

## Symposium on breastfeeding held at GMC

**Excelsior Correspondent**  
SRINAGAR, Aug 1: To encourage breastfeeding and improve the health of babies, World Breastfeeding Week is being observed across the globe from 1st to 7th of August. The theme of this year is Close to Mothers.

In this connection, a symposium was held at Government Medical College, Srinagar in which experts threw light on the importance of breastfeeding, adding that it is the best way to provide newborn babies with the nutrients they need.

The experts suggested adoption of worldwide instructions in this regard which include mandatory breastfeed upto six months starting within first hour of the birth. They also opined continuation of mother's feed with supplementary diet after six months and its continuation upto two years.

The experts viewed the role of the family, medical attendants including ANMS, nurses, ASHA workers etc as critical in implementing the breastfeed concept. They stressed the need for creating awareness among masses on it.

It was disclosed in the symposium that if the breastfeed regime is implemented strictly it can save around three thousand babies which otherwise die annually in the State and

save another 23000 babies from malnourishment which otherwise occurs to them in the first year of birth which, they said is very critical to them.

The experts said colostrum, the first feed from mother provides the necessary immunization to the new born by providing a protective coat to the entire gastro intestinal tract.

Principal GMC, Dr. Rafiq Pampori, HoD Paediatrics, Dr. Kaiser Ahmad and other senior doctors were present in the symposium.

## Man electrocuted

**Excelsior Correspondent**  
SRINAGAR, Aug 1: A man, Nazir Ahmad Sheikh, 32, son of Sikandar Sheikh of Dardpora in Kupwara district was killed when he came in contact with a live wire at his home.

## Non-local labourer dies

**Excelsior Correspondent**  
SRINAGAR, Aug 1: A non-local labourer was critically injured when he fell during working at a construction site in Srinagar.

A police spokesman said Manesh, 25, son of Manu Lal of Hararya Bihar, fell from a roof top of a building at Naaz Colony. The spokesman said he was shifted to a hospital, but he succumbed to his injuries on way to the hospital.

## SKIMS hikes MBBS seats

**Excelsior Correspondent**

SRINAGAR, Aug 1: Following an increase of 150 MBBS seats in Government Medical Colleges in the State, Sher-i-Kashmir Institute of Medical Sciences authorities today said the intake capacity of MBBS seats in SKIMS, Bemina, has been hiked from 50-100 for the academic session 2013-14.

A spokesperson of the institute said that Director SKIMS Dr. Showkat A. Zargar has hailed the decision of Ministry of Health and Family

Welfare. The spokesperson quoted him as saying "it is an acknowledgement to the strength and potential of SKIMS Medical College. More students will accrue the benefit by the increase in number of seats and give further boost to medical profession in the State."

The students and faculty at SKIMS Medical College have congratulated Dr. Showkat A. Zargar, who is also the Principal SKIMS Medical College, over the achievement, the spokesperson said.

## Army organizes educational tour for children

**Excelsior Correspondent**

NOWSHERA, Aug 1: Rashtriya Rifles Battalion, located at Jhangar, under the aegis of Headquarters Counter Insurgency Force (Uniform), today organized an educational-cum-motivational tour for the children hailing from far flung and remote border areas of Nowshera.

The tour was organized under the ongoing Operation Sadhbhavana, today.

A total of 22 girl students and two teachers belonging to the schools of remote areas of the Nowshera will form part of

the tour and visit historical places, educational institutions and other areas of interest to children in Lucknow, Agra and Dehradun. During the visit, the children will also get a lifetime opportunity to interact with senior Army Officers and the Governor of Uttar Pradesh and Uttarakhand in person.

These children, some of whom are moving out of their home for the first time and have seen nothing but poverty, misery and lack of opportunities, will be able to see the true picture of the changes sweeping over the country during the tour.

## 4 structures damaged in fire

**Excelsior Correspondent**

SRINAGAR, Aug 1: Fire broke out at Kandi Drugmullah in Kupwara district in which two houses and one shop were gutted in the incident during the intervening night of Wednesday. Police spokesman said they are investigating to ascertain the

cause of the fire. Meanwhile, an Ice Cream factory, owned by Barkat Ali Khanday, son of Ali Mohammad at village Yaroo in Handwara area, was completely gutted when a fire broke out in it.

However, no loss of life or injury was reported in these incidents.

## Postponement of Programme

This is to inform, to all the respected invitees that the **Health and Education Awareness Programme** to be organised by Mahavir Society for Education and Research (Regd.) on 3 August, 2013 at General Zorawar Singh Auditorium (University of Jammu) has been postponed due to unavoidable circumstances.

Now, the programme will be held on 3 September, 2013 at General Zorawar Singh Auditorium (University of Jammu)

**Inconvenience is regretted.**

Hira Lal Abrol  
Chairman

Mahavir Society for Education and Research (Regd.)  
9419187355

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## 3.37 lakh yatris perform darshan in 34 days

**Excelsior Correspondent**

JAMMU, Aug 1: On 34th day of annual 55 days long pilgrimage to holy cave shrine of Baba Amarnath ji in South Kashmir Himalayas of Anantnag district today, 2086 pilgrims performed darshan taking total number of yatris paying obeisance to Lord Shiva to 3.37 lakh.

Official sources said during past three days, number of the yatris performing darshan at Amarnath ji shrine has been hovering around 2000.

The yatra was, however, progressing smoothly. The weather was also fine, they added.

Meanwhile, a batch of 209 devotees today left the Jammu base camp for the cave shrine of Amarnath ji.

## IMPCC meeting held

**Excelsior Correspondent**

SRINAGAR, Aug 1: Inter Media Publicity Coordination Committee (IMPCC) held a meeting, during which need for a sustained and coordinated effort by various media organisations in creating awareness about utility and implementation of various flagship programmes of Government of India were highlighted.

Chairing the meeting, Additional Director General PIB Obaidur Rahman urged all the media units of various organizations to lay much emphasis on the latest initiatives like Direct Cash Benefit Scheme, Food Security Scheme and National Skill Development Programme.

He said that since all these schemes are linked to ADHAAR number we should try to push forward the implementation of ADHAAR through enhanced public awareness.

The meeting was informed that two more far reaching initiatives in the form of Land Acquisition Bill and Real Estate Regulatory Bill are likely to be placed before the forthcoming monsoon session of the Parliament and media units need to add these components to their programmes on the flagship schemes under Bharat Nirman.

The meeting also discussed problems being faced by different media units in carrying out their routine activities. Various suggestions were put forward for minimizing these difficulties and to forge greater coordination among these units.

The meeting was attended by representatives of DDK Jammu, DFP Srinagar, PIB Srinagar, Radio Kashmir Srinagar, Radio Kashmir Jammu, DDK Leh, AIR Poonch, AIR Kargil, Nehru Yuva Kendra Sangathan (NYKS), BSF and Song and Drama Division including Deputy Director General (E) and Head of Office DDK Srinagar, AK Jaha, Deputy Director Information, Dr Nasir Ahmad and Programme Head DDK Srinagar, GD Tahir.

## MPSAT distributes educational, medical assistance among needy

**Excelsior Correspondent**

JAMMU, Aug 1: Mochhi Pholi Saeet Athrot Trust (MPSAT) in a review meeting of its subscribers and donors held under the chairmanship of Veer Ji Bhat at Muthi today, distributed educational assistance among deserving Kashmiri Pandit students and provided medical assistance to the hapless patients suffering from consuming diseases.

The meeting on the spot distributed cheques among the

**Excelsior Correspondent**

SRINAGAR, Aug 1: Four persons were injured today in different road accidents across Kashmir valley.

A police spokesman said a motorcycle, JK03A/2631, driven by Yasir Ahmad Shah, son of Mushtaq Ahmad of Nathipora skidded off the road, at Jaibal Ashmuqam in Anantnag district, resulting in injuries to the pillion Abdul Rahim Wagay son of Mohammad Ismail of Mir Maidaan. The spokesman said he was shifted to a hospital for

treatment. In another accident, a motorcycle, JK05A/1016, collided with a Tonga at Janwara, Sopore, in Baramulla district, resulting in injuries to motorcycle rider, Showkat Ahmad Malla, son of Ghulam Ahmad of Arin Bandipora and two pillioners Arif Ahmad Wani, son of Mohammad Ramzan of Hatlangoo, Sopore and Khalid Hussain Changa, son of Ghulam Hassan of Arampora, Sopore.

The police spokesman said the injured have been shifted to hospital for treatment.

## Two gamblers arrested

**Excelsior Correspondent**

JAMMU, Aug 1: Police today arrested two gamblers and recovered Rs 1700 bet money from their possession.

A police spokesman said that, on specific inputs, police party from Police Station Gharota led by SHO Jatinder Samyal conducted raid and arrested two gamblers, who have been identified as Tanveer Singh, son of Janak Singh and Purshotam Lal, son of Sardari Lal, both residents of Chak Singha.

"Rs 1700 bet money and play cards were also recovered from their possession", he added.

A case under Gambling Act has been registered at Gharota Police Station and investigation started.

Police party led by SI Hilal Azhar made the arrest under the supervision of SDPO West Shabir Khan.

Continuing the drive against the illegal collection and transportation of Naag Shatri, Forest Department seized kgs of Naag Shatri (Trillium Govianiana) from the boundaries of Ramnagar Forest Division and Billawar Forest Division, on the intervening night of July 30 and 31.

On getting specific inputs, a team of forest officials headed by Mohd Yaqub Batt, Block Officer Macchedi after getting directions from DFO, Billawar, Mohinder Gupta, laid a trap in the forest areas with the help of Bani police and seized 35 kgs of Naag Shatri from Bhorni near Dhagar area. However the culprits managed to escape leaving behind the material.

## 35 kg Naag Shatri seized

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**OFFICE OF THE CHAIRMAN DISTRICT PURCHASE COMMITTEE, LEH**  
**SHORT TERM TENDER NOTICE**  
In continuation to the office Tender Notice No: CMOL/Drugs/13-14-1120-28 Dated: 22-5-2013 due to poor response in the Annexure A, the items listed have been put forth for fresh short term tender notice for 10 days from the Date of issuance of this notice. Annexure-A is available at DC, Leh's website.  
All the Technical and financial terms and conditions remain the same as per NIT advertised earlier.  
Firms who have already submitted their tender vide NIT No: CMOL/Drugs/13-14/1120-97 Dated: 22/5/2013 need not to enclose CDR and Tender cost. The tender document would be available from this office or download from our official website www.leh.nic.in.  
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Sd/- Chairman Election Committee, DEA

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