

EXTENSION OF PERIODICITY OF SPECIAL TRAIN

For the convenience of Rail Passengers, Northern Railway has decided to extend the Periodicity of following Special train as per details given below:-

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

Please join us on

RailMadad Helpline No. **139**

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SERVING CUSTOMERS WITH A SMILE

NORTHERN RAILWAY E-TENDER NOTICE

Tender Notice No:- 770-W/169/WA-1/FZR- 280-2024-25-Sr-DEN-I-FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.i-reps.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 Demand draft, Banker cheque, Deposit receipts, FDR 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
27.12.2024	06.01.2025	20.01.2025

S. No.	Tender No.	Details of Tender
1.	280-2024-25-Sr-DEN-I-FZR	TRR (P) 45.30 Km of existing old 52kg rails with 60 kg (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 Suchpind-Pathankot section under Sr.DEN-I/FZR.

Advertised Value (Rs.)	Validity of Offer	Period of Completion
43314062.10	60 Days	12 Months

SERVING CUSTOMERS WITH A SMILE 3976/24

Winter BONANZA OFFER

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HEAT AUTO CLEAN CHIMNEY
CH 6059 DI BL AC 60 cm
MRP ₹ 29-995.00*
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WH 7056 VERTICAL (25 L)
MRP ₹ 12-995.00*
@ ₹ **7 790.00**

WARRANTY
• 7 Years on inner tank • 3 Years on heating element • 2 Years comprehensive

ROOM HEATER
OIL FILLED RADIATOR HEATER

100% SAFE NO EXPOSED ELEMENTS
WARRANTY: 3 YEARS
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- CASTOR WHEEL • PTC FAN HEATER 400 W

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DOUBLE BOWL

SS 37189 R 10 DBM
MRP ₹ 22-695.00*
@ ₹ **14 751.00**

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- CERAMIC UNDERCOAT
- SOUND SUPPRESSING PADS
- 25 YEARS WARRANTY ON STEEL

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GLEN

*Price are inclusive of all taxes. Offer applicable on MRP. Offer valid till stocks last.

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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 School

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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JK Public School, Kunjwani

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

It's time to Unite for Better tomorrow

PREVENT EPILEPSY

- 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 seizures.
- Get enough sleep.
- Lower stress

Epilepsy is one of the most common neurological disorders. It is a chronic noncommunicable 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 Epilepsy 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 group. By conservative estimates, there are three million people with drug resistant epilepsy (DRE) and one million potential candidates for epilepsy surgery (ES) in India.

According to the data from Kerala Registry of Epilepsy and Pregnancy (KREP) indicate that anaemia, 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 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 medicines. 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 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:
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Shri Mata Vaishno Devi Narayan Super speciality Hospital Kakryal, Katra, Jammu and Kashmir
Call: 94198 31696
pooja.gupta.dr@narayanhealth.org

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

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 develops.

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Myths and Facts

Myth: Fi Myth: Fits are due to incarceration with evil spirits.
Fact: Fits are a medical disease which can be treated with medication.

Myth: These patients are possessed by God.
Fact: Patients behave in an uncontrollable manner during a seizure, but this is not an expression of supernatural powers. They should be given medical treatment and treated like any other human being.

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

Myth: The only side effects of a seizure are tiredness and being confused.
Fact: Having epilepsy can affect people in different ways. The burden 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 public.

Epilepsy is characterized by recurrent seizures, which are brief episodes of involuntary movement that may involve 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 tomography (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.