

# Let every student be an observer of life: curious, conscious, and compassionate: Principal JKPS Kunjwani



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

## STATE TIMES NEWS

JAMMU: "If you think you can see everything with your eyes, that's a big made-up lie," declared Harshvardhan of Grade VII Maple, as he conducted the morning assembly along with his classmates on the theme "Power of Observation" at JK Public School, Kunjwani.

The assembly opened with an insightful reflection on how true observation goes beyond

Harshvardhan emphasized that observation is not merely about looking-it is about noticing, interpreting, and understanding what lies beyond the obvious. He reminded his peers that awareness sharpens intellect and turns ordinary moments into extraordinary lessons.

Adding more depth, Gouri Salaria reflected, "We often move through life on autopilot, surrounded by rush and distraction, but true obser-

vation urges us to pause, to step out of the rush, and step into the moment. It is in stillness that we begin to see what was hidden in plain sight." She concluded with a thought-provoking line: "Sometimes the most important things aren't loud-they are just waiting for someone to truly notice."

Throughout the assembly, students beautifully wove together quotations and reflections that illuminated the theme from various per-

spectives: Gangesh quoted Charles Surindoll, "The difference between something good and something great is attention to its details." Manvi referred to Henry David, "Observation is not just seeing-it is a way to understand the world."

Ashvi shared Marine Vas Sauant's words, "To acquire knowledge one must study, but to acquire wisdom one must observe." Arya reminded everyone

with George Prime's insight, "Observation is awakening to the revelation of life."

Digangana said, "One who observes the world carefully learns something new every moment."

Anhad echoed Marcus Aurelius, "Nothing has such power to broaden the mind as the ability to investigate systematically and truly all that comes under observation."

Shubhsheesh invoked Albert Einstein, "The true

sign of intelligence is not knowledge, but imagination or observation."

Rahat quoted Jiddu Krishnamurthy, "The art of observing without the observer-without judgment or comparison-is the purest form of learning."

Vedanshi concluded with George Meredith's timeless line, "Observation is the most enduring of the pleasures of life."

Each speaker highlighted how observation forms the

foundation of learning, creativity, empathy, and wisdom. The assembly beautifully captured the essence of seeing with the mind, listening with the heart, and understanding with the soul.

Speaking on the occasion, Rajesh Rathore, Principal, JK Public School Kunjwani, praised the students for their insightful reflections and articulate presentation. He remarked, "Observation is the root of innovation.

Great thinkers, scientists, artists, and leaders are not those who see more-they are those who see differently. When we observe keenly, we cultivate empathy, discipline, and intelligence. Let every student become an observer of life-curious, conscious, and compassionate."

He urged the students to "open their eyes wider, listen deeper, and think sharper, for observation is the first step towards transformation."

## 38th Jammu District Kho-Kho Championship 2025 concludes Model Academy, APS Akhnoor, New National High School & Parivartan Club shine



## STATE TIMES NEWS

JAMMU: The 38th Jammu District Championship 2025 wrapped up on Thursday after three days of thrilling sports action, held from November 3 to 5, 2025. The event saw hundreds of young athletes competing across Senior, Junior and Sub-Junior categories at the Green Field Play Ground, Gandhi Nagar, Jammu.

The valedictory function was a high-profile event, underscoring the importance of sports in the region. The grand ceremony was presided over by the Chief Guest, Harvinder Kour, Zonal Physical Education Officer (ZPEO), who praised the participants for their outstanding display of discipline, sportsmanship, and

talent. The athletes were honoured by distinguished Guests of Honour, including B.S Tirthi (Chairman JKKA), Anil Sharma, Incharge Manager, Green Field Play Ground, Gandhi Nagar, Mahesh Abrol (DFO), Ajay Gupta, Chief Coach and Incharge Manager, KK Haku Stadium, Gagan Kumar from JU, Ajit Singh National Player and Dr. Ashwani. The Organizing Association acknowledged the exceptional efforts of the event management team

The smooth execution of the three-day event was overseen by Amrinder Pal Singh, General Secretary, Pankaj Malhotra Treasurer & International Player and Tarmeet Raina Joint

Secretary.

The officials who ensured fair play included Dhiraj Sharma, Yogesh Kumar, Sunil Sharma, Sandeep Singh, Sahil Dev Singh, Jagdev Singh, Palbinder Singh, and Sahil Angral.

Tournament Results Model Academy School and Parivartan Club secured the top position in two of the four categories, marking them as the dominant force in the championship.

SENIOR: (Boys)-Parivartan Club, Gold NIS Club, Silver, and Parivartan Junior, Bronze. (Girls)-Parivartan Club, Gold, SAI Club, Silver, and NIS Club, Bronze.

JUNIOR: (Boys)-New National Higher Secondary School, Gold, Oriental

Academy School, Silver, and Model Academy School, Bronze. (Girls)- APS Akhnoor, Gold, Oriental Academy School, Silver, and Shiksha Niketan School, Bronze.

SUB-JUNIOR (Boys)-Model Academy Jammu, Gold, Shiksha Niketan School, Silver, and APS Jammu, Bronze.

Meanwhile, in the Sub-Junior (Girls)-Model Academy School, Gold, with Jammu Sanskriti School, Silver, and APS Jammu, Bronze.

The organizers extended their deepest gratitude to all participating schools, coaches, and parents whose dedication made the 38th Jammu District Championship a resounding success.

## JKMGA hosts 2nd Masters Chess Meet Guneet, Pardeep win gold as veterans display skill

## STATE TIMES NEWS

JAMMU: The 2nd Jammu & Kashmir Masters Games, organised by the Jammu & Kashmir Masters Games Association (JKMGA) in affiliation with the Super Masters Games and Sports Federation (India), witnessed the successful conclusion of its chess event at Nekk Hotel, Jammu. The matches were conducted under the supervision of Kuljeet Singh, Vice President of the All Jammu and Kashmir Chess Association (AJKCA).

In the Women's Chess category, Guneet Kour bagged the Gold, while Shikha and

Deepshikha secured Silver and Bronze respectively. In the Men's section, Pardeep Singh claimed Gold, followed by Anil Abrol with Silver and Narinder Sharma with Bronze.

Baldev Raj, President of the All Jammu and Kashmir Chess Association, congratulated the winners and thanked JKMGGA for promoting competitive sports among veteran athletes.

JKMGA President and veteran international handball player Ranjeet Singh Chib, along with General Secretary Necte Kour Khlasa, lauded the participants for their

enthusiasm and underscored the importance of sports participation among masters.

"Sports not only contribute to physical well-being but also instill values of teamwork, discipline, and resilience," Chib said, adding that the association is committed to expanding opportunities for athletes of all ages.

While the chess event concluded successfully, other competitions under the 2nd J&K Masters Games are continuing across various venues in Jammu, showcasing the region's growing sporting spirit.

Kathua, 3rd. 4x100 mts Relay: District Poonch, 1st; District Jammu, 2nd and District Doda, 3rd. Long Jump: Ragav Chib, District Jammu, 1st; Saqib Bashir, District Anantnag, 2nd and Manik Sharma, District Kathua, 3rd. Discuss Throw: Vishav Partap Singh, District Jammu, 1st; Shahid Afridi, District Bandipora, 2nd and Sahil Shabi, District Anantnag, 3rd. Triple Jump: Sachin Chib, District Jammu, 1st.

## Manik of Kathua bags U-19 sprint gold

## STATE TIMES NEWS

JAMMU: Manik Sharma of district Kathua emerged fastest runner of the ongoing inter-district J&K level under-19 boys athletics meet, organised by the Department of Youth Services and Sports (DYSS) on JU Campus, here on Thursday.

The second place went to Shahid Afridi of Bandipora while Shahzad Ahmed of district Budgam finished third.

event attracted around 140 school going male athletes from 15 districts of the UT, a hand-out issued by the DYSS informed.

Later, those winners felicitated with medals and certificates and the district (DYSS) officer Jammu, Sukhdev Raj Sharma.

The technical panel in today's events comprised Nirmal Singh, Harsimran Singh, Chamel Singh, Gurbachan Singh, Hardev Singh, Amolak Singh, Sukhdev Singh, Parveen

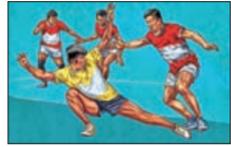
Kour and Ravinder Singh. The Detailed Results:100 mts: Manik Sharma, District Kathua, 1st; Shaad Afridi, District Bandipora, 2nd and Shahzad Ahmed, District Budgam, 3rd. 400 mts: Irfaz Ahmed, District Poonch, 1st; Shaad Afridi, District Shopian, 2nd and Sukhdeep Singh, District Jammu, 3rd. 3000 mts: Tanish Sharma, District Jammu, 1st; Sarfraz Ahmed, District Poonch, 2nd and Ranjesh Singh, District

Kathua, 3rd. 4x100 mts Relay: District Poonch, 1st; District Jammu, 2nd and District Doda, 3rd. Long Jump: Ragav Chib, District Jammu, 1st; Saqib Bashir, District Anantnag, 2nd and Manik Sharma, District Kathua, 3rd. Discuss Throw: Vishav Partap Singh, District Jammu, 1st; Shahid Afridi, District Bandipora, 2nd and Sahil Shabi, District Anantnag, 3rd. Triple Jump: Sachin Chib, District Jammu, 1st.

## Kabaddi trials from Nov 8

## STATE TIMES NEWS

JAMMU: Jammu and Kashmir Amateur Kabaddi Association shall hold three-day selection trials to pick up probables for the 35th Sub-Junior National (boys and girls) Kabaddi Championship to be held from November 27 to 30 at Sonpat in Haryana. The selection trials shall take place from November 8 to 10 at Kabaddi arena, MA Stadium, here from 3:00



PM onwards. This was stated by General Secretary of the Association, Dr Kuldeep Kumar Gupta.

He said, "The criteria has already been specified for both the categories. For

boys the weight should be below 60 while for girls the weight is below 55 kg in Sub-Junior under-16 age group." He advised the affiliated district units and affiliated registered clubs to actively participate in the selection process so that deserving get selected to represent the Union Territory.

Led by Rakesh Kumar (international player, the selection committee com-

prised Sanjeet Kumar and Jahangir Ahmad Dar, who shall be assisted by the coaches, Mohd. Amin Khan and Amandeep Singh.

Such eligible players need to bring along two passport size photographs, photocopies of the Aadhaar Card, fitness certificate in original and registration card of the Amateur Kabaddi Federation of India as also domicile certificate.

### TRAVELTIME!

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

**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** 10:05 AM / 01:10 PM / 7:25 PM / 09:30 PM

**KANTARA (A LEGEND CHAPTER-1) (HINDI)**  
PVR KC JAMMU 01:35 AM

**WAVE ONE MOVIE JAMMU** 10:15 AM

**BAAHUBALI: THE EPIC (HINDI)**  
WAVE ONE MOVIES JAMMU 10:00 PM / 3:20 PM

**PVR KC JAMMU** 05:05 PM

**THAMMA - HINDI**  
WAVE ONE MOVIES JAMMU 7:40 PM

**PVR KC JAMMU** 9:45 PM

**MADHANIYAN (PUNJABI)**  
WAVE ONE MOVIE JAMMU 4:45 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	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
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
<b>FIRE SERVICE</b> : (Control Room)	101
CIVIC SERVICES	
Municipality	2547846, 2542192
Health Officer	2547440
Garbage / Carcass Removal	2547440