

# Choose people over pixels, conversations over notifications & strolling over scrolling: Principal JKPS Kunjwani



Principal, J K Public School Kunjwani Rajesh Rathore and students addressing morning assembly on Wednesday.

**STATE TIMES NEWS**  
JAMMU: "Addition is the problem of our age and smart phones are the ultimate enablers". With this opening statement, Sanah Ali of Grade XII Humanities alongside her classmates conducted the morning assembly on the topic "Impacts of Screens on our mental health" at JKPS Kunjwani.

Whetting the appetite of the audience, Sachleen stated, "Screens are everywhere; in our pocket, on our desks, in our living rooms. Whether it's smart phones, computers or televisions, we rely on them for work, school, entertainment and socializing. But, when our screen time increases, so do concerns about its effects on our mental well-being".

Adding more substance to the transaction on the stage, Vaani added, "Studies have shown that excessive screen time, especially on social media, is linked to increased feelings of anxiety, depression and loneliness. When we constantly compare ourselves to the seemingly perfect lives we see online, it can damage our self-esteem and make us feel inadequate. The fear of missing out also known as FOMO can keep us glued to our screens, even when it makes us feel worse".

Making it further impactful Saloni pitched in by saying, "In young people, the effects can be even more serious. Teens who spend too much time on screens may struggle with sleep, experience low moods, and face difficulties in forming real-time relationships. Social media platforms are designed to be addictive, and endless scrolling can make it hard to focus or enjoy offline activities. But, it's not all bad. When used mindfully, screens can support mental health. Virtual therapy sessions, mental health apps and online support groups can offer help and connection. The key is balance".

"We need to set boundaries for healthy screen use. That could mean limiting non-essential screen time, taking breaks every hour, turning off notifications or creating tech-free zones like the dinner table or the bedroom. In conclusion, screen time isn't the enemy, but how we use it matters. By being more intentional about our screen habits, we can protect our mental health and create a healthier more balanced life", added Sanah Ali.

Under the segment "Quotations", Pakhi Roy quoted her self-created quotation, "The mind needs rest to thrive, but constant whirring of screens keep it in motion, blurring the line between connection and exhaustion". Anam-ul-haq referred to Cal Newport,

# CM launches 'e-SeHAT' app to revolutionise J&K's healthcare sector

**STATE TIMES NEWS**  
JAMMU: Chief Minister Omar Abdullah on Wednesday launched the e-SEHAT App, a comprehensive and user-centric digital platform aimed at transforming healthcare access and delivery across Jammu & Kashmir. Designed to benefit citizens, doctors, and medical professionals, the app marks a significant leap in the region's e-health infrastructure. Congratulating the team behind the initiative, the Chief Minister emphasized enhancing the app's user-friendliness and proposed the integration of appointment systems of empanelled private healthcare institutions. He also directed authorities to organize hands-on training workshops for staff, ensuring effective implementation. Once trained, awareness campaigns will be launched to educate the public on the app's features and benefits. To ensure consistent progress, the CM instructed that the app's implementation be reviewed regularly—weekly by the Secretary of Health & Medical Education, monthly by the Chief Secretary, and quarterly by the Minister In-



Chief Minister Omar Abdullah launching e-SEHAT App.

charge. The launch event was attended by key dignitaries, including Minister for Health & Medical Education Sakeena Itoo, Chief Secretary Atal Dulloo, Additional Chief Secretary to CM Dheeraj Gupta, Secretary H&ME CGHS, ECHS, and modules for CPR, BLS, and skill enhancement workshops. The app aims to bridge gaps between patients, providers, and insurers, promoting collaborative, accessible, and tech-driven healthcare in J&K.

# Dogra Sadar Sabha organises Duggar Mela-2025

**STATE TIMES NEWS**  
JAMMU: In a commendable cultural revival, Dogra Sadar Sabha (DSS) organized the much-anticipated Duggar Mela-2025 at Sabha Bhawan, Dogra Hall, Jammu, marking a powerful return of the original Jammu Festival which was first launched on 14 April 1994. The initiative, earlier taken up by DSS and later adopted by the J&K Government, had lost its cultural essence over the years. However, the Duggar Mela-2025 successfully restored the event's core objective—promoting Dogra art, music, culture, and local talent.



Dogra Sadar Sabha members lighting ceremonial lamp.

The event was held in collaboration with the J&K Academy of Art, Culture and Languages. Yudhvir Sethi, MLA Jammu East, graced the occasion as the Chief Guest, while Th. Gulchain Singh Charak, President DSS and former minister, presided

over the function. The event began with the traditional lighting of the lamp, followed by a warm welcome and event overview by Gambhir Dev Singh, In-charge of the DSS Youth Wing.

The cultural celebration began with a song celebrating Dogra valour by students of Rich Harvest School, setting an energetic tone. This was followed by a soul-stirring Dogri instrumental performance by Rakesh Anand. Renowned artists Bashir Mastana and Mohinder Soni captivated the audience with Gojri, Pahari, and Punjabi Sufi music. Asha Kesar, a prominent Dogri folk singer, enthralled the crowd with her

Bhaakh, accompanied by musicians Rakesh Anand (flute), Vijay Anand (Dholak), Joginder Pal (tabla), Krishan Kumar Jantoy (synth), and Rohit (Santoor). The venue exuded Dogra vibrance with traditional decorations, showcasing Dogra crafts, Basohli paintings, and agricultural-themed folk art "Rutt Rahe," crafted by students and DSS collaborators. Informative blow-ups highlighted Dogra warriors and heritage, drawing immense interest.

Dr Arvinder Singh Amn coordinated the cultural lineup, while Th. Gulchain Singh Charak highlighted DSS's 121-year-old legacy and its mission in his speech. MLA Yudhvir Sethi lauded DSS for fostering regional harmony and assured support for its social and cultural endeavours, including the renovation of the Sabha Bhawan.

Dr Naseeb Singh Manhas conducted the proceedings, and Col Karan Singh delivered the vote of thanks. The event saw the presence of numerous distinguished citizens and concluded with a delightful traditional Dogri Taam, relished by all attendees.

Duggar Mela-2025 successfully rekindled the spirit of Dogra culture, promising a vibrant future for local heritage. The eminent citizens of Jammu were present including Sanjeev Rana, Additional Secretary, J&K Academy of Art, Culture and Languages, Adv H C Jalmeria Gen Secy, G A Khwaja, Neeraj Anand, Padmashree SP Verma, Maj Gen G S Janwal, Lt Gen Rakesh Sharma, Maj Gen Sumita Kapoor, Uma Katal, Col Virendra K Sahi VrC, Brig V.S Dhiman, Amanat Ali Shah, Narinder Singh Janwal, Samar Dev Singh, Adv Shakeel Ahmad Shakeel, S Balwinder Singh, Janak Khajuria, JS Babli, Jagdeep, Sukhdev Singh, Dr Raghbir, Khajur Singh, Madan Bhagat, Chhankar Singh and others in large number.

# DLSA Jammu conducts meeting regarding 2nd Under Trial Review Committee 2025



Chairman DLSA Jammu, Y.P Bournay chairing a meeting.

**STATE TIMES NEWS**  
JAMMU: District Legal Services Authority (DLSA) Jammu, under the guidance of Y.P. Bournay, Chairman DLSA Jammu, Principal District and Sessions Judge (PDJ) Jammu, and the supervision of Smriti Sharma, Sub Judge/Secretary DLSA Jammu, on Wednesday conducted a meeting regarding 2nd Under Trial Review Committee, 2025.

The meeting held in the office Chamber of Pr. Distt. & Sessions Judge Jammu, was aimed at reviewing cases of Under Trial prisoners to expedite the release of eligi-

ble candidates who have undergone a lengthy waiting period without trial. The meeting was chaired by Y.P Bournay, Chairman District Legal Services Authority (Pr. District and Sessions Judge) Jammu and was attended by Anshya Janwal, Additional District Commissioner (Adm), Jammu, Joginder Singh, Senior Superintendent of Police Jammu, Smriti Sharma, Secretary DLSA Jammu, Veerinder Kumar Bhat, Superintendent of Central Jail Kot Bhalwal Jammu, Dharminder Katoch, Superintendent of District Jail Amphalla

Jammu and Anil Sharma, Chief Legal Aid Defense Counsel Jammu. During the meeting, the committee reviewed cases based on guidelines from the Supreme Court and NALSA SOPs, focusing on prisoners with no proper representation or those who have spent substantial time behind bars. The committee recommended the release of eligible prisoners, ensuring that the benefits of legal provisions reached to the intended beneficiaries especially prisoners. The meeting also discussed action taken, such as conducting regular meetings to track progress, maintaining a consolidated data sheet to monitor prisoner cases, and preparing quarterly reports. The meeting concluded with appreciation expressed by Chairman District Legal Services Authority (Pr. Distt. & Sessions Judge) Jammu to all the stakeholders for their proactive participation in addressing the concerns related to under trial prisoners.

# Joint Churches Fellowship Jammu organizes procession for Good Friday, Easter



Jammu and Kashmir Joint Churches Fellowship taking out procession in Jammu.

**STATE TIMES NEWS**  
JAMMU: In a moving display of faith and devotion, the Jammu and Kashmir Joint Churches Fellowship (JKJCF) organized a grand procession to commemorate the solemn occasion of Good Friday and the joyful celebration of Easter Sunday. The event drew participation from various churches across Jammu city and neighboring areas, uniting the Christian community in reverence and celebration.

Good Friday, observed on April 18, 2025, marks the crucifixion of Jesus Christ, who sacrificed himself on the cross for the redemption of mankind. Easter Sunday, to be celebrated on April 20, 2025, symbolizes the resurrection of Christ, bringing a message of hope, life, and victory over death.

The procession featured decorated trollies portraying scenes from the Crucifixion and Resurrection of Jesus Christ. A major highlight was the live depiction of Jesus carrying the cross, enduring pain and mockery at the hands of Roman soldiers.

These scenes left a deep impact on the onlookers, many of whom were visibly moved by the emotional reenactments. Choirs from various churches sang hymns and spiritual songs narrating the life, sacrifice, and resurrection of Jesus, filling the air with a sacred and reflective atmosphere. The community came together in prayer, song, and solidarity, attracting the admiration of local residents and passersby. The event received a warm welcome from market associations and members of the general public, many of whom arranged refreshments for the participants along the procession route. Their support added to the communal harmony and peaceful message of the occasion. The procession was