

# Resilience, the Art of bouncing back, transforms every setback into a comeback: Principal JKPS Kunjwani



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

■ **STATE TIMES NEWS**  
JAMMU: "Forget mistakes, forget failures. Forget everything except what you are going to do right now and do it. Today is your lucky day, my dear! Quoting this impactful statement of Will Durant, Aaradhya Bhardwaj from Grade 6th Falcon conducted the Morning Assembly alongwith her classmates at JK Public School, Kunjwani.

opportunity. This means life without obstacles removes opportunity for growth. You have to take advantage of your disadvantages. Success is how high you bounce when you hit bottom", added Jaskirat.

added Musadiq. Under the segment Quotations, Vismay quoted Mary Holloway, "Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up". Saira referred to Greg Kincaid, "No matter how much falls on us, we keep plowing ahead. That's the only way to keep the roads clear." Saba quoted J.K. Rowling, "Rock bottom became the solid foundation in which I re-built

my life". Tanish referred to Nelson Mandela, "Do not judge me by my success, judge me by how many times I fell down and got up again". Aradhya Slathia referred to Maya Angelou, "I can be changed by what happens to me. But I refuse to be reduced by it." Humera quoted Bob Richards - "It may sound strange, but many champions are made champions by setbacks". Tiana referred to Robert F. Kennedy, "Only those who

dare to fail greatly, can ever achieve greatly". Navneet quoted Confucius "Our greatest glory is not in never-falling, but in rising every time we fall". Adhvik quoted Shane Koyezan, "If your heart is broken, make art with the pieces." Principal JKPS Kunjwani Rajesh Rathore applauded the presenters from Grade 6th Falcon for pumping in new josh in the audience and impacting their viewpoint. He said, "Life is a journey filled

with highs and lows, triumphs and challenges. At some point, all of us face situations where things don't go as planned. It may be poor grades, a missed opportunity, or a setback in our personal goals. These moments can be disheartening, even painful. But in such moments, our resilience, the art of bouncing back, becomes our greatest strength". "Resilience is about learning from failure, adapting to change, and

moving forward with greater wisdom and determination. Imagine a rubber ball-when it hits the ground, it doesn't stay there; it bounces back higher. Resilient people are like that ball. They turn their setbacks into comebacks. Recollect the famous statement of Thomas Alva Edison, who rightly said, "I have not failed. I've just found 10,000 ways that won't work." Edison's resilience gave the world the electric

light bulb", he added. "Always remember, you are stronger than you think, braver than you believe, and more capable than you imagine. Life will challenge you, but you have what it takes to overcome, to grow, and to succeed. Let's make today a day of determination and positivity. Let's embrace resilience and prove to ourselves that no matter what comes our way, we will bounce back, stronger and higher", he concluded.

## Abhinav Bakshi of GDC Marh wins gold medal in Archery Inter-Collegiate Tournament



GDC Marh faculty felicitating a winner student.

■ **STATE TIMES NEWS**  
JAMMU: Abhinav Bakshi of B.A.Sem I, of GDC Marh

brought laurels to college by winning maiden gold medal in the Archery Inter-

Collegiate Tournament held on Wednesday at University of Jammu. The championship was organised by the Directorate of Sports and Physical Education Department, University of Jammu. Abhinav demonstrated his exceptional skills and dedication in the championship. The Principal of the college felicitated Abhinav Bakshi for his remarkable achievements and taking the college to new heights. It is pertinent to mention that Abhinav has also won silver medal in J&K UT Junior Archery championship 2024 organised by Archery Association of J&K.

## One-Day Program for civil services and allied examinations organized at District Library Kathua



Anirudh Khajuria, DTO Kathua, Nikhil Sharma, JKAS (probationer) and Dr. Deepa Sharma, Librarian and others at a programme.

■ **STATE TIMES NEWS**  
KATHUA: The district library Kathua organized a one-day program for civil services and allied examinations. The main objective of the program aims to provide guidance and support to students preparing for the Union Public

Service Commission (UPSC) examinations. At the Outset, Sunil Sharma, Librarian, Coordinator of this program welcomed the dignitaries and give a detail brief of this program. The program will feature expert speakers Anirudh Khajuria, DTO, Kathua, Nikhil Sharma, JKAS (probationer) and Dr. Deepa Sharma, Librarian who shared their insights and experiences on various aspects of UPSC preparation, including strategy, time management, stress management and subject-specific tips.

## Weightlifter Ahtisham wins gold for J&K in NSG

■ **STATE TIMES NEWS**  
JAMMU: Keeping the UT's Flag high and making the entire sports fraternity proud, Syed Ahtisham Andrabi from IP Higher Secondary School, District Budgam has clinched first ever gold in 68th National School Games in U-19 Boys Weightlifting held at New Delhi. Showing stellar grit and extraordinary skill, Ahtisham sparked while taking part in the 67kg weight category. Director General Youth Services and Sports, Rajinder Singh Tara congratulated the ace athlete along with his coach and manager. Tara's congratulatory



Gold medal winner Weightlifter Ahtisham with officials.

message read "You have proved that Jammu and Kashmir possessed immense sporting talent. Such performances at the

National scene would certainly help Jammu and Kashmir to carve a space at the country's sports map. Hats off to you".

## Two-Week Online Refresher Course on 'Themes and Perspectives in Social Sciences' concludes at JU

■ **STATE TIMES NEWS**  
JAMMU: The Department of Sociology at the University of Jammu, under the aegis of the Malaviya Mission Teacher Training Centre (MMTTC), successfully concluded a two-week national-level online Refresher Course in Social Sciences titled "Themes and Perspectives in Social Sciences". The course, designed to explore contemporary trends and developments in social sciences, attracted educators from across India, providing them with a platform to engage with emerging paradigms in the field. The inaugural session was addressed by Prof. S.K. Pandita, Director of MMTTC, who emphasized the importance of continuous professional development for educators, especially in light of the rapidly evolving social, academic, and technological landscapes. He highlighted the growing need for integrating ethics, sustainability, and technology into educational frameworks. Prof. Vishav Raksha, Course Coordinator, outlined the program and expressed confidence

that the diverse expertise of the resource persons would enrich the participants' experience. The course was inaugurated by Dr. Hema Gandotra, course deputy coordinator, who welcomed the participants. On day one, Prof. Rajesh Gill from Punjab University opened with a discussion on the challenges facing contemporary social science research. Prof. Ritu Dewan, former Director of the Mumbai School of Economics & Public Policy, presented on gendered socio-economic development, linking it to sustainable development goals. Other sessions included Prof. Madhu Nagla, who explored food studies, and Prof. Shalini Sharma, who discussed the socio-demographic challenges of overseas migration from rural Punjab. Subsequent days included engaging lectures such as Prof. Anil Kumar's analysis of philosophical approaches to social inquiry, Prof. Rekha Chaudhary's exploration of women's political underrepresentation in India, and Prof. Prashant Bansode's analysis of caste and affirmative action.

Prof. Abhik Ghosh focused on symbolic analysis, while Prof. Sarika Manhas discussed disability stigma and social inclusion. Dr. Joseph M.T. from the University of Mumbai presented on Dalit Bahujan epistemologies, and Dr. Chakraverti Mahajan and Prof. Madhurima Verma explored methods in social science research. The course also included thematic sessions from Prof. Maitreyee Chaudhary of JNU on sociological perspectives, Dr. Nancy Mengi from the Central University of Jammu on child rights, and Prof. Jagan Karade from Kolhapur University on minorities. Additionally, experts like Prof. S.L. Sharma, Dr. Shalini Sehgal, and Prof. Jasbir Singh discussed employability, human rights, and contemporary trends in social sciences. Prof. Rajiv Gupta, Prof. Arvinder Ansari, and Prof. Pampa Mukherjee delivered lectures on contemporary research methodologies, feminist theory, and institutional rights, respectively. The course concluded with a valedictory

address by Prof. R. Indira, former Professor at the University of Mysore, who emphasized the importance of revisiting social science teaching and research with a focus on contemporary priorities and emerging pathways. The course was attended by 23 participants from across India, including faculty members from various academic institutions and research scholars. The program was a significant contribution to advancing social science education and fostering academic collaboration. The event was actively supported by Dr. Hema Gandotra, Kajal Kalsi, Dr. Diksha Nargotra, and Dr. Gopal Sharma.

The event will also provide an opportunity for students to interact with successful civil services candidates and learn from their experiences. The aspirants actively participated in the program and show their keen interest. In this program staff members of the District library Veena Devi, Rashmi Devi, Jatinder Kumar and Vijay Kumar were also cooperated to make this program successful.

## UT Ladakh to host Khelo India Winter Games in January

■ **STATE TIMES NEWS**  
LEH: The Khelo India Winter Games dates have been announced. The Union Territory of Ladakh will host ice sports including Ice Hockey & Ice-Skating events from January 23 to 27, 2025. This will be the second year that UT Ladakh will host a portion of the Khelo India Winter Games. Before the 2024 edition, J&K used to host all the events. However, UT Ladakh successfully hosted ice events like skating and hockey in February 2024 KIWG. The Khelo India Winter Games started in 2020. Almost 1000 athletes, including 306 women, participated in the inaugural edition. The participation has increased over the years. More than 1350 athletes in 2021 and 1500-plus in 2022 highlighted the growing attraction of the Games in J&K. The 2024 iteration of KIWG saw the participation of 1200-plus participants including more than 700 athletes, 141 support staff, 113

technical officials, 250-plus volunteer and sports-specific volunteers, and a total of 136 medals at stake as informed by an official of KIWG. This (2024) was also the first time the Ministry of Youth Affairs and Sports, Government of India along with the Sports Authority of India managed the technical conduct of the Games in association with the National Sports Federations and Indian Olympic Association. "We are again looking ahead to an exciting season of Khelo India Games. The Winter Games will be important because India needs to find the best athletes to represent the country at the 2026 Winter Olympics," said Union Sports Minister, Dr Mansukh Mandaviya. He added, "We endeavour to promote winter sports and encourage more athletes to take up skiing and skating. We have already seen many athletes from remote Himalayan villages participating in these Games which is very encouraging."

message read "You have proved that Jammu and Kashmir possessed immense sporting talent. Such performances at the

## Ensure immediate deportation of Rohingyas from J&K: Purnima urges LG Sinha

■ **STATE TIMES NEWS**  
JAMMU: Advocate Purnima Sharma, Spokesperson of Bharatiya Janata Party (BJP) J&K and former Deputy Mayor of Jammu, has strongly condemned the recent statements made by Omar Abdullah, Chief Minister of Jammu and Kashmir, in support of the Rohingyas. She criticized Omar Abdullah's stance, terming it as an irresponsible and anti-national approach that undermines the security and integrity of the Union Territory. In a scathing statement issued here today, the senior BJP leader accused Omar Abdullah of indulging in appeasement politics at the cost of the safety and well-being of the people of Jammu and Kashmir. She emphasized that the presence of Rohingyas in the region poses a seri-

ous threat to national security and law and order, citing intelligence inputs regarding their potential links to unlawful activities. "The support extended by Omar Abdullah to the Rohingyas is highly condemnable and shows his disregard for the security concerns of the people of Jammu and Kashmir. These illegal immigrants have been a cause of concern for years, and their continued stay in the region is unacceptable," she said. Purnima urged Lieutenant Governor Manoj Sinha to take swift and decisive action to deport all Rohingyas from Jammu and Kashmir. She highlighted the Modi Government's commitment to maintaining the sovereignty and security of the nation and called upon the administration to uphold this principle in the Union Territory.

address by Prof. R. Indira, former Professor at the University of Mysore, who emphasized the importance of revisiting social science teaching and research with a focus on contemporary priorities and emerging pathways. The course was attended by 23 participants from across India, including faculty members from various academic institutions and research scholars. The program was a significant contribution to advancing social science education and fostering academic collaboration. The event was actively supported by Dr. Hema Gandotra, Kajal Kalsi, Dr. Diksha Nargotra, and Dr. Gopal Sharma.

■ **STATE TIMES NEWS**  
JAMMU: A memorandum was presented to Sakeena Masood (Itou), Minister, School Education Department by the Executive Members of Central body of J&K Private Schools Association (JKPSA) regarding the closure of the portals by JKBOSE and various issues pertaining to the private schools of J&K which are functioning for more than four decades. Members highlighted the problems which the private schools are facing in the approval of the management committee and in obtaining NOCs from the different departments. Members briefed the minister that to save this venture from extinction vide Circular No 06 of "JK (Edu) of 2024 dated



JKPSA delegation meeting with Sakeena Masood (Itou), Minister, School Education Department.

September 19, 2024, Principal Secretary on the direction of High Court of J&K directed JKBOSE to extend all types of board related facilities for the academic session 2023-24 and 2024-25, for the classes 9th to 12th. Further they said that JKBOSE had released facilities to 24 schools as one time exemption for the

academic session 2023-24 and 2024-25 which were tagged with the nearby government school vide order no.: F (Acad-C) ISM/eligibility/R R/E- file.7589077/2024 dated October 14, 2024 and then a list of 111 schools were notified by the JKBOSE vide order no F (Acad-C)/Reg - Ex am. / / o n e / Tm/Exmp/2024 dated

November 12, 2024. But JKBOSE is reluctant to open the portals of all such schools whose recognition has lapsed in March 31, 2024 due to delay of issuance of NOCs by the different departments, they said. Members unanimously demanded immediate opening of the portal of all schools to provide board related facilities whose recognition / affiliation is pending due to the non availability of NOCs from the different departments vide Circular No: 06 of "JK (Edu) of 2024 dated September 19, 2024 as done in case of the schools constructed on the state land vide Circular No 06 of "JK (Edu) of 2024 dated September 19, 2024 to save the career of the students studying in 9th, 10th, 11th and 12th classes respectively.

An appeal was also made for the withdrawal of the provision of the CID verification of the members of the management committee because clarification from CID is needed only in the case of change of nomenclature / location of a private school as per the instructions laid down in Circular No.: 02 -SED of 2022 dated February 10, 2022. Minister, School Education Department gave a patient hearing and promised to hold a meeting with all the concerned departments and the stake holders to mitigate all the teething problems. Those who were present included Kamal Gupta, Ajay Gupta, Deepak Handa, Siddheshwar Sadotra, Lal Chand, Pankaj Kerni, Bhanu Jamwal and Raj Kumar.