

## IPL FEVER

There is no dearth of cricket lovers in this country. If the countrymen like any sport the most, then it is cricket. The first IPL match was played in the year 2008. IPL is organized by the Board of Control for Cricket in India. IPL is most famous as compared to other cricket leagues.

It creates an atmosphere of excitement among the spectators and till the last minute people remain in dilemma as to which team will win the match. The sizzling players of the teams of the IPL win the hearts of the audience with their amazing performance.

Team Mumbai Indians and Chennai Super Kings have performed better than the rest of the teams and have won the trophy many times.

The first IPL season was played in the month of April 2008. In the year 2008, the team Rajasthan Royal won the IPL trophy.

Hyderabad Deccan won the trophy in 2009. Whereas in the years 2010 and 2011, 2018 and 2021, Chennai Super Kings won the trophy by showing their explosive performance. In 2012 and 2014, the Kolkata Knight Riders team managed to win the trophy. Mumbai Indians won the trophy in 2013, 2015, 2017, 2019 and 2020. In the year 2016, Team Sunrise Hyderabad surprised everyone by winning the trophy. In the year 2022, Gujarat Titans beat Rajasthan Rayol won the final and lifted the trophy. And now all eyes are on the much-awaited IPL finals between Chennai Super Kings (CSK) and Gujarat Titans (GT) that's scheduled to take place tomorrow on May 28, 2023 at the Narendra Modi Stadium in Ahmedabad.

## Bichu Butti - A wonderful herb

■ DR. VIKAS SHARMA

Urtica Dioica an herbaceous perennial plant belongs to the family Urticaceae commonly known as stinging nettle, Bichu Butti in Hindi and Punjabi, soyee in Kashmiri, Vrishehhiiyaa Shaaka in Sanskrit, Anjuraa in Unani and Shisuum in (Kumaon) folk language. It is widely distributed throughout the temperate and tropical areas around the world. It is found in the Himalayas from Kashmir to Kumaon at altitudes of 2,100-3,200 m. The genus Urtica is derived from word 'uro' to burn or 'urere' denotation to sting. The plant bears opposite, cordate, pointed leaves. Both the leaves and stems are covered with erect and bristly glandular stinging hairs that contain acetylcholine, formic acid, 5 hydroxytryptamine and histamine. The plant causes skin irritation, red bumps and welts by injecting a stinging liquid in a similar way a hypodermic needle would do if touched without gloves. The plant belongs to the group of phytoalimurgic vegetables. This includes the wild edible species that were used in the past when there was a shortage of food. Traditionally, bichu butti is used to treat stomachache in Turkish folk medicine. Balkan countries use the leaves in the form of an infusion as a remedy for the treatment of diarrheea, vaginal discharge, internal and external bleeding. The ancient Egyptians also apparently used the infusion of nettle for the relief of arthritis and lumbago. The great nutritive values produced by the leaves are involved in the human consumption as a tonic for strengthening the body, in the preparation of soups and several dishes. In Europe, the flowers, leaves and seeds are used as diuretic and astringent. Nettle tea and tincture are curative of feverish gout, as well as of intermittent fever and ague. Fresh nettle juice in doses from one to two table spoon is a most useful remedy for all sorts of bleeding, whether from the nose, the lungs or some internal organ. The decoction of the leaves and stalks taken in moderate quantities is a cure for minor skin maladies. Extracts of bichu butti have an antioxidant property which purify body and helps to remove sears ad blemishes. Besides these factors, it also delays ageing by giving wrinkle free skin. When dried, the leaves often relieve asthma and similar bronchial troubles by inhalation. The leaf extract has been reported to improve glucose homeostasis in vivo. Nettle tea is a traditional remedy for women who are going under painful labor as it acts as a coagulant. Besides this, it will help in milk production and makes lactation easier for newborn. Plant is also used for sciatica, for incipient wasting, for difficulty in breathing or some heart troubles, cough, palsy, suppression of the menstrual flow in women, rheumatism and for lack of muscular energy. Polia Urtica is used in the alcohol preparation which is used in the therapy for chronic hepatitis, cholangitis, cholecystits and habitual constipation. The plant has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout and anemia. Today, many people use it to treat urinary problems during the early stages of an enlarged prostate (called benign prostatic hyperplasia or BPH). It is also used for urinary tract infections, hay fever (allergic rhinitis) or in compresses or creams for treating joint pain, sprains and strains, tendonitis and insect bites. Phytochemical studies revealed the presence of many valuable chemical compounds like phytosterols, saponins, flavanoids, tannins, proteins and amino acids. The plant also has been used as food, fiber, paint, manure and cosmetics. It has been reported to have various pharmacological activities like antibacterial, antioxidant, analgesic, anti-inflammatory, antiviral, immunomodulatory, hepato-protective, anti-colitis and anticancer effects.

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# Charan Singh: The Messiah of Kisan

■ ER. PRABHAT KISHORE

Chaudhary Charan Singh, fifth Prime Minister of India is known as the "Kisan Messiah" because he struggled his whole life for the cause of farmers in the country. He was a versatile & multifaceted personality and made significant contribution to social, political, educational, literacy and journalism.

Born on 23rdDecember 1902 at Noorpur (Uttar Pradesh) in a peasant family, Charan Singh struggled his student life in Meerut and Agra. In 1927, he graduated in Law from Meerut College and started his work as an advocate at Ghaziabad. In 1928, he was married to Gayatri Devi (who was later elected as a member of the Lok Sabha). In childhood, he was highly influenced with the vision of Swami Dayanand Saraswati and associated himself with Arya Samaj. As an Arya Samaji, he did not use caste as a rallying point and performed inter-caste marriages of his two daughters. He was highly influenced by Sant Kabir, Mahatma Gandhi and Sardar Patel.

Charan Singh's political journey started in 1929, when he became a member of the Congress. He was imprisoned in 1930, 1940 and 1942 during the freedom movement. In 1937 he was elected to the United Province Vidhan Sabha. He was the chief architect of land reforms in UP. He introduced the Agriculture Produce Market Bill to safeguard the interests of farmers against the rapacity of traders. Later on most of the provinces of India adopted this bill.

In 1952, he became the Revenue Minister and on 1st July 1952 the

Jamindari system was abolished through the Jamindari Abolition and Land Reforms Act in the UP Vidhan Sabha. In 1953, the Lekhpal system was introduced in place of the Patwari system and in 1954 the Chakbandi Act was implemented in the state. In 1959, he publicly opposed Jawahar Lal's Soviet-leaning economic and collective land policies at the Nagpur Congress Session. Being the son of the soil, his vision was clear that collective farming was not possible in the country and the farmers must have ownership right as against just a tiller.

Due to opposition of Nehru's Policy, his political career suffered a lot. His position in the Congress weakened, but the positive thing was that the peasant community started rallying behind him. On 1st April 1967, Chaudhary Saheb parted away from the Congress and formed the Bharatiya Kranti Dal. He joined hands with socialist leaders Raj Narayan, Ram Manohar Lohia and other opposition parties and became the first non-Congress Chief Minister of Uttar Pradesh.

He served the State as CM since 3rd April 1967 to 25th February 1968 and again since 18th February 1970 to 1st October 1970. He implemented various welfare schemes for farmers and depressed communities. Due to his initiatives, salaries and various privileges of ministers in UP was drastically reduced.

In 1977, the Janata Party was formed with the merger of several non-Congress political parties, of which Charan Singh's Bharatiya Lok Dal was also a constituent. The Janata Party adopted

the Lok Dal's party symbol "HaldharKisan" for the election. The Janata Party and its allies got 345 seats in the Lok Sabha election, out of which the erstwhile Bharatiya Jan Sangh faction got 102, Bharatiya Lok Dal faction 64, Socialist groups 35, Congress for Democracy 28 and rest others factions like Congress (O). Charan Singh was a strong contender for the post of Prime Minister as the number of MPs from his faction was next to that of the Jan Sangh and the leaders of Jan Sangh were not in the race. Jagjivan Ram was also trying to be elected as the leader of the party with the help of Jan Sangh and socialist groups and pressed for open election. But Jai Prakash Narayan and Acharya Kripalani, who were authorized to nominate the PM candidate, went in favour of Congress (O) leader Morarji Desai with Charan Singh to hold the heavyweight portfolio of the Home Ministry.

Following disagreement with PM Morarji Desai, CharanSingh resigned in June 1978; but was brought back to the Cabinet in February 1979 as Deputy PM along with Finance Ministry. Shortly there was rebellion in the Janata Party and in July 1979 break up in the Janata Party took place when 64 MPs, supporting Charan Singh, formed a separate group in the Lok Sabha. Chaudhary Charan Singh became the Prime Minister on 28th July 1979 when a coalition of the Janata Party (Charan faction) and the Congress (Socialist)-led by Y. B. Chauhan formed the government with outside support of the Indira Gandhi-led Congress (I). When he was to prove vote of confidence in the Lok

Sabha; Indira Gandhi withdrew support and Charan Singh had to resign without facing the House. The Lok Sabha was dissolved and Singh worked as caretaker PM till 14thJanuary 1980. Charan Singh said that he resigned because he was not ready to be blackmailed into withdrawing emergency-related court cases against Indira Gandhi and Sanjay Gandhi.

Between 1946 to 1986, Charan Singh wrote several books namely "Abolition of Zamindari : Two Alternatives" (1947), "Joint Farming X-rayed : The Problem and Its Solution" (1959), "India's Poverty and Its Solution" (1964), "India's Economic Policy : The Gandhian Blueprint" (1978), "Economic Nightmare of India : Its Cause and Cure"(1981), and "Land Reforms in UP and the Kulaks" (1986). All his books and most of the articles written during his lifetime focused on villages and agriculture in India's political economy and planning.

Charan Singh was a true champion of farmers and whenever he got opportunity in various governments and organizations, he tried his best for the well-being of the Annadata. He was a thinker, fearless writer and agriculturist who used to inspire people. He took his last breath on 29thMay 1987 after a long illness. On enlightening the path of Indian politics for decades through his determination, constructive leadership, nationalist vision, strong willpower, political proficiency and popularity, Chaudhary Charan Singh will always be memorable for the Indian masses.

(The author is a technocrat & academician).

# Of Kheer Bhawani Festival

■ OMKAR DATTATRAY

Whole of Jammu and Kashmir is the land of festivals, fairs and festivities and Festival of Mata Kheer Bhawani is one such festival .It is one of the main festivals of Kashmiri Pandits and they celebrate this festival with traditional gaiety and with fervor. They used to celebrate this festival with great enthusiasm before their unfortunate exodus as a result of militancy in 1989-90.This festival falls on the Shukla Ashtami that is the bright fortnight of the Hindu Calendar month and generally falls in the Georgian month of May/June.

Before migration of the Kashmiri Pandits, they along with the Dogra speaking Kashmiri Rajputs thronged in very big numbers there and used to pay their obeisance to Mata Kheer Bhawani and offered water, milk, flowers, lotus and Kheer to spring which symbolizes the Ma Shakti/Rajnya and take her blessings.

Before performing Poja the devotees both men women take a bath in the cold waters in the river nearby.

The sacred shrine of Mata Kheer Bhawani is located in village Tuhmulla district Ganderbal, Kashmir. On this auspicious occasion of the festival a big fair or Mela is held at this place.

Mela Kheer Bhawani has got much significance because it is the festival of Hindi-Muslim harmony and the place is frequented by the Muslims as well.

The flowers, doop, milk, earthen divas called in Kashmiri parlance as Rattendeep are all sold and provided to Hindu devotees by the Muslim Baradari and both the Kashmiri Hindus and Muslims anxiously and eagerly wait for this festival and enjoy the scenic beauty of this place.

There is a big natural spring and in the middle of it there is the temple/shrine of Mata Kheer Bhawani.

It is believed that the spring change its colours it is widely held view that the color of this spring had turned to red in 1989-90 and the militancy took its birth and so the red colour indicates misfortune and danger.

Before the onset of militancy and before migration Kashmiri Pandits as well as Muslims in big numbers used to visit this shrine and paid their obeisance and get the blessings of the Maa Shakti.

During the peak of terrorism the Kashmiri Pandits could not visit this shrine and it was after many years that Kashmiri Pandits temporarily residing in Jammu and other places visited this shrine and used to pay

their obeisance.

The Kashmiri Muslims welcome and greet their Pandit brethren and provide milk, flowers, lotus, doop, Rattendeep and other Poja items to them.

Thus the charm and rush of the devotees has now returned to the shrine as thousands of Kashmiri Pandits and other Hindus in large numbers visit this sacred shrine and pay obeisance to the Maa Shakti.

Before migration there used to be the vendors selling toys, balloons, readymade garments, fruit like water melon, cucumber etc and it added beauty and charm of this shrine.

A Yaghya is also solemnized on this auspicious occasion for world peace and communal harmony .This year also some 25 vehicles from Jagti Jammu and Nagrota were flagged by the divisional commissioner Jammu on 27th of May Friday and about 4500 devotees men, women, children, young and old took to the pilgrimage to Tuhmulla as the festival of Kheer Bhawani falls on 28th of May.

Kashmiri Pandits have also constructed a replica of Mata Kheer Bhawani shrine at a height in Janipur called Bhawani Nagar and an artificial spring has been laid at this place and the Kashmiri Pandits and other Hindus from Jammu in large numbers visit the Bhawani Nagar temple and pay obeisance to Mata and get the blessings.

A Hawan is also performed at the Bhawani Nagar Shrine for world peace and prayers are also offered for peace and tranquility and for return and Rehabilitation of Kashmiri Pandits back to their place of birth-Kashmir.

The festival of Kheer Bhawani is a gazetted holiday in Kashmir Division and the UT government should announce the day as a holiday in Jammu province as well.

Kheer Bhawani is located 29 Kms north of capital Srinagar at village Tuhmulla in Ganderbal district and attracts thousands of people from all over the country.

The shrine is dedicated to Goddess Rajnya Davi, popularly called Kheer Bhawani.

The name Kheer Bhawani derived from the fact that thousands of devotees offer milk and Kheer (Pudding )to the sacred spring as they believe the pudding turns black to warn of the impending disaster.

Devotees believe that the colour of the natural spring inside the shrine changes annually and predicts Kashmiri's future.

# 'Inner Peace' in a 'Noisy World'

■ MAHADEEP SINGH JAMWAL

Does your life ever feel noisy? Maybe you don't have that much actual noise in your life, but the fact of the matter is, there's a lot of noise in our lives. It looks a little bit of difference for all of us but most of us have nearly constant noise in everyday life that hinders the prosperity of individuals and society at large. Peace is the path we take for bringing growth and prosperity to society.

"It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it" - Eleanor Roosevelt. Moreover, before we transmit the notion of peace to others, it is vital to possess peace within. Long ago our ancestors created religions and spiritualities that promised inner peace, love, fellowship, goodness, and connection with what's most sacred. Inner peace does not have a one-size-fits-all definition.

There is no standard process or mandatory steps to follow to find peace of mind. Finding inner peace is more challenging with our busy schedule, hectic lifestyle, and everyday stressors, but it's completely possible. "Peace can become a lens through which you see the world. Be it. Live it. Radiate it out. Peace is an inside job." - Wayne Dyer (an internationally renowned author and speaker in the field of self-development). The importance of peace is far beyond just understanding it. It is important that we understand how to be

peaceful at all times regardless of the circumstances. Peace is the synonym for bliss. Having peace within and around makes us happier.

There is no standard process or mandatory steps to follow to find peace of mind. Finding inner peace is more challenging with our busy schedule, hectic lifestyle, and everyday stressors, but it's completely possible. Peace is not an idea neither a theory nor a formula, finding peace is achievable, and we don't have to spend a fortune on a wellness retreat or meditate on a mountain-side.

It is not something for which we have to traverse into the texts, explore the holy caves, hang out with preachers and to run for the religious circuits, but it is in us only and only there to be sensed, felt and experienced. To explore peace we have to tune out the external clutter and have to disconnect yourself from the noisy world we have tuned into and have to seek out quiet time. Without peace, other aspects of negativity will rise. If we begin to assemble qualities that promote peace within us, eventually our surroundings will be filled with peace.

The book inspires and elevates the reader with wisdom and a practical approach to finding peace within, rather than seeking it in this crazy world' - these are words of Michael Bolton, a German award winner writer about the book titled 'How to Find Peace in a Noisy World - Hear Yourself' authored by Prem Rawat presented to me

in a function 'Welcome Zindagi' an auspicious event to celebrate 'Humanity and Peace' organized by 'Youth Peace Foundation'. The insights into life provide the answers I have sought for decades. Take a walk in nature and listen for the sounds of harmony, Prem Rawat suggests, or set aside a few minutes each day to feel gratitude, which comes from the core of our being.

He challenges us to embrace our thirst for peace and let go of expectations for how it should feel. As a curious reader my traverse into the book enlightened me about various aspects of life. Hear yourself gives the gift of peace and gratitude in a time when we sorely need it. Prem Rawat teaches us how to turn down the noise to "hear ourselves"-to listen to the subtle song of peace that sings inside each of us. Once we learn to truly "hear ourselves" and the voice of peace within, then we can hold on to that as we face all the noise of the world. We have unnecessarily synchronized ourselves with worldly affairs to such an extent that we can't find the time to be alone and to have stillness and silence.

We have to take a journey from the outside world we live in everyday to the world of peace within us. The noise is just not happening to us; we are allowing it to happen to us. We can choose how to manage our mental box. We can choose who we listen to, care about, and respond to. Just a moment of positive choosing can be the

start of a life changing journey through self knowledge to inner calm, focus, contentment, and peace. We heed toward inner peace when we choose to turn our attention inward.

When we are always looking for what's next, when what makes us human starts to disappear, when we start relying on something so much that we lose touch with ourselves. Here we need to close the door temporarily to the outside world and reconnect inside. That is where we find our true freedom. When we quit the noise of the mind, the heart can be heard. "If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present." - Lao Tzu (Chinese philosopher). To experience today, we need to remove yesterday and tomorrow, and then we are left with what is real. It is today where magic happens. Modern life can be deafening, making us feel frazzled and overwhelmed. The noise of our thoughts and our fears tends to overtake us on a daily basis. In the society in which we currently live; inner serenity might be difficult to obtain in this fast-paced society.

There is no universal concept of inner serenity, to find your peace of mind, there is no set procedure or set of requirements that must be followed, with our busy schedules, hectic lifestyles, and everyday worries, finding inner calm is more difficult, yet it is quite attainable. In modern world of lusty

and crazy life we find everyone wants to get ahead, want financial freedom, want to be rich, want to build multi-million dollar businesses, want to travel the world, want to become a Facebook or a YouTube celebrity, want to develop a successful career, and what not. Everyone seems to be attracted to the 'shiny objects' and are chasing them because that is what everyone else is doing. It simply means that we have no time for ourselves.

If one wants to achieve greater results and produce outstanding success in life, he must first learn to find the inner peace within himself. We fail to understand and realize and underestimate living our lives with inner peace. If we want to find inner peace within ourselves, we have to spend time to be with ourselves.

Nobody can bring us peace but only ourselves. "Only a self-satisfied person, who is content within, can live in peace. Such persons are comfortable with what they have and hence do not get overly upset when they do not have any material possessions" ' - 'The Bhagvad - Gita'. Imagine a world where everyone lives in peace. Imagine what would spring from that peace, the beautiful flowers of kindness. "Peace begins with a smile." - Mother Teresa. "The life of inner peace, being harmonious and without stress is the easiest type of existence" - Norman Vincent Peale.

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