ADGP Jammu reviews operational preparedness

STATE TIMES NEWS

JAMMU: A high-level meeting was held today at the Zonal Police Headquarters Jammu under the chairmanship of Additional Director General of Police (ADGP) Jammu Zone, Anand Jain, to review the operational preparedness of various forces deployed in Jammu Zone. The meeting was called to ensure force mobilization and establish coordination amongst various forces deployed in the Jammu zone in the backdrop of the recent attack on the construction workers in Kashmir valley. The agenda

of the meeting primarily focused on designing comprehensive strategies aimed at ensuring coordination and communication with other law enforcement and security agencies for better intelligence sharing and joint operations. It also discussed the strategic mobilization of force, strengthening the security grid by identifying the operational security vacuums and designing solutions that prioritize dynamic and community policing, and strengthening the police-public relationship to foster a safer environment. The meeting was



ADGP Jammu Zone, Anand Jain chairing a meeting on Tuesday.

also aimed at re-strengthening the security landscape by addressing any logistic and operational challenges that might arise during the deployment. Senior officers from the paramilitary forces

discussed the intricacies and other related agencies also provided insights and involved in the process

Anand Jain, emphasized on bringing synergy in the action plan of various forces and focused on devising approaches that are built on the pillars of thorough security analysis and actionable intelligence. He also laid stress on ensuring seamless and smooth inter district and inter agency coordination. The meeting concluded with Anand Jain, urging all the officers to remain vigilant and proactive in

addressing any unforeseen challenges. It also laid out a comprehensive action plan with clear responsibilities assigned to the respective agencies. The meeting was attended by IG CRP Jammu Sector; DIG BSF Jammu Frontier; Special Commissioner. Bureau, Jammu; DIG

Training, PHQ J&K; DIG Traffic, Jammu; DIG JKS Range; Dy Director IB Jammu; senior officers of CISF and SSB; SSPs of Jammu, Udhampur, Reasi, and Samba; Commandants of IRP 15th Bn, 1st Bn Women; IRP 19th Bn, IRP 7th Bn, IRP 14th Bn, IRP 12th Bn, JKAP 8th Bn, IRP 18th Bn; SSPs PCR Jammu, Security Jammu, Railways Jammu, Traffic NHW, CID SB Jammu, CIDCITelecommunication Jammu; and Officers of 16 Corps and 26 Infantry Division.

Media delegation from J&K visits National Institute of Nutrition

Unhealthy dietary habits contribute to disease burden in country: Director



Delegation members during visit to ICMR-National Institute of Nutrition at Hyderabad.

SANJAY SHARMA

HYDERABAD/JAMMU: A group of 14 media professionals from Jammu and Kashmir, led by Tariq Rather, Deputy Director of PIB Srinagar, embarked on a five-day media tour in Telangana, from October 21 to 25, 2024. The tour is organized under the Central Sector Scheme Development Communication & Information Dissemination' by the Press Information Bureau (PIB) Jammu & Kashmir.

On the second day of the tour, the media delegation visited the ICMR-National Institute of Nutrition (NIN) in Hyderabad. NIN, a premier nutrition research institute under the Ministry of Health and Family Welfare, Government of India, is dedicated to addressing India's critical nutrition and health challenges. Its multi-disciplinary scientific and technical teams work relentlessly to provide evidence-based inputs on nutrition, dietary habits, and the nutritional status of the Indian population. Dr. Santasabuj Das, the Director-Incharge of ICMR-NIN, welcomed the delegation and shared insights into the institute's efforts in tackling malnutrition and its broader implications. He highlighted that nutrition is a kev environmental factor that significantly influences the risk and outcomes of numerous communicable and non-communicable diseases in India. Unhealthy dietary habits, he noted, contribute to more than half of the disease burden in India, particularly in relation to coronary heart disease, hypertension, and diabetes. Dr. Das also emphasized the economic costs of poor nutrition, which lead to premature deaths, overburdened health systems, and hampered economic progress. He stressed that good nutrition goes beyond individual health, benefiting families and communities at large. Senior scientists from NIN, including Dr. Subbarao, Dr. M. Maheshwar, Dr. G. Bhanuprakash Reddy, and Dr. J. J. Babu, shared valuable insights into the institute's ongoing research and initiatives

Talking to Sanjay Sharma, Senior Reporter, State Times-a leading English newspaper in J&K, one of the Scientist of NIN said, "With upsurge in the consumption of highly processed foods laden with sugars and fats, coupled with reduced physical activity and limited access to diverse food, exacerbate micronutrients defeciancy and overweight/ obesity problems. Aggressive advertising and marketing of these unhealthy foods through different media channels, including social media, are seen to influence dietary preferences among both children and adults. leading to detrimental long-term effects."

Scientists said, "NIN conducts research to evaluate and reduce the prevalence of undernutrition, especially among vulnerable population groups like children and pregnant women. The institute focuses on combating iodine deficiency, anaemia, and other micronutrient deficiencies, which remain significant public health concerns in

"NIN develops and tests various communitybased models to prevent and control malnutrition by conducting effectiveness trials. These interventions are designed to be scalable and applicable across different demographic groups in India," they added. Speaking of NIN's activities in Ladakh, they said, "A notable project known as the Diet and Biomarker Survey in India (DABS-I), a study conducted by NIN in Ladakh. This mission-mode project aimed to analyze the dietary habits, food recipes, and anaemia prevalence in the region." "Ladakh, with its unique geography and dietary practices, presents specific challenges related to malnutrition. The DABS-I study provided valuable insights into the nutritional status of various demographics in Ladakh, including the consumption patterns of food and nutrient intake. The research highlighted nutrient deficiencies prevalent in the region, and the scientists discussed how these findings can help tailor interventions to improve the health outcomes of Ladakh's population," they added. "The NIN team also introduced the Nutrify India Now 2.0 app, a free lifestyle app developed for Android devices. The app serves as a personal health assistant, designed to monitor an individual's nutrition, physical activity, and overall well-being," scientists said. Highlighting key features of the app, they said it is providing essential information about the nutrient composition of food items and their daily requirements besides allowing users to assess their nutritional status based on their daily food intake and Required Dietary Allowance (RDA). During their visit, the media professionals were given a tour of various research labs at NIN. The scientists explained the process of analyzing dietary products, including the assessment of nutrient content and safety. These labs play a crucial role in supporting NIN's mission to provide high-quality, evidence-based data for tackling malnutrition and improving public health outcomes in India, Shiyacharan Reddy from PIB Hyderabad and other officials accompanied the Media delegation. Journalists later visited Salar Jung Museum Hyderabad. The most scintillating attraction was the Double Statue of Wood featuring Mephistopheles and his love, Margaretta, who could be seen in the mirror and the famous chiming clock. The museum segregated neatly into two floors and three distinct galleries - Indian, Eastern and Western - the grandeur hasn't faded. The hallways were lined with frozen glimpses from the life of Nawab Mir Yousuf Ali Khan Bahadur Salar Jung III, an art connoisseur and collector the man we should thank, for the marvel that is the museum filled with wonders from around the world - Sino-Japanese art objects, European art and furniture, Indian sculptures in stone and bronze, jade and ivory carvings, Persian, Syrian and Egyptian artefacts and paintings, lacquerware, porcelainware, embroidery, textiles and toys, some more than a dozen centuries old.

Government of Jammu and Kashmir Office of the District Sheep Husbandry Officer, Jammu. Email: dshojammu@gmail.comTele/fax No.0191-2955905

ADVERTISEMENT-NOTICE

Applications on prescribed formats are hereby invited from the interest small and marginal farmers/un-employed youths/ Self help groups /Co-operative Socities/farmers producer organizations of District Jammu for establishment of Sheep & Goat units under ISDS/RKVY (Retrieval) scheme for the year 2024-25, the details of which are given as under:-

INTEGRATED SHEEP DEVELOPMENT SCHEME / RASHTRIYA KRISHI VIKAS YOJANA

1 Establishment of sheep and Goat units 10/20 Ewes/Does

SALIENT FEATURES OF THE SCHEME:-

Livestock for unit establishment is supplied free of cost

Retrieved livestock shall be utilized for establishment of fresh units. Retrieved of equivalent no. of Ewes/Does given to the beneficiary in the form of female progeny (aged 11/2 - 2 yrs) in phased manner from 3rd year onwards (2 no. of Ewes/Does per year for Ewes/Does unit).

ELIGIBILITY CRITERIA:-

Beneficiary must have sufficient land holding infrastructure /fodder/grazing and man power resources available to maintain the unit on organized manner.

Further, for all other criteria etc. and for any query and application form, contact nearest Veterinary Assistant Surgeon of Sheep Husbandry Department of respective Blocks or District Sheep Husbandry Office, Jammu on any working day during the office hours.

District Sheep Husbandry Officer, Jammu. The last date for submission of duly filled application forms is 24-11-2024

Selection of the beneficaries shall be made by designated committee under the chairmanship of

Further, merly applying under the scheme and selection by the committee shall not initile for benefit under scheme, as the number of beneficiaries shall depend upon the number of retrieval units available with the district for year 2024-25 under the scheme.

No:- DSHOJ/Tech/2024-25/3122-39

Dated:- 21-10-2024 DIP/J-6011/24 Dated:- 22/10/2024 (Dr. Javeed Iqbal Mir) District Sheep Husbandry Officer,

HEADQUARTERS IRP-2IST



BN APC PHARISPORA PATTAN

NOTICE

It is notified for the information of all local dealers/ suppliers/manufacturing units of Jammu, Samba and Kathua localities that samples of your essential/Ration commodities of various items which were called during the month of July 2024 to September 2024 respectively are lying in the Central Ration Store DPL Jammu. There is every apprehension that the samples may get affected/spoiled due to moisture ad frequent movement of rodent in the Raton Store DPL Jammu.

In order to prevent unnecessary/undue loss of these unselected samples of the ration commodities, all the local dealers/venders suppliers of Jammu Samba and Kathua localities are informed through the medium of this notice to send their couriers / salesman to collect their unselected samples from the Incharge Central Ration Store DPL Jammu within seven (07) days from the date of issuance/publication of this notice, failing which any claim of collecting these samples, beyond the target date shall not be entertained.

No:- QB/IRP-21st/CQ&PC/2024/14649-57 Dated:- 21-10-2024 DIP/J-6008/24

Dated:- 22/10/2024

Chairman, CQ &PC, Commandant **IRP-21st Battalion Jammu**

Dated 21 .10.2024

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NOTICE INVITING TENDER

e- NIT No: EDR/ 36 of 2024-25

INVITATION: -For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer, JPDCL, Electric Division, Rajouri, with hereinafter referred as online e-bids from reputed Class ElectricalContractors for

S. No.	Name of Works	Advertised Cost (Rs in Lacs)	Cost of Tender Documents (inRs) (TR only)	Earnest Money (in Rs)
1.	CREATION OF SUBSTATIONS ALONG WITH HT/LT NETWORK FOR VARIOUS WSS IN SUBDIVISION SUNDERBANI UNDER JJM. CREATION OF 1x100KVA S/STNS FOR WSS PUKHARNI MALLA.	7.35	500/	14700/-

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	Position of AAA Accorded.				
В	Pos	tion of TS Sanctioned.			
C	Pos	ition of Funds			
		stant Hagents: 2000	CRITICAL DATES		
1	A	0.76270.04370.0	wnloading of Standard Document	21-10-2024	
- 3	В	Sale of Tender Doc	ument (Start)	21-10-2024	
-	C	Sale of Tender Doc	ument (End)	04-11-2024	
1	Н	e-Tender submission (start) date & time (Submission of e-tender fee, EMD and other supporting documents in PDF/XLS format)		21-10-2024	
2000	e-Tender submission ((Submission of e-tende supporting documents		nder fee, EMD and other	04-11-2024	

No: EDR/TR/755-58 Dated: 21.10.2024

format)

opening date & Time

DIP/J-2399-P/24 Dated:- 22/10/2024

Online Commercial and Technical e- Tender

Venue of opening of technical & financial e-

Sd/ Executive Engineer, JPDCL Electric Division, Rajouri.

MORE FESTIVAL SPECIAL TRAINS-2024

In continuation to already announced Festival Special Trains-2024, Railways have planned to run following additional Festival Special trains as per detail given below :-

poi don	a., 9	DOIOTT.		
04608/0		mmu Tawi-Howrah-Jan ed Festival Special Trai		04 Trips
Train No	0.04608	CTATIONS A	Train No.	04607
ARR.	DEP.	↓ STATIONS ↑	ARR.	DEP.
	20:20	Jammu Tawi	15:20	***
13:20	***	Howrah		23:45

Days of Run : 04608 Ex. Jammu Tawi on 30.10.2024 & 04.11.2024 and 04607 Ex. Howrah on 01.11.2024 & 06.11.2024

Accommodation: 1st AC, 2 Tier AC, 3 Tier AC, 3 Tier AC Economy Stoppages: Pathankot Cantt., Jalandhar Cantt., Dhandari Kalan Chandigarh, Ambala Cantt., Saharanpur, Moradabad, Bareilly Shahjehanpur, Hardoi, Lucknow, Maa Belha Devi Dham Pratapgarh Jn. Varanasi, Pt. Deen Dayal Upadhyaya Jn., Gaya, Koderma, Dhanbad Jn. Asansol Jn., Durgapur & Barddhaman Stations.

04680/04679 Shri Mata Vaishno Devi Katra- Kamakhya-Shri Mata Vaishno Devi Katra Reserved Festival Special Train					04 Trips
Train No. 04680 ARR. DEP.		OTATIONS A	Train No. 04679		
		+	↓ STATIONS ↑		DEP.
1777	18:40	Shri N	lata Vaishno Devi Katra	06:20	
21:00		Kamakhya		1000	06:00

Days of Run: 04680 Ex. Shri Mata Vaishno Devi Katra on 28.10.2024 & 02.11.2024 and 04679 Ex. Kamakhya on 31.10.2024 & 05.11.2024 Accommodation: 1st AC, 2 Tier AC, 3 Tier AC, 3 Tier AC Economy

Stoppages: Martyr Captain Tushar Mahajan, Jammu Tawi, Pathanko Cantt., Jalandhar Cantt., Dhandari Kalan, Chandigarh, Ambala Cantt. Saharanpur, Moradabad, Bareilly, Sitapur, Gonda, Basti, Gorakhpur Chhapra, Hajipur, Barauni Jn., Begusarai, Khagaria Jn., Naugachia Katihar Jn., Kishanganj, New Jalpaiguri Jn., New Cooch Behar, New Bongaigaon & Goalpara Town Stations.

Train No. 04662		CTATIONS A	Train No. 0466	
ARR.	DEP.	↓ STATIONS ↑	ARR.	DEP.
***	20:10	Amritsar Jn.	18:20	
05:00		Saharsa	2555	10:00

Accommodation: 3 Tier AC, Sleeper & General Stoppages: Beas Jn., Jalandhar City Jn., Dhandari Kalan, Sirhind, Rajpura, Ambala Cantt., Yamunanagar Jagadhri, Saharanpur, Moradabad, Bareilly, Sitapur Jn., Gonda Jn., Gorakhpur Jn., Siwan Jn. Chhapra, Hajipur Jn., Muzaffarpur Jn., Samastipur Jn., Barauni Jn.

04520/04519 Ambala CanttDarbhanga- Amritsar Jn. Reserved Festival Special Train				02 Trips		
Train No	0.04520	CTATIONS A	Train No. 0451			
ARR.	DEP.	+	STATIONS '		ARR.	DEP.
- C			Amritsar Jn.		06:30	
***	5.000		Jalandhar City		03:35	03:40
	19:00		Ambala Cantt.		02:05	02:15
40.00						

Days of Run: 04520 Ex. Ambala on 25.10.2024 and 04519 Ex. Darbhanga on 26.10.2024

Accommodation: 3 Tier AC, Sleeper & General

Stoppages: Amritsar Jn., Jalandhar City, Saharanpur, Moradabad Bareilly, SitapurJn., Gorakhpur, Deoria Sadar, Siwan Jn., Chhapra HajipurJn., Muzaffarpur Jn. & Samastipur Jn. Stations.

For any kind of information, passengers are requested to contact RailMadad Helpline No. 139 or visit Indian Railways website https://enquiry.indianrail.gov.in or NTES App.

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KNOW DENGUE FOR NO DENGUE Dengue can be Prevented

DENGUE

- Dengue is a viral disease.
- It is transmitted by the bite of | Frontal headache. Aedes mosquito.
- Dengue Fever is a severe, flu-like illness.
- Dengue Hemorrhagic Fever (DHF) & Dengue Shock Syndrome (DSS) are more severe forms of disease, which may even cause death if left untreated.

SIGNS AND SYMPTOMS

Office of Executive Engineer,

JPDCL, Electric Division, Rajour

- High fever.
- Pain behind the eyes which worsens with eye movement.
- Muscle and joint pains.
- Rashes on the body.
- Pain abdomen.
- Nausea and vomiting.
- Bleeding & low B.P in severe
- Person suspected of having Dengue should visit nearby Health Facility.
- The tests and treatment are available free of cost at Govt. Health Institutions.
- Don't take pain killer and any other medicine without consultation of Doctor.

PREVENTION

- · Avoid water stagnation in & around the house.
- Empty water reservoirs regularly like storage utensils. air coolers, plant pots, drums, flower pots and bird baths etc.
- Keep water tanks and other water containers tightly covered with lids.
- Use mosquito repellents/ Anti mosquito creams.
- Do not wear clothes that expose arms and legs.
- Use mosquito nets while sleeping.
- Use netted screens for doors & windows to prevent entry of mosquitoes







ISSUED IN PUBLIC INTEREST BY STATE MALARIOLOGIST/SPO NVBDCP, J&K, DIRECTORATE OF HEALTH SERVICES, JAMMU DIP/J-6012/24