

Mahashivratri celebrated with devotion, spiritual fervour



DC Ashok Kumar Sharma participating in havan at Shiv Khori Temple.

STATE TIMES NEWS
POONCH: Mahashivratri was celebrated with devotion and spiritual fervor across district Poonch.

Thousands of devotees thronged the Shiv Khori Temple to pay obeisance amid a spiritually vibrant atmosphere. Men, women and children dressed in colorful attire, participated enthusiastically in the celebrations, while local food stalls set up along the route to the shrine added to the festive spirit of the occasion.

On the auspicious occasion, the Deputy Commissioner, Ashok Kumar Sharma also paid obeisance at the revered Shiv Khori Temple and sought the blessings of Lord Shiva for sustained peace, prosperity and communal harmony.

Deputy Commissioner, Brigade Commander Sachindra Joshi,

Commanding Officer 12 Bihar, Vipan, Additional SP Mohan Lal, Dy. SP Hqs Neeraj Sharma and other officers from the district administration, Army and Police performed Havan and participated in special prayers on the holy occasion.

Senior Superintendent of Police, Shafket Hussain Bhat, officers from district administration and Army extended Mahashivratri greetings to devotees.

The Management Committee of the Mandir accorded a warm welcome to the officers of the District Administration, Army and Police.

Interacting with the pilgrims, the Deputy Commissioner conveyed heartfelt Mahashivratri greetings and emphasized that such sacred occasions reflect the rich composite culture of the region and further strengthen the bonds of

brotherhood, harmony and mutual respect among all sections of society.

RAMBAN: The holy festival of Maha Shivratri was celebrated with religious enthusiasm and traditional gaiety across the Ramban district.

Maha Shivratri, known as the "Great Night of Shiva," holds immense significance in Hindu tradition and is observed on the new moon day in the month of Maagha as per the Hindu calendar.



Shiv Barat being taken out in Ramban.

On this auspicious occasion, temples across the district were beautifully decorated and witnessed a large influx of devotees from early morning. A grand Shiv Shobha Yatra was also taken out with participation from members of the Maha Shivratri Celebration Committee Ramban, along

with religious leaders, public representatives and prominent citizens. The Yatra commenced from Pracheen Shiv Mandir Maitra, passed through Govindpura Maitra, Boli Bazaar, Main Bazaar and culminated at Raghunath Mandir Ramban. The district and police administration has made elaborate security and logistical arrangements to ensure smooth and peaceful celebrations. Senior civil and police

officers were present on the occasion, while people from all walks of life lined the procession route and welcomed the Yatra with devotion.

To mark the occasion, langars were organised at Maitra, Ramban, and Konsi Temple by the Sanatan Dharm Sabha and locals, offering prasad to devotees.

Devotees were celebrated the occasion with traditional rituals, lighting of lamps, and preparation of special dishes. Devotees observed fasts and offered milk, water, and bael leaves to the Shivling as part of the religious ceremonies.

The temples were decorated with flowers and illuminated with lights, creating a vibrant and spiritual atmosphere.

The festival witnessed widespread participation, reflecting the spirit of unity, harmony and devotion among the people of the district.

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Security arrangements were put in place to ensure smooth conduct of prayers, while local administration officials extended greetings to the people on the auspicious occasion.

Meanwhile Mahatma Ram Sewak Dass who is Chairperson of temple told that this temple was built in Dwapar era, Lord Shiva has worshipped in this temple. Mahatma said that a decent temple was built 10 years ago after the permission of lord Shiva.

Every year on the day of Shivratri, thousands of devotees come here and said that there is a dire need of a bridge and parking place here while Mahatma blessed to all devotees. The team of NGO Annol Cultural Club Sunderbani along with chairman ZorawarSingh & other executive members were also presented during religious programme.

Sadguru Madhu Paramhans emphasises power of remembrance, meditation

STATE TIMES NEWS

SAMBA: A spiritually enriching discourse was held in Ranjri, Jammu, where Sadguru Sahib Ji shared profound teachings on devotion, remembrance of the Divine Name, and the importance of meditation for inner peace and concentration.

Devotees gathered in large numbers to listen to the message, which focused on self-awareness and spiritual discipline.

During the discourse, Sahib Ji highlighted that remembrance of God is essential for spiritual growth and helps individuals develop deep concentration. He explained that practices such as japa, tapasya and sadhana ultimately lead to remembrance, which calms the restless mind and strengthens the connection with the soul. According to him, true remembrance is not about pleasing God externally but about achieving inner focus and control over one's thoughts.

Elaborating on the nature of the mind, he said that human beings are constantly engaged in action-whether

thinking about the past, planning the future or simply sitting still. He described desire, intellect and even breathing as forms of mental activity, noting that the mind rarely remains at peace even for a moment. Through meditation, particularly awareness

of breath, individuals can gradually attain stability and clarity. Sahib Ji also reflected on the relationship between body and soul, explaining that death signifies the separation of the two, while the soul itself continues beyond the physical form. He encouraged devotees to practise meditation regularly, stating that focused breathing can help achieve deeper concentration and spiritual awareness.

The discourse concluded with prayers and meditation, leaving attendees spiritually uplifted and inspired to incorporate remembrance and mindfulness into their daily lives.



SNM organises Blood Donation Camp, collects 123 units



A volunteer donating blood during the camp.

STATE TIMES NEWS
DAYALACHAK: With the blessings of Satguru Mata Sudiksha Ji Maharaj, the Sant Nirankari Mission (SNM) organised a voluntary blood donation camp at Sant Nirankari Satsang Bhawan, Dayalachak in Kathua district, where 123 units of blood were collected through the generous participation of devotees and volunteers.

The camp was inaugurated

by Ajit Singh, Zonal Incharge Jammu, who reiterated the divine message of Baba Hardev Singh Ji Maharaj, stating that "blood should flow in veins, not in drains." Emphasising that Raktadaan is Mahadaan, he highlighted the Mission's ongoing commitment to organising blood donation drives across the country as part of its humanitarian service. He said the Mission

continues to promote the message of unity and spirituality through the guiding principle, "Ek Ko Jaano, Ek Ko Maano, Ek Ho Jao."

Rajesh Kumar Hans, Mukhi of the Dayalachak branch, presented the vote of thanks and welcomed all participants and dignitaries. Among those present were Dr. Soami, BMO Hiranagar; Gian Chand Khatriya, Sanehalak Jammu; and Vijay Kumar; Sanehalak Dayalachak.

The blood collection was carried out under strict medical supervision by teams from Government Medical College, Jammu led by Dr. Abida, and Government Medical College, Kathua led by Dr. Kavita. Proper safety protocols and professional standards were maintained throughout the camp to ensure a smooth and secure process.

Organisers stated that such initiatives reflect the Mission's dedication to selfless service and saving lives, while also spreading awareness about the importance of voluntary blood donation in society.

GDC Thannamandi conducts series of enrollment enhancement visits

STATE TIMES NEWS

THANNAMANDI: In continuation to the series of enrolment enhancement programs, Govt. Degree College Thannamandi conducted yet another awareness session at Govt. Higher Secondary School Saaj under the guidance of the Principal, Dr. Shamim Ahmed Azad here on Saturday.

The members of the Counselling and Enrollment Promotion Committee of Govt. Degree College Thannamandi comprising Prof. Fatima Parveen (Convener) and Dr. Attiq Ul Rehman conducted an awareness session at Higher Secondary School Saaj and motivated students to thoughtfully plan their academic future and make informed decisions regarding higher education opportunities available to them.

Addressing the gathering, Prof. Fatima Parveen encouraged students to dream big and emphasized the advantages of pursuing higher studies at their nearest institution. She highlighted the academic environment and student-centric facilities available at GDC Thannamandi, including a fully automated library, well-equipped science laboratories, and a language lab that supports holistic learning and skill development. She also informed students about various skill-based courses offered by the institution to enhance employability and practical competencies. During the interactive session, students enquired about transportation facilities, hostel accommodation, scholarships, and career-oriented opportunities. The team informed them that bus facilities are available for students from nearby areas, and hostel facilities will also be provided to girl students by the institution to ensure safe and comfortable access to higher education. Information regarding different scholarship schemes for eligible students was also shared. Dr. Attiq Ul Rehman further explained the importance of entrepreneurship and encouraged students to explore innovation-driven career paths. He highlighted the role of institutional support systems in nurturing entrepreneurial skills among youth. The students showed keen interest throughout the interaction, raising thoughtful questions about courses, facilities, and career opportunities. These queries were patiently and effectively addressed, making the session highly interactive and informative.

SMVDU, Shri Mata Vaishno Devi College of Nursing organise awareness on sexual, reproductive health

STATE TIMES NEWS

KATRA: The Students' Welfare (SW) of Shri Mata Vaishno Devi University, in collaboration with Shri Mata Vaishno Devi College of Nursing, jointly organised an awareness lecture to mark Sexual and Reproductive Health Awareness Day.

The programme was held at Shivalik B Hostel and witnessed active participation from hostel residents.

The lecture aimed at promoting health awareness, overall well-being, and informed life practices among students, particularly focusing on issues relevant to adolescents and young adults.

The initiative reflected the university's commitment to creating a supportive and informed campus environment.

The programme was organised under the guidance and coordination of Dr. Sonika Gupta, Warden - Shivalik B Block and Associate Dean Students' Welfare; Kirti Sindhu, Warden - Shivalik A Hostel; Dr. Rashi Taggar, Joint Warden - Shivalik B Hostel; and Dr. Yati Agarwal, Joint Warden -

Shivalik A Hostel. Faculty members, namely Hanna Hedleen and Pooja Rani (Nursing Tutors/Clis.), along with final-year students from SMVDU College of Nursing, served as the resource persons for the session.

They delivered comprehensive presentations on key aspects of sexual and reproductive health, including adolescent and youth health awareness, menstrual health and hygiene, and cervical cancer awareness.

The discussion on cervical cancer covered risk factors, early warning signs, preventive strategies, and the critical importance of HPV vaccination and early medical intervention.

The speakers emphasised the role of timely education and open dialogue in breaking myths and misconceptions surrounding reproductive health.

Students were encouraged to adopt healthy practices, seek medical advice when needed, and spread awareness among their peers.

The interactive session concluded with a question-and-answer segment, allowing

participants to clarify doubts and engage directly with the experts. The programme was widely appreciated by attendees for its informative content and practical relevance, reinforcing the importance of sustained efforts in promoting sexual and reproductive health awareness on campus.

The organisers expressed special gratitude to Vice Chancellor, Prof. (Dr.) Pragati Kumar, for providing the opportunity and continued support.

Acknowledgements were also extended to Dr. Shailla Cannie (Dean & Principal, SMVDU College of Nursing) and Dean Students' Welfare, Prof. Raghendra Kumar Mishra, for their encouragement and facilitation of the programme.

Army celebrates Literature, Culture Unity

STATE TIMES NEWS

POONCH: The Pir Panjal Winter Literature Festival held on Sunday was a remarkable celebration of literature, culture and harmony.

The theme "Adebo ki Dharti, Itehaad ki Zubaan, Alfazon ki Dastan, Aman ka Paigam" beautifully encapsulated the spirit of unity and peace through the power of words.

Poets representing local languages such as Gujari, Pahadi, Urdu and Punjabi graced the occasion with soulful recitations, enriching the audience with the region's rich literary heritage.

Their expressions strongly resonated with the central message of peace and brotherhood. Local artists further elevated the event with cultural performances that showcased the vibrant traditions of the Pir Panjal region. Overall, the festival served as a meaningful initiative, promoting literature as a bridge for unity and a powerful medium for spreading the message of peace.

ADC Nowshera visits Veer-Badereshwar, Qila Darhal to resolve water supply issues

STATE TIMES NEWS

NOWSHERA: Dr. Pritam Lal Thapa, Additional Deputy Commissioner (ADC) Nowshera, today visited Veer-Badereshwar, Thandikasssi and Qila Darhal to take stock of ongoing developmental works.

During his visit to Veer-Badereshwar, the ADC inspected the water supply system catering to the historic Veer Badereshwar Temple, Jajote Kandu areas and held on-spot discussions with the concerned officers to resolve the issue of water supply. He directed the concerned departments to take immediate neces-



ADC Dr. Pritam Lal Thapa taking stock of developmental works at Qila Darhal.

sary measures to ensure a regular and adequate water supply to the temple, keeping in view the religious importance of the shrine and the convenience of devotees as well as Army authorities.

Later, the ADC visited Qila Darhal and reviewed the progress of construction of the Tehsil Office building at Qila Darhal. He inspected the site and assessed the pace and quality of the work being executed.

Expressing the need for timely completion, he instructed the executing agency to expedite the construction work while strictly adhering to the prescribed quality standards.

Dr. Thapa emphasized that the administration is committed to strengthening public infrastructure and ensuring prompt redressal of issues faced by the general public. He assured that all genuine concerns raised by the residents would be addressed in a time-bound manner. During visit he was accompanied by Tehsildar Qila Darhal Jahangir Hussain and officers of Jalshakti Department.

Army organizes plantation drive

STATE TIMES NEWS

RAJOURI: The Indian Army organized a tree plantation drive at Kalal on 15 Feb 2026. The campaign aimed at promoting tree plantation, environmental conservation, improving air quality and supporting biodiversity.

With a vision to create a greener and healthier nation, the campaign engaged local volunteers and government entities to work collectively towards safeguarding the environment for future generations. The locals showed keen interest and actively participated in the tree plantation event.

This campaign serves as a call to action for every individual to become a custodian



of our environment. By planting trees today, we are securing a vibrant and sustainable future for generations to come and sowing the seeds of change for a better tomorrow.

During the campaign, a total of 46 saplings were

planted by the Indian Army with the aim of increasing the 'Green Cover' in the region and persuading people to curb deforestation and promote a clean and green future. A total of 21 locals actively participated in the event.

Blacklisted vehicles suspended for three months in Doda to ensure road safety

STATE TIMES NEWS

DODA: In a major step to enhance road safety and ensure compliance with transport regulations, the Assistant Regional Transport Officer (ARTO) Doda, Kapil Deol has ordered the suspension of blacklisted vehicles for a period of three months with immediate effect. The action has been taken under the directions of Deputy Commissioner Doda, Harvinder Singh.

As per the order, vehicles found operating with expired Fitness Certificates and those running without valid Route Permits have been blacklisted and suspended from plying on public roads. Vehicle owners have been directed to renew their Fitness Certificates, obtain or renew Route Permits, or apply for cancellation of Registration Certificates (RC) in case the vehicles have been scrapped.

The order further states that failure to comply within the stipulated three-month period will lead to cancellation of the Registration Certificate, seizure of vehicles during enforcement drives and penal action under the Motor Vehicles Act, 1988.

Shiv Sena Hindustan participates in Kalash Yatra, calls for unity against drug menace

STATE TIMES NEWS

RS PURA: Shiv Sena Hindustan, under the leadership of Jammu and Kashmir President Pandit Rajesh Kesri, participated in the Kalash Yatra to mark the beginning of the Rakhi week in Jangwal village. The event witnessed a grand welcome for Pandit Rajesh Kesri and his team, with locals adorning them with garlands and showering flowers.

Pandit Rajesh Kesri paid his respects to the saints and priests present at the event and extended heartfelt Maha Shivratri greetings to all attendees. Addressing the

gathering, he highlighted the importance of participating in religious and cultural events, emphasizing that such activities play a crucial role in steering the younger generation away from the perils of drug addiction and towards a more spiritually inclined life.

Pandit Kesri urged the youth present in the audience to take a firm stand against drug abuse, calling it a "termites" that destroys individuals from within. He encouraged everyone to not only stay away from drugs themselves but also spread awareness in surrounding villages



Shiv Sena Hindustan members during the religious event.

about the devastating effects of addiction. He pointed out that drug addiction is a tool used by Pakistan to weaken India's youth and destabilize Jammu & Kashmir.

Citing a recent example, Pandit Kesri referred to the seizure of 5.3 kilograms of heroin in Kureetana Khurd village, Nawanshahr, during a joint operation by the

Jammu & Kashmir Police and BSF. He stated that such incidents clearly show Pakistan's malicious intent to push drugs into the region and destroy the future of the youth. However, he assured that Shiv Sena Hindustan, along with the people of Jammu & Kashmir, will never allow Pakistan's "narcoterrorism" to take root in the region.

Addressing the gathering, Pandit Kesri stressed the need for collective efforts to combat the drug menace. He called on the community to unite and work together to protect the youth and ensure

a bright future for the region. He reiterated that Shiv Sena Hindustan is committed to safeguarding the cultural, social, and moral fabric of Jammu & Kashmir.

Prominent leaders present at the event included Vice Chairman Rajkumar, Border President Sanjeev Sharma, Arnia President Balwant Fauji, Jangwal President Goram Ram, Om Prakash, Satpal, and hundreds of Shiv Sena Hindustan members and supporters, who pledged their commitment to fighting against drug abuse and protecting the youth of Jammu & Kashmir.