EXTENSION OF PERIODICITY OF SPECIAL TRAIN

For the convenience of Rail Passengers, Northern Railway has decided to extend

Train No.	From	То	Frequency	Earlier Notified Upto	Extended Upto	Total Trips
04688	Budgam	Banihal	Daily	01.10.2024 to 31.12.2024	01.01.2025 to 31.01.2025	26
04687	Banihal	Budgam	(Except Friday)			26

Rest of all information will hold good For detailed information regarding stoppages and timings of above trains, please call RailMadad Helpline No. 139 or visit enquiry

website www.enquiry.indianrail.gov.in Visit RailMadad Website:



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E-TENDER NOTICE

Tender Notice No:- 770-W/169/WA-1/FZR- 280-2024-25-Sr-DEN-I-FZR acting fo and on behalf of The President of India invites open tenders (E-Tenders) ac below titled tenders and available on www.ireps.gov.in with closing date 20.01.2025 up to 15:00 Hrs. Bidders will be able to submit their original/revised 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 IREPS portal like net banking, debit card, credit card etc. Manual payments through

	Tender Typ	e	Tendering Section	Bidding System			
Open Date of Uploading Tenders 27.12.2024			Works	Single Bid System Bid Closing Date/Time 20.01.2025			
			Bid Starting Date				
			06.01.2025				
S. No.	Tender No.		Details of Tender				
4	202 2024 25	TDD (D) 45 00 Km of substanced 50km with 40 km					

Sr-DEN-I-FZR (90/110 UTS) new rails from DN line Km. 4.50 to Km.12.00, Km 14 00 to Km 34 30. Km 36 40 to Km 48 20. Km 53 10 to Km. 55.20 and Km.59.20 to Km 62.80 on Suchipind-Pathankot section under Sr.DEN-I/FZR Advertised Value (Rs.) Validity of Offer Period of Completion 43314062.10 60 Days 12 Months

3976/24

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PGT (Physics)

PGT (Pol.Sc)

Trained Post Graduate in relevant subject & B.Ed with 3 years experience in reputed CBSE school

TGT (Comp Application with AI)- MCA/MCA and B.Ed with minimum 2 years of experience. MUST possess experience in Artificial Intelligence

TGT (Sanskrit for VI-VIII classes)- MA (Sanskrit) with minimum 2 years experience.

TGT (Hindi for VI-VIII classes)

- MA(Hindi) & B.Ed with minimum 3 years teaching experience in reputed CBSE

Art & Craft Teacher

- Graduate Degree in Arts & Crafts OR Diploma in Painting/Drawing/Sculpture/ Graphic Arts from a recognized University.

Swimming Coach

- Graduation with Level-1 Coaching Certification in Swimming. MUST have

experience of minimum 2 years in a reputed CBSE school

Only shortlisted candidates will be called for interview. Selected candidates will be entitled to attractive emoluments and perquisites commensurate with experience and qualification INTERESTED CANDIDATES TO SEND THEIR RESUME WITH PHOTO TO THE PRINCIPAL BY EMAIL/BY HAND

BEFORE 05 JAN 2025 Email: jkpublicschool@gmail.com, Ph: 0191-2480070, 2481865, (M) 7051522290



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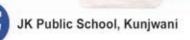






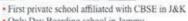












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www.jkpublicschool.in

For details contact School Office between 09:00 AM to 02:00 PM on all working days. 0191-2481865, 2480070, 7051522290

Looking Beyond Myths - Understanding Epilepsy PREVENT EPILEPSY

It's time to Unite for Better tomorrow

India carries an enormous burden of epilepsy.

About 12 million people with epilepsy are there in India There are close to 1.5 million women with epilepsy in reproductive

▶ Up to 70% of people living with epilepsy could become seizure free with correct medications.

pilepsy is one of the most common neurological disorders. It is a chronic cable disease of the brain that affects more than 50 million people worldwide and most of them reside in developing countries. With a conservative estimate of 1% as prevalence of epilepsy, there are more than 12 million persons with epilepsy (PWE) in India, which contributes to nearly one-sixth of the global burden. When it comes to Epileosy in women, about a sixth of women in the world are living in India. It is estimated that there are about 2.73 million women in India with epilepsy and 52% of them are in the

reproductive (15-49 years) age

Sleep deprivation or fatigue.

Alcohol use or drug abuse

Failure to take prescribed

anticonvulsant Medications.

Premature birth or low birth

Trauma during birth (such as

Seizures in the first month of

Abnormal brain structures at

Bleeding into the brain

oxygen to the brain

Abnormal blood vessels in

Serious brain injury or lack of

Infections of the brain such

Stroke resulting from block-

Seizures occurring within

days after head injury.

fever-related seizures

Alcohol or drug abuse

Family history of epilepsy or

Alzheimer's disease (late in

Lengthy fever-related (febrile)

as meningitis or encephalitis

EPILEPSY RISK FACTOR

Insufficient food intake

weight

birth

the brain

Brain tumours

age of arteries.

Mental disabilities

Cerebral palsy

the illness)

seizures

lack of oxygen)

group. By conservative estimates, there are three million people with drug resistant epilepsy (DRE) and one mil potential candidates for epilepsy surgery (ES) in India.

According to the data from Kerala Registry of Epilepsy and Pregnancy (KREP) indicate that anemia, ovarian cyst and fibroid uterus, and spontaneous abortions are more frequent in women with Epilepsy. It has been observed that the peak of incidence of epilepsy is seen during the 1st year of life and in persons aged more than 74 years. Some children develop epilepsy as a result of their brain being injured in some way. This could be due to difficulties at birth, or an infection

MYTHS AND FACTS

Take your medicine.

 Talk with your doctor or nurse when you have questions.

 Recognize seizure triggers (such as flashing or bright lights)

Keep a record of your sei-

zures.

Get enough sleep.

called idiopathic epilepsy and has no identifiable cause. While Epilepsy with a known cause is called secondary epilepsy, or symptomatic epilepsy. Seizures can be controlled using drugs. Up to 70% of people living with epilepsy could become seizure free with appropriate use of anti-seizure Furthermore, after 2-5 years of successful treatment and being seizure-free, drugs can be withdrawn in about 70% of children and 60% of adults without subsequent relapse. In low- and



Epilepsy is characterized by recurrent seizures, which are brief medicines. episodes of involuntary movement that may involve Myth: Fi Myth: Fits are due to incarceration with evil spirits. Fact: Fits are a medical disease which can be treated with medica-

Myth: Never touch a patient having a seizure. The disease will be Fact: Epilepsy is not contagious. The patient having a seizure needs your help and should be given immediate and appropriate care.

Fact: Patients behave in an uncontrollable manner during a seizure,

given medical treatment and treated like any other human being.

but this is not an expression of supernatural powers. They should be

Myth: These patients are possessed by God.

Myth: The only side effects of a seizure are tiredness and being con-Fact: Having epilepsy can affect people in different ways. The bur-

den of epilepsy could be reduced in India by providing a comprehensive epilepsy management which goes beyond seizure control and includes prevention of comorbidities and improvement of quality of life. The goal is to make the epilepsy treatment available for all and eradicating the fear and myths by educating patients, and the

which affects the brain. In young children, development can be delayed due to uncontrolled seizures. The most common type of seizure in children is the febrile seizure, which occurs when an infection associated with a high fever devel-

Epilepsy is not contagious. The most common type of epilepsy, which affects 6 out of 10 people with the disease, is

middle-income countries, however there is lot of treatment gap as about three quarters of people with epilepsy may not receive the treatment they need. For more details contact:

Dr Pooia Gupta, Senior Consultant Shri Mata Vaishno Devi Narayan Super specialty Hospital Kakryal, Katra, Jammu and Kashmir Call: 94198 31696 pooja.gupta.dr@narayanhealth.org

a part of the body (partial) or the entire body (generalized) and are sometimes accompanied by loss of consciousness and control of bowel or bladder function. However it is important to note that one seizure does not signify epilepsy (up to 10% of people worldwide have one seizure during their lifetime). Epilepsy is defined as having two or more unprovoked seizures." Fear, misunderstanding, discrimination, and social stigma have surrounded epilepsy for centuries. This stigma continues in many countries today and can impact on the quality of life for people with the disease and their families A doctor makes a diagnosis based on symptoms, physical signs and the results of tests such as an electroencephalogram (EEG), computed omography (CT or CAT scan) or magnetic resonance imaging (MRI)."

- Dr Pooja Gupta

Disclaimer: An initiative for public awareness and informational purposes only. The view expressed by the authors and the doctors are their independent opinions and the same shall not be construed as a medical advice or otherwise, readers shall consult a registered medical practitioner for any health issue and treatment.