

## 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 Asan.

L/nk Ravi Kumar, Nk Madan Lal, Hav Ashok Kumar, Hav Jit Bahadur and many more. 15th Battalion ITBP Pradar 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 priceless 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

**SAMBAA:** Yoga Day was celebrated at Rai, Talyal 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.

Brahma Kumari Mission B.K. Mamata Behen informed benefits of Yoga and yoga to the mankind. Others who present were Kartar Singh Ahlawat 2IC (A&A), Sh. C.R. Meena 2IC (Ops) and M.K. Chakravarthi Adjt of BN.

Jammu Kashmir Ex Service League (JKESL) celebrated 8th International Yoga Day at Pandav Mandir Complex Krimchi Mansar. Yoga celebration was organized under the leadership of Nk Dalbir Singh Bhatyal District president, League, Sub Maj Karnail Singh vice President JKESL Udhampur, Hav Rajinder Singh Tehsil President, Sub Gurdeep Kumar, Hav Arjun Singh, Hav Jagdev Singh,

observed "International Yoga Day" at District Jail Udhampur. PLVs Sham Lal, Kunal Singh and Amuj Gupta were also present on the occasion. 137 BN of CRPF has celebrated 8th International day of Yoga-2022 with full enthusiasm and fervor at Jakhni park. Commandant 137 BN Mohd. Khalid Khan presided over function while noted and dedicated Yoga expert Raj Guru conducted yoga session.

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 Gantotra, Dr Makhan Lal, Manju Gupta, B.K. Mamata Behen informed benefits of Yoga and yoga to the mankind. Others who present were Kartar Singh Ahlawat 2IC (A&A), Sh. C.R. Meena 2IC (Ops) and M.K. Chakravarthi Adjt of BN.

Jammu Kashmir Ex Service League (JKESL)

celebrated 8th International

Yoga Day at Pandav Mandir

Complex Krimchi Mansar.

Yoga celebration was orga-

nized at Govt Higher

Secondary School, Seri.

The event comprised of practicing

various Yogasanas and Surya

Namaskar under the yoga

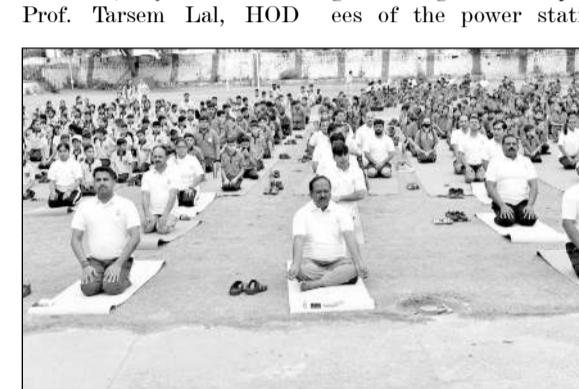
expert while enumerating the

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 with the 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

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

Power Station, in which NHPC personnel and families, CISF Commandant Shri Ghansham Bajaj with CISF Jawan, Kendriya Vidyalaya 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

## 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 Fee (In Rs)	Bid Securing Declaration	Estimated Cost	Validity of Rates
1	2	3	4	5	
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

1) Bid documents can be seen at and downloaded from the website <http://jktdenders.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://jktdenders.gov.in>.

2) Bids must be accompanied by bid security and cost of Tender Document as specified in column 3 & 4 of the table.

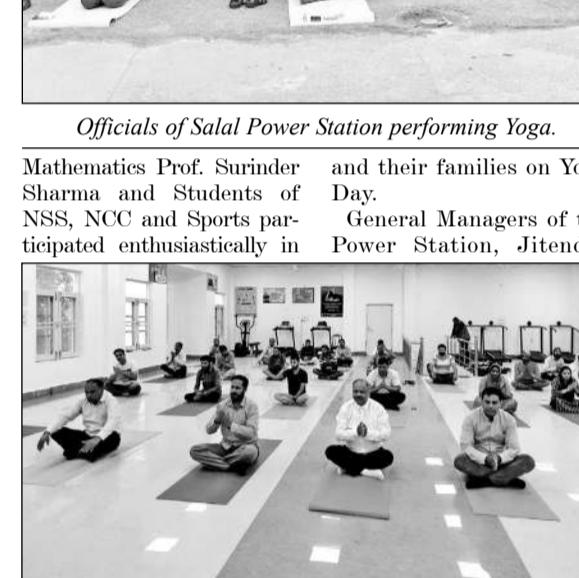
3) The bid shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/ tenderer withdraws his bid/ tender before the said period or makes any modifications in the terms and conditions of the bid, the tenderer shall be debarred from participating in tendering process for a period of 1 year.

4) 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 27-06-2022 at 01:00 P.M. or any other day convenient to the Ex. Engineer in the Office chambers of Executive Engineer, PHE Mechanical Division Kathua.

5) 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.

6) Other details can be seen inside the detailed tender document.

No: JSPHEMK/750-53 **DIP/J-3592/22** Sd/- Executive Engineer, Dated: 18-06-2022 Jal Shakti (PHE) Mech. Division, Kathua



Officials of Salal Power Station performing Yoga.

and their families on Yoga Day.

General Managers of the Power Station, Jitendra



Yoga Day celebrations at BGSBU Rajouri.

the event.

The entire program was organized by Professor Arun



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

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

Sharma (NCC Officer of the College) and Prof. Goutam Sharma under the able guidance of Dr T K Sharma, Principal GDC Khour.

**REASI:** International Yoga Day was celebrated in a grand manner at NHPC Salal Power Station, Jyotipuram. On this occasion, a total of

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. Ishad, faculty members, Officers and staff participated in the event.

adjoining areas, he said, adding 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.

## 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

3/ Date of downloading = 1000 hours on 20/06/2022 to 27/06/2022 upto 1800 hours

4/ 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://jktdenders.gov.in> all other terms & conditions can be seen on the above website.

No. 3262-78

Dt. 18-06-2022

**DIP/J-3624/22**

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

## 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 Fee (In Rs)	Bid Securing Declaration	Estimated Cost (in Lacs)	Validity of Rates
1	2	3	4	5	
Retreating of tyres for departmental water tanker bearing Registration no.JK-08A-2554 and JK-08B-2028 in Sub Division Hiranagar.	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