

SUPPORT GOVERNMENT

The ongoing decisive battle launched by the Government against the terrorism is receiving desired results but, it is a fact that the menace which spread down into the roots of the society during more than past three decades, will definitely take some times to eliminate.

The Government as well as the security forces are quite serious in their job and a significant decline has also been witnessed in the terror related incidents, in comparison to past. Moreover, the people of valley too have realized that earlier they were misled by the selfish leaders and have realized that the Government is really serious for their welfare due to which they have started supporting the Government's endeavours to eliminate the terrorism.

But recent few incidents of targeted killing in different parts of Srinagar wherein, members of minority communities and employees working under PM employment package were killed, have sent a wave of shock and insecurity among the people especially those serving in various Government departments who are now demanding relocation to some other places outside J&K till normalcy is restored and Kashmiri Pandits are rehabilitated back in Valley.

Although the administration as well as the Union Government has assured them all necessary measures for their safety and have taken several proactive steps for the same like creation of safe zones, increasing deployment of security forces, appointing a nodal officer for resolving grievances of KP employees on priority etc but all these steps and assurances are not showing any effect on the employees, who are constantly protesting in support of their demands especially their relocation from valley.

It is a fact that the lives of all protesting employees are precious and the administration has taken adequate steps for their safety but they should also realize that it is not possible for the Government to relocate such a huge number of work-force to other places from Valley as it will impact the Government work to a great extent.

Moreover, such a step by the Government will give a boost to the terrorists and anti-national elements, who too want that all nationalist people should leave Valley.

As such it is the need of the hour that the employees should understand the situation and keeping faith on the Government should join their duties immediately without any fear.

■ DR BANARSI LAL

Every year International Yoga Day is celebrated on 21st of June across the globe. This day is observed to highlight the importance of Yoga and the pivotal role it plays in rejuvenating our mind and body. It was firstly marked in 2015 and since then it has been celebrated across the globe with great fervour and enthusiasm. The theme of 2022 International Yoga Day is 'Yoga for Humanity'. This year the theme on International Yoga Day was decided after much deliberations and consultation. The theme 'Yoga for Humanity' portays how during the peak of COVID-19 pandemic Yoga served human community. Yoga provides us mental and physical relaxation and develops strength and resilience in us. Yoga assumed special significance due to COVID-19 pandemic. During COVID-19 pandemic many people are embracing Yoga to stay healthy and to fight with depression and isolation. Yoga is playing an important role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. Yoga renews our mind with confidence and it improves the patience and concentration. One can participate in panel discussions, webinars, seminars, attend Yoga classes etc. to celebrate this day. On this day Yoga various training campus are organised followed by yoga competitions and various other activities to increase the awareness of the people.

The word 'yoga' has been derived from Sanskrit word 'Yuj' meaning to join or to unite, symbolizing the union of body and consciousness. It refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. Presently it is practiced in various forms across the globe and gaining its popularity rapidly. In present era, climate change is undoubtedly the biggest bane that focuses our generation. There is dire need to innovate, debate and implement new and more effective ways to reverse the negative impact the human population on the envi-

Yoga for humanity

ronment. Yoga can contribute in a holistic way to achieve a balance between mind and body. This approach to health and well-being can make a direct and useful contribution to the mankind's quest to achieve sustainable development and adopt lifestyles that are in harmony with nature. Modern era is known for technological advancement which has made our life comfortable and easy but incorrect and busy lifestyle, pollution, changing climatic conditions, modern work culture etc. have made the life difficult. Many problems have been created in all the dimensions of life viz. physical, mental, intellectual, emotional, social and spiritual. Yoga tries to provide a right direction in all walks of life. The uniqueness of Yoga is that it takes care of our health. This facilitates the practitioners of other systems of medicine, including conventional medicine to prescribe Yogic therapies to the patients. The aim of Yoga practice is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life. Yoga is an invaluable gift of India's ancient tradition. It is an art and science for a healthy living. It focuses mainly on bringing harmony between mind and body. The practice of Yoga leads to the union of an individual consciousness with the universal consciousness. The science of Yoga has its origin thousands of years ago. The seers and sages carried this powerful Yogic science to different parts of the world including Asia, the Middle East, northern Africa and South America. Modern scholars have noted and marveled at the close parallels found between ancient cultures across the globe. But the Yogic system found its fullest expression in India. Yoga is widely considered as an immortal cultural outcome. Although Yoga was being practiced in the pre-Vedic period but the great sage Maharishi Patanjali systematized and codified the existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras. After that many sages and Yoga experts contributed greatly for the preservation and development of the

field through well documented practices and literature. Presently, Yoga has been spread all over the world by the teachings of many famous Yoga masters from ancient times to the present date. Now-a-days everybody has conviction about Yoga practices towards prevention of diseases and promotion of good health. Lakhs of people across the globe have benefitted by the practice of Yoga. The practice of Yoga is blossoming and growing faster across the globe. In present era, Yoga is one of the most prominent well-being practices. It is a comprehensive practice that includes each and every aspect of life. It is considered as a way of life. It involves moral aspects, relationships, evolvment of one's consciousness and finally the physical practice. Yoga is a spiritual science originated in India by ancient Indian sages. In India this practice has been considered as the mental, physical and spiritual practice from the last 5,000 years. Yoga was originated in India in ancient times when people used meditation to transform their body and mind. Yoga is an invaluable gift of our ancient tradition and it embodies unity of mind and body. It brings harmony between man and nature. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature. It can help us deal with climate change by changing our lifestyles. The Yoga is well accepted across the globe. Launching a particular date of practicing yoga all across the world and celebrating as yoga day was initiated by the Indian Prime Minister to the United Nations General Assembly. It has been observed that Yoga is beneficial for all the human beings if it is practiced regularly. Yoga is a valuable gift of India to the world. Yoga unites mind and body, thought and action. Yoga harmonizes man and nature and is useful for the well-being of human beings. Yoga helps to change our life style and everyone should adopt this practice because of COVID-19 pandemic, declining health status and changing climate in the present era. This resolution has been adopted under the

Global Health and Foreign Policy by the General Assembly in order to provide a holistic approach to the people across the globe for their health. International Yoga Day is celebrated by the global leaders across the world and it is celebrated in more than 170 countries including the USA, Canada, China, UK etc. Yoga increases the level of well-being of the people and helps to change the life styles of the people in a positive way.

Yoga helps shape long, strong muscles in our legs, arms, back, and abdomen. Yoga improves the balance in our mind and body. It also helps to strengthen the muscles around the joints by reducing their load. People with arthritis often see marked improvement in their pain and mobility with regular yoga practice. Yoga prevents back pain. Increased flexibility and strength can help to prevent the causes of back pain. Many people who have back pain spend a lot of time on computer or driving a car, which causes tightness throughout the body and spinal compression. Yoga counteracts these conditions. Yoga teaches us best ways of breathing. We generally take shallow breaths. Yoga breathing exercises, called Pranayama, focus our attention on breathing and teach us how to take deep breaths, which is beneficial for the entire body. Certain types of breath can also help to clear the nasal passages and even calm the nervous system. Yoga increases mental calmness. Yoga asana practice is intensely physical. Concentrating so intently on what our body is doing has the effect on the calmness to our mind and body. Yoga helps for meditation techniques, such as how to focus on our breath and disengage from our thoughts. These skills are very valuable in intense situations. Yoga reduces our stress. Yoga as a non-invasive mode of treatment and it can treat the mind and body effectively with its different practices. Yoga is the right medium for the people to avoid their health problems. Yoga develops positive attitude and promotes positive health.

(The author is Scientist & Head, KVK Reasi).

Relocation of PM Package employees

■ VIVEK KOUL

Hard days are going on for the employees who are appointed under the PM's economic package as the government is not paying any sort heed towards their only demand of relocation outside Kashmir. The agitating PM package employees are protesting from the last more than a month and are demanding their relocation outside the valley. As we know that the situation in Kashmir at present is neither feasible nor conducive for the working of these employees. However, the government has already transferred many PM package employees to the district headquarters and other safer locations. But in Kashmir there is no safer zone/place as we have witnessed many assassinations of PM package employees and other Hindu minorities even at the tehsil/district headquarters. Thus there is nothing like a safe zone or any secure area in Kashmir. It is very unfortunate that these PM package employees are being treated as bonded labors by the government. The government seems to be less interested in resolving the woes and issues of Package employees. These employees don't need any sort of promotions, accommodations and appraisals. They don't have any demand of their service related matters. The government was in deep slumber from the last 12 years as far as the promotions and seniority of these package employees is concerned. Now the government is giving lollipopos to PM package employees by resolving their service related issues. Since after the spike in selective and targeted killing of minorities, these package employees have already left the valley and are now protesting in Jammu for their one point demand of relocation. These employees are not demanding anything impractical but are only requesting the government to adjust them outside the Kashmir so that their precious lives could be saved from the brute forces. There is gross human rights violation in Kashmir as far as these PM package employees are concerned but the government is least bothered about the lives and dignity of KP migrant employees. The dance of death, blood bath and mayhem is continuing in Kashmir and the package employees are becoming targets of the selective killings and in this atmosphere of fear and uncertainty the package employees can-

not live and perform their duties across Kashmir valley. Thus these unfortunate sons of mother India are demanding their relocation to Jammu division and other nearby states so that their lives are saved. The package employees are on protest from over a month but the UT government and the BJP government of centre is not paying any heed and attention towards the genuine problems of the package employees. It seems that the BJP government of centre and the UT administration are unconcerned and unnerved about the sad plight of the package employees and as such they do not pay any attention towards the agitating package employees. The government is paying a deaf ear to the pressing demand of the relocation of the package employees to Jammu division. The BJP is only concerned with the vote bank politics and is using and throwing rather dumping the Kashmiri Pandits as per their utility and convenience. The BJP seems least concerned with the welfare of the Kashmiri Pandits but only uses them as vote catching device in different states of India. The government is insensitive and unconcerned to the problems of the package employees and so do not pay any attention towards the pressing demand of their relocation to Jammu division. The government should accede the genuine demand of the relocation of the package employees to Jammu division and other nearby states. Thus, the UT government should order their shifting to Jammu province so that their life and honor is saved. Therefore without wasting time and energy the UT government should order the relocation of the package employees to Jammu division so that the aspirations of the package employees are fulfilled. By ordering relocation the UT government will kill two birds with one stone. On one hand the precious lives of the package employees will be saved and on the other side the relocated package employees will contribute their might to the productivity and efficiency.

But it seems that the UT government and the BJP government of centre are indifferent and reluctant to the genuine demand of the relocation of the package employees and so they do not give any importance to the agitating package employees.

The government both of the UT and the centre is maintaining a stoic silence

over the demands of the package employees and are in fact ignoring them.

In Kashmir day in and day out the innocent civilians including Kashmiri Pandits package employees are being killed by the terrorists without any respite and remorse and this has created fear psychosis in the minds of the package employees as such they are unable to perform their duties across Kashmir valley and so they demand their shifting to safer Jammu division so that their life, limb and dignity is saved.

The government should shun its rigid stand and ego and order the relocation of the package employees to Jammu and other nearby states so that their precious life is saved.

The government should not make Kashmiri Pandits as the sitting ducks and cannon fodders to the roaring guns of the terrorist.

They should not be made sacrificial goats to be sacrificed at the altar of the secular democracy of the country. The package employees have made it clear to the government that they cannot live and work in Kashmir in the prevailing surcharged atmosphere and so they demand their relocation to Jammu division for the time being.

The ground conditions in Kashmir are far from being normal as killings of the innocents and security forces are continuing without any respite.

When the security forces are not safe in Kashmir then how can they provide security to the innocent civilians and the Kashmiri Pandits and package employees.

The BJP government of the centre and the UT government are painting a rosy picture of the Kashmir and are only parroting the false narrative of normalcy in Kashmir.

The fact is that the conditions are far from normal as the targeted killings are taking place across Kashmir valley. In fact the normalcy balloon of the BJP and the UT administration has since punctured and there are no takers of the false theory of normalcy in Kashmir.

Therefore, the package employees cannot work in the atmosphere of fear and panic in Kashmir and therefore it is the best option that the government should order their relocation outside the Kashmir valley to Jammu division so that they do not become cannon fodders to the guns of the terrorists.

Thus the government should wake up from the deep slumber and shun their rigid stand and order the relocation of the package employees to Jammu division.

The package employees are agitating in the scorching heat of the June from the last over a month, but it is not affecting the powers that be.

Now the package employees have decided to continue their agitation in the premises of the Relief Commissioner Migrants at canal road and so all the package employees are uniting to continue their peaceful protest at Relief commissioner's premises to force the government to pay heed towards their genuine demand of relocation to Jammu division.

The Relief Commissioner is the guardian of the migrants and therefore he should convey the demands of the protesting package employees to the UT administration for its early resolution.

Relief commissioner is the channel of communication between the government and the Kashmiri Pandit migrants and so he should convey the demands of the agitating package employees to the UT government so that the problems of these hapless employees are addressed and solved.

In short the LG administration should pay heed towards the agitating package employees and order their relocation to Jammu division because nothing short of relocation is acceptable to the package employees.

Now enough is enough the government should shun its ego and order the relocation of the package employees to Jammu division.

The relocation of the package employees to Jammu will not lead to the failure of the return and rehabilitation policy because the employment package is an economic package and it is not a rehabilitation package and there is need for delinking the employment package with the return and rehabilitation policy.

Thus, the government should order the relocation of the package employees to Jammu division so that their precious lives are saved and they are in position to work without any fear, duress and oppression.

So the government should pay topmost attention towards the agitating package employees and redress their only and genuine demand of relocation to Jammu division.

PROGRESSING J&K With GI tag, Kashmiri Saffron gains more prominence in domestic, export markets

To give a boost to saffron production in Kashmir, J&K Government has launched new initiatives including the introduction of GI Tagging. GI sign is used on products that have a specific geographical origin and possess qualities or a reputation that are due to that origin. Saffron growers are hopeful that they will now get a better price for their produce after the introduction of GI tag to the saffron grown here. Kashmiri Saffron is grown at an altitude of 1,600 m to 1,800 m above mean sea level, which adds to its uniqueness and differentiates it from other saffron varieties available across the world.

Saffron is cultivated and harvested in Karewas (highlands) of Jammu and Kashmir and has been assigned Geographical Indication (GI) tag by the Geographical Indications Registry. The spice is grown in Pulwama, Budgam, Kishtwar and Srinagar regions of Jammu & Kashmir. Iran is the largest producer of saffron in the world and India is a close competitor. However, with the GI tag of Kashmir saffron, India becomes the only Saffron producing Country for which GI has been assigned which will result in more prominence in the export market thereby boosting exports as well as help the farmers to get best remunerative price for economic sustainability.

The GI Certification would also cease the prevalent adulteration of Saffron and will put an end to the marketing of Saffron cultivated in other countries under the garb of being produced in Kashmir which otherwise was defeating the economic interests of the farmers associated with this crop. Highlighting the importance of preserving the unique identity of Kashmiri Saffron, an official of Agriculture Department said that Kashmir is having a distinction of producing one of the best saffron in the world, therefore it is our individual/collective and moral responsibility to preserve this golden spice not only for a large number of families directly associated with the cultivation of saffron but for our generations to come.

Saffron, despite its price, is in high demand for its antioxidant properties. It carries a hefty price tag also because the process of converting crocus flowers into the thread-like spice is painstaking and labour-intensive as it takes around 160,000 flowers to yield a kilogram of saffron. Kashmiri saffron is of superior quality because of the higher concentration of crocin, a carotenoid pigment that gives saffron its colour and medicinal value. Its crocin content is 8.72 per cent compared to the Iranian variant's 6.82 per cent, giving it a darker colour and enhanced medicinal value. Kashmiri Saffron is renowned globally as a spice. It rejuvenates health and is used in cosmetics and for medicinal purposes. It has been associated with traditional Kashmiri cuisine and represents the rich cultural heritage of the region. The unique characteristics of Kashmir saffron are its longer and thicker stigmas, natural deep-red colour, high aroma, bitter flavour, chemical-free processing, and high quantity of crocin (colouring strength), safranal (flavour) and picrocrocin (bitterness).

Remarkably, a new saffron park has been started just for the sole purpose of processing and promoting the sale of saffron from Kashmir Valley. The samples brought by growers are tested here. The lab is recognised across the world. There are 8 parameters that are tested, which are internationally recognized. The 8 parameters include moisture, extraneous matter and foreign matter, and total ash and three main characteristics. They are graded and then e-auctioned. The farmers get the flowers and then the stigma separation and vacuum drying is done at the Dusoo Park. Traditionally the farmers used to dry the saffron under shade at home but due to that, the saffron used to lose the main components. Now all the parameters are saved to get the best grade, an official of the Saffron Park said. With the GI tag, saffron-growers and traders are getting more benefits like legal protection to the products as well as prevention of unauthorized use of GI tag products by others.

YOUR COLUMN

Ending cycle of violence

Dear Editor,

Kashmir Valley has witnessed at least 18 targeted killings since January 1 this year is a development that has left the security grid disturbed. It suggests that in spite of its best efforts to protect and safeguard minorities, the administration in the UT of J&K has been largely unable to stop these attacks from taking place. Of these 18 unfortunate deaths, nine have taken place in the last three weeks. Among those who have been eliminated by terrorists is a Kashmiri Pandit government employee, a Hindu school teacher working in Jammu, a bank manager from Rajasthan, a couple of Sarpanchs and some off-duty police personnel. Have the hard-earned gains of peace and reconciliation achieved over the last decade been reversed? The recent

