

Simon Sinek Club of Public Speaking: Nurturing Confident Communicators and Future Leaders at JKPS Kunjwani



Students of JK Public School Kunjwani speaking at a programme.

■ STATE TIMES NEWS

JAMMU: JK Public School Kunjwani continues to foster a culture of confident expression and purposeful leadership through the dynamic initiatives of the Simon Sinek Club of Public Speaking, conducted every Friday during the last two periods under Club Activities. The club stands as a vibrant platform where ideas meet articulation and young minds are trained to think, speak, and lead with clarity and conviction. Under the visionary guidance of Principal JKPS

Kunjwani, Rajesh Rathore, and the dedicated mentorship of Teena Narula and Dr. Surita Sharma, systematic and well-structured training is being imparted to 72 enthusiastic student members from Grades VI to IX. Each session begins with students engaging with a carefully curated video of globally renowned motivational speaker Simon Sinek or others, focusing on core leadership traits, purpose-driven thinking, and effective communication. This is followed by an

engaging JAM (Just A Minute) recap session, where students articulate their learning succinctly, sharpening spontaneity, confidence, and clarity of thought. Sharing their reflections, Harasees Kour (Grade IX) expressed that the sessions have helped her "understand leadership with a sense of responsibility, teaching her how clarity of purpose and calm expression can inspire others." Samyara Khajuria (Grade IX) reflected that the club has "transformed these

opportunities into milestones and taught her how to structure thoughts meaningfully while speaking." Zakaria (Grade IX) shared that the exposure has enabled him to "think deeply, speak logically, and express ideas with conviction rather than fear." From Grade VIII, Shanaaya Yadav remarked that the club has "made public speaking an enjoyable journey, where learning from real-life leadership examples builds inner confidence." Syna (Grade VIII) added

that watching Simon Sinek's videos and presenting her reflections has "improved her listening skills and helped her speak with greater clarity and confidence." Young participants from Grade VI also voiced their enthusiasm. Amelia shared that the club has helped her "polish her accent to a sparkle and speak freely in front of peers." Aradhya reflected that the JAM sessions have "boosted her courage to express ideas within a limited time." Siddhant stated that the

club has taught him "to organize thoughts quickly and speak with confidence and purpose." Expressing their satisfaction, Teena Narula shared that she feels deeply fulfilled witnessing the students' steady transformation, noting that "their growth in confidence, articulation, and critical thinking week after week is truly heartening." Echoing similar sentiments, Dr. Sunita Sharma remarked that the club has become a powerful space for self-discovery, adding "students are

not only learning to speak well, but also to think deeply, listen attentively, and lead responsibly." Appreciating the enthusiastic members of Simon Sinek Club of Public Speaking, Principal Rajesh Rathore remarked that the Simon Sinek Club of Public Speaking is a sincere reflection of JKPS Kunjwani's resolution "Proficiency in Public Speaking" for the session 2025-26. He emphasized that this is truly the age of effective communicators, and students who develop clarity of

thought, confidence of expression, and empathy in communication will always have an edge in life. He congratulated the club members for their unsurpassed dedication and applauded the mentors for their tireless efforts, adding that watching students add new dimensions to their verbal expression every Friday fills him with immense joy and deep fulfillment. He extended his heartfelt wishes and blessings to all members as they continue to evolve into confident, purposeful, and impactful communicators.

PTF USA recognizes Grand Master Sanjay Sachdeva

■ STATE TIMES NEWS

JAMMU: The Professional Taekwondo Federation (PTF), USA, has officially recognized Grand Master Sanjay Sachdeva, the Founder and General Secretary of the India Taekwon do Federation. The recognition marks a significant milestone for Indian Taekwondo on the global stage. The Professional Taekwondo Federation functions as an international authority that acknowledges both amateur and professional Taekwondo organizations worldwide. Its recognition framework includes Combat Taekwondo, Kukkiwon,



World Taekwondo (WT), the International Taekwon-Do Federation (ITF), and other established Taekwondo bodies. Speaking on the occasion, Chief Instructor Sanjay Sachdeva stated that the India Taekwon Federation remains

firmly committed to the development of children and youth, particularly in the region of Jammu and Kashmir. He emphasized that Taekwondo serves not only as a competitive sport but also as a tool for discipline, confidence-building, and positive youth engagement. The recognition by PTF USA is expected to strengthen the international standing of the India Taekwon Federation and open new opportunities for athletes, instructors, and officials associated with the organization, especially from Jammu and Kashmir.

■ STATE TIMES NEWS

JAMMU: Guru Nanak Hockey Club (GNHC) won the men's title trophy of the District Jammu Hockey Championship which was organised by the Hockey Jammu and Kashmir at K K Hakhu Stadium, here on Sunday. In the closely contested final, GNHC defeated Bandhu Rakh Hockey Club via tie breaker. The match could not be decided in the stipulated time with score on board 1-1. The GNHC took the first lead through Saksham Sharma in the 19th minute. The equaliser came in the 45th minute when Gurpreet Singh sounded the board in the 53rd minute. However, in penalties, GNHC emerged



Winner team receiving trophy.

winner 5-3. Earlier, in women's title clash, Khelo India Centre-A blanked Shahra Club 5-0. Anju scored two goals in the third and 20th (PC) minute. Komal (18th), Dhani (23rd) and Janvi (55th) were other scorers. The winners and runners-

up teams presented the title trophies and other individual prizes by the chief guest, Balvinder Singh, vice president Gurudwara Prabandhak Committee. Before the start of the finals, the teams interacted with the former president of Hockey J&K, Rajeev

Sharma. Earlier, general secretary of the Association, Dr. Taran Singh said that district championship has taken place after a long gap. He was hopeful of improved participation by the next year at the district and UT level championships. He

thanked J&K Sports Council and Government Ayurvedic Hospital for the logistic support. Prominent among others present were Ravi Raj Singh (treasurer Hockey J&K); Manjeet Singh (vice president Hockey J&K); Dr Harbinder Singh (Hockey Coach University of Kashmir); Tejinder Singh (secretary Hockey J&K); Manjit Singh (Kashmir Sikh Sangat); Jaswant Singh, Iqbal Singh, Satbir Singh and Jaswinder Singh Kuku, Janak Singh, Rajinder Singh Sudan and Charanjit Singh. The women's final officiated by senior BSF umpire, Guruvachan Singh and Minakshi while Guruvachan Singh and Sahil Kumar were umpires for men's title clash.

CLUJ flags off Yoga (Men) team for All India Inter-University Games



■ STATE TIMES NEWS

JAMMU: Vice Chancellor of Cluster University of Jammu (CLUJ), Prof. K. S. Chandrasekar, in Sunday flagged off the Yoga (Men) team of the University for participating in the All India Inter-University Games, to be hosted by Vels Institute of Science, Technology & Advanced Studies, Chennai. The flag-off ceremony was held in the presence of the Prof. D. S. Manhas, Dean Students Welfare and Dr. Vinod Bakshi, Director

Sports & Physical Education, along with other sports officials. While interacting with the team, Vice Chancellor Prof. K. S. Chandrasekar congratulated the players for earning the honour of representing the University at the national level. He emphasized that yoga not only builds physical endurance but also nurtures mental discipline, focus, and character. Wishing the team success, he said that the University remains committed to promoting sports and holistic

development among students, and expressed confidence that the team would uphold the values and sporting spirit of the institution. Prof. Manhas, in his message, lauded the consistent efforts of the Sports Department in identifying and grooming talent. He encouraged the players to perform with confidence, discipline, and teamwork, and assured full institutional support for their participation and preparation. The Director Sports & Physical Education while interacting with the team, highlighted the importance of dedication, regular practice, and sportsmanship at a competitive national platform. He appreciated the hard work of the players and coaching staff and expressed optimism for a strong performance at the championship. The Yoga (Men) team comprises Himanshu Verma, Dev Mehra, Amit Singh, Danish Kumar, and Tarun Sharma guided by Coach Mukesh Sharma. The ceremony concluded with best wishes from the University authorities, who expressed hope that the team would bring laurels to Cluster University of Jammu through exemplary performance and conduct.

development among students, and expressed confidence that the team would uphold the values and sporting spirit of the institution. Prof. Manhas, in his message, lauded the consistent efforts of the Sports Department in identifying and grooming talent. He encouraged the players to perform with confidence, discipline, and teamwork, and assured full institutional support for their participation and preparation. The Director Sports & Physical Education while interacting with the team, highlighted the importance of dedication, regular practice, and sportsmanship at a competitive national platform. He appreciated the hard work of the players and coaching staff and expressed optimism for a strong performance at the championship. The Yoga (Men) team comprises Himanshu Verma, Dev Mehra, Amit Singh, Danish Kumar, and Tarun Sharma guided by Coach Mukesh Sharma. The ceremony concluded with best wishes from the University authorities, who expressed hope that the team would bring laurels to Cluster University of Jammu through exemplary performance and conduct.

3rd Annual Gurmat Samagam held at Marh Bagh

■ STATE TIMES NEWS

JAMMU: The third Annual Gurmat Samagam was held today at Bhai Khushal Singh Gurmat Vidya and Research Centre, Marh Bagh, Jammu, under the esteemed patronage of Sant Tejwant Singh Ji, Mukhi Dera Santpura Danna. The spiritually uplifting programme witnessed enthusiastic participation from a large number of Sikh Sangat hailing from different parts of the Union Territory of Jammu and Kashmir. The highlight of the Samagam was the inspiring address by eminent Sikh preacher Jathedar Baljeet Singh Daduwal of the Haryana Gurdwara Parbandhak Committee. In his detailed and thought-provoking discourse, he shed light on significant chapters of Sikh history, with special emphasis on the supreme sacrifice of Sri Guru Tegh Bahadur Sahib Ji and the unparalleled martyrdom of the Sahibzadas and the entire family of Sri Guru Gobind Singh Ji. His powerful



Sikh preacher Jathedar Baljeet Singh Daduwal of Haryana Gurdwara Parbandhak Committee being honoured.

narration deeply touched the hearts of the Sangat and reinforced the timeless Sikh values of sacrifice, bravery, faith, and righteousness. Jathedar Daduwal also lauded the dedicated efforts of Sant Tejwant Singh Ji for successfully running the Gurmat Vidyalaya and the CBSE School in Jammu. He appreciated the unique blend of quality modern education with moral and spiritual teachings being imparted to students, which, he said, plays a crucial role in shaping responsible and socially conscious individ-

uals. The programme was further enriched by melodious and soul-stirring Gurbani Kirtan performed by the students of Gurmat Vidyalaya and SGSD School, creating a serene and devotional atmosphere throughout the Samagam. Manjit Singh, General Secretary of the Gurmat Vidyalaya, briefed the gathering about the objectives, functioning, and achievements of both educational institutions, highlighting their contribution to society. Several prominent personal-

ities graced the occasion, including Balvinder Singh, Vice President DGPC; S. Surjeet Singh, Secretary; Jagpal Singh, Treasurer DGPC; Balwant Singh, Parcharik; Dr. Jasbir Singh Sama, noted historian; Jatinder Singh Lucky; Charanjit Singh; Som Nath Singh, and others. At the conclusion of the Samagam, Sant Tejwant Singh Ji expressed heartfelt gratitude to the Sangat and all contributors for their cooperation in making the event a grand success.

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	

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		

DHURANDHAR (HINDI)		
WAVE ONE MOVIE JAMMU	10:00 AM / 11:00 AM / 2:55 PM / 6:50 PM / 10:15 PM	
PVR KC JAMMU	09:00 AM / 10:00 AM / 2:15 PM / 6:30 PM / 10:45 PM / 11:30 PM	
TERE ISHK MEIN (HINDI)		
WAVE ONE MOVIE JAMMU	3:00 PM	
PVR KC JAMMU	4:45 PM	
KIS KISKO PYAR KAROON 2 (HINDI)		
WAVE ONE MOVIE JAMMU	9:45 AM	
PVR KC JAMMU	1:50 PM / 8:25 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	257147, 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	2542816	
FIRE SERVICE : (Control Room)	101	
CIVIC SERVICES		
Municipality	2547846, 2542192	
Health Officer	2547440	
Garbage / Carcass Removal	2547440	