

Rise with the Sun, Shine for Life: JKPS Kunjwani Champions the Power of Early Rising



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

STATE TIMES NEWS
JAMMU: "Early rising gives you a head start on success while the world is still dreaming." With this stirring thought, Divyansh Singh of Grade IV Kaveri confidently conducted the morning assembly on the theme "Benefits of Early Rising" at JK Public School, Kunjwani, setting an inspiring tone for

the day. Elaborating on the theme with conviction, Reet shared that the serenity of early mornings sharpens concentration, strengthens memory, and enhances thinking skills. She emphasized that waking up early nurtures discipline and instills the invaluable virtue of time management-qualities essential for lifelong success.

Taking the discussion a notch higher, Ayantika highlighted that early rising is not merely a routine but a powerful life skill. She reflected on how this healthy and positive habit shapes character, builds inner strength, and lays a firm foundation for future achievements. Adding poetic charm to the

assembly, Rohniat recited soulful verses celebrating the calm, clarity, and promise of early mornings-where silence speaks, birds sing, minds awaken, and dreams begin their journey towards reality. The poem beautifully captured how dawn transforms effort into excellence and habits into success. The assembly was further

enriched with profound quotations that echoed the wisdom of great thinkers. Johit quoted Henry David Thoreau, "An early morning walk is a blessing for the whole day." Aadhya cited Benjamin Franklin, "Early to bed and early to rise makes a man healthy, wealthy, and wise." Hasnain shared the mod-

ern mantra by Robin Sharma, "Own your morning, elevate your life." Naksh inspired peers with words attributed to J. K. Rowling, "There are two choices: to sleep and watch dreams, or to wake up and make them true." Ashree concluded with insight from Brian Tracy, "Successful people are simply

those with successful habits- and early rising is one of them." Addressing the students, the Principal JKPS Kunjwani Rajesh Rathore applauded the young presenters for their clarity of thought and confident expression. He remarked that early rising is the silent architect of success-it nur-

tures self-discipline, clarity of purpose, and a proactive mindset. He urged students to embrace the morning as a gift of renewal, reminding them that those who master their mornings eventually master their lives. "When you rise early," he said, "you don't just wake up to a day-you wake up to possibilities."

CLUJ organizes Inter-Collegiate Pencak Silat Tournament

STATE TIMES NEWS
JAMMU: The Cluster University of Jammu (CLUJ) organised the Inter-Collegiate Pencak Silat (Men & Women) Tournament, at GGM Science College, Jammu.



Principal GGM Science College, Dr. (Prof.) Romesh Kumar Gupta with participants and other dignitaries.

The event witnessed enthusiastic participation from various affiliated colleges, reflecting the growing popularity of martial arts and competitive sports among the youth. Dr. (Prof.) Romesh Kumar Gupta, Principal of GGM Science College, graced the occasion as the Chief Guest, while Dr. Vinod Bakshi, Director Physical Education & Sports, Cluster University of Jammu, was the Guest of Honour. Addressing the participants, Dr. Gupta encouraged students to actively participate in games and sports, emphasizing that sports play a vital role in the overall development of a student's personality and contribute significantly to discipline, confidence, and leadership qualities in day-to-day

life. In his address, Dr. Vinod Bakshi congratulated the participating teams for their spirited performances and motivated students to take active part in sports activities to maintain good health and enhance academic performance. He remarked that regular participation in sports not only strengthens physical fitness but also builds mental resilience and teamwork skills. He further stated that the Vice-Chancellor and the Dean Students Welfare of the Cluster University of Jammu are keenly committed to the

development and promotion of sports activities across all constituent colleges and Schools, ensuring better facilities, training opportunities, and competitive exposure for students. Dr. Bakshi appreciated the organizing committee for conducting the tournament smoothly and highlighted that such events provide a strong platform for nurturing talent at the grassroots level. In the Men's Section, GGM Science College secured the first position with 35 points, while Govt. SPMR College secured the second position

with 30 points. The gold medalists in the Men's categories were Amanjot (45 Kg), Vedant (45-50 Kg), Dikshant (50-55 Kg), Sahid (55-60 Kg), Daksh (60-65 Kg), Manik (65-70 Kg), Abhimanou (70-75 Kg), Navjot (75-80 Kg), Vasu Dev (80-85 Kg), Ayan (85-90 Kg), Majid (90-95 Kg), and Imran (95-110 Kg). In the Women's Section, GCW Gandhi Nagar clinched the 1st position with 15 points, while Govt. SPMR College secured 2nd position with 10

points. The gold medalists in the Women's categories were Priya Devi (45 Kg), Anshika Gupta (45-50 Kg), TannuBadyal (50-55 Kg), Neelakshi (55-60 Kg), Akriti Sharma (60-65 Kg), and JiyaChoudhary (80-85 Kg). The officiating personnel for the event included KomalDhiman, Karan Chopra, Kamaljeet Bogal, and Robain. KajalPremi, Physical Director; GCW Gandhi Nagar; Ravi Kumar, Physical Director; SPMR College of Commerce; and Prof. Devinder Sharma, Incharge Physical Director; GGM Science College, were also present during the event and appreciated the commendable performances of the participants. Prof. Devinder Sharma made all the necessary arrangements for the tournament, due to which it was possible to conduct the event smoothly and successfully.

Andhra Veterans clinch 3rd Legend Masters T20 C'ship; J&K veterans finish runners-up



Participating teams members posing with dignitaries after receiving trophies.

STATE TIMES NEWS
JAMMU: Andhra Veterans lifted the trophy of the 3rd edition of the Legend Masters T20 Cricket Championship. The host side put up a spirited performance but had to settle for the runners-up title. The glittering trophy ceremony was graced by Chief Guest Manik Batra, Chairman ASSOCHAM J&K. The trophies were presented in the presence of distinguished guests including Rajat

Randhawa, Spokesperson PDP; Vikrant Dogra, Chairman UAMMCL; Rajinder Jamwal, noted Sports Promoter; Aman Cheema, Senior Leader NC Youth; and Vivek Suri, General Secretary of the Veteran Cricket Association J&K. The championship was organized by the Veteran Cricket Association J&K in collaboration with the Excise Department J&K and Shree Toyota.

Manik Batra lauded the Veteran Cricket Association J&K for successfully organizing a high-quality inter-state championship. He appreciated the spirit of veteran cricketers and emphasized that such tournaments strengthen sports culture and healthy networking in the region. Rajat Randhawa, Spokesperson PDP, congratulated the organizers for providing a vibrant platform to veteran players and said that sports act as a bridge of unity and positivity in society.

IIM Jammu initiates five-day EDP to nurture young innovators



STATE TIMES NEWS
JAMMU: The Indian Institute of Management Jammu, under the aegis of the Office of the Development Commissioner MSME, Government of India, inaugurated a five-day Entrepreneurship Development Programme (EDP)/Management Development Programme (MDP) titled Nurturing Young Entrepreneurs at Government Maulana Azad Memorial College. The college serves as the designated nodal institution for the IIC Hub of Cluster University of Jammu. The programme, being conducted from February 23 to 27, 2026, is organised under the Entrepreneurship and Skill Development Programme (ESDP) scheme and is fully funded by the Office of the DC-MSME. It aims to enhance entrepreneurial competencies, promote innovation-driven thinking, and build managerial capabilities among aspiring and early-stage entrepreneurs, in alignment with the national MSME development agenda. The inaugural ceremony was graced by Ankur Mahajan, Registrar, Cluster University of Jammu, who formally launched the programme. In her address, she underscored the transformative role of the MSME sector in India's economic growth and highlighted the importance of structured capacity-building initiatives support-

ed by the DC-MSME in nurturing youth-led enterprises. She appreciated the collaborative efforts of IIM Jammu and the Ministry of MSME in equipping students with practical entrepreneurial skills aligned with national priorities. Prof. Archana Koul, Principal of Government M.A.M. College, welcomed the dignitaries and participants. She emphasized the value of institutional partnerships with national bodies such as the Office of the DC-MSME in strengthening the regional startup ecosystem and expressed gratitude to IIM Jammu and the Ministry of MSME for facilitating the programme. The initiative has drawn participation from students and Institution's Innovation Council (IIC) representatives of constituent colleges of Cluster University Jammu, including Government Gandhi Memorial Science College, S.P.M.R College of Commerce, Government College for Women Gandhi Nagar, Government College of Education Canal Road, and the School of Social Sciences. Over five days, expert-led sessions will cover idea generation and validation, technology-driven innovation, startup finance, business pitch evaluation, growth strategies, and personal branding.

They jointly cut the birthday cake. The President, Kuldeep Khoda presented them red roses as a symbol of love, respect and admiration. Those felicitated include Dr. Sudarshan Kumar, B.B

CGPWA celebrates Birthday of its veterans

STATE TIMES NEWS
JAMMU: The Central Govt Pensioners' Welfare Association (CGPWA), Jammu at its today's meeting, felicitated seven veterans born in the month of February. They jointly cut the birthday cake. The President, Kuldeep Khoda presented them red roses as a symbol of love, respect and admiration. Those felicitated include Dr. Sudarshan Kumar, B.B



Magotra, A.M Watali, Ashok Gupta, M.L Sharma, Rajesh Kumar and Angechok Tsering.

The CGPWA has introduced this noble system to celebrate birthdays of its members. Education, Commerce, and English, drawn from the constituent colleges and PG schools of CLUJ, are enrolled in this certified programme as peace facilitators for their respective institutions. The inaugural session commenced with a welcome address by Dr. Shabila Wani, HOD Psychology and Coordinator of

the FDP, who highlighted the central theme, "Peace is not something we wish for; it is something we create." The dignitaries present included Prof. (Dr) Twinkle Suri, Dean Academic Affairs, CLUJ, Dr. Kulvinder Kour, Principal, GCW Gandhi Nagar; senior faculty members of the college; and Poonam Sherawat, Resource Person

and Facilitator, along with her team from The PremRawat Foundation (USA). Addressing the academia, Prof. (Dr)/Twinkle Suri exhorted that peace in education begins from within the educator. She observed that when teachers cultivate inner calm, emotional balance, and reflective awareness, classrooms naturally transform into spaces of learning, healing, and human connection. She emphasized that peace education is not an add-on but the very soul of meaningful higher education, and envisioned it through the lens of the Five Rs-Reflection, Reconnection, Renewal, Rekindling, and Rediscovery. Dr. Kulvinder Kour lauded the initiative and reiterated the institution's commitment to

promoting peace education and faculty well-being. She assured unyielding support for the successful completion of the programme. The FDP sessions are being conducted by Poonam Sherawat, Facilitator and Resource Person of the programme, through engaging and interactive modules focusing on practical strategies for cultivating inner peace as a foundation for collective and global peace. The key themes include self-awareness, emotional management, understanding personal strengths, clarity of thought, appreciation, hope, gratitude, and effective techniques for managing stress and everyday challenges. The proceedings of the inaugural session were conducted by Asst Prof. Suman Bala.

Integrating Peace into Pedagogy: CLUJ launches five-day FDP on Peace Education



Dignitaries lighting ceremonial lamp during a programme.

STATE TIMES NEWS
JAMMU: To mark a significant step towards integrating peace education and mental well-being practices in Higher Education Institutions, the Office of the Dean Academic Affairs, Cluster University of Jammu (CLUJ), in collaboration with The PremRawat Foundation (USA), successfully inaugurated a five-day Faculty Development Programme (FDP) on Peace Education at PSPS Government College for Women, Gandhi Nagar, on Monday. The programme was organized under the guidance of Prof. Dr. K. S. Chandrasekar, Vice-Chancellor, CLUJ. A total of 40 faculty members from the departments of Psychology, Sociology,