

DC bats for establishing secure, encouraging learning milieu

■ STATE TIMES NEWS

SHOPIAN: Chief Education Office in collaboration with District Social Welfare Office today organised a grand one day Conference on 'Role of Teachers in eradicating Drug Abuse' at GDC Shopian. The Conference was presided over by the Deputy Commissioner, Shopian, Mohammad Shahid Saleem Dar and was also graced by the presence of Secretary, J&K Sports Council, Nuzhat Gul, as a Guest of Honour. ADC, Shopian, Dr. Zakir Hussain Raaz delved into the department wise role of stakeholders and their action plans against the menace and how the drug abuse has engulfed all strata of society irrespective of any gender and economic bias. Speakers including Irfan Ahmad and Saqib Faisal Naik focused on the vital responsibility of teachers in inculcating religious and ethical values among young minds as an initial deterrence against falling prey to the Drug Abuse. Dr.Aadil from Addiction Treatment Facility, District Hospital Shopian spoke on the clinical, behavioural and treatment aspects of the menace. Lone Summayah, a noted National Cricket Coach, spoke on the Power of Sports to prevent Drug Abuse. Secretary, Sports Council stressed the importance of making role models and icons through sports and other fields and channelling the energy of students in proper direction.

DC Shopian emphasised on the capacity of teachers to provide knowhow about the illness of drug addiction while fostering a secure and encouraging milieu through cordial relationships with them. Teachers play a special role as mentors, role models, and knowledge providers in the lives of teenagers.

They have a duty to establish a secure and encouraging learning environment that promotes sound growth, said the DC.

Social service fosters spirit of empathy and leadership in students: Principal JKPS Kunjwani



Principal JKPS Kunjwani Rajesh Rathore and students addressing morning assembly on Saturday.

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JAMMU: Quoting the immortal words of Martin Luther King, Jr, Parthivi of Grade IX said, "Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart, full of grace. A soul generated by love".

Reinforcing the theme of the School Assembly, another brilliant student from the class Mohd Shadab quoted Dalai Lama and stated, "It is not enough to be compassionate - you must act".

"Social service is a vital aspect of grooming in every progressive school, like, JK Public School, Kunjwani and it focuses on enhancing the well-being of individuals, families, and communities. It pro-

motes social change, development, and the empowerment of people, particularly those who are marginalized or disadvantaged", he added.

Highlighting the importance of social work and its systematic training being imparted to JKians, Harman brought forth several ways by which JKPS Kunjwani grooms students for the future needs.

"The school encourages students to participate in community outreach programs like helping at shelters, visiting old age homes, blind schools, and orphanages".

Applauding the school activities, pitched in Parthivi again, reflecting on the brilliant format of the school.

She said, "Teachers conduct role-play activities in the classes to teach empathy by having students step into the shoes of people facing different chal-

lenges. Sharing of real-life stories of individuals make us overcome hardships through social work, followed by discussions to reflect on the impact of helping others".

Giving the audience a peep into the life-style of a well-groomed JKian, Shivanik shared the content of his Diary writing, which made everyone feel thrilled and delighted.

Dear Diary,

It proved to be an extremely fulfilling and rewarding day. I woke up early, and the first thing I did was heading towards the garden to feed the birds, my little friends. What a surge of bliss overpowers me when I watch them gather around, chirping happily as they peek at the grains. The early-winter breeze was so refreshing, and the morning sunshine made the sky orange,

as if I was catching glimpses of a huge painting. I love how the birds feel pally with me now-especially the little sparrows that come to my close vicinity and feel so relaxed, not at all intimidated.

Afterward, I went to the backyard to take care of our cow. Her name is Shailja, and she's been a part of our family for a while now. It's a calming process-feeding her and making sure she's clean and comfortable. There's a strange satisfaction in rearing an animal, knowing that you're responsible for its care. Today, I brushed her coat and gave her some fresh fodder. She nuzzled me after, as if to say thank you, and it made my morning even brighter.

Once I was done with Shailja, I headed inside to help mom with the household chores. Since our domestic

help was given an off on account of Maha Navami, so we cleaned the kitchen, did the dishes, and I helped her organize the living room. It might seem like small work, but it always feels good to assist her. I know how much effort she puts into making sure the house runs smoothly, and being able to lighten her load, even a little, makes me feel like I'm contributing.

One of the gratifying parts of the day was teaching Koel, our housemaid's daughter, how to read. She's such a bright girl, always eager to learn, and today we spent some time going over her lessons. My joy knew no bounds when she read out the lesson in English very nicely, confidently and with polished pronunciation, which learnt from me the previous day.

In the evening, I joined Dad

in the lawn to work on our small vegetable patch. He's been teaching me how to care for it properly, and I love that we get to do this together. We watered the plants and pruned some of the leaves that had dried up. There's something really special about working in the garden with him-it's like our quiet time, just me, Dad, and the earth. We talked about life, plans for the weekend, and what we could plant next season.

While I'm making these entries in my diary and giving vent to my overwhelming emotions, I feel myself on cloud nine. Today wasn't about grand achievements or anything extraordinary, but it was a day full of small moments of joy, care, and social service. Helping others and making contributions in the household chores always fill me with

immense joy.

Thanks, dear Diary, for harboring my feelings.

Shivanik

Principal JKPS Kunjwani Rajesh Rathore applauded the reflections of students and expressed his joy over their meaningful grooming. He stated, "Instilling social service into school life not only helps students develop empathy and leadership skills but also builds a sense of responsibility and moral commitment to our society at large. These qualities foster empathy, feeling of compatibility, co-existence while evolving their better versions with every passing day. JKPS Kunjwani feels proud of producing empathetic, compassionate and responsible citizens who are committed to contribute very positively to our society and the nation building process".

STAIRS Foundation organizes prize distribution ceremony

■ STATE TIMES NEWS

JAMMU: The STAIRS Foundation, recognized as a National Sports Promotion Organisation (NSPO) by the Ministry of Youth Affairs and Sports, hosted the District Youth Games Prize Distribution Ceremony at the Police Auditorium in Jammu, in collaboration with Jammu Police.

The event, aimed at promoting sports activities from the grassroots level, saw the participation of over 400 young students in various sports and cultural activities, including tennis ball cricket, karate, yoga, badminton, art and craft, dance, and music.

Anand Jain, Additional Director General of Police (ADGP) Jammu, and Shiv Kumar Sharma, DIG Jammu-Samba-Kathua Range, graced the occasion as the Chief Guests. Joginder Singh, SSP Jammu, was the Guest of Honour, while Sidharth Upadhaya, National President of STAIRS, attended as the Special Guest.

The event was presided



ADGP Jammu Zone, Anand Jain and other dignitaries at a programme.

over by Rahul Sahai, Chairman of the State Development Board (SDB) of STAIRS J&K, along with key Governing Council members, including Samar Dev Charak, Chaitanya Chowdhary, Atul Hans, Ashish Jain, and Sidharth Dogra, Puneet Arora, Raj Dua, Shantnu Gupta.

Rahul Sahai, in his welcome address, expressed immense pride in the collaboration between STAIRS and Jammu Police, noting that the partnership strengthens community bonds and provides a platform for youth to showcase their talents. Sahai acknowledged the remarkable initiatives undertaken

by Anand Jain and the Jammu Police to keep the youth away from drugs, stating that the 'Drug-Free Jammu' campaign sets a strong example for the community. He also extended his appreciation to Shiv Kumar Sharma and Joginder Singh for their support in creating a safe environment for youth development. The students and their families were commended for their dedication and perseverance. Anand Jain and Shiv Kumar Sharma, Joginder Singh, congratulated the students on their achievements, emphasizing the crucial role of sports in keeping children engaged and away from the

dangers of drug abuse.

They highlighted that sports teach discipline, teamwork, and resilience, which are essential in shaping the future of the youth.

Sidharth Upadhaya, National President of STAIRS, said, "Constructive use of time and discipline is a major characteristic of any sportsperson. Patience, discipline, and resilience enable students to cope with criticism and setbacks, which are important life lessons."

The ceremony also witnessed the presence of several other distinguished mem-

bers of STAIRS, including Puneet Arora, Kapil Dev (Cultural Head), and Gulshan Rattan, Chief Sports Coordinator.

Students showcased their talents across various categories and were awarded gold, silver, and bronze medals for their outstanding performances.

The STAIRS District Youth Games were conducted under the leadership of Rahul Sahai, and coordinated by Gulshan Rattan, with active support from coordinators Ravi Thakur, Kartik Sharma, Abhilove Thakur, and others. The event concluded with a sense of pride and accomplishment, encouraging students to continue striving for excellence both in sports and in life.

In closing remarks, Samar Dev Charak congratulated the students and urged them to keep working towards a bright future, emphasizing the importance of sports as a way to stay disciplined and motivated.

Randhawa lauds party cadre for unwavering support in Assembly Polls



MLA Bahu Constituency, Vikram Randhawa speaking in meeting of Gandhi Nagar Mandal.

■ STATE TIMES NEWS

JAMMU: Vikram Randhawa, MLA Bahu Constituency, on Saturday chaired a first meeting of Gandhi Nagar Mandal team as 'Samiksha Baitak' to extend his heartfelt gratitude to the entire party cadre for their unwavering support and hard work during the recent Assembly polls. Randhawa commended the dedication and commitment shown by the party workers, which played a crucial role in

ensuring his victory. He acknowledged the challenges faced during the campaign and praised the collective efforts that contributed to the success of the party.

"I am deeply grateful for the tireless work and support from each and every member of our party," he said, adding "Your determination and spirit have made this victory possible, and it is a reflection of our unity and shared vision for Bahu Constituency."

The senior BJP leader emphasized the importance

of continuing this momentum as they work together to address the needs and aspirations of the constituents.

He reaffirmed his commitment to serve the people of Bahu Constituency and invited the party cadre to share their insights and suggestions for upcoming initiatives.

The meeting served not only as an acknowledgment of past efforts but also as a platform for strategizing future actions to further strengthen the party's presence in the region.

Jammu Police takes out Remembrance March in South Zone



SP South, Ajay Sharma with other officers leading Remembrance March.

■ STATE TIMES NEWS

JAMMU: Honoring the brave police officers and their families, who gave their lives protecting our national integrity and sovereignty, Jammu Police in South Zone on Saturday took out a Remembrance March from Bikram

Chowk to Last Morh and then through the Apsara Road. The march was spearheaded by SP South and involved participation from the entire team of South Zone Police, including SDPO South and SDPO East, along with SHOs and ICPPs from all

Police Stations/Police Chowkis of the zone.

The March was accompanied by nationalist songs and songs remembering the martyrdom of our heroes, who sacrificed their lives for the country. March was joined by civilians of all age and walks of life.

"The martyrs of Jammu and Kashmir Police are our heroes and keep inspiring the whole JKP and society in general. They have fought valiantly against terrorism, without carrying for their lives and safety to protect innocent civilians. Their courage and valour, dedication inspire us all. Let's honor their memory and the sacrifices they made for our nation. Their selfless sacrifice will never be forgotten," SP south said.

Jamkash Vehicleades organizes Celerio Mileage Rally



Jamkash Vehicleades Jammu officials honouring a winner.

■ STATE TIMES NEWS

JAMMU: Jamkash Vehicleades Jammu organized a Celerio Mileage Rally on Saturday, showcasing the impressive fuel efficiency of the Maruti Suzuki Celerio, one of the most economical cars in its segment.

The rally saw the participation of 20 enthusiastic customers, each given a specific

route where they could demonstrate their driving skills to achieve the highest mileage. The Celerio, known for its 1.0-liter K10C engine equipped with DualJet and Dual VVT technology, is designed for excellent fuel efficiency, making it the ideal choice for this type of event. With advanced features like the Auto Gear Shift (AGS),

lightweight build, and optimized aerodynamics, the Celerio delivers an exceptional driving experience while keeping fuel consumption low.

Maruti Suzuki claims a mileage of up to 26.68 kmpl, and the rally allowed customers to push these limits in real-world conditions.

The top performer of the day, Rakesh Bhardwaj, achieved an impressive mileage of 35.5 kmpl, securing the first prize. He was awarded by Nishant Bansal, Area Manager Maruti Suzuki Arena Jammu and Kashmir, in the presence of Siddharth Manhas, COO Sales, Jamkash Vehicleades.

The second and third prize winners achieved remarkable fuel efficiencies of 28.7 kmpl and 26.3 kmpl, respectively.

This rally not only highlighted the Celerio's fuel-saving potential but also provided a fun, competitive atmosphere for participants to enjoy the capabilities of their vehicles.

XEn PDD makes residents aware about PM Surya Ghar Muft Bijli Yojana



Executive Engineer Er Avneet Gupta making people aware about PM Surya Ghar Muft Bijli Yojana.

■ STATE TIMES NEWS

JAMMU: ED1 Sub Div-1, Parade here on Saturday organised a camp at Resham Ghar and made people aware about PM Surya Ghar Muft Bijli Yojana on subsidised rate.

Executive Engineer Er Avneet Gupta said money required for 3KW solar panel is Rs 1,59,500 and subsidy is Rs 94,800 and also will be financed by SBI,

HDFC and other Banks.

Also area required for 3KW panels is approximately 300 sq ft and will generate around 12 units per day depending upon factors like location and weather condition.

Technical Officer AEE Vinod Sharma, AE Satwinder Kaur, all JEs/Feeder Managers and other staff of Sub Division 1 also participated in the camp.