

# Mindful listening-our ultimate refuge in the world of cacophony: Principal JKPS Kunjwani

## STATE TIMES NEWS

JAMMU: "Listening is an art that requires attention over talent, Spirit over ego and others over self". With this insightful quote Arushi Babbar from Grade IXC conducted the morning assembly alongwith her classmates on the topic "The Art of Listening" at JK Public School Kunjwani.

Further reflections on the topic came from Aarav, while he stated, "In today's world, many people listen only to respond quickly, not to truly know what the other person is saying. 'Listening to understand, not to reply' means giving your full attention to the speaker, focusing on her/his words, emotions and point of view rather than thinking about what you are going to say next".

"When we listen to understand, we become more empathetic, patient and respectful. This kind of listening builds deeper connections and avoids misunderstandings. It helps in resolving conflicts peacefully and shows the other person that their thoughts matter", he added.

More substance was added to the transaction when Aarav pitched in by saying, "Don't listen just to reply - listen to understand, it builds trust and real connection. When we truly listen without interrupting or judging; we make others feel seen, heard and respected. This is the real power of understanding".

Rhythm recited a poignant poem titled "Let Silence Speak":

Seek not the silence  
merely to reply-



Principal JKPS Kunjwani Rajesh Rathore and students addressing morning assembly.

let each word find you,  
not just pass by.  
The soul's voice whispers,  
tender; profound-

it needs no echo,  
no applause, no sound.  
Hold space with grace,  
no shield, no sword;

let empathy bloom  
beyond each word.  
To understand  
is not to outshine-

but to open the door  
and let truth align.  
Under the segment Quotations,  
Pranav quoted Dalai Lama, "When

you talk you are only repeating what you already know. But if you listen, you may learn something new". Darasdeep referred to St. Francis of Assisi, "Seek first to understand, then to be understood".

Principal JKPS Kunjwani Rajesh Rathore applauded the presenters of

the morning assembly for enlightening the audience and stated, "When we listen to understand, not to reply, we shift from reacting to reflecting. We begin to appreciate perspectives, to honour emotions, and to nurture relationships built on empathy and trust". "Remember: ears hear, but hearts lis-

ten. In a world full of cacophony and hurried opinions, Mindful listening is the ultimate refuge. Whether you're in your classrooms, at home, or among friends-practice the art of listening deeply. It is not only an act of respect, but also the first step towards true wisdom", he concluded.

## JKIANS shine at Inter-School Swimming Competition 2025

### STATE TIMES NEWS

JAMMU: Students of JK Public School, Kunjwani delivered an outstanding performance at the Inter-School Swimming Competition 2025, recently organized by the District Youth Sports Services at Jodhamal Public School, Jammu.

Jai Wardhan Singh of Class XII emerged as a star performer, clinching two Gold medals in the 50m and 100m Freestyle events, and securing his qualification for the upcoming State-level competitions. Adding to the school's achievements, Ishan Aditya of Class IX secured the second position in the 50m Freestyle, while Dhriti Gupta of Class VI bagged the third position in the 50m Backstroke event.

Shashi Chaudhary,



JK Public School Kunjwani faculty felicitating winner students.

Director of JK Education Society, and Rajesh Rathore, Principal of JK Public School Kunjwani, congratulated the medalists and felicitated them during a special school assembly.

They commended the young swimmers for their dedication and sportsman-

ship, and also expressed their appreciation for unflinching efforts of School Coach, Seema Devi and Govind Singh Sambya, and Head of the Sports Department, Subash Chander whose consistent mentorship and rigorous training played a pivotal role in shaping this proud

moment of victory.

It would be worthwhile to say that JK Public School continues to nurture champions, proving that with the right support and determination, students can excel not only in academics but also in the competitive arenas of national sports.

## J&K Swimming team leaves for Nationals

### STATE TIMES NEWS

JAMMU: 22-member contingent of the Jammu and Kashmir Swimming Association left to represent the Union Territory in two prestigious national-level competitions-the 51st Junior National Aquatic Championship 2025 being held in Ahmedabad, Gujarat from 3rd to 7th August 2025, and the 41st Sub-Junior National Aquatic Championship 2025 scheduled in Karnataka from 4th to 5th August, 2025.

The flag-off ceremony took place in Jammu in the presence Jammu & Kashmir Swimming Association President Ramandeep Singh Soodan, General Secretary Bharat Kumar Sharma, Coaches Babita Jamwal, Jangvir Singh Sambyal, Pratul Singh and parents of the swimmers.

The atmosphere was charged with pride and encouragement as the young swimmers geared up for national participation.

President of the J&K Swimming Association, Ramandeep Soodan said that this year's selection process was rig-



orous and the team has undergone intensive training under experienced coaches. Jammu & Kashmir UT Aquatic Squad consist of three groups age wise are Junior-1 (15 to 17) years two girls and four boys namely Aditee Aditya Bargotra Tegmeet Kour, Vihan Goel, Sohun Pathania, Saksham Sharma, Prynash Singh. Junior-II (13-14) Years five boys and three girls namely Musa Pervaiz Malik, Aryan Parbhakar, Prgnay Sharma, Ayaansh Gupta, Advait Sharma, Mayra Thakur, Anahita Gupta, Manha Pervaiz Malik and Sub Junior

(11-12) years four boys and four girls namely Daayvik Gupta, Rian Gupta, Pratyaksh Vir Parmar, Samar Pratap, Saisha Gupta, Jeena Kour Sudan, Sharanya Jandayal and Hargun Kour Khalsa respectively.

Officials from the Jammu and Kashmir Swimming Association, family members of the participants, and sports enthusiasts were present during the ceremony to cheer the team. The event reflects the growing sporting spirit in the region and the efforts being made to promote aquatic sports among the youth.

## JKAKA all set to host Kabaddi referee course

### STATE TIMES NEWS

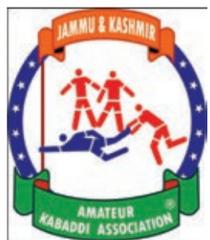
JAMMU: Organised by the J&K Kabaddi Association (JKAKA), the four-day long UT level Kabaddi Referee Course shall be held at Srinagar in Kashmir with around 100 participation.

This was stated by General Secretary of the Amateur Kabaddi Association, Dr. Kuldeep Kumar Gupta. "Being held under the guidance of JKAKA president, Anil Gupta, the course shall go a long way in promoting and encouraging the game of Kabaddi in J&K," said Dr Kuldeep.

The training sessions for the specialised course shall be conducted by expert technical officials, Rana Ranjeet Singh from Bihar and

Dhanashree of Maharashtra. To reach out to each Kabaddi enthusiast and promoter of the game, the Association had approached the Director General of Department of Youth Services and Sports (DYSS), so as to ensure greater participation of genuine individuals across the UT.

Meanwhile, the participating officials expressed their sincere gratitude to Dr. Kuldeep Kumar Gupta and Anil Gupta for the commendable initiative. They acknowledged that the Referee Course will play a vital role in the professional development of Kabaddi officials in Jammu and Kashmir.



## KC Public School excels at KC International Youth Conclave 2025

### STATE TIMES NEWS

JAMMU: KC Public School participated in the KC International Youth conclave held from 25 to 27 July. The conference brought together bright young minds to engage in meaningful dialogue, policy-making and critical analysis of contemporary global and national issues.

The enriching three days event featured six prominent committees - United Nations Security Council (UNSC), United Nations Human Rights Council (UNHRC),



KC Public School students after receiving awards.

Commission on the Status of Women (UNCSW), Lok Sabha, and AIPPM addressing a wide spectrum of pressing agendas including xeno-

phobia, bodily autonomy, cross-border aggression, the 'Naya Kashmir' narrative and the evolving role of journalism and photography.

A delegation of 31 students from KC Public School took part in the conclave, demonstrating exceptional diplomacy, eloquence and critical thinking across all committees.

Award Winners from KC Public School were Achyut Khajuria, Best Delegate, UNSC, Suhas Koul, Best Delegate, Lok Sabha, Abhay Gupta, High Commendation, AIPPM, Aarav Singh, High Commendation, UNSC, Ryna Dogra, Honourable Mention, UNCSW, Shreedha Gupta, Honourable Mention, UNCSW, Pranshi Kohli, Honourable Mention, UNHRC, Adhiraj Gupta, Honourable Mention,

UNHRC, Mahima Singh, Honourable Mention, UNHRC, Kaavin Bhushan, Honourable Mention, UNCSW, Kalash Bhat, Honourable Mention, UNCSW.

Other participants were Aishna Sharma, Yadvi Gupta, Suvigya Sharma, Amodhini Sharma, Chitrangna Sharma, Medhansh Sharma, Aradhit Sharma, Sherill Ara, Gautam Bhagat, Tejasvi Raina, Peral Dutta, Arindham Jamwal, Divyanshi Sharma, Ojasvi Sambyal, Aarna Chopra, Manyata Bhushan, Aavya Charak, Hetsa Koul, Riddhi Sambyal and Divyanshi Sharma. In recognition of its exemplary performance, KC Public School was conferred with the Best School Delegation Trophy, standing distinguished among a multitude of participating institutions including GD Goenka Public School, Jodhamal Public School, International Delhi Public School, KC International School and various individual delegates from Jammu.

## Yashasvi Nanda of JKPS Panjtirthi wins gold in Asmita Pencak League Championship 2025-26

### STATE TIMES NEWS

JAMMU: In a proud moment for JK Public School Panjtirthi, Yashasvi Nanda, a student of Class 6th, clinched the gold medal at the prestigious Asmita Pencak League Championship 2025-26 held in Srinagar.

The championship witnessed participation from numerous talented athletes across various schools, making Yashasvi's achievement all the more remarkable. Her dedication, discipline, and hard work led her to the top position, bringing laurels to her school and family. The Principal of JKPS Panjtirthi, Suman Banbah, extended heartfelt congratulations to Yashasvi, calling her a true embodiment of determination and spirit. In her message, she stated, "If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes." The school fraternity celebrated Yashasvi's success as an inspiration for her peers, encouraging all students to pursue excellence in both academics and extracurricular pursuits.



## JU Researchers meet Army Chief to dedicate rare mushroom discovery to Kargil Bravehearts

### STATE TIMES NEWS

JAMMU: In a significant gesture of scientific achievement and national pride, Professor Yash Pal Sharma, Dean, Faculty of Life Sciences, and Syed Azhar Jawad Hashmi from the Department of Botany, University of Jammu (JU), called on General Upendra Dwivedi, Chief of the Army Staff (COAS) at New Delhi, to brief him on their recent discovery of a novel edible mushroom - Pleurotus shentelii.

This rare species, locally known as 'Shentilli' in the Sheena language, has been found to grow exclusively in the cold, arid Trans-Himalayan region of Drass and Mushkoh in Kargil, Ladakh.

During the meeting, the researchers highlighted the significance of the mushroom, not just as a scientific breakthrough, but also for its potential medicinal, wellness, and



JU Researchers meets Army Chief and presenting rare mushroom discovery to Kargil Bravehearts.

nutritional benefits. The discussion emphasized sustainable uses of India's rich biodiversity to support the health and well-being of soldiers stationed in remote and extreme terrains.

The COAS expressed his appreciation for the pioneering research and assured the University of Jammu team of the Army's full support in advancing this initiative,

recognizing its potential to contribute meaningfully to the well-being of troops and sustainable development in high-altitude regions.

This confluence of science, sustainability, and national service marks a symbolic and functional advancement, showing how biodiversity can be harnessed not only for academic and ecological significance but also to serve the

nation's defenders.

Recognizing the valour of Indian soldiers who operate in some of the world's harshest environments, the Vice Chancellor, JU deputised Prof. Sharma and Hashmi to dedicate this scientific discovery to the Kargil Bravehearts on the eve of 26th Kargil Vijay Diwas - a tribute to their unmatched courage and sacrifices in safeguarding the nation.

As Pleurotus shentelii thrives in the harshest of climates, so does the Indian soldier-resilient, enduring, and life-sustaining in one of the world's most unforgiving frontiers", reads the message.

The highly nutritious mushroom was discovered as part of a research project sanctioned to Prof Yash Pal Sharma by the National Mission on Himalayan Studies (NMHS), Ministry of Environment, Forest and Climate Change, Government of India.

## Inter-school DYSS selection events begins

### STATE TIMES NEWS

UDHAMPUR: Part of the annual calendar of activities, inter-school boys and girls (all age groups) competitions in the disciplines of Gymnastics, Thang Ta, Roller Skating and Handball started on Monday at different venues, here under the banner of Department of Youth Services and Sports (DYSS).

The opening day witnessed preliminary stages of the competition and the final results are expected by tomorrow. The technical panel for the event comprised Geeta Devi, Anil Dogra, Sunny Dogra, Jatinder Kumar, Gurdeepika Kour, Krish Gupta, Neeru Jablia, Mayank Jain, Jatinder Kumar, Sunil Abrol and Nitin Sharma.

The Results: GYMNASTICS: Manya (Heritage School), Ist; Muskan Rana (SP Sarmat School), 2nd; Jagriti Thakur (Government Higher Secondary School Rehari Colony), 3rd.