



Holistic Health is more than physical

The Buddha said: 'Live in joy, in health, even among the afflicted.' By health he means wholeness. Health comes from the same root as healing. A healed person is a healthy person; a healed person is a whole person. By health the Buddha does not mean the ordinary, medical meaning of the term; his meaning is meditational, although you will be surprised to know that the words meditation and medicine both come from the same root. Medicine heals you physically, meditation heals you spiritually. Both are healing processes, both bring health.

But the Buddha is not talking about the health of the body; he is talking about the health of your soul. Be whole, be total. Don't be fragmentary, don't be divided. Be an individual, literally: indivisible, one piece.

People are not one piece; they are many fragments, somehow holding themselves together. They can fall apart at any moment. Any new situation, any new danger, any insecurity, and they can fall apart. Your wife dies or you go bankrupt or you are unemployed, anything can prove the last straw on the camel's back.

So many desires, so many dreams, so many people are living in you. If you watch carefully, you will not find one person there but many faces, changing every moment.

The Buddha is awake even while he is asleep. He has no compartments in his being. He is not many, he is one. Because he is one and he has no clinging to memories and no desires for the future, the present is enough for him. Then he

■ DR JITENDRA SINGH



For nearly 70 years, Jammu & Kashmir was living under the shadow of a constitutional anomaly, which was, in fact a miscarriage of history and also a miscarriage of the principle of equal rights for all human beings. Maybe, it was Almighty's decree that Shri Narendra Modi would take over as Prime Minister of India and liberate the people of Jammu & Kashmir from the shackles of Article 370 and 35-A.

Following the changeover and the new administrative and constitutional arrangements coming in place, Jammu & Kashmir has not only embarked on a fast-track journey of development but also attained liberation from the mental barriers that made the people feel differently as compared to their counterparts in the rest of India and likewise, the rest of India also got conditioned to treat Jammu & Kashmir differently.

With integration having taken place in toto at all levels, the people of Jammu & Kashmir today are upbeat at the prospect of realising their dream of becoming an essential component of Modi's New India and thereby also its beneficiaries.

This "Imaginative" Jammu & Kashmir has not only made an effective departure from the unhealthy legacy of the past but has also learnt to nurture the same aspirations as the rest of India.

Today, Jammu & Kashmir has embarked on a new journey of development. 170 Central laws, which were not applicable earlier, have now been made applicable. At the same time, all the Central laws are applied in the UT of Jammu & Kashmir.

Many laws, like Child Marriage Act, Right to Education, RTI and Land Reforms are also effective now.

Valmiki, Dalit and Gorkha communities, living here for decades, also now enjoy rights at par with the other residents. Now the local residents and the residents of other States, enjoy the same rights. Out of the 334 State laws, 164 laws have been repealed and 167 laws have been adapted, according to the Indian Constitution.

For the people living in areas adjoining the International Border, a provision of 3% reservation in jobs and educational institutions has been effected.

As per the recommendations of the 15th Finance Commission, the UT of Jammu & Kashmir and UT of Ladakh have been sanctioned a grant of Rs. 30,757 crore and Rs. 5,959 crores respectively, during 2020-21.

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Council Elections were held for the first time and the voter turnout was 98.3 Percentage. There was record participation in the recently held district level elections as well.

51.7 lakh beneficiaries have been verified in Jammu & Kashmir under Ayushman Bharat Pradhan Mantri Jan Arogya Scheme. Under this scheme, 2.24 lakh treatments have been authorised in the hospitals of Jammu & Kashmir; for which, an amount of Rs. 223 Crores has been authorised. Under the PM Kisan Scheme, 12.03 lakh beneficiaries have been included so far.

Domicile law has been applied and the way has been paved for the resettlement of Kashmiri Pandits ousted from the Kashmir valley in 1990, with the work on provision of 6000 jobs and 6000 transit accommodations, in progress.

For the cultivation of apples, a market intervention scheme has been implemented. DBT payments and transportation by Central procurement Agency under the scheme have stabilized

their family and their childhood gets ruined but the most worse part is that these children are happy and do not want to learn anything. The only thing they are concerned of is making money. All this is happening right in front of us and no one actually is bothered about it.

The question here arises who is responsible for all this. Do we need to blame Government and concerned authorities for this or parents are to be blamed for escalating such thoughts in children.

Whosoever is to blamed the only concern is to make such children aware and make them learn the real lessons of life if we really believe that children are the future of nation. We all need to come forwards and let Government policies benefit these beneficiaries. Moreover, there is dire need to make their parents aware.

Shilpa Thakur,
Channi Himmat.

YOUR COLUMN

Jammu becoming begging hub

Dear Editor,

Jammu, a Smart City in the offing, has emerged into a begging hub. The inflow of the beggars from other states continues in the absence of any check by Jammu Police and civil administration. This menace has assumed enormous proportion causing great inconvenience and embarrassment to the public. The situation is worse at traffic lights, outside malls, temples, markets where these beggars use to chase people for alms.

Majority of beggars are women and children, under the age of ten, a good number of them are addicted to tobacco and other intoxicating products. At times these beggars become traffic hazard moving dangerously close to

moving vehicles. They are least bothered about the nuisance they are creating.

One can find beggars especially women and children adopting several modes for seeking alms and at times, create scenes by chasing people, asking alms in the name of their children, touching their feet and causing harassment. 'Bhookh Lagi Hai Paise De' is the favourite dialogue and they are well-trained to exploit your emotions.

Shocking is that these children are happy with all this. Now what should we say to such an approach. Is this ignorance or actually they are comfortable in this lifestyle and do not need a change. On one hand government is taking steps to make education compulsory and free for children upto 14 years of age while on the other hand they are enjoying begging.

These child beggars have neither any dreams of future nor do they want to go to school and something in life. It is sad that children are begging to earn for

Jammu Municipal Corporation, Town Hall, Electric Division

e.NIT 12 ELC of 2021-2022 Dt: 28-09-2021

TENDER NOTICE

For and on behalf of the Commissioner, Municipal Corporation, Jammu. The Executive Engineer, Electric Division, Municipal Corporation, Jammu is inviting online tenders from registered class of Electrical contractors / Firms as per the prescribed format for the works shown here under

| S. No | Description of Work/ Items | Approx Qty. in No. | Adv. Amount (In Lacs) | Cost of NIT Doc. In Rs.) | Bid Securing Declaration | Class of Contractor | Time of Completion |
|-------|---|--------------------|-----------------------|--------------------------|--|---------------------|--------------------|
| 1. | Replacement of Damaged park lights and Entry gate lights at Divisional Commissioner Office Jammu. | As per BOQ | 0.36 | 500/- | Bid Securing Declaration Form as per format enclosed at Annexure 'C' | A, B Class | 15 days |

Position of AAA ----- accorded

Position of T.S. ----- sanctioned

Head -----under Non- Plan

- The complete bidding process will be online.
- The bid shall be uploaded in electronic format on the website http://jk_tenders.gov.in up to 19/10/2021 till 15:00 hours.
- The bid received will be opened on 21/10/2021 up to 12.00 hrs same day or any other day convenient to the tender opening committee.
- Documents required to be uploaded online for Technical Bid.
- Scanned copy of Bid Securing Declaration Form as per the form enclosed.
- Cost of bidding document in shape of e-Challan/Single Window Challan of JMC pledged to Chief Accounts Officer JMC/tender fees receipt through online payment through the JMC link <http://www.jmcjammu.org/online-payment.html>.
- Contractor registration card renewed up to 31.12.2022.
- Scanned copy GST Card.
- Scanned copy of Pan Card.
- Scanned copy of duly filled Annexure "A" and Annexure "B" on Letter head of the contractor.

Note: Non Submission of any of the above documents online shall render the bidder as nonresponsive and his financial bid shall not be open.

No:- e.NIT No. 12 ELC of 2021-22

Dt: - MCJ/XEN/E/Div/ Dt: /09/2021

DIP/J-3294-P/21

Dated: 30-09-2021

Sd/-
Executive Engineer (Elect.)
Jammu Municipal Corporation.

OFFICE OF THE SUPERINTENDENT/MEMBER SECRETARY (IMC) GOVT INDUSTRIAL TRAINING INSTITUTE , REASI.

E-Mail itireasi@gmail.com.in

Subject: Engagement of Guest Instructors for the academic Session 2021-22-23.

Advertisement Notice.

Applications from the interested candidates who are permanent resident of J&K (UT) are invited for engagement as Guest Instructors in Govt. ITI Reasi for following trades (under PPP mode). The interested candidates will submit their applications in the prescribed format annexure A to this advertisement notice within five days from the date of publication of this notice in the newspaper.

| S.No | Guest Instructors req. For trade | Prescribed Qualification. |
|------|---|---|
| 1/ | Electronic Mechanic (under PPP mode) | Degree in Electronics/Electronic & Telecommunication from recognised Engineering College/University with one year experience in the relevant field. OR Diploma in Electronic/Electronics and Telecommunication from recognized Board of Technical Education with two years experience in relevant field. OR NTC/NAC in the trade with 3 years post qualification experience in the relevant field. Essential qualification in relevant National Craft Instructor Certificate under DG&T. |
| 2/ | Mechanic Motor Vehicle (under PPP mode) | Degree in Automobile/Mechanical Engineering from recognized Engineering College/University with one year experience in the relevant field. OR Diploma in Automobile/Mechanical Engineering from recognized Board of Technical Education with two years experience in the relevant field. OR NTC/NAC in the trade of Mechanic Motor Vehicle with three years post qualification experience in the relevant trade Desirable: Preference will be given to candidates with CIC (Craft Instructors Certificate) in MMV trade. |

The application form in the prescribed format must be accompanied with the self attested copies of the following certificate/documents.

1/ Academic/Technical qualification marks certificate.

2/ Date of birth certificate.

3/ Character certificate.

4/ Domicile certificate.

5/ Experience certificate.

6/ Preference will be given to the candidates hailing from District Reasi.

The engagement of the candidates as Guest Instructors shall be made from amongst the eligible candidates strictly as per criteria mentioned in the Directorate of Tech. Edu. J&K circular NO:DTE/101/Mise/212/ii/Act/236-2400 dt:19-10-2017 and the honorarium amounting Rs.12,000/- per month/ as per standing guidelines will be paid to the engaged candidates.

The candidates engaged shall have to maintain proper discipline and punctuality and shall have to work to the entire satisfaction of the students as well as the HOI. Indiscipline of any kind will entail their disengagement.

Incomplete applications will not be entertained and rejected without any notice.

NO:ITI/RSI/IMC/2021/480

Dated: 28-9-2021

DIP/J-7429/21

Dated: 30-9-2021

Sd/-
Member Secretary,
IMC, Govt. ITI, Reasi.

| Annexure-A | | |
|------------|----------------|------------------------|
| S.No. | Form No. | Name of the Candidate |
| 1 | 21020200027605 | Abhishek Sudan |
| 2 | 21020200026260 | Anil Singh |
| 3 | 21020200014979 | Anzar Ahmed Khokhar |
| 4 | 21020200025594 | Arun Kumar Baigra |
| 5 | 21020200022318 | Bilal Farooq |
| 6 | 21020200013732 | Fameed Bashir |
| 7 | 21020200011295 | Gulam Abass |
| 8 | 2102020003664 | Hafeez Hackla |
| 9 | 21020200026218 | Hema Dixit |
| 10 | 21020200020447 | Ilyas Maqbool Dar |
| 11 | 21020200013697 | IramNaz |
| 12 | 21020200004371 | Irfaan Ashraf |
| 13 | 21020200028629 | Khurshid Ahmad Shiekh |
| 14 | 21020200020476 | Komal Kumari |
| 15 | 21020200030806 | Mehraj Ul Haq Kariapak |
| 16 | 2102020001342 | Mir Asif Jameel |
| 17 | 21020200015641 | Mohammed Ommer Rather |
| 18 | 21020200011127 | Mohi Ouwaas Kami |
| 19 | 21020200030570 | Neha Bhagat |
| 20 | 2102020002505 | Ojasvi Sharma |
| 21 | 21020200005810 | Omar Arif Rishi |
| 22 | 21020200031644 | Ovais Rashid |
| 23 | 21020200020674 | Pallvi Sharma |
| 24 | 21020200011321 | Pardeep Singh |
| 25 | 21020200013347 | Pritpal Singh |
| 26 | 21020200018363 | Rajiv Lehra |
| 27 | 21020200018778 | Sabreena Mansoor |
| 28 | 21020200022696 | Sameer Ahmad Bhat |
| 29 | 21020200008621 | |