

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 apart."

"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 anything, yet it can change



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 every day."

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 you'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 begins with us."

Under the Quotations segment, students shared thought-provoking reflections. 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 understanding of other people; it is the recognition of people's non-negotiable humanity." Harshita Slathia concluded with Confucius: "Respect yourself and others will respect you."

Principal JK Public School Kunjwani Rajesh Rathore lauded the presenters for their

eloquence and insight, stating: "It fills my heart with pride to see our young minds reflecting so profoundly on a virtue that defines true character".

"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 summed up.

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

■ STATE TIMES NEWS

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



JK Public School has always believed in providing its students with opportunities that help them discover their potential, build self-assurance, and develop strong communication and presentation skills. Charak's success stands as a proud testament to these guiding principles.

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.

Dir Tourism inaugurates Paragliding Training Course at Aithem

■ STATE TIMES NEWS

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.



Director Tourism Jammu, Dr Vikas Gupta flagging off Paragliding Training Course at Aithem.

enhance technical and

practical skills of the local paragliding pilots as part of their preparatory exercise before proceeding for the P4 training program scheduled to be held at Bir Billing from 17th October, 2025.

Speaking on the occasion, the Director Tourism

Jammu 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.

Trikuta College of Physical Education excels at Inter-Collegiate Judo Tournament

■ STATE TIMES NEWS

JAMMU: Students from Trikota College of Physical Education delivered outstanding performances at the Inter-Collegiate Judo Tournament 2025-26, organized by Jammu University. Their skill, determination, and sportsmanship brought immense pride to the college.

Kapil Singh secured the gold medal in the 100 kg category, while Gourav Bhagat won the gold medal in the 90 kg category. These remarkable victories helped Trikota College lift the overall trophy, marking a historic achievement for the institution.



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.

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 200m

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

100m, Long Jump, and Triple Jump. Dipti Katal of class 9th showcased 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 Professor.

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

