

Experts warn walking 10,000 steps a day is not enough to stay healthy

Just walking 10,000 steps a day is not enough to make you strong and improve your balance, the Daily Mail reported. Health officials urge adults to take up strength-bearing exercises. They especially recommend it during women who are pregnant or going through menopause, as well as senior citizens. Tai chi, cricket, weights training or ballroom dancing are some of the recommended activities by Public Health England (PHE).

some form of moderate activity 150 minutes a week and do strength training twice, the report revealed. "Alongside aerobic exercise such as brisk walking, all adults should be aiming to do strengthening and balancing activities twice per week," Dr Alison Tedstone, head of diet, obesity and physical activity at PHE, told the Daily Mail. Adding, "On average we're all living longer and this mixture of physical activities will help us stay well in our youth and remain independent as we age." (Agencies)



PUBLIC NOTICE

I have lost my M. Ed Marks Card bearing Regd No: 20670 sp-2004, Roll No: 11905 somewhere. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the Distance Education Kashmir University Sgr within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Naiyarah Mir
 Father's Name :
Niyaz Ahmad Mir

PUBLIC NOTICE

I have lost my Driving License bearing DL No : 17669. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the ARTO Sopore within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mohammad Amin Shosha
 S/O Mohammad Sidiq
 R/O New Colony Sopore
 Cell: 9622459579

PUBLIC NOTICE

I want to renew my fertilizer license bearing No; CA0B/FL/2009-2010/86. If anybody having any objection in this regard he/she may file his/her objection in the office of the **Chief Agriculture Officer Baramulla** within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mohammad Shafi Khawaja
 S/O Mohammad Ramzan Khawaja
 R/O Hib Dangepora

Government of Jammu and Kashmir
J&K, Service Selection Board, Jammu,
www.jkssb.ic.in

Sabir Ali
 S/O Shri Basharat Ali
 R/O Kard, Tehsil & District Samba

FINAL NOTICE

Whereas, you have been selected for the post of "Junior Engineer (Electrical) (Department of Disaster Management Relief -Rehabilitation and Reconstruction) under Hon'ble Prime Ministers Special Package), Item No 07 (04 of 2017) Divisional Cadre Kashmir at S.No.27 under OM category. Whereas, you were required to furnish the deficient documents, in respect of your candidature within 30 days and you do not avail the opportunity to furnish the same; and Whereas thereafter you have been served -notice of 15 days vide this office No: SSB/Sel/Secy/2019/5787-90 Dated: 22-11-2019 for getting your recommendation released and you again did not respond.. Now, therefore you are, hereby given the last final opportunity through the medium of this notice to submit the relevant documents, in the SSB Central office, Jammu within a period of 15 days from the date of issuance of this notice failing which you will forfeit your right of being recommended and your candidature shall be cancelled without giving any further notice

(Ranjeet Singh) KAS,
 Secretary,
 J&K Service Selection Board Jammu

DIPK NO: 5929/M
 NO: SSB/Sel/Secy/2020/372-75
 Dated: 15/01/2020

Union Territory of Jammu & Kashmir
Office of the Regional Director Department of Social Forestry Kashmir Rajbagh, Srinagar.
e-NIT NO: - 01 OF 2019-20 DATED: 18-01-2020

For and on behalf of the Hon'ble Lt. Governor of Union Territory of Jammu & Kashmir, e-tenders are invited from approved and eligible contractors registered with Union Territory of J&K/Central Govt. Organizations for the following works:-

S. NO	NAME OF WORK	ADV. COST (Rs. In Lacs)	EARNEST MONEY (Rs. In Lacs)	CLASS OF CONTRACTOR	Cost of Tender Document in Rs.	TIME OF COMPLETION	Receiving/Opening Committee.
1	Repairs and Renovation of office building of Regional Director Social forestry department at Rajbagh Srinagar.	2.78	0.0556	"D"	Rs. 200/=	45 calendar days.	Tender Opening Committee

The e-NIT Consisting of qualifying information, eligibility criteria, specifications, bills of quantities, (B.O.Q) set of Terms & Conditions of contract and other details can be seen/downloaded from the Website:- www.jktenders.gov.in. Position of Funds: Available Position of AA/TS: Accorded

Publishing Date:- 18-01-2020
 Download Start Date: 18-01-2020 from 06:00 PM
 Bid submission Start Date: 18-01-2020 from 06:00 PM
 Bid submission End Date: 31-01-2020 Up to 04.00 PM
 Date of Opening of Technical Bid Online: 01-02-2020 at 10.30AM in the office of the Regional Director Department of Social Forestry Kashmir at Rajbagh Srinagar.
 Date of Opening of Financial Bid Online: To be opened (Online) after Evaluation of Technical Bids Received.

01. The bids shall be deposited in electronic format on the website:- https://jktenders.gov.in
 02. The date for opening of Technical & Financial bids online shall be opened as per time schedule mentioned above.
 03. Bids uploaded must accompany Govt. Treasury Receipt (cost of tender document) in shape of Treasury Challan for the amount shown against the work above to be deposited in Govt. Treasury under Account Head 0406- Forest and earnest money in shape of CDR/FDR pledged in favour of Regional Director Department of Social Forestry Kashmir at Rajbagh Srinagar. The bids for the work shall remain valid for a period of 90 days from the date of opening of bids.
 04. In case the bid of lowest / successful bidder is found unbalanced then he has to produce additional performance security in the shape of CDR/FDR/Bank Guarantee from scheduled bank valid till completion of work before issuance of contract allotment as per details given below:-
 1. Up to and including 15% below rate over advertised cost NIL
 2. Greater than 15% up to and including 20% below rate over advertised cost 5% of advertised cost in shape of CDR/FDR/ Bank Guarantee.
 3. Greater than 20% upto and including 25% below rate over advertised cost 10% of advertised cost in shape of CDR/FDR/ Bank Guarantee.
 4. Greater than 25% upto and including 30% below rate over advertised cost 15% of advertised cost in shape of CDR/FDR/ Bank Guarantee.
 5. Greater than 30% below rate over advertised cost 20% in shape of CDR/FDR/ Bank Guarantee.

NO:RD/PLG/1013-17
 Dated:18-01-2020
 DIPK : 5942/M

Sd/- Regional Director,
 Department Of Social Forestry,
 Kashmir

PUBLIC NOTICE

I want to change the name on Electricity Bill bearing Consumer ID No : 0213020004987, from Gulam Mohammad Bhat S/o Gulam Qadir Bhat R/o Ali Bagh Tarzoo Sopore to Abdul Majeed Bhat S/o Gulam Mohammad Bhat R/o Ali Bagh Tarzoo Sopore. If anybody having any objection in this regard he/she may file his/her objection in the office of PDD Sub Division II Sopore within a period of seven days from the date of publication of this notice after that no objection shall be entertained.

Abdul Majeed Bhat
 S/o Gulam Mohammad Bhat
 R/o Ali Bagh Tarzoo Sopore

Government of Jammu & Kashmir
Mechanical Hospital & Central Heating Division Srinagar
 Corrigendum, for Extension

Subject: - i. Repairs to Refrigerant Air Dryer A&B at 800 LPM oxygen Plant of Govt. Super Speciality Hospital, Srinagar.

References: This office NIT no: MHCHD/TS /2019-20/77/e-tendering Dt: 23.10.2019.

In view of no response to the above referred e-NIT, the critical dates of the above referred e-NIT are extended as follows :-

Sr.	Description	Date	
1	Last date of submission of Bids online	24.01.2020	18:00hrs
2	Bids received up to due date & A time will be opened on	25.01.2020	16.00 hrs

All the terms and conditions will remain the same.
 MHCHD/TS/5017-20
 Dt.-15.01.2020

Executive Engineer MHCH Division Srinagar.

DIPK NO: 5952/M

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION KATHUA
NOTICE INVITING TENDER
e-NIT No. 106 of 2019-20/1096-1115/G Dtd:-15-01-2020

Executive Engineer PW(R&B) Division Kathua on behalf of Lieutenant of J&K Union Territory, invite tenders by e-tendering mode from approved and eligible contractors registered with J&K Union Territory Govt, for the following works:-

S. No	Name of Work	Name of Division	Estimated Cost of work (Rs in Lacs)	Cost of tender document (InRs)	Earnest Money (In Rs)	Time Allowed for completion	Last date & time for submission of tender	Time and date of opening of tender	Class of Contractor
1.	Improvement of Executive Engineer Residential quarter at Mechanical Division Kathua.	PWD (R&B) Division Kathua	3.41	600.00	6820/-	01 Month	27-01-2020 1600 hrs	28-01-2020 1300 hrs	D-Class
2.	Repair/Renovation of Quarter No. 5, 11nd Floor of three storey building in PWD Colony Kathua occupied by Sh. Des Raj Junior Assistant DC Office Kathua.	PWD (R&B) Division Kathua	1.09	600.00	2180/-	01 Month	27-01-2020 1600 hrs	28-01-2020 1300 hrs	D-Class.
3	Repair/Renovation of Quarter No. D-9 in PWD Colony Kathua.	PWD (R&B) Division Kathua	0.52	600.00	1040/-	01 Month	27-01-2020 1600 hrs	28-01-2020 1300 hrs	D-Class.
4	Construction of Pucca drain on Lakhampur to Karroh link road in Km - 2nd RD 925-975.	PWD (R&B) Division Kathua	2.31	600.00	4620/-	01 Month	27-01-2020 1600 hrs	28-01-2020 1300 hrs	D-Class
5	Construction of deep drain on link road to Kali Mata Mandir road at Budhi	PWD (R&B) Division Kathua	2.74	600.00	2740/-	01 Month	27-01-2020 1600 hrs	28-01-2020 1300 hrs	SHG

DIPK NO: 5915/M

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

Office Of The Assistant Regional Transport Officer Anantnag
NOTICE

Whereas joint application has been received by this office from Mohammad Akhtar Bokad S/o Gulam Nabi Bokad R/o Sumbal Ganderbal (Party No.1st) as Transferor, (Seller) Owner of the Vehicle Taveera Bearing Regd. No. JK03C-0210 (Commercial/ Non-Commercial) covering under R/P No. nil . and. Mohammad Yousf Makry S/o Mohammad Sultan Makry R/o Mehjoor Nagar Natipora Srinagar (Party No.2nd) as Transferee (Purchaser) requesting for transfer of R/C & R/P of the above noted Vehicle from party No 1st and 2nd. And Cancellation of hire purchase agreement with Shri Ram TPT Co LTD. Before the case is disposed off on its merit, anybody have any objection regarding the proposed transfer Amy file his objection within (7) days from the publication of this notice to the office of the undersigned. No any representation / objection shall be entertained after stipulated period.

Assistant Regional Transport Officer Anantnag

Union Territory of Jammu & Kashmir
Mechanical Hospital & Central Heating Division Srinagar
 Corrigendum for Extension

Subject: - Turnkey package for Design, Supply, Installation, Testing and Commissioning of Micro-Processor based Medical grade oxygen Concentrator Plant of 1000 LPM Capacity at 93+3% purity with allied equipments including cost of free maintenance for 2 years post commissioning period for Govt. 500 Bedded Paediatric Hospital, Bemina, Srinagar.

References: i. This office NIT no: MHCHD/TS /2019-20/86/e-tendering Dated 14.11.2019.
 2. Tender id:-2019_PWDJK_85889_2

In view of the poor response to the above referred e-nit, the critical dates of the above referred e-nit are extended as follows:-

Sr.	Description	Date	
1	Last date of submission of Bids online	28.01.2020	18:00hrs
2	Bids received up to due date & time will be opened on	29.01.2020	16.00 hrs

All the terms and conditions will remain the same.
 MHCHD/TS/ 5084-87 Dt:17-01-2020

Executive Engineer
 MHCH Division Srinagar

DIPK NO: 5953/M

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION KATHUA
NOTICE INVITING TENDER
e-NIT No. 106 of 2019-20/1096-1115/G Dtd:-15-01-2020

Executive Engineer PW(R&B) Division Kathua on behalf of Lieutenant of J&K Union Territory, invite tenders by e-tendering mode from approved and eligible contractors registered with J&K Union Territory Govt, for the following works:-

S. No	Name of Work	Name of Division	Estimated Cost of work (Rs in Lacs)	Cost of tender document (InRs)	Earnest Money (In Rs)	Time Allowed for completion	Last date & time for submission of tender	Time and date of opening of tender	Class of Contractor
1.	Improvement of Executive Engineer Residential quarter at Mechanical Division Kathua.	PWD (R&B) Division Kathua	3.41	600.00	6820/-	01 Month	27-01-2020 1600 hrs	28-01-2020 1300 hrs	D-Class
2.	Repair/Renovation of Quarter No. 5, 11nd Floor of three storey building in PWD Colony Kathua occupied by Sh. Des Raj Junior Assistant DC Office Kathua.	PWD (R&B) Division Kathua	1.09	600.00	2180/-	01 Month	27-01-2020 1600 hrs	28-01-2020 1300 hrs	D-Class.
3	Repair/Renovation of Quarter No. D-9 in PWD Colony Kathua.	PWD (R&B) Division Kathua	0.52	600.00	1040/-	01 Month	27-01-2020 1600 hrs	28-01-2020 1300 hrs	D-Class.
4	Construction of Pucca drain on Lakhampur to Karroh link road in Km - 2nd RD 925-975.	PWD (R&B) Division Kathua	2.31	600.00	4620/-	01 Month	27-01-2020 1600 hrs	28-01-2020 1300 hrs	D-Class
5	Construction of deep drain on link road to Kali Mata Mandir road at Budhi	PWD (R&B) Division Kathua	2.74	600.00	2740/-	01 Month	27-01-2020 1600 hrs	28-01-2020 1300 hrs	SHG

DIPK NO: 5915/M

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

از نیابت دیالگام با اجلاس جاوید احمد حکیم نائب تحصیلدار دیالگام
 عنوان: درخواست منجانب حازم گلزار پسر گلزار احمدوانی ساکن دروہٹن تحصیل انتہا ناگ
 براد حصول RBA حقیقت تحت 294/ 167
 اشتہار براد گاہی ہر خاص و عام
 معاملہ مندرجہ عنوان صدر میں سائل نے ایک درخواست باجرائی RBA حقیقت دفتر حذا میں پیش کی ہے جو بکاروائی ہے۔ اس بارے میں رپورٹ پیواری طلب کی گئی تھی پتہ چلتا ہے کہ سائل دروہٹن میں سکونت پذیر ہے سائل کا کنڈمنڈر جاڈیل افراد پر مشتمل ہے

نام	پیشہ	عمر	آدنی
گلزار احمد ولد علی محمدوانی	مزدوری	40 سال	5000
شہزادہ زونہ گلزار احمدوانی	گھریلو کام	38 سال	
حازم گلزار پسر گلزار احمدوانی	زیر تعلیم	16 سال	
آکاش گلزار پسر گلزار احمدوانی	زیر تعلیم	14 سال	
نہان گلزار پسر گلزار احمدوانی	زیر تعلیم	12 سال	

اس کے علاوہ کوئی افراد کو نہیں بتلایا گیا ہے۔ سائل کی ساند آمدنی 840000 روپیہ تک ہے۔ لہذا حقیقت متذکرہ بلا تین سائل کے اجرا کئے جانے میں اگر کسی شخص کو کوئی اعتراض ہو تو چار یوم کے اندر اندر دفتر حذا میں تحریری طور میں کریں۔ بعد از گزرنے معیاد کوئی بھی حذرقابل قبول نہیں ہوگا

تحریر الصدر
 نائب تحصیلدار دیالگام

Government of Jammu & Kashmir
Office Of The Executive Engineer Department Of Floriculture Kashmir Srinagar

Sub: Cancellation of Tender notice for:

i) Annual stage contract for supply of plumbing and other items for various parks and Gardens of Floriculture Department Kashmir,
 ii) Annual stage contract for supply of Electrical items for various parks and Gardens of Floriculture Department Kashmir.

In view of some technical error, Short term E. NIT No: 26 of 2019-20 dated: 11.01.2020 issued under this office endorsement No: EE/FD/1861-67 dated: 11.01.2020 for the subjected Annual stage contracts, is hereby cancelled and fresh tenders shall be invited shortly.

No: EE/FD/1902-08
 Dated: 17.01.2020.
 DIPK NO: 5906/M

Sd/- Executive Engineer
 Floriculture Kashmir Srinagar

از نیابت دیالگام با اجلاس جاوید احمد حکیم نائب تحصیلدار دیالگام
 عنوان: درخواست منجانب جنید محمد میر و اشتیاق احمد میر وسایہ جان اولادان غلام محمد میر ساکنہ سڈورج تحصیل انتہا ناگ
 براد حصول RBA حقیقت تحت 294/ 167
 اشتہار براد گاہی ہر خاص و عام
 معاملہ مندرجہ عنوان صدر میں سائل نے ایک درخواست باجرائی RBA حقیقت دفتر حذا میں پیش کی ہے جو بکاروائی ہے۔ اس بارے میں رپورٹ پیواری طلب کی گئی تھی پتہ چلتا ہے کہ سائل سڈورج میں سکونت پذیر ہے سائل کا کنڈمنڈر جاڈیل افراد پر مشتمل ہے

نام	پیشہ	عمر	آدنی
غلام محمد میر ولد عبدالغنی میر	مزدوری	51 سال	8000
سید زید غلام محمد میر	گھریلو کام	48 سال	
سایہ جان دختر غلام محمد میر	زیر تعلیم	23 سال	
اشتیاق احمد ولد غلام محمد میر	زیر تعلیم	20 سال	
جنید احمد ولد غلام محمد میر	زیر تعلیم	17 سال	

اس کے علاوہ کوئی افراد کو نہیں بتلایا گیا ہے۔ سائل کی ساند آمدنی 126000 روپیہ تک ہے۔ لہذا حقیقت متذکرہ بلا تین سائل کے اجرا کئے جانے میں اگر کسی شخص کو کوئی اعتراض ہو تو چار یوم کے اندر اندر دفتر حذا میں تحریری طور میں کریں۔ بعد از گزرنے معیاد کوئی بھی حذرقابل قبول نہیں ہوگا

تحریر الصدر
 نائب تحصیلدار دیالگام