

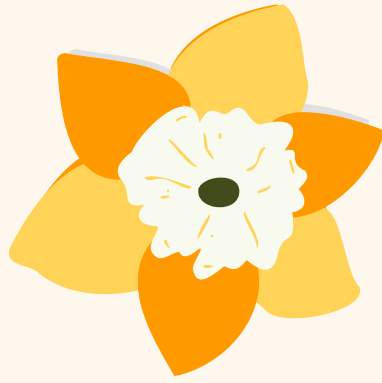
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YEMBERZAL *Voice of youth*



WORLD'S FIRST
AI BASED MAGAZINE

Jammu & Kashmir's Mobile-First Digital Blog-Magazine Platform.



JUNE 2023

05



Table of Content

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01

Unleashing The Forgotten Artist Within: Rediscovering The Creative Dreams Of Childhood

11

The Arrival

02

Breaking The Chains Of Addiction: A Rallying Cry To Reclaim The Beauty Of Kashmir ?

12

Move Forward

03

Don't Stress Too Much

13

Wilderness

04

Men's Mental Health

14

Desolation

05

The Risks of AI : A Concern For The Future.

15

Hirpora Wildlife Sanctuary

06

Environmental Pollution; Death Staring us in the Face

16

Aspartame

07

Crimes Are On Rise

17

UPSC Corner

08

Scientists discovered a crucial element for life gushing out of Saturn's icy ocean moon

18

Inspirational

09

WoodCraft

19

Word Searc

10

Nature: The illumination of life.

20

Inspirational Quote

Unleashing The Forgotten Artist Within: Rediscovering The Creative Dreams Of Childhood



Written by Kalima Iqbal
Delhi Public School Srinagar

Everyone's teenage dream, at some point, is to become a cricketer, artist, musician. The longing to pursue that passion, that burning desire to excel in a field that ignites our souls, is something we all experience. But along the way, something happens. Life takes over. We get caught up in the never-ending demands of work, of responsibilities, of the daily grind. And slowly, ever so gradually, we let those dreams slip away.

It's as if we become prisoners to our own success. We allow ourselves to be consumed by the world's expectations, by the pressures of society. We sacrifice our own happiness, our own fulfillment, in the pursuit of external validation. We trade in the brush strokes for spreadsheets, the melodies for conference calls, and the pitch for office politics.

But why? Why do we forsake the very things that once brought us joy, that fueled our imagination and filled our hearts with purpose? It is a tragedy, a heart-wrenching tale of loss. We become numb, living in a state of perpetual repetition, going through the motions day in and day out. Our lives become a monotonous melody, devoid of passion, devoid of joy.

In the quest to live the life we think we should, we lose sight of the life we truly want. We allow ourselves to be defined, dictated, and controlled by the world around us. We succumb to the pressures of conformity, the fear of judgment, and the relentless pursuit of societal expectations. We become mere pawns in a game we did not choose to play.

But let me remind you, my friend, that the world does not make us who we are. We are the creators, the architects of our own destiny. Our dreams, our passions, our true selves, they await our return. They lie dormant, patiently waiting for us to rediscover them, to reignite the flames that once burned so brightly.

We must break free from this robotic existence, this pre-defined path that we have unwittingly accepted. It is time to reclaim our lives, to live authentically, and to prioritize our own happiness. It is time to cast aside the shackles of expectations and rekindle the fire within us.

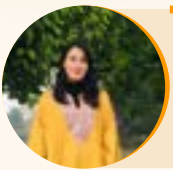
So, let us remember who we once were, who we still are deep down inside. Let us unapologetically pursue our passions, our dreams, and our true selves. Let us carve out moments of joy and immerse ourselves in the activities that bring us alive. For it is in those moments that we truly live.

Don't let your teenage dreams fade away in the sea of obligations and responsibilities. Embrace them, cherish them, and make them a part of your life once again. Because in the end, it is not the world that defines us, but rather, it is we who shape the world. And it is within our own hearts that the true essence of living lies.

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Breaking The Chains Of Addiction: A Rallying Cry To Reclaim The Beauty Of Kashmir?



Written by Maleehah Shakeel

Content Writer



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Kashmir, the land of pristine beauty and rich cultural heritage, is facing a grave threat - the scourge of drug addiction. As a fervent Kashmiri, it pains me to see our youth falling prey to this menace. But we must not lose hope. Together, we can break the chains of addiction and reclaim the beauty of our land. It is heart-wrenching to hear stories of drug addiction leading to such tragic outcomes. It is a stark reminder of the destructive power of addiction and the urgent need to address this problem. Every life lost to drug abuse is a precious loss to our society. It's not just the victim of addiction who suffers, but their loved ones, friends, and the entire community. We cannot afford to let this continue. The problem of drug abuse in Kashmir is multifaceted and labyrinthine. Poverty, unemployment, and social upheaval have made our youth vulnerable to the temptation of drugs, while the easy availability of narcotics has only worsened the situation. Drug peddlers and suppliers often target vulnerable groups, including those who are unemployed, socially marginalized, and adolescents, and entice them into addiction by offering free drugs. Once these individuals become dependent, they are then charged money, which often leads to

criminal activity such as theft to finance their habit. The Kashmir Valley is slowly becoming a drug hub in Northern India, with over 10,00,000 drug abusers. However, we can address this problem by taking a multi-pronged approach.

Firstly, we need to spread awareness about the dangers of drug abuse by engaging the youth in vocational training, skill-building programs, and recreational activities that channel their energies in a positive direction. This will not only keep them away from drugs but also help them realize their full potential.

Secondly, we must provide access to rehabilitation centres with trained staff, adequate medical facilities, and counselling services to those struggling with addiction. We need to provide a comprehensive support system that can help them break free from the shackles of addiction. Law enforcement agencies must also play their part in curbing drug trafficking and apprehending drug peddlers to stem the flow of drugs into our region.

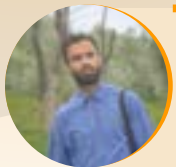
Finally, as a society, we must take responsibility for preventing drug abuse. Parents, teachers, and religious leaders must guide the youth toward a healthy and fulfilling life by creating a safe and inclusive environment that encourages dialogue and provides support to those in need.

In conclusion, we must rally together as a community to combat drug addiction in Kashmir. It is time to dismantle the chains of addiction and reclaim the immaculate beauty of our homeland. Let us forge a brighter tomorrow where our youth can flourish and lead gratifying lives, free from the grip of addiction.

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Don't Stress Too Much



Written by Syed Mustafa Ahmad
Content Writer

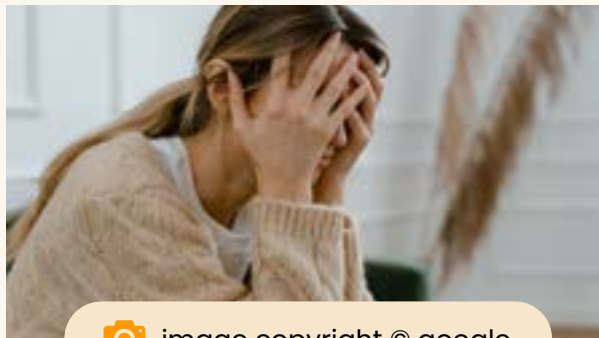


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Though we live in a modern society, we can't erase orthodoxy from our minds because it has become our habit. The same repetition of achieving this and that. If I fail to become this and that, what will happen? People expect something from me. They have been watching me going here and there. If I fail in fulfilling their expectations, where shall I go? My relatives are doing well. They have every luxury. However, I don't have. Am I fit to live? These things burden a person to such an extent that the coming future becomes bleak and the present is already wasted. Who has the criterion? Who has the authority to do this? In the present, it has become a craze to achieve this and that. Beyond that, nothing is acceptable. How low we have steeped! This sorry state of affairs is not the product of a one factor; rather it is the by-product of many causes. Let us discuss some of them briefly.

The first is materialism. Craving for more and more has made us machines in the form of human beings. Earn, spend and save are our present aims. If these are unavailable, life is not deemed fit to live. This life is useless and must be ended. This mindset prevails everywhere and this causes problems. Stress is one of the effects. The second is narrow concept of life. Who told us to live as we are living? Delving deeper into things makes it clear that life is free to be lived, but not at the expense of others. The main objective of life is to look for the truth. If truth means avoiding those things that we value a lot, there is nothing wrong in avoiding it. We fight agility the truth. We need gratification and consolation by blurring the

lines of truth. In this way, we stress too much and lose what we have already. The third is self deception. We deceive ourselves. Adhering to some doctrines makes us contented. No, this is deception. One who deceives himself or herself is bound to be in the grip of stress. Life is a one time gift. Try to live it. Experience it. Avoid looking at world through others' lenses. The fourth is imitation. We often look at others and stress ourselves unnecessary. If we avoid some things in life, there are cent percent chances that we will be free from stress.

In short, stressing oneself unnecessary is not a solution. Try to be contented. Fulfilling basic necessities is the main motive. There is more to explore. At the end of the day, the things we cherish the most leave us and we have to answer for those. So, don't stress too much and think out of the box solutions. Try to live and be thankful. It is better to deaf, dumb and blind sometimes. No criterion is perfect. Find happiness in everyday things. Please don't stress too much.

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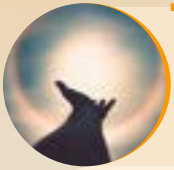
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Men's Mental Health



Written by Injila Shafi

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Men's mental health is an important topic that has gained a significant amount of attention in recent years. Traditionally, mental health has been considered a taboo subject among men due to societal expectations of masculinity, where men are expected to be strong and unemotional. However, this toxic perception of masculinity has led to an increase in mental health issues among men, which can result in devastating consequences if not addressed. In this , we will explore the importance of men's mental health, the factors that contribute to mental health problems among men, and the ways to address these issues.

According to statistics, men are significantly less likely to seek help for their mental health problems than women. Suicide is one of the leading causes of death among men, with men being three times more likely to take their own lives than women. This is not because men are more prone to suicidal thoughts than women, but rather because they are less likely to seek help and more likely to engage in risky behavior. There are several reasons why men tend to avoid seeking help for their mental health problems, such as stigma, cultural norms, and the view that seeking help is a sign of weakness.

The cultural expectations of masculinity play a significant role in men's reluctance to seek help for their mental health problems. Society has traditionally attributed a set of behavioral characteristics that it deems as desirable for men to display, which includes strength, toughness, and resilience. These traits are often incompatible with the idea of asking for help and showing vulnerability. Breaking these deeply ingrained norms can be challenging, as men are often discouraged from exhibiting emotions or behaviors deemed "feminine."

Factors such as work and personal relationships can also significantly contribute to men's mental health problems. The pressure of providing for families or social groups, long working hours, and unstable employment can have a significant impact on mental health. Additionally, the inability to express personal feelings and connect in a meaningful way can cause considerable stress, leading to depression, anxiety, and social isolation.

To address these problems, it is crucial to create an environment for men to feel comfortable with seeking help. This can be achieved by promoting awareness and education around the subject and by breaking down the harmful and outdated perceptions around masculinity, vulnerability, and help-seeking behaviors. Education and awareness programs can be used to help men acknowledge their mental health problems and seek appropriate attention and support. It is essential to create safe spaces where men can express their feelings without being judged, and trained professionals are readily available to provide advice and guidance.

Therapy is another valuable resource for men to address their mental health problems. While some men may be hesitant to embrace therapy due to concerns about privacy, cost, or lack of awareness, there is evidence to suggest that talking therapies can be an effective way to address mental health problems. Therapy can provide a safe and confidential space to discuss personal issues and develop new ways of thinking and coping with negative emotions.

In addition to therapy, exercise and physical activity have also been shown to have a positive impact on men's mental health. Exercise, especially high-intensity activities, can reduce anxiety and depression by producing endorphins, which create a sense of euphoria and energy. Physical activity can also provide men with a sense of accomplishment, a feeling of control, and an opportunity for social interaction - all factors that can contribute to improved mental health.

Finally, it is essential to involve the broader community in promoting men's mental health. This includes creating a network of health care professionals, families, friends, and organizations committed to supporting men's mental health. Additionally, it is vital to raise awareness and dispel negative perceptions in the media, schools, and other institutions to create a culture that encourages men to talk openly about mental health problems.

In conclusion, men's mental health is a critical issue that has received a significant amount of attention in recent years. Men face unique challenges when it comes to addressing mental health problems due to societal expectations of masculinity and the inability to communicate their feelings and emotions effectively. However, there is a growing demand to recognize and address the issues and create a safe space for men to express their feelings and receive appropriate care. By promoting awareness and education, providing therapy, exercise, and physical activity, and involving the broader community, we can create a culture that encourages men to prioritize their mental health, seek help when needed, and ultimately lead a more fulfilling life.

The Risks of AI: A Concern For The Future.



Written by Haq Nawaz Qayoom

Grade 11 School Student

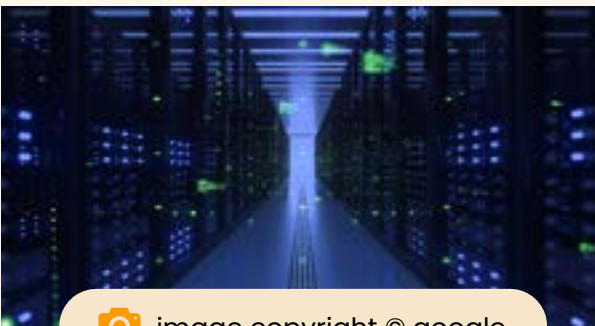


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Almost every website on the internet today possesses AI-generated content in one way or another. From art such as AI music to AI-generated scripts of television shows, AI is now dominating most of what we see in the digital world. Given the recent improvements by OpenAI in its AI chatbot, ChatGPT, it has now opened the eyes of the world to the risks and dangers AI brings with it.

In the past, whenever I would hear about artificial intelligence and futuristic technologies, the first thing that came to my mind was software driving machines to take over the majority of human work. From cleaning cars to packing items in factories and even driving cars themselves. But while all of this might still be under development, AI has already become an essential part of our lives. Social media algorithms and voice assistants are simply AI technologies that we have been using unknowingly. AI was thought of as something that would make human life a lot easier, but with its benefits come risks that can completely change the world and how we perceive our future.

With the launch of generative AI, we can only observe the beginning of what AI can do. It has been observed that school students now rely on ChatGPT to do most of their homework. The work that used to take students hours to complete is now done in a matter of seconds, and it doesn't require much effort except for writing the prompts. This is

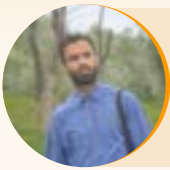
concerning because these students will be the future leaders, and if they rely too heavily on AI to do their work, it may hinder their ability to develop essential skills and knowledge. Furthermore, there is no guarantee that the information generated by AI is correct. AI often provides answers with confidence, making it hard to distinguish between truth and fiction.

AI experts who recently wrote an open letter about how AI could lead to the destruction of humanity have shown concerns about people relying on AI for health advice, emotional support, and decision-making in real life. These experts predict something scary about the future of AI if the development of new AI technologies continues. It could lead to the destruction of humanity. The risks of present-day AI systems include information biasness, joblessness, and more. However, with the development of advanced technology, companies, governments, and independent researchers can develop powerful AI systems that can control everything from business to warfare, even things we don't want them to. Experts also suggest that these systems can resist our attempts to stop them. While this cannot happen with present-day AI systems, it is a possibility with those currently under development, such as the AI system AutoGPT. These systems can produce actions from prompts, generate computer programs, retrieve information, use apps, create new ones, and even self-improve. However, they are still caught in an endless loop for now. There is still a lot of effort needed to develop this technology that would improve itself, as stated by Connor Leahy, the founder of Conjecture, an organization that aims to align AI with human values. He also believes that currently, these systems don't work, but someday they surely will. Criminals could provide prompts like making money, and these systems could end up looting banking systems.

Another factor that proves how dangerous AI can be in the future is the misbehaviour of AI technology. AI technology systems are developed on networks where they learn new skills by analysing data from the internet, and they can learn more than even their creators, which might cause them to exhibit unexpected behaviour. Recently, an AI bot even passed a captcha test by pretending to be a visually impaired human.

While all of this might happen in the distant future, there is still a need for those responsible for regulating AI to realize the harms that present AI systems pose and ensure effective regulation.

Environmental Pollution; Death Staring us in the Face



Written by Syed Mustafa Ahmad

Content Writer



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In today's world, there are many burning issues like poverty, human rights violations, global warming, green house effect, environmental pollution, etc. But here, I will discuss about the environmental pollution. It can be defined as the addition of some unwanted substances in the environment, which are harmful for both living and non living. It is not a recent phenomenon but it is the process of many centuries.

The previous decade witnessed some of the hottest years of the century. It is visible in the decreasing of the ground water level in India, flooding of many areas, the bushfires of Australia, the melting of glaciers in the fragile Himalayan region, the thinning of ice cover in Antarctica, the extinction of species, the vulnerability of species, the huge storms, the spreading of deadly diseases, etc. If this is the situation, then what are the causes responsible for this global problem. Let us try to know more about this. First is industrialization. The heavy machinery creates havoc in the environment. The chimneys produce the toxic gases. The effluents or the hot waters from the industries go into the seas. They destroy the ecosystem of the marine life, which eventually disturb the ecological stability or balance of the environment. Moreover, the other wastes produced by the industries are dumped without any scientific watch. In Delhi, the dumping site is as big as a mountain.

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

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

Crimes Are On Rise



Written by Syed Mustafa Ahmad
Content Writer



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Living in a society means there are cent percent chances of violence. When utensils are put at a single place, they often collide against each other and produce noise. A single utensil cannot produce any noise. It is a parable and not to be taken literally. If there is no darkness, how to seek light. In the same vein, if there is no falsehood, how to seek the truth. Life is a balance of thorns and flowers. Indeed, a flower has thorns. Walking through a beautiful garden a person is pricked by a pointed thorn. Same is the case with society. In its long journey, it derails regularly. However, it continues its journey.

However, the problem starts when waywardness becomes a norm. In the present society, the intensity of crimes has reached the saturation level. Knowingly or unknowingly people tread the path of violence and feel comfortable in stabbing or killing others. Moreover, soft crimes like drugs are omnipresent. Thanks to the international mafia for spreading it through out the world. Read John Perkins for more. Now what are the causes responsible for these? Let us discuss briefly in the coming lines.

The first is materialism. Earning and spending is not a crime. However, chasing materialism blindly is a crime. Seeing objects through the lens of materialism is bound to lead to crimes. Greed for more and more is the biggest concern of the modern society. Yes, wealth brings comfort. But it is like salt water. It never quenches your thirst. The second is loosening of the religious grip. Whatever the source

of religion is, it is meant to bind the unbridled reigns of a man. A man is bound to become wayward. He often fails in his path. It is religion that brings him back to the path. Though religious leaders have limitations, religion itself comforts a man and gives him a direction. The third is the dark side of the technology. The Internet has raised its vicious head and is devouring the essentials of the society. Exposure to the harmful material has cut the roots of a civilized society. Imitating others without proper guidance has brought unimaginable loss to the society. Dark side of the modern technology has the potential to throw things at winds.

In order to mitigate crimes, we have to mend our ways. Starting from ourselves can be the best way. It needs a collective approach. There is no ready-made answers available for this. It is up to us to set things right. Moral uplifting is the only way to come out of the vortex of crimes. Law should also follow its path. Overall, it is we who make society. We are creators and destroyers. Looking above the existing things can have long-lasting impacts. Let good sense prevail!

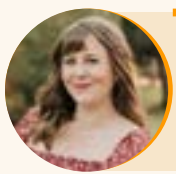
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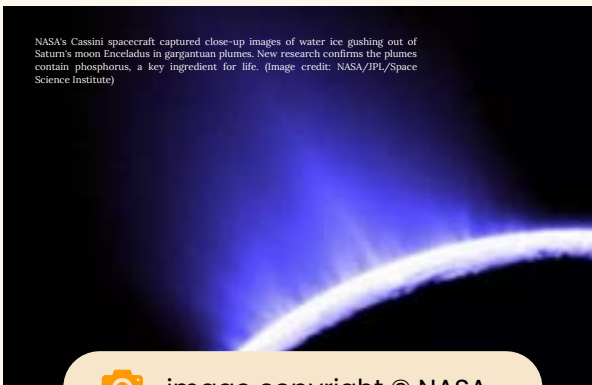
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Scientists discovered a crucial element for life gushing out of Saturn's icy ocean moon




Written by *Briley Lewis*

Ph.D. Candidate/NSF Fellow at the University of California



NASA's Cassini spacecraft captured close-up images of water ice gushing out of Saturn's moon Enceladus in gargantuan plumes. New research confirms the plumes contain phosphorus, a key ingredient for life. (Image credit: NASA/JPL/Space Science Institute)

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Scientists have found another clue that the ocean beneath one of Saturn's moons may be capable of supporting life. An international team discovered signs of sodium phosphates, a salt sometimes used in deli meat here on Earth, in a plume of ice shot out from a subsurface ocean on Enceladus, one of Saturn's moons.

This doesn't mean someone's curing meat around Saturn; phosphates are a basic key ingredient in the chemistry of geology and biology. Astronomers have long been interested in oceans on other worlds, since water is a fundamental requirement for life as we know it. If these alien oceans also contain salts and organic molecules like Earth's oceans do, they, too, might be capable of supporting life. The difficulty with subsurface oceans is that they're locked below a thick, icy crust, where NASA's robotic explorers can't yet reach. But Enceladus conveniently erupts every once and a while, spewing material from its hidden ocean in a vast plume of water ice. These plumes were originally discovered by NASA's Cassini spacecraft, which orbited Saturn for 13 years and even flew

through some of Enceladus' plumes, gathering information along the way.



An illustration of NASA's Cassini orbiter soaring through a giant vapor jet over the moon Enceladus. (Image credit: NASA/JPL-Caltech)

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When Cassini discovered the plumes during its orbit of Saturn, scientists detected evidence of sodium salts (like sodium chloride, aka table salt, and sodium bicarbonate, better known as baking soda), hinting at the chemistry in the oceans below. But Cassini wasn't designed to investigate icy plumes and mysterious oceans. This new research uses information from the Cassini Cosmic Dust Analyzer, originally intended to figure out the composition of dust from Saturn's rings, to find a fresh perspective on the plumes.

The detection of phosphates on Enceladus helps scientists put together the picture of what's going on below the moon's icy exterior. Phosphates tend to appear in water that's very low in calcium – for example, in "soda lakes" such as Mono Lake in California. Soda lakes are particularly alkaline – the opposite of acidic – and they're rich in salts and other phosphates. The researchers think this kind of water is precisely what's inside Enceladus – which may have phosphorus concentrations at least 100 times greater than what's in Earth's oceans – the team reported in their study, published June 14 in the journal Nature.

With this discovery, scientists now have plenty of evidence to confidently say that the plumes come from Enceladus' subsurface ocean and that the Saturnian moon is loaded with biologically critical phosphorus – and they have a tantalizing prospect for where life may be hiding out in our solar system.

 Yemberzal Quote

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Stephen Hawking

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

Woodcraft

Woodcraft is mostly associated with the architecture of Kashmir. Woodcraft skills in the region were ancient, but shifted from stone to wood during the Muslim Sultanate period in the 14th century; so did aesthetics, from figurative to geometric. The **Pinjrakaari** and **Khatambandi** crafts of decorative lattice and paneling came much earlier with Turkish and Persian influences. Houseboats and carved walnut furniture with intricately carved floral, chinar and animal motifs started during the Sikh and Dogra period catering to the influx of European tourists to Kashmir throughout the 19th and 20th century.

Wood crafting is one of the most important cottage industries in Kashmir. Walnut wood is very soft, so crafts men carve out intricate and beautiful designs on it. Beautiful vine and chinar leaves, roses and lotus flowers are carved out on soft walnut wood. Wood carving is done on furniture-sofas, beds, cabinets as well on window panes, doors, ceilings, walls and even on floors. One of the most popular woodcarving designs is **khatambandh** which is mostly done to adorn ceilings and walls.

Carved walnut wood-work is among the most important crafts of Kashmir. Kashmir is now one of the few places in the world where walnut is still available at an altitude of 5500-7500 feet above sea level. The wood is hard and durable, its close grain and even texture facilitating fine and detailed work. It also presents visually interesting effects with mere plain polished surfaces in fact in contemporary products, plain surfaces and small carvings are preferred, especially on trays, tables, bowls and similar items.



The Kashmir craftsman, however, rejoices in carving intricate and varied designs. A variety of carved products bear recurrent motifs of the rose, lotus, iris, bunches of grapes, pears and chinar leaves. Dragon motifs and patterns taken from Kani and embroidered shawls all find their place in wooden objects with deep relief carving. A variety of articles, both decorative and utilitarian, ranging from small items like bowls, trays, cigarette boxes, wall plaques and table lamps to screens, bedsteads and larger items of furniture are carved in walnut wood. Four main types of carving are usually practiced in Kashmir—raised, engraved, undercut and plain. The carving of furniture and smaller items is an elaborate process and involves high degree of skill and craftsmanship. The carving is done with the help of small indigenous tools. The art of wood carving is centered in the city of Srinagar.

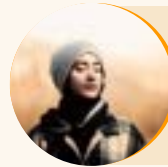
 Yemberzal Quote

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Anonymous

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do."

Nature: The illumination of life.



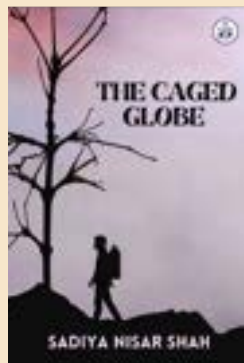
Written by Sadiya Nisar Shah

Ex. DPS Srinagar Student

The term "nature" may refer to living plants and animals, geological processes, weather, and physics, such as matter and energy. But for me, NATURE means a book of lessons that we face every day. Why does one feel at utter peace when surrounded by the beauty of nature? Why does one feel calmness in the soul even while being burned by the tragedies of the world? What is this feeling of tranquility? Is it only because of lush green trees, blooming flowers, splashing rivers, and the rhythm of birds, or is it because of the lessons we hear from the echoes of beauty? Isn't nature itself a poem of strength, a story of patience, and a song of life? When I sit in the lap of nature, I hear stories of the unseen from trees, the longing to bloom from flowers, the craving for home from the wind, and much more. When I talk to a rose, it states its journey from thorn to petal. It tells me how it felt when only thorns grew on it, when no one liked them because of fear, and when it saw other flowers blooming without thorns. Ah! What a taste of pain it described to me!

After a state of patience, a flower bloomed on it, and it understood the importance of the thorns that grew before to protect it. Because of the thorns, its flowers were able to bloom. No thorns, no flowers. And it's when I realise hardships, pain, and despair help one bloom. So, isn't one of the biggest lessons in front of us? Doesn't Lotus tell us how something beautiful grows even in the presence of filthy things? Lotus symbolises HOPE, BIRTH, STRENGTH, and RESILIENCE. Look at the seasons; they even try to tell us how different phases occur in life. Doesn't spring teach us how rebirth occurs even when we think everything ended with the occurrence of death (winter)? There are so many lessons in front of us that our eyes can't see and our hearts can't feel. The Lord created everything for a reason, and the one who tries to understand even a drop of it dwells well in this world.

More About Author



Sadiya Nisar Shah, one of Kashmir's newest writers. At the age of 16, she published her first novel, "The Butterfly of Paradise," which is based on stream of consciousness, and at the age of 17, she published "The Caged Globe," which is based on COVID-19. Hazrat Maulana Rumi R.A cites a well-known figure as an influencer for her poetry. She being a national award-winning filmmaker in addition to writing. She is part of theatre for seven years at Delhi Public School Srinagar. Her writing is distinct in that it combines elements of fantasy and reality. Themes of identity, belonging, and self-discovery are explored in her stories, which stand out for their vivid imagery and capacity to capture the natural beauty of her home country.

The Arrival



Written by Aamina Hamid

Islamic University Of Science and Technology



*The arrival was serene but
The departure was not such a loss.*

*Like rainfall that takes from the sky into the earth,
You came into me in question.*

*Like a hungry bee comes into the heart of a flower,
You sucked my essence into transcendence.*

*Like a blind man caught in a house on fire,
You implored the unforgiven in me.*

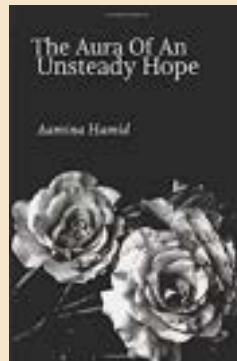
*Like a prince orders around the king,
You poured your beauty into me.*

*Like ecstasy that strikes your skin, walls and roof,
You told me things before leaving.*

*Like churning of milk into butter,
You made me dense.*

*You smelled my soul in the strands of my hair
Like the first breath of new life in a womb
Stop me from talking now, but don't leave me like this,
Like a madness that makes you exist in two worlds*

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.

Wilderness



Written by Syed Mustafa Ahmad

Content Writer



A brook is flowing slowly, without making a noise.
The soldiers are walking slowly on both sides of the brook.
Their bodies have no shadows.
The hounds are on prowl and the wolves are assembling in the lonely
fields.
Their intentions are clear.
A widow is looking out for her lost son in a cold night.
Her dupatta is dangling from her injured shoulder, wounded by the
barrel of the gun.
Her body smells of the roasted meat.
The cold winds are bringing the news of death with them and the
gravediggers have fallen asleep.
A cart is plying on the road, with the horse spitting blood.
In the sky, the stars are vanishing to give place to the pitch dark.
On the broken bridge, the crippled are waiting to cross over.
In the waters of the Jhelum, dirty drops of water mingle into it to make
it murkier.
The lightless sun is sad and the earth is barren.
The thorny bushes catch the travellers to elongate their journey.
The owls hoot in the starting of the day and the bats digest innumerable
insects.
Everywhere destruction is common while the life is covering in fear.
Heavy boots shake the muddy earth to wake death.
Shrouds are torn to look for life.
In this wilderness, life is ceasing.



Move Forward



Written by Syed Mustafa Ahmad

Content Writer



After falling, one must get up and move ahead.
Mistakes are committed by a man,
So move ahead.
If you are sleeping, wake up.
If you are sitting, get up.
If you are walking, start running.
If you are running, keep running.
Repent after committing a crime
And promise to remain on the straight most path.
Life is all about mistakes,
But the reality is we must move ahead.
Time doesn't wait.
So, try to forget everything and discover your future.
Let us move ahead,
No matter where we are.
One reaches God through the agency of devil.
Stop whining and keep moving.



Desolation



Written by Syed Mustafa Ahmad

Content Writer



In a beautiful garden, desolation reigns in the middle.
The ugly graves mar the beauty of the garden.
The helpless graves are wearing the horrible looks
And the dogs enjoy on them.
Once, they used to wear the crown of pride,
They would hurl stones at the very dogs,
But today they are immobile.
Beauty and ugliness run parallel.
Intelligent is the person who knows the reality.
Who cares after one's death?
In the grave, silence and darkness reign.
Plaques are everywhere.
Proverbs and the dates of deaths what the dead possess.
In the end, nothing accompanies in the grave.
The truth is that let us die before dying.
In the beautiful garden, desolation reigns.



Hirpora Wildlife Sanctuary

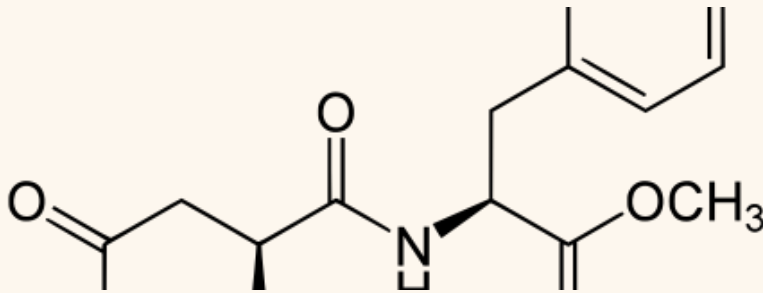


Hirpora Wildlife Sanctuary or Heerpora Wildlife Sanctuary is located, Hirpora in Shopian district of Jammu and Kashmir. It lies 12 km from Shopian town, 70 km (43 mi) south of Srinagar. It spreads over an area of 341 km² (132 sq mi). It is bounded to the north by Lake Gumsar, northeast by Hirpora village, east by Rupri, south by Saransar and to the west by the Pir Panjal pass. The slopes are gentle to moderately steep on the eastern aspect and very steep with many cliffs on the higher northern and western aspect. The southern and southeastern portions are moderately steep. Heerpora wildlife sanctuary is one of the beautiful wildlife sanctuary in Jammu and Kashmir.

The vegetation types of Hirpora Wildlife Sanctuary present include Western Mixed Coniferous Forests, Deciduous Sub-alpine scrub Forests and Sub-alpine Pastures. Western Mixed Coniferous Forest is dominated by Kail Pine with Spruce and Fir as its primary associates. West Himalayan Sub-alpine Forests are dominated by Fir, while the Deciduous Sub-alpine Scrub is dominated by Himalayan Birch and Juniper with wild roses. The southeastern part of Hirpora Wildlife Sanctuary has moderately open coniferous vegetation dominated by Kail Pine, Fir and Spruce.

Hirpora Wildlife Sanctuary is the place to many endangered species of animals including the Himalayan Brown bear, Himalayan Black bear, Musk Deer, Leopard, Tibetan wolf, Himalayan Palm Civet and Pir Panjal Markhor. Hirpora Wildlife Sanctuary shelters mostly 130 species of birds including the Spotted Forktail, Western Tragopan, Rock Bunting, Rufous-breasted Accentor, Himalayan Woodpecker, Blue Rock Thrush, White-capped Redstart, Himalayan Griffon, Common Stonechat and Grey wagtail.

The Mughal Road cuts through the Hirpora Wildlife Sanctuary and is believed to inhibit the movement of animals, especially the critically endangered Pir Panjal markhor. The Sanctuary has also been disturbed due to deforestation, excessive livestock grazing and construction of permanent huts by the Gujjars, Bakerwals & local shepherds.



IUPAC Nomenclature

Methyl L-α-aspartyl-L-phenylalaninate



Aspartame

Molecular Formula

 $C_{14}H_{18}O_5N_2$

Molecular Weight

294.307 g/mol

700 µg a day for men | 600 µg a day for women

*We tried to use world's most trusted medical web sources. We are not taking any responsibility and liability on this article



Functions



It is a low-calorie sweetener used to sweeten a wide variety of low- and reduced-calorie foods and beverages, including low-calorie tabletop sweeteners. Aspartame is composed of two amino acids, aspartic acid and phenylalanine, as the methyl ester. Aspartic acid and phenylalanine are also found naturally in protein containing foods, including meats, grains and dairy products. Methyl esters are also found naturally in many foods such as fruits and vegetable and their juices. Upon digestion, aspartame breaks down into three components (aspartic acid, phenylalanine and methanol), which are then absorbed into the blood and used in normal body processes. Neither aspartame nor its components accumulates in the body. These components are used in the body in the same ways as when they are derived from common foods.



Benefits



Tastes Sweet and Clean

Studies conducted with taste-test panels show that aspartame's taste is very similar to the taste of sugar.



Enhances and Extends Flavors

Aspartame has the ability to intensify and extend fruit flavors, such as cherry and orange, in foods and beverages. For example, aspartame makes chewing gum taste sweet and more flavorful longer than sugar-sweetened gum.



Does Not Promote Tooth Decay

The American Dental Association has noted it "welcomes the development and FDA approval of new artificial sweeteners that are shown to be safe and non-contributory to tooth decay. . . . Aspartame is an FDA-approved, safe sweetening agent and flavor enhancer that can be substituted for sugar in the diet."



Helpful for Individuals with Diabetes

Aspartame offers people living with diabetes greater variety and flexibility in budgeting their total carbohydrate intake and allows them to satisfy their taste for sweets without affecting blood sugar, which helps them comply with a healthy meal plan. In addition, consuming products with aspartame can result in fewer calories, which helps people living with diabetes manage their weight.



Can Be Part of a Healthy Diet

Aspartame can reduce or replace the sugar and calories in foods and beverages while maintaining great taste. Thus, aspartame offers one simple step to help people move closer to achieving healthier diet.

Aspartame is a low-calorie sweetener that has been used for decades as a way to lower one's intake of added sugars while still providing satisfaction from enjoying something sweet. Aspartame is about 200 times sweeter than sugar, and as such only a small amount of the sweetener is needed to match the sweetness provided by sugar. In tabletop packets and prepared foods and beverages, aspartame is often blended with other sweeteners or food components to minimize bitter flavors and enhance overall taste.

Aspartame consists of two amino acids—aspatic acid and phenylalanine. When ingested, aspartame is broken down into these amino acids for use in protein synthesis and metabolism. In addition to aspartic acid and phenylalanine, aspartame digestion also yields a small amount of methanol, a compound that is naturally found in foods like fruits and vegetables and their juices. The amount of methanol resulting from consuming an aspartame-sweetened beverage is about five to six times less than that resulting from the same volume of tomato juice.¹

Aspartame can be used as an ingredient in beverages (such as diet sodas, light or low-sugar juices and flavored waters), dairy products (such as light yogurt and low-fat flavored milk), nutrition bars, desserts (such as sugar-free puddings and gelatins, light ice cream and popsicles), chewing gum, sauces, syrups and condiments. Aspartame is also found in several types of low-calorie tabletop sweeteners. The most common brand of aspartame tabletop sweetener in the U.S. is Equal®. Brands outside the U.S. include Candere® (found in Europe) and Pal Sweet® (found in Asia). In addition, some prescription and over-the-counter medications and chewable vitamins may contain aspartame to increase their palatability. Aspartame is not well-suited for use in foods that require baking for a long time because prolonged exposure to high temperatures can cause it to lose its sweetness.

UPSC

Corner

The Longitudinal Division of the Himalayas is an important segment in the IAS Geography syllabus of the UPSC civil services exam.

The Himalayas, the abode to the highest peaks on the earth, are incredible mountain system of Asia and a great wall between the Plateau of Tibet to the north and the alluvial plains of the Indian subcontinent to the south. It is divided longitudinally into 5 divisions from west to east.

- The Kashmir /Punjab/ Himachal Himalayas
- The Kumaun Himalayas
- The Central/ Nepal Himalayas
- The Assam/ Eastern Himalayas

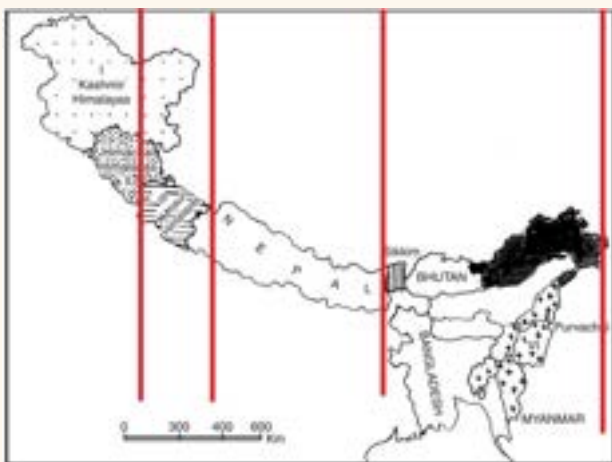


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The longitudinal division of Himalayas is the vertical divide leading to the further categorisation of the Himalayan mountain ranges based on topographical and climatic factors. These are important to understand in order to attain geographical awareness.

Division of the Himalayas from West to East

The Kashmir /Punjab/ Himachal Himalayas

Kashmir Himalayas lies between the Indus River and Sutlej. A significant portion of the Himalayas lies in Jammu and Kashmir and Himachal Pradesh. This is also known as Punjab Himalayas.

In Jammu and Kashmir region: It is characterized by high snow-covered peaks, deep valleys, interlocked spurs, and High Mountain passes. The range stretches for 700km in length and 500 km in width. It has a height of 3000 m with a large number of glaciers. The Ladakh region of the Kashmir Himalayas is dominated by cold desert conditions. The Kashmir valley which belongs to this division is surrounded by the Greater Himalayas and the Lesser Himalayas. The Karewa soil is found here and this area is famous for the saffron and other dry fruit cultivation.

Important passes of the Kashmir Himalayas: Pir panjal, Banihal, Zoji La, Burzil, Khardungla, Pensi- La, Saser- La, Lanak- La, Jara- La, Tasaka-La, Umasi-La and Qara-Tagh-La. The important snow-capped peaks are Nanda Devi, Trisul, Nunkun, Kamath and Nanga-Parbat

In the Himachal Pradesh Region: All the three ranges- the greater, the lesser, and the outer Himalayas are well represented in this region. The northern slopes of the Himachal Himalayas are covered with thick forests, plains, and lakes. The southern slopes are rugged with forest-clad. The Kangra valley, Kullu- Manali lies here. These areas are highly productive and well known for orchards and scenic beauty. Dalhousie, Shimla, Chamba, Kullu-Manali and Dharam sala is the important hill station in this region. The important passes are Rohtang pass, Bara-Lacha, Shipki La.

The Kumaun Himalayas

- *This division lies between the Satluj and Kali River. The highest peak in this division is Nanda Devi. Important peaks in this region are Nanda Devi, Trisul, Kedarnath, Dunagiri, Kamet, Badrinath, Jaonli, Gangotri, and Bandarpunch. Pindari, Gangotri, and Milam are important glaciers in this division. The major hill stations are Mussoorie, Nainital, Ranikhet, Almora, and Bageshwar. The important passes are Thaga La, Muling La, Mana, Mangsha Dhura, and Lipu Lekh.*

The Central/Nepal Himalayas

- *This division stretches from the Kali River to the Tista River. The major part of it lies in Nepal except for the extreme eastern part- Sikkim Himalayas. The important peaks are the Mt. Everest, Kanchenjunga, Makalu, Dhaulagiri, Annapurna, Manaslu, and Gosainath. Nathu La and Jelep La are the important passes in this region.*

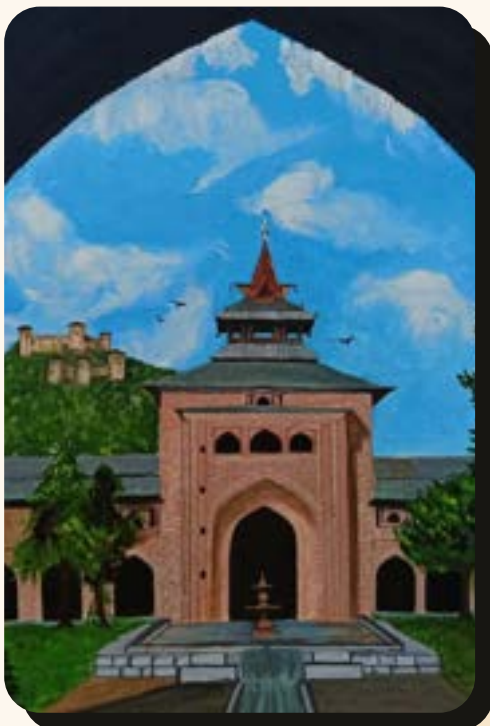
The Assam/Eastern Himalayas

- *This division lies between Tista and the Brahmaputra River (Dihang). It occupies the state of Arunachal Pradesh in India and Bhutan. On the southern border of Arunachal Pradesh, it takes a southerly turn, and ranges are arranged in North-South direction passing through Nagaland, Manipur, Mizoram, and Tripura called Purvanchal. The Purvanchal is joined by Meghalaya Plateau in the west and its extension of the Myanmar mountain chain continues to Andaman and Nicobar Islands and the Archipelago of Indonesia.*
- *The Himalayas rise very rapidly in the plains of Assam and narrow at the foothills of Shiwaliks. It comprises of many hills called Aka hills, Dafila hills, Miri hills, Abor hills, Mishmi hills, and Namcha Barwa. The important hills of eastern Himalayas are Pakai bum, Manipur hills, Blue Mountain, Tripura range, and Brail range. The important passes in this region are Bomdi La, Yonggyap, Diphu, Pangsau, Tse La, Dihang, Debang, Tunga, and Bom La.*



Dr. Khurshid Guru

Khurshid A. Guru, MD, was appointed Director of Robotic Surgery at Roswell Park Comprehensive Cancer Center in October 2005. Dr. Guru completed his residency training in Urologic Surgery (2005) and a Robotic Surgery Fellowship (2004) at the Vattikuti Urology Institute, Henry Ford Health System, MI. He also completed an International Fellowship in Urologic-Oncology (2004) at the Urology and Nephrology Center at Mansoura University, Mansoura, Egypt. Dr. Guru is a member of the American Urological Association, Cancer Society of Kashmir. He founded a non-profit foundation in 2007 which supports health and education-related programs in Kashmir. His foundation supports children in government-run schools in his native home, Kashmir and an innovative Junior Robotics Surgery Challenge here in his home town Buffalo, NY. He has authored and co-authored over 250 several journal articles, abstracts and book chapters.



Izam Hafiz

She is student 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.

 [@magical_blends](https://www.instagram.com/magical_blends)

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JUNE-23

WORDSEARCH

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AUGHT

CAUGHT

DAUGHTER

DISTRAUGHT

DRAUGHT

FRAUGHT

HAUGH

HAUGHTY

LAUGH

LAUGHTER

NAUGHT

NAUGHTY

ONSLAUGHT

OVERSLAUGH

SLAUGHTER

TAUGHT

Inspirational Quote



 Edition June 2023

“Once you make a decision, put your trust in Allah. Surely Allah loves those who trust in Him.”

 Quran 3:159



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