

## NEED TO CHANGE EVALUATION, EXAM STYLE

Every year parents, students and teachers wait for the 10th class exam. Somewhere or the other, the tenth examination has become a test for everyone. The results have become a matter of respect for the parents, teachers and schools as well. Usually, the preparation of class X in schools starts many years in advance. Apart from school, there is a rush in tuition classes, serious study environment at home, all this has become natural. But for the last one and a half years, studies have not been done the way it used to be. After the pain of COVID, it has become necessary to think what to do with class 9 and 10? What has happened from the side should be there or can some other way be found? It is easy to understand that the situation will be different in different states of the country. But there is a big difference in the situation in the same place, in different areas and in different types of schools. Look at cities like Schools have been opened for older children, but the attendance of students in private schools is generally low. On the other hand, look at the condition of government schools. Teachers of such schools say that since the schools have opened, there has been no problem of attendance in government schools, especially in classes XII, X. Remember about class nine students they were in class seven in March 2020 and now they have reached class nine. During this time teachers and parents must have made efforts to continue their studies, but the effect it has on these students is difficult to predict. Similarly, the students who are in class X today were in class VIII in 2020. What should be the curriculum for these children? Which teaching-learning activities would be right for them? Schools have opened, but half a year has passed since they were opened. Nowadays 'learning loss' is in discussion. This loss has to be understood in two parts. The first part will be about those lives and skills that the children have forgotten and the second part will be about those things which these students did not get a chance to learn. Most of the students are not actually at the level of the class they are in. The level of private school students may be different because they continued to get online education but government school students could not get such facilities.

It is very important to make a strategy by looking at the reality of the students from the ground level and understanding their problems closely. Everyone knows that 2020 and 2021 were extraordinary and unusual in terms of school education since last year, but we have not tried to change the pedagogy or pattern of education deeply or seriously. Lightening of syllabus, pushing board exam dates back and forth, some exams now and some later, easing of exam questions, these are minor adjustments, not visionary. Evaluating unrealistic expectations is a waste of time for students and teachers. From the experience of the pandemic period and the advent of New Education Policy 2020, a golden opportunity is before us to decide what any young man or girl of India should be able to do and think till the age of 16. Anyway, young people of this age learn a lot on their own. Some in school and some outside school, they have suffered a lot during the COVID-era. If education is of another kind, then the examination or result and evaluation of this education should also be done in another way.

## IN THE COURT OF MUNSIFF (JMC) R.S PURA

Presents: Sidhant Vaid  
Balbir Singh S/O Baldev Singh R/O Satrayan Tehsil Suchetgarh District Jammu.  
(Plaintiff)

v/s

(1) Pyari Devi W/O Bari Ram R/O R. S pura Agwan, Jammu Goondla. (2) Punam W/O Khajoor Singh Rakwal R/O ward no.3 bhadore, Jammu. (3) Radha Salaria W/O Krishan Singh R/O Hno.273 D/ Opposite State Time Office, Jammu. (4) Nisha Devi W/O Karan Singh Chib R/O JMC293, Shiv Mandir Lane, Resham Ghar Colony Jammu  
(Defendants)

In the Matter of:- Suit for declaration declaring the plaintiffs as the sole legal heirs of late Baldev Singh S/O late Poto Ram R/O Jindha tehsil Sali kot district Sajikot A/P Satrayan tehsil Suchetgarh district Jammu and is entitled to claim and receive one time settlement compensation or relief amount sanctioned by the Government of India to be paid by the Govt. for being west Pakistani refugee of 1947. With the consequential relief of permanent prohibitory injunction restraining the defendants from interfering into the claim of the plaintiff.

## PROCLAMATION

Public At large through the medium of this notification is hereby informed that if anybody have any objections to the passing of the matter regarding the subject matter above, may appear before this court either in person or through counsel and file his/ her/ their objections by or before 15 days failing which appropriate order will be passed under law.

Given under my hand and seal of this Court today.

Sd/-  
Munisifff R.S.Pura.

## COURT OF 1ST ADDITIONAL DISTRICT JUDGE JAMMU

Present: Ashwani K. Sharma  
Meesha Bhagat D/O Jagdish Lal R/o H. No. 130, New Rehari Jammu.  
(Petitioner)

VERSUS

Jagdish Lal S/o Narian Dass R/o H. No. 130, New Rehari Jammu.  
(Respondent)

In the matter of:  
Petition for grant of Probate of will dated: 09-06-2020  
Registration on 09-06-2020 by Public Notary Jammu.

## Notice to Public at large

Whereas the above named petitioner has applied for the grant of Probate and Letter of Administration in respect of Will dated: 09-06-2020 executed by the Mother of the Petitioner namely Lt. Lalita Rani W/o Jagdish Lal R/o H. No. 130, New Rehari Jammu.

Whereas through this proclamation the public in general is informed that if any person has/have any objection in grant of Probate and letter of Administration in favour of the above mentioned petitioner, he/she/they shall file his/her/their objections personally or through an authorized agent in this Court on or before 30-10-2021 the next date fixed in the case failing which appropriate orders shall be passed.

Take note that if the next date fixed is declared holiday, the case shall be taken up on the next working day.

Given under my hand and seal of this court today on 16th day of October 2021 at Jammu.

Sd/-  
(Ashwani Kumar Sharma)

1st Additional District Judge  
Jammu



UNION TERRITORY OF JAMMU & KASHMIR  
HEALTH & MEDICAL EDUCATION DEPARTMENT  
OFFICE OF THE PRINCIPAL GOVERNMENT MEDICAL COLLEGE KATHUA

Extension : Extension of services of staff engaged under ECR during 2020-21 & 2021-22 under NHM.

Order

As per the direction of the Hon'ble Lieutenant Governor, UT of J&K and on the analogy of the other Medical Colleges of UT of J&K and District Health Society, Kathua, the services of staff engaged under ECR during the year 2020-21 & 2021-22 is hereby extended for a period of three months only i.e. 31<sup>st</sup> of December, 2021 (on the basis of last attendance received) and no further extension shall be given under any circumstances. The above mentioned staff is directed to report to their respective departments originally assigned to them.

(Dr. Anjali Nodir Bhat)

No. GMCK/Admin/2021-22/4242-49  
Dt. 12-10-21  
DIP/J-8397/21 D1. 27-10-21

We cannot afford to spend millions and millions over nuclear arms when there is poverty and unemployment all around us.

-Lal Bahadur Shastri

## EDITORIAL

## Kitchen-Best alternative to costly Beauty Parlours

## ■ MAHADEEP SINGH JAMWAL

A beauty parlour is an establishment that offers a variety of cosmetic treatments and cosmetic services. Modernity is buzzing with concept of beauty parlor (salon) administrating expensive deceptive appearances with cosmetic treatments for both genders involving facial aesthetic, manicure, pedicure, body exfoliation, bro waxing, shaping, aromatherapy, even meditation, oxygen therapy, mud baths and many other services. Large population is inspired by Hollywood/ Bollywood as in these industries even spooky faces gloom because of deceptive treatments in these beauty establishments. These remedies have the potential to transform a revolting face to most alluring and women are especially the majority embracing this deception to fit in the phrase 'on occasion of the party the alluring faces are those that are most glaring and they are most wanted and focal point of one and all and are wildly haunted like featherless chickens.' The wisdom that appears to be influencer in this mad race, chiefly the female gender, is from the famous saying attributed to Irish novelist Margaret Hungerford, 'Beauty is in the Eye of the Beholder.' In simple words we can define beauty as a combination of qualities, such as shape, color or form that pleases the aesthetic senses, especially the sight. From the time immortal, both the genders have been satiating in enhancing these aesthetic senses for presenting themselves in attention. We are all unique, with experiences and memories that tie together

seamlessly into a blanket of our own versions of beauty. It is not bad to look good in the society and in obtaining the services of these techniques, but have we ever thought of getting all such looks even without visiting these costly parlours beyond the reach of middle class and this is the real class mostly targeted by the salons that help to deceive the opposite gender by a false coating of cosmetics to lure each other, forgetting that a black buffalo can never turn out to be a white by applying all the techniques available for providing deceptions in the field of look. The basic concept of all these treatments is to provide a deceptive cover to give a glowing touch to our exposed portions to look attractive.

From time immemorial, cosmetics have been prepared from material easily available in our kitchens. These natural items have proved themselves as effective cosmetics or as principal ingredients in their making. We can believe in readily available food products which have been traditionally used as natural cosmetics. The glory of using one's kitchen as an alternative to costly beauty parlours is that many of the ingredients are already there. Lemon is a veritable storehouse of beauty remedies; its juice mixed with honey is an effective remedy for removing dark spots. Squeezing a couple of drops of lemon juice into the water, while taking a bath, makes us feel refreshed. Almonds are crushed to make a mask, good for nourishing the skin. Bananas are used as a mask for dry skin. Buttermilk (Shash) is used as a cleanser

and for pigmentation. Cabbage (Gobhi) is rich in vitamins and minerals and the water in which it is cooked is used to wash the face as a cleanser. Cucumber (Kheera) has slight astringent properties and is excellent for oily skin. Eggs are the most useful aid to beauty. The yolk is nourishing and the white has tightening properties. It is used in masks and in hair conditioners.

Lettuce (Salad) is rich in vitamins, iron and minerals. It is excellent in cooling and for sunburns. Mint (Pudina) is a good natural cure for scars, pimples, marks and skin orders. Onion's juice prevents blemishes and mixed with honey makes a wonderful anti-wrinkle cream. Potato's thin slices when used as eye pads remove puffiness under the skin. Papaya (Papita) breaks down the dead cells of the skin and cleans it when used as a mask. Tomato contains vitamin 'C' and is used to cleanse black heads. Tea is soothing and is good for relaxing your eyes. Keep cool tea pads on eyes for severe dark circles. We can effectively control the pimples by steaming the face in water to which crushed 'Neem' leaves have been added. The juice extracted from 'Mint' leaves apply before sleeping, a curative treatment for pimples. Apply the paste of 'Sandalwood' and 'Turmeric' in equal quantity, on the face; it is 'Ramban' for pimples. Soak 1 cup of rice overnight, powder it with a little of 'Multani Mitti', add 1 table spoon of Methi and preserve it. Add honey and curd before applying and wash after 20 minutes, it is an excellent mask for radiating the skin. Honey has been long recognized as a perfect, all-round rejuvenator. The ancients value it not only as a food but as a medicine for internal and external use.

Apart from our sensitivity towards skin, we are equally worried over our hair. The market is flooded with a variety of shampoos. These are made of sodium or potassium salts, sulphates, solubilizing agents, foam stabilizers, preservatives, emollients, thickening agents, etc. Special ingredients like lemon, herbs, lanolin, egg, antiseptics and anti-dandruff, are also sometimes added. Moreover, these are so costly that ordinary people cannot think of shampooing their hair. If we study the traditional methods of shampooing since history, we find that we can go for much better shampoos from the ingredients from our kitchen house of different varieties for different purposes. Such as Herbal Shampoo: 'Reetha' 100 gm, 'Shikakai' 50 gm and 'Amla' 50 gram, soak them in two glasses of water for 12 hours then boil it to reduce it to half-glass. Rich protein pack: Beat the egg and lime juice and apply it for 1 hour, best shampoo for dandruff. For black hair, make a paste of 1 cup 'Heena powder', 'juice of a lemon', small piece of 'Kattha', 1 tablespoon 'coffee powder', 1 egg, tea water. Stress and negative thoughts are the main enemies of beauty. Half the battle in beautification is won if they are kept under check. Those who find beauty in all of nature will find themselves in one kitchen with the secrets of life.

Government of Jammu & Kashmir  
Office of the Sr. Aquaculture Engineer(XEN)  
Fisheries Deptt Suleiman Complex Dalgate Srinagar (J&K)  
Telephone No. 0194-3513051 e-mail- sraquac@jksns.nic.in

## Notice Inviting Tenders

## FRESH E-NIT No 24 OF 2021-22

For and on behalf of the Governor of Jammu and Kashmir State, e-tenders are invited by Sr. Aquaculture Engineer(XEN), Fisheries Department J&K Srinagar by e-tendering mode on item rate basis from approved and the eligible registered Contractors registered with J&K Government, CPWD, Railways & other Central State Governments of the classes mentioned here under in strict accordance with conditions noted below.

S. No	Name of work	Approx. Cost (Rs. in lacs)	Class of Contract	Cost of Tender Document	Time of opening of Bid	Time of completion
02	Balance work of Watch & Ward Hut at Fish Farm Balpara Shopian	Rs 5.50 lacs	C&D	Rs 300/-	30-10-2021 at 10:00 AM	One Month

Position of AA= Awarded (Languishing Projects)  
Position of Funds = Available

The bidding documents consisting of qualifying information, eligibility criteria, specifications, bill of quantities (B.O.Q), set of terms & conditions of contract and other details can be seen/downloaded from [www.jktenders.gov.in](http://www.jktenders.gov.in) under ASH/Director Fisheries/Engineering Wing as per the schedule of dates given below.

1	Date of Issue of Tender Notice	21-10-2021
2	Period of downloading of bidding documents	21-10-2021 from 2:00 pm to 29-10-2021 upto 4:00 pm
3	Bid submission Start Date	21-10-2021 from 2:00 pm
4	Bid submission End Date	29-10-2021 upto 4:00 pm
5	Date & Time of opening Bids (Online)	30-10-2021 at 10:00 am In the Office of the Sr. Aquaculture Engineer (XEN) Fisheries Deptt Suleiman Complex Balpara Shopian

No SAE/D/2021-22/954-58 DIP/J-8385/21  
Dated: 21-10-2021 Sd/-  
Dated: 27/10/2021 Sr. Aquaculture Engineer (XEN)  
Fisheries Department  
Srinagar

## GOVERNMENT OF UNION TERRITORY JAMMU &amp; KASHMIR

JAMMU POWER DISTRIBUTION CORPORATION LIMITED  
OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION-III, JPDCI, REHARI JAMMU  
CIN No: U40300JK2013SGC003898, E-mail- ed@jpdcljammu@gmail.com

## RE-TENDER NOTICE

## E-NIT No: ED-III/JPDCI/45 of 2021-22 Dated: 20-10-2021

## INVITATION:-

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-III, JPDCI, Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies or Class 'A' registered Electrical Contractors having valid license and meeting eligibility criteria as per terms, conditions, technical specifications and schedules forming part of this tender document for

"Laying of (1Ph2W and 2Ph3W) LT line on 8 Mtr PCC Poles with ACSR Weasel Conductor in Panchayat, Samachak and Kalyanpur of Block Marh in Panchayat Kangraff of Block Bhalwal on Turnkey Basis under the Jurisdiction of Electric S/Div Janpur (Works Approved Under PR/ Component District Capex Budget 2021-22)

1. Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SBD shall be deemed to have been done after careful/conscious study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
2. The tender document is available at website <http://jktenders.gov.in>. Interested Bidders may view, download the e-Bid document, seek clarification and submit their e-Bid online up to the date and time mentioned in the table below:

A	Tender Document Sale/Download Start Date	21-10-2021; 09:00 Hrs.
B	Tender Document Sale/Download End Date	11-11-2021; 16:00 Hrs.
C	e-Bid submission (start) date & time	21-10-2021; 09:00 Hrs.
D	e-Bid submission (end) date & time	11-11-2021; 16:00 Hrs.
E	Submission of Hard Copy of Tender Fee	Up to 12-11-2021; 16:00 Hrs.
F	Commercial and Technical Bid opening date & time	13-11-2021; 14:00 Hrs.
G	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualifying Bidders.
H	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-III JPDCI, Rehari, Jammu
I	Tender Value	Rs 6.90Lakh
J	Cost of e-Bid document	Rs. 500 (Non-Refundable)
K	Amount of Earnest Money Deposit (EMD)	Rs.13800/-
L	Position of Funds	Works approved under PR Component District Capex Budget 2021-22

3. The Bidders need to submit the proof/cost of e-Bid document as stated in the above table through e-Challan, treasury Challan/receipt, in favour of Executive Engineer, Electric Division-III, Jammu (Cost of Tender to be credited in Head - 0801) or Demand Draft from any Nationalized/Scheduled bank pledged to Executive Engineer Electric Division-III JPDCI, Rehari Jammu, payable at Jammu. The original demand draft or e-Challan, treasury Challan/receipt shall be submitted in a separate envelope to the Office of the Executive Engineer Electric Division-III JPDCI, Rehari Jammu and should reach at least one day before opening of commercial and technical e-Bid. The scanned copy of the Demand Draft/ e-Challan treasury Challan/receipt must be uploaded along with the e-Bids.
4. Bidders must quote for all the particulars of the item in the Technical