

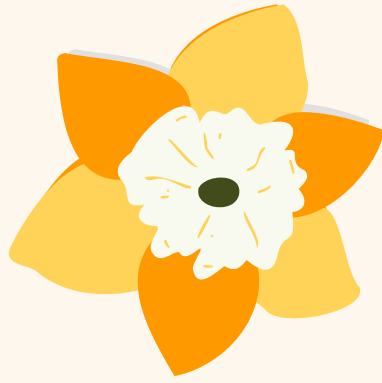
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YEMBERZAL

Voice of youth

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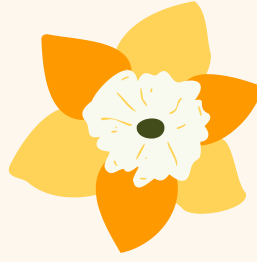


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02



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Contents



Page	Title
01	Sustainable Education
02	Environmental Degradation: Causes, Effects and Types
03	The Fall Of Apple Industry
04	False Mentality Of Judging Others
05	The World Is Too Much With Us
06	Conservation of Forest: Ways and Importance of Conserving Forest
07	Corruption and measures to prevent Corruption
08	Last Native King Of Kashmir
09	Harissa
10	Whose Lives We Live?
11	Hijab
12	Fading
13	Life
14	Why Do I Write?
16	Snow Leopard
17	Markhor
18	UPSC Corner
19	Painting Inspirations

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Sustainable Education

Written by Syed Mustafa
Sayidwrites@gmail.com



Sustainable education is that type of education which is compatible with the needs of students. Education which tries to make the world as peaceful as possible is sustainable education. It is all about producing those students that have the capacity to come out with innovative ideas and solutions. That education which strives to end poverty, inequality in its all forms, pandemic, communalism, etc. falls in the category of sustainable education. Education that respects unity in diversity is sustainable education

This type of education has certain prerequisites. It is not like a bolt from the blue. The first is the essence of education. When the essence of education is known, then it is quite easy to go for sustainable education. When it is clear that real education means to make a productive society, no leniency or complacency is acceptable in this field. Everything is utilized to have sustainable education. For this, human machinery is well-equipped. They have requisite resources at their disposal.

The second is growth and development. To achieve these, sustainable education is necessary. Sustainable education will work for the betterment of the basic infrastructure. It will try to count the problems of a country and try its best to find the long-lasting solutions. Every resource of the country is utilized in its best way to grow and develop in the best possible way. Human minds are used to think critically and efficiently for the growth and development of a country or nation.

The third is the goal of life. Those countries that have a specific goal in front of their eyes, strive for this type of education. They know that the goal of life is to spread the light of humanity and the best way to do this is to go for sustainable education. Qualities like sympathy, empathy, harmony, brotherhood, etc., can be propagated through sustainable education. To achieve these, they never feel tired and work tirelessly for the best of education.

The fourth and last is competition. The country that wants to compete with others in the world, opts for sustainable education. Rather than investing in useless pursuits, the people of that country invest in sustainable education. They want to remain ahead of others.

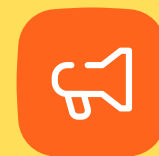
Happiness and health are their targets. It is because when these two things exist in a society, competing with others becomes quite easy. Happiness and health are the main pillars of competition.

The need of the hour is sustainable education.

Covid-19 pandemic and the current volatility in the global markets have taught us a lesson that sustainability in every department of life has become quite necessary. Wars, ethnic cleansing, concentration of wealth in few hands, etc., have forced people to strive for sustainability particularly in education. Let us hope that all come forward and help in making education sustainable.

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Environmental Degradation: Causes, Effects and Types

Written by Muneeza Shah
A 9TH Grade Student



Environmental degradation is harming our ecosystem. It is a distinct unit including both living and non-living elements that lives within it. Plants, animals, and we humans depend on the environment for survival directly or indirectly. Through the food chain and food web process, we can broadly understand our ecosystem. These living and non-living things depend upon the other environmental components like ponds, streams, lakes, etc. So, a minor change in the environment can affect the whole system. Our environment has deteriorated for the last two centuries. Somehow, human disturbance is the primary cause of this. The 'want' from nature turns into 'greed,' which causes our mother nature to deplete and destroy

Degradation of the environment is one of the essential subjects where our mother earth is dying because of its hazardous, irresponsible, unthinkable, and permanent cause in this present era. Mindless consumerism and the hunger for more economic development or growth started its dreadful effect on mother nature. In the present case, sustainable development becomes a meaningless word.

It happens in several ways, such as the extinction of species, pollution of common assets, deforestation, and most rapidly by population growth. Other causes include urbanization, increase in energy consumption, economic growth, and agriculture intensification. Therefore, We should understand the causes of environmental degradation to cancel its harmful effects on our nature.

There are many forms of environmental degradation, such as soil degradation, water degradation, atmospheric degradation, and pollutions. Besides the above types, there are several other pollutants that are the critical cause of environmental degradation. The rise in radioactive wastes leads to nuclear contamination, nuclear pollution, Light pollution, and further noise pollution. Other elements like deforestation are also occurring for a degrading environment. Both natural calamities and human interventions are the reasons for environmental degradation

Environmental degradation leads to scarcity of our critical resources like water, fertile land, pure air, medicinal plants, genetic resources, etc. It also leaves a footprint by causing natural calamity as both are reciprocal to each other. For example, in India, some states found lessening of natural assets (because of earthing cables) like water and food. Therefore, the insufficiency of resources is one of the significant consequences of environmental degradation.

Another major effect of environmental degradation is natural calamities or disasters. For industrialization, various natural disasters such as floods, droughts, desertification, cyclones, earthquakes, etc. are increasing day by day. Working with others too to preserve the environmental commons seems to promote awareness of interdependence.

We can heal our mother nature by many processes like avoiding deforestation, following proper government regulation, reducing consumption level, reusing the resources, recycling environmental products, waste management, and spreading awareness

 Yemberzal Quote

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Famous Social Ecologist G.P. Marsh Says,

“Whether a man is of nature or above her,” it suggests we should keep in mind that if we nourish our mother earth, she will sustain us too.

The Fall Of Apple Industry

Written by *Hanan Javaid*
A Radiant Public School Student



The elasticity of demand has led to problems of price instability in agriculture, whenever either supply or demand shifts in the short-term. Taking instance of this year, the rates are reportedly 40% below the revenue level and the growers are thumping their chests in sheer complaint.

There are several theories to the price fall. I believe in a few of them. Like supply exceeding the demand due to bumper production, limited CA storage capacity, huge import of apples from foreign countries beyond the SAFTA agreement, raising the competition bar for our local apples, poor transport and road clearance, high charging commission agents and what not!

Nevertheless, this is just the tip of a deleterious iceberg in this sector. If the steering of our produce is not oriented towards a safer place, the industry will turn turtle in coming years. And here exactly, my dear beautiful people of my beautiful motherland, is needed the C3 strategy. First 'C' is for Consultation. Second 'C' for Confirmation. And the third 'C' for Construction.,

1. Consultation: In this strategy, the growers will need to consult the experts throughout the season for matching the international standards of quality. It'll target the disease management, orchard-specific spray schedule provisions, integrated pest and nutrient management, training and pruning assistance; need-based prescriptions and advisories to growers. It is what an organisation like "The

Garden Guardians" has been doing since 2017.

2. Confirmation: In this strategy, the grower will need to confirm the varieties he's growing, to check whether these varieties have market potential or not. If they don't, then he should go immediately for rejuvenation and top grafting by latest high colour and commercially viable varieties. Also, he'll need to confirm whether the varieties that he's growing have a good shelf life or not because the storage capacity of Kashmir is limited. If they don't, either he needs to replace them with greater shelf-life varieties or he needs to access the post-harvest treatments. Also, he should confirm the elevation and soil type for his varieties and rootstocks respectively. This will help him choose varieties and rootstocks specific to his location rather than randomly falling into the trap of imitating self-claimed progressive growers.

3. Construction: This is by far the most important strategy that a grower needs to focus on. He'll need to join any FPO (Farmer Producers Organization) or a village-level fruit-based cooperative which will subsequently authorise his production, besides providing a bargaining power before the market players outside the region. In addition to this, the higher authorities need to build more FPOs, promote feasible Market Intervention Schemes, upscale controlled atmosphere storage infrastructures, facilitate smoother traveling of fruit-loaded vehicles, stop illegal trades, boost local markets

close under-the-table rate fixing in mandis, promote open auction selling and buying, regulate affordable commissions for high-charging middlemen, provide subsidy on orchard inputs, tools and machinery, and ensure in making Kashmiri Apple a world-famous brand once again.

Even in this grim situation, let's promote our produce profusely and prolifically while having a firm belief that these antagonistic winds are just to raise us onwards and upwards. Also, let us reaffirm our faith on the belief that this too shall pass.

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False Mentality Of Judging Others

Written by SANIYA ZEHRA
A 9TH Class Student



Ours is a judgemental society. It is the routine of our society to judge others. No one is ready to introspect. Everyone is pointing fingers at others, without knowing that the fingers are pointing back to him or her. Judging others means to form an opinion or idea about others without delving into details. In other words, fault finding also falls in the domain of judging others. There are many definitions of judging others. But the common thread among all is that it is an evil that hurts society in the long run.

In a civilized society, such kind of an evil is hardly present. For them, fault finding is deemed to be the character of a lower personality. It is below the dignity of a realised personality to judge others, when he or she is aware of the fact that moulding people is more important than degrading them and reducing them to the lowest level. In civilized societies, people have no time to point fingers at others, for they are busy in making their worlds flawless and complete. If by chance, the need arises for judging others, there is a proper mechanism to do it. It is done to make a person; nor to mar it. They believe in the notion that degrading or lowering others is quite easy than to build a flawless person.

In our uncivilized society, the main job of people is to judge others and go for fault finding. If someone is progressing, people begin to judge him or her on various parameters. Every faculty of body is put to use to know the causes of his or her success. Moreover, if a person is sad due to one or other reason, people find it. The main topic to be discussed. Every kind of allegation is levelled against the said person to make his or her life more miserable. Furthermore, if a person is found doing something wrong, all heads assemble and begin to talk about him or her endlessly. They open the domains that are non-existing. They can go to any extent in defaming the person's image by judging him or her.

It must be kept in mind that as social beings, there are cent percent chances of misunderstandings and the violation of other's rights. When vessels are kept together, there are chances that they collide with each other and make a sound. However, the important thing is that how well we can sort out issues. A person who has been living a life of decency for a long time, if found doing indecent, though the circumstances are unknown, he or she is judged badly. He or she is not allowed to live his or her life peacefully. It is okay that a person commits a mistake. He or she is regretting it. He or she has remorse in his or her heart. Now, it is up to God to decide his or her fate. But people have no right to judge him or her on superficial grounds.

In order to let people live comfortably, we must avoid judging people. It is quite easy to point fingers at others. The best thing to do is to boost the morale of people. Sympathy, empathy and care for others should be our mantra. Mistakes are the order of the day. The best way is to refrain from doing these.

Learning lessons from these is more important than picking or highlighting the mistakes of others. No one is perfect. One has to apply his or her logic when anything untoward happens in our society.

Moreover, seeing other people making progress, must not compel us to resort to judging him or her. It is a deep malaise and it needs change in mentality to overcome this. Persistent efforts in this regard can do miracles. Starting can be made from our homes to abstain from this evil. Education system can be organised in such a manner where students are made to introspect themselves. Knowing one's faults is a big win than to win battles. Hope good sense prevails!

 Yemberzal Quote

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Demi Lovato

I wish people could understand that the brain is the most important organ of our body. Just because you can't see mental illness like you could see a broken bone, doesn't mean it's not as detrimental or devastating to a family or an individual.

The World Is Too Much With Us

Written by Syed Mustafa
Sayidwrites@gmail.com



In the present age, materialism has become the main concern of a man. He earns and spends, without having any other concern in his mind. The religious books make it clear that the main cause responsible for moral degradation and wars is materialism. However, man still walks on this path hurriedly, without looking right or left. His life revolves around the single theme of piling up more and more material. He wakes up in his sleep to crave for materialism. He doesn't sleep so that his hard-earned material is not stolen.

This situation is the product of many factors. Finding solace and comfort in material things has made the man to focus his eyes on it. Bank balance, cars, houses, property etc., have been taken as real sources of comfort and ease. A man's constant fear is that if his material is lost or used, he may lose or die. Moreover, he keeps looking at others' material gains which forces him to walk the same path. Last but not least, considering that this world is forever, he wants to gain material wealth as much as he can.

The results of this craving are obvious. Wars, diseases, anxiety, etc., are the common sights. People cut other's throat to snatch his wealth. He wants to dominate over the whole earth.

All the resources of the world must be in the possession of a man, has become the new habit of the man. To get this, he doesn't hesitate in decimating the beauty of this earth in the form of human beings, rivers, mountains, forests, etc. Diseases are on rise. Mental disorders and the future anxieties are on rise. No one is contented with his life. A majority of wealthy are in constant fear what will happen next. What about his material possessions?

To live a real life, man must disengage himself from the snares of materialism. Yes, a man has to live here. But living here doesn't mean that we must overlook the beauty of this beautiful planet. The perfect bliss provided by nature can not be found in any other thing of the world. Now, it is up to us to open our eyes and engage ourselves with nature and God. Our relationship with others must be based on humility and empathy. Earning is the need of the life. However, earning and spending are not the only aims of life.

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Conservation of Forest: Ways and Importance of Conserving Forest

Written by Malik Saboora

A 11th Grade Student



Forests are the source of life. We depend on forests for our survival. It is the forest that provides us with all the air we breathe and the wood that we use to build our homes. Not only this, but they also provide us with a livelihood; it is a habitat for wild animals. It is important to realize that forests are the backbone of all life on the planet and are essential to our survival. It maintains a complex ecosystem consisting mainly of trees that support many types of flora and fauna. Forests are of great use to human beings and must be conserved. The act of protecting someone or something is called conservation.

Every action is a reaction of influence or inspiration. In order to fully understand anything, immediate action must be taken. To ensure the conservation of forests, an act was passed in 1980, the "Forest (Conservation) Act," which was later amended in 1988. By enacting this act, we intend to protect forests, as well as matters related to or associated with forests, from the adverse effects of climate change, deforestation, forest fires, etc.

As mentioned earlier, forests are essential to us. Life would not be able to sustain if forests disappeared. Not only this, the earth would come to an end if forests were not there to regulate it.

There are several ways through which we can save forests. If these methods are practiced properly, the ecosystem will be balanced and can be saved.

- We should regularly check the number of trees that have been cut. We should also make a planned graph before cutting trees in an area. No additional trees should be harmed. In fact, only a reasonable number of trees should be allowed to be cut.
- In the event that you are cutting down a tree, afforestation should be your moral duty. You should plant another tree to replace it and compensate the environment for the loss you are making. This will certainly help in balancing the number of trees throughout the world.
- In the era of rapid urbanization and industrialization, clearing forests just for the sake of making another house, building, or establishing an industry is quite normal.
- The number of trees taken down due to this is generally not even accounted for. It is saddening to see the growing number of forest clearances taking place around the world, especially when it is unnecessary and avoidable. The loss of these natural habitats not only harms the environment but also the animals that live there. Therefore, we must check it and avoid it at any cost.
- By keeping an eye on forest areas, we can help to prevent illegal logging and other activities that damage these vital ecosystems. In addition, surveillance can also help us to identify areas that are in need of protection or restoration.

Forests are necessary elements in the earth. We need to conserve them because if forests are destroyed, animals and other creatures of the forests will come out to human settlements searching for a place to stay. Animals will be killed more and more by humans. Humans will start fighting each other for wood and other plant materials, causing an imbalance in the environment. They will end up destroying each other for forest areas. Slowly and steadily, the carbon dioxide level will rise worldwide; This is another alarming situation, and we need to act now. Rains will become scarce, the heat level in the world will increase to a very high level, and soon many places will become arid and dry. The snow-clad peaks of mountains, frozen rivers, and the ice at the poles will all melt rapidly. Not only that, wild animals, who thought the forest was their home, would wander in the streets, creating havoc; This is because dangerous creatures such as lions, tigers, and leopards can create chaos in your residential area if they are set free. This can lead to the destruction of developed areas and ultimately create a danger to human life. Forest conservation requires proper management otherwise the earth will suffer devastation.

It is evident that forests are essential to our survival. They play a vital role in climate change. They provide homes for countless species of animals and plants. In addition, they offer us a place to relax and escape the hustle and bustle of everyday life. We need to do our part in order to conserve these precious resources, and there are many easy ways to do so. Simply by reducing our consumption of paper products, we can make a positive impact on the environment. In addition, supporting organizations that practice sustainable forestry methods is another practical way to help ensure that forests are around for generations to come. So, what will you do to help conserve forests?

Corruption and measures to prevent Corruption

Written by Mir Tadeen

A 8th Grade Student



Corruption is deceitful behavior that people in positions of power exhibit for personal gain. It is most commonly seen amongst government officials or managers. There are different forms of corruption, including bribery, embezzlement, extortion, networking, under-the-table transactions, manipulation of the election result, money laundering, and more. If we look at the finance world, we see many investment managers that run a Ponzi scheme (investment fraud). This is a form of corruption. Similarly, other circumstances can be labelled as corrupt. Professionals belonging to the financial services industry, like the chartered financial analysts, have to follow a specific code of ethics that helps them avoid situations that can lead to a conflict of interest.

There are different penalties one may face if found guilty of corruption. They can be fined, imprisoned and suffer a loss of reputation. Apart from personal effects, the organization can also have a negative impact because of corruption that may be long-lasting. Many banks have suffered due to engaging in corruption by laundering money, rigging the foreign exchange market, and more. When prominent names are involved in corruption, the media covers the case, which results in a damaged

reputation of the individual or organization involved. If it is a renowned business, they lose customers and, ultimately, sales.

To limit this damage and earn back the trust, they carry out an extensive public relations campaign. To ensure it is implemented well, valuable resources like time and money are utilized extensively. As a result, the company has to face even more financial losses. If gone unchecked, corruption will keep rising in the community, which will result in increased criminal activities and organized crimes. Different steps can help in managing corruption and bringing it down. Education is one of the most critical steps. It can help in reinforcing the correct business practices. This way, people will know how to identify corruption.

Mandatory education courses like anti-money laundering must be introduced. The senior employees in the management department must lead by example and cultivate an open and transparent culture. Moreover, accountability mechanisms can also help in curbing corruption. It will help in strengthening the ethical culture that will promote ethical behavior by holding people responsible for violating the norms. Thus, a robust control environment can reduce it significantly.

Furthermore, it can be easier to reduce corruption if reporting it becomes simple. Anyone must have the right to report it freely without any fear, whether an employee, customer, manager or even a supplier. Another vital factor must be running a meticulous background check on the individual or organization before putting them in a position of power. There are different ways we have to pay for corruption. Anyone can be involved in corruption. It can include a politician, public servant, school administrator, government officials, managers in a firm, coach of a sports team, and more. The political costs include hampering the rule of law and the freedom of citizens. Social costs are concerned with the citizens losing the trust in their government. Economic costs include losing out on opportunities to build wealth, and environmental costs deal with a decrease in chances for a healthy environment and sustainable future.

We can take different steps to stop corruption. There should be specific codes of conduct that everyone must follow rigorously. Similarly, rewards and incentives must be granted to encourage people to cultivate an ethical culture. Conflicts of interest must be managed efficiently, and a compliance-friendly environment must be fostered.

Last Native King Of Kashmir

Written by Syed Mustafa
Sayidwrites@gmail.com

The Shahmiri Dynasty was the first Muslim dynasty in Kashmir. Habib Shah was the last ruler of Shahmiri Dynasty. Being incompetent, he was deposed by his military commander, Gazi Chak. He laid the foundation of the Chak Dynasty. The Chak rule began in 1561 and lasted till 1587, when the Mughal emperor, Jalal-Ud-Din Akbar conquered Kashmir. Chaks were originally Dards, the residents of Gilgit-Hunza area.

They settled in Kashmir during the reign of Shah Mir, the founder of the Shahmiri Dynasty. Chaks, apart from other things, are famous for successfully resisting the attempts of Zahir-Ud-Din Muhammad Babur and his son, Humayun, to annex Kashmir. Among all the kings of the Chak Dynasty Yousuf Shah chak was an influential one.

Mohammad Yousuf Taing says that Sultan Yousuf Shah chak was the last native king of Kashmir. He was barely 35 years old, when he ascended the throne in 1580. It was a critical time, full of challenges for him. War clouds were gathering fast and the armies of the Mughal Emperor, Akbar, were again knocking at the gates of Kashmir to avenge the defeat they had suffered two decades ago, when the people of this mountain-grit valley, under Ghazi Khan, had repulsed their attack and pushed them far beyond the frontiers of their homeland.

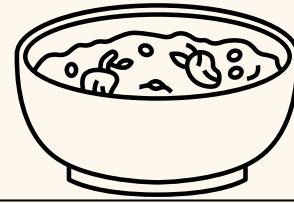
The challenge was great. Undaunted, the young king, however, rose to the occasion, when, in 1586, the Mughals launched a full-scale attack on Kashmir. Yousuf Shah, offered stiff resistance to the invading armies. A bloody battle followed, but the Mughal armies, although superior in numbers and highly skilled in the art of war, could not subdue the brave Kashmiris who had rallied behind their king to beat back the invaders. Finding that the going was tough and that war could not help them, the Mughals thought of a trick to achieve their objective. They invited Yousuf Shah to come to the Imperial Court at Agra for peace talks. Ignoring the advice of his ministers and commanders to the contrary, the young king, with a view to sparing his people from suffering caused by a devastating war, accepted the invitation and went to Agra, never to return to his native land. Akbar imprisoned him and held him in captivity until December 1587. Subsequently, Yousuf Shah was exiled to Bihar and given a jagir in Biswas.

Later, the Mughals compelled him to accompany their army, which conquered Orissa in 1592. And there at Jagat Nath Puri, he, the Sultan of Kashmir, died on September 22, 1592. His body was carried to Biswak where it was ultimately interned on 25th of December 1592. According to "Baharistanshahi" an authentic record of Yusuf Shah's time, a garden was laid out on the spot. Subsequently, other members of the clan, including Yusuf Shah's valiant son, Yaqub Shah were also buried in the same graveyard. Yusuf Shah holds a unique place in the cultural history of Kashmir. He was a romantic figure whose life resembles a classic tragedy more than one sense. The pages of authentic chronicles bear testimony to his many achievements in the fields of art and culture. Mohammed Yousuf Taing, quoting Makik Hyder Chaudora, the contemporary of Yousuf Shah chak and who rose to be the trustee of Noor Jehan, when Jehangir took her away from Sher Afgan, records in his chronicle: "When Yousuf Shah Chak was taken to the court of Emperor Akbar, he (Akbar) became quite fond of him for his love of music. Such was the depth of Yousuf Shah's knowledge of music, that once when the great Tansen was striking a wrong note while singing Rag Kalawant, he at once pointed out the mistake to the singer, who promptly acknowledged his superior knowledge and corrected himself."

Mohibbul Hassan in his book "Kashmir Under the Sultans" quoted Haider Makin's Tarmrikh-i-Kashmir, which says "of handsome appearance, an expert in the science of music, fond of Persian and Kashmiri poetry, patron of poets, scholars and musicians and himself a poet, Yusuf Shah was one of the most cultured rulers of the Sultanate period. Though not possessed of any personal valour, he displayed, when he first ascended the throne, promptness and energy in suppressing the revolt of his uncle Abdul Chak. On being driven out of Kashmir, he again displayed enterprise and initiative in his attempts to recover the throne. After regaining the kingdom, he tried to promote the welfare of his people. He prohibited the soldiers from taking unpaid labour from the peasants and unlike his predecessors, he gave up the practice of extracting unpaid labour and Zakat from the hanjis. He also abolished Jizya and taxes of an oppressive nature imposed on gardens, cattle and artisans. "Last but not least, in exile, the life of Yusuf Shah was tragic. The allowance which he received from the Emperor, though enough to support a life of comfort, was not sufficient to maintain his dignity and being of a generous nature and accustomed to luxury, he found himself always short of money. Moreover, in the scorching heat of the plains of Bihar, he longed for the cool and bracing climate and the picturesque sceneries of the Valley. In exile, he missed the society of poets, scholars and musicians but above all, he pined for his beloved queen, Habba Khaton. She was the daughter of a peasant of the village of Chandahar in the Vihri pargana. She had been unhappy with her first husband who was a drunkard and a debauchee and who ill-treated her. A poetess and a musician, possessed a sweet voice, she captivated the heart of Yusuf Shah who fell in love with her and married her. He built for her mountain resorts in Gulmarg, Sonarmarg and other beautiful spots. But now as a royal prisoner, he knew he would never see her again. All this so much affected him that his mind gave way and he died on 22nd September, 1592, after an illness of six days and was buried in the pargana of Biswak.

In 1977, the then Chief Minister, Sheikh Muhammad Abdullah and the writer and historian, M. Y. Taing, visited his grave. A plaque near the tomb reads:

Harissa



Steps

Ingredients

- 1 kilograms chopped mutton
- 4 cloves garlic
- 500 grams chopped onion
- 8 peppercorns
- 3 tablespoon fennel seeds
- 4 clove
- 2 inches Cinnamon stick
- 4 black cardamom
- 5 green cardamom
- 4 pinches salt
- 1 tablespoon dried ginger powder
- 1 cup vegetable oil
- 1/2 cup Rice flour
- 250 millilitre milk
- 1 cup sliced onion

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- Take a pressure cooker and add meat to it.
- Take a generous amount of water, more than you usually do, as the stock will be used later as well. Add to it, sliced onions and all the spices.

Tip: Add just a little salt. You can add more salt later, make sure it's the right amount. Subsequent stirring tends to increase salt. So be careful and only add a small amount.



Check the mixture for salt. Add more, to your taste if required. In case there is more salt in it, add little quantities of milk till it is neutralized while stirring.

- Cook on medium flame and cook for 2 whistles.
- Turn down the heat and simmer for about 45 minutes to 1 hour. Turn off the heat and keep as such till all the steam is released by the cooker.
- Open the cooker and with a spadle stir all the ingredients once to mix them well.
- Remove the bones from the flesh. Keep it aside for now.
- Filter the remaining stock and remove any of the visible spices like cardamom pods and cinnamon sticks.
- Take 1 cup of stock and add rice flour to it. Make a smooth paste.

You can either use the same cooker or take a more open mouthed utensil for the following steps. It is your choice, but a wider utensil will definitely help. Transfer the deboned mutton into the utensil/cooker and put it back on the flame.

- Add the rice flour paste (or cooked rice) to this mix.
- Follow with a glass of milk and one cup of oil.
- Cook it on the medium heat while stirring continuously for about 1 to 1.5 hours or till you get the required consistency. Add the remaining stock, slowly to this mix, while stirring all the time. This is an important step in the whole process. The smoothness of the Harissa is determined here. So make sure you put some extra effort and stir really well for a long time. Normally the stirring is done with a long wooden spadle, locally known as choncha. The smoother the better.

- Once the oil starts leaving the sides of the cooker, your Harissa is cooked and ready!

Traditionally, Harissa is cooked the night before and eaten for breakfast the next morning. In the morning you can brew it with oil/dairy/butter and some chopped onion for enhancing its flavor. Alternatively, pre-cooked kebabs are also served as a garnish, although they are not necessary.

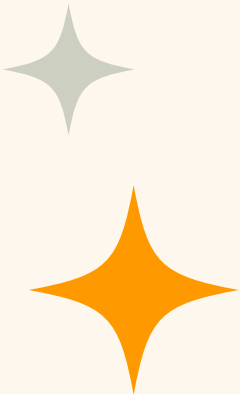

- Garnish it with the crispy onion fries or pran (shallots) and grab some hot naan or roti! Indulge in the heavenly deliciousness of a sizzling plate of Harissa beating in taste, the chill of a cold winter morning.
- Please Note: Don't eat it alone. It tastes better with friends and family.



WHOSE LIVES WE LIVE?



By Syed Mustafa



Life is the most beautiful gift from God. It has to be enjoyed as well as introspected. Learning from others is as necessary as learning from yourselves. Rectifying one's mistakes is a pious job that has its own value. However, all goes awry when we live for others. To put it in other way, when we eat, sleep, run, walk, earn, study, pray, etc. by looking at others. Looking in the sense that we feel that what others are doing is more important for me than what I myself do. Moreover, when others' happiness and sorrows occupy our mind set, is another way of not living your lives.

Man is the crown of creations. He can't stoop so low and becomes a puppet in other's hands. The marvellous brain does miracles. Cells are unique things that cannot be made in any laboratory of the world. When this is the case, then which cause or causes force a man not to live his life and keep staring at things that have little value for him? In the following lines, I will discuss some causes of this situation.


The first is lack of introspection. If a man introspects, he will definitely come across himself. Reaching that stage will enable him to forget everything, though he remembers everything. To make yourself nothing, even though you are everything. Pablo Neruda in his poem " Keeping Quiet " says that due to greed for more and more material, there is chaos and confusion in our lives. Peace will come when we stop and introspect. When many identities are lost and one identity is accepted, it means you live your life. If not, then a body builder is a mere dust and which we are.

The second is working against God's plan. He wants from us to be yourself first and then your family. After that, you must care for others. However, caring for others without caring for yourself, is madness. You will never live your life in this way. Giving proper attention to yourself as commanded by God, means that you are following the God's chosen path and there will surely be victory. And this is the best way of living.

The third is ungrateful society. Barring some people, a majority of people are selfish. Feeding snakes in the hope that they will not bite me is the maddest thing in the world. In this example, there is a lesson for us that never try to appease people, who are hell-bent upon to criticize us, after giving them honour as well as support. Going against this, is the way of living your life.


The fourth and last is our fault. We do keep expecting from people. Knowing that they won't do anything good for us, without having selfish motive behind it, we ruin ourselves. Who will come and teach these people that why are expecting from unexpected people? In this way, we never live our lives.

So, the need of the hour is to begin live our lives. Everybody is busy here. Why should a person wait for other person to come and then he or she will start living? It is better to come out of this illusion as soon as possible.




HIJAB

Written by Snoober Majeed
Hussaini public high school Student



Allah gave me hijab that is my identity
It is my safety.
I embellish myself when I wear it,
I remember myself when I see it .
My love with it is precious to me.
Remembering my princess whose hijab
was snatched,
Remembering the day when its value was
increased.
Feeling proud to be a Muslim girl ,
without it, I am nothing in the world .
It is my crown that I never take out ,
when I die it will be my shroud.
My love with it is precious to me.
It protects me from evil eyes ,
it connects me with Allah every time.
I wear it without any fear ,
whatever the world says I really don't
care.
My love with it is precious to me.



FADING

Written by Syed Mustafa
cmh@yemberzal.in



With each passing moment, I am receding into oblivion.

My energy is sapped and the body is trembling.
With an owl's hoot, I lose my consciousness
And fall into the depths of grief.

No companion, but horrible dreams are everywhere.

I see myself dead and my fate beating its chest.
My lonely dead body is defaced by vultures
And the pythons are drinking the poisonous blood.

The vipers are spitting blood
And my whole being is drenched in sour blood.
The vampires of my gloomy world need blood.
They are thirsty and it is time to quench their thirst.

Flowers have withered and the garden is burnt.
At this moment, I am fading into oblivion.
I am receding into oblivion.

LIFE


Written by Sheikh Iqra Zehra
Hussaini public high school Student




O, Mother, God has made you such a noble creature!
Leaving your pleasure, you care for your children.
How can I define you and your dignity?
You are one who has great destiny.
Waking early in the morning without any pressure,
you are one of the greatest God's treasure.
There is no need to define your identity, for every one is aware of your sanctity
The purest heart is residing in the purest city.
I pray to keep my mother happy.

WHY DO I WRITE?

Written by Syed Mustafa
cmh@yemberzal.in



I write to say what I am unable to say.
I write hidden emotions.
I write feelings, deep inside the soul.
I write instincts that need to be suppressed.
I write to let me know who I am.
I write to tease myself.
I write to criticize myself.
I write to praise myself.
I write to paint my dull walls.
I write to fulfil my dreams.
I write to love myself.
I write to sing it later.
I write to weep at later.
I write in my mud room to strengthen myself.
I write to protect my home from storms.
I write to protect my home from floods.
I write to protect my home earthquakes.
I write not to allow people visit my home.
I write to let others know the stair of my house is crumbling.
I write not to fear people.
I write to fear people.
I write to make sure I am alive.
I write to let others know I have died.
I write not to harm anyone.
I write to harm myself.
I write to do away with aloneness.
I write to be alone.
I write to make my world.
I write to live my world.
I write to live.
I write to be alive.



Light

Written by Airah
cmh@yemberzal.in



Sun give light during day.

Moon give light during night.

Both have potential,

One give in day and one give in night.

Be like a sun and moon, give your light to everyone.

What does light mean?

As per me light is like knowledge and respect.

For example

1.Knowledge:

Sun and moon give us light it brings our planet to shine,like sun and moon you give your light(knowledge) others it brings shine in others lives.

"Correct knowledge(Light) brings shine in others lives and wrong knowledge (Darkness)brings unshine in others lives".

Be like a sun and moon.

2.Respect:

Light is like a respect.

Respecting others is like you give light others and brings others lives with shine,like a sun and moon.

Disrespecting others is like you give darkness others and brings others lives unshine.

Example:If sun give us darkness in day instead of light, we were not happy with them same happens with our life,if we give respect, others will be happy and if we don't give respect ,others will be unhappy.

Respect everyone,if they give you respect or not.

Snow Leopard



Zoological Name

Panthera Uncia

The Snow Leopard is the primary predator in high altitude areas of Jammu and Kashmir, India. Seen along the snow line, the Snow Leopard is not easily noticed because of its effective camouflage. The Snow Leopard's fur is a thick silvery gray which helps it conceal itself along the snowline and the rocks of the mountains, which are its natural habitat. The black rosettes and spots help the Snow Leopard blend into areas of sunlight and shadow and hide more effectively while stalking its prey.

Range : The Snow Leopard can be seen in the Dachigam National Park in Srinagar in Jammu and Kashmir, on wildlife tours with Kashmir Tourism. The Snow Leopard lives in the high altitude regions of Jammu and Kashmir in regions over 3200 meters. It is also found in other Himalayan states of India and in high altitude areas in Nepal, Tibet, Bhutan, China and Central Asia. Snow Leopards prefer to live along the snow line in summer. In winter they come down to pine forests and grassy meadows in search of prey and a less harsh environment.

Appearance and behavior: The snow leopard is a handsome animal with a thick coat of silvery fur marked with black spots. The underbelly and chest are white and the fur is longer to protect it from the snow beneath. It has stocky limbs and huge paws, which give it a stable grip on the slippery snow-covered ground and rocky ridges. A Snow Leopard can be 7 feet long; this includes its 3-foot tail. It is usually 2 feet tall and weighs between 25 and 40 Kg.

Snow Leopards are good climbers and stalkers. They are normally found alone except for small groups of a mother Snow Leopard with her cubs. Cubs usually become independent after a year of living with their mothers. A mother leopard normally has 1-3 cubs. Snow Leopards are the primary predator in high altitude areas and stalk and hunt wild sheep, mountain goats, deer, rabbits, hares, marmots, and birds such as pheasant and partridges. Snow Leopards usually hunt in twilight or at night and sleep through the day therefore minimizing their chances of being seen.

Population: Worldwide there may be 4500 - 7350 Snow Leopards. The wide range of this estimate is due to the difficulty in gathering data because of the mountainous terrain in which the Snow Leopard lives. Snow Leopards are under threat from poachers who hunt them for their attractive fur even through Snow Leopards are an endangered and hence protected species in India. You can see the magnificent Snow Leopard in the Dachigam Wildlife Sanctuary in Jammu and Kashmir on Kashmir wildlife tours with Kashmir Tourism.

MARKHOR - Kashmir



Zoological Name

Capra falconeri

The Markhor is the largest wild goat in the world. In India, the sub species is found only in the Union Territory of Jammu and Kashmir (J&K). The species is enlisted in Schedule-I of the Wildlife (Protection) Act, 1972 and Near Threatened under the IUCN Red List of Threatened Species. In 2004, WTI along with Department of Wildlife Protection, J&K and Environment and Ecology cell, Indian Army undertook extensive surveys within the past distribution range of markhor and established a scientific baseline replacing the previous guess estimates. More such surveys in following years revealed only two markhor populations i.e. Kazinag and Pir Panjal totalling approximately 250. In addition, the surveys also highlighted the threats this critically low population species were facing, ranging from loss of habitats due to encroachment, illegal grazing inside Protected Areas (PAs), linear infrastructure development, anthropogenic pressures, lack of awareness, lack of manpower for protection, hunting for bush meat, and lack of stringent enforcement of law.

In the last couple of years, WTI has been monitoring different sites and working with the local communities and herders to conserve markhor and its habitat. Moving ahead, the project team conducted occupancy survey, assessed impact of livestock on markhor habitat, held consultations with migratory herders and locals to reduce pressure on markhor habitat and linked locals and migratory herders with different welfare schemes of Govt. and other agencies. Additionally, informer networks were developed to control poaching of markhor in their habitat.

Apart from these activities, the project lists out a number of other urgent interventions to secure the Markhor population in Kashmir. Previous consolidated efforts have enabled declaration of National Park exclusive for Markhors, an extension of the Hirpora WLS and declaration of the Tattakuti WLS for the species. Further intervention is now required to reduce the grazing pressure and wildlife crime. According to WTI's conservation impact, reduced threats will improve population of Markhor by 20% and occupancy by 10% in J&K by 2023.

The largest mountain goat in the world is found in two areas in Jammu and Kashmir: the Kajinag National Park in Baramulla district close to the LOC and the Hirpora Wildlife Sanctuary in Shopian district. Photo from Wildlife Trust of India.

The purpose of this Act is to foster recognition of the forest as a common heritage and promote sustainable forest development in order to meet the economic, environmental and social needs of present and future generations while giving proper consideration to other potential uses of the territory.



UPSC Corner



Forest Conservation Act 1980

The Forest (Conservation) Act of 1980 (FCA, 1980) is an act by the Parliament of India which ensures conservation of forest and its resources.

It was enacted by the Parliament of India in order to control the ongoing deforestation of the forests of India. It came into force on October 25, 1980 containing five sections.

Amid news reports mentioning future amendments to the FCA 1980 by the Environment Ministry, the act and its provisions become important from the current affairs perspective.

Need for Forest Conservation Act, 1980

Forests are an important resource that nature can bestow upon mankind. Therefore, it is the duty of every citizen to preserve the ecosystems of forests. But due to rapid deforestation, the cycle of nature is itself being disrupted. Therefore, the need to bring about a law to ensure the preservation of forest was needed.

One of the first legal drafts to protect forest tracts was the Indian Forest Act, 1865 replaced by a 1927 version of the same act. However, it was more geared towards protecting the commercial interests of the British Empire in India.

The act gave authority to the British to restrict tribal activities by levying taxes on timber and forest services. In other words, it mainly regulated the cutting of timber and flow of raw materials rather than protecting forests.

Upon independence, the President of India enforced the Forest (Conservation) Ordinance in 1980 which was later repealed by virtue of Section 5 of the Forest (Conservation) Act, 1980. Under the 1980 Act, the restriction was made on the use of the forests for non-forest purposes.

Features of the Forest Conservation Act 1980

- The Act restricts the state government and other authorities to take decisions first without permission from the central government.
- The Forest Conservation Act gives complete authority to the Central government to carry out the objectives of the act.
- The Act levies penalties in case of violations of the provisions of FCA.
- The Forest Conservation Act will have an advisory committee which will help the Central government with regard to forest conservation.

Objectives of the Forest Conservation Act 1980

- Protect the forest along with its flora, fauna and other diverse ecological components while preserving the integrity and territory of the forests.
- Arrest the loss of forest biodiversity
- Prevent forest lands being converted into agricultural, grazing or for any other commercial purposes and intentions.

She is student currently studying in class 12 from Srinagar. She has been a curious individual all her life . She is a self taught artist who is always open to learning new things whether it be art or any other.Honestly,She has been painting for as long as I can remember. Even as a child, She wasn't very good with expressing herself using words, so that's where art came in handy. She has been using art as a medium to communicate. She feels more comfortable in expressing her imaginations and ideas through her paintings rather than writing or by speaking.



Instagram icon _suhamir

Suha Mir



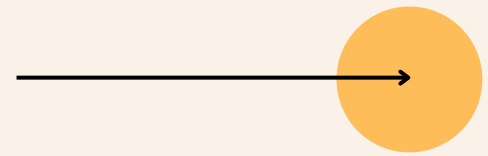
Azla Ashraf

Instagram icon imperfect_strokes_

She is student currently studying in class 12 at Delhi Public School, Srinagar. She has been a curious individual all her life . She is a self taught artist who is always open to learning new things whether it be art or any other skill. Being a Kashmiri She has faced a lot of criticism about her art to a point where She felt that she has not meant for it but She is immensely glad and never gave up her art passion. She started working on herself and believed in her potential. She is enchancing her painting skills with a every day .

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Inspirational Quote



“Smart people learn from everything and everyone, average people from their experiences, stupid people already have all the answers.”

 Socrates



INSPIRING THE YOUTH



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