Maa Kushmanda - The Fourth Aspect of Navdurgas

aa Kushmanda is the fourth aspect of Navadurga Goddesses. Devi Maa is worshiped on fourth day during Durga Pooja in Navratri. Mother Goddess created the whole universe in shpae of an egg called "Anda" with her little and light divine smile, so that Maa Durga is named Kushmanda.

The word Kushmanda is made of three other words that are "Ku + Ushma + Amnda= Kushmanda". Here "Ku" is "Little", "Ushma" is "Warmth or Energy" and "Anda" is "Egg", means the one who creates the universe as "Little Cosmic Egg" with the energy of Her divine smile is called "Kushmanda". Goddess Durga is very happy in this incarnation and it is believed that when there was no existence of any creation or universe and there was the eternal darkness, which ended when Maa Kushmanda smiled. So Maa Kushmanda is known as the creator the whole universe. Maa Kushmanda is also named as "Adi Shakti". The core of Suraymandala (Sun) is the residence of Devi Maa. She is the only one who has the power and strength to live in the core of Suryaloka (Sun). Her body shines like the glowing Sun. All directions get light from Her Divine smile including the Sun God itself. Maa Kushmanda also known as "Ashtabhuja" as she is often depicted as having eight arms. In her seven hands she holds Kamandalu, Bow, Arrow, Lotus, a Jar of Nectar, Discus, and Mace. In her eighth hand she holds a rosary capable of giving eight Siddhis and nine Niddhis. She rides a lion who represents "Dharma". On worshiping Her ailments and sorrows are eliminated and life span, name, strength and health improved.

The Pooja of Devi Kushmanda on the fourth day of Navratra in Durga Pooja is having very importance. On this day, Yogis and Sadhaks or other dedicated devotees keep their mind in Anahata Chakra. Kushmanda represents Anahata Chakra in spiritual practice. Kushmanda Pooja during Navratra increases one's health and strength.

On the fourth day Mata Durga is worshipped in her Ma Kushmanda Swarup. She is depicted as seated on a lion, and possesses eight arms. She resides in solar systems and represents all knowledge. Seven types of weapons are shown in seven hands and prayer beads in her right hand. She likes the offerings of "Kumhde." Therefore her name "Kushmanda" has become famous. She is also known as 'Krishnamanda' and is believed to have created the universe, so she is called as Adi Swarup. She is also called 'Astbhuja'. Worship of Ma Kushmanda brings light into darkness and ignorance, gives true knowledge, destroys ego, disease, sorrow, depression, ignorance. "Kumbh Bhand" means to see cosmic vivacity in Pindi shape or knowledge of cosmic intricacies in human race. The abode of Mata Kushmanda is in Bhimaparvat

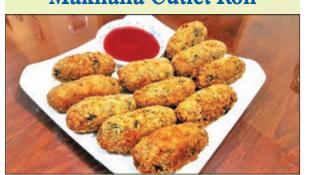
Om Dukha Hantraya Namah

Kushmanda Devi manifests eight arms, holding weapons and a rosary (Mala), she is seated on a tiger and her aura is like the sun. Special benediction: This aspect of Devi destroys sorrows of the mind and ego by harmonising the macro-universe with the inner micro-universe of the individual. This makes available all realms of the external universe to the individual internally through meditation. She is the birthing mother presiding over birth and rebirth. The abode of Kushmanda is in Bhimaparvat. We see streams of dark orange and golden light and golden drops that end in little drops of golden light entering the spinal column. These act like a spiritual surgical knife, destroying negatives and false ego positions.



NAVRATRI SPECIAL RECIPE

Makhana Cutlet Roll



Ingredients

- 1 cup lotus seed
- 2 finely chopped green chilli
- 2 tablespoon roasted peanuts
- 1 teaspoon chaat masala
- 1/4 teaspoon red chilli powder 1/4 teaspoon Dhania powder
- 4 teaspoon ghee

4 potato

- 1 teaspoon fennel seeds
- 1 bunch finely chopped coriander leaves
- 1/2 teaspoon garam masala powder
- 2 dashes black salt
- Black pepper 1/2 cup refined oil

To make this delicious dish, you need to roast the lotus seeds (makhana) in a frying pan with the ghee. After they are roasted, grind them to a coarse powder.

Boil Potatoes and let them cool down.

Mash the boiled potatoes and beat them in the frying pan along with the powdered lotus seeds.

Keep it aside for a while.

Add the remaining ingredients after this and sprinkle the appropriate amount of salt and spices as per your taste.

Taking a small portion of the mixture in your hands, try to shape it in the form of a patty or a cutlet.

Grease both the sides with the required amount of oil and fry them in a shallow pan over medium flame until they turn gold-

Flip the cutlets onto your plates and enjoy them with green

You can also enjoy it with yogurt and green chilly chutney. Serve it hot.

Kishtwar police organizes debate competition on Nasha Mukt Bharat Abhiyan

tance of de-radicalization

and social responsibility. He

urged students to engage

actively in their education

and sports for a brighter



Chief guest and winner student being honoured.

STATE TIMES NEWS

KISHTWAR: District Police Kishtwar, under the directions of SSP Kishtwar Naresh Singh, organized a debate competition on the theme "Nasha Mukt Bharat Abhiyan" at Govt. Boys Higher Secondary School Kishtwar as part of the Civic Action Programmes (CAP) 2024-25. The event was graced by Principal Govt. Boys HSS Kishtwar, Ashok Kumar, as Chief Guest, and organized under the supervision of Addl. SP Kishtwar, Pardeep Singh-JKPS. Dy.SP

Headquarters Kishtwar, Dr. Ishan Gupta JKPS, was also present on the occasion.

Among the participants, Parth Badyal secured the 1st position, Tahir Malik stood 2nd, and Amit Kumar achieved the 3rd position. Prizes were distributed to

the top performers, while appreciation certificates were given to all partici-

During the event, Addl. SP Kishtwar delivered a motivational lecture highlighting the menace of drug abuse, the significance of cyber safety, adherence to traffic rules, and the impor-

E-AUCTION NOTICE E-Auction forms are invited for Disposal Fire Affected of Building, Plant & Machinery & Electrical Scrap Salvage – Lot 1: MS Scrap (150 MT), Lot 2: SS Scrap (33 MT), Lot 3: Aluminium Scrap (3 MT), Lot 4: Copper Scrap (0.90 MT) on a PMT basis and "As Is Where Is" basis Lid. Addibelonging to M/s. Prataap Seacks Ltd. Add-khasra No. 800 Min, Khata No. 293 Min and Kewat 13, Kartholi, Near Sideo Industrial Complex, Samba, Bari Brahmana, Jammu (J&K) – 181133. Centact Person 1 - Mr. Ajay Bhat, Mobile No. 6005703697. Contact Person 2 - Mr. Yogesh Seni, Mobile No. 9301401315. Inspection can be done: 08/10/2025 with prior appointment. Date of e-Auction is 09/10/2025 from 02 PM Onwards. e-Auction form with Earnest Money Deposit (EMD) to be submitted latest by 08/10/2025 up to 6 PM at the auctioneer's address.

action Portal is www.thesalvagebids.com visit and register yoursel

ty. He also called upon students to cooperate with the police in combating drug

future and a healthy socie-

abuse and other social evils. SSP Kishtwar Naresh Singh-JKPS said that such programmes play a vital role in sensitizing youth about the ill-effects of drug abuse and other social evils. He emphasized that organizing these awareness events strengthens the bond between police and the community and helps guide

23/09/2025 18:19

01/10/2025

NORTHERN RAILWAY

E-TENDER NOTICE

Tender Notice No.: 433-Sig-T-36-25-26 Closing Date/Time: 15-10-2025 15:00 Date:- 23/09/2025. Sr.DSTE/FZR acting for and on behalf of The President of India invites E-Tenders on https://www.ireps.gov.in against Tender Notice no. 433-Sig-T-36-25-26 Closing Date/Time 15-10-2025 15:00 Hrs. Bidders will be able to sub their original/revised bids upto closing date and time only. Manual offers are not allowed against this tender, and any such manual offer received shall be ignored.

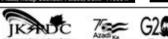
Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through online payment modes available on IREPS portal LIKE net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed.

NIT HEADER **Contract Type** S&T work in c/w Removal for PSR and facilitating simultaneous reception in Giani Zail Singh Sandhwa Yard. Tender Closing 15/10/2025 15:00 **Date Time Uploading Tender**

10852438.44

(Rs.) NOTE: Tenderer should keep himself updated about the Tender amendments Corrigendum, etc. by remaining in touch regularly with the website SERVING CUSTOMERS WITH A SMILE

Date as per IREPS



OFFICE OF THE EXECUTIVE ENGINEER GENERATION **DIVISION. PDC UDHAMPUR-182101**

Notice inviting short term e-NIT No. 20 & 21 of 2025-26 dated 22.09.2025

Advertised Valu

Earnest Money

For and on behalf of Managing Director, Jammu Kashmir Power Development Corporation, sealed short term e-Tenders in 2 covers are invited from registered / authorized vendors having valid license for conducting the repair works as detailed in the "SCOPE OF WORK" as annexed hereunder:

S. No.	Particulars	Estimated value of contract	Earnest Money Deposit	Cost of Tender Document	Last Date of receipt of online Bid	Date of opening of online technical Bid	Completion Time Period
1	Supply, Installation and Testing (SIT) of De- Sludging Pump (1 No.), Pressure Water Pumps (2 Nos.), and Hot Air Blowers (4 Nos.) along with Accessories" at Chenani Hydro Electric Power House-I	Rs. 1,42,800/-	Rs. 2900/-	Rs 200 /-	29.09.2025	30.09.2025	30 days
2	Restoration of Damaged 2 No. Dewatering Pumps and Procurement of Additional 7.5 HP Submersible Dewatering Pump with Accessories and Automatic Switching On/Off Panel" at Chenani Hydro Electric Power	Rs. 2,28,000/-	Rs. 4600/-	Rs 300 /-	29.09.2025	30.09.2025	30 days

Status of Funds: Available. AAA/T.S: Accorded

DIP/J-2079-P/25

Dated:- 24/09/2025

The tender document for the above job can be seen/downloaded from website www.jktenders.gov.in as per dates mentioned:

Download/Sale Date Starts On 22.09.2025 At 16:00Hrs 29.09.2025 At 16:00 Hrs

Download/Sale Date Ends On Date of Pre Bid Meeting

Date of Submission of E-Tender Starts On Date of Submission of E-Tender Ends On / Due Date Date of Opening of Tender (On-line)(Technical Cover) 30.09.2025 At 14:00 Hrs

29.09.2025 At 16:00 Hrs **Executive Engineer**

> **Generation Division** Udhampur

25.09.2025 11:30AM- 12.30 PM

22.09.2025 From 16:00 Hrs. onwards

youngsters towards constructive activities.

He encouraged all stakeholders, including teachers and parents, to join hands with the police to ensure a safe, healthy, and drug-free environment for future generations.

Rahul Sahai addresses ICC's Global Business Summit 2025

STATE TIMES NEWS

MUMBAI: The Indian Chamber of Commerce (ICC) successfully hosted its prestigious Global Business Summit 2025 at the Jio World Convention Centre, Mumbai, under the theme "One Nation, Multiple Opportunities."

The summit brought together global leaders, government officials, industry stalwarts, and over 20 international delegations from countries. Rahul Sahai, Chairman, ICC Jammu, highlighted the immense potential of Jammu and J& K.

Applauding the leadership of Lt Governor Manoj Sinha, he credited the administration for transforming the region through industrial growth, tourism development, and sustained peace. Sahai also acknowledged the current leadership of Omar Abdullah, noting J&K's progressive stride toward new benchmarks in development. Emphasizing ICC Jammu's dynamic role in promoting trade, industry, and tourism. Sahai extended a invitation to global investors to explore the region's emerging opportunities.



UNION TERRITORY OF JAMMU & KASHMIR

OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION GANDHI NAGAR JAMMU

SHORT NOTICE INVITING TENDER

Short e-NIT No. DGN/72of 2025-26 Dated 22-09-2025

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmire-tenders are invited on <u>percentage basis</u> from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/Central Governments for each of the following works:-

S. No	Name of Work	Name of Division	Advertised Cost (₹ in Lacs)	Cost of document (in ₹)	Earnest Money (in ₹)	Time Allowed for complete -on	Time and date of opening of tender	Class of Contractor
1	2	3	4	. 5	6	7	8	9
1	Improvement of drain opposite Macca Masjid Bathindi (Under Non Plan for the year 2025-26)	PWD (R&B) Division Gandhi Nagar	3.99	600	7980 (2% of the Advertised Cost)	01 Month	(1200 Hrs) on or after 30-09-2025	"A" , "B" "C" & "D" Class
2	Up-gradation of Drain in Nidesh Vihar Chowadhi (Under M.H- 3054 Non Plan for the year 2025-26)	PWD (R&B) Division Gandhi Nagar	1.54	600	3080 (2% of the Advertised Cost)	01 Month	(1200 Hrs) on or after 30-09-2025	"A" , "B" "C" & "D" Class

Position of TS

Nagar

Accorded by Superintending Engineer PWD (R&B) Circle South Jammu vide order No. 310 of 2025 dated 09-09-2025amounting to ₹ 3.99 Lacs for item No. 1 and Superintending Engineer PWD (R&B) Circle South Jammu vide order No. 301 of 2025 dated 01-09-2025 amounting to ₹ 1.54 Lacs Sanctioned bySuperintending Engineer PWD (R&B) Circle South Jammu vide order No. 323 of September 2025 dated 20-09-2025 amounting to ₹3.99 Lacs

for S.No. 1 and this office vide order No. 63/PWD Div. Gandhi Nagar/2025-26 dated 09-09-2025 amounting to ₹1.54 Lacs for item No. 2.

Superintending Engineer PWD (R&B) Circle South Jammu. Under Non Plan for the year 2025-26. **Project Authority** Major Head of Account

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from

1	Date of Issue of Tender Notice	22-09-2025
2	Period of downloading of bidding documents	From22-09-2025 to 29-09-2025, 1800 Hrs
3	Date, Time and place of pre-bid meeting	25-09-2025 at 1300 Hrs. in the Office of Executive Engineer PWD (R&B) Division Gandhi Nagar Jammu
4	Bid submission Start Date	22-09-2025
5	Bid Submission End Date	29-09-2025 upto 1800 Hrs
6	Date & time of opening of Technical Bids (Online)	30-09-2025 on or after 1200 Hrs in the Office of Executive Engineer PWD (R&B) Division Gandhi Nagar Jammu
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, e-NIT No. and name of work duly crediting to 0059 (Revenue) favoring Office of Executive Engineer PWD (R&B) Division Gandhi Nagar Jammu and upload the same i.e treasury challan/receipt, Earnest money/Bid security in shape of CDR/FDR/BG pledged to Office of Executive Engineer PWD (R&B) Division Gandhi Nagar Jammu. The CDR/FDR/BG shall be valid for 45 Days beyond the bid validity period. The original instruments in respect of cost of documents, EMD and relevant documents of L1 be submitted to the Office of Executive Engineer PWD (R&B) Division Gandhi Nagar Jammu at the time of allotment.

Theelectronicbiddingsystemwouldnotallowanylatesubmissionofbidsafter due date and time as per servertime.Bidders may modify their bids by uploading their request for modification before the deadline for submission of bids. For this, the bidder need not tomake any additional payment towards the cost of tender document. For bid modification and consequential re-submission, the bidder is not required to withdraw his bid submitted earlier. The last modified bid submitted by the bidder within the bid submission time shall be considered as the bid. For this purpose, modification/withdrawal by other means will not be accepted. In online system of bid submission, the modification and consequentialsubmission of bids is allowed any number of times. The bidders may withdraw his bid by uploading their request before the deadline for submission of bids; however, if the bid is withdrawn, the re-submission of the bid is not allowed.No bid shall be modified or withdrawn after the deadline of

The date and time of opening of Financial-Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financialbids of responsive bidders shall be opened online in the Office of Executive Engineer PWD (R&B) Division Gandhi Nagar Jammu. The date for same shall be intimated separately

The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical The earnest money shall be forfeited, If :-

Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

b) Failure of Successful bidder to furnish the required performance security within specified time period after issue of letter of acceptance. Failure of successful bidder to execute the agreement on same day of allotment of work contract as per

DIP/J-6046/25 Dated:- 24/09/2025

4.

Chief Engineer PW (R&B) Department Jammu's Circular No. CEJ/G/12660-87 dated 07-10-2021. (Er. Rahat Gupta) Executive Engineer PWD (R&B) Division Gandhi Nagar