

# Janmashtami celebrated with religious fervour, gaiety across region

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DODA: The Lord Krishna's birthday, also known as 'Janamashtami,' was celebrated with enthusiasm and religious fervour across the district Doda.

The Temples were decorated, and 'Shoba Yatra' was taken out as per the traditional celebrations by locals in Bhaderwah and Doda town.



Janmashtami celebrated with enthusiasm and religious fervour in Doda.

In Doda town, the temples decorated with lights and flowers added to the festive atmosphere amid singing of Bhajan in Praise of Lord Krishna.

Shoba Yatra, taken from Radhey Sham Mandir and Shiv Mandir, culminated at Ram Lila ground Tondwah.

Similar Shoba Yatra was taken out in Bhaderwah. Prayers were offered during the night. Muslim neighbours greeted devotees warmly, continuing the tradition of brotherhood and harmony. Foolproof security arrangements were made by the administration along with deployment of the Duty Magistrates across the district, especially in Doda and Bhaderwah towns for the smooth celebration of the festival.

In his message, Deputy Commissioner Doda Vishesh Mahajan greeted the people and prayed that Janamashtmi, the day of birth of Bhagwan Krishan on earth may guide us all on the righteous path.

He emphasised the importance of preserving the diverse cultural heritage of the district and fostering harmony among its communities.

RAMBAN: Shri Krishan Janamashtami- the festival celebrating the birth of Lord Shri Krishna was celebrated across Ramban with religious fervour and gaiety .

Impressive 'Shoba Yatra' was also taken out from Raghu Nath ji Temple Ramban and after passing through different parts of the town the congregation culminated at GREF Temple at Maitra.

Similar Shoba Yatras were also taken out at Batote and other parts of the district. Before the Shobha Yatra, Pooja was performed by a number of devotees in the temples across the district.



Shoba Yatra taken out at Ramban.

The impressive Jhankees displaying various aspects of divinity of Lord Shri Krishan accompanied by a large number of devotees added to the festivity. The devotees were chanting religious hymns and singing Bhajans. The traders had erected welcome gates to greet the Shoba Yatra across its route.

The Shoba yatra was given a warm welcome by the people from all walks of life to keep the traditional and age old brotherhood alive for which Ramban has taken a lead in testing times.

District and Police administration Ramban made foolproof security and other arrangements for the convenience of devotees.

The temples in Ramban began the celebrations by singing bhajans at mid-night and continue the entire next day. Devotees visit temples to have glimpses of the Lord Krishna and get the pleasure of rocking the cradle of Lord Krishna.

KISHTWAR: The district Kishtwar witnessed an overwhelming convergence of thousands of devotees who came together to celebrate the joyous occasion of Shri Krishna Janmashtami with immense devotion and enthusiasm.

Shri Krishna Janmashtami, which marks the auspicious birth anniversary of Lord Krishna, was celebrated across the district of Kishtwar with deep religious fervor. Temples throughout the district were adorned with devotees who thronged in from the early hours of the morning to participate in the sacred festivities.

At GoriShankar Mandir Sarkoot, the day commenced with the performance of rituals associated with Shri Krishna Janmashtami, including an early morning Hawan followed by the solemn Poorna Ahuti ceremony.

One of the highlights of the celebration was the religious processions conducted at every nook and corner of the district following a long-standing tradition.

In Kishtwar, the main Shobha Yatra began at Gori Shankar Mandir and proceeded through Parade Ground, Dakbunglow Road, Shaheedi Road, Om Mehta Chowk, Bus Stand, and concluded at Ram Mandir. Thousands of devotees, accompanied by representatives of Sanatan Dharma Sabha and Ekal Abhiyan, chanted bhajans and kirtans as

they moved along the procession. The Shobha Yatra was filled with the vibrant colors of children dressed as Lord Krishna and Radha, and it was led by Jhankies joining from the town and its adjoining villages.

The procession witnessed the active participation of Deputy Commissioner, Kishtwar, Dr. Devansh Yadav and SSP Kishtwar, Khalil Ahmed Poswal. They not only joined the procession but also oversaw security, traffic management, and other logistical arrangements.

The event was also graced by the presence of ADDC Kishtwar Sham Lal, ADC Kishtwar Inderjeet Singh Parihar, ACR Varunjeet Singh Charak, Dy DEO Naresh Kumar, Tehsildar Kishtwar Muneeb Umar, State Taxes Officer Maneet Sharma, along with other civil, police, and army officers who extended their congratulations to the people of Kishtwar on the joyous occasion of Janmashtami.



Shri Krishna Janmashtami celebrated with religious fervour and gaiety at Kishtwar.

The district administration left no stone unturned in ensuring the smooth conduct of the celebration by providing foolproof security, efficient traffic management, medical facilities, and adequate water and sanitation facilities.

Prominent socio-religious figures including Mahant Shri Ram Sharan Das Ji, District President of Sanatan

Dharma Sabha Kishtwar, Surinder Kumar Sen, and former Minister Sunil Sharma joined thousands of devotees in celebrating the auspicious day at Gori Shankar Mandir Kishtwar.

Bhadarwah: Like other parts of the country, the 'Krishna Janamashtami' was celebrated traditionally across Chenab Valley amid tight security arrangements on Thursday.

A number of Jhankies were taken out by people with traditional Pooja Archana of Lord Krishna across Chenab Valley including Doda, Bhadarwah, Kishtwar and Ramban.

People especially women folk of Bhadarwah, Doda, Banihal, Ramban and Kishtwar visited their respective Temples and take the blessings of Lord Krishna on his birth anniversary.

At Bhadarwah, 'Jhankies' of Lord Krishna in a fully decorated chariot by the devotees were taken out from famous Vasuki Nag Temple Gatha, Lakshmi Narayan Temple, Vasuki Nag Temple Vasak Dera beside Shankhoja, Mathola, Bheija, and other areas of Bhadarwah to celebrate this auspicious day of Janmashtami.

The Jhankies started with traditional Pooja Archana of Lord Krishna by religious scholars in their respective Temples. Muslim community also greeted their Hindu brothers on the auspicious occasion of Krishna Janmashtami.

Hundreds of devotees including prominent citizens and leaders of various political parties and social organisations participated in the procession (Jhanki) which passed through Kulsari, Sarna, Domail, Gatha, Udrana, Radio Station, Kotli, New Bus Stand, Seri Bazaar, Ganpat Bazar, Jaie road, Takiya Chowk, Eidgah Road, Ganpat Bazaar and culminated at their respective temple.

The people en-route showered flowers from the rooftops on the Jhankies and paid obeisance to Lord Krishna to seek his blessings. They also arranged drinking water for the devotees.

The devotees en-route danced on the beat of Drums and recited Bhajans and Kirtans in praise of Lord Krishna.

The security arrangements were made by the local administration for the smooth conduct of this auspicious event.

Ex MLC Naresh Kumar Gupta, President Sanatan Dharan Sabha Bhadarwah Virendar Razdan, ASP Bhaderwah Vinod Sharma, SDPO Bhaderwah Wasim Mehmood and SHO Bhadarwah Jatinder Singh Rakwal were accompanying the Jhankies.

According to reports similar Jhankie's were also taken out from Doda, Ramban, Kishtwar, Drabshalla, Batote, Assar, Bagger, Kheleni, Seri, Bhalla,Lehota, Kulhand and other areas of Chenab Valley to celebrate the auspicious day of Krishna Janmashtami.

Meanwhile Vice Chairperson DDC Doda, Sangeeta Bhagat greeted people on this auspicious day and hope that this festival will be a harbinger of peace, harmony, Development across UT of J&K especially District Doda.

# GDC Kathua celebrates National Nutrition Week Director Horticulture Jammu observes "Brashtachaar Mukht JK Week"

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KATHUA: A series of activities sponsored by J&K Science, Technology and Innovation Council were held in GDC, Kathua to celebrate the National Nutrition Week which is an annual nutrition event initiated by Food and Nutrition Board, Ministry of Women and Child Development, Government of India . The whole series of activities organized by Science Club of the College included Guest Lecture by Dr. Deepshikha Dietician Govt. Medical College, Kathua, Intercollegiate Symposium and Intercollegiate Poster Making Competition. The event was organized under mentorship of Principal, GDC, Kathua Prof. Seema Mir and with coordinated efforts of Ms. Sunita Razdan, Joint Director J&K Science, Technology and Innovation Council, Prof. Rakesh Singh, Convener, Science Club and Dr. Pankaj Gupta Organizing Secretary and Nodal Officer. The organizing committee members Dr. Surya Partap Singh, Dr. Suresh Sharma Dr. Roshan Lal, Prof. Neha Mahajan, Dr. Verinder Singh, Prof. Ram Krishan, Dr. Arehna Bhat also played a crucial role in successful



Students and faculty during the programme.

organization of the different activities. A total of seven colleges and more than 100 students participated in the Guest Lecture / Symposium and the poster making competition.

The event was started with the kindling of lights by Chief Guest, Prof. Seema Mir in presence of Prof. Rakesh Singh, Ms. Deepshikha, resource person , Prof. Jasvinder Singh, IQAC Coordinator, Prof. Raj Kiran, Dr. Pankaj Gupta, Dr. Deepshikha, Prof. Shivani Kotwal, Dr. Anupama Arora, Dr. Amita Dua and Dr. Ram Krishan.

Speaking on the occasion, Prof. Seema Mir, Principal, GDC, Kathua stressed upon the need for adopting good eating habits . She said that we are more inclined towards those foods which are tasty to mouth but bad to stomach due

to which many of us are suffering from diseases like diabetes and fatty liver. She further appreciated the efforts put by Science Club and the organizing team in organizing these activities and also thanked J&K Science, Technology and Innovation Council for sponsoring the event.

Prof. Rakesh Singh, Convener of whole event extended warm welcome to the Chief Guest, Resource person and all the participants. He said that such type of awareness programmes/activities are very important at this time when the people are more interested in consuming packed food rather than home made food. He further stressed that it is need of hour to change our lifestyle and improve our eating habits for better health and said that awareness on the importance

of nutrition for health has an impact on development, productivity, economic growth and ultimately National Development.

Resource person Ms Deepshikha, Dietician, Govt Medical College Kathua delivered a very informative talk on Current Trends in Health and Lifestyle. She further said that instead of following trends we should become trend setters as far good eating habits are concerned . In her deliberations she highlighted various trends which effect physical health. She elaborated in detail various PROS and CONS of internet. She said that if the time & energy we spend on phone be utilized on health, no one will face any health issue. Moreover, she elaborated in detail various measures required to be taken for keeping good health. All the participants were very enthusiastic during the whole event and the queries raised by the participants were very nicely responded by the speaker.

In the symposium, twenty students from various degree colleges participated and the 1st position was secured by Tania Sharma (GDC Kathua) whereas Manvi(GDC Kathua) and Prakriti (GCW Kathua),

got 2nd and 3rd prizes respectively. However, Sukriti (GDC Kathua), Vishal (GDC Kathua) and Sakshi (GDC Kathua) received Consolation prizes. The Jury members for Symposium were Prof. Jasvinder Singh, Dr. Pankaj Gupta and Dr. Ambica.

In the poster making competition nineteen students from various degree colleges participated and the first position was secured by Khem Raj, GDC Kathua, 2nd position by Bhoomi from GDC Kathua, and 3rd position by Shivangi from GCW Kathua, Deepti (GCW Kathua), Poonam, (GDC Hiranagar), Kajal, (GDC Kathua) got consolation prizes in the event. The posters were adjudged by Dr. Anupma Arora, Dr. Surya Partap Singh and Prof. Neha Mahajan.

The proceedings of the event were nicely conducted by Dr. Archana Bhatt, Assistant Prof. in Home Science and the event was ended with formal vote of thanks by Dr. Pankaj Gupta. Others who also attended the programme were Dr. Chetna Gupta, Dr. Kamaldeep Singh, Dr. Jogbinder Singh, Dr. Nitasha Baloria, Prof. Jagdish Lal and faculty from participating institutes.

## CAO Reasi inspects agriculture activities

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REASI: Chief Agriculture Officer of Reasi, Harbans Singh embarked on an extensive tour of Block Pouni, engaging with numerous progressive farmers in the region.

His visit encompassed several agricultural endeavors that exemplify the area's agricultural diversity.

In the Panchayat Bhambla, he inspected integrated farming activities, wherein farmers concurrently tended to cattle and cultivate vegetables. This multifaceted approach to agriculture was among the highlights of his tour.

Moving on, Harbans Singh proceeded to Panchayat Maghai, where he observed a farmer's successful cultivation of pulse crops, specifically the mash variety PU 10 from the mimikrit program. This showcased the efficacy of government support in improving crop yields. The tour continued with a visit to the fields of Yash Pal, a progressive farmer in the village of Sudheen. Yash Pal's flourishing



Chief Agriculture Officer of Reasi, Harbans Singh during visit to a field.

cucumber cultivation, sold profitably on the roadside, caught the Chief Agriculture Officer's attention. He encouraged Yash Pal to explore off-season vegetable cultivation through protected methods, assuring him of subsidies available under the Horticulture and Agriculture Diversification Program (HADP).

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KHOUR: Director Horticulture Jammu Ram Savak, as a Prabhari of Panchayat Lower Narayna of block Khour chaired a Gram Sabha with respect to "Brashtachaar Mukht JK Week" at Lower Narayana wherein Tehsildar Khour, large number of farmers including women along with PRI members besides representatives of various departments attended the programme.

Speaking on the occasion, Director Horticulture took detailed review of progress of works under taken by different departments for the overall development of the Panchayat along with grievances of the public in general.

Chief Horticulture Officer Jammu Ashwani Sharma and other senior officers of line departments briefed the public about the schemes of their respective departments.

While addressing the gathering of farmers during the programme, Sh. Ram Savak briefed the farmers about the various Centrally and UT spon-



Director Horticulture Jammu Ram Savak speaking during the programme.

sored schemes of the department. He said that keeping in view the suitable agro-climatic conditions, there is immense potential for horticulture crops in the area which must be tapped and appealed the PRI members and field functionaries to work in tandem for doubling the farmers income. He also discussed in detail the Holistic Agriculture Development Plan (HADP) and its execution with the PRI members.

Later, the Director Horticulture Jammu started the plantation drive by planting a sapling

of Mango plant for compact plantation in a farmers' field at village Gurha Jagir, Akhnoor covering an area of 20 kanals.

He interacted with the farmers and emphasized that the horticulture cultivation presents a remarkable opportunity for sustainable growth, both at the individual and community levels.

By harnessing the potential of fruit plants, we can not only improve our environment but also create avenues for economic prosperity and this initiative will lead to positive transformation.

## KVK Reasi organises Field Day on Fodder Crop

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REASI: Krishi Vigyan Kendra (KVK), Reasi under the aegis of Sher-e-Kashmir University of Agricultural Sciences and Technology-Jammu(SKUAST-J) organized field day on fodder crop sorghum here today at Jadh village of Pouni block in Reasi district of J&K .The programme was enthusiastically attended by a number of farmers of the area.

The programme was organised under the dynamic stewardship of Vice Chancellor, Prof.BN Tripathi and able guidance of Director Extension (DE), Prof.SK Gupta of SKUAST-J. The programme was initiated by Dr. Banarsi Lal, Sr. Scientist &Head of KVK, Reasi with the warm welcome of the participants. He started the programme with the brief objectives of Front Line Demonstrations (FLDs) especially on sorghum crop and highlighted the scientific fodder production technologies by which farmers can increase the fodder production for their

animals in the area. He suggested the farmers to the use of quality seed of sorghum hybrids to have more production and elaborated the certain aspects required for the fodder production. He narrated that Front Line Demonstrations (FLDs) on sorghum laid by the KVK signify the technologies by which farmers can get maximum yield from per unit area per unit time. He suggested the farmers that every year they should purchase new certified seed of sorghum hybrids and informed them to use only the recommended varieties for the district so as to get maximum fodder production.

He emphasised on the use of proper seed rate for the maintenance of plant population in sorghum crop for maximum returns. He urged the farmers for the commercial farming of sorghum so as to mitigate the problem of fodder in the area. He stressed on the Integrated Nutrient Management (INM) and Integrated Pest Management (IPM) in scientific cultivation of sorghum

crop. The scientist also elaborated important diseases of fodder crops and gave their proper remedial measures. He demonstrated the hybrid varieties of sorghum crop laid at farmers' fields. Farmers were motivated after observing the results of hybrid sorghum fields and were ready to adopt the technologies demonstrated by the KVK. It is worthwhile to mention here that KVK has laid Front Line Demonstrations (FLDs) on sorghum hybrid in the area to promote the fodder production in the district. During this programme various queries regarding the scientific fodder production were asked by the farmers which were answered satisfactorily by the scientist. During the programme, progressive farmer of KVK, Reasi, Mohd. Altaf was also present who shared his experiences with the other farmers of area. Farmers appreciated the efforts of KVK, Reasi for upliftment of the farming community through improved fodder production practices in the area.

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UDHAMPUR: JK Girls NCC Bn, and NCORD Cell of GCW Udhampur in collaboration with District

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Social Welfare (DSW) Department and Health and Fitness Club conducted Intra College debate competition in college on other day. Program was coordinated by Dr. Kamal Deep Kaur. Topic of the debate "Should a person with Drug Addiction treated or punished?".

According to reports GCW in collaboration with DSW department has organized a debate competition in college. While reknowned fitness center Mind and Rythem also organized a health Wellness session on other day. Cdt. Neha Sharma, Cdt. Ananya and

Cdt. Vishakha bagged the first, second and third positions respectively. While Zumba Session was followed by a renowned Zumba Trainer Anil Sharma and his team. College also distributed refreshments among the cadets after the programme. In brief applause Dr. Kamal Deep Kaur exhorted the students to do participate in as such events in future also to develop their talent. She congratulated the winners cadets and also to participants for their efforts to perform well. The event was coordinated by Prof. Rukhsana Kousar.