

Maa Brahmacharini — The second manifestation of Maa Durga

Maa Brahmacharini is the second manifestation of Maa Durga who is worshipped on the second day of Navratra. Here word "Brahm" refers to "Tapa". So Brahmacharini means Tapa Charini - The one who performs Tapa or penance. It is said that the "Vedas", "Tatva" and "Tapa" are synonyms of word "Brahm". The form of Brahmacharini is tremendously effulgent and extremely majestic.

Brahmacharini
She holds a rosary in her right hand and Kamandalu in her left. She personifies love and loyalty. Mata Bhramacharni is store-house of knowledge and wisdom. Rudraksha is her most adorned ornament. When she was incarnated as the daughter of Himalaya, then influenced by the instructions of Devrishu Narada, she practiced very hard penances in order to obtain Lord Shiva as her divine consort. Due to her unearthly penances she was termed as Brahmacharini. She spent one thousand years, only on fruits and beet-roots. One hundred years she spent only by eating leafy vegetables.

For a sufficient perford of time observing complete fast she suffered tormenting of nature like torrential rains and scorching sun and biting cold, under the open sky. After such a difficult routine she lived only on dry Bilva Pattaras (leaves) fallen on the ground for three thousand years. She kept herself engrossed for twenty-four hours in worshipping Lord Shiva. After that she gave up eating even these dry leaves. For several thousand years she went on without any food and water. Because she gave up eating dry Bilva leaves so she was known to be Aparna as one of her epithets.

After the hardship of penance for several thousand years her body became extremely lean and thin. She was reduced to skeleton only. Her penance, sharpened as it was, caused great disturbance in all the three worlds. The whole universe was shaken. The Gods, the Rishis, the Siddhas, the Munis all eulogised her penance as an unprecedented virtuous action.

Ultimately Lord Brahma through an oracle addressed her and said to her in a very pleasant manner-O Goddess, so far nobody has ever practiced such an austere penance. Only you could have done it. This wonderful deed is being praised in all the four quarters. Your desire would be fulfilled. You will decidedly get Lord Shiva as your divine consort. Now stop your penance and go home. Your father would be shortly coming to take you back.

Legend states that in a previous birth she was Parvati Hemavati the daughter of Himvan. Once when she was busy in games with her friends,Naradaji came to see her and on reading her hand/palm-lines Narad Muni stated that, "You will get married with a naked-terrible 'Bhole Baba' who was with you in the form of Sati, the daughter of Daksh in previous birth. But now you have to perform penance for him."

There upon Parvati told her mother Menaka that she would marry none except Shambhu, otherwise she would remain unmarried. Saying this she went to observe penance. That is why her name is famous as Tapacharini - Brahmacharini. From that time her name Uma also became familiar. She is the one who practices devout austerity. Filled with bliss and happiness, she is the way to emancipation - Moksha.'Brahma' here refers to the meditative aspect of Brahmacharini and is always depicted as pious women or Sannyasin.

She is also worshipped as Goddess Tara and is associated with the pious form of Goddess Shakti. She is believed to be that aspect of Mother Goddess, which was present in Sati and Goddess Parvati, when they both did intense austerities to get Lord Shiva as husband.

During the penance Mata Parvati did in order to gain Lord Shivji as her consort for thousands of yrs. without eating even leaves she was called 'Aparna'. Seeing her body her mother uttered U-ma and so she is also called 'Uma'.

Her worship increases sacrifice,good deeds and restraint in humans. Rudraksha is her most adorned ornament.In some regions, Goddess Chamunda Swarup of Durga is worshliped on the second day of Navratr.

In this form she is believed to have killed the demons Chanda and Munda.There is a famous Chamunda Mata Temple at Jodhpur.



NAVRATRA SPECIAL RECIPE

Singhade Ke Aate Ki Kadhi



Ingredients

- 1 tablespoon water chestnut flour
- 1/2 teaspoon red chilli powder
- 1 dash sugar
- 1 tablespoon coriander leaves
- 1/2 teaspoon cumin seeds
- 7 leaves curry leaves
- 1/2 cup yoghurt (curd)
- sendha namak as required
- 1 cup water
- 1 tablespoon ghee
- 2 dry red chili

Method:

To make this dish, take a medium bowl and whisk together yoghurt, water chestnut flour (singhare ka atta), sendha namak, red chilli powder and sugar. Whisk it really well until the yoghurt is smooth.

Now, add water to the bowl of Kadhi batter and whisk again to mix.

Now, put a saucepan or a cooker on medium flame and pour the batter into it. Keep stirring very frequently until it comes to a simmer to avoid curdling. Then, let the Kadhi simmer for 5-8 minutes or until it thickens.

At the end of the simmering process, heat ghee in a small pan on medium heat. Once hot, add cumin seeds and let them sizzle a bit.

Then, add dried red chillies and curry leaves in the tempering and fry for 30-40 seconds.

Immediately, add this tempering to the simmering kadhi and mix well. Lastly, garnish with chopped cilantro and serve with Rajgira/Kuttu ki Poori.

Shantamanu participates in Sewa Parv celebrations at GCW Parade



ACS, Higher Education, Shantmanu donating items.

STATE TIMES NEWS

JAMMU: Govt. College for Women (GCW), Parade Ground, Jammu on Monday celebrated Sewa Parv with great zeal and enthusiasm, witnessing active participation from students, faculty, and dignitaries.

The occasion was graced by the Additional Chief Secretary (ACS), Higher Education Shantmanu, who presided the event as Chief Guest.

Speaking on the occasion, the ACS commended the college and NSS volunteers for their dedication to service, discipline, and civic duty. He noted that such initiatives not only cultivate

social responsibility in young minds but also reaffirm the role of higher education institutions as agents of community development.

Welcoming the gathering, Principal, Dr. Ravender K. Tickoo emphasized the significance of Sewa Parv in nurturing values of social service, environmental stewardship, and civic responsibility among students. He appreciated the cooperation of participating colleges and lauded their contribution in channelizing youth energy towards constructive nation-building.

The celebration began with a series of service-oriented activities including a

cleanliness drive, plantation drive, donation drive, and a symbolic walkathon-exhibition led by NSS volunteers from various colleges. These initiatives highlighted the true spirit of sewa-selfless service and community engagement.

Volunteers from GCOE, GDC Paloura, GDC Akhnoor, and GDC R.S Pura actively participated and donated items to the cause. NSS and NCC volunteers of GCW Parade also contributed generously towards relief for flood victims.

The cultural segment added vibrancy to the occasion with a soulful performance on Gandhian philosophy by students of the Music Department, followed by a skit on Nasha Mukta Abhiyaan by MAM College students, and a skit on Swachhta Abhiyan by NSS volunteers of GCW Parade. The program also featured the felicitation of division-level winners of the Independence Day celebrations.

Principals from GCW Gandhi Nagar, GDC Paloura, GDC R S Pura, and Govt. SPMR College of Commere Jammu were present on the occasion.

JPDCL rolls out extended amnesty scheme; appeals consumers to avail benefits

STATE TIMES NEWS

JAMMU: The Jammu Power Distribution Corporation Limited (JPDCL) has formally rolled out the implementation of the extended Amnesty Scheme for domestic power consumers, following the recent Government Order No. 114-JKPDD of 2025 issued by the Power Development Department, J&K.

Chairing a high-level meeting, Managing Director JPDCL, G.P. Singh, instructed all field offices and billing divisions to incorporate the scheme benefits from the next billing cycle.

He emphasized that this is a final opportunity for domestic consumers to regularize their electricity dues under concessional terms.

The Amnesty Scheme was first introduced in 2022 vide Government Order No. 103-PDD of 2022, under which 100% waiver of interest and surcharge was granted to domestic consumers who cleared their outstanding principal dues.

In 2024, the scheme was extended vide Government Order No. 47-JKPPD of 2024 dated March 15,

2024, continuing the relief for consumers who could not avail it earlier.

Now, under the latest order (No. 114-JKPDD of 2025 dated August 4, 2025), the scheme has been extended till March 31, 2026. Consumers who clear their pending arrears by this date will be entitled to the waiver of interest and surcharge.

The scheme envisages 100% waiver of interest and surcharge on the outstanding amount, however the Scheme valid only for domestic consumers. As per the order the scheme is applicable on dues accumulated up to March 31, 2025 and no further extension will be granted beyond March 2025.

Calling it a golden opportunity, the MD JPDCL urged all consumers to take advantage of the scheme and clear their arrears to avoid disconnections and ensure reliable power supply. "Consumers should not wait till the last moment. By settling their arrears now, they not only become debt-free but also contribute to strengthening the power sector in J&K," said G.P. Singh.

DGP J&K inaugurates 3-day exhibition on New Criminal Laws

STATE TIMES NEWS

JAMMU: Director General of Police J&K, Nalin Prabhat inaugurated three-day mega exhibition on new criminal laws organized by EOW Crime Branch Jammu on the directions of MHA, Government of India at Gulshan Ground Jammu.

The DGP J&K was the Chief Guest on the occasion and ADGP Armed J&K Anand Jain, IGP Jammu zone Bhim Sen Tuti, IGP Crime J&K Sujit Kumar Singh, DIG D-K-R Range Shridar Patil, DIG J-S-K Range Shiv Kumar, DIG R-P Range Tejinder Singh, DIG Traffic Jammu Dr. Haseeb Mughal, DIG Pers J&K Mubassir Latifi, Session Judge Retd. Subash Gupta, Director FSL Gurmukh Singh, were the special guests of honour. District SSPs, Staff officers, Senior officers of Prosecution, SDPOs and other gazetted officers were also present on the occasion.

In his address, Director General of Police, J&K Nalin Prabhat said that J&K Police has been implementing new criminal laws on ground with enthusiasm



Director General of Police J&K, Nalin Prabhat inaugurating three-day mega exhibition.

and conducting investigations in time-bound-manner.

DGP J&K appreciated the role of Crime Branch for organizing the grand exhibition at Jammu and further said that similar exhibitions shall be conducted in each district so that people come to know everything about the new criminal laws. The objective of organizing a big exhibition of this kind is to create awareness in public, the DGP added.

A large number of people including students and scholars thronged the exhibition site on the 1st day of three-day event and got themselves educated regarding the new criminal laws. The NCL exhibition of this kind is organized first time in Jammu and it will continue till 24th of September from

10:00 AM to 5:00 PM daily. SSP Benam Tosh, the nodal officer, has invited the people to participate in the exhibition and get valuable knowledge about new criminal laws.

Various stalls showcasing the functioning vis-a-vis new criminal laws, i.e. Bharatiya Nyay Sanhita (BNS), Bharatiya Nagrik Suraksha Sanhita (BNSS) and Bharatiya Sakshya Adhiniyam (BSA), are displayed by District Police, Forensic Science Laboratory (PSL), Police Control Room (PCR), Women Police Station, Cyber Police Stations , Prosecution , ANTF, CICE, Special Crime Wing (SCW) , Economic Offences Wing (EOW) of Crime Branch Jammu, J&K Health Department and other units.

Indo-Australian delegation calls on CM, proposes transformative CSR initiatives for J&K

STATE TIMES NEWS

SRINAGAR: Chief Minister Omar Abdullah on Monday met with an Indo-Australian delegation led by Sajid Saiyed, Chairperson and Founder of Bharat CSR Network and the Circular Economy Alliance Australia (CEAA), to discuss a range of Corporate Social Responsibility (CSR) projects aimed at fostering sustainable development in Jammu and Kashmir.

The delegation proposed a range of initiatives aimed at promoting community empowerment and environmental sustainability, including the establishment of Smart Villages, setting up Artificial Intelligence (AI) Labs, implementing Waste-to-Wealth programmes, undertaking water remediation projects, constructing community centres and providing rehabilitation support for flood-affected communities.

Welcoming the proposals, the Chief Minister appreciated the delegation's commitment to inclusive development and identified



Chief Minister Omar Abdullah meeting with an Indo-Australian delegation.

sports, skill enhancement, and greenfield projects as priority sectors for collaboration. He urged the team to develop concrete proposals, particularly in areas

such as building libraries, upgrading schools, and introducing sustainability measures at the school level.

Omar Abdullah assured

the delegation of the government's full support, noting that such partnerships play a crucial role in driving long-term socio-economic progress.

Several Legislators meet CM to discuss development priorities in J&K

SRINAGAR: Chief Minister Omar Abdullah on Monday met various Members of the Legislative Assembly (MLAs) to discuss key issues concerning public welfare and development in their constituencies. Mehar Ali (Kangan), Tanvir Sadiq (Zadibal), Showkat Hussain Ganai (Zainapora), Er Khurshid Ahmad (Gool), Nazir Ahmad Khan (Gurez), and Ajaz Ahmad Jan (Poonch) met the Chief Minister separately, highlighting various development-related concerns and requirements specific to their constituencies.

The Chief Minister assured the visiting legislators that the government gives top priority to matters of public importance and is committed to addressing all issues of significance to ensure equitable growth and welfare across Jammu and Kashmir.

He also underscored his government's ongoing engagement with elected representatives to strengthen development planning and delivery at the constituency level.

DC, SSP Jammu seek public cooperation for maintaining peace, harmony

STATE TIMES NEWS

JAMMU: Deputy Commissioner Dr. Rakesh Minhas today convened a meeting with civil society members to discuss key civic and administrative issues impacting the district.

Addressing the gathering, Dr. Minhas appreciated the exemplary spirit displayed by citizens and civil society during the recent floods and reiterated the administration's commitment to address the issues of public importance.

Dr. Minhas also cautioned against potential attempts by vested interests and forces to disrupt peace and harmony in Jammu. "We must remain vigilant and united against



Deputy Commissioner Dr. Rakesh Minhas interacting with civil society members.

such designs. Exemplary and proportionate action will be taken against any disruptive actors" he stated.

The DC emphasised the crucial role of youth leadership and civil society in maintaining social harmony. He also issued directives on tenant verification, stating that

property owners must ensure verification of tenants with the nearest police station before renting properties or employing strangers.

The issues of drugs, thefts, parking and encroachments were also discussed during the meeting. Dr. Minhas assured

CGPWA felicitates it's veterans on their birthday

STATE TIMES NEWS

JAMMU: At its Monday meeting held here today, the Central Govt Pensioners' Welfare Association (CGPWA), Jammu celebrated birthday of their veteran members born in the month of September.

Nine such birthday veterans jointly performed the re ceremony of birthday cake and exchanged pleasantries.



CGPWA Jammu celebrating birthday of veteran members.

The President of the Association, Kuldeep Khoda felicitated them with Rose flowers. The Birthday Veterans were J K Vaid, V K Padha, C L Banal, Upender Pachnanda, Dr S M Anand, Ved Prakash, Sharat Chander Khajuria, Dalip Kumar Pandita and Des Raj. The Association has decided to celebrate birthdays of its members collectively.