lakes of the Kashmir Valley, exploring their significance, unique features, and the role they play in the socio-cultural and ecological fabric of the region.

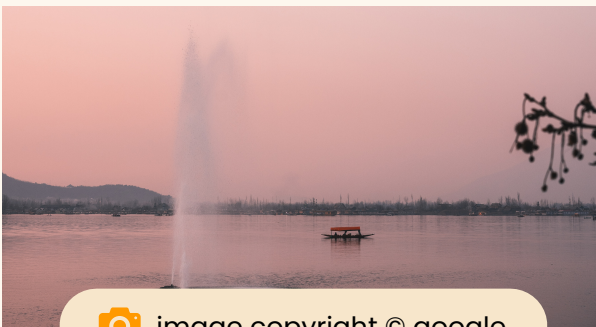


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1. Dal Lake

Among the most famous and iconic lakes in the valley, Dal Lake is a symbol of the ethereal beauty of Kashmir. With its pristine waters, verdant surroundings, and the enchanting Shikaras (traditional boats), Dal Lake has been a source of inspiration for poets, artists, and filmmakers. Its picturesque views, floating gardens, and vibrant houseboats make it a popular tourist destination.

2. Wular Lake

Recognized as one of the largest freshwater lakes in Asia, Wular Lake holds immense ecological importance. Located near Srinagar, it serves as a

natural flood basin, absorbing excess water during monsoons, which helps mitigate the risk of floods in the region. The lake also sustains a rich diversity of flora and fauna, providing a habitat for migratory birds and fish species.

3. Mansbal Lake

Known as the "Lake of Gentlemen," Manasbal Lake is celebrated for its tranquility and serene ambiance. Surrounded by lush green hills, it offers a perfect getaway for nature lovers and birdwatchers. The lake also supports the livelihood of local communities through fishing and the cultivation of lotus plants, which are used for various purposes.

4. Anchaar Lake

Located near the outskirts of Srinagar, Anchar Lake harbors historical and cultural significance. It was once a major source of water for the city and acted as a natural drainage system. However, due to encroachments and pollution, the lake has faced environmental degradation over the years. Efforts are underway to restore its ecological balance and revive its former glory.

5. Nigeen Lake

Adjacent to Dal Lake, Nigeen Lake is renowned for its pristine waters, encircled by stunning mountains and dense vegetation. The lake offers a tranquil environment and is a preferred destination for water sports enthusiasts. It is also known for the "Kashmiri Venice," a network of beautiful houseboats adorned with intricate woodwork, providing a unique experience for tourists.

6. Manimarg Lake

Situated in the picturesque town of Ganderbal, Manimarg Lake exudes serenity and charm. Surrounded by vibrant meadows and picturesque landscapes, the lake offers a refreshing respite and an excellent spot for picnics. It also serves as a source of irrigation for nearby agricultural activities, contributing to the sustenance of the local economy.

7. Marsar Lake

Tucked away in the Pir Panjal Range, Marsar Lake presents a mesmerizing spectacle of nature's grandeur. Surrounded by snow-clad peaks and lush meadows, it remains frozen for a significant part of the year, making it a popular trekking destination during the summer months. Marsar Lake holds

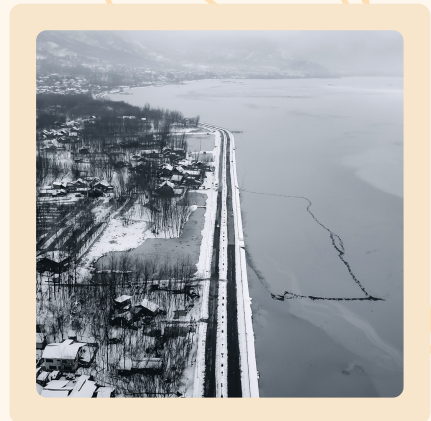
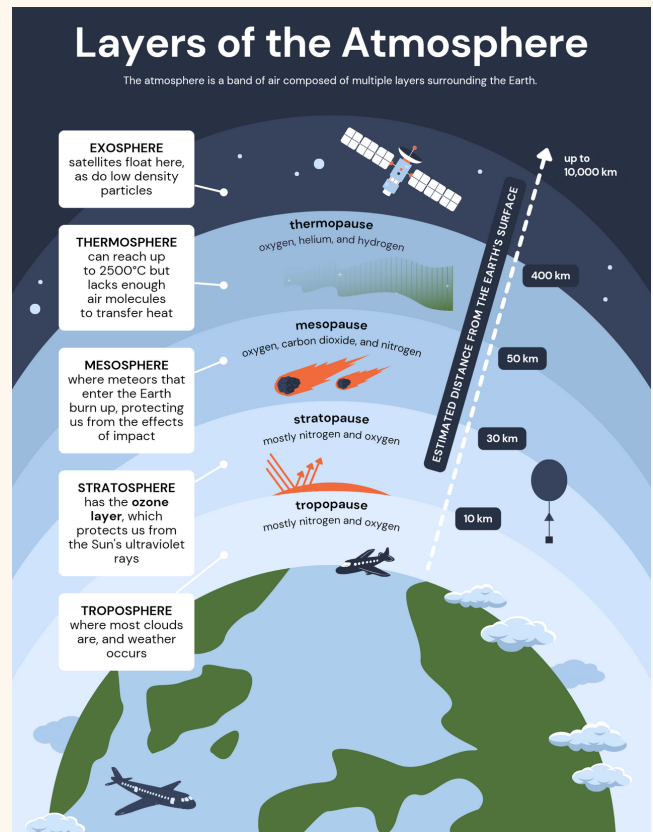
immense religious significance for the locals and is steeped in folklore and legends.

8. Gangabal Lake

Nestled amidst the majestic Himalayan peaks, Gangabal Lake is a scenic gem of the Kashmir Valley. Fed by pristine glaciers, it offers panoramic views, reflecting the towering mountains in its crystal-clear waters. Trekkers and adventure enthusiasts frequent the region to witness the lake's frozen magnificence and conquer the surrounding peaks.

Conclusion

The lakes of the Kashmir Valley stand as jewels amidst its awe-inspiring landscapes, captivating the imagination and hearts of all who encounter them. From their ecological significance and cultural heritage to the recreational and tourism opportunities they offer, these lakes contribute to the overall charm and mystique of the region. It is essential to recognize their value and actively participate in their conservation, ensuring that future generations can continue to cherish and be inspired by their timeless beauty.



Towards an AIDS-Free World: Prevention and Awareness



Written by Aatif Masoodi
Content Writer

Acquired Immunodeficiency Syndrome (AIDS) is a global health issue that has affected millions of people worldwide. While significant progress has been made in treating and managing HIV/AIDS, prevention remains the most effective approach. This article explores various strategies and initiatives aimed at preventing the spread of AIDS, focusing on education, awareness, testing, and access to healthcare.

Before delving into prevention methods, it is essential to understand the basics of HIV/AIDS. HIV (Human Immunodeficiency Virus) is a virus that attacks the immune system, leaving the body vulnerable to other infections and diseases. AIDS refers to the most advanced stage of HIV infection, characterized by severe immune system damage.

1. Comprehensive Sex Education:

Education plays a vital role in preventing the transmission of HIV/AIDS. Comprehensive sex education programs should be implemented in schools and communities to provide accurate information about safe sex practices, condom use, and the importance of regular testing. These programs should also emphasize the importance of consent, gender equality, and destigmatizing HIV/AIDS.

2. Safe Sex Practices:

Promoting safe sex practices is crucial in preventing the transmission of HIV/AIDS. Consistent and correct use of condoms can

significantly reduce the risk of infection. Encouraging open and honest communication about sexual health, promoting regular testing, and encouraging individuals to know their HIV status are also essential steps in preventing transmission.

3. Prevention of Mother-to-Child Transmission (PMTCT):

Preventing mother-to-child transmission is crucial for breaking the cycle of HIV infection. Educating pregnant women about the importance of seeking prenatal care, getting tested for HIV, and adhering to antiretroviral medications can greatly reduce the risk of transmission during pregnancy, childbirth, or breastfeeding. Access to affordable and effective PMTCT services is crucial to ensure the health of both mothers and babies.

4. Needle Exchange Programs:

Intravenous drug use poses a significant risk for HIV transmission. Needle exchange programs provide clean needles to drug users, reducing the risk of sharing contaminated needles and the spread of HIV. These programs should be accompanied by counseling services, drug rehabilitation programs, and access to HIV testing and treatment.

5. Pre-exposure Prophylaxis (PrEP) and Treatment as Prevention (TasP):

Pre-exposure prophylaxis (PrEP) is a preventive medication taken by individuals at high risk of HIV infection. It significantly reduces the risk of contracting HIV when taken consistently. Treatment as Prevention (TasP) involves initiating antiretroviral therapy (ART) for individuals living with HIV, which not only improves their health but also reduces the risk of transmission to uninfected partners.

6. Combating HIV-Related Stigma and Discrimination:

Stigma and discrimination associated with HIV/AIDS create barriers to prevention efforts. It is important to address misconceptions, stereotypes, and fear related to HIV/AIDS through awareness campaigns and community engagement. By fostering an inclusive and supportive —

– environment, individuals will be more likely to seek testing, treatment, and support services without fear of judgment or social implications.

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7. Promoting Access to Healthcare:

Access to HIV testing, treatment, and care is crucial for prevention efforts. Governments, healthcare organizations, and NGOs must work together to improve healthcare infrastructure, increase affordability and availability of medications, ensure comprehensive healthcare coverage, and remove barriers to accessing HIV-related services.

8. Community Engagement and Empowerment:

Community engagement plays a vital role in HIV/AIDS prevention. Involving local communities, including key populations such as sex workers, men who have sex with men, and transgender individuals, in planning, implementing, and evaluating prevention programs ensures that interventions are culturally appropriate, relevant, and effective. Empowering communities with knowledge, resources, and support fosters ownership and sustainability of prevention efforts.

Conclusion

The prevention of HIV/AIDS requires a comprehensive and multifaceted approach. By addressing education, safe sex practices, prevention of mother-to-child transmission, harm reduction strategies, and combating stigma, we can make significant strides towards an AIDS-free world. Access to testing, treatment, and care, along with community engagement and empowerment, are essential components of prevention. As individuals, communities, and governments work together, we can create a world where HIV/AIDS is no longer a global health crisis, but a thing of the past. Let us unite in our efforts to educate, prevent, and support those affected by HIV/AIDS, and strive for a future free from the burden of this devastating disease.



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AIDS On Rise In JK: 6,158 Cases Recorded This Year



Yemberzal Webdesk

Source : Kashmir News Observer

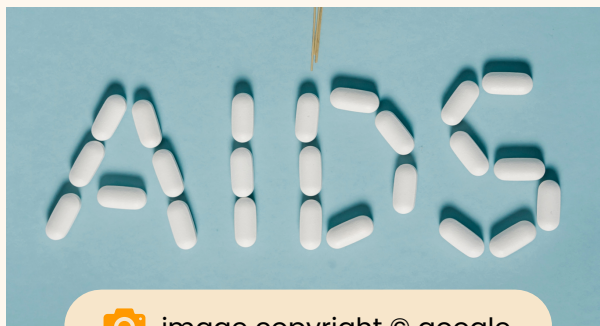


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The cases of HIV/AIDS are increasing with each passing year in Jammu & Kashmir, as 6,158 patients have tested positive in the union territory until June 2023.

An official said that so far, 1,400 HIV-positive patients have died, while 3,478 patients are undergoing Antiretroviral Therapy (ART). He also mentioned that 547 patients have discontinued follow-up.

He further explained that 5,060 cases of HIV have been reported at GMC Jammu, out of which 1,228 have succumbed, 503 have discontinued follow-up, and 2,718 are receiving ART.

Similarly, at SKIMS Srinagar, the number of patients registered for HIV care is 746, with 148 deaths, 32 discontinued follow-up, and 448 undergoing ART, he added.

At ART Kathua, the number of patients registered for HIV care is 352, with 24 reported deaths, 12 discontinuations in follow-up, and 312 receiving ART.

The officials noted that due to social stigma, many people aren't coming forward for HIV tests, leading to an increasing trend in the number of infected patients over the years.

Acquired Immunodeficiency Syndrome (AIDS) is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By

compromising your immune system, HIV interferes with your body's ability to fight infections and diseases.

HIV is a sexually transmitted infection (STI). It can also spread through contact with infected blood or from mother to child during pregnancy, childbirth, or breastfeeding, as well as from multi-person usage of needles. Without medication, it may take years before HIV weakens your immune system to the point of developing AIDS.

Officials pointed out that individuals suffering from AIDS are unfortunately often stigmatised in society, leading to ostracism, rejection, and discrimination.

They emphasised that J&K is at a higher risk of HIV/AIDS due to being a tourist destination.

Most of the patients who have tested positive for HIV/AIDS in J&K have contracted the disease from outside the UT.

"Drug addicts are at a higher risk of contracting HIV/AIDS, and if they are married or sexually active, they can transmit it to their partners as well," they stated.

 ChangeMindset

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Do not hate People with AIDS, hate the disease. AIDS can happen to anyone, be prepared. Education and awareness is the key to eradicate AIDS. Let us pledge to promote equality and peace.

**IGNORANCE =
FEAR**
**SILENCE =
DEATH**

#ENDTHESTIGMA

**FIGHT
AIDS.
ACT UP.** 

Environmental Pollution; Death Staring us in the Face



Written by Syed Mustafa Ahmad

Content Writer



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In today's world, there are many burning issues like poverty, human rights violations, global warming, green house effect, environmental pollution, etc. But here, I will discuss about the environmental pollution. It can be defined as the addition of some unwanted substances in the environment, which are harmful for both living and non living. It is not a recent phenomenon but it is the process of many centuries. The previous decade witnessed some of the hottest years of the century. It is visible in the decreasing of the ground water level in India, flooding of many areas, the bushfires of Australia, the melting of glaciers in the fragile Himalayan region, the thinning of ice cover in Antarctica, the extinction of species, the vulnerability of species, the huge storms, the spreading of deadly diseases, etc. If this is the situation, then what are the causes responsible for this global problem. Let us try to know more about this. First is industrialization. The heavy machinery creates havoc in the environment. The chimneys produce the toxic gases. The effluents or the hot waters from the industries go into the seas. They destroy the ecosystem of the marine life, which eventually disturb the ecological stability or balance of the environment. Moreover, the other wastes produced by the industries are dumped without any scientific watch. In Delhi, the dumping site is as big as a mountain.

It kills animals, human beings, spreads diseases, wastes energy, litters the landscape, etc. In our valley, we also witness the same situation. There is no planning on the part of the government to decompose the wastes in a scientific manner. Second is deforestation. Deforestation results in rain deficiency on the one hand and droughts on the other hand. It is being reported that a large part of the Amazon forests is cleared due to continuous felling of trees. In our valley, the smugglers are hand in glove with the government in looting our precious resources. Everyday we come across the news that smugglers are caught red-handed in this and that part of the valley. It has given rise to the loss of the habitats of the wild animals. The end result is the human-wild conflict. Overall, the continuous felling of trees has brought a lot of harm to the environment. Trees keep the ecological balance of the environment. When they are cut ruthlessly, there are cent percent chances of environmental pollution. Third is the continuous rise in the plying of vehicles on the already narrow roads. Every day, new vehicles appear plying on the roads. First, the roads are not so wide to drive comfortably. The result is that many lives are lost. The fuel used in the majority of vehicles is non-renewable. It means that it won't last forever. Moreover, these vehicles produce the toxic gases that disturb the environment on the large scale. Acid rain is a good example of this. Slowly and steadily, the ground is prepared for the environmental pollution. Fourth is that we waste energy. The bulbs are on without any purpose. The taps drip through out the day and night. The vehicles are washed with the drinking water. The engines of the vehicles are not stopped at the red light. Food is wasted on most of the functions. Mobile phones are on without any purpose. The televisions and radios are running day and night without any listeners. Refrigerators, washing machines, vacuum cleaners, etc., are on without any real purpose. Last is that we are unaware about the importance of the environment. We take things for granted. We don't have such kind of mindsets that may help us to ponder over the diversities in the environment. We never bother to respect the endowments bestowed upon us by the Creator of the universe. We come to senses when it is too late. This approach of ungratefulness is very dangerous. It is necessary to have compassion towards the environment. It pays and will pay if we remain little bit diligent.

A lot of damage has been done. Now, there is need to carry out the mission of the real construction. We have to remain careful in not destroying the environment further. There is an urgent need of this mindset. We can't be so complacent. Let us pledge that every person at his or her individual level try his or best to protect the environment.


Time To Wake Up



Written by Syed Mustafa Ahmad

Content Writer



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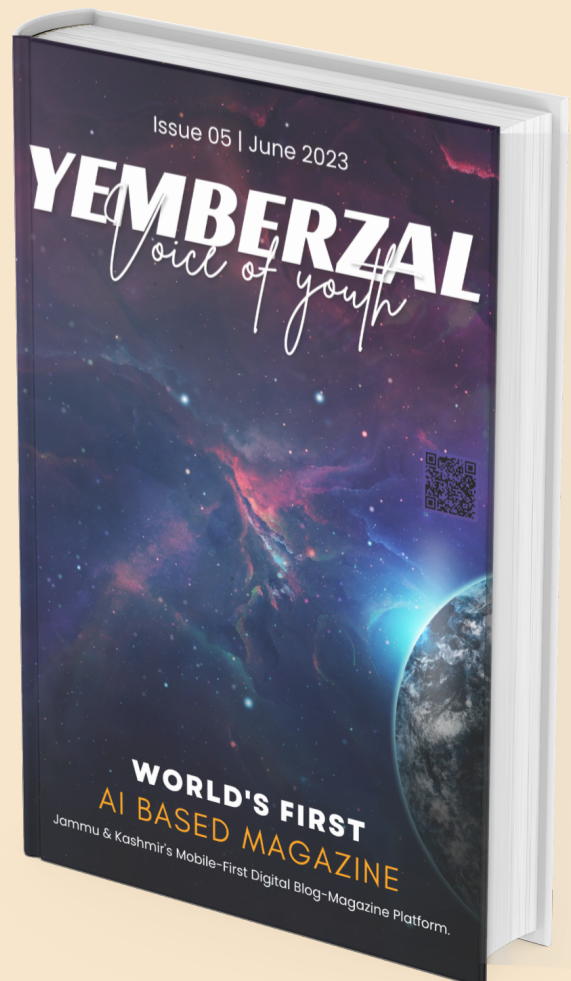
The time has now come to wake up. Till now, the man has been living in dark, whatever the reasons. However, the present time is opportune to wake up from deep slumber and set things right. Everywhere, there is chaos and confusion. In the middle of a beautiful garden, there is ugliness staring us directly in the face. In the glittering waters of a river, there is filth that is marring the beauty of the river. In the beautiful bodies of ours, some things have definitely gone wrong that need a complete overhaul. This is the main motive behind writing this article.

God created us for a purpose. He wants us to grow. An eye for an eye will make this world blind. We harbour jealousy. Jealousy is the character of unwise people. A wise can never jealous of others. He or she is satisfied with his or her present things. His approach is different. However, in the present, this evil has become omnipresent. It needs to be done away with. The second is greed. Greed is our end. Yes, to live happily on this earth is not forbidden. However, craving for more and more is dangerous. It snatches contentment and foresightedness. Whatever a person has, he or she must remain grateful. God's plans are

secure than ours. He destroys our plans when He sees that our plans are going to destroy us. So, greed should be done away with. The third is intolerance. Tolerance is an elixir of life. Tolerating is the virtue of the wise. One who tolerates, wins the game at the end of the day. However, we are intolerant. An untoward action sets us on fire. We begin to speak endlessly. We begin to hit things. This attitude is futile. It is harmful and must be shunned at the earliest.

Yes, we can overcome the above vices. We need to open our eyes and try to live as real human beings. Humanity doesn't cost much; however, its fruits are sweet and permanent. We cannot go on lamenting over the death of virtues. Let us try to become the people of worth and somehow mitigate the intensity of darkness that has encircled us from all sides. So, wake up, man.

 Yemberzal Previous Edition



India's Chandrayaan-3 moon lander successfully separates, prepares for Aug. 23 touchdown



Written by Elizabeth Howell

Ph.D. and M.Sc. in Space Studies from the University of North Dakota



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India's Chandrayaan-3 lunar lander is flying on its own ahead of a historic landing attempt. The Indian Space Research Organisation (ISRO) said Thursday (Aug. 17) its Chandrayaan-3 moon lander is now flying on its own after separating from the propulsion module that brought it to lunar realms.

"Thanks for the ride, mate," ISRO officials tweeted from the mission's account, as the agency announced the successful deployment ahead of the expected moon-landing attempt on Aug. 23

Chandrayaan-3 launched on July 14 into a highly elliptical, or oval-shaped Earth orbit. It gradually raised its altitude before an engine burn on July 31 to head for the moon. Then it entered orbit around the moon on Aug. 5. The 6-billion-rupee (roughly \$73 million) Chandrayaan-3 mission aims to bring India on to the surface with a precise landing near the moon's south pole. Only the United States, the

former Soviet Union and China have made soft landings on the surface before.

The lander, called Vikram, carries on board a small rover called Pragyan. The mission calls for the duo to explore the surface for a lunar day (roughly 14 Earth days) until the dark, cold lunar night likely depletes both of their batteries.



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India isn't the only country in recent memory to attempt a soft landing. Japan's ispace had a lander that apparently crashed during a flight earlier this year. And back in 2019, the private ILSpace Beresheet lander from Israel also failed its surface attempt.

Later this year, private missions from the United States may also try for moon touchdowns. At least two efforts funded by NASA's Commercial Lunar Payload Services Program (CLPS) are in later stages of development.

Intuitive Machines set a Nov. 15 launch date for its private moon lander aboard a SpaceX rocket, as long as the spaceport is not too busy. Astrobotics also has a lander, called Peregrine, set to fly on board the debut launch of the delayed United Launch Alliance Vulcan Centaur rocket, which now may fly by the end of 2023.

 Yemberzal Quote

“

Stephen Hawking

“I don't think the human race will survive the next thousand years unless we spread into space. There are too many accidents that can befall life on a single planet. But I'm an optimist. We will reach out to the stars.”

رشتوں کی دوڑ اور حقیقی رشتہ



Written by Syed Mustafa Ahmad

Content Writer

ایک تصور ہے۔ دوسرا نظریہ آخرت کی خاطر اپنے آپ کو تیار کرنے پر زور دیتا ہے۔ کوئی دوسرا کہتا ہے کہ اس دنیا سے سنیاں لینا بہتر ہے۔ کوئی اور کہتا ہے کہ اسی سماج میں رہ کر دوسروں کے کام آنا زندگی ہے۔ دوسرا سوال اس سے بھی پیچیدہ ہے۔ جینے کے لئے کونسی چیزیں درکار ہیں۔ مکان، پیسے، کھانا، کپڑے، دوائیاں، وغیرہ۔ ان سب نظریات میں کبھی رشتوں کی اہمیت پر زور دیا گیا ہے، تو کبھی پر ان سے دور رہنے کی ترغیب دی گئی ہے۔ جو سنیاں بن جاتے ہیں، وہ رشتوں کے بندھنوں سے آزاد ہو جاتے ہیں اور اپنے آپ سے رشتہ جوڑتے ہیں۔ اس کے برعکس جو سماج کا حصہ بن کے جیتے ہیں وہ رشتوں کے درمیان جی کر آخر کار مر جاتے ہیں۔ شیخ نورالدین نورانی فرماتے ہیں کہ مال، اولاد اور اس سے جڑی ہوئی چیزیں فتنہ ہیں۔ یہ انسان کو حقیقی منزل تک پہنچنے میں رکاوٹیں پیدا کرتے ہیں۔ اللہ خالق ہے۔ اس کے لئے جینا، کامل جینا ہے۔ تو ایک بات واضح ہو گئی کہ رشتے آزمائش ہے۔ ان سے حد میں رہ کر میل ملاپ رکھنا ٹھیک ہے۔ کیا معلوم رشتوں کو نبھاتے نبھاتے ایک انسان، انسان ہی نہ رہے! یہ بھی حقیقت ہے کہ انسان مطمئن نہیں ہوتا ہے۔ اس کی لالچ کی کوئی انتہا نہیں ہے۔ تو ایسے میں ایک ذی شعور انسان کا ان رشتوں میں اپنے آپ کو باندھنا جو اس کے مالک اور اس کے اصلی وجود کے خلاف ہو عقل کے خلاف ہے۔ انسان لاچار ہے۔ اللہ کے در کا بھکاری ہے۔ سانس لینے کے لئے بھی اللہ کا محتاج ہے۔ اللہ نے اسباب مہیا رکھے ہیں۔ وہ اسباب جو اس کے یہاں قابل قبول ہو، وہ اپنانے کے لائق ہیں۔ اس میں رشتے بھی آسکتے ہیں البتہ شرط یہ ہے کہ اللہ سے جوڑے اور انسانیت کے اصول پر کھرا اترے۔

مختلف دلائل پڑھنے کے بعد یہ بات واضح ہو جاتی ہے کہ حقیقی رشتہ اللہ کا رشتہ ہے۔ سارے رشتے تباہیوں کا عنصر چھپائے بیٹھے ہیں۔ البتہ اللہ کا رشتہ خیر ہی خیر ہے۔ دو لاکھ سال پہلے انسان کو بھی اللہ نے قبیلوں Intellectual revolution میں رہنے کی ترغیب دی۔ یہ اللہ کے احکام سے ہی material revolution ہو یا ہوتے ہیں۔ مختلف اوقات میں کیسے بھی رشتے ہو، سب سے دائمی رشتہ اللہ کا ہے۔ اللہ ابتداء اور انتہا بھی ہے۔ اب اگر انسان فانی رشتوں میں رہ کر دائمی کو ٹھکرا دے، یہ سراسر بیوقوفی ہے۔ اب انسان کو رشتوں کا تعین سوچ سمجھ کر کرنا چاہیے۔ ان رشتوں کو گلے لگانے جن سے وہ اللہ کے قریب آجائے۔ جو خدا سے رشتہ قائم کرنے میں کامیاب ہوا، اسے پھر کسی اور سے رشتہ جوڑنے کی ضرورت نہیں ہے۔

زندگی رشتوں کا نام ہے۔ اللہ مالک ہے تو یہ خالق اور مخلوق کا رشتہ ہوا۔ ایک بچہ ماں اور باپ کی وجہ سے جنم لیتا ہے، تو ایک اور رشتہ بن جاتا ہے۔ اس رشتے سے بہن اور بھائیوں کا رشتہ جڑتا ہے۔ اسی طرح یہ سلسلہ چلتا رہتا ہے۔ افریقہ کے جنگلات سے نکل کر پہلے انسان دیوانوں کی طرح پھرتا تھا۔ پھر Yuval Noah Harari کے مطابق intellectual revolution نے انسان کو تخلیقی اذہان سے مزین کر دیا۔ اب انسان قبیلوں یا سماج میں رہنے لگا، خواہ اس کی شکل کیسی بھی ہو۔ یہ قافلہ چلتا رہا اور آج اکیسویں صدی کی تیسری دہائی میں ہم پہنچ چکے ہیں۔ ان ادوار میں نئے نئے رشتے بنے اور ہر موڑ پر انسان کو رشتوں سے واسطہ پڑا ہے۔ اس طرح اس دنیا میں رہنے کے لئے رشتوں کا ہونا جیسے ضروری سا ہو گیا۔ انسان ڈرپوک ہے۔ یہ قدرتی اور دنیوی آفات سے خوفزدہ ہیں۔ اس کے علاوہ یہ ہوس کا پجاری ہے۔ ہاں! یہ دوسری بات ہے کہ animal traits کو پھر sublimate کیا جاتا ہے۔ انسان کے اندرون میں حیوانی جبلیات ہیں۔ یہ جبلیات بھی اس کو رشتوں کے بندھن میں باندھتے ہیں۔ مال کی ہوس، سیکس کی ہوس، عہدے کی ہوس، وغیرہ اس کو رشتوں کے قریب لے جاتی ہے۔ دوسروں سے فوائد کی توقع اس کو رشتوں کو نبھانے کی دوڑ میں لگاتی ہیں۔ ان ہی رشتوں کو نبھاتے نبھاتے وہ جنگیں بھی کرتا ہے، قوانین بناتا ہے، اپنی حفاظت کے سامان مہیا رکھتا ہے، آخر کار ایک انسان اپنی موت کے قریب پہنچ کر اس دار فانی کو خیرباد کہتا ہے۔ بات جنگلات سے شروع ہوئی تھی، پھر رشتوں کے مختلف شکلوں سے گزر کر آخر کار موت پر ختم ہوئی۔ اب یہ ایک انسان تک ہے کہ سوچے، یہ سارے رشتے ناطے کیوں کر ہیں۔ قطع نظر اس کے کہ پہلے انسان کو رشتوں کا کوئی علم تھا کہ نہیں لیکن آخر ان رشتوں میں کیا رکھا ہے۔ کئی مہان شخصیات نے ان دنیاوی رشتوں کو کچھ وقت کے لئے توڑا اور پھر جوڑا بھی۔ البتہ توڑنے سے جوڑنا عظیم ثابت ہوا۔ رشتے پہلے بھی تھے البتہ جب ان سے کچھ وقت کے لئے چھٹکارا حاصل کیا، تو ان کے اندر حقیقی جوت جگ گئی۔

اس سوال پر آج تک بہت غور کیا گیا ہے کہ انسان کی تخلیق کا اصل مقصد کیا ہے۔ Eat, merry and love

We Cannot Decide



Written by Aamina Hamid

Islamic University Of Science and Technology



Our minds are swirling around in the glass filled with the
 wine of love,
 how can there be an awareness strong enough to envelop
 the blissful oblivion that love brings?
 How to be present in the forms that were allotted to us,
 when we are vanishing into nothingness through the union
 of our
 souls?
 How can there be respite from hope,
 if your eyes infiltrate my spirit with love?
 What can be labelled as wrong from among,
 the thousands of reasons to lose ourselves in his dance?
 Where to spend, where to live, the auspicious dreams we
 saw,
 when we were asleep in the bed of despair,
 we cannot decide.s

More About Author



Aamina Hamid is a young author of several poetry anthologies. She is currently working as a co-author for a research monograph to be published in a book by Brill, Netherlands. Her works have been acknowledged and applauded by the eminent scholars and authorities of English language and literature of Kashmir like Prof. Mohammad Aslam. The reviews of her books have appeared in articles of leading newspapers of the valley like The Greater Kashmir and The Rising Kashmir and also in the intellectual literary circles of experts and professors of English Language as well as other disciplines. She secured a certificate of excellence in an impromptu poetry competition, organised by 'The Silver Linings' and judged by Kashmir's prominent English literature scholar, Prof. G. R. Malik. She has been described as a 'mystic' as well as a 'modernist poet by the expert evaluators of her poetry. She is presently pursuing her Masters in English Literature in Islamic University of Science and Technology, Awantipora after attaining an Honours degree with distinction in English Literature from Cluster University, Srinagar.

Promise



Written by Syed Mustafa Ahmad

Content Writer



I promise I will meet you at the ghat of the only World:
Keep candles burning and doors open.
Incense sticks should be lighted and eyes must wait for my arrival.
At every stir, think I have come.
When lightning lights think that I am descending down.
Sleep but keep the heart awake.
Cook a delicious feast as I will come for once.
Prepare songs of home comers;
Compose music of legends.
Keep your phone charged and wait for my call;
As soon as I call, you must not fall.
Birds will be accompanying me;
The Cuckoo of Wordsworth will sing for your posterity.
When I come, bring the neighbours for a get-together;
Till now, we have been other.
Dust of my street should be collected as it is sacred to me;
The animals of streets should be prepared to visit me.
No animal is to be slaughtered on that day;
Everyone sin is to be forgiven on that day.
There must be no beating on that day.
There must be sweetness on that day.
My love must be told to come once.
Her bangle on the right wrist, makes my heart pounce.
Ask her to call my name for the last time.
My visit will have a value for some time.
I promise I will come for once.



Make & Break



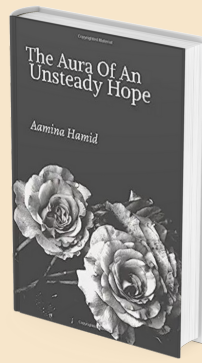
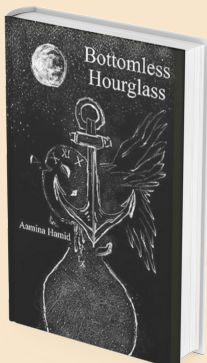
Written by Aamina Hamid

Islamic University Of Science and Technology



A life full off eventful events.
 Oh! So incredible!
 Is it even real?
 Ups and downs giving birth to each other.
 One hope killing the other to strive.
 Happiness dying just to let the tears stream down,
 Tears drying just to let the smile look surreal.
 Looking for things that are not there,
 Cause only there,
 Will you find the things that you weren't wise enough to seek.
 You will rise to the extent,
 Of the depth of your fall.
 Atleast, I'll have a story to tell,
 All the elements present for a perfect drama.

More About Author



Aamina Hamid is a young author of several poetry anthologies. She is currently working as a co-author for a research monograph to be published in a book by Brill, Netherlands. Her works have been acknowledged and applauded by the eminent scholars and authorities of English language and literature of Kashmir like Prof. Mohammad Aslam. The reviews of her books have appeared in articles of leading newspapers of the valley like The Greater Kashmir and The Rising Kashmir and also in the intellectual literary circles of experts and professors of English Language as well as other disciplines. She secured a certificate of excellence in an impromptu poetry competition, organised by 'The Silver Linings' and judged by Kashmir's prominent English literature scholar, Prof. G. R. Malik. She has been described as a 'mystic' as well as a 'modernist poet by the expert evaluators of her poetry. She is presently pursuing her Masters in English Literature in Islamic University of Science and Technology, Awantipora after attaining an Honours degree with distinction in English Literature from Cluster University, Srinagar.

Violence



Written by Syed Mustafa Ahmad

Content Writer



I am walking through a mob of people.
Some faces are familiar while a majority are strangers.
Different bodies with different dresses, but death is common.
I look at them but my eyes fall down.
I see the murderous eyes staring at me.
Everyone is at fight.
Some are tearing the clothes of others while many are sewing the bodies.
A line of people is waiting for water, but the taps are running blood.
The blood is coming from an innocent land.
Now the fight has begun who will take more blood.
But nobody cares about whose blood this is.
The owner of the blood is a living-dead body whose blood is afresh
always.
The sycophants need blood for sampling to perpetuate the genocide.
In the meantime, the red rain has begun to fall.
All the people are running here and there with their hands smeared
with the innocent blood.
The owner is calling for his blood.
But I am surprised to know that the living-dead is me.
I can't believe that I am both living and dying.
Ah, I understand that I belong to the innocent land,
Where the living-dead are both alive and dead.
The sniffing dogs are on prowl and I have to hide.
In the nearby cave, some whisperings are going on.
Let me call them.
Oh! They are my killers.
Where to find shelter now?
Let me have my blood back.



Lethe



Written by Zobiya Rashid

A 10th Grade Student From DPS Srinagar



It's a rather dumb question that I ask.
How to let go of the past?
The nostalgia so crushing,
The memories so haunting.

I'd drink the water of Lethe,
If it'd help everything wash away.
And if drinking was not enough,
I'd rather fade away in it myself.

How do you forget?
When love itself haunts you?
Who do you forgive?
When the ones who raised you, burn you?

What do I do?
The people long gone.
Yet their memories alive.
Do I bury them in my mind?
Or do I bury myself instead?



Flowers Of Remembrance



Written by Haroon Rashid

Instagram : @iharoonrashiidk 



*Should I leave this garden of blossoms?
Or should I keep my heart warm here?*

*Is the pain a Shiraz wine? I cannot taste it.
Is the grief a Shiraz wine? Are you its drinker?*

*Is this thought a poem? Is it written on my heart?
Is this longing a poem? Does it whisper at night?*

*Should I taste it? What will you become then?
Should I drink it? Will it intoxicate me?*

*Is it a sign? Should I taste it, the blossom?
Is it a clue? Whose fragrance is it?*

*Is this garden of flowers in bloom? Should I go there?
Is it a rose garden? Should I taste its essence?*



Eternal Life



Written by Syed Mustafa Ahmad

Content Writer



We will live forever.
Though bodies perish, we will remain safe in our cover.
Storms won't hit us and miseries will be at bay.
Every day, we will brighten up our dark world with the hearts' light.
In the deep forests, we will talk endlessly on the fragile bank of a brook.
The brook will be full of torn love letters.
We will laugh in mirth how love is an arrow.
We will quench our thirst from the pious pond.
In the sinking sand, we will make the iron-walled home:
The home of sympathy, loyalty and true love.
We will sleep to wake forever.
The breezes will be full of different fragrances
And each fragrance will make us sleepy.
The Koel will hum along us in a unanimous melody.
The strings of love will raise the dead from the graves.
Everything will be serene with you.
Sweet dreams will keep us happy.
We will dream of one another.
Under the azure sky, you will sleep in my arms.
I will love you forever.
Yes, we will live forever.



Fly



Written by *****

Yemberzal © | Author Name : Hidden



Even birds with wings may not ever fly,
Not wings, fervour is necessity to fly.

Desiring and daydreaming to be free someday in the sky,
We are the birds with wings, restrained to fly.

Stabbing and killing nowadays method of culprit
Hasn't this society lost humane spirit?

To put a common man to court is a big chore,
While a thief roams freely day in and out, isn't it a bore.

Drugs are now more consumed than food,
Women are being highly abused.

The rich and powerful walk free,
While the poor are punished for their decree.

Nature wears colour of spirit,
But we are bound by our own grit.

We dream of flying high in the sky,
But we are held back by our own sigh.

We are all capable of great things,
But we need to break free from our chains.

We need to find the courage to fly,
And soar like the birds in the sky.

We will rise above the darkness,
And shine like the sun in the sky.

We will be free,
And we will fly.



To My Mother



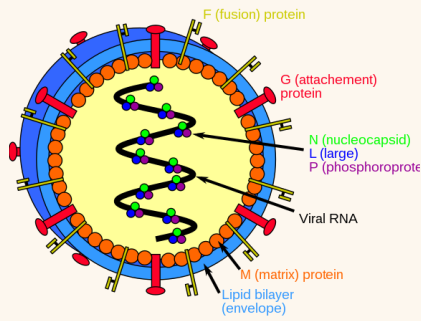
Written by Ulfat Zehra

Grade 6 student



*Mother is a source of love.
I have no words to thank my mother.
Dear mother, You make me strong.
You teach me what is respect.
You teach me how to walk in this world.
You prove that with you the world is fit to live.
You remember my happiness all the time.
I am very lucky to have you.
May we always remain together!
I thank you for everything.*





Q Nipah Virus

Molecular Formula
RNA Virus
 Genus:Henipavirus
 Family:Paramyxoviradae
 Size: 40-600nm | Shape: pleuromorphic

- Single stranded negative sense RNA, 18246 bp (Malaysian isolate) and 18252 bp (bnladesh isolate)
- Genome has six transcriptional unit that six structural proteins. They are nucleocapsid (N), phosphoprotein (P), matrix protein (M), fusion protein (F), glycoprotein (G) and polymerase (L)
- Protein associated with genome: large (L) protein, phosphoprotein (P)
- Viral proteins: fusion protein (F) and attachment glycoprotein protein (G)
- Phosphoprotein (P): it role as a polymerase cofactor, enhancing polymerase processivity and allowing the encapsidation of the newly synthesized viral genomes and antigenomes.
- Phosphoprotein of Nipah virus has an additional role in immunosuppression: blocking interferon signaling by binding host STAT-1

Pathogenesis And Pathology

- Human get infected with Nipah virus by direct contact with the body secretion of infected animals or by ingestion of contaminated food products.
- Fruit bats of family Pteropodidae are the natural host and reservoir of Nipah virus, while they remain uninfected.
- Infected fruit bats sheds virus in their urine or body secretion with infects pigs as well as other domesticated animals.
- Domesticated animals especially pigs are the intermediate host for Nipah virus and human get infection by direct contact with these animals.
- Human infection is also reported by consumption of contaminated fruits or date palm saps.
- Incubation periods in infected pig ranges from 4-14 days. Infected pigs may develops symptoms such as acute respiratory and neurological illness.
- Nipah virus are belived to infect respiratory tract epithelial tissue resulting is shedding of epithelial lining along with nasopharyngeal secretion.
- Patients develops symptomatic respiratory infection in early stage of infection.
- During late stage, virus spread to lungs endothelium resulting in endothelial syncytium and mural necrosis. Nipah virus can then enter the bloodstream and disseminate throughout the host in either free form or by binding host leukocytes. (Nipah virus has been shown to bind to CD3+ leukocytes without entry or replication of the virus)
- Other target organ of Nipah virus the brain, spleen and kidneys.
- Entry of Nipah virus into the CNS is thought to occur through two distinct pathways: anterogradely via the olfactory nerve and/or via the hematogenous route through the choroid plexus and cerebral blood vessels.
- Infection of the CNS in humans is characterized by vasculitis, thrombosis, parenchymal necrosis, and presence of viral inclusion bodies

Details

Clinical Symptoms

- Clinical illness in human ranges from Asymptomatic to acute or sever symptomatic to fatal encephalitis
- Initially patients develops Influenza like symptoms such as; Fever, Sore throat, Headaches, Vomiting and Myalgia or Muscle pain
- Acute respiratory infection; Difficult in breathing.
- Some patients develop Atypical pneumonia
- Neurological illness results in encephalitis and seizures.
- Case fatality rate ranges from 43% to 100% in sporadic cases.
- Patients surviving acute encephalitis have been reported to show long term neurological conditions such as personality change and seizures.

Mode Of Transmission

- Direct contact: Human get infection by direct contact with infected animals (pigs and fruit bats) or human
- Droplet infection: respiratory droplets, nasal or throat secretion of infected animals
- Eating contaminated fruits and juices with body secretion of infected animals
- Human to human transmission with direct contact with infected person

UPSC

Corner

The citizens can seek any information from the government authorities that the government can disclose to the parliament. Some information that can affect the sovereignty and the integrity of India is exempted from the purview of RTI. Information relating to internal security, relations with foreign countries, intellectual property rights (IPR), cabinet discussions are exempted from RTI.

The right to information is a fundamental right under Article 19 (1) of the Indian Constitution. In 1976, in the Raj Narain vs the State of Uttar Pradesh case, the Supreme Court ruled that Right to information will be treated as a fundamental right under article 19. The Supreme Court held that in Indian democracy, people are the masters and they have the right to know about the working of the government.

Thus the government enacted the Right to Information act in 2005 which provides machinery for exercising this fundamental right. The act is one of the most important acts which empowers ordinary citizens to question the government and its working. This has been widely used by citizens and media to uncover corruption, progress in government work, expenses-related information, etc.

The primary goal of the Right to Information Act is to empower citizens, promote openness and accountability in government operations, combat corruption, and make our democracy truly function for the people. It goes without saying that an informed citizen is better equipped to keep a required track on governance instruments and hold the government responsible to the governed. The Act is a significant step in informing citizens about the activities of the government.

All constitutional authorities, agencies, owned and controlled, also those organisations which are substantially financed by the government comes under the purview of the act. The act also mandates public authorities of union government or state government, to provide timely response to the citizens' request for information.

The act also imposes penalties if the authorities delay in responding to the citizen in the stipulated time.

Significance of the RTI Act

- *The RTI Act, 2005 empowers the citizen to question the secrecy and abuse of power practised in governance.*
- *It is through the information commissions at the central and state levels that access to such information is provided.*
- *RTI information can be regarded as a public good, for it is relevant to the interests of citizens and is a crucial pillar for the functioning of a transparent and vibrant democracy.*
- *The information obtained not only helps in making government accountable but also useful for other purposes which would serve the overall interests of the society.*
- *Every year, around six million applications are filed under the RTI Act, making it the most extensively used sunshine legislation globally.*
- *These applications seek information on a range of issues, from holding the government accountable for the delivery of basic rights and entitlements to questioning the highest offices of the country.*
- *Using the RTI Act, people have sought information that governments would not like to reveal as it may expose corruption, human rights violations, and wrongdoings by the state.*
- *The access to information about policies, decisions and actions of the government that affect the lives of citizens is an instrument to ensure accountability.*
- *The Supreme Court has, in several judgments, held that the RTI is a fundamental right flowing from Articles 19 and 21 of the Constitution, which guarantee to citizens the freedom of speech and expression and the right to life, respectively.*

Objectives of the RTI Act

- Empower citizens to question the government.
- The act promotes transparency and accountability in the working of the government.
- The act also helps in containing corruption in the government and work for the people in a better way.
- The act envisages building better-informed citizens who would keep necessary vigil about the functioning of the government machinery.

Recent Amendments

- *The RTI amendment Bill 2013 removes political parties from the ambit of the definition of public authorities and hence from the purview of the RTI Act.*
- *The draft provision 2017 which provides for closure of case in case of death of applicant can lead to more attacks on the lives of whistleblowers.*
- *The proposed RTI Amendment Act 2018 is aimed at giving the Centre the power to fix the tenures and salaries of state and central information commissioners, which are statutorily protected under the RTI Act. The move will dilute the autonomy and independence of CIC.*
- *The Act proposes to replace the fixed 5-year tenure with as much prescribed by the government.*

Criticism of RTI Act

- One of the major set-back to the act is that poor record-keeping within the bureaucracy results in missing files.
- There is a lack of staffing to run the information commissions.
- The supplementary laws like the Whistle Blower's Act are diluted, this reduces the effect of RTI law.
- Since the government does not proactively publish information in the public domain as envisaged in the act and this leads to an increase in the number of RTI applications.
- There have been reports of frivolous RTI applications and also the information obtained have been used to blackmail the government authorities.

AUG-23

WORDSEARCH

T	D	N	H	T	B	Y	T	Z	R	B	D
D	H	D	A	W	H	H	M	E	N	I	R
R	O	G	K	U	G	G	T	A	S	N	E
A	V	U	U	U	G	H	U	T	V	T	T
U	E	L	A	A	G	H	R	A	H	H	H
G	R	N	A	U	L	A	T	A	C	G	G
H	S	U	A	U	U	S	U	Y	X	U	U
T	L	L	N	G	G	G	N	F	Y	A	A
H	A	T	H	L	H	H	Q	O	P	T	D
G	U	T	R	E	T	H	G	U	A	L	S
U	G	F	R	A	U	G	H	T	V	T	M
A	H	Y	T	H	G	U	A	H	C	K	E

AUGHT

CAUGHT

DAUGHTER

DISTRAUGHT

DRAUGHT

FRAUGHT

HAUGH

HAUGHTY

LAUGH

LAUGHTER

NAUGHT

NAUGHTY



ONSLAUGHT

OVERSLAUGH

SLAUGHTER

TAUGHT

Inspirational Quote



"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

 Rumi



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