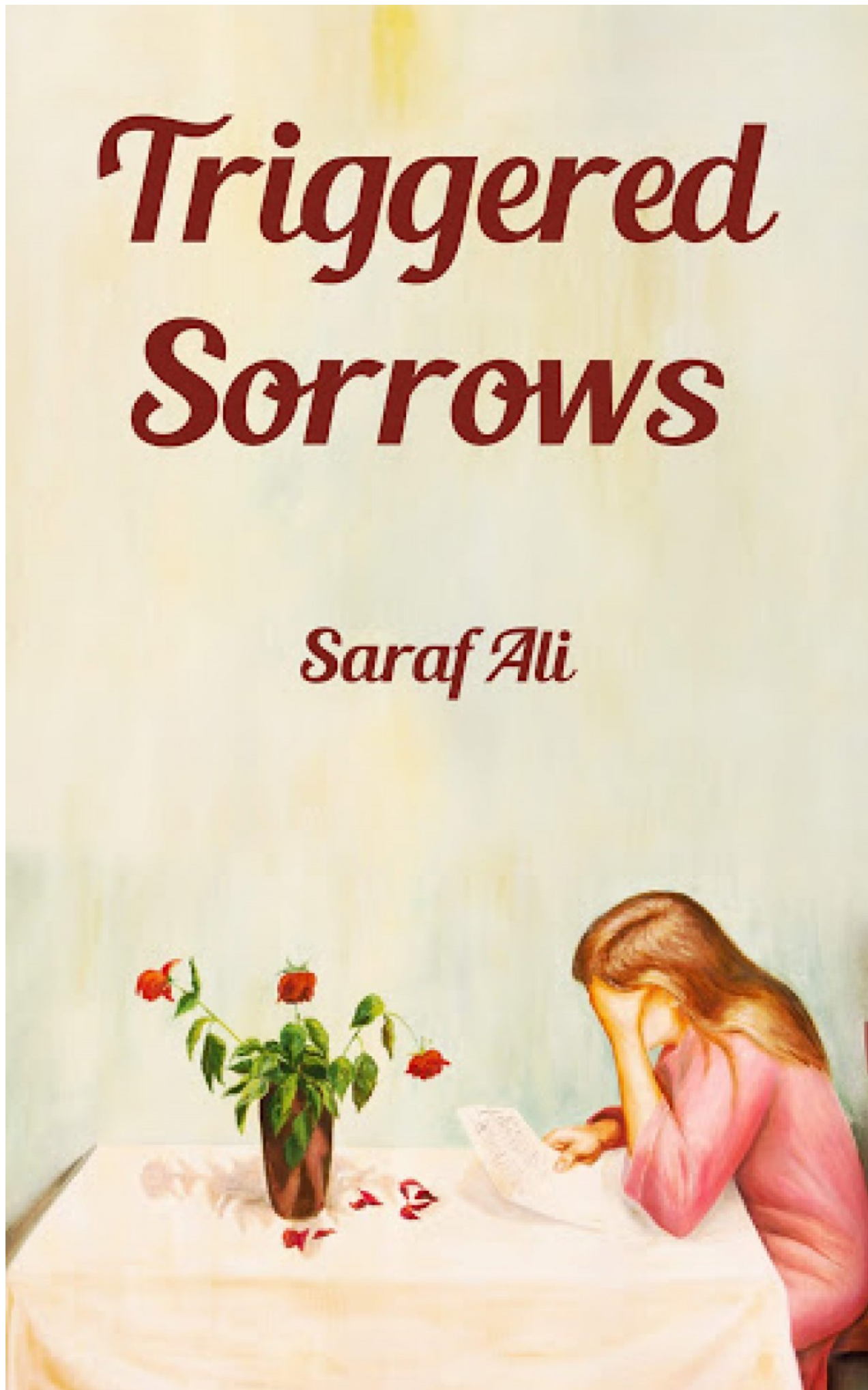


Meet Saraf Ali Bhat, an inspiration for budding young writers.

Triggered Sorrows

Saraf Ali



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“And by the way, everything in life is writable about if you have the outgoing guts to do it, and the imagination to improvise. The worst enemy to creativity is self-doubt”. Sylvia Plath.

Saraf Ali Bhat from Kadalbal, Pampore is a young 20 years old writer from Kashmir Valley. A young dedicated writer who has already come up with two of his thought-provoking books namely A smile worth billion poems and Triggered sorrows. Publishing two books and still in the process of writing clearly depicts his passion for writing.

He considers himself a curious learner and because of this trait he is the owner of publishing house this is the only publishing house where he used to publish the work and dreams of people by guiding them. The name of the publishing house is “ Helping hands” and Saraf tries his best to motivate and show right direction to budding writers so that they can express themselves freely.

As we all know that Kashmir is a place where people especially youngsters can create history because of their creative minds. But unfortunately, due to unavoidable circumstances, they are not able to do so. Saraf says, he is not running a business neither he is doing all this just for the sake of any name and fame, he is doing all this for his own self satisfaction. He literally don't want people to give up their dreams that too just because of financial crisis. As far as his writing journey is concerned he faced a lot of criticism about the particular genre he wrote about. He does not want other budding writers to feel same he thereby decided to publish the work of those unheard voices an unexpressed feelings. It is important to mention here that he started this journey all alone with the grace of Almighty lately he had a very good helping team among whom Cealice, Alaskan book reviewer is a part of his wonderful journey.

Triggered sorrows is an extremely extraordinary book which gives a reader an ease to read and an ability to imagine the struggles and adventures that a person faces especially being far away from his homeland. It is not only the author whom reader will label a homesick after reading this book, but it's actually the reader who feel the same feeling after leaving their homeland. Triggered sorrows are actually dedicated to all those people who want to pour the miseries of their hearts in front of the world. It gives me immense pleasure to mention here that Saraf is the very first Kashmiri young and talented boy who won Readers Choice Award.

At present Saraf Ali Bhat is working as a Columnist in Kashmir Reader, Kashmir Glacier, Valley online, Jknewsservice, The Kashmir Discourse, The Companion and Nagpur Oranges so on. In a nutshell, Saraf is using his time and energy in a most fruitful way.

Above all readers can contact Saraf Ali Bhat on given email ID sarafali101@gmail.com for any guidance.



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Intricacies of willow wicker craft



SARAF FINZI

Willow wicker baskets are a traditional craft that has been passed down through generations. The intricate patterns and designs are a testament to the skill and patience of the artisans who create them. From simple market baskets to ornate decorative pieces, the art of willow wicker is a true testament to human craftsmanship.

Foods that boost immunity



The coronavirus outbreak has highlighted the importance of a healthy immune system. While there is no single food that can guarantee immunity, a diet rich in certain nutrients can help strengthen the body's natural defenses. Foods like citrus fruits, leafy greens, and probiotics are known for their immune-boosting properties.

Nami Danam: To know not is to begin to know

SARAF ALI

It is a common saying that 'to know is to begin to know'. This is a paradoxical statement that suggests that the moment we think we have understood something, we have actually begun to lose that understanding. True knowledge is a continuous journey of discovery and learning, rather than a final destination.



The journey of knowledge is never-ending. As we learn more, we realize how much more there is to know. This is why it is important to remain humble and open-minded. We should always be willing to question our own beliefs and seek out new perspectives. In the end, it is not the amount of knowledge we have, but the way we use it that truly matters.

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