Giving respect transcends barriers, nurtures empathy & builds a compassionate society: Principal JKPS Kunjwani

STATE TIMES NEWS

JAMMU: "Respect is not demanded; it is earned and it starts with how we treat others." With this opening statement, Vidhula of Grade 8 Kaveri conducted the morning assembly along with her classmates on the theme "Respect" at JK Public School, Kunjwani.

Adding more gravitas, Kashvi Mahajan opined, "The word Respect sounds like one of those textbook values we've heard since Nursery, but let's be real - it is still one of the most powerful things we can carry with us. Whether we are at home, school, or just scrolling through life, being respectful is what truly sets us

"Respect is not just about saying please and thank you; it is about valuing other opinions even when they differ from ours," she continued. "It means listening patiently and treating everyone with kindness - whether it's a teacher, a classmate, or someone we don't know. It also means showing courtesy to those who help us every day, like the school staff, and being thoughtful towards both juniors and seniors.

Taking the baton further, Harshita added, "Respect is not just about polite words; it's about how we treat people - how we listen, how we respond, and how we make others feel valued. The best part? Respect doesn't cost us



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

everything. It's not just a habit; it's a choice we make

She further prompted everyone to introspect: "Here's a question to ask yourself - If I were in their place, how would I want to be treated? That one simple question can completely change how we react when we're angry, frustrated, or

just not in the mood." Concluding the topic, Vidhula remarked, "So, the next time vou're tempted to clash back, roll your eyes, or ignore someone - pause and choose respect. Because, in the end, it's not just about being a good human; it's about remembering that respect

Under the Quotations segment, students shared thought-provoking tions. Dhairya Sheel quoted Robin Sharma: "If you want to be deeply respected, deeply respect as many people as possible." Pihu referred to Lawrence Sterne: "Respect for ourselves guides our morals; respect for others

guides our manners.'

Dhruv Sharma quoted Richard Branson: "Respect is how we treat everyone, not just those we want to impress." Anhad Sharma cited RG Risch: "Respect is a two-way street. If you want to have it, you've got to give it."

Harshvardhan mentioned Timehin Kukoyi: "The root of

respect is not full understandeloquence and insight, stating: ing of other people; it is the recognition of people's nonnegotiable humanity.' Harshita Slathia concluded defines true character". with Confucius: "Respect

Principal JK Public School Kunjwani Rajesh Rathore

yourself and others will

respect you.

"It fills my heart with pride to see our young minds reflecting so profoundly on a virtue that

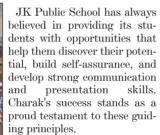
"Giving respect transcends barriers, nurtures empathy, and builds a compassionate society. When our children learn to respect themselves, their peers, their teachers, and every human being they meet they are not just good students - they are becoming good citizens. May this spirit of mutual regard continue to shine through every corridor of JK Public School Kunjwani, reminding us that respect is both a seed and a fruit of education", he

JK Public School congratulates Alumna Ritul Charak for winning Miss Ultra Universe India 2025 Title

JAMMU: JK Public School, Kunjwani, takes great pride in congratulating Ritul Charak, a distinguished alumna of the 2018 Batch, for being crowned the Miss Ultra Universe India 2025. Her remarkable accomplishment has brought great honour and happiness to her alma mater and the entire JKPS community.

Charak's inspiring journey from the nurturing environment of JK Public School to the national platform of a prestigious beauty pageant is a true reflection of her determination, grace, and perseverance. During her school years, Ritul was known for her confi-

dence, leadership qualities, and dynamic personality - attributes that were honed through the school's emphasis on all-round development, value-based education, and holistic



Adding another glorious milestone to her journey, Ritul Charak has been selected to represent India at the Miss Ultra Universe Pageant, to be held in Brazil next year. Her achievement not only celebrates her individual excellence but also serves as an inspiration for all JKians to dream big and strive with dedication.

The Management, Principal and Staff of JK Public School extend their warmest congratulations to Ritul Charak and convey their best wishes as she prepares to make India proud on the global stage

10th All India Police Judo Cluster to begin today **STATE TIMES NEWS**

SRINAGAR: The 10th All India Police Judo Cluster. organised by J&K Police at different venues under the banner of All India Police Sports Control Board (AIP-SCB), start here tomorrow.

The Judo Cluster of the Police Games included four events of Judo, Karate, Wushu and Pencak Silat in both men and women sections. However, J&K Police have fielded teams in only three events of Judo, Wushu and Pencak Silat.

The inaugural function, otherwise scheduled for tomorrow, shall now be held on October 10 at Sher-e-Kashmir Indoor Sports (SKISC). Complex Lieutenant Governor (LG) of J&K, Manoj Sinha has consented to be the chief guest, who shall declare the games

As per the laid down schedule, the Karate and Pencak Silat competitions shall start tomorrow at Indoor Complex, Polo Ground and SKISC respectively. The Taekwodo event shall take place at Polo Ground and Judo at SKISC from October 11.

The another event of Wushu shall take place from October 14 at SKISC. The closing ceremony of the mega event is scheduled to take place at SKISC on October

In total, 38 teams, representing different State Police and Central security forces including Border Security (BSF), Central Police Force (CRPF), Indo Tibet Border

Police (ITBP), Sashastra Seema Bal (SSB) and Railway Protection Force (RPF). A total of 1689 athletes, including 549 female, shall compete for the top honours across four events.

Earlier, after reporting of the participating teams, a meeting of team managers and coaches took place at Indoor Complex, Polo Ground, here. The team leaders were briefed about the technical aspects of the events and conduct rules by the representative from AIP-SCB, Devi Lal.

Organising secretary of the Games, ADGP Armed J&K Police, Naveen Jain welcomed the teams and issued necessary directions to the officers for comfortable stay of the teams and the officials. He emphasised the importance of timely coordination. meticulous planning and high standard in ensuing the successful conduct of the prestigious event.

Among other senior officers present were Sheikh Junaid Mehmood (DIG Kashmir), Shahid Mehraj (DIG AP Kashmir), Munir Ahmad (SSP)Kashmir). The J&K Teams: JUDO:

Harshdev Singh (60 kg), Vishal Choudhary (60 kg), Keshav Singh (60 kg), Rohit Singh (60 kg), Amjad Hussain Mir (66 kg), Irfan Latief (66 kg), Gulshan Kumar (73 kg), Bahadur Khan (73 kg), Mohd Yaseen (81 kg), Farhat Gulzar (81 kg), Nisar Ahmad (90 kg), Ishaq Ahmad (above 100 kg) and Shubham Singh (above 100 kg

WUSHU: Ahsan-ul-Haq (48 kg), Mohd Imran Beigh (48-52 kg), Zahoor Ahmad (52-56 kg), Surya Bhanu Singh (60-65 Pratap kg), Ishan Singh (65-70 kg), Ishfaq Ahmad (70-75 kg), Atul Sharma (70-80 kg), Tanshiv Raina (80-85 kg), Mohammad Sultan (85-90 kg), Ajaz Ahmad Dar (90-100 kg), Sarfaraz Choudhary (Plus 100 kg) and Rohan Sharma (56-60 kg).

TAEKWONDO: Umer Bin Rashid (74-80 kg), Ishfaq Ahamed Itoo, Ishfaq Ahmad Najar (above 87 kg), Amandeep (upto 54 kg),

Dir Tourism inaugurates Paragliding Training Course at Aithem

JAMMU: Director Tourism Jammu Dr. Vikas Gupta on Wednesday formally inaugurated and flagged off a six-day training course for paragliding pilots here at Aithem.

The training program is being conducted under the supervision of two expert trainers from the Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports (ABVIMAS) Manali.

STATE TIMES NEWS

Trikuta

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JAMMU: Students

College of Physical

Education deliv-

ered outstanding

performances at

Tournament 2025-

26, organized by

Jammu University. Their skill, deter-

sportsmanship

brought immense

pride to the college

secured the gold

Collegiate

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Paragliding Training Course at Aithem

Director Tourism Jammu, Dr Vikas Gupta flagging off

The initiative aims to enhance technical and

practical skills of the local paragliding pilots as part **Trikuta College of Physical Education** of their preparatory exercise before proceeding for the P4 training program excels at Inter-Collegiate Judo Tournament

Bir Billing from 17th October, 2025. Speaking on the occasion, the Director Tourism

scheduled to be held at

emphasized department's continuous efforts to promote adventure tourism in the Jammu region by ensuring that all adventure operators and pilots are well-trained and equipped with the necessary safety and operational skills.

The event was attended by Deputy Director Tourism Jammu Savita Chouhan; Assistant Director Tourism Jammu Vishal Sadhotra; instructors from ABVIMAS Manali; paragliding pilots (trainees) and staff of Tourism Department.

The six-day training is expected to further strengthen the adventure sports ecosystem in the region and prepare pilots for national-level certification and participation.

DLL organises career counselling workshop at GDC Paloura **STATE TIMES NEWS** JAMMU: Taking forward

the vision of Vice Chancellor, University of Jammu Prof. Umesh Rai to extend the educational opportunities beyond the campus of JU, Employment Information cum Advisory Bureau, the Career Counseling Cell of Department of Lifelong Learning (DLL), University of Jammu organized one day career counselling workshop on "Self Employment as a Career" and "Careers in Artificial Intelligence" for the students of Govt. Degree Paloura

Wednesday. This workshop was conducted under the guidance of Dr. Priyanka Sharma, Director, Department of Lifelong Learning, University of Jammu and Kulvinder Kour, Principal of GDC Paloura. The special resource persons from University of Jammu were Dr. Harleen Kour.



In her welcome address, Kulvinder Principal, GDC Paloura highlighted the importance and necessity of such programmes for the students. She motivated the students to become employer rather

coordinator of the work-

Kour, than employee.

new skill which everyone should learn. She also advised to take benefit of such activities; as such activities can shape their career in a better way and lead them to the path of success. Dr. Harleen Kour, in her presentation, apprised the students about characteristics of self employed and self employment opportunities with various govt. schemes available for the stu-Rahul Sharma, in his pres-

also apprised that

entation, explained, in detail, to the students the various

tools of Artificial intelligence which can make our life easier by doing their tasks in sec-

Rewa Khajuria, Counsellor, EIAB, DLL, JU highlighted the importance of Career Counselling to the students and motivated them to choose their career paths in which they feel happy and satisfied. The faculty member of the college along with 57 students attended the programme. The whole programme was conducted by Dr. Vishal Magotra, HOD History, GDC Paloura. He also presented formal vote of

HPS shines at Inter-zonal District Level Athletic Competition

STATE TIMES NEWS SAMBA: The students of Humanity Public school have brought laurels to the school by winning gold medals in various events at the Inter-Zonal District Level Athletic Competition held at Samba Stadium on September 26-27, 2025 under the guidance of Sports Incharge, Mahan Singh

The students showcased remarkable talent and dedication by winning gold medals in various events. Ankit of class 11th excelled in Triple Jump, securing a gold medal. Faizal Din of class 7th demonstrated impressive



skills in High Jump, claiming gold. Fazan of class 7th sprinted to gold in the $200\mathrm{m}$

event. Sofia Malik of class 10th achieved a remarkable feat, winning gold medals in

Long Jump, and Triple Jump. Dipti Katal of 9thshowcased class endurance and speed, securing gold in the 800m event. Akriti Charak of class 6th displayed exceptional athleticism, winning gold medals in 100m, 200m, and Long Jump. A special assembly was held to appreciate the efforts of the winners. The Principal, Gaurav Charak congratulated the students on their outstanding performance, dedication and hard work. Vice Principal, Anku Charak said that the students have shown remarkable spirit and sportsmanship.

Sneha completes PhD in Sports

■ STATE TIMES NEWS

JAMMU: Sneha Choudhary daughter of Tek Chand of village Gajansoo in Jammu has been declared qualified for the award of Ph.D degree in Sports by the

University of Kashmir (KU). Sneha has become first to complete PhD in Physical Education from KU in Winter Sports. She

completed her research from Directorate of Physical Education and Sports on the topic, "A Study of Anthropometric Physiological and Physical Fitness Profiles of State and National Level Skiers in India under the supervision of Dr Surjeet Singh, Assistant

A National level Basketball player, Sneha has done her research in Snow Skiing event of Winter Sports.



This success reflects the hard work and dedication of the athletes, supported by their coaches and college management. The entire college community congratulated the winners and eagerly anticipates more sporting achievements in the future.

medal in the 100 kg category, while Gourav Bhagat won the

gold medal in the 90 kg category. These remarkable victories

helped Trikuta College lift the overall trophy, marking a his-