

Poetry section

Life of a woman

By- Dr Nunglekam Premi Devi  
Independent Scholar

She seems happy to be a woman;  
Yes! She's happy that she's a lady;  
Seems she hadn't realized much what she's to be;  
She seems growing up lavishing with time and moods;  
Showering million smiles and spending softer;  
She's verbally and she's lively spreading;  
She's pouring within and she's all cat walking;  
How highly and how lowering she knows all;  
Seems she's a masterpiece;  
And she's an idol; she's an angel either;  
She's a blaster; she's an engager;  
She roams around in and out the corridor,  
She works in and out homely;  
She squats up and down, sweeping and wiping,  
She's all secure and she's all wholly.

Oh! Yes she's busy beholder,  
She holds every move through open eye;  
She shouts and she yells to all bravely;  
Seems she's evil, when she closes angrily;  
She feeds bloody heaven and cooks sacrificing for souls;  
She weaves courageously and sells without delay;  
She sits and sits waiting them back home;  
Ah! What a soul she possesses!  
Ah! what a physique she's carrying!  
Seems she cries heartily when they fail her;  
Seems she miss them when they're late left alone;  
She runs and she dares to beg for love;  
She's half eaten still fulfilling;  
Her strength, she grosses all protecting them;  
Tough her and touch her not;  
Blame her and blame her not;  
She's the beginner, she's all the life.

She serves lovingly and she suffers enough;  
She tangle and twists carefully;  
She's too daring and she's contented;  
She bakes for love and she cuddle for her comfort;  
Ah! What an essence she woos,  
Seems she bows and she hugs living;  
She follows her shadow tire and stressful;  
She dances all through demanding lively;  
Help her and help her not?  
Oh! The better equality,  
Love her more and love her not?  
Consider her faulty and consider her not?  
Give her life ease and give her not?  
She gives existence and she reduces selfness;  
She's a life history, she's a situation;  
She's a memoir of many, she's a cosmos.

WHENEVER YOU SEE CONSTRUCTION  
AND MINING EQUIPMENTS, JUST THINK OF US



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National and International News

SC dismisses plea seeking relief for traffic policemen

**PTI**  
**New Delhi, Nov 26:** The Supreme Court has dismissed a plea seeking to ensure rotational basis of work location for traffic policemen in order to effectively tackle their health issues due to rising pollution. The bench of Chief Justice Dipak Misra and justices A M Khanwilkar and D Y Chandrachud dismissed the PIL filed by Sanjay Kulkshrestha, a doctor, who also sought to ensure periodic medical check-up and treatment for pollution-related diseases encountered by the traffic policemen. The plea said that traffic policemen should be deputed on rotational basis in congested areas and non-congested areas. "What kind of prayer is this? Do you want the Supreme Court to monitor the duty roster of traffic police? Heard. Dismissed," the bench said. The petition had sought direction to the Centre seeking relief to traffic policemen for better management of their severe health problems due to heavy vehicular pollution on Indian roads.

"Before coming to the court, petitioner tried to know through RTI about extra facilities or allowances that state governments are providing to traffic policemen for this occupational hazards and it confirmed that there are no such provisions by most of the state governments," the plea said. The plea claimed that air pollution has become a big occupational hazard for traffic policemen in India and said that within five to six years, these policemen develop pollution-induced diseases. "This vehicular pollution mainly affects their respiratory system, however, there is no part or system in the body which is immune to it," the plea said. The petitioner, who is also a consultant paediatric surgeon, claimed that continuous exposure of traffic policemen to vehicular exhaust could even induce adverse reproductive outcome. "There is a significant increase in neonatal deaths and abortions in the wives of traffic policemen and a decrease in live births has been observed," the plea submitted.

HRD to chalk out strategy for schools to deal with sexual abuse cases

**PTI**  
**New Delhi, Nov 26:** The HRD Ministry is roping in various NGOs and civil society groups to chalk out a strategy for dealing with cases of child sexual abuse at school level, as the increasing number of such cases has set alarm bells ringing in the country. The move comes following the alleged sexual assault of a four-year-old girl in a prominent Delhi school by a classmate. "There are several rules and guidelines in place but still several cases are reported where children are sexually abused. This issue needs to be tackled beyond the usual good touch-bad touch lessons," a senior

HRD Ministry official said. "Discussions have been initiated with several NGOs and civil society groups and we hope to have some suggestions soon to see how the problem can be addressed at the school level," the official added. The role of school authorities has come under scanner where last week a girl's mother had approached the police and alleged that her daughter was "inappropriately touched" by a classmate. According to the mother, when the girl returned from school she complained of pain in her private parts. She was taken to a hospital where doctors confirmed sexual assault.

Pakistan capital tense as military silent on protests

**AFF**  
**Islamabad, Nov. 26:** Pakistan's capital was tense on Sunday after attempts to disperse anti-blasphemy protests by Islamists ended in deadly violence, as the military appeared hesitant to respond to a government call for help. Hundreds, possibly thousands, of demonstrators were still occupying roads and intersections connecting Islamabad with neighbouring Rawalpindi, with protesters posting videos late Saturday night of funeral prayers being recited at a sit-in. Demonstrators have blocked a major highway, paralysing Islamabad for weeks. Security forces had moved to clear it on Saturday but were met with stubborn resistance by protesters who torched vehicles and threw stones. At least six people were killed and around 230 injured before security forces retreated on Saturday. Hospitals said most of the wounded had been released Sunday, with only around 20 still needing treatment. An interior ministry order said the federal government had authorised the deployment of "sufficient troops" to "control law and order" in the capital until further notice. But early on Sunday there was no official military response and no sign of armoured vehicles or soldiers on the streets. A military spokesman declined repeated requests for comment. Civil-military relations have long been fraught in Pakistan, with the military ruling the country for nearly half of its 70-year history. Private television broadcasts remained blocked and social media sites were restricted, sparking confusion about the state of protests and how authorities planned to respond to the spiralling situation. "I don't have any clue what is happening," Naeem, a worried

resident told AFP in an Islamabad market. "Only Allah is running this country," he added, complaining that the only channel working was Pakistan state TV — and it was airing a children's programme. "Police, administration should be more bold on decision making next time. This incompetent govt. has made blunder On everything," wrote Shadman Sharar Shohan on Facebook. The little known Islamist group at the centre of the protests are demanding the resignation of Pakistan's law minister Zahid Hamid over a hastily-abandoned amendment to the oath that election candidates must swear. Demonstrators have linked it to blasphemy — a highly contentious issue in Muslim Pakistan — and claim the oath was softened to enable the participation of Ahmadis, a long-persecuted Islamic minority sect. "Only Allah is running this country," he added, complaining that the only channel working was Pakistan state TV — and it was airing a children's programme. "Police, administration should be more bold on decision making next time. This incompetent govt. has made blunder On everything," wrote Shadman Sharar Shohan on Facebook. The little known Islamist group at the centre of the protests are demanding the resignation of Pakistan's law minister Zahid Hamid over a hastily-abandoned amendment to the oath that election candidates must swear. Demonstrators have linked it to blasphemy — a highly contentious issue in Muslim Pakistan — and claim the oath was softened to enable the participation of Ahmadis, a long-persecuted Islamic minority sect.

Gunshots heard near Cong leader's house in Bandipora

**PTI**  
**Srinagar, Nov 26:** Gunshots were today heard near the residence of a Congress leader in Bandipora district of Jammu and Kashmir, police said. There was no loss of life or injury to anyone in the incident. A police official said that shots were heard near the residence of Congress leader Intiyaz Parray in Hajin area of Bandipora district in the early hours. It was not clear as to who opened fire in the area, the official said adding police is investigating whether it was an attack on the Congress leader's residence. Parray is the son of counter-insurgent turned politician Mohammad Yousof alias Kukka Parray, who was shot dead by militants in 2003.

The Buddha's Metta (Loving – Kindness) & Karuna (Compassion) For all sentinel beings - Part V

*I am a human being and I am not perfect. So, please kindly read the message and not the messenger*



**By Sanjoo Thangjam KISAGOTAMI**  
Kisagotami was from Savatthi and was married to young rich man. The son born to them died when he was still a toddler. Overcome by grief, Kisagotami couldn't accept the fact that her child was dead. Carrying her dead son she went about the city asking for medicine to cure her son. She was completely out of her mind. Then a wise man told her to go and see the Buddha who was staying nearby. Carrying the son, she went before the Buddha begging him to

restore her child to life. The Buddha said, "If you bring me some mustard seeds from a house where there never has been a death, then I will do as you ask." Full of hope, Kisagotami went from house to house in search of the mustard seeds. Everywhere she went people were more than willing to give her the seeds from a house but at each house when she asked if there had been a death, she was told that indeed there had been. Eventually she realised that there was not one family who had not encountered death. Her attitude changed and she returned to her senses. She realized that the Buddha was showing her that everything that was born would pass away. She could now part with her child's lifeless body, and allow it to be created. She returned to the Buddha in a totally different state of mind. She said, "Kind sir, mustard seeds I can find but a house where there had been not death does not exist." The Buddha said, "It is good that you now know that you are not the only mother who has ever lost a son. Death comes to everyone; it is a very nature of life." Perceiving the impermanence of human

existence, Kisagotami asked the Buddha for ordination as a nun (Bhikkhuni). He granted her request. She worked hard developing her meditation skills and performing her religious duties. One day while meditating on the flames of a lamp she thought to herself, "Even as it is with these flames, so also it is with living beings in this world: some shine brightly for a long time, while others go out immediately." The Buddha saw with his supernatural powers that Venerable Kisagotami was close to achieving Nirvana and he focused his energy on her. She continued meditating on the impermanent nature of things and achieved arahatship. **RAJJUMALA** The Buddha was able to use his wisdom to help people to avoid thoughtless actions which would lead to more suffering. Rajjumala was a slave outside the village of Gaya. Her mistress didn't like her and always mistreated her. She would pull Rajjumala by her hair. To avoid this, one day Rajjumala shaved off all her hair.

This did not stop her cruel mistress; she tied a rope around Rajjumala's head and pulled her around. Unable to stand being mistreated any more, Rajjumala decided to kill herself. She began to walk toward the village and she found the Buddha waiting for her. He spoke to her of the Dharma (about to get enlightened- Nirvana). Thus she was able to return to her mistress, calm and at peace. Her mistress noticed the change in her slave's demeanour. Rajjumala spoke of her meeting with the Buddha. Curious, Rajjumala's mistress went to visit the Buddha and she became his follower too. The Buddha had explained to them that in a previous birth, Rajjumala had been the mistress, and the mistress had been the slave. Rajjumala had mistreated her slave who vowed to get revenge. The Buddha's KARUNA had saved them from continuing this cycle of pain and suffering. (The writer is a Lay Buddhist & a Human Rights Activist for People Who Use Drugs. (PUDs). He can be reached at [thangjamsanjoo42@gmail.com](mailto:thangjamsanjoo42@gmail.com).)