

Transform Yourself, Transform the World: Start your Sustainable living journey



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

■ **STATE TIMES NEWS**
JAMMU: JK Public School, Kunjwani conducted a deeply insightful and future-centric morning assembly on the theme "The Future of Sustainable Living", beautifully presented by the students of Grade VI. With thought-provoking ideas, compelling messages and youthful conviction, the assembly urged every student to adopt eco-responsible habits for a greener tomorrow.

confidence and clarity, Nyra Negi of Grade 6 Maple stated, "Sustainable living means using resources carefully so that we do not harm the environment and it stays protected for the future." She further emphasised that sustainability begins with simple actions-saving water, reducing waste, planting trees and taking mindful steps that collectively safeguard the planet. Adding greater depth, Jaskeerat highlighted that

"In 2025, sustainable living is no longer a trend but a lifestyle transformation. People today are choosing eco-friendly products, sustainable fashion, biodegradable packaging, energy-efficient homes and smart urban practices that reduce environmental impact." He went on to explain that the future will be shaped by circular economy models, where reuse and recycling extend product life, and biophilic design,

which integrates natural elements into daily living spaces for healthier, more mindful living. Elevating the conversation, Saksham reflected, "These changes will influence how we live, work and interact, creating a future where environmental responsibility and quality of life go hand in hand." He powerfully concluded that sustainable living is "not just about switching off lights or using less plastic; it is about transforming our mindset, our lifestyles

and our relationship with the planet. This duty belongs to all of us-not just scientists or leaders." Ending with a compelling call to action, Saksham shared, "Small actions create big changes. When we save water, reduce waste and protect nature, we create a greener and better world for everyone. Let us not wait for change... let us be the change." To enrich the assembly further, students presented meaningful global

thoughts on sustainability: Keritika echoed Paul Hawken: "The first rule of sustainability is to align with nature's forces-or at least not defy them." Aaradhya quoted Jochen Zeitz: "Sustainability is no longer about doing less harm; it's about doing more good." Sadhika reflected Annie Leonard's reminder: "There is no such thing as 'away.' When we throw anything away, it must go somewhere."

JK Govt Pharmacist Association meets CS, highlights issues

■ **STATE TIMES NEWS**
JAMMU: A deputation of the Jammu and Kashmir Government Pharmacist Association (JKGPA) met Chief Secretary Atal Dulloo at his office in the Civil Secretariat to discuss several long-pending issues concerning the Pharmacist cadre. The delegation raised matters related to service requirements and promotion rules, emphasizing the uniform guidelines framed by the Pharmacy Council of India (PCI) as per letter No. 10-82/2025-PCI. They stressed that these norms must be implemented in Jammu and Kashmir to ensure parity with the rest of the country. A major concern highlighted



JKGPA delegation calling on Chief Secretary Atal Dulloo.

ed during the meeting was the regulation of pharmacy education in the Union Territory. While the Pharmacy Council of India and state pharmacy councils regulate education across India, in J&K it continues to be over-

seen by the Nursing Council, which the delegation argued is a clear violation of the provisions of the Pharmacy Act, 1948. They urged immediate correction of this discrepancy to safeguard professional standards and the future of pharmacy students.

Chief Secretary, Dulloo gave the deputation a patient hearing and acknowledged the importance of the issues raised. He assured them that the matter has been forwarded to Dr. Syed Abid Rashed Shah, Secretary Health & Medical Education, for appropriate action and review. The deputation was led by Bharat Bhushan Bhagat, President JKGPA, along with Sushil Sudan (Member, Pharmacy Council of India), Sheikh Mehrajuddin (Chairman, JKGPA), Surjeet Rajan (Vice President), and R.P. Singh (Advisor). The Association expressed hope that the government will address their concerns at the earliest.

JU hosts 'Canvas of Inclusion' Painting Exhibition on eve of World Disability Day

■ **STATE TIMES NEWS**
JAMMU: The University of Jammu, under its Disability Initiatives, organized an inspiring painting exhibition titled 'Canvas of Inclusion' to mark the eve of World Disability Day. Aligning with the United Nations theme for 2025-"Fostering Disability-Inclusive Societies for Advancing Social Progress"-the event highlighted the artistic brilliance and expressive power of persons with disabilities. It aimed to promote awareness, empathy, and the importance of creating inclusive spaces within educational institutions and beyond. The exhibition was inaugurated by the Chief Guest, Prof. Monika Chadha, Chairperson, Campus Culture Committee, JU. She emphasized the urgency of embedding inclusive principles in educational, social, structural, and attitudinal domains. Prof. Chadha noted that art serves as a universal language, enabling individuals to transcend barriers of ability and communicate their emotions, perspectives, and experiences with depth and clarity.



Guest of Honour, Prof. Vishav Raksha, Head, Department of Sociology and NSS Convener, focused on the unique challenges encountered by women and girls with disabilities. She highlighted the need for gender-sensitive policies, targeted support systems, and inclusive practices that safeguard their rights and uphold their dignity. She added that art plays a transformative role in bridging divides and creating platforms for often-unheard voices to emerge confidently. Presiding over the event, Prof. Rajni Dhingra, former Dean Research Studies,

emphasized the responsibility of universities in modelling inclusive values and providing equitable opportunities to all learners. She noted that educational institutions must actively champion initiatives that foster belonging and equal participation. A special highlight of the exhibition was the remarkable display of artwork by renowned specially-abled artist Kamalnain Bhan, accompanied by paintings from budding artists with disabilities. Their works showcased exceptional creativity, technical finesse, and powerful visual storytelling that resonated with visitors.

Coordinator of Disability Initiatives, Prof. Sarika Manhas, shared that the exhibition aimed to celebrate talent while encouraging deeper reflection on collective responsibility toward an inclusive academic environment. The programme was attended by faculty members including Dr. Hema Gandotra, Ashwin Kumar Khushwaha, and sign language interpreter Muneer. Conducted by Purvi Verma, the event drew enthusiastic participation from scholars and students, reaffirming the University's commitment to accessible and inclusive growth.

'Dand Fanda' to be performed at Kaal Bhairav Temple on Dec 5



Pandit Rumil Sharma briefing media persons.

■ **STATE TIMES NEWS**
JAMMU: The traditional religious ritual of 'Dand Fanda' will be performed on December 5 at the ancient Kaal Bhairav Temple located in Upper Bazar, Bhairav Nath Chowk, Jammu. This was announced by Pandit Rumil Sharma, the head priest of the temple, during a press conference today. He explained that the ritual is believed to protect devotees from evil forces and negative influences that may cause setbacks or losses in life. The 'Dand Fanda' ceremony will commence at 6:30 PM, and a large turnout of devotees is expected to throng the temple to participate in this spiritually significant tradition. Pandit Sharma added that this ritual is an annual event performed after the observance of Kaal Bhairav Ashtami. He also urged the people of Jammu and surrounding areas to visit the temple regularly to seek the blessings of Kaal Bhairav, as such visits are consid-

ered spiritually beneficial in various aspects of life. He said Bhairav Bhandara-Shri Kaal Bhairav Ashtami-was recently celebrated at Shri Pracheen Kaal Bhairav Mandir in Bhairav Bazar with great religious zeal and devotion. Thousands of devotees from across the region paid obeisance during the event. Extending heartfelt gratitude, Pandit Rumil Sharma thanked the general public, media fraternity, J&K Police, PHE, PDD, JMC, Traffic Police, Fire and Emergency Services, Health Department, and temple sevadars for their dedicated efforts in ensuring the smooth conduct of the bhandara. He also expressed his sincere thanks to the Divisional Commissioner and Deputy Commissioner of Jammu for their cooperation and timely permissions, which contributed significantly to the successful organization of the event.

Nikhil Bharti qualifies Ph.D

■ **STATE TIMES NEWS**
JAMMU: Nikhil Bharti, son of Bodh Raj and Vena Kumari, resident of Sector-1, Lane-4, Chandan Vihar, Muthi, Jammu, presently posted as an Assistant Professor at Govt. Degree College, Basohli, has been declared qualified for the award of Degree of Philosophy (Ph.D) by the University of Jammu. He worked on



the topic, "Differential Polynomial Extensions of Some Normality Criteria" under the supervision of Prof. K. S. Charak.

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		
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		
120 BAHADUR (HINDI)	9:50 AM / 12:25 PM / 3:55 PM / 7:25 PM / 9:40 PM / 10:55 PM	
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	2571747, 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
Panjthirthi		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