

Let's discover transformative power of gratitude to lead meaningful life: Principal JKPS Kunjwani



Principal JK Public School Kunjwani Rajesh Rathore and students addressing morning assembly on Monday.

STATE TIMES NEWS
JAMMU: Quoting William Arthur "Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings", Advita from Grade 6 Pearl alongwith her classmates conducted the morning Assembly on the topic "Gratitude: The secret of happiness" at JK Public School, Kunjwani.

Adding more substance to the opening statement, Kashvi presented the quote of the day, "The root of joy is gratefulness. It is no joy that makes us grateful; it is gratitude that makes us joyful".

Throwing more light on the topic, Bilal Majid stated, "Gratitude is a powerful emotion that can transform our lives. It involves acknowledging and appreciating the good things in our life, no matter how small. By focusing on gratitude, we shift our perspective and see the world in the more positive light".

Practicing gratitude has numerous benefits, including increased happiness, reduced stress and anxiety, and improved relationships. It can also promote resilience, helping us bounce back from challenges. Simple practices like keeping a gratitude journal, sharing gratitude with others, and tasking mindful moments can make a significant difference", added Shaurya.

"The science behind gratitude reveals that it can rewire our brains to focus on positive thoughts and emotions, releasing dopamine and strengthening social connections. By incorporating gratitude into our daily lives, we can experience these benefits firsthand", added Anish.

"In conclusion, gratitude is a secret to happiness that is accessible to everyone. It also teaches us humility. It reminds us that we are interconnected, and the efforts of others often contribute to our success. From our parents and teachers to our friends and even strangers, countless people play a role in our journey. A simple "thank you" can go a long way in strengthening these bonds", said Poorvi.

Under the segment Quitations, Kashvi quoted Dr APJ Abdul Kalam, "Gratitude is important not only because it helps people feel good, but also because it inspire them to do good". Saras referred to Melody Beattie "Gratitude makes sense of your past, brings peace for today, and creates a vision for tomorrow". Devanshi quoted Lisa Ryan, "Happiness is spiritual experience of living every minute of life with love, grace and gratitude".

Principal JKPS Kunjwani Rajesh Rathore appreciated the presenters from Grade 6 Pearl for sharing the importance of gratitude and how to enhance its level and stated, "Gratitude is the art of recognizing and appreciating the good deeds in our lives, whether these are small joys of a sunny morning or the larger blessings of family, friends, and opportunities. A grateful heart is a magnet for positivity and happiness.

Corrigendum
Subject: Extension of dates.
Reference: This office E-NIT No. 17 of 12/2024-25 issued vide endorsement No. JID/II/2024-25/5056-5092 Dated 07-12-2024. (Works figuring at S.No. 03, 09 & 10)
This is for the information of all the concerned that the bid opening and closing dates of above-mentioned works of this office E-NIT under reference are hereby extended due to poor response and the fresh dates are as under:-
i) Uploading stops on : 18-12-2024 (06:00 PM)
ii) Tender opens on : 19-12-2024 (12:00 Noon or Subjective)
Please read GSTR-3B for the month of October-2024 instead of November-2024.
All other terms and conditions of the above e-NIT shall remain the same.
DIP/J-8214/24
Dated:- 16/12/2024
Sd/-
(Er. Hafiz Ullah Reshi)
Executive Engineer
Irrigation Division No.II
Jammu

OFFICE OF THE PRINCIPAL
GOVERNMENT AYURVEDIC MEDICAL COLLEGE AKHNOOR
Fax No. 01924-295060, Email. gamcjammu2017@gmail.com, gamc.2017@jk.gov.in
Subject: Short Term Quotations.
NOTICE
To fulfill shortfall of Books in Library, Govt. Ayurvedic Medical College & Hospital Akhnoor for extending permission of the college. Sealed quotations affixed with Rs. 5/- Revenue stamps are invited on behalf of His Excellency, LG, UT of J&K from the Approved/Registered firms for supply of Books as per the list enclosed Annexure "A" (Page-1-2). The quotations should reach within a week's time and will be opened on 20-12-2024.
Terms and conditions:
1. The Short Terms Quotations have been invited as category available/suggested on GeM but marked as not matching requirements vide No. GARPTS ID No. GEM/GARPTS/23112024/9Y2TS9GOEDBX, dated 23-11-2024.
2. The quotation must be written in one ink or should be typed one without any cutting/overwriting.
3. The successful bidder of quotation shall have to execute supply order immediately.
4. Procurement shall be made only after evaluation of samples. Samples of L1 shall be called for evaluation and if the sample failed samples of L2 shall be called for the purpose.
5. The U/S shall be competent to alter/modify the items besides rejecting any one/all the quotations without assigning any reason thereof.
6. Short Term Quotations shall be opened by the committee constituted for the purpose in the office chamber of Principal, Govt. Ayurvedic Medical College Jammu.
7. Rates should be FOR Govt. Ayurvedic Medical College & Hospital Akhnoor Jammu.
8. Successful suppliers should have to supply the Books within seven days of supply order.
9. Payment shall be made after receipt of all the Books.
Sd/-
Principal.
Govt. Ayurvedic Medical College Jammu

OFFICE OF THE MEDICAL SUPERINTENDENT
S.M.G.S. HOSPITAL, JAMMU
SHORT TERM QUOTATION
Sealed quotations are invited from the firms dealing in the line of execution of below mentioned job. The quotation should reach the office of the undersigned within ten (10) days from the date of publication in the newspaper during working hours:-

S. No	Particulars	Rate
1.	Refilling of CO ₂ Cylinder (10 Kg)	

Terms & Conditions:-
• The quotation must be typed only. The successful quotationer shall have to execute the job immediately from the date of issue of formal order with them.
• If the firm failed to execute the job at the quoted rates, then the undersigned reserves the right for debarring/blacklisting of firm for a period not less than 2 years.
• The undersigned reserves the right to accept or reject any quotation or a part thereof, without any reason thereof. Any dispute, if arises, shall be subject to the Jammu jurisdiction.
Sd/-
Medical Superintendent
S.M.G.S Hospital, Jammu
No: SMGS/13528-33
Dated:- 13/12/2024
DIP/J-8226/24
Dated:- 16/12/2024

Union Territory of Jammu and Kashmir
Office of the Executive Engineer, Mechanical & Hospital Division Udhampur
(E-mail-xenmdudh@gmail.com)
NOTICE INVITING TENDER
For and on behalf of Lt. Governor, of Jammu & Kashmir (UT) e-tenders are invited in two cover system, from reputed and registered firms for the job mentioned below:-

S.NO.	Description of work	N.I.T No	Estimated/ Approved Cost (In Lacs)	Earnest Money/ Performance Security	Cost of tender documents	Time of completion	Eligibility Criteria of Bidder	Tender Receiving Authority
01	Providing of Heavy-Duty winter Clothing Essentials and other allied material for Operational and Supervisory Staff engaged for Snow Clearance Operation at Patnitop	E-NIT No. MHDU/TS/ 90 of 2024-25 Dt:- 14/12/2024 Due on:- 23/12/2024 Tender ID 2024_PWDJK_268000_1	97.5 (Lacs)	Earnest Money 2% of estimated amount, amounting to Rs. 1950/- only shall be submitted by all Participating Bidder in the shape of CDR/FDR/TDR/BG. Performance Security 5% of the contract value shall be submitted by the lowest Bidder before the allotment of work order in the shape of CDR/FDR/TDR/BG.	Rs. 200/- (Fixed Amount) in the shape of challan through J&K Govt. Treasury indicating treasury Voucher No. & date and also indicating the name of work duly credited to Mfr-0059(PWD) Misc. Revenue and uploading a copy of treasury challan/receipt on e-tendering portal OR The bidder may deposit tender fee in shape of e-challan through Account No. 0028010200000009, J&K Bank, Udhampur, of Executive Engineer Mechanical Division Udhampur	07 (Seven days)	Registered/ Reputed Mechanical firms having sufficient experiences for the similar nature work	Executive Engineer Mechanical & Hospital Division Udhampur

Position of Funds:- (Awaited)
Position of AA/Tech. Sanction:- (Awaited)
The e-NIT consisting of qualifying information, eligibility criteria, specifications, terms & conditions, Bill of Quantities can be seen / downloaded from the J&K govt. website [www.jktenders.gov.in](http://jktenders.gov.in)
No: MHDU/TS/ 2895
Dated:- 14/12/2024
DIP/J-8211/24
Dated:- 16/12/2024
Sd/-
(Er. Daljeet Singh)
Executive Engineer
Mechanical & Hospital Division
Udhampur

Office of the Executive Engineer, Sub Transmission Division Doda
Jammu Power Distribution Corporation Limited (JPDC), Jammu
Power Development Department
Email: xenstdoda@gmail.com Tel No. 01996-295113
CIN No. U40300JK2013SGC003698
e-NIT No:- STD/Doda/Capes/16 of 2024-25 Dated: 14.12.2024
INVITATION
For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer Sub Transmission Division Doda - JPDC, hereinafter referred as "Employer", invites online e-bids from reputed Companies or Class "A" registered contractors for "Design, Engineering, Manufacture, Supply, Transportation, Erection, Testing & Commissioning for augmentation of 33/11 KV Receiving Station Dandi, Bhaderwah from 2*10MVA to 3*10 MVA in District Doda," under the jurisdiction of Executive Engineer, Sub Transmission Division Doda, JPDC Jammu.
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	16.12.2024 10.00AM
B	Clarification start and end date	16.12.2024 10.00 AM TO 20.12.2024 04.00 PM
C	Tender Document Sale/Download End Date	26.12.2024 UPTO 02:00PM
D	e-Bid submission (start) date & time	16.12.2024 10:00AM
E	e-Bid submission (end) date & time	26.12.2024 UPTO 2:00PM
F	Submission of Hard Copy of Tender Fee & EMD Instrument (End) date & time	26.12.2024 UPTO 2:00PM (Non submission of hard copies of tender fee and EMD within the specified date and time will attract the rejection of the bid.)
G	Commercial and Technical Bid opening date & time	26.12.2024 03:00PM
H	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualifying Bidders.
I	Venue of opening of techno-commercial Bids	Soft Copy Electronically & Hard copy in the Office of the Executive Engineer Sub Transmission Division Doda
J	Tender Value	Rs.60.00 Lakhs
K	Cost of e-Bid document	Rs 2000.00 (Non-Refundable)
L	Amount of Earnest Money Deposit (EMD)	Rs.1.20 Lakhs

3. The Bidders need to submit the proof/cost of e-Bid document as stated in the above table through Demand Draft from any Nationalized/Scheduled bank in favour of the Executive Engineer Sub Transmission Division Doda - JPDC, payable at Doda. The original demand draft shall be submitted in a separate envelope to the Office of the Executive Engineer Sub Transmission Division Doda - JPDC, and should reach at least one day before opening of commercial and technical e-Bid. The scanned copy of the Demand Draft must be uploaded along with the e-Bids.
No. STD/ Doda/2024-25/TS/143-146
Dated: 14.12.2024
DIP/J-3281-P/24
Dated:- 16/12/2024
Sd/-
(Er. Anil Gautam)
Executive Engineer,
Sub Transmission Division,
JPDC, Doda.