

## REMEMBERING FORMER PMs

The Pradhanmantri Sangrahalaya located at Teen Murti Road, New Delhi received 1,15,161 visitors till September 30. On October 15, 2022, a record breaking 3,233 number of visitors visited Pradhanmantri Sangrahalaya in a day. The Sangrahalaya was opened for public on April 21, 2022. Prominent national leaders including President, Vice President, Prime Minister, Home Minister, Finance Minister and other Union Cabinet Ministers, State Chief Ministers, Members of higher judiciary, diplomats and other dignitaries have visited the Sangrahalaya. Some significant remarks by prominent visitors have found unanimous resonance amongst other visitors:

Ram Nath Kovind, Former President: "This most impressively designed Pradhanmantri Sangrahalaya is an artistic memorial of the distinctive contribution of the former Prime Ministers and national leaders, along with that it is a timeless repository of independent India's progress".

M. Venkaiah Naidu, Former Vice-President of India: "It also showcases and honours the diversity in our national leadership and thereby sends the message of inclusiveness, which is vital for a vibrant democracy like ours".

Narendra Modi, Prime Minister: "Whosoever visits the Pradhanmantri Sangrahalaya will walk away with better understanding of the greatness of Indian democracy, its enormous form and possibility it offers".

The Sangrahalaya displays a comprehensive and balanced perspective on post-independence history of India. The healthy mix of latest technology and historic artifacts has impressed one and all. The use of augmented reality and virtual reality has created an enthralling experience of its cutting-edge technology based content. This inclusive endeavour is also aimed at sensitizing the younger generation to the leadership role of all our Prime Ministers. Educational institutions have been arranging visits of students to the Sangrahalaya. On 15th October 2022, 2044 students visited from 10 schools. Guided tours are provided with special attention to school groups by the Sangrahalaya staff. The remarks of Children's Academy, Ghaziabad read as, "The tour was great. I got to know so much about our Prime Ministers. I am really mesmerized with the Museum collection." A new gallery on present Prime Minister Narendra Modi is being added to the Sangrahalaya. It is scheduled for public viewing in January 2023. The light and sound show is also planned in November 2022 with an opening episode on space programme in India. Quarterly Lecture Series by eminent academicians and public leaders on the life and achievements of the Prime Ministers is also planned. It will also present selected exhibits on such occasions. The first in the series will be on Atal Behari Vajpayee by Ram Nath Kovind, former President of India.

ST

OFF 'D' CUFF

### Expressing Your Emotions Truly

These thoughts invariably lead to positive emotions of joy, happiness, contentment, peace, and relaxation, or they lead to negative emotions of fear, anxiety, dread, guilt, grief, lust, worry, anger, jealousy or victimhood.

Our emotions are actually e motions, or energy in motion. They are bundles of energy which, once generated, need to move through us, in a natural form. For example, when a child is hurt, or when he cannot see his mother, he feels pain. And he or she instantly reacts with crying and screaming. After a while, the crying stops and the child becomes quiet. Or if a child is denied a favorite toy, he or she throws a tantrum, falls on the ground, screams, bangs her head on the wall, and refuses to listen to reason. Eventually, after a while, the tantrum ends. Or when offered a candy or ice cream, a child brightens up, smiles or laughs, often jumps up and down in joy, and hugs her mother tightly. What the child is doing, in each of the above instances, is completely and truly expressing her emotions, without holding back. As a result, such a child does not create any block or stagnation to the energy of the emotion she feels, and once the emotion is fully expressed, the child goes back to her normal, harmonious and balanced state.

What happens with adults, and older children is that time and again, we have been taught and conditioned that it is not always good to display our emotions, everyone will not like it, it is not socially acceptable, people will think badly of us, our reputation will go down etc. and over many years, we have skillfully and successfully learnt to suppress or deny our emotions. Even if we are feeling abused or hurt, we tend to keep quiet. Of if we feel angry, we often swallow our anger, to keep the peace. Even joy and laughter we control and exhibit in small doses, lest people take offence. All this results in too much of energy inside us which has not found an outlet. Like a river, the energy of emotions needs to flow freely. Since we don't allow our emotions to flow freely, blocks and stagnations occur in our body.

- P V Vaidyanathan

# PINES OF JAMMU & KASHMIR

■ G L KHAJURIA

The Union Territory of Jammu and Kashmir is cocooned land-mass at the northernmost extremity of the plains of Punjab which virtually touches the lower ridges of the hills and further spreads over a vast tract constituting thereby what is called as the region of outer hills.

Varying in their heights something from 600 in to 1250 in above Mean Sea Level (MSL) are the rugged ones, which go parallel to one another, enveloping small narrow Valleys.

Jammu region which begins from the boundaries adjoining Punjab and Himachal Pradesh across river Ravi - (Lakhanpur) stretches over the last reach of Indo-Pak border (Poonch) in East-West encompassing Kandi belt of herbs, shrub and other broad leaved trees of immersive importance and with the altitudinal gains the rich 'Chirpines' 'Blue Pines' and their allied intermingle, From Jammu, uprising towards higher reaches of Udhampur, Kud, Patnitop on the one hand and Trikuta hills of Katra, Reasi to the north west are having richest varieties of pines which give kaleidoscopic glimpse when viewed airily in their ambience.

Not only, that these pines are serene & scenic, the splendor as well of tremendous importance in a variety of ways. The 'Pride' Chenab Valley, de facto, is a bountiful and predominantly the richest forest area in the entire state.The entire terrain is a rare combination of inner and outer hills of 'Shivaliks' ranging from 1,200 in to 3,600 in above mean sea level (MSL) and further there is consistent rise in elevation to what is most conveniently called the middle Himalayas.

The narrow Valleys give way to the small rivulets which drain into pride

Chenab the Tawi and to the deep gorges and other, emerald waters.

The landscape and valleys with ever-flourishing vibrant, salubrious and shimmering pines largely intermingling with fast flowing nectar-clear waters over the millennia past.

However, the chirpme part is briefed down as under.

'Chir Pine': All the pines are belong to 'Gymnosperms ' part of plant Kingdom having the .characteristics of cones-bearing and so is with Chir Pine.

This falls under conferee family and lakes its start from lower elevation to higher ones (4,000 to 6,000 feet) from MSL.

The chir is long-leaved pine botanically spoken as 'Pinus roxburghii and is a large living tree with clear straight bowl and thick bark as a defense against forest fire.

The leaves are in bundles of three needles obscurely triquetrous, light green cones are solitary or 3-5 together and the seeds are long, obliquely, compressed with membranous wings which helps in their pollination as it is through wind.

Chir pines are spread over the outer hills of Shivaliks ranging from Basohli - Billawar, Udhampur, Reasi, Kalidhar, Sudarbani , Rajouri, Nowshera and Poonch. The tree is of ample importance is so far as extraction of resin is concerned, apart from fulfilling demands of Keals in respect of timber, small wood and fuel.

The resin extracted from the Chirs finds its immersive value after the segregation of resin and turpentine oil which is useful in many pharmaceuticals for the manufacture of multihued important medicines.

Chir pines are mostly prone to forest fires during summer spells more due to the gathering of the needles which

rather cover the forest ground.

The locals have their urge, good grass and so these forests are engulfed by fire and spell the doom and large chunks of Chir forests are subjected to forest hazards.

An idea was mooted much earlier for collection of the dry needles which find its usefulness in the manufacture of card-boards as this practice is mostly prevalent in other chir bearing states of UP etc.

Serve twin purpose first the forest fires shall be minimized improve local economy and boosting card-board manufacturing.

This is unambiguously, a workable solution in averting forest fires, apart from opening new avenues for the industrial uses.

Chir pines, as thus has great promise in afforestation programmes and is widely planted in its natural .habitat Many sites of its natural habitations are, however deficient in organic matter, water holding capacity, nutritmental availability, micro-fauna and are lacking in almost all over the Chir bearing areas. So, it is pertinent to have necessary desirable physical and biological characteristics necessary for the plants growth and survival of our planted seedlings on such sites thus well suited to site.

Blue Pines also called as 'Pinus Walichiana' in botanical parlance and Wal is spoken locally as a large majestic tree having slate-colored smooth bark with leathery young stems 1 Like chirpiness. Its leaves are also in bundles each groove is having five needles which are slender cal, triquetrous, glucose on the inner faces, cones are generally 2-'3 together on pendueles Seed of this-species are blackish,' void Iolite' and compressed and the trees catches heights from 6,000-10,000 ft from

(MSL) sometimes intermingling with deodar and at places with chir pines etc.

The woo is as good as that of deodar, which is pinkish-brown, moderately hard, resin-as are smaller than those of chlrlines. The sapwood yield resin far superior to Chir Pines and its leaves are used as a stuff for cushions and The bark of the tree is used as slate for roofing of temporary huts and its seeds are often eaten by the local inhabitants. Giant Himalayan Pine: This pine, unambiguously, occupy its unique placement in the Himalayan region-the most magnificent and majestic.

Deodar botanically nomenclatures as Cedrus deodars a large tall gregarious tree, the largest and longest ever-lived tree in India renowned for its greatest beauty whose branches are horizontal having pyramidal crown:, The tree ranges a height from 7000-8500 ft from MSL and -intermingles amongst blue pines, spruce, firq and Moru oak, The tree is of ample importance in so' far as its timber value is concerned) which is prominently used in multi wide construction, The cedar oil extracted from its stumps finds multitudinous uses in our pharmaceuticals for the remedial measures of various hues, Chilghoza Pines: This pine is spoken as Pinus: Gerardiana in botanical parlance and is mostly confined in Paddar valley of Kishtwar and thence in the higher reaches of Kashmir. A cluster of such pines were spotted by the author whilst being on tour to Padder Valley in august last year at Atholi near Mata Jawala temple. However, of course, the most important article of food is well known throughout nor in a part of India as Chilghoza, which is basically the seed of this tree.

(The author is former Dy. Conservator of Forests, J&K).

## Kashmir on path of peace & prosperity

■ MANIK SHARMA

The center government decided to abrogate article 370 and 35 A to integrate the state of J&K with the rest of country on 05th Aug 2019 with the commitment of giving the long pending dues in the form of overall upliftment of people of the state.

With the vision of Naya Jammu and Kashmir, in the Union Territory one can see the energy in the common people for the upliftment in all spheres of growth, for a better future for their children and grandchildren. After witnessing decades of violence, the Union Territory of Jammu and Kashmir is now witnessing tremendous changes in economic activities post abrogation of Article 370.

After Article 370 was repealed, Jammu and Kashmir became subject to 890 central laws, while 250 unfair state legislations were eliminated and additional 130 state legislations got changed.

The elimination of certain hurdles led to a conducive business atmosphere. Due to country's strong leadership and increased stability in the region, foreign businesses are considering investment opportunities here.

The Lulu Group, Apollo, EMAAR, and Jindal are among the few commercial organiza-

tions that have investments in Jammu & Kashmir.

The government is fully aware that investments play a crucial role in economic development because they lead to the accumulation of public wealth as well as advancements in science and technology.

As a result, a framework for increasing the region's manufacturing viability and economic growth is established. Jammu and Kashmir government established a five-person committee on June 23 to communicate with the Minister of External Affairs regarding the G20 meetings.

During last three years, one thing that stands out is the handling curse of stone-pelting and frequent shutdowns in Kashmir.

It's after almost three decades that schools are functioning without being forced closures due to Hartal calls by separatist groups.

Schools in Kashmir have opened since March this year after remaining shut for nearly three years due to long curfews, the security situation and COVID-19 restrictions.

One can move around the town and countryside in Kashmir without fear of being caught in stone-pelting.

The mob violence had made every place unsafe. Even mosques were not spared.

Srinagar's historic Jamia Masjid was turned into a weekly theatre of stone-pelting. So much so a police officer was lynched to death in the mosque premises on a sacred night of the Islamic calendar.

When there is stability in the region, there will be peace and progress. Pakistan army and the separatist leaders who were earning with this Jihad factory are having a hard time now with the policies of present Indian government.

Pakistan tried to hype the fake narrative of injustice taking place against Muslims in Kashmir through various social media platforms.

But in reality, it is executing the same fake narrative of injustice in Gilgit Baltistan.

Instead of the fact that Shias of Gilgit Baltistan are a part of Muslim community, they are consistently persecuted by the Sunnis of mainland Pakistan.

Musharraf Government used Pathan tribesmen of NWFP and Afghanistan along with its army to suffocate and ultimately silence the protests of Shias.

They played savage dance in the region of Gilgit; the houses of Shias were set on fire; their crops were destroyed; their women were raped; numberless Shias were kidnapped and butchered.

Separatists of Kashmir, dreaming either to merge with

Pakistan or to make a separate nation, should wake up because their fate will be no different from the Shias of Gilgit.

Separatists in Kashmir should not forget the ugly game of suppression played by Pakistani army in Baluchistan. Pakistani army has been accused for executing genocide in Baluchistan.

Whosoever tried to open their mouth in protest was tortured to death. Chief Minister of Baluchistan, Akhtar Mengal, is a stark example.

He was imprisoned and was denied the basic human rights.

With the increase in the activities of ISI in Baluchistan, there is also an increase in the disappearance of Balochs. Many Baloch student activists, journalists and sympathizers were arrested and gunned down openly.

Hamid Mir, a journalist, was gunned by an ISI agent for hosting a program in the region.

Sabeen Mahmud, a human right activist, tried to throw light upon the poignant conditions of Baloch; is another glaring example of open assassination.

The reckless kidnapping and butchering of Baloch has converted this region into a land of mass graves.

Killing and inflicting torture upon Baloch was not sufficient for the Pakistani government;

they also exploited the region which is rich in oil and mining.

In spite of the ample benefits derived from Baluchistan's oil and mining, Baluchistan remained the most backward state of Pakistan. So, if the Separatists in Kashmir are so desperate to join Pakistan, then, they should start training themselves to bear repression mutely because the 'Freedom of Speech and Expression' that they take for granted in India, does not exist in Pakistan.

It is also advised to the Separatists not to forget the kind of inhumane treatment given to the minorities of Pakistan. More so, one can very well comprehend the situation in PoK when one compare PoK with Indian Kashmir and now, it's high time for the people who do not want the betterment of people of Kashmir will become the dust of history.

Today, the things are different and India government has the will to take things head on and now peace and prosperity in the Kashmir is the top agenda of present Govt which will not leave any stone unturned for it.

Kashmir is well on its way to become a model state with investments, infrastructure, tourism, social welfare and agriculture showing unprecedented growth in past three years after being freed from Article 370.

## Two faces of Kashmir: Success & Deprivation

■ JAGDISH SINGH

Rarely do ideas and deeds come together to eradicate long-standing social injustices.

Visions can develop into virtues if they are accompanied by a resolve to build a just society.

Three years prior, India made the decision to let go of the past that was preventing the 1.3 crore residents of Jammu and Kashmir from reaching their full potential and launched the construction of a fresh, thriving Union Territory.

While Jammu and Kashmir has become one of the most developed regions in the world because to New Delhi's developing peace, and prosperity policies, PoK has continued to be an underdeveloped territory as a result of Islamabad's characterization of it as a centre of terrorism.

In contrast to Jammu and Kashmir, where India is implementing a number of new projects to meet the needs of the post-COVID economy, Pakistan-occupied Kashmir (PoK) has seen significant budget cuts as a result of the government's preference for dishonest officials and China's incursion into the region and use of the land to advance its goals.

The Pakistani federal government has gone above and above to placate China and is permitting its brilliant plan to establish a sea route through PoK. Muzzafarabad, the capital of PoK, cannot be compared to Srinagar or Jammu,

the twin capitals of J&K.

It's like contrasting India's regional towns with the megacities of Mumbai and Kolkata.

While PoK only has two airports, J&K has four.

In J&K, there are 35 universities, compared to just 6 in PoK. Only 23 hospitals exist in PoK, where many people perish each month owing to a lack of basic medical facilities and anti-venom immunizations, while 2812 hospitals in J&K offer free healthcare to residents.

For fiscal 2022-2023, the Union Territory of Jammu and Kashmir received a budget of Rs. 1.12 lakh crore (USD 13.33 billion) from the Union Finance Minister Nirmala Sitharaman. Himalayan region's economy would be strengthened and employment will be generated through the budget.

Power development receives the greatest appropriations for the fiscal year 2022-2023 in J&K Budget, which places a strong emphasis on education, housing, and public health engineering. In terms of current prices, J&K's GDP is anticipated to expand by 7.5 per cent between 2021 and 2022.

The Prime Minister's Development Package projects have cost a total of Rs 36,112 crore. The budget for PoK in 2021-22, on the other hand, was 141 billion Pakistani rupees or little over 78.55 million US dollars. The federal government recently cut PoK's development

budget by Rs 5.2 billion, according to Abdul Majid Khan, Finance Minister of PoK, which Khan claimed could cause a serious unbalance in the financial system.

The 3.64 per cent portion of the federal revenue pool (variable grant) that the Pakistani federal government was due to give to PoK in the amount of Rs 49.9 billion has also been reduced by Rs 4.4 billion.

The ministers of PoK believe that the federal government's plan to reduce budgetary allocations may have uncontrollable effects on PoK's financial system and result in the area becoming poorer.

In J&K, four National Highway projects are expected to be completed in 2022. Ten new road/tunnel projects have been agreed upon by the Ministry of Road Transport and Highways of India under 'Bharatmala' the world's highest 1315-meter long railway bridge over River Chenab is targeted for completion by end of 2022.

A total of 25 projects have been completed/substantially and another four projects are likely to be completed by the end of the current financial year.

The condition of roads in PoK is pathetic with people reported to plunge to their deaths on a daily basis into ravines in road accidents, due to a lack of safety infrastructure.

Denizens of PoK are suffering silently

as they are not allowed to raise their voice.

The media is controlled by the Government to ensure that human rights violations by the armed forces and terrorists aren't reported.

The benefits of the merger of J&K with the Union of India have started to trickle down to the people.

After August 5, 2019, J&K government received investment proposals worth Rs.150 billion from around 40 companies from sectors like Information Technology, Defense, Renewable Energy, Tourism, Skill, Education, Hospitality, and infrastructure. During the past two years, the J&K government has achieved 100 per cent household electrification with 24x7 power for all.

Household water connections have reached 43 per cent of rural households which is double the national average of 21 per cent, and a road map has been prepared to ensure 100 per cent coverage of piped water supply to all 10816 million rural households by December 2021.

The state of PoK was disturbing and alarming. In a nutshell, it can be said that Pakistan-Occupied Kashmir is way behind the Kashmir region of India and its main reason is that the ideology of India is development-oriented while the region of Pakistan-Occupied Kashmir is used as a centre of terrorism by Pakistan.