

The

A MONTHLY LITERARY E-MAGAZINE

Literary Mirror

A Venture of LITERIA Insight

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Bookshelf

BOOKS OF THE MONTH





YOU ONLY LIVE ONCE

Stuti Changle

What if you ran away from your life today?
Twenty years later, three people are looking for you.
One is dying to meet you again.
The other wishes you had never met them.
The third wishes they could have met you at least once.
You are one person. Aren't you? But you are not the same person to each of them.

Find the answers about your own life in this story about searching for love and discovering yourself. Join a broken but rising YouTube star Alara, a struggling but hopeful stand-up comedian Aarav, and a zany but zen beach shack owner Ricky. Together, take the journey to seek the truth behind the famous singer Elisha's disappearance somewhere by the deep sea in Goa.

Will you be able to find Elisha? Or will you end up finding yourself?

Available on   



From the **EDITOR'S DESK**

Ever since the global pandemic had hit; we had witnessed a paradigm shift in the literature also. Indeed! It has affected millions of lives all over the world and had left a never-ending scar on our thought-process but do we really need to divert our attention to the negativity surrounding it? It has become almost a common sight amongst the authors to find either stories, poems and novels either focused or inspired from COVID. Is our literary legacy so much volatile that a global pandemic has shifted the attentions of creative genius from creating meaningful content to writing just about a global pandemic? Undoubtedly; our literary legacy is far more rich and vivid than to wither away from such petty storms. The Literary Mirror presents its July Edition with an path to bring quality works in this turbulent time.

Nitish Raj
Editor-in-Chief
The Literary Mirror

The
Literary Mirror
A Venture of LITERIA INSIGHT

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FEATURED



MEET THE POET AND WRITER

Isha Sharma

Hailing from Rampur (U.P); **Isha Sharma** is not just a name but a soul engrafted with the gift of words. Born on 3rd November '94, the girl is a bilingual writer/poet/editor. She had been a part of 15+ anthologies, e-magazines and print magazines. The author was also awarded by YUVA PRATIBHA SAMMAN in 2015 by a literary organization in Noida. She has recited poems in various literary events. For her, writing is her passion without which she can't survive. She mostly writes in romance, patriotic, and women empowerment genres. She had been in writing since the author was in standard 6th.

Apart from writing, she is insane about dance. She has done 10+ live poetry/shortstory sessions on various literary e-platforms till date (in lockdown times). You can read few short stories of her on 'Pratilipi' app. She is a writer on yourquote and a firm believer of Sai. She is a homemaker, a blessed mother of one. Her strong supporters are her parents (including in-laws) and better half who always motivates her to write and grow. Her Facebook page: 'Dil ka Aina'. Her quotes:

'Writers are born to create magic.'

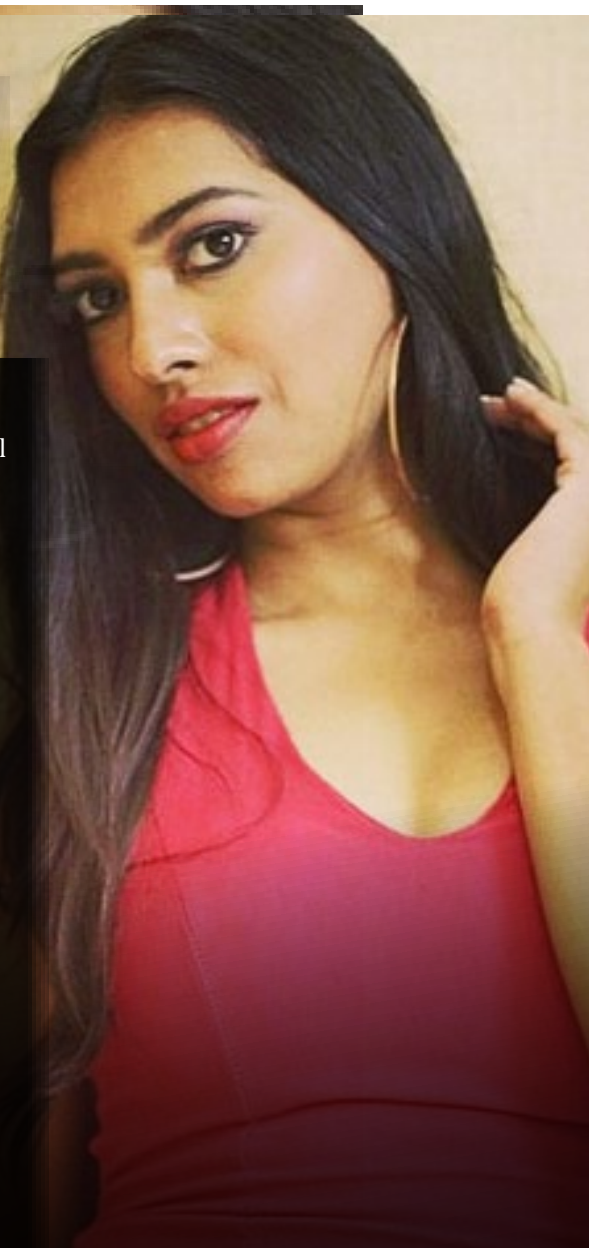
'While you were busy in clicking pics with the stars; I was busy in being the one.'



Isha Sharma
Writer, Poet

STRUGGLING TALENTS

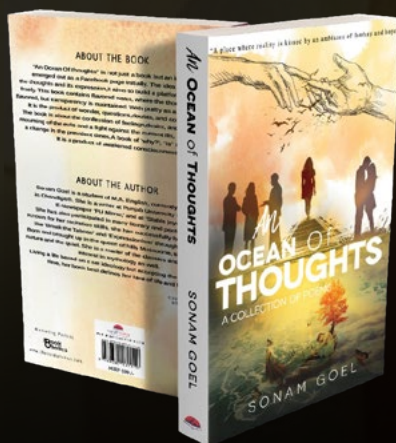
SONAM GOEL



shows. Building beautiful moments for people around her on their special occasions.

She strongly believes in the quote

"If you want a change, be the change!"



Sonam Goe is a lover of literature, she is a post Graduate that holds a degree of MA English. Being a creative head from childhood, she has published many of her poems in school magazine, she is a former writer at pu mirror a pan india E-newspaper of Panjab university, and Stable joys A healthcare website. She is an author of the book An Ocean of thoughts, a book of expression, speaking of life, love, lost and found theme.



A People's person and an entertainer as she is, she has worked as a free lance anchor, hosting local and outstation events like Corporates, Weddings, Birthdays and Fashion

she aspires to be the change that clearly reflects in her personality, she is the founder of An Ocean Of thoughts, An Ocean of thoughts is not just a platform for the budding artists, but also it is a platform that inhales air of freedom, a platform that believe in expression and not suppression. Through An Ocean of thoughts, she has organised various thought provoking events like break the taboos, expressionism, izhar-e-gum, shadi ka manchnama astitva and many more. Next on her list is The Survivor's show, that will be held soon...

She loves to explore herself, she has pocketed some experience in songs,

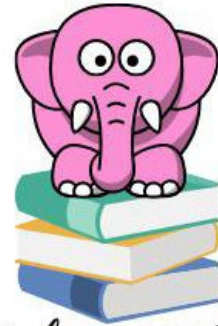
short films and photoshoots as well, recently she represented a jewellery brand Which was published in Dainik Bhaskar's City Life.

Her journey has been no less then that stream that passes, through many places before merging with the sea. She started off as an article writer and an open mic performer, exploring herself, she moved towards dancing, and later on modelling as well, and then she explored her talent as an anchor. Indeed she is an inspiration for a lots of people. Currently she is working as an Anchor and Content Writer at Tricity Property Guru. Spreading the branches of her creativity further.

FEATURED

PACHYDERM TALES

- A LITERARY CONSULTANCY



Pachyderm Tales



Pachyderm Tales is an established enterprise for literary consultancy founded by **Dr. Lakshmi Priya** in the pandemic year of 2020. For such a young company, the milestones it has achieved, and the reach it has had on young writers is astounding, to say the least!

They've covered projects with writers from Asia, Africa and all the way to the European country of The Netherlands. *Pachyderm Tales* has successfully launched several incredible programmes, partnered with remarkable associates, conducted several creative writing workshops, and helped publish more than a hundred books within the short span of a year, with writers from across the globe.

What *Pachyderm Tales* hopes to stand for, is a creative space & a home, for young and aspiring writers. Every writer's dream is to see their work on a bookshelf one day. This dream is promising, but also a mirage for many. Without proper guidance, a writer's pen, can go from feeling like a magic quill to a strenuous burden. Dr. Lakshmi Priya (The Founder), being a well established author herself, has gone through this burdensome phase. Through *Pachyderm Tales*, she hopes of making this dream easily achievable, and enjoyable for young writers.

The Jumbo clan, a strong team of innovative minds work behind the enterprise, to bring something new to

the table every single time. While Dr. Lakshmi Priya concentrates on English and other regional languages, the other Director of *Pachyderm Tales* Ms. V. Uma focusses on the Tamil language and its projects. Writers are greeted with grand and refreshing new opportunities around every corner that they hardly ever run out of the creative ink! The Jumbo team are ever on their feet, to keep writers busy at their desks.

Pachyderm Tales helps writers discover and rediscover the joys of writing, without letting the burden of the publishing world drain them of their passion. It provides a credible platform, where every crumpled idea, at the corner of every writing desk, is given a chance to blossom into a masterpiece!

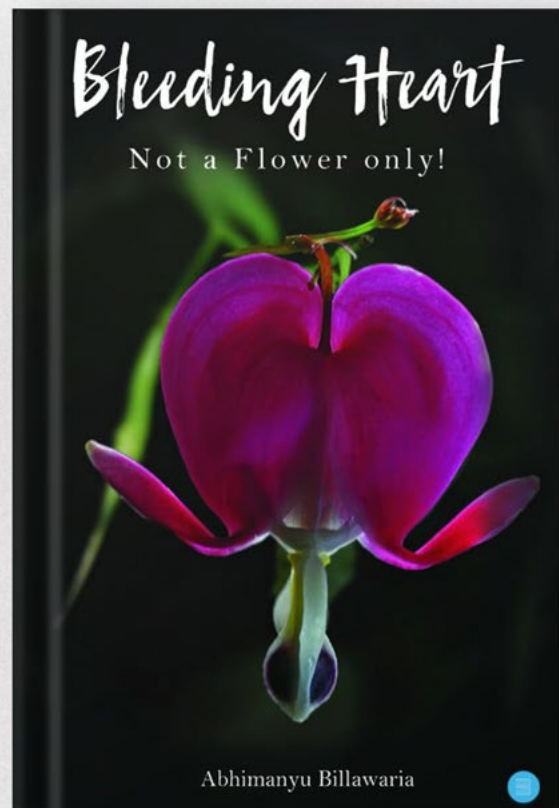
Pachyderm Tales now works on spreading its roots in many other countries, organising new collaborations. Oman will be one of its first ventures in the Persian Gulf. *Pachyderm Tales* will be introducing its 1000k challenge, which provides publishing opportunities to students under the age of 18, to schools and colleges in Oman and other Gulf provinces through its partner in Oman, Ms. Divya Hariharan. *Pachyderm Tales* promises to its writers that other such exciting projects are in the offing.

FEATURED

Bleeding Heart

Abhimanyu Billawaria

Barge in solitary nights,
with luster lack eyes,
singing blues in soliloquy,
engulf rhymes of revelry
into its swampy arms”



Cover Story-

Jyoti Jha

An HR-turned-Author, Jyoti Jha is a Creative Writer, Literary Critic, and Columnist with a demonstrated history of working with the corporates like Whirlpool, Infosys, Syngenta, and Pronto Networks.

A graduate in Microbiology and an MBA by qualification, she has had extensive exposure to Training and Development and Recruitment during her corporate experience. She worked on projects like Initiating a system with respect to Training and Development for ISO Documentation at Whirlpool of India Limited, Identification and Analysis of Training needs at Syngenta India Limited, HR Sourcing, and contribution in the effective management and deployment of available human resources at Pronto Networks. She actively participated in devising Induction Program, Training Evalua-

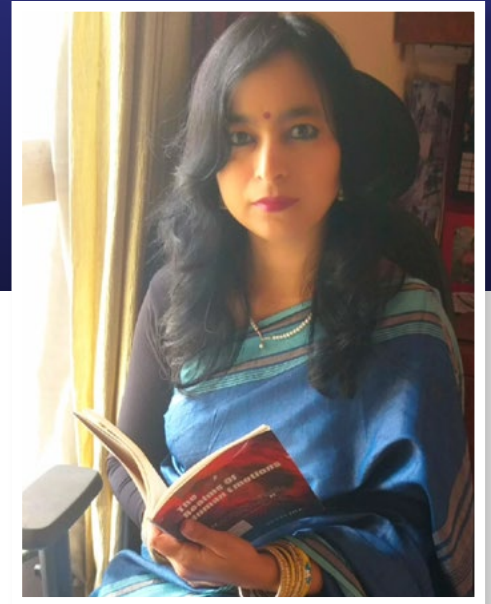
tion Techniques, and Training Policy at Indscape Softech Pvt Ltd (Pronto Networks). As a part of the recruitment program in Pronto Networks, she also participated in Campus Interviews at IIT-Bangalore and COEP Pune.

While working with Infosys, she was a part of the significant InStep program run under the guidance of Mr. Narayana Murthy where she participated in the recruitment cycle of Interns for the program.

Having worked in the HR domain in the past, she made a conscious choice of taking a break from her career and traveling places with her family while she cherished raising her child. During her stay in the USA and the UK for about a decade, she engrossed herself in reading numerous books, both at home and in the quiet libraries.

Right from her childhood, Jyoti imagined herself encapsulated in a space, drowned in her sea of ponders with a deep-seated longing to see her name on one of the books someday. Years passed and the longing took a back seat, while she explored the possibilities that life offered her.

A chance sighting of the Write India contest in the newspaper while she was settling back in the comfortable familiarity of the home country India, tingled the deep-rooted yearning of penning down her imagination. The contest not only provided the platform to explore the vast world of writing, but the winning trophy of 'TOI Write India Season 3 Winner' for the author Upamanyu Chatterjee gave winds beneath her wings to confidently take a plunge into the deeply-desired and

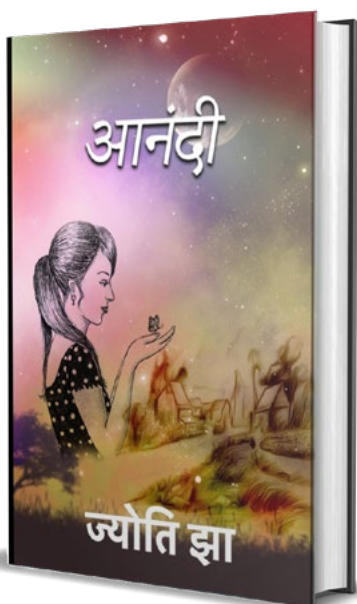


long-cherished sphere of expressing through words.

While reading was enriching, she realized, writing makes her feel liberated. Her passion for expressing through words, her observational nature, and intensive listening skills, motivated her to embark on her way towards a second inning into the field of writing. As a Creative Writer, she has written reviews for movies, books, personal blogs, articles, columns, and critiques. Many of her posts like 'Recycling- A contemporary scope of eco-architecture,' 'Indian Startups- All doom and Gloom' have been featured and published.

Featured among 'Ten Indian Authors redefining Modern Literature' by Kathmandu Tribune, her book 'Around The World Through My Lens' is listed as 'One of the Indian masterpieces not to be missed' by the prestigious media house The Statesman.

Her debut Short Story Collection 'The Realms of Human Emotions' has been a masterpiece and a Bestseller. Having sold off the first print within the ten days of its release, the book has received appreciation from both readers and prominent media houses like



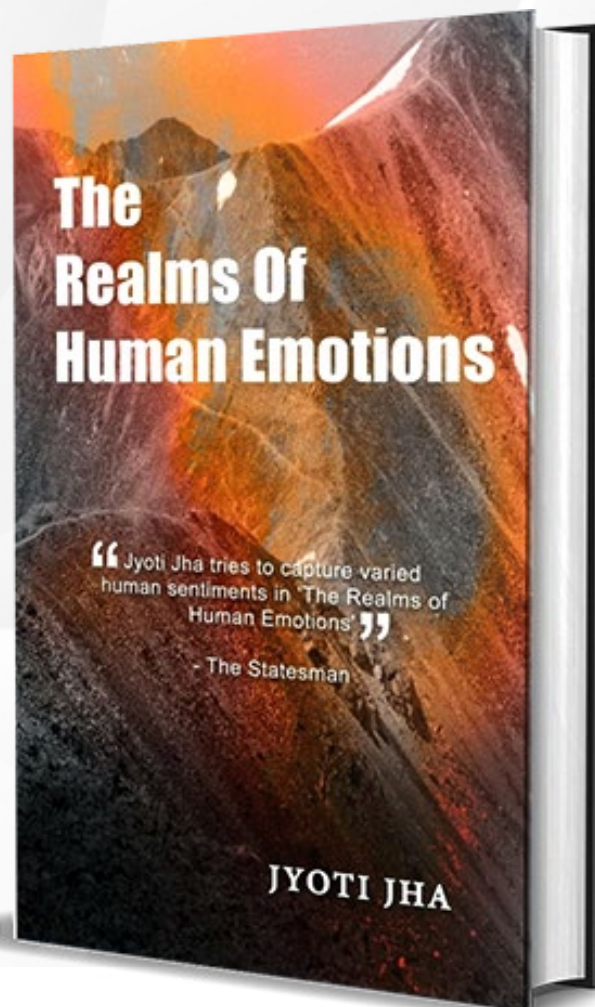
COVER STORY

Times of India and The Free Press Journal. The book was digitally launched at the prestigious platform of IIT Delhi.

Hailing from a small town in Bihar, Jyoti has ingrained the essence of women empowerment, the significance of self-reliance, and the importance of education right from her early days. Reared with the value of strong willpower, and the power of resilience which helped her restart the second inning of her career, Jyoti has managed to define her existence and fulfil her dreams. She has been a proud contributing author and winner of a unique anthology 'The Woman That I Am', where her article has been highly appreciated, and through which she presents the plight of women at every stage and in all walks of life.

Her upcoming masterpiece depicts the essence of women empowerment through an emotional journey of a girl. The book was Pre-Launched at the prestigious IIT Jammu.

A globe-trotter, and an avid reader, she likes tussling with words and engrossing herself in tranquil moments of contemplations on literature, and translating them into meaningful and effective expressions. She shares her musings at her website My Views and Reviews. Ingrained with a literature-oriented upbringing, she aspires to thrive in the literary world and contribute to society through her continued expedition and endeavours.



The Therapist

-Harshika Pareek



After dodging my sessions for almost two months, I started seeing my therapist once again. The way she conducted her sessions and spoke to me, made me feel that she genuinely wanted me to get better. But then, it was still difficult for me to trust her.

Therapist: So how are you feeling today?

Me: I am fine.

Therapist: Define 'fine' for me.

Me: Better than last week. I can block her out of my head now.

Therapist: So, are you still struggling with your thoughts?

Me: No, not exactly. Or maybe. But I am fine.

Therapist: So, tell me how did you block her out of your thoughts?

Me: As you had suggested, I have started creating boundaries.

Therapist: That is good. How did you do that?

Me: I have started giving importance to myself. I don't want to get hurt anymore.

Therapist: That's progress! Don't you agree?

Me: Yeah, I do. She texted me last night, but I haven't replied to her yet.

Therapist: How did that make you feel?

Me: Good! Makes me feel that I am in control.

Therapist: I am glad that you are making progress.

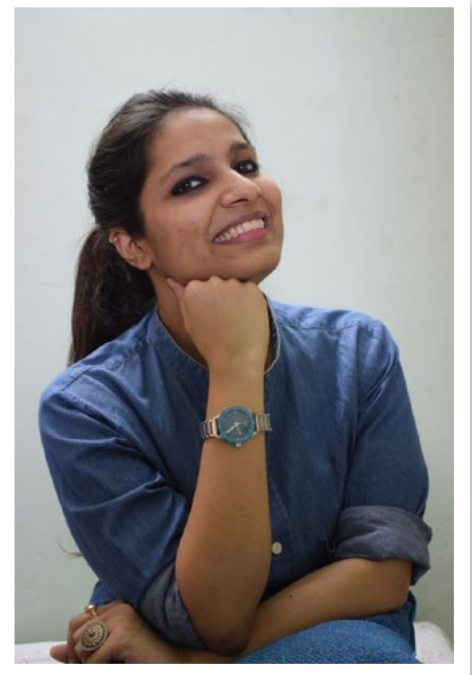
I was fooling my therapist. I made her believe that I was making a progress, but honestly, I wasn't making any improvement. I was in a lot of pain, and in my opinion, no one actually cared. She is a woman too and all women are the same! They use clever tactics to make you pour out your mind and thoughts to them. And once you tell them everything, they leave you without even saying 'goodbye'.

My girlfriend had done the same to me when I had shared with her everything about my life, my concerns, and my pain. But what did she do in the end? She just left me.

I had lied to my therapist about my girlfriend texting me last night. She has hardly contacted me since last summer. On the contrary, it was me who had texted her last night, and to which, she hasn't replied yet. How can she do that to me? Doesn't she miss the time we had spent together? It's immensely painful to even think about her, but I go through that agony every single

moment of every single day.

I had started seeing my therapist because she reminded me of my girlfriend. Initially, I thought that telling her my story will help ease my pain. However, when I enter that room, I see my girlfriend's reflection in my therapist, and that in turn, excruciates my pain. And that is the reason why I had stopped attending my sessions. But something changed last week, and which compelled me to resume my therapy.



Harshika Pareek
Author

F ICTION

Now I find myself in a loop. Sometimes I think of dropping my sessions as it scares me to the core and makes me relive that pain again and again. Love is painful! Love is slowly taking my life away. Recently I have started to think that these intense feelings of pain will kill me.

Therapist: You look a bit pale today. So, tell me, did you have any negative thoughts since last week?

Me: None at all. I died last week. The moment I uttered those words, I saw her expressions change. But then, she remained calm and continued her questions.

Therapist: What do you mean by that?

Me: I mean 'I am dead'.

Therapist: Is this a joke?

Me: Why will I joke about my death?

Therapist: You are sitting right in front of me.

Me: But I am not alive.

Therapist: How do you feel?

Me: I feel nothing. I feel numb, I can hardly feel my body, and I feel as if I don't even have a soul. That's why I said that I am dead.

Therapist: And since when did you start feeling that.

Me: I think this feeling has been there with me forever. I have already been dead for a long while.

Suddenly, she stood up from her chair as if she hardly believed my words, and she walked up to the door. She started screaming, "I think we have a patient of Cotard's Syndrome".

"Oh, we need to increase her dose. Her hallucinations are back!", a very bleak voice spoke from outside the room.

- **Dr. Harshika Pareek**



INTERVIEW

There is a lot of conversation on social media during live games of any sport says eminent author

ISHAN KAMDAR



Ishan Kamdar
Author

In an Exclusive Interview with The Literary Mirror, the noted author Ishan Kamdar talks about the various aspects of cricket and sports fiction.

Q.1 How do you view the game changing for its viewers and would it be permanent?

Ans.: The cricket viewing experience has already changed and modernised. Both in the format of the game: shorter and sharper – Tests ... ODI ... T20 ... now T10, but also in the viewing experience. The TV screen is surrounded by statistics, ball by ball updates, adverts and other enticements to attract attention and improve the experience. If we then take into account the impact social media has had before, during and after the game a whole new dimension is added to the experience. For sure it is permanent, but it needs to be managed carefully to avoid getting out of control.

Q.2 Your book brings the live action on field into a book. A very different kind of writing cricket fiction. Were you taking a big risk by not following the usual path of cricket fiction written?

Ans. Normal cricket fiction doesn't really exist. There are stories around the game but rarely of the match itself. Lagaan of course as a film is a big exception – this was fiction around the game and on the game. Most of the other stories are around the cricket. Meaning that the characters are cricketer, or they went to a cricket match etc. The most popular cricket books though are the biographies of the famous players. Yes, it was taking a risk but I wanted to tell the story of the match, but in a way that I could also experience the live action and enjoy it myself. Hopefully a risk worth taking.

Q.3 What were the reasons to introduce a female player in an all-men's team?

Ans.: This is the future and at the moment it is called a "men's team" but probably won't be for long. I introduced this character to show the opportunity there is in cricket, unlike many other sports. In the "skill" positions in cricket brute strength are not needed, and so there is no natural advantage for a man over a woman. A spinner position is exactly this: if a woman has the best technique, control and effectiveness then she should be in the team. The best players should be selected if you want to win. Hope-

fully this will show to the audience that there is no glass ceiling and may also encourage more young girls to get into the game.

Q.4 You have introduced something called Pigeon Cricket. Tell us more about it?

Ans.: Pigeon Cricket is my social media personality. Pigeons are very common at cricket pitches in the UK, and always get in the way. I use pigeons in my story as characters to disturb the action and change the game play. Cricket is a bit random sometimes and I wanted to bring this aspect into the match while writing. Sometime something can happen with the ball, the pitch, the players that is very strange and probably couldn't be repeated, but it significantly changes the game and maybe the result. My Pigeon Cricket is like the Butterfly Effect – a small flap of the wings on one side of the ground



INTERVIEW

can have a big swing on the ball and perhaps take an unexpected wicket.

Q.5 Your book runs into pages of live commentary and right in the beginning you let readers know that this book is for those who understand the game. Wasn't it a limiting move?

Ans.: It's a cricket story – for cricket fans. Certainly, it is not for everyone and I wanted to make that clear at the front. Very much like Hindi books are not for me – wouldn't understand a word! It is a limiting move in terms of total audience, but cricket is a global sport with many fans, especially in India. England vs India still has a big appeal and so hopefully if you do like cricket then you will understand the story, and you will like the way it is written.

Q.6 There are parts in the book which use social media to have the viewers discuss the game in the changed scenario. Do you see that becoming a permanent reality? How will it bring the excitement of being in a stadium watching it live?

For sure this is already happening. There is a lot of conversation on social media during live games of any sport. Everyone wants to have their say. Either positive or negative, supportive or not. They want to talk to their friends about what is happening on TV or in the action. In terms of "Inside the stadium", I think this will happen more and more. Fans around the ground also want to interact with each other about what is happening, posting, commenting and engaging in the debate. Also, in cricket the action is very "stop-start" and so there is a lot of time between balls, between overs, between innings

to be on social media, and you won't miss any live action.

Q.7 Any short section of the book that you like in particular? Please share the extract here.

Ans.: I can't share my favourite section of the book, which is the shipping forecast, as it will potentially give away some of the action of the story. But this was a key experiment for me and really representative of my cricket watching experience. In the UK the radio commentary often gets broken up by the shipping forecast on the

main BBC radio channel, and you miss what is happening. I have used some artistic license to embellish it for the novel, but it gets in the way and as you can imagine the twitter fans get very angry. But they have the fans in the stadium who are not affected by it to still get some of the action to them. That was a big risk of mine, and only the readers will let me know if the trial has worked.



Teenage Romance- How Genuine is it?



Jyoti Jha, Columnist

An HR-turned-Author having associated with corporates like Infosys and Whirlpool, **Jyoti Jha** pursued her passion of writing after almost a decade of globe-trotting and residing in UK and USA. A Literary Critic and an esteemed winner of 'The Times of India Write India Season 3', she has authored the books, 'The Realms of Human Emotions' and 'Around The World Through My Lens'.

That feeling of aliveness and completeness which is innocently exchanged between two hearts, those belly butterflies, and heart-stopping sensations that emanate a constant and blissfully addictive feeling of 'being in love'! It is often believed that love is not an age-specific sentiment. Then why is it also assumed that teenage love is merely an infatuation and not true love?

Amidst the constant debate and adhering stigma surrounding teen love, Teenage Romance is usually set aside as puppy love. The naïve mess that the teenagers are usually believed to be in, is it safely assumed that there is a prevalent dictum confirming the falsity of love in a teenager? And if yes, then why so?

The marriage age in our society has been on a rise since past generations, and although this does not prove that teenage love cannot be real, but this doesn't dismiss the possibility either.

Despite the positive impact that a romantic relationship can have on young people's lives, it has often not been appreciated and not been given due attention traditionally. That feeling of being in love and relationship, makes the teenagers develop strong emotions, affects their ongoing development, and impacts their future relationships. However, teenage love tends to be shorter in duration with usually less intimacy, attachment, and commitment in the practicality of world. Adolescent romantic relationships are often short-lived and seemingly unstable, failing to generate the seriousness and attention that it requires.

With a few exceptions that arise solely due to how an individual is, whether he/she is willing to transform that feeling of being in love into true love and align the surrounding circumstances accordingly, teenage romances usually tend to sway away and die a slow death of distraction,

immaturity, and irrationality.

First and foremost, there has to be a distinctive difference between love and lust. Teenage romance mostly lingers between infatuation, lust, identity crush, and romantic crush. Despite the energy and excitement, there may be mere physical attraction, surface-level feeling, idolizing and admiring someone, and the beginning of romantic feeling where a person



imagines the partner to be perfect. Such scenarios are destined to not last long. To go the long haul, true love demands maturity to traverse beyond the feeling of love and preparedness to go through the test of time and tide.

Whether teenage love can last long, appears to be both simple and complex at the same time. Teenage love has some specific challenges which mostly do not apply to adult relationships. At a tender stage of adolescence, the mindset is completely different. Teenagers are still in the process of self-discovery, finding a path for themselves, building their career and life. In this phase, it is usually difficult to maintain a healthy relationship that is compatible throughout the discovery and development process. It is rare that at this stage, two people can maintain that maturity and patience of finding balance and mutually growing and discovering themselves together. Even if they do so, there may be strong negative feelings of jealousy, anger,

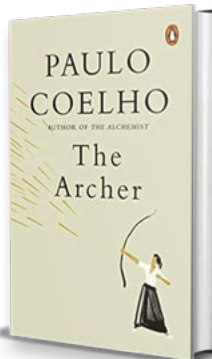
resentment, etc.

Unlike adults who are in relatively stable conditions and statuses, teenagers have constantly changing circumstances in their lives. And hence, many a time, they have to just let go of their commitments and relationships to move on to their next phases in life. Breakups are difficult, and for teenagers, there is a more intense emotional response, still, there are various reasons for teenage love to fail along the way. Sometimes, even if the feelings would have been real, they simply have to let it go because the two people do not find the same interests and goals in life, and they may not be ready to stick it together.

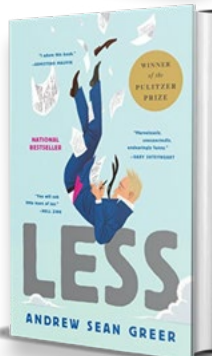




BOOKS OF THE MONTH



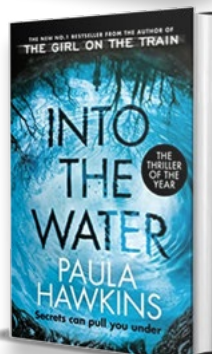
Book: The Archer
Author: Paulo Coelho
Publisher: Penguin Viking (16 November 2020)
Price: INR 165
Pages: 160 pages
Pages: Language: English



Book: Less
Author: Andrew Sean Greer
Publisher: Abacus; 1st edition (21 April 2018)
Price: INR 302
Pages: 273 pages
Language: English



Book: The Book Thief
Author: Markus Zusak
Publisher: Random House; 10th Anniversary edition (30 September 2016)
Price: INR 245
Pages: 624 pages
Language: English



Book: Into the Water
Author: Paula Hawkins
Publisher: Black Swan (31 May 2018)
Price: INR 276
Pages: 448 pages
Language: English



Jammu *and Kashmir*



Credit : Google

Jammu and Kashmir is a region administered by India as a union territory and consists of the southern portion of the larger Kashmir region, which has been the subject of a dispute between India and Pakistan since 1947, and between India and China since 1962. The region of Jammu and Kashmir is separated by the Line of Control from the Pakistani-administered territories of Azad Kashmir and Gilgit-Baltistan in the west and north, respectively. It lies to the north of the Indian states of Himachal Pradesh and Punjab and to the west of Ladakh, which is also subject to the dispute as a part of Kashmir, and administered by India as a union territory.

Tourism

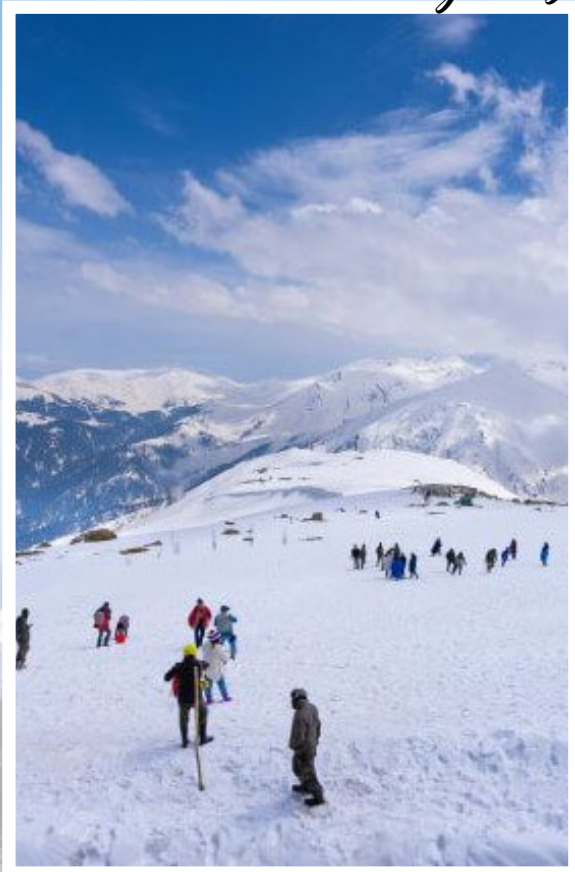
Jammu - Kashmir

Credit : Google

Jammu and Kashmir is home to several valleys such as the Kashmir Valley, Chenab Valley, Sindh Valley and Lidder Valley. Some major tourist attractions in Jammu and Kashmir are Srinagar, the Mughal Gardens, Gulmarg, Pahalgam, Patnitop and Jammu. Every year, thousands of Hindu pilgrims visit holy shrines of Vaishno Devi and Amarnath which has had significant impact on the state's economy.

The Kashmir valley is one of the top tourist destinations of India. Gulmarg, one of the most popular ski resort destinations in India, is also home to the world's highest green golf course. The decrease in violence in the state has boosted the state's economy, specifically tourism.

Gulmarg



Yusmarg



Chenab Valley



ARTS & CRAFTS

(Jammu-Kashmir)

Credit : Google

There's a wide variety of arts & crafts to be seen in Jammu & Kashmir. Kashmir's Srinagar, Ganderbal, and Budgam districts are the prime contributors in the state's handicraft skills that include:

Weaving Crewel Embroidery Wood Crafting, and Carving Silverware work Papier-Mache Phool Kari



FOLK DANCES OF KASHMIR



Credit : Google

The rich heritage of Kashmir includes famous dances that are presented on all the major functions and weddings in the state and also there are some special dances presented on functions like birthdays, crop harvesting etc. Jammu and Kashmir dance forms are not only limited to the state but they attract the eye of all the people from all over the country. These traditional dances now form an integral part of the rich culture of the state.

Kud Dance



One of the famous dance forms of the state is Kud dance. It is performed to honor the gods 'Lok Devtas' as a thanks giving ritual and is mostly done in nights. This form has lots of inter-

esting and twisted movements. Unlike other dance forms in Kud dance young people as well old people participate equally that makes it more interesting. Rhythm and Beats of the music dominate in this form of dance forms and dancers plan their movement accordingly. Some special Musical instruments are used in dance like Chhaina, Drums, Narsingha and flute. Spontaneity is another key Feature that is found mostly in all the folk dances. This kind of dance is generally performed in centre of mountains in and around Jammu and is mostly performed during rainy season. The reason behind this is the farmers and villagers who work as farmers want to oblige god the local deity 'Gramdevta' for protecting their cattle's, maize crops, children's and family from all sorts of natural calamities. The local farmers perform this dance generally and people join from nearby villages in the celebrations. Everyone is in their best attire and dance through the night and celebrate in a festive spirit. In typical Kud dance, dancers are in 20 to 30 numbers which is performed by famers to thank god and is generally continued till late hours in night. Jammu state has always been

known for its rich culture which is clearly reflected in the various dances forms performed during different functions and ceremonies.

Dumhal Dance



Of all the dance forms the most famous Dance forms practiced in Kashmir is 'Dumhal'. Dancers performing this dance are dressed up wearing vibrant colored robes and conical caps which are generally studded with beads and look really beautiful. Not every man can perform this dance but only males of Wattal can perform this dance and that too during special occasion. This dance is very different from all the dances performed which is performed on set locations and the set occasions..There is a special ritual manner in which dancers have

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to dance and a banner is dig into the ground and dance generally takes off with group of men dancing around this banner. Dancers sing in a melodious voice in chorus and they are joined by drum beats in between.

Rouf Dance



Another famous traditional dance form is Rouf which is found in Kashmir region. This dance form is practiced on festive occasions like Eid and Ramzan days are going. It is performed by group of women standing face to face to each other but the most notable feature of this dance form is the footwork of the dancers. One of the most known dance form in all the regions of Jammu and Kashmir is 'Rouf; which is generally pronounced as 'ruf' in villages and as 'row' in cities. It is a dance performed on set of spring season and has always been an integral part of kashmiri people since a very long time.

Bhand Pather



It is a form of Theatre dance performed in Kashmir. This dance form does not only include dance but also include plays between dances that captivates the audience. It shows the normal lives, traditions and evils prevailing in the society.

Bachha Nagma



This yet another dance form is generally performed at cultural gatherings or special functions like weddings and is only and only performed by boys. Even man can perform this dance but have to be dressed as boys. It consists of six to seven members maximum and there is no external singer one of the dancers is the lead singer among the dancers that sings in a melodious voice and other members joins him in chorus, this creates a very soothing effect as most of the singers are young in age. The dresses worn by dancers somewhat resemble to those worn by Kathak dancers. In some parts this dance form is also known by the name 'Bachha Gyavaun' that means young harmonious voice.

Hafiza Dance



It is a dance that is performed at weddings and is a form of Kashmiri traditional dance. There is a special instrument used in this dance known as Santoor that contains almost hundred strings and is played with the help of sticks.

Bhand Jashan

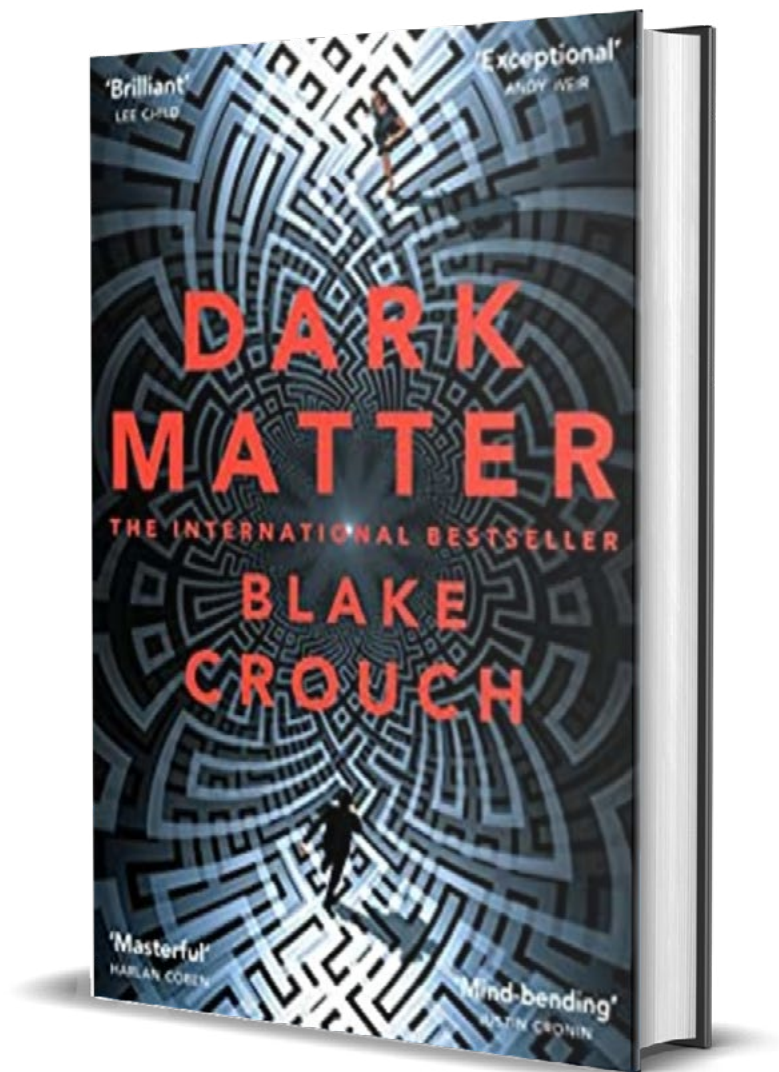


Bhand Jashan is a very soothing dance with very light music and performed in traditional style by ten to fifteen dancers.

Wuegi-Nachun

This dance form is generally performed after all the rituals of wedding when the bride is about to leave her parental home. Kashmiri Pundit females gather around bridal rangoli and dances.





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