

Experience magic of life through lens of gratitude: Principal JKPS Kunjwani



Principal JKPS Kunjwani Rajesh Rathore and students addressing morning assembly at JK Public School Kunjwani on Monday.

■ STATE TIMES NEWS

JAMMU: Quoting William Arthur "Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings", Shanaaya from Grade 8 Kaveri alongwith her classmates conducted the morning Assembly on the topic "Gratitude: The secret of happiness" at JK Public School, Kunjwani.

Adding more substance to the opening statement, Abhya presented the quote of the

day, "The root of joy is gratefulness. It is no joy that makes us grateful; it is gratitude that makes us joyful".

Throwing more light on the topic, Armeet stated, "Gratitude is a powerful emotion that can transform our lives. It involves acknowledging and appreciating the good things in our life, no matter how small. By focusing on gratitude, we shift our perspective and see the world in the more positive light".

"Practicing gratitude has numerous benefits, including

increased happiness, reduced stress and anxiety, and improved relationships. It can also promote resilience, helping us bounce back from challenges. Simple practices like keeping a gratitude journal, sharing gratitude with others, and tasking mindful moments can make a significant difference", added Aarav.

"The science behind gratitude reveals that it can rewire our brains to focus on positive thoughts and emotions, releasing dopamine and strengthening social connections.

By incorporating gratitude into our daily lives, we can experience these benefits firsthand", added Nakshdeep.

"In conclusion, gratitude is a secret to happiness that is accessible to everyone. It also teaches us humility. It reminds us that we are interconnected, that the efforts of others often contribute to our success. From our parents and teachers to our friends and even strangers, countless people play a role in our journey. A simple "thank you" can

go a long way in strengthening these bonds", said Vermin.

Under the segment Quitations, Nadish quoted Dr APJ Abdul Kalam, "Gratitude is important not only because it helps people feel good, but also because it inspire them to do good".

Saransh referred to Melody Beattie "Gratitude makes sense of your past, brings peace for today, and creates a vision for tomorrow". Anirudh quoted Lisa Ryan, "Happiness is spiritual experience of living every minute of

life with love, grace and gratitude". Samay referred to Henry Ward Beecher, "Gratitude is the fairest blossom that springs from the soul". Gurfateh quoted William Arthur Ward, "Feeling gratitude and not expressing it is like wrapping a present and not giving it".

Principal JKPS Kunjwani Rajesh Rathore appreciated the presenters from Grade 8 Kaveri for sharing the importance of gratitude and how to enhance its level and stated, "Gratitude is the art of recog-

nizing and appreciating the good deeds in our lives, whether these are small joys of a sunny morning or the larger blessings of family, friends, and opportunities. A grateful heart is a magnet for positivity and happiness.

"By cultivating gratitude, we can live more fulfilling lives, appreciating the beauty around us, and find joy in everyday moments. Let's take a moment each day to reflect on the things we are grateful for. Let's discover the transformative power of gratitude

to lead a meaningful life", he added.

"Let us cultivate the habit of gratitude in our daily lives. Express your appreciation to those around you - your parents, teachers, friends, and anyone who makes a difference in your life. Remember, gratitude is not just a feeling; it's an attitude. When we focus on the good, we create a mindset that attracts more good into our lives. Let's experience the magic of life through the lens of gratitude", he concluded.

Development, strengthening of infrastructure at grassroot level is priority of Modi Govt: Baru



Former Councillor, Sanjay Baru inspecting ongoing work of laying Sewerage project's pipeline.

■ STATE TIMES NEWS

JAMMU: Senior BJP leader and former JMC Councillor Sanjay Baru accompanied by Bazar Association president Ashok Singh, General Secretary Avtar Singh and Bharat Koul inspects the ongoing work of laying the Sewerage project's pipeline at different identified places in Talab Tillo. The work under this project amounting to Rs 21 crore was inaugurated last month by Arvind

Gupta MLA Jammu West along with local JMC Councillors at Hazuri Bagh, Talab Tillo.

Speaking on the occasion Sanjay Baru said Strengthening development work and infrastructure upgradation at the grassroots level is the top priority of the Modi government with an objective to ensure benefit to the last person in the queue.

Baru further said this sewerage project

is also a testament to the Modi led Union Government's commitment for upgrading urban infrastructure and ensuring a better quality of life for the people of the region. He said the construction of this new sewerage network will cover a major part of Ward No.40 and 41, benefitting thousands of residents who had been grappling with poor sanitation and outdated drainage systems for years.

"The residents of Bohri, Hazuri Bagh, Kabir Nagar, Colonel Colony, Surya Vihar, Anand Nagar and adjoining areas have shown immense patience, and today we are delivering on our promise. This project is not just about laying pipelines; it is about improving health, hygiene, and the overall living environment," he added.

Former JMC Councillor also informed that several developmental projects are in the pipeline and assured residents that their concerns remain on top priority. He also praised the electrical wing of Jammu Municipal Corporation for promptly repairing faulty street lights in ward-4. He further said, if in some lanes any street light is faulty due to rainy season, they should complaint about it on online portal or bring it to his notice for early restoration of these lights.

Sham Lal pays tribute to Sir M. Visvesvaraya

■ STATE TIMES NEWS

JAMMU: The Golden Day Care Centre for Senior Citizens, Lower Roop Nagar, Jammu, celebrated Engineers' Day with great fervor to commemorate the birth anniversary of Bharat Ratna Sir Mokshagundam Visvesvaraya, one of India's most iconic engineers, visionaries, and statesmen.



Sham Lal Sharma, MLA Jammu North Constituency being honoured at a programme.

and nation-building.

In his keynote address, Sham Lal Sharma hailed the engineers as true nation-builders who work silently yet contribute enormously in shaping the infrastructure and progress of society. He particularly acknowledged the engineers of Jammu & Kashmir for their relentless service in the Public Works Department, Power Development Department, and Jal Shakti Department. He noted their exemplary commitment in restoring essential

services like water, power, and roads during recent calamities, reflecting both dedication and resilience.

Sham Lal Sharma further emphasized that Engineers' Day is not just a celebration, but a reminder of our collective responsibility to encourage innovation and promote sustainable development. He urged the younger generation to adopt modern technologies while remaining rooted in values of honesty, dedication, and service to society. He also appreciated the Golden Day Care Centre

for providing a meaningful platform where senior citizens can share their wisdom and inspire the youth.

Adding colour to the occasion, cultural performances and poetry recitations by the Centre's members created a lively atmosphere and showcased the spirit of celebration. The programme concluded with a heartfelt vote of thanks by the organizing committee, expressing deep gratitude to the dignitaries, members, and participants for making Engineers' Day a grand success.

■ STATE TIMES NEWS

JAMMU: Chief Engineer (Distribution) JPDCL Jammu has informed that the power supply to Phillian, Ganeshchak, Parladhpur, Makwal, Sohanjana, Hakkal, Raipur, Gujjarbasti and its adjoining areas will remain



affected on September 17 from 6 am to 1 pm.

Similarly, the power supply to Dogra Hall, Rehari, Resham Ghar Colony, Bus Stand, Jewel, Hari Market, Raghunath Bazar, Kaleeth Mohalla, Kanal Mandi, Mandla, New Plot, Sarwal, Part of Karan Nagar

and adjoining areas will remain affected on September 17 from 11 am to 4 pm.

Likewise, the power supply to Marh, Gajansoo, Gho Manalsan, Shahzadpur and adjoining areas will remain affected on September 16 and 18 from 6.30 am to 2 pm.

Jammu to Srinagar		
IndiGo	10:05 AM - 10:45 AM	
SpiceJet	11:10 AM - 12:00 PM	
Air India Express	12:50 PM - 1:40 PM	
Air India Express	1:35 PM - 2:45 PM	
IndiGo	1:55 PM - 2:35 PM	
IndiGo	6:40 PM - 7:20 PM	
Srinagar to Jammu		
IndiGo	11:45 AM - 12:35 PM	
Air India Express	12:10 PM - 1:05 PM	
SpiceJet	12:35 PM - 1:30 PM	
Air India Express	2:20 PM - 3:35 PM	
IndiGo	3:15 PM - 4:05 PM	
IndiGo	5:20 PM - 6:10 PM	

FIND TRAIN SCHEDULE	
11078 Jhelum Express	
Departure	: 23:35 from Jammu Tawi
Arrival	: 11:15 at New Delhi
12426 Jammu Tawi - New Delhi Rajdhani Express	
Departure	: 21:25 from Jammu Tawi
Arrival	: 05:55 at New Delhi
12446 Uttar Sampark Kranti Express	
Departure	: 21:50 from Jammu Tawi
Arrival	: 06:55 at New Delhi
Train 26401 - Katra to Srinagar (Morning Service)	
Departure	: 8:10 AM from Katra
Arrival	: 11:10 AM at Srinagar
Intermediate Stop	: Banihal at 9:58 AM
Fare:	
Chair Car (CC): 715	
Executive Chair Car (EC): 1,320	
Booking: Available on IRCTC	
Train 26403 - Katra to Srinagar (Afternoon Service)	
Departure	: 2:00 PM from Katra
Arrival	: 05:00 PM at Srinagar
Fare:	
Chair Car (CC): 660	
Executive Chair Car (EC): 1,270	
Booking: Available on IRCTC	

FIND CINEMA	
EK CHATUR NAAR (HINDI)	
PVR KC JAMMU	01:45 PM
BAAGHI 4 (HINDI)	
WAVE ONE MOVIE JAMMU	10:30 AM / 4:30 PM / 10:45 PM
PVR KC JAMMU	01:25 PM
MIRAI (HINDI)	
WAVE ONE MOVIE JAMMU	01:10 PM / 04:25 PM / 7:35 PM
PVR KC JAMMU	04:05 PM
HEER EXPRESS (HINDI)	
PVR KC JAMMU	10:45 AM
JOLLY LLB 3	
WAVE ONE MOVIE JAMMU	10:00 AM/ 1:15 PM/ 4:30PM/ 7:45 PM/ 11:00 PM

HELPLINE	
TELEPHONES	
Directory Enquiry	197
Fault Repair	198
Local Assistance	199
Trunk Booking	180
Trunk Assistance	181
International Trunk Booking	2447952, 2577951, 2573638
Billing Complaints	2543896, 2548415
Billing Complaints Computerize	1955
Change No. Announcement	1951
Gandhi Nagar Exchange	2451953, 2430953
HOSPITALS	
Government Medical College	2584290, 2484291
Psychiatry and Disease Hospital	2577444
Ambulance Rajouri	2571147, 257084, 257357
Blood Bank/Eye Bank - SMGS Hospital	2547639, 2547637
Emergency	2549669
Blood Bank	2547637, 2547638
Chest Disease Hospital	2577064, 2548012
Dental Hospital	2544670
Govt Hospital Gandhi Nagar	2430041
Emergency	2431740
Child Hospital	2577023
Acharya Shri Chander College of Medical Sciences and Hospital	262270
AMBULANCES	
Indian Red Cross Society	2549413
Jammu University	2453165, 2543525, 2435248
FIRE STATIONS	
Gandhi Nagar	101, 2435283, 2457705
City	2544263
Canal	2554064
Roop Nagar	2597522
Gangyal	2480026
Bari Brahmana	220020
Akhnoor	252481
Kathua	234313
Samba	243280
Katra	232451
Udhampur	270897
Police Control Room	100, 2542001, 2545481-82
Police Exchange	2547621-22, 2547624
Civil Defence Control Room	2549100, 2548645, 2544920
Civil Defence	2548645, 2549100, 2544920
Hot Line	383
TOURISM	
Tourist Officer, Airport	2431917
Tourist Officer, Railway Station	2430078
Tourist Reception Centre	2579554
BUS SERVICES	
JKSRTC General Manager	2435262
JKSRTC Bus Stand	2577475
JKSRTC Jammu Srinagar, Service	2576562
Punjab Roadways	2542782
WATER SUPPLY	
Company Bagh	2542582
Parade	2544979
Bakshi Nagar	2543557
Panjthirhi	2547501
Narwal	2430031
ELECTRIC SUPPLY COMPLAINTS	
Canal	2554147, 2554199
Parade	2542289, 2543398
Nanak Nagar	2430776
Gandhi Nagar	2430180
Shastri Nagar	2430781
Janipur	2543828, 2579258
Satwari	2452816
FIRE SERVICE : (Control Room)	
	101
CIVIC SERVICES	
Municipality	2547846, 2542192
Health Officer	2547440
Garbage / Carcass Removal	2547440