

## ESSENCE OF SECULARISM

Secularism, as commonly defined, refers to a principle or ideology that advocates for the separation of religious institutions and beliefs from the affairs of the state, including social, political, and educational spheres.

In a secular society, religion does not dictate government policies, laws, or public discourse, and individuals are free to practice their religion or hold no religious beliefs without facing discrimination or persecution. The concept of secularism emerged as a response to historical instances where religious authorities wielded significant power over state affairs, often resulting in conflicts and oppression. The essence of secularism lies in promoting equality, freedom, and tolerance among individuals with diverse religious or non-religious backgrounds. It aims to create a space where people can coexist peacefully, regardless of their religious affiliations, and where decisions are made based on rationality, evidence, and the common good rather than religious doctrines or dogmas. However, as noted in your text, the concept of secularism can be misused for personal or political gain. This often occurs when individuals or groups exploit the principle of secularism to advance their own agendas, suppress religious freedoms, or promote intolerance towards certain religious practices or beliefs. Regarding the essence of God's being, various cultures and civilizations throughout history have conceptualized divine powers in different ways. In ancient times, when human understanding of the natural world was limited, people often attributed natural phenomena and cosmic forces to divine entities or gods.

## Benefits of clapping and laughter yoga

■ SURJIT SINGH FLORA

The method of healthy living has been around since ancient times. Yoga keeps our minds calm and happy, our bodies healthy, our lives disciplined, and we have control over our food and drink, as well as our desires. Various healing systems are followed to maintain good health, like natural healing system Reiki, Acupressure, Yoga, Stone therapy, etc. All these come in alternative treatment systems.

Healthy activities include clapping. They may improve circulation and vitality. Stomping strengthens legs and increases bone density, while applauding improves hand muscles and reduces tension. Through endorphin release and mood enhancement, both activities may improve well-being. Participating in rhythmic exercises may boost energy and well-being easily. To avoid injury, these activities must be done in a safe environment.

Especially, there are several potential benefits to clapping in the morning. This activity has the potential to invigorate both the body and mind, promoting better circulation and boosting energy levels. In addition, clapping can serve as a mindfulness exercise, aiding in mental concentration and establishing a positive atmosphere for the day. There are also those who argue that clapping can foster a feeling of appreciation and optimism. In general, it provides a straightforward and positive way to begin the day.

Benefits of Laughing Yoga: Laughing yoga has effects on both our body and health. If there is proper information about this, then going to doctors will be reduced by half. Laughing yoga affects all the nerves in the body and increases the blood flow. Laughing yoga is also known as 'inner jogging'.

Laughing yoga affects the thyroid gland in our body, which increases the blood circulation in the body. Laughing yoga increases tumor and virus-fighting cells. Stress hormones are also affected, thereby reducing stress, improving the digestive system and increasing immunity. Laughing yoga removes negative thoughts from inside the body and removes polluted air, thereby improving the respiratory system.

With this, 600 muscles in our body are exercised at the same time. Always do laughing yoga slowly in the beginning, then the pace should be gradually increased. Nowadays, there are many laughter clubs around the globe where laughter is constantly made in different ways.

Benefits of Clapping:

Both our palms have similar pressure points, which are activated by striking together with the other palm. It gives power to the blood cells in our body. This power affects the power of the body.

Apart from this, clapping yoga keeps the digestive system healthy. Problems like constipation, gas, indigestion and loss of appetite are improved. If you are suffering from any of these problems, then practice clapping yoga continuously for 5 minutes in the morning. Hit the 4 fingers of your right hand hard on the palms of your left hand. Make sure that the sound of the clap remains the same. Gradually, you will solve your problem.

Clapping yoga is also very beneficial for bone and joint pain. For neck pain, arthritis, joint pain, and neck pain, practice clapping yoga for 10 minutes continuously by joining both hands together. Gradually, the disease begins to get rid of itself.

Clapping yoga is very beneficial for people who have low blood pressure. That's why clapping should be done standing up. Roll in a circular motion from bottom to top while clapping from the front with both hands. Its regular practice corrects the blood pressure as well as strengthens the heart and lungs.

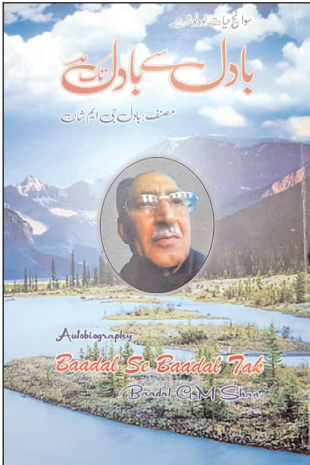
Absolutely! It's worth mentioning that clapping for two to three minutes daily can bring about certain benefits. However, it's crucial to understand that it should not be seen as a replacement for a comprehensive and balanced approach to maintaining good health. Regular exercise, a healthy diet, sufficient sleep, and overall lifestyle choices play a crucial role in attaining and sustaining optimal well-being.

(The writer is a veteran journalist and freelance writer based in Brampton).

■ DR RASPAL SINGH

Book which I received for review from one of the eminent writer hails from District Ramban Tehsil Gool and written in Urdu language entitled "Baadal Se Baadal Tak" comprises of 139 Pages including stories, Poetry and literature of great information of different issues and aspects which shows great writing skills of the writer. It's an autobiography of the writer who has seen many ups and downs in his life while in sighting a person from Govt. Servant to socio- Political activist.

"Baadal Se Badal Tak" by G.M. Shan is a fascinating account of the author's life journey. Here's a brief summary and analysis of the book. The autobiography traces the life of G.M. Shan from his early years in the region of Gool Ramban in Jammu and Kashmir. He describes his upbringing, family background, and the socio-political landscape of the region. Shan narrates his experiences in growing up and he has narrated different aspects of his journey as well as the challenges and hardships faced by the people in the area. This book overview into Shan's personal struggles,



# Wildlife Conservation and Its Importance

■ MOHAMMAD HANIEF

There are hundreds of wildlife species like lions, crocodiles, rhinoceros present in the forest. They usually get hunted for their skins, nails, horns and meat. Skins are used for manufacturing clothes, ropes and many useful items. Human beings kill these animals only to fulfill their needs, which are unnecessary and can be fulfilled by other alternatives. So, preventing wildlife species from uneven poaching and killing is wildlife conservation. It is the distinctive approach for protecting the wildlife on Earth and their habitat so that their future generations can exist without any fear. Wildlife refers to those organisms that live in forests and remain unfamiliar with the interaction of humans. In simple words, wildlife refers to undomesticated animal species that live away from humans in their habitat.

Animals who live in a wild environment can be called wild animals, which are also referred to as "wildlife" in the modern world. Some of its examples include: Fox, Eagles, Bull, Bear, Crocodile, fox, wild sheep, wild cat, mountain goat, gazelle and so forth. Deserts, forests, rainforests, plains, and grasslands are some places where wildlife is found. Wildlife Conservation can be defined as preventing wildlife from uneven killing and poaching. It also involves the practice of making people aware by telling them about the importance of wildlife. Wildlife Conservation is very important to maintain the food chain and ecosystem balance. If all the tigers get hunted for skins, then the count of deers increases drastically. Along with this, if humans kill all the hens for meat, then there would be no source of eggs. So, Wildlife conservation is necessary to maintain the population of animals on Earth to maintain their role in the ecosystem and food chain. On Earth, all living beings are interconnected to each other. Whether a lion or a human, every organism plays a significant role in the ecosystem. Wildlife conservation aims to maintain this interconnected ecosystem between different species.

Along with protecting animals, the maintenance of natural habitat is the secondary goal of wildlife conservation. The laws under this do not allow the cutting of trees so that the natural habitat of animals does not get disturbed.

In the food chain, all living organisms are inter-related. If any single organism is removed from the food chain, it will disrupt the food chain. For



instance, if all the lions are killed, then the count of herbivores will increase. This will lead to dis-balance in the ecosystem.

Wildlife sanctuaries provide a natural habitat for animals to breed easily. In this way, they help protect the planet's natural environment. Endangered animals like giant pandas, tigers, whooping cranes, Asian elephants and so forth live in these wildlife sanctuaries. Here, they can enjoy their habitat and can breed easily.

Wildlife conservation is essential to maintain the balance of the ecosystem. It is necessary to protect the rare and extinct species of animals. In India and around the world, there are different wildlife sanctuaries to protect and preserve some distinctively rare animals like Kaziranga National Park, Jim Corbett National Park, Sepilok Orangutan Sanctuary etc. The governments of many countries have implemented strict norms to promote wildlife conservation. The life of human beings without wildlife is impossible on Earth and therefore, wildlife conservation is very significant. The landmass of India is home to a wide variety of flora and fauna. A wide range of birds and animals live in the diverse terrain of the country. From Royal Bengal Tigers to Asiatic Elephants, India is home to a huge variety of animals in its 89 National Parks, 18 Bio-Reserves, and more than 400 wildlife sanctuaries. The forests of India are home to approximately 500 mammal species and over 2000 bird species. India, like its flora, is a good habitat for Fauna, the collective animal lives. A wide range of animal products is used to benefit our health. More than

90000 animal species can be found in India. This country has approximately 2000 bird species that are classified as Avifauna. They constitute 13% of the global population. There are approximately 2546 fish species present, accounting for nearly 12% of the global stock. It belongs to the Pisci Fauna family. India also has a small percentage of the world's amphibians, reptiles, and mammals, ranging from 5% to 8%.

North India is rich in wildlife and provides a stunning image of Indian wildlife. North India's vegetation is primarily deciduous and coniferous, and it is home to a diverse range of species. The North Indian area is home to over 500 animal species, 2000 bird species, and 30,000 insect species, in addition to a diverse diversity of fish, amphibians, and reptiles. Elephants, tigers, leopards, snow leopards, dhole, fox, Tibetan Sand Fox, Rhesus Monkey, langurs, jungle cats, hyenas, jackals, and other creatures may be found in North India's fauna. North India has a fair number of national parks and wildlife preserves. Corbett National Park in Uttarakhand, Dachigam National Park in Jammu and Kashmir, Great Himalayan National Park in Himachal Pradesh, Dudhwa National Park in Uttar Pradesh, and others are among the most popular sanctuaries in North India. The Western Ghats, the Eastern Himalayas, and the Indo-Burma region are three of the 34 richest biodiversity spots in the world. According to a study conducted, India is one of the 17 countries that host about 60 to 70 percent of the world's biodiversity. Biosphere reserves are protected areas that are

meant for the conservation of plants and animals. They also help to restore the traditional life of the tribals living in close vicinity. There are 18 Biosphere Reserves in India established by the government that protects large areas of natural habitats.

These areas provide buffer zones that are open for some economic uses and not only for flora and fauna but humans who inhabit the areas too. There are 3 important zones of the biosphere which include the Core, Buffer, and Manipulation. Some important biosphere reserves are the Nilgiri Biosphere Reserve, Sundarbans Biosphere Reserve, Gulf of Mannar Biosphere Reserve, Nanda Devi Biosphere Reserve, and so forth.

Endangered species refer to the type of organism that is being threatened by extinction. Internationally, the IUCN Red List of Threatened Species is one of the most well-recognized catalogs for threatened species.

Generally, the criteria for endangered species include a significant reduction in population size of a large percentage over recent years, with a continuing decline; along with a severe shrinkage in geographic range. A wildlife sanctuary is an area where animal habitats and their surroundings are protected from any sort of disturbances like capturing, killing, and poaching of animals is strictly prohibited in these areas. They aim for providing a comfortable living to the animals. India has some beautiful wildlife sanctuaries with dense forests, large rivers, and mountains. A few important wildlife sanctuaries in India include Bharatpur Bird Sanctuary, Chilika Lake Bird Sanctuary, Chinnar Wildlife Sanctuary, and so forth. The Ranthambore National Park is the largest wildlife sanctuary in India. Excessive exploitation of plant and animal resources by human beings has disturbed the ecosystem thoroughly. About 1,300 plant species are endangered and about 20 species are extinct. Many species are endangered and some have even become extinct. There has been a depletion of wildlife and forests in India. The main cause for this is hunting by greedy hunters for commercial purposes. Pollution caused due to chemical and industrial waste, acid deposits, the introduction of some alien species, and the use of reckless cutting of trees to bring land under cultivation and habitation are also responsible for the imbalances which are caused in the ecosystem.

## 370 uprooted 370-What a blessing in open for peace and prosperity for us all

■ J R ARYAN

It was really a heyday of mammoth joy, glory and satisfaction for J&K State in particularly and for the largest democracy of the world namely India, our beloved Nation, in general, that the pernicious, ugly, controversial and obnoxious Article 370 of our Constitution was uprooted and done away with a thumping, glaring and overwhelming majority of 370 votes of our Parliamentarians on 5th of August 2019 which shall be remembered as a red letter day by one and all henceforth.

This controversial, pernicious Article though a temporary provision having been implemented on Jan 26, 1950 on the politically knitted faulty policy and mathematics of the then PM with the separatists ideologist and political stalwarts of the valley and the Pro-Pak oriented leaders who advocated for special status for the State under its own Constitution, was not only a contempt of the Constitution itself but had been acting as a stab in the back to the unity integrity, solidarity and sovereignty of the Nation and to its glaring

Democracy, as has been seen by us all since early fifties. It has been this pernicious Article which gave birth to the so-called Kashmir Problem which infact should have been in true sense for that Portion of J&K State which Pak had grabbed by nasty aggression in 1947 during Maharaja Hari Singh's rule who was then the sovereign head of the State.

The J&K State under India is under legal historic accession and not having been grabbed under aggression by unfair means as Pak did for the portion it grabbed by force which now is termed POK which Pak had been making as its Hub Centre of militancy and militant camps against India and J&K State, which even POK people are also totally fed-up and raising their voices against Pak - the epi- centre of terrorism - This controversial Article 370 was opposed tooth and nail by the Architect of the Indian Constitution Dr B.R. Ambedkar along with other Nationalistic Leaders of the Country on the plea that it shall adversely tell upon the unity, integrity, sovereignty- and solidarity of the Nation

besides creating fissures in the State-Centre relations under separate laws for centre and state to create deformity to uniformity. Dr. B.R Ambedkar had even walked out of the meeting in protest against this Article upon which the then PM and the Govt in consultation with lawmakers added it as a temporary provision. We all have been witnessing all this since the promulgation of this silly Article.

In fact abrogation of this Article has gone a long way to pave a way for communal harmony to revive peace, amity and brotherhood in J&K in particular and in the country in general by demolishing the aberrations of the Pak supported anti-national forces which had been creating terrorism and trouble to threaten the Unity and Integrity of our Nation. No doubt the ugly Art. 370 has breathed its last with J&K's Progress now vast and superfast in all spheres with love, fellow feelings and brotherhood everywhere.

With Article 370 now no more the J&K State is on a peaceful shore with love and affection among people all the more and all mutual feelings with-

out sore.

My words are too weak to express the enormity of my respectful feelings to the Prime Minister of India, Narendra Modi the 14th PM of India under whose supreme Governance and Leadership the controversial antinational Article's abrogation has proved as a boon for the Nation while a suffocation for the anti-national disruptive generation to teach and preach them a lesson to abandon and lessen their dirty passion and vibration for creation of Vandalism communalism and unwarranted hateful religious feelings among inhabitants of our Nation.

With Art. 370's death the anti-Indian and anti-national elements have also lost their breath.

The writer makes an appeal to one and all of every religion to shower love, affections, sympathy on one another and show enormous respect, regard, reverence and devotion to all religions which leach and preach us the true values of human life and all Universal goodness.

(The writer is Retd Executive Engineer Kishtwar).

## NCC Cadet Speaks of A Transformational Journey

■ EX-CADET SANNAK SHRIVATS

NCC wasn't just a program, it was a turning point in my life. Growing up in a small village like Billawar, college and NCC at GDC Billawar seemed like distant dreams. I was in 4 J&K BN NCC of Jammu Group under NCC Directorate of Jammu Kashmir & Ladakh. This is my story how NCC became a transformational journey for me.

**Year 1: Passion, Patience, Perseverance and Courage**

NCC ignited a passion within me. It wasn't just about drills; it was about proving myself through training, knowledge, and teamwork. Patience & Perseverance became virtues. I learned to endure rigorous training, control my nerves, and never give up. The courage to reach for my goals, to be a lifelong part of NCC, and to persevere through challenges - NCC instilled them all.



**Year 2: Confidence, Leadership, Honesty, and Discipline**

Building confidence was a major hurdle.

When I joined, introducing myself or even talking to friends felt impossible. But NCC empowered me. Today, I can confidently speak and write in English, a skill I wouldn't have without NCC.

Leadership wasn't inborn; it was nurtured. Some qualities were learned, others developed. Honesty, though, shone through based on my upbringing, values, and character. Discipline became the cornerstone of my life. It energised me, gave me a new identity, and inspired others around me.

**Year 3: Life Lessons Learned and Thal Sainik Camp**

NCC equipped me with invaluable life lessons:

- Making my own decisions.
- Effective communication skills.
- The power of perseverance.
- The importance of helping others.
- Finding purpose in life.

- Respecting hierarchy (seniors and juniors).
- Patriotism and the willingness to serve my country.
- Selflessness, a feeling deeply embedded in my soul.
- Appreciation for my homeland.
- Building lifelong friendships.

The pinnacle of my NCC experience was being selected for the prestigious Thal Sainik Camp 2022. Here, I pushed myself to the limit, competing in obstacle courses, firing exercises, and tests of mental fortitude alongside some of the best NCC cadets in the country. The camaraderie, the challenges, and the sense of accomplishment at Thal Sainik Camp will forever be etched in my memory.

**NCC's Lasting Impact**

Today, I'm pursuing LLB at Jammu University while serving as the State Joint Secretary of ABVP Jammu and Kashmir. NCC truly groomed me for this path.

## Baadal Se Baadal Tak

including his educational journey, career endeavors, and the impact of the turbulent political situation on his life.

**Cultural Richness and Identity:**

One of the prominent aspects of "Autobiography: Badal Se Badal Tak" is its exploration of the rich cultural tapster: G.M. Shan vividly portrays the beauty of the landscape, the traditions, and the customs that define rich Culture. Through his narrative, readers gain an appreciation for the diverse heritage of the region, from its language and thoughts. Shan's reflections on his own cultural identity and the sense of belonging he feels to his homeland provide a poignant backdrop to his personal journey.

**Impact of Struggle**

The autobiography also offers a sobering portrayal of the impact of Struggle on delimitation commission of early 80's and how he represented his point of view and same has been highlighted in the book.

**Family Dynamics and Relationships:**

Within the autobiography, G.M. Shan offers a dynamic within his family and the significant role they played in shaping his identity. He reflects on the bonds of love, support, and sacrifice that exist between family members, as well as the complexities and challenges that arise from differing perspectives and aspirations.

**Education and Enlightenment:**

Education emerges as a central theme in Shan's narrative, as he chronicles of knowledge and enlightenment amidst the backdrop of a turbulent socio-political landscape. He highlights the transformative power of education in empowering individuals and communi-

ties, offering pathways to personal growth, social mobility, and intellectual liberation. Shan's own educational journey, from his early schooling in Gool Ramban to his higher studies and professional pursuits, serves as a testament to the value of lifelong learning and the pursuit of excellence.

**Community and Solidarity:**

Throughout the autobiography by G.M. Shan emphasizes the importance of community and solidarity. It's mandatory to mention that Mr Shan quite Govt. Job for the sake of Public at large and this had made him more popular among the Common masses of his area and in navigating life's challenges and overcoming adversity. He celebrates the resilience, unity, and mutual support in the society, even in the face of external pressures and diversifications. Shan's engagement with various community organizations, cultural institutions, and grassroots movements underscores the collective spirit of resilience and resistance that sustains the people in their struggle for dignity and justice.

**Spirituality and Resilience:**

Spirituality emerges as a recurring motif in Shan's narrative, as he draws upon the teachings of Sufism, mysticism, and other spiritual traditions to find solace, strength, and resilience in the face of life's trials and tribulation and insight for readers seeking meaning and purpose in their own lives.

**Political Struggles and Activism:**

The autobiography Book written by G.M. Shan's highlights authors struggle in political scenario and activism aimed at addressing the injustices and inequalities faced by the people of

Gool area. He reflects on his participation in grassroots movements, protests, and advocacy campaigns aimed at promoting human rights, social justice, and political empowerment. Shan's meeting with Prof. Bhim Singh was also a Turing trail of his life as author is good writer and orator his commitment got underscores and the importance of civic engagement and collective action in effecting positive change in society, even in the face of formidable obstacles and entrenched power structures. In sum, "Autobiography: Badal Se Badal Tak" offers a rich tapestry of themes and narrative elements that resonate with readers on a deeply personal and universal level. Through G.M. Shan's compelling storytelling, readers are invited to explore the complexities of identity, resilience, community, spirituality, and environmental stewardship in the context of vibrant cultural heritage and enduring struggle for freedom and justice. Overall, "Baadal se Baadal Tak" is a compelling and thought-provoking book that captivates readers with its poignant storytelling, richly drawn characters, and powerful themes. It is a great book of resilience of the human spirit and the enduring power of love in the face of adversity. G.M. Shan Gool Ramban's masterful storytelling makes this book a must-read for anyone interested in exploring the beauty and complexity of literature and for Graduates and Research Scholars who can take maximum benefits. This book can enhance the values among youngsters who are reading at different level as this can be a motivator that how strongly author represented his hard work during his life.

(The Reviewer is Sr. lecturer SED JK UT Tehsil Ramnagar).