

Click with Care: Young Minds at JKPS Kunjwani Decode the Power & Perils of the Internet



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

STATE TIMES NEWS
JAMMU: "The internet is like a sharp knife- used wisely, it serves; mishandled, it harms." With this thought-provoking analogy, Shrishri Batool of Grade V Pearl led a deeply insightful morning assembly on "Good and Bad Use of the Internet" at JK Public School, Kunjwani, alongside her classmates, sensitively unfolding the many dimensions of the digital world before the young audience.

Setting the tone, Maryam eloquently highlighted the constructive face of the internet, describing it as a powerful double-edged sword of modern times. She emphasized how the internet opens doors to global knowledge, bridges continents through instant communication, and simplifies everyday life via online education, digital banking, and seamless access to information-making learning faster, broader, and more inclusive.

Adding further gravitas, Arnav Deepak Baranwal cautioned the gathering against the darker side of unchecked digital usage. He spoke about the alarming spread of misinformation, the menace of cyber-bullying, data theft, and the growing addiction to social media. He also drew attention to excessive screen time leading to physical health concerns and social isolation, urging peers to remain alert and balanced in their online habits. Taking the discourse a notch higher, Amitesh Suri reflected maturely on the responsibility that comes with digital freedom. He remarked that the internet, created by humans to enhance human thinking, must be used judiciously. Highlighting the

positive use of AI tools for creativity, online learning, research, communication, shopping, and even weather forecasting, he reminded everyone that the internet offers countless facilities- only if used with wisdom and purpose. He also thoughtfully pointed out that the internet, as a shared global resource, belongs to no single entity and therefore demands collective responsibility. Presenting the contrasting viewpoint, Ashleen Kour candidly spoke about the adverse effects of excessive internet use. She

warned against eye strain, time wastage through mobile gaming, exposure to inappropriate content, and the creeping laziness caused by addiction. Stressing its impact on studies and academic performance, she urged students to strike a healthy balance between the virtual and real worlds. The assembly was further enriched with powerful quotations shared by students, reinforcing the theme with timeless wisdom: Sargun, citing James Veitch, observed that while the internet gives us access

to everything, it also gives everything access to us. Rudhar reminded everyone that the internet is a good servant but a bad master. Aradhya Pradhan, quoting Caleb Carr, emphasized that information alone does not constitute knowledge. Sanvika, drawing from Bill Gates, described the internet as the future town square of the global village. Lavanya, referencing Milton Friedman, highlighted the internet as a key driver of globalization. Aardhya Sharma reiterated that the internet can be both a ser-

vant and a dangerous master. Samrat, quoting Tim Berners-Lee, beautifully summed up that the web connects not just machines, but people. Addressing the students, the Principal JKPS Kunjwani Rajesh Rathore lauded the thoughtful presentations and the maturity with which such a contemporary issue was handled by the young learners. He remarked that in today's digital age, digital literacy must go hand in hand with digital responsibility. He urged students to become conscious digital

citizens- using the internet to learn, innovate, collaborate, and grow- while remaining vigilant against its misuse. He emphasized that technology should remain a tool for empowerment, not a trap for dependency, and encouraged students to let wisdom, ethics, and self-discipline guide every click and scroll. The assembly served as a timely reminder that while the internet holds immense power to shape minds and futures, its true value lies in how responsibly and purposefully it is used.

12th Varshik Langar organised at Talab Tillo on Mahashivratri



President BJP J&K and MP, Sat Sharma with other serving Bandhara.

STATE TIMES NEWS
JAMMU: Marking the auspicious occasion of Mahashivratri with devotion and community spirit, the Samvedna Society, under the leadership of its Chairman Keshav Chopra, organised its 12th Varshik Langar at Talab Tillo. The religious and social event witnessed enthusiastic participation from devotees and local residents. The programme was formally inaugurated by Sat Sharma (CA), President BJP Jammu & Kashmir and Member of Parliament (Rajya Sabha), who was accompanied by Baldev Singh Billawaria, BJP JKUT

General Secretary, along with several senior leaders and social activists. Speaking on the occasion, Sat Sharma extended warm greetings to the people of Jammu and Kashmir and highlighted that Mahashivratri symbolises the victory of good over evil and inspires individuals to lead a righteous life. He appreciated the continuous efforts of the Samvedna Society and Keshav Chopra for promoting social service and strengthening the spirit of brotherhood through such initiatives. Addressing the gathering, Baldev Singh Billawaria praised the society for successfully

organising the langar for twelve consecutive years. He said that community kitchens and religious gatherings reflect the core values of Indian culture, where service to humanity is regarded as the highest form of devotion. He added that the large turnout of devotees demonstrated strong faith and the effective organisational efforts of the society in fostering harmony and spiritual well-being. Keshav Chopra, while speaking, said that the Samvedna Society has remained committed to celebrating the divine grace of Lord Shiva through this annual langar for over a decade. He

prayed for peace, prosperity, and progress in Jammu and Kashmir and reiterated the society's resolve to continue working for social upliftment and selfless service. The event concluded with the distribution of 'Prasad' among hundreds of devotees who gathered to mark the holy occasion. Among those present were District President Adv Rajesh Gupta, Incharge Police Post Talab Tillo PSI Kulvinder Singh, Ayodhya Gupta, Puneet Mahajan, Jeet Angral, Neelam Nargotra, Brahm Jyot Satti, Naveen Sharma, Jaideep Samyal, Anil Angral, Kushant Daffara, Swati Sharma, Raman Sharma, Anupam Gupta, Pratibha Sharma, Karan Singh, Manav Mahajan, Chakshu Kapoor, Atul Bakshi, Sahil Sharma, Rajinder Tiku, K.L. Sharma, Geeta Sodhi, Rahul Nargotra, Abhishek Sharma, Vikas Kumar, Veena Gupta, Kusum Gupta, Raj Kumar Sharma, Yashpal Shivgotra, Harvinder Singh, Bhupinder Gupta, Manohar Lal, Tarun Uppal, Manik Uppal, Raj Kumar Raji, Jatinder Khajuria, Bablu Chand, Vikas Gupta, Jyoti Parkash, Lovekesh Gondi, Satpal Sharma, Sumit Malhotra, Sandhesh Kumar and several other prominent citizens.

Sukesh Khajuria writes to PM seeking stronger earthquake-resistant infrastructure across India

STATE TIMES NEWS
JAMMU: Senior social and health activist Sukesh C. Khajuria has written to Prime Minister Narendra Modi urging the incorporation of stronger earthquake-resistant housing and infrastructure practices across India in the larger public interest. In his letter, Khajuria highlighted the urgent national need to strengthen seismic safety standards, drawing inspiration from advanced and time-tested practices followed by countries like Japan. He noted that large parts of India, including the Himalayan belt, North-Eastern states, Gujarat and Jammu and Kashmir, lie in active seismic zones, making earthquake-resilient construction a critical priority. While India has established building codes such as IS 1893 and IS 13920, he pointed out that enforcement often remains inconsistent, particularly in private construction and local infra-



structure development. Khajuria appreciated the integration of earthquake-resistant design features in landmark projects like the new Parliament building and the Prime Minister's Office complex in New Delhi, stating that these initiatives demonstrate India's engineering capabilities and commitment to resilient infrastructure. However, he expressed concern that similar standards are not uniformly implemented across the country, leaving several high-risk regions vulnerable. Referring to the flagship Pradhan Mantri Awas

Yojana (PMAY), he said the scheme has the potential to become a global model for sustainable and resilient housing if earthquake-resistant norms, green construction practices and renewable energy solutions are effectively implemented, especially in seismic-prone areas. Citing geological assessments, Khajuria warned that a major earthquake in the coming years could prove devastating if preparedness is inadequate. He stressed that unsafe buildings, rather than earthquakes themselves, cause the greatest loss of life, and called for strict enforcement of safety norms for new construction along with retrofitting of existing structures using modern engineering techniques. Highlighting international best practices, he pointed to Japan's success in minimizing damage through base isolation systems, flexible structural designs, mandatory retrofitting and strong public awareness programmes. He

also referred to the 2001 Bhuj Earthquake, which claimed thousands of lives, noting that unsafe construction practices were a major factor in the devastation and that its lessons must guide future policy. Khajuria further stated that strengthening seismic safety is closely linked to Article 21 of the Constitution, which guarantees the Right to Life with dignity. He suggested stricter enforcement of building norms, periodic seismic audits, technology collaboration with advanced nations, capacity building for engineers and architects, and nationwide awareness programmes on disaster preparedness. Expressing hope for positive action, the veteran activist said that with focused attention on seismic resilience, India can safeguard millions of lives while ensuring sustainable and future-ready urban and rural development.

Amreshwar Temple witnesses devotional fervour on Maha Shivratri

STATE TIMES NEWS
JAMMU: The sacred premises of Amreshwar Temple, Chatha Gujran came alive with devotion and spiritual enthusiasm as devotees gathered in large numbers to celebrate Mahashivratri with reverence and communal harmony. The atmosphere echoed with chants, prayers, and rituals as devotees offered obeisance and partook in the blessed prasad, seeking the divine grace of Lord Shiva. Former SSP Mohan Lal Kaith attended the event as Chief Guest and highlighted the importance of such religious gatherings in spreading messages of brotherhood, peace, and collective prosperity. He appreciated the efforts of the temple management and local community for organising the celebrations with devotion and discipline. Former JMC Councillor Rashpal Bhardwaj extended warm greetings to devotees on the auspicious occasion and prayed that Lord Shiva's blessings bring peace, prosperity, and harmony to every household. R.L. Kaith also conveyed his wishes, urging people to seek divine blessings for a world filled with positivity and spiritual strength. Earlier, the head priest of the temple,



SSP Mohan Lal Kaith and others at Maha Shivratri celebration.

Birendra Kaith, warmly welcomed and honoured the chief guest and other prominent attendees with shawls and chunnis as a mark of respect. He reiterated his commitment to serving the community and strengthening the spiritual bond among devotees. The celebration witnessed the presence of several notable personalities, including Retired TSO Ravechpal Kaith, Subedar Major Bishan Dass Kaith (Retd), Subedar Sodagar Lal Lakhotra (Retd), Sub Inspector G. Bhardwaj (Retd), Former Sarpanch Harjeet Singh, Former Panch

Havildar Baba Ram Kaith, Former Panch Joginder Sargotra, Former Panch Bishan Dass Motan, Ujjagar Singh Bassa, Master Dhani Ram Kaith, Dilay Ram Kaith, Baljeet Kaith, Darshan Lal Motan, Om Parkash Targotra, Darshan Kumar Lakhotra, Darshan Lal Tugga, Puran Chand Lakhotra, Dhian Chand Lakhotra, Subash Lakhotra and Rashpal Sargotra, along with a large number of devotees from the surrounding areas. The event concluded with collective prayers for peace, prosperity, and social harmony, leaving devotees spiritually uplifted and united in faith.

SRCC conducts seminar & interactive session for IAS/JKAS Aspirants

STATE TIMES NEWS
JAMMU: SR College of Competitions (SRCC) organized a free seminar for IAS/JKAS Aspirants on Sunday at its Gandhi Nagar campus. The seminar was conducted by renowned mentor Ankit Bajad (Delhi), who shared valuable insights on exam strategy, preparation techniques, and effective answer-writing approaches for Civil Services examinations. During the session, aspirants were guided on smart preparation methods,

techniques to crack IAS/JKAS, and strategies to handle both Prelims and Mains efficiently. The interactive discussion and live Q&A session allowed students to clarify their doubts and gain practical direction for their preparation journey. The event witnessed enthusiastic participation from a large number of serious aspirants. In addition to the seminar, SR College also conducted an Interactive Session with a Civil Services Qualifier, where candidates received firsthand guidance about interview preparation,

personality development, and handling board questions with confidence. The session proved highly motivating and informative for JKAS 2024 aspirants. The management of SR College emphasized its continued commitment to providing quality guidance and mentorship to Civil Services aspirants in the region. Mock Interview sessions are also available for JKAS Interviews 2024 candidates at SR College of Competitions.

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