



IMPART SKILLS TRAINING TO STUDENTS: NAEEM AKHTAR



"The initiative will make the university utilise available resources in the best way and will help the students, who don't get admission in the state universities, to go for higher education."

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PAK PRODUCTS SELLING LIKE HOT CAKES IN VALLEY

With Pakistani culture gaining popularity in Kashmir, there has been a surge in sales of the products from Pakistan. Be it eatables, garments, ornaments or kitchenware...

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'SEDENTARY LIFESTYLE MAJOR CAUSE OF DISEASES IN KASHMIR'



There was a time when work would be synonymous with physical activity. But nowadays technology has literally rendered people inactive. This, however, can lead to various ...

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FLOOD-HIT BAT INDUSTRY BATTLES FOR SURVIVAL

Kashmiri willow demand dips; traders incur huge losses

SYED FAKHAR IMAM GEELANI

Known worldwide for its high quality, Kashmiri willow has been witnessing a decline in demand. The industry has incurred losses worth

crores of rupees in the aftermath of September 2014 floods.

The devastating floods damaged Kashmir willow trees that are used to manufacture cricket bats, thus affecting the bat industry of Meerat—the manufacturing hub of cricket bats. Many cricket bat manufactur-



Stock of willow, roughly shaped as cricket bats, at Sangam. **AAMIR ALI/IUST**

floods, while the flood stock is not over yet," says Nazir Sheikh, a willow factory owner, adding that the industry has suffered losses worth crores of rupees owing to floods.

Kashmir willow bats have been used by many international cricketers like Sunil Gavaskar, Virendra Sehwag and Suresh Raina. However, nowadays they find no takers in the international market.



A worker cutting raw willow into pieces at a cricket bat factory at Sangam in Anantnag. **AAMIR ALI/IUST**

ing units have been hit hard at many places in India, especially Meerut and Jalandhar.

Manufacturing units in Meerut for years have been dependent upon Kashmir for raw material. The willow is exposed to sunshine for around four months. Later it is roughly shaped into cricket bats before being sent to Meerut and other places for further polishing.

However, Kashmiri willow is now hardly purchased by companies outside the Valley due to deterioration of its quality. The stocks of raw willow have been damaged by floods beyond repair.

"The demand for Kashmiri willow has reduced drastically in Indian markets as the quality of willows has deteriorated due to

Kashmir willow bats have been used by many international cricketing greats like Sunil Gavaskar, Virendra Sehwag and Suresh Raina. However, nowadays they find no takers in the international market.

Bat manufacturers of Kashmir opine that they work round the clock to regain the demand of Kashmiri bats in and outside **CONT. ON PAGE 2**

LOCALS CLAIM TO GROW TEA IN SOUTH KASHMIR; OFFICIALS UNAWARE

IRFAN MALIK

Residents of some areas in south Kashmir have claimed to have been producing tea for the past couple of years, while the concerned department remains unaware about it. As per them, Kashmiri tea is being cultivated in many places, particularly at Liver village of Anantnag district, and Kuchmullah and Nahir areas of district Pulwama.

"I have been cultivating Kashmiri tea in my farm since 2013. Our family is consuming the same tea for past two years, even though its colour is not pink like that of *Nun Chai* (salty tea)," said Sameena of Kuchmullah. Sameena, a

I have been cultivating Kashmiri tea in my farm since 2013. Our family is consuming the same tea for past two years, even though its colour is not pink like that of Nun Chai"

woman from Liver village, added that the taste of this tea is similar to that of traditional tea.

As per a study conducted in 2013 by the department of General Surgery, Sher-i-Kashmir



Tea crops at Kuchmullah village in Pulwama. **IRFAN MALIK/IUST**

Institute of Medical Science, Srinagar, everyday each household in Kashmir consumes 500-3000 milliliters of tea including *Nun Chai* and sugar tea. The consump-

tion increases in winters as people love to sip hot tea in cold weather.

CONT. ON PAGE 2 THE ECHO

Promote peace journalism to prevent war: Prof YoungBlood

'Indian and Pakistani media need to change their approach'

SHOWKET RASHID

Emphasising that Indian and Pakistani media need to change their attitude towards neighbouring countries, Prof Steven YoungBlood said media of both the countries should shift their focus from war journalism to peace journalism.

Prof Steven YoungBlood, who is Director at Centre for Global Peace Journalism, Park University, USA, was speaking at three-day twin workshops on 'Peace Journalism' at Islamic University of Science and Technology (IUST) on July 28-30.

Prof YoungBlood, who was the chief resource person, expressed his concern over the sensationalism done by Indian and Pakistani media. "Sometimes the best thing that journalists can do is not to make the matters worse," he said.

He said peace journalism was not about advocating any solutions to conflict, "but it aims to provide platform for solutions." "Peace journalism is when reporters and editors make choices to make the situation conducive for peace," said Prof YoungBlood.

The workshop series that was jointly organised by department of Journalism and Mass Communication (DJMC) and Centre for International



Prof Steven YoungBlood interacting with students from various colleges and universities on July 28, 2015. NUMAN PARVEZ/IUST

Relations, IUST, included two-day workshop for students and one-day workshop for teachers from various universities and colleges.

Prof YoungBlood further said he found the local print media of Kashmir

to be more peace-oriented than Indian media. "The local media here is better than any local media in the US," he said.

Later Prof Youngblood invited inputs from the participants for de-

veloping a course curriculum on peace journalism.

Vice Chancellor Prof A R Trag, who was the chief guest of the occasion, said media had a crucial role to play in providing information to the society round the clock. "For any journalist, his duty towards his nation comes first. Whatever he reports, he should take the interests of his audience into consideration," he said.

Speaking on the occasion, Registrar Prof A G Rather, said media being the fourth estate had an immense responsibility towards the people. "Journalism should seek to create and maintain objectivity in reporting, eliminating as many biases as possible in the process," he said.

Earlier, welcoming the participants, Head DJMC, Dr Ruheela Hassan said the purpose of the twin workshops was to understand how media affected the prospects for conflict and peace building.

The workshops were attended by faculty and students of University of Kashmir's Media Education Research Centre (MERC) and Political Science department, Central University of Kashmir's Convergent Journalism department, Government College for Women, M A Road, Government Degree College, Baramulla, and Centre for International Relations and DJMC, IUST.

THE ECHO

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FLOOD-HIT BAT INDUSTRY...

the Valley.

"We are trying our level best to manufacture good quality bats to export outside Kashmir, but they are being rejected. And if sold, they earn us less profits," says Mush-taq Ahmad, owner of Star Bats factory.

He adds that they have ordered a couple of bat samples from various states, "but it will take time to reach here."

Kashmiri willow is believed to be only second to the famous English willow, which, however, is far too expensive than the former. English willow bats cost over Rs 6,000, whereas Kashmir willow bats start at Rs 2500.

"The budding cricketers cannot afford English willow bats, however, due to deteriorated quality of bats manufactured in

Kashmir, we have to purchase bats from outside the state at higher prices," says Sahil Ahmad, a local cricketer, adding that travelling expenses are also huge, "which adds to our losses."

LOCALS CLAIM TO GROW TEA...

However, many tea brands have been found to be adulterated and thus injurious to health. "So growing tea in Kashmir can serve as a good alternative," health experts opined.

While Kashmiris have claimed to grow tea in Kashmir, the concerned department expressed ignorance about the same.

"We have not heard about the tea production in Kashmir before," said Muhammad Harun Malik, Director Agricul-

ture Kashmir.

Interestingly, Jammu and Kashmir does not have a tea board office. Advisor, Tea Board of India, A K Kala, told *The Echo* that they too were unaware of tea production in Kashmir.

He added that if people were sure to have been growing tea, they should approach the Tea Board of India or J&K's nearest tea board office in Himachal Pradesh, "where they shall be provided with the required assistance."

"If tea is being cultivated in Kashmir, it has to be made commercially viable. We can conduct technical studies in this regard and take samples accordingly," he said.

Meanwhile, Director Tea Board Kolkata, S Sundarajan, said the board shall discuss the matter with Tea Development Board, Himachal Pradesh, who shall then send a team of experts to J&K.

Experts at Sher-i-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), said it may not be the same crop that comes from Assam, Himachal Pradesh or south India, but can be similar to Mulberry leaves that some people consume as tea.

"I urge the concerned officials to test the particular crop as it may not contain certain intoxicants, which have side-effects. I am not sure if it is similar to Assam crop as the later needs different soil and climatic conditions that are not available in Kashmir," said Dr Muhammad Yusuf Zargar, Dean Faculty of Agriculture, SKUAST-K.

Experts insisted on the SKUAST-K to promote tea cultivation in Kashmir. "They should support the tea growers and farmers as there is no support from the government," said Shakeel Qalandar, noted industrialist and former president Federation Chamber of Industries Kashmir.

Impart skills training to students: Naeem Akhtar



Minister of Education, Naeem Akhtar, interacting with Food Technology students on July 10. PARRAY IMTIYAZ/IUST

ZUBAIR AMIN/HIDAYAT KAWA

The Minister of Education, Naeem Akhtar, stressed the need for imparting skills training to students to create better employment opportunities.

Addressing a conference at Islamic University of Science and Technology (IUST) on July 10, he advised faculty to focus on developing entrepreneurial skills in students.

"By doing so, students will turn into entrepreneurs and generate employment for others rather than running after government jobs," said Akhtar.

Admiring the growth shown by IUST since its inception, he said the expansion of the varsity was priority of the government. "IUST's contribution towards higher educa-

tion in the state is commendable. I can foresee that sky is the limit for this university," he said.

The minister, who was the chief guest on the occasion suggested IUST to start evening classes on experimental basis like other universities in and outside the state.

"The initiative will make the university utilise available resources in the best way and will help the students, who don't get admission in the state universities, to go for higher education," he said.

Later, he visited various departments of the university. Impressed by the work of Food Technology department, he announced to set up a pizza hut within the campus to be run by Food Technology students.

Horticulture backbone of JK economy: Veeri

S tating that horticulture constituted the backbone of J&K's economy, Minister for Horticulture, Abdul Rehman Veeri stressed the need for improving post-harvest management in horticulture.

Speaking at a day-long state level workshop on 'Institutional-Industrial Interaction for Capacity Building in Food Processing' held at Islamic University of Science and Technology (IUST), he said the government was taking initiatives to improve post-harvest techniques.

"Our aim is to promote horticulture and bring it under crop insurance scheme," said Veeri, who was chief guest for the workshop organised by the Department of Food Technology, IUST, on June 17.

In his inaugural address, he deliberated on various issues related to horticulture, food pro-

cessing and food preservation.

The Minister appreciated the role of IUST in organising such "progressive" events. He also appreciated the advances made by the university in raising infrastructure and promoting facilities for quality education. He advised the students to acquire entrepreneurship skills.

Speaking on the occasion, the Vice-Chancellor IUST, Prof A R Trag dealt with various aspects of food processing, and schemes implemented in this field, both at state and the national level.

Prof Trag, who was patron of the workshop, said the purpose of the workshop was to provide a platform to all stakeholders, viz., industrialists, financiers, policy makers, faculty and students, to discuss the problems faced by the horticulture sector.

IUST holds annual Open Day



Faculty of Journalism and Mass Communication counselling aspirants at 'Open Day' on June 18. NUMAN PARVEZ/IUST

NAIK DAWOOD/HANAIN SIKANDER

To help aspirants opt for right subjects, the Islamic University of Science and Technology (IUST) organised the annual 'Open Day' on June 18.

The university has been holding Open Day since 2009. The purpose of the programme is to counsel aspiring students about various courses being pursued in the university.

The counseling programme commenced at 10 AM and lasted till 4 PM. Hundreds of aspirants along with their parents visited the campus. The university had kept transport facility available for the visitors on different routes.

Information desks were installed by various departments within the campus for guiding students in their respective areas of interest.

"One of the aspirants who visited us today is hailing from the USA. International Relations subject is being taught in only a few universities around the globe, so we are receiving applications from outside India as well," said Dr Shafi Bhat, Assistant Professor, Centre for International Relations, IUST.

The aspirants interacted with concerned faculty, while some of them took round of the class rooms and laboratories of the varsity.

Bazila, an aspirant of civil engineering said she was hopeful for her selection in the varsity. "I would like to be a part of the IUST. In fact, it is my dream to study here as I have heard a lot about the highly experienced fac-

ulty of the university," she said, adding that the beautiful landscape of the campus also compelled her to travel to the varsity.

Shaheen, another aspirant, said she sought admission in Journalism and Mass Communication. "The community radio and campus newspaper provide a good platform to Journalism students of this university to learn the subject practically," she said.

Assistant Professor, Civil Engineering IUST, Muthair Hussain, said the aspirants included many from re-

It is my dream to study in IUST as I have heard a lot about the highly experienced faculty of the university"

mote and rural areas, "who are quite enthusiastic about getting admission here."

Talking to *The Echo*, Assistant Registrar Admissions, Iqbal Qureshi said the number of aspirants for IUST has increased tremendously since the inception of university. "First year we had received 400 application forms, while in 2014 we received 4500 forms," he said.



Pressure horns menace goes unabated in south Kashmir

RAASHID HASSAN

The use of high decibel pressure horns goes unabated in south Kashmir. While drivers continue to blow pressure horns to make their presence felt on the roads, Traffic department has failed to curb the law violators.

Thousands of vehicles in Pulwama, Shopian, Kulgam and other districts are fitted with pressure and fancy horns that create noise, however the authorities remain a mute spectator to the menace. Pressure horns are used by government as well as private vehicles, especially trucks and heavy motor vehicles, giving a tough time to people.

"The harsh sound produced by pressure

horns has become a nuisance for pedestrians and drivers of other vehicles. It also leads to accidents many a time," says Muhammad Lateef, a bike rider.

Abdul Gani (60) of Pulwama says he recently had a narrow escape from an accident while crossing the road, "because of pressure horn blown by a truck driver."

Indian Supreme Court has banned the use of pressure horns under Section 119 (2) of the Central Motor Vehicles Rules, 1989. The apex Court has also laid restrictions on the use of loudspeakers, high-volume sound systems and generators producing noise in public places. The guidelines are supposed to help to reduce noise pollution.

"However, the authorities have failed to implement the laws as they do not take any

strict action against the violators," laments Ishfaq Ahmad, a student of Islamic University of Science and Technology.

Despite the ban on use of pressure horns outside hospitals, schools and other silence zones, drivers continue to violate the rules. "The horns honking all the night give us sleepless nights. It becomes frustrating at times," says Gulzar Ahmad, a resident of Awantipora.

Many youngsters blow pressure horns for fashion, while some drivers use them as a source of entertainment. "It is the moral responsibility of all transporters to avoid use of pressure horns in the public places, particularly where these are banned," opine a group of commuters.

Medicos assert that pressure horns can lead to several health hazards. "The sound

of pressure horns may lead to hearing loss, heart attack and even on-spot death," says Dr Ashraf, ENT consultant at Qazigund Hospital.

He adds that such horns are harmful for the patients, who already have hearing and heart related ailments. He advises such patients to stay away from the noise of pressure horns, public loud speakers, heavy generators and other machines producing heavy noise.

Talking to *The Echo*, Senior Superintendent of Police, Traffic Maqsood-u-Zaman says the department maintains a watch over the use of the illegal horns. He adds that the law violators would soon be brought to justice. "We have already started a drive against the traffic violators. Nobody would be allowed to violate the traffic regulations," he says.

THE ECHO

Pak products selling like hot cakes in Valley

ROSHAN AKBER

With Pakistani culture gaining popularity in Kashmir, there has been a surge in sales of the products from Pakistan. Be it eatables, garments, ornaments or kitchenware, Pakistani products are attracting horde of customers in the Valley.

Kashmiri people usually prefer Pakistani products over Indian brands. Pakistani packaged food items like pickles, spices and dry fruits are always the 'first choice' for the consumers.

"Chura dates from Pakistan are popular especially during Ramadan and for Nikkah ceremony in the Valley," says Waheed Ahmad, proprietor, Kashmir Dry Fruit Dealer, Maharaj-Gunj Srinagar.

Pakistani Seviyan or vermicelli has a huge demand in Kashmiri markets as women prefer Pakistani Seviyan over others even though Indian Seviyan costs 50 percent less.

"Pakistani Seviyan comes in double-pack contrary to the Indian brands that are single packs," says Ashraf Malik, proprietor, Malik and Sons, Lal Chowk, Srinagar.

Kitchenware, as per Malik, is favourite among Kashmiri women. "When I order one packet of a spice of local or Indian brands, I have to order 50 packets from Pakistan at the same time. This is the kind of demand Pakistani products have in Kashmir," says Mir, adding that Pakistan's 'National' and 'Shaan' brands are the most popular ones.

Ask them what makes Pakistani products so special, they are quick to say, "Its quality and taste." "Otherwise there is not much difference between the prices of the products from Pakistan and the ones present in the market," says Raheela Rashid, a student.

Not only food items, Muslims also buy religious products like skull cap, Tasbeeh and Ittar (perfume). Sale of Miswak (teeth cleaning twig) has also skyrocketed. "You can find Karachi-made Miswaks everywhere in the market. They are soft and have better aroma. So everyone prefers them," says Abdul Rashid, who sells Miswak and other herbal products at Hari Singh High Street, Srinagar.

Many prominent names from Pakistan's fashion



A shopkeeper selling Pakistani products at Hari Singh High Street in Srinagar. **ROSHAN AKBER/IUST**

world are on view at Sangarmal shopping complex, displaying men's and women's clothing. Among them are names like Sana Safinaz, Asim Jofa, Gul Ahmed, Junaid-Jamsheed, Keyseria and Urban Culture.

From traditional *salwar kameez* for women to *kurta pajamas* for men, the exhibition is flooded with Pakistani brands that Kashmiris till now had only seen on Television channels or read about in fashion magazines.

Sheikh Feroz, 44, the managing director of the Al-Khuddam Group of Companies and owner of 'Finesse of Tradition' Pakistani designer wear showroom at Sangarmal, says, "I used to buy Pakistani brands for myself in Dubai. Then I thought, 'why can't Kashmiris wear such comfortable and traditional dresses?' Our unique-selling-point (USP) is the high quality of the brands we display."

Feroz was excited to receive a call from Junaid Jamsheed and his team of designers from Pakistan wishing him good luck for the exhibition.

The exhibition affirms that the people-to-people connect between people on both sides of the LoC, which has been boosted by cross-LoC bus services and trade, remains strong.

THE ECHO

Cobblers flock to Kashmir for livelihood

MUHAMMAD RAAFI

The favourable weather conditions in Kashmir have always served the interests of labour class from outside the Valley. Since the mercury outside usually

heat of Rajasthan," he says.

He adds this year his parents and siblings have also accompanied him to Kashmir for the same work. "We are into this business since decades. Kashmir has been a good earning ground for us. In fact, we earn three times more here than what we earn in Rajasthan and



Cobbler, Cobbler, Mend My Shoe: A cobbler from Rajasthan repairing shoes at Lal Chowk in Srinagar. **MUHAMMAD RAAFI/IUST**

touches 45 degree Celsius during summers, labourers from Rajasthan, Bihar, Uttar Pradesh and other states prefer to work in Kashmir.

Every year, thousands of labourers travel to Kashmir in search of livelihood. From masons to carpenters, plumbers to electricians and barbers to painters, the Valley has always given refuge to these labourers.

Recent years have witnessed a surge in the number of cobblers from the neighbouring states travelling to Kashmir to earn livelihood.

Ajay Kumar, a cobbler from Rajasthan, who works in Srinagar, says during summers the temperature in their city surpasses 50 degree Celsius, which is why, "we prefer Kashmir to work in."

"I have been travelling to Kashmir during summers for last three years to earn bread, since it is very difficult to work amid scorching

Delhi," he divulges.

Since the accommodation and other day-to-day expenses are lesser in Kashmir as compared to other states, it also plays a motivating factor for non-state labourers to search for livelihood in Kashmir.

"We make more savings in Kashmir due to low accommodation charges and other expenditures. I earn Rs 500 to 600 a day in Kashmir and make a saving of more than Rs 12,000 per month," opines Tanveer Aalam, a cobbler from Bihar, working in north Kashmir's Sopore town, sarcastically adding that "Kashmir is Dubai for us."

Kashmir is known for its hospitality. This is something that motivates people from the world over to travel to the Valley. Perhaps this is why Kashmir is now the most favourite workplace for many in India.

THE ECHO

ASSETS OF IUST: SCHOOL OF TECHNOLOGY

Where technology meets passion

ZUBAIR AMIN

To remain synced with technological revolution and provide high quality technical education to students of state, Islamic University of Science and Technology (IUST) established 'School of Technology' in 2007.

With a mission to produce well trained engineers and technologists, the School of Technology offers B.Tech courses in Computer Engineering, Civil Engineering, Electrical Engineering, and Electronics and Communication (E&C) Engineering.

"We have an intake capacity of 1,600 students, which makes School of Technology the largest school of the university," divulges Prof KKS Jambwal, Dean School of Technology. He adds that all the departments of the school work in harmony with each other by sharing laboratories, organising workshops, and engaging students in group discussions and various other activities.

Upholding the role of engineering in general and computer engineering in particular, Prof A G Lone, Head of the Computer Engineering department, says, "World is incomplete without computers." "The department is equipped with computer laboratories and holds an impressive placement record. We have an intake capacity of 120 students," says Prof Lone.

Pass out students of the department have been recruited by various reputed companies of India, like HCL, Wipro and many banks, while some teach at engineering colleges.

In his message to the aspiring engineering students, Prof Lone says, "If you are intelligent, go for Computer Science engineering. Then sky is the limit for you."

While highlighting the role of E&C, Romana Yusuf, Head of E&C department, says, "This field has changed the course of our lives by turning world into a global village."

Like department of Computer Engineering, E&C department too was set up in 2007. With an intake capacity of 120 students, the department possesses well developed infrastructure with technical and Internet resources.

Commenting upon the scope of E&C, Prof Romana says, "Our students work as E&C engineers in various companies, like Airtel and Bharat Sanchar Nigam Limited, whereas some have joined Navy and Air Force and others are doing well in academics."

Keeping in view the scope of Civil Engineering in Kashmir, School of Technology set up the

"This field has changed the course of our lives by turning world into a global village"

Civil Engineering department in 2009. In addition to providing quality teaching and laboratory works, the department also organises field visits for students. Later, School of Technology set up Electrical Engineering department with an aim of producing skilled electrical engineers. The first batch of the department is expected to graduate in 2016. While talking to *The Echo*, B.Tech students sounded to be passionate about making a career in engineering. "Engineering is a field full of challenges and excitement," opines Umar Farooq, Civil Engineering student. Majid Mohidin, an Electrical Engineering student, says, he joined engineering field, since it develops necessary skills in a person, which can be applied in any sphere.

HANAIN SIKANDER

At a tender age of five, he received his first prize for painting. It was a huge moment for a child of Kindergarten to receive applause from one and all in his school. This is where from his colourful journey began.

"That was a memorable moment for me. It connected me more with this beautiful art. In fact, that was the day my painting career actually took off," shares Mutahhar Hussain, who is popular for his paintings in Islamic University of Science and Technology (IUST).

"Even though so many years have passed since then, I still have the same love and passion for painting," he adds.

Hussain is pursuing B.Tech Civil

"We have an intake capacity of 1,600 students, which makes School of Technology the largest school of the university"

"Whatever may come to your mind, just draw it. All you need is to play with colours and you will come up with something artistic"

Students working in Computer Engineering Laboratory: KAISER ANDRABI/IUST



CAMPUS TALENT

Boy who makes colours speak

Engineering at IUST. He believes a good painting is one that carries soul. "Whatever may come to your mind, just draw it. All you need is to play with colours and you will come up with something artistic. You don't need any special skills for painting," he opines.

Apart from the subjects he loves to draw, he has drawn numerous paintings for the varsity. For past three years, Hussain, along with some other volunteer students, has been running a talent club in the campus. "We want more people to join it," says Hussain, adding that the university should provide them with resources, so that the club can survive in future as well.

Hussain is an admirer of music as

well. He loves to play instruments like guitar, piano and flute. However, it is painting that allures him more than anything else.

Hussain leaves no chance to express his gratitude to his family, whom, he says, has been a support for him throughout.

"Without their support, it would not have been possible for me to even try my hands on painting. They always provided me with everything I needed," he says.

Hussain believes one should first explore his potential fully and then think of making a career. "Follow your heart and success will follow you."

THE ECHO



Sajid Ali/IUST

Regional Dir IGNOU delivers lecture on Arabic language

There is a dire need to introduce modern ways of learning Arabic language via sophisticated language laboratories. This was stated by Dr Ataur Rehman Anwar, Regional Director of IGNOU, Srinagar, during an extension lecture on 'Use of Technology in Learning Arabic Language'. The lecture was organised by Department of Arabic Language and Literature, Islamic University of Science and Technology (IUST) on May 18.

He said Arabic has become one of the favourite languages throughout the world, hence the use of modern laboratories shall fascinate more people towards it.

Praising IUST's Arabic department, he said it is one of the best places to learn Arabic at post-graduate level. "The department has shown tremendous growth at its initial stage only and is progressing at a good pace," he said.

He further assured HOD Arabic, Prof Abdul Majeed Andrabi about installation of a laboratory for Arabic in IUST and promised to hold a seminar in collaboration with IGNOU later this year.

Meanwhile, Prof Andrabi, said the department has started six-month crash courses in Arabic, which are being pursued by B.Tech, Islamic Studies and MBA students.

IUST organises workshop on Big Data storage

A day-long workshop on 'i4Innovate 2015: Emerging Technology and Value of Global Certifications' was organised by Islamic University of Science and Technology (IUST) in collaboration with Aptech Computer Education, Srinagar on May 19.

Regional Head Academics, Aptech Limited, Adarsh Bhardwaj, said Data Base Management System (DBMS) was a tool for storing data in an organised way. "Today we have got huge data, both structured and un-structured, so it is really helpful in that regard," he said.

Speaking on the occasion, Adrash Mufti Usman from Aptech deliberated on Hadoop, which is an open-source framework that allows to store and process Big Data in a distributed environment across clusters of computers using simple programming models.

The workshop was attended by students of Computer Science and B.Tech departments.



Ummar M Dar/IUST

Arabic deptt. holds Seerat Conference

A one-day Seerat Conference on 'Moral dimension of Prophet's Seerah' was held at Islamic University of Science and Technology (IUST) on June 8.

The conference was organised by department of Arabic Language and Literature in collaboration with Dean Students Welfare, IUST. The speakers deliberated on moral teachings of the holy Prophet Mohammad (peace and blessings be upon him) and stressed that the only way to success is to follow Prophet's *Seerah* (Life).

Vice chancellor, Prof A R Trag, who was chief guest on the occasion, stressed on holding more of conferences, interactive sessions, debates and other activities in the university.

The conference was attended by Register Prof A G Rather, Deans from various faculties, heads of various department and university students.

DJMC conducts 3-day photojournalism workshop

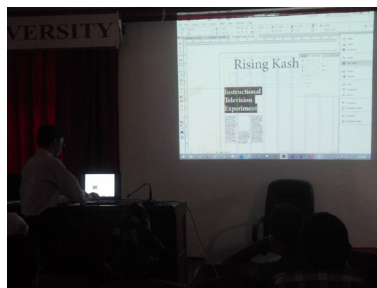
The department of Journalism and Mass Communication (DJMC), IUST, organised a three-day workshop on 'Technicalities of Photojournalism' at university auditorium on June 22-24. The workshop instructor was Showkat Shafi, photo-journalist of *Aljazeera*, while the participants included students of DJMC as well as other departments of the university.

Shafi dealt at length with the need of photojournalism in contemporary times. Interacting with students he said, "Photographic experiments can only be done with basic knowledge."

Students expressed satisfaction with the workshop. "The workshop proved to be quite lucrative for us. Now we can experiment with our cameras to produce better pictures," said Burhan Bashir, a Journalism student.



Mohammad Fahem/IUST



Mohammad Fahem/IUST

DJMC holds spl lecture on layout designing

Senior layout designer, *Rising Kashmir*, Aamir Abbas, delivered a special lecture on 'Newspaper Layout' on June 29. The lecture, held at the auditorium of Islamic University of Science and Technology (IUST), was organised by department of Journalism and Mass Communication (DJMC), IUST.

Addressing students of Journalism and Mass Communication, he said impressive layout completes the news, "and the news with poor layout cannot have its impact on readers."



Journalism students attend 2-day Media Summit

Students of Journalism and Mass Communication, Islamic University of Science and Technology (IUST), attended Srinagar's first Media Summit held at SKICC on July 25-26. The two-day event was organised by Lehar, a non-governmental organisation.

The event provided an opportunity for many noted journalists, writers, civil society members and university students to discuss portrayal of Kashmir by Indian media.

The keynote address was given by noted veteran journalist and author and Kuldeep Nayar. Speaking on the occasion, Nayar said a section of Indian media could lead the country to war with Pakistan. "Media many times don't understand Kashmir and many times don't want to understand it. Media always speaks half truth," he said.

Naeem Akhtar allots Rs 5 lakh to Maths deptt

Minister for Education Naeem Akther allotted Rs five lakh to department of Mathematics, Islamic University of Science and Technology (IUST), for conducting conferences on Mathematics and competitive examinations for 10+2 students.

The Minister was speaking at a day-long conference, 'Igniting Mathematical Potential and Creativity Thought (IMPACT)' held at IUST auditorium on July 10.

The Minister, who was chief guest on occasion, said students with good hold on Mathematics usually excel in the corporate sector. Underlining importance of Mathematics, he said the subject was used in day-today life.

The conference was attended by Vice Chancellor Prof A R Trag, Register Prof A G Rather and Deans of various faculties.



Parray Imtiaz/IUST

Compiled by

SAJID ALI &
UMMAR M DAR

'Sedentary lifestyle major cause of diseases in Kashmir'

*There was a time when work would be synonymous with physical activity. But nowadays technology has literally rendered people inactive. This, however, can lead to various ailments. Noted physician DR NISAR TRALI warns about health hazards of sedentary lifestyle in an interview with The Echo reporter, **IRFAN MALIK**.*

Kashmiris are mostly suffering from ailments like hypertension, diabetes and hyperthyroidism. What could be the reason?

The sedentary lifestyle is the sole reason for it. Earlier, this lifestyle was confined to urban areas, but now the trend has reached rural areas as well. Decades ago, people used to do a lot of manual work, but now because of technology and advanced machinery, there is not much physical activity. Therefore, the obesity is what nowadays many people are suffering from, which leads to hypertension, diabetes and hyperthyroidism.

Is it okay to have Nun Chai (salty tea) on breakfast as Kashmiris usually do?

There is a difference between our breakfast and the breakfast done in the West. People in the West take heavy breakfast and consume a few cups of tea during the whole day. But here in Kashmir, people usually take light breakfast and consume more tea, which is again a problem. Consuming excessive salt, especially during breakfast, may cause gastric cancer, which is widespread in Kashmir. Our body requires only six grams of salt a day, but ironically an average Kashmiri consumes 20-22 grams.

You have mentioned in one of your books titled 'Hypertension' that vegetables can cause hypertension. Could you please explain?

You see, we do not eat vegetables in the form of salad only. We fry or mix it with various recipes, such as chicken, mutton, cheese and so on.



Dr Nisar Trali

This increases the cholesterol content in the blood and can cause hypertension. Moreover, we store vegetables improperly that causes fungus and infection, which is harmful for health. But if the refrigerators and freezers are used for storage then it is fine.

Why are urban women more prone to various diseases than tribal women?

Again, the reason is that tribal women are involved in many physical activities, whereas urban women usually have a sedentary life style. Urban women eat more of junk and readymade food, whereas the tribal women take natural diet. They also eat purely calcium-rich products, like butter, ghee, curd, milk and cheese. Consequently, tribal women remain fit and free from surgeries, especially during pregnancy.

You will hardly find diseases like diabetes, cardiac attacks, hyperthyroidism and hypertension in tribal people.

Kashmiris generally consume excessive mutton, especially in Wazwan. Is it harmful?

Wazwan and eating excessive meat increases calorie and fat content, which increases the cholesterol level by 10 times. This leads to various ailments, particularly high blood pressure, heart attacks and diabetes.

According to a study conducted by Laval University in 1998, which was carried by Live Strong website, pepper and spicy foods can increase metabolism and control weight loss. How far it is correct?

See, there are fake researches on Internet. How can a layman distinguish between fake and genuine content? For instance, there are numerous products advertised online, which many a time are not genuine. Similarly, there are fake research journals on Internet, which provide bogus information. People should consult doctors in every case rather than availing information from such researches.

They say, 'an apple a day keeps doctor away'. How true is that?

That is correct. People should consume fruits regularly. Fruits are good for health. Walnut, for instance, is a remedy to heart attacks. In fact, fruit production should be done on a large scale in Kashmir. But unfortunately, in Kash-

mir fruits are usually being injected, just like chickens are harmonized, which causes ovarian cysts among young females besides other ailments. Such things need to be dealt with stern action.

What preventive measures can be taken to do away with various ailments?

Physical activity is necessary. Outside Kashmir, you can often see professors and other professionals traveling on bicycles. Cycling is a good exercise for health. But our culture is so rigid that even for buying a packet of milk from the nearest shop we take our cars. Therefore, obesity is obvious. People should eat one-third of food for survival, not to fill entire stomach.

Regarding the dietary habits, *Nun Chai* must be replaced by sugar tea. Hypertensive, diabetic and obese patients should consume mere four grams of salt as other eatables have already a rich salt content.

Junk food must be replaced by natural diet. For instance, in Pakistan-administered Kashmir, men and women of 100 to 120 years of age have no cancer like diseases. It is because of the natural diet. On the other hand, cancer is common among aged people in Kashmir.

Then food adulteration is common in the products available in the market. Therefore the homemade recipes should be prepared, such as pickle, ice creams, chips and bakery.

Smoking must be quit as 33 percent cancer is caused due to smoking. Moreover, the use of medicines must be minimised, as medicines always have certain side-effects. **THE ECHO**

» SUGGESTION BOX

- ⚙ The university should appoint more people on permanent basis, as frequent change of teachers affects the students ultimately. Our teachers are well acquainted with our potential and weaknesses, so it is beneficial for us if we have them around all through our course.

Sheikh Junaid Anjum, B.tech student
- ⚙ Girls' hostel should be shifted to IUST campus, as it would save a lot of our study time.

Darakshan, B.tech Electronics & Communication student
- ⚙ Newspaper archives should be maintained by the library, as media students frequently need them for research purpose.

Hanain Sikander, Journalism and Mass Communication student
- ⚙ Our university library contains rich collection of books in various subjects that are quite useful to students. There is a need to order the latest editions.

MBA students
- ⚙ Our department and classrooms should be shifted to one of the newly constructed buildings in the varsity.

Journalism and Mass Communication students

As told to Uzrat Nizam


Burning Childhood For Earning Bread

Even as various stringent laws against child labour are in place in the state, the number of children working as labourers is increasing in Anantnag district. This socio-economic problem, which is an offshoot of poverty and illiteracy, is widespread in handicrafts sector, automobile workshops, brick kilns, hotels and restaurants, while many children work as domestic servants. While there is no social security system for child labourers in Kashmir, government too does not take any punitive action to prevent the menace. **PHOTOS: AAMIR ALI**




 To earn his livelihood, a boy sells pineapples at Lal Chowk, Anantnag.




 A child selling chamois cloth at a filling station at Khanabal




 13-year-old boy of Daksum looks after his flock of sheep.



 A child sells flutes at Mehandi Kadal.




 A boy cutting wood at Krangsoo.




 A boy selling crisp spheres to make both ends meet at Lal Chowk.



 A boy working in a brick manufacturing plant at Dialgam.



 Children carrying cobbles to a nearby construction site at Vailoo

The Echo

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The opinions expressed in the write ups are those of the authors and do not necessarily reflect the policy of the department of Journalism and Mass Communication.