

MHA flags 'perceptible lack of awareness' among govt bodies, agencies about Flag Code

NEW DELHI, Jan 18: Ahead of Republic Day, the Centre has highlighted "a perceptible lack of awareness" among Government organisations, agencies and people about the laws, practices and conventions that apply to display of the national flag," it said.

According to the Flag Code of India, the national flag made of paper may be waved by public on occasions of important national, cultural and sports events.

"You are requested to ensure that on the occasions of important national, cultural and sports events, flags made of paper only are used by the public and such paper flags are not discarded or thrown on the ground after the event. Such flags are to be disposed of, in private, consistent with the dignity of the flag," the communication said.

The Home Ministry also asked the states and union territories to undertake mass awareness programme in this regard and also to give it wide publicity through advertisements in the electronic and print media.(PTI)

In a communication to all states and union territories, the Home Ministry said that action must be taken to ensure that only paper flags are used by the public while attending cultural and sports events and such flags are disposed of in private, consistent with its dignity.

The Ministry said the national flag represents hopes and aspirations of the people of the country and hence should occupy a position of honour and there is universal affection and respect for, and loyalty to, the flag.

"Yet, a perceptible lack of awareness is often noticed

JAMMU MOST TRUSTED MARRIAGE BUREAU ASHIRWAD VIVAH
ALL KINDS OF CASTE
BRAHMIN, MAHAJAN, KHATRI, RAJPUT, SIKH, KASHMIRI PANDIT AND OTHER
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ADDRESS:- PLOT NO. 373, SECTOR - 3, CHANNI HIMMAT, JAMMU
MOBILE:- 7889635161

भारतीय प्रबंध संस्थान जम्मू Indian Institute of Management Jammu
TENDER NOTICE
Quotation are invited for
FOR SUPPLY AND INSTALLATION OF FLEX, BANNER & STANDY
Quotation in sealed envelope clearly mentioning the name of tender on top must reach latest by 29.01.2022 up to 5.00 pm, at following address:
Chief Administrative Officer,
Indian Institute of Management Jammu,
Old University Campus, Canal Road, Jammu- 180016, J&K
Tender document can be downloaded from following websites:
<http://www.iimj.ac.in/tender-and-notice> or <https://eprocure.gov.in/epublish/app>

NORTHERN RAILWAY E-Tender Notice

Sr. Divisional Commercial Manager, Northern Railway, Firozpur for and on behalf of President of India invites open e-tenders for the works mentioned below for which the bids will be received only through Railway website www.irps.gov.in

SN.	Tender No.	Date of opening	Name of work
1	ET-22-ATM-ANT-01	09.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Anantnag Railway station for a period of 05 years.
2	ET-22-ATM-ASR-02	09.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Amritsar Railway station for a period of 05 years.
3	ET-22-ATM-BAHL-03	09.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Banihal Railway station for a period of 05 years.
4	ET-22-ATM-BDGM-04	09.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Budgam Railway station for a period of 05 years.
5	ET-22-ATM-BRML-05	09.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Baramulla Railway station for a period of 05 years.
6	ET-22-ATM-FZR-06	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Firozpur Railway station for a period of 05 years.
7	ET-22-ATM-HRNR-07	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Hiranagar Railway station for a period of 05 years.
8	ET-22-ATM-HSX-08	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Hoshiarpur Railway station for a period of 05 years.
9	ET-22-ATM-JAT-09	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Jammu Tawi Railway station for a period of 05 years.
10	ET-22-ATM-JGN-10	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Jagraon Railway station for a period of 05 years.
11	ET-22-ATM-JRC-11	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Jalandhar Cantt. Railway station for a period of 05 years.
12	ET-22-ATM-JUC-12	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Jalandhar City Railway station for a period of 05 years.
13	ET-22-ATM-KTHU-13	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Kathua Railway station for a period of 05 years.
14	ET-22-ATM-LDH-14	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Ludhiana Railway station for a period of 05 years.
15	ET-22-ATM-MOGA-15	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Moga Railway station for a period of 05 years.
16	ET-22-ATM-NSS-16	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Nawanshahr Railway station for a period of 05 years.
17	ET-22-ATM-PGW-17	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Phagwara Railway station for a period of 05 years.
18	ET-22-ATM-PHR-18	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Phillaur Railway station for a period of 05 years.
19	ET-22-ATM-PTK-19	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Pathankot Railway station for a period of 05 years.
20	ET-22-ATM-PTKC-20	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Pathankot Cantt. Railway station for a period of 05 years.
21	ET-22-ATM-QG-21	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Qazigund Railway station for a period of 05 years.
22	ET-22-ATM-RMJK-22	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Ramnagar JK Railway station for a period of 05 years.
23	ET-22-ATM-SINA-23	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Srinagar Railway station for a period of 05 years.
24	ET-22-ATM-SMBX-24	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Samba Railway station for a period of 05 years.
25	ET-22-ATM-SVDK-25	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Sri Mata Vaishno Devi Railway station for a period of 05 years.
26	ET-22-ATM-UHP-26	14.02.22	Installation of Automated Teller Machines (ATMs) within railway Premises at Udhampur Railway station for a period of 05 years.

For further detail, please login Railway's website www.irps.gov.in
No. 24-C/07-3(5)Pt-II Date: 18.01.2022 116/2022

पंजाब नैशनल बैंक Punjab National Bank
CIRCLE OFFICE, GUPTA TOWER BAHU PLAZA, JAMMU (J&K) GAD, Circle Office, Jammu, Ph.No.0191-2470233 / e-mail: cpd@pnb.co.in
PUBLIC NOTICE: In our endeavor to consolidate and strengthen our services to our customers, the following Branch will function at the New Address on or after 19.02.2022 and shall cater all types of banking business from the new address:-

Branch Name	Present address	New address
PNB MIER Jammu (D No 718200)	MIER Complex, Near Bus stand Jammu, Distt. Jammu, J&K, Pin-180001	Main Bazar, Bakshi Nagar, Jammu, Distt. Jammu, J&K, Pin-180001

We solicit cooperation of our existing customers of PNB MIER for the aforesaid shifting and assure them that our PNB Bakshi Nagar, Jammu which is better equipped with resources will extend services to serve all our customers in more effective and efficient manner. We sincerely regret the inconvenience caused to you in this regard and assuring you to our best services at all times.
Circle Head

OFFICE OF THE BLOCK DEVELOPMENT OFFICER MARH
(Returning Officer for holding of election of the Jammu Tehsil Cooperative Marketing Society Ltd. H.Q. Udhaywala)
NOTICE OF ELECTION NOTIFICATION (Schedule of Election)

Date of Notification:	06-12-2021
Date of filling Nomination:	27-01-2022 (upto 4.00 PM)
Date of Scrutiny:	29-01-2022 (upto 4.00 PM)
Date of withdrawal of Candidature:	01-02-2022 (upto 4.00 PM)
Date of Election:	10-02-2022 (from 10 AM to 4 PM)

Sd/-
Block Development Officer
Marh, (Returning Officer)

UNION TERRITORY OF JAMMU & KASHMIR DIRECTORATE OF RURAL DEVELOPMENT DEPTT. JAMMU (www.drddj.nic.in)
Extension of Date for Expression of Interest (EOI)
Due to poor response to EOI published vide this office letter no. DRDJ/Accts/2021-22/33754-55 dated 23/12/2021 and further extended vide this office letter no. DRDJ/Accts/2021-22/34954-55 and 29/12/2021 & DRDJ/Accts/2021-22/35923-24 dated 05/01/2022 on account of hiring of vehicles for this Directorate is further extended up to 22/01/2022 till 3.00 pm. All the terms and conditions shall remain same.

Sd/-
Joint Director (Adm)
Rural Development Deptt.
Jammu
DIP/J-11943/21
Dated: 18-01-2022

UNION TERRITORY OF JAMMU & KASHMIR HEALTH & MEDICAL EDUCATION DEPARTMENT OFFICE OF THE PRINCIPAL GOVERNMENT MEDICAL COLLEGE KATHUA
Email: kathuagmc1@gmail.com
CORRIGENDUM TO WALK-IN INTERVIEW NOTICE FOR SENIOR RESIDENTS/DEMONSTRATORS
In continuation to the modification made vide order no. GMCK/Estt/2021-22/3210-14 Dated: 11-01-2022 to this office advertisement notice No. GMCK/Estt/2021-22/3162-65 Dated: 04-01-2022, kindly read the vacancies for the post of Demonstrators as mentioned below:

S.No.	Department	Demonstrator Vacancy
1	Anatomy	01
2	Physiology	03
3	Biochemistry	02
4	Pharmacology	02
5	Pathology	01
6	Microbiology	01
7	Community Medicine	02

Note: The vacancies have been advertised as per the posts which are falling vacant or likely to be fall vacant. However, the Department may withdraw/ alter number of vacancies at any point of time till the completion of selection process. The rest of the terms and conditions shall remain same as per the advertisement notice.

Sd/-
Principal
Govt. Medical College
Kathua
DIP/J-11931/21
Dated: 18-1-2022

Jammu Municipal Corporation
Town Hall, Jammu-180001
Phone No. 0191-2542192 E-mail: jcrejmc@gmail.com
Public Notice
Whereas, Jammu Smart City Limited (JSCL) is commencing the execution of Tawi River Front Development Project from Bikram Bridge to 4th Bridge (Bhagwati Nagar Bridge) in next 15 days.
Whereas, a defunct 'crusher' is lying abandoned on the Left Bank of the river Tawi, which needs to be dismantled and disposed-off for facilitating the execution of the said project.
Whereas, through the medium of this notice issued under Section 303 of J&K Municipal Corporation Act, 2000, information is disseminated to all concerned to either remove the crusher or get the crusher removed within a period of 10 days from the issue of this notice.
Whereas, if any person or agency who may have any objection to the removal of crusher, may contact the undersigned with valid reasons, in the Office of Chief Executive Officer, Jammu Smart City Limited (JSCL), Town Hall, Jammu within a period of 10 days from the issuance of this notice. Any objection received thereafter shall not be entertained and JSCL shall be free of any encumbrance on account of dismantling of crusher.

Sd/-
Joint Commissioner(R&E),
Municipal Corporation,
Jammu
DIP/J-5646-P/21
Dated: 17-01-2022

GOVERNMENT OF JAMMU AND KASHMIR Department of Law, Justice & Parliamentary Affairs
Notary Section, Civil Secretariat Srinagar/Jammu
Circular
As per Rule-14 of the Notaries Rules, 1956, every notary, shall, in the first week of January every year, submit to the appropriate Government, an annual return in Form-XIV of the notarial acts done by him during the preceding year.
It has been observed that despite the clear mandate of the aforementioned rule, most of the notaries have not submitted their annual return for the year 2021.
It is, therefore, enjoined upon all the enrolled notaries, who have not submitted their annual return of notarial acts for the year 2021, to submit the same to the Department of Law, Justice and Parliamentary Affairs within a period of 15 days in Form -XIV as provided in Rule -14 of the Notaries Rules, 1956 from the date of publication of this circular, failing which action as warranted under rules shall be initiated.
DIP/J-11932/21
Dated: 18-1-2022
Sd/-
(Sajad-Un-Nabi-Gashroo)
Additional Secretary to Government


UNION TERRITORY OF JAMMU & KASHMIR OFFICE THE EXECUTIVE ENGINEER PWD (R&B) CONST. DIVN. NO. I JAMMU *****
EXTENSION NOTICE
Name of work :- Notice Inviting Tender for Improvement and Upgradation of road by way of RBM, WBM Grade-II, WBM Grade-III, 25mm thick OGPC, R/Wall at link road Badila and allied (Under Capex Budget 2021-22 Road Sector) Part-II (₹ 7.43 Lacs)
Reference :- This office Short e-NIT No. CD-1/229 of 2021-22 dated 07-01-2022
The bid submission date, the dates of downloading, submission of bids and opening of Technical bids are extended as per below.

Sl. No. of Bidding Document	Read as	Instead of
Page No. 1 of e-NIT	Period of downloading of bidding documents From 07-01-2022 to 20-01-2022, 1630 Hrs	Period of downloading of bidding documents From 07-01-2022 to 14-01-2022, 1630 Hrs
Page No. 1 of e-NIT	Bid Submission End Date 20-01-2022 upto 1630 Hrs	Bid Submission End Date 14-01-2022 upto 1630 Hrs
Page No. 1 of e-NIT	Date & time of opening of Technical Bids (Online) 21-01-2022 on or after 1200 Hrs in the Office of Executive Engineer PWD (R&B) Const. Divn. No. I Jammu	Date & time of opening of Technical Bids (Online) 15-01-2022 on or after 1200 Hrs in the Office of Executive Engineer PWD (R&B) Const. Divn. No. I Jammu

All other terms and conditions shall remain same.
DIP/J-11941/21
Dt. 18-1-2022
(Er. K.K. Atri)
Executive Engineer,
PWD (R&B) Const. Divn. No. I
Jammu

CONGRATULATIONS

TO
Mr. Gaurav Gupta
On being elected
as
Secretary
of
Jammu Club



Best Wishes from :
Ragubir Gupta- M/s Chuni Lal & Sons.
Anil Mahajan - M/s Amco Electronics & Electrical.
Vinay Gupta - M/s Shan Enterprises.
Tinu Gupta - Director CCBL.
Mukesh Aggarwal- Mahavir Prasad Deepak Kumar.
Ravi Kant Sharma - Jai Datta Trader.
Navneet Abrol - Pahalwans.
Surinder Gupta - Mobile World.
Vikaran (Sunny) - Raks Foods Pvt. Ltd.
Navdeep Singh Ballouria, Vishal Sharma (JKP).
Vasu Gupta - BMD-Krishna Milk Industry.
Sumit Jandyal - New Jandyal Opticians, Apsra Road.
Prince Khajuria - Chander Bhaga Advertising Agency, Gandhi Nagar.

UNION TERRITORY OF JAMMU AND KASHMIR OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI MECH. GROUND WATER DRILLING DIVISION JAMMU
SHORT TERM NOTICE INVITING e-TENDER
E-NIT GWD/190 of 2021-22 Dated 17.01.2022
On behalf of the Lt. Governor, UT of J&K, The Executive Engineer Jal Shakti Mech. Ground Water Drilling Division Jammu invites tenders by e-tendering mode from reputed boring/drilling contractors/firms registered with Jal Shakti Department Jammu by Direct Rotary Method/Any Other Suitable Method on EPC MODE who are equipped with their own drilling rigs/equipments/allied machinery to execute the job in time bound manner.

Name of the Work	Name of the Division	Cost of Tender Document/Tender Fee (In Rs)	Qty.	Estimated cost (value of work) (in Rs.)	Validity of Rates
Deep drilling, development and stabilization of tube wells upto 300 meters below ground level by Direct Rotary Method/Any Other Suitable Method of Drilling on EPC Mode at Sangwali Mandi in Samba constituency of District Samba under Capex Budget	Jal Shakti Mech. Ground Water Drilling Division Jammu	2000.00 (Non-Refundable) Deposited in Govt. treasury through e-challan under the receipt head 0215 in favour of the Executive Engineer, Jal Shakti Mech. GWD Div. Jammu payable at Jammu mentioning name of work	01 No.	80.00 lacs	Bid shall be valid for one Year.

- Tenders documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 17.01.2022 to 27.01.2022.
- The pre bid meeting if desired, shall be held in the office of the Executive Engineer Jal Shakti Mech. Ground Water Drilling Division Jammu on 20.01.2022 at 1300 hrs.
- The Bids shall be uploaded on the website <http://jktenders.gov.in> from 20.01.2022 (1400 hrs.) to 27.01.2022 (1800 hrs.).

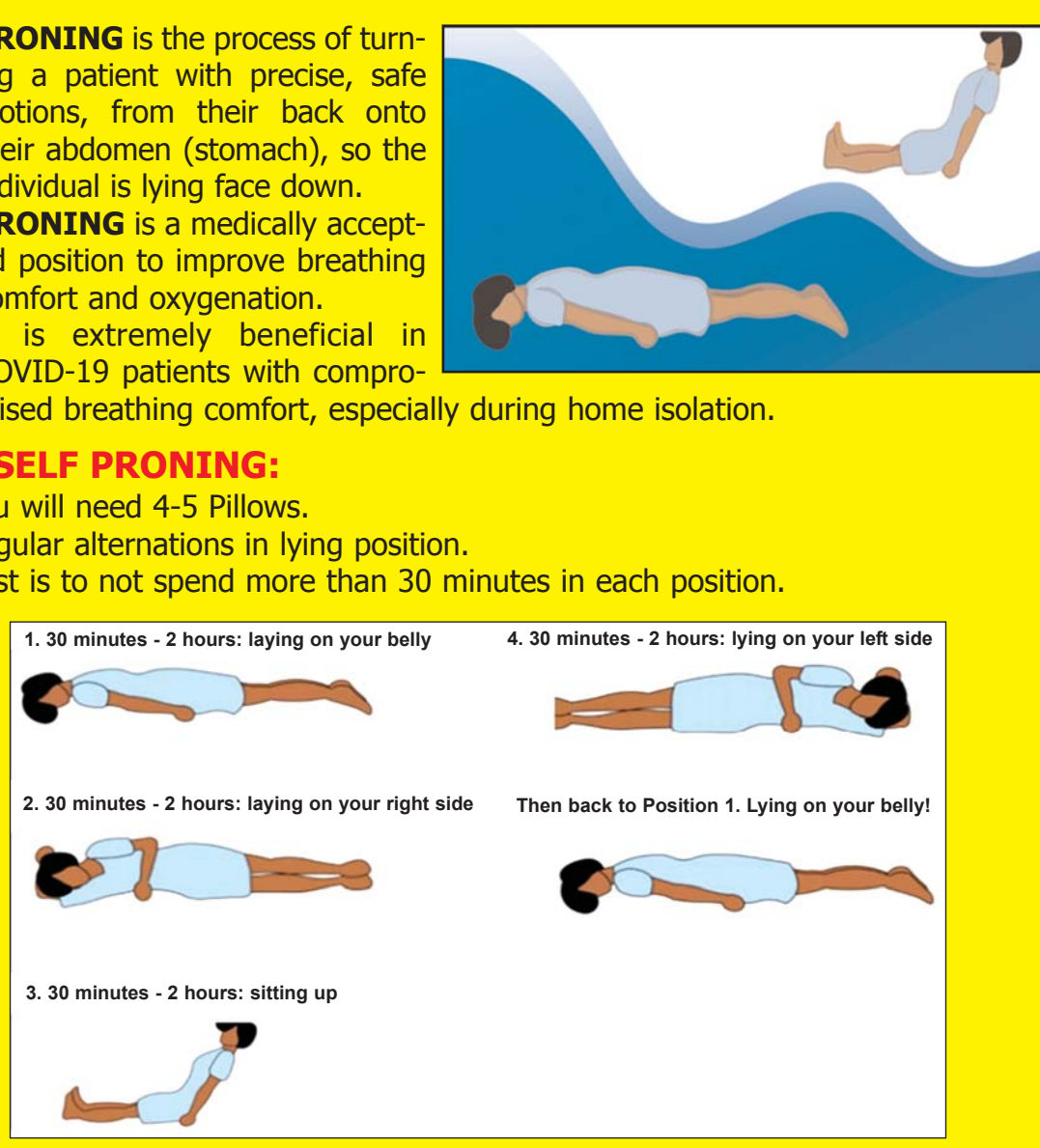
DIP/J-11942/21
Dated: 18-01-2022
Sd/-
Executive Engineer
Jal Shakti (M) GWD Division
Jammu

Proning for Self Care during Home Isolation

- **PRONING** is the process of turning a patient with precise, safe motions, from their back onto their abdomen (stomach), so the individual is lying face down.
- **PRONING** is a medically accepted position to improve breathing comfort and oxygenation.
- It is extremely beneficial in COVID-19 patients with compromised breathing comfort, especially during home isolation.

FOR SELF PRONING:

- ✓ You will need 4-5 Pillows.
- ✓ Regular alternations in lying position.
- ✓ Best is to not spend more than 30 minutes in each position.



Caution:

- Avoid proning for an hour after meals.
- Maintain proning for only as much times as easily tolerable.
- One may prone for up to 16 hours a day, in multiple cycles, as felt comfortable.
- Pillows may be adjusted slightly to alter pressure areas and for comfort
- Keep a track of any pressure sores or injuries, especially, around bony prominences.

Issued in Public Interest By
STATE SURVEILLANCE UNIT, IDSP JAMMU DIVISION
DIRECTORATE OF HEALTH SERVICES, JAMMU
DIP/J-5697-P/21 Dated: 18-1-2022

