

# JKPS Kunjwani hosts Transformative Workshop on 'Becoming an Effective Teacher'



Glimpses of Transformative Workshop on 'Becoming an Effective Teacher' at JK Public School Kunjwani.

**STATE TIMES NEWS**  
JAMMU: JK Public School, Kunjwani, in collaboration with Prachi India Private Limited, organized a thought-provoking and impactful one-day workshop on "How to Become an Effective Teacher - The Art of Building Classroom Culture and Rapport".

The session commenced with a warm welcome and introduction by Tina Narula, setting a cordial tone for the day. Harish Raina, Sr. Regional Manager Prachi India Pvt Ltd in his opening address, provided a contextual overview, underscoring the relevance of such reflective platforms in today's dynamic educational environment.

The dignitaries present on the occasion were Shashi Chaudhary, the Director JK Educational Society; Principal JKPS Kunjwani Rajesh Rathore; Vice Principal Roopinder Kour; Academic Coordinator Parvinder Kaur and Primary

Wing Coordinator Anju Raj and 'Toddlers' Word Coordinator Shivangani Pandotra. The workshop was led by the esteemed educationist and trainer, Seema Abrol, whose passion, insight, and engaging delivery captivated the audience. In her opening remarks, Abrol extended sincere gratitude to the school management and posed a soul-searching question to all educators present: "Are you a teacher by choice or by chance?"

Her compelling analogy- "Just like diamonds, teachers shine through polish and pressure"-resonated deeply, establishing the thematic core of the session. Throughout the workshop, Abrol explored vital aspects of effective teaching such as understanding students' emotional landscapes, recognizing behavioral cues, and fostering genuine rapport. She emphasized the power of empathy, active listening, and emotional intelligence in transforming classroom dynamics.

The distinction between being a friendly teacher and maintaining professional boundaries was thoughtfully addressed, along with the need to create an environment where students feel safe to ask imaginative and unconventional questions. Illustrating her points with heartfelt anecdotes, Abrol narrated the story of a reticent child whose life trajectory was altered by a teacher's compassion-underscoring that a teacher's impact extends far beyond textbooks. She highlighted that building rapport is not a technique but a mindset manifested through body language, tone, and non-verbal cues.

A key highlight of the session was the introduction of the REACH framework: R - Relationships, E - Environment, A - Accountability, C - Consistency, and H - Humour & Humanity. She reiterated, "How we teach often matters more than what we teach," encouraging teachers to facilitate brainstorming, foster curiosity, and nurture emotionally safe learning spaces. In his concluding remarks, Principal JKPS Kunjwani Rajesh Rathore lauded the central message of the workshop. He emphasized the intrinsic connection between a child's emotional well-being

and academic performance, stating, "The bond between a teacher and student surpasses curriculum. Every child entrusted to us is a sacred responsibility." He urged teachers to practice empathy, compassion, and understanding, quoting, "The way we wish to be treated, we must treat others the same." The session culminated with a heartfelt vote of thanks by the Principal, who expressed deep appreciation for Abrol's profound inputs, gracious presence of Harish Raina, Sr. Regional Manager & Anshuman Arora, Sr. Area Sales Manager, Prachi India Pvt Ltd and acknowledged the support of the school management for fostering a culture of continuous learning. Educators from across departments participated with great enthusiasm, engaging in reflective dialogue and sharing actionable insights. JK Public School, Kunjwani remains committed to nurturing a progressive learning ecosystem by investing in capacity-building programmes that empower educators and enrich the overall school culture.

## Shakti Udghosh Foundation unveils Jerseys for 'Shakti Yatra: Wheels of Valour-Ride with Pride 2.0'

**STATE TIMES NEWS**  
JAMMU: In a defining step towards women empowerment and national unity, the Shakti Udghosh Foundation on Wednesday unveiled the official jerseys for 'Shakti Yatra: Wheels of Valour - Ride with Pride 2.0', India's most ambitious all-women motorbike expedition. Held in Jammu, the press conference brought together a powerful assembly of dignitaries, social leaders, and bikers to mark the launch of this iconic journey.



Dignitaries releasing poster during a press conference at Jammu.

The event was graced by prominent personalities including Sham Lal Sharma (MLA Jammu North), Mohan Lal Bhagat (MLA Akhnoor), and Shiv Kumar Sharma (DIG JKS Range). Also present were biking legend Jugraj Singh Ryan, Founder of the Biker Brotherhood Motorcycle Club, and the force behind the movement, Preeti Choudhary, Convenor of Shakti Udghosh Foundation. The highlight of the event

was the unveiling of the jerseys that will be worn by 26 courageous women bikers from across India, set to ride 2,000 kilometers from Jammu to Rezang La. The expedition is more than a ride-it is a national tribute titled "Operation Sindoor", dedicated to the blood and sacrifices of India's brave martyrs, especially those who gave their lives in the harshest terrains of Ladakh. Affiliated with the "My Bharat Padyatra" under the Ministry of Youth Affairs and

Sports, this expedition embodies transformation through motion-igniting nationalism, strengthening unity, and empowering women from every corner of India. Since 2016, Shakti Udghosh Foundation has carried the flame of remembrance and courage, and this year's edition scales new altitudes both geographically and symbolically. The women will ride through treacherous mountain passes, emotionally resonant war

memorials, and border posts-each kilometer a tribute, each rev a salute to the nation. Riders from leading women's biking clubs including Let's Ryde (Delhi), Bikerni Group (Indore), and independent riders from states across India will take part. Notable participants include Shivani Pawar, Aarti Malhotra, Isha Bali, Anjali Sharma, and Nishi Singhal, who stood shoulder-to-shoulder at the event, exemplifying courage and unity. Speaking at the ceremony, Preeti Choudhary declared, "This is the roar of the Indian woman echoing from Jammu to Rezang La. This is not just a journey on wheels-it's a ride into the heart of Bharat. Every kilometer is a tribute, every engine rev a salute, and every rider a symbol of what India's Nari Shakti truly represents."

## Students of Centre for Molecular Biology, CUJ Qualify for prestigious DBT-JRF Fellowship

**STATE TIMES NEWS**  
JAMMU: The Central University of Jammu (CUJ) announced that two students of the M.Sc. Biotechnology programme (Session 2023-2025) from the Centre for Molecular Biology Siya Sharma and Ankita Sharma have qualified for the prestigious DBT-Junior Research Fellowship (DBT-JRF), awarded by the Department of Biotechnology, Government of India.

Both students cleared the Biotechnology Eligibility Test (BET-2025), a national-level competitive examination conducted for awarding fellowships in the field of life sciences and biotechnology. Prof. Sanjeev Jain, Vice Chancellor, CUJ congratulated the students on their commendable achievement and extended his best wishes for their future academic and research endeavors. He also appreciated the efforts of Dr. Narendra K. Bairwa, Associate Professor



and Director of the Centre for Molecular Biology, along with the dedicated faculty and staff of the Centre, for their commitment to high-quality teaching, learning, and research training. The Centre for Molecular Biology at CUJ is committed to providing quality education and research opportunities at undergraduate, postgraduate, and doctoral levels.

## Release of 'The Pedagogical Journey' at JU opens discourse on classroom pedagogy, teacher training



JU faculty with CESI member releasing a book.

**STATE TIMES NEWS**  
JAMMU: As part of a transformative academic initiative, the Comparative Education Society of India (CESI), RIG-13 (Comparative Education), in collaboration with the University of Jammu (JU), organized a detailed discussion around the book "The Pedagogical Journey" authored by renowned educationists Prof. Shakuntala Nagpal and Dr. Dinesh Kumar. The book offers valuable perspectives for educators, academicians, and policymakers, exploring key themes like teaching-learning paradigms, professional experience, and quality enhancement in education. The event commenced with a soulful invocation by

Senorita, a student of the P.G. Department of Education, followed by the ceremonial lighting of the lamp by Sheetu Meenia and Anjali Sharma. Kajal Kalsi, Co-Convenor (CESI, RIG-13) and faculty member, Department of Sociology, University of Jammu, welcomed the dignitaries and participants. Prof. Shakuntala Nagpal provided an in-depth presentation on the book, highlighting real classroom experiences and challenges. She emphasized the shift from content delivery to pedagogy and discussed core themes such as Superhuman Intelligence, Pedagogical Content Knowledge, and the theory-practice gap in teaching. Prof. Anju Bhasin, Dean

Academic Affairs, University of Jammu, attended as Chief Guest and praised the book as a timely contribution aligned with the National Education Policy (NEP) 2020. She applauded its empirical foundation and relevance to contemporary educational reforms. The book is structured in four parts: teachers in schools, paradigm shifts in instructional methods, professional experience programs, and future pathways for quality enhancement. To deepen engagement, participants were divided into groups to deliberate on each section of the book. Their discussions revolved around practical solutions and suggestions for classroom improvement. Dr. Nagpal responded to queries and enriched the dialogue with her expert insights. Prof. (Dr.) Renu Nanda, Convenor CESI (RIG-13) and Dean, Faculty of Education, delivered the formal vote of thanks. She acknowledged the book as a catalyst for initiating future workshops and academic interventions focused on elevating teaching practices. The event was anchored by Aditi Sharma, a student of the P.G. Department of Education, University of Jammu.

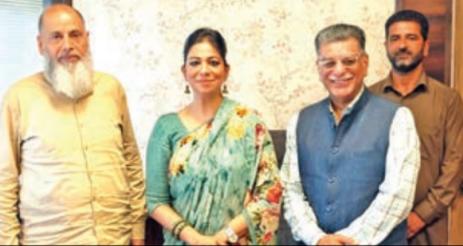
## Cricketer Jonty Rhodes awards MVIS for sports excellence

**STATE TIMES NEWS**  
SAMBHA: In a moment of immense pride and celebration, MV International School (MVIS) has been honoured with the prestigious award "Excellence in Sports in District Samba" for the best sports infrastructure and facilities by none other than South African cricketing icon Jonty Rhodes. The award was received by school Director Gourav Abrol at a grand ceremony organised by 'Icons of Leadership & Excellence Awards 2025' held at New Delhi. The award recognises MV International School's outstanding commitment to fostering athletic talent through top class sports infrastructure, including advanced training facilities, selections of students at state and national level sports championships and a holistic



approach to physical education. Addressing the audience, the legendary cricketer said, "It's inspiring to see an institution like MV International School from District Samba in Jammu Kashmir is investing in the future of Indian sports by creating an environment where young athletes can truly thrive. Such infrastructure plays a critical role in developing future champions." School Director expressed heartfelt gratitude on receiving the honour. He shared that, this award is a testament to our vision of integrating academic excellence with athletic distinction. This is the 17th Award that has been won by MV International School that cements its position as a frontrunner in providing top-tier facilities for academics and co-curricular activities that empower students to excel in life.

## J&K Dragon Boat Association calls on Yasha Mudgal



J&K Dragon Boat Association members calling on Yasha Mudgal, Commissioner/Secretary, YSS Department.

**STATE TIMES NEWS**  
SRINAGAR: The J&K Dragon Boat Association on Wednesday called on Yasha Mudgal, on her assumption of charge as the Commissioner/Secretary, Youth Services and Sports Department. The Association was represented by M.S. Punoo, IPS Retd, President of the Association; Er. Aamir Ali, Former Director Disaster Management and Vice President of the

Association; Shabir Ahmed, Working Secretary; Zain Ul Aabidin, Player, who has represented India four times; Zahoor Ahmed Latto, Player, who has won Gold Medals at the international level; and Farooq Ahmed Bhat, who has coached Team India. The members of the J&K Dragon Boat Association wholeheartedly welcomed the Commissioner and extended their full support to the Youth Services and Sports Department.

## Van Mahotsav celebrated at BSF School Jammu with enthusiasm

**STATE TIMES NEWS**  
JAMMU: BSF School Jammu celebrated Van Mahotsav with great fervor under the banner of its Eco Club, turning the school campus into a hub of green activity and environmental awareness. The event was inaugurated by Principal Dr. S.K. Shukla, who planted a sapling as a symbolic gesture of commitment to a greener and healthier planet. Addressing the students and staff, Dr. Shukla emphasized the urgent need to adopt sustainable practices and take responsibility for nature. "Planting a tree is an act of hope and duty. It connects us to life," he said. He proposed declaring the school campus a polythene-free zone for the ongoing academic year, calling upon the school community to actively support this eco-friendly step.



BSF School Jammu Principal Dr. S.K. Shukla planting a sapling.

The central focus of the celebration was a mass plantation drive involving stu-

dents from classes VI to XII. Guided by their teachers, each class planted saplings of native species across the school campus. Following the plantation, all students took a meaningful oath: "We pledge to protect this tree, to care for it as our responsibility, and to guard it like our own." The event served not just as a ceremonial occasion, but also as an educational

experience. Teachers and environmental volunteers engaged with students, explaining the importance of trees, biodiversity, and climate action. BSF School Jammu, through this initiative, reaffirmed its commitment to cultivating environmentally conscious citizens. The saplings planted are not just trees-but living lessons in responsibility and care for the planet.