

# DC Reasi reviews arrangements for Navratra festival at Katra

**■ STATE TIMES NEWS**  
REASI: Deputy Commissioner Reasi, Nidhi Malik, chaired a meeting to review and finalize the arrangements for the Navratra Festival, commencing from 22nd September 2025 at the Spiritual Growth Centre, Katra, the holy township and base camp of Shri Mata Vaishno Devi Shrine.

Threedbare discussions were held on all aspects of comprehensive planning and preparations for the Navratra Festival, covering various events and activities.

The meeting focused on critical areas including security arrangements, power



Deputy Commissioner Reasi, Nidhi Malik chairing a meeting.

supply, parking facilities, and sanitation measures to ensure the smooth conduct of the festival.

The Deputy Commissioner laid special emphasis on fool-proof security to ensure the safety of pilgrims throughout the celebrations. She directed the police department to

work in close coordination and put all necessary measures in place well in advance.

On sanitation, the Municipal Committee was instructed to maintain cleanliness and ensure proper waste management across Katra town. The DC also directed officers to conduct

thorough inspections of local markets to maintain quality standards, regulate prices, and ensure readiness during the festive period.

To provide a seamless experience for devotees, Ms. Malik instructed the concerned departments to ensure uninterrupted power supply and

adequate provision of drinking water. She further highlighted the need for strict monitoring to prevent overloading and overcharging by auto-rickshaw operators, thereby ensuring hassle-free transport for pilgrims and residents alike.

Calling for active participation and cooperation from all stakeholders, Ms. Malik said that joint efforts would make the Navratra Festival a grand success and provide a pleasant experience for devotees visiting the holy town.

SSP Reasi Paramvir Singh, ASP Piyush Chandran, SDM Vipush Dhotra, Tehsildar Katra, and other senior officers were present in the meeting.

## KVK Reasi educates farmers on Nano Kitchen Gardening

**■ STATE TIMES NEWS**

REASI: Krishi Vigyan Kendra (KVK), Reasi under the aegis of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-J) is promoting and educating farmers on nano kitchen gardening here at KVK Reasi campus.KVK Reasi is working under the dynamic stewardship of Vice Chancellor, Prof.B.N. Tripathi and able guidance of Director Extension (DE), Prof.Amrish Vaid of SKUAST-J.

Chief Scientist & Head of KVK, Reasi, Dr.Banarsi Lal said that Nano kitchen garden is a unique method for the production of various types of fresh organic vegetables in a specified small unit. He further said that the nano kitchen garden technology has beendemonstrated at KVK Reasi campus and people(both urban and rural) can avail benefits by establishing such units in their premises. He further said that nano kitchen garden technology is a very simple, labour and water saving technology to produce the fresh organic vegetables without the use of pesticides and fertilizers. He narrated that the demand of organic, safe and high quality vegetables is increasing day-by-day and through this technology one can produce the number of quality organic vegetables consistently throughout the year from the small unit. He added that chemical vegetables are beneficial for health and environment and further expressed through this technology, plants get the nutrients in



a uniform way and thus give outstanding results.

He also discussed on the water use efficiency in this system and added that even the landless people can also adopt this technology as it requires very less space and resoures. He narrated that the nano kitchen garden technology solves number of issues such as lack of space, water and even time. He said that this technology yields healthy, safe, fresh and high quality vegetables due to a variety of factors.Farmers are taking keen interest in the technology demonstrated by KVK Reasi.

## Sri Brahman Sabha Kathua felicitates meritorious students



DC Rajesh Sharma along with Sabha members and students during the event.

**■ STATE TIMES NEWS**

KATHUA: Sri Brahman Sabha Kathua in an impressive function on 21 Sep 2025 felicitated the Meritorious students( Boys and Girls ) Of Class 10th and 12th Of Brahman Samaj Kathua District. The Chief Guest of the function Rajesh Sharma JKAS ,Deputy Commissioner Kathua gave blessing to young students by presenting them with a Memento and Certificate. He also observed that Girls have outnumbered the Boys in the Merit list.

17 Girls and 5 boys who scored Positions in Class 10th and 12th were felicitated. Deputy Commissioner Kathua Rajesh Sharma JKAS, motivated the children in his speech and encouraged them to focus on Hard work to achieve their Goals. They should keep

multiple options in their mind and prepare accordingly. Nothing is difficult against hard work, dedication and devotion. Even children from poor Background and Rural areas are nowadays making up for the best opportunities with the help of the internet and information flow. The achievers who were felicitated today are

Ashil Ubbott (JEE Mains 2nd position in J&K), Rishika Sharma (12th Arts 4th position (493 marks), Anishka Sharma ( 10th 98.6%), Roopali Sharma (10th 98.6%), Piyush Sharma (10th 98.4%), Divyanshi Sharma (10th 98.4%), Bhumika Sharma (10th 98.2%), Vani (10th 98%), Sneh Pangotra (10th 98%), Kavaya Khajuria (10th 98%), Ishanavi (10th 98%), Janavi Sharma (10th 98%),

Aradhya Sharma (10th 98%), Samar Mehta (10th 98%), Vaibavi Sharma (10th 98%), Shruti Sharma (10th 97.8%), Ragni Sharma (10th 97.8%), Akriti Sharma (10th 97.8%), Janvi Bhat (10th 97.6%), Parikshit Sharma Jr Cyclist (Bicycle world record Kathua to Amritsar 9-12 Category).

On the occasion Dr. Dushyant Ubbott, the president of the Sabha, Vice President Colonel Ved Prakash Sharma, Sat Pal Mansotra, Prof. Ram Murti, Ajit Sharma, Yog Raj, Naresh Sharma, Ravinder Kumar Sharma, Surinder Mehta, Ajay Sharma, Adv. Shashi Paul Sharma, Rakesh Sharma, Bal Krishan Sharma, Subhash Sharma, Manuj Kesar among other members of sabha were also present.

## Self-Defence training for girls culminates at PG College Rajouri

**■ STATE TIMES NEWS**

RAJOURI: The five-day Self-Defence Training Programme for Girls organised under the Beti Bachao Beti Padhao (BBBB) scheme and aligned with the SEVA PARV and Sashakt Nari Surakshit Parivar campaign concluded today at PG College Rajouri with a grand valedictory function.

Deputy Commissioner Abhishek Sharma- the Chief Guest gave away certificates and medals to 75 girl students and their master trainers from the Police Department in recognition of their active participation and contribution.

Addressing the gathering, the Deputy Commissioner lauded the coordinated efforts of the Social Welfare, Police and Health Departments for successfully organising the training programme. He urged the participants to remain vigilant in the digital space and exercise caution while using



DC Abhishek Sharma being honoured during the event.

social media, emphasising the importance of safeguarding themselves from cybercrimes. The DC further announced that the District Administration would soon roll out dedicated awareness sessions on cyber safety under the BBBP initiative.

Sanction letters for financial assistance of ₹10,000 each were handed over to nine underprivileged and orphan girls whose cases

were duly verified and approved for the same.

The programme concluded with a plantation drive on the College Campus and organised under the theme "Beti Bachao Beti Padhao & Save Environment".

The event was also attended by the College Principal, Additional SP, District Social Welfare Officer, Tehsil Social Welfare Officer and other district and sectoral officers.

## Super 30 organises 4th National Education Summit at GDC Poonch

**■ STATE TIMES NEWS**

POONCH: Super 30 College of Competition organized a National Education Summit and Motivational Speaker Fest at Government Degree College, Poonch, drawing over 1,000 participants, including academicians, motivational speakers, principals, religious leaders, and students.

The highlight of the event was the announcement of results of the Super 30 very similar Test, held in June 2025, in which 55 schools and 4 colleges participated with nearly 5,000 students appearing. Prizes were distributed in Sub-Junior, Junior, and Senior categories, along with about 40 consolation awards.

Chief Guest for the summit was Dr. Maqsood Ahmad, while ADC Poonch Shri Pankaj Mangotra presided the Function. Other dignitaries included Dr. Mohammad Azam (Principal, GDC Mendhar), Alhaj Janagir Hussain Mir (Former Dy. Chairman, J&K Legislative Council), Dr. S.D. Sharma, Prof. Mussaff Hussain Shah, Sardar Narinder Singh (President,



Gurdwara Prabandhak Committee),Moulana Shazad Anwari,molvi Faid Ahmed Malik,S.Narinder singh Talwar,Adv Sanjay Raina,Adv.Raja Abass along with several principals, scholars, and social activists.

Three special awards were conferred Cultural Excellence Award - Mr. Pradeep Khanna (renowned anchor); Academic Laureate Award - Dr Jasbir Singh (Principal, GDC Poonch) and Youth Icon Award - Dr. Maqsood Ahmad (youth mentor)

Among prize winners, Pratyush Bali, Bisma Fatima, and Hareem Fatima topped the Sub-Junior category; Bhuvesh Sudan and Tahir Hussain led the Junior group; while Abida Kousar

(PM Shri Khwaja School) and Tabassum Gul Tantray (HSS Loran) secured top honors in the Senior section.

The program opened with a motivational welcome address by Dr. Shamim Ahmed Banday, founder of Super 30, who highlighted the institute's mission to channelize youth energy positively and prepare them for competitive examinations. The summit featured inspiring lectures from academicians and concluded with a vote of thanks, appreciating the support of media, volunteers, teachers, and students.

The event reaffirmed Super 30's commitment to empowering students of remote areas by providing them a strong platform for academic excellence and career building.

## Entire game is about consciousness: Madhuparamhans

**■ STATE TIMES NEWS**

SAMBA: The saint of Sahib worship, Sadguru Madhuparamhans Maharaj, delighted the congregation with the nectar of his discourses in Ranjri, Jammu today, saying that the entire game is about consciousness. This consciousness needs to be focused at all times. Humans are entangled in attachment. Enemies like lust and anger are equally present in everyone. Just as the five elements are equally present in everyone, similarly lust and anger are present in everyone. If you think a little, you will experience Maya. The soul is beyond these. Whenever you sit in meditation, sit with concentration. Be alert to all these enemies. These five are creating havoc. Each one is worse than the other. Human beings are engrossed in them. No one is their own. This world is a friend of selfishness. FOCUS your attention on the Name.

Everyone has called the world perishable. Just as you are staying in an inn, it is like a night shelter. You will have to get up in the morning and leave. You have no control over the night shelter. Similarly, this body is also a place where you will have to leave. This body is like a pearl of dew. The moment the sun rises, its existence vanishes.



When greed strikes, a person can do anything. When anger arises, a person commits many sins. When work is needed, a person can become so evil.

Sahib Ji further said that Hinduism is the greatest and oldest religion in the world. Why is it great? We don't call someone who is constantly

hurting others, committing sinful acts, good. We consider those who are doing good deeds as good. Someone asked me a question, asking if God is biased. All the incarnations came to India. All the great men came to India. I said that humanity first settled in India. There was no one in places like Russia, China, etc. There was no trace of America. It was discovered only 400 years ago. But if you look at history, India's history is millions of years old. They are simply trying to distort things about India, pushing India backward and moving ahead themselves. Why is it called the world leader? Because India was the first to provide knowledge of the universe.

The Vedas are the world's oldest scriptures. They talk about God. God is described as formless there. The whole world has accepted this. My TV program has been running since 1994. At that time, there were no programs on Kabir Sahib. Now, many programs are broadcast in the name of Kabir Sahib. Many people are competing. If you delve deeply, you will find traces of my words.

Look at the world's major religions; they all call God formless. Who said this first? It's like the earth rotating. Copernicus was the first to say this, but he was sentenced to death. It was said that he was speaking against religion. His name is not mentioned anywhere. The Vedas

first spoke of the formless. Islam also speaks of a formless God. Christianity also speaks of a celestial father. This discovery was India's first. That's why it is called the world's guru. India taught the world this way of life. It dates back to before Christ. Excavations at Mohenjo-Daro reveal beautiful cities built before the Christian era. Toilets were built. Beautiful houses were built. This means that India also has the oldest civilization. So I told him that before, there was no world, only India existed. Humans lived here. That's why everyone came to India. They even came to India to attack. India is a prosperous country. The Ganges and Indus plains are

still the most fertile regions in the world. That's why India has never attacked any other country. The six seasons occur only in India, nowhere else in the world. Every kind of crop is grown here. Scientists say that aquatic creatures arose first. Then they began crawling and walking, and then humans. I deny this. Logic is the test of right and wrong. I'm saying that if that happened, then some aquatic creature should have evolved into humans by now. If this was the theory, then fish, crocodiles, etc. should have emerged. They have simply tried their best to portray India as a slave, backward nation. India was, is, and will remain a world leader.

## IVL assisted angioplasty performed at Narayana Hospital

**■ STATE TIMES NEWS**

KATRA: Shri Mata Vaishno Devi Narayana Super Specialty Hospital (SMVDNSH), established by the Shri Mata Vaishno Devi Shrine Board (SMVDSB) as part of its commitment to social welfare and managed in partnership with Narayana Health, has successfully performed a complex Intravascular Lithotripsy (IVL) assisted angioplasty. This advanced procedure once again highlights the Shrine Board's vision of bringing world-class healthcare services to the people of Jammu & Kashmir.

The Shri Mata Vaishno Devi Shrine Board has consistently prioritised healthcare as a key pillar of its community initiatives, ensuring that the people of the Union Territory and the millions of pilgrims visiting the holy shrine have access

to high-quality medical services. SMVDNSH stands as a flagship project of this vision, offering state-of-the-art infrastructure, advanced technology, and highly skilled medical expertise in the foothills of Trikuta Hills.

In this latest achievement, a young male patient was referred from a tertiary hospital with a recent history of chest pain. Angiography done outside had revealed blockages in two major heart arteries, and angioplasty was attempted but could not be completed due to severe calcification. On visiting SMVDNSH for a second opinion, his case was thoroughly reviewed, and IVL-assisted angioplasty was recommended.

IVL (Intravascular Lithotripsy) is a cutting-edge cardiology technique that uses a special balloon

catheter to deliver sonic pressure waves, cracking hardened calcium within arteries. This makes it possible to place stents safely in vessels that would otherwise resist conventional angioplasty. The procedure was carried out successfully at SMVDNSH, and the patient is recovering well under regular follow-up. This marks the fourth such advanced procedure performed at the hospital within the past year, with all patients showing excellent outcomes.

Dr. Sushant Kumar, Senior Consultant, Cardiology, who led the procedure, said:

"This was a very challenging case due to the heavy calcification in the patient's arteries. With IVL technology, we could safely prepare the vessels and implant stents with success. IVL is one of the most advanced

cardiology tools available today, and I am proud that patients here in Katra are benefitting from such global innovations."

Speaking on the occasion, Dr. M.M. Mathavan, Facility Director of SMVDNSH, remarked: "Our hospital is committed to bringing modern cardiology solutions to the region. The success of this procedure reflects our mission to ensure that patients in Jammu & Kashmir can access advanced treatments locally. This would not have been possible without the unwavering support and vision of the Shri Mata Vaishno Devi Shrine Board."

Congratulating the medical team, Dr. Yashpal Sharma, Executive Director, Shri Mata Vaishno Devi Shrine Board, noted: "The Shrine Board has

always strived to serve society not only through spiritual and pilgrim services but also by investing in social sectors like healthcare and education. The success of advanced procedures such as IVL angioplasty at SMVDNSH demonstrates how our vision of a world-class hospital for the region is being fulfilled. We remain committed to strengthening this institution further for the benefit of the people and pilgrims alike."

With the continued support of the Shri Mata Vaishno Devi Shrine Board, Shri Mata Vaishno Devi Narayana Super Specialty Hospital is emerging as a hub of excellence in cardiac care and other specialties, ensuring that patients no longer need to travel outside the Union Territory for complex, life-saving treatments.

## Pawan seeks road connectivity to village Jarmara



Pawan Khajuria addresssing gathring at Udhampur.

**■ STATE TIMES NEWS**

UDHAMPUR: Pawan Khajuria addressing public meeting urges Union Minister & Member of Parliament, Dr. Jitendra Singh to construct much needed road leads to village Jarmara under the Pradhan Mantri Gram Sadak Yojana (PMGSY) would be taken up with Dr. Jitendra Singh at the earliest. Khajuria highlighting the remarkable infrastructural progress under Dr. Singh's leadership, he asserted that the Udhampur-Kathua-

Doda Parliamentary Constituency has been sanctioned 110 road projects worth an estimated Rs 20,000 crore. Once completed, these projects will connect 178 previously unconnected habitations a major step forward in improving rural connectivity. Khajuria emphasized that Udhampur district will receive its fair share from this project too like in the past, which is poised to transform both rural and semi-urban areas of the region. "Our MP Dr. Jitendra Singh has relentlessly worked for the all-round development of this

region from road connectivity and healthcare to the revival of ancient religious sites,". He further said that since Dr. Singh's first election to the Lok Sabha in 2014, Udhampur has seen a steady flow of major development projects. "Whether it's the Chenani-Nashri tunnel or the upcoming Devika River rejuvenation project, Dr. Jitendra Singh has ensured Udhampur is not left behind in the development journey," Pawan stated. Khajuria further also pointed out that Dr. Singh's third consecutive victory in the 2024 general elections is a clear reflection of the people's trust in his leadership. His tireless service has won the hearts of the people, and the overwhelming electoral support is proof of their gratitude, he added. Calling this a "golden chapter" in Udhampur's development journey, Pawan Khajuria said the district is finally receiving the attention it deserves. With multiple projects underway and more in the pipeline, Udhampur is steadily moving toward becoming a model district in JKUT, he added.

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