

Sowing Seeds of Thankfulness: JKPS Kunjwani nurtures future leaders



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

■ **STATE TIMES NEWS**
JAMMU: "When you say thank you, you don't just appreciate someone, you inspire others to do the same". With such thought provoking statement, Anandpreet of 7th Kaveri conducted the morning assembly alongwith her classmates on the topic "Gratitude" at JKPS Kunjwani.

Generating more heat on the stage Manvik said, "Gratitude is more than just good manners; it is a way of seeing and appreciating the goodness in our lives. When we say thank you sincerely, we spread kindness - like ripples in water. One small act of gratitude can inspire another, creating a chain of positivity that travels far beyond what we can see".

"Think about it - when someone appreciates your efforts, don't you feel happy and motivated to do more good? That's the ripple effect of gratitude. It begins with one word, one smile, on thank you - and it keeps moving from one heart to another", she added.

Taking it a notch higher, Riyansh added, "When we thank our parents, teachers, friends, or even strangers, we make the world a little warmer; a little kinder, and a lot happier. So, let's make gratitude a habit. Let's start every day with a thankful heart and end it with appreciation. Remember, gratitude costs nothing but gives everything".

Hamoor recited a poem on the topic Gratitude - the ripple Effect, a poem inspired by the works of Maya Angelou.

A smile you give, a hand you lend, Can start a wave that has no end. A thank you whispered, soft and true, Returns in time, and blesses you. One act of care, one word so kind, Can heal a heart, or change a mind. Like ripples spreading on the sea, Gratitude flows endlessly. When hearts are open, you will grow, From one warm soul to all below

A single spark, a gentle deed, Can plant a forest from one seed So, let us live with hearts that see, The good in you, the good in me. For every ripple that we start, Comes back to light another heart. Under the segment Quotations, Vivan quoted Robert Brothe, "Gratitude and attitude are not the challenges, they are choices". Milindeep referred to Shri Ravi Shankar, "When you feel grateful an invisible blanket of

peace covers you; it makes you glow, makes you happy and makes you feel strong". Aadrit quoted Mother Teresa, "Gratitude is not only the greatest virtue, but the parents of all other". Aarooi cited Henery Warm Beecher, "Gratitude is the fairest form of blossom that springs from the soul". Shobit referred to Arianna Huffington, "Living in a state of gratitude is the gateway to grace". Sameer quoted Melody Battie, "Gratitude unlocks the fullness of life. It turns what we have into enough and more". Atharv referred to Aesop, "Gratitude turns what are having into enough". Ekansh quoted Walt Disney, "The more you are in state of gratitude, the more you will attract things to be grateful for". Agastya referred to James Allen "No duty is more urgent than that of returning thanks". Anmol quoted Charles Massie, "Gratitude is a currency that we can mint for ourselves and spend without fear of bankruptcy". Addressing the gathering, the Principal JKPS Kunjwani Rajesh Rathore appreciated the thoughtful efforts of the students and remarked: "Gratitude is not a mere word - it is a powerful attitude that shapes character and strengthens the soul. When we say thank you, we do not just acknowledge goodness; we multiply it. A grateful heart can never be defeated - it sees opportunities in challenges, blessings in every moment, and beauty in every soul". "May every child at JKPS Kunjwani carry the light of gratitude - not only in words, but in actions. Let us spread warmth, respect, and appreciation wherever we go. Remember, greatness begins with humility, and humility grows from gratitude. Let us keep this ripple alive - today, tomorrow, and always", he summed up.

J&K has witnessed era of unprecedented development under Modi's governance: Rekha Mahajan



BJP J&K Vice President Rekha Mahajan campaigning for Devyani Rana at Nagrota.

■ **STATE TIMES NEWS**
JAMMU: Continuing the Bharatiya Janata Party's grassroots election campaign in the Nagrota Assembly constituency, BJP J&K Vice President Rekha Mahajan held an extensive interaction with members of Self-Help Groups (SHGs) at Dhok Wazarian, appealing for their support in favour of BJP candidate Devyani Rana. During her interaction, Rekha Mahajan appreciated the contribution of women in social and economic transformation through SHGs and urged them to participate actively in the democratic process. She described Devyani

Rana as a young, dynamic, and people-oriented leader committed to the development and empowerment of every section of society. Speaking on the occasion, Rekha Mahajan said, "Women are the backbone of our nation's progress. I am confident that the sisters of Dhok Wazarian will extend their full support to my younger sister, Devyani Rana, who represents the aspirations of the youth and women of Jammu and Kashmir."

She further praised the visionary leadership of Prime Minister Narendra Modi, stating that under his governance, Jammu and Kashmir has witnessed an era of unprecedented development. "Be it improved road connectivity, health infrastructure, digital inclusion, or women's empowerment, Modi Ji's initiatives have transformed the lives of people in even the remotest areas. Schemes like Ujjwala Yojana, PM Awas Yojana, Jal Jeevan Mission, and Ayushman Bharat have brought tangible change to thousands of families in J&K," she noted.

Rekha Mahajan also urged women voters to come forward in large numbers on polling day and strengthen the hands of the BJP by ensuring a decisive victory for Devyani Rana. "This election is not just about winning a seat, it is about continuing the journey of development, empowerment, and transparency that the BJP stands for," she asserted.

The event witnessed enthusiastic participation from SHG members and local residents, who expressed gratitude to Rekha Mahajan for acknowledging women's efforts and reaffirmed their support for BJP's vision of inclusive growth and women-led development in Nagrota.

Prominent BJP functionaries, including Sarpanch Sham Lal, Shakti Kendra Parmukh Kuldeep, Booth President Kuldeep Jamwal, and Gopal Sharma, were also present during the campaign. They reaffirmed their commitment to ensuring the party's victory in Nagrota and mobilizing grassroots support for Devyani Rana.

been completed for convenience of the devotees at the mail. The complex has been tastefully decorated and illuminated. Two decorative beautiful gates have also been erected. Special focus is also given to cleanliness and devotees are also

advised to help maintain cleanliness by putting the used stuff in the designated spots and bins, especially eating places. Special arrangements have been made for parking with the facility of Valet parking. On 5th November, the

religious ceremonies will begin with a Hawan at 7:30 AM followed by flag hoisting at 9:00 AM by the Chief Patron Justice (Retd) K. K. Gupta. Pattal Pooja will take place at 9:30 AM and Langar will be available from 10:30 AM.

History can't Be rewritten Nehru's mistakes in Kashmir are a matter of record : Gaurav

■ **STATE TIMES NEWS**
JAMMU: BJP Spokesperson Gaurav Gupta has strongly responded to Congress President Mallikarjun Kharge's remarks on Prime Minister Narendra Modi's statement regarding Jammu and Kashmir's accession to India.



Gupta said that Kharge's comments are another desperate attempt by the Congress to defend Pandit Jawaharlal Nehru's poor handling of Kashmir, which led to decades of suffering for the people of Jammu and Kashmir.

He explained that while Sardar Vallabhbhai Patel was uniting more than 500 princely states with determination and clarity, Nehru kept the Kashmir issue under his control, relied too much on Sheikh Abdullah, and failed to act

decisively when it mattered most. The delay allowed Pakistan's tribal invasion in October 1947, and only after that attack did Maharaja Hari Singh sign the Instrument of Accession. "These are not political opinions; they are well-documented facts supported by Patel's correspondence and official records," Gupta said. Referring to the Prime Minister's recent statement at Ekta Nagar, Gupta quoted him: "One

mistake related to Jammu and Kashmir, due to Nehru's insistence, cost the nation decades of turmoil and bloodshed." Gupta said this was not criticism, but a truth every serious historian acknowledges. Reacting to Kharge's attempt to drag the RSS and nationalist leaders like Veer Savarkar and M.S. Golwalkar into the controversy, Gupta called it "a baseless and disrespectful attempt to divert attention." He said, "The RSS played a crucial role during the 1947 invasion by protecting refugees and assisting the Indian Army. The organization has always stood for national unity and integrity. To accuse it of supporting an independent Kashmir is a complete distortion of history."

Gupta reminded that Dr. Shyama Prasad Mukherjee, founder of the Bharatiya Jana Sangh, sacrificed his life in 1953 opposing the special status and separate flag given to Jammu and Kashmir. His vision of 'One Nation, One Constitution, One Flag' was finally fulfilled in 2019 under Prime Minister Narendra Modi, when Article 370 was abrogated and the dream of a fully integrated India was realized.

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	

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FIND CINEMA		
EK DIWAANE KI DEEWANIYAT		
WAVE ONE MOVIE JAMMU 9:45 AM / 2:15 PM / 5:05 PM / 7:50 PM / 10:40 PM		
PVR KC JAMMU 09:00 AM / 03:50 PM / 10:50 PM		
KANTARA (A LEGEND CHAPTER-1) (HINDI)		
PVR KC JAMMU 09:35 AM		
WAVE ONE MOVIE JAMMU 11:00 AM		
BAAHUBALI:THE EPIC:(HINDI)		
WAVE ONE MOVIES JAMMU 3:20 PM / 10:30 PM		
PVR KC JAMMU 3:15 PM / 10:20 PM		
THAMMA -HINDI		
WAVE ONE MOVIES JAMMU 12:30 AM / 7:40 PM / 10:50 PM		
PVR KC JAMMU 12:05 PM / 7:40 PM		
MADHANIYAN (PUNJABI)		
WAVE ONE MOVIE JAMMU 9:30 AM / 5:30 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

1955

Change No. Announcement

1951

Gandhi Nagar Exchange

2451953, 2430953

HOSPITALS

Government Medical College

2584290, 2484291

Psychiatry and Disease Hospital

2577444

Ambulance Rajouri

2571147, 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

Akhnor

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

Panjtirthi

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