

## Free Breast & Cervical Cancer Screening Camp Organized at Arnia



Bishnah, Jammu Date: 12.09.2026 Under Project AAROHI, a Free Breast and Cervical Cancer Screening Initiative exclusively for women was successfully organized at Arnia, Block Bishnah, Jammu. The initiative was supported by General Insurance Corporation of India (GIC Re) and implemented by Human Organisation For Patronisation of Environment

(HOPE). Medical & Health Team Present Dr. Rohit Kumar Surjeet Kumar - CHO Aasha Devi - ASHA Facilitator Awareness & Medical Guidance A comprehensive awareness session was conducted by Surjeet Kumar, CHO, and Minkle Kumar, Project Coordinator, HOPE. The participants were sensitized about breast and cervical cancer, common risk factors, early warning signs, preventive meas-

ures, and the importance of regular screening. The speakers emphasized the importance of early detection and timely medical consultation and encouraged women to remain aware of their health, undergo regular screening, maintain a healthy lifestyle, and seek medical advice promptly if they notice any unusual symptoms or changes. The awareness session also highlighted the impor-

tance of community participation and the role of ASHA and frontline health workers in encouraging women to access preventive health-care and cancer screening services. The camp helped strengthen awareness among women regarding cancer prevention, early detection, regular screening, and timely treatment. Beneficiaries were provided with screening services, medical guidance, and important health information. The HOPE team actively supported the successful organization and smooth conduct of the camp under Project AAROHI, with the objective of making cancer awareness and screening services accessible to women in the community.

## Congress Will Continue Fight for Sunderbani's Rights: Former MLC Ravinder



SUNDERBANI 12 September 2026: Former MLC and Congress chief spokesperson Ravinder Sharma addressed a press conference in Sunderbani and raised several important public and development issues concerning the area, with the railway line emerging as the major issue. Sharma said the earlier railway survey proposed a route from Akhnoor through Chowki Choura and Sunderbani towards Nowshera and Rajouri, but the route was

later changed and proposed from another direction, which he said was not justified. He said the railway line should pass through Akhnoor, Chowki Choura and Sunderbani before reaching Nowshera, Rajouri and further Poonch, as this has been a long-standing dream of the people and their forefathers. Sharma said the Congress Party has been struggling for this demand for several years and will continue its fight with full strength, while pressing

the government to reconsider the earlier surveyed route. He said connecting Sunderbani with the railway network is not merely a development issue but a long-pending demand and a dream of the people of the area. Sharma also raised concerns regarding the condition and shortcomings of Sunderbani Hospital, stating that during his tenure as MLC under the Congress government, he had got 14 doctor posts sanctioned for the hospital.

He said efforts were also made to explore the use of Veterinary Department land in coordination with the Health Department for construction and expansion of a better and comprehensive hospital, but the matter could not progress after the change of government and remained confined to official files. Sharma said several shortcomings still exist in the hospital and people continue to face difficulties in accessing better health-care facilities. Alleging discrimination against Sunderbani over the past three years, he asserted that the Congress Party would continue its struggle for the rights and development of Sunderbani until the area receives its rightful share. Block Congress President Sunderbani Nain Chand Sharma, Block President Siot Ajit Singh, party office-bearers Rajiv Chadha, Ashwani Sharma, Sarjeet Sharma and other workers were present during the press conference.

## INDIAN ARMY CONDUCTED CYBER CRIME AWARENESS LECTURES AT KHANETAR AND POTHAN, POONCH

Poonch: 12 Sep 2026 As part of its continued efforts towards community awareness and digital empowerment, the Indian Army conducted awareness lectures on Cyber Crime at Khanetar and Pothan in Poonch. The initiative aimed to sensitize local residents and youth about the growing threats associated with online frauds and the importance of safe and responsible use of digital platforms.

During the sessions, participants were educated about various forms of cyber crimes, including online financial frauds, UPI scams, phishing and OTP attacks, fake government and banking calls, social media impersonation, identity theft and cyber bullying. Army personnel also high-



lighted precautionary measures such as safeguarding personal information, avoiding suspicious links, maintaining cyber hygiene and following responsible online practices. Special emphasis was laid on the timely reporting of cyber fraud inci-

dents through the National Cyber Crime Reporting Portal to facilitate prompt action by authorities and minimise financial losses. The participants were also briefed about basic cyber laws and their role in creating a secure digital environment.

## Quiz Competition on "History of Hindi Literature" Organized at GCW Udhampur

UDHAMPUR, September 12, 2026: As part of the ongoing Hindi Fortnight-2026, a quiz competition on the topic "History of Hindi Literature" was organized on here today at Government College for Women (GCW), Udhampur. The competition aimed to develop interest among students in the Hindi language and literature and to enhance their literary knowledge through an engaging and competitive platform. For the competition, the participating students were divided into five teams named Rajbhasha, Rashtrabhasha, Standard

Language, Link Language, and Medium Language. All the teams participated enthusiastically and demonstrated commendable knowledge of Hindi language and literature. During the quiz, the Rashtrabhasha Team secured the first position by obtaining 32 out of 36 marks. The Link Language Team secured 30/36 marks, followed by the Medium Language Team with 28/36 marks, the Standard Language Team with 26/36 marks, and the Rajbhasha Team with 22/36 marks. The winning Rashtrabhasha Team comprised Niharika

Bhutiya (Semester III), Sanjana (Semester III), Kanika Sharma (Semester III), Anu Sharma (Semester III), and Jyoti Devi (Semester III). The team delivered an excellent performance and emerged victorious in the competition. On the occasion, Principal Dr. Nalini Pathania graced the event as the Chief Guest. Congratulating the winning students, she stated that such knowledge-oriented competitions play an important role in developing curiosity, confidence, subject knowledge, and a healthy competitive spirit among students. She also

encouraged the students to continue their sincere engagement with the study of Hindi language and literature. Dr. Geetanjali Rajput, Prof. Mushtaq Ahmad, Dr. Sanjay Kumar, Dr. Simran Khajuria, Dr. Nancy Gupta, and Dr. Aarti Kumari were also present on the occasion and encouraged the participating students. The quiz competition was compared by Dr. Omar Bashir and Prof. Sandesh Kumar, who conducted the proceedings effectively and maintained an engaging atmosphere throughout the event.

## 8.5 Lakh Diyas, Blood Donation Camps to mark launch of Sewa Sankalp Abhiyan on Sept 17: BJP

Jammu, 12 September 2026: BJP will launch its month-long 'Sewa Sankalp Abhiyan' on September 17, marking the birthday of Prime Minister Narendra Modi and commemorating his 25 years of dedicated public service, with 8.5 lakh diyas to be illuminated across J&K and blood donation camps organized across the Union Territory as the opening initiatives. The campaign, continuing till October 17, will take a series of service-oriented programmes to every section of society, with special emphasis on youth participation and grassroots outreach.

Former Deputy Chief Minister Dr. Nirmal Singh, accompanied by BJP J&K General Secretary Baldev Singh Billawaria, BJP J&K General Secretary and Sewa Sankalp Abhiyan Incharge Gopal Mahajan, and Media Incharge Dr. Pardeep Mahotra, addressed a press conference at BJP headquarters, Trikuta Nagar, Jammu, and outlined the extensive programme.

Dr. Nirmal Singh said that the Abhiyan reflects the spirit of 25 years of Narendra Modi's public life, marked by uninterrupted dedication to the nation, first as Chief Minister of Gujarat and subsequently as Prime Minister of India. He said that under Modi's leadership, India has moved with confidence towards becoming a developed nation by 2047, adding that the objective of the campaign is not merely to commemorate a birthday but to connect people with the larger national development journey. He said that the ambitious programme will be taken from the national level



right down to every booth, involving common citizens and particularly the youth. He highlighted that 'Aashirwad Ka Diya' will reach households across J&K, with a target of 100 diyas at every booth, symbolizing people's participation in the journey of a developed India. Blood donation camps will simultaneously be organized by BJYM on September 17, while blood testing facilities will also be arranged for those who are unable to donate on the day.

Giving an overview, Gopal Mahajan said that the BJP observes service programmes every year around the Prime Minister's birthday, but this year the party has expanded the initiative into a month-long Sewa Sankalp Abhiyan from September 17 to October 17, with the purpose of making service a mass movement. He said the campaign will include Aashirwad Ka Diya, Sewa Chitra-Sapno Ka Bharat, Namu Seva-Unkahi Kahaniyan, Aangan Milan Sewa, Sewa Ke Rang-Rashtra Ke Sang, Sewa Jyoti Yatra, Sewa Mera Yogdan, Sewa Setu Abhiyan and Jan Sewak Mahakumbh, among other pro-

grammes. Explaining the programmes, Dr. Nirmal Singh said 'Sewa Chitra-Sapno Ka Bharat' will engage the younger generation through drawing and speech competitions, taking the message of India's history, present achievements and the vision of Viksit Bharat to students. Through 'Namu Seva-Unkahi Kahaniyan', nukkad natak will narrate stories of development and positive transformation taking place on the ground. 'Aangan Milan Sewa' will highlight the contribution of Anganwadi centres and those working at the grassroots, while 'Sewa Ke Rang-Rashtra Ke Sang' will use traditional rangoli activities with organic materials to spread the message of national service.

Dr. Singh said that the 'Sewa Jyoti Yatra', scheduled for October 7, will carry the message of service and national commitment across villages. 'Sewa Mera Yogdan' will promote plantation, cleanliness drives and other service activities in asso-

ciation with social organizations. He stressed that these initiatives are social and service-oriented programmes, not political programmes, and are intended to inculcate a sense of responsibility towards society and the nation.

Dr. Singh further said that 'Sewa Setu Abhiyan' will take the concept of Sarkar Aapke Dwar closer to the people, helping them access governance and welfare services. The campaign will culminate in the 'Jan Sewak Mahakumbh', bringing together 1.25 public representatives and more workers promoting collective participation and the recitation of the complete Vande Mataram.

The BJP leaders said the central message of the Abhiyan is clear: the celebration of public service should translate into more service to society. They called upon party workers, elected representatives, youth and social organizations to take the programmes beyond party offices and into every village, panchayat and booth, making Sewa Sankalp Abhiyan a genuine grassroots movement for a stronger, developed and self-confident India.

## Celebrate the Festival from Shri Ganesh Chaturthi to Anant Chaturdashi: Mahant Rohit Shastri, Jyotishacharya

Jammu & Kashmir: The Chaturthi Tithi of the Shukla Paksha of the month of Bhadrapada is known by various names, including Kalank Chaturthi and Patthar Chauth. Regarding the Bhadrapada Shukla Paksha Chaturthi, Mahant Rohit Shastri (Jyotishacharya), President of Shri Kailash Jyotish avim Vedic Sansthan Trust, stated that this year the Chaturthi Tithi will begin at 7:07 AM on Monday, September 14, 2026, and will end at 7:45 AM on Tuesday, September 15, 2026.

According to the scriptures, Lord Ganesha was born during the midday period of the Chaturthi Tithi of Bhadrapada Shukla Paksha. Therefore, the midday period is considered particularly auspicious for worshipping Lord Ganesha. The midday period of the Bhadrapada Shukla Paksha Chaturthi Tithi falls on Monday, September 14. Therefore, the festival will be celebrated on Monday, September 14 itself. Devotees who wish to perform Shri Ganesha Puja during the midday period may do so on Monday, September 14, between 11:04 AM and 1:43 PM.

Moon Sighting Is Prohibited on the Night of Chaturthi On this Chaturthi, sighting the Moon at night is prohibited. Since the Bhadrapada Shukla Paksha Chaturthi Tithi falls on the night of September 14, sighting the Moon on the night of Monday, September 14 is prohibited.

The festival of Shri Ganesh Chaturthi is celebrated in different ways in different parts of India. Mahant Rohit Shastri stated that Ganeshotsav is celebrated from Shri Ganesh Chaturthi until Anant Chaturdashi. Some devotees install Lord Ganesha's idol for three or five days. Devotees determine the duration according to their faith and devotion. However, the festival should be celebrated from Bhadrapada Shukla Paksha Shri Ganesh Chaturthi to

Anant Chaturdashi. During Shri Ganeshotsav, devotees install idols of Lord Shri Ganesha in



their homes, temples and other places and perform worship and prayers for ten days. Worshipping Lord Shri Ganesha brings happiness, prosperity and abundance to the home. A fast is also observed on Shri Ganesh Chaturthi. While bringing an idol of Lord Shri Ganesha into the home, special attention should be paid to ensuring that the trunk of Lord Ganesha is turned towards the left. It is believed that worshipping such an idol helps devotees' wishes to be fulfilled quickly. The face of the idol of Lord Shri Ganesha should not be directed towards the main entrance, as happiness, prosperity and good fortune are believed to reside in the direction of Lord Ganesha's face, while sorrow and poverty are associated with the back of the idol.

The idol of Lord Shri Ganesha should never be installed against a wall that is connected to a toilet wall. Some families install silver idols of Lord Ganesha in their homes. If the idol of Lord Shri Ganesha is made of silver, it should be installed in the north-east or south-west direction. If there is a north-east corner in the home, installing the idol of Lord Shri Ganesha there is considered most auspicious. If the home does not have such a corner, devotees should not worry; the idol may be

installed in the east or west direction. The idol of the Lord should never be installed underneath a staircase.

Shri Ganesha Puja Vidhi On the day of Shri Ganesh Chaturthi, devotees should wake up early in the morning and take a bath. First, spread a red cloth on a clean wooden platform and install the idols of Lord Shri Ganesha and Mata Gauri, along with a water-filled kalash. Then light a ghee lamp and incense sticks. Worship Lord Shri Ganesha, Mata Gauri and the kalash with roli, kumkum, akshat, flowers and durva grass. Thereafter, meditate upon Lord Shri Ganesha and, holding akshat and flowers in the hands, invoke Lord Ganesha while reciting His mantra. Offer the akshat and flowers to Lord Ganesha.

Now bathe Lord Shri Ganesha and Mata Gauri with water, raw milk and Pancharmit. (If the idol is made of clay, bathe a betel nut instead.) Offer new clothes and ornaments to Lord Shri Ganesha. Offer roli/kumkum, akshat, sindoor, perfume, durva grass, flowers and a garland. Offer incense and show the lamp. Offer durva grass and recite Shri Ganesha's stotras and mantras.

Continue this ritual every day and perform the puja at a regular time. Pray to Lord Ganesha for whatever you wish to attain. During the worship, one should maintain faith and devotion towards Vighnaharta, the Remover of Obstacles. It is believed that sincere wishes are fulfilled soon. Modaks are especially dear to Lord Shri Ganesha. Therefore, offer modaks, sweets, jaggery and seasonal fruits as naivedya.

After this, recite the Shri Ganapati Atharvashirsha. Finally, perform Lord Ganesha's aarti. After the aarti, take 1, 3 or 7 circumambulations (parikramas) and offer pushpanjali.