

Project Empathy Forges School, family, community bonds in Boniyar

AADIL AKBAR BARAMULLA: The year 2020 was like turning the page in human history. We were in the grip of a virus that killed mercilessly. Countless people were dying. Others were suffering the deepest pain of losing their loved ones. In the midst of such traumatic events, we saw the best and the worst of humanity. We were abandoning each other when we needed each other the most. The isolation suffered by people all across the world was terrifying. Perhaps we were being told to slow down. To hear, connect and be there for one another was difficult.

That is when we coined Project Empathy to bring 'alive' conversations around emotions, feelings, fears amongst school chil-

den and teachers. "We are looking forward to creating Schools, Community and Family partnerships to care for the children we share", said Vibha Lakhera, the Founder of Project Empathy.

Empathy is the highest form intelligence. It compels us to process multiple layers of data about another person, feel for them and act from a place of compassion towards them. Empathy education or empathy training reviews the way we function as there are changes that occur in our brains which activate the mirror neurons. It directly affects our sense of well being and mental health.

Children and teachers were rejoining the schools after a gap of two long, painful years. It was essen-

tial to understand one another at a slower pace. Therefore Project Empathy initiated a six months long intervention in Boniyar, Kashmir, Kohima, Chieswema in Nagaland and Delhi. This is the first phase of the project. Teachers workshops were conducted at the outset to orient the educators about the importance of addressing empathy in the schools and about the format of the intervention. The project was backed with the baseline research in collaboration with Sreepriya Menon who is a trained therapist.

In Kashmir, the Principal of Army Goodwill School, Boniyar, Mr. Rizvi, said that it was need of the hour to introduce empathy in the schools. The students have received the project very well and so have the teach-

ers. It is a new topic which is not a part of the academic education. Yet it has generated interest amongst the teachers to not only edu-

cate themselves about the concepts included in the project, but also to deliver them to the students with utmost care and sincerity. According to Ms. Tasheem who is coordinating the execution of the project in ACS Boniyar, "As far I have observed them, they have developed cre-

ativity for choosing the right words. Besides behavioural changes, it is also adding to their academics."

It has resulted in the students becoming more confident about sharing their feelings and emotions with their peers and teachers. They have also become creative in giving expression to their ideas. They have learnt that it is safe to openly talk about their fears and doubts without being judged by their classmates or teachers. This has helped in addressing the discriminatory thoughts and a sense of separation that children experience from one another. The project has thrived on storytelling, journaling, artwork, discussions, nukkad natak and many such creative ways of introducing empathy and compassion to the school

ecosystem. Project Empathy's activities and approach reinforces the humanitarian role of how the army participates in developing civilian lives and safeguards health and rights of those most vulnerable, especially in conflict areas. There is an extreme impact of multiple stressful factors contributed by tough temperatures and terrain, distance from family and civil life and influence of critical incidents in these areas where army works and plays a huge role. By initiating this work with Project Empathy, the army has supported the well being of families and communities residing there. It is important to bring such concepts more and more in the regular discourse of the schools to sow seeds of

change in the consciousness of our students.

We are grateful for the support given to the project by the school authorities; Principal Rizvi, Ms Tasheem and all the staff members of army goodwill school, Boniyar; the officers of Dagger Division; General Ajay Chandpuria, Brig. Phogat, Brig. Dhillon and Lt Col. Shinaj; The Co founder Mrs Sudha Gemini; project staff, Ms Anita Nayyar, Ms. Apala Naithani; The Research Partner Ms. Sreepriya and the guidance that we got from our Advisors, Ms. Usha Rai, Ms. Monica Banerjee and Shashidhar Nanjundaiah.

We are looking forward to initiating phase II of the project in 2023 and increasing our footprints in the Valley.



SSP Kulgam flags off group of students of Kulgam district for Bharat Darshan Tour-2022 (2nd Edition)

JUNAID DAR KULGAM: As a part of Civic Action Programme of J&K Police, today Students of District Kulgam were flagged off for week long Bharat Darshan Tour-2022 (2nd Edition). The tour is organized by Kulgam Police and all boarding & lodging facilities, to & fro air tickets including all other logistic facilities are being provided by Kulgam police.

An impressive flag-off ceremony was organized at DPL Kulgam in which SSP Kulgam with DySP HOR Kulgam, DySP DAR Kulgam and other senior officer of J & K Police participated.

SSP Kulgam while interacting with selected youth who belongs to different parts of district Kulgam said that Bharat Darshan tour is primarily aimed at provid-



ing opportunity to the youth of the district to understand the togetherness of India in spite of immense diversity and advised them to avail the opportunity to enrich their knowledge by visiting historical places and marvels of the country and said that it is an effort of J&K police to expose our youth to exciting tourist spots of the country, historical places and other famous work-places, industrial units etc. He advised the touring students to imbibe in them greatness of the country and to take full advantage of the opportunity and collect memories for life during the tour, besides wished them a fun filled, safe and life changing tour.

During the tour, the students will visit cities of New Delhi and Hyderabad. The

students will have a city tour including visits to different historical sites, monuments and parks. AC Hotels and AC coaches will be provided to the touring students for accommodation and sight-seeing. All the candidates have also been given a kit that contains a customized tracksuit, a pair of shoes, socks, a cap and a carry bag. The group will be assisted by a guide who would be highlighting the significance of the spots and their importance to make the trip educational and informative as well.

Parents and touring students applauded the efforts made by J&K Police for such an initiative taken and thanked Kulgam Police for providing them an opportunity to visit the popular Cities of the country.

Jammu boy Siddharth Gupta makes his debut in Tamil film industry

JAMMU, OCT 19: Siddharth Gupta, a local boy of Jammu city, is playing lead role in upcoming Tamil movie 'Ravaali' directed by Ravi Rahul.

Siddharth has done his initial schooling from Jothamal public school Jammu. He is resident of Channi Himmat. He moved to Hyderabad in 2018 and done his schooling from 10th to 12th in Meridian school Hyderabad.

He started venture in South Indian film industry year back and grabbed lead role in Tamil movie Ravaali directed by talented Ravi Rahul. In the movie story the rich girl falls in love with the poor boy. When there is opposition at home, she is dragged out of the state and gets married in the temple.

The lover who goes out to work with the hand tied



to the thali disappears. The rest of the story is about looking for him. Ravi Rahul has written the story, screenplay and directed the film. The cinematography is handled by Vinod Kumar. Jai Anand and A.S. Michael Yagappan have composed the music for the film. Valar Pandian has done the editing, Ilaiya Kamban and K Karthik have penned the lyrics and Chandrika has choreographed the dance.

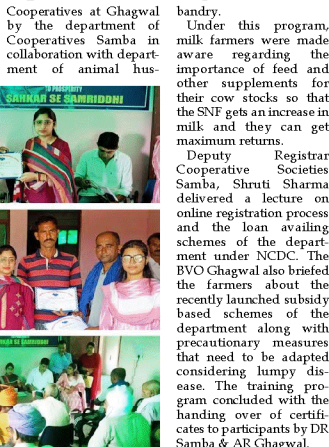
Hazi Murugan has choreographed the fight sequences, Public Relations Govindaraj, "Ravali" * has been shot in Covertallam, Hyderabad and Kolkata and the final stages of the works are going on, says director Ravi Rahul.

One day training held for members of Dairy based Cooperatives at Ghagwal

SAMBA, OCTOBER 19: As a part of Jan Abhiyan, a one day training program was conducted for members of dairy based Cooperatives at Ghagwal by the department of Cooperatives Samba in collaboration with department of animal husbandry.

Under this program, milk farmers were made aware regarding the importance of feed and other supplements for their cow stocks so that the SNF gets an increase in milk and they can get maximum returns.

Deputy Registrar Cooperative Societies Samba, Shruti Sharma delivered a lecture on online registration process and the loan availing schemes of the department under NCDC. The BVO Ghagwal also briefed the farmers about the recently launched subsidy based schemes of the department along with precautionary measures that need to be adapted considering lumpy disease. The training program concluded with the handing over of certificates to participants by DR Samba & AR Ghagwal.



Prof. Krishna Kumar, Former Director of IIM Kozhikode interacts with IIM Jammu fraternity

JAMMU, OCTOBER 19: Indian Institute of Management (IIM) Jammu today welcomed Prof. Krishna Kumar, Former Director, IIM Kozhikode and former faculty at IIM Lucknow for an interactive session with the faculty and non-teaching staff of IIM Jammu in the presence of Prof. B. S. Sahay, Director, IIM Jammu.

Prof. Krishna Kumar, Former Director of IIM Kozhikode shared anecdotes from his own life during his career spanning 50 rich years where he worked with IIM Lucknow and IIM Kozhikode. He also mentioned his unique venture (iimsworld.in) done with a noble intention to promote a broad and general understanding and unification of each IIM, and their fast-growing IIM family and facilitate collaborative academic ventures.

This unique website gives an overview and glimpse into the world of IIMs.

During the interaction, he shared innovative ideas for carrying out research, and unique ways of classroom engagements along with his holistic view and method of connecting different core areas ranging from finance, marketing, HR, and communication together through his rich experience. He empha-

sized the need for being innovative, being unique, taking up challenges, and different ways to overcome them by quoting real-life examples in an easy-to-understand manner from his illustrious journey. He also stressed the need for strategic management to essay a key role in the success of any venture. Lastly, he wished good luck and good wishes to the entire IIM Jammu fraternity and

expressed his gratitude to Prof. B.S. Sahay, for inviting him.

Prof. B.S. Sahay, Director, IIM Jammu welcomed Prof. Krishna Kumar, Former Director, IIM Kozhikode, and introduced the IIM Jammu fraternity to him. He also mentioned his long association with Prof. Krishna Kumar and spoke about his experiences with him. He expressed his happiness for his visit to IIM Jammu and for sharing key insights and practical experiences in his thought-provoking session with his colleagues and fraternity at IIM Jammu.

One of the striking features was that Prof. Krishna Kumar entered the session with theme music recorded by him which had a deeper connection with the audience with an insightful message. During all his addresses, music

was one common and connecting element and it was evident that he had an ear, knack, and passion for music. Prof. Krishna Kumar has visited all four pilgrimages (char-dhams) and visited all IIMs and met their entire fraternity except IIM Shillong. Post-retirement, he had engaged himself in learning music and creative ways of leading a successful and meaningful life. As a token of goodwill gesture, Prof. Krishna Kumar got sweets distributed among the fraternity of IIM Jammu.

The session witnessed full attendance from the faculty and staff of IIM Jammu family who stayed engrossed all throughout the session. The key lessons proved to be helpful and provided a deeper understanding of tackling real-life problems with ease along with an eye for perfection.

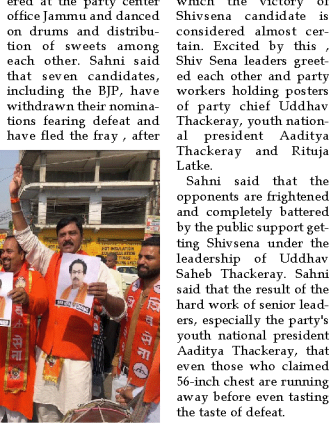


Shivsena start celebration, distributed sweets and danced fiercely

JAMMU: Considering the victory of its candidate from Mumbai Andheri seat as certain, the leaders of Shiv Sena Jammu and Kashmir unit have started celebration.

Today, many senior leaders led by state president Manish Sahni gathered at the party center office Jammu and danced on drums and distribution of sweets among each other. Sahni said that seven candidates, including the BJP, have withdrawn their nominations fearing defeat and have fled the fray, after which the victory of Shivsena candidate is considered almost certain. Excited by this, Shiv Sena leaders greeted each other and party workers holding posters of party chief Uddhav Thackeray, youth national president Aaditya Thackeray and Rituja Latke.

Sahni said that the opponents are frightened and completely battered by the public support getting Shivsena under the leadership of Uddhav Sahab Thackeray. Sahni said that the result of the hard work of senior leaders, especially the party's youth national president Aaditya Thackeray, that even those who claimed 56-inch chest are running away before even tasting the taste of defeat.



DC Budgam reviews arrangements for Urs of Sheikh Nooruddin Noorani R.A in Charar i sharief

BUDGAM, OCTOBER 19: District Development Commissioner Budgam, S F Hamid chaired a review meeting regarding arrangements for the annual Urs of Sheikh Nooruddin Noorani (RA) today, here.

The meeting was attended by ADDC Budgam Dr Akhramullah tak, ADC Budgam Dr Nasir, CPO Abdul Rashid, SDM Charar i Sharief, SDPO Charar i Sharief, DySP traffic, Arto Budgam, AD FCS and CA, Tehsildar Charar i Sharief, Auqaf Officer of JK Waqf Board, Representative of Zayat Sharief and district heads of various line departments.

During the meeting, the DDC took the department-wise review of arrangements and directed the concerned to ensure that all the arrangements including

installation of street lights, cleanliness of the Shrine premises and surroundings, installation of additional mobile toilet facilities and proper sanitation and dumping of waste well before the commencement of the week-long Urs. DC directed PHE and PDD departments to ensure uninterrupted water and electricity supply to the town and vicinity areas during the Urs days.

The EO of Municipality Char-e-Sharief was directed to maintain proper sanita-

tion and cleanliness and regular lifting of garbage from the Shrine area. As per news agency associated news bureau, He was directed concerned to install dustbins for dumping of waste. He was also instructed to make arrangements for the additional mobile toilet facilities besides installation of street lights. MC Charar i Sharief in coordination with tourism department was directed for illumination of shrine and beautification of parks.

It was decided in the meeting that DySP Traffic and

ARTO Budgam should formulate a foolproof Traffic Management Plan to provide to-and-fro transport facilities for the devotees. They were also instructed to arrange additional parking arrangements for vehicle to control traffic congestion.

While as Health Department was directed to ensure requisite medical facilities especially wheel chairs to specially abled devotees during the Urs days. They were directed to install medical camps inside premises of the shrine.

During Urs days, DC directed Waqf board administrator to install tents for extra accommodation. DC also directed SDM Charar i Sharief for restoration of water in Bada Talab during Urs days. He directed all the concerned officers for proper public facilitation.

Surya Vihar residents' plea to Corporator Sanjay Baru

JAMMU, OCTOBER 19: The residents of Lane No. 7 of Surya Vihar Patta Bohri, who met here today stated that they have been facing a severe problem of blockage of drainage for the last one year as during the heavy rains, a huge amount of water gets accumulated in the lane too much of the time and enters into the foundations of their houses. They said they wrote to the JMC office in this regard a number of times but nothing has been done so far. They therefore, urged their Corporator Sanjay Baru to take necessary steps at the earliest so that they get some relief.

