



Low-fat diet may lower testosterone levels in men

Agencies

For many men diagnosed with testosterone deficiency, losing weight can help increase testosterone levels, say researchers, adding that specifically a low-fat diet may be associated with a small but significant reduction in testosterone.

"We found that men who adhered to a fat restrictive diet had lower serum testosterone than men on a non-restrictive diet," said study researcher Jake Fantus from University of Chicago in the US.

"However, the clinical significance of small differences in serum T across diets is unclear," Fantus added.

For the study, published in the Journal of Urology, the research team analysed data on more than 3,100 men from a nationwide

health study (the National Health and Nutrition Examination Survey, or NHANES).

All participants had available data on diet and serum testosterone level.

Based on two-day diet history, 14.6 per

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cent of men met criteria for a low-fat diet, as defined by the American Heart Association (AHA).

Another 24.4 per cent of men followed a Mediterranean diet high in fruits, vegetables, and whole grains but low in animal protein and dairy products.

Only a few men met criteria for the AHA

low-carbohydrate diet, so this group was excluded from the analysis.

The average serum testosterone level was 435.5 ng/dL (nanograms per deciliter).

According to the study, serum testosterone

After adjustment, the low-fat diet was significantly associated with reduced serum testosterone, although the Mediterranean diet was not.

Overall, 26.8 per cent of men had testosterone levels less than 300 ng/dL. Despite the difference in average testosterone levels, the proportion of men with low testosterone was similar across all diet groups.

The researchers noted that further studies will be needed to corroborate their findings, and to clarify the mechanism by which restrictive diets reduce testosterone.

But due to the difficulties of large-scale dietary studies, definitive trials are unlikely to be performed, they said.

"Therefore, our data represent a valuable approach towards answering this important question," the researchers concluded.

JOB OPPORTUNITY

Need Of Some Employees Male / Female
Assistant And Lab Technician

QUALIFICATION: 10+2, age 20-25

PAY: Negotiable

Preference Will Be Given To Local Candidates

MOJA

Qazi Nisar Memorial Hospital Anantnag

Contact No: 7006300875, 9541109958

Office Of The Assistant Regional Transport Officer Anantnag

NOTICE

Whereas joint application has been received by this office from Mehraj-u-din Bhat S/o Gh Nabi Bhat R/o Larkipora Padgampora Pulwama (Party No.1st) as Transferor, (Seller) Owner of the Vehicle Taveera Bearing Regd. No. JK03D-5895 (Commercial/ Non-Commercial) covering under R/P No. nil . and. Mohammad Sayed Khanday S/o Mohammad Yasin Khanday R/o Kathsoo Sallar Pehalgam (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 ...

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

MOJA

Office Of The Assistant Regional Transport Officer Anantnag

NOTICE

Whereas joint application has been received by this office from Gulzar Ahmad Wagay S/o Ghulam Qadir Wagay R/o Khanabal Anantnag (Party No.1st) as Transferor, (Seller) Owner of the Vehicle Wagon R Bearing Regd. No. JK03E-1929 (Commercial/ Non-Commercial) covering under R/P No. nil . and. Noor Mohammad Khan S/o Mohammad Abdullah Khan R/o Chopan Mohalla Takiya Chiva Banipora (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 ...

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

MOJA

PUBLIC NOTICE

I have lost my Driving License bearing DL No: 1143KMV. 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 Anantnag within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Javaid Ahmad Qadri
S/o Mohammad Mubarak Qadri
R/o Hakura Dooru

MOJA

PUBLIC NOTICE

I have lost my Driving License bearing DL No : JK0320170001068 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 Anantnag within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mohammad Wilkas Dar
S/o Afred Ahmad Dar
R/o Naibasti Anantnag

MOJA

OFFICE OF THE REGIONAL TRANSPORT OFFICER KASHMIR

NOTICE

Whereas, a joint application has been received from Shri Mohmood -Ul-Naqshband S/o Gh. Mohi-ud-Din R/o Bahnahal Kashir. (Transferor) and Ferooz Ah Sheikh S/o Bashir Ah Sheikh R/o Allochi

Bagh Srinagar (Transferee) for transfer of Tata Sumo Carrying route permit No 3639/MC Covering Vehicle No JK01E-0445 Now, therefore, it is notified for general information that objections, if any to the proposed transfer of the said route permit / vehicle shall be filled in writing in the office of the Regional Transport Officer, Kashmir.

Within a period of 7 days from the date of publication of this notice in the daily News Paper Kashmir Observer. Seller and purchaser identified by the authorized representatives of M/S Sukhnag TPT Co. Namely Jamsheed Ah

NO: JK/RTOK /7059
Dated: 18/01/2020

Sd/-
Regional Transport Office, Kashmir

F.KO

Public Notice

I have applied for the issuance of Pesticide, Seed and Fertilizers license for my business unit under name and style "Kar Traders " at Hardushiva sopore . If anybody having any objection in this regard he/she may file his/her objection in the office of the Plant Protection Officer Agriculture office Lalmandi Sriangar/ Baramulla within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mehraj-u-din Kar
S/o Gh Mohi-ud-din
R/o Hardushiva Sopore

GM.5

OFFICE OF THE EXECUTIVE ENGINEER, R&B DIVISION SOPORE.

GIST OF FRESH TENDER NOTICE NO;170 of 2019-2020

Issued vide endorsement No;- 11205-25 dated: 18-01-2020

For and on behalf of the Lt. Governor of J&K , the Executive Engineer, R&B Division Sopore hereby invites sealed fresh tenders affixed with Re 2/- Revenue stamps from the approved Government Contractors for the works/works mentioned in the annexure.

The tenders should be addressed to the Executive Engineer, (R&B) Sopore which should reach in his office on or before 23-01-2020 upto 2 P.M. The tender documents of the work/ works covering with terms and conditions of the contract can be had from the office of the Executive Engineer, R&B Division Sopore after production of valid enlistment card by the contractor on any working day during office hours upto 22-01-2020 cash payment. No Tender form, shall be accepted. These will be opened on the same date or any other subsequent date convenient to the Executive Engineer, (R&B) Sopore , in presence of the contractors who may like to be present there. In case the last date of receipt of tenders happens to be a holiday/ Hartal/ Curfew the same shall be received on next working day.

The payment for the work shall be made as and when funds for the same are available.

One time used CDR shall not be accepted. The terms and conditions can be seen in the tender notice available in the Divisional office.

As per Annexure enclosed.

Annexure A to Fresh NIT No: 170 of 2019-2020

S. No	Namwe of work	Adv. cost	E/ Money	Class of Contract	Cost of Tender document	Time for Completion
1	M.H:- 3054 M&R Various arrangements on eve of 26th January 2020 at District Police Lines at Sopore.	0.54 lacs	1080/-	DEE	200/-	02 days

For and on behalf of the, Lt. Governor of J&K ,

No: 11226-27
Date: 18-01-2020

SD/- Executive Engineer
R&B Division Sopore

DIPK NO: 5971/M

Public Notice

I have lost the death certificate of my husband , Mushtaq Ahamd War who passed away on 18-08-2013.. 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 Police Station Tarzoo Sopore within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Sumaya Begum
W/o Late Mushtaq Ahamd War
R/o Lalad Sopore

GM.5

Government of Jammu And Kashmir Office of the Executive Engineer PHE Division Shopian

CORRIGENDUM

Sub: E-NIT S.No: 10/PHS of 2019-20
Ref; Circulated vide this office No; PHEDS/CS/611-33 Dated: 9-01-2020

Due to heavy snow fall and inconvenience weather conditoins, the last date of bid submission of the above mentioned E-NIT is hereby extended up to 27-01-2020 upto 1600 hours and the date of opening is 29-01-2020 at 11000 Hours
All other terms and conditions will remain same

No: PHEDS/CS/6252-69
Dated: 18-01-2020

Sd/- Executive Engineer PHE Division Shopian

DIPK NO: 5988/M

Government of Jammu And Kashmir Office of the Executive Engineer Mech. City Drainage Division Srinagar

CORRIGENDUM NO: (05) TO NIT NO: CDM_E_30_OF_2019_20

DATED: 11-12-2019

Sub: Procurement of vehicle mounted manhole desilting machine.
Due to various requests received from the intending bidders, the critical dates in respect of above mentioned NIT are hereby rescheduled as under
Bid submission end date 27-01-2020 UPTO 6.00 PM
Date & Time of opening of bids 28-01-2020 at 2.00 PM

All other terms and conditions shall remain same as laid down in the original NIT.

No; CDM/C/3531-34
Dated: 18-01-2020

Sd/- Executive Engineer Mech. City Drainage Division SMC Srinagar

DIPK NO: 5968/M

Govt. Of Jammu and Kashmir Office of the Principal Govt. Degree College Kilam, Kashmir

No: DGCK/TENDER-NOTICE/ 20/845

Dated: 20/01/2020

TENDER NOTICE

Due to poor response of tender notice No; GDCK/Tender-Notice/20/840 Dated 06-01-2020, published in the Daily Aftab on 7th January 2020, the last date for submission of tenders has been extended upto 22nd January 2020 and shall be opened on 23rd January 2020 at 12:30 PM. However, the other terms and conditions will remain unchanged.

DIPK NO; 6009/M

Sd/- Principal Govt. Degree College Kilam, Kulgam

IS AVAILABLE IN SRIANGAR AT FOLLOWING PLACES

ABDULLAH NEWS AGENCY	AMIRA KADAL	BUDSHAH NEWS AGENCY	AFTAB MARKET
SIKENDER NEWS ANGENCY	AMIRAKADAL	RASHEED GAZALA	LAL CHOWK
GUPKARI NEWS AGENCY	LAL CHOWK	RAFIQ NEWS AGENCY	BATMALOO
KHAN NEWS AGENCY	REGAL CHOWK	MEHRAJ NEWS AGENCY	DALGATE
RASHEED NEWS AGENCY	DALGATE	ASHIQ NEWS AGENCY	GAGRIBAL
IMRAN NEWS AGENCY	KOHNKHAH	SAMA NEWS AGENCY	SHALIMAR
KOHINOOR NEWS AGENCY	NISHAT	WANI NEWS AGENCY	HYDERPORA
SHEIKH NEWS AGENCY	HYDERPORA	AL NOOR NEWS AGENCY	NOWGAM
FAIRDEAL NEWS AGENCY	AIRPORT	BISMILLAH NEWS AGENCY	BAGH E MEHTAB
AL FALAH NEWS AGENCY	NATIPORA	FIDA NEWS AGENCY	RAJ BAGH
FIRDOUS NEWS AGENCY	PIRBAGH	HARMINDER NEWS AGENCY	GOGJI BAGH

TANTRAY NEWS AGENCY	RAJ BAGH	BASHIR NEW AGENCY	NOWHATTA
ARIF NEWS AGENCY	JAWHAR NAGAR	AGA NEWS AGENCY	ALI KADAL
MUSHTAQ KALASH-PURI	KALASHPORA	HABBAKADAL NEWS AGENCY	HAB-BAKADAL
ALTAF NEWS AGENCY	FATEHKADAL	FAROOQ NEW AGENCY	GOJWARA
JEELANI NEW AGENCY	KHAWAJA BAZAR	DAR NEWS AGENCY	QAMAR-WARI
NAZIR NEWS AGENCY	RAINAWARI	CHANDER NEWS AGENCY	BEMINA
KHALID NEWS AGENCY	HAMDANIYA COLONY	JONSON NEWS AGENCY	SEKIDAFAR
BHAT NEWS AGENCY	JAMALLATTA	SHAFAT NEWS AGENCY	HAWAL
BILAL NEWS AGENCY	KAK SARAI	KHALIQ NEWS AGENCY	NOWSHEH-RA
MUZAFFAR ALI NEWS AGENCY	ALAMGIRI BAZAR	BILAL NEWS AGENCY	NOWSHEH-RA
TARIQ NEWS AGENCY	M.K. CHOWK	MUZAMIL NEWS AGENCY	SOURA
GULZAR NEWS AGENCY	SOURA	SUBHAN NEWS AGENCY	SKIMS SOURA
HASAN NEWS AGENCY	SOURA	NISAR NEWS AGENCY	LAL BAZAR
BASHIR NEWS AGENCY	BUCHPORA	BASHIR NEWS AGENCY	HAZRAT BAL
AIJAZ NEWS AGENCY	HAZRAT BAL	YASIR NEWS AGENCY	ZAKOORA

FOR ANY QUERY, CALL CIRCULATION DEPTT. : 0194-2502327