

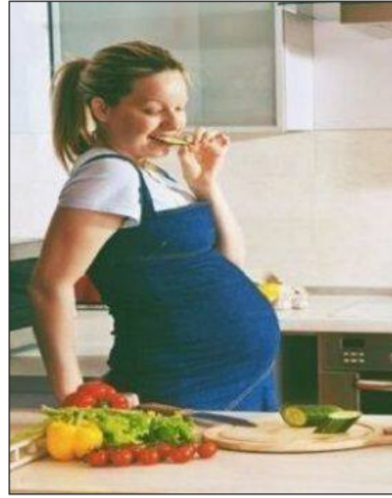
A Few Pregnancy Tips For First Time Moms

If you are pregnant for the first time, you need to know a few things so that you can enjoy the time you spend anticipating your baby.

If you are pregnant for the first time, you are, no doubt, filled with excitement, fear and also wonder. I know. You will go through a whole lot of conflicting emotions. Many times, you will turn to friends and elders for advice. And, there will be many people ever ready to give you unsolicited tips and advice on how to do things, what to eat, and so on. But you need to know how to sift through this mountain of knowledge that well wishers insist on drowning you in. So, how do you do it? What advice do you listen to and what do you discard? Here, we offer some pregnancy tips that will make your life easy.

Start Doing Kegel Exercises

You need to start doing Kegels if you are planning a normal delivery. It will make your muscles strong and ensure a safe and



smooth delivery. The mistake many women do in their first pregnancy is that they put this off thinking that it is not so important. Sometimes, they never get around to doing Kegels. But this is not the right thing to do. If you are pregnant for the first time, take some time out and start Kegels immediately. It will make your pelvic floor muscles strong.

Stop Depending On The Internet

You need to listen to this pregnancy tip. Don't log into Google the minute you get any symptom. You will, in all probability, get half-truths and misplaced information. Everything on Google is not necessarily 100 per cent factual or valid. If you have any symptoms or any queries, just call or visit your doctor. The Internet is not a substitute doctor. And, definitely not

during this time in your life.

Don't Get Paranoid

A microwave in the house or a smartphone on the table will not harm your unborn child. That does not mean that you do not take precautions against hazardous objects and chemicals. You need to stay safe in a sensible and intelligent manner. Being paranoid will help neither you nor your baby.

Take Care Of Your Diet

Follow this pregnancy tip. Many people will probably tell you to eat extra because now you have to eat for two. This is rubbish. Eat just enough to satisfy your hunger. Otherwise, it will lead to extra weight gain which is not good for either the baby or you.

Office Of The Assistant Regional Transport Officer Anantnag

NOTICE

Whereas joint application has been received by this office from Mr.Aijaz Ahmad Qadri S/O Ab Hamid Qadri R/O Ashijpora Anantnag(Party No.1st) as Transferor, (Seller) Owner of the Vehicle Taveera Bearing Regd. No.JK03E-1675 (Commercial/ Non-Commercial) covering under N/A. and Mr.Naseer Ahmad Dar S/O Mohd Maqbool Dar R/O KP Road Naibasti 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 JK Bank Dialgam Anantnag.Before the case is disposed off on its merit, anybody have any objection regarding the proposed transfer Army 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.

MQJA

Assistant Regional Transport Officer Anantnag

Office Of The Assistant Regional Transport Officer Anantnag

NOTICE

Whereas joint application has been received by this office from Mr.Nazir Ahmad Mir S/O Assadullah Mir R/O Dialgam Anantnag(Party No.1st) as Transferor, (Seller) Owner of the Vehicle Taveera Bearing Regd. No.JK03D-2851 (Commercial/ Non-Commercial) covering under N/A. and Mr.Ashiq Hussain Dar S/O Gh Hassan Dar R/O Muniward 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 JK Bank Dialgam Anantnag.Before the case is disposed off on its merit, anybody have any objection regarding the proposed transfer Army 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.

MQJA

Assistant Regional Transport Officer Anantnag

Office Of The Assistant Regional Transport Officer Anantnag

NOTICE

Whereas joint application has been received by this office from Mr.Arshid Hussain Nanda S/O Gh Ahmad Nanda R/O Nandapora Khanabal Anantnag(Party No.1st) as Transferor, (Seller) Owner of the Vehicle Taveera Bearing Regd. No.JK03E-1365 (Commercial/ Non-Commercial) covering under N/A. and Mr.Mohd Amin Sheikh S/O Ali Mohd Sheikh R/O Lisser Kokernag 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 SBI Anantnag.Before the case is disposed off on its merit, anybody have any objection regarding the proposed transfer Army 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.

MQJA

Assistant Regional Transport Officer Anantnag

LOST OF DRIVING LICENSE

I have lost my Driving License Bearing Registration No JK0320130026208.Now I applied for its duplicate if anybody has any objection in this regard may file at ARTO Anantnag within Seven (7) days after that no objection shall be entertained

Name:-Waheed Abass
S/O Mohd Abass Khan
R/O Gopalpora Anantnag

MQJA

LOST OF DRIVING LICENSE

I have lost my Driving License Bearing Registration No JK1820100001135.Now I applied for its duplicate if anybody has any objection in this regard may file at ARTO Kulgam within Seven (7) days after that no objection shall be entertained

Name:-Ishtiyaz Ahmad Bhat
S/O Mohammad Sabir Bhat
R/O Chandain Pajan Devsar Kulgam

MQJA

PUBLIC NOTICE

My Name has been wrongly written in school records as Aabira Zahoor D/o Zahoor Ahmad while my correct name is Fiza Zahoor D/o Zahoor Ahmad which needs immediate correction if anybody having any objection in this regard he/she may file his/her objection in the office of the Govt High School Mandigam Handwara within a period of seven days from the date of publication of this notice. After that no objection shall be entertained

Fiza Zahoor D/o Zahoor Ahmad
R/o Mandigam Handwara

AJH

Office Of The Assistant Regional Transport Officer Budgam Kashmir

NOTICE

Whereas an application has been received from one. Shri : Farhat Abbas Bhat S/o: Mohd Amin Bhat R/o: Bazar Mohallah Budgam owner of vehicle bearing Registration No: JK04B-9578 for cancellation of hire purchase agreement with M/S State Bank Of India B/U Budgam. Now therefore it is notified for the information of the general public that objections if any to the proposed cancellation of hire purchase Agreement 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.735
Dated 05-03-2020

Assistant Regional Transport officer Budgam Kashmir

MQB

Govt of Jammu and Kashmir Office of the Zonal Education Officer Ganderbal

Tel. No/ Faz 0194-2416128, email : zeogbl12@gmail.com
Block -I, 2nd Floor Qadri Complex Ganderbal

EXTENSION / CORRIGENDUM

Due to poor response of tender invited for the supply of various items for KGY Gutlibagh Ganderbal vide this office No; ZEO/GBLKGBV-19/1656 Dated: 22/07/2019 is extended upto Ten 910) Days from the date of publication of this notice. However, the other terms and conditions mentioned in the tender remain unchanged.

No; ZEO/Gbl/Acct-20/406
Dated: 04-03-2020

Zonal Education Officer Ganderbal

DIPK NO: 8095/M

SAVE LIFE

My son Ganaie Shabir Ahmad S/o Ghulam Hassan Ganaie R/o Sheikh Mohalla Soura Sriangar is under treatment in the Department of Nephrology, under patient ID No- 0669633/2019. as a case of CKD-V (Chronic Kidney Disease) with ESRD(End stage Renel disease). Patient is on maintenance Dialysis (thrice a week) . Presently the approximate cost of Dialysis+medication+investigations for the patiesnt comes around Rs. 35,000/- (Rupees Thirty Five Thousand Only) per month with time to time modification in medicine and dosage as per the disease status of patient. The patient is planned for kidney Transplant Surgery which costs around Rs. 5 Lakhs. Financial support is sought from all those who can afford to donate some money to relieve me from the sufferings and save the precious life of my son. The money can be remitted in my account No. S B 0204040100011508 maintained with J&K Bank Ltd. Soura IFSC Code| JAKA0SOOURA.

Ghulam Hassan Ganaie (Father)
R/o Sheikh Mohalla, Soura 9796906790,7780952412

OFFICE OF THE BLOCK MEDICAL OFFICER CHADOORA RETENDER NOTICE

Due to poor response once again sealed tenders affixed with rupees ten revenue stamp are invited for the year 2019-2020 from the registered Suppliers / Agencies for supply of Optic Fiber Light Source Ino., Trocar 10mm Ino., Trocar 05mm., Maryland disectot 1 no., Connector Camera Processor To Monitor Ino., Clip Applicator 1 no., Laproscopic Scissor 1 no., L.Hook 2no., spatula Ino., Bowal grasper laproscopic 1 no., Non-traumatic grasper Ino., Tooth grasper 1 no., Varis needle 02no., camera processor 1 no., Port closer needle 02no. all items mentioned should be Indian made for the Block Chadoora which should reach the office of the undersigned within three working days from the date of publication of the notice. The tenders should be affixed with CDR of Rs 10000/= pledged to Block Medical Officer Chadoora. The undersigned reserves the right to reject/ cancel any tender without assigning any reason thereof.

No:-BMOC/4126
Dated: 03/03/2020

DIPK NO: 8053/M

Block Medical Officer Chadoora

Government of Jammu and Kashmir Office of the Deputy Commissioner Budgam

Advertisement No : 01
Dated : 04/03/2020

District Administration Budgam is looking for intermediate private agency/ firm to provide technical manpower for census exercise 2021 to the District Administration, Interested parties may attend the walk-in interview on 09/03/2020 from 10 AM to 1PM before the committee and submit their interest in the office of Principal 'Census Officer (Deputy Commissioner) Budgam along with relevant documents.

Terms and conditions:

- The agency/ firm should be registered with government for providing IT consultancy/ manpower services.
- The selected agency/ firm will be required to provide technical manpower for a period of 1 year extendable up to 31st July 2021 within a weeks' time (i.e, by 14th March 2020) by conducting walk-in interview (on 12th March 2020) in presence of the Budgam District Census Officers/ Committee,
- The agency/ firm shall not be allowed to transfer, assign, pledge or sub contract its rights and liabilities under this contract to any another agency or firm.
- The requirement of 34 Technical Assistants and 2 MTS's should be having diploma/ degree in computer applications and 10th class respectively.
- The agency/ firm will be required to complete the census assignment and will not be allowed to terminate the contract during the tenure,
- The agency/ firm may submit their terms and conditions along with the letter of interest on same 9th March 2020 itself, so that the firm/ agency is finalized by 10th March 2020.
- Continuous performance (fortnightly) of the Technical Assistance is a must, Any laxity will lead to action under rules.
- Principal/ District Census Officer reserves the right to reject the interest of the agency/ firm if not satisfied with it

District Census Officer
(Addl Deputy Commissioner Budgam)

No:-DCB/HQ/Census/20/ 259-263
Dated: 04/03/2020.

DIPK NO: 8092/M

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JAVAID NEWS AGENCY	KULGAM
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FOR ANY QUERY, CALL CIRCULATION DEPTT. : 0194-2502327