

# Health Tech: Consider Having A Digital Body Fat Scale If You're On A Weight Loss Mission

When you're on a weight-loss or fitness program, it's important to measure your body composition at the beginning. You should also check it periodically to monitor your progress. This is because knowing your body composition can help you assess your health and fitness level. What is body composition? It is the proportion of fat and non-fat mass in your body. A healthy body composition is when you have a lower percentage of body fat and a higher percentage of non-fat mass, which includes bone, water,

muscle, organs, and tissues. Non-fat mass, also called lean tissue, help burn calories for energy. But body fat does not. Body fat percent is a measurement of body composition. It tells how much of the weight of your body is fat. Normal ranges for body fat differ for men and women. A regular scale cannot tell your body composition. To know whether your body composition is healthy, you need to step on a body fat scale.

### Body Fat Scales: How Do They Work?

This scale measures both your body weight and your estimat-



ed fat percentage, using a technique called Bioelectrical Impedance Analysis. Such scales work with the help of sensors that measure the amount of resistance from body fat. The greater the body resistance, the

higher is your fat percentage. Here's the explanation: Fat contains less water than muscle, and so it's denser than muscle. This makes it more difficult for a current to travel through body fat.

This information is then sent to your smartphone or smart-watch, or any fitness apps you might have.

The best thing about using this type of scale is that you can measure your body fat in the comfort of your own home at any time.

Note that body fat scales can provide rough estimates only. Many variables can affect your results. These include gender, age, height, etc. Usually women have more body fat than men. Also, a body fat scale can only tell you the overall percentage. It cannot tell where on the body you're storing potentially dangerous fat.

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### CORRIGENDUM

Name of Work	E-Nit No (Published As)	E-Nit No (Read As)	Class of Contract (Published As)	Class of Contract (Read As)
CONSTRUCTION OF BRICK WALL AROUND IUST CAMPUS, Awantipora.	IUST/EW/20/TE ND/BW/03	IUST/EW/20/TE ND/BW/3A	"C & D" Class	"B & C" Class
CONSTRUCTION OF CHAIN LINK FENCING AROUND IUST CAMPUS, Awantipora.	IUST/EW/20/TE ND/CLF/04	IUST/EW/20/TE ND/CLF/04A	"C & D" Class	"B & C" Class

No. IUST/EW/CVL/20/61  
 Dated: 24-02-2020  
 Executive Engineer, IUST

Government Of Jammu & Kashmir  
**Office of the Assistant Regional Transport Officer Budgam**  
 No; ARTO/BUD/2019-20/543 Dated: 24-02-2020  
**Sub: RTA/DRSC Meeting in Budgam District**  
**NOTICE**  
 A Regional Transport Authority Meeting in Budgam district has been scheduled to be held on 27th February 2020 at 4:00PM in New Conference Mall DC Office, Budgam. All the interested transporters and general public are informed through the medium of this notice that applications for grant of Stage Carriage Letter of Authorities for Big Buses, Mini Buses, Mahindra Maximo, Tata Magic Etc are invited for the hungry routes of the district. The applications shall be submitted in the office of the undersigned by or before 26.02.2020, so that the same may be placed before RTA authorities for taking further necessary action.  
 Member Secretary (RATA)  
 Assistant Regional Transport Officer, Budgam

**THE JAMMU & KASHMIR STATE BOARD OF SCHOOL EDUCATION, BEMINA SRINAGAR**  
**PUBLIC NOTICE**  
 I have passed/appeared in secondary school Examination (Class 10th) under Roll No.8172226 Session Annual year 2019 through the Jammu & Kashmir State Board of School Education. Due to the error committed by the concerned school/Parent my Name/Father's Name/Mother's Name/Date of Birth/Caste has been registered with the Board as MANAN MOHI UD DIN / GULAM MOHI- U DIN /SHAMEEMA JAN while as actual Name Father's Name/Mother's Name/Date of Birth /Caste is MANAN MOHI-UD-DIN DAR /GH. MOHI-UD-DIN DAR /SHAMEEMA. Now I have applied for Correction /rectification of error in the Jammu & Kashmir State Board of School Education Bemina Srinagar if any person has any objection in this regard may file the same in the Office of Deputy/Assistant Secretary Certificates (Correction) KD within seven days from the issuance of this notice after the expiry of said period no objection shall be entertained. This is published for the information of the General Public.  
**Name:-MANAN MOHI-UD-DIN DAR**  
**Father's Name:-GH. MOHI-UD-DIN DAR**  
**Mother's Name:- SHAMEEMA**  
**Residence:-SEER HAMDAN, ANANTNAG**

**OFFICE OF THE ASSISTANT REGIONAL TRANSPORT OFFICER DODA**  
**NOTICE**  
 Whereas joint application has been received by this office from Mr. Zahoor Ahmad Mir S/O Gh Rasool Mir R/O HK Sofipora Phalgam Anantnag(Party No.1st) as Transferor, (Seller) Owner of the Vehicle Tata 207 Bearing Regd. No.JK06-5469 (Commercial/ Non-Commercial) covering under N/A. and Mr.Shabir Ahmad S/O Mohd Amin R/O Sarhteh Mohore Reasi Doda (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 N/A.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 DODA

GOVERNMENT OF JAMMU AND KASHMIR  
**Office Of The Executive Engineer Rural Water Supply Division, Ganderbal**  
 H.Q: Duderhama Ganderbal.  
 e - mail: pherwsd@gamil.com pherwsd@yahoo.in Phone/Fax: 0194 - 2416292.  
**Corrigendum**  
 Reference:- This Office e-NIT No. 55/PHED/RWSD/Civil of 2019-20 issued under No. PHED/RWSD/Corrs/10759 - 83, Dated 17.02.2020. Tender id No.2020 PHE 93033 6  
 Please read Unit of item No. 01 as Cum instead of M.T All other terms and conditions of the e-NIT shall remain unchanged.  
 No. PHE/RWSD/Corrs., 11018 - 37 Dated:-20.02.2020, (Er Mohammad Aslam Zargar)  
 Executive Engineer RWS Division Ganderbal /Sgr

Government of Jammu & Kashmir  
**Office of the Executive Engineer R&B Division Handwara.**  
**QUOTATION**  
 No:-6926-29 Dt:- 22-02-2020  
 For & on behalf of Lieutenant Governor of J&K union territory Sealed quotation fixed with revenue stamps for Rupees 2/- are invited from the Registered dealers for supply of below mentioned item.  

Sr.No.	Particular	Sft	Quantity
1	Providing Superior indian carpet mating in Rooms incl weiwewing of edges incl P/L 10mm thermocole etc complete	Sft	2100.00
2	Providing BCF carpet mating in Passage, Stairs and lobby incl weiwewing of edges P/L 10mm thermocole etc complete	Sft	3500.00
3	Providing Rubber Sheet Mating of approved brand	Sft	423.50

  
 The quotation shall reach to the office of the Executive Engineer, R&B Division Handwara by or before 29-02-2020 upto 2:PM and will be opened on the same date or some other date convenient to the undersigned.  
 The quotationer shall quote the rate including Vat, and all other taxes, octroi charges loads and lifts carriages to deliver the machine in the Divisional office.  
 The successful quotationer has to supply the item within three days from the date of supply order.  
 The Executive Engineer, (undersigned) have the right to reject the quotation without assigning any reasons.  
 The quotation has to deposit Rs. 1000/= as earnest money in the shape of CDR which should be appended with the :otation.  
 In case of the last date of receipt of quotation to be a holiday, the same shall be received on the next working day up to 2PM.  
 For and on behalf of the Governor of J&K (UT)  
 Executive Engineer R&B Division Handwara

**OFFICE OF THE ASSISTANT REGIONAL TRANSPORT OFFICER ANANTNAG**  
**NOTICE**  
 Whereas joint application has been received by this office from Mr.Mohd Ishaq Sheikh S/O Ab Gani Sheikh R/O Badasgam Anantnag(Party No.1st) as Transferor, (Seller) Owner of the Vehicle Blaro Bearing Regd. No.JK03D-8062 (Commercial/ Non-Commercial) covering under N/A. and Mr.Gull Mohd Wani S/O Gh Mohi ud din Wani R/O Hatigama Bijbehara 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 Mehindra and Mehindra 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.  
 Assistant Regional Transport Officer Anantnag

GOVERNMENT OF JAMMU AND KASHMIR  
**Office Of The Executive Engineer R&B Division Handwara**  
**Subject: Corrigendum**  
 Reference: ENIT No. 62 issued under endorsement No. 6626-31 dated: 14-02-2020.  
 The last date of above quoted NIT is hereby extented of Bid submission end date of bidding documents up to 27-02-2020 4.00 P.M and Date & time of opening Bids (on line) on 28/02/2020, 11.00 A.M for the works given mentioned below.  

S No	Name of work	Est. cost (Rs.in lacs)	Cost of T/Doc (In Rs)	E/M (in Rs)	Time	Class	MH of account
1	Construction of 1x8 Mtr span RCC culvert on Peermohalla Nagranar Handwara.	15.30	800/=	30600/=	45 days	B&C	State Sector
2	Improvement/Restoration of link roads by way of nallah muck filling, WBM G-II and pipe laying and const, of concrete drain (a) Inner links Ramzan Wani-mohalla Mooniabad Handwara. (b) Inner link takes off from Masjid Sharief left side at Mooniabad Handwara (c) Const of cement concrete drain Km Isl RD SGOMtr near Waskuhroo link on HMS road.	3.84	200/=	7680/=	20 days	DEE	3054-M&R
3	Repairs of inner link roads at Badra Payeen-	2.37	200/=	4740/=	20 days	DEE	State Sector

  
 All other terms and conditions shall remains unaltered.  
 Executive Engineer R&B Division Handwara.  
 NO:- 6886-91  
 DT:- 20-02-2020  
 DIPK NO: 7520/M

GOVERNMENT OF JAMMU AND KASHMIR  
**Office Of The Executive Engineer R&B Division Handwara**  
**Subject: Corrigendum**  
 Reference: Fresh ENIT No. 63 issued under endorsement No. 6632-37 dated: 14-02-2020  
 The last date of above quoted NIT is hereby extended of bid submission end date of bidding documents up to 27-02-2020 4.00 PM and date & time of opening bids (online ) on 28/02/2020, 11.00 AM for the works mentioned below.  

S. No	Name of work	Est. cost (Rs.in lacs)	Cost of T/ Doc (In Rs)	Earnest Money (in Rs)	Time	Class	MH of account
1	Const, of Road from Gh. Rasool Mir Hatmulla to Warpora with culvert	2.85	200/=	5700/=	20 days	DEE	District Sector
2	Upgd. of road from Sheikh mohalla Kawari upto Check by way of Nailah muck and WBM G-II	1.70	200/=	1700/=	15 days	S.H.G	State Sector

  
 All other terms and conditions shall remains unaltered.  
 Executive Engineer R&B Division Handwara.  
 NO:- 6892-97  
 DT:- 20-02-2020  
 DIPK NO: 7521/M

**OFFICE OF THE ASSISTANT REGIONAL TRANSPORT OFFICER ANANTNAG**  
**NOTICE**  
 Whereas joint application has been received by this office from Mr.Rayees Ahmad Bhat S/O Nazir Ahmad Bhat R/O Hanzpora Bijbehra Anantnag(Party No.1st) as Transferor, (Seller) Owner of the Vehicle Sumo Bearing Regd. No.JK03-9638 (Commercial/ Non-Commercial) covering under N/A. and Mr.Ab Hamid Bhat S/O Gh Mohd Bhat R/O Mitrigam 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 NILL. 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 BUDGAM KASHMIR**  
**NOTICE**  
 Where a application for transfer of ownership has been recieved from one. Shri : Firdous Ahmad Dar S/o: Haji Ghulam Mohammad Dar R/o: Mahwara Budgam (Transferor) of LMV Grand i 10. Vehicle bearing registration number JK04C - 4640. Chasis number 74549 Engine no. 228063 Model 2014. in favour of Shri. Adil Rashid S/o. Abdul Rashid R/o Abu Bakar Colony Bemina By Pass Srinagar ( Tranferee) as well as HPA cancellation with M/S J & K Bank B/U Nasrullahpora. Now therefore it is notified for the information of the general public that objections if any to the proposed transfer of ownership shall be filed in writing in the office of the Assistant Regional Transport office ARTO Budgam within a period of 12 days from the date of publication of this notice in the daily newspaper .  
 No. ARTO/ BUDGAM.545  
 Dated 24-02-2020  
 Assistant Regional Transport officer Budgam Kashmir