

## International Day of Yoga celebrated across Jammu province



Principal GMC Kathua, Dr Anjali Nadir Bhat, Dr Deepak Sharma MO AYUSH Deptt Kathua and others performing Yoga Asaan.

### ■ STATE TIMES NEWS

KATHUA: On the eve of 8th International Day of Yoga and as per the direction from Dr Anjali Nadir Bhat Principal GMC Kathua in collaboration with Dr Deepak Sharma Medical Officer from Department of Ayush Kathua, a Yoga session was organised in the premises of GMC Kathua. Faculty as well as staff from GMC Kathua and Associated Hospital participated in the session. Dr Sangeeta Ajrawat MS AHGMC Kathua gave awareness about the Yoga and it's benefits. Principal GMC applauded the Department of Ayush Kathua for their contribution in organising the Yoga session. Dr Bodh Paul, Dr Nitin Sharma , Ankush and Smily Suryavanshi demonstrated the Yoga postures in the session. BJP District President Gopal Mahajan also graced the occasion.



Yoga Day celebrations by Bhartiya Yog Sansthan, Udhampur.

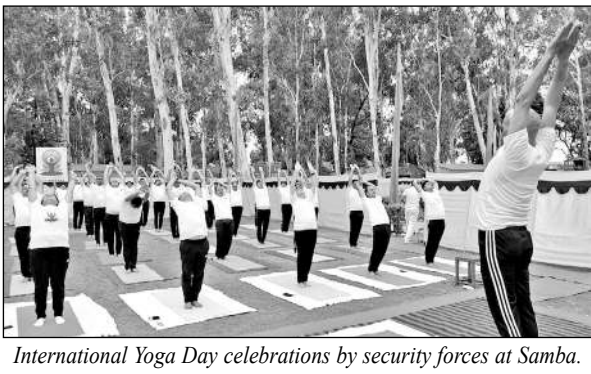
UDHAMPUR: To celebrate the 8th International Yoga Day 2022, 25 Trainers from 11 Centres of Bhartiya Yoga Sansthan Distt Shivalik Udhampur , held 11 yoga sessions throughout the day at 11 different locations in which around 1100 participants of all age groups participated .

10 different teams of Yoga Trainers were formed which assumed responsibility of conducting Yoga session at different locations including Army, Central Jail , civil society , Devika Temples and different schools and colleges in and around Udhampur .

The Udhampur team lead by BYS Founder Master Chajju Ram Khajuria , Pt. Hans Raj Shastri , President BYS SK Gandotra , Dr Makhan Lal, Manju Gupta , Anuradha Samson, Bishan DASS Gupta , Sanjay Gupta , Ravinder Singh, Upkar Singh, Ashok Khajuria, Ashok Abrol, Som Nath Barolo, Rakesh Kumar Sharma , Mgr Vridhi Ashram, Dr Vikram Gulati & others worked under the good directions of BYS Headquarters J& K at BYS Ashram Gole Gupral.

The president BYS J&K Satya Pal Sharma &

L/nk Ravi Kumar, Nk Madan Lal, Hav Ashok kumar, Hav Jit Bahadur and many more. 15th Battalion ITBP Prdanu Camp celebrated International Yoga Day - 2022 in which all ranks officials, Himveers and ITBP families participated. Ashish Kumar Officer Commanding of unit stated that in modern culture Yoga is the key aspect of disciplined life and a price-less gift of ancestors.



International Yoga Day celebrations by security forces at Samba.

Secretary Jiya Lal Sharma congratulated the Udhampur Distt for making 8th International Yoga Day 2022 a grand success.

In another function, Under the guidance of Yash Paul Bourney, Chairman DLSA Udhampur (Pr. Distt. & Sessions Judge)and overall supervision of Secretary DLSA Udhampur Rajni Sharma (Sub-Judge), DLSA Udhampur in collaboration with Bhartiya Yog Sansthan

**SAMBA:** Yoga Day was celebrated at Rai, Tappal of Samba district at the headquarters of 47th Battalion of ITBP under the leadership of Vijay Kumar, Second-in-Command of ITBP in which the officers present in the battalion, subordinate officers, other officials and Himveer families and children participated.

The International Yoga Day was also organized by CRPF 121 Battalion at Battalion Headquarters Campus, in which Commandant of the Corps Prahlad Paswan, Second Commandant Officer (Operations) Neelam Sarangal, Deputy Commandant Manju Thapa, Deputy Commandant Mahesh Kumar, Deputy Commandant Surinder and subordinate officers of the corps took part in the event.

Under the guidance of Dhirendra Verma, Commandant 38 Battalion, CRPF, 8th International Yoga Day was organized at 38 Battalion Headquarters. Deepak Mehra, Second Commanding Officer, Devendra Singh, Second Commanding Officer, Harji Lal Vairwa, Deputy Commandant, Subordinate Officers and other personnel were participated in the Yoga Workshop.



Army officials along with students during Int'l Yoga Day.

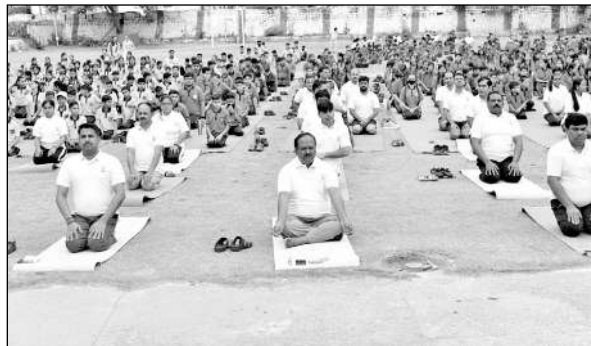
**NEWSHERA:** Indian Army troops joined hands with school administration to bring Yoga to students and youth of Border village, Seri. A Yoga workshop was organised at Govt Higher Secondary School, Seri. The event comprised of practicing various Yogasanas and Surya Namaskar under the yoga expert while enumerating the

importance of Yoga in our daily life. The workshop was attended by Students, youth & Teachers.



Faculty and students of GDC Khour performing Yoga.

**KHOUR:** GDC Khour celebrated 8th International day of Yoga withthe theme 'Yoga for Humanity'. In the beginning Prof. Arun Sharma and Prof. Goutam Sharma apprised the students about the benefits of yoga and its role in bringing body, mind and spirit together. Principal of the college prof. T K Sharma , IQAC Convenor Prof. Tarsem Lal, HOD



Officials of Salal Power Station performing Yoga.

Mathematics Prof. Surinder Sharma and Students of NSS, NCC and Sports participated enthusiastically in



Yoga Day celebrations at BGSBU Rajouri.

the event.

The entire program was organized by Professor Arun

900 people practiced yoga together at Ramlila Ground, Jyotipuram, the residential complex of

Power Station, in which NHPC personnel and families, CISF Commandant Shri Ghanshyam Bajaj withCISF Jawan, K e n d r i y a V i d y a l a y a Principal Shri P.N. Chaki with teachers, students etc. participated.

Head of Salal Power Station, J.C.Sarkar congratulating all the employees of the power station

Kumar, Satyavan, Dinesh Kumar and Deputy General Managers Vikas Gangal, Sanjay Goyal and other officers were also present and practiced yoga.

**RAJOURI:** Baba Ghulam Shah Badshah University observed the 8th International yoga day with greater zeal and fervour at the Yoga Centre of the University. The Yoga Instructors initially briefed about the essence of Yogic exercises and thereafter held a 1-hour practice session with a demonstration of Yoga Asanas. The Vice-Chancellor Prof . Akbar Masood participated in the event and practised Yoga along with other participants. Registrar of the University Mohd. Ishaq, faculty members, Officers and staff participated in the event.

## Waqf to take up new projects in Kishtwar soon: Dr Darakhshan



Chairperson Waqf Board Dr Darakhshan Andrabi paying obeisance at a Sufi Shrine.

### ■ STATE TIMES NEWS

KISHTWAR: Chairperson of J&K Waqf Board Dr Darakhshan Andrabi on Tuesday paid visit to the famous Sufi shrines of Shah Farid-ud-Din and Shah Asrar-Ud-din at Kishtwar. She was accompanied by Chief Executive Officer of Board Dr

Syed Maajid Jahangir & Waqf Administrator of Kishtwar ACP Zakir Hussain Wani and officers of District Administration. Dr Andrabi participated in the Urs celebrations at the shrine of Shah Farid-ud-Din and thanked district administration led by DC Ashok Sharma for putting in place all arrangements for the Urs festivities. She thanked the local Shrines Management Committees for co-operating with the newly formed Waqf Board to resolve many conflicts and issues which hindered the proper management for years here. Dr andrabi later took stock of the arrangements for the people at these shrines. She listened to the pilgrims and the representatives of people and noted down their

demands and suggestions for improving the facilities at these spiritual centres. Dr Andrabi later convened a meeting of the Waqf staff in Kishtwar and emphasised on the need for ensuring better service at these shrines. She also met the Management representatives of other Waqf managed properties and assets in the district. DR Andrabi said that in the recently held Waqf Board Meeting held at Srinagar, some significant decisions about new Waqf projects for Kishtwar were taken, the work on which will start soon. After praying for peace, harmony and prosperity at the shrines, Dr Andrabi said that these great shrines of Kishtwar have remained glorious spiritual centres for centuries where from people have learned the lessons of harmony, peace and spiritual upliftment of people and we are committed to upgrade the facilities at these shrines. "Soon these spiritual Centres will be included in the Spiritual Tourism Map of J&K," said Waqf Board Chairperson.

## Hazuri Bagh residents rue over impure water supply

### ■ STATE TIMES NEWS

JAMMU: Hazuri Bagh Mohalla Welfare Committee, Bohri, raised serious concern over getting contaminated water supply by the Jal Shakti Department.

In a statement issued here today, Pyare Lal Mawa, General Secretary of the Committee said that resident of Bohri area are getting impure water supply for the last so many days as the officials of Jal Shakti Department has miserably failed in plugging leakage in the pipeline supplying water to the area.

He alleged that the leakages are going on since long but Jal Shakti Department never tried to repair them despite repeated requests.

The Jal Shakti Department has dejectedly failed to supply clean, uninterrupted and regular supply of water to the people of Bohri and its

adjoining areas, he said, adding that that the situation has taken worse turn with supply of dirty, polluted, soiled, filthy and contaminated water exposing the lives of residents to imminent risk of infections.

"The Jal Shakti employees are getting good salary for service to the common man but unfortunately they have turned blind eye towards their duty," he added.

The Hazuri Bagh Mohalla Welfare Committee members appealed to the Deputy Commissioner Jammu and senior functionaries of the Jal Shakti Department to take serious note of public health issue and give necessary directions to the concerned officials to repair the leakage immediately so that the people of Bohri area would get clean and regular water supply.

**UNION TERRITORY OF JAMMU AND KASHMIR**  
**OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI(PHE) MECH. DIVISION KATHUA**  
**NOTICE INVITING TENDER**

**e- NIT No. 32/JSPHEMK dated: 18-06-2022**

Executive Engineer Jal Shakti PHE Mechanical Division Kathua, on behalf of Lieutenant Governor of Union Territory of Jammu & Kashmir, invites tenders by e-tendering mode from registered/ reputed firms.

Name of the Work	Name of the Division	Cost of Tender Document/Tender	Bid Securing Declaration	Estimated Cost	Validity of Rates
		<b>Fee(In Rs)</b>			
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Fishing out the submersible pump set (V-6) which has fallen inside T/W Kalibari.	Jal Shakti PHE Mech. Division Kathua	<b>Rs. 200.00</b> (Non-Refundable) In the shape of Treasury Challan in favour of the Executive Engineer, Jal Shakti PHE Mechanical Division Kathua	Bid Securing Declaration form as per Annexure C	0.495Lacs	Bid shall be valid for 180 days

- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from **18-06-2022 (06:00PM)** and **uploaded from 18-06-2022 (6:00 PM) to 25-06-2022 (04:00 PM)**. The complete bidding process will be online <http://jktenders.gov.in>.
- Bids must be accompanied by bid security and cost of Tender Document as specified in column 3 & 4 of the table.
- The bid shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/ tenderer withdraws his bid/ tender before the said period or makes any modifications in the terms and conditions of the bid, the tenderer shall be debarred from participating in tendering process for a period of 1 year.
- The Technical Bids of the tender document received shall be opened online in the office of **Executive Engineer Jal Shakti Department PHE Mechanical Division Kathua on 27-06-2022at 01:00 P.M**or any other day convenient to the Ex. Engineer in the Office chambers of Executive Engineer, PHE Mechanical Division Kathua.
- The Financial Bids of the tender document of the qualified bidders shall also be opened online in the office of the **Executive Engineer Jal Shakti Department PHE Mechanical Division Kathua**during office hours and shall be communicated separately.
- Other details can be seen inside the detailed tender document.

Sd/-  
Executive Engineer,  
Jal Shakti (PHE) Mech. Division,  
Kathua

No: JSPHEMK/750-53  
Dated: 18-06-2022

**DIP/J-3592/22**  
**Dated:- 21/06/2022**

**OFFICE OF THE EXECUTIVE ENGINEER**  
**PWD(R&B) DIVISION SAMBA**  
**ABBREVIATED SHORT TERM NOTICE INVITING TENDER (2<sup>nd</sup> call)**

**e-NIT No. 35 of 2022-23 Dated: 18-06-2022**

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on **percentage basis** from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/Central Governments for each of the following works

S. No	Name of Work	Advertised Cost (Rs. in lacs)	Cost of document (in Rs.)	Earnest Money (in shape of CDR/FDR) (in Rs.)	Time Allowed for complete-on	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1	Const. of R/wall towards Community Hall, Mohalla Bhag in Ward No.06 Samba.	2.00	600/-	2 % of adv. Cost	1 month	28-06-2022 (1400 Hours)	A, B, C & D
2	Const. of Toilet Block in Ward No.06 Mohalla SC near H/o Anu Radha (with sanitary fitting and PVC Tank).	3.00	600/-	2 % of adv. Cost	1 month	28-06-2022 (1400 Hours)	A, B, C & D
3	Up-gradation of Ayush Dispensaries by way of Addition / Alteration and Repair / Renovation under National AYUSH Mission at Ayush Health and Wellness Centre at Gho-Brahmana.	11.10	600/-	2 % of adv. Cost	2 months	28-06-2022 (1400 Hours)	A, B, C & D

Position of AAA: Accorded  
Position of T.S: Sanctioned  
Position of funds: Demanded  
Major Head: S. No.1 & 2 under ULB, & S. No. 3 under Ayush

**1/ Date of Publishing = 18/06/2022**  
**2/ Pre bid meeting = 21/06/2022**  
**2/ Date of downloading = 1000 hours on 20/06/2022 to 27/06/2022 upto 1800 hours**  
**3/ Date of submission / Uploading = 1000 hours on 20/06/2022 to 27/06/2022 upto 1800 hours**  
**4/ Date of opening of bids = 28/06/2022 at 1400 hours.**

The tender is available at website <http://jktenders.gov.in> all other terms & conditions can be seen on the above website.

Sd/-  
Executive Engineer  
PWD (R&B) Division  
Samba

**No. 3262-78**  
**Dt. 18-06-2022**

**DIP/J-3624/22**  
**Dated:- 21/06/2022**

**UNION TERRITORY OF JAMMU AND KASHMIR**  
**OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI(PHE) MECH. DIVISION KATHUA**  
**NOTICE INVITING TENDER**

**e- NIT No. 33/JSPHEMK dated: 18-06-2022**

Executive Engineer Jal Shakti PHE Mechanical Division Kathua, on behalf of Lieutenant Governor of Union Territory of Jammu & Kashmir, invites tenders by e-tendering mode from registered/ reputed firms.

Name of the Work	Name of the Division	Cost of Tender Document/Tender	Bid Securing Declaration	Estimated Cost	Validity of Rates
		<b>Fee(In Rs)</b>		<b>(in Lacs)</b>	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Retreating of tyres for departmental water tanker bearing Registration no.JK-08A-2554 and JK-08B-2028 in Sub DivisionHiranagar.	Jal Shakti PHE Mech. Division Kathua	<b>Rs. 200.00</b> (Non-Refundable) In the shape of Treasury Challan in favour of the Executive Engineer, Jal Shakti PHE Mechanical Division Kathua	Bid Securing Declaration form as per Annexure C	0.86Lacs	Bid shall be valid for 180 days

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Sd/-  
Executive Engineer,  
Jal Shakti (PHE) Mech. Division,  
Kathua

No: JSPHEMK/754-57  
Dated: 18-06-2022

**DIP/J-3593/22**  
**Dated:- 21/06/2022**