

Shailputri Puja on first Navratra

Among the Nine Durgas, Maa Shailputri is considered to be the first manifestation of goddess Durga. She carries the trishul and the lotus in her hands. Her vehicle is the Bull, Nandi. The narrative regarding her birth has been described in scriptures like Shivapurana and Devi Bagvaatam Maa. Shailputri in her previous birth was born as a daughter to Daksha Prajapati. She was named 'Sati'. She had been deeply devoted to Lord Shiva since her childhood. When she grew into a maiden, she propitiated Lord Shiva by her penance and devotion and desired to beget him as her consort. Lord Shiva bestowed the desired boon on her and accepted her as his consort. Once her father Daksha Prajapati organized a great Yanja in which all the gods including Brahma, Vishnu, Indra and saints and sages were invited, but Lord Shiva was excluded. When Goddess Sati came to know of it, she could not tolerate the disgrace of Lord Shiva. So, she decided to pay a visit to her father. Getting angry Sati spoke to Lord Shiva, "O Dear Lord! My father Daksha Prajapati is performing a grand fire sacrifice. All the gods, saints, seers and sages have been invited to participate in this sacrifice, but he has disgraced you openly by not inviting you. I can never bear your insult. So, you kindly let me go to my father to speak out my mind to him." Seeing the infuriated Sati, Lord Shiva said to her, "O Goddess! It does not behoove you to lose your temper over such a trifle. Daksha Prajapati is the performer of this great sacrifice. It is his sweet will to invite or ignore any one. You must not poke your nose into his affairs. Such trivial steps may cause bitterness in your relations." Sati's anger did not subside even after such a lecture given to her by Lord Shiva. Seeing her great obduracy, Lord Shiva ultimately granted her the permission to see her father. When Goddess Sati reached the site of the Yajna, she heard everybody denouncing Lord Shiva. Even Daksha, her father, surrounded by his servants was busy with the condemnation of Lord Shiva. All her sisters were mocking at Sati. Such a hostile situation fanned the fire of her fury even more. She failed to endure such a horrible disgrace of her Lord and consigned herself to the sacrificial flames. When Lord Shiva heard of Sati's self-immolation, he sent his attendants to destroy the sacrifice. Sati in her next birth was born as a daughter to Himalaya, the Lord of Mountains. She was named Parvati or Hemvati. Since she was born as a daughter to the mountain-king Himalaya, she is also known as Shailputri. She propitiated Lord Shiva by her severe penance and begot him as her husband. Among the Nine Durgas, the importance and powers of Mother Shailputri are unlimited. On the first day of auspicious Navaraatri, she alone is adored and worshipped.

Mantras for Shailputri Devi

Om Devi Shailputryai Namah (108 recitation of this mantra)
Vande Vanchhit Laabhaay, Chandrardhkritshekharaam |
Vrisharudham Shooldharaam Shailputrim Yashaswinim ||

I worship Goddess Shailputri to fulfill my wishes, who is adorned with crescent moon on her head, rides on a bull, carrying a trishul and is illustrious.



NAVRATRA SPECIAL RECIPE



Kashmiri Mirch Aloo

Ingredients

4 medium potatoes – cut into ¼ “ thick slices
4 cups water, 1 tsp salt, 1 tbsp lemon juice
½ tsp coarsely crushed pepper
1½ tsp degi mirch
2 tsp fennel seeds (saunf) – crushed
1 tsp salt
1 tbsp lemon juice
2+2 tbsp ghee or butter
1 tbsp juliennes of ginger
some flat pieces of fresh coconut – optional
½ tsp green cardamom (elaichi) powder
coriander sprigs or chopped coriander leaves

Method

Boil sliced potatoes for 5 minutes in 4 cups of water with 1 tsp salt, 1 tsp degi mirch & 1 tbsp lemon juice added to it. Cool the sliced potatoes and saute on a big tawa or flat pan with 2 tbsp of butter/ghee till golden. Heat 2 tbsp ghee, add crushed pepper, ginger juliennes, cook till ginger turns a little crisp. Add fennel seeds (coarsely crushed), ½ tsp degi mirch and cook only for ½ minute. Add 4 tbsp water and when the water comes to a boil add potatoes. (The water will help to uniformly coat the spices on the potatoes). Add salt to taste. Cook for about a minute till dry. Sprinkle coconut, ½ tsp green cardamom powder and few coriander sprigs and serve.

JU organises live-streaming of Pariksha Pe Charcha



JU faculty listening to Prime Minister, Narendra Modi during Pariksha Pe Charcha-2022.

■ STATE TIMES NEWS

JAMMU: Prime Minister, Narendra Modi, on Friday addressed the students and their parents across the nation in the fifth edition of the 'Pariksha Pe Charcha-2022' in an annual event. The event was held at Talkatora Stadium, Delhi and was live-streamed on various social media channels and National Channel television. The University of Jammu (JU) live-streamed the event for the students and scholars of the university. Prof. Manoj K. Dhar, Vice-Chancellor, JU also attended the event along with Prof. Naresh Padha, Dean Academic Affairs, Prof. Parkash C. Antahal, Dean Students Welfare, Prof. Vishav Raksha, Chairperson, Campus Cultural Committee, Er. Anik Gupta, Director IT & ESM besides other dignitaries of the JU. Addressing the students, Prof. Dhar eulogized the importance of the tips given by Prime Minister Modi in his

address. Prof. Dhar asked the students to emulate those tips given by the Prime Minister in letter and spirit to excel in their chosen fields. Emphasizing the importance of hard work, Prof. Dhar said that there is no substitute for hard work and without hard work and dedication, the desired goals cannot be achieved. He further advised the students to have a positive approach and stay away from jealousy as it is only the competitive spirit that leads to success. He also exhorted the students to become capable of handling all sorts of challenges and difficult situations in life by developing holistic views and exploring all viable options.

It is pertinent to mention here that besides the main function, the event was also organised in other departments and offsite Campuses of the University.

Earlier, the welcome address was delivered by Prof. Parkash C. Antahal, Dean of Students Welfare. Prof. Vishav Raksha,

Chairperson Campus Cultural Committee presented the formal vote of thanks. The proceedings of the event were conducted by Dr Pritam Singh, Assistant Dean of Students Welfare. The NSS Unit Of Kathua Campus, University of Jammu also organised a Live session of Pariksha Pe Charcha for the Students and Teachers.

The live streaming of Pariksha Pe Charcha 2022 in the Kathua Campus, JU was organised under the supervision of Amit Sharma, NSS Programme Officer along with Er. Abhigya Mahajan, Incharge NSS activities UIET. The whole event was organized under the guidance of Dr. Meenakshi Kilam, Rector, Kathua Campus, KU and Prof. Sushel Sharma, Coordinator UIET. Dr. Vivek Sharma Academic Coordinator, Pankaj Khajuria, Assistant Registrar, Dr. Jyoti Sharma, Incharge Head MBA, Dr. Sourabh Shastri, Incharge Head MCA along with the entire faculty of UIET and Kathua Campus were present during the event.

Delegation of SKJAVS Trust calls on Div Com, highlights issues



SKJAVS Trust President, Rohit Shastri presenting Shri Ramcharitmanas to Div Com Jammu, Dr Raghav Langer.

■ STATE TIMES NEWS

JAMMU: To highlight various issues faced by Sanskrit students and scholars, a delegation of Shri Kailash Jyotish Avim Vedic Sansthan (SKJAVS) Trust, led by its President, Mahant Rohit Shastri called on Divisional Commissioner Jammu, Dr Raghav Langer on Friday. He also presented a copy of Shri Ramcharitmanas to Dr Raghav Langer.

While interacting with Div Com, Shastri suggested a number of measures which the government should consider for implementation for better propagation of Sanskrit language. He also sought starting a State-level

Sanskrit award in the name of illustrious Sanskrit scholar Late Dr Uttam Chand Shastri Pathak as the scholar had devoted his entire life for service and promotion of Sanskrit. The award should be bestowed on persons contributing for promotion, propagation and preservation of Sanskrit, he added.

Shastri further demanded that Sanskrit should be treated at par with other languages and vacant posts in Vedic studies at higher secondary level should be filled at the earliest besides inducting Vedic studies in colleges. Trust Member Jagdev Singh Chib was also present on the occasion.

ANTF J&K nabs drug smuggler with Charas at Jammu

■ STATE TIMES NEWS

JAMMU: The Anti Narcotic Task Force (ANTF) of Jammu and Kashmir police, specialized unit to check rising menace of drugs, achieved another success on Friday after it foiled a bid to smuggle Charas worth lakhs of rupees. "ANTF Jammu received specific information that one person namely Ranjit Kumar, son of Khem Chand, resident of Mandir Wali Gali, Sevala Gwalior Road, Agra,

UP brought Charas from Kashmir Valley for smuggling to Agra," said SSP ANTF Vinay Sharma. On this information, he added, a case FIR 04/2022 under Section 8/20 NDPS Act was registered at Police Station ANTF Jammu. "ANTF team immediately swung into action apprehended the aforesaid person from ISBT Narwal, Jammu and during search 03 kilograms of Charas concealed in a bag was

recovered by the ANTF team," SSP Vinay said adding that the aforesaid person has been arrested in the instant case. "Anti Narcotics Task Force is investigating further links and more arrests are expected," SSP said. He appealed general public to share information regarding any such drug dealers so that appropriate legal actions are taken against them and this menace is uprooted from our society.

Fight against SAC order, SCERT notification will continue: ABVP

■ STATE TIMES NEWS

JAMMU: ABVP unit of Jammu University lodged a protest in support of its demands on Friday and tried to march towards Bikram Chowk, but was stopped by Police contingent deployed. While expressing resentment against controversial SAC decision 2018, which regularised all ReT/SSA teachers and changed their nomenclature, along with SCERT recruitment notification, the ABVP leaders said that their fight with continue until justice is delivered to students. "If administration will not revoke SAC decision 2018 and stop 100 per cent regularization of ReT/SSA teachers along with 100 per cent departmental promotions for vacant posts of lecturers and drawback SCERT recruitment notification, we will march towards Secretariat," they added.

Prominent among those present during the protest included Mukesh Manhas, Shivani Rajput, Saket Rathore, Ranjnik Sharma, Anoop Singh, Ramesh Samburia, Akhil Jasrotia, Abhishek Sharma, Vikrant

Rajput, Bindya Sharma, Hari Om, Dheeraj Sharma, Piyush Khajuria, Komal Parihar, Arvind Kumar, Shubham Amar, Palak Sambyal, Ashu Rajput, Neha, Sharmila Choudhary, Neha, Vijay Kumar and Sandeep Singh.

J&K HC holds Full Court Reference to condole demise of Justice G L Raina

■ STATE TIMES NEWS

JAMMU: A Full Court Reference was held on Friday in the court room of Chief Justice at Jammu wing of High Court to condole the demise of Justice Girdhari Lal Raina, a former Judge of High Court of Jammu and Kashmir.

On the occasion, Advocate General and President, J&K High Court Bar Association, Jammu, in their condolence addresses remembered the contribution of late Justice Raina as a Judge of J&K High Court. Advocate General, on his behalf and on behalf of the State Government Advocates and Bar offered condolences on the demise of late Justice Raina and prayed for his eternal peace and strength to the bereaved



Judges and Lawyers at Full Court Reference in the court room of Chief Justice in Jammu wing of HC to condole demise of Justice Girdhari Lal Raina, a former Judge.

family. President, J&K High Court Bar Association, also offered condolences on his behalf and on behalf of the Bar Executives and other Bar members and prayed for peace to the departed soul. Chief Justice, High Court of J&K and Ladakh, Justice Pankaj Mithal, on his behalf and on

behalf of other Judges of the High Court prayed for eternal peace to the departed soul and courage to the bereaved family of late Justice Raina to bear this irreparable loss. Meanwhile, Judges from Srinagar Bench and President High Court Bar Association Srinagar along with Bar mem-

bers joined the Full Court Reference proceedings virtually. Proceedings were conducted by the Registrar General. The Full Court proceedings ended with observance of one minute silence as a mark of respect to the departed soul. After the Reference, Court work was suspended for rest of the day.

Under Trial Review Committee conducts periodical inspection of Udhampur Jail

■ STATE TIMES NEWS

UDHAMPUR: In pursuance to the direction of Supreme Court In W.P.(C) No.406/2013, Under Trial Review Committee Meeting/ Periodical Inspection of District Jail Udhampur was held on Friday Morning here under the Chairmanship of Y.P.Bourney, Pr. Distt & Session Judge Udhampur, Secretary District Legal Services Authority Udhampur, Rajni Sharma (Sub-Judge), which was attended by Committee Members Indu Kanwal Chib, Deputy Commissioner Udhampur, Vinod Kumar SSP Udhampur, Harish Kotwal Superintendent Distt. Jail; Udhampur and Mohammad Anwar-Ul-Haq Addl. SP Udhampur.

The Committee reviewed the cases of all the prisoners/ Under Trial/ Jail inmates and there after visited all the Barracks of Jail, Hospital, Kitchen etc , and interacted with all Jail inmates/ under trials. The Committee also enquired from Jail inmates with regard to the facilities made available for the inmates viz eating, lodging and other amenities. The



Y.P.Bourney, Prpl. Distt & Session Judge Udhampur and Secretary DLSA, Rajni Sharma (Sub-Judge) during their visit to jail.

Committee, especially enquired and checked personally about the sanitization. Some jail inmates are reasonably qualified/ talented and committee asked them to educate other inmates/ Prisoners.

The Chairman Under Trial Review Committee Y. P. Bourney (Pr. Distt. & Session Judge Udhampur) also put emphasis & made them to understand to make best use of their time by involving into Positive activities. Since there are female Jail inmates also as such, the committee interacted with them; Besides this, Secretary DLSA Udhampur and Deputy Commissioner Udhampur exclusively interacted with Female Jail Inmates and enquired with regard to their all requisite need and heard them and also sug-

gested them to involve in Positive activities and make best use of their time.

During this interaction, a Suggestion floated by Rajni Sharma, Sub-Judge/ Secretary DLSA Udhampur that a female PLV Rachna Sharma who is expert in tailoring/stitching may be deputed to teach female jail inmates viz stitching, tailoring etc. on alternate days which is accordingly agreed by the Chairman Y.P Bourney Pr. Distt. & Session Judge Udhampur and accordingly Secretary DLSA Udhampur shall take requisite steps in this regard. Committee also directed the Jail Authorities to take best care of all the Jail inmates and also initiate/ undertake some programme/ activities for the well being of all jail inmates.

Dr Jitendra interacts with Ukraine evacuated students from Jammu



Union Minister Dr Jitendra Singh with a group of Ukraine evacuated students from Jammu, at New Delhi on Friday.

■ STATE TIMES NEWS

NEW DELHI: Union Minister, Dr Jitendra Singh on Friday interacted with a group of Ukraine evacuated students from Jammu. The students, who came from war-torn Ukraine, shared their experiences and concerns with the Minister.

Pertinent to mention that the National Medical Commission (NMC) in its recent circular had permitted students, unable to intern abroad due to Covid-19 or war-like situations like in Ukraine, to complete their internships in India. It is with this con-

dition that such candidates must have cleared FMGE (Screening Test) which is mandatory for Indian students with foreign medical qualification to practice medicine in India.

NMC had also validated and approved online theory classes for MBBS students during COVID period, supplemented by practical and clinical training as per current curriculum in all MBBS subjects in colleges/institutions. Several Ukraine-returned students are currently attending online MBBS classes, which their teachers are taking from Poland,

Romania, where they have migrated, and even from safety bunkers in the war-torn country.

Dr Jitendra said that over 22,500 Indians evacuated under Operation Ganga from the war-torn Ukraine under challenging circumstances, even when airstrikes and shelling were underway. He also told the students that when a ceasefire was needed to evacuate the students, the Prime Minister Modi himself spoke to the Presidents of Ukraine and Russia and because of it the evacuation at Sumy was made possible.