

Dream Big, Work Hard & Turn the Invisible into the Inevitable: Principal JKPS Kunjwani



Principal JK Public School Kunjwani, Rajesh Rathore and students addressing morning assembly on Wednesday.

■ STATE TIMES NEWS

JAMMU: "Dreams are not what you see when you sleep; they are what keep you awake and restless to achieve them." With this powerful statement, Vivaan Sharma of Grade 8 Pearl conducted the morning assembly along with his classmates on the theme "Importance of Dreams in Life and how to achieve them" at JK Public School, Kunjwani. Opening the thought-provoking session, Samrath Singh remarked, "Dreams are the seeds of

our future. Every great achievement begins with a dream in someone's heart. Dreams give direction, meaning, and energy to our life. Without dreams, we merely exist - but with them, we truly live." Adding more gravitas, Jeevraj emphasized, "It's not enough to dream; one must also act. Dreams remain illusions without goals and plans. It's our daily discipline, persistence, and hard work that transform dreams into reality. Every milestone begins

with a decision to try."

Taking the reflection further, Aahana Gupta stated, "When we chase big dreams, obstacles are natural. But challenges are not roadblocks - they are stepping stones. They test our courage and strengthen our willpower. Every dreamer must remember: success is not final, and failure is not fatal - it's the courage to continue that counts." Poem "The Dreamer's Path" was soulfully recited by Stuti: Dreams are the whispers

of the soul, Guiding hearts to a destined goal. They shine through nights, they light our days, In endless, hope-filled, wondrous ways. Hold them tight when storms arise, Let faith, not fear, Define your skies. For every dream, If chased with grace, Will one day bloom - In its rightful place. Under the segment Quotations, Sarleen quoted

Tony Gaskins, "If you don't build your dream, someone will hire you to help build theirs". Ikkyote referred to Ellen Johnson, "If your dreams don't scare you, they aren't big enough". Amaira quoted Walt Disney, "All our dreams can come true if we have the courage to pursue it". Gurpratap referred to Dr. APJ Abdul Kalam, "Dreams are not those which you see in sleep but those that don't let you sleep". Stuti quoted JR Jordan, "A single dream is

more powerful than thousand realities. Ranvijay recited Eleanor Roosevelt, "The future belongs to those who believe in the beauty of their dreams". Addressing the gathering, Rajesh Rathore, Principal JK Public School Kunjwani, inspired the students by saying: "Dreams are the architects of destiny. Every great inventor, artist, scientist, or leader began as a dreamer who dared to be different. But always remember: dreams without

dedication are like clouds without rain. Let your dreams fuel your discipline and your actions define your ambition. Dream high, but work even higher." He further motivated the students to identify their passions early in life, nurture them through consistent effort, and transform their potential into performance, reminding them that 'The journey from dream to destiny begins with a single step of faith and persistence.'

State Central Labour Union urges LG, CM to release DA, regularize daily-rated workers

■ STATE TIMES NEWS

JAMMU: A meeting of the State Central Labour Union (J&K National Conference) was held today under the chairmanship of Nar Singh, President of the Union, at Jammu. The meeting was attended by Deep Mehra, Secretary, Karan Singh, Vice President, Baldev Raj, Secretary Welfare, and other members. During the meeting, various issues concerning the welfare of workers and employees of J&K UT were discussed in detail. The Union urged the Lieutenant Governor and Chief Minister of J&K to consider the genuine demands of the workforce and issue necessary orders for the release of an additional 3% Dearness Allowance (DA) in favor of employees and retirees of J&K UT with effect from July 1, 2025, before the Deepawali festival. The Union also demanded regularization of casual and daily-rated workers who have completed seven years of service.

Power shutdown

■ STATE TIMES NEWS

JAMMU: Chief Engineer (Distribution) JPDCL, Jammu has informed that the power supply to Phinter, Dadwara, Bhaddu and adjoining areas will remain affected on Oct 16 from 9 am to 3 pm. Similarly, the power supply to Channi, Marheen, Paharpur, Rajbagh, Chandwan, Hariachack, Nanani, Barnoti, Budhi, M/S. TK Paper mill, M/S. Kargil Steel Industry and adjoining areas will remain affected on Oct 17 from 7 am to 10 am.

PM Shri School JNV Gharota empowers students with Cybersecurity Awareness on Bagless Day



Dr. Nitin Sharma, Assistant Professor, The Law School, JU addressing students.

■ STATE TIMES NEWS

JAMMU: In a significant initiative aligned with the 'Bagless Day' concept, which emphasizes practical, real-world learning, PM Shri School Jawahar Navodaya Vidyalaya (JNV), Gharota, successfully organized an interactive session on cybersecurity for its students. In his welcome address, Taranjit Singh, I/c Principal, informed that the event aimed to equip the digital-native generation with the knowledge and skills to navigate the online world safely and responsibly. The session featured an engaging address by Dr.

Nitin Sharma, Assistant Professor, The Law School, University of Jammu. Dr. Sharma facilitated an open discussion where students shared their personal experiences and challenges on various social media and intermediary platforms, including WhatsApp, Facebook, Instagram, and X. During the interactive dialogue, an attempt was made to understand the behavioural aspects of cybersecurity. Dr. Sharma educated students on prevalent behavioural cybercrimes, such as cyberbullying, online harassment, cyber stalking, identity theft, and the

dangers of deepfakes, sextortion, and the societal impact of forwarding unverified messages. The expert also outlined the robust legal and policy framework designed to combat these threats, detailing key provisions of the Information Technology Act, the Bharatiya Nyaya Sanhita (BNS), and the Digital Personal Data Protection Act. He informed students about vital resources like the National Cyber Crime Reporting Portal, CERT-In, and the Helpline number 1930 for reporting such incidents. While emphasizing that "knowing the law is

power," Dr. Sharma stressed that prevention is even more critical. He provided students with an essential toolkit for online safety, which includes guarding personal information rigorously, using strong, unique passwords and two-factor authentication, applying the 'Stranger Danger' rule in digital spaces, verifying information before sharing it, using the 'report' feature on platforms proactively, and immediately confiding in parents, teachers, or a trusted friend if faced with any online threat. In his concluding remarks, Dr. Sharma underlined the unique position of the students as the first truly digital-native generation. "You have incredible power at your fingertips," he stated. "With this power comes the responsibility to use technology safely, wisely, and kindly."

Others who were instrumental in organizing this activity included Ramesh Sharma, Vinay Kumar, Parveen Kumar, Awadhesh Kumar, Sunita Chervoo, Sandeep Kumar, Alka Yadav, Monika, and Aijaz Ahmad.

Crescent Public School holds Investiture Ceremony

■ STATE TIMES NEWS

JAMMU: Crescent Public School, Chak Bhalwal, celebrated its Investiture Ceremony on 15 October 2025 with great enthusiasm and pride, marking a significant milestone in nurturing student leadership and responsibility. The solemn event was graced by esteemed dignitaries including Chief Guest Monika Sharma, Chairman Arshad Choudhary, Managing Director Tasneem Kausar, Principal Dr. Bhawna Kaushal, and Vice Principal Bindu Sharma. The ceremony commenced



Chief Guest Monika Sharma lighting ceremonial lamp.

with the traditional lighting of the lamp, symbolizing the dispelling of darkness and the ushering in of knowledge and wisdom. This was followed by the oath-taking ceremony, where

the newly elected members of the Student Council pledged to perform their duties with dedication, integrity, and a sense of purpose. In her address, Principal Dr. Bhawna Kaushal

congratulated the young leaders and emphasized the importance of responsibility, discipline, and service. Chief Guest Monika Sharma delivered an inspiring speech, encouraging students to lead by example and to work collaboratively to bring about positive change within the school and beyond.

The event concluded with a heartfelt vote of thanks by Bindu Sharma, Vice Principal, expressing gratitude to all attendees and contributors, followed by the national anthem, instilling a sense of unity and patriotism among all present.

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	

FIND TRAIN SCHEDULE		
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		

FIND CINEMA		
KANTARA (A LEGEND CHAPTER-1) (HINDI)		
WAVE ONE MOVIES JAMMU	10:00 AM / 1:15 PM / 04:30 PM / 7:45 PM	
/ 11:00 PM		
PVR KC JAMMU	10:00 AM / 12:55 AM / 04:20 PM / 07:20 PM / 10:50 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	1:30 PM / 10:30 PM	
RAAVI DE KANDE		
WAVE ONE MOVIE JAMMU	3:00 PM / 8:30 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 Rajouri	257147, 257084, 257357	
Blood Bank/Eye Bank - SMGS Hospital	2547639, 2547637	
Emergency		2549669
Blood Bank	2547637, 2547638	
Chest Disease Hospital	2577064, 2548012	
Dental Hospital		2546070
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

Heritage School organises Dental Screening Camp



Heritage School faculty with dental doctors during dental screening camp.

■ STATE TIMES NEWS

JAMMU: Heritage School organised a Dental Screening Camp on 14th and 15th October 2025 in the school premises, in collaboration with Indira Gandhi Government Dental College and Hospital, Amphalla. As part of the ongoing Wellness Week celebrations, the initiative aimed to promote oral health awareness and preventive care among

students from Classes I to XII, with around 2500 students being screened during the two-day camp. A dedicated team of doctors from the college - Dr. Bhavna Koul, Dr. Iqbal Singh, Dr. Amneet Kaur, Dr. Ankita Gupta, Dr. Manpreet Kaur and Dr. Manisha Koul conducted the screening and interacted with the students. The doctors spoke about the importance of main-

taining oral hygiene, shared tips for healthy dental habits and advised students on preventive care measures. The Principal of Heritage School extended heartfelt thanks to Dr. Praveen Akhter Lone, Principal, Indira Gandhi Government Dental College and Hospital, for her valuable support in organising the camp and deputing a team of skilled doctors.

The initiative included interactive sessions with students wherein the doctors explained the importance of oral hygiene. They made the children and teachers aware of 'dental trauma'. The Camp was a significant part of Heritage School's Wellness Week, reaffirming the school's commitment to fostering overall health, hygiene and well-being among its students.