

O To place an advertisement CALL +91-194 2502327

Monday - Saturday (9am - 6pm) No 5- Dal Lake Boulevard Srinagar, 190001, Kashmir



Toying With The Idea Of An Epidural During Delivery? Know the pros and cons

Giving birth can be painful. Most women opt for an epidural to get through the trauma. This is basically an anesthetic that is administered through a small catheter in your back, next to the spine. This induces a loss of feeling in the lower half of the body. The delivery of this drug can be controlled, and it is given only for as long as it is needed.

Though, this is considered to be safe, yet experts warn that there may be a few side-effects that you need to be aware of. Let us look at a few of the adverse effects of epidural during delivery.

It Can Cause Itching An epidural consists of many pain medications. Sometimes, you may have an allergic reaction. This can cause severe itching and rashes. This happens when opioid receptors in the brain are activated. If you know of any allergy, tell your doctor. He may then change your medication accordingly.

It May Lead To A Sharp Fall In Blood Pressure Levels It is normal to experience a fall in blood pressure levels when you

از عدالت ایگزیکٹیو مجسٹریٹ درجه اول (تحصیلدار اننت ناگ) عنوان: درخواست منجانب محمد عمر خانثے ولد عبدالحميد خاندے ساکنه سرسنه اننت گاك بمراد عطائى يوم فوتكى سرتفكيث بنام محمد رامضان خانث ولد عبدالاحد خانڈے اشتهار بمراد آگاهی هر خاص و عام عامله مندرجه عنوان الصدر میں سائل /سائله مذکوره بالا نے ایك درخواست حلفی بیان پیش کیا هے سائل 🖊 سائله کی نانا کا تاریخ وفات01-02-2020 🛛 ہے اس زمن میں سرٹفکیٹ فوتگی نکالنے کا خواہ ہے ۔ لهذا سرٹفیکیٹ مذکورہ کو اجرا کرنے میں اگر کسی شخص یا شخاص کو کوئی عذر یا اعتراض هو تو وه اپنا عذر یا عتراض دفتر هذا میں اندر سات یوم دوران دفتری اوقات میں پیش کرے ۔ بعد گزرنے مقررہ میعاد کوئی عذر یا اعتراض قابل قبول نه هو گا ایگزیکٹیو مجسٹریٹ درجه اول (تحصیلدار اننت ناگ)

PUBLIC NOTICE

I have lost my Driving License bearing DL No



get an epidural since it affects the sympathetic nervous system. This is a series of nerves that spread out from your spine to your body. It controls involuntary body functions including blood flow. But sometimes, your blood pressure may fall too low, which can be a cause of concern. But doctors are usually prepared for this eventuality and prompt action is taken if this happens. You May Experience Nausea And

Vomiting You may experience nausea and feel like vomiting because of low blood pressure. But this depends on the

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level of your sensitivity to opioids. A drug to calm your stomach can help. You May Have Trouble Passing Urine Since your lower body becomes numb, you may not realise when your bladder is full. You may need a catheter. But once the effects of the anesthetic wears off, you will be fine. This is just a temporary setback. You May Have Trouble Breathing Ther use of opioids may sometimes slow down your breathing. It may also cause other breathing problems. But, there is nothing to worry about because your doctor will be prepared for such an eventuality.

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

Qazi Nisar Memorail 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 Rayees Ahmad Bhat S/o Ghulam Nabi Bhat R/o Khudwanl Kulgam owner of vehicle Bearing Regd. No. JK03B-5586 (Commercial/ Non-Commercial) covering under R/P No. nil . and. Ghulam Rasool Kumar S/o Ghulam Mohammad Kumar R/o Awantipora Pulwama (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 Mahindra & Mahindra Finance 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.

Office Of The Assistant Regional Transport Officer Anantnag NOTICE

Whereas joint application has been received by this office from Gull Mohammad Wani R/o Krashafiam (Seller) Owner of the Vehicle Tavera Bearing Regd. No. JK03C-8180 (Commercial/ Non-Commercial) covering under R/P No. nil . and. Tawseef Habib S/o Habibuallah Itoo R/o Mondhok Kokernag (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 . J&K Bank Didru

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

Office Of The Assistant Regional Transport Officer Anantnag

NOTICE

Whereas joint application has been received by this office from Dr Javaida Maqbool W/o Shabir Ahmad Shah Malik R/o Zalangam Kokernag (Party No.1st) as Transferor, (Seller) Owner of the Vehicle Alto K-10 Bearing Regd. No. JK03C-0004 (Commercial/ Non-Commercial) covering under R/P No. nil . and. Hamidullah Khanday S/o Abdul Ahad Khanday R/o Hugam Srigufwara Anantnag (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

Public Notice

This is to information to all general public that I have lost of driving licence bearing No. JK04-20140023364, Aadhar card, Election card while I was travelling from Khonmon To Phanth Chowk, Srinagar on 10/02/2020. I also lodge F.I.R at Police Station, Pantha chowk in this regard. If any body found it he/she can contact on the given below mentioned address otherwise I am applying for duplicate of the same to the concerned authorities if any body having any objection in this regard he/ she may contact to the concerned authorities within seven days from the date of publication of this notice . After that no objection shall be entertained.

> Abdul Rashid Khan S/O: khazir Mohammad Khan R/O: Beerwah Arizal Budgam

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Public Notice

I have applied for the issuance of Pesticides license for my business unit under name and style "Ramzana Pesticides" at Duroo 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 Department Lalmandi Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Aabida Parveen W/o Mubashir Ahmad Bhat **R/o Duroo Sopore**

GM S



I have applied for the issuance of Fertilizer and Pesticides license for my business unit at Maweer Payeen . If anybody having any objection in this regard he/she may file his/her objection in the office of the Chief Agriculture Officer Kupwara within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mohammad Saleem Malik S/o Ghulam Nabi Malik R/o Manzpore Qalamabad

Office Of The Principal Govt. Degree College Pampore

Tulbagh, Pampore -192121 - (Distt. Pulwama) - Kashmir Cell: 9419022133, Web : Edcpampore.com Email: Bdcparnpore@gmail.com

No: GDC/PMP/020/1030

Dated: 14 -02-2020

DASTI QUOTATION

Sealed Dasti Quotations, which should reach the college office within one week from the date of publication of this notice, are invited from registered / reputed / printing concerns / binders for carrying cloth binding work, of college Admission and Library forms. Details about the said job can be had from the college office on any working day during office hours. The u/sd reserves the right to cancel one or all the tenders without assigning any reason thereof.

DIPK NO: 7130/M

www.itisopore.com

Principal Govt. **Degree College Pampore**

Government of Jammu & Kashmir

JK1820120002641. 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 Kulgam within a period of seven days from the date of publication of this notice. After that no objection shall be entertaiend.

Farooq Ahamd Shala S/o Mohammad Abdullah Shala **R/o Sofipora Pehalgam**

Office Of The Assistant Regional Transport Officer Anantnag

NOTICE

Whereas an application has been received by this office from Shahnawaz Ahmad Sheikh S/o Gull Mohammad Sheikh R/o Gopalpora Anantnag owner of vehicle Bearing Regd. No. JK03D-8018 requesting for Endorsement of hire purchase agreement with Shri Ram Transport Finance CO Ltd Anantnag

Before the case is disposed off on its merit, anybody have any objection regarding the proposed Endorsement may 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

Office Of The Assistant Regional Transport Officer Anantnag NOTICE

Whereas joint application has been received by this office from Masood Ahmad Bhat S/o Mohammad Syed Bhat R/O Laizbal Kadipora Anantnag owner of vehicle Alto Bearing Regd. No. JK03H-4226 (Commercial/ Non-Commercial) covering under R/P No. nil. and. Hashim Mukhtar S/o Mukhtar Ahamd Dar R/o Reshiabad Mirdanter Anantnag (Party No.2nd) as Transferee (Pur-chaser) 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 **Öfficer** Anantnag Assistant Regional Transport Öfficer Anantnag

Office Of The Assistant Regional Transport Officer Anantnag NOTICE

Whereas joint application has been received by this office from Real Auto Wings Pazwalpora Bijbehara Anantnag owner of vehicle Alto K-10 Bearing Regd. No. JK03H-8454 (Commercial/ Non-Commercial) covering under R/P No. nil . and. Peer Muntazir Hussain S/o Peer Mohammad Hussain R/o Gopalpora Kalan Anantnag (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

Office Of The Assistant Regional Transport Officer Anantnag

NOTICE

Whereas joint application has been received by this office from Sheeraz Ahamd Teli S/o Mohamamd Khalil Teeli R/o Ranipora Mattan Anantnag owner of vehicle Tavera Bearing Regd. No. JK03D-1664 (Commercial/ Non-Commercial) covering under R/P No. nil . and. Dar Transport Company General Bus Stand Anantnag (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 Punjab National Bank Mattan Ada Anantnag 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 Office of the Superintendent ITI, Sopore.

email-id:-iti-sopore@jk.gov.in

No:/ITI/Spr/Estt/261-262

Dated:- 12-02-2020.

***Short term Quotations ***

Short term quotations affixed with Rupee two Revenue Stamps are invited from Registered/Reputed dealers/ Manufacturers/ Suppliers for supply of Gass Heaters o' different makes for this Institute. The quotations should reach to the office of Undersigned within ten days from the date of publication of this Notice. Rates quoted should be neat and clean. No overwriting will be acceptable. Undersigned reserves the right to accept or reject the whole quotation or a part of the quotation without assigning any reason thereof. Quotations must indicate brand of the item explicitly. List of items along with specification can be had from the office of the undersigned on all working days from 10:00 AVI to 4:00 PM.

DIPK NO: 7147/M

Sd/-Superintendent Industrial **Training Institute Sopore**

GOVERNMENT OF JAMMU AND KASHMIR **OFFICE OF THE DIVISIONAL SPORTS OFFICER CENTRE**

Pologround play field Srinagar

Invitation of Short Term Sealed Quotations.

The J&K State Sports Council intends to organize Snow Ski Courses 2019-20 scheduled to be held from last Week of Febuary2020 onwards at Gulmarg. In this connection on behalf of the Secretary J&K Sports Council short term Sealed quotations are invited for Providing of rooms approximately 11 to 12 per course in local hotels of Gulmarg having the below mentioned facilities for accommodating of trainees/Officials and providing of food, (lunch, dinner, tea & refreshment etc.) for the trainees as per the approved menu and Sports Council norms copy of which could be obtained from the office of the undersigned during office hours. The quotations accompanied with CDR for Rs. 10,000/= pledged to Sports Officer Kashmir , J&K Sports Council should reach to office of the undersigned by or before. 21-02-2020 upto 2.00 PM which shall be opened by the committee on 23-02-2020 at 2 PM:-

- 1. Heating System (Fire Wood/K.oil).
- 2. Hot and Cold water (Geyser) facilities round the clock.
- 3. Light bedding.
- 4. Television with cable facilities.
- 5. Generator facilities.
- 6. Wi-Fi internet facilities.

NO:- SC/SOK/40II/ 2618-21

Dt: 12-02-2020

DIPK NO: 2617/M

Divisional Sports Officer Kashmir

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