

# Hairy Situation Scientists explain how stress-related graying occurs

Agencies

**M**arie Antoinette's hair turned white overnight, according to folklore, before she was executed by guillotine in 1793 during the French Revolution. The ill-fated queen embodied an extreme example of the phenomenon of stress-induced graying of the hair. The biological mechanism behind such graying had long remained a mystery. But researchers said on Wednesday they have figured out how it happens: it is driven by the body's "fight-or-flight" response to danger. The researchers used mouse experiments to look at how stress affects the stem cells in hair follicles that are responsible for making melanocytes, the pigment-producing cells that give hair its colour - black, brown, blonde, red or somewhere in between. People generally have around 100,000 hair follicles on their scalp. The researchers initially suspected that a stress-induced immune attack might be targeting the melanocyte stem cells, but that hypothesis did not pan out. They then

explored whether the hormone cortisol, elevated under stress, might be the culprit, but also was a dead end.

Instead they found that the body's sympathetic nervous system, which governs the mammalian "fight-or-flight" response to danger, played a central role. It comprises a network of nerves that go everywhere including the skin, in which they are like ribbons wrapping around each hair follicle and are very close to the melanocyte stem cells.

When mice were subjected to short-term pain or placed in stressful laboratory conditions, these nerves released the chemical norepinephrine, which was then taken up by the stem cells in the hair follicle that serve as a finite reservoir of melanocytes.

"Normally, when hair regenerates, some of these stem cells convert into pigment-producing cells that colour the hair. But when they are exposed to norepinephrine from the sympathetic nerve, all of the stem cells are activated and convert into pigment-producing cells," said Ya-Chieh Hsu, associate professor of stem cell and regenera-

tive biology at Harvard University and a Harvard Stem Cell Institute principal investigator.

"That means there are none left. In just a few days, the reservoir of pigment-regenerating stem cells is depleted. And once they're gone, you can't regenerate pigment anymore," added Hsu, senior author of the research published in the journal Nature.

Hair graying is one of the many ways that stress exacts a toll on the body. The findings could guide development of treatments for stress-related graying, or potentially other stress-related changes in tissues, though this could take years, she said.

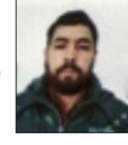
Stress is not the only reason hair can turn gray. The natural aging process is the leading cause. Genetic mutations and in some cases immune attacks also can contribute to hair losing its colour.

"Melanocyte stem cells are also lost during aging," Hsu said. "An interesting hypothesis could be that stress is an accelerated aging process. But we don't know if that is true yet. We are interested in finding out the link."

## OFFICE OF THE ASSISTANT REGIONAL TRANSPORT OFFICER BUDGAM

### NOTICE

Where as an application has been received from Abdul Hamid Beigh S/o Ghulam Mohammad Beigh R/o Solbigh Budgam owner of vehicle bearing registration No. JK04E-9287 for cancellation of hire purchase agreement with Cholamaldam Investment B/U Nowgam



Now, therefore, it is notified for the information of the general public that representation/ Objection, if any in connection with proposed cancellation of hire purchase agreement will be received within 12 days from the date of publication of this notice in the daily newspaper Kashmir Observer to the address of undersigned.

NOJK-RTOK --2020/201  
Dated: 25-01-2020

Sd/-  
Regional Transport Office, Budgam  
MQ.B

## OFFICE OF THE ASSISTANT REGIONAL TRANSPORT OFFICER BUDGAM

### NOTICE

Where as an application for transfer of ownership has been received from Peerzada Danish S/o Peerzada Farooq Ahmad R/o Kralwari Hanjura Budgam (Transferor) of M/C bearing registration No. JK04E-4443 chasis No: 07118 Engine No: 79636 Model 2018 in favour of Fida Hussain Dar S/O Gh. Mohi-ud-din Dar R/o Beerwah Chadoora (Transferee).



Now, therefore, it is notified for the information of the general public that representation/ Objection, if any in connection with proposed transfer will be received within 7 days from the date of publication of this notice in the daily newspaper Kashmir Observer to the address of undersigned.

No, representation/ objection shall be considered unless it is made writing it is made in the aforesaid period.  
2061/ARTO/Bud  
Dated: 25/01/2020

Sd/-  
Regional Transport Office, Budgam  
MQ.B

**ازنیابت اشپورہ**  
عنوان: درخواست منجانب نضامت نبی دختر غلام نبی نجار ساکنہ وجہامہ  
براد حصول RBA شقیقت تحت SRO 294  
اشپورہ برادر آگاہی ہر خاص و عام  
معاملہ مندرجہ عنوان الصدمیں سائل نے ایک درخواست باجرائی ST شقیقت دفتر خدا میں پیش کی ہے جو ذریعہ کاروائی ہے۔ اس بارے میں رپورٹ پٹواری طلب کی گئی تھی پتہ چلتا ہے کہ سائل وجہامہ میں سکونت پذیر ہے سائل کا کنڈیمنڈر جاڈیل افراد پر مشتمل ہے

غلام نبی نجار ولد عبدالصدمہ	سرکاری ملازم	42 سال
کلمہ بیگم زوجہ غلام نبی	گھریلو کام	40 سال
نضامت نبی دختر غلام نبی	زیر تعلیم	18 سال
ناظم نبی پسر غلام نبی	زیر تعلیم	15 سال

اس کے علاوہ کوئی افراد کنڈیمنڈر بتلایا گیا ہے کہ سائل کی سالانہ آمدنی 621472 روپیہ تک ہے لہذا شقیقت مندرجہ بالا سائل کے اجراء کئے جانے میں اگر کسی شخص کو کوئی عذریا اعتراض ہو تو چار یوم کے اندر اندر دفتر خدا میں تحریری طور پیش کریں۔ بعد از گزرنے معیار کوئی بھی عذر قابل قبول نہیں ہوگا

تحریر الصدمہ  
A.H

**ازنیابت اشپورہ**  
عنوان: درخواست منجانب ریاض احمد لون ولد حبیب لدلون ساکنہ اشپورہ  
براد حصول RBA شقیقت تحت SRO 294  
اشپورہ برادر آگاہی ہر خاص و عام  
معاملہ مندرجہ عنوان الصدمیں سائل نے ایک درخواست باجرائی ST شقیقت دفتر خدا میں پیش کی ہے جو ذریعہ کاروائی ہے۔ اس بارے میں رپورٹ پٹواری طلب کی گئی تھی پتہ چلتا ہے کہ سائل اشپورہ میں سکونت پذیر ہے سائل کا کنڈیمنڈر جاڈیل افراد پر مشتمل ہے

ریاض احمد لون ولد حبیب لدلون	سرکاری ملازم	46 سال
شریف بیگم زوجہ ریاض احمد	گھریلو کام	41 سال
ماجد ریاض ولد ریاض احمد لون	زیر تعلیم	17 سال
مریم ریاض دختر ریاض احمد لون	زیر تعلیم	12 سال
امران ریاض ولد ریاض احمد لون	زیر تعلیم	05 سال

اس کے علاوہ کوئی افراد کنڈیمنڈر بتلایا گیا ہے کہ سائل کی سالانہ آمدنی 674312 روپیہ تک ہے لہذا شقیقت مندرجہ بالا سائل کے اجراء کئے جانے میں اگر کسی شخص کو کوئی عذریا اعتراض ہو تو چار یوم کے اندر اندر دفتر خدا میں تحریری طور پیش کریں۔ بعد از گزرنے معیار کوئی بھی عذر قابل قبول نہیں ہوگا

تحریر الصدمہ  
A.H

**ازنیابت اشپورہ**  
عنوان: درخواست منجانب جمیل فرہانی ولد محمد سلطان میر ساکنہ اشپورہ  
براد حصول RBA شقیقت تحت SRO 294  
اشپورہ برادر آگاہی ہر خاص و عام  
معاملہ مندرجہ عنوان الصدمیں سائل نے ایک درخواست باجرائی ST شقیقت دفتر خدا میں پیش کی ہے جو ذریعہ کاروائی ہے۔ اس بارے میں رپورٹ پٹواری طلب کی گئی تھی پتہ چلتا ہے کہ سائل اشپورہ میں سکونت پذیر ہے سائل کا کنڈیمنڈر جاڈیل افراد پر مشتمل ہے

محمد سلطان میر ولد عبدالرحیم میر	زیر تدارک	62 سال
حنیف بیگم زوجہ محمد سلطان میر	گھریلو کام	53 سال
نادرہ بانو دختر محمد سلطان میر	زیر تعلیم	29 سال
آسیہ سلطان دختر محمد سلطان میر	زیر تعلیم	27 سال
رضیہ سلطان دختر محمد سلطان میر	زیر تعلیم	25 سال
جمیل فرہانی ولد محمد سلطان میر	زیر تعلیم	17 سال
روپیہ بیگم بیوہ عبدالرحیم میر	عمر رسیدہ	87 سال
حاجرا بانو دختر عبدالرحیم میر	آنگن واڈی ورکر	46 سال

اس کے علاوہ کوئی افراد کنڈیمنڈر بتلایا گیا ہے کہ سائل کی سالانہ آمدنی 98000 روپیہ تک ہے لہذا شقیقت مندرجہ بالا سائل کے اجراء کئے جانے میں اگر کسی شخص کو کوئی عذریا اعتراض ہو تو چار یوم کے اندر اندر دفتر خدا میں تحریری طور پیش کریں۔ بعد از گزرنے معیار کوئی بھی عذر قابل قبول نہیں ہوگا

تحریر الصدمہ  
A.H

**OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION SHOPIAN**  
Short Term Quotation  
For and on behalf of the Governor, Union Territory of J&K, sealed quotations affixed with Rs.5/- Revenue stamps are invited from the reputed/ approved dealers of Solar PV Firms for Dismantling/ installation/Shifting of below mentioned items in the premises of District Hospital Shopian. The quotation should reach the office of the undersigned on or before 31 -01-2020 upto 2 PM.

Sl. No.	Item Description	Quantity	Units	Rate
1	Dismantling 60 No. of Solar PV from ground mount, disconnect PV wiring and AJB, MGB, including disconnecting PCU system from Battery Bank and Disassembling 120 No. of Batteries complete Job (Job. will be executed under the supervision of Ex Engineer (R&B) Electric Division Srinagar)	1.00	C.J	RTQ
2	Installation of 60 No.s of SPV modules at sheet roof of new hospital Premises, string wiring of SPV modules, conduits, legs etc, installation of MJB, AJB and shifting, installation of disconnected 120 Batter cells at top floor of new premises all complete (Job. will be executed under the supervision of Ex Engineer (R&B) Electric Division Srinagar)	1.00	C.J	RTQ
3	Shifting and installation of 20 Kva PC in new premises, installation of ACDB of Solar Power plant all complete. (Job. will be executed under the supervision of Ex Engineer (R&B) Electric Division Srinagar)	1.00	C.J	RTQ

No: NIT/6992-96  
Dated: 23-01-2020

Executive Engineer  
R&B Division Shopian

DIPK NO: 6231/M

Government of Jammu and Kashmir  
**Office of the Child Dev. Project Officer (ICDS) Keller**

Afrooz Akhter,  
Anganwadi Helper,  
AWC Wasimarg B

Subject:- Final notice.

Whereas you were selected by the District Level Selection Committee vide No:- CDPO/Kel/AWH/416-19 dated 09.06.2006 and the accommodation provided by you was not feasible for establishment of Anganwadi Centre.

Whereas you were submitted dully notarized affidavit in non-judicial paper for providing sufficient accommodation for establishment of AWC Wasimarg B. but you have not bothered to provide sufficient accommodation and you are always turning a deaf ear.

Whereas show cause notice was served to you vide this office communication No:- CDPO/K/Estt/2019/324-28 dated:04.12.2019 wherein you were directed to provide the sufficient accommodation (not less than 600 sq. feet) with drinking water and toilet facility and also explain the reasons why you are not interested to perform your duties within a weeks' time from the date of issuance of this notice failing which it will be presumed that you are not interested to perform your duties as Anganwadi Helper any more.

Whereas the reply submitted by you to this office show cause notice is not satisfactory and you neither bothered to attend your duties nor provided the department the requisite accommodation for establishment of AWC at approved location..

Now, therefore, in view of your non-compliance the Department is providing you a final chance to provide the department the requisite accommodation at approved location within 15 days positively. In case you fail to provide the requisite accommodation and resume your duties within a stipulated time you will be terminated from the honorary service without issuing any further notice to you.

NO:CDPO/K/Estt/2019/362-68  
Dated:- 25-01-2020

Child Development  
Project Officer (ICDS) Keller

DIPK NO: 6240/M

**Office of the Executive Engineer Electric Division- 1st, Srinagar.**  
Email: xen.ed1st@gmail.com Tel No. 0194-2452079 Fax No. 0194-2452079  
e-TENDER ABBREVIATED NOTICE  
e-NIT No. 050/ EDI, dt: 23-01-2020

For and on behalf of the Governor Jammu and Kashmir state, Executive Engineer, Electric Division-1st Srinagar invites online e-bids from registered Class "A" Contractors/firms for as under:

S.No	Particulars	Estimated Cost (In Lacs)
1	Creation of 200 KVA 6.6-11/433v Double Ratio Sub-Station along HT/LT Network for Providing of Power supply to Hi-Tech Green House at Walnut Nursery Zawoor. (Poles And Conductor to be provided by Department).	12.09

The complete tender document is available at website <http://jktenders.gov.in>. Interested bidder/tenderers may view, download the e-Bid document, seek clarification and submit their e-Bid online up to the date and time mentioned in the table below. Bidding Documents contain Qualifying Criteria for Bidders, Specifications, Bill of Quantities, Terms and Conditions of Contract and other details.

i)	Date and Time of downloading/ Sale (Start) of Tender Document	24.01.2020: 15:00 Hrs
ii)	Date & Time of Download/ Sale (End) of Tender Document	07.02.2020: 16:00 Hrs
iii)	Date & Time of Bidding Queries/ Clarifications	24.01.2020: 15:00 Hrs to 25.01.2020: 16:00 Hrs
iv)	Date & Time of Bid Uploading (Start/End)	26.01.2020: 10:00 Hrs to 07.02.2020: 16:00 Hrs
v)	Commercial/ Technical Bid Opening Date & Time	08.02.2020 at 13:00 Hrs
vi)	Financial Bid Opening	Shall be declared later on for the technically qualified bidders
vii)	Venue of Commercial/ Technical Bid Opening	Electronically on J&K Government e-Procurement System website <a href="http://jktenders.gov.in">http://jktenders.gov.in</a>
viii)	Cost of e-Bid document	Rs. 1000.00 (Rupees Two Hundred Only) (Non-refundable) [Demand Draft Only]
ix)	Amount of Earnest Money Deposit	Rs 24,200/= (Rupees Twenty Four Thousand Two Hundred Only)

DIPK NO: 2244/NB

Executive Engineer  
Electric Division 1st, Srinagar

GOVERNMENT OF JAMMU & KASHMIR  
**OFFICE OF THE DISTRICT TUBERCULOSIS OFFICER DISTRICT SRINAGAR**  
No: DTC/SGR/RNTCP/738  
Dated: 24-01-2020  
QUOTATION

Dasti quotations are invited from the registered dealers / suppliers for supply of below mentioned items, which should reach to the office of the undersigned within three days from the date of publication of this notice.

The rates submitted by the quoters should be valid for the year 2019-20 should be FOR stores / Location & should be inclusive of GST.

- 1. Wall Stickers A4 Size.**  
(Front side Printed with the information which will be provided by this office and back side fully covered with adhesive material for pasting easily on the wall & other surfaces).
- 2. Hoardings to be erected on iron pole with standard girth and Cubical Iron Frame with flex fixed on it as per the information provided by this office on the locations provided by this office.**  
(Rate to be quoted per Kg along with Flex & Labour.)
- 3. Printing of Forms on A4 size paper as per the material provided by this office.**

DIPK NO: 6224/M

District Tuberculosis  
Officer Srinagar