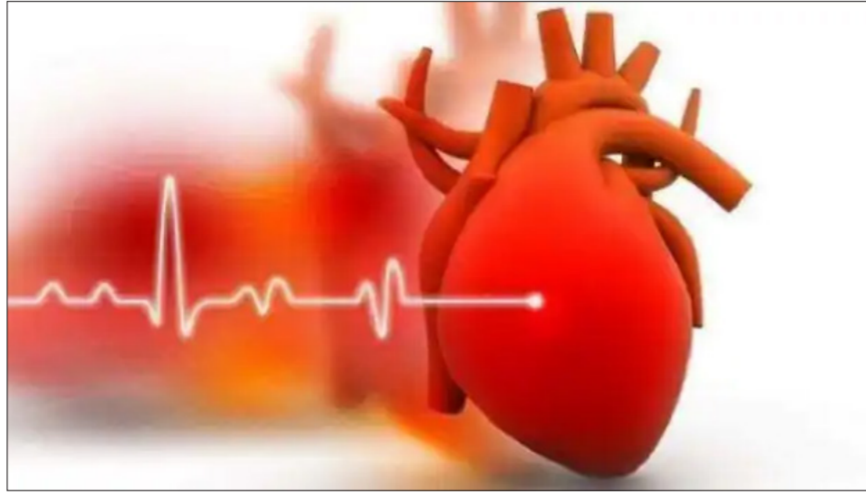


# Treat Your Angina Symptoms Naturally With Basil, Lemon And More

Sometimes, your heart muscles do not get enough oxygen-rich blood. When this happens, you may experience pain in your chest, which can radiate to your shoulders, arms, neck, jaw, or back. Sometimes, this pain may be mistaken for gas. This condition is brought about by coronary artery disease. This condition occurs when there is plaque build-up in your arteries. If you experience this pain, you may also notice that it is often accompanied by anxiety, nausea and excessive sweating. You may also experience shortness of breath and fatigue. If you suffer from any of these symptoms, you need to get medical help immediately. If left untreated, it can lead to serious complications. But side by side, you can also try out a few natural remedies that can give you relief from angina pain. But be sure to ask your doctor about it first.



**Basil**  
 This is loaded with antioxidants. It also

has amazing anti-inflammatory properties. Basil is known to lower your blood sugar levels and keep LDL (bad) cholesterol in check. It can also regulate your tri-

glycerides levels. All this prevents plaque build-up, which is the main cause of angina. Just have a couple of basil leaves and wash it down with a glass of water.

Have it twice a day. You can also have it with honey for taste.

**Garlic**  
 This has amazing anti-inflammatory and antioxidant properties, which bring down your cholesterol levels. It also makes your blood vessels strong and regulates your blood pressure levels. Just have a couple of pods of garlic before going to sleep every night along with a glass of water. This will give you relief from the symptoms of angina.

**Lemon**  
 This citrus fruit contains the antioxidant hesperidin, which is good for the health of your blood vessels. It is also known to significantly bring down your risk of atherosclerosis. Moreover, it saves you from the formation of bad cholesterol and keeps your blood pressure levels normal. Just drink a glass of lemon water every morning to get relief from angina pain.

**ازنیابت اشپورہ**  
 عنوان: درخواست پنجاب طاہرہ اختر ڈیپارٹمنٹ ریشی ساکنہ راجوار  
 براد حصول ص SRO294 تحفٹ  
 اشپورہ براد گاہی ہرخاص و عام  
 ماجلمہ مندرجہ عنوان الصدر میں سائل نے ایک درخواست باجرائی RBA تحفٹ  
 دفترو میں پیش کی ہے جو پیکاروائی ہے۔ اس بارے میں رپورٹ  
 پٹواری طلب کی گئی ہے پتہ چلتا ہے کہ سائل راجوار میں سکونت پذیر ہے سائل  
 کا کہیہ مندرجہ ذیل افراد پر مشتمل ہے

بشیر احمد ریشی ولد محمد رمضان ریشی	52 سال	ذیلونج ملازم
حظیفہ بیگم زوجہ بشیر احمد ریشی	50 سال	گھر بیوا کام
طاہرہ اختر ڈیپارٹمنٹ ریشی	18 سال	زیر تعلیم
رحمان ڈیپارٹمنٹ ریشی	16 سال	زیر تعلیم
انظربشیر احمد ریشی	14 سال	زیر تعلیم
عمران بشیر احمد ریشی	12 سال	زیر تعلیم
ریحانہ بشیر احمد ریشی	10 سال	زیر تعلیم

اس کے علاوہ کوئی افراد کہیں بتلایا گیا ہے کہ یہ کی سالہ آمدنی 60000 ہے  
 لہذا تحفٹ متذکرہ بلا جتن سائل کے اجرا کئے جانے میں اگر کسی شخص کو کوئی عذریا  
 اعتراض ہو تو پکار ہم کے اندر مندرجہ ذیل تہریں طور میں کریں۔ بعد از گزرنے  
 میا کوئی بھی عذر قابل قبول نہیں ہوگا

تحریر الصدر  
 AJH

**Public Notice**

I have applied for EDI Loan for which I require income certificate of Tehsil Office Anantnag. The Income certificate has been issued in my favour bearing No: 4932/MISC/ANG Dated: 22-2-2020. My monthly income is 6000 which has been also mentioned in the said certificate. If anybody having any objection in this regard he/she may file his/her objection in the office of the JK EDI Anantnag within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

**Mohammad Ishaq Najar**  
**F/o Sameer Ahmad Najar**  
**R/o TB Shah Anantnag**

MOJA

**OFFICE OF THE EXECUTIVE ENGINEER PWD (R&B) DIVISION VAILOO CORRIGENDUM**

Tenders invited vide this office eNIT No. 49 OF R&B/Vailoo/2019-20 /e-Tendering/ 4607-11 Dated: 04.02.2020 ie (Construction of Govt. Degree College at Chitsinghpura Anantnag)

**PLEASE READ**

**15(b) Unbalanced Bid: on page No. 24**  
 As per circular issued by Chief Engineer, PWD (R&B) Kashmir vide his No.CE/RBK/HD/13271-73 dated 3.8.2018, the successful bidder shall have to deposit an additional performance security in the shape of CDR /FDR/BG before award of contract in case the bid of the successful bidder is found to be unbalanced and the following scale shall apply thereto:-

S.No.	Percentage of unbalanced bid viz-a-viz Advt.cost	Additional performance security to be deposited.
1	Upto and including 15% below	Nil
2	>15% upto and including 20% below	5%
3	>20% upto and including 25% below	10%
4	>25% upto and including 30% below	15%
5	>30% below	20%

**INSTEAD OF**

**15(b) Unbalanced Bid: on page No. 24**  
 As per circular issued by Chief Engineer, PWD (R&B) Kashmir vide his No.CE/RBK/HD/13271-73 DATED 3-8-2018, the successful bidder shall have to deposit an additional performance security in the shape of CDR or FDR before award of contract in case the bid of the successful bidder is found to be unbalanced and the following scale shall apply thereto:

S.No	Percentage of unbalanced bid viz -a viz Advt. cost	Additional performance security to be deposited.
1	Upto and including 15% below	Nil
2	>15% upto and including 20% below	5%
3	>20% upto and including 25% below	10%
4	>25% upto and including 30% below	15%
5	>30% below	20%

**PLEASE READ SECTION - 5 CONTRACT DATA**

S.no. 4 of page no. 53 The defects liability period is 03 years from the actual date of completion [Cl.1.1 A 35]

**INSTEAD OF**

S.no.4 of page no. 53 The defects liability period is 01 year from the actual date of completion [Cl.1.1 A 35] fr above mentioned NIT.

All other terms and conditions will remain same as in vogue of PWD Form 25/33/ and concerned NIT  
 No: 4920-25  
 Dated: 18-02-2020  
 DPK NO: 7501/M

Sd/-  
 EXECUTIVE ENGINEER PWD (R&B) DIVISION VAILOO

**Government of Jammu & Kashmir**  
**OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION SOPORE.**  
**NOTICE INVITING TENDER**

Fresh NIT No- 190 of RnB-Sopore of 2019-20 e-tendering  
 DATED- 19-02.2020.

For and on behalf of the Lt. Governor, J&K e-tenders (in Single Cover System) are invited on item rate basis from approved and eligible contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for the following works:

S. No	Name of Work	Est. Cost (Rs. In Lacs)	Cost of T/ DOC (In Rs)	E/M (In Rs)	Time In days	T&D of Opening Of Bid	Class	MH of Account	Position of AAA
01	Up gradation of Ladoo Ladoora inner links ( Humdub Ladoo Ladoora road Km 1st) by way of WBM grade 2nd (agg length 270 meters)	1.70 las	200/-	3400/-	20 days	02.2020	DEE	BADP	Accorded

**Position of funds: Available**  
 Approved under: BADP

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:

01. Date of issue of Tender Notice	19.02.2020
02. Period of downloading of bidding documents	From 20.02.2020 (10.00A.M) to 28-02-2020 (4.00P.M)
03. Bid submission start date	20.02.2020 from (10.00A.M)
04. Bid submission end date	28-02-2020 upto (4.00 P.M)
05. Date & time of opening Bids (on line)	29-02-2020 at (11.00 A.M) in the Office of the Executive Engineer R&B Division Sopore

2 Bids must be accompanied with cost of Tender document in shape of Treasury Chilian in favour of Executive Engineer, R&B Division Sopore (tender inviting authority) and Earnest money /Bid security in shape of CDR/FDR pledged to tender receiving authority Executive Engineer R&B Division Sopore

3.The date and time of opening of Bids shall be notified on web Site www.jketenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same web site in the office of the Tender receiving authority.)

4. The bids for the work shall remain valid for a period of 120 days from the date of opening of technical Bids.

5. The earnest money shall be forfeited if:-

- Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any Modifications in the terms and conditions of the bid.
- Failure of Successful bidder to furnish the required performance security within the specified time limit.
- Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.
- Instruction to bidders regarding e-tendering process.

6.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in acquaint bid submission process.

No: 12424-44  
 Date 19.02.2020  
 DPK NO: 7457/M

Sd/- Executive Engineer R&B Division Sopore

**Office Of The Assistant Regional Transport Officer Anantnag**  
**NOTICE**

Whereas joint application has been received by this office from Showkat Ahamd Sodagar S/o Abdul Salam Sodagar R/o Dabrana Anantnag (Party No.1st) as Transferor, (Seller) Owner of the Vehicle Maruti 800 Bearing Regd. No. JK03D-1961 (Commercial/ Non-Commercial) covering under R/P No. nil . and.Mohammad Ashraf Khatana S/o Abdul Hameed Khatana R/o Shalagam Bijbehara (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 Mehindra & Mehindra Finance Co Ltd. Before the case is disposed off on its merit, anybody have any objection regarding the proposed transfer 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

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**Office Of The Assistant Regional Transport Officer Anantnag**  
**NOTICE**

Whereas an application has been received by this office from Mohammad Yousuf Ganie S/o Ghulam Ahmad Ganie R/o Urnahl Anantnag Owner of the Vehicle Bearing Regd. No. JK03B-1110 requesting for Cancellation of hire purchase agreement with Shri Ram Transport Com Ltd Before the case is disposed off on its merit, anybody have any objection regarding the proposed Cancellation 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

MOJA

**Government, of Jammu and Kashmir**  
**District Industries Centre, Pulwama**

**1-Day Awareness camp**

The District Industries Centre, Pulwama is going to organize One-day Awareness camps as per the schedule given below:-

Date	Venue	Time
26.02.2020	Block Development Officer. Kakapora	11.00 an
29.02.2020	D.I.C, Officer, Pulwama	11:00 AM 11.00 AM

The main objective of the programme is to educate the general masses particularly the educated un-employed youth about the various programme/ schemes operational in the Industries and Commerce deptt. Detailed information shall also be provided about establishment of own industrial ventures under the schemes and incentives/ avenues available thereof with the department.

General Manager,  
 District Industries Centre, Pulwama

DIPK NO: 7505/M

**Government of Jammu and Kashmir**  
**Office of the Collector Land Acquisition**  
 (Assistant Commissioner, Revenue Shopian)

Subjects Acquisition of Land for construction of Awneera Zainapora link Road at village Awneera, Teheil Zainapora,

In exercise of powers conferred by Right to Fair Compensation and Transparency in land Acquisition, Rehabilitation and Resettlement Act 2013, I Shahnawaz Shah, KAS, Collector land Acquisition (Assistant Commissioner, Rev) Shopian, do hereby notify the land, particulars of which are given below for its acquisition for the public purpose, as per the indent received from Executive Engineer, R&B, Division, Shopian, vide NO LC-19/6553, Dated: 06/01/2020.

Any objection with regard to its acquisition should be submitted to the office of undersigned within a period of 15 days from the date of its publication in the Govt

S. No.	Name of the Village	Tehsil	District	Khasra No.	Area Involved
					K M S
01	Awneera	Zainapora	Shopian	234 Min	- 09 08
Total					- 09 08

Sd/ Deputy Commissioner,  
 Shopian

DIPK NO: 7507/M  
 NO: DCS/LAC/20/26-32  
 Dated: 22-02-2020

**Office of the Assistant Regional Transport Officer, Shopian**  
**NOTICE**

Whereas an application has been received by this office from Bilal Ahmad Khan S/o Mohd Yaseen Khan R/o Narwaw Shopian For Duplicate R/C, Bearing Registration No JK22-9390 R/P NO - 2114/MVD/Spn F/C AND D/L NO JK220120006061

Now therefore it is notified for general information that objection if any to the proposed R/C, R/P, F/C and D/L, Shall be filled in the office of the Asstt. Regional Transport Officer, Shopian within the period of 7 days of publication of the notice in the daily newspaper Kashmir Observer  
 No : ARTO/Spn/2020  
 Dated 22-02-2020

S/D Asst Regional Transport Officer Shopian

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**Office of the Assistant Regional Transport officer, Shopian**

whereas an application has been received from one Shri Mrs Ab Hameed Kumar S/o Ali Mohd Kumar R/o Pargolhi Shopian Owner of the vehicle No JK22A 8948 for cancellation of Hire P/urchase Agreement with M/S JK Bank Batpora Shopian Now it is therefore. Notified for general information that objectoins if any, to the proposed cancellatin of Hire Purchase Agreement shall be filled in writing in the office of Assisnat Regional Transport Officer Shopian within ap period of seven (7) days from the publication of this notice in the daily Kashmir Observer  
 No : ARTO/Spn/2115  
 Dated 22-02-2020

S/D Asst Regional Transport Officer Shopian

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