

Conclusion

Kashmir, the paradise on earth, has witnessed innumerable conflicts since the rise of insurgency and infiltration. The territory of Jammu and Kashmir is known as one of the most volatile regions in the world and is under the surveillance of several agencies. People who belong to such regions are undergoing trauma since 1989, as terrorism and unprecedented tension, erupted inside the valley of Kashmir, around that time. The breaking away of the communal harmony and genocide in Kashmir led to the mass exodus of Kashmiri residents, who settled in different parts of the country and the world. The brutal killing of Kashmiri pundits and their mass exodus is the primary cause of their loss of culture and identity. They fled from the valley and helplessly settled in different regions of the country, while many went abroad.

The conflict and resistance in the valley lead to bloodshed, killing, imprisonment, and disappearance. Several people from the valley were imprisoned and others simply disappeared. Incarceration was very frequent on false allegations because of several laws, like AFSPA, UAPA, PSA, TADA, OSA, etc. People were imprisoned on the basis of suspicion and were put behind bars for several years as under-trial prisoners. Some of the prisoners from Kashmir were found innocent even after 24 years of imprisonment in different jails of the country.

Prisoners have written several books, articles, letters, memoirs, and autobiographies. It portrays the agony and suffering that they experienced inside the jails. All those materials which were penned down during the time of incarceration or after getting bail brought attention to society and the government officials. The basic rights of every prisoner were suspended during the time of imprisonment and they

were tortured and traumatized in jails. Some political and rich prisoners can have such basic facilities as opposed to the other poor prisoners who are kept in a state of languish inside the prison walls for several years. The behavior of the jail staff was very hostile against the poor prisoners because they were not in a condition to give them bribes. Even when prisoners were proved innocent, they were unable to pay their bail amount and rotted in jail.

Anjum Zamarud Habib's *Prisoner No. 100: An Account of My Nights and Days in an Indian Prison* and Iftikhar Gilani's *My Days in Prison* are the portrayal of prison. They have not only written their own agony and suffering rather the condition of jail with an insider's perspective. Anjum Zamarud Habib has spent five years in Tihar Jail as an under-trial prisoner. She was caught from Delhi and put behind bars along with two other Hurriyat members. They both got bail soon with the help of Hurriyat leaders but she spent her stipulated time in jail.

Habib's writing involved her jail experience from various perspectives; she encapsulated the whole scenario of her life including Kashmir conflict, terrorism, infiltration, imprisonment, disappearance, power politics, and, particularly the condition of jails from a woman's view. Her prison memoir revolves around the incidents of conflict and terrorism that led her to Tihar Jail. She started working as a social activist because of dowry deaths and the patriarchal system in Jammu and Kashmir. Her activism brought her into politics and she joined Hurriyat Conference. It was a better platform for her to talk about the empowerment of women but was disappointed at every moment. She approached this widespread issue on an international level and attended several conferences for human rights violations. Later on, it was proved that the power of politics in Kashmir led by few leader who were

making use of Kashmiri people. She was the core member of the Hurriyat Conference along with her two colleagues who were arrested with her. Hurriyat made every effort along with the bar association of Jammu and Kashmir and Prime Minister of India to bring the male member out of jail. She was imprisoned in jail for five years but they did not talk about her. It was the patriarchal mind that did not allow her to be the part of any ruling party to take the decisions. It was unfortunate for Habib to work for the Hurriyat and lose the precious years of her life in Tihar jail.

Iftikhar Gilani's memoir *My Days in Prison* portrays several issues related to common people and especially for Kashmiri prisoners. He is a Kashmir-based journalist in Delhi, working for newspapers and magazines. He is a well-known journalist, at both national and international level, and also a co-editor of a daily newspaper. His house was raided by police early in the morning without any warrant for the search operation. His house was searched for several hours but nothing was found. It was a raid by the Income Tax department but several other issues were pointed out to put him behind iron bars. He was tortured in his home along with his wife and children. They locked the children inside a room without any toilet and washroom for several hours. It was the worst thing for him that his children were scared and which caused extreme levels of trauma. It leaves an imprint on the minds of the children.

Gilani experienced that the cause of torture and humiliation somehow revolves around the Kashmir conflict. He is a peace-loving journalist who works for the nation and his job is considered as the fourth pillar of democracy. Despite this, he was tortured because of relation with Kashmiri people and separatist leaders. He had gone through several newspapers and articles which showcased that he worked for his

father-in-law who is the chief of Hurriyat. He wrote in an article that he was far away from all these kinds of politics and was not working for him rather owing his family, care, and love. Being a reputed journalist, he secured support from all over the world and his case was taken up in fast-track court. It was fortunate that he had good friends and fraternity that helped him to come out of jail within a year. His experience of being kept in jail and tortured portrays the condition of other common inmates who were not even given a chance. Several prisoners are put in different jails under the Official Secret Act (OSA) because of minor proceedings against them like map, routes, etc. but they are kept far away from actual legal proceedings. It is very unfortunate for them that they do not have the opportunity and power to prove themselves innocent.

Anjum Zamarud Habib' memoir *Prisoner No. 100* reflects the conflict of Kashmir through her jail experience. It was through her catharsis that she wanted to show the perspectives of other inmates, disappearance, and imprisonment which takes place in the valley. She wanted to bring out such raw facts which garner the attention of society and officials, describing how Kashmiri prisoners are being tortured in different jails. She was the only female prisoner from Jammu and Kashmir and the way she was tortured, both physically and mentally, broke the barriers of human treatment. She was treated in jail as a traitor or the agent of several agencies.

She talks about all those women whose husbands and children disappeared from the valley and are still missing. They are suffering from trauma and the evil patriarchal society alongside religious factors which doesn't allow them to get married again until they get the evidence of their husband's death. They are considered as Half-Widows and Half-Mothers because they are married but their

husbands are not with them. Several children in Jammu and Kashmir have undergone trauma because of their parents being missing or killed. The torture on their parents and bloodshed on the roads leave a long-lasting impression on their minds. They left their education and started working on roads so that they can earn their genuine livelihood. They were not even a part of politics and conflict in the state but faced unexpected events on daily basis.

The conflict in Jammu and Kashmir revolves around the political realities that show the adverse conditions of the valley through the writings of different authors. People who are struggling in the state have no relation with politics. Since 1989, three decades have been past, the unprecedented rise of militancy in the state of Jammu and Kashmir causes conflict, trauma and disturbance among the people. Infiltration, shelling, and cross-firing in the border region of Jammu and Kashmir is very common. People have already lost their loved ones inside their homes and several others are struggling for their life because of injuries and constant attacks. Several people of Rajouri, Poonch, Jammu, and Ganderbal district of Jammu and Kashmir are facing problems of shelling on a daily basis. It is impossible to bring the situation of the border region in front of the masses because media coverages are not an easy task for journalist in Jammu and Kashmir.

Journalism represents the ground report and provides a source of critique. Journalists can freely cover the real situation of the society and bring attention of the government to the miseries of the common people. It is not an easy task for a journalist to cover each and everything from the valley of Kashmir because a reporter is not free from dangers and threats of terrorism. Iftikhar Gilani has written in his prison memoir that it is very difficult for the journalists to cover the ground report of

Jammu and Kashmir. Several journalists were put behind bars on false pretense and they spent long term as under-trial prisoners. Journalists were caught by the agencies and were threatened, pressurized for biased coverage. As media persons, journalists, and senior editors were killed in the streets of Kashmir without even unmasking or identifying the killer. Shujaat Bukhari, one of the leading correspondents of *The Hindu* in Srinagar and the editor of *The Rising Kashmir* newspaper was threatened several times. To everyone's dismay, he was killed on the streets of Srinagar near Lal Chowk by the terrorists.

Maqbool Ahmed was one of the best journalists from Kashmir. He spent several years in different jails of the country. He wrote several books and short stories during the time of imprisonment. He wrote nearly seven books in jail, among them *Shabstan-e-Wajood* was his memoir. He got bail but was not able to survive for a long time and died because of a heart attack in Srinagar.

Three decades have passed after the insurgency and people are still being killed because of many reasons. Childhood trauma is one of the main causes for an average child in Jammu and Kashmir for depression. Children in the valley of Kashmir are scared to go outside their homes, because of terrorism and mass militarization. Several children have already lost their parents in the wave of terrorism and some of them were put into jails. Three girls from Ganderbal district of Jammu and Kashmir are struggling for their bread and butter. Their mother is dead and father of the daughters is still rotting in jail. It is not just a single case, rather JKCC Report (2020) shows in 'Terrorized: Impact of Violence on the Children of Jammu and Kashmir' that 318 children have been killed so far in the valley.

The present study brings out the trauma experienced by Kashmiris due to conflicted condition of Kashmir. Anjum Zamarud Habib's memoir portrays the inside view of Tihar Jail, particularly the condition of Kashmiri prisoners. Hostility and behavior of other inmates against Kashmiri prisoners was the most humiliating part in the jail. She also portrays how politics and conflict in Kashmir were going in parallel. The patriarchal mind of Kashmiri people was also demeaning against the working women and deemed them as inappropriate. People of Kashmir should give an identity and a societal space to women so that they engage in various roles in society. Mostly such resistance affects women and children because of such inhumane violence in Kashmir.

Iftikhar Gilani's memoir *My Days in Prison* portrays the traumatized experience of jail through a male perspective. His imprisonment from Delhi also shows that the politics of Kashmir conflict affects even the capital city of the country. He was tortured because of his father-in-law who was the chief of the separatist movement in Kashmir. He wrote that he was a journalist and was working for his own family rather than being a slave for the separatist leaders. He was far away from the politics of Hurriyat. Being a Kashmiri, he was tortured in jails and has worked as a laborer for forty-one days in Tihar Jail. Sweeping and cleaning toilets with his shirt were the most humiliating experience he faced in jail as an under-trial prisoner. He said that the purpose of writing the memoir was not to express his own suffering only rather to bring out the condition of Indian jails in front of the authorities, and society. The reformation of the jail system is needed more than ever, and a constructive ground needs to be formed so that people can share their views without any hindrance or fear.

There are several ways to overcome trauma through writing, working, singing, reading, etc. Life writing encompasses several genres of writings like memoirs, autobiographies, diaries, and journals, as well as eyewitness accounts and oral testimonies are also included in it. Writing memoirs and sharing personal experiences are most therapeutic, and also helping us to reach out to the common people. So, prison is the place where inmates can experience trauma, and even after getting bail, they can experience (PTSD) post-traumatic syndrome diseases. It can be harmful psychologically as well as mentally. Rumi once said, “The wound is the place where the light enters you” (Seghal). It shows that the traumatic experience doesn’t only hurt the people; rather, it also gives more opportunities to live a better life. Both the prison writers act as role models to overcome trauma and show better ways to express the purging of emotions through their writings. The thing, what Zamarud Habib experienced and wrote, “There is no room for regret in the path that I chose” (120). Now both the writers are working in Kashmir as well as in Delhi.