



Bollywood actor Aamir Khan celebrating his 57th birthday with newsmen, in Mumbai on Monday. (UNI)

Don't want to live mindlessly anymore : Aamir Khan

MUMBAI, Mar 14:

Superstar Aamir Khan on Monday said the pandemic has made him realise the fragility of life, which is why he wants to focus his energies on his relationships.

Khan, who turned 57 on Monday, said he got to introspect a lot about his life and relationships during the coronavirus pandemic.

"During COVID, all of us were at home so I got a lot of time to introspect. I realised how fragile life is and the importance of time. All of us have to go someday, we don't know when, but the finality is certain.

"When you know this, it's crucial to utilise time. We live our lives mindlessly, recklessly. 'Main bhi aise jeete raha (so did I). From now on, I don't want to do it,' Khan told reporters.

The actor said he feels happy that he is not the kind to "shy away" from introspection, which is why he could look within and correct his flaws.

"I don't fear introspection. If I think there is a flaw, I would want to spot that, understand it and correct it... All those who I love and who love me, including you, the audience, everyone has their space. My aim is to give time to everyone, nurture every relationship, make it better," he added.

The actor celebrated his birthday with the media, a ritual he has been following for years. While his birthday celebrations would usually take place at his Bandra residence, Khan said he decided to shift the venue to a hotel due to COVID.

"It gets too crowded in a society so one has to be careful. It isn't that pandemic has completely gone," he added.

Khan will be next seen on the big screen on August 11 with "Laal Singh Chaddha". The film marks his return to the screen after "Thugs of Hindostan", which released in 2018. (PTI)

Exercise may help treat long COVID-induced diabetes, depression: Study

WASHINGTON, Mar 14:

Exercise may lower inflammation that can lead to diabetes and depression months after a person recovers from SARS-CoV-2, the virus that causes COVID-19, according to a study.

Researchers at Pennington Biomedical Research Center in the US noted that it is unclear how many people infected by the SARS-CoV-2 virus suffer from Long COVID, a constellation of other debilitating symptoms long after a person has recovered from the disease.

However, estimates range from 15 per cent to 80 per cent

of the people infected with the virus suffer from the condition, they said.

"We know that Long COVID causes depression, and we know that it can increase blood glucose levels to the point where people develop diabetic ketoacidosis, a potentially life-threatening condition common among people with type 1 diabetes," said Candida Rebello, a research scientist at Pennington Biomedical Research Center.

"Exercise can help. Exercise takes care of the inflammation that leads to elevated blood glucose and the development and progression of diabetes and clinical depression," Rebello said.

According to the US Centers for Disease Control, Long COVID is "a constellation of other debilitating symptoms" including brain fog, muscle pain, and fatigue that can last for months after a person recovers from the initial infection.

"For example, a person may not get very sick from COVID-19, but six months later, long after the cough or fever is gone, they develop diabetes," Rebello said. The study, published in the journal Exercise and Sport Sciences Reviews, found that one solution is exercise.

Exercise can induce the

release of circulating factors that mediate the anti-inflammatory response, support brain homeostasis, and increase insulin sensitivity, the researchers said.

"You don't have to run a mile or even walk a mile at a brisk pace. Walking slowly is also exercising," Rebello said.

"Ideally, you would do a 30-minute session of exercise. But if you can only do 15 minutes at a time, try to do two 15-minute sessions," she added.

The researchers noted that even walking for 15 minutes once a day is enough to start with, adding people can gradually build up to the recommend-

ed level of exercise.

"We know that physical activity is a key component to a healthy life," said Pennington Biomedical Executive Director John Kirwan, a co-author of the research paper.

"This research shows that exercise can be used to break the chain reaction of inflammation that leads to high blood sugar levels, and then to the development or progression of type 2 diabetes," Kirwan added. (PTI)

3 held for illegal firearms supply

NEW DELHI, Mar 14:

Three men were arrested from Mayur Vihar here for allegedly supplying illegal firearms in Delhi-NCR and Punjab, police said on Monday.

The accused have been identified as Shubham (21), Vijay Bhan (20) and Abhishek Rai (29), all residents of Ludhiana in Punjab, they said.

Nine semi-automatic pistols and 12 cartridges were recovered from their possession, police said.

Police got information on Friday that Shubham would come near Samachar Apartment bus stand in Mayur Vihar phase 1 at around 1 pm to supply firearms to Bhan, who was one of his contacts, a senior police officer said.(PTI)

Government of India
Department of Telecommunications
 O/o the Controller of Communication Accounts, J&K Telecom Circle, HUDCO Bhawan, Rail Head Complex, Jammu (J&K)-180012
 Website :- www.ccajk.gov.in Email:- ccajk@nic.in, Tel.No: 0191-2477283, Fax. No. 0191-2475858

Attention DoT/BSNL Pensioners Dated:- 11-03-2022

NATIONAL PENSION ADALAT

1. National Pension Adalat through online mode is scheduled to be held through video calling at **11:00 AM on 23/03/2022** for settlement of pending pension related grievances for more than 6 months (excluding legal and policy matters) of all pensioners of DoT/BSNL Jammu & Kashmir Circle. All the pensioners/family pensioners are requested to kindly intimate their pending pension grievances if any along with necessary details on email ccaik@nic.in / **Landline number 0191-2479283** before **21.03.2022**.

2. Pensioners / family pensioners can appear in this National Pension Adalat through a video call from home at the given time to represent their case. All the pensioners/Family pensioners are requested to kindly provide their e-mail id or e-mail id of any family member along with mobile number (who will be available with pensioner/family pensioner) against their complaint as the Pension Adalat will be held through Google Meet.

3. Link of meeting will be intimated by this office through E-mail, one day before the National Pension Adalat.

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 O/O CCA J&K Circle
 Jammu-180012

REGD. NO. D.L-3306499

भारत गजट्टा
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MINISTRY OF ROAD TRANSPORT AND HIGHWAYS

NOTIFICATION
 New Delhi, the 11th March, 2022

S.O. 1127(E).—In exercise of powers conferred by sub-section (1) of section 3A of the National Highways Act, 1956 (48 of 1956) (hereinafter referred to as the said Act), the Central Government, after being satisfied that for the public purpose, the land, the brief description of which is given in the Schedule below, is required for building (widening/two lane with paved shoulder/four laning etc.), maintenance, management and operation of Newly Proposed NE5 in the stretch of land from Delhi-Ludhiana-Amritsar-Katra Expressway Km. 475.7 to Km. 500.6 (Samba) in the district of SAMBA in the U.T. of JAMMU & KASHMIR, hereby declares its intention to acquire such land.

Any person interested in the said land may, within twenty-one days from the date of publication of this notification in the Official Gazette, object to the use of such land for the aforesaid purpose under sub-section (1) of section 3C of the said Act.

Every such objection shall be made to the Competent Authority, namely, Deputy Commissioner, Samba (Administration Complex Samba) in writing and shall set out the grounds thereof and the Competent Authority shall give the objector an opportunity of being heard, either in person or by a legal practitioner, and may, after hearing all such objections and after making such further enquiry, if any, as the Competent Authority thinks necessary, by order, either allow or disallow the objections.

Any order made by the Competent Authority under sub-section (2) of section 3C of the said Act shall be final.

The land plans and other details of the land to be acquired under their notification are available and can be inspected by the interested person at the aforesaid office of the Competent Authority.

Brief Description of the land to be acquired with or without structures falling in Newly Proposed NE5 in the stretch of Delhi-Ludhiana-Amritsar-Katra Expressway from Km. 475.7 to Km. 500.6 in the district of SAMBA in the U.T. of JAMMU & KASHMIR.

Sl. No.	Plot No.	Land	Nature of Land	Area (in Local Unit)	Area (in Hectare)
Taluk: Ghagwal					
Village: Jatwal					
1	529	Private	Gair Mumkin Khad	0.0025000(Hectare)	0.0025000
Taluk: Samba					
Village: Chak Jangi					
1	132	Private	NonAgriculture (Rasta)	0.0228000(Hectare)	0.0228000
2	144	Private	NonAgriculture (GM Nali)	0.0152000(Hectare)	0.0152000
3	147	Private	Agriculture	0.0076000(Hectare)	0.0076000
4	148	Private	Agriculture	0.0455000(Hectare)	0.0455000
5	149	Private	Agriculture	0.0556000(Hectare)	0.0556000
6	150	Private	Agriculture	0.0724000(Hectare)	0.0724000
7	151	Private	Agriculture	0.1391000(Hectare)	0.1391000
8	154	Private	Agriculture	0.0506000(Hectare)	0.0506000
9	155	Private	Agriculture	0.0088000(Hectare)	0.0088000
10	156	Private	Agriculture	0.0202000(Hectare)	0.0202000
11	157	Private	Agriculture	0.0329000(Hectare)	0.0329000
12	158	Private	Agriculture	0.0324000(Hectare)	0.0324000
13	160	Private	Agriculture	0.1948000(Hectare)	0.1948000
14	161	Private	Agriculture	0.0758000(Hectare)	0.0758000
15	162	Private	Agriculture	0.0252000(Hectare)	0.0252000
16	164	Private	Agriculture	0.0076000(Hectare)	0.0076000
17	165	Private	Agriculture	0.0728000(Hectare)	0.0728000
18	167	Private	Agriculture	0.0374000(Hectare)	0.0374000
19	168	Private	Agriculture	0.0354000(Hectare)	0.0354000
20	169	Private	Agriculture	0.0101000(Hectare)	0.0101000
21	170	Private	Agriculture	0.0025000(Hectare)	0.0025000
22	175	Private	Agriculture	0.0076000(Hectare)	0.0076000
23	176	Private	Agriculture	0.0076000(Hectare)	0.0076000
24	177	Private	Agriculture	0.0582000(Hectare)	0.0582000
25	178	Private	Agriculture	0.0252000(Hectare)	0.0252000
26	179	Private	Agriculture	0.0379000(Hectare)	0.0379000
27	180	Private	Agriculture	0.0101000(Hectare)	0.0101000
28	183	Private	Agriculture	0.0025000(Hectare)	0.0025000
29	184	Private	Agriculture	0.0026000(Hectare)	0.0026000
30	189	Private	Agriculture	0.0026000(Hectare)	0.0026000
31	191	Private	Agriculture	0.0025000(Hectare)	0.0025000
32	192	Private	NonAgriculture (Rasta)	0.0228000(Hectare)	0.0228000
33	193	Private	Agriculture	0.0809000(Hectare)	0.0809000
34	194	Private	Agriculture	0.0658000(Hectare)	0.0658000
35	195	Private	Agriculture	0.0355000(Hectare)	0.0355000
36	196	Private	Agriculture	0.0329000(Hectare)	0.0329000
37	197	Private	Agriculture	0.0380000(Hectare)	0.0380000
38	198	Private	Agriculture	0.0589000(Hectare)	0.0589000
39	199	Private	Agriculture	0.0480000(Hectare)	0.0480000
40	204	Private	Agriculture	0.0076000(Hectare)	0.0076000
41	206	Private	Agriculture	0.0101000(Hectare)	0.0101000
42	215	Private	Agriculture	0.0076000(Hectare)	0.0076000
43	219	Private	Agriculture	0.0050000(Hectare)	0.0050000
44	223	Private	Agriculture	0.0139000(Hectare)	0.0139000
45	236	Private	Agriculture	0.0025000(Hectare)	0.0025000
46	237	Private	NonAgriculture (GM Awadhi)	0.0025000(Hectare)	0.0025000
47	247	Private	NonAgriculture	0.0025000(Hectare)	0.0025000
48	250	Private	NonAgriculture (GM Awadhi)	0.0051000(Hectare)	0.0051000
Taluk: Vijaypur					
Village: Sujwan					
1	30	Private	Plunth/Shop	0.0008000(Hectare)	0.0008000
Village: Vijaypur					
1	155	Private	Agriculture	0.0003000(Hectare)	0.0003000
2	171	Private	Agriculture	0.0010000(Hectare)	0.0010000
				Total	1.5657
					1.5657

[F. No. NHA/PIU/Jammu/DAKP/001/3A]
 RAJESH GUPTA, Director

Bureau of Police Research & Development
 Ministry of Home Affairs
 No. 32/46/2020-RD- Part (1) (12839)
 Invitation of Application for Two (02) Individual Consultants (Grade-I) for duration of twelve (12) months

The BPR&D invites applications for engaging two (02) Individual Consultants (Grade -I) for duration of twelve (12) months purely on contractual basis, for preparing the concept notes/documents on the specific or time-bound matters, and handling the social media-related matters.

The details of Eligibility Criteria, Terms and conditions of the engagement, remuneration (per month) and format for application are given on the BPR&D Website : <https://bprd.nic.in>

In case any clarification is required please write to ad.estab@bprd.nic.in or call on 011-26734829 & 011-26781310.
 (NO TA/DA SHALL BE PAYABLE TO APPLICANT FOR ATTENDING INTERVIEW)

Sd/-
 (Jagir Chand)
 Assistant Director (Estt)

davp- 19117/11/0011/2122

E-mail: dse.jammu@jk.gov.in
 Website: www.schedujammu.nic.in
 Phone / Fax: 191-2598439

GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION JAMMU
MUTHI CAMP, JAMMU-181205

Sub: Renewal/Provisional registration of Tuition/Coaching Centre of Jammu Division Ref: Additional Deputy Commissioner, Kishtwar's Letter No. ADCK/PS/2021/ 1124-27 Dated: 13.09.2021

NOTICE

In pursuance to Govt. Order No. 435-Edu of 2010 dated 30.04.2010 & Govt. Order No. 389 Of 2015 dated 05.08.2015 and as per recommendations of the Monitoring Committee regarding registration of Ignited Minds Classes Institute, Asrarabad, Kishtwar, the management of aforementioned Private Tuition/Coaching Centre through the medium of this notice is hereby informed to deposit Rs. 5000/- (Rupees five thousand only) as provisional registration fee in a week's time under rules with the Chief Accounts Officer of the Directorate of School Education, Jammu against proper receipt.

S.No	Name of the Coaching Centre	District
1.	Ignited Minds Classes Institute, Asrarabad, Kistwar	Kishtwar

DIP/J-14103/21 Dt. 11-3-2022 Sd/-
 (Dr. Ravi Shanker Sharma) KAS
 Director School Education, Jammu

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