

Turn off notifications, turn on conversations & bring back real connections: Principal JKPS Kunjwani



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

■ STATE TIMES NEWS
JAMMU: "Addiction is the malaise of our age-and smartphones are its most addictive enablers." With this thought-provoking statement, Arvin Babouria of Grade VIII Kaveri, along with his classmates, set the tone for a deeply reflective morning assembly on the theme "Impact of Screen Time on Mental Health" at JK Public School, Kunjwani. Whetting the intellectual appetite of the audience,

Aradhya Saini remarked, "Screens are everywhere-nestled in our pockets, perched on our desks, glowing in our living rooms. Be it smartphones, computers or televisions, we lean on them for work, school, entertainment, and social connection. Yet, as our screen time stretches, so do the shadows it casts on our mental well-being." Adding gravitas to the discourse, Sukhrasi Sambyal reflected, "Research shows that excessive screen expo-

sure-particularly on social media-is intertwined with rising anxiety, depression and loneliness. Constantly comparing our lives with curated digital perfection corrodes self-esteem and breeds inadequacy. The fear of missing out, or FOMO, shackles us to our screens even when they drain our joy." Viraj further deepened the conversation, saying, "For young minds, the consequences are even more profound. Teens tethered to

screens often grapple with poor sleep, low moods, and difficulty nurturing real-world relationships. Social media platforms are engineered to be addictive, and endless scrolling dulls our focus and joy in offline pursuits. Yet, it isn't all bleak-when used mindfully, screens can be allies. Virtual therapy, mental health apps, and online support groups can offer solace. The key, as always, lies in balance." Pranjay proposed action-

able steps: "Setting healthy boundaries is crucial-limit non-essential screen time, take hourly breaks, mute notifications, and carve out tech-free sanctuaries like the dining table or bedroom. Screens are not our foes, but how we use them shapes our well-being. Intentional screen habits can protect our minds and nurture a healthier, more harmonious life." Under the 'Quotations' segment, the young orators

showcased their literary flair. Neevan shared his self-composed line: "The mind needs rest to thrive, yet the ceaseless whirl of screens blurs the line between connection and exhaustion". Mishti cited Cal Newport: "The more time you spend staring at a screen, the less time you spend being truly human". Anshveer quoted P. Johnson: "Screens connect us to the world, but sometimes disconnect us from ourselves". Aditya refer-

enced W. Right: "The digital world offers us everything-except the one thing we truly need: presence". Principal JKPS Kunjwani Rajesh Rathore lauded the presenters for spotlighting a pressing modern challenge, noting, "Screens connect, entertain, and empower us, yet their overuse has silently crept into our routines-disrupting sleep, displacing physical activity, and clouding emotional well-being. From anxiety and attention

issues to loneliness and low self-esteem, our mental health is paying the price of digital over-dependence." Concluding on a hopeful note, he urged, "Let us not reject technology, but learn to master our screen time. Turn off notifications; turn on conversations and bring back real connections. Begin with small shifts-take screen breaks, rekindle hobbies, spend time outdoors, and above all, listen to your mind's quiet call."

Poshan Project Kot Bhalwal, Ramakrishna Mission celebrate 8th Rashtriya Poshan Maah with Ayurvedic Health-cum-Awareness Camp



ADDC Jammu, Sher Singh and Swami Yajnadhara, Secretary, Ramakrishna Mission and others at a camp.

■ STATE TIMES NEWS
JAMMU: To mark the launch of the 8th Rashtriya Poshan Maah 2025, Poshan Project Kot Bhalwal, in collaboration with Ramakrishna Mission Medical Centre and Government Ayurvedic Hospital Jammu, organised a special Ayurvedic Health-cum-Awareness Camp at Udhaywala. The programme focused on key themes such as Addressing Obesity, Vocal for Local, Convergent Actions & Digitization, Infant and Young Child Feeding (IYCF) Practices, Men's Involvement in Nutrition, and Poshan Bhi Padhai Bhi. The event was formally inaugurated by Sher Singh, Additional District Development Commissioner Jammu, in

the presence of Swami Yajnadhara, Secretary, Ramakrishna Mission, and Pankaj Anand, District Programme Officer, Mission Poshan Jammu, as special guests. A range of activities were conducted to spread awareness on holistic health and nutrition. Highlights included expert health talks, Swasth Balak Pratiyogita, Rangoli competitions, awareness stalls, free health check-ups, and distribution of Ayurvedic medicines. These activities were designed to educate the public on adopting balanced diets, preventive healthcare, and traditional wellness practices. Addressing the gathering, Sher Singh emphasized the importance of nutrition, especially for children, pregnant women, and lactating

mothers, and lauded community-driven initiatives as vital tools in addressing malnutrition and lifestyle disorders. Pankaj Anand urged for collective action during the month-long campaign, calling for increased public awareness and engagement to improve community health outcomes. In his keynote address, Swami Yajnadhara spoke about the spiritual and social value of health and nutrition, advocating for a holistic approach to well-being. He reaffirmed Ramakrishna Mission's ongoing support for health awareness campaigns. Mohit Bharti, CDPO Kot Bhalwal, delivered the vote of thanks, expressing gratitude to Ramakrishna Mission and Government Ayurvedic Hospital for their voluntary support. He also acknowledged Swami Vijayeshananda for his guidance and called for enhanced coordination among all stakeholders to ensure the campaign's success. The event saw enthusiastic participation from the community and concluded with a unified pledge to work together for better nutrition, healthier lifestyles, and sustained well-being.

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LG Kavinder announces Constitution of 'Ladakh Young Achievers Awards' on PM Modi's 75th Birthday

■ STATE TIMES NEWS
LEH: As a mark of respect to Prime Minister Narendra Modi on his 75th birthday, Lieutenant Governor of Ladakh, Kavinder Gupta, today announced the constitution of the 'Ladakh Young Achievers Awards'. The annual awards will honour outstanding young achievers from the Union Territory of Ladakh who have excelled in diverse fields, thereby serving as role models for

society. Each award will carry a cash prize and will be conferred every year on the occasion of Republic Day. In his message, Kavinder Gupta said the initiative is in line with the Prime Minister's vision of Viksit Bharat @2047. He added that the awards aim to inspire the youth to dedicate themselves wholeheartedly to the nation's progress and actively contribute towards building a devel-

oped India by 2047. The Ladakh Administration will soon release a detailed framework outlining the categories, selection process, and modalities for the Ladakh Young Achievers Awards. "Through this initiative, we want to recognise and celebrate the spirit of Ladakh's youth who have carved a niche in their respective domains and are contributing to the growth story of the nation," he remarked.

Rekha Mahajan leads plantation drive to mark PM Modi's Birthday under Seva Pakhwada

■ STATE TIMES NEWS
SAMBA: As part of the ongoing Seva Pakhwada celebrations to mark the 75th birthday of Prime Minister Narendra Modi, a plantation drive was organized in Samba by the Bharatiya Janata Party (BJP) District unit. The programme was led by BJP J&K Vice President and District Prabhari Samba, Rekha Mahajan, along with State Vice President Rashpal Verma. District President Samba coordinated the event, which saw enthusiastic participation from party leaders, workers, and locals. The plantation drive, held at multiple locations, aimed at spreading awareness



BJP J&K Vice President Rekha Mahajan and other at plantation drive.

about the importance of environmental conservation and contributing to Prime Minister Modi's vision of a greener and sustainable India. Party workers planted saplings of native species and pledged to nurture them as a commitment to the cause of

clean and green surroundings. Speaking on the occasion, Rekha Mahajan praised Prime Minister Modi's leadership and the various initiatives launched under his guidance for the welfare of the nation.

"Modi ji's birthday is not just a personal milestone, but an occasion for all of us to dedicate ourselves to the service of the people and the environment. Under his visionary leadership, India has gained global recognition for its commitment to sustainability, women empowerment, and inclusive development. Planting trees today is our way of contributing to his vision of a healthier, self-reliant, and prosperous India," she said. She further added that Seva Pakhwada is a reminder that true celebration lies in serving society-whether through blood donation, cleanliness drives, or environmental protection.

| 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 | |

| 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 | | |

| EK CHATUR NAAR (HINDI) | | |
|------------------------|--|--|
| PVR KC JAMMU | 01:45 PM | |
| BAAAGHI 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 | 1951 |
| 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 | 257147, 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 |
| Panjthirthi | | 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 |

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Interested candidates to walk in for interview for the said Post with curriculum vitae by 20th September 2025.

Timings:10:00 a.m. to 1:00pm