

FIGHTING FOOD WASTE

Food waste is a global issue with significant environmental, social, and economic implications. It not only squanders valuable resources but also contributes to greenhouse gas emissions and exacerbates food insecurity. To combat this problem, various strategies can be employed at individual, community, and systemic levels. At the individual level, simple practices like meal planning, proper storage, and mindful consumption can reduce household food waste. Additionally, supporting local food banks or composting organic waste can divert surplus food from landfills. On a community level, initiatives such as food recovery programs, community fridges, and gleaning projects can redistribute surplus food to those in need, fostering a sense of solidarity and reducing food insecurity. Systemic changes, including policy reforms, incentives for food producers to reduce waste, and investments in food distribution infrastructure, are crucial for addressing food waste comprehensively.

Jammu-Kashmir witnessing healthy Elections

HIMANI KANDHARI

Jammu & Kashmir is one of the diverse states in India represented by 5 six seats in the Lok Sabha. Earlier, Ladakh was also considered one of the constituencies of Jammu and Kashmir until its recognition as separate Union territory in 2019. The current estimated population of J&K is approximately 1.56 crore where there are 8.69 million voters in Jammu & Kashmir. Baramulla, Srinagar, Anantnag, Udhampur, Jammu are the 5 constituencies in the state. BJP, Congress, Jammu & Kashmir National Conference (JKNC), Jammu and Kashmir People's Democratic Party (JKPDP), Communist Party of India (CPI(M)), Democratic Progressive Azad Party (DPAP) are some of the major political parties that contest to win a seat from the state. For the Lok Sabha elections BJP has fielded Dr Jitendra Singh from Udhampur and Jugal Kishore Sharma from Jammu. Both the NDA and JKNC are likely to contest independently from all 5 seats. After 15 years, the Udhampur Lok Sabha seat in Jammu and Kashmir is headed for a keen contest, with prominent leaders in the fray from the BJP and Congress. Both Jitendra Singh of the BJP, a Union Minister of State, and Choudhary Lal Singh of the Congress are two-time MPs from the seat. While Jitendra Singh has won the seat the past two times (2014 and 2019) by big margins, it was won twice previously by Lal Singh (2004 and 2009). " There should be 100% voting. If Narendra Modi become Prime Minister for the third time, then I want to appeal to him that we should think about the general category, who are already available struggling", Manik Goswami student of Law Department, JU. Sarfraz Ahmad student University of Jammu " Voting is our fundamental right . Youth should read manifesto of every political party and then decide where to cast their vote. Even media is controlled by higher officials and we want that media should also put our demands in front of Government ". Vaishali Sharma, student Botany Department, JU : I belong to Nowshehra which is in district Rajouri and our polling constituency is Anantnag-Rajouri Lok Sabha constituency , I am very excited to cast the first vote of my life and I am aware of all the candidates of my area and know where to cast my vote. Jammu and Kashmir is witnessing a healthy elections. This is the first elections in Jammu and Kashmir after Article 370 was abrogated by the Centre in 2019. The Jammu-Reasi seat comprises 18 Assembly segments and nine segments crossed 70% polling, with Akhnoor recording 74.03%, Bishnah 71.33%, Chhamb 71.06%, Gulabgarh 71.47%, Marh 73%, Nagrota 71.39%, Reasi 71.65%, Shri Mata Vaishno Devi 74.65%, and Vijaypur 75.67%. Peaceful and brisk polling was recorded in the Jammu-Reasi Lok Sabha seat in Jammu and Kashmir, which has nine Assembly segments adjacent to the International Border (IB) and the Line of Control (LoC), and clocked 71.91% polling on April 19. The Jammu-Reasi seat comprises 18 Assembly segments and nine segments crossed 70% polling, with Akhnoor recording 74.03%, Bishnah 71.33%, Chhamb 71.06%, Gulabgarh 71.47%, Marh 73%, Nagrota 71.39%, Reasi 71.65%, Shri Mata Vaishno Devi 74.65%, and Vijaypur 75.67%. The Udhampur Lok Sabha constituency in Jammu and Kashmir witnessed a massive participation of voters from all sections of society on Friday as it recorded 65.08% voter turnout by 5 p.m. Amid multi-tier security arrangements, 'Nari Shakti' (women power) was on display at the all-women staffed booths known as 'pink booths', in the Jammu and Kashmir Lok Sabha elections. These 'pink booths' attracted more women voters.

The Anantnag constituency, which spreads across the Pir Panjal range and includes Rajouri and Poonch areas after delimitation, the constituency was scheduled to go to polls in the third phase on May 7 in the third phase which is deferred to May 25. The commission after considering report from the UT administration as well as analyzing the ground situation prevailing in the constituency, has decided under Section 56 of Representation of People Act, 1951, to revise the date of poll in the said Parliamentary Constituency in respect of ongoing General Election to Lok Sabha, 2024. For the Srinagar Lok Sabha seat in the Kashmir region, polling will be held in the fourth phase on May 13. While the notification will be issued on April 18, the last date for nomination filing is April 25. The last date for withdrawal of candidature is April 29. After delimitation, Pulwama and Shopian districts have been added to the Srinagar Lok Sabha constituency while two assembly segments -- Budgam and Beerwah -- have been deleted. Baramulla constituency in north Kashmir will go to polls on May 20 in the fifth phase of elections. The notification will be issued on April 26 while May 3 will be the last date for filing nominations. The last date for withdrawal of candidature will be May 6. The Ladakh Lok Sabha seat spread over Kargil and Leh districts will go to polls in the fifth phase of polls.

The five Lok Sabha seats that will be for polling in Lok Sabha elections 2024 in five phases are: Baramulla, Srinagar, Anantnag-Rajouri, Udhampur and Jammu. In Jammu and Kashmir, Phase 1 voting was on April 19, voting for Phase 2 was held on April 26, Phase 3 voting will be held on May 25, Phase 4 voting will be held on May 13 and voting in Phase 5 will be on May 20. The votes polled in the Jammu & Kashmir Lok Sabha elections 2024 will be counted on June 4 with the rest of the Lok Sabha constituencies of India. The Lok Sabha elections 2024 is being held in 7 phases from April 19 to June 1, announced Chief Election Commissioner Rajiv Kumar.

(The article is written by a student of 4th Semester, Journalism and Mass Communication University of Jammu).

Two Signs of Spiritual Progress

MOHANJI

There are two signs which you can actually depend on to know your progress. -One is SILENCE, how silent you are peaceful within. Whatever happens outside, you are peaceful inside. It is not insensitivity, like, ok, let somebody die and I don't care. That is not the case. It's that you feel, but you are Not Affected. You will do whatever you can, but you are not affected by anything outside you. - The second is, FEARLESSNESS. You will become fearless. You will not know what the meaning of fear is because you are so complete within, It Doesn't Matter. Do you know how fearless Jesus was? He knew very well who his enemies were and how powerful they were, but he never cared because of the power of conviction. The power of Oneness. So silence and fearlessness, these are two things you can trust. These are signs of spiritual growth.

Promoting Women's Agripreneurship and Gender Equality

DR BANARSI LAL

The contribution of women in business has been increasing tremendously at global level since the last ten years. In present era, women entrepreneurs especially women agripreneurs, represent the fastest growing category of entrepreneurship across the globe. It has been observed that women agripreneurs have strong will power, skills, risk-taking attitude and appetite for the hard work, with grit and determination to succeed. Startup India, Standup India campaigns have been enhancing the women morale and enthusiasm to do something productive for their family, local community and to the nation. The number of women participating in the entrepreneurship activities has been relatively less, when compared to the number of their men counterparts, for a number of reasons. It has been observed that women's participation in economic activities is about 25%, while they constitute over 48% of the Indian population. Forbes India Report 2019 indicated that Indian women leaders occupy about 30% of senior corporate leadership positions in India which is higher than the global average of 24%. There is an urgent need to design the institutional strategies to support the ecosystem for promoting women entrepreneurship in general and women agripreneurship in particular, which is essential for the growth and development of India. Agripreneurship is the synthesis of agriculture and allied sectors and entrepreneurship to generate commercially-viable products and services and high-value businesses and processes. The agripreneurship comprises of creation, development, nurturing and expansion of the agri-business enterprises in agri-based and allied sectors. It includes entrepreneurial interventions of agri-tech, farming and marketing of agri-products in organised business practices. Women play the pivotal role in the integrated development of agriculture and allied sectors. Dr. APJ Abdul Kalam had said that 'Empowering women is a pre requisite for creating a good nation, when women are empowered, society with stability is assured. Empowerment of women is essential as their thoughts and their value system lead to the development of a good family, good society and ultimately a good nation'. A Goldman Sachs Report (2018) observed that "Enabling women, particularly as entrepreneurs, benefits future generations because women tend to spend more on their children's education and health, which should boost productivity as well". A Report by the McKinsey Global Institute (2021) observed that the concerted efforts in minimizing the gender gap in workforce participation has the potential to add US\$ 12 trillion to global GDP by 2025. Women are the future of India's growth and development as they possess the multi-tasking skills, are predominantly focused, empathetic and good managers. Presently, the women in India contribute to about 14% of agri-business owners.

G L KHAJURIA

The Jammu and Kashmir State finds its gateway at Lakhampur, boundary being Ravi river adjoining Punjab and Himachal Pradesh states. Jammu region right from Lakhampur to border town Poonch in the East West and Ranbirsingpura to Banihal, Kashmir valley to the last reach of Ladakh abounds in historical, archaeological and spiritual significance and are with enchanting beauty and grandeur. The Jammu legion as a whole encompasses the cynosure of vast sprawling and undulating terrain, ranging from Kandi belt of Lakhampur to Poonch with scrubby and Pines forests. In its higher reaches are shivalks and the Tawi valley in its back drop are enchanting and beautiful mountains ranges rising one behind the other with Lush green, Vibrant and slabrious scrubby and Chir pines. And then majestic deodar and blue pines. The Trikuta hills crowned by three towering peaks are of fantastic spiritual sanctity in whose lap is located world renowned sacred shrine of Mata Vaishno Devi. With the early golden sun rise over the Tawi valley, this offers a gorgeous glimpse of Mother Nature. In the remote past, when the man mostly depended upon nature and its resources, population was dramatically low and as of now when the global population has off-shooted at spuntik speed the human demands have taken reciprocally an upward trend with the result that our natural resources followed depletion. And on industrial front, urbanization, over-exploitation of Mother Earth has in unison changed the very chemistry of environment and its ecosystem. Man's sustenance depended on fresh air, water, agricultural produce as there was no pollution (air, water, noise). Nature had bestowed: the timely delivery of all systems and with the scenario climate, Monsoons, Summer, Winter, Snowfall are all time-bound. Our pristine springs which existed in our state changed their course due to disturbances which the man has made with the nature. Man was earlier dependent upon the natural sources of water from natural springs, nectar clear water of rivers, rivulets and other tributaries, but with the passage of time, these springs now stand depleted or with least water due more so that there is no percolation of water accruing from deforestation, floods of unprecedented nature. The water harvesting from roof tops, construction of ponds, underground tanks to fulfill their day to day demands are nowhere in existence. In Jammu and Kashmir, where the terrain and its tracks occupy their unique placement, such sources were abundant but have now lost their pristine grandeur and glory. However, still natural springs and water ponds do exist but so far as the quality, quantity and purity of water is concerned, these have been badly polluted expecting those which exist in the temperate, sub-alpine and alpine zones of Himalayan region. "Springs at Kathua in the lower belt of the outskirts, where temples of Gods and Goddesses exist and people from far-away places come here for holy dip and annual festivals are as well celebrated. "Springs of Nagri Parole :- There are many springs near this area falling in Kathua district. Just 3 to 4 kms down below Nagri parole is having natural spring adjoining an old pirsthan and people suffering from skin ailments are being cured after having a dip in this spring. It is believed that this is due to shrine Shakti of Pir Baba, But Scientifically the water has been seen to have sulphur smell. "Springs at Airwan :- Airwan or Eravati, either way we name is located some 9-10 Kms from Nagri Parole and is the most prominent sacred place of shakti. According to Upendra Giri from U.P amongst other Sadhus, who look after these temples of Lord Shiva and other Gods and Goddesses averred that these temples are centuries old and are of equal prominence as that of Kidarnath and Badrinath. There are two big springs where pilgrims from far away places including Punjab, Himachal Pradesh and Haryana come here for holy dip on 'Chaitra chandush' in March every year, pay obeisance to the sacred shrine of lord Shiva. A big festival is held here as elsewhere in Purnmandal and Uttarbani in Jammu. The Airwan (a small hamlet) links National Highway -1A stretching over a short distance of 9-10 kms at sakta chak, near Ujh river In the outskirts of Jammu city, many springs existed which now stand depleted excepting at 'Bhair Devasthan' around 15 kms from Jammu towards Udhampur. It is a Shakti Shrine where natural spring exists alongside the Tawi and big fishes are in plenty and milk and kneaded balls of flour are offered. A minuscule number do exist at Thajarkotli & Udhampur.(Devik) and while proceeding towards Billawar one finds many springs though now depleted/under depletion. These are Podu, Danga Ki Baoli, Bani, Banas, Gharat,

It has been observed that more than 1/3rd of the total agri/rural start-ups are being managed by women agripreneurs. Increasing number of women agripreneurs are significantly contributing to the socio-economic growth, sustainable and holistic development of rural people. There is an immense scope for promoting women agripreneurship, especially because about 70% of agriculture and allied activities are predominantly managed by women.

In order to promote women agripreneurship, there is need of: (a) An institutional support mechanism (b) Access to the awareness and trainings (c) Funding sources (d) Marketing management (e) e-commerce platforms; (f) Innovative approaches to carry the products to the target customers etc. It is expected that women will dominate the workforce-trends and leadership positions in India in the upcoming years. The trend is almost similar in case of women agripreneurs. According to a recent report by India Brand Equity Foundation (IBEF), more than 30 million additional women-owned business enterprises are expected to create about 150 to 170 million jobs by 2030. The economic outlook is projected to grow dramatically as a consequence of this enabling ecosystem of women entrepreneurship. A number of agri-based business opportunities are being exploited in the agro-spheres such as agro-product processing, food packaging, export of fresh vegetables and fruits etc. This has got significant growth potential due to enhanced availability of institutional micro-finance, trainings, workshops on agri-based and allied sectors. These provisions are progressively transforming the outlook of the agripreneurship industry, with special focus on women agripreneurship ventures. This is significantly bringing the 'inclusive growth of women agripreneurs'. Self-employed women are contributing significantly to the economic growth and development of any nation.

The Indian Government has initiated several programmes and has created various institutions/projects to foster the agripreneurship among the women in India. The 'Agri-Clinics and Agri-Business Centers Scheme' by the National Institute of Agricultural Extension Management (MANAGE), Hyderabad has given a boost to women agripreneurship. It has provided agri-extension activities and facilitated transfer of technology in agri-based enterprises. A significant number of trained men and women agripreneurs have been able to successfully establish and manage the agri-based technical/ consultancy extension services to farming community. The Indian Govt. has emphasized on innovative practices to nurture the agri-business enterprises among the rural women.

This will create employment opportunities in a large scale, ensure social and economic equity, inclusive growth, achieve self-reliance through agri-based start-ups. 'Organic Sikkim' has been successful

ly making agri-farmers to earn about 20% higher income by eliminating the middlemen and discovering newer markets for their agri-products through Sikkim's organic retail stores. The stores are predominantly managed by women agripreneurs. Through the Rashtriya Krishi Vikas Yojana (RKVY) scheme, the Government has been promoting agripreneurship by extending technical and financial support. The scheme has enabled the localised incubation ecosystem through State Agricultural Universities(SAUs) and ICAR Research Institutions. Agripreneurs are given structured training under this scheme.

The National Bank for Agriculture and Rural Development (NABARD) has been managing a variety of agri-businesses and women agripreneurs enterprises, in partnership with many NGOs, CSR (Corporate Social Responsibility) Projects of corporate and large organisations. Micro-Finance Institutions (MFIs) has promoted and nurtured thousands of micro, small and medium women agripreneurs. MFIs have helped transformation of lakhs of rural women in India. Women Entrepreneurs Access Connect Transform (WeACT) is a national level network of women entrepreneurs, where the interventions undertaken are executed in collaboration with Entrepreneurship Development Institute of India (EDII), Ahmedabad and Accenture Pvt. Ltd. along with many other partners. The institutionalised capacity building, integrated marketing linkages and digital support systems have enabled the rural women to have profitable and sustainable enterprises. The efforts made by the Indian Government has significantly boosted the confidence of women agripreneurs and their overall development, self-reliance, socioeconomic empowerment and thereby self-actualisation. This will help in attaining balanced regional development as women agripreneurship are mostly from the rural areas. This is also reducing rural-urban migration. There are several challenges faced by women agripreneurs in starting and managing the agri-enterprises such as dual responsibility of home and enterprises, lack of support from the family, lack of information sources, lack of awareness and training, competition with established corporate players, lack of market awareness and knowledge, lack of knowledge in packaging, branding, accounting, the fear of failure, low risk-taking capacity etc. Women entrepreneurs also face infrastructure challenges such as lack of storage and warehousing, lack of electricity, lack of road connectivity etc. Indian women agripreneurs have been making significant strides in establishing agri-enterprises.Govt. of India has made many policies for their awareness and trainings, improving access to funds/credit facilities, and is supporting them to establish enterprises and start-ups. Women empowerment will be helpful in attaining the gender equality and breaking the gender stereotypes. (The writer is Sr. Scientist & Head of KVK, Reasi,SKUAST-J).

Natural Springs of Jammu

Jeetu, Thana, Gami Ishri and lastly Panditain Wali Baoli and of all these "Khood spring' is most prominent.

"Khood Spring:- Some 50 kms far from Udhampur along Diar road is existing this natural baoli with nectar-clear water and a main temple of lord Shiva also exists there, where people come to pay obeisance for blessings.

"Sukrata Springs:- Though in miniscule number are fastly depleting and thence proceeding uphill towards Machadi, which links Ranmagar through hilly terrain nesting amidst pines and deodar are having small natural springs with crystal-clear water of ample importance.

"Basholi-Bani Springs:- The entire track is having many natural springs linking Bhaderwah and the entire sub Himalayan region is as such plentiful of natural springs having crystal-clear water and the local populace subsist on their day to day requirement.

"Gauri Kund Baolies :- There is a cluster of springs at Chenani town itself as well as 'Guari Kund' which are centuries old. Mata Parvati, Lord Shiva's consort used to have holy bath where she meditated in the vicinity of Sudhmahadev forests.

"Sudmahadev's Spring:- This-spring is also named as "paprashy Baoli" and is of high sanctity as it is believed that a holy dip in this spring washes off one's sins. An annual mela lasting for couple of days is being celebrated in the first week of June where pilgrims from far away places come here, pay obeisance to lord Shiva's centuries old temple. From Sudmahadev onwards to Man Talai, Bap, Sarar, Latti, Dhooana, Seri, Chari and finally one reaches Suezdhar (the origin of Tawi river). From the base of Suezdhar uphill one gets down to Bhaderwah amidst nesting pines, herbs, shrubs and other multitudinal medicinal plants.

"Kud Spring:- This spring is having its own importance, where nectar-clear water gushes out and is also called "Swami Wala Spring". The tourists from India and abroad are having a short spell and a sweet taste of this natural spring of hilly resort where a temple of lord Shiva also exists where people from India and abroad throng for holy darshan.

"Sanasar Spring:-Patnitop is a prominent hill resort on the tourist map of India and the World and Sansar takes its route barely 18 kms from here. Over the remote past, Sanasar was a prominent lake, now stands almost dried. Here exists natural spring also named as "Viran Spring" whose water is crystal clear and sweet and from centuries old a small temple of chancer "Nag Devta" exists where people from far flung areas throng here annually.

"Batote Spring:- Two prominent springs are in existence in this picturesque spot of Batote Viz. Amrit and Lal Spring having nectar-clear elixir of life leasing water and tourists from India and abroad are having short spells to enjoy the taste of sweet fresh water.

Now on entering the charming Chenab valley which is having a long stretch of around 185 kms from Batote to the last reach of motorable Padder. This prominence of Sub-Himalayan region with picturesque spots and lovely valleys, impregnable natural citadels of Assar, Bagar, Khalemi, Doda, Premnagar,Thathri,Kishtwar, Dul Hasti, Padder and Atholi. The entire terrain and their hill tops/uplands are snow-capped during winter nesting amongst broad leaved and pines and other herbs, shrubs, aromatical and medicinal plants. The valleys are the melting spots for scholars and savants. Embracing and delicious fruits still add to the beauty and splendour. The mounting cliffs of padder valley look like tongue-shaped spurs with deep ravines and tributaries which drain into gorgeous chenab and it seems that here is the real life and all else is illusion. All along the road and their hill tops are dotted with ever-refreshing sweet water mini to mega springs with nectar-clear water and at places the springs are with multi-coloured water soothing the fatigued body and mind. These are of unaccountable in number and of the few prominent are in village saroor whose water bath is/having the legend to help the barren couples, apart from hot springs viz: Humar Nag., Pootnag, Tila Machi, Harel, Arhai, Mahalmag, Kundall, Amar, Murchunyar,Gadrash, Vadan, hot springs of Marva-Dachan whose water cure orthopedic ailments such as gout and rheumatism. All These baolies are the treasure trove of mountainous region and are revered places for ablutions and worship in these areas of far flung villages and hamlets. And of all these natural springs, one by name Tattapani of Kishtwar is of utmost importance.

"Tattapani Spring (Kishtwar) :- This is a hot spring also named as tattavani, located in the Padder valley of Kishtwar. It has been seen that rice placed in cloth when dipped gets boiled just like hot springs of H.P. (Manikarn Kulu).This

spring is barely around 20 kms from Kishtwar in Nagseni range of Sub Himalayan region of Kishtwar.

"Tattapani Spring (Atholi-Kishtwar):- This spring is of immense prominence sanctity and has been referred to as "Sheshnag" in the old scripture.

"Marva springs (Kishtwar): These springs are having life-leasing nectar-clear water but are moderately hot and the water is mediocre of multilued ailments of various diseases though quite unbelievable in present scenario.

And now on entering Bhaderwah from Pul-Doda, we find vale of Bhaderwah also nomenclaturised as "Chhota Kashmir" constitute an ellipse within the lush green, vibrant and slabrious greenery in the mountainous valley. Bhaderwah, in fact, an airy Kingdom with blazing of glory dwelling well within the soul the "hesouled Bhaderwah". The enchanting valley with high mountains, towering cliffs., uplands, and green carpet like be-gemming meadows, lakes, rivers, rivulets and their tributaries and lastly the ever-refreshingly springs with nectar-clear life-leasing water and at places turquoise blue water fed by Shimmering snowy tops hold up their mirrors to the azure sky.

"Kallash Kund:- Around 15 Kms from Bhaderwah township is located a mega spring so to say a lake and it is abode of 'Yasuki Nag' . People from far flung areas within and outside from other state visit this sacred resort in huge number in their colourful attire on "Tridishi" after a fortnight of "Raksha Bandian", around the year and it is having crystal clear water of immense significance.

"Gupt Ganga: It is an underground Ganga alongside Neeru rivulet where nectar clear water flows perennially and there are cluster of fishes of varied colours and the people feed these with kneaded balls of flour. A sacred temple of prehistoric time of Mahabharata exists alongside Neeru Nallah and within the temple there is a huge dlingam of Lord Shiva. In and around the vicinity are few natural springs where nector clear water bubbles out.

"Parnala Spring:- This spring is having its own prominence with blue greenish water and lies within the Bhaderwah town along other Nallah and enjoy an equal prominence of purity and sanctity.

"Cbhabra Spring: This spring is having plentiful of life-leasing crystal-clear water of ample importance and it gives scenic beauty of the spot apart from to fulfill daily requirements of fresh water for the local populace of Bhaderwah town itself.

"Suraj Baoli: This is locally spoken as "Ashapati" and is an old sacred tirsthan situated towards south-east of Bhaderwah, some 8-10 kms. Though its history is missing, yet its genesis is from 'Sanskrit' version as 'Suvarnavapi' viz. sun's pond. This lies under snowy cover in the lap of mountainous region and water gushes out from the sacred spring once in the year on 'Amavasya' when people from far-flung areas come over here with utmost reverence in "Bhija village" where this sacred spring is situated. The delighted devotees come in the form of holy mace get holy dip to wash off their sins and then stay there for night and celebrate festival and mela on the other day with enchanting folk songs and dances with traditional blowing of flutes, beating of drums with melodious music which echo the softening sky. This is being celebrated in the 15th day of the dark half of Assu (a deshi month). "Khakhhal spring:- "Ban Nagrari" are the two other springs in the same vicinity of Bhaderwah and their nectar-clear water is of ample medicinal value and remedial for multitudinal ailments.

"Ghatha spring:- This spring is of prehistoric period, reported to be of Mahabharta time when Pandhavas spent most of the time in sojourn in these mountainous region.

"Udrana spring:- Located near "Vask Nag" temple just on the entrance of Bhaderwah town is famous for its spirituality and sanctity and is worshiped with due devotion and reverence by all those who come over here.

"Fort Spring:- This is located near historical fort of Bhaderwah, natural water gushes out which is of its own prominence and significance. The water of the spring is nectar-clear and of its own significance.

"Sona Bain- or golden spring with colourful water which remains perennially under snow and as per legend golden balls are reported be there under snow. Apart from these springs there are multitudinal other mini springs spreaded over the entire Bhaderwah enjoying their own Kingdom of promiancy with blazing glory which dwell well within undug and unfounded vide, varied mysteries. There are plentiful of small thready spreaded rattling tributaries with turquoise where the deciduous belts meet the silent, serene, vibrant and slabrious Bhaderwah valley.

(The author is Deputy Conservator of Forest, J&K).