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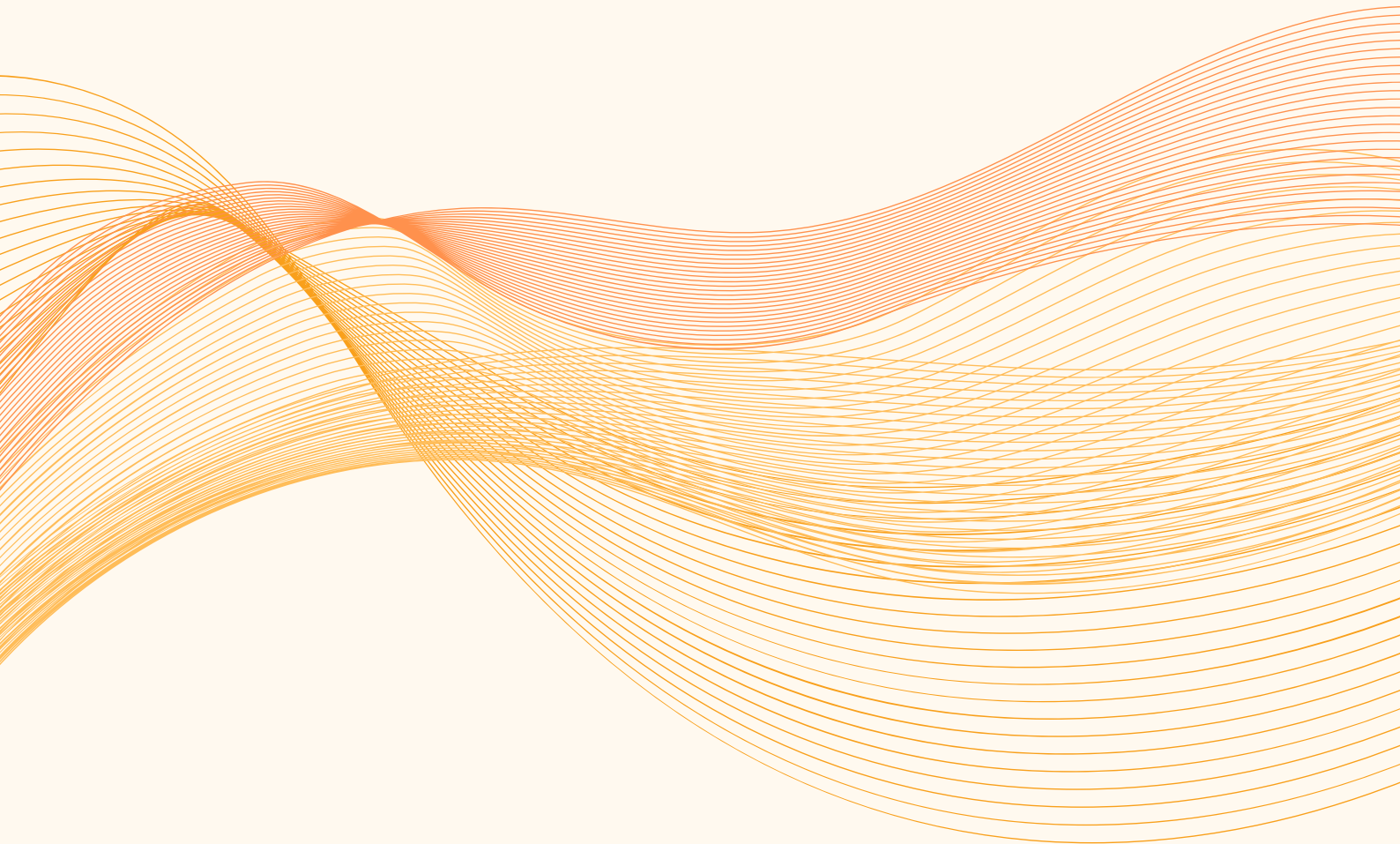
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Reasonable Constraints; The Only way to Embrace



Written by Syed Mustafa Ahmad
Content Writer



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You may call it freedom or liberty. It is a fact that every person wants to do whatever he or she wants to do, without being subjected to external hindrances or constraints. No body wants to be bound by laws, whether natural or man-made. However, the most important thing is that are we really free to do whatever we want to do . In my opinion, looking at the creation of the universe, it is impossible to have a free hand in every aspect of life. Let us understand it through different angles.

The first is God's creation. The Sun, the Moon, the planets and all other celestial bodies are bound by some fixed laws. The sun rises in the east and sets in the west. The Earth is at appropriate distance from the Sun and other stars and planets. Seasons come and go without a slight mistake. Everything follows some rules that allow peace reign in. No inanimate thing makes a slight effort to go against the Creator who has kept it where It is. So, the natural things are a testimony that freedom is here but in limited sense, which the Creator has given them according to the divine plan.

The second is diversity. As we are aware of this fact that this world is fight between good and evil. The main motive of goodness is that every living organism remains where it is. Any deviation from that path, can prove disastrous. Human beings have been made in such a way that he always tries to throw the chains in which he is bound. But the

experience shows that whenever it happens, it brings misery in the world. Evil wherever reigns, there are cent percent chances that the natural order is thrown to winds. We have examples of genetic mutations, nuclear experiments, worship others other than Almighty, trying to build another world of their choice, etc., has brought untold misery to the world. The First World War, the Second World War, the Syrian Civil War, etc., are glaring examples that can bring us closer to the fact that life is suitable when it is bound by rules and regulations.

The third is the Almighty's obedience . He is our Creator. He knows our creation. So, it makes us no sense that creation goes against the wishes of the Creator. The machine is bound to follow his master. Whenever machine goes against the plan of the master, the machine is either repaired or it is discarded forever. This applies to human beings as well. The grand design of the universe says that the Creator has created or made us as machines. Until, we work according to His plan, nothing awkward happens. The very moment we try to put away the yoke of Allah's rules and regulations,, we are bound to fail. Moreover, He has sent many chosen-messengers to repair human beings so that they may come back to the original path.

The fourth and last is the motive behind life . If a person knows why he or she has taken birth, many issues are automatically solved. A meaningful life means that it is sinful to harm anything, whether living or nonliving deliberately. It means not to sacrifice permanent things for temporary things. Permanency means that it is better to remain in limited for long term gains than to break the laws, which have been imposed by the Almighty. So, meaning in life means that we are forced to obey laws for the mass gain.

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Why Cigarette Smoking Needs To Be Banned



Written by Haqnawaaz Qayoom

Grade 11 School Student

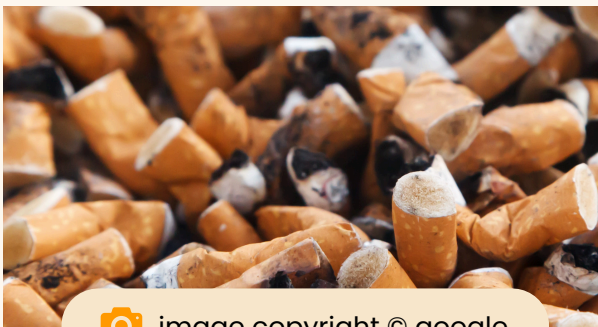


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It is universally known that smoking is a serious health hazard that impacts a person's body through cancer, heart disease, stroke, among other severe conditions. In the year 2022, cigarette smoking was responsible for killing 3 people every 2 minutes in India. According to the WHO, globally, a person dies every six seconds because of tobacco consumption.

If cigarettes are designed to be addictive and lethal, and if their adverse effects are so well known, why isn't smoking banned yet?

The answer is very simple: until tobacco and tobacco products are legal, smoking cannot be banned. The reasons behind this range from the fact that they generate a significant amount of revenue to the arguments put forward by the tobacco industry claiming that such a ban would lead to a black market, increase job losses, and that it is the personal freedom of the individual to smoke or not.

To begin with, the most important reason for the absence of such a prohibition is that tobacco and its products generate huge revenue. According to Statista, the worldwide tobacco products market is expected to generate revenue of about \$965.1 billion in the year 2024, which is a 2.5-fold increase from the revenue generated in 2023. In the 2024 numbers, cigarettes are a major contributor with the expected market share of \$854 billion. Each smoker spends \$144.10, which is almost 12,000 Indian rupees, on smoking. However, in India, this amount is only \$11.09, mainly due to the prevalence of cheaper substitutes like beedi and pan masala, and the fact that most of India's smoking

population comes from its low-middle-income sections. So it is substantiated that tobacco products contribute significantly to our national income as well as the global economy. This is a major reason why a complete ban on cigarettes may not be supported by most governments across the world.

But in reality, if a ban is imposed, it would have some impacts on the economy, but the long-term losses are going to be very minimal. This is because smoking is a major cause of serious diseases, the treatment of which drains the pockets of patients. When people give up smoking, the burden of costs, both for the people and the government, decreases, and the same money can go to other, more beneficial areas of the economy.

Secondly, the argument put forward by the tobacco producers and their lobbyists in opposition to a ban is that disallowing tobacco products will lead to a black market. Even after a strict ban on illicit drugs in almost all countries of the world, the global drug trade has reached 3019 crore rupees. In addition, people might buy cheaper tobacco products from the unregulated black market, which may be even more dangerous to health than regular products. A World Health Organization study revealed that in Bhutan, there was a steady rise in smoking, particularly among minors, following a ban in 2010. This was used by the tobacco industry to convince the government to reverse its decision.

But according to Betsy Freeman, Associate Professor at the University of Sydney, it was the inability of enforcement measures to coincide with the health reforms that would actually draw the illegal sales and use of tobacco products. He adds that effectively tracking where the tobacco products are stored and sold, and to whom they are supplied, can help make it easier to track where all the tobacco products are going. Both the World Bank and the IMF support his opinion, saying that licensing of the entire supply chain is the key to tackling the illegal trade. Additionally, there have been cases where tobacco brands themselves have been involved in illegal tobacco trade, with leaked documents revealing companies deliberately smuggling their own products.

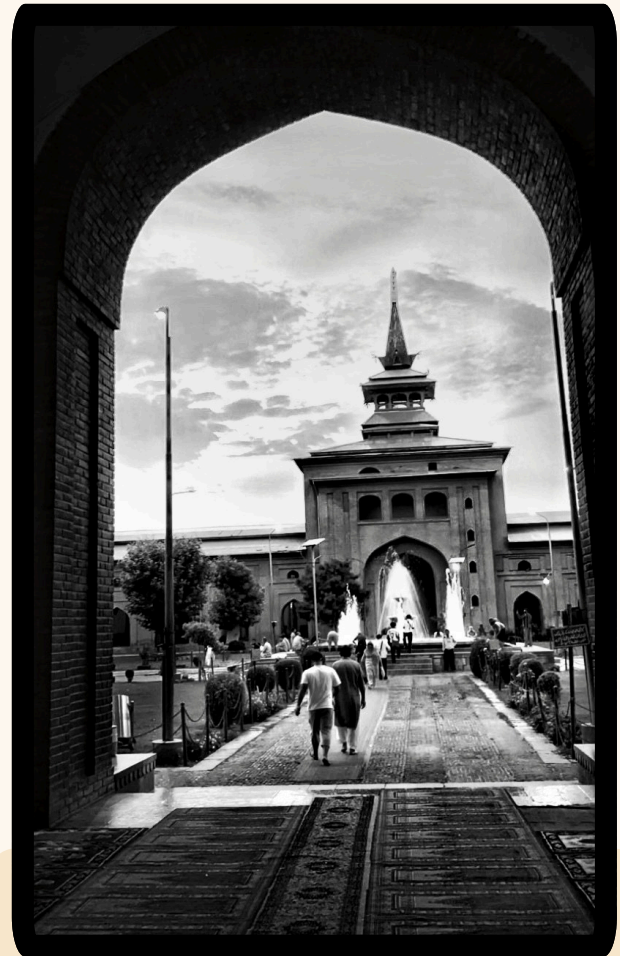
Regarding the argument put forward by the tobacco industry that a ban would lead to job losses, the number of people working in the tobacco industry has always been low. In addition, the past few years have seen a significant rise in the number of people quitting these jobs around the globe. This has been largely linked to automation, public health policies, and overall public condemnation. Here, governments must step in to ensure the proper rehabilitation of these workers, apart from ensuring alternate work and proper wages for the laborers in the tobacco industry.

As far as the view that believes smoking is a personal choice, given we live in a world that highly values freedom, it's important to note that only in the late 20th century did research make it clear that the health hazards caused by smoking affected not only the smoker but also those exposed to secondhand smoke. When such reports emerged, the tobacco industry launched courtesy awareness programs and promoted media and legislative initiatives aimed at accommodating tobacco. They advocated for tolerance and courtesy to avoid strict actions against tobacco, leading states to pass laws providing for separate smoking sections.

However, to protect public health, abandoning smoking seems to be the most effective option as it reduces exposure to secondhand smoke and can decrease the burden on healthcare systems by freeing resources for other needs. Moreover, restricting access to cigarettes and tobacco products can prevent young people from developing a habit that has lifelong effects.

While considering all the recent attempts to ban tobacco and tobacco products, a generational smoking ban seems to be the most effective way to eradicate this ill practice from the modern world. A generational ban on smoking is not immediate; however, a law imposing such a ban would not only curb the practice but also address the root of the problem that may have developed. A ban like that would not only restrict smoking below a certain age but also raise awareness about its health risks.

Additionally, more effort can be put into discouraging smoking and preventing the promotion of e-cigarettes and vaping. Such a ban would be more effective because both actions and impact would have a broader scope on the ground when implemented. Products like these, if required in extreme cases of treatment, might be sold only by pharmacists under prescription. Furthermore, stores found selling illicit products must have their licenses revoked and be shut down very strictly.



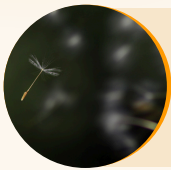
Jamia Masjid Standing high in Nowhatta in the middle of Srinagar. One such spectacular mosque established in Jammu and Kashmir in ancient times. This spectacular mosque is famous for its beautiful construction. This mosque is considered as one of Srinagar's tourist attractions. Visitors to this place have experienced peace and tranquillity.

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The Rich Cultural Heritage of Kashmir: A Melting Pot of History and Islam



Written by Zaarah Riyaz

A grade 12 Commerce Student



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Introduction Quite often, Kashmir is referred to as the "Paradise on Earth" and is known for its expression through landscapes and culturally rich heritage. It is blessed by its strategically important location as a region in the northern part of the Indian subcontinent which enjoyed an admixture of many different cultures, traditions, and religious beliefs. Today, the cultural heritage of Kashmir can be identified through the strong association with Islam, which has particularly influenced its evolution and continuity with its traces and signs.

The Influence of Sufism Sufism, being the inner dimension of Islam, amounts to forming the spiritual and cultural tapestry in a diverse state like Kashmir. Sufi saints migrating from countries like Central Asia, Persia into the region, reinforced the category not only as preachers of Islam but of a message of love, tolerance, and humanity. These saints were pious and spiritually wise and had acquired a lot of followers across board. In Kashmir, among the most celebrated Sufi saints was Sheikh Noor-ud-din Noorani, also Nund Rishi. He is considered the founder of the popular mystic cult in Kashmir and is also regarded as the patron saint of Kashmir. His teachings emphasize the oneness of man, humanity, compassion, and hard work. His is one of the most important shrines and it is at Charar-e-Sharif, where he attracted the people of Kashmir to his faith. Prominent Islamic

Personalities The valley of Kashmir was enriched with the arrival of many well-known scholars of theology in Islam and preachers who contributed much toward the spiritual and educational growth of the area.

But the true icon of Sufism who is credited with the propagation of Islam in Kashmir is Mir Sayyid Ali Hamadani. His arrival in the 14th century marked a significant turning point as he and his disciples established mosques, madrasas, and khanqahs (Sufi lodges), promoting Islamic teachings and cultural values. Another mythological figure who is venerated is Bulbul Shah—Syed Sharaf-ud-Din Abdul Rehman—an Iranian Sufi who converted the ruler of Kashmir, Rinchan Shah, to Islam. From then on, this area entered into new medievalism and became predominantly Islamized.

Architectural Marvels Kashmiri architectural heritage reflects the rich cultural and religious history of Kashmir. The latter's most prominent example of Indo-Saracenic architecture is the Jamia Masjid in Srinagar, constructed in 1394 by Sultan Sikandar. It is a treat with its grand wooden pillars and a peaceful courtyard, which does not only represent Kashmir's Islamic heritage but is also a center for religious-cultural congregations. Another important site is the Hazratbal Shrine, which, according to Muslim belief, houses a relic to a hair strand of Prophet Muhammad. The mosque, built on the northern shore of Lake Dal, presents a white marble sheen and is of great religious significance for Kashmiri Muslims. Another important religious place is Ashmuqam's shrine, said to be the shrine of the Sufi saint Sheikh Zain-ud-Din Wali. This shrine in Anantnag gets thousands of devotees into the town looking for spiritual peace and blessings.

Cultural Transformation This territory has grown up, through the centuries, to become a brilliant hub of culture and learning in the world of Islam. This unique mixture of Persian, Central Asian, and Indian cultural elements also finds a reflection in the art, literature, music, and culinary styles of the place. Cuisine of Kashmir is truly traditional, being a mix of flavors and aromatic spices. Literatures and poetries of Kashmir are really remarkable; poets like Lal Ded and Habba Khatoon are the crazy examples of the same. Kashmiri language, script, and vocabulary are a robust testimony to the multifaceted rich cultural heritage of the region.

The cultural heritage of Kashmir is a web of spiritualism, art, and history. The richness of its civilization, the influences of Sufism, contributions of great Islamic personalities, and architectural marvels that dot its landscape attest to the deep bond of the region with Islam. As Kashmir continues to evolve, its multi-dimensional cultural legacy is rich, proud, and inspiring—a testimony to the enduring power of faith, tolerance, and unity.

“If Men Could Menstruate,” We Wouldn’t Be Debating Period Leaves



Nimrah Baba

A Master's Student At Humber College Canada

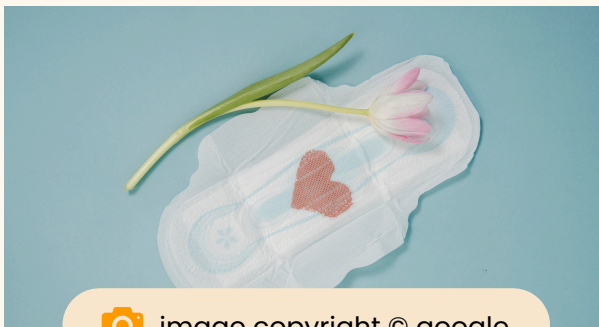


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Periods- the buzzword that ended 2023 in a debate about women’s bodies and choices yet again. It was 1978 when Gloria Steinem wrote a masterpiece on menstruation “If Men Could Menstruate” and nearly half a century later, it holds the same power because if they did, we wouldn’t be having this debate at all.

The arguments put forth by both men and women only make us realize that people look at women’s health in such a vacuum without questioning the economic ideas and industry ethics at all, not thinking that they were made at a time when women were not even taken into account, for men by men.

We’re almost in 2024 and household work is still “too complex” to be computed as an economic activity. It is almost as if humanity has forgotten or never even taken the time to understand the pink tax and economy that pushes all women into paying higher taxes for feminine products or even marked-up prices for menstrual hygiene. Women are already getting almost 20% lesser wages in India alone even after working tirelessly every day, even on their periods.

In economic terms, paid period leaves have already been a part of rapidly growing and successful

economies like Japan, South Korea, Spain, Taiwan and Indonesia. The ones arguing for “misuse”, a term that gets reawakened every time a debate opens on women’s sexual issues and body autonomy, what benefit does an organization make from dragging a person to work in terms of productivity when they wish to have a break?

The expected misuse of period leave can only allude to the lack of other compensations within the system such as R&R policies and other leaves that a woman will be forced to choose her painful-day respite for other work or rest. Instead of asking for the empowerment of employees and strengthening of corporate social responsibility, people choose to speak against granting women a choice just because their biological needs are different from yours.

Women arguing against the leave, giving in to the systemic patriarchal practices, are choosing to support a system that is so rigid that they cannot grant them a few days of rest. The same argument of bias in the hiring process would have been true when maternity leaves were debatable, now they are a norm. Change does not happen overnight. The top-down policy change of period leaves will have to be supported by grassroots changes in behaviour towards menstruation, normalizing conversations around it and treating it as a diverse experience.

Periods, as much as women would want, are not a choice. Science has unfortunately not evolved to the point where we choose our pain levels and how our mood and body choose to act on periods. Periods are also different for every woman. To those saying women have been strong till now, kudos to the ones who could be like the girls in the pad ads, most of us cannot.

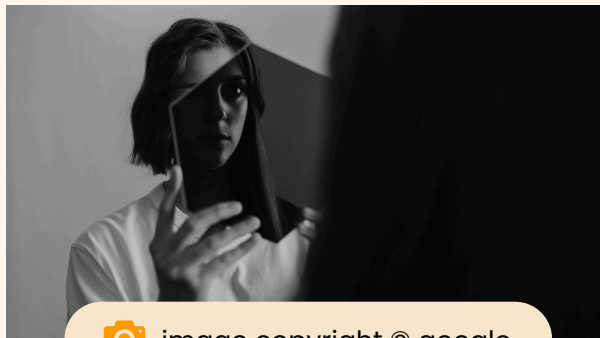
We have painful periods and we’ve to pop pills, use heating pads and torture ourselves to move on with the day. The generalization of period experience is part of the problem. Women in the past chose to be strong because they had no other choice. Many of us did not want to work and show the same level of enthusiasm when my cramps were killing us but we had to because it would come with negative consequences.


Period leaves are important so that women have a valid option to choose to stay home without facing these consequences and their well-being should be prioritized. Period leaves are a source of empowerment to enable women to make a choice. They are not enforced on anyone who chooses to go to work. Nobody should have the power to take away this option from a woman who is struggling to push through these difficult days.

Suicide; A Bad Option



Written by Syed Mustafa Ahmad
Content Writer



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Whatever the circumstances, it is a grave sin to take one's life. This is a precious gift from God and it can't be ended by suicide. It is a fact life is all about unexpected twists. And that is why it is called life. If life had been on the expected lines, then its motive would have been wasted. God gives us bounties. It is up to us to utilize them in the best possible way. Moreover, it is a fact that God has made us thinking human beings, but it doesn't mean that a man is going to trespass all the limitations set by Him. Life becomes a burden, when people go against the divine rules and begin to live in their own-made illusionary worlds. In this way, like in case of Robert Lee Frost, who found himself at the two crossroads, however, we find ourselves at many crossroads, that make our life gloomy and there seems no light at the end of the tunnel.

Since time immemorial, the main aim of the mortal life has been comfort. For the sake of comfort, many comforts are sacrificed. Reaching the present situation and its demands, materialistic love has become the necessary aim of life. Politics, economics, society, morality, religion, etc., are subordinate to money. One who fails in earning or getting this, by hook or crook, is considered as a failure. Being a failure, he or she has no option but to end his or life because for living, he has no money. In the following lines, we will try to understand how can a person abstain from taking his or her life.

The first is understand ourselves. Our marvellous bodies don't only have the need for material things.

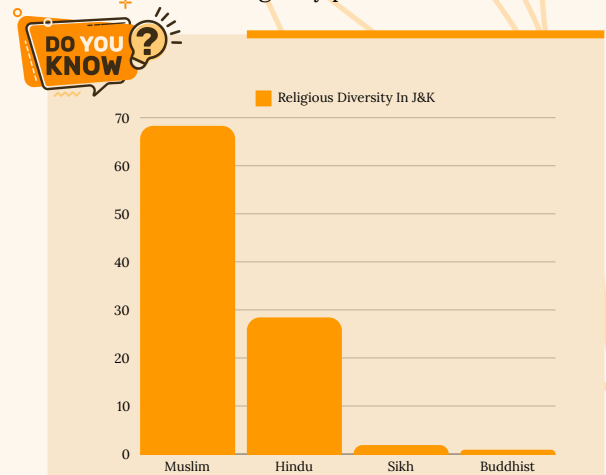
Instead, it needs something best and long lasting. If we look closely at ourselves, there are cent per cent chances that we will come across the reality that makes material things the secondary priority, while contentment and peace occupy the top most position. This is the first way to abstain from taking one's life.

The second is the nature of lifetime. It is temporary in nature. Those things that are temporary in nature, should not be loved at the cost of permanent things. When the world is for a lesser time, why should a person go on loving it forever. It is the silliest thing to be done. A sane person never does these things, but ponder over things and never think of taking his or her life, for the sake of little comfort. However, it does not mean that there should be no comfort at all.

The third is imitation. Stop imitating those who believe that this world is the only place to live. After death, whether a person is cremated or buried, it means nothing. They indulge in every kind of merrymaking and don't think of anything else. However, in our case, we have under a scrutiny. We can never escape from the watchful eyes. So, ours case is totally different. If we follow them, we will surely fall in the depths of despair and taking our lives, will remain the only solution for us.

The fourth and last is relationships. We are the product of relationships. It is God, who is above all these things, but we have no escape. Almost all human beings and animals descend from one generation to another. In this scheme of things, every human being and animal are related to each other in their own domains. Moreover, we all have emotions. Suicide hurts families and in the long run society becomes the scapegoat.

In short, as said by Socrates contentment is the biggest wealth. A man must try his best to remain content. Earn money that is enough for him and his family's needs. Craving for more and more, will make his life hellish and at the end of the day, there will be only path that is the path of hurting himself. Let common sense and sagacity prevail!



Unprecedented Weather Anomalies in the Kashmir Region: A Cause for Concern and a Call to Action



Written by Baseerat Shah

A master's student from University Of Kashmir

The Kashmir region, renowned for its breathtaking natural beauty and temperate climate, has experienced a series of unprecedented weather anomalies this year. These unseasonal and extreme weather events have disrupted daily life, impacted agricultural productivity, and raised concerns about the region's vulnerability to climate change.

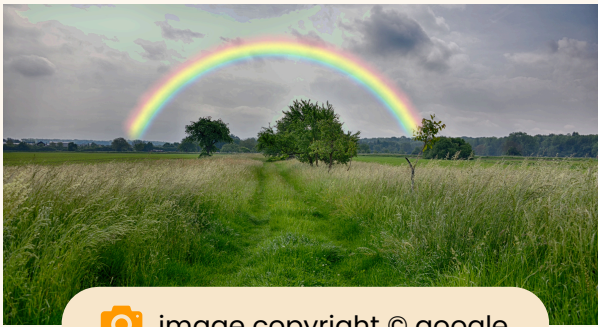


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1. Temperature Fluctuations and Seasonal Disruptions:

One of the most striking anomalies has been the erratic temperature fluctuations, characterized by unseasonal heatwaves in the spring and summer months, with temperatures soaring to record highs. Conversely, the winter months have been marked by unusual cold snaps, with temperatures plummeting to sub-zero levels. This unpredictability has made it challenging for farmers to plan their crops, leading to significant losses and economic hardship.

2. Unseasonal Precipitation Patterns:

Another anomaly has been the untimely snowfall

and rainfall, deviating from the region's typical seasonal patterns. Snowfall, usually confined to the winter months, has been reported in the spring and summer months, causing widespread disruptions to transportation, commerce, and daily life. Similarly, rainfall has been erratic, with some areas receiving excess rainfall while others face drought-like conditions, further exacerbating the agricultural crisis.

3. Consequences for Agriculture and Ecosystems:

The weather anomalies have had a devastating impact on agriculture, with crops being damaged or destroyed due to unseasonal weather events. The apple crop, a staple of the Kashmiri economy, has been particularly affected, with many farmers reporting significant losses. The unpredictability of the weather has also disrupted the delicate balance of the region's ecosystems, with many species struggling to adapt to the changing conditions.

4. Consequences for Agriculture and Ecosystems:

While weather anomalies are not uncommon in the Kashmir region, the frequency and severity of this year's events have raised concerns about the impact of climate change. Scientists believe that the region is witnessing the effects of global warming, with rising temperatures and changing precipitation patterns altering the local climate. The increased frequency and intensity of extreme weather events, such as heatwaves and heavy rainfall, are consistent with the expected impacts of climate change.

5. Conclusion and call to action

The unprecedented weather anomalies in the Kashmir region this year are a cause for concern, with significant impacts on agriculture, ecosystems, and daily life. It is essential for scientists, policymakers, and locals to work together to understand and mitigate the effects of climate change in the region. This requires a multi-faceted approach, including:

- Enhanced climate monitoring and research to better understand the regional impacts of climate change
- Development of climate-resilient agricultural practices and support for farmers
- Implementation of adaptive measures to protect ecosystems and biodiversity
- Promotion of sustainable development and climate-conscious policies

By taking proactive steps to address the challenges posed by climate change, we can ensure a sustainable future for the Kashmir region and its inhabitants.

Why To Read Russian Literature



Written by Baseerat Meerani

A grade 12 Student from Green Valley Educational Institute



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The person, be it gentleman or lady, who has not pleasure in a good novel, must be intolerably stupid [Jane Austin]. People nowadays have hardly time for quality pursuit. They prefer Netflix as there is always something new. Why bother and why not watch Face book or Instagram? People are not always big on reading books or being a book worm. Readers; after years of seeing misery and human suffering everywhere start to escape the world and dwell into books and literature. It's a blessing to be able to read books and escape reality any time they want. That's when Russian Literature comes into being. Some great works of Russian Literature are Fyodor Dostoevsky's 'CRIME AND PUNISHMENT', 'BROTHERS OF KARAMAZOV', and 'WHITE NIGHTS'. And Leo Tolstoy's 'WAR AND PEACE' and Anton Chekov's 'THE LADY WITH THE DOG'. In fact, it's a never ending list. After you read some of these, you experience an unexpected addiction. There is a lot more quality literature from Bunin and Alexander Pushkin. There are gems that are barely even mentioned. You see, the thing is that Russian Literature is very deep, dark, and depressing. It's entirely about suffering.

Sometimes the author is suffering, sometimes the character and sometimes the reader is suffering. But when every one of them suffers, it becomes a masterpiece. It comes with a lot of life experience too. Self actualization is what we get from it, who we are, what we are capable of, our needs but also our role & obligation to others. We don't always find closure in it, not every wish i

fulfilled, not every love gets its destiny and not all questions are answered.

The behavior of the character maybe irritating, and their goals unclear but it's a depiction of simple day to day life, love, death, loyalty, betrayal, war, pain, it's a never ending list. Russian Literature tells you that it's okay to be in pain and romanticizing it rather than being in the delusion that everything will be fine. Good people don't always win, or I would say they hardly ever do. They suffer so much and achieve so little. We meet people like Oblomov. They self-sabotage and get overwhelmed when they come to know about the reality around them. And while there is hope, that hopes gets destroyed ad crushed mercilessly.

There is also a sense of right and wrong. Despite having unhappy endings and miserable tragedy, Russian literature gives a lesson and difference between right and wrong. Tolstoy and Dostoevsky wrote about humanity, the difficult choices they face, the things people don't speak about, they battles they fight within themselves and don't even win and the sacrifices they make. One can't let go of the feeling of inking that every Russian author had faith in humans in the hope of acting morally. They were showing the dark and depressing side so that the readers could understand how to be better. That's what hits a person, and it's the biggest takeaway one can have.

What I recommend: If you have never explored Russian literature, I recommend you to give a try. I won't go straight to Dostoevsky's Crime and Punishment, but you should start from his 'Brothers of Karamazov' and 'The Idiot' and then for Tolstoy and Anton Chekov I believe the journey will be worthwhile

Good luck!

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اب ہم کیا کیا لکھے!



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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 ہمارے سماج میں پہلے سے ہی تھے۔ سماج تو متضاد چیزوں کا مجموعہ ہیں۔ 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۔

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!

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۔ جتنی بھی جنگیں دنیا میں ہورہی ہیں، وہ سرد جنگ کا نتیجہ ہے اور یہ جنگ خیالات کے تضاد کا مکروہ پھل 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

کی دی ہوئی چیزوں پر بی مطمئن ہیں۔ اس کو زیادہ کی فکر دامن گیر نہیں ہوتی ہے۔ وہ چیزوں سے آٹھ کر اس سکون کا متلاشی بنتا ہے جو کھلی بھی ختم نہیں ہوتا ہے۔ جس کی بنیاد ہی ابدیت پر مبنی ہے۔

زندگی جینا آسان ہے



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جیسے کہ مضمون کی شروع میں ذکر کیا گیا ہے کہ زندگی جینا بہت آسان ہے۔ اگر ہم چاہتے ہیں کہ ہم بھی ایک پرسکون زندگی گزارے تو ہمیں کچھ اصولوں پر سختی سے عمل کرنا ہوگا۔ اس ضمن میں جو چیز سب سے زیادہ رول ادا کرتی ہے وہ ہے اطمینان قلب۔ جس انسان کے قلب میں اطمینان آیا اس کی ساری زندگی اطمینان کی ایک نفیس شکل پیش کرتی ہے۔ قلب کے اندر اٹھنے والی لہروں پر جب اطمینان کا جہاز تیرنے لگتا ہے تو پھر خوفناک لہروں کا خوف بھی زائل ہو جاتا ہے۔ اس کے علاوہ مادیت کی پاگل دوڑ سے ایک انسان کو الگ کرنے کی بھرپور کوششیں کرنی چاہئیں۔ اتنا ہی کمانا اور خرچ کرنا چاہیے جو اس زندگی میں درکار ہو۔ اگر انسان صرف مادیت پرستی کی دوڑ میں دوڑتا رہے گا، تو وہ کھلی بھی منزل مقصود پر نہیں پہنچ سکتے گا۔ اور جاتے جاتے ایک انسان اپنے من میں ڈوب کر صحیح اور پرسکون زندگی گزارنے کا راز ڈھونڈ سکتا ہے۔ کچھ وقت پہلے میں نے سوشل میڈیا پر ایک پوسٹ دیکھا تھا۔ اس پوسٹ میں ایک آفاقی اصول کی بات کئی گئی تھی۔ اس میں ایک آدمی اپنے آپ کو پہچاننے کے متعلق لکھتا ہے کہ کیسے وہ کل تک سکون کی تلاش میں درہلر پھرتا تھا۔ ایک گلی سے دوسری گلی میں جانا اس کا معمول تھا۔ لیکن ایک دن اس کی ملاقات خود سے ہوئی تو سارے پریشانیوں کا حل نکل گیا۔ وہ جس سکون کی تلاش میں ادھر سے ادھر پاگلوں کی طرح بھٹکتا رہا، وہ اصل میں اس کے اندر ہی ہیرے کی طرح چھپا تھا۔ اس وقت ہر دھند ایک ملائم دھوپ کی وجہ سے ہمیشہ کے لیے ختم ہوئی اور وہ سکون کی انتہا تک پہنچ گیا۔ تو اس پوسٹ میں ہم سب کے لئے نصیحتیں پنہاں ہیں جو ہمارے نجات کا ذریعہ بن سکتی ہے۔ ابھی بھی دیر نہیں ہوئی ہے۔ جو راہ سے نہ بھٹکے وہ راہ کو کیسے پائے گا! کھلی حقیقت کو پانے کے لیے جھوٹ سے دوستی کرنی پڑتی ہے۔ جو بے قراری کے ادوار سے نہ گزرے وہ قرار کی قیمت کیا جائے۔ اس لیے وقت کی ضرورت ہے کہ بے سکونی کی نیند سے جاگ کر سکون کا سویرا تلاش کریں۔ پھر نہ کہنا ہمیں خبر نہ تھی۔

گر اس فانی دنیا کا بغور جائزہ لیا جائے تو یہ بات عیاں ہو جاتی ہے کہ زندگی جینا بہت آسان ہے۔ یہ ہم ہی ہے جنہوں نے اس زندگی کو دشوار بنا دیا ہے۔ خواہشات اور موت سے نفرت کی وجہ سے ہم لوگ آئے دن اپنی زندگیوں کو مشکل بنا رہے ہیں۔ ایک مطمئن زندگی گزارنے کے لئے ہمیں کھانے کے ڈھیر اور پیسوں کے انبار نہیں چاہئیں۔ گاڑیوں کی قطاریں بھی درکار نہیں ہیں۔ بس پیٹ بھرنے کے لیے کھانا اور بیماری کے موقع پر دوائیوں کی موجودگی، یہ کچھ دن کی زندگی گزارنے کے لئے کافی ہیں۔ اس بات کا ذکر کس کتاب میں یا یہ بات ہمارے اذبان میں کس نے بٹھا رکھی ہے کہ جینے کے لئے ان گنت چیزوں کا ہونا ضروری ہیں۔ عقل کا بھی تقاضا ہے کہ جس جگہ پر ہمیشہ کے لیے نہیں رہنا ہے اس جگہ دن لگانا بھی ٹھیک نہیں ہے۔ یہ خسارے کا سودا ہے۔ دنیا ایک باغ ہے اور ہم ببل ہیں۔ اس باغ سے حد سے زیادہ پیار کرنے کا کیا فائدہ ہے جب یہ سیر کچھ لمحوں کا کھیل ہے! اگر کوئی ببل باغ کی سیر کرنے کے لیے اپنے ساتھ ایسا بھوج اٹھا کے لائے جو اٹھایا بھی نہ جاسکتا ہو تو اس ببل کی زندگی اس بھوج کو ڈھونڈنے میں ہی صرف ہوگی اور یہ ببل خوبصورت باغ کی نزاکتوں سے کھلی بھی لطف اندوز نہ ہو سکتے گی۔ اب سوال پیدا ہوتا ہے کہ ایسے کیا وجوہات ہیں جن کی وجہ سے ہماری زندگیاں مشکل سے مشکل تر ہو رہی ہیں۔ ایسے کیا وجوہات ہیں جن کی وجہ سے ہمارا دم گھٹ رہا ہے

پہلی وجہ ہے زندگی کے متعلق محدود یا تنگ نظریہ۔ ہم نے اس زندگی کو ہمیشہ محدود یا پھر تنگ نگاہوں سے ہی دیکھا ہے۔ کمانا، کھانا، پینا، سونا، خرچ کرنا، وغیرہ ہماری زندگی کا اول اور آخری مقصد بن گیا ہے۔ صرف ایک محور کے اردگرد ہم گھوم رہے ہیں جس کی وجہ سے ہماری زندگیوں میں نہ تھمنے والی پریشانیوں نے اپنے ڈھیرے ڈالے ہیں۔ انسان کے دن اور رات اس فکر میں گزرتے ہیں کہ آج کیا ہوگا۔ آج سے بڑھ کر انسان کو اس بات کی فکر کھاتی ہے کہ کل کیا ہوگا۔ اس آج اور کل کر فکریں انسان کی زندگی کو کانٹوں کی سیج بناتی ہیں۔ دوسری وجہ ہے کبر یا انا۔ انسان ہمیشہ سے انا کا مریض رہا ہے۔ اس مرض نے انسان کے ہر انگ کو جھوٹی شان اور ناپید غرور سے بھر دیا ہے۔ یہ غرور کھلی بھی ایک آدمی کے لئے سکون کا باعث نہیں ہو سکتا ہے۔ یہی غرور ایک انسان سے دن کا سکون اور رات کا آرام چھین لیتا ہے۔ اس صورتحال میں آرامدہ زندگی گزارنے کا تصور بھی محال ہے۔ تیسری وجہ ہے مادیت پرستی۔ مادہ بذات خود غلط نہیں ہے۔ اس میں گندگی کا مادہ بھی چھپا نہیں ہے۔ لیکن انسان کی اندرونی پیاس جو مادیت کو خدا مانتی ہے اس کو ہر وقت مادیت پرستی کا شراب پینے کے لیے بیتاب رکھتی ہے۔ ہر انسان پاگلوں کی طرح مادیت پرستی

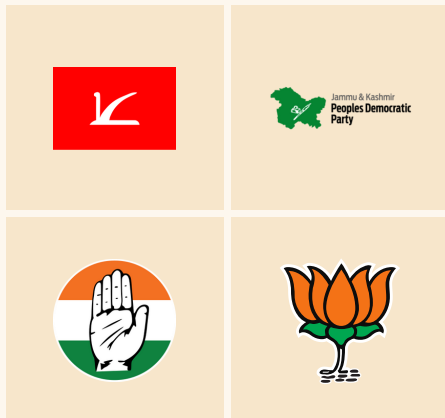


Voter Turnout In Phase One JK

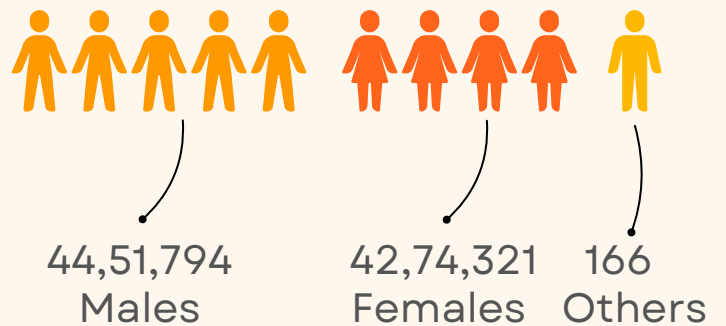
61.4%

Jammu And Kashmir Elections 24

Political Parties That Have Governed in the Past



Voter Diversity in General Assembly 2024 Elections



DISTRICT WISE ELECTORAL DETAILS

S. No.	District	Electors 2024			Total
		Male	Female Gender	Third	
1	Kupwara	2,68,433	2,67,719	10	5,36,162
2	Baramulla	3,62,135	3,56,698	10	7,18,843
3	Bandipora	1,32,226	1,27,433	6	2,59,665
4	Candraball	1,02,856	1,02,172	1	2,05,029
5	Srinagar	3,77,229	3,74,727	24	7,51,980
6	Budgam	2,58,110	2,52,532	21	5,10,663
7	Pulwama	2,00,718	2,03,449	21	4,04,188
8	Shopian	1,03,853	1,02,582	7	2,06,442
9	Kulgam	1,63,290	1,62,405	12	3,25,707
10	Anantnag	3,34,842	3,30,182	6	6,65,030
11	Kishtwar	90,256	85,641	0	1,75,897
12	Doda	1,57,375	1,47,711	7	3,05,093
13	Ramban	1,13,814	1,05,310	0	2,19,124
14	Reasi	1,23,323	1,11,936	3	2,35,262
15	Udhampur	2,19,890	1,99,964	0	4,19,854
16	Kathua	2,63,948	2,39,273	6	5,03,227
17	Samba	1,32,861	1,26,336	1	2,59,198
18	Jammu	6,13,988	5,75,378	23	11,89,389
19	Rajouri	2,53,732	2,32,967	8	4,86,707
20	Poonch	1,79,035	1,69,906	0	3,48,921
	GRAND TOTAL	44,51,794	42,74,321	166	87,26,281



2009 Election

National Conference + Indian Nation Congress Coalition Government

2014 Election

People's Democratic Party And Bhartiya Janta Party Coalition Government

8 OCT

2024 Election

First Government post Abrogation Of Article 370

03

The one who leaves



Written by Aamina Hamid

Islamic University Of Science and Technology

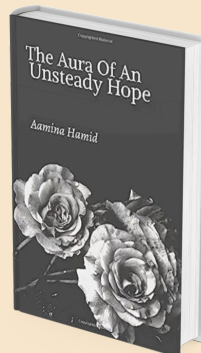
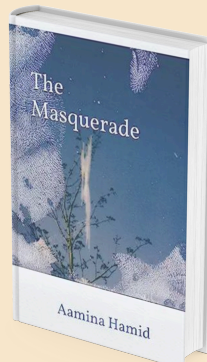
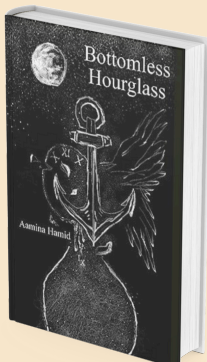


Betrayal. Autumn leaves. They leave the slender branches that held them throughout the year. They fall and claim to be slain, a tragedy. But what about the drained, faithful branches?

They held the tender leaves, consoled them in the thunderstorms, kissed them in the rain, danced with them under the scorching sunlight to make them forget about the inevitability of death.

The one who leaves. The one who stays. The autumn that falls, the spring that rises. The judges need to blame someone. The court room is boring now. Monotonous. All hail the rebels

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.

Solace



Written by Kalima Iqbal

A grade 11 student from DPS Srinagar



In the quiet of night, when the world falls still,
A soul turns to its Lord, seeking His will.
Tears trace lines on a weary face,
Wudu renews with a soft embrace.
A hijab drawn close, like a shield from sin,
Hides the battles fought deep within.
Verses flow, a chain of unbroken hope,
Binding the heart to the divine, helping it cope.
In sujood, the soul bows low,
In silence, where the whispers grow.
Peace is sought in the depth of prayer,
And in sajdah, the heart lays bare.
No words spoken, but the heart finds its voice,
Asking for all, yet left with no choice.
For He who knows, understands it all,
Even the pleas we're too afraid to call.
The soul asks, "O Lord, do You hear my cries?"
And the Lord replies, "I know what your heart hides."
The soul whispers, "I seek peace, a sign, a way."
And He answers, "Patience, My servant, for I guide each day."
"But what if I falter, what if I stray?"
"My mercy is vast, just return and pray."
The soul sighs, "Then in You, I place my trust."
The Lord reassures, "In Me, find peace, for My promise is just."
And in that moment, the heart finds its light,
In the Lord's gentle words, the soul finds its strength to fight.



Solitude



Written by Zobiya Rashid

A grade 11 student from DPS Srinagar



What does happiness feel like?
The question bounces off the walls, in my restless chase,
is it like a low tide that sizzles out near your toes, as you watch the
sun rise?
Like the wind blowing just right as you fly your kite on the terrace of
your home?
like a stormy day, with rain and snacks as you watch your favourite
show?
Or perhaps it feels like a stranger's kind smile on a bad day?
or like a child calling you beautiful when you hate the person you see
in the mirror?
does it feel like a warm hug from your mother?
or does it feel like laying in your bestfriend's lap, laughing with them?
does happiness feel like a soft touch, so slight you barely notice it?
or does happiness make everything seem suddenly focused, makes
everything seem sharp and brighter?
Or is it like the first breath you take after you almost drown?
Is it like the peace that comes after a war?
or like the sun's warmth after a cruel winter?
What does it's embrace feel like?
I only hope to find that out when my soul knows peace,
I hope to find happiness waiting for me, when all falls away.

The inimitable She : I Want You To Embrace Me.



Written by *Shahid Ul Islam*

A law student, poet & author of book *The Crestfallen Soul*



My soul it has been a long time since we met

My heart is craving to see your glad grace, refulgent eyes, long tresses,
crimson lips, veiled dress and feeble hands.

See, The devastation of my heart, with every passing time,
My youth is drowning in the sorrows and dread,
My eyes dribble the tears and my heart screams,
I am enduring your severance, The scars.

My life once was full of dreams and hopes now shattered.
The blood of pain flowing through my veins of The bruised heart.

Come again for I still am searching for you.

All alone I am, shattered and lost.

The loneliness comes to devour me,
your separation has destroyed my peace.

Tell me, should I die or live?

My eyes are still discerning the paths
That you walked upon to hold someone's hand.

I live in the pitch black world, where all the glimmering stars and the dazzling
moon are lost,

How long shall I dwell in the darkness?

My love,

Come again and bear hug my wounded body, I crave to die in your arms.



Beauty



Written by Syed Mustafa Ahmad

Content Writer



Beauty, beauty and beauty is everywhere.
In the muddy waters, the sparkling lotus is beauty.
Running away from the hunter and jumping for its life, the jump of a deer is beauty.
When the words and gestures of people pierce one's heart, drinking one's blood is beauty.
Silently eating poison but without convulsing one's body is beauty.
Dying, dying and dying but going on living is beauty.
Rising with the sun and setting with the sun is beauty.
When the going gets tough and the knees are wobbling, acting like Ernest Hemmingway is beauty.
Waiting for the miracle to happen while losing hope with every passing moment is beauty.
Lifting one's pen and writing immature poetic lines is beauty.
The beauty is to lie buried beneath the soil and let the world trample you.
Beauty is that love which cuts its head at the beloved's altar now and then.
When the parched lands of love can't quench their thirst, they crave for fresh blood.
Irrigating fresh blood to the thirsty lands of love is beauty.
Seeing the world in a grain is beauty.
Beauty, you are truly beauty.



Valley Of Dreams



Written by Shah Umar

A Student From Oxford University



In the valley of the Himalayas' might,
Lies Kashmir, a land of breathtaking light,
A paradise on earth, so pure and bright,
With beauty that inspires, and peaceful night.

The Dal Lake's waters, calm and deep,
Reflect the mountains, in a silent sleep,
The gardens bloom, with flowers of every hue,
A colorful tapestry, woven anew.

The snow-capped peaks, a majestic sight,
Touch the sky, with a gentle might,
The Chenab River, flows with gentle pace,
Through valleys green, and a serene space.

In Srinagar's streets, a story unfolds,
Of history, culture, and ancient gold,
The mosques and temples, stand side by side,
A testament to harmony, and peaceful pride.

But amidst the beauty, a tale is told,
Of struggles, tears, and a story untold,
Of dreams and hopes, that echo through time,
For a land that's been, through turmoil's rhyme.

Yet still, Kashmir's spirit remains free,
A resilience born, of its history,
A land of wonder, where love resides,
A place that touches, the heart's deepest tides.

In Kashmir's valleys, my heart finds rest,
A sense of peace, that forever nest,
A land of enchantment, pure and true,
Forever in my dreams, Kashmir shines through.



To My Beloved Mother



Written by Iram Zehra

A 10th Grade Student

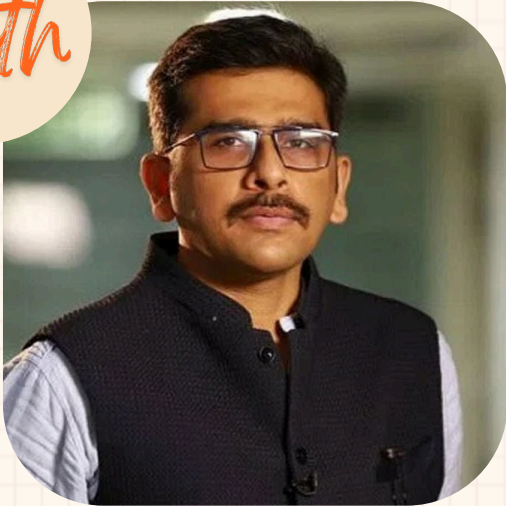


Today, I am missing you infinitely
Because I need you at this time.
But I can only imagine you
As you are an imagination now.
It has been sixteen years since you left this world!
But today is the day when you left me alone in this brutal world.
I feel and remember you every time
But I can't do anything to get you back in my life
You are there where I can't reach.
God snatched you from me!
But His Will is my will.
Oh God! I am not arguing with you!
But why you snatched this beautiful bounty from my life.
Oh dear! No one could ever replace you
Because you were the only one with whom I could share everything.
Oh God! I can only pray for my beloved one!
So, let the soul of my beloved one reach the highest place in
Jannah!





With



Sanket Upadhyay

By



Haqnawaz Qayoom



You started journalism in 2003, just before the Lok Sabha polls that delivered surprising results. Now, the recently held 2024 LS Polls also produced unexpected outcomes. What similarities do you find between the 2004 and 2024 general elections?

Actually, I started my career in 2002. Throughout my journalistic journey, I observed two years of the Vajpayee regime and how the government changed. Since then, I have covered and witnessed all elections, whether Vidhan Sabha or Lok Sabha. The circumstances are very different now. That was a different era, and the BJP was also a different BJP. Their philosophy was the rise of right-wing politics, but I don't think Indian polity back then was as right-wing as it is today. If you compare Narendra Modi's politics in 2024 with Vajpayee's right-wing politics in 2004 or 2002, Vajpayee comes across as somewhat centrist-right, which is a noticeable difference between the two periods. Although you asked about similarities, I'm addressing the differences because they are fundamental. The other difference is that the NDA lost the 2004 election, whereas in 2024, although their numbers have reduced, it's not enough for another formation to take power. The similarity lies in the fact that, like the "Shining India" campaign in 2004, the "Modi ki Guarantee" and "400+ seats" praffects one person.

What do you think are the differences in the responsibilities that the media had towards voters in these two general elections?

Back in 2004, the media was still evolving. Television was in its adolescent stage, yet it was far more mature and less polarized than it is today. Those were actually better times for the media compared to what we see now. You could question the Vajpayee government, and a great deal of quality journalism took place during those years. It's not that journalists weren't targeted back then –between 2004 and 2014, they were–but the manner and the systematic way in which journalists have become objects of hate, especially those not perceived as pro-government, has intensified phenomenally in the last decade. The significant change in media responsibility is that, back in the day, the media was diligently performing its duty by questioning those in power, fact-checking, cross-examining, grilling ministers, and holding the government accountable. This continued during the UPA years, but in the last ten years, mainstream media, in particular, seems to have surrendered to the powers that be. This is largely driven at the ownership level. Many brilliant journalists still want to pursue pure journalism as they once did, but they feel their hands are tied in large organizations. Some have even left their jobs.

What has been the most interesting aspect of reporting on the world's largest election as a journalist?

Throughout my career from 2002 to 2024, one key aspect of my journalism has been engaging with a wide range of people—tea stall vendors, farmers, women, the elderly, vote banks, and political party functionaries. I've noticed something quite interesting: when the camera is on, people tend to express themselves differently, often in more polarized terms. But once the camera is off, the same people reveal a much more pragmatic outlook. For me, covering an election is more about having these conversations than chasing big interviews or headlines. It's through these interactions that you truly understand the pulse of an election.

Reflecting on your college days, which contemporary journalists would you have taken as inspirations?

Back when I was in college between 2000 and 2003, there was a sudden boom in television, and many journalists became household names. One thing I learned early on was not to idolize anyone. Over time, I realized that many of these "star" journalists, whom I later had the opportunity to work with, knew very little—certainly less than many unsung journalists who possess far greater knowledge. I've had the privilege of working with some fantastic bosses early in my career who helped me learn and unlearn a lot. I wouldn't call it inspiration, but rather valuable learning experiences.

As someone who has reported on diverse issues across the country and around the globe, which of your stories did you find the most challenging to cover, and how did you navigate it?

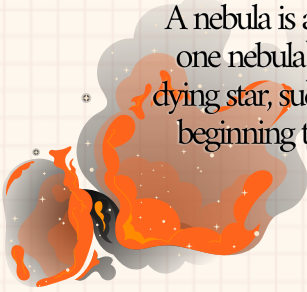
One of the most challenging stories I covered was in Lakhisarai, Bihar, where a Maoist attack had taken place, and police officers were taken hostage. It was a tricky situation, especially after we learned that the Maoists had possibly killed a police officer. This was before the days of widespread internet use, so we had to carry large outdoor broadcast vans and equipment to the site. We moved towards the jungle and found a body lying there. The police had surrounded the area, their guns aimed at a mountain top. We were right there with them, with the body of a uniformed officer in front of us. What made the story particularly difficult was witnessing another police officer standing over the body, reassuring others by saying, "No, no, this isn't our senior officer; it's just a constable." It was heartbreaking to see the lack of regard for a fellow officer's life.

Looking back on your journalistic career, which story are you most proud of, and why?

It's hard to choose just one, but the story that comes to mind is from 2018 during the Kerala floods. In my previous organization, we started an initiative to help a person who had lost everything in the disaster. This individual was mute, and their only source of income, a sewing machine, had been swept away in the floods. I proposed that we buy a new sewing machine for this person, and my bosses agreed. We purchased the machine, and our reporter delivered it to the individual. The joy in their eyes was the greatest reward I've ever received in my career. That day, I realized that journalism isn't always about changing the world or impacting millions. If you can make a difference in even one life, that is a job well done. This experience shaped my approach to journalism—focusing on doing what is right, even if it only affects one person.

Nebula And How Stars Are Formed

A nebula is a giant cloud of dust and gas in space. Some nebulae (more than one nebula) come from the gas and dust thrown out by the explosion of a dying star, such as a supernova. Other nebulae are regions where new stars are beginning to form. For this reason, some nebulae are called "star nurseries."



These towers of cosmic dust and gas make up part of the Eagle Nebula. These so-called Pillars of Creation are part of an active star-forming region within the nebula. Credits: NASA, ESA and the Hubble Heritage Team (STScI/AURA)

Nebulae are made of dust and gases—mostly hydrogen and helium. The dust and gases in a nebula are very spread out, but gravity can slowly begin to pull together clumps of dust and gas. As these clumps get bigger and bigger, their gravity gets stronger and stronger. Eventually, the clump of dust and gas gets so big that it collapses from its own gravity. The collapse causes the material at the center of the cloud to heat up—and this hot core is the beginning of a star.

Nebulae exist in the space between the stars—also known as interstellar space. The closest known nebula to Earth is called the Helix Nebula. It is the remnant of a dying star—possibly one like the Sun. It is approximately 700 light-years away from Earth. That means even if you could travel at the speed of light, it would still take you 700 years to get there!



This landscape of "mountains" and "valleys" speckled with glittering stars is actually the edge of a nearby, young, star-forming region called NGC 3324 in the Carina Nebula. Captured in infrared light by NASA's James Webb Space Telescope, this image reveals for the first time previously invisible areas of star birth. Credits: NASA, ESA, CSA, and STScI



This image might look like a creepy eyeball, but it's actually a nebula! NASA's Spitzer Space Telescope captured this image of the Helix Nebula, which is located in the constellation Aquarius—about 700 light-years away from Earth. Credit: NASA/JPL-Caltech/Univ. of Arizona

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.

Knowledge
BOOSTER

JT-60SA: The World's biggest nuclear fusion reactor

JT-60SA, the world's largest and most advanced nuclear fusion reactor started its official operations in Japan, marking a major milestone towards achieving the goal of clean energy.

- JT-60SA is a joint initiative between the European Union and Japan aiming to investigate the feasibility of nuclear fusion as a sustainable and near limitless power source.
- The JT-60SA reactor is a six-storey-high machine, which is kept in a hangar in Naka, north of Tokyo. It comprises a doughnut-shaped "tokamak" vessel set to contain the swirling plasma heated up to 200 million degrees Celsius.
- One of the main objectives of this project is to replicate nuclear fusion ignition (net surplus energy), a feat first achieved by scientists at the Lawrence Livermore National Laboratory in California.
- The net energy gain was achieved by using lasers to fuse together two light atoms into a single denser one, releasing high amounts of energy. This net energy gain allows the nuclear fusion reaction to become self-sustaining.
- A similar even bigger nuclear fusion reactor is currently under construction in France, and is expected to begin operations in 2025

Atal Pension Yojana (APY)

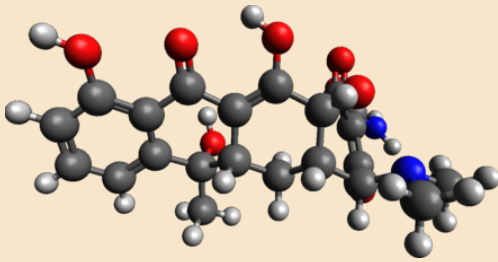
Context : The total enrolment under the Atal Pension Yojana (APY) has crossed 6 crore, with over 79 lakh enrolments in the current Financial Year, 2023-24

- APY is a flagship social security scheme of the Government of India, launched on 9th May 2015.
- It is managed by The Pension Fund Regulatory and Development Authority (PFRDA).
- To provide old age income security to Indian citizens, with a particular focus on the poor, underprivileged, and workers in the unorganized sectors.
- The minimum age of joining APY is 18 years and maximum is 40 years. The age of exit and start of pension is 60 years.
- Exclusions: From 1st October, 2022, any citizen who is or has been an income tax payer, shall not be eligible to join APY.
- Each subscriber under APY shall receive a guaranteed minimum pension between Rs. 1000 to Rs. 5000 per month, after the age of 60 years until death.
- After the subscriber's demise, the spouse of the subscriber shall be entitled to receive the same pension amount as that of the subscriber, until death.
- After the demise of both the subscriber and the spouse, the nominee of the subscriber shall be entitled to receive the pension wealth, as accumulated till the subscriber's age of 60 years.

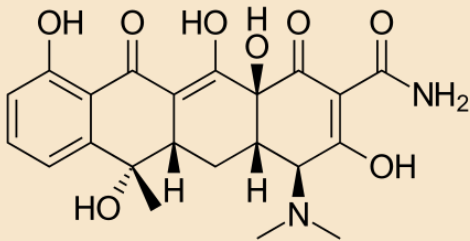
Indian Forest & Wood Certification Scheme

Context: The Ministry of Environment has launched the Indian Forest & Wood Certification Scheme.

- This national certification scheme promotes sustainable forest management and agroforestry in India through voluntary third-party certification.
- It is supervised by Indian Forest and Wood Certification Council (Act as a multistakeholder advisory body) and Implementing agency is Indian Institute of Forest Management, Bhopal (Responsible for overall management of the Indian Forest and Wood Certification Scheme.)
- This scheme offers market incentives to various entities such as state forest departments, individual farmers, FPOs, and wood-based industries, that practice responsible forest management and agroforestry.
- The scheme comprises forest management certification, tree outside forest management certification, and chain of custody certification.
- A distinct Trees Outside Forests Standard is introduced in the newly launched Indian Forest & Wood Certification Scheme



3D Structure



Structure



Tetracycline

TETRACYCLINE

Molecular Formula



Molar Mass

444.440 g/mol

N-(4-hydroxyphenyl)acetamide



Details Of Paracetamol



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



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

Street



@artby.zaynab

Saniya Zainab

She is student currently studying in class 12 from DPS 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.

FUNCTIONS of the

1 SUPPORT

Keeps the body upright and prevents it from collapsing

2 PROTECTION

Shields soft organs such as the brain, heart, and lungs

3 MOVEMENT

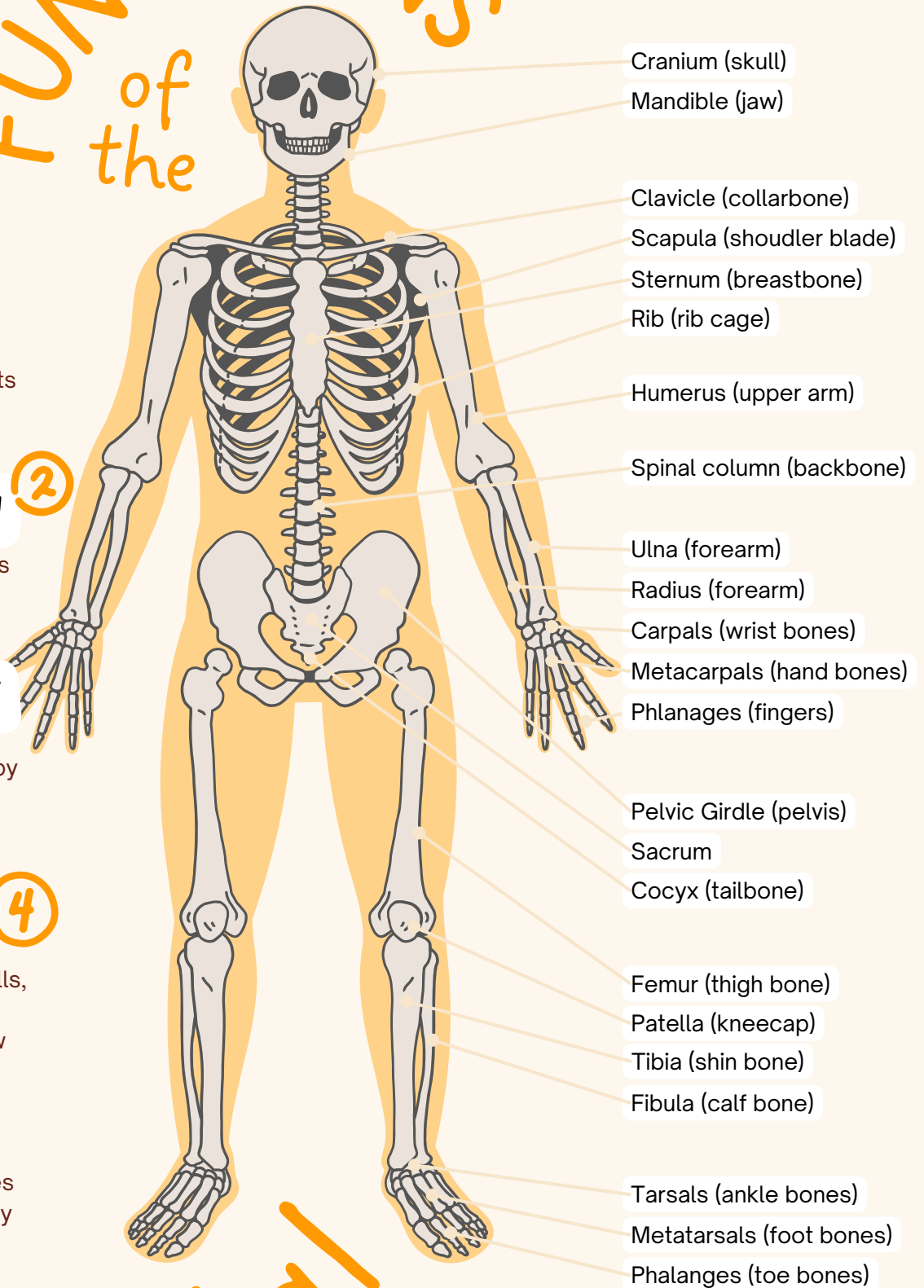
Allows movement by working together with the muscles

4 FACTORY

Forms red blood cells, specifically in the bone's red marrow

5 STORAGE

Stores and releases calcium to the body



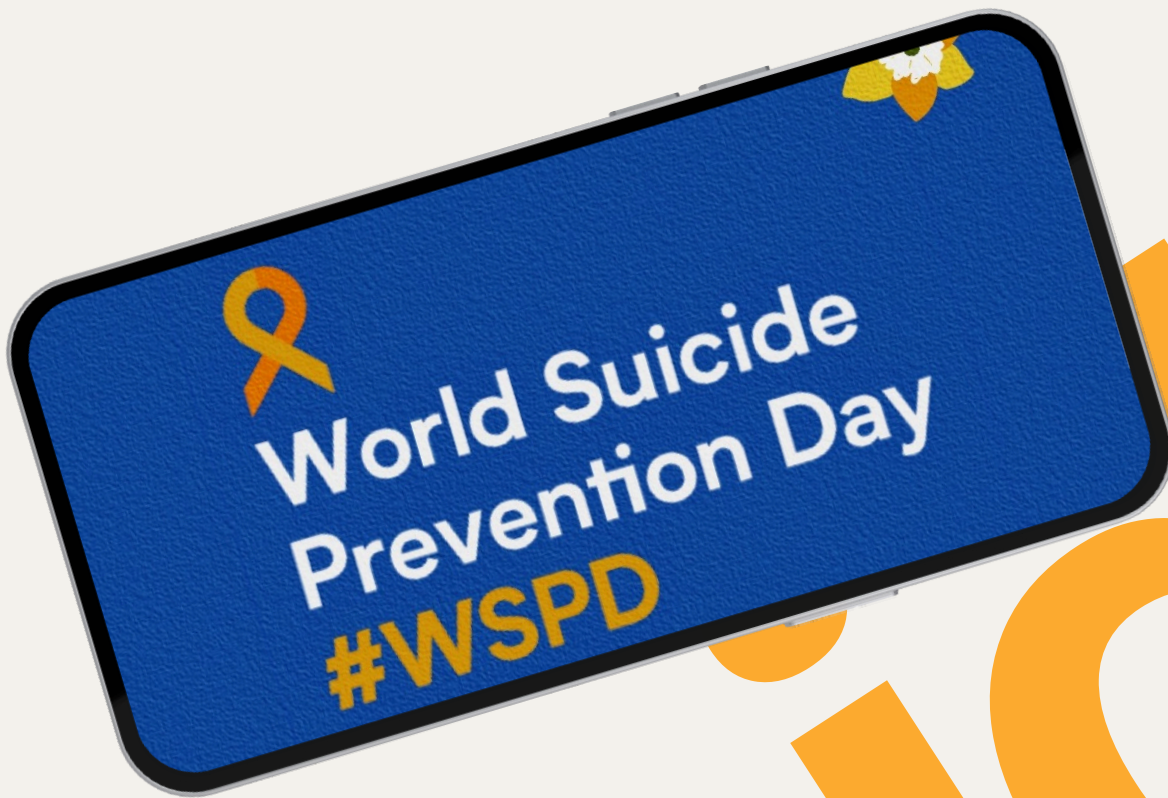
Skeletal SYSTEM

The name of the shrine is a combination of the Arabic word hazrat (lit. 'respected') and the Kashmiri word bal (lit. 'place'). Hazratbal Shrine was initially established by Inayat Begum, the daughter of Khwaja Nur-ud-Din Eshai and the custodian of the holy relic. The first building of the shrine was constructed in 17th century by Mughal subedar Sadiq Khan during the emperor Shah Jahan's reign. This was initially called Ishrat Jahan. The building was ordered to be converted into a prayer hall in 1634 by Shah Jahan. Construction of the present day structure was started in 1968 and took 11 years to complete, finishing in 1979.

Dargah Hazratbal Srinagar



Dargah Hazratbal, located in Srinagar, Jammu and Kashmir, is a revered Muslim shrine of immense spiritual significance. This sacred site is believed to house the *Moi-e-Muqaddas*, a holy relic said to be a strand of Prophet Muhammad's hair, brought to Kashmir by Syed Abdullah in 1635. The shrine's stunning architecture blends Kashmiri and Mughal styles, featuring a white marble dome and intricate stone carvings. The complex encompasses a main shrine, mosque, madrasa, library, and guesthouse.



World Suicide Prevention Day: A Global Effort to Save Lives

World Suicide Prevention Day (WSPD), observed annually on September 10th, serves as a crucial platform to raise awareness about suicide and promote prevention strategies. Established in 2003 in conjunction with the World Health Organization (WHO), this global event aims to reach national organizations, governments, and the general public with a unified message: suicide is preventable.

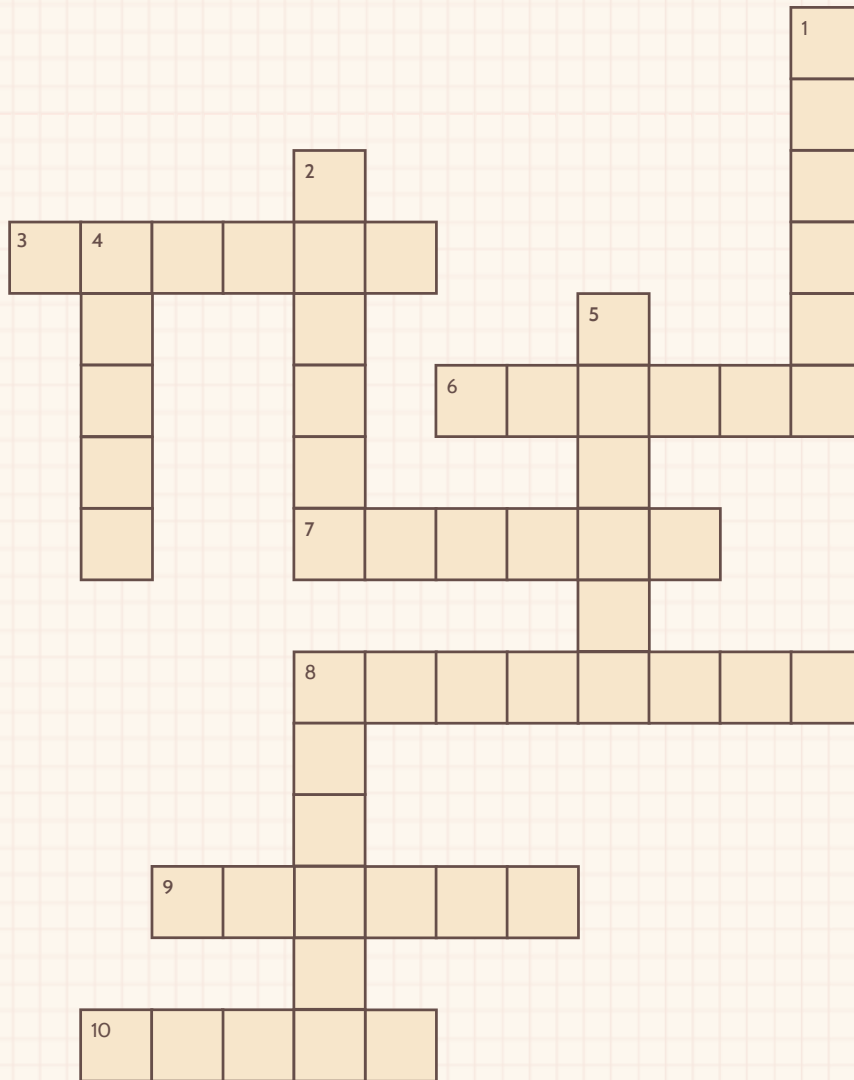
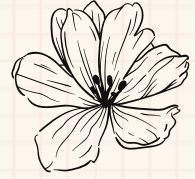
The WHO Report: Preventing Suicide: a Global Imperative (WHO, 2014) recognizes WSPD as a significant policy achievement, highlighting its role in spurring campaigns and contributing to increased awareness and reduced stigma surrounding suicide. Over the years, WSPD has gained momentum, with celebrations now taking place in over 60 countries worldwide. Hundreds of events, ranging from educational workshops and commemorative ceremonies to press conferences and public gatherings, are organized to mark the day.

The internet and social media have played a pivotal role in amplifying WSPD's reach. Millions of people around the globe connect with the event online on September 10th, sharing information, stories, and resources related to suicide prevention. In 2020, the IASP's "Step Closer" film garnered over 30 million views, demonstrating the power of digital platforms in spreading awareness and fostering empathy.

WSPD's success lies in its ability to unite diverse stakeholders and promote a shared commitment to preventing suicide. By raising awareness, challenging stigma, and encouraging individuals to seek help, the event empowers communities to take action and create a supportive environment for those at risk. As WSPD continues to grow and evolve, its impact on saving lives and promoting mental health remains immeasurable.

Flower Parts

CROSSWORD PUZZLE



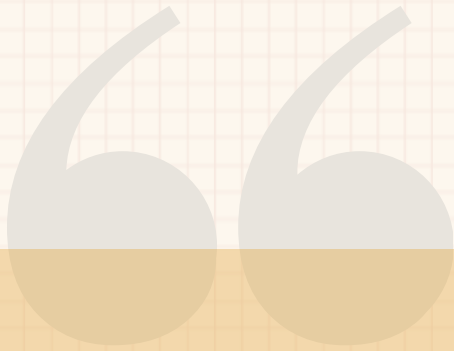
- 1 Egg cells of the flower
- 2 These protect the bud of the flower.
- 3 Powdery substance that leads to the fertilization of the flower
- 4 Where ovules are produced
- 5 The male reproductive structure of a flower
- 6 These brightly colored parts of the flower attract pollinators
- 7 The sticky part of the flower that catches its pollen
- 8 The stalk of the flower
- 8 The female reproductive structure of a flower
- 9 Holds the grains of pollen
- 10 Supports the stigma, connecting it to the ovary of the plant

SUDOKU #24

INSTRUCTIONS

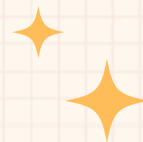
Use the numbers 1 to 9 to complete the Sudoku.
Only use each number once in each row, column and grid.

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



"Two things define you: Your patience when you have nothing and your attitude when you have everything".

 Hazrat Ali Ibn Abi Talib (RA)



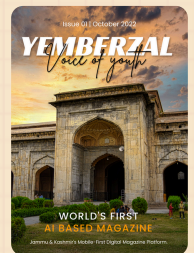
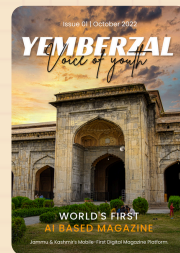
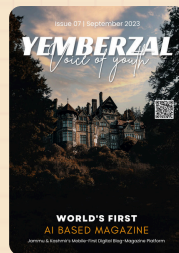


YEMBERZAL

A flower that blooms in early spring, just after an extremely harsh winter, brings hope to the people of Kashmir. Yemberzal, also known as Nargis in Urdu, is currently blossoming all around. Despite its fleeting presence and relative obscurity to many, this flower carries diverse symbolic significance across various cultures. While Western interpretations associate it with vanity, in Asian cultures, notably in China, it symbolizes prosperity and good fortune. Kashmiris hold this flower in high regard, viewing it as a symbol of love and rebirth after adversity. Our focus is on delivering top-quality content that covers social, historical, economic, and scientific topics. Established in 2022, Yemberzal has evolved significantly since its inception in Jammu and Kashmir. The founders' dedication to enhancing educational culture led them to launch their own blog-magazine.

2024 YEMBERZAL

READ ALSO



INSPIRING YOUTH

Yemberzal is a non-profit organization solely managed and maintained by students of Jammu and Kashmir. Yemberzal is the one-stop destination for social, historical, economic, and scientific content. World's First AI-based magazine.

