

JK Public School Panjtirthi observes AIDS Day

We can end stigma of HIV through love, support and awareness



Glimpses of AIDS Day programme being organized at JK Public School Panjtirthi.

■ **STATE TIMES NEWS**
JAMMU: AIDS Day provides an opportunity for people all over the world to come together in the battle against HIV to support those who are living with it. JK Public School

Panjtirthi observed AIDS Day in the school campus. The programme commenced with an introduction by Meenu who enlightened the students with various facts, myths and figures about the dreadful syn-

drome. Jakiains made the show more meaningful, informative and interesting through a parody where they spoke on causes and prevention of AIDS. Jakiains lauded the theme of

World AIDS Day 2025 "Overcoming disruption, transforming the AIDS response" Every student had pinned up red ribbons on the collar of their coats, which is the universal symbol of awareness and

support for people living with HIV and took a pledge to induce the spirit among youth to help, love support and care for the people living with HIV/AIDS. Jakiains sang a melodious

song which gave the message to the audience that life is precious and we should take every possible precaution to live life to the fullest. The Principal of JKPS Panjtirthi Suman Banbah

revealed, "Today's celebration serves as a reminder to the public and the government that HIV is still a serious problem that requires urgent attention and more awareness among the people."

To make the celebration more meaningful and to add to the knowledge of jakiains, the Principal asked various questions from students regarding the celebration and the winners were rewarded.

'Sportathon 2025' at KC Public School showcases excellence in sports



■ **STATE TIMES NEWS**
JAMMU: The annual sporting event 'KC Sportathon-2025' was held on Sunday on the floodlit multi-purpose school sports ground. Nasir Sogami, Advisor to the Chief Minister of J&K, presided over the function as the Chief Guest. Anil Goswami, IAS (Retd), former Home Secretary, Govt of India and SS Wazir, former DGP, Govt of J&K graced the occasion as Guests of Honour. Trained by professional coaches, students of KCPS have been making a mark in a large

number of sporting events at the state, national and international levels. The annual KC Sportathon showcases their excellence in sports and games. The function commenced with the lighting of the sports torch by the Chief Guest followed by a welcome address by school Principal AK Mishra. The next item in the day's programme was an oath-taking ceremony and an impressive march past by athletic contingents of Jammu, Kashmir, Poonch and Ladakh Houses and by newly-formed Girls' Wing of the NCC. The remain-

ing 2 hours long programme consisted of a mass PT display by students of the Junior Wing, Zumba aerobic dance, martial arts displays including the traditional Sikh Gatka and a special formation drill by girl students of the school. The programme included a melodious performance by the brass band of BSF followed by a Dog Show by BSF trainers in which some incredible canine performances were displayed. The programme also consisted of some track athletic events for boys and girls such as short sprints and Inter House relay

races. The Chairman of the School Shri Raju Chowdhary extended a welcome to the Chief Guest and parents and reiterated the school's mission of providing the children of J&K the kind of holistic education at par with the best in the world. After distributing prizes to the winners of the Inter House athletic events conducted during the programme, the Chief Guest Sogami in his address congratulated Chairman Raju Chowdhary and other members of the school management for creating a world class school and providing quality school education to the children of Jammu & Kashmir comparable with the best in the world. In his vote of thanks speech, school Vice Principal Sanjay Pandey thanked the parents for their unstinted support to the school in its educational programmes. He thanked the BSF for taking part in Sportathon-2025 and presenting valuable performances on the occasion.

Sham Lal chairs PAC meeting; examines CAG's audit paras

■ **STATE TIMES NEWS**
JAMMU: A meeting of the Committee on Public Accounts (PAC) was held on Monday under the chairmanship of MLA Sham Lal Sharma at the Assembly Secretariat, Jammu, to discuss and examine the CAG's audit paras related to the Revenue and Disaster Management, Relief, & Reconstruction (DMRR&R) Departments. Members Balwant Singh Mankotia, Altaf Ahmed Wani (Kaloo) and Dr. Devinder Kumar Manyal were present and offered valuable suggestions to make the com-



mittee's functioning more effective and result-oriented. The Committee held detailed discussions on CAG's Audit Paras 3.23 and 3.24 of 2014-15, and 2.2 and 2.3 of 2018-19 (PMDP) pertaining to the

Revenue and DMRR&R Departments. The Chairman underlined that the primary mandate of the PAC is to thoroughly examine the CAG's observations and seek factual, time-bound replies from the concerned departments. He directed officers of the DMRR&R Department to furnish comprehensive reports on the audit paras under scrutiny within ten days to facilitate the dropping of as many pending paras as possible. He also instructed senior officers to complete verification of left-out migrants and extend relief and assistance to them on the anal-

ogy of other registered migrants of Jammu and Kashmir. Accountant General Tsewang Tharchin briefed the Committee on the current status of audit paras, while Principal Secretary DMRR&R, Chandraker Bharti, updated the Committee on migrant rehabilitation and assured timely submission of action-taken reports. Secretary JKLA, Manoj Kumar Pandit, along with senior officers of Revenue, DMRR&R and the Assembly Secretariat, also attended the meeting.

Prof. Parikshat appointed as Director CEC

■ **STATE TIMES NEWS**
JAMMU: Prof. (Dr.) Parikshat Singh Manhas Professor in The Business School and School of Hospitality and Tourism Management, University of Jammu has been appointed as Director, Consortium for Educational Communication (CEC). The appointment of Prof. Parikshat Singh Manhas new Director of CEC was announced today. A distinguished academic leader, policy reformer, and internationally recognised scholar in education, tourism, and sustainable development, Prof. Manhas brings over two decades of experience in higher education governance, digital learning ecosystems, and institution building. Speaking on his appointment, Prof. Manhas said, "CEC has a pivotal role in shaping accessible, multilingual, high-quality educational content for millions of learners. My focus will be on strengthening content excellence, modernizing technology infrastructure, deepening institutional collaborations, and ensuring that digital education truly reaches the last mile."

Shantmanu inaugurates "Art of Living - Educators Development Program"



■ **STATE TIMES NEWS**
JAMMU: A three-day "Art of Living - Educators Development Program" was inaugurated on Monday by Additional Chief Secretary (ACS), Higher Education, and Director SCERT, Shantmanu, at Bhartiya Yog Sansthan (BYS), Jammu. The program is being organized in collaboration with JKSCERT and DIET Jammu with the objective of addressing stress and promoting holistic well-being among educators through Sudarshan Kriya breathwork, mindfulness practices, and emotional regulation techniques. Shantmanu highlighted the growing need to integrate wellness, emotional resilience, and stress-management strategies into the professional development framework for teachers. He noted that educators today navigate diverse learner needs and rising expectations,

making it essential to nurture their inner balance and overall well-being. The ACS emphasized that such initiatives strengthen emotional stability, enhance professional effectiveness, and enable teachers to cultivate empathetic, supportive, and engaging learning environments. Appreciating the collaborative efforts of SCERT J&K, DIET Jammu, and Bhartiya Yog Sansthan, he reiterated the commitment to building a mindful, motivated, and future-ready teaching community. Joint Director, SCERT Jammu, Professor Sindhu Kapoor stressed the importance of integrating mindfulness, reflective practices, and emotional regulation into teacher education, noting that the vision of NEP 2020 calls for educators who are not only academically proficient but also emotionally grounded and resilient. Dr. Kapoor reaffirmed

SCERT Jammu's dedication to advancing transformative, learner-centric professional development initiatives that support educators' well-being. The event was graced by Arunima Sinha, Senior Faculty of the AoL Lifestyle Consultant, and Meditation Facilitator, who attended as Guest of Honour and will serve as the lead resource person for the training. A total of 30 Teacher Educators-15 from DIET Jammu and 15 from SCERT Jammu division are participating in the program. The module includes experiential practices, evidence-based well-being tools, emotional regulation sessions, and practical strategies to enhance personal harmony and professional efficiency. Distinguished dignitaries from BYS Jammu, including Satpal Sharma (President) and Jia Lal Sharma (General Secretary), were present. Dr. Romesh Kumar, HOD DIET Jammu and Coordinator, presented an overview of the initiative and its objectives. The program is being managed by Dr. Sanjeevani Sharma, Assistant Professor and Coordinator SCERT, Yogesh Kumar, Associate Coordinator SCERT, and Dr. Romesh Kumar, HOD DIET Jammu.

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	

GUSTAAKH ISHQ		
WAVE ONE MOVIE JAMMU	3:05 PM / 10:45 PM	
PVR KC JAMMU	1:20 PM	
TERE ISHK MEIN (HINDI)		
WAVE ONE MOVIE JAMMU	10:00 AM / 1:15 PM / 3:45 PM / 4:30 PM	
	7:45 PM / 10:15 PM / 11:00 PM	
PVR KC JAMMU	9:50 AM / 12:25 PM / 3:55 PM / 7:25 PM / 9:40 PM / 10:55 PM	
120 BAHADUR (HINDI)		
WAVE ONE MOVIES JAMMU	1:05 PM	
PVR KC JAMMU	9:50 PM	
DE DE PYAAR DE 2 - (HINDI)		
WAVE ONE MOVIES JAMMU	7:00 PM	
PVR KC JAMMU	6:35 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
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