

MILLENNIALS

W R I T E R ' S R E T R E A T

**WORLD
EARTH DAY**

Page No. 10

**Invest in our
planet**

ISSUE 10 • APRIL 2022

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WORLD OF WORDS

TORNADO & TYPHOON

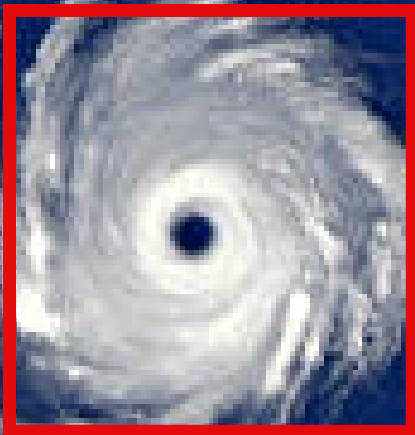
Lal Singh, Retd. Chief
Engineer(IMS)

These are the names given to sea-storms in different oceans.

These two words both refer to types of a whirlwind, but they have something else in common too-the distortion of their spelling through a misunderstanding of their origins.

Tornado came originally from the Spanish *tornada* 'a thunderstorm' (going back to the Latin word for 'to thunder', *tonare*). But when navigators introduced the word into English in the 16th century, writers must have understood it as coming from the Spanish *tornado*, 'turned or twisted' - an appropriate but in fact incorrect origin of the word.

Typhoon goes back to two Chinese words meaning 'great wind', and in passing into English should have been spelt something like the *defung* or *dafeng*. But those who first used the word in English obviously noted its coincidental resemblance to *Typhon*, the name of a mythical Greek monster. He had 100 heads, each with a terrible voice, and made war on Zeus, the king of the gods. Typhon seemed an apt personification, therefore, of a violent, noisy, terrifying windstorm and his name influenced the spelling of *typhoon* accordingly.



TYPHOON



JALIANWALA BAGH MASSACRE

13TH APRIL

जलियाँवाला बाग
ਜਲਿਆਂਵਾਲਾ ਬਾਗ
JALLIANWALA BAGH



भावना और आक्रोश का मिश्रण है जलियाँवाला बाग

- कृष्ण कांत त्रिपाठी

वर्ष 1919 की बात है, भारत गुलामी की जंजीरों में जकड़ा हुआ था, अंग्रेजी हुकूमत नित नए कानून लाकर अपनी पकड़ को और ज्यादा मजबूत बनाने की कोशिश में लगी हुई थी, भारतीय लोग गुलामी के जकड़न से त्रस्त हो चुके थे और आजादी के लिए कई टुकड़ियों में अंग्रेजी हुकूमत के खिलाफ लगातार विरोध प्रदर्शन कर रहे थे। उसी दरमियान ब्रिटिश सरकार ने रौलेट एक्ट नामक एक नया कानून पास किया, जिसके तहत ब्रिटिश हुकूमत किसी भी नागरिक को बिना कारण बताए गिरफ्तार कर सकती है। यह कानून कहीं न कहीं अपने खिलाफ लगातार उठती विरोध की आवाज़ को दबाने के लिए बनाया गया था लेकिन

भारत के स्वतंत्रता सेनानियों द्वारा इस कानून के खिलाफ ही आवाज़ बुलंद होने लगी। जगह जगह ब्रिटिश हुकूमत का पुतला जलाया जाने लगा तो कहीं शांति मार्च निकालकर विरोध किया जाने लगा।

13 अप्रैल 1919 बैसाखी पर्व का दिन था और पंजाब के अमृतसर में स्थित स्वर्णमंदिर के करीब जलियाँवाला बाग में एक विरोध सभा आयोजित की गई, जिसमें शांतिपूर्वक ब्रिटिश हुकूमत के काले कानून के खिलाफ विरोध प्रदर्शन होना तय हुआ था। सिखों का पर्व होने के नाते हर्षोल्लास के साथ भारी संख्या में सिख उपस्थित हुए और बैसाखी उत्सव मना रहे थे उसी वक्त ब्रिटिश अधिकारी जनरल डायर शस्त्रों से लैस अपने सैनिकों के

साथ आ धमका और निहत्थे लोगों पर फायरिंग का आदेश जारी कर दिया। निकलने का एक ही मार्ग होने के कारण जो जहां था वहीं गोलियों से भून दिया गया और कुछ लोग जान बचाने के लिए कुएं में कूद पड़े तो उन्हें ऊपर से गोलियों से भून दिया गया। भारत के स्वतंत्रता संग्राम की यह तब तक की सबसे दर्दनाक तस्वीर थी। भारत के स्वतंत्रता के इतिहास में तब तक ऐसा नरसंहार नहीं हुआ था। आंकड़ों के मुताबिक लगभग एक हजार लोगों का गोलियों से भुनकर हत्या कर दिया गया था और दो हजार से ज्यादा लोग घायल हुए थे।

कहा जाता है कि जलियांवाला बाग हत्याकांड ब्रिटिश हुकूमत के ताबूत की सबसे बड़ी कील साबित हुई थी। इस भयंकर नरसंहार ने भारतीयों के आत्मा को झकझोर कर रख दिया था और पूरे भारत में सुषुप्तावस्था में जल रही आज़ादी की आग को इस नरसंहार ने हवा देकर ज्वालमुखी में परिवर्तित कर दिया था। जिसके परिणामस्वरूप ब्रिटिश हुकूमत के खिलाफ हर तरफ आंदोलन शुरू हो गए और अंततः 13 अप्रैल 1919 को उठी यह ज्वाला ब्रिटिश हुकूमत से आज़ादी छीन लेने के

उपरांत 15 अगस्त 1947 को जाकर शांत हुई। जलियांवाला बाग नरसंहार का उस वक्त वैश्विक स्तर पर निंदा किया गया जिसके फलस्वरूप जनरल डायर को 1920 में इस्तीफा देना पड़ा। आज भी जलियांवाला बाग में गोलियों के निशान और दीवारों पर खून के छींटें दिखाई देते हैं। भारत सरकार ने इसे राष्ट्रीय धरोहर के रूप में संभालकर रखा हुआ है जो युवाओं को आज़ादी के असल मायने समझाने में कारगर साबित होता है। भारत ने स्वतंत्रता प्राप्ति खातिर कितने बलिदान दिए हैं उसका जीवंत प्रमाण है जलियांवाला बाग मेमोरियल।

बच्चे, बूढ़े, जवान, महिला, पुरुष सबके खून से सने जलियांवाला बाग भारतीय इतिहास की एक ऐसी कहानी है जो युगों युगों तक भारत की आज़ादी खातिर दिए गए अविष्मरणीय बलिदानों का स्मरण कराती रहेगी। जलियांवाला बाग राष्ट्रीय स्मारक कहीं न कहीं भारतीयों की भावना और स्वाभिमान की मिश्रित अमूल्य निधि है जिसे भारत का प्रत्येक नागरिक अपने मन में संजोकर रखा हुआ है।।





MARVELS OF HUMAN BODY & MIND

BRAIN FEELS NO PAIN

- by Dr. Navkiran Panesar

Pain from any injury or illness is always perceived by the brain. Yet, curiously, the brain itself is immune to pain; it contains none of the specialised receptor cells that sense pain in other parts of the body. ***Surgical operations on the brain sometimes have to be carried out while the patient is conscious, so that surgeon can enlist the patient's help to pick his way through the brain's complex tissue.*** Once the comfort of the initial incision through the skull and brain's coverings has been deadened by a local anaesthetic, the patient feels no pain. The technique has been used, for example, to locate areas of the brain responsible for epileptic fits. Weak electric shocks are applied to the different parts of the brain until the patient reports feeling the first symptoms of a fit. The area which produces the symptoms is then surgically removed or destroyed.

Sourced from Reader's Digest Book of Facts

A close-up photograph of two hands, palms up, holding a small amount of dark soil and a young green plant with several leaves. The hands are positioned in the center of the frame, with the fingers slightly curled to support the soil. The background is a blurred natural setting with green foliage and brown leaves. A semi-transparent dark grey rectangular box is overlaid on the center of the image, containing the text.

WORLD EARTH DAY

22ND APRIL

Invest in our planet

by Sudhanshu

World Earth Day is an annual event celebrated with the spirit to protect the environment, nature and maintain economical peace. World Earth Day is an annual event celebrated with the spirit to protect the environment, nature and maintain economical peace. Today It is celebrated worldwide and begs the support of 193 countries since its recognizance.

Surprisingly during the initial times, the chairperson of UNESCO was not able to decide the name of the day, they call it environment day, E-day or Ecology day but these names don't make much impact on people directly so they need a particular word which makes particular impact directly on people. What better idea can be to celebrate the birthday of the earth as a living being, so 22nd April is for the earth so it is celebrated as (earth+day) = earth day and this name make a huge impact on people of every nation people's.

The next task for the chairperson is how they can organise this event in the whole world so they resolute to allocate the same topics for all nations annually which shall be known as the theme of the earth day for the particular year and every nation have to organize events on that particular subject by the help of a volunteer, like in 2021 the theme of earth day was "Restore Our Earth and Five primary programs" These five programs are the canopy project, food & environment, climate



literacy, the global earth challenge and the great global cleanup these all projects are directly related to the environment safety and also how we can reduce the use of natural resources and reuse them and also they provide information on the environmental issues to each person so they can also understand the earth and its climate safety.

The theme of 2022 on earth day is "invest in our planet" by working in a bold way, innovating in Broadway, and implementing in an equitable manner.

Deeding for a day should not be the mindset in today's time, as a responsible citizen one should take care of our earth even then. It's the small things that matter to achieving the longtime goals. You can start with minute things on daily basis like

- stop using plastic made things
- you can also educate your people and society about the environment and climate,
- Stop misusing electricity
- increase the use of solar electricity,
- encourage people for planting trees
- stop deforestation,

If you are interested to be a volunteer and participate in the international event you can apply from the official site of earth day earthday.org and you can donate whatever you want.



United Nations
Educational, Scientific and
Cultural Organization





**WORLD
HERITAGE DAY**
18TH APRIL

WORLD HERITAGE DAY

by ADV Ravisha

This year, the theme is entitled Heritage and Climate.

The first and perhaps most perplexing part of World Heritage Day is that it does not have a formal name! The International Day for Monuments and Sites, or ICOMOS, is the official name for World Heritage Day, which was created in 1982 by the International Council for Monuments and Sites. The Day was created with the vision to raise awareness about the importance of global heritage sites and monuments in maintaining their history, variety, and vulnerability.

The World Heritage Convention (1972) states: **“deterioration or disappearance of any item of the cultural or natural heritage constitutes a harmful impoverishment of the heritage of all the nations of the world”**. The organization was formed in response to an urgent need to conserve important sites and monuments.

INDIA

India is the home to 40 UNESCO World Heritage Sites, making it the world's sixth most UNESCO-listed country and Asia's UNESCO jewel.

Karnataka is one of the Indian states with several heritage sites. Timeless art and beautiful architecture may be found across the state, offering a look into the past.

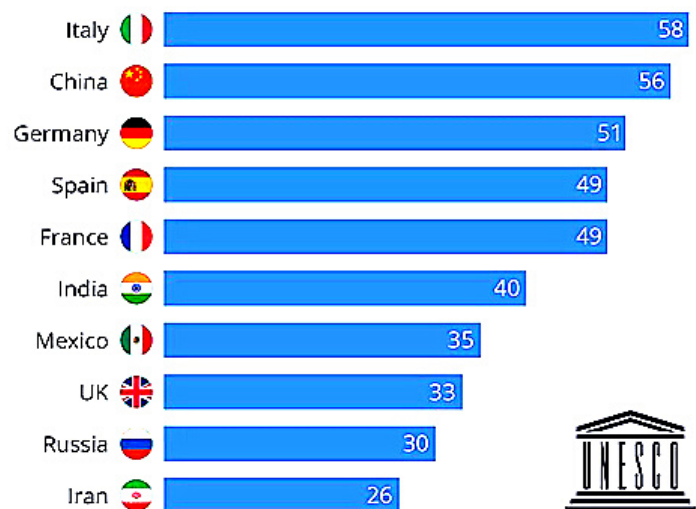
In July 2021, India has two sites placed on the UNESCO World Heritage List. Rudreshwara Temple, also known as Ramappa Temple, is located 200 kilometres northeast of Hyderabad. The ancient city of Dholavira was also included as a Harappan city.



© ASI

Where UNESCO World Heritage is Located

Countries with the highest number of UNESCO world heritage sites



Source 2021



कविशाला

कुछ लिखना है मुझे तुम पर

- सौरभ

कुछ लिखना है मुझे तुम पर... पर क्या लिखना है ये पता नहीं
पता ये भी नहीं है कि शुरुआत कहाँ से करूँ उस कविता की,
जो तुम्हारे सारे दर्द समेट सके
और कहाँ से लाऊँ वो आंचल जो तुम्हारे सारे घाव लपेट सके
पर हाँ... कुछ लिखना है मुझे तुम पर... पर शुरुआत कहाँ से करूँ...
ये पता नहीं

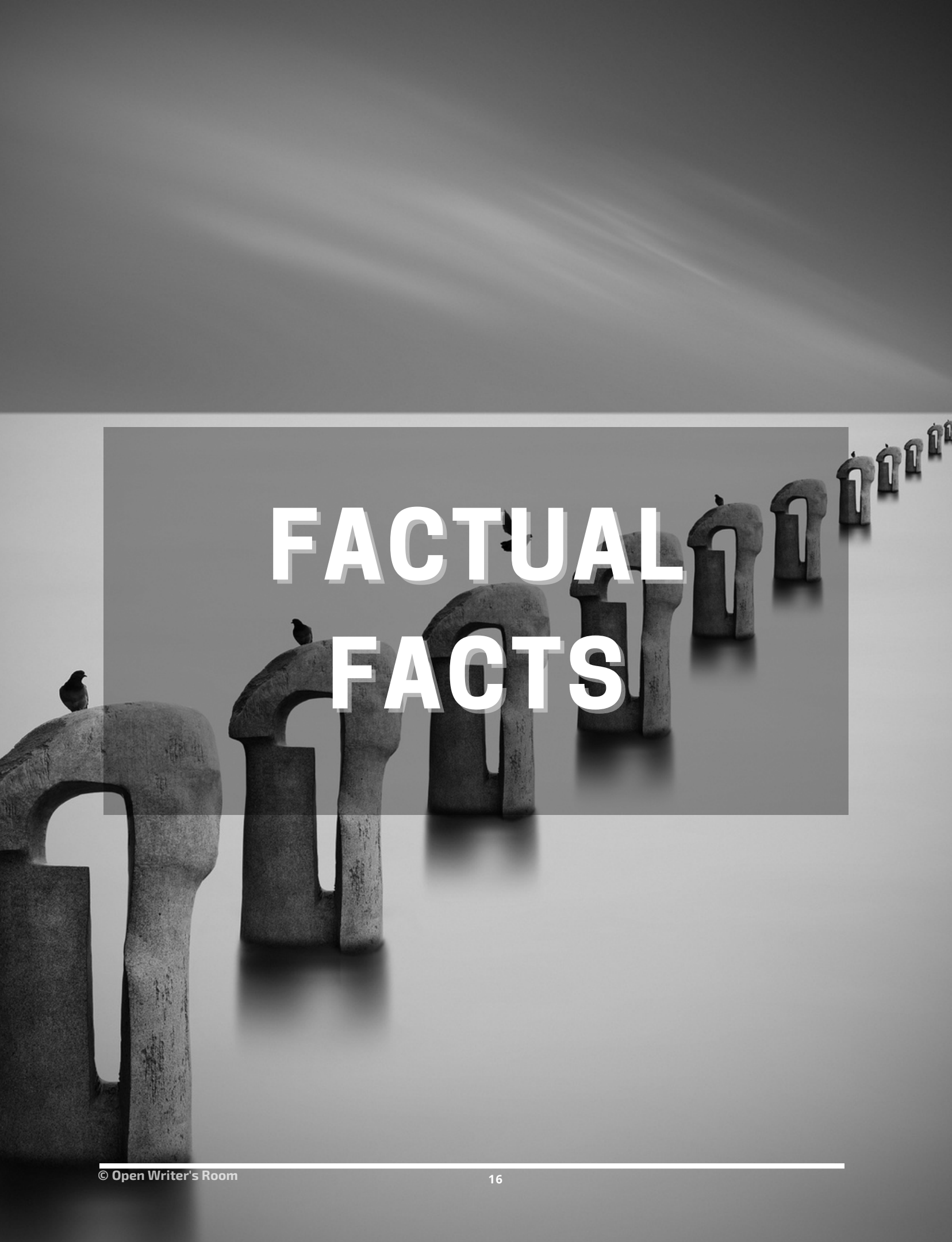
वैसे तो सब कहते हैं कि तुम माँ दुर्गा का अवतार हो
तुम से ही ये सारी दुनिया है, तुम्हीं जीवन का आधार हो
पर ये सोच तुम्हें रास्ते में अकेले देखकर क्यूँ बदल जाती है...
आखिर वो नटखट सी प्यारी लड़की बड़ी होते ही क्यूँ संभल जाती है
ये सब लिखना है मुझे... पर शुरुआत कहाँ से करूँ... पता नहीं

लिखना ये भी है कि तुम्हारे बड़े सपनों ने समाज की छोटी
सोच के आगे कितनी बार दम तोड़ा है,
तुम्हें सुबह से शाम तक घर लौटते वक्त कितनी नजरों ने छेड़ा है,
आखिर क्यों लोग तुम्हें काल विशेष में मंदिर से दूर रखते हैं,
आखिर क्यों लोग हरदम सीता को ही पवित्र होने के लिए मजबूर करते हैं,
ये सब लिखना है मुझे... पर शुरुआत कहाँ से करूँ.. पता नहीं

जानना तुमसे ये भी है कि क्या तुम भी अपने दोस्तों से
हम जैसा ही बात करती हो??
क्या तुम भी यँ ही शाम में बैठे हुए दोस्तों के संग उस शाम
को शाम से रात करती हो???
क्या अब भी तन्हाई में अकेलेपन का गीत गाती हो तुम?
क्या सबसे जीत कर भी खुद से ही हार जाती हो तुम?
और अगर ऐसा है तो ये बातें किसी को क्यों नहीं बताती तुम??
ये सब लिखना है मुझे...

लिखना ये भी है कि तुम्हारे लिए कुछ लिखने पर क्यूँ
ये चेहरे सारे नम हो जाते हैं
क्यूँ एक पूरी किताब लिखने वाले के पास तुम्हारे लिए
अल्फाज कम हो जाते हैं
कैसे वो लड़का तुम्हें तुमसे ज्यादा कभी नहीं समझ पाएगा
और क्यूँ एक सौरभ तुम पर वो कविता कभी नहीं लिख पाएगा...
ये सब लिखना है मुझे... पर शुरुआत कहाँ से करूँ... पता नहीं



A black and white photograph of a long, receding row of stone arches on a flat surface. Several small birds are perched on the tops of the arches. The scene is lit from above, creating soft shadows. The text 'FACTUAL FACTS' is overlaid in the center in a large, white, sans-serif font.

FACTUAL FACTS

Antonov An225 Mriya is no More

The Antonov An225 Mriya was a strategic cargo aircraft for air transport. It was designed by the "Antonov Design Bureau" and Viktor Tolmachev was the chief designer in Ukrainian within the Soviet Union in the 1980s. The aircraft was designed to transport the boosters for the Energia rocket and Buran-class orbiters for the Soviet space programme. The An-225 was created to replace the Myasishchev VM-T, and its initial purpose and objectives are essentially identical to those of the US Shuttle Carrier Aircraft. It took to the air for the first time in 1988. Antonov Airlines of Ukraine has been operating Mriya for freight flights. During the Covid-19 outbreak, it was in high demand.

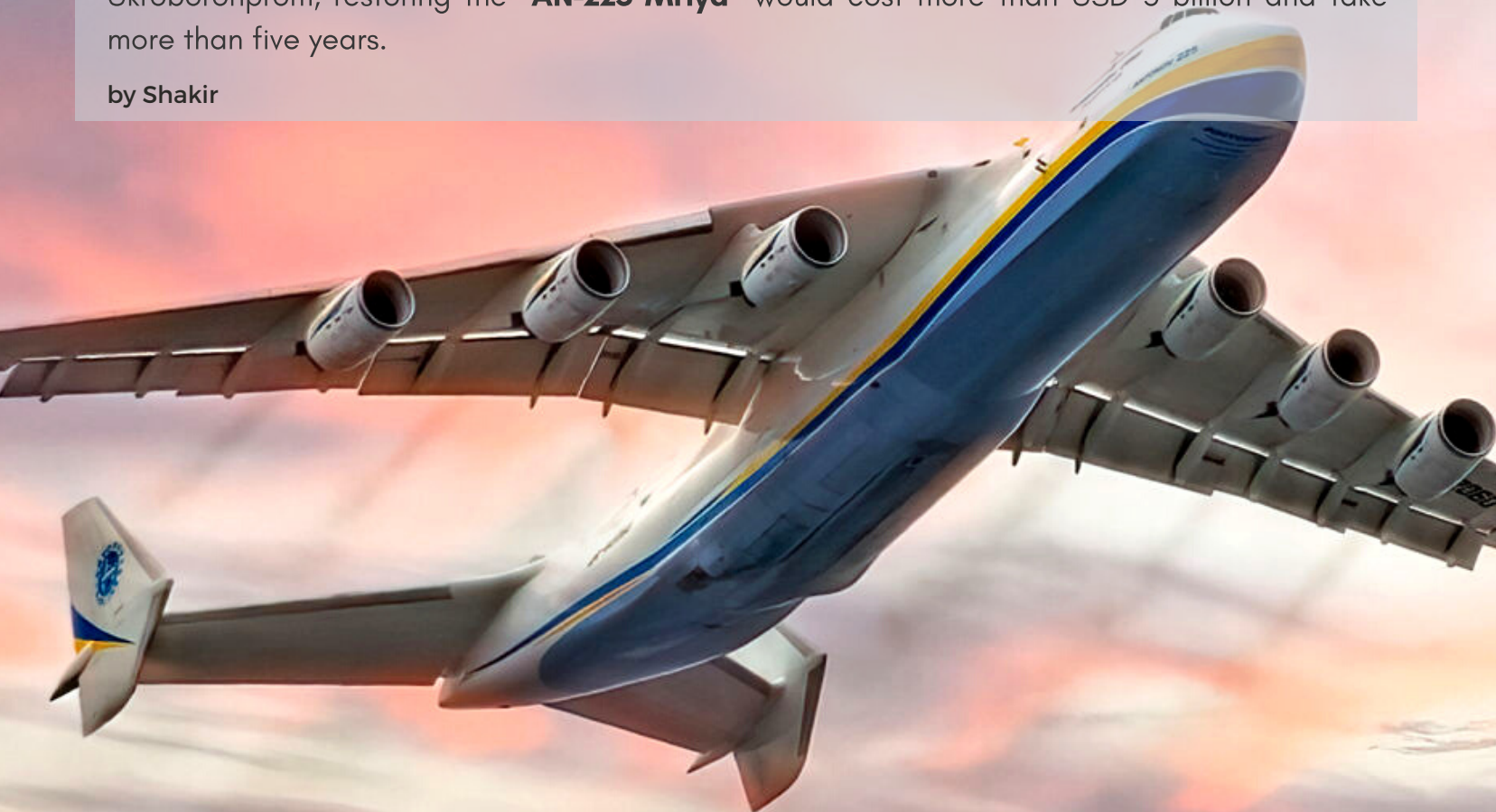
Antonov An-225 Mriya records

It held a number of records as a large aircraft, including:

- The heaviest aeroplane ever produced.
- The largest wingspan of any operating aircraft.
- It is capable of transporting up to 640 tonnes.

When Russia conducted an attack on a Ukrainian airfield on February 24, 2022, the An-225 aircraft was based at Hostomel Airport. On February 27, it was demolished. According to Ukroboronprom, restoring the "**AN-225 Mriya**" would cost more than USD 3 billion and take more than five years.

by Shakir





BOOK REVIEW

THE 'ME BEFORE YOU' TRILOGY – REVIEW

by Adv Mehak

A few years back I accidentally ended up watching, 'Me Before You' on television. Honestly, I started watching because I liked the acting of Emilia Clarke and Sam Claflin but I stayed for the story; I could not help crying my eyes out as it ended. The movie is based on a book of the same name, written by Jojo Moyes. The story is far away from being just another cute love story about two people but is a story of courage, kindness and love in all its shapes and forms and all the shapes, love fails to take. The book primarily focuses on the life of Lou Clarke who's lived her whole life in a town outside of London and has been too afraid to step out of her world. She's had the same job, for all of her adult life but due to the shutting down of her workplace, she's forced to take a job of a caretaker for a man in his thirties, who lost the ability to move due to an accident.

The book takes you through the relationship between Lou Clark and Will Trynor, who have whole different personalities and have come to know each other through Lou's employment as Will's caretaker. Will has travelled the world and was an adventurer and risk-taker, Lou is his complete opposite. She has her own quirks and own sense of style. It's fun to read how they gain each other's trust and build a healthy relationship which is comforting for both of them. Will pushes Lou to get out of her comfort zone



and show the world her colossal personality which he's completely in awe of. The book takes you on an emotional ride with Lou Clark who's juggling to be the perfect daughter and her best self both at the same time. Will plays an important role in helping her find that.

When you finish reading the first book, you cannot help but wonder what happens to Lou Clark and what course her life takes. As they say, luck favours the brave. Lou Clark finds herself among such company and with such opportunities that lead her to move on with life even if it means carrying the baggage of grief. She meets some people who have an impact on her. But mostly this second book is just filler between the first and the third one.

In the third and the last book, Lou Clark ultimately takes the plunge that her life is supposed to take. She finds herself not just among new people but on a whole different continent altogether. She is braver now. But she's still herself just like the title of the book 'Still Me'. If I have to say what's this book is about then it's easy to say that it's a book about a girl who gets out of her comfort zone and takes on challenges. But here's the thing, it's easier said than done. Sometimes people spend their whole lives in their comfort zones without making much effort and being passive spectators in their own lives. Lou Clark fights with grief and she takes on challenges and faces struggles. Till the very end, the words of Will Traynor resonate in her ears, "Just live well. Just live." Sometimes some people a significant role in the lives of others, sometimes they leave an indelible mark in others' lives no matter how short-lived their presence is. The 'before you' trilogy is an ode to such people.



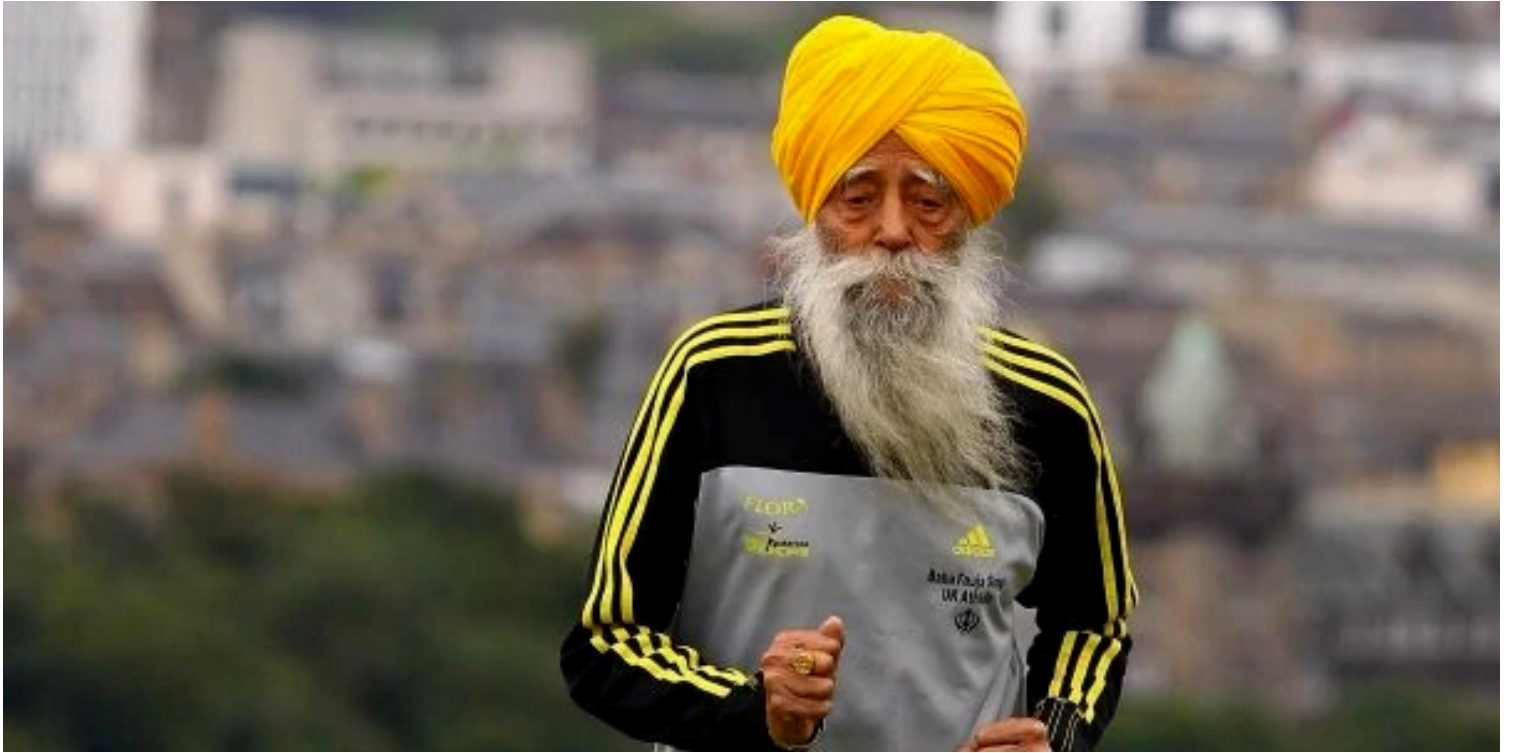
A close-up photograph of a quill pen in an inkwell on a desk. The quill is dark and has a white feather-like texture. The inkwell is a small, dark brown glass bottle with a cork stopper. The desk is dark and has some papers and a small piece of paper with a drawing on it. The word "BIOGRAPHY" is overlaid in large, white, bold, sans-serif capital letters in the center of the image.

BIOGRAPHY

“
ਉਮਰਾ ਚ ਰੱਖੀਆ, ਦਿਲ ਹੋਣਾ
ਚਾਹੀਦਾ ਜਵਾਨ,
ਬਾਕੀ ਦੇਖ ਜਵਾਨਾ ਬਾਬੇ ਭੰਗੜਾ
ਪਾਦੇ ਨੇ

*“Umra ch ki rakheya, dil hona chahida jawan,
Baikhe dekh jawana baabe bhangra
paaunde ne”*

- FAUJA SINGH KEEPS GOING



SIKH SUPERMAN- FAUJA SINGH

by ADV Ravisha

A man who doesn't limit himself to a number of barriers and creates a record for the oldest marathon runner is Fauja Singh. His story is a true inspiration. Born in the British regime in Beas Pind, Jalandhar, in 1911, Fauja as a child had a weak leg that couldn't bear his body weight but he gradually strengthen his muscle and realized that running was one thing that keeps him going.

In 1962, he tied notes with Gian Kaur and out of their wedlock three children were born, out of which two were sons and one was a daughter. Apparently, after the demise of his wife, son and daughter, he couldn't focus on himself and went into a depression to bring himself out, he decided to make running an essential activity of his lifestyle. At the age of 89 years, he took running seriously and debuted as a marathon runner London Marathon in 2000.

It was at this stage of life, a new began to

participate in several International Marathons such as London Flora Marathon (2000-2004), Bupa Great North Run (2002), Glasgow City Half Marathon (2004), Toronto Waterfront Marathon (2011), Hong Kong Marathon (2012), Park Run UK (2012). He has been featured in the 2004 Adidas advertising campaign '*Nothing Is Impossible*' along with David Beckham and Muhammad Ali and also featured in Nestle's advertisement.

He had the privileged to carry the Summer Olympic Torch in London, the UK in 2012 but sadly he wasn't officially recognized as the oldest marathon runner in the world because he was not able to produce a valid birth certificate as in the early 1920s in British India, there was no such concept of birth certificates.

In 2012, he finally took his retirement as a marathon runner after running a 10 km race in 1 hour 34 minutes in Hong Kong., China where he was accompanied by many youngsters to mark his last run as one of the greatest runs of his life.

Business

Biggest riser
NMC Health
1557½p
8.00 (+15.41pc)

Best faller
Arson
25/sp
24pc)

Dow Jones



FTSE 250

21886.08
+319.41 (+1.48pc)
FTSE All Share 4257.93
+51.21 (+1.22pc)
FTSE All Share Yield 4.04

Currencies

£\$
Rate
1.3031
Change
-0.29c

£€
Rate
1.1745
Change
-0.07c

FINANCE & INVESTMENT

DIY – Tax Savings

By CA Pooja Adarsh



***The hardest thing to understand in the world is the income tax.
-Albert Einstein***

Ironically, A big part of our income goes into taxes, specifically income tax, which contributed 9.45 Lakh crores in tax revenues alone up to December 2022 in India. This amount is a whopping jump of 60% from the previous 5.87 Lakh crore for the same period. It represents that the knowledge of saving tax is playing an avoidable role in our lives. Today more and more people are looking for tax savings and ways to avoid taxes. Here we are presenting the most famous section of any laws known: Section 80. (420, and 302 of the Indian constitution being the second and third I believe) to help save some of your hard-earned money.

The income tax department has provided various deductions from the taxable income under chapter VI A deductions. Now, What are deductions and why are they so important?

A Deduction is an amount that is allowed to be reduced from the total income of the taxpayer. When talking about deductions the most common deduction is 80C Which allows a deduction on investments made in certain schemes up to Rs 150,000 (maximum) from the taxable income. It can be claimed only by Individuals and Hindu Undivided Families.

The most opted options for claiming Deduction under section 80C are:

- Life Insurance Premium
- Public provident fund
- Statutory and Recognized Provident Fund
- Amount invested in NSC
- Repayment of principal amount for housing loan
- Fixed deposit in a Post Office for 5 years
- Tuition fees for children(Max 2 for full-time education in India)
- Unit Linked Insurance Plan
- Notified units of Mutual Funds/UTI
- Stamp duty, registration fees for the acquisition of house property
- Deposit in Sukanya Samridhi Scheme etc.
- Equity-linked saving schemes (ELSS Mutual funds)



Next in the Section 80 series is its' subsection 80 CCC where another deduction up to Rs. 150000 can be claimed subject to eligibility which is allowed for premium contribution to Certain Funds of LIC or other Insurance Companies.

Another Sub-section 80 CCD also known as New Pension Scheme or Atal Pension Yojna is a contribution to the Pension Scheme of the Central Government.

Employee's contribution under section 80CCD (1) Maximum deduction allowed is least of the following

- 10% of salary (in case taxpayer is employee)
- 20% of gross total income (in case of self-employed)
- Rs 1.5 Lakh (limit allowed u/s 80C)

Additional deduction of Rs 50,000 is allowed for the amount deposited to NPS account other than the contribution covered u/s 80 CCD (1) This section applies to only salaried individuals and not to self-employed individuals. Section 80CCD (2) allows salaried individuals to claim deductions up to 10% of their salary which includes the basic pay and dearness allowance or is equal to the contributions made by the employer towards the NPS. 80 CCE Aggregate deduction u/s 80 C, 80CCC, 80CCD (1) is restricted to maximum of Rs. 150000. We will cover other deductions in the upcoming part.





FESTIVAL



NAKIZUMO CRYING BABY FESTIVAL

Each year, avid parents of one-year-olds dressed in fancy attire accompany their children to the Nakizumo Crying Baby Festival in Japan. The festival is a baby-to-baby competition in which the winner was the first one to cry. A sumo wrestler carries each of the opposing infants into the dohyo, where the sumo referee taunts them as the wrestlers gently jiggle them to produce tears. If the opponent proves to be harder, the tengu (bird demon) mask will be used to perform the trick. If two contenders cry at the same moment, the one who sobs the loudest and hardest is declared the winner.

The peculiar Nakizumo Crying Infant Festival is held in the hopes of blessing the baby, since "naku ko wa sodatsu" translates as "crying babies grew," implying that crying babies would grow up to be healthy and strong. The celebration is also used to ward off evil spirits.

While the main event takes place at Asakusa's Sensoji, it also takes place in several locations around Japan.

Despite its unconventional nature, the festival is so popular among Asakusa parents that tickets must be obtained through a lottery method! Each year, just approximately a hundred lucky newborns will be chosen to take part in the event. The location will be packed with parents, babies, relatives, fellow Japanese, and visitors who have come to watch the spectacle.

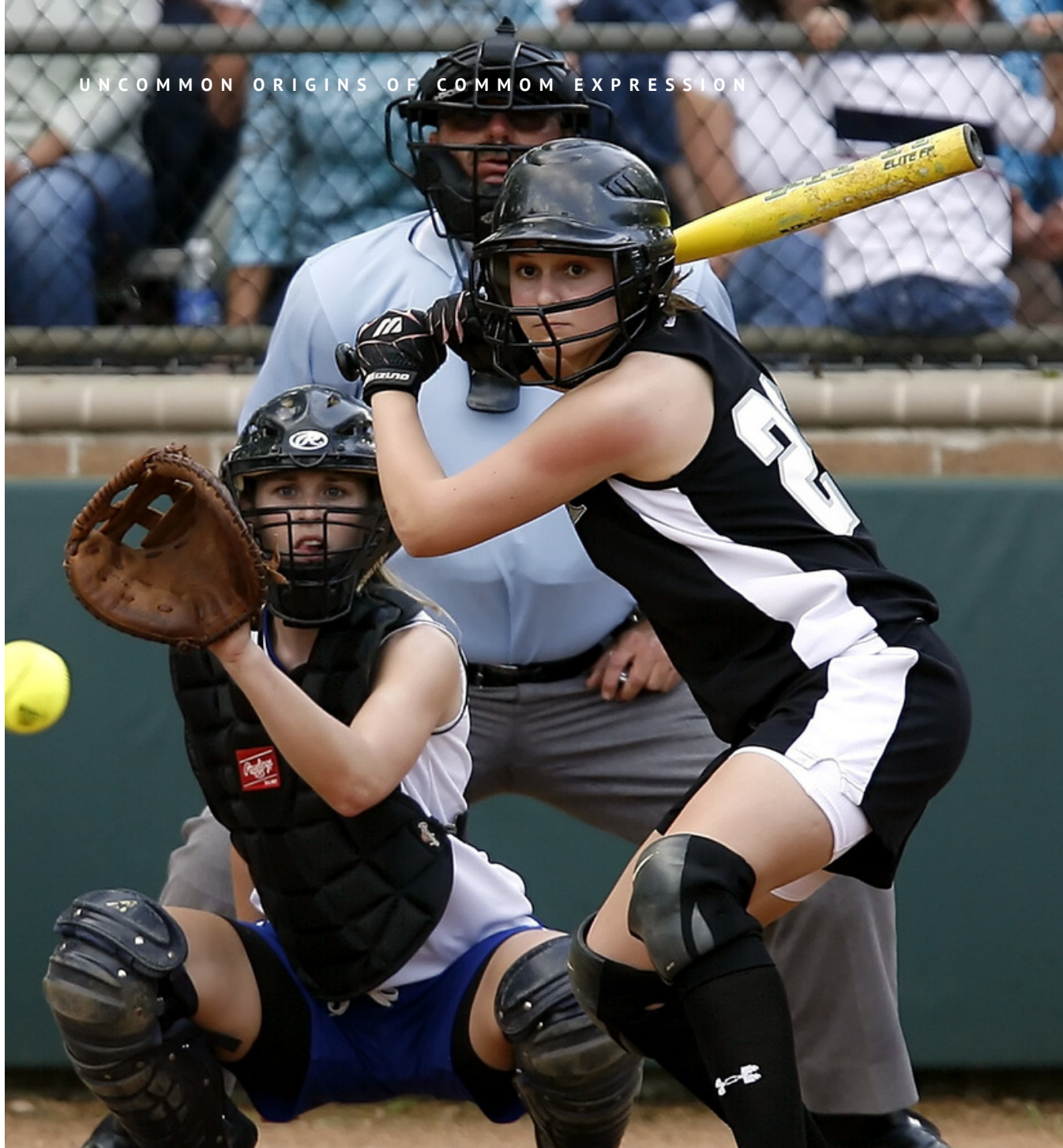
by Shakir



UNCOMMON ORIGINS OF COMMON EXPRESSION

ON THE BALL

UNCOMMON ORIGINS OF COMMON EXPRESSION



On the ball defines someone who is efficient, talented, effective, and capable of getting things done. The term "on the ball" is most likely derived from a sport using a ball, but which sport is a debatable topic. It might be an abbreviated version of the term "*keep your eye on the ball*," which advises the player to pay attentive attention and complete tasks. This expression dates back to the 1800s. However, during the turn of the century, American sports journalists referred to successful baseball pitchers as having a lot on the ball, implying that they were gifted. In any event, by the 1930s, the expression "on the ball" had become an idiom in common use.

The simplest example of the expression can "*My assistant is amazing. He's always **on the ball** noticing mistakes and offering valuable suggestions.*"

by ADV Ravisha



SPORTS

TRADITIONAL GAMES OF KASHMIR

by Vishwajeet

"Gar firdaus bar-rue zamin ast, hami asto, hamin asto, hamin ast."

"If there is a heaven on earth, it's here, it's here, it's here."

The above lines are enough to bring excitement to our souls about Kashmir. Kashmir is known for its unique culture and having the marvellous beauty of nature. It is located in the North of India between the great Himalayas and Pir Panjal mountain ranges and most of the time it is covered by snow which makes it a more attractive tourist place. That's why it is called Heaven of Earth.

Recently Kashmir has been in news because of a documentary based on Exodus of Kashmiri Indians (Hindu & Muslim). Everyone knows about this incident but hardly anyone knows about its art and culture. So in today's section, I want to bring some light on the

games and sports of Kashmir.

Turai Kar

Turai kar is a very interesting and fun-loving game played among Kashmiri boys and girls. In this game, all players will be divided equally into two teams and chosen a spot preferably a pole, which was defended by the players of one team and try to protect it from the enemy team and keeping in mind that no enemy player can't touch or kiss the pole while 2nd team makes different strategies and plane in order to intrude area and kiss the pole, if they managed to do it, they would shout and chant turai kar and declared as a winner.





Joutas

Joutas game is also one of the fun-loving games played by Kashmiri children. This game is totally based on our sensory organs like hearing and touching. In this game, one child was blindfolded using a piece of cloth and other children tried to tease him, by pulling him pulling his clothes and moving around him. If the blindfolded child holds any one of the players then he identified him called his name immediately by touching him. If gets successful in this then the position would be exchanged. This game is more of concentration, hearing and touching through the sensory organs.

Saz Loung/Hopscotch

Also known as Hopscotch. This is one of the traditional games played in Kashmir. This game is played by both men and women. In this game, a huge rectangular box is drawn on the floor having 7 smaller boxes inside the huge rectangular box named Awal, Doum, Soum, Jaanat, Samandar and Jejunum. A box is drawn on the upper side of the rectangular box called a Queen or Dullej or Batta. The game begins with throwing a flat piece of stone in 1st box keeping in mind that the stone would not touch the boundary of the line or didn't pass into 2nd box. If this didn't happen then the player will be out from the game. When the stone land in 1 box clearly then the player will have to hop in the box with one leg and this process continues to the box called Dullej where the player can take the rest. After that player will continue the process for the remaining three boxes. If the player passes all boxes without getting failed then he has to throw a stone in Dullej while standing blindfolded or standing back to the box. If the player gets successful in throwing the stone in Dullej he will get a point. The one Who gets more points will be declared as a winner.

A hand holding a silver spoon with a thick red sauce dripping from it. The sauce is falling into a black plate containing a salad of fresh greens, basil, and sliced peaches. The background is a blurred kitchen setting with a chef in a white uniform.

QUICK BITES



सूजी व आलू का चटपटा नाश्ता

- प्रतिष्ठा

आज इस भागदौड़ की ज़िन्दगी में किसी के पास भी बहुत टाईम नहीं है - कि वो सुबह के ब्रेकफ़स्ट के लिए बहुत टाईम दे, इसलिए आज में आपको 20 मिनट में झटपट सूजी व उबले आलू से चटपटे लाजवाब नाश्ता बनाने के लिए ले कर आई हूँ।

सामग्री -

- 200 ग्राम सूजी
- 100 ग्राम दही
- 1 बड़ा शिमला मिर्च बारीक़ कटा हुआ
- चिली फ्लेक्स
- बेकिंग सोडा या इनो साल्ट व
- स्वादानुसार नमक

टॉपिंग के लिए -

- चार उबले आलू (मिडियम)
- एक प्याज़ बारीक़ कटा हुआ
- दो हरी मिर्च बारीक़ कटी हुई
- थोड़े चिली फ्लेक्स
- थोड़ी हल्दी
- थोड़ी काली मिर्च पीसी हुई
- स्वादानुसार नमक, थोड़ा कटा हुआ हरा धनिया
- व दो मिडियम साईज़ टमाटर के बीज निकाल के छोटे छोटे टुकड़ों में काटें

बनाने की विधि -

सबसे पहले एक बाउल में 200 ग्राम सूजी लेंगे। फिर उससे आधा 100 ग्राम फ़ेश दही लेंगे, दही बहुत खट्टी नहीं होनी चाहिए , फिर उसमें बारीक़ कटा शिमला मिर्च मिलाएंगे फिर उसमें चिली फ्लेक्स व स्वादानुसार नमक मिला लेंगे। फिर थोड़ा पानी डाल के ढीला करेंगे ज़्यादा पानी नहीं डालना है आधी कटोरी पानी डाल के ढोकले के बैटर की तरह उसको बनाएंगे। फिर उसको दस मिनट के ढक के रख देंगे।

दस मिनट के बाद उसमें eno साल्ट मिला के अच्छे से चला लेंगे। जब वो थोड़ा फूल जाए तो किसी थाली में या केक पैन में आयल लगा के सूजी मिक्स सामग्री उसमें फैला के सेट कर देंगे।

इधर आप कढ़ाई पे पानी चढ़ा के उसे बॉईल कर लीजिए फिर जैसे आप ढोकले को स्टीम करते हैं सेम उसी तरह इसको भी स्टीम कर लीजिये। 15 से 17 मिनट के बाद उसमें चाकू डाल कर देखिये अगर वो न चिपके तो इसका मतलब आपका नाश्ता तैयार है।

पर रुकिए आप सभी उसको वैसे भी खा सकते हैं बहुत स्वादिष्ट लगता है पर इसका टॉपिंग अभी बाकि है।



टॉपिंग के लिए -

सबसे पहले फ्राई पैन में 2 चम्मच आयल डालेंगे। फिर उसमें एक चम्मच राई तड़कायेंगे फिर उसमें एक बारीक कटा प्याज़ व हरी मिर्च, चिल्ली फ्लेक्स , हल्दी रंग के लिए, काली मिर्च पाउडर, चार आलू मैश किया हुआ व स्वादानुसार नमक। सभी को डाल कर अच्छी तरह चलाएँगे। लास्ट में बीज निकले हुए बारीक कटे हुए टमाटर उसमें मिला देंगे।

लिजिए हम लोगों को चटपटी टॉपिंग तैयार है , अब उसको प्लेट में निकाल के ठंडा करेंगे। अब टॉपिंग को सूजी मिक्स पर लगाएंगे और एक तरफ टोमेटो केचप या इमली की चाशनी लगाएंगे फिर वो आलू की टॉपिंग करेंगे फिर तवे पर थोड़ा आयल उसको दोनों तरफ करारा सेंक सर्व करेंगे। और मस्त खुद खाइये और सबको खिलाइये।





TRAVEL WITH OWR

Andaman & Nicobar Island



The Andaman and Nicobar Islands are a flourishing tourist attraction with some of the most pristine and stunning beaches within reach of the Bay of Bengal. They're the ideal seaside holiday getaway, allowing you to unwind and reflect on the turquoise-blue water away from your hectic schedule. The Andaman and Nicobar Islands are made up of 572 islands, with just 37 of them being inhabited. The rest is off-limits to safeguard indigenous tribes that have had little or no contact with the world.

The climate of the Andaman and Nicobar Islands is tropical. Throughout the year, the weather is comfortable and delightful. It is for this reason that these islands are year-round resorts. The perfect season to visit the Andaman and Nicobar Islands is in the winter, from October to March. The weather is pleasant, with temperatures ranging from 20 to 30 degrees Celsius, making it an ideal opportunity to take in the scenery and explore nature. It's also the perfect weather for hiking and beach trips.



Many travellers come to the Andaman Islands specially to dive. Because the waterways have never been intensively fished, marine life has thrived. On Havelock Island, dive schools provide complete PADI courses. There are enough dive sites to keep even the most expert diver occupied for weeks, including a 55-meter (180-foot) coral wall and the wrecked cargo ship SS Inchket.

Manta rays, turtles, and speckled grouper may all be seen nesting in the rich coral gardens that adorn the island. Shrimps and nudibranchs (psychedelic sea slugs) scurry around the seafloor. If you're lucky, you could see a dugong, the state animal of the Andaman and Nicobar Islands.

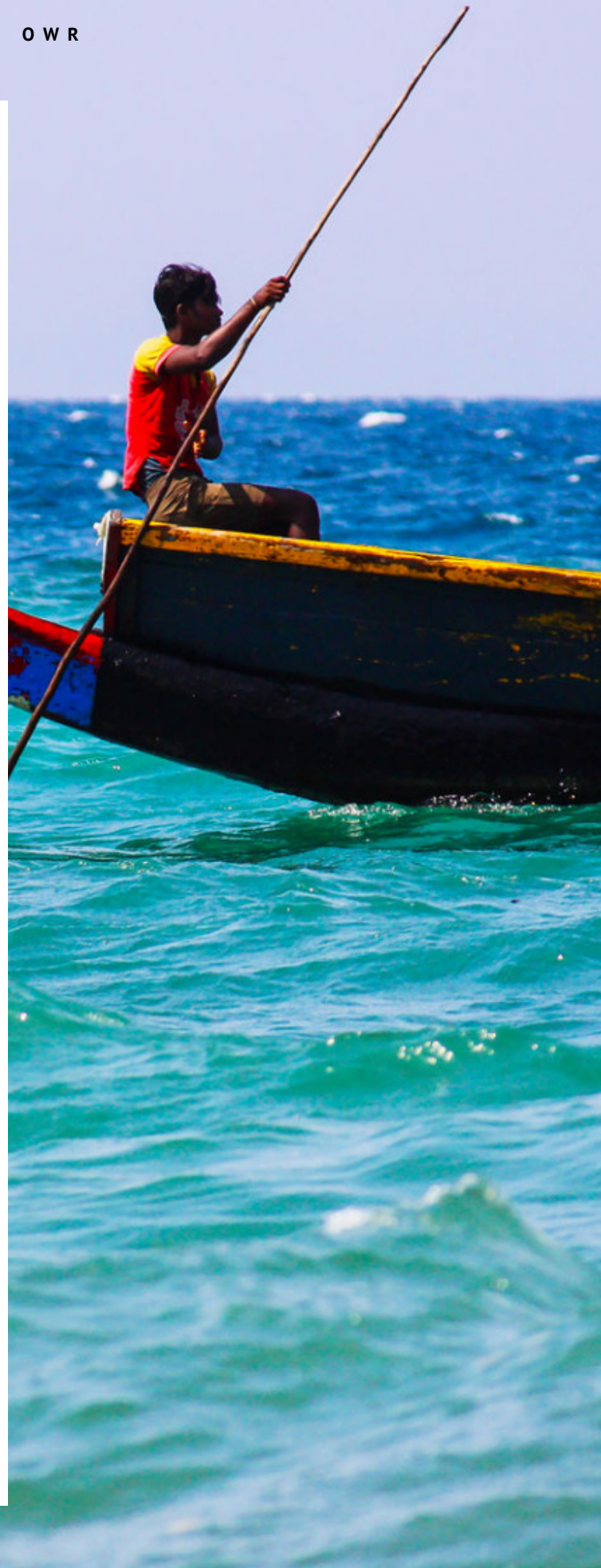
Top Things To Do In Andaman And Nicobar Islands

- Scuba diving
- Trekking
- Snorkelling
- Mangrove kayaking
- Light and Sound show at Cellular Jail
- Island hopping
- Seaplane ride
- Parasailing
- Dolphin-watching
- Relaxing at the beach

Places To Visit In Andaman And Nicobar Islands

- Radhanagar Beach,
- Cellular Jail,
- Elephant Beach,
- Ross Island,
- North Bay Island.

by Shakir





CREATIVE FACTORY



COSTING

As a retailer and online-based business owner, especially in the handmade industry, the client's first judgement is based on the product's creativity and attraction, other factors are also important such as size, material, and presentability. Basically, product pricing depends on the cost of material and labour along with the time the craftier invests in the products.

Product on-demand business (customized products) takes a lot of time and effort which makes them unique in their own sense. So, we cost for the product in many factors, these things some of them are-

1. Material cost
2. Advertisement and marketing
3. Labor cost
4. Profit
5. Time taken
6. PAN Delivery
7. Other expenses

Whatever you do, don't underprice your work and always stay on a fixed honest rate, Showcase your products to your friends and let them guess the rate, if everyone loves it they will sure rate it for more price. Always remember in handmade products the price is always higher as there is no guarantee for these products, so if you sell attractive and creative stuff, you can always set your bar higher.

Pricing your handmade items correctly is just one aspect of running a successful business ❤️

by Ekta

Contact Us- writersroom8@gmail.com +91-9839781551

ADVERTISE YOUR BUSINESS WITH US



ANNA TAN'S ART

Every artist dreams of having their work featured

SUMMER THRILLS

Summer's arrival marks the start of high season

THE STYLE GURU

Kylie Webber shares her tips about finding your style

Publisher



Note From Editor

Writing is the best practice that never lets you downhearted in any exam or in civic life. Possession of writing or reading can pay you smart to fulfil all your wishes. Open Writer's Room encourages all writers or who are willing to publish their articles online and those who are searching to read a mixture of articles, poems, or short notes online.

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