

The first step towards self-discovery & success: Principal JKPS Kunjwani



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

■ STATE TIMES NEWS

JAMMU: "Setting goals provides us with direction, focus and motivation." With this impactful insight, Mannat Saini of Grade V Kaveri conducted the morning assembly along with her classmates on the topic "Setting Up Our Goals and How to Achieve Them" at JK Public School, Kunjwani. Adding more

substance to the deliberations, Swara Sharma expressed, "By setting clear objectives, we can strive towards achieving them and realize our full potential."

Taking the reflection a notch higher, Jasmeen Kour stated, "To achieve our goals, it is essential to make them specific, measurable, and attainable. With consistent effort and persever-

ance, we can achieve great things and make a positive impact."

The Quotation Segment featured some inspiring thoughts shared by the students. Aarav Basotra quoted Karen Casey, "One part at a time, one day at a time, we can accomplish any goal we set for ourselves." Hardit referred to John Wooden, "Things work out best for

those who make the best of how things work out." Vivan quoted Tony Robbins, "Setting goals is the first step in turning the invisible into the visible."

Riyaarth drew from Serena Williams, "Everyone's dream can come true if you just stick to it and work hard," while Hamaza cited Jerry West, "You need lofty goals and

cement them with a great work ethic." Divyansh shared a self-composed quote, "When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the modus operandi."

Principal JKPS Kunjwani Rajesh Rathore, appreciated the young presenters for their thoughtful reflections and confidence. He said,

"In life, goals are like the compass that gives direction to our dreams and energy to our actions. Without goals, even our best efforts can lose focus, but with them, every step we take gains meaning and momentum. Remember, success doesn't come overnight. It is built through small, consistent efforts and a strong belief in oneself.

Set your goals high, but make your plans practical. Stay disciplined, stay determined, and most importantly, stay patient. Every great achievement in history began as a simple dream backed by perseverance and purpose.

Let's remind ourselves every day: Setting goals is the first step towards self-discovery and success."

CCI raises concerns over cheque clearing delays

■ STATE TIMES NEWS

JAMMU: Arun Gupta, President of the Chamber of Commerce & Industry, has raised serious concerns over the ongoing delays and operational lapses in cheque clearing by banks. In a formal communication to the Regional Director of the Reserve Bank of India (RBI), Gupta pointed out the non-compliance with RBI's directive mandating same-day clearance and crediting of customer cheques. Despite the directive, cheques are often not cleared for several days, causing inconvenience and uncertainty among account holders. Gupta also cited alarming cases where cheques were dishonored despite sufficient funds being available in the issuing accounts, compounding public frustration. He emphasized that such failures are eroding trust in the banking system and causing distress to both the business community and the general public. Gupta urged that if the new system cannot guarantee prompt processing, the earlier clearing mechanism-which reliably credited cheque amounts by the second day-should be immediately reinstated.

He called on banks and the RBI to ensure transparent, timely, and reliable cheque clearing operations to safeguard customer interests.

JU signs MoU with ACCA, hosts workshop on IFRS & Ind AS



■ STATE TIMES NEWS

JAMMU: The University of Jammu (JU), through its Department of Commerce, has signed a Memorandum of Understanding (MoU) with the Association of Chartered Certified Accountants (ACCA) to enhance academic excellence and promote global professional education in commerce and finance.

The MoU was formally inked by Dr. Neeraj Sharma, Registrar, JU, and Prabhanshu Mittal, Head of Education Partner Relationship (India), ACCA, in the presence of Prof. Umesh Rai, Vice Chancellor, JU.

Prof. Rai congratulated both ACCA and the

Department of Commerce for the forward-looking initiative, emphasizing the need for project-based, experiential learning and stronger industry-academia collaboration to prepare students for a globally evolving workforce.

As part of the collaboration, a one-day workshop on International Financial Reporting Standards (IFRS) and Indian Accounting Standards (Ind AS) was organized. The workshop addressed the importance of harmonized accounting standards in ensuring transparency, comparability, and credibility in financial reporting-essential in today's interconnected global economy.

The technical sessions were

conducted by Maithreyi Swaminathan, a renowned expert in international accounting standards. Her interactive approach, supported by real-world case examples, made complex accounting concepts accessible and relevant.

In his keynote, Prabhanshu Mittal discussed the global landscape of accounting education and the rising demand for professionals proficient in IFRS and Ind AS. Prof. J.P. Singh Joorel, Dean Academic Affairs, emphasized the university's vision of aligning academic programs with industry needs, while Prof. Alka Sharma, Dean, Faculty of Business Studies, and Prof. Hardeep Chahal, Director,

ICCCR & HRM, also graced the occasion. Prof. Jeevan Jyoti, Head, Department of Commerce, opened the session by highlighting the department's commitment to bridging academic knowledge with professional skills. The workshop concluded with remarks by Arjun Kukreja, Senior Business Relationship Manager, ACCA, and a vote of thanks by Prof. Tarsem Lal, Workshop Coordinator.

This MoU and workshop mark a key milestone in the University's journey toward global excellence in professional commerce education, reaffirming its commitment to providing world-class learning opportunities to students in the region.

KVK Jammu organizes capacity building programmes on GAP and Insecticide Safety

■ STATE TIMES NEWS

JAMMU: Krishi Vigyan Kendra (KVK), Jammu, under the leadership of Prof. B. N. Tripathi, Vice Chancellor, SKUAST-Jammu, and the guidance of Dr. Amrish Vaid, Director Extension, SKUAST-Jammu, organized a series of capacity building programmes for officers of the Department of Agriculture and Department of Horticulture.

The specially designed programmes focused on Good Agricultural Practices (GAP) and Safety Parameters in Insecticide Usage, with a particular emphasis on Rabi crops. Dr. Punit Choudhary, Chief Scientist and Head, KVK Jammu, welcomed the officers and experts from various divisions and research



Krishi Vigyan Kendra Jammu officials during a programme.

stations of SKUAST-Jammu. He emphasized the importance of equipping extension officers with the latest scientific knowledge, enabling them to disseminate improved practices among farmers.

Expert lectures were delivered by Dr. R. S. Bandral (Entomology), Dr. Ranbir Singh Sodhi (Plant

Pathology), Dr. Parveen Singh (Oilseeds and Mustard), Dr. Jai Kumar (Agronomy, ACRA Dhiansar), Dr. Raju Gupta (Farms), and Dr. Muneeshwar Sharma (Plant Protection). Feedback from participants was recorded by Dr. Sheetal Badyal, Chief Scientist, Home Science, and

Dr. Prem Kumar, Senior Scientist, Fisheries.

The programme was effectively coordinated by Dr. Poonam Abrol, Programme Assistant, KVK Jammu. The event reflected KVK's commitment to strengthening extension services and promoting sustainable agriculture practices.

CSIR-IIIM hosts 'Ignite STEM Passion' workshop for Teachers



■ STATE TIMES NEWS

SRINAGAR: Over 200 science teachers from schools across Srinagar participated in a dynamic upskilling workshop titled "Ignite STEM Passion", hosted by CSIR-IIIM Srinagar under the CSIR Jigyasa outreach programme.

Organized in collaboration with Compassionship Edu-Tech Foundation (CET Foundation) and supported by the J&K School Education Department, the initiative focused on empowering teachers with hands-on skills in critical thinking, climate change literacy, robotics, artificial intelligence, and generative AI.

The workshop was inaugurated in the presence of R.N. Sharma, IAS, Secretary, School Education Department, J&K, who was

the Chief Guest. He assured participants that key takeaways from the workshop-particularly those related to climate and disaster management-will be considered for inclusion in the school curriculum. Also present were Dr. A.P. Jayaraman, an eminent nuclear scientist and mentor at CET Foundation, and Er. Abdul Rahim, Head, CSIR-IIIM Srinagar.

Dr. Jayaraman emphasized the importance of teachers modelling scientific temper to inspire climate-aware and evidence-driven students. Er. Abdul Rahim highlighted that CSIR-IIIM labs and scientists are accessible to schools, making science a lived experience, not just textbook theory. The sessions were designed to provide Monday-ready tools for

immediate classroom implementation.

Teachers learned how to foster critical thinking and improve science communication using inquiry-based techniques and project ideas. Modules on climate change and disaster management offered practical classroom projects, audit checklists, and ideas for student-led community awareness. A major highlight was the Robotics and AI sessions led by Rajesh George (NanoSkool), and Akhil & Vivek (SciAstra), who demonstrated how low-cost, plug-and-play robotics kits and AI tools like Canva, GPT-Zero, and Magic School could be seamlessly integrated into everyday teaching-no specialized labs or steep learning curves required.

Er. Sandeep Tripathi conducted live demos on basic coding and generative AI applications for teachers to stay current in the era of smart classrooms. Meanwhile, Dr. Shahid Rasool, Principal Scientist, CSIR-IIIM Jammu, presented a compelling session on the impacts of climate change in the Hindu Kush Himalayas, aligning science education with real-world policy and sustainability goals. Teachers worked in groups to co-create school-level action plans for STEAM collaboration and climate action, all mapped to NEP 2020 and global frameworks like PISA and NGSS. The workshop also included sessions on design thinking, creativity assessment, and using AI tools for lesson planning, grading, and productivity.

According to participating educators, the workshop was highly practical. "Every session translated into Monday-morning practice," said one teacher. "We're leaving with strategies that are ready to implement, not theoretical burdens."

The event concluded with a shared commitment to build a whole-school movement-where science is hands-on, interdisciplinary, and future-ready.

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Rahul Sahai congratulates CM, LG on revival of Darbar Move

■ STATE TIMES NEWS

JAMMU: Rahul Sahai, Chairman of the Indian Chamber of Commerce (ICC), Jammu & Kashmir, has extended congratulations to Chief Minister Omar Abdullah for the revival of the historic Darbar Move tradition. He also expressed sincere gratitude to Lieutenant Governor Manoj Sinha for approving this important and symbolic decision.



Sahai stated that the revival of Darbar Move will significantly enhance economic activity in both Jammu and Kashmir by ensuring a balanced adminis-

trative and commercial presence across the regions. He highlighted how the decision will rejuvenate Jammu's economy during the winter months, bringing increased footfall to markets, boosting trade, and supporting local businesses.

Emphasizing its broader impact, Sahai described the move as a unifying step that reinforces the cultural and emotional connection between the

two regions. "This decision reflects respect for J&K's legacy while promoting inclusivity and regional harmony," he noted. He reaffirmed ICC Jammu's full support for initiatives that drive economic revival and social cohesion, and praised the leadership for their visionary approach in strengthening inter-regional cooperation and balanced development across the Union Territory.

| 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 | 11:05 PM / 3:15 PM / 06:30PM / 9:45 PM | |
| PVR KC JAMMU | 1:30 PM / 05:00 PM / 6:25 PM 08:30 PM / 9:55 PM | |
| SOOHE VE CHEERE WALEYA | | |
| WAVE ONE MOVIE JAMMU | 1:15 PM / 7:10 PM | |
| NIKKKA ZAILDAR 4 | | |
| WAVE ONE MOVIE JAMMU | 10:30 AM / 4:20 PM | |
| PVR KC JAMMU | 1:30 PM | |
| RAAVI DE KANDE | | |
| WAVE ONE MOVIE JAMMU | 10:45 AM / 7:00 PM | |

| HELPLINE | | |
|---|---------------------------|-----|
| TELPHONES | | |
| 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 | 1965 | |
| 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 | 2430041 | |
| Govt Hospital Gandhi Nagar | 2431740 | |
| Emergency | 2577023 | |
| Child Hospital | 262270 | |
| Acharya Shri Chander College of Medical Sciences and Hospital | | |
| 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 | |
| Bar 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 | | |
| WATER SUPPLY | | |
| Company Bagh | 2542582 | |
| Parade | 2544979 | |
| Bakshi Nagar | 2543557 | |
| Panjthirthi | 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 | |