

# From Hurt to Healing: Say No to Bullying & Yes to Empathy

■ STATE TIMES NEWS

JAMMU: "We are living in a world where kindness is needed more than ever; where our words and action matter. When we choose to lift someone up instead of putting them down, we are choosing to make world a better place". With this impactful opening statement, Mehar of Grade IX B conducted the morning assembly along with her batchmates on the topic "Say No to bullying and Yes to change of mind" at JK Public School, Kunjwani.

The baton was taken further by Tajveer Singh, who enthralled the audience with his brilliant oration. He said, "As someone said, people will forget what you said, people will forget what you did, but they will never forget how you made them feel. We often think bullying is only about hitting or shouting at someone, but bullying isn't always loud and obvious sometimes. It may be a loathsome nickname, a scornful smile, silent looks or meaningless giggling etc".

"It may seem small but even the smallest things can matter a lot to a person receiving all these things. Nowadays, a person being bullied doesn't react and being bullied suffering silently as long as he can. And, at the



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

time when he could not take it anymore they just had to let it all go by taking the most drastic step which is taking their own life", he added.

More substance was added to the transaction by Harasees, "It is a strong

emotional or physical infliction which has a lifetime effect on a person. Sometimes bullying reaches such a stage that physical abuse is also observed. In such cases rather than giving a cold shoulder we should raise voice against bullying.

Instead of thinking that it would bring us to the wrong side of fame, choose what is right and not what is easy", added Aditya.

"The Government of India has enacted Prohibition of Ragging Act 2011 to prohibit and eradicate ragging in

educational institutions in India, and AICTE & MIC Regulation to address bullying within its various domains", she summed up.

Prapti recited an extremely poignant poem titled "The Silent Struggle", which portrayed its somber form in

simple words:

"He was teased and hurt, By age-mates, cruel and alike.

"What's so bad?" they scoffed-

Ignoring the emotional strike".

"They said, 'It's just

words,"

Unaware of the wounds they spawn-

Of forgetting one's truest self,

Of a gift now withdrawn".

"And yet, they turned a deaf ear,

To a storm too fierce, too

long.

By the time a hand reached out-

He had already gone".

Under the segment Quotations, Aditya quoted Jeffrey Benjamin, "You will never reach higher ground, if you are pushing others down". Aarav referred to Albert Einstein, "The world is a dangerous place to live in; not because of the people who are evil, but because of those who don't do anything about it". Akhilesh quoted John Max Green, "Bullying is not reflection of the victim's character, but rather the sign of the bully's lack of character".

Appreciating the presenters of the morning assembly, Principal JKPS Kunjwani Rajesh Rathore stated, "Bullying, in any form - be it physical, verbal, or emotional- is a reflection of unresolved anger and misplaced power. It does not make one stronger; instead, it weakens the spirit of unity and scars the soul of friendship".

"Each one of us deserves to feel safe, respected, and valued within the school walls. So from today onwards, let's take a pledge for creating a positive ambience around from Hurt to Healing Say No to bullying and Yes to empathy", he concluded.

## Special Olympics Bharat JKUT contingent flagged off for National BOCCE Championship

■ STATE TIMES NEWS

JAMMU: The contingent of Special Olympics Bharat Jammu and Kashmir Union Territory (SOB JKUT) was flagged off by Shiv Kumar Sharma, Deputy Inspector General (DIG) of Jammu and Kashmir Police, for participation in the National Championship of BOCCE.

The event, specially designed for persons with Intellectual Disabilities, is being hosted by the Special Olympics Bharat Chhattisgarh Chapter at Atal Bihari Vajpayee Vishwavidyalaya, Bilaspur, Chhattisgarh.

During the flagging-off ceremony, Shiv Kumar Sharma extended blessings to the athletes, urging them to strive for gold and bring honour to Jammu and Kashmir and the nation.

He commended Dr. Ashwani Jojra, Founding President and Area Director, SOB JKUT, for his two-



DIG, Shiv Kumar Sharma with other dignitaries and contingent of SOB JKUT.

decade-long selfless service in bringing the Special Olympics movement to JKUT and Ladakh UT since 2007. The DIG lauded the initiative as a noble mission that has offered countless opportunities to persons with intellectual disabilities to showcase their talents through sports.

In his keynote address, Dr. Ashwani Jojra described the Special Olympics Bharat mission as a divine blessing, helping athletes turn dreams into reality and live with dig-

nity.

He emphasized the leadership of Dr. Malika Nadda, National President, and Dr. D.G. Choudhary, National General Secretary, and urged society at large to support and expand the mission to the remotest corners of the nation.

The contingent includes Sunny Nanda (Additional Director & Senior Coach), Rashpal (Coach), and athletes Raghudeep Singh, Rakesh Kumar Choudhary, Krish Mehra, Anand

Bhagat, and Sahil Kaith. Their participation is being managed under the expert guidance of Sahil Badyal, Program Manager SOB JKUT.

The event was graced by several dignitaries, including Irshad Rather (SP Headquarters), who became emotional while interacting with the special athletes and their families. Tariq Sheikh (DSP DAR, DPL) oversaw the event management.

Other prominent guests included Jagdev Singh

Prabu, Pooja Malhotra (Sr. Vice President, SAHYOG INDIA), and Executive Committee Members and Advisors such as Dr. Ajay Kumar (Audiologist), Tanveer Hussain (CEO), Ish Mahajan (Financial Advisor), Gourav Bhasin (Promotional Head), Jagbir Singh, Sudershan Singh Chib, Mona Abrol, Kritika Sharma, Vimal Manchanda, Rajeev Tomar, Dr. Avneet Singh Soodan (Dentist), Gourav Kumar, Awaiz Malik, Rajdev Singh, Raj Kumari, Rishab Aggarwal, Adhaar Gupta, Capt. Bhagwan Singh, Hari Vishwas (SOB Volunteer).

Mona Abrol conducted the proceedings, and Tanveer Hussain presented the vote of thanks. All athletes and parents were felicitated by DIG Sharma on behalf of J&K Police in recognition of their dedication and to motivate them to carry the mission forward with pride.

## Jammu's Anvi Sharma shines in Pune, bags gold medal

■ STATE TIMES NEWS

JAMMU: Anvi Sharma, a Class 12 student of St. Mary's School, Pune and originally from Jammu, has emerged as an all-rounder, making her mark in academics, sports, cultural events, and student leadership.

In the ISC Class XII Board Examination 2024-25, Anvi secured over 92 per cent marks, earning her the Gold Medal. Recognized for her leadership and integrity, Anvi served as the Sports Head for the year 2024-25, carrying out her responsibilities with remarkable discipline and dedication. Under her leadership, the school's Under-19 Girls Basketball Team secured 2nd place at the CISCE Zonal Tournament 2023-24, 3rd place at the Regional Level, and 2nd place at the All-Maharashtra Anglo-Indian Schools Inter-School Tournament. Beyond sports, Anvi also showed excellence in quizzing, clinching 3rd position at the ASISC Senior Inter-School Zonal Quiz 2023-24, and earned a special mention at the LOCOS Model United Nations hosted by Loyola High School.

A dynamic contributor to school life, Anvi played a pivotal role in organising the Inter-School Fest 'Euphoria 2024', where she demonstrated skills in event planning, sponsorship coordination, and team leadership. She also lent her voice to the school's production of 'The Archies' as a member of the singers' troupe, and actively participated in the Junior College Band. For her outstanding contributions across all domains, Anvi was honoured with the Best All-Round Student Award for 2023-24.



## Japsimran Kaur qualifies NET

■ STATE TIMES NEWS

POONCH: Japsimran Kaur, daughter of Mandeep Kaur and Harvinder Singh (Retired DAO), resident of Poonch, has qualified for National Eligibility Test (NET) in Food Science & Technology, the result of which was declared by University Grants Commission (UGC) recently.



## Gurmaninder qualifies NET

■ STATE TIMES NEWS

POONCH: Gurmaninder Singh, son of Kirat Singh (Retired Principal) and Ravinder Kour (Lecturer), resident of Poonch City, has declared qualified for National Eligibility Test (NET) in Economics, the result of which was declared by University Grants Commission (UGC) recently.



## JKPS Panjtirthi student shines in Chess Championships

'Every challenge is a new chance to become a champion'

■ STATE TIMES NEWS

JAMMU: Ishan Choudhary of Class 5th from JK Public School (JKPS) Panjtirthi has made the school proud by securing 2nd position in the Under-11 Divisional Chess Tournament and 3rd position in the J&K UT Chess Championship under the same category, organized by the All J&K Chess Association.

Principal of the School, Suman Banbha congratulated Jakiian on his remarkable achievement, stating, "A winner is motivated by the desire to achieve and not by the desire to beat others." The school applauds Ishan's hard work, determination, and sportsmanship on this proud moment.



## IGNOU invites applications for PhD programme for July 2025 session

■ STATE TIMES NEWS

JAMMU: Indra Gandhi National Open University (IGNOU) has started inviting applications for PhD programmes for the July 2025 session. The interested candidates can fill out the form online by following the official portal at ignou-phd.samarth.edu.in and complete the registration. The portal will accept applications till 21 days from the date the admission was announced.

The students with a master's or M.Phil. Degree and UGC NET can apply online at ignou-phd.samarth.edu.in within 21 days. There are two admission categories, one for students with JRF and another for students with-

out JRF. Selection will be based on UGC NET scores and interview performance. Interviews will be held at IGNOU's New Delhi campus.

To apply, students need to pay Rs.1000/- as a registration fee which is non-refundable. Admissions will happen under two categories. Under the Category A, if a candidate has passed the UGC NET exam with JRF (Junior Research Fellowship), he/she will be called directly for the interview and the selection will depend 100% on the interview. Under the Category B, if a candidate passed UGC NET but didn't get a fellowship, he/she will also be considered for admission, but the process will be different from

Category A.

If a candidate has completed a master's degree with at least 55% marks after a 4-year bachelor's degree or after a 3-year bachelor's degree, he/she can apply. The candidates belonging to SC, ST, OBC (non-creamy layer), Differently-Abled, or EWS category, will get 5% relaxation in marks.

If a candidate has a 4-year bachelor's degree, he/she must have at least 75% marks to apply for the PhD course. SC, ST, OBC (non-creamy layer), Differently-Abled, or EWS students can get 5% relaxation. The candidates having completed an M.Phil. degree with at least 55% marks (or equal grade), are also eligible.

■ STATE TIMES NEWS

JAMMU: The Eighteenth Radiosonde was launched on Wednesday from the Satish Dhawan Centre for Space Sciences, Central University of Jammu (CUJ), under the MoU between CUJ and the National Remote Sensing Centre (NRSC), ISRO.

The event was held under the guidance of Vice Chancellor Prof. Sanjeev Jain and coordinated by Dr. Sanjeev Yadav with support from with his team Dr. Haneet Kour, Mehak Mahajan (Senior Technical Assistant, Central Instrumentation Facility, CUJ), Bandhna Verma, Ayesha Bandhari, Antusha Dogra, Amrit, Prashant, Pratyush, Tejas



While lauding the efforts of JKCA Administrators in providing them all kinds of facilities with regard to conducting the Camps in a most befitting manner, Latika said with their commitment and endeavours,

JKCA women cricket is unquestionably on the rise.

She said JKCA women cricketers are immensely talented, yet there are some key focus areas to work on, thus making them blossom at the higher levels.

Emphasising that believing in process is the only way to achieve International-level outcomes, Latika said though JKCA Senior women's team has proved its mettle last season by qualifying for the historic quarter-finals in Elite Group, yet my key focus areas this season would be to make all the bowlers hit right areas consistently, work on fit-

ness and fielding of the players and guide the batters to achieve perfection in maintaining the net run-rate in crunch situations.

"I have observed that our batters sometimes get bogged down while playing against formidable sides and often fail to maintain net-rate when the team loses a few wickets. Moreover, bowlers don't remain focused to hit the right areas consistently and fielding and fitness have always been areas of concern. These are my key focus areas this season and I have started working to achieve better results," maintained Latika.

She said the difference between good and great teams/players is directly proportional to their mental toughness.

"Skillwise you may see some players equally poised, but you see a big difference in their approach and temperament at the bigger circuit. Therein lies the mental toughness," Latika asserted.

She further said creating positive atmosphere and making the players to play as a cohesive unit is the 'mantra' for success, adding that JKCA senior women team can beat the best in the country on their day.

## Highlights key focus areas for J&K women cricketers Latika Kumari's insights on J&K women cricket

## Eighteenth Radiosonde launched at CUJ



CUJ faculty and students at launching ceremony of Eighteenth Radiosonde.

Bineesh, Sanatan, Anup, Anubhav, Rajvir, Sonam and team.

The Radiosonde, a GPS-aided weather balloon known as the PisharotySonde, measures

vertical atmospheric profiles including temperature, humidity, pressure, wind speed, and location. It uses IndRoS software developed by ISRO and is supported by a ground

station indigenously developed at the Semiconductor Laboratory (SCL), Mohali, under Director General Dr. Kamaljeet Singh and Nemi Chand.

This initiative is part of

the RANN (Radiosonde Network for NICES) project under the National Information System for Climate and Environment Studies (NICES), contributing to climate change research and atmospheric studies. The project is in collaboration with Dr. Hareef Baba Shaeb K, NRSC, ISRO.

Prof. Vinay Kumar, Convener Satish Dhawan Centre for Space Science and Prof. Rakesh Kumar Jha, Head Department of Electronics and Communication Engineering along with his dedicated Faculty, Technical team, Students, Scholars and Staff successfully culminated the launch.