

MERC TIMES

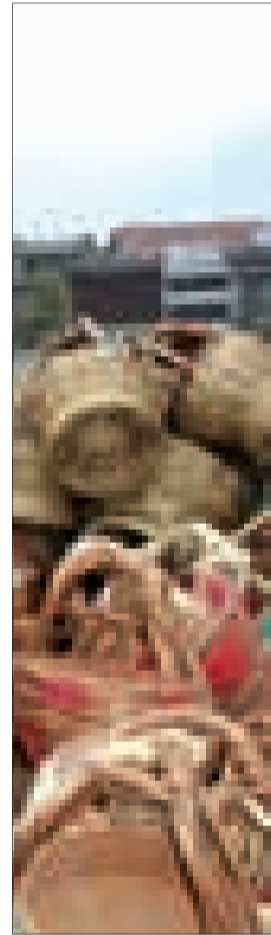
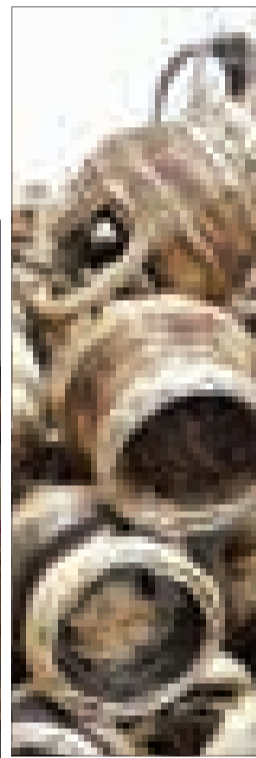
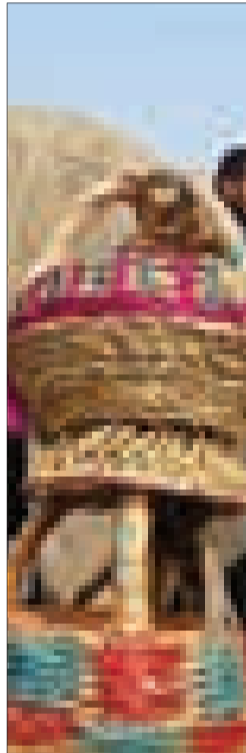
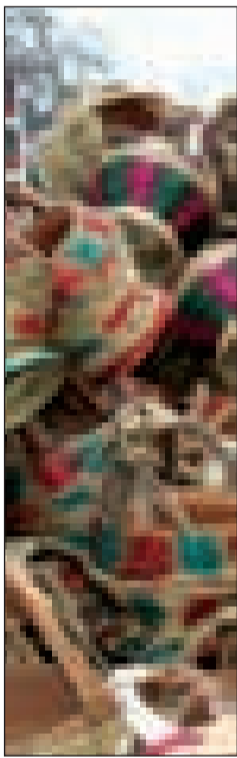


"THESE OVAL SHAPED NUTS WITH HARD BROWN SHELL CANNOT BE EATEN AS WALNUT, BUT THE PROCESS IS TO ROAST THEM SLOWLY OVER STOVES AND TO SKIN OFF THEM. IT IS THIS LABORIOUS PART THAT MAKES THE NUT COSTLY."

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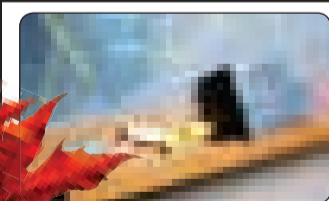
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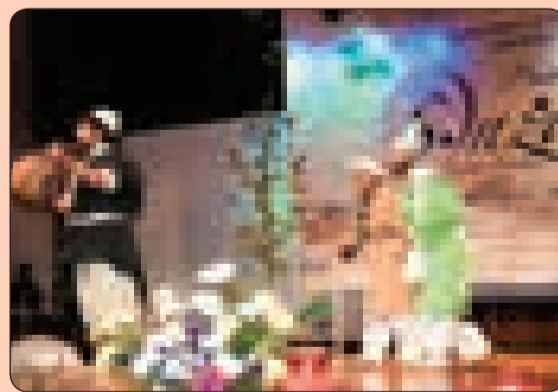
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UNCHECKED
INFLUX OF
NON-LOCALS
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2600 PRIVATE SCHOOLS
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"PANCHAYAT MEMBERS ARE BRAZENLY VIOLATING NORMS BY ENGAGING NON-LOCAL LABOURERS UNDER THE MANY CENTRALLY SPONSORED SCHEMES LIKE MAHATMA GANDHI NATIONAL RURAL EMPLOYMENT GUARANTEE ACT (MGNREGA) THEREBY SNATCHING OUR LIVELIHOOD BY GIVING OUR BENEFITS TO NON-LOCALS,"

UNCHECKED INFLUX OF NON-LOCALS WORRISOME



Ashfaq Mallah

The rise of non-local labourers, scrap collectors and beggars has been on rise in Kashmir. They can be seen in every nook and corner of valley. They work as masons, painters, barbers and labourers. However, some of them are believed to be involved in immoral and criminal activities as well like drug trafficking and burglary.

"Bihari manpower in Kashmir for works like apple picking, paddy and mustard harvesting, bricklaying, agricultural works, construction works, loading, unloading works etc. pumps out state's economy leading to economic crisis as their payouts are being consumed outside the state sagging down the Kashmiri economic graph", a local Mohd Ayoub Rather said.

"Panchayat members are brazenly violating norms by engaging non-local labourers under the many centrally sponsored schemes like Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) thereby snatching our livelihood by giving our benefits to non-locals," a labourer said wishing anonymity.

"The crafts in Kashmir like masonry, carpentry, cobbler-work, bakery,

pottery, painting etc. is getting shuttled to the non-locals with alarming speed and rarely Kashmiri craftsmen are prioritized for such craftsmanship as these non-locals rate their work on lesser amounts thinking it a big slice than they are paid outside the state," said Habib Najar.

Many of them live in rented houses of Kashmiris while others are erecting their tents mostly of polythene on the vacant land polluting the environment and are carriers of contagious diseases.

These non-locals lure Kashmiri youngsters to many unhealthy practices like wine and cannabis consumption, drug addiction, cigarette smoking," said a shopkeeper Nazir Ah. (name changed) from Wanpov Anantnag.

Most of these non-locals come Kashmir from Bihar, West Bengal. Some of the non-locals make good money in the valley by begging. It has become a menace.

Non-state subjects have been blamed for rise in crime rate. In Hakura area of Anantnag a 23 year old boy Bilal Ah Dar son of Mohd Ramzan Dar was stabbed and later succumbed to injuries at Sher-i Kashmir Institute Of Medical Sciences (SKIMS) Srinagar. Such incidents have given rise to fear psychosis.

LANDMARK PSGA CONFIED TO PAPERS ONLY?

Sheema Farooq

The legislative piece to ensure time bound delivery services in almost all government run offices is still toiling hard to find its place in the information fed people of state.

The Public Services Guarantee Act was passed in the year 2011 by the government of Jammu and Kashmir to make mandatory for all the state offices for the time bound mechanism of discharging the files from the official doors. The legislative piece is yet to get a strong momentum to spread awareness among the people about various blessings of the law.

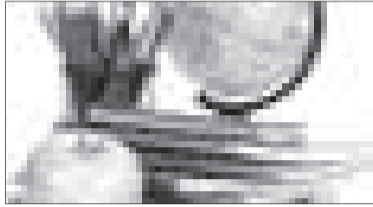
A survey revealed that the law has been on papers since its incorporation due to the failure government in awakening the people. The fact finding of the survey further stated that in spite of the chart boards fixed outside some major offices of the state people haven't yet become fully aware with the law.

District Shopian's Tehsildar office revealed that the office has not received any complaint so far against the backdrop of the Jammu and Kashmir Public Services Guarantee Act. "We have in fact revolutionized the whole revenue office the time bound service delivery system prompts us to discharge the files on timely basis," said Tehsildar Shopian Ali Mohammad. Whether it is the concern of permanent residency certificates or discharging any other file from the office we tend to keep the law in purview and rather do our best," he added.

Similar revelation from the Deputy Commissioner office Kupwara said that the department has taken every initiative so that the Act works on the mandatory lines. DC Kupwara Itrat Hussain Rafique said that, "People are least aware about the law and its objectives. So far as spreading awareness among the people of my district is concerned I conducted two workshops on the theme of JKPSGA," he added.

Another survey suggested that Deputy Commissioner office Ganderbal has remained on toes to be intact with the law. DC Ganderbal Sarmad Hafeez said, "My office has been very concerned about the issue of Public Services Guarantee Act since far we have conducted multiple awareness camps and we still to do a lot in this regard." He added.

Meanwhile people alleged that there are no charts available about the public services guarantee act in all offices of the state government. "We can find the PSGA chart only in revenue departments of the state rest of the government offices are still themselves unaware about the law," said the locals.



"GOVERNMENT TEACHERS ARE HIGHLY SALARIED AND TALENTED TOO BUT THE EDUCATIONAL CLIMATE IN THE GOVERNMENT SCHOOLS IS NOT SATISFIED TO THE LEVEL WHERE PRIVATE SCHOOLS STAND."

SRINAGAR-BARAMULLAH RAIL SERVICE: COMPLAINTS GALORE

Muzamil Bashir

Even after five years of completion of the railway line connecting Srinagar and district Baramulla the railway station is becoming a nuisance for passengers.

Shiekh Umar, who has to move daily from Baramulla to Srinagar said, "Its irony that

the railway station even doesn't have a proper toilet system."

Established in year 2008 it's the most important station between Srinagar-Baramulla. It's the only station for people from far flung areas like Kupwara, Handwara where they can board the train but the official negligence in providing the facilities to public has increased the hardships for them.

Sheema Farooq a student of Kashmir University belonging to district Kupwara said, "The train doesn't run on time and adding to it there is no seating arrangements to wait. One is forced to sit on stairs of the station".

The rail service remained suspended for more than a year after a violent mob attacked and damaged the property of rail-

way station.

Even during the scorching summer people had no drinking water facility available at the station.

Not to mention the rail timings are always messy and being on time is a dream come true only if it happens. People from the area have been continuously of improving the condition of the railway station.

2600 PRIVATE SCHOOLS FUNCTION IN KASHMIR

Shahid Andrabi

The state of Jammu and Kashmir has seen an untoward trend in the mushrooming of private schools since many years.

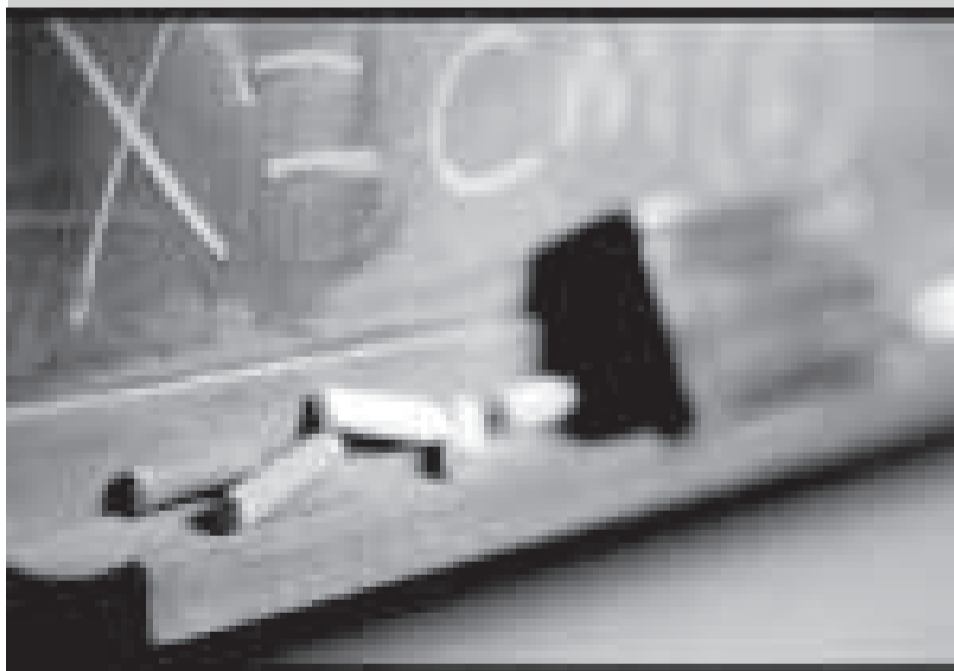
An official data available with the Director School Education Kashmir reveals that near about 2600 private schools are presently functioning in the Kashmir valley in around 12 districts. Srinagar tops the list with highest number of schools with 471 till date on record.

The manifold increase in the private schools as compared to government schools has posed a new shift of the educational scenario in Kashmir. The government seems to be more supportive than earlier towards broadening the schooling network with various schemes and the initiatives.

A release from the Census commissioner says that, "the literacy rate of the state stands at 68% as compared to the national literacy rate which crosses around 70%." In spite of the schemes like Sarva Shiksha Abhiyan, RMSA and the educational guarantee scheme the state has failed on all fronts to build a sophisticated atmosphere in the government schools.

The data of the Director School education Kashmir further reveals that 597 private

SRINAGAR DISTRICT TOPS THE LIST



high schools are functioning in the valley as compared to the 788 government high schools. While 71 private higher secondary schools are running against the strength of 314 government higher secondary schools in the valley, with private schools hosting about 350000 students on roll.

Where the private schools of the valley consistently tightened their grip on producing toppers since decades, the government schools also tried their best to figure in the list as well. While as this year's topper of the JK common entrance test was

from a government school but the private schools still maintain their quorum in manufacturing as much IAS and KAS toppers.

"A shift from the government schools towards private schools is a transition taking place in the education sector of the valley," says Syed Qayoom a university student. Many students complain that they are not provided ample avenues to grow in the government schools. Gulam Jeelani a parent says, "The dismal infrastructure in the government school of their village forced him to drift away their wards to private schools."

Many educationists complain that the dearth of the proper infrastructure in the government schools paves a way towards a shift to private schools. Asked about the fee structure in the private schools a parent says, "I am willing to pay any amount for the education of my kids if the school is well built in terms of the wide available infrastructure."

"Government teachers are highly salaried and talented too but the educational climate in the government schools is not satisfied to the level where private schools stand," says Bilal Wani a student.



THE WINNERS OF THE SONZAL-2013 WILL REPRESENT THE UNIVERSITY OF KASHMIR IN THE INTER-UNIVERSITY NORTH INDIA LEVEL YOUTH FESTIVAL TO BE HELD AT BABASAHIB BHIMRAO AMBEDKAR UNIVERSITY, VIDYA VIHAR, LUCKNOW.

KU HOSTS SONZAL 2013



complete success and he looked forward to youth participation at KU at levels.

Registrar University of Kashmir Prof Zaffar Ahmad Reshi said that this year's Sonzal received a huge response from the students of various degree colleges of the valley and it is for the first time that the festival registered such a huge number of the participants.

Welcoming the participants and the audience who had assembled at the convocation complex to witness the award ceremony Dean Students Welfare Prof Neelofar Khan who was also the Chairperson of this year's edition of Sonzal said that the festival has become an obsession amongst the youth ever since its first edition was launched in 2007 as the festival is an assimilation of the hidden talent of young boys and girls and provides a platform to the students to foster greater sense of togetherness and camaraderie.

Earlier, while inaugurating "Sonzal 2013" the Minister for Higher Education, Mohammad Akbar Lone said that Jammu and Kashmir State is rich in its culture so it is responsibility of every citizen to ensure its sustenance for posterity.

"Such events are aimed at excelling new levels of glory by the youth of the state who possess diverse talent and potential demonstrated the State in national and international competitions," he said.

The winners of the Sonzal-2013 will represent the University of Kashmir in the Inter-University North India Level Youth Festival to be held at Babasahib Bhimrao Ambedkar University, Vidya Vihar,

Safena Wani

The University of Kashmir hosted the 6th Intra-University Youth Festival, "Sonzal-2013" in the University Campus from 31st Oct to 6th November 2013.

The seven-day festival, which was being organized by the Department of Students Welfare (DSW) KU, saw the participation of around 1000 students from about 40 Degree Colleges and 40 University teaching departments, according to DSW handout.

"A close competition was witnessed amongst the participants who contested in 20 different categories which include various events quiz, debate, elocution, poster making, painting, cartoon making, rangoli, clay modeling, on-spot photography, one act play, mimicry, classical, folk and

instrumental music arenas and other categories," the handout informed.

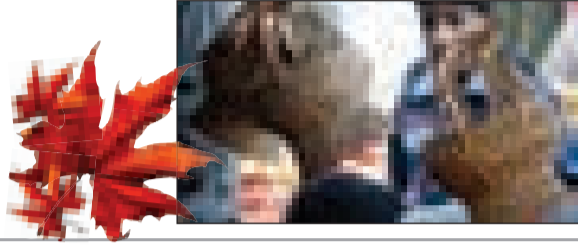
While felicitating the awardees during the valedictory ceremony Vice Chancellor University of Kashmir Prof Talat said, "Our students do not lack talent. They are a repository of innovative and creative ideas and it is the job of us in the University to nurture their talent and provide them a proper platform where they can showcase their skills and this enormous talent."

Dean academic affairs Prof A M Shah said that it was the dedication and the seriousness of the students which encouraged the organizers to conduct the event with



Lucknow in November 2013.

The North India Level winners would be called by Association of Indian Universities for National Level contest to be held in Kurukshetra University, Kurukshetra.



"KANGRI PRODUCTION IS ONE OF THE MAJOR SOURCES OF INCOME FOR THE VILLAGERS OF THE VALLEY. IN OUR LOCALITY, IF WE FAIL TO EARN OUR LIVING THROUGH OTHER MEANS, KANGRI TRADE IS ALWAYS THERE TO PROTECT US FROM STARVATION,"



"EACH DAY WE SELL HUNDREDS OF KANGRIS IN RETAIL HERE. SALE OF KANGRIS IN BULK IN ITSELF REFLECTS THE EVER INCREASING DEMAND OF THE VERNACULAR HEATING EQUIPMENT IN THE VALLEY,"

Owais Gora

When mountains are clad with snow, life-less golden leaves fall from the trembling branches, it is winter in Kashmir. Cool breeze coming from the mountains piercing through plains makes people of the valley to resort to the indigenous shield against the cold which is kangri.

Kangri is more like a traditional and cultural symbol of Kashmir rather than just being warming equipment. It is made of an earthen pot surrounded with a willow basket with a handle. Kashmiris use Kangri mainly as an inexpensive tool to keep themselves warm by keeping it under the traditional cloak called Pheran. It is used for heating purpose during autumn and winter seasons. In other seasons it becomes necessity for Hookah (Gajeer) smokers mostly done by the old people.

Because of never ending demand of traditional firepot, kangri has a huge market worth crores of rupees in the Valley. According to the traders, Kangri commerce is one of the most secure trades in Kashmir where temperature plummets to subzero temperature in winters.

Ghulam Qadir, an elderly kangri trader from Zaina Kadal said, every year thousands of kangris

EMBRACE KANGRI TO WARD OFF COLD

are being produced to meet the demand within and outside the Srinagar city.

"Each day we sell hundreds of kangris in retail here. Sale of Kangris in bulk in itself reflects the ever increasing demand of the vernacular heating equipment in the Valley," he said.

Traders say that bulk of kangris are mostly supplied from the Chrari Sharief, a village in Budgam District famous for a tomb of religious preacher Sheikh Noorud-Din Noorani (R.A). Attributed to age old Kangri industries, thousands of families are earning their bread and butter.

"Kangri production is one of the major sources of income for the villagers of the valley. In our locality, if we fail to earn our living through other means, kangri trade is always there to protect us from starvation," said Abdul Gani, who comes from Budgam to sell Kangris in Srinagar city.

There are handful of kangri makers who claim that the production of Kangris have come down over the past few years due to the emergence of alternative heating gadgets. "These days people prefer to use other modern heating equipments like electric heaters, gas heaters etc. Due to which people

are losing their turning their back towards the traditional fire pot," said Ghulam Hassan Mir, kangri trader at Batamallo.

But majority of traders say that though the modern heating equipments have dominated the market but still these equipments have not succeeded in replacing the age old Kangri.

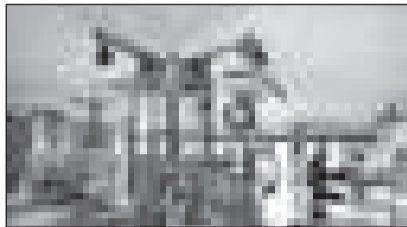
Tariq Ahmad Najar, while buying a couple of kangris at Batamallo said, "With advent of winter, kangris sell like hot cakes in the Valley. Even though we use modern heating gadgets, but still our winter is incomplete without kangris."

The frequent power cuts have decreased the use of electric heaters. So the Kangris are the definitive instrument to keep winter chill at bay.

"In wintery nights, candles are the only source to make things visible and electricity rarely visits our home. So Kangri is the only resort to keep ourselves warm," said Mudasir Wani, a resident of Rambagh.

Although perceived as a risk to health, which has particularly led to the development of 'kangri cancer' in many parts of the Valley, people still prefer carrying these pots under their cloaks.

THERE ARE HANDFUL OF KANGRI MAKERS WHO CLAIM THAT THE PRODUCTION OF KANGRIS HAVE COME DOWN OVER THE PAST FEW YEARS DUE TO THE EMERGENCE OF ALTERNATIVE HEATING GADGETS.



"AFTER JOINING FITNESS CENTRES, SMOKERS GRADUALLY DEVELOP A TENDENCY WHICH ULTIMATELY CONVINCES THEM TO QUIT SMOKING. THIS IS THE REASON THAT FITNESS CENTRES ARE GAINING ATTENTION AMONG THE YOUNG POPULATION OF THE VALLEY."

TRADITIONAL HEALING TOUCH HAS MANY TAKERS

Yusra Khan

Roshni walks into Sunday's consulting room with her husband, clutching her daughter tightly in her arms. She has been coming here since a week after her 6 year old daughter sprained her leg while playing.

"Traditional treatments are better. Actually, I feel it is one's faith and I am satisfied with the treatment my daughter has received," Roshni, a house maker says.

While Roshni's daughter is being treated, another patient, Sheemu, accompanied by her father, enters the

room. The 25 year old fractured her leg when she fell from her scooty. "It's a minor fracture, but don't worry it will be fine," Javaid Ahmed the bone setter, tries to soothe her. The bone setter takes a look at her leg and starts diagnosing. He marks the area with a pen and wraps soft cotton (patti) around her leg to keep the bone straight. And he then applies a secret unani medicine all over it.

"Basically this medicine is a mixture of various things which we prepare ourselves. We cannot reveal its ingredients to anyone," he says. The practice of treating fractures and dislocations in a traditional way started

decades ago in Kashmir. That was the when there were no doctors. The charm of practice is still the same with many people prefer this over the modern forms of treatment.

The bone setter, locally known as "vaten goer", is considered by many Kashmiri as an orthopedics sans medical degree.

"People think that the bone setters are some old saints with long beards, but when they see me they are taken aback," Javaid comments while giving some sachets of medicines to a patient.

Javaid acquired the skills from his father, late ghulam rasool bhat, who was a renowned vaten goer of his time. Their clinic is famous as Sunday clinics. Javaid receives patients with dislocation, disc problems, major and minor fractures.

Less side effects and better care seems the main reason for leading people to traditional forms of treatment, besides the mistrust over modern forms.

Haleema, who had fractured her ankle, initially went to an orthopedic, but switched over to traditional treatment when the healing took time.

"I came here and was cured in two weeks without any surgery," she narrates, "Ever since, this (traditional) is preferred treatment for me and my family."

BOOM IN FITNESS CENTRES

Javaid iqbal

During last few years, the valley has apparently witnessed an upsurge in the number of fitness centres as people find it appropriate to invest in the sector with an increase in overweight population, many of whom appear desperate for staying slim and fit.

According to health experts and medicos, majority of people in Kashmir indulge in excessive eating, which is something they believe, is a cause of worry and people end up joining fitness centres.

"Usually people in Kashmir do not get time out of their busy schedule," Dr Mushtaq Bhat, a physician based in Srinagar.

"They tend to join fitness canterers to lose weight and remain active."

Dr Yahya Mohammad, a physician specialist working in Jammu Medical College says that one gradually loses weight, ac-

quires discipline, and becomes health conscious upon joining fitness centre.

"With the booming of fitness centres across the valley, percentage of people with smoking habits is also gradually decreasing



which is a positive sign for them," Dr Yahya says. "After joining fitness centres, smokers gradually develop a tendency which ultimately convinces them to quit smoking. This

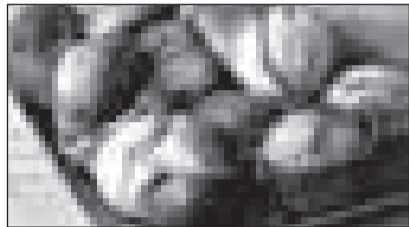
is the reason that fitness centres are gaining attention among the young population of the valley."

He further says that if a person follows a balanced food chart and do regular exercises he/she will definitely lose 10 to 15 kilograms of weight in one month.

Waseem Ahmad Ahanger, who runs a fitness centre in north Kashmir's Handwara town says that more and more people are presently joining his fitness centres.

"I opened my fitness center in 2009. People of all age groups are coming to these centres," Ahanger says. "And yes, fitness centres across Handwara are pouring with rush as health consciousness is rising among people."

Riyaz Ahmad Mir, a resident of Srinagar who recently joined a fitness centre says "I have lost 5 to 6 kg of weight. I have become more active and really enjoy my work with an active body."



"IT IS BEST SNACK THAT CAN BE RELINQUISHED IN CHILLING COLD. I COME TO EAT THE CHEST NUTS VERY OFTEN. THESE ARE GOOD FOR HEALTH AND BETTER THAN THE JUNK FOODS. SOMETIMES I BUY UNROASTED NUTS AND ROAST IT THEM AT HOME"

KASHMIRIS RELISH CHESTNUTS

Fida Hussain

The demand for chestnuts has picked up in Kashmir Valley over the past few weeks with the onset of the winter season. Despite being costly natural snack Chestnuts sell like hot cakes in Srinagar streets.

"The sale of chest nuts has increased from past few weeks as the winter has already felt its presence in the valley. The roasted chestnuts are ideal snacks in cold," said Mohd Shaban, a chestnut vendor.

"These oval shaped nuts with hard brown shell cannot be eaten as walnut, but the process is to roast them slowly over stoves and to skin off them. It is this laborious part that makes the nut costly," Shaban added.

Chestnut trees believed to have been introduced during the British rule in the temperate parts of Himalayan foothills including Kashmir Valley. They were used as an ornamental tree mostly found in botanical gardens and official governmental compounds.

"During the Dogra regime, chestnut trees were planted in Kashmir Valley on the state owned lands, mainly at Harwan and Khunmoh areas. *Castanea Sativa* is its Botanical name and locally it's called 'Punjab Gour'. The Dogra rulers were fond of it as they had direct contacts with Europe particularly with British," said Afaq Mir, a Botany scholar.

From a health point of view, chestnuts contain a good percentage of carbohydrates and starch and also possess a valuable percentage of minerals and phosphorous. People like to taste it in roasted form or even some people like it in unroasted form.

"It is best snack that can be relinquished in chilling cold. I come to eat the chest nuts very often. These are good for health and better than the junk foods. Sometimes I buy unroasted nuts and roast it them at home" Said Mushtaq

Ahmad, while relinquishing the nuts.

Even young generation of the valley is not behind the in having the taste of chestnuts.

"I come here at least two days a week to have some chestnuts. I like the chestnuts more than any other readymade food. I prefer to eat nuts rather than going for junk foods." Said Irfan Maqbool, a college student.

Chestnut trees are found in the Dara, Harwan areas of Srinagar District and in the Khanmoh area of Pulwama District.



ELECTROCUTION CLAIMS 50 LIVES IN 3 YEARS

Aaqib Malikdoomi

In Kashmir Valley, during 58 people got electrocuted in different mishaps during the last three and half years.

According to the figures given by Power Development Department (PDD), 29 accidents of electrocution took place in 2008, among which 18 persons lost their life while 11 persons were injured.

The number rises in 2009 in which 21 persons passed away and 3 others were wounded.

In 2010, 23 cases of electrocution took place in which

14, persons lost their lives and nine were injured in these deadly accidents. Till May eight, accidents happened in which five persons were dead and three were injured.

Official sources inside the departments' reveals that the recruitment which was made in the past was not on the basis of any degree or diploma in the particular field due to which many employees of the department are electrocuted and some of them are bed-ridden.

"The recruitment which has been made in the department was the main reason due to which these accidents happen because they have not got any training before they come into the field," sources revealed.

He further added that most of time daily wagers and casual laborers

of the department get electrocuted because of lack of experience and they are unknown about the techniques while dealing with electricity.

Irony is that the sanction strength which was in 1982 in the department is same.

"The number of transformers and service stations has rapidly increased but there is shortage of staff. We have to recruit people on need basis and these people have no experience which leads to trouble," Sources revealed.

Chief Engineer PDD, Farooq Ahmad Shah blamed public for rise in accidents by the electricity.

"People have no patience and if the electricity goes off they act as experts due to which they face trouble," Bhat said.

EVERY TIME



'IT'S IS ALL ABOUT LOVING YOUR JOB'

JOB

Shafiq shah

"Your formalities are not cleared yet," she would shout in her sleep oftenly. The day's works engrosses the 26 - year - old so much, that she even does verification in dreams as well. "I often tell mother that at this age, I must be dreaming about something else, why this," says Saima Mirza, a citizen service executive in a Passport Office.

Saima from Khanyar is in love with her job.

Despite working twelve hours a day, she doesn't find her job tiresome. She believes that if you love your job it doesn't matter if its hectic or not it's the passion that drives you "If you are passionate about your work, nothing is going to make you tired".

Mirza sometimes spends more time than usual in the office as the job she does is a different from the usual jobs. "I know in Srinagar a girl cant stay out for long, but my work is different. I do verification, if something wrong would happen in processing, then I am gone," says Mirza.

Putting all her efforts into her work, Mirza sometimes fails to convince people, who often

come with complaints regarding the delay in issuance of passport, "We are not at fault if delay is happening. We send our files, then its CID's concern to move file forward".

Though, Mirza feels that there is lot of transparency now. "Earlier if there used to be a fault in the application, people would come to know after two months, but now it's detected in a couple of minutes". But the girl knows it too that curtains are put to cover certain things "Sitting at home won't work. You have to pay something to stir your file".

The one year experience has taught her that corruption is entrenched in this profession, but she believes her generation is sincere, though people have tried to bribe her many times "Madam do you want tea," this is there replacing word for bribe. But she would refuse saying "I don't drink tea".

Mirza had once made her mother to stand in queue as well as she doesn't believe in favoritism.

Mirza's love of her job is so deep that she won't leave her job even if she gets a better offer somewhere else. Nothing can change her mind even getting

married and having kids. "I will leave my husband, but not this job," she says jokingly.

The girl's enthusiasm to do every kind of work which comes her way has made her one year experience 'amazing'. Though she has many times come across people's abuses, but has never responded back. "But at times the situation is un controllable and one is forced to respond back". Sometimes people compliment her work as well. "The best praise I ever heard was from a mother. I did her work, and then she told me, I wish you will someday do my daughter's processing as well," says Mirza.

Having done her MBA in finance, she never took stock in doing a bank job "I don't want to earn money out of interest".

Mirza is clear about her future goals as she wants to be the operational head. "But to reach to that position I have to sacrifice many things. I even don't spent much time with my children as I am at work to accomplish my dream position," Mirza says.

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