

OFF 'D' CUFF

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

lives moment to moment in its totality; he does not go on living partially. Your dreams simply show that you live partially, and the unlive parts have to be lived in your dreams. If you live totally each moment, then there is no possibility of any dreams. You are living inside in a very confused state. And not only young people; even when they become old the same state becomes more confusing because, as you accumulate experience, your confusion becomes greater.

Your childhood is the closest to buddhahood. As you grow old, you go farther away from buddhahood. It is a strange state; it should not be so. One should grow toward buddhahood, but people grow in just the opposite direction. 'Live in joy, in health, even among the afflicted', is an important sutra. It is to be remembered more so because people are creating a totally wrong approach to life. They say: "When there is so much misery in the world, how can you be joyous?" But that's exactly what the Buddha is saying.

By being poor yourself you cannot help the poor, although the poor will worship you because they will see how great a saint you are. But if the doctor also falls ill to help his patients, will you call him a saint? You will call him stupid, because this is the time he needs all his health so that he can be helpful to people. If you live just like the poor... that is not going to help the poor; it will only fulfil your ego. And any ego fulfilled creates misery for you, not joy.

Osbo

■ DR JITENDRA SINGH



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

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 Paisa De 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

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 payment's and transportation by Central procurement Agency under the scheme have stabilized

the prices of apples. Kashmiri Kesar has received G.I. tag. Now Kashmiri Saffron is reaching even the Northeastern States. Ukhu village of Pulwama is all set to receive the tag of "Pencil Wala Gaon".

Srinagar's long-awaited Ram Bagh flyover was opened.IIT Jammu got its own campus and the work of AIIMS, Jammu has also started.The wait for the Atal Tunnel ended when the Prime Minister dedicated it to the nation.Jammu Semi Ring Road and 8.45 km long new Banihal Tunnel, will be opened this year:

The incidents of terror have significantly declined and there is a new found atmosphere of peace and security in the valley. Tourism is showing a rapid upward trend.

Work on Shahpur - Kandi Dam project, which was stalled for 40 years, has been started again. Ratle hydropower project work is also being resumed.

It is for the first time that under an industrial promotion scheme of Government of India, industrial development will be taken to the block level in Jammu & Kashmir. Under the new central scheme, incentives worth Rs. 28,400 crores over the next 15 years will open new doors of development in the State.

Apart from employment generation in the primary sector; another 4.5 Lakh direct and indirect employment is expected to result from the scheme in agriculture, horticulture, sericulture, fisheries, animal husbandry and dairy industry.

Under Prime Minister Narendra Modi, Jammu & Kashmir today is marching ahead in rapid strides. The "Imaginative" Jammu & Kashmir of today is all poised to be the role model of tomorrow.

(Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space).

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.

JAMMU AND KASHMIR PUBLIC SERVICE COMMISSION

RESHAM GHAR COLONY, BAKSHI NAGAR, JAMMU - 180001
Website: <http://jkpsc.nic.in> Jammu: 0191-2566533
email: coejkpsc2017@gmail.com

Subject: Conduct of the J&K Combined Competitive (Preliminary) Examination, 2021 - Deficiency reg;

Notice
Dated: 30.09.2021

Whereas, vide Notification No.02-PSG(DR-P) of 2021 dated:26.02.2021 online applications were invited from permanent residents of the UT of Jammu & Kashmir, for J&K Combined Competitive (Preliminary) Examination-2021, in accordance with the provisions of SRO-103 of 2018 dated 23.02.2018 & J&K Public Service Commission (Conduct of Examination) Rules, 2005; and

2. Whereas, in response 30,565 online application forms were received; and

3. Whereas, upon scrutiny of the online application forms it has been observed that some applicants have mentioned wrong date of result of their Bachelors Degree in their online application form. Besides, some other candidates have not uploaded their Domicile Certificate, claiming domiciles of UT of J&K; and

4. Now, therefore it is hereby informed that:-

i. the candidates whose names are indicated in Annexure "A" to this notice are informed to submit the proof of having passed/ fully appeared in the Bachelor's Degree well within the cutoff date i.e. 12.04.2021.

ii. the candidates whose names are indicated in Annexure "B" to this notice are informed to submit the Domicile Certificate issued well within the cutoff date i.e. 12.04.2021.

5. The candidates listed in Annexures A&B shall e-mail their documents on jksconline@gmail.com within a period of five days from the date of publication of this notice, i.e. by or before 05.10.2021, up to 05.00 PM, failing which their candidature shall be rejected without any further notice.

Note:-

➤ The candidature of all the candidates appearing in the Combined Competitive (Preliminary) Examination-2021 scheduled to be held on 24.10.2021, shall be purely provisional.

➤ Claiming eligibility by misrepresentation, concealment of any material fact(s) or impersonation or fraud, can lead to cancellation of candidature and will also make the candidate liable to disciplinary action by the Commission.

➤ The Commission reserves the right to cancel the candidature of any candidate found ineligible at any stage of Selection Process at which the such ineligibility shall be detected.

No:- PSC/DR/JKAS/CCE/21/2020
Dated : 30.09.2021
DIP/J-7508/21

Dated : 30.09.2021

Sd/-
(Vinay Samotra), JKAS
Deputy Controller of Examinations,
Public Service Commission

Annexure-A			
S.No	Form No.	Name of the Candidate	Parentage
1	21020200027605	Abhishek Sudan	Roshan Lal
2	21020200002620	Anil Singh	Babu Singh
3	21020200014979	Anzar Ahmed Khokhar	Mohd Mustafa Khokhar
4	21020200025594	Arun Kumar Baigra	Keval Krishan Baigra
5	21020200022318	Bilal Farooq	Mohammad Farooq Chachi
6	21020200013732	Fameed Bashir	Bashir Mohd
7	21020200011295	Gulam Abass	Mohd Younis
8	21020200003664	Hafeez Hackla	Haneef Mohd Hackla
9	21020200026218	Homa Dixit	Ganesh Kumar
10	21020200020447	Ilyas Maqbool Dar	Shri Mohd Maqbool Dar
11	21020200013697	IramNaz	Mohammad lahaq
12	21020200004371	Irfan Ashraf	Mohammad Ashraf Bhat
13	21020200028629	Khurshid Ahmad Shiekh	Gh Hassan Shiekh
14	21020200020476	Komal Kumari	Mohinder Singh
15	21020200030806	Mehraj Ul Haq Kariappa	Ghulam Ahmad
16	21020200001342	Mir Asif Jameel	Mohd Yousuf Mir
17	21020200015641	Mohammed Ommer Rather	Gulam Mohammed Rather
18	21020200011127	Mohd Owais Kami	Muneer Ahmed Thoker
19	21020200030570	Neha Bhagat	Inderjeet
20	21020200002505	Ojasvi Sharma	Rajeev Sharma
21	21020200005810	Omar Arif Rishu	Mohd Arif Rishu
22	21020200031644	Ovais Rashid	Ab Rashid Dar
23	21020200020674	Palvi Sharma	Suhhash Chander
24	21020200011321	Pardeep Singh	Dalbir Singh
25	21020200013347	Pritpal Singh	Gursharan Singh
26	21020200018363	Rajiv Lehra	Madan Lal Lehra
27	21020200018778	Sabreena Mansoor	Mansoor Malik
28	21020200022696	Sameer Ahmad Bhat	Gh Mohi Ud Din Bhat
29	2102020000821	Shafayat Ahmed	Akhmat Din Tanch
30	21020200031118	Shahid Abass Bhat	Mohd Abass Bhat
31	21020200006357	Shahid Mehmood	Fazal Karim
32	21020200016324	Shiv Om Slathia	Ganesh Singh Slathia
33	21020200009978	Shivate Raina	Kuldeep Raina
34	21020200002357	Shreva Sharma	Rakesh Sharma
35	21020200006735	Surbhi Puri	Nareesh Kumar Puri
36	21020200020248	Sushani Sharma	Shiv Kumar Sharma
37	21020200023712	Syed Umer Shali	Syed Mohd Shafi
38	21020200018733	Talab Hussain Malik	Mohd Hamef Malik
39	21020200008999	Umar Khaliq	Ab Khaliq Dar
40	21020200025476	Vishal Banotra	Pawan Kumar
41	21020200019021	Waseem Mehmood	Mehmood Hussain
42	21020200016075	Zabir Hussain Shah	Asgar Ali Shah
43	21020200018720	Zulkernain	Mohd Rashid

Annexure-B			
S.No.	Form No	Name of the Candidate	Parentage
1	21020200029074	SONAM WANGAIL	SKARMA TASHI
2	21020200000371	STANZIN YANGDOL	PHUNCHOK SONAM
3	21020200024762	SHAH KHATOON	KMADIM HUSSAIN
4	21020200023570	SONAM STANZIN	TSEWANG NAMGIAL
5	21020200029038	RINCHEN DORJAY	TSFR1NG ANCHUK

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.

- A. 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

Sd/-

DIP/J-3294-P/21

Dated: 30-09-2021

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 th 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 DGAT.
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 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 their self attested copies of the following certificate/documents.

- Academic/Technical qualification marks certificate.
- Date of birth certificate.
- Character certificate.
- Domicile certificate.
- Experience certificate.
- 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/ACct/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.