

**SACRED SPACE**

**BOOK-REVIEW**

# Respecting parents and elders

**Arun Kumar Gupta**

In our Indian traditions, respecting parents has been said to be a new necessity. There are deep reasons for this in our lives. This reason is practical and theoretical too. Because it affects our whole life. To understand this, deep thinking will have to be done so that we can know the hidden secrets behind the matter of respecting parents. We will be able to accept this thing only when we know its consequences properly.

Our sages knew this deep mystery very well and had understood that everything in this world is moving like a wheel. Our life is also like a cycle and we are moving in this cycle from birth to death and vice versa. Our life is not like a straight line but like a circle whose first point is birth and the second point is death.

The very first stage is childhood and the last stage is old age. That's why elders are respected so much and when nearing their end, they become like children again.



Just understand this, our life is a circular journey in which we are at the peak of our life around the age of 25-35 years. After staying here for a few years, the decline starts like the sun starts setting after staying at its highest peak for a short time in the afternoon as it is visible in the morning while rising. The time of sunrise in the morning is the childhood of the Sun and sunset in the evening can be considered as the old age of the Sun as these two conditions are similar in many ways.

When a man gets old, he reaches the same state of mind as he used to have during his childhood. Everyone pampers a child, but very few pamper an old man, most people avoid old people, not only remaining indifferent towards them but also ignoring them.

There are many reasons for this, one such reason being that people consider the existence of a "generation gap". Such people even forgive a child but do not forgive the old people because they do not know the secret that the old man becomes like a child.

Indian mystics understood this secret, it has been said to have respect and kindness towards the elders. It is very

important to do this because not only children but elders/parents also deserve respect and forgiveness.

Indian culture has taught us to respect the elderly and care for them, keeping in mind these psychological reasons and the situations created by them. The old man becomes like a child while that child is not visible. This is the reason that when an elderly person makes a mistake, we forget that he is childlike and now has not understood, and thus we don't forgive them. We should respect our old parents only by knowing their psychological reasons which is creating such situations which we must comprehend and aid other elderly people during these tough times.

We have to behave with elders as we handle our children very gently and soulfully because of their state of mind. Even if they act unwisely, their advice should not be ignored because there is a saying that "Every dark cloud has a silver lining". What they state or say is always a piece of advice for us that has a hidden meaning for our overall betterment.

Other reasons for respecting parents/elders should also be understood. Indian culture has considered parents to be worshipable after God. Although we have not seen God, the parents and elders are the incarnation of God which must be revered by all of us. The place of the mother is considered above the father as there is a saying that "There is heaven at her feet". There is no teacher like a mother as she brings up her children and is the first nurturer of them. Likewise, the father is the breadwinner of the family. The mother gives birth, the child opens its eyes in her lap, survives on her milk, and learns to speak only from the mother, that is why its language is called mother tongue. It is the result of mother's hardship and efforts that today we have become civilized and educated too. We get to know how much pain the mother has taken in bringing us up and raising us only, when we nurture our children.

How alert a mother is towards her children every moment, can be known from the fact that even when she is asleep, the gentle noise of her baby crying would compel her to wake up and console them. Our Mother has done us so many favours that we cannot repay the debt even after serving her for our whole life. We come to the conclusion that just as parents nurture us by performing their duty, similarly it is our duty to respect them. Take full care of their comfort and convenience and do not behave in such a way that they will get hurt in any way. Irrespective of the circumstances, it is our most pious duty that the parents who have suffered many hardships and nurtured us while living a struggling life, educated us to make us worthy of someone, thus, we should give full respect to them in their old age, take full care of them and take care of their comforts so that their soul becomes happy and satisfied and blesses us.

*(The writer is the President of Arya Samaj Dayanand Marg, City Chowk, Jammu)*

**HERITAGE**

# Unique Tikki Masala of Reasi

**Dr. Banarsi Lal, Yougal Kishore Sharma**

Reasi district has a variable climate ranging from sub-tropical to temperate. Reasi district comprises of three main agro climatic zones. The lower Hills of Katra, Painthal, Reasi, Pouni, Talwara fall in the sub-tropical belt. Intermediate zone comprises of Arnas, Kanthan, Thanpal, Judda, Dharmari etc. Higher hills zone comprises of Buddan, Mahore, Chasana, Lar, Deval etc. Mean annual rainfall of the district varies from 1000-1100mm with intensity ranging from the drizzling to the torrential rain. Rainfall is heavy and well distributed from June-September. Rainfall is moderate in other months. Sometimes dry spell also prevails in the district. Mountainous terrain and high peaks in the district are



the main factors for the climate variation in the district. Summers are generally warm and winters cold with snowfall in higher altitudes. Most part of the district is rain fed and about 7 per cent area is irrigated. Major crops of the districts are maize, wheat, paddy, mustard and black gram. Vegetables production and fodder have immense potential in the district. There is ample scope of mushroom cultivation, sericulture, apiaries for honey, backyard poultry and dairy farming in the district. Horticulture is an important sector in the district. Citrus and mango are important crops in Reasi area while temperate fruits like apple, almond, walnut, have tremendous potential in higher elevations. The district has immense potential for growing spices namely onion, garlic, ginger and turmeric in specific pockets of the district. Floriculture is a new emerging industry in the district as the district is gifted with the world famous religious places. Value addition in the spices can open some new avenues of income and employment in the Dist.

Many attempts have been made by the KVK, Reasi and allied departments for the upliftment of farmers of Reasi distt. They were trained to improve the land base available at their disposal for integrated farming and allied income generating activities. The Government has been prioritizing the education of the farming community at the grass-roots level to arm their children with education and knowledge. They are acquainted with the scientific and sustainable crop and animal husbandry prac-

tices. The floriculture of Kanjli and Bhagta villages, the organic farming of Talwara and Kundkandayarian villages, fruits production in Pouni and Sirah villages, poultry farming of Tanda village, vegetables of Grammore, Pouni and Mari, Self Help Groups (SHGs) of Malad, Akhali Bhanu and Serwad, beekeeping in Dub Khalsa, Sudheen and Bharakh villages, Walnut of Sungdi (Mahore), dairy farming of Mansoo and Kanshi Patta, turmeric and ginger of Pouni and Chamyara are well known. These villages have their own identities and are known for the production of special commodities.

You might have seen different kinds of Masalas in the market. Every Masala has its own uniqueness. Tikki Masala is one of them. It is a traditional dried spice of J&K and can be utilized in both vegetarian and non-vegetarian food. It can be said as a specialty as it contains awesome aroma and has very attractive colour. It is abundantly used across Union Territory of J&K to add flavor in the food. People from all the communities like this mixed spice cake. In fact this processed spice reflects and represents the essence of Dogra and Kashmiri cuisine aroma.

It consists of 21 ingredients. In Reasi distt. of J&K more than 200 farm women of different Self Help Groups (SHGs) are associated in its processing, preparation and sale in the market. Jammu & Kashmir Rural Livelihood Mission (JKRML) and Krishi Vigyan Kendra (KVK), Reasi are endeavouring to create new and employment opportunities among the rural women of Reasi distt. of J&K. They are imparting skills on value addition in spices so as to scale up this enterprise and enhance the income of the farm women. Farm women of Reasi distt. are preparing it on commercial scale and selling it in local market, at Katra and even outside of Reasi distt.

This Masala is gaining popularity in the market because of its unique taste and flavor in the market. Tikki Masala is made up of red chilly powder, local garlic, beetroot, coriander, cardamom, mustard oil, fenugreek, black pepper, turmeric, zeera, saunf powder etc. All these products are mixed and grinded together and a paste is made from it. Then a proper shape is given to the Tikki in the special mould. It has enormous medicinal and nutritional properties and very useful to prepare the tasty food. Presently, it is readily manufactured in Reasi distt. of J&K and by observing the successful results of this entrepreneurship many new rural women are coming forward for the adoption of this entrepreneurship. It is also used in the marriage functions as something auspicious item to prepare the food. Even the small quantity of Tikki Masala can add special taste and aroma in the food. It can be considered as an authentic recipe with a unique aroma and colour. By proper packaging, labeling and branding Tikki Masala can open some new avenues of livelihood for the rural women of Reasi distt. of J&K.

# Vital historical documents on J&K State

**O P Sharma**

*Name of the Book : 100 Documents : A Reference Book*  
*Author: Prof. Kul Bushan Mohotra*  
*Publisher: BJP, Library & Documentation, Deptt. Trikuta Nagar, Jammu.*  
*Pages : 725*  
*Price: Rs.995*

This well produced 725 pages book entitled: "100 Documents : A Reference Book" by Prof. Kul Bushan Mohotra gives great compilation of the pre Independence and post-Independence historical happenings in the State of Jammu & Kashmir. Events of the history mentioned in this book are backed by historical documents and account.

The title "100 Documents" is apt, reflecting the documentary pieces of evidence of the most crucial events that unfolded in the history of this border sensitive State. Many pertinent questions have been raised and also answered with objective historical facts. The book captures the pre-independence history of the State and what went wrong in 1947 before the J&K State acceded with India. The aftermath of the State's accession, Sheikh Regime, Delhi Agreement, Praja Parishad agitation, the martyrdom of Dr. Shyama Prasad Mookherjee and their ramifications have been lucidly covered and backed by documentary pieces of evidence.

The dark phase of militancy that has engulfed the sensitive State since the late 1980s has been covered in detail.

This book contains 102 valuable documents and 13 appendix and all are devoted to factual historical events. Few very important of them are as under:

Chapter DOGRA regime is a compilation of history of Jammu & Kashmir, Maharaj Gulab Singh to Maharaja Hari Singh and their achievements, glorious past of Dogra Land, comprising Jammu, Kashmir, Ladakh as also Gilgit, Balistan.

Detailed thoughts and literature on pre-Independence and post-Independence of Dogra regime, long sufferings due to administration led by Sheikh Abdullah and narration of sacrifices by the people under banner of Praja Parishad agitation also reflects lights on martyrdom of Dr. Shyama Prasad Mookherjee and statement by Pt. Prem Nath Dogra at a press conference in Delhi on February 13, 1959.

**DEBATES**

On December 8, 1989 Rubaiya Sayeed daughter of Mufti Mohammad Sayeed, the then Union Home Minister in the V. P. Singh Government, was kidnapped by JKLF. They were demanding release of five militants

in exchange for Rubaiya's release. The story is well told in the book.

**FUNDAMENTALISM**

The Proxy War launched by Pakistan against India indicates to what an extent the destruction has caused in the on-going "undeclared war" so far from 1988 to 2016.

It is worth mentioning that the later turn of events with terrorism in J&K State ignited and instigated from across the border have also been touched. Now people have seen through the dirty game plan of enemy of the nation.

**OTHER INFORMATION**

In the course of history, many politico-social developments took place in this part of the country but now a fresh breeze of calm and faster march ahead is blowing.

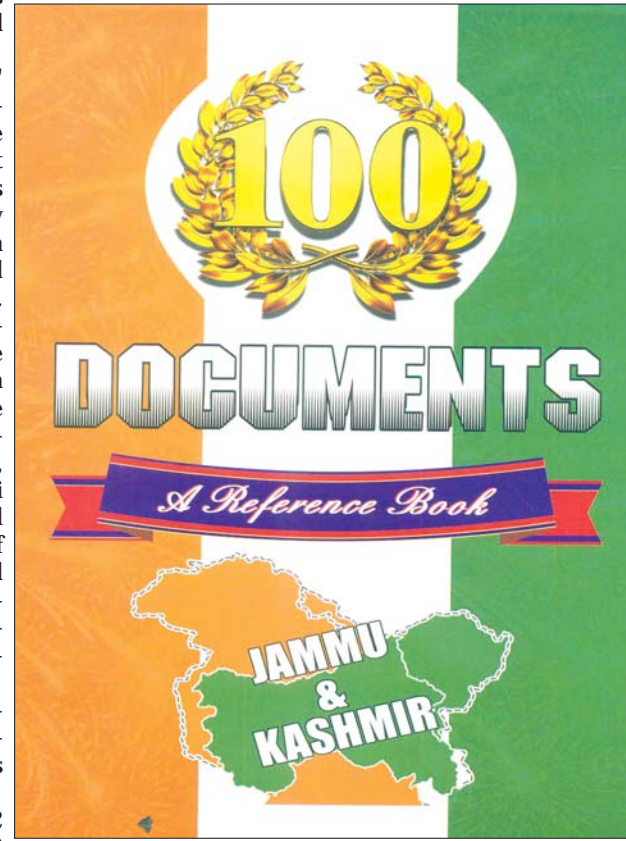
The author has undertaken challenging task in collecting the authentic documents, rare photographs and has done a research work. The author of this book as well as the publisher deserves a good word for their service in putting the facts in true historical perspective for the common masses.

This book contains historical, political, legal and other social aspects which appear to be the best piece of literary art, a substantial contribution of the writer for the benefit of the society, in particular, the young generation.

The writer Prof Kul Bushan Mahotra seems to have worked really very hard in collecting authentic material to highlight various features of political interests, has also made his original contribution in expressing his mature historical and political account. I am sure not only young generation, particularly the students but even the politicians will surely derive maximum benefit from this while steering their social activities towards establishing the rule of law, which is very much needed at present juncture of our times in view of the tremendous changes that have taken place in the country and more particularly in Jammu- Kashmir and Ladakh.

The author has endeavoured in this book to completely objectively analyse the historical documents and writings on various developments in J&K from past to present. It is ardently believed that this book can be a good Reference Book for generations to come who will get a deep insight about the Jammu and Kashmir. Historians, other academicians, politicians and all those who follow history must read this valuable book.

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**NATURE**

# Breathe easy



**Ashok Gupta**

*The literary meaning of breathe easy is when people or animals, take air into their lungs and let it out again in perfect pollution free atmosphere.*

If the air you breathe is polluted as at presently in Delhi, Haryana and some parts of Punjab that is why schools are being closed, odd even system for vehicles is being introduced, construction work is being stopped and many more measures are being taken to make people breathe easy. Do you know the air inside your work place can be actually worse than the air in the middle of the city or road as the pollutants gets in and they find it extremely difficult to get out.

Bacteria and viruses stick around the home or office leading to higher chances of illness, airborne dust levels can rise and office supplies and furnishings such as carpets, paints and printers can give off pollutants called volatile organic compounds (VOC's). These pollutants can irritate your eyes and skin, worsen your asthma or make it hard for you to breathe. Some indoor plants can soak up these VOC's, you can assume plant leaves as lungs, breathing in unclean area and releasing fresh clean oxygen.

In fact research conducted by NASA revealed that plants remove up to 87% of toxins in the air in just 24 hours. According to NASA's clean air study, the snake plant (sensevaria) is so effective in producing oxygen that if you are locked in a sealed room with no air flow, you will be able to survive with 6 to 8 plants in it. The large leaves of snake plant also act as filters, helping to remove harmful unwanted toxins in the air such as formaldehyde, benzene and xylene. These are chemicals released by furniture, carpeting and paint, which we would otherwise inhale. Snake plants help in clean

air, lower humidity and better quality sleep. **Areca Palm:** Like many indoor plants, it has the power and full ability to remove nasty toxins from the air and is rated as one of the best by the NASA at doing so. The Areca palm absorbs gasses through its leaves and roots which they then in return help in removing pollutants and in turn releasing oxygen. More oxygen in air results breathing easy. The Areca palm is top rated plant in increasing humidity which is a great relief for sufferers of cold or sinus problems and thus results in better night sleep.

**Peace Lilly:** This plant has the unique superpower of holding the mould spores floating round about and absorb through leaves and uses them as food. The plant leaf increases humidity and helps in relieving from irritating dry noses and throat that can run rampant in busy workplaces. The other plants that also clean the air and are best suited for closed spaces and offices.

**Bamboo palm:** Best indoor plant removes toxins like benzene trichloroethane and formaldehyde.

**Pothos:** Removes from air toxins like xylene, toluene, benzene and carbon dioxide.

**Chinese evergreen:** This plant helps in removing toxins like Benzene, carbon monoxide. Life without plants would be very difficult and unimaginable, they are the recycles of the air on the surface of the earth, without them many species and the organism would perish. Even humans will be threatened with survival in the absence of plants. Plants are part of ecosystem and our environment. In no way we can imagine survival on the earth possible without plants. NASA clean energy was a project by the National Aeronautics and Space Administration (NASA) in association with the Associated Landscape Contractors of America (ALCA) in 1989. NASA has approved 29 best air purifying plants and almost all are available at Bonsai and Flowers Paradise Gandhinagar Jammu.

*(The author is former Director Floriculture Jammu)*