

## UNDERSTANDING GENDER ISSUES

It is important to understand the complexities surrounding gender roles and the importance of nurturing both traditionally labeled "masculine" and "feminine" qualities in all individuals. To raise children with strong values and an open-minded perspective, allowing them to pursue their own paths and aspirations. By emphasizing compassion, empathy, and respect for all, regardless of gender, everyone contribute to creating a more harmonious and equitable world.

The initiatives, such as gender sensitized clubs in educational institutions, can play a crucial role in promoting awareness and understanding of gender issues from a young age.

Encouraging dialogue and breaking down stereotypes are essential steps toward building a society where individuals are valued for their unique qualities and contributions.

The vision for a future where individuals are judged based on their character rather than gender stereotypes is inspiring. Keep advocating for positive change, as every step toward greater equality and inclusivity enriches us all.

## All about Baglamukhi Davi & Baglamukhi temple Jammu

■ OMKAR DATTATRAY

Baglamukhi or Bagala is the female form of a personification of the mahavidyas ,a group of ten Tantrik deities in Hinduism .Davi Baglamukhi smashes the devotees misconception and delusions with her cudgel .The word 'Bagala 'is derived from the word 'Valga' meaning -bridle or to rein in which became Vagla and then Bagala.

The Davi has 108 different names and some others call her by 1108 names .Baglamukhi is commonly known as Pitambari in North India ,the goddess associated with yellow color or golden color .She sits on golden throne having pillars decorated with various and has three eyes ,that symbolizes that she can impart ultimate knowledge to the devotees .Bagalamikhi is one of the ten forms of the Davi ,symbolizing potent female ,primeval force .

The main temples dedicated to Bagalamukhi or Bagala Davi temples are located at Shri Bagalamukhi Shaktipeetham ,Shivampet ,Narsapur ,Telangana state ,Bagalamukhi temple Datia MP,Buglidhar ,Ghuttu Uttarakhand ,Kamakhya temple ,Guwahati ,Assam ,Bagalamukhi temple of Lilitpur ,Nepal and Banghandi ,Kangra ,Himachal Pradesh .She is known as the deity of power ,protection and victory over obstacles .Bagla means bridle or rein while Mukhi means faced or facing .

The name Baglamukhi symbolizes her power to restrain or control negative forces and enemies.

Maa Baglamukhi is a revered Hindu goddess ,considered to be the eighth Mahavidaya -Great Wisdom in the Dasha Mahavidya tradition .She is known as the deity of power ,protection ,and victory over obstacles.

The name Baglamukhi symbolizes her power to restrain or control negative forces and enemies .Bagalamukhi is commonly known as Pitambari in North India ,the goddess associated with yellow color or golden color .She sits on golden throne having pillars.

It is believed that in Satya Yuga ,a great storm started destroying creation .

The god Vishnu was disturbed and performed austerities to appease goddess Parvati on shore of Haridra Sarovar ,the lake of turmeric Pleased with Vishnu ,the goddess appeared and brought forth her manifestation Bahalamukhi from the lake.

Bagalamukhi calmed the storm ,restoring order in the universe .Another tale records that a demon named Madan acquired Vak-Siddhi ,by which whatever he said came true .He misused it to trouble humans and murder people .

The gods beseeched Bagalamukhi. The goddess grabbed the demon's tongue and immobilized his power. Madan requested the goddess that he be worshipped with her ,the goddess granted him this boon ,before slaying him .

Bagalamukhi is strongly associated with yellow color .She dresses in yellow clothes and ornaments .Various texts describe her affinity to the color ,yellow is an integral part worship ritual .

Bagalamukhi is propitiated with yellow offerings by devotees dressed in yellow ,seated on a yellow cloth .Yellow turmeric bead rosary are used in her Japa of her names or mantra(invocation). The color yellow is linked to sun ,gold ,the earth ,grain and fire ,signifying auspiciousness ,bountifulness and purity.

The yellow turmeric is associated with marriage. This is why goddess Bagalamukhi is also known as Pitambhara Devi.

Bagalamukhi is praised as the giver of supernatural powers (Siddhis) or magical powers (riddhis meaning good fortune ,prosperity ,wealth).

In Bagalamukhi sotratram a part ofv Rudrayamala (a famous Tantra work) ,there are hymns in praise of the powers of Goddess Bagalamukhi.

Bagalamukshi is one of the ten Mahavidyas of the astute-ness goddesses ,symbolizing the intense female primitive power in Hinduism.

Goddess Bagalamukhi is the maker ,controller and destroyer of the entire universe. She is Aadi Shakti .She is the vitality which is the explanation behind the presence of this entire universe.

Without vitality ,nobody can survive. She is the incomparable power .She is the eighth Mahavidya .Bagalamukhi Davi crushes the aficionado's confusions and hallucinations with her club.

Bagalamukhi implies the rear of Shiva.There is an only Bagalamukhi temple situated on the banks of Rambir canal on Jammu-Akhnour Road near Muthi camp .

It is a rectangular yellow colored temple dedicated to goddess Bagalamukhi.

There is a small idol of Davi Bagalamukhi down stairs the temple which is in yellow color and her attire and ornaments also are in yellow or golden color.

The walls of the temple are also painted yellow and it is because of the fact that Bagalamukhi loves the yellow/golden color and even the devotees visiting the temple wear yellow color clothes.

People in large numbers visit the temple and pay their obeisance to the goddess Baglamukhi.

Besides the idol of Baglamukhi ,there are the idols of Ganesh, Shiv, Shani Dav, Hanuman ,Ram ,Sita and Lakhman and there is also the statue of Sai Babha, and the idols of Mata Kali and Jagatamba as well .

There is a big place for conducting Hawans and the hunger is sometimes also served to the devotees.

Being on the national highway ,the drivers ,conductors and the passengers stop at this place and partake of the Prasad. This temple has the distinction of being the only temple dedicated to Goddess Bagalamukhi and hence the people in large numbers visit the temple and offer the Ladoos of yellow color to the goddess and preferably the Ladoos are made of Bassian atta.

Since Bagalamukhi is the destroyer of all obstacles and giver of happiness and so people offer their prayers so that Goddess is pleased and bestow power ,health ,wealth and prosperity.

May Goddess Bagalamukhi remove all the obstacles in the development of the Jammu and Kashmir so that people are benefitted and live in peace and development.

(The author is a columnist,social and KP activist).

## Tulips in full bloom at Kashmir's iconic garden

■ MOHAMMAD HANIEF

Beauty lies in the eyes of the beholder, and when we talk about gardens, there's no one out there who would deny witnessing beauty. Gardens, blossoms, and trees are essentials that make this entire world more colourful, and you are never missed with the humongous number of mesmerizing flowers that our mother earth holds.

Indira Gandhi Memorial Tulip Garden in Kashmir is Asia's largest tulips garden. The tulip garden, formerly known as Siraj Bagh , is located at the foothills of Zabarwan mountains and on the banks of Dal lake. The major attraction here is the large variety of Tulips found in thousands of numbers. There are over 70 varieties of early, mid and late blooming tulips.

The Jammu and Kashmir Tourism department organises "Tulip festival" every year as this festival is an annual celebration that aims to showcase the range of flowers in the garden as a part of tourism efforts by the government of Jammu and Kashmir.

Tulip, which has its origin in Persia (Iran), was introduced in Europe in 17th century, where it had been developed in different varieties. Holland is the largest producer of tulips, which inhabits the mountain areas extending from Europe to Central Asia.

The plantation of tulips begins from September, before the start of winter season and the garden is in full bloom by mid-April. The sight is heavenly during the full bloom season with all shades of the rainbow scattered on the fields of this garden. This garden is the most spacious one in Srinagar as compared to the other Mughal Gardens.

The Indira Gandhi Memorial Tulip Garden, formerly known as SirajBagh is one of the most popular and hot-spot tourist destinations in Srinagar Kashmir. It was opened in 2007 with the aim to boost tourism sector in Kashmir. The garden is located at the foothills of Zabarwan Mountain and with its stunning array of tulips in full bloom, the garden is a sight to behold. Sadly It only lasts for 20 days after which the tulips start losing their color and stance. It is expected to open in



this year on March 23th 2024.

Nearly 1.7 million Tulips of various colours and hues will be on display this season as last year 3.70 lakh tourists visited the garden while the number was 3.6 lakh and 2.3 lakh in 2022 and 2021 respectively. Perched at the foothills of the majestic Zabarwan mountain range, overlooking the serene waters of Dal Lake, the garden has achieved a remarkable distinction by being officially recognized as the largest one in Asia.

Its exceptional status has been engraved in the prestigious World Book of Records (London), a testament to its grandeur and significance. This year new varieties of tulips have been added besides expanding the existing garden area, bringing the total number of varieties to 73.

Tulips in Kashmir remain in bloom for 15-20 days from late March to mid April depending upon the temperature. The Tulip garden not only boasts a splendid collection of tulips but also serves as a haven for a myriad of flower species.

The garden has been divided into 36 plots with 16-18 beds in each plot. There are

three parks also inside the garden where the visitors can sit and visualize themselves in a sea of colours, dominated by the Zabarwan Mountains. Various small ornamental trees including the tulip tree decorate the sides of the numerous paths of the garden.

The tulips are planted in rows and each row has a different variety of tulip. In addition to tulips, many other species of flowers are also there, including hyacinths, daffodils and ranunculus. This garden also has a number of walkways and fountains that make it an ideal place for people to spend their leisure time in a pleasant environment. It is a seven terraced garden and the water channel flowing through these terraces is what gives the place its unique charm and makes it a perfect spot for families as well as couples who can get some memorable pictures clicked here. It has an area of around 30 hectares and is the largest tulip garden in Asia.

An annual tulip festival is organized by the tourism department of Jammu and Kashmir. This is a must-see event for all types of travelers because it not only show-

cases the natural beauty of the tulip garden, but also gives visitors a taste of Kashmiri culture through its handicrafts, cuisine, and music.

Tulip Garden in Kashmir is Asia's largest tulips garden and there is a likely hood that it can become the world's second largest too. The tourism authorities are using the festival to promote the tourism potential of Jammu, Kashmir and Ladakh as a preferred destination. The festival that also showcased, the traditional art and culture, was an instant hit with the foreigners.

Every year Tulip Festival is a must-attend event for flower enthusiasts, nature lovers, fans, aficionados, tulip lovers, and tourists worldwide. There are many varieties of these amazing flowers; Standard Tulips, Double Bloom, Parrot Tulips, Fringed Tulips, Bi-Color Standard Tulips, Rembrandt, Fosteriana Tulips, Lily-Flowering Tulips, Single Late Tulips, Triumph, etc with wide range of shades, splendid tones and bi colors are the characteristic features of these tulips.

The prime location of the Tulip Garden makes it the most visiting place in Srinagar. This park is surrounded by scenic hills, attractive gardens of Mughal era and most importantly, it overlooks the awe-inspiring Dal Lake. Some other attractions that lie in close proximity are Chashme Shahi Garden - This garden is center of attraction for housing a natural spring that flows from it, Pari Mahal - Overlooking the amazing Chashm-E-Shahi Gardens.

India is indeed a country of flowers and mountains and greenery. But it is also true that greenery is decreasing day by day due to urbanization and deforestation. Amid all this, it's important to save greenery and blooming floral gardens. What's better than to look at magnificent flowers and gardens blooming all around and enhancing the beauty of nature. These gardens should be in your bucket list and be visited.

## Promoting Medicinal and Aromatic Plants

■ G L KHAJURIA

Ever since the dawn of civilization, the man has remained wonderstruck viewing its surrounds, the flora and fauna, the natural bounties who alongside subsist with him. And at times, he wondered as to how these animals and plants are less disease free with vibrant, lush green and flora. This has left him with regenerating perceptions of all hues and years have rolled by and these mysteries till date remained as folded as ever before.

Undoubtedly, nature is a greater healer and its mysteries are so far hidden and folded. Unlike men, whom there is a team of doctors for treatment and then what about for those innocent and voiceless animals and birds. Surely, hunters and poachers are definitely there in the process! And then why the nature should come to their rescue of human kind.

One also wonders at times or gets more curious to know how were the names given to the plants and how do we name them today is again a folded mystery. Presumably enough, the oldest names given must be having in the remote past some relevance when no language existed barring few broken words which off shoot, of course, the beginning of plants nomenclature, for they are as obscure as the record of earliest civilization. The first book dealing with plants was directly taken from early Greek or Latin manuscripts or more so ancient translations into those classical languages. The plant names are mostly Greek or Latin but of course, some seemed to be unaltered barbarous names used by not too civilized tribes of the time. However, the first attempt to scientifically nomenclaturise the plants was made by renowned/celebrated Greek, Philosopher 'Theophrastus' (370-287 B.C.) who was pupil of Aristotle. He had wide intellectual interests of various subjects which he wrote on biology where he described around 500 species of plants in his botanical treatise " on the study of plants: and " on the causes of plants", the main thrust being on the medicinal plants.

Later, Pliny the Elder(23-79 A.D.) described about 1000 species in his book "Historia Naturals" and at the same time a Military Physician 'Diseacaridas' described around 600 Mediterranean medicinal plants in his book entitled 'Materia Medica' in the early part of 16th century . Man's curiosity ever since remained in the run-race in exploring more and more medicinal plants and many biologists of whom the few et al Morrison carolus, John Ray Linnaeus and Benthom and Hooker (1830-1884) remained in the lead.

Though it seems strange and intricate when one talks of botanical names, yet at the same time these occupy extremely interesting and instructive part in so far as modern 'Ayurveda System of Medicine' is concerned , apart from 'Unani' and sid-dha. This system of medicines have had an integral part when the modern allopathy had no longer surfaced and that's why this herbal system occupies a unique placement amongst the most proclaimed systems of medicines so much so that the 'World Health organization'(WHO) has fully recognized its values in its broader spectrum.

In India, where around 70% of population is below poverty line, 'herbal system' (Ayurveda) is perhaps the last hope. The system though having no side effects unlike other system of medicines. It is matter of utmost pride that India in general

### Modern Medicine is a negation of health- "Ivan Illich"

and the Himalayan states in particular are the richest source of medicinal and aromatic plants though human interferences in many a ways are diminishing the rich, vide, varied resources which warrants their due preservation and enhancement and that's why there is endless scope of Ayurvedic medicines abroad which fetches hefty dividends, besides providing undesirable side-effects:

Strange are the ways of nature that there exists a strong linkage between the herbs, shrubs climbers, plants and the trees with the variety of ailments as for example, Belladonna ( meaning beautiful lady) was employed in Italy by ladies to give softness to their eyes and the same was for Potentilla-a panacea for all cures. There is a vide diversification of plants in times long past when they received their names because of medicinal properties real or supposed to assuage grief and so on the list goes endlessly..."

Of the few, the most important' Ayurvedic herbs, shrubs, climbers, plants and the trees are briefed down below viz-a-viz their medicinal uses:

Picorhizza kurrora: locally spoken as 'Kour' is perennial herb found in Himalayas (2500-4500) is the best herb for liver ailments, roots however, contain glycoside. Liv-52, Livosin and heptaguards are the Ayurvedic drugs prepared from this.

Valeriana Wallichina (Mushakbala) is predominantly the most important medicinal plant, apart from its uses in perfumery/dhoop.

Whithania Sonnifera (Ashwagandha) (L) Dunsal (1725) : belongs to F Solaceceae, finds its usefulness to rejuvenate therapy, excessive emancipation, bronchial asthma, insomnia and cardiac disorders.

Tuxus bacatta : A very important conifer species mostly confined to Himalaya region (Tangmarg belt). A life saving drug is manufactured out of bark and leaves of plants for the treatment cancer patients.

Macrotomia bentham: belonging to the F: Boragiceae habitats Gurez" - Kahmir valley reaching an altitudes upto 1200 ft. It finds its usefulness in cardiac ailments, apart from fevers and throat troubles.

Chrysanthium cinerifolium also called Pyrethrum is belonging to composite F (Sun Flower) is injurious to warm-blooded and toxic insects and is mostly used as insecticides and flits.

Apart from the most prominent medicinal/aromatic plants, also include, Hibiscus esculentas, Acasia Arabica, Achyranthes aspera, Adhatoda vasica, Agave Americana(sisal), Aloe Vera, Aloe Vulgaris, Rauwolfia/ Serpetina(cobra plant), Datura, Stramonium, viola odorata, Digitalis purpurea, cannabis sativa, Aegle marmelas(Bel), Various Artimisinis, Vitex negundu(Bana), Cassa fistula (Golden Shower), Flacourtia romonchhi, indigoferas, Mallotus philippinensis, Phylanthus emblica, Benninghausinia albiflora(pisumar Buti) - an insecticide so on and so forth.

Though the fact goes that this vide, varied medicinal/aromatic, herbs of plant kingdom are sprawling world over in gen-

eral but fact still remains that our tropical, sub Himalayan and the Himalayan region are bountiful of the vast resources which remain hidden and folded all over the globe. Our 'Regional Research Laboratories" and others pharmaceutical in the arena should pick up the thread in exploring this vast potential which forms the very fundamental source of our " Indian System of Medicines" do,de facto, stand the test of the day. And these herbs, shrubs and other medicinal/aromatic plants are fastly depleting, obviously for two reasons.

First, that modern man wants quick relief which only allopathic system of medicines can provide too rapidly, but going by the side-effects, the results are alarmingly astonishing . Herbal treatments though go slow, but the results are success-oriented with zero side-effects and that is why Hippocrates, the father of Ayurvedic system of Medicines depended on nature for cures. And alongside in not promoting and developing these plants will resultantly vanish this vast treasure-house of medicinal kingdom. It is no doubt a fact that the Ministry of forests and environment, Govt , of India has opened all avenues in almost all states and a separate wing by the name and claim as "Minor forest produce: to exaggerate and promote these medicinal/aromatic plants but here too lot of efforts coupled with and supported by funding is the call of the hour. India, of course, should feel proud that our world renowned Pharmaceuticals et al. Himalayan drug stores, Dabur, Chark etc. are rendering yeoman's services and their export potential is far exceedingly catching momentum and their medicinal outflow world over is fetching hefty dividends. Yet the task is not over and we have to make every possible attempt to grow and enhance the equilibrium of the vast, varied treasure to its proximity and hence then we can be proud of our achievements.

Secondly, none can deny the fact that with ongoing onslaught of dwindling and decimation of forest cover together with diminishing voiceless wildlife, the medicinal and aromatic plant kingdom is still at greater risk. This being because of the fact that word minor (minor forest produce MFP) is so minor that its inescapability is too easy to be carried away by the greedy and over-needy men. As such, all out efforts and surveillance need to be actively initiated by all and one as per the laid down rules in the "Constitution of India" enunciated in general and the forest Deptt has to play an optimum role in curbing the menace of smuggling of Kuth, Discoria and its ilk which are under the process of being smuggled out. In the past many decades, credit, de facto goes in favor of Forest Deptt. When Optimum number of cases has been taken into cognizance and action followed thereto rapidly. Public awareness and awakening is of paramount need of the hour as it is after all public property and such a tempo will have to be continued in achieving successful results for ever and ever...

And with this, the writer adds over here as such: Trees, herbs, shrubs, bushes and climbers through all their parts like leaves, flowers, fruits, shade, roots, bark, smell, juice, ash and buds get engrossed into service of others and for their benefits. They can even sacrifice their lives, how blessed are the lives of these trees. (Srimad Bhagavata Mahapurna)

(The writer is Former Deputy Conservator of Forest J&K)

YOUR COLUMN

HISTORIC JUDGMENTS

Dear Editor

Two important judgments have come out in the week. Beg, borrow or steal, it is the duty of man to maintain his family and in the event of estrangement of wife, the man is liable to pay the maintenance amount to his ex-wife as determined and fixed by the court. All previous judgments say more or less the same thing. But in a groundbreaking verdict, the Bombay High Court upholds an order directing the wife to pay monthly maintenance amount of Rs.10,000/- to unemployed husband facing health issues. The order of the lower court was challenged by the petitioner wife in the High Court. The court has thrown light on Section 24 of the Hindu Marriage Act, which employs the term "spouse" to include both husbands and wives. As per this Section, either party can seek maintenance during marital dispute proceedings if they are unable to eke out a living. If one of the spouses is unable to lead a life, the other spouse who is financially sound is liable to support the spouse who is incapable of leading a life. The petitioner's contention that she is unable to afford the maintenance since she has to provide for home loan repayment and the upbringing of a minor child, along side her res-

ignation from employment as reasons for financial incapacity was not accepted. The lawyer of the husband questioned how these expenses can be met without a disclosed source of income. The court considered the plea of the husband through his lawyer and found that the petitioner had not disclosed her source of income to meet the expenses related to home loan payment and upbringing of the minor. During the cross examination, the advocate of the petitioner could have elicited the information from petitioner with regard to the sources and the quantum of income to maintain herself and her child besides honouring her commitments. He should have insisted for documentary support for her statement also concerning the source of income. Here, the advocate of the petitioner has also failed in presenting the case properly. If the source and quantum of income had been made known to the court, the court would have been enabled to enhance, reduce, confirm or cancel the already fixed maintenance amount in the lower court. The contention that she did not disclose the source of income would have been valid if the husband's lawyer insisted for it with documentary evidence and the petitioner had failed to produce it. It is certainly not against the principles of natural justice to order for maintenance amount to be paid to the husband when he is financially incapacitated. But the husband's lawyer has erred in not asking for documentary evi-

dence with regard to her source and quantum of income.

In another judgment delivered by the Karnataka High Court, it has been ruled that husband with 75 per cent disability cannot be directed to pay maintenance to estranged wife. The court has noted that the husband walks with the help of crutches. First of all, leaving the husband with high disability per se cruel. A man or woman with 75 per cent disability cannot be atrocious against the other. In a situation of this kind, asking disabled person to pay maintenance to the other, is unjust. The court has delivered a judgment that can be set as a precedent to the future cases. A judgment may serve as precedent to future cases but it cannot be a law unless it is made a law in the appropriate law making Houses. Law is the road on which the vehicles of judgments have to move. The decisions of the courts are (to be) based on the provisions of the laws. Laws must be unambiguous. The courts should not find them difficult in interpreting the laws. When the laws are ambiguous and the ambiguity leads to court's own interpretations and if such interpretations are valuable, the government should not hesitate to amend the Act incorporating the ruling given by the court as part of law and make them free from ambiguity. Infirmary in laws leads for judicial activism or judicial overreach.

K.V. Seetharamaiah