

SAVE FOREST

Preserving forests is paramount for the well-being of our planet and future generations. These biodiverse ecosystems are not just a collection of trees; they are the lungs of the Earth, absorbing carbon dioxide and releasing oxygen, crucial for combating climate change. They provide habitat for countless species, maintain water cycles, and support indigenous communities. Thus, safeguarding forests is not merely an environmental concern but a moral obligation for humanity.

Forests mitigate climate change by sequestering carbon dioxide, a major greenhouse gas responsible for global warming. Trees act as carbon sinks, storing carbon absorbed from the atmosphere during photosynthesis. Deforestation, however, disrupts this balance, releasing stored carbon and exacerbating climate change. To combat this, we must prioritize conservation efforts, promoting sustainable forestry practices and reforestation initiatives.

Biodiversity thrives in forests, making them invaluable reservoirs of life on Earth. From microscopic organisms to majestic mammals, forests support a rich tapestry of species. Each organism plays a vital role in the ecosystem, contributing to nutrient cycling, pollination, and pest control. Moreover, many indigenous communities depend on forests for their livelihoods, utilizing their resources for food, medicine, and cultural practices. Protecting forests means safeguarding these intricate relationships and preserving cultural heritage.

Water is essential for all life, and forests play a critical role in maintaining water cycles. Tree roots help to stabilize soil, preventing erosion and maintaining water quality. Forests also regulate rainfall patterns, reducing the risk of floods and droughts. Moreover, they act as natural filters, purifying water as it flows through the ecosystem. By preserving forests, we ensure a sustainable supply of clean water for both human communities and wildlife.

Conservation efforts must prioritize the rights and needs of indigenous peoples and local communities who have been stewards of the land for generations. Their traditional knowledge and practices are invaluable for sustainable forest management. Respecting their rights to land tenure and involving them in decision-making processes are essential steps towards effective forest conservation

Stay away from toxic relationships and friendships

SURJIT SINGH FLORA

ife is a beautiful journey of attachment, and the same journey continues through different relationships. However, we can define life and relationships based on some facts, but every definition changes with time. When the time is right, everyone likes you, but no one even wants any relationship with you when the time is terrible.

The truth is no one will love you or make you feel the way you want, and no one will understand your happiness and sadness.

If someone is giving hatred, that's what they are inside. If someone provides happiness, that's what they are inside. They are just showing themselves to you. People are not going to behave as per our expectations. They will behave what they are inside. If you expected something from others, it's your fault, not theirs.

Human nature is constantly changing and moody. Today they may love you. Tomorrow with no reason, hates you. They may smile this moment, and the next moment they give you a weird look/face. Do you really want love and care from people with fluctuating behaviour/attitudes?

But we can only create such an environment for a short time; one day, we will have to face the truth. So, the emphasis should be on building a good relationship rather than just looking at someone's wealth, job and profession. Patience and trust are the keys to good relationships, but often the focus is on impatience and a few moments of happiness. When we realize our mistake, our character is stigmatized, and we fall out of our sight. Relationships should never be like glass that breaks easily Authentic relationships don't last for

The ignorant mind, with its afflictions and evils, is rooted in EDITORIAL three poisons-Greed, anger, and delusion.- Bodhidharma

Jammu Kashmir and Elections **Gupkar Fights Gupkar with Deceptive Speeches & False Brags**

ER P L KHUSHU ssures in dotted I.N.D.I. Alliance bloc in J&K are sordidly in J&K are sordidly evident and visible as Gupkar fights Gupkar, or better to say that "Dynasty fights Dynasty", since National Conference is

fighting PDP in the present general elections, when the prominent leaders of both these political parties would sit in the front rows during the various meetings of I.N.D.I Alliance across the country. The tall leaders of these political parties would portray themselves as the founder architects of this rusty alliance, which succumbed under its own weight to its extinction not in Jammu and Kashmir only but across the whole country.

The dotted I.N.D.I.A block is a new political presumptive conglomerate, by some opposition political parties with dots in between, in the shape of a new alliance between some political parties in India, which looks like a referral idiom, that conveys that all such political parties involved in evolving such a name under the banner of India, for exhibiting their unity, have doubtful dots, in between the alphabets creating the name of India as I.N.D.I.A, conveying enough doubts about their unity of purpose for which these political parties have ventured to come under one banner as an alternative not to NDA, but to Modi. It shows the dilemma of dots are existing between these various political parties, pretending to be one, for Modi fear. It equally shows that all these political parties are fully knowing that they cannot represent a unified India. Their dynastic bases, churned tongues and abundant corruption charges against most of them are haunting them to run from pillar to post as they did in the present case, while hobnobbing at Patna and then going for an excursion at Bangalore, followed by a similar marine drive in Maharashtra, as a sequel to drink, dine and dance, to satisfy their myopic illusion of being together for political sale amongst the people of India. Was there any buyer? Not at all. Jammu and Kashmir apart from other states in India where such an alliance took birth died its death at infancy level itself. The present run and race between the National Conference (NC) led by Dr. Farooq Abdullah and the People's Democratic Party (PDP) led by Mehbooba Mufti, in the national general elections in Jammu and Kashmir, is an amazing proof about it, when these political parties led by so called stalwarts,

are fighting against each other in these elections. How ridiculous is it looking to the people of Jammu and Kashmir, or even to the whole nation ? They are washing their dirty linens of the past in public for vote bank politics. Do they have any morality left in them to rule Jammu and Kashmir again, as its hypocritical dynasty rulers? They had come together not only to fight BJP and Modi under I.N.D.I Alliance, but also through Gupkar Alliance to fight against the abrogation of Article 370 and other issues relevant to the dignity and the honor of Jammu and Kashmir as per them, but they defaulted both the alliances for personal benefits and interest of ruling Jammu and Kashmir again as usual, like dynasty political stooges which they did during the past decades and have brought Kashmir to a situation of distort and distress. Both these unholv alliances could not see the light of the day. due to the interests of the political parties involved in these alliances.

In this regard another proverbial paradox emanated from Gupkar, Srinagar, on 15th October-2020, which needs to be made a mention of here. Immediately after the release of Mehbooba Mufti the former Chief Minister of the erstwhile J&K State, after her detention, who was released from detention after 14 months on 14th October. NC leaders Dr. Faroog Abdullah and Omar Abdullah met her immediately, to invite her for an all regional party meeting scheduled on 15th October 2020, when she accepted the invitation. National Conference President Dr. Farooq Abdullah the organizer of this so called all party congregations announced the formation of People's Alliance, in this meeting. The decision to formally name the alliance 'People's Alliance for Gupkar Declaration' was taken in this meeting. The meeting was attended by Dr. Farooq Abdullah, Mehbooba Mufti, Omar Abdullah and other some other local political leaders. "We have now named this alliance when its formal name would be People's Alliance for the Gupkar Declaration', National Conference president Dr Faroog Abdullah said after the meeting. "Our battle is a constitutional battle and we want the government of India to return to the people of the (erstwhile) state the rights they had before 5th of August 2019," he added. A resolution was passed in this meeting known as 'Gupkar-Declaration'. The declaration had vowed to "defend identity, autonomy and special status" of Jammu and Kashmir. It was followed by another Gupkar Declaration, which described the Centre's decision to alter the region's status under Article 370 as "grossly unconstitutional" and a "measure to

disempowering" the people of the erstwhile state and the like. These meetings were presided over by the President of National Conference and it can be said that it was a joint meeting of the disgruntled leaders of National Conference and the PDP mostly. What a ludicrous situation and hypocrisy to call it a people's alliance when it was an alliance of just two families abetted and supported by one or two local disgruntled so called political leaders, who are equally having hypocritical dynastic base and are experts in changing political sides for their self interests.

Travesty of destiny, for the politics of Kashmir and its people, when the dynasty rulers have ruined the fate of Kashmir and its people for their dynastic interest, which is evinced again when the main architects of this unholy Gupkar Alliance, cynically called as "Gupkar-Gang", viz, NC and PDP, are each other's arch rivals in the present elections, ignoring the people of Kashmir and the promises made by them to the people of Kashmir, particularly in respect of Article 370 & 35A and the restoration of the status of Jammu and Kashmir to its original position, which is pre 5th August 2019 position. While canvassing for their individual candidates in these elections, the leaders of these political parties have been cursing and abusing each other. They forgot their mission of fighting for the restoration of article 370, 35A together and getting back the position of Jammu and Kashmir restored back to pre 5th August 2019 position, for which they had been beating their borrowed breasts and shedding crocodile tears, for their individual vote bank politics. What a hypocrisy?. How long will they continue to befool the people of Kashmir? The people of Kashmir should understand their brazen duality for their dynastic interests, when they have been ruling Jammu and Kashmir as dynastic rulers for decades by turns, in which national conference has the lead of several decades.

While fighting acrimoniously against each other in this election, their unwanted anti India utterances for local consumption have not died down at all, when in the present voting pattern in Kashmir on 13th May, 2024, it was the highest after decades of boycott in elections by the people of Kashmir. It shows that the people of Kashmir are quite happy now with the abrogation of Article 370 and doing with the Article 35A, It looks ambiguous and antagonizing to listen to different versions of a political leader like Dr. Farroq Abdullah, when he proposes different postulates day in and day out, like talking to Pakistan about Kashmir problem, declaring that people of Kashmiri's do not like India, preferring

to have Chinese patronage, seeking Chinese help for the abrogation of article 370 and the like.

Of late he is looking like being admired with the Nuclear Bombs of Pakistan. He says that in case India invades Pakistan, Pakistan is ready and fit to retort saving that "Pakistan is not wearing Bangles". Is he an Indian or a Pakistani living in Kashmir?

These statements are baneful and atrocious apart from being seriously seditious. A member of the Indian parliament speaking so and that too on the soil of India, it poses a question mark. The entire nation has taken these remarks as seditious in its form and stipulations, when it has been condemned by every nationalist Indian. Freedom of speech and expression has its limitations. The constitution of India should not be allowed to be taken for a ride so contemptuously. While speaking atrocious and a seditious languages, these dynasty based political leaders have now of late inducted their 4th generation progenies too, in the politics of Kashmir; in these elections. Politics is their profession and they cannot live without it. It is a mulching cow for all of them when they have made their fortunes for ages and centuries for themselves and their progenies of posterity, at the cost of the development of people of Jammu and Kashmir.

Union Home Minister Amit Shah took National Conference president Dr Farooq Abdullah to task for his remarks that Pakistan has atom bombs saving Rahul Gandhi can be scared of the atom bomb, the BJP Government is not.

He declared that Pakistan occupied Jammu Kashmir (PoJK) belongs to India and "we will take it". Addressing election rallies in Uttar Pradesh including Raebareli, Shah said Prime Minister Narendra Modi made Jammu and Kashmir an integral part of India.

The people of Jammu and Kashmir are pretty happy with the decisions of 5th August 2019 taken by the parliament of India, merging Kashmir with India without any conditions, abrogation of article 370 and the like, which is evinced by the fact that jubilant participation by the people of Jammu and Kashmir particularly that of Kashmir, is visible in these elections. The King is dead, long live the King. These kings and queens are now a sick liability for the people of Jammu and Kashmir, when they need to know it to remove their inhibitions and false notions about themselves.

(The author of this article is a chartered consultant civil engineer, who loves his mother land the union territory of Jammu & Kashmir).

Bewitching and Fascinating Colours of Arts

TARA CHAND BHAGAT

ewitching and fascinating Colours of Arts unite us with unending, unlimited, sweetness and melodious sounds Dagreeable to the ears of everybody who even don't understand the very language in which the singers are singing the songs. Mankind is the finest creation amongst all the creations. But other various kinds of creations are none second to the mankind; that too are equally important to be part of this beautiful environment for its sustenance and balancing the ever-existing ecosystem on this blue planet. Just as different races of mankind speak in their different languages, likewise other creations be it animals; be it wild animals living in forest covers of the world too speak in their own sweet languages. This is what we call the wonderful work of the Almighty Creator. The Almighty Creator has put bewitching and fascinating colours of arts among all the creations. All are incomplete without blessings of 'His' ever-lasting power. But the almightv God passes on 'His' unending power on the spiritual guru who has attained knowledge of spirituality and with the help of spiritual guidance guru can make anyone trained whosever wants to be expert in any art.Without 'True Guru' one cannot become perfect however he or she may try to be. How Sadhguru Kabir ji had beautifully said in the praise and higher status of his guru knowing about the spirituality of the Supreme Power of the Almighty God. There is no bar and barriers of caste, creed, colour , religion or reginto which fine arts belong to. Guru aur Paras Mein Barro Antro; Sach Maano Jaan, Paras Loha Kanchan Kare: Guru Kare Aap Samaan. Arts are of various colours which have got bewitching and fascinating powers which can only be got with the help and guidance of True Guru. First of all I would like to discuss about 'Fine Arts'-Fine Arts include the singing of patriotic songs: playing upon harmonium, Flute-playing; Tabla-Dholak playing, dancing are the main manifestations or forms of 'Fine Arts'. All these are the vital sources of amusement and entertainment .Even Ravana had said that if there is any magic in the world that lies in singing a song. So, the colours of 'Fine Arts' are really very attractive, bewitching, fascinating charming ones. All the great singers had sooner' or later left this mortal world whereas their great names would remain immortal in this world. Great names of Lata Mangeshkar and Mohd Rafi are worthwhile to be quoted highlighting their great contribution towards the 'Rang Manch' to be in the Indian Film Industry and their names deserve to be called as Queen Lata Mangeshkar and King Mohd Rafi.Both had sang the patriotic songs in their melodious sounds or voices that delighted the ear the air in harmonizing and magical music. Symphony of their harmonious sounds is very much bewitched also consonance of their sounds agreeable to our ears. A few words of their songs are hereby presented as follows: Lata Mangeshkar sang-Ae Mere Vatan Ke Logo Aankh Mein Bhar Lo Paani, Jo Shaheed Huye Hain Unki Zara Yaad Karo Qurbani. Mohd Rafi Song-Chal Urr Ja Re Panchhi Ab Je Begana. What was the extent of their Desh Hua patriotic songs? They were the great patriots of the great Indian nation. The famous Ustad Bismillah Khan, and Shenaibadak. Tabla Badak and Ravi Shankar, Satar Badak are remembered with great reverence towards their commendable contributions in the field of 'Fine Arts'. One need not have to be educationally educated to learning 'Fine Arts'. Even an illiterate person can be expert with the guidance of True Guru. Ustad Bismilla Khan has gone, still his name is alive in this world. Since he had got excellence over his fine arts. So many singers and dancers have shown in film industry but I would name a few actors and actresses who have earned great name in the field of dancing excellently. Their names are Rajesh Khanna, Dharmendra, Amitabh Bacchan, Rekha, Hema Malini are known to this generation irrespective of caste, creed, colour and region or religion. This is the significance of the colours of Arts. The colours of arts never get faded rather get deeper day by day. The colours of arts create deep love and affection between each and every citizens of the nation. As we the Indians have always been great lovers of peace and tranquillity across the world.

earning name and fame winning all kinds of medals to the country. But it becomes impossible to be perfect without proper guidance and required training to be provided by the guru to the inspiring youths. So there must be a national interest to be taken by the Union as well as state govts opening more and more training centres and institutes where the inspiring youths could be able to get the requisite encouragement so as to promoting each and every games and sports, competitions to be faced by the youths both males and females at the State national and international levels. Several employment opportunities will also be enhanced in the field of games and sports. It is also the best method to keeping away the youths of the country who have got involved into the bad habit of taking intoxicating drugs telling upon hazardous and ill-effects on their health. Such are the gravity of colours of arts of games and sports which can help the youths to be called valuable wealth of the nation in our vast country. Now I would like to express the beautiful colours and also their significance to be artisans, craftsmen and mechanics. In this modern era of technologies, it has become very nece to be technical hands to earning their livelihood for sustenance of life in a decent and respectful manner. It would also help curbing the ever-increasing unemployment not in our vast country but also it is being increasing throughout every country the across the globe. And day by day it is getting out of control by each and every govt. It is the only lone solution to be technical hands to beating the un-employment on large scales in each and every sector be it Public Sectors or Private Sectors. It would be self-dependent as well as independent sources of earning far, far better than to be white-collar jobs used to be in the past. But it becomes difficult to be perfect without the proper guidance of a 'True Guru'. One: whoseever, wants to be perfect has to be sought proper guidance in learning to be an expert mechanic of all the vehicles then and only then One can learn a decent and dignified livelihood in one's life. Take the example of a carpenter who deals with wood work. He can carve out several fascinating colours of designs on the wooden doors tables, chairs, dewans or other show-pieces for show-casing their arts with highly decorations in the drawing rooms of every houses. Now manual work of carpenter is rarely found and the modern technologies i.e. machines have taken the place of manual work and getting flourishing very fastly speeding in each and every sector. Masonry is also flourishing with the modern technological construction of houses, buildings flooring with colorful tiles, also walls of the houses are being tiled with various designs. Now it has become fashion of tiling the houses, buildings, offices both private and govt. Iron foundry -Iron works such as locomotive, Steam engines, bicycles, tri-cycles and many more tractors for agriculture iron goods and materials and agricultural implements are made in the factories with the help of modern technologies, machines have overpowered the manual work to be done by the iron men who used to mould hot iron into the shape of so many implement mostly used in horticultural and agricultural fields. Potterv to be called a potter's work by which clav is mould into the shapes of earthenware vessels such as a pitchers, sarahies, muts, all are called a poor man's refrigerators and the drinking water to be kept in these earthenware, pots or vessels is very much beneficial for keeping good health rather than drinking water filled in steel wares or fridge bottles water are more harmful to be taken by all walks of life. Now the govt is also laying emphasis on the promotion of one product; one district is a very good scheme for the people to be adopted throughout all the 640 districts of the country. With this innovative ideas of helpful nature all kinds of businesses whichsoever may be will get flourished and the financial and economical position of every section of the society will also get more improved and the people will definitely become self-independent, self-reliance and self-sufficient in their businesses Today, the world is clamouring for the demand of skilled and trained youths not to be simple educated persons. Yet another example of colour of handloom art which was prevalent in the past when weaving of cloth was used to be woven on handloom. Now power looms are being used to be weaving the cloth with various colourful designs such as linings on plain cloth are designed on cotton, silk, tusser, textile cloth and fabric i.e.

Woven materials are prepared in the textile mills. Cotton industries and mills are found in the states of Rajasthan. Uttar Pradesh, M.P. and Ahmadabad is the industrial centre, with a number of cotton textiles mills. Maharashtra cotton textiles is the major industry of the state .Cotton textiles industries are also there in the states of Bihar and Orissa. Besides being other industries such as iron and steel, chemical fertilizers, locomotives, heavy machine tools, paper, cement and jute. West Bengal is also industrially much advanced. The chief industries of jute goods, cotton textiles, silk textiles are found in Kolkata, Durgapur, Chittaranjan, Murshidabad, Hooghly, Howra h,Burnpur and Siliguri. Cotton textile industries are also found in the state of Andhra Pradesh and Telangana. There is a network of Cotton textile Industries being spread all over the country that's why import and export trade of cotton textile, silk textile is done with other countries of the world.

There are so many other colours of arts which are very useful to earning a decent and comfortable life spending to be in such occupations that need to be adopted in one's life. These occup tions seem to be very common and ordinary ones but are not unnecessary to be avoided. These are the most petty technical occupations that are needed at the time of urgent nature for instance if an electric set-up gets out of order, if its failure of power supply followed by a plumbing of a tap fitted with plastic tank, gets out of order and whole of the stored, water leaks out of it. Also, one has to visit a Barber's shop to get one's hair cut is also an unavoidable nature of work. Last but not the least the colours of writing arts never get discoloured even the skill of writing is read by several times. Virtually one must be in the habit of reading art & literature that had been written by the great writers like those of Shakespeare, Mahatma Gandhi, J.L. Nehru, Sardar Vallabhbhai Patel ,Dr. B.R. Ambedkar, Munshi Prem Chand, Gurudev Rabindranath Tagore, Jagmohan, Mohd. Iqbal, Mirza Galib, Netaji Subash Chander Bose, Sarogini Naidu. They were such great writers as they had written quantitative and qualitative dimensional materials of literatures such as prose, poetry, dramas, plays, novels, short-stories and thoughts. Having read their ever-lasting literatures of those great writers the generation after generation have learnt a lot of lessons and could not be able to write as such as they had written meaningfully and voluminous. Virtually they were the versatile writers. It is out of place to mention here that some of the technical arts such as cloth mills, Tannery, pottery, Iron foundry, Carpentry and so many others have been become "sole sale centres" to be run or owned by the so-called upper castes to which these technical arts do not at all belong to them. They know nothing about knowhow of their technicality. Infact, the technical hands who are virtually well-versed dealing with such sale-Centres. Mean to say that net profits go to those who do not know the technicality of such arts. These technical hands have to be the real owners of these Sale Centres taken over by the non-technical hands. Now for the last ten years the Central govt, is laving greater emphasis over such fascinating colours of arts and initiated various schemes pertaining to such arts promoting the factors responsible for becoming Atamnirbhar Bharat and thus creating more and more scope of opportunities to the unemployed youths so that they could be able to be job givers not job seekers in the field of such arts to which they become expert. By this way our vast Country would be able to progressing by leap and bounds in the years to come. Conclusively, in summation let me imbible the spirit into the youths to highlighting the very viewpoints of the central govt. promoting such bewitching and fascinating colours of technical arts amongst the unemployed youths to be adopted by them in their youthful career so as to be forwarding self-sufficiency to be job givers to others not to be job-seekers in the years to come. In the years to come, Our India will not be called a country of unemployed youths but a country of technical hands. For this propose my intention is to get the legacy of central govt.'s schemes implemented in letter and spirit for becoming India as an atamirbhar Bharat on the basis of unemployed youths to be technical hands. I want to close-up my article with the old Indian proverb as follows:

ages, nor do our interests change over time.

Responsible for the current hollow and broken relationship is our attitude and haste towards relationships. Because love requires patience, and patience is rare today.

Even if both the partners have patience and loyalty, society will not change its attitude towards money and land and property. Money is more important to the community than happiness. Perhaps that is why the mind has taken the place of the heart in trying to save relationships nowadays. Everyone here seems to be planning to build, preserve and sustain relationships. But planning is part of the business sector.

In relationships, there is dialogue and consultation. If I were not talking about advice here, I would have misunderstood the idea by not considering planning as advice, but the only meaning I am referring to advice here is that every feeling and aspect would be associated with different emotions. Is, one side of which is going in a good direction and the other is going in a wrong direction, in general, the two look the same, but when we feel it closely, we start to see the difference between good and evil.

If we always believe in ourselves and are not ready to change even though we know the truth, then there is no point in talking about change, but if we start comparing every aspect with time-based on our wisdom and principles. Then one day, we can get the journey of life on the right track. So, the most important thing is that we have to decide what the current state of our mental state is, whether it is free, whether it is capable of judging right from wrong. When we get the answers to these questions, then we will be able to strengthen our mindset, and it is a fact that a strong perspective never produces weak results, whether that result is related to your dream or relationship.

Let's choose a happy and peaceful relationship that will lead to loyalty and trust. If we try to eliminate inpatient and selfish thinking in our thinking, then patience and faith will automatically take their place. Where there is patience and trust, there is peace, happiness, love and strong relationships. Now it is up to you to decide whether we plan to spend our lives repenting of our misfortunes and grievances or whether we would like to seek advice to live our lives happily.

So, in the end, people are selfish; they connect with you for some selfish reason, they will disconnect once their business is accomplished. So, if you think that they are going to care for you, you are being delusional. You should better not expect anything from such people. Be emotionally strong enough not to get abused by these selfish people. Stay away from toxic relationships and friendships. Live, laugh, love conditionally.

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

Games and sports' colours of Arts-

Undoubtedly, games and sports too play a very constructive contribution and role towards health of youth development

Uttam Kheti; Mandam Beopar,

Nikhid Chakri; Sarv-uttam apna Rozgaar.