

Duvansa (Duansa) or Malmaas in Dogri : An extramonth of Lunar calendar

On the early morning of 18th September, 2020 up to the 16th of October, 2020, the rivers and their tributaries as well as holy lakes in Jammu region will throng with a large gathering of people for holy dip especially in Devika, Tawi, Purmandal, SudhMahadev, Chenab, Raavi, Ujji, Basanter, Utterbeni, Basanter, Mansar, S and many more. These spots are crowded with people during this period, especially on Sundays. In this age of modernization, it becomes imperative to make aware of the local community youth, about this religious festival that is known as Duvansa or Duansa in Dogri. It can be loosely translated as two months coming together. Whenever two Sankrantis falls within one month then it becomes the Lunar year with one reduced month (11 months in the year) termed as Massa/ Malmassa or duvansa. People in some locations of Duggar Pradesh also pronounce it as dooansan (????) meaning two Amavasya in one Hindu month. Likewise in Hindi, it is called Adhik Maas (Extra Month).

will have only 354.36708 days while the Solar year is about 365 days. To adjust lunar months with the solar year, the Lunar calendar adds one extra month every third year. This extra lunar month occurs after every 32 months, 16 days, and 8 Ghadis (a Ghadi is a period of 24 minutes and 60 Ghadis equal 24 hours) according to VasishthaSiddhanta (the treatise of Vasishtha). Hindus assign each month of the year to a specific raashi name. As such there are twelve lunar months coinciding with 12 raashis assigned to each one. For instance, when the sun transits into Mesharaashi in a lunar month, then the name of the lunar month is Chaitra. When the sun transits into Vrishabha, then the lunar month is Vaishaakha and so on. Since every lunar month is associated with one specific God, this extra month was attributed in the name of Maaldevi which means unclean in the early vedic period. The deity was not happy as this month was not perceived as auspicious. It is believed that the lord diety of this month, Maal Devi approached Lord Vishnu, who blessed her with the Aroma emanating from hisnabhi in Gokul to mask the effect of bad smell (Maal) and accepted her request to give his name to this month. Henceforth, it is also called as Purshotam month which is another name of god Vishnu. Since Lord Vishnu is the Lord



of this month, this duration is devoted to PurushottamMahina(Maas). So in the nut shell, Duvansa or Purushottam Maas comes after every third year to balance solar and lunar years. As this extra month adds into the hinducalendar, all rituals and festivals are postponed or adjusted accordingly. For example, this year Diwali will be celebrated in November (2020), unlike the previous year (2019) when it was celebrated in October. Please remember that Adhik Maas or the extra Lunar month will occur after every 32 months, 16 days, and 8 Ghadis (a Ghadi is a period of 24 minutes and 60 Ghadis equal 24 hours) and so on our rituals and festivals will be delayed accordingly.

In Vishnu Purana, it has been mentioned that this extra month was in fact intentionally created by Lord Vishnu to kill Hiranyakashyap. Since, he had a vardaana from the almighty that no one can kill him in the 12 months of the Hindu calendar, God had to manifest cosmology to create an extra month to get rid of his sins and eliminate him. Therefore, after the killing of HiranyaKashyap the Puranas depicted significance about Adhik Maas and advocated for vishnu Puja and readings of scriptures, etc. during Adhik Maas. During this month, selfless actions, without the expectations of results, are to be performed along with Vishnu puja. There are many legends associated with this period. One of them pertains to Queen Draupadi, who ignored the words of Rishi Durvaasa regarding the importance of meditation during this month with the result that she had to live with five husbands and undergo a lot of pain and face troubles including the unsuccessful attempt of Duryodhana to disrobe her.

The recitation of SrimadBhagavatPurana and of the Bhagavad Gita during this month produce good results. In addition to singing and listening to the praises of the Lord

Vishnu, The devotees perform vrat waking up during the hours of Brahma Muhurta (between 4 am and 6 am). After ablations they place a murti of Radha-Krishna or Lakshmi-Narayana and perform Sodashopachara puja. If there is a temple nearby then perform puja of whatever deities are usually worshipped therein. During the entire month of Mal Maas they eat only one meal at night that is completely sattvic in nature (vegetarian meals, milk, fruits, nuts, grains, vegetables). Their family members also fast, donate and take a holy dip in rivers, lakes and other places of worship on every Sunday. This is because, Sunday is considered to be most auspicious day of the month. People also do moksh (Mokh) in this month. The festival used to be practiced by the Kashmiri pandits also before their exodus from the valley. The most sacred gathering was held at Mattan after every two and half years where pilgrims from all over the country used to assemble and perform religious rituals along the Chaka Nadi. During this period, initiation of all auspicious works such as marriage, Mundan, Purchase of new property such as land/house/vehicle /gold, etc, installation of the Deity's idol, digging of the new well, pond, bowl, etc is strictly forbidden. But is has been advised that people should perform the pious acts of helping the poor &

the needy to have Lord Krishna's blessings. They also visit famous religious places such as the Devika river, Tawiriver, Purmandal, SudhMahadev to take a holy bath during this month. These spots are crowded with people during this period, especially on Sundays. It is believed that a single bath during this period brings the devotees Lord Krishna's blessings equivalent to the one achieved by bathing in the holy Ganga for twelve thousand years. All acts of charity, giving alms to the poor and worshipping Lord Krishna, Lord Vishnu, and Lord Shiva during the Purshotammass results in fulfillment of all desires and wishes. The devotees are blessed with obedient and multitalented children, siblings, spouse etc. As Lord Krishna has given his own name (Purshotam) to this month, this period is considered to be the holiest of all the periods of the year. Recitation of the SrimadBhagwad Gita and Sri Vishnu Stotra, Sri Vishnu Sahasamama, etc daily is also considered auspicious in this period and eradicates poverty and ushers in prosperity and peace of mind.

On the last day of this month, sweet dishes such as Poore, jaggery, items made from ghee and grains are given in charity. Prof. R.K.Gupta (SKUAST-Jammu); Ashok Sharma (Lecturer) and Anil Gupta (Master)

Chief Justice JKHC interacts with law interns



Chief Justice, Justice Gita Mittal along with other Judges interacting with law interns through virtual mode.

STATE TIMES NEWS
SRINAGAR: Chief Justice Jammu and Kashmir High Court, Justice Gita Mittal along with other Judges of the High Court on Wednesday held an interaction with the candidates who had applied for law internship including e-internship in the High Court of Jammu and Kashmir. The interaction was held through virtual mode. In all, 229 candidates from various Universities/Colleges of the Country had applied for law internship including e-internship with the Chief Justice and Judges of the High Court. About 150 candidates joined the virtual interaction. Candidates who have applied for internship are students from various colleges/universities of the country including Calcutta, Gujarat National Law University, Chandigarh University, Rajiv Gandhi School IPR IIT Kharagpur, Army Institute of Law Punjab, National Law School Assam, Bhartiya Vidyapeeth University Pune, NALSAR University of Law Hyderabad, University of Rajasthan Jaipur, Jamia Millia Islamia, New Delhi, Uttaranchal University, Aligarh Muslim University, Symbiosis Law College, Pune, Jindal Global Law School, Amity University, Nirma University, Ahmedabad, Bishop Cotton Women's Christian Law College Bangalore, University of Jammu and University of Kashmir.

approval of this scheme, there was no such scheme for engagement of law interns in the High Court of J&K and thus the scheme has provided a golden opportunity for the law students to further hone their legal skills and understand both depth and breadth of legal knowledge. During the interaction programme, Chief Justice issued on spot instructions to the High Court Registry to arrange a virtual tour of the High Court as well as of its different sections especially ADR Centre, e-Courts and Digitization Section for the interns.

While interacting with the Chief Justice and the Judges, a number of questions were asked by the candidates joining from major cities and towns from Delhi, Punjab, Chandigarh, Uttar Pradesh, Assam, Telangana, Andhra Pradesh, Karnataka, Gujarat, Rajasthan and Uttarakhnad, which were very patiently responded by the Judges. It is pertinent to mention that responding to the need to put in place a proper scheme in the High Court of Jammu and Kashmir for engagement of law students (unpaid), either on a regular basis and/or e-internships, who may be remotely located as well, very recently, Justice Gita Mittal, the Chief Justice had approved the Scheme for Internship and e-internships in the High Court of Jammu & Kashmir. The scheme envisages that the Law Intern will be given experience certificate by the Registrar General on successful completion of the internship with the approval of the Judge with whom the intern was attached. Law internships are established programmes in courts all over the world including several High Courts in India. Internships are fixed term permissions granted to law students to attend and observe court proceedings, read files of cases, undertake legal research on points assigned to them and any other law related activity.

SP Traffic City lodges FIR against dumper owner, others

STATE TIMES NEWS
JAMMU: Superintendent of Police, Traffic City, Jammu, Pardeep Singh lodged FIR against dumper owner and his associates for intimidating him and members of his escorts party. "On Wednesday I along with my escort party namely HC Prem Sagar (Challenging Officer), Sanjay Dutt (Driver of my vehicle), Sgt. Basharat Hussaln (Operator) and Ct Rahul Kumar (PSO) were on routine patrolling duty in our official vehicle Chassis No. 37266 and at about 10:55 AM. When we reached Rajpura Kullar a dumper bearing registration JK02CG-8021 was stopped for checking as the driver of vehicle was not wearing uniform," SP Pardeep said.

On this, he added, HC Prem Sagar was directed to take requisite action under relevant section of MV Act. "I along with Operator namely Basharat Hussaln proceeded towards nearby medical shop for purchasing some medicines. As came back, we found that owner of the dumper namely Attar Choudhary along with his associates encircled/Gheraoed my official vehicle and prevented police party to proceed further thus prevented us from doing our lawful duty," he said. In furtherance to his criminal intention, SP said, the person namely Attar Choudhary called driver of a JCB bearing registration No. JK02CM-1815 which was parked nearby and on his direction

the driver of aforesaid vehicle parked the JCB in front of my official vehicle and also restrained the vehicular movement of commuters on road. "During this, lot of people gathered on spot and Attar Choudhary assaulted and pushed my wireless operator namely Sgt. Basharat Husaln," SP said and added "In the meanwhile the Sarpanch namely Sher Mohd alias Bittu also reached the spot and intervened and asked the accused to go away." "I informed nearby Police Stations regarding the matter, following which Incharge PP Sainik Colony and Incharge PP Chatta came on spot and on seeing police parties Attar Choudhary and his associates fled from the spot," SP said.

Selection trials held at Bishnah



ZPEO Bishnah, Surbjeet Kour interacting with participants.

STATE TIMES NEWS
BISHNAH: Department of Youth Services and Sports (DYSS) organized selection trials in the discipline of cricket, volleyball, football and kho-kho for all age group boys at Government High School Bhatyari ground, here on Wednesday. A large number of students

from government and private schools took part in the trial under the guidance of Sukhdev Raj Sharma, District Youth Services and Sport Officer (DYSSO) Jammu and under the overall supervision of Surbjeet Kour, Zonal Physical Education Officer (ZPEO) Bishnah. The selection were made by officials led by Kuldeep Raj, Pardeep Kumar, Rakesh Kumar, Jagtar Singh, Raj Kumari, Bindesh Singh, Rekha Rani, Kulwinder Kour, Harvinder Singh, Satinder Singh, Gurvinder Kour, Rohit Sadhotra, Arjun Singh, Manish Charak, Ranju Saini and Monika Sharma.

CRPF Jawan among two commit suicide

STATE TIMES NEWS
UDHAMPUR: A CRPF among two persons committed suicide here on Wednesday. According to a report, 34 years old Ram Pal, son of Krishan Lal, resident of village Jat in Rathian District Udhampur was found hanging in his house and was shifted to hospital by his family members, where doctors declared him as brought dead. Police has handed over the body of victim to his family for last rites after conducting autopsy and registered a case under Section 174 of CrPC for investigation. Meanwhile, T Shrinivas, presently posted at 90 Bn CRPF in Pulwama shot himself with his service rifle and died on the spot. Police has registered a case and started investigation.

A case vide FIR No. 232/2020 under relevant sections of law has been registered in Police Station Sadder. Both the bootleggers were arrested and shifted to Police Station Sadder where they remained under custody.

Two bodies found

STATE TIMES NEWS
JAMMU: Two bodies were found at separate areas here on Wednesday. As per details, an unidentified body of a woman was found from bank of river Chenab near Jia Pota Ghat Akhnoor. After shifting the body to mortuary of Sub District Hospital SDH Akhnoor, Police has registered a case for further inquiry. Meanwhile, body of a man was found from a park near BSNL Office in Trikuta Nagar.

Four held with 800 gm Charas

STATE TIMES NEWS
AKHNOOR: Police on Wednesday nabbed four drug peddlers and recovered 800 gm Charas from their possession. As per details, a police party led by SHO Police Station Akhnoor Insnr Naresh Sharma, during patrolling duty in Nardi Bala, Godhan Barui-Sangani area, noticed four persons who were sitting in a group near Nursing institute (Khad) in suspicious condition and after seeing police party, tried to escape from the spot, but the alert police party chased and nabbed them. During questioning they disclosed their identity as Razaq Ahmed, son of Ghulam Ahmed, resident of Kandi Maira Mandrian; Ajay Kumar, son of Bal Krishan, resident of Gandarwan tehsil Akhnoor; Baldev Raj, son of Kaka Ram, resident of Parsoti Tehsil Mera Mandrian and Ankush Sharma, son of Manga Ram, resident of Sungal Tehsil Akhnoor. On frisking, 43 Challis of Charas were recovered from their possession, weighing approximately 800 gm. All the accused were arrested and a case under relevant section of law was registered against them.

Two bovines rescued, smuggler held

STATE TIMES NEWS
NAGROTA: Police on Wednesday foiled a bovine smuggling bid by arresting a smuggler. Two bovines were also rescued by police.

As per details, a Police party led by SHO Nagrota Mohd Shoket laid a Naka near Ban Toll Plaza and succeeded in arresting a bovine smuggler, who was trying to smuggle two bovines in a vehicle (Jk21A/9113). The accused has been identified as Arif Hussain, son of Manzoor Ahmed, resident of Kandiwara, presently staying at Raika Narwal and a case vide FIR No. 356/2020 under relevant sections of law was registered against him at Police Station Nagrota. The entire operation was carried out under overall supervision of SDPO Nagrota Mohan Sharma.

Cyber Crime saves money defrauded by fraudsters

STATE TIMES NEWS
JAMMU: Cyber Police Jammu saved money defrauded by fraudsters. As per details, On dated August 26, 2020 Cyber Police

Station Jammu received a complaint regarding Bank fraud by one Monika Sharma, resident of Sunderbani, wherein the complainant stated that she was defrauded with an amount of Rs 50,033. She further stated that fraudsters approach her telephonically and fraudulently obtained her bank credentials including OTP on the pretext of unblocking the blocked ATM card. Taking instant cognizance of the complaint, a team of Cyber Police Station Jammu dealing financial fraud cases headed by Inspector Manoj Kumar Gupta was activated and transactions were scrutinized to find out the outflow route of transactions, through which money was used by fraudsters. Scrutiny of transactions revealed that the amount was exhausted by fraudsters for online shopping on Tata Cliq shopping platform and a partial amount is in Airtel Money Wallet.

The matter was instantly taken up with authorities of Tata Cliq and Airtel Money, and all the suspected transactions were blocked besides refunding back the defrauded money to victim's account.

Cyber Police Station Jammu saved complainant's hard earned money with its instant action under guidance and directions of SP Naresh Singh, Incharge Cyber Police Station and succeeded in refunding an amount of Rs 49,999 from Tata Cliq wallet while Rs 34 was refunded by Airtel Money. Thus, a total of Rs 50,033 was refunded back to the complainant. Cyber Police Jammu has appealed to the general public to stay alert and vigilant against these online fraudsters.

Trucker nabbed with 4 Kg poppy straw

STATE TIMES NEWS
JAMMU: Police on Wednesday detained a trucker and recovered 4 Kg poppy straw from his possession. As per details, a party from Police Post Narwal led by Incharge Police Post Narwal SI Vikas Jasrotia while on Naka duty, apprehended a person namely Mohd Imtiyaz, son of Mohd Qazim, resident of Neka, Panjgrain, Tehsil Manjakote, District Rajouri who was coming in a truck (JK02AQ-7911). On search of vehicle, 4 Kg poppy straw was recovered from his possession. A case vide FIR No. 240/2020 under Section 8/15 of NDPS ACT was registered against him at Police Station Bahu Fort.

Man loses Rs 8 lakh in online fraud

STATE TIMES NEWS
JAMMU: A man lost a sum of Rs 8 lakh in an online fraud. As per details, Ravinder Nath, son of Mohan Lal Koul, resident of Pamposh Colony lodged a complaint with Janipur police that he made a deal online for some purchases with a man and gave him a sum of Rs 8 lakh. After paying money, the purchase was not finalised by the aforesaid person. Police has registered a case and launched manhunt to nab the accused.

Govt employee assault case; 1 arrested

STATE TIMES NEWS
BISHNAH: In assault case at Bishnah Tehsil office, police has detained one person. As per details, a woman lodged complaint that an official namely Jan Mohd demanded undue favour from her when she went to him for some work on Tuesday.

Reacting over that, some workers of an organisation led by Ganesh Choudhary came to the office and assaulted aforesaid official. During investigation of case, Police has detained Ganesh Choudhary, resident of Dabbad.

Man dies under mysterious circumstances

STATE TIMES NEWS
AKHNOOR: A man died under mysterious circumstances in Akhnoor on Wednesday. As per details, Hardev Singh, son of Sadhu Singh, resident of Ludhiana, presently working at GREF Workshop became unconscious and was shifted to hospital, where doctors declared him as brought dead. Police is further investigating the matter.

Man dies after falling from roof

STATE TIMES NEWS
JAMMU: A man died after falling from roof in Sainik Colony area on Wednesday. As per details, Rajinder Tanta, son of Jagdish Tantam, resident of Bihar, presently staying at Trikuta Nagar fell from roof of a house where he was engaged in some work. He was immediately shifted to hospital for treatment but he succumbed to injuries. Police has registered a case and started investigation.

Accident victim succumbs

STATE TIMES NEWS
JAMMU: An accident victim who was undergoing treatment at hospital succumbed on Wednesday. As per details, Rajat Kumar, son of Mohinder, resident of Patoli got injured three days back when he was hit by an unknown vehicle and shifted to hospital for treatment. But he failed to recover and succumbed to injuries.

Man detained by police found dead in Sopore

STATE TIMES NEWS
SRINAGAR: A man detained by police in Sopore was found dead in a nearby area of Baramulla district of Jammu and Kashmir, officials said on Wednesday. Irfan Ahmad Dar (24), was detained by police in Sopore town on Tuesday in connection with an anti-terrorism case, the officials said. His body was found at Charamundji falling under the jurisdiction of nearby Bomai Police Station on Tuesday evening, the officials said. They said the body was brought to PCR Hospital at Srinagar on Wednesday for postmortem. The Sopore Police has claimed that the deceased had escaped from the custody and that two hand grenades were also recovered along with the body. However, officials said the body bore many torture marks on the back and face. Authorities have suspended internet services in Sopore town and adjoining areas as a precautionary measure. Meanwhile, Apni Party led by Altaf Bukhari urged Lt Governor Manoj Sinha to order a time bound probe into the incident. Even if the claims of the police were true that the slain youth was an over ground worker who allegedly took advantage of darkness to escape and during search, his body was found at Tujjar-Sharief, the police cannot be absolved of its responsibility warranted under law," Apni Party spokesman Javid Baig said.

"The circumstances which led to his death need to be probed in order to find the truth, he said.