



CGPWA celebrates Elders' Day & World Heart Day

■ STATE TIMES NEWS

JAMMU: The Central Govt Pensioners' Welfare Association (CGPWA) in Jammu marked the 34th International Day for Older Persons and World Heart Day with a vibrant celebration, featuring a health talk that emphasized heart health. This event took place on September 29 at the IIPA auditorium, in collaboration with the Shri Mata Vaishno Devi Narayana Superspecialty Hospital. Dr. Sushant Kumar, a consultant from SMVD Narayana, delivered an insightful 40-minute talk titled "Healthy Heart Beats Longer." He focused on both preventive and curative aspects of cardiovascular diseases (CVD), outlining various risk factors categorized as modifiable and non-modifiable. Dr. Ashok Bhan IPS (Retd) member SMVD Shrine Board and former DGP was the Chief Guest and Shri B R Sharma IAS (Retd), State Election Commissioner & former Chief



Secretary was the Guest of Honour: Kuldeep Khoda IPS (Retd) President of CGPWA and former CVC & DGP presided over the function. Dr. Sushant elaborated on modifiable risk factors, which include smoking, sedentary lifestyles, high sugar and salt intake, obesity, and high cholesterol. He urged attendees to quit smoking and engage in regular physical activity, recommending 150 to 300 minutes of brisk walking or 75 to 150 minutes of running weekly. Stress management techniques were also emphasized, with Dr. Sushant encouraging participants to adopt stress-busting practices to enhance mental well-being. He underscored the importance

of maintaining sugar and cholesterol levels within prescribed limits and reducing salt intake, which can lead to fluid retention in the lungs. He also cautioned against obesity, recommending that individuals monitor their Body Mass Index (BMI). On non-modifiable risk factors, Dr. Sushant mentioned aging, family history, and gender. He highlighted that most heart attack fatalities occur within the first hour and stressed the importance of seeking immediate medical help. He recommended taking blood thinners like aspirin or Sorbitrate to prevent blood coagulation before reaching a healthcare facility.

Additionally, he pointed out that maintaining good dental hygiene could mitigate risks associated with CVD. Dr. Ashok Bhan, IPS (Retd) and member of the SMVD Shrine Board, was the chief guest at the event. He shared his "seven mantras" for keeping hearts healthy in later life. He cautioned against taking up paid jobs post-retirement if financially secure, advocating for engagement in fulfilling activities like music or gardening instead. He advised against overwhelming schedules that could induce stress and recommended avoiding situations that provoke anger. His practical

tips included reversing count from 25 to 1 to manage anger and exercising discretion in giving advice, suggesting that sometimes restraint is better than unsolicited guidance.

In his presidential address, Kuldeep Khoda, (Retd) and CGPWA president, commended Dr. Sushant for his informative lecture. He encouraged pensioners to manage expectations and pursue stress-free lives. Khoda also expressed concerns over the commercialization of private healthcare, urging attendees to seek second opinions before undergoing tests or procedures. B.R. Sharma, IAS (Retd), the guest of honor, praised the CGPWA

and the Narayana Hospital for organizing the event, which he described as a significant step in raising awareness about cardiovascular diseases and their prevention. The event concluded with a warm welcome from K.B. Jandial, General Secretary of CGPWA, noted that, thanks to advancements in healthcare, life expectancy has increased significantly, emphasizing the need for robust healthcare and support systems for the aging population. He also pointed out that World Heart Day, celebrated on the last Sunday of September, aims to raise awareness about heart disease, which claims millions of lives globally due to lack of awareness and unhealthy

lifestyles. The Secretary of CGPWA, B.B. Magotra, delivered a formal vote of thanks, ensuring that the day ended on a note of gratitude and camaraderie among attendees. This

event not only celebrated the contributions of older persons but also equipped them with valuable knowledge to maintain their heart health and overall well-being.

Azad among early voters

■ STATE TIMES NEWS

JAMMU: Democratic Progressive Azad Party (DPAP) Chairman Ghulam Nabi Azad was among the early voters to cast his vote at Government Girls Higher Secondary School, Gandhi Nagar in the first hour of polling. Asked about West Pakistani refugees, Valmikis and the Gorkha community who are eligible to vote in the assembly elections for the first time after the abrogation of Article 370 in August 2019, Azad said some issues have been there since 1947 and they were always used by different parties for their political gains. "There are current issues like statehood, Article 35A and growing unemployment, which is the biggest problem and is linked to every religion and the future of the youth," he said. No regional or national party has focused on the issue of unemployment as they should have during campaigning. On the possibility of the DPAP or someone else emerging as the kingmaker after the elections, Azad said that in a democracy, people are the real fountainheads and not the parties. "It is the people who vote you to power and let us leave it to the voters and see who they want to hand over the power to," he said.

OFFICE OF THE PRINCIPAL DISTRICT JUDGE, REASI

Succession Case Reg. No. 10/24
Date of Institution: 21-08-2024
Krishna Devi (age 53 years old) W/o Late Papu Kumar R/o Chassana Tehsil Chassana and District Reasi. ...Petitioner.

Versus
1. Heam Raj, 2. Makesh Singh, 3. Omkar Singh All S/O Late Papu Kumar All Resident of Village Chassana Tehsil Chassana District Reasi. 4. Ranjita Devi w/o Ravinder Singh D/o ... Respondent

In the matter of: Petition for the grant of Succession certificate.
In the matter of: NOTICE TO GENERAL PUBLIC
CORAM:

NOTICE TO GENERAL PUBLIC
Whereas the petitioner has filed the petition for grant of succession certificate in favour of the petitioner with respect to the amount of deceased Papu Kumar S/O Chandu Ram R/o Chassana Tehsil Chassana District Reasi who expired on 07-06-2024, under below mentioned accounts:-
Amount: Rs. 21,00,000/-
Description of debt where Amount is lying
An amount of Rs. 21,00,000/- (Twenty one Lakh Rupees only) as grant of Special Welfare relief in favour of Noks of the deceased namely Sgdt. Papu Kumar No: 592/RSI, PID No:- EXJ025694 of District Police Reasi and amount lying with teh Senior Superintendent of Police (SSP), Reasi. Lying in Jammu and Kashmir Bank Reasi

Therefore through the medium of this notice the public in general is informed that if anybody has any objection to the same he/she/they may appear before this court in person or through counsel on or before 16-10-2024, failing which an appropriate order shall be passed. If date fixed is declared as holiday, the case shall be taken up on the next working day.

Given under my hand and seal of the court today on 26-09-2024.
Sd/-
Principal District Judge
Reasi

NORTHERN RAILWAY			
E-TENDER NOTICE			
Tender Notice No:- 770-W/169/PWA-1/FZR-179-2024-25-ADEN-JRC, 180-2024-25-ADEN-JRC & 182-2024-25-ADEN-LDH acting for and on behalf of The President of India invites open tenders (E-Tenders) against below stated tenders and available on www.reps.gov.in with closing date 16.10.2024 up to 15:00 Hrs. Bidders will be able to submit their original/revoked bids up to closing date and time only. Manual offers are not allowed against these tenders and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on REPS portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, IFDIT etc. are not allowed.			
Tender Type	Tendering Section	Bidding System	
Open	Works	Single Bid System	
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time	
27.09.2024	07.10.2024	21.10.2024	
Details of Tender			
S. No.	Tender No.	Details of Tender	
1	179-2024-25-ADEN-JRC	Misc. P-Way Works for track maintenance in the section of SSE/ P-Way/MEX and Cleaning vegetation on cess and beyond along the track in the Jurisdiction of ADEN-JRC	
		Advertised Value (Rs.)	60,30,543.51
		Validity of Offer	60 Days
		Period of Completion	12 Months
2	180-2024-25-ADEN-JRC	Misc. P-Way Works for track maintenance in the section of SSE/ P-Way/NSS under ADEN-JRC	
		Advertised Value (Rs.)	67,30,859.15
		Validity of Offer	60 Days
		Period of Completion	12 Months
3	182-2024-25-ADEN-LDH	Misc. P-Way Works for track maintenance in the section of SSE/ P-Way/NSS under ADEN-LDH	
		Advertised Value (Rs.)	59,59,983.47
		Validity of Offer	60 Days
		Period of Completion	12 Months
3850/2024			
SERVING CUSTOMERS WITH A SMILE			

पावरग्रिड POWERGRID			
NOTICE			
1. The Petitioner above-named has filed a petition before the Central Electricity Regulatory Commission, New Delhi for determination of Tariff from DOCO to 31-03-2029 for Petition-1: Augmentation of Transformation capacity at Bhimral (PG) S/s by 1x515MVA, 400/220kV ICT (3rd) in Northern Region.			
2. The beneficiaries of the Transmission system are: (a) Ajmer Vidyut Vitran Nigam Ltd. (b) Jaipur Vidyut Vitran Nigam Ltd. (c) Jodhpur Vidyut Vitran Nigam Ltd. (d) Punjab State Electricity Corporation Limited (e) Haryana Power Purchase Centre (f) Jammu & Kashmir Power Corporation Ltd. (g) Uttar Pradesh Power Corporation Ltd. (h) BSES Yamuna Power Ltd. (i) BSES Rajdhani Power Ltd. (j) Tata Power Delhi Distribution Ltd. (k) Chandigarh Electricity department (l) Uttaranchal Power Corporation Ltd. (m) North Central Railway (n) New Delhi Municipal Council. (o) Himachal Pradesh State Electricity Board. (p) Central Transmission Utility of India Ltd.			
3. Capacity of the generating station/line length, number of bays of the transmission system: 400kV bay-1 no. 220kV-1 no. 315MVA ICT-1 no.			
4. Capital cost of the project (Rs. in lakhs)			
Asset No.	Approved Cost (Rs.)	Expenditure Up to DOCO	Projected Expenditure for FY
		31.03.2025	2025-26
Asset-1A	681	141.80	430.37
Asset-1B	1958.18	0	8
			61.94
			1162.92
			1068.16
RCE: Under approval			
5. Scheduled date of commercial operation- 25.04.2023			
6. Actual date of commercial operation: 30.06.2024			
7. Capital cost on the date of commercial operation (Rs. in lakhs): Rs. 1608.76 Lakhs			
8. Details of tariff (Rs. in lakhs)			
Asset	2024-25	2025-26	2026-27
Asset-1A	127.11	212.28	225.76
Asset-1B	158.89	178.75	178.46
			162.31
			187.19
9. A copy of the petition made for determination of tariff is posted on the website www.powergrid.in			
10. The suggestions and objections, if any, on the proposals for determination of tariff contained in the petition may be filed by any person, including the beneficiary through the e-filing portal of the Commission, with a copy to the Petitioner within 30 days of publication of this notice.			
s/d Shri V.C. Sekhar Senior General Manager (Commercial)			
Place: GURUGRAM Date: 01.10.2024			
POWER GRID CORPORATION OF INDIA LIMITED			
(A Government of India Enterprise)			
Registered Office: B-3, Qutub Institutions Area, Kharola Sarai, New Delhi 110 016			
Corporate Office: Southwark, Plot No. 2, Sector-29, Gurugram, Haryana - 122 001			
Website: www.powergrid.in CIN: L40101DL1968GOI036121			
A MAHARATNA PSU			