

# Resilience: The inner strength that turns setbacks into comebacks



Principal J K Public School Kunjwani, Rajesh Rathore and students addressing morning assembly on Saturday.

## ■ STATE TIMES NEWS

JAMMU: "Resilience is the art of bouncing back stronger, no matter how hard the challenges are. It is not about never falling, but about rising every time we fall." With this thought-provoking statement, Rudrakshi Mahajan of Grade VIII Pearl conducted the Morning Assembly, along with her classmates, on the topic The Power of Resilience at JK Public School, Kunjwani.

Taking the reflection a notch higher, Vihan Preet shared, "Resilience means the strength to bounce back after failure or difficulty. As students, resilience is one of the most empowering qualities we can develop. Whether it's facing academic pressure or personal challenges, resilience helps us stay strong, learn from our mistakes, and grow through adversity rather than give in to it."

Wrapping up the morning

reflections, Rishit beautifully illustrated, "Just like a rubber band stretches but never breaks, a resilient student may struggle but never stops trying. Resilience is like a muscle-the more we use it, the stronger it becomes."

In a tone filled with inspiration, Aradhya Raj recited a heartfelt poem:

Like trees that bend, but do not break,  
We rise again with each mistake.

Through storm and fire, loss and pain,  
Our spirit learns to bloom again.  
With every scar, we learn to heal our strength;

Like tempered steel, the world may test,  
But can't defeat; Resilience makes us Rise complete.

To strengthen the reflection, students quoted several eminent thinkers: Rajveer quoted Albert

Einstein, "In the middle of every difficulty lies opportunity". Samyana Ujjwal referred to Ander Jorden, "Out of difficulty, grow miracles". Hargun quoted Shanvi Mandill, "Resilience is not about overcoming, but becoming". Aadhvan mentioned Jode Peekoh, "Human capacity for burden is like bamboo-far more flexible than you ever believed".

Armaan cited Robert F. Kennedy, "Only those who dare to fail greatly can ever

achieve greatly". Gurpreet referred to Helen Keller, "Although the world is full of suffering, it is also full of the overcoming of it". Harmanpreet concluded with Nelson Mandela's timeless truth, "It always seems impossible until it's done".

Principal JKPS Kunjwani Rajesh Rathore lauded the presenters for their eloquence and depth of thought. He reflected, "Resilience is the cornerstone of character formation

and the hallmark of true education. Life will always test us but it is our resilience that determines how we respond".

At JK Public School, Kunjwani, we aim to nurture not just achievers, but determined individuals, who rise after every fall, adapt with grace, and move forward with courage. Always remember: Resilience is the inner strength that turns setbacks into comebacks", he summed up.

## Mahajan Mahotra Biradari Annual congregation on Nov 5

### ■ STATE TIMES NEWS

JAMMU: The All India Mahajan Mahotra Biradari will hold its annual congregation on November 5, coinciding with Kartik Purnima, at the temple of Kul Devta Baba Bhanu Nath Ji Maharaj in Sumb Road, Fankha, Samba.

The Biradari Trust has extended a warm invitation to all members to attend the event with their families and seek Baba Ji's blessings.

## International Expert Lecture on Mass Spectrometry-Based Proteomics at SKUAST-J

### ■ STATE TIMES NEWS

JAMMU: Under the Expert Lecture Series of the Faculty of Basic Sciences, SKUAST-Jammu hosted an insightful lecture by Dr. Vaibhav Srivastava, Group Leader, Division of Glycoscience, Royal Institute of Technology (KTH), Sweden, on the topic "Mass Spectrometry-Based Proteomics."

The event was organized under the guidance of Prof. B. N. Tripathi, Vice-Chancellor, SKUAST-Jammu.

Dr. Srivastava explained core techniques such as bottom-up and top-down proteomics, electrospray ionization, and MS data analysis for protein identification.

He also elaborated on post-translational modifications, peptide-fragment spectra, and the integration of proteomics with functional genomics to study disease mechanisms and crop improvement.

The session, hosted by Prof. Sanjay Guleria, Dean, Faculty of Basic Sciences, and coordinated by Dr. Vinod Kumar, witnessed enthusiastic participation from faculty, researchers, and students.

The lecture also opened avenues for international research collaboration between KTH Sweden and SKUAST-Jammu.

## THE World University Rankings 2026

# KIIT placed in 501 cohort globally, 5th Best in India

## ■ STATE TIMES NEWS

BHUBANESWAR: KIIT-DU has made a big impact in the Times Higher Education (THE) World University Rankings 2026, securing the 5th position among all the universities

in India. Significantly, KIIT is also the only institute from Odisha to feature in the national top 10 list - a matter of immense pride for the state and a reflection of its growing academic excellence.

Globally, KIIT has been placed in the 501-600 band among 2,191 universities and 5th nationally among 128 Indian institutions, marking a notable rise from its previous year's position in the 601-800 band. This

upward movement highlights the university's sustained progress in global competitiveness and its emergence as one of India's most dynamic and globally visible institutions. Indian Institute of Science (IISc)

topped among Indian Universities, while KIIT is the 5th best University in India.

This year, KIIT has been ranked 259th in the world in the 'Academic Excellence' parameter of the Times Higher Education World University Rankings.

Times Higher Education provides rankings based on five parameters. Remarkably, KIIT

University has performed best in India in 'Industry Integration', 'Internationalization of

Higher Education' and 'Social Commitment (SDGs)' parameters. According to the Times Higher Education evaluation, KIIT's performance in THE World University Rankings 2026 reflects a decade of transformation from local excellence to global recognition.

The institution has demonstrated that a socially inclusive university from Odisha can compete with the world's finest through innovation, compassion, and quality education.

Expressing happiness over this achievement, Dr. Achyuta Samanta, Founder of KIIT and KISS, said, "Every state aspires to have a university ranked among the top 500 globally.

I am happy that KIIT, only 28 years since its inception and 22 years as a Deemed to be University, has been placed among the world's top premier universities in the 501 cohort. This accomplishment is a source of pride for Odisha specifically and for India as a whole."

## MIER College conducts AI Workshops in partnership with Commonwealth of Learning, Canada



Dr. Kaushal Kumar Bhagat, Assistant Professor speaking at a workshop.

## ■ STATE TIMES NEWS

JAMMU: MIER College of Education (Autonomous), Jammu, conducted two intensive workshops on Artificial Intelligence (AI) integration in higher education from October 6 to 9, 2025, in collaboration with the Commonwealth of Learning (COL), Canada. These workshops marked a significant step in equipping faculty with the tools and frameworks necessary for responsible and effective AI adoption in teaching and learning. The resource person for both workshops

was Dr. Kaushal Kumar Bhagat, Assistant Professor at the Advanced Technology Development Centre and Vice Chairman of the Centre for Teaching Learning and Virtual Skillling at IIT Kharagpur, an expert in AI integration in education.

The first workshop, titled "Institutional AI Policy for Teaching, Learning and Research," held on October 6-7, 2025, focused on creating an institutional framework for AI integration. Conducted at the college's Computer Lab and Conference Room, it covered

critical areas such as AI readiness, ethical AI usage, data governance, and policy frameworks. Faculty members worked collaboratively on five policy dimensions: policy rationale and alignment, infrastructure and data governance, AI-enhanced teaching and assessment, professional development, and AI ethics and governance.

The second workshop, "Teaching with Generative AI," held on October 8-9, 2025, offered practical training in using generative AI tools for instructional design

and delivery. Participants explored prompting techniques like the ART model, developed AI-integrated assessments and learning materials, and created customised AI tools such as virtual tutors and feedback systems. Emphasis was placed on academic integrity, ethical standards, and privacy concerns. Participants also learned to evaluate AI outputs using the SIFT method, align assessments with the AI Assessment Scale, and develop AI syllabus statements to promote transparency in AI usage.

The workshops were coordinated by Prof. Mool Raj, Head of the Centre for Educational Technology, under the leadership of Prof. Adit Gupta, Director of MIER College of Education. This initiative demonstrates the institution's commitment to advancing educational innovation, international collaboration, and the responsible integration of AI in higher education.

## Sainik School Nagrota concludes 49th Annual Athletic Meet

## ■ STATE TIMES NEWS

NAGROTA: Sainik School Nagrota brought the curtains down on its 49th Annual Athletic Meet with a grand closing ceremony held at Maj Somnath Sharma PVC Mini Stadium on October 10. The event was graced by Colonel Kuldeep Kachru, Commanding Officer of 4 J&K Battalion NCC, as the Chief Guest. He felicitated the winners and lauded the cadets for their exemplary discipline, sportsmanship, and competitive spirit, setting a high standard for future participants.

Over the course of the meet, cadets displayed remarkable endurance, skill, and determination in a wide range of track and field events. Their performances reflected the school's strong commitment to fostering physical fitness, resilience, and leadership qualities among its students, preparing them for challenges both on and off the field. In the overall standings, Chenab



Winner team receiving trophy at Sainik School Nagrota.

House, Sindh House, and Jhelum House secured the top three positions in the Senior Category, while in the Junior Category, Chenab, Jhelum, and Sindh Houses claimed first, second, and third places respectively. The competition was keenly contested, showcasing the dedication and preparation of every participant.

The Best Players of the Meet were honored for their outstanding performances. In the girls' category, Sneha Vishwakarma (Sindh Junior, 4654) and Kriti Sharma

(Sindh Senior, 4577) were recognized, while in the boys' category, Kavya Krishna Singh (Chenab Junior, 4553) and Ramansh Kushwaha (Sindh Senior, 4327) received top honors. Their achievements were celebrated as a reflection of hard work and consistent effort. Addressing the gathering, Col Kuldeep Kachru congratulated all participants and emphasized the importance of sports in developing character, teamwork, and leadership, which are essential traits for future officers of the Armed

Forces. His words inspired the cadets to continue striving for excellence both academically and physically.

The ceremony concluded with the lowering of the school flag, marking the official end of the meet.

The event ended amidst loud cheers, echoing the cadets' spirit of unity, perseverance, and excellence. The 49th Annual Athletic Meet reinforced Sainik School Nagrota's commitment to shaping disciplined, resilient, and well-rounded young leaders.

Jammu to Srinagar		
IndiGo	10:05 AM - 10:45 AM	
SpiceJet	11:10 AM - 12:00 PM	
Air India Express	12:50 PM - 1:40 PM	
Air India Express	1:35 PM - 2:45 PM	
IndiGo	1:55 PM - 2:35 PM	
IndiGo	6:40 PM - 7:20 PM	
Srinagar to Jammu		
IndiGo	11:45 AM - 12:35 PM	
Air India Express	12:10 PM - 1:05 PM	
SpiceJet	12:35 PM - 1:30 PM	
Air India Express	2:20 PM - 3:35 PM	
IndiGo	3:15 PM - 4:05 PM	
IndiGo	5:20 PM - 6:10 PM	

11078 Jhelum Express		
Departure	: 23:35 from Jammu Tawi	
Arrival	: 11:15 at New Delhi	
12426 Jammu Tawi - New Delhi Rajdhani Express		
Departure	: 21:25 from Jammu Tawi	
Arrival	: 05:55 at New Delhi	
12446 Uttar Sampark Kranti Express		
Departure	: 21:50 from Jammu Tawi	
Arrival	: 06:55 at New Delhi	
Train 26401 - Katra to Srinagar (Morning Service)		
Departure	: 8:10 AM from Katra	
Arrival	: 11:10 AM at Srinagar	
Intermediate Stop	: Banihal at 9:58 AM	
Fare:		
Chair Car (CC): 715		
Executive Chair Car (EC): 1,320		
Booking: Available on IRCTC		
Train 26403 - Katra to Srinagar (Afternoon Service)		
Departure	: 2:00 PM from Katra	
Arrival	: 05:00 PM at Srinagar	
Fare:		
Chair Car (CC): 660		
Executive Chair Car (EC): 1,270		
Booking: Available on IRCTC		

KANTARA (A LEGEND CHAPTER-1 ) (HINDI)		
WAVE ONE MOVIES JAMMU	10:00 AM / 1:15 PM / 04:30PM / 7:45 PM	
/ 11:00 PM		
PVR KC JAMMU 09:30 AM / 11:40 AM / 03:55 PM / 07:25 PM / 10:55 PM		
SOOHE VE CHEERE WALEYA		
WAVE ONE MOVIE JAMMU	5:45 PM	
NIKKA ZAILDAR 4		
WAVE ONE MOVIE JAMMU	9:30 AM / 8:15 PM	
PVR KC JAMMU	3:10 PM	
RAAVI DE KANDE		
WAVE ONE MOVIE JAMMU	3:00 PM / 8:30 PM	
PVR KC JAMMU	8:40 PM	

HELPLINE		
TELEPHONES		
Directory Enquiry		197
Fault Repair		198
Local Assistance		199
Trunk Booking		180
Trunk Assistance		181
International Trunk Booking	2447952, 2577951, 2573638	
Billing Complaints	2543896, 2548415	
Billing Complaints Computerize	1955	
Change No. Announcement	1951	
Gandhi Nagar Exchange	2451953, 2430953	
HOSPITALS		
Government Medical College	2584290, 2484291	
Psychiatry and Disease Hospital	2577444	
Ambulance Rajour	257147, 257084, 257357	
Blood Bank/Eye Bank - SMGS Hospital	2547639, 2547637	
Emergency	2549669	
Blood Bank	2547637, 2547638	
Chest Disease Hospital	2577064, 2548012	
Dental Hospital	2544670	
Govt Hospital Gandhi Nagar	2430041	
Emergency	2431740	
Child Hospital	2577023	
Acharya Shri Chander College of Medical Sciences and Hospital	262270	
AMBULANCES		
Indian Red Cross Society	2549413	
Jammu University	2453165, 2543525, 2435248	
FIRE STATIONS		
Gandhi Nagar	101, 2435283, 2457705	
City	2544263	
Canal	2554064	
Roop Nagar	2597522	
Gangyal	2480026	
Bari Brahmana	220020	
Akhnoor	252481	
Kathua	234313	
Samba	243280	
Katra	232451	
Udhampur	270897	
Police Control Room	100, 2542001, 2545481-82	
Police Exchange	2547621-22, 2547624	
Civil Defence Control Room	2549100, 2548645, 2544920	
Civil Defence	2548645, 2549100, 2544920	
Hot Line	383	
TOURISM		
Tourist Officer, Airport	2431917	
Tourist Officer, Railway Station	2430078	
Tourist Reception Centre	2579554	
BUS SERVICES		
JKSRTC General Manager	2435262	
JKSRTC Bus Stand	2577475	
JKSRTC Jammu Srinagar, Service	2576562	
Punjab Roadways	2542782	
WATER SUPPLY		
Company Bagh	2542582	
Parade	2544979	
Bakshi Nagar	2543557	
Panjthirhi	2547501	
Narwal	2430031	
ELECTRIC SUPPLY COMPLAINTS		
Canal	2554147, 2554199	
Parade	2542289, 2543398	
Nanak Nagar	2430776	
Gandhi Nagar	2430180	
Shastri Nagar	2430781	
Janipur	2543828, 2579258	
Satwari	2452816	
FIRE SERVICE : (Control Room)		
	101	
CIVIC SERVICES		
Municipality	2547846, 2542192	
Health Officer	2547440	
Garbage / Carcass Removal	2547440	