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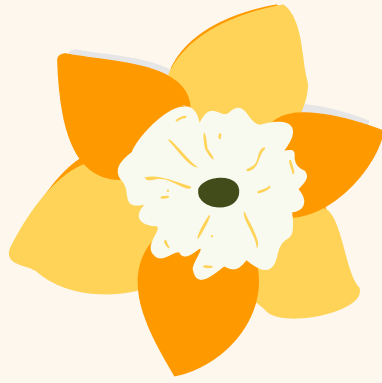
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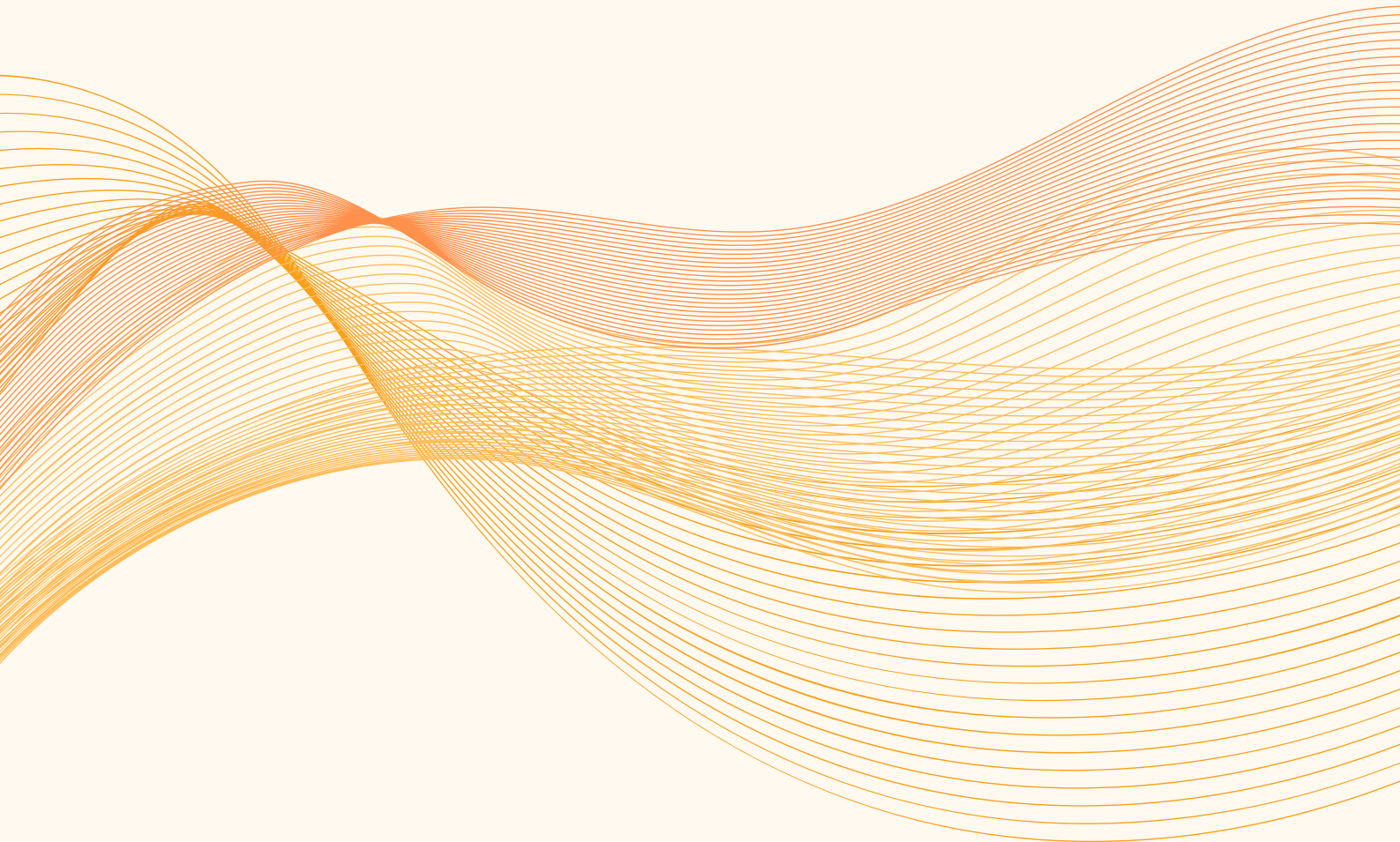


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Stooping So Low; A Wake-up Call For The Man



Written by Syed Mustafa Ahmad

Content Writer



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Man is called “ the crown of creation”. He is the only organism, who has the capacity to think and take rational decisions. God says that I created the man in the best form and gave him the faculty of logic. However, the man has stooped so low that he might be counted among the animals. He has put his extraordinary faculties in the hindsight that humanity is lamenting everyday. God created man the light of reason, but he chose to be fire and put humanity to disgrace. This is not the malaise of some years, but the handiwork of centuries and the combination of many visible and invisible factors. In the following lines, I will briefly talk about the causes that are responsible for the moral degradation of the man.

First is materialism. A man thinks that materialism is everything. Though materialism provides comfort for a time being, yet it is quite destructive at the end of the day. Greed for more and more has made the man to think that materialism is what I have been made for. In this way, he has trespassed all the moral limits and have stooped so low that he doesn't think that there lies other worlds beyond the temporary world. Day in and day out, he counts how much he has gained and how much is pending to get. Other people's rights have been trampled upon in this process.

Second is irreligious life. The main aim of religion is

to remind the man of his glorious position in the world. It has become to make the man morally uplifted person. When there is the reign of immorality, it is religion, which keeps the man on the morally fit path. It stops him from being a loose-charactered person. It binds him to some basic principles that are necessary to make a well-behaved society, where morality spreads, while as transgressions are least observed. But opposite to this, the man has chosen to live an irreligious life. He thinks that religion is the product of some degraded minds. I am free to do what I feel doing. There is no bar.

Third is irrational philosophy. In simple words, it can be understood that the man's logic has inherent flaws. So, if the man is declared an animal, he is an animal. It is because he cannot think of looking above the existing things. In this way, the man is declared full of flaws and cannot change himself for something high and efficient.

Fourth is callous attitude. The man has become stone-hearted and has no kindness towards his fellow beings. He wants to live his own life. His necessities must be fulfilled. Others do not feature in his list. Kindness and sympathy like words are absent in his dictionary. Self-interests are the main motives and they must be fulfilled. There lies nothing other than these.

If we talk of regaining the lost position of the man, the way is to overcome the above-mentioned foibles. The man must try his best to restore his lost rank. However, all are not same, but a majority of people are sailing in the immortal boat of sins. In order to make this world a better place, the man must take the lead. Saints and religious books have been preaching the only one thing that the man must become a man. The present man has become everything, but he has lost himself in the affairs of things. We cannot blame other wild animals for violating the sanctity of other things. They are prone to do it. But the man is again and again reminded that you must inculcate the qualities of the real human being. The immoral things, which take place regularly place in our environment, have made us the realize that the man has to regain the lost status. Let us begin from ourselves and try to be real human beings. Starting from yourself can be a stepping stone in this direction.



The Drug Rise in Kashmir: A Growing Concern for Society

Written by Hurmat Shah

Grade 11 School Student



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Kashmir, a land known for its natural beauty and rich cultural heritage, is grappling with a growing menace that threatens to undermine its social fabric: the rise of drug abuse. In recent years, the proliferation of drugs within the region has reached alarming levels, posing serious challenges to the health, well-being, and future of its people. In this article, we delve into the causes, consequences, and potential solutions to address this pressing issue.

There are multifaceted factors contributing to the surge in drug abuse in Kashmir. The region's geographical location, with its proximity to poppy fields and smuggling routes, makes it susceptible to drug trafficking. The conflict and political instability that have plagued the region for decades further exacerbate the problem, as criminal networks exploit the chaotic environment to smuggle drugs and establish illicit drug markets.

Socioeconomic factors also play a role in the drug rise. High levels of poverty, unemployment, and lack of educational opportunities create an environment where vulnerable individuals are more likely to turn to drugs as a form of escape or coping mechanism. Additionally, the psychological trauma and stress resulting from the ongoing conflict have pushed many towards substance abuse as a means to numb their pain or alleviate their mental anguish.

The consequences of the drug rise in Kashmir are profound and far-reaching. Firstly, the health implications are severe, with an increase in substance-related diseases such as HIV/AIDS and hepatitis due to shared needle use among drug users. Moreover, drug abuse often leads to a deterioration of physical and mental health, disrupting families and communities as individuals struggle with addiction and its associated consequences.

The social fabric of Kashmiri society is also being eroded by the drug epidemic. Families and communities suffer from fractured relationships, as the focus shifts from nurturing individuals to dealing with the fallout of addiction. Drug use not only heightens crime rates but also fuels drug-related violence, further destabilizing the already fragile peace in the region.

To address the drug rise in Kashmir, a comprehensive and coordinated approach is needed. Firstly, law enforcement agencies must bolster their efforts to crack down on drug trafficking and dismantle the networks involved. This requires increased surveillance, intelligence gathering, and collaboration between regional and international law enforcement agencies.

Equally important is the need for investment in education and socio-economic development. By providing accessible education and vocational training opportunities, the region can empower its youth, offering alternatives to drug use and reducing the vulnerability to substance abuse. Creating avenues for employment, especially for marginalized and disadvantaged communities, can bring about positive changes and diminish the appeal of the drug trade.

Furthermore, robust prevention and treatment programs should be established to address addiction and provide support to those affected. This includes providing access to quality healthcare services, counseling, rehabilitation centers, and harm reduction programs. Increasing awareness about the harmful consequences of drug abuse through educational campaigns and community outreach initiatives is key in fostering a culture that rejects drug use.

In conclusion, the rise of drug abuse in Kashmir is an issue of great concern that requires urgent attention. It threatens the well-being of individuals, families, and the social fabric of the region. By addressing the root causes of the problem through law enforcement, education, socio-economic development, and comprehensive treatment approaches, Kashmir can work towards a brighter and drug-free future. It is a collective responsibility to combat the drug epidemic and ensure the well-being and prosperity of the people of Kashmir.

Exploring the Enigmatic Depths: Unraveling the Secrets of Black Holes



Written by Sawdah Khan

A grade 10 student from DPS Srinagar



Black holes are incredibly fascinating astronomical objects that exert a strong gravitational pull, trapping everything, including light. Scientists have spent decades studying these mysterious entities that defy our understanding of physics. In this article, we will delve into the concept of black holes, their formation, properties, and the profound impact they have on the universe.

Black holes are formed from the remnants of massive stars that have exhausted their nuclear fuel and collapsed under the force of gravity. When a star with an initial mass several times greater than our sun reaches the end of its life, it undergoes a supernova explosion. This cataclysmic event blows off the outer layers of the star, leaving behind a dense core known as a neutron star. If the mass of the core exceeds a specific threshold, gravity overwhelms all other forces, causing it to collapse further and form a black hole.

One of the most intriguing aspects of black holes is their ability to distort space-time. According to Einstein's theory of general relativity, mass and energy curve the fabric of space and time around it. In the case of black holes, their immense density curves space-time to an extreme degree, creating a gravitational well from which nothing can escape, not even light. This region is known as the event horizon.

The event horizon is crucial to understanding the properties of black holes. It acts as an invisible boundary beyond which nothing can be observed or detected from the outside. Anything that crosses this point is trapped forever and is said to be inside the black hole. The size of the event horizon is proportional to the mass of the black hole, meaning that more massive black holes have larger event horizons.

Black holes also possess another intriguing feature known as the singularity. This is a point of infinite density and zero volume at the center of a black hole. The laws of physics, as we currently understand them, break down at the singularity, making it an area of intense scientific interest and speculation. It is believed that the singularity is the source of the immense gravitational pull exerted by black holes.

Despite their name, black holes are not actually empty voids. Surrounding the event horizon is a region called the accretion disk, composed of gas, dust, and other matter that is being sucked into the black hole. As the matter spirals toward the event horizon, it accelerates and heats up, releasing an enormous amount of energy in the form of radiation. This radiation can be detected and studied, providing valuable insights into the properties of black holes.

Black holes come in various sizes, ranging from tiny primordial black holes with masses less than a fraction of Earth's mass to supermassive black holes located at the centers of galaxies, with masses millions or even billions of times that of our sun. The existence of these supermassive black holes is intricately linked to the formation and evolution of galaxies themselves.

In recent years, groundbreaking discoveries have further expanded our understanding of black holes. In 2019, the first direct image of a black hole was captured, providing visual confirmation of these celestial phenomena. This monumental achievement was made possible by the Event Horizon Telescope, a global network of observatories that effectively created a virtual Earth-sized telescope.

The study of black holes has significant implications for astrophysics, cosmology, and our understanding of the universe. They play a crucial role in the formation and evolution of galaxies and influence the distribution of matter on cosmic scales. Black holes also have the potential to reveal valuable insights into the nature of space, time, and the fundamental laws of physics.

In conclusion, black holes are extraordinary objects that push the boundaries of our knowledge and understanding. Their formation, properties, and impact on the universe continue to captivate scientists and astronomers alike. As our technology and understanding improve, we can expect even more profound discoveries and revelations about these enigmatic entities that have fascinated humanity for decades.

Beyond The Blueprint: The Critical Role Of Collaboration In Building Design



Written by Mohammad Taha Fayaz

Author is working as a CAD Designer at WSP Consultants India Pvt Ltd & is an Affiliate member of ASCE

As the sun rises over the breath-taking valleys and majestic mountains of Jammu and Kashmir, it casts a golden hue on buildings that stand as testament to dreams and aspirations. These buildings hold stories within their walls—stories of resilience, aspiration, and more specifically the value of hard earned money. Each nail driven and every brick placed has been fuelled by years of dedicated effort and careful financial planning. This dwelling is not just a structure; it's a realization of dreams and aspirations that have been nurtured and cherished over time. The house is a living embodiment of the determination to transform financial struggles into a place of comfort and security, brick by brick, paying homage to the unwavering spirit that made it all possible. Now, standing at this juncture, a new chapter awaits. Did investing your hard-earned money to construct your dream building prove worthwhile, considering the effort you're now putting into reshaping it and addressing any flaws through renovations by the Unplanned and self designated blueprints?

As the pages of time turn, you find yourself embarking on a venture to reshape your structure, because of lack of efficiency in terms of thermal insulation, ventilation system, poor energy efficiency, improper space utilization, electrical and plumbing complications, mismatched aesthetics, budget overruns and future modifications. I've frequently heard individuals inquire about altering their homes to include a (hamam) for the cold winters. However, that alone isn't the sole solution to address the thermal adaptation needs in a building. The inadequate thermal performance of residences

in Kashmir has a widespread impact, potentially escalating into a communal challenge. During winter, there is an excessive demand for energy consumption, whether it's electricity or fuel, resulting in strain on resources and negligible comfort. This distress reverberates across the entire community, as our dwellings transform into frigid enclosures. It's worth highlighting that although locally prevalent, the use of wood paneling is not the optimal solution for enhancing home warmth. Comparatively, wood's insulating capacity (R-value) pales in comparison to materials like polyurethane, glass wool, and rock wool, commonly employed in colder climates. To illustrate, the insulating power of low-density snow surpasses that of an ordinary brick. Consequently, residing in an igloo might prove superior to inhabiting a minimally insulated brick house during winter. Addressing the substandard thermal comfort of residences ranks as a paramount infrastructure concern, given its far-reaching repercussions. Numerous additional challenges have arisen due to inadequate planning and insufficient consideration of sustainability factors. Achieving a sustainable structure requires more than just isolated efforts. It demands effective collaboration between you and an engineer. Together, you can devise a blueprint that incorporates numerous clash detections, anticipating and addressing potential conflicts in advance. This proactive approach not only ensures a smoother construction process but also contributes to the creation of a resilient and environmentally conscious final product.

The power of Collaboration: Foundaton of Success.

Think of collaboration as creating a recipe. Each ingredient contributes to the final dish, and when mixed together with care, it creates a favourable and satisfying outcome. The power of collaboration isn't merely in the shared workload; it's in the synergy of minds merging their talents and perspectives. It's the realization that a project becomes infinitely more than the sum of its individual parts. In the context of Jammu and Kashmir, where architectural aspirations reflect a complex blend of heritage and modernity, collaboration is a bridge connecting the authenticity of local craftsmanship with the innovation of contemporary design. Moreover, envision the scenario where architects and engineers unite their expertise well in advance. This collaboration isn't just a merging of ideas; it's a proactive step that fosters prior detections and problem-solving. Imagine an engineer's insight identifying potential structural challenges before they manifest, resulting in a well-founded blueprint that anticipates and mitigates complexities

his level of collaboration doesn't merely optimize design; it cultivates a foundation where each structural element aligns harmoniously, akin to a symphony in perfect equilibrium. In the realm of Jammu and Kashmir, where buildings often embrace traditional aesthetics within modern contexts, this collaboration becomes a bridge not just between professionals, but between tradition and innovation. In the present day, a multitude of collaboration platforms exist to bring together ideas from diverse individuals, transforming them into reality through effective planning and proactive conflict resolution.

The BIM Platform: A Paradigm Shift

Building Information Modelling (BIM), a transformative technology that transcends traditional silos and bridges the gap between collaboration and innovation. BIM isn't just software; it's a collaborative process that enables multidisciplinary teams to share and work on a single digital model. This model encapsulates the building's design, construction, and operational data, fostering transparency and efficient communication. Imagine a virtual blueprint where architects, engineers, contractors, and owners collaborate seamlessly. This virtual model isn't limited to lines on paper; it's a dynamic representation of the building's entire lifecycle. From initial designs to material specifications, BIM captures it all. This technology allows stakeholders to visualize and simulate different scenarios, making informed decisions that enhance the project's outcome. In our Valley, where tradition holds hands with modernity, BIM can act as a bridge between the two. Imagine local craftsmen, architects, and engineers collaborating with a synergy that respects tradition while embracing innovation. BIM provides a common platform where design iterations can be visualized, simulated, and analyzed in real time. Jammu and Kashmir's architectural heritage is rich and diverse. From the intricacies of wooden Kashmiri architecture to the rugged beauty of structures, there's a story behind every facade. BIM offers a tool to weave these stories into the modern narrative. It enables architects to respect traditional designs while incorporating modern elements for sustainability, safety, and efficiency. With BIM, simulations can reveal how materials, insulation,

and orientations affect a structure's energy consumption. In a land where sustainable design isn't just a trend but a necessity, BIM becomes a tool for crafting structures that remain comfortable year-round while minimizing environmental impact. Moreover, the collaborative canvas of BIM is a perfect stage for the owner to take center stage. In a region where the owner often steps into the shoes of the engineer, BIM empowers this role even further. Imagine an owner not just envisioning their dream, but actively participating in the virtual realm. They collaborate in selecting materials, assessing energy-efficient technologies, and visualizing how their architectural dream takes shape. This collaboration isn't just a process; it's an experience that transforms the owner from a mere stakeholder into an integral part of the creative journey.

BIM's symphony of collaboration extends beyond aesthetics and performance. It's also a platform that harmonizes design with the region's unique regulatory landscape. Codal provisions seasoned to the specific parameters of Jammu and Kashmir can be seamlessly integrated into the BIM model. Imagine architects and engineers collaborating to ensure that every beam, column, and foundation adheres to local building codes that account for seismic activity, environmental concerns, and cultural sensitivities. This collaboration isn't just about meeting regulatory requirements; it's about crafting structures that honor the region's heritage while embracing modernity.

Empowering Progress: Jammu and Kashmir's Comprehensive New Codal Manual for Building Construction:

The revised codal manual for building construction in Jammu and Kashmir introduces noteworthy additions that prioritize safety, sustainability, and streamlined processes. The manual underscores seismic resilience, necessitating stricter adherence to earthquake-resistant designs and materials. Furthermore, emphasis on eco-friendly practices is evident through guidelines promoting energy-efficient construction techniques, waste reduction, and the integration of rainwater harvesting & so on. The updated manual also places renewed focus on accessibility, advocating for structures that cater to diverse needs and abilities. By embracing these novel provisions, the manual aims to elevate construction standards, fortify disaster preparedness, and foster a more inclusive and environmentally conscious urban landscape in the region. The manual is based on the most recent

building codes and IS criteria, and it aims to assure the construction of high-quality structures that are safe, durable, cost-effective, visually pleasing, and ecologically friendly. The Manual provides a solid viewpoint on many areas of building construction and would be extremely useful in all such projects now being carried out in the union territory of Jammu and Kashmir. Some of key points highlighted in the manual are:

- Natural light is important to the health and psychological well-being of households and for office uses. The Design of structure environments must place emphasis on providing each occupant with access to natural Light and views to the outside. A minimum of 100-150 LUX of diffused indirect natural light is desirable.
- Window area should be optimized to avoid net excessive heat loss through the windows. On the south elevation, a maximum of 30-35% of the total facade area should be given. This would provide good passive solar gain during the heating period.
- Insulation of walls is important for reducing conduction losses especially where significant difference between inside and outside temperature. Many types of insulation are available, some that prevent air movement and moisture movement into and out of the conditioned space.
- The more insulation, the better it is. Provide insulation to achieve the Target U-values given as Pitched/ Flat roof = 0.15 W/m-K; Walls/ Windows = 0.22 W/m-K; Floors = 0.18 W/m-K
- Provisions for using Shear Walls in RC Structures with different possible geometries.
- Provisions for Reinforcing the Beam column joint using closely spaced closed loop steel ties around column bars to hold together concrete in joint region.
- Emphasis on conservation of heritage buildings through a process chart of conservation.
- The contractor or the equipment manufacturer must execute a series of inspections and testing during the installation and completion of electromechanical operations, it adds.
- Prior to delivery, the Contractor must advise the Engineer of his anticipated material sources, which must be approved by the Engineer.

Conclusion: Unitng Vision, Innovaton and Traditon through Collaborative Design.

The future lies not only in the blueprint but in the collective effort that brings that blueprint to life. Through collaboration, transformative power of BIM and sticking to the guidelines and codal provisions, Jammu and Kashmir's architectural narrative can be a harmonious blend of tradition and innovation, a true reflection of a united vision. As the sun sets over the Himalayan peaks, let's envision a new dawn—a dawn where collaboration, BIM, and the wisdom of codal provisions converge to craft a skyline that honors the past, embraces the present, and builds a future that stands the test of time.

 Quote By Author

“

When design and masonry work hand-in-hand, buildings become more than just functional spaces—they become works of art

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Understanding Global Warming: A Threat to Our Planet's Future



Written by Syed Mehreen

A master's student from University Of Kashmir

Global warming, a phenomenon characterized by the gradual increase in Earth's average temperature, has become a pressing environmental concern in recent decades. Through the release of greenhouse gases into the atmosphere, human activities have contributed to these changes, resulting in far-reaching consequences for our planet. In this article, we will delve into the causes and effects of global warming, as well as explore potential solutions to combat this critical issue.



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1. The Causes of Global Warming:

At the heart of global warming lies the excessive release of greenhouse gases, mainly carbon dioxide (CO₂), methane (CH₄), and nitrous oxide (N₂O). These gases trap heat from the sun, preventing it from escaping back into space and causing a rise in temperatures on Earth. Human activities such as burning fossil fuels, deforestation, and industrial processes are the primary culprits behind the surge in greenhouse gas emissions.

2. The Environmental Impact:

The ramifications of global warming are far-reaching and affect various aspects of our planet's delicate ecosystem. Rising temperatures lead to the melting of glaciers and polar ice caps, resulting in the rise of sea levels. This, in turn, leads to coastal erosion, widespread flooding, and the displacement of coastal communities.

Furthermore, global warming disrupts weather patterns, leading to more frequent and severe weather events like hurricanes, droughts, heatwaves, and wildfires. These extreme weather events have devastating effects on agriculture, water resources, and human settlements, endangering lives and livelihoods.

3. The Impact on Biodiversity:

Global warming poses a significant threat to biodiversity, exacerbating the already critical issue of species extinction. Many species are unable to adapt to rapidly changing climatic conditions, leading to habitat loss, disruptions in ecosystems, and reduced biodiversity. Coral reefs, for example, are highly susceptible to rising water temperatures, resulting in coral bleaching and eventual death.

4. Human Health Implications:

The health of human populations is also at risk due to global warming. Increased heatwaves contribute to heat-related illnesses and deaths, particularly among vulnerable groups such as the elderly and children. Changes in rainfall patterns and the subsequent spread of vector-borne diseases like malaria and dengue fever are additional concerns.

5. Addressing Global Warming:

To mitigate the effects of global warming, a multifaceted approach is required. Governments, industries, and individuals must work together to reduce greenhouse gas emissions. This can be achieved through the adoption of renewable energy sources, energy efficiency measures, and sustainable agricultural practices.

International agreements, such as the Paris Agreement, aim to limit global warming by keeping the increase in average global temperatures well below 2 degrees Celsius above pre-industrial levels. These agreements encourage countries to set emission reduction targets and promote sustainable development practices.

Additionally, afforestation and reforestation efforts can aid in the absorption of CO₂ from the atmosphere, while technological advancements and innovation can contribute to the development of carbon capture and storage techniques.

6. Conclusion

Global warming poses a grave threat to our planet's future, with broad implications for ecosystems, weather patterns, and human health. Urgent action is needed to reduce greenhouse gas emissions, adapt to changing climatic conditions, and invest in sustainable practices. By acknowledging the seriousness of this issue and working together on a global scale, we can strive towards a more environmentally sustainable future for generations to come.

The Harmful Effects of Cigarette Smoking

Bareera Shah

A Grade 9 Student From SRM Welkin

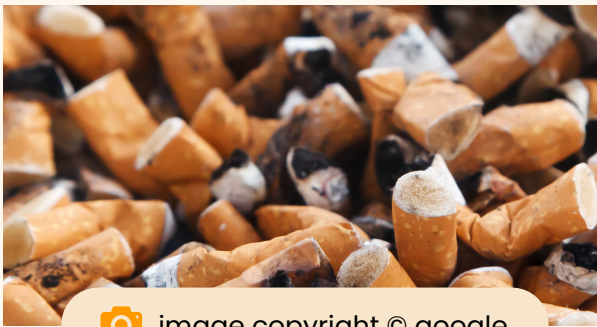


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Cigarette smoking is a pervasive and destructive habit that has far-reaching consequences for both smokers and non-smokers. Despite widespread knowledge of its risks, smoking continues to contribute to a significant number of preventable diseases and premature deaths worldwide. In this article, we delve deeper into the detrimental effects of smoking and highlight the urgent need for concerted efforts to combat this global epidemic.

One of the most concerning aspects of smoking is its direct link to various types of cancer. Research has consistently shown that tobacco smoke contains numerous carcinogens that can damage DNA and lead to the development of malignant tumors. The most common cancers associated with smoking include lung, throat, esophageal, pancreatic, bladder, and kidney cancer. In fact, cigarette smoking accounts for approximately 30% of all cancer deaths in the United States alone.

In addition to cancer, smoking significantly increases the risk of cardiovascular diseases, such as heart attacks, strokes, and peripheral vascular disease. The toxic chemicals in cigarette smoke can cause damage to the blood vessels, leading to atherosclerosis and the narrowing of arteries. This restricts blood flow and oxygen supply to vital organs, putting smokers at a heightened risk of experiencing life-threatening cardiovascular events.

Moreover, the detrimental effects of smoking extend

beyond the individual smoker to those around them. Secondhand smoke, also known as environmental tobacco smoke, is a mixture of the smoke exhaled by the smoker and the smoke emitted from the burning end of a cigarette. This involuntary exposure to secondhand smoke has been proven to be equally harmful, if not more, than actually smoking. Non-smokers who are regularly exposed to secondhand smoke are at an increased risk of developing cardiovascular diseases, respiratory infections, and even lung cancer.

Furthermore, smoking wreaks havoc on the respiratory system. The inhalation of tobacco smoke damages the delicate tissues and structures in the lungs, which can lead to chronic obstructive pulmonary disease (COPD), bronchitis, and emphysema. These respiratory conditions make breathing difficult, result in persistent coughing, and greatly impact the overall quality of life for individuals afflicted with them.

Despite the overwhelming evidence of the harmful effects of smoking, many people find it difficult to quit. Nicotine, the addictive substance in tobacco, hooks individuals both physically and psychologically, making it incredibly challenging to break free from the grip of cigarettes. Quitting smoking requires determination, support, and effective cessation methods such as nicotine replacement therapy or counseling.

Governments and public health organizations play a crucial role in combatting the smoking epidemic. Implementing strict tobacco control measures, such as increasing tobacco taxes, implementing smoke-free policies, and promoting public awareness campaigns, can contribute to reducing tobacco consumption and preventing the initiation of smoking among young people.

In conclusion, cigarette smoking is a grave public health issue with severe consequences for individuals and society as a whole. This article has shed light on the harmful effects of smoking, including increased risks of cancer, cardiovascular diseases, respiratory conditions, and the dangers of secondhand smoke. It is imperative that we actively work towards creating a smoke-free world by promoting education, providing support for smokers to quit, and implementing effective tobacco control policies. Only through collective efforts can we save lives and safeguard the health of future generations.

The Expanding Universe: Unveiling the Mysteries of Cosmic Expansion



Written by *Sawdah Khan*

A grade 10 student from DPS Srinagar

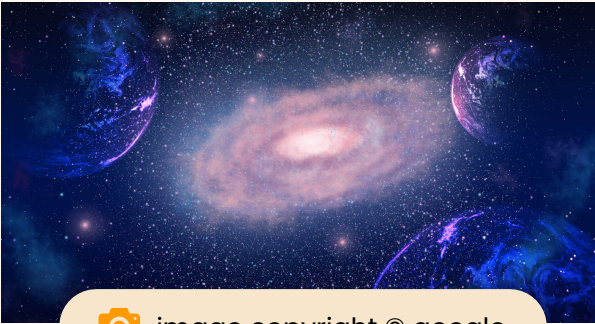


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Since the dawn of human civilization, the study of the cosmos has captivated our imagination. In recent decades, astonishing scientific discoveries have revealed one of the most profound secrets of the universe: it is expanding. In this article, we delve into the fascinating concept of the expanding universe, its historical origins, the evidence supporting it, and its implications for our understanding of the cosmos.

The notion of an expanding universe traces back to the early 20th century and the groundbreaking work of astronomer Edwin Hubble. Through meticulous observations of distant galaxies, Hubble discovered that galaxies were not stationary, but rather moving away from one another. This remarkable finding revolutionized our perspective of the cosmos and led to the formulation of the Big Bang theory.

The Big Bang theory posits that the universe originated from a singular cosmic explosion approximately 13.8 billion years ago. It suggests that all matter and energy were once concentrated at a single point of infinite density and temperature. As time progressed, this initial singularity underwent a rapid expansion, leading to

the formation of galaxies, stars, and ultimately, the universe as we know it.

The expansion of the universe is not an ordinary motion akin to objects moving through space. Instead, it is the very fabric of space itself that is stretching. One way to envision this concept is by imagining dots drawn on the surface of a balloon. As the balloon inflates, the dots on its surface move away from each other, mirroring the expansion of the universe.

One of the most compelling pieces of evidence for the expansion of the universe comes from the observation of distant galaxies' redshift. When light from celestial objects travels through space, its wavelength stretches as space expands. This stretching causes the light to shift towards the red end of the spectrum, hence the term "redshift." Hubble's observations revealed that the redshift of galaxies is directly proportional to their distance from us, indicating that space itself is expanding.

But what exactly is driving this cosmic expansion? Scientists have proposed the existence of dark energy, a mysterious force that permeates throughout space. Dark energy is thought to be responsible for the accelerated expansion of the universe observed in recent years. Although its nature remains elusive, it is believed to counteract the gravitational pull between galaxies and push them apart, causing the universe to expand at an accelerating rate.

The concept of an expanding universe has profound implications for our understanding of the cosmos. It suggests that the universe has a finite age, and before the Big Bang, time, space, and matter as we know them did not exist. It also raises questions about the fate of the universe. Will the expansion continue indefinitely, leading to a "heat death" where galaxies become increasingly isolated? Or might other forces come into play, altering the course of the universe's expansion?

In conclusion, the concept of an expanding universe revolutionized our understanding of the cosmos. Through the observations and discoveries of astronomers like Edwin Hubble, we have come to grasp the intricacies of cosmic expansion. The expansion of the universe offers a window into the distant past and opens up new frontiers for scientific exploration. As we continue to unravel the mysteries of the expanding universe, we embark on a journey that unveils the wonders of our cosmic home.

اب ہم کیا کیا لکھے!



Written by Syed Mustafa Ahmad

Content Writer

میں سما جانا ہے۔ مگر انسان یہ سبق بھول جاتا ہے۔ اپنی حیوانوں جبلیات کی تسکین وہ مال میں پاتا ہے۔ دوسروں سے الگ دکھنا اور ہر جگہ تعریفوں کی کھوج میں رہنا اس کو لالچ کا پجاری بنا دیتا ہے۔ یہ سلسلہ چلتا رہتا ہے اور آخر کار تباہی پر ختم ہوتا ہے۔ دولت حاصل کرنے میں کوئی بھی قباحت نہیں ہے۔ البتہ زندگی صرف مادیت کے حوالے کر دینا عقل سے بعید ہے۔ انسان گند ہے۔ اس کے جسم سے نکلنے والا فضلہ اتنا بدبودار ہے کہ آتے باہر آئے۔ بدن سے نکلنے والا پسینہ بدبودار ہے۔ منہ سے نکلنے والے الفاظ روح کو چھلنی کر دیتے ہیں۔ پھر بھی اتنی ہوس۔ باہری روغن سے اندر کی گند صاف نہیں ہوتی ہے۔ اس کے لئے کم کھانا، کم سونا، کم بولنا مگر ہوشیار رہنا ضروری ہے۔ پیسے بے جان ہیں۔ ان میں احساس کی کمی ہے۔ ہم تو حساس ہیں۔ کیوں نہ اتنا ہی کمایا جائے جس سے یہاں کا سفر آسان ہوں۔ تیسرا ہے دکھاوا۔ اس بیماری نے ہمارے سماج کو ہی کھولا کر دیا ہے۔ اس دیکھا دیکھی کے ماحول نے کتنوں کا بیڑا غرق کر دیا ہے۔ دوسروں پر اپنی چھاپ بڑھانے کی خاطر ایک انسان اپنا گلا کاٹ دیتا دیتا ہے تاکہ دوسروں کے کھیتوں کو سینچ سکے۔ اس سے مسائل کے ان گنت دروازے کھل جاتے ہیں اور پھر بند ہونے کے نام نہیں لیتے ہیں۔ دوسروں پر تو رعب جمنا نہیں ہے مگر اتنا ضرور ہے جمانے والا ہی ہمیشہ کے لئے دب جاتا ہے۔ چوتھا ہے ہماری اپنی نااہلی۔ ہم نے خود مسائل کو جنم دیا ہے اور پھر سینا بھی خود پیٹتے ہیں۔ ہم نے کبھی عقل اور دل سے کام لیا ہی نہیں۔ ہم نے صرف جذبات کی رو میں بہہ کر وہ فیصلے لیں جن کی کوئی بھی بنیاد نہیں تھی مگر ان فیصلوں نے ہماری بنیادوں کو ہلا کر رکھ دیا۔ اس انسان کو کون سمجھائے جو محنت کر کے سوت پانی میں پھینکے۔ اس کے علاوہ بھی بہت سارے وجوہات ہیں جن کی وجہ سے مسائل ہر جگہ پائے جاتے ہیں۔ ان کو ابھی لکھنا مضمون کو طویل بنا دے گا۔

مسائل کی شدت کو کم کیا جاسکتا ہے۔ اس کے لئے ہوشیاری سب سے زیادہ ضروری ہے۔ جو انسان جاگ گیا، پھر دنیا اس کا کچھ بھی نہیں بگاڑ سکتی۔ اس انسان کا سب سے زیادہ نقصان ہوتا ہے جو جذبات اور دیوانگی کو اپنا شیوہ بناتا ہے۔ جب مسائل انسان کی پیداوار ہیں، تو حل بھی ہم میں ہی پنہاں ہے۔ یہ کوئی metaphysical process نہیں ہے۔ اسی زمین پر ہی ان کا حل ڈھونڈنا ہے۔ ہر کسی کو جاگنا ہوگا۔ رہے مسائل وہ تو ہمارے ساتھ ساتھ چلتے رہے گے۔ ان سے چھٹکارا ممکن نہیں ہے۔ بس اتنا ضرور ہے کہ ہم شدت اور اثرات کو بہت حد تک کم کرے۔ بے گناہوں کو بلی کا بکرا بننے سے بچا سکتے ہیں۔ کسی کی جائیداد تباہ ہونے سے بچا سکتے ہیں۔ کسی کی عزت کو پامال ہونے سے بھی بچا سکتے ہیں۔ یہ آہنی چنے چبانے کے مترادف نہیں ہے۔ بس ضمیر زندہ ہونا چاہئے۔ اگر نہیں، تو اس گھر کو آگ لگی اپنے ہی چراغ سے والا معاملہ ہو جائے گا۔ اس کے علاوہ آپسی معاملات کو سدھارنے کی ضرورت بڑھ گئی ہے۔ تو نے غیروں سے کہا، تو نے غیروں سے پوچھا، کبھی ہم سے بھی کہا ہوتا، کبھی ہم سے بھی پوچھا ہوتا کہ مصداق مسائل کو آگ دینے سے پہلے ایک بار ہم ایک دوسرے سے پوچھ بھی لے کیا ہم سب فرشتوں والی صفات رکھتے ہیں!

مسائل ہمارے سماج میں پہلے سے ہی تھے۔ سماج تو متضاد چیزوں کا مجموعہ ہے۔ رات سے دن، تو دن سے رات کی پہچان ہوتی ہے۔ اس طرح یہ زندگی یا سنسار چلتا رہتا ہے۔ اس کو بنانے والے نے ایک نازک انداز سے بنایا ہے جو بہتوں کی سمجھ سے بالاتر ہے۔ جب سے خاص کر یہ دنیا بنائی گئی، اب یہ the Big Bang سے بنی یا پھر کسی اور Nebula سے، یہاں مسائل کی کوئی کمی نہیں رہی ہیں۔ قتل، چوری، حسد، ناجائز قبضہ، کالا جادو، جاسوسی، وغیرہ پہلے دن سے یہاں ہیں۔ مجھے لگتا ہے اس سے ہی اس دنیا کی زینت ہے۔ میں غلط بھی ہوسکتا ہوں۔ مگر پھر بھی ان چیزوں سے ہی اس دنیا کا حسن نکھر کر سامنے آتا ہے۔ اس کے برعکس مندرجہ بالا مسائل کے علاوہ اب اتنے سارے مسائل ہیں کہ سمجھ میں ہی نہیں آتا ہے کہ کیا لکھے، کیا چھوڑے۔ اس کو لکھے جو زندگی کے بنیادی ضروریات کے لیے ضروری ہیں یا پھر ایسا موضوع زیر بحث لایا جائے جو ثانوی درجہ رکھتا ہو۔ یہ خود ایک تضاد ہے۔ اس الجھن میں کئی اعلیٰ قلمکار پھنسے ہوئے ہیں، مجھ ناچیز کی کوئی بنیاد بھی نہیں ہے۔ البتہ کوشش کرنے میں کوئی ہرج نہیں ہے۔ میں اس مضمون میں ان وجوہات کی بات کرنے جا رہا ہوں جس سے مسائل کی بھرمار ہو گئی ہے۔ ہر طرف مسائل منہ کھولے بیٹھے ہیں۔ ایسے کونسے وجوہات جن کی وجہ سے ایسا ممکن ہو گیا ہے کہ اب مسائل سے ہمارا گہرا رشتہ جڑ گیا ہے۔

پہلا ہے خیالات کا تضاد۔ ہر قسم کا تنوع ضروری ہے۔ اس سے جینے میں مٹھاس پیدا ہوتی ہے۔ البتہ اپنے خیالات جبراً ٹھوس دینا زیادتی ہے اور مسائل کو جنم دینے میں اہم رول ادا کرتا ہے۔ ایک ملک اپنے خیالات کو دوسروں پر ایسے مسلط کرتا ہے جیسے کہ اس خیال سے بڑھ کر دنیا میں اور خیال ہی نہیں ہے۔ اس سے اور ممالک کے لئے راستہ بن جاتا ہے اور وہ بھی اس ڈگر پر چل پڑتے ہیں۔ سرد جنگ اس کی واضح مثال ہے۔ یہی سوچ آج بھی ہر جگہ کارفرما ہے۔ جنتی بھی جنگیں دنیا میں ہورہی ہیں، وہ سرد جنگ کا نتیجہ ہے اور یہ جنگ خیالات کے تضاد کا مکروہ پہل ہے۔ دوسرا ہے مادیت۔ دنیا آزمائش کی جگہ ہے۔ یہاں ہر چیز فانی ہے۔ دنیا کی ہر چیز میں سبق چھپا ہے۔ ان کو اتنا ہی پانا ہے جتنا ہماری صحت کے لئے ٹھیک ہے۔ اتنا ہی کھانا ضروری ہے، جتنا ہم کھا سکے۔ اس کی زیادہ کی ہوس مسائل کے دلدل میں پھینک دے گی۔ Leo Tolstoy اپنے ایک افسانے "How much land does a man need" میں لکھتا ہے کہ دنیا کو اپنا مان کر بھی، آخر انسان کو صرف چھ فٹ زمین چاہیے۔ دنیا کی زمین کے کاغذات بھی اگر میرے پاس ہو، آخر مجھے صرف کچھ فٹ

جذبات; معقول راہ کے متنظر



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رسومات کو ادا کرنے کا نام زندگی ہیں۔ یہ سراسر غلط ہے۔ جتنا کام مشین کرتی، کوئی نہیں کرتا۔ البتہ جذبات کے بغیر۔ اسی طرح سمندری مچھلیاں اتنا کھاتی ہیں کہ انسان سوچ بھی نہیں سکتا۔ مگر جذبات سے پرے۔ اسی طرح کچھ جانور دن بھر سوتے ہیں۔ زیادہ کام بھی نہیں کرتے۔ مگر وہ بھی جذبات سے عاری۔ مگر انسان الگ شے ہے۔ اس میں احساسات ہیں۔ اس کو صرف غذا اور سونے کی ضرورت نہیں ہے۔ البتہ اندرون میں ایسا کچھ ہے جس کو کچھ اور کی ضرورت ہے۔ انسان اندر سے جیتا ہے باہر سے نہیں۔ باہر کے حالات ہمارے بس میں نہیں ہیں۔ مگر اگر اندرونی نظام درست ہو، تو باہری طوفان کچھ بگاڑ نہیں سکتا۔ اس حالت تک پہنچنے کے لئے سب سے ضروری چیز ہے جذبات کا مثبت استعمال کرنا اور ان کو اندر سے باہر آنے کے لیے معقول مواقع فراہم کرنا۔ اگر بنیادی باتوں میں جذبات کو شمار کیا ہوتا، تو آج نوبت ذہنی دباؤ اور گناہوں کا ہر سو پھیلنا نہیں ہوتا۔ ہم نے اصل کی جگہ ثانوی حیثیت والی چیزوں کو فوقیت دیں جس کی وجہ سے اب کھانا، کمانا اور سونا حاصل سا ہو گیا ہے۔ اگر جذبات پر کام کیا ہوتا، تو پھر کم کھانا، کم سونا اور کم کمانا بھی باعث اطمینان ہوتا۔ ہم نے جذبات کو بے لگام گھوڑے کی طرح میدان میں چھوڑ دیا اور جب یہ بے قابو ہو گیا، تب ہم نے ہر طرف ہاتھ پاؤں مارے مگر نتیجہ صفر۔ ہماری حالت برابر ایسے گھوڑے کی ہے۔ تیسرا ہے مذہبی تنگ نظریہ۔ ہمارے یہاں مذہب کو چند رسموں تک محدود کیا گیا ہے۔ مذہب کا بنیادی مقصد ہے زندگی آسان سے آسان تر بنانا۔ بے لگام زندگی کو کوئی ٹھکانہ نہیں ہے۔ مذہب زندگی میں ایک شعور لاتی ہے۔ ہر وقت ہوشیار رہنا مذہب کا بنیادی وصف ہے۔ ایک منٹ کی غفلت مذہب کے خلاف ہے۔ یہ چاہتا ہے کہ انسان اپنے اندرون اور بیرون دونوں کو سنوارے۔ جذبات کا سمندر کہی سیلاب کی شکل نہ لے۔ جذبات کی رو میں بہہ کر کفر نہ منہ سے نکلے۔ خدا سے لاتعلقی نہ ہو۔ اللہ کی رحمت سے مایوس نہ ہو۔ خدا کی ذات ہمیشہ آنکھوں کے سامنے رہے۔ یہ ہے حقیقی مذہب کا تصور۔ اسلام بھی جذبات کو ایک معقول طریقوں سے استعمال کرنے پر زور دیتا ہے۔ غم، خوشی، حسد، لگاؤ، نفرت، وغیرہ کی حالات میں عقل کا دامن نہ چھوڑنا بلکہ جذبات کے تباہ کن سیلاب کے سامنے، یہ سب اسلام سکھاتا ہے۔ اس کے برعکس ہمارے یہاں اسلام کچھ مخصوص عبادات کی نظر ہو گیا۔ فرقہ واریت کے نام پر لوگ لڑتے ہیں۔ مگر اگر سب مل کر کوششیں کرتیں، تو ہمارے اندرون اور بیرون دونوں میں نمایاں تبدیلیاں وقوع پذیر ہوتیں۔ چوتھا ہے ہماری کوتاہیاں۔ ہم ہاتھ پر ہاتھ دھرے کسی آسمانی مداخلت کا انتظار کرتے ہیں۔ یہ سراسر غلط ہے۔ ہم اس معاملے میں بہت کچھ کر سکتے تھے مگر ہم نے سستی کا مظاہرہ کیا اور جذبات نے ہمارے گھروں کے جذبات کو ڈھایا دیا اور ہم گہری نیند میں پڑے رہے۔

جذبات کو مثبت کاموں میں استعمال کرنے کے لیے سب کو اپنا اپنا تعاون دینا ہوگا۔ اس کے لئے حکومت کا بھرپور ساتھ چاہیے۔ Intelligence Quotient کی جگہ Emotional Quotient پر زور دینا چاہیے۔ گھروں سے لے کر تعلیمی اداروں تک EQ پر کام ہونا چاہئے۔ تجربہ کار افراد اور اساتذہ کی ضرورت بڑھ گئیں ہیں۔ بچوں اور جوانوں کو جذبات کی ٹریننگ دینا ضروری ہو گیا ہے۔ حالات ہی ایسے ہیں کہ جذبات کے موثر فوائد اٹھائے جائے۔ یہ وقت مانگتا ہے اور ہم وقت دینے کے لیے تیار ہونے چاہیے۔ کب تک لوگ جذبات کو دباتے دباتے خود ہی دب جائیں گے۔ دیر ہونے سے پہلی ہی اس معاملے میں جاگنا باعث رحمت ہے۔

انسان جذبات کا مجموعہ ہیں۔ ایک انسان میں مختلف جذبات موجود ہیں۔ خوشی، غم، نفرت، حسد، لگاؤ، وغیرہ ہر انسان میں پائے جاتے ہیں۔ جس طرح کے حالات ہوتے ہیں، اسی طرح کے جذبات ابھر کر آتے ہیں۔ کبھی انسان گہری سوچ میں ڈوب کر ملے جلے جذبات کے ادوار سے گزرتا ہے۔ جذباتی ہونا فطرتی ہیں۔ یہ کوئی عیب نہیں ہے۔ خدا بچائے یہ کوئی بیماری نہیں ہے۔ جیسے بھوک لگنا صحت مند ہونے کی علامت ہے، اسی طرح جذباتی ہونا بھی تندرستی کی علامت ہے۔ البتہ بگاڑ تب پیدا ہوجاتا ہے جب کوئی انسان جذبات کی رو میں بہہ جائے۔ اس کو اچھے اور برے کی تمیز ختم ہوجائے یا پھر وہ فیصلہ کرنے کی قوت سے محروم ہوجائے۔

ہماری یہاں جذبات جیسی نازک چیزوں پر کھل کر بات نہیں ہوتی ہے۔ ان کا ذکر کبھی کبھار آتا ہے یا پھر زیادہ تر لوگ اس دنیا سے ناواقف ہے۔ جو لوگ اس فیلڈ میں مہارت رکھتے ہیں، ان کی تعداد بھی بہت کم ہے۔ ہمارے پرانے سماج میں سب سے زیادہ ضروری چیزوں کی طرف کم دھیان دیا جاتا ہے۔ جو چیزیں سب سے اول نمبر پر آئی چاہیے تھیں، وہ پیٹھ پیچھے پھینک دیں جاتی ہیں۔ اس کی وجہ سے پھر جذبات جیسے اہم مسائل نظروں سے اوجھل ہوجاتے ہیں۔ یہ پورے سماج کی اعمال کا نتیجہ ہوتا ہے کہ حالات ایسی انتہا کو پہنچ جاتے ہیں۔ اگر ہم اپنے آپ کو جذباتی ناخواندہ کہیں، تو کوئی بھی قیاحت نہیں ہے۔ اس صورتحال کے پیچھے بہت سارے وجوہات کا عمل دخل ہیں۔ نجی سے لے کر اجتماعی دونوں قسم کے وجوہات اس ناپختگی میں اپنا رول ادا کرتے ہیں۔ اس مضمون میں جن وجوہات کا ذکر کیا جائے گا، ان کے ساتھ قاریوں کا اتفاق ضروری نہیں ہے۔ یہ تجربات میرے ہیں اور قاری کو آزاری ہے وہ مجھ سے اختلاف کرے۔

پہلی وجہ ہے علم کا فقدان۔ تعلیمی اداروں اور نہ ہی ہمارے گھروں میں جذباتی پختگی کی بات ہوتے ہیں۔ اگر ہو بھی، تو بہت کم حد تک ہوتی ہے۔ تعلیمی اداروں میں تجربہ کار افراد کی کمی ہونے کے باعث اس مضمون پر کبھی بات نہیں ہوتی ہے۔ ہاں! کچھ زبانی باتیں پڑھائی جاتی ہیں اور طلباء اس کو طوطے کی طرح یاد کر کے آگے نکل جاتے ہیں۔ وہ طلباء بیچارے اس بات کو سمجھنے سے قاصر ہوتے ہیں کہ ہمارے زندگیوں پر جذبات کا کتنا اثر ہے۔ دوسرے لحاظ سے کہا جائے جیسے کہ اوپر پہلے ہی ذکر کیا گیا ہے کہ زندگی بس جذبات کا کھیل ہے۔ ہار ہوئی تو قیامت، ورنہ خوشی کا ٹھکانہ نہیں۔ دوسرا ہے حقیقی زندگی سے قطع تعلقی۔ ہم سب کو لگتا ہے کہ زندگی کمانا، کھانا اور سونا ہے۔ اس کے علاوہ کچھ

A Grainy Taste



Written by *Aamina Hamid*

Islamic University Of Science and Technology



A collection of mistakes, a tragedy, a misery, a comedy.
 Heaven knows what fruits go through, just to be there.
 I seem to be an instrument, a medium.
 Nothing that I say seems to be mine,
 yet it comes from within.

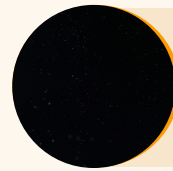
My hands and fingers write what never crossed the mind.
 My heart has been too confused for a while now,
 it's within and without,
 going around tasting every soul it sees.
 When I look for it, it looks for me,
 when I go to it, it goes into me
 bringing home, a grainy taste.

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.

Kaleidoscope



Written by Kalima Iqbal

A grade 10 student from DPS Srinagar



I want to relive?
In a world where laughter dances unbound,
Where joy and happiness forever surround,
I yearn to relive those cherished days,
In a loop of moments that time cannot erase.

For whether in a loop or a chance encounter?
Just til the darkness disappear
And I am not left with despair
Just til this kaleidoscope of memories, remain
To guide me through these nights of pain

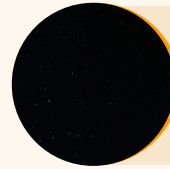
But,

What if it's already a loop?
A default created by god with his decree
For all the things I could not foresee
Bound between the ticks of an unseen clock,
Lost amidst torn paper, and leaves that unlock.

What are the odds I remain stuck?
Somewhere in between, where whispers reside,
Where lies the answer to truths I can't hide,
Somewhere in the gaps of in between.
To relive those joyful moments, it may seem.



Hiraeth



Written by Zobiya Rashid

A grade 10 student from DPS Srinagar



*There's this funny sense of pain,
The feeling of not belonging.
There's this sense of scepticism,
To be home yet not knowing where home is.*

*It's quite amusing to think about,
How one can be homesick at home.
But i think I understand now.
It's a slow burn, agonising and pitiful.*

*Quite ridiculous actually,
How unreasonable it seemed.
But only now do I see,
How strangers can act like family.*

*A childish hope of your parents being good to you.
An immature dream of your siblings laughing along you.
A bittersweet sickness where you love everything you hate.
An actuality where houses remain houses, and never homes.*

Strange Rumours Of Spring



Written by Syed Mustafa Ahmad

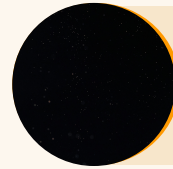
Content Writer



Strange rumours of spring are everywhere.
After a long winter, contentment was what we had hoped for.
But spring has become autumn to devour our bruised bodies more.
In place of strong blossoms, the fragile blossoms are bleeding profusely.
The ground is toxic and the air is full of the smell of fresh blood.
Doves are nowhere to be seen while the unruly hounds are on prowl.
In the mud houses, the old mothers are waiting for their lost ones.
In broken cups, they have poured their blood into them.
They want them to come once and quench their unquenchable thirst.
The simple beds of torn rugs are decorated for them.
Their sons will sleep in their laps and will never feel in want.
There are strange rumours of spring.
The Jhelum looks gloomy,
Dal is grasping for breath,
Doodh Ganga is full of unrecognizable bodies.
On the mountains, red snow is omnipresent.
Powdery snow is sunk at many places to divert the informer's attention.
Winds of death are blowing harshly.
Fragile houses are crumbling.
Here, rumours of spring are strange.



Stillness



Written by Zobiya Rashid

A 10th Grade Student From DPS Srinagar



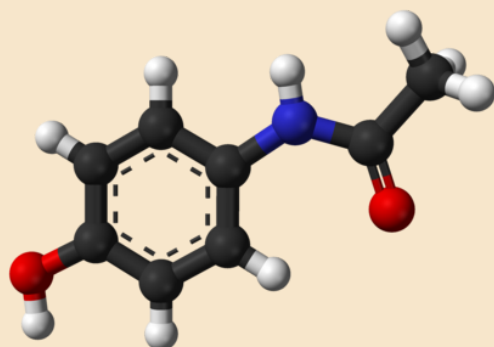
If the world stops,
If time freezes over,
Would broken things mend?
Could wounds heal?

If the track of time halts,
Limitless, boundless,
If it does run still,
Would it be serene or unsettling?

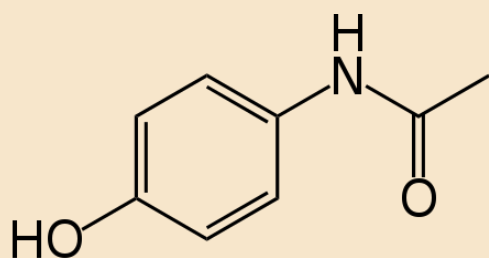
If we remain unbound,
Unrestricted, unchained,
Even by things like blood or bonds,
Would that be freedom or a liability?

So if the world halts,
If time freezes over,
would it be heaven for the sinners?
would it be hell for the hustlers?





3D-Structure



Structure

Uses Of Paracetamol

- ✓ Paracetamol lowers mild to moderate fever and pain by affecting the chemical messengers in the brain that regulate body temperature. It's also combined with other pain-relief and anti-sickness medicines. Moreover, its ingredient is part of a wide range of cold and flu remedies. It is widely used for:
 - Reducing fever
 - Alleviating and relieving headaches
 - Reduce pain caused by menstrual cramps
 - Toothaches
 - Backaches
 - Reducing pain caused by arthritis (specifically, osteoarthritis) in joints in the hands, knees, hips, etc.
 - Colds



Paracetamol

TYLENOL

Molecular Formula



Molar Mass

151.165 g/mol

N-(4-hydroxyphenyl)acetamide

Details

Side effects

Paracetamol is a common, go-to pain relief medication. However, prolonged usage or overdose of paracetamol can lead to serious liver damage. Acetaminophen (an ingredient in paracetamol) may trigger some unwanted side effects. These are:

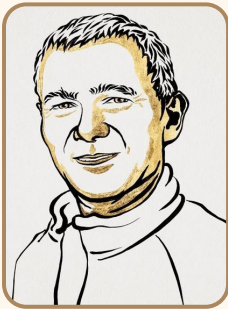
- Loss of appetite
- Increased sweating
- Drowsiness and fatigue
- Low fever with nausea, weakness, or vomiting
- Diarrhea or constipation
- Stomach or body ache
- Swelling or cramps in the upper abdominal region or stomach

Other serious and rare side effects are:

- Cloudy or bloody urine infected by bacteria
- A sudden decrease in urine
- Black or tarry stool
- Yellow eyes and skin (jaundice)
- Allergic symptoms like skin rashes, red spots, itching
- Mouth ulcers

UPSC Corner

The Nobel Prize categories are physics, chemistry, physiology or medicine, literature and peace - these were laid out in the will of Alfred Nobel. In 1968, Sveriges Riksbank (Sweden's central bank) established the Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel.



MOUNGI G. BAWENDI



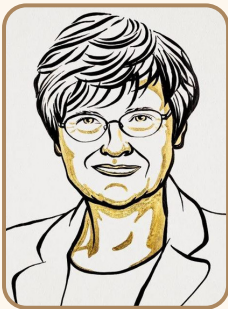
LOUIS E. BRUS



ALEXEI I. EKIMOV

The Nobel Prize in Chemistry

The Nobel Prize in Chemistry 2023 rewards the discovery and development of quantum dots, nanoparticles so tiny that their size determines their properties. These smallest components of nanotechnology now spread their light from televisions and LED lamps, and can also guide surgeons when they remove tumour tissue, among many other things.



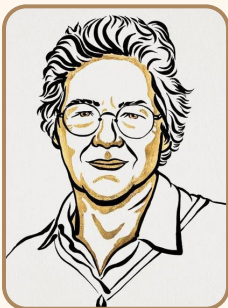
KATALIN KARIKÓ



DREW WEISSMAN

The Nobel Prize in Physiology or Medicine

The 2023 Nobel Prize in Physiology or Medicine rewards discoveries concerning nucleoside base modifications that enabled the development of effective mRNA vaccines against COVID-19



ANNE L'HUILLIER



FERENC KRAUSZ



PIERRE AGOSTINI

The Nobel Prize in Physics

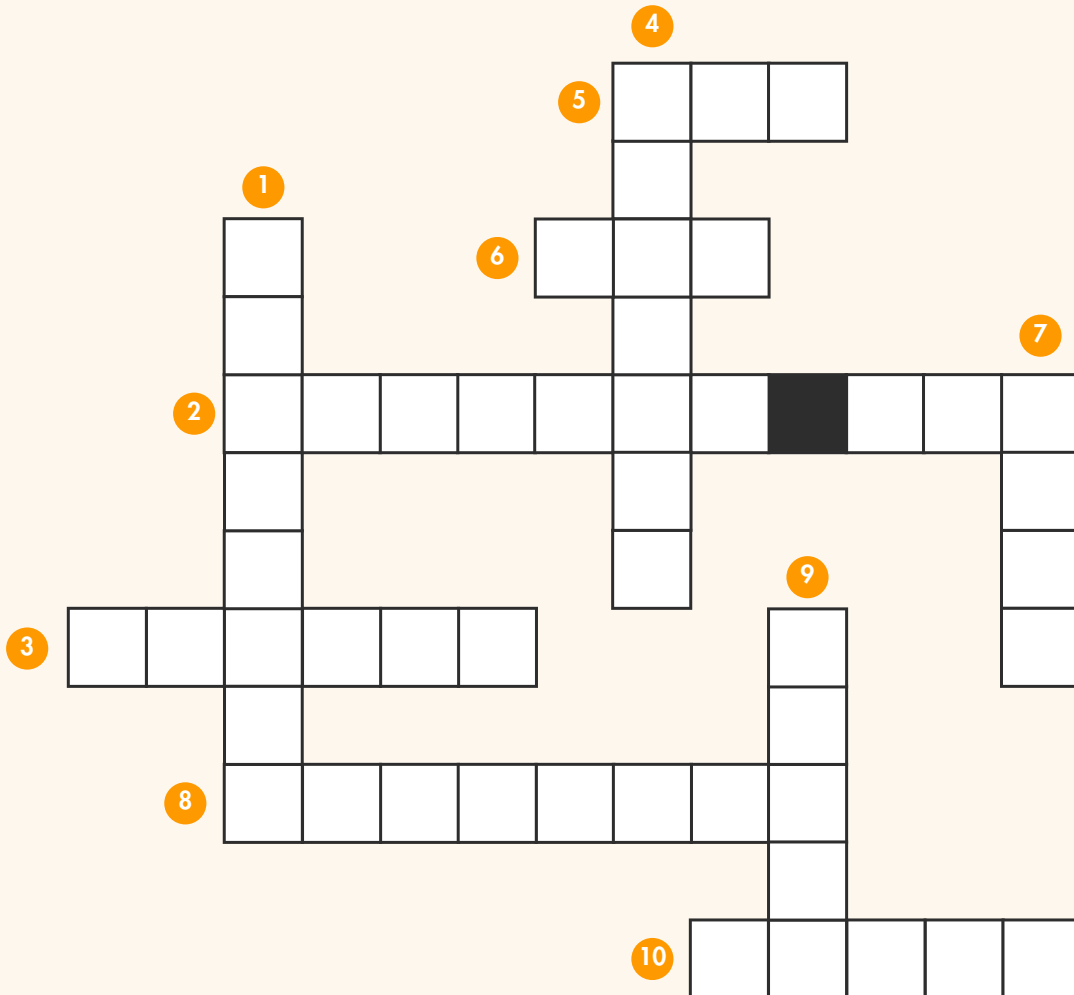
The Nobel Prize in Chemistry 2023 rewards the discovery and development of experimental methods that generate attosecond pulses of light for the study of electron dynamics in matter

Illustration © Johan Jarnestad/The Royal Swedish Academy of Sciences

Grindlays Bank Srinagar



Natural resources CROSSWORD PUZZLE



1 A natural resource used to create metals.

2 A fossil fuel used for heating and generating electricity.

3 This resources gives us fruits and vegetables

4 We get milk, eggs and meat from them.

5 We use this natural resource to breathe.

6 A fossil fuel used to propel cars and other vehicles.

7 A resource used to provide the structural support to plants.

8 A resource that gives us heat, light and vitamin D.

9 A resource that we use to drink and wash things.

10 A resource that gives us wood to make paper and furniture.

SUDOKU #23

INSTRUCTIONS

Use the numbers 1 to 9 to complete the Sudoku.
Only use each number once in each row, column and grid.

5				2		7		
4		2			9			6
		9		8	1		4	2
		5		7			3	
2	6		4			9	8	
	4			6	5		7	
	3	1	5					7
7				3	2		6	
	2				7	8	5	



“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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