

HERITAGE

Sky Walk, Durga Bhawan, new Atka complex to add charm to Vaishno Devi pilgrims' journey

Excelsior Correspondent

As many as 2500 pilgrims will get free accommodation in a day while a large number of others will be able to get paid accommodation with the completion of Durga Bhawan at Mata Vaishno Devi Ji shrine complex which is expected to start functioning from upcoming Navratras this month

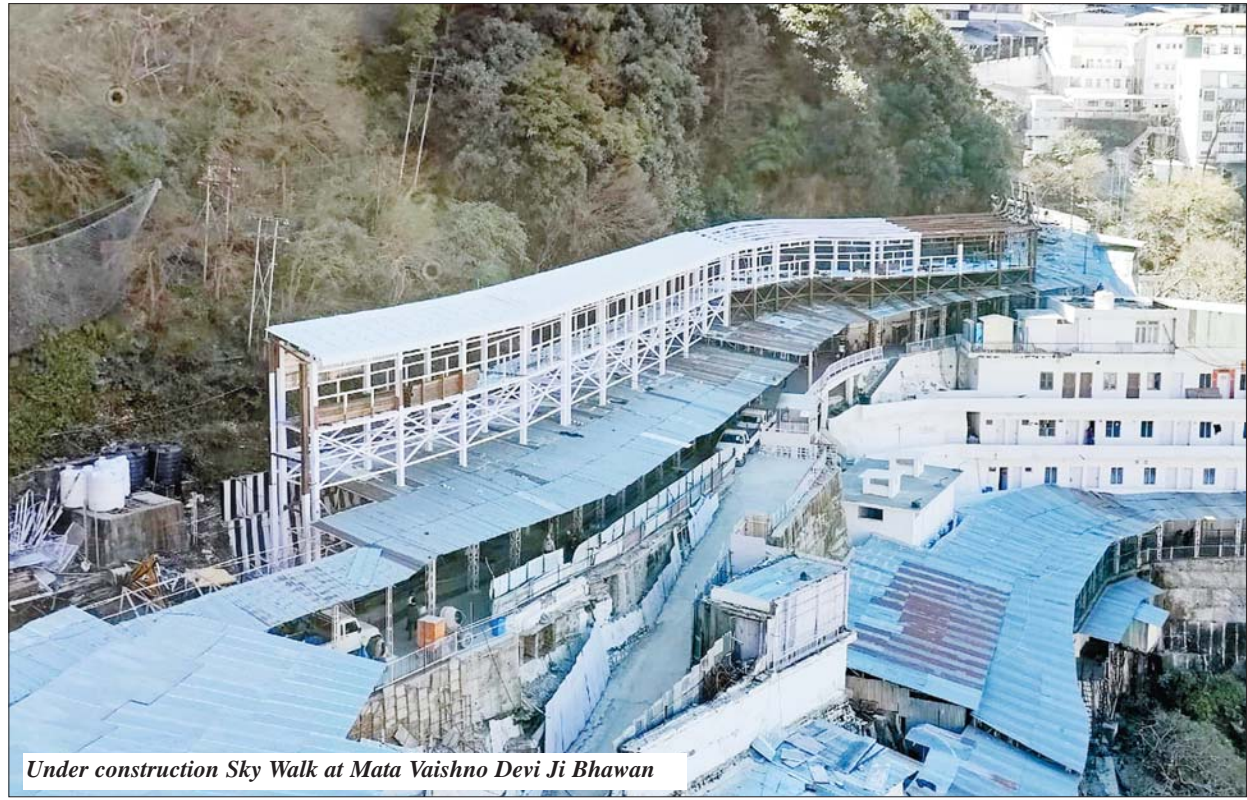
The Bhawan has large number of dormitories, both paid and free; and rooms which will be available for the pilgrims who want to stay at the shrine complex.

"Durga Bhawan can be used by 3000 pilgrims in a day and, of them, 2500 will have free accommodation. The Bhawan is equipped with blankets, lockers, washrooms, Bhojnalyas and many other facilities," says

pilgrims. Souvenir Shop inaugurated recently by Lieutenant Governor Manoj Sinha at the Bhawan complex had been providing 'prasad' to the pilgrims starting from as low as Rs 10 and up to Rs 7875.

Anil Singh Charak, Tehsildar, Mata Vaishno Devi Bhawan, said the Souvenir Shop has been attracting large number of pilgrims as it was offering all kind of 'prasad' at very reasonable rates. The shop remains open 24x7 with staff working in multiple shifts, Charak said, adding all modes of payments are being accepted at the shop.

Tripti Bhojnalya is another significant eating point run by Shri Mata Vaishno Devi Shrine Board which has come up at the Bhawan complex. And, the pilgrims are



Under construction Sky Walk at Mata Vaishno Devi Ji Bhawan

Shri Mata Vaishno Devi Shrine Board (SMVDSB) CEO Anshul Garg.

Durga Bhawan is being constructed at a cost of Rs 25 crore.

At the same time, work on widening of Atka Aarti complex is also in full swing and it is likely to be completed within a month's time. It will increase sitting capacity at Atka Aarti from 200 to 550, Garg said.

Sky Walk is also expected to be completed in next three to three and half months. It involves cost of around Rs 15 crore.

"Construction of Durga Bhawan will prove a big boon for the yatris," officials said.

Not only the room and paid dormitories but even the free dormitories have well furnished attached bathrooms for the convenience of the pilgrims. Significantly, special bathrooms have been constructed on every floor of Durga Bhawan for specially disabled

often surprised to see that the Bhojnalya is offering 'Rajma Chawal' and 'Kadi Chawal' at just Rs 55 per plate, Dal at Rs 25 per plate and tea at just Rs 8 per cup. Sugarcane made plates are being used at the Bhojnalya.

As per the officials, with construction of Sky Walk, the pilgrims will straightway leave from Parvati Bhawan, where bathing ghat is being constructed, for darshan from Sky Walk.

There will be separate entry and exit to avert any kind of collision among the pilgrims.

The existing track in the Bhawan premises which is used for darshan presently will remain spare just for walk, emergency services and transportation of goods.

Upcoming Sky Walk, Durga Bhawan and new Atka Aarti complex will add new charm to pilgrims' journey to Shri Mata Vaishno Devi Ji shrine.

SOCIETY

Understanding Narcissism

Dr Rohi

Narcissists attempt to destroy your life with lies because they know theirs can be destroyed with the truth.

Everyone, nowadays, is familiar with the term narcissism but its historical roots are less well known. In the Greek story of Narcissus, a lovely young man, renowned for his stunning looks, discovered that he can't resist gazing at his reflection in a body of water. Until he eventually wilted and died, he persisted in being preoccupied with his own image. Thus, his name endures as a reference for extreme self-regard. This is where the word 'narcissism' originates. People with narcissistic tendencies overestimate their own importance. For example, many narcissists overestimate their self-confidence or sense of accomplishment. Others are totally preoccupied with how they look. Some people make efforts to increase their influence or power. The majority of narcissists believe that they are superior to others and are elite or exceptional. They consider themselves to be extremely important, regardless of their actual social standing, and they want others to feel the same way about them. They live on other people's adulation and admiration. However, criticism from others can quickly demolish their haughtiness. When this happens, it frequently results in anger, rejection, or a barrage of insults. Narcissists are often considered as emotional vampires who desperately need to drain others to get admiration and attention, regardless of how bad their behaviour is.

Many people have subtle narcissistic traits in their personalities. It's only natural to feel proud of yourself when you do something significant or to like yourself when you look good. Occasionally, those sentiments of pride may cause us to become a little more self-absorbed than usual. But having those feelings occasionally doesn't make you a narcissist. True narcissists are defined by their narcissistic qualities, which rule their personality and way of life. Every element of their lives, including their work, friendships, and close connections, are impacted by the condition. Narcissistic Personality Disorder is a complicated disorder, just like all other personality disorders. This has become a contentious issue, owing to widespread misunderstanding. It's also been stigmatised as a personal choice, which it isn't. Here an individual have an excessive sense of self importance. Individuals with this mental condition demand excessive amounts of attention and want to be admired. It's possible for those who have this disorder to be incapable of comprehending or caring about the sentiments of others. However, beneath their outward display of excessive confidence, they actually lack confidence in their own abilities and are severely hurt by the least criticism. A weak, rigid, and irrational concept of self lies at the heart of Narcissistic Personalities. People with Narcissistic Personality Disorders need to think of themselves as extraordinary in order to sustain their fragile self-image. Many of the recurring patterns of behaviour they exhibit have this as their primary source.

Causes

People with Narcissistic Personality Disorder do not have a single identified cause. In addition to early life events, it is also thought that genetics may be involved. Children who being over-valued, over praised, suffer from abuse, neglect, or trauma may be particularly vulnerable. A

risk factor could also be having a narcissistic or highly critical parent. Whatever the reason, these kids grow up with a weak sense of self and a high need for praise from others. Additionally, a lot of narcissists have very poor self-esteem. They overstate their abilities or accomplishments as a result of these attributes. Additionally, they are continually looking for affirmation from other people. Comprehending narcissists in your life requires understanding this crucial



aspect. Although they exhibit haughty and conceited conduct, their sentiments of inferiority are deeply ingrained.

How a Narcissist Brainwashes you?

- * Cutting you off from your network of supporters.
 - * Tricking you into perceiving things a certain way.
 - * Using gas-lighting to make you question your own judgement.
 - * Destroy your self esteem.
 - * Dose you with occasional positive words or experiences.
 - * Controlling you.
 - * Degrading and demeaning you, then occasionally doing something positive in order to create a trauma bond.
 - * Make you walk on egg shells out of fear of disapproval.
- You are now brainwashed and under the control of a narcissist.

Narcissists are addicts. They are addicted to being significant. They are addicted to attention and constantly being validated and acknowledged. They live for narcissistic supply that is their drug. A narcissist fabricates elaborate tales that are wholly false. One day the mask will come off, revealing the reality, and they'll try to convince you otherwise by rejecting everything you've learnt (gas-lighting). They might even hold you accountable for what you are accusing them of doing (projection). You are now in trouble because of rumours that you shouldn't have heard. They will go to great lengths to shield their life from lies, and manipulating you is a twisted game they play. They will spread false information about how unstable you are in order to turn your loved ones against you (the flying monkeys). They pull you back in as you move on (hovering). Don't let this deceive you; it's not real.

What are narcissists looking for, after all? Just someone at their level that they can feel superior to!

Luigina Sgarro

BOOK-REVIEW

A tribute to Rasool Nazki

Avtar Mota

NAZKI - The Poet From Kashmir (A Tribute to Mir Ghulam Rasool Nazki)
 Edited by Vinita Agrawal
 Compiled by Ayaz Rasool Nazki
 ISBN 9789390143733
 Published by: **INK LINKS PUBLISHING HOUSE** (Mob. 9906252796)
 Price Rs500/= US Dollars 20/= Pages 165 (Paperback)

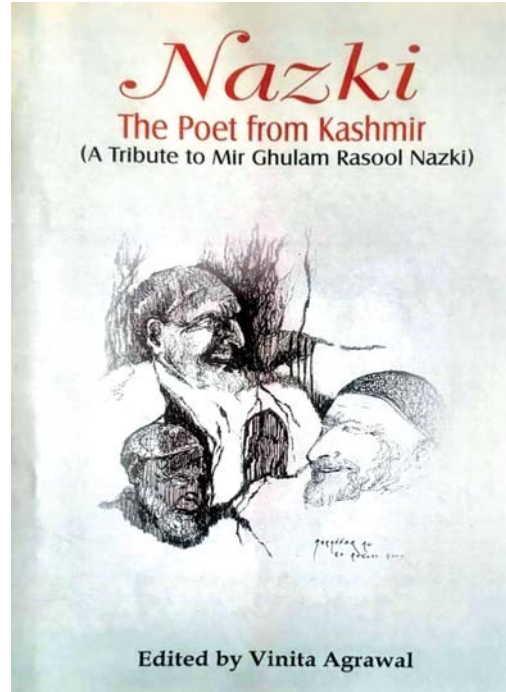
"May you be one for whom his mother is a Deva. May you be one for whom his father is a Deva. May you be one for whom his guest is a Deva. May you be one for whom his teacher is a Deva."..... Taittiriya Upanishad

I am lover of Upanishads and the pearls of wisdom contained therein. This Sloka comes to my mind when I find children devoting time and doing selfless labour for their parents despite various pressing compulsion and urgent priorities. When I received the above book from Ayaz Rasool Nazki, I was again reminded of the above quoted Sloka from Taittiriya Upanishad. I have known the selfless labour and the efforts Ayaz Rasool Nazki has been putting in to keep alive the memory of his illustrious father, Mir Ghulam Rasool Nazki. I had the privilege of reading his previous book 'Echo Translation of A Selection of Kashmiri Rubaiyat E Nazki'. These Kashmiri quatrains of his father Mir Ghulam Rasool Nazki, were translated into English by Ayaz Rasool Nazki. His efforts in setting up "Nazki Foundation" and involving entire Nazki family and reputed writers or translators in compiling the book under review are equally praiseworthy. The love and affection of the Nazkis towards their illustrious father or grandfather is heartening to observe and worthy of emulation.

Before coming to the book under review, I would like the readers know that Mir Ghulam Rasool Nazki (1910-1998) was a Kashmiri/Urdu poet, writer, broadcaster, and teacher. He was the leading broadcaster amongst the group that started Radio Kashmir, Srinagar. In fact Mahinder Kaul, Prem Nath Pardesi, Pran Kishore, Mohan Lal Aima, Bashir Butt and many more were closely associated with him during the formative years of the station. The Urdu poetic talent of Mir Ghulam Rasool Nazki has been appreciated by stalwarts like film lyricist/poet Gulzar, Tajwar Najeebabad and Josh Malihabadi. Mir Ghulam Rasool Nazki's Kashmiri Poetic collection "Awaz-e- Dost" won him the prestigious Sahitya Akademi Award in 1987. He was the convener of Cultural Wing of Jashn e Kashmir started by Bakshi Ghulam Mohammad. A devout Muslim, humanism remained his concern all along his life. This humanism brought him close to the Shaivite philosophy. He became an admirer of Ramakrishna (Belur Math), Swami Lakshman Joo and Lal Ded. He loved music and cricket. His children have also done well in their respective professions. I mean Farooq Nazki (eminent poet and broadcaster), Ayaz Rasool Nazki (poet, author and scientist), Justice Bilal Nazki (former Chief Justice Odisha High Court), Prof Iqbal Nazki (Sahitya Akademi awardee writer and former Controller of Examinations, Kashmir University), Viqar Nazki

(banker, retired as Vice President J&K Bank) late Riyaz ul Islam Nazki (Joint Director Agriculture Department) and late Dr Tariq Nazki (physician in UK). The Nazkis are from Madar, a beautiful village close to Bandipore town and Wular Lake.

The book under review has 165 pages in white sparkling art paper. The front cover of the book has impressive sketches of Mir Ghulam Rasool Nazki in three different moods done by film maker Muzaffar Ali. The back cover of the book bears a grand tribute to his father by poet-broadcaster Farooq Nazki. The book begins with a brief and crisply worded dedication by film lyricist and poet Gulzar followed by a befitting tribute, 'Granddaughter remembers' by Aliya Nazki who works for BBC World Service. Thereafter, we are



introduced to Mir Ghulam Rasool Nazki by Ayaz Rasool Nazki who informs us about his father's life, works and legacy. What follows later is something like a treat; a beautiful write-up titled, "Nazki in the light of his Kashmiri Poetry" by young scholar Dr Muhammad Maroof Shah. I have read some essays of Dr Shah on Kashmir Shaiv Darshana. He belongs to a different breed of writers who need to be noticed and read.

The book contains a nostalgic and highly informative essay by Padam-shri Pran Kishore Kaul titled, "My Friend, Guide and Mentor-Mir Ghulam Rasool Nazki". As usual, Pran Ji provides a wealth of information about men and matters that shaped what came to be known as 'Radio Kashmir, Srinagar'. Pran Ji has been closely associated with the journey of Radio Kashmir, Srinagar from its birth till his superannuation. There are some anecdotes involving men like Abdul Haq Burq, Prem Nath Pardesi, Mohan Lal Aima, Bashir Butt, Kanwal Nain Checker, Qaiser Qalandhar, Ali Mohammad Lone, Mahinder Kaul, K S Malik, Pushkar Bhan and Peer Nizam ud Din. Pran Ji also talks about some popular

programmes of Radio Kashmir, Srinagar and the related characters.

The book has some poems of Mir Ghulam Rasool Nazki translated into English by Avtar Mota (A Blind Girl's Desire) and Nisar Azam (a poem written in 1985 that had prophetic message about the mad violence that Kashmir saw later). There is a Persian poem of Mir Ghulam Rasool Nazki as well. This Persian poem was included in the anthology of contemporary Persian Poetry published by 'Bengahi Nashariyate Progress', Moscow. After this, the reader is introduced to Part II of the book that has poems recited as tribute to Mir Ghulam Rasool Nazki and his memory. The poets in this section include Aadil Ashraf, Ahmed Rameez, Akash Naik (Gujrati poet), Ali Shaida, Amanita Sen, Aminur Rehman (from Bangla Desh), Angelo Rizzi (Italian poet), Barnali Ray Shukla, Barqi Azmi (Persian poet), Bilal Maji (Bangla), Faiyaz Dilbar, Faizeh Zehra Mirza, Fiona Bolger, Gopal Lahiri, Imran Yusuf, Indu Kilam, Jahidul Haq, Khalid Bashir Ahmed, Lina Krishnan, Maitreyee B Chowdhury, Maharaj Krishan Santoshi, Mubashir Nazki, Muniam Alfakar, Muneebur Rehman, Mushtaq B Burq, Naseem Shifaie, Nazir Azad, Nighat Sahiba, Nisar Azam, Padmaja Ayyangar Paddy, Parmita Mukherjee Mullick, Pervaiz Ali, Premi Romani, Queen Sarkar, Ranjit Hoskote, Raqim Hyder, Rae'd Qureishi, Rolf Doppenberg, Sampath Kumar, Santosh Bakaya, Shbnam Ashai, Shabir Ahmed Mir, Sudeep Sen, Shahnaz Rasheed, Swapna Behera, Vinita Agrawal, Zahid Mukhtar and Zulfiqar Naqvi. The poems are refreshing, modern and delightful for readers. The book includes a rich B/W collection of photographs showing many facets of personal and professional life of Mir Ghulam Rasool Nazki. You can see entire Nazki family apart from various photographs of Mir Ghulam Rasool Nazki with stalwarts like Swami Lakshman Joo, Jigar Moradabadi, Ahad Zargar, Dina Nath Nadim, Amin Kamil, P N Pushp, Prof. Kashi Nath Pandit, Prem Nath Bazzaz and many more.

This book is a great effort and grand initiative by Ayaz Rasool Nazki to document tributes to his illustrious father and present a poetic panorama to the readers. I recommend the book to all. I conclude this brief review with a quatrain of Mir Ghulam Rasool Nazki.

"Me kyaah ka'rrie Yun Gatchhun Sontu'k Ta Hardu'k
 Bahaar Aasein Harud Aasein Dapuss Gutchh
 Chillus Chhuss Byooth'mut Paniess Dillus Munz
 Panun Aasein Parud Aasein Dapuss Gutchh"
*(Indifferent I remain now,
 To the arrival and departure of seasons.
 Convey this to the spring,
 Tell this much to the autumn as well,
 Tell the seasons to be away.
 Having moved within to my heart's cavern:
 To any person,
 Who visits me,
 A kinsman,
 A stranger,
 Tell him this much,
 Tell him to be away.)*

e-Audio Dogri stories

O P Sharma

Title : Kahaani Suni Sanaayi
 Writer, / Narrator... Jagmohann Sharma.
 Available : ebook@ Amazon Kindle

During more than five decade long career in journalism, I have written over 100 book reviews and read thrice the number of books in Dogri and other languages. However for the first time in my life, I had an overwhelming experience of listening to an e-audio book, and that too in Dogri, the mother tongue of entire Duggar region.

The credit goes to Jagmohan Sharma who apart from being a Dogri News Reader cum Translator at the Regional News Unit, All India Radio Jammu, is a renowned broadcast journalist, stage anchor, commentator, columnist, and I can say a social activist also. While talking to him about his inspiration behind this endeavour to come up with an e-audio book in Dogri, especially for children, he divulges just how odd it feels when children prefer speaking English or Hindi to their mother language Dogri. At the same time he accepts there is no harm in learning or adapting other languages but ignoring your own mother tongue of course sets a bad precedent for us all. The passion behind this attempt of Jagmohann to tempt young Dogra community especially the children to read, listen, speak and understand their own Dogri and feel proud in doing so, can easily be gauged in the stories, and the way these are narrated in a simple but an interesting manner.

GOOD ATTEMPT

As you click open the link with headphones on a mobile or laptop screen in front of you, it simply takes you to a totally different world of story-telling. The writer of the book, Jagmohann Sharma who himself is the narrator of this first ever audio book in Dogri, his sweet loving voice appears most appropriate for narrating the stories to the kids and the soft music in the background takes listeners/viewers to a new world of imagination. As an added bonus, the subtitles of the story narration on the screen introduce you to the way of writing Dogri in Devnagri script. Selection of typical Dogri words in the stories is nice simple and unique in itself. The reader cum listener feels closely associated with the sweetness of the language and a sense of deep bonding with the mother tongue kicks in - it is as comfortable as a child cocoons in his or her mother's lap. Some typical or forgotten words are worth mentioning like DUSKI-DUSKIYE, RONA, TOLO, PEECHIYA, TOAKI, TARELI, REES, PANGA, RAIND - KHAIND, CHHINJ, GHASMUNN, BHAAGLI, etc and many more in store for the listener.

Released on "Dogri Maanta Diwas", the Volume 1 of "Kahaani Suni Sanaayi" carries a total of seven very commonly heard stories

by all of us and each one of them have some lessons for the children as well as all others. This book appears to be a first step towards modernisation of Dogri literature albeit a historic endeavour introducing a new turn towards reaching out to the youngsters.

Useful Reading

My firm opinion is that this audio book will prove to be a great way for children to be familiar with more and more typical words of Dogri language, build their literacy skills, improve upon the vocabulary and also the language retention and recall values. Some typical words used by the writer including the ones mentioned above take you very



close to the basic feel of Dogri language. I sincerely hope others too will follow the foot-steps Jagmohann has initiated to make mother language Dogri scale new heights and be close to the heart of its admirers. No doubt a lot of written content may have been formulated in Dogri for children following the traditional ways. However adopting the new format of e-audio book, in my opinion, shall be far more effective in reaching to a larger audience in the present scenario where neither children nor the grown up in general feel comfortable holding hard copies of books and concentrate on the pages. Jagmohann's e-audio book Kahaani Suni Sanaayi will definitely go a long way in forming an instant connect with Dogri even if he or she is walking, traveling, cooking or busy with any other daily chore.

I wish Jagmohann all the best and look forward to some more and meaningful content in the coming days.

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