

# Maa Kalaratri – The Worship of the Fiercest Forms of Goddess Durga on 7th Navratra

Maa Kalaratri is the seventh Shakti of Maa Durga. The seventh day of Navratra Pooja is dedicated to Durga Kalratri. This is the most violent form of Goddess Durga. Kalaratri is the one of the fiercest forms of Durga and her appearance itself evokes fear. This form of Goddess is believed to be the destroyer of all demon entities.

Kalaratri means the One who is the Death of Kaal. Here Kaal is dedicated as time and death. Kalaratri is the one who destroys ignorance and removes darkness. This form primarily depicts that life also has dark side - the violent Mother Nature and creates havoc and removes all dirt. She is also known as Shubhankari.

In this form Goddess Kalratri killed Raktabeej. Raktabeej was a demon who could multiply from every drop of his blood which fell on the ground. The Goddess Kaalratri killed him by licking the blood before it could reach the ground and hence conquered him. She endows her devotees with calm and courage.

The complexion of Maa Kalaratri is like dark night and has four hands. The left two hands hold a cleaver and a torch, and the right two are in the Mudras of "giving" and "protecting".

She has necklace shining like thunder and has human skulls. She has three eyes which emanate rays like lightning.

Flames appear through her nostrils when she inhales or exhales air. Her mount is donkey. Blue, Red, White color should be used to wear on this day.

Appearance of Maa Kalratri is very dangerous. But she always gives good fruits. So devotees should not get afraid of her.

Her worship on seventh day of Navratra has very much importance for Yogies and Sadhak. Yogis and Sadhaks penance on Shahtra Chakra on this day. For the worshipers on this day door opens of every Siddhi in universe.

Just by remembering Maa ghost run away. If any negative effect is arising due to planets then by worshipping on this day bad effects vanish. Any type of fear goes away.

Subhankari Mata always give Subh good fruits. True faith, restraint and concentration is necessary for worship.

The seventh Swarup of Maa Durga is Mata Kaalratri. She is black like night. Her Hair is always shown as pitch black, long, loose and scattered.

She is also shown as being seated on a Shava (dead body).

The destroyer of darkness and ignorance, Mata Kaalratri is scourer of darkness; enemy of darkness.

Mata Kaalratri's Shrine is in Calcutta, India. This four-armed swarup of Ma Durga dissipates darkness from amidst her devotees, and bestows freedom from fear and adversity.



## NAVRATRA SPECIAL RECIPE Makhana Cutlet



**Ingredients:**  
1 cup lotus seed  
2 finely chopped green chilli  
2 tablespoon roasted peanuts  
1 teaspoon chaat masala  
1/4 teaspoon red chilli 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  
1/2 cup refined oil

**Method:**  
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.  
Mash the boiled potatoes and beat them in the frying pan along with the powdered lotus seeds.  
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 and 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 golden brown.  
Flip the outlets onto your plates and enjoy them with green chutney.  
Bon appetite!

## NSS Unit of GDC Mahanpur organizes Women Health Awareness Programme

■ STATE TIMES NEWS

MAHANPUR: As part of the ongoing Sewa Parv Celebrations, the NSS Unit of Government Degree College (GDC) Mahanpur organized a Women Health Awareness Programme under the leadership of Principal Prof. (Dr.) Sangeeta Sudan and coordinated by Dr. Rupalee Jasrotia, NSS Programme Officer.

The programme included an awareness lecture on "Women Health and Stress Management", a discussion round, and a brain break session aimed at promoting holistic well-being among students.

During the lecture, Dr. Rupalee Jasrotia highlighted critical aspects of women's health, including



NSS volunteers with faculty of GDC Mahanpur at Women Health Awareness Programme.

menstrual hygiene, basic sanitation, reproductive health, nutrition, and mental well-being. She also discussed various stress management techniques, emphasizing the role of physical activities such as walking, jogging, yoga,

dancing, and exercise in maintaining both physical and mental health. Mindfulness practices like meditation, deep breathing, creative pursuits like journaling, and nurturing social connections were also underscored as essential

tools for stress management. The discussion round provided a platform for NSS volunteers to openly share and discuss their health concerns. This interactive session enabled students to express issues related to

physical, emotional, and mental well-being, fostering a healthy dialogue on self-care.

The programme also featured a Brain Break Session, a component of the College's holistic wellness initiative launched in collaboration with Global Community Health, Las Vegas on August 29, 2024. The session, conducted by NSS volunteer Nehu Sharma, involved yoga asanas, stretching exercises, deep breathing, and meditation practices.

More than 40 NSS volunteers actively participated, reflecting the enthusiasm and commitment of the students toward maintaining a balanced lifestyle and promoting health awareness in the college community.

## IMFA JU in collaboration with Mission Shakti organises awareness session on POCSO Act, Cyber Crime

■ STATE TIMES NEWS

JAMMU: Institute of Music and Fine Arts, University of Jammu in collaboration with Mission Shakti organised an awareness session on the POCSO Act, cyber crime, legal awareness, and mental well-being for students and faculty members.

The resource person for the legal awareness session, Advocate Meenu Padha, sensitised participants about the provisions of the POCSO Act, highlighted key aspects of cyber crime, and explained the importance of staying informed about legal rights and safety measures in the digital age.

Dr. Manisha Gupta conducted an insightful session on mental well-being, focusing on issues such as anxiety, stress, and depression, and shared practical tips for



Advocate Meenu Padha speaking at an awareness session.

maintaining emotional health. The event was graced by Dr. Shohab Malik, Principal IMFA and Rakesh Sharma, Head of the Fine Arts Department, who motivated the students to actively participate and build awareness on these critical subjects. Representing Mission

Shakti, Sonali Rana, Gender Specialist, briefed the gathering about the mission's initiatives for women's empowerment and adolescent welfare. Sunil Choudhary, Specialist in Financial Literacy, also interacted with the participants by raising key queries, adding depth to the discussion.

## Yudhvir Sethi inaugurates Kridha Jewellers outlet at Jain Bazar

■ STATE TIMES NEWS

JAMMU: In a grand ceremony marking the expansion of one of the city's premier jewellery brands, Kridha Jewellers, led by Darshan Nischal and Ankush Nischal (Nischal Brothers), inaugurated their third outlet at Jain Bazar, Jammu on Saturday.

The event was graced by MLA Jammu East, Yudhvir Sethi, who formally inaugurated the showroom in the presence of a large gathering of business leaders, dignitaries, and well-wishers from across the city. BJP leader Arun Sethi along with other prominent persons present on the occasion.

Speaking at the occasion, MLA Yudhvir Sethi congratulated the Nischal Brothers, saying, "Heartiest congratulations to Darshan and Ankush Nischal on the grand opening of their third outlet



MLA Jammu East, Yudhvir Sethi inaugurating Kridha Jewellers outlet at Jain Bazar, Jammu.

at Jain Bazar. This new venture not only strengthens Jammu's retail landscape but also brings pride to the city's business community. May Kridha Jewellers continue to shine with success, trust, and prosperity."

Darshan and Ankush Nischal, founders of Kridha Jewellers, expressed their gratitude to the MLA, customers, and the city's com-

munity for their unwavering support. They remarked, "This expansion reflects our commitment to bringing quality, innovation, and trust in jewellery to every customer. With the new outlet at Jain Bazar, we aim to offer an enhanced shopping experience and serve Jammu with excellence in design, craftsmanship, and service."

The inauguration featured a formal ribbon-cutting ceremony, followed by a tour of the showroom highlighting an exquisite collection of gold, diamond, and precious gemstone jewellery.

Guests lauded the brand for its consistent quality, innovative designs, and customer-centric approach.

The third outlet of Kridha Jewellers signifies the brand's growing presence in Jammu's jewellery market and reinforces the Nischal Brothers' dedication to expanding quality retail services while creating employment opportunities in the region.

The event concluded with a vote of thanks from the Nischal Brothers, who reaffirmed their commitment to excellence, community engagement, and contributing to the city's thriving business ecosystem.

## JU holds Free Mammography Camp for women employees under Sewa Parv

■ STATE TIMES NEWS

JAMMU: As part of the ongoing Sewa Parv celebrations, the University of Jammu underscored its commitment to health and well-being by organizing a free mammography medical camp for its women employees above 40 years of age. The initiative, held at the General Zorawar Singh Auditorium (GZSA), was jointly organized by the University Health Centre under the guidance of Hon'ble Vice Chancellor Prof. Umesh Rai, in collaboration with Shri Mata Vaishno Devi Superspeciality Hospital, Narayana, Katra. The camp was inaugurated by Prof. Shashi Manhas, Provost, Girls' Hostels, who also addressed the gathering on the importance of early detection of breast cancer through mammography, highlighting



Prof. Shashi Manhas, Provost, Girls' Hostels with others at a camp.

how timely screening can save lives and empower women to take charge of their health. Speaking on the occasion, Prof. Yashpal Sharma, Convener, University Health Centre Advisory Committee, expressed heartfelt gratitude to the medical team from SMVD Superspeciality Hospital and to

the dedicated staff of the University Health Centre, including doctors, physiother-

apists, and paramedical staff, whose efforts ensured the smooth conduct of the camp. The mammography camp forms part of a series of health initiatives taken up by the University Health Centre during Sewa Parv, which have also included anemia screening camps, awareness lectures on tuberculosis prevention, blood donation drives, and sessions on menstrual hygiene and related health concerns. These collective efforts highlight the University's vision of nurturing not only academic excellence but also holistic care and community well-being.

## Court denies bail to alleged drug kingpin in NDPS Case

■ STATE TIMES NEWS

JAMMU: The Court of Additional Sessions Judge Udhampur, Kamlesh Pandit (with special powers under the NDPS Act), has dismissed the bail plea of Tamzeer Ahmed Najar, son of Mohd. Sayed Najar, resident of Sudhpura Karnah, Kupwara, who was arrested by Police Station Chenani in FIR No. 163/2025.

The accused is charged under Sections 8, 21, 22, 29 of the NDPS Act and Section 238 BNS for possession of a huge commercial quantity of heroin. Police reports described him as the kingpin of a major narcotics racket, with prior involvement in multiple cases, including FIR No. 03/2025 at Police Station

Parimpora and FIR No. 94/2021 at Police Station Kamah. APP Himanshu Prakash, representing the Union Territory of J&K, strongly opposed the bail, stressing that the accused was a habitual trafficker and posed a danger to society. The court noted that the statutory bar under Section 37 of the NDPS Act applied in this case and that releasing the accused would risk further trafficking.

While dismissing the plea, the court cited Supreme Court precedents and observed that narcotics trafficking is a menace "eating into the vitals of society" and the accused does not deserve any concession of bail.

## Special cleanliness drive organised at CID Complex Jammu under Sewa Parv-2025

■ STATE TIMES NEWS

JAMMU: As part of the ongoing Sewa Parv-2025 celebrations, a large-scale special cleanliness drive was organised today at the CID Complex, Canal Road, Jammu, with the aim of promoting hygiene, sanitation, and a healthier workplace environment.

The initiative, launched across all CID establishments in Jammu Province, was carried out under the close supervision of SSP CID Randheer Singh and SSP CID Amit Gupta. A large number of



CID officials and personnel carrying out cleanliness drive.

officers, officials, and staff members of the CID Jammu enthusiastically took part in the drive, reflecting their commitment to public service and

civic responsibility. Participants actively engaged in a series of cleaning activities, which included sweeping of offices and open

areas, clearing waste materials, removing litter, and ensuring proper disposal of garbage. Special attention was given to maintaining not

only the interiors of the complex but also the adjoining surroundings to create a cleaner and greener environment.

Speaking on the occasion, senior officers highlighted that the drive is a humble tribute to Mahatma Gandhi's vision of "Swachh Bharat", reaffirming the values of cleanliness and self-reliance. They underlined that such initiatives are not just symbolic but also encourage a culture of collective responsibility among government departments and the public.

The Sewa Parv-2025 cleanliness campaign will continue across all CID units in the Jammu Province in the coming days, spreading awareness about environmental conservation, responsible waste management, and the importance of maintaining public spaces.

Officials further appealed to the public to join hands in this mission by keeping their surroundings clean and supporting the Swachh Bharat Abhiyan, ensuring a healthier, pollution-free Jammu for future generations.

