

Health Ministry lists 'dos and don'ts' for protection against heat wave

NEW DELHI, Feb 28:

Amid unusual rise in temperatures in some places of the country, the Union Health Ministry on Tuesday issued an advisory, listing the dos and don'ts for protection against the expected heat wave.

The list of 'Dos and Don'ts' comes after the India Meteorological Department issued its first heat warning for 2023.

As part of a national action plan on heat-related illness, the ministry has advised citizens to avoid high-protein food and cooking during the peak summer hours besides asking them to not get out in the sun especially between 12 noon and 3 pm.

In the advisory, the ministry has also asked people to drink sufficient water whenever possible, even if not thirsty.

It has also asked people to use Oral Rehydration Solution (ORS), and consume homemade drinks like lemon water, butter milk/lassi, fruit juices with some added salt and stay indoors in well ventilated and cool places.

Residents have also been advised to consume fresh fruits such as watermelon, cucumber, lemon, and orange, wear thin, loose, cotton garments preferably light coloured ones, cover head using umbrella, hat, cap, towel and other traditional head gears during exposure to direct sunlight and not go out barefoot. The ministry further urged citizens to listen to the radio, read newspaper and watch television for local weather news and also track the IMD's website.

It has asked people to watch

out for symptoms of "heat stress" which include dizziness or fainting, nausea or vomiting, headache, extreme thirst, decreased urination with unusually dark yellow urine, and rapid breathing and heartbeat.

It said citizens should call on 108/102 immediately if they find someone with high body temperature; and is either unconscious, confused, or has stopped sweating.

"Do not leave children or

pets in parked vehicle. Temperature inside a vehicle could get dangerous," the advisory read.

"Block direct sunlight and heat waves: Keep windows and curtains closed during the day, especially on the sunny side of your house. Open them up at night to let cooler air in.

"If going outdoors, limit your outdoor activity to cooler times of the day i.e., morning and evening," it stated.(PTI)

ADH-BARKHI

Adh-Barkhi of our beloved **Sh. Virinder Dubey S/O Lt. Sh. Sukam Chand Dubey R/O W.No. 21, H.No. 0908, Opp. CEO Office Dandyal, Udhampur** will be performed on 02.03.2023 (Thursday) at our residence.

DEEPLY MISSED & REMEMBERED BY :
Smt. Vijay Laxmi - Wife
Smt. Darshana Devi - Mother
Master Vidhant Dubey - Son
Shanti Dubey, Rakesh Dubey - Brothers
Sister & Brother-in-Law:
Mrs. Arti Devi & Mr. Amit Sharma
Mob : 7006611417, 9622257883



Sh. Virinder Dubey

REMEMBRANCE

ON 3RD DEATH ANNIVERSARY CHITTHI NA KOI SANDESH JAANE WO KAUNSA DESH JAHAN TUM CHALE GAYE

DEEPLY MISSED BY:
SDN. BALDEEP KOUR -WIFE
ALL FAMILY AND FRIENDS
9906267339, 9596526772
105 NEW REHARI JAMMU



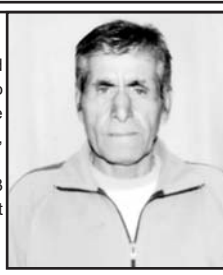
S. Mohan Singh Dutt

TENTH DAY KRIYA

With profound grief & sorrow, we inform the sad demise of our beloved **Sh. Rattan Lal Ganjoo S/O Late Narayan Ganjoo** originally resident of village Sirmoo Pulwama at present House No. 473, Vinayak Nagar, Sec. 2, Muthi Jammu.

Tenth Day Kriya will be performed on 08.03.2023 at Akhnor Ghat and Assembly will be held at Muthi Ghat at 11 AM.

GRIEF STRICKEN
Rita Ji (Satya) Ganjoo - Wife
Vilam & Kiran Ganjoo - Son & Daughter-in-Law
Valenty & Danesh Kar - Daughter & Son-in-Law
Bansi Lal Ganjoo & Saba - Brother & Bhabhi
Veena Ji & Lt. Sh. J.L. Ganjoo - Bhabhi & Brother
Nancy & Sh. J.C. Bhat - Sister & Brother-in-law
Bita & Lt. Sh. C.L. Tickoo - Sister & Brother-in-law
9697490615, 7006084038, 9596892061



Rattan Lal Ganjoo

MOURNING FROM -IN-LAWS

With profound grief and sorrow, it is informed that **Sh. Soom Nath Reshi S/O Late Sh. Madhav Ram Reshi** originally from Akingam Anantnag A/P Lane Number 3 Flat Number 2 Jagti Township has left for heavenly abode on 27 Feb, 2023. Condolences to in-laws can be done at House No.2, Lane Number 25, Gurha Keran, Bantabal.

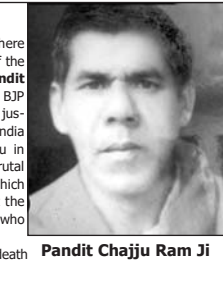
GRIEF STRICKEN
Smt. Sham Rani Ji Mohripura
Smt. & Sh. Omkar Nath Pandit
Smt. Sharnika Pandita
Smt. & Sh. Charman Lal Raina
Smt. & Sh. Tej Krishan Pandita
Smt. & Sh. Vijay Kumar Pandit
Smt. & Sh. Ravinder Pandita
Smt. Kishni Zutshi
9419336428



SH. SOOM NATH RESHI

REMEMBRANCE

We paid our tributes to many leaders on different dates but there are very few people who sacrificed their lives for the welfare of the common man. Such a visionary and brave leader was **Pandit Chajju Ram Ji** from village Nikkian who was a prominent BJP leader and Chairman of Border migrant committee that seeks justice for the displaced border migrants of 1999 war between India and Pakistan. He started a procession from Khour to Jammu in which thousands of migrants accompanied him. But due to brutal police lathicharge at Balle da Bagh he was seriously injured which led to his death on the fateful day of 01-03-2004. He was not the one who ran away from the situation but was a true brave heart who fought for the justice and truth till his last breath. Remembering such a great personality and his deeds on his death anniversary will be a true tribute to **Pandit Chajju Ram Ji**.
Family Friends and General Public of Block Khour.



Pandit Chajju Ram Ji

BHOG AND ANTIM ARDAS

WITH PROFOUND GRIEF & SORROW WE INFORM THE SAD DEMISE OF OUR BELOVED **SRDN. JASBIR KOUR W/O LATE S. HAZARA SINGH R/O AMBIKA COLONY KUNJAWAN JAMMU**, WHO LEFT FOR HER HEAVENLY ABODE ON 22 FEBRUARY 2023.

BHOG AND ANTIM ARDAS WILL BE PERFORMED AS UNDER **ARAMBH SRI AKHAND PATH-09:00AM** ON 28 FEBRUARY 2023 AT OUR RESIDENCE. HNO. 20/A AMBIKA COLONY **KUNJAWAN JAMMU**.
BHOG SRI AKHAND PATH-09:00AM ON 02 MARCH 2023 AT OUR RESIDENCE.
KIRTAN AND ANTIM ARDAS - FROM 10:30 AM TO 12:30 PM ON 02 MARCH 2023 AT SRI GURUDWARA, SINGH SABHA GREATER KAILASH (LANE NO. 10 UPPER SIDE GREATER KAILASH JAMMU).
GRIEF STRICKEN-
(SONS & DAUGHTER-IN-LAWS)
S. MANJEET SINGH & SURINDER KOUR
LT. S. JODH SINGH & BALBIR KOUR
LT. S. GURNAM SINGH & LT. SRDN. BALWINDER KOUR (DAUGHTERS & SON-IN-LAWS)
SRDN. RAJNIT KOUR & SH. CHANAN SINGH
SRDN. KULVINDER KOUR & LT. S. GOPAL SINGH
SRDN. PALWINDER KOUR & S. PRITAM SINGH
LT. SRDN. RAJINDER KOUR
MOB. 837914088, 9419141229, 9906303776, 9906195302



SRDN. JASBIR KOUR

GOVERNMENT OF UNION TERRITORY JAMMU & KASHMIR

JAMMU POWER DISTRIBUTION CORPORATION LIMITED
OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC Division-I JPDCL Parade JAMMU
PIN No: U40300JK2013SGC003898
e-mail: xened1power@gmail.com | Tel/Fax - 0191-2562593
e-NIT No: ED-I/e-NIT/68 of 2022-23 Dated: 27.02.2023

1. INVITATION: -
For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer Electric Division-I JPDCL Parade Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies or Class 'A' registered contractors for

"Construction of Control Building Shed For Housing OF LTDB Panels & Supply, Erection, Testing & Commissioning LTDB Panels for at Ajaib Ghar Secretariat Building Under the jurisdiction of Elect. DIV.-I, JPDCL, Parade, Jammu On turnkey basis."

1. Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SBD shall be deemed to have been done after careful/conscious study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.

2. The tender document is available at website <http://jktenders.gov.in>. Interested Bidders may view, download the e-Bid document, seek clarification and submit their e-Bid online up to the date and time mentioned in the table below:

A	Tender Document Sale/Download Start Date	27.02.2023: 10:00 AM
B	Tender Document Sale/Download End Date	06.03.2023: 10:00 AM
C	e-Bid submission (start) date & time	27.02.2023: 10:00 AM
D	e-Bid submission (end) date & time	06.03.2023: 10:00 AM
E	Submission of Hard Copy of Tender Fee	06.03.2023 up to 04:00 PM
F	Commercial and Technical Bid opening date & time	06.03.2023: 02:00 PM
G	Online financial e-Bid opening date & time (Only of the Technically Qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
H	Venue of opening of techno-commercial Bids	Soft Copy Electronically & Hard copy in the Office of the Executive Engineer Electric Division-I JPDCL Parade Jammu.
I	Tender Value	Rs. 19.41 Lakhs
J	Cost of e-Bid document	Rs. 1000 (Non-Refundable)
K	Amount of Earnest Money Deposit (EMD)	Rs 40000 (Forty thousand only)

3. The Bidders need to submit the proof/cost of e-Bid document as stated in the above table through Demand Draft from any Nationalized/Scheduled bank pledged to Executive Engineer Electric Division-I JPDCL Parade Jammu, payable at Jammu. The original demand draft shall be submitted in a separate envelope to the Office of the Executive Engineer Electric Division-I JPDCL Parade Jammu and should reach at least one day before opening of commercial and technical e-Bid. The scanned copy of the Demand Draft must be uploaded along with the e-Bids.

4. Bidders must quote for all the particulars of the item in the Technical Bid and in the price schedule/BOQ of financial bid. The bids of Bidders who will not quote for all the particulars for any item in technical and financial bids shall be liable to be rejected at the discretion of the Employer keeping in view the interest of the JPDCL.

5. All the e-Bids must be accompanied by the scanned copy of EMD in the form of CDR/FDR/Bank Guarantee only from any Nationalized/Scheduled bank only pledged to Executive Engineer Electric Division-I JPDCL Parade Jammu. No Interest shall be payable on Earnest Money deposited with the Department.

a. Hard Copy of original instrument of EMD shall be demanded from the successful bidder(s) after the opening of the financial e-Bids.

b. The date and time of opening of Financial-Bids shall be notified on Web Site <http://jktenders.gov.in>. This is conveyed to the technically qualified Bidders automatically through an e-mail message on their e-mail address. The Financial-bids shall be opened accordingly online on the same Web Site.

6. The e-Bids will be electronically opened in the presence of Bidder's representatives, who choose to attend at the venue, date and time mentioned in the above table. An authority letter of Bidder's/OEM representative will be required to be produced.

7. The JPDCL reserves the right to cancel any or all the e-Bids/ the e-Bid process without assigning any reason thereof if any major lapse/deviation is found. The decision of the JPDCL will be final and binding.

8. In the event of date specified for e-Bids opening being declared a holiday for JPDCL office then the due date for opening of e-Bids shall be the following working day at the appointed time and place.

9. All the required documents excluding Price Schedule/BOQ should be uploaded by the e-Bidders electronically in the PDF format, whereas Price Schedule/BOQ should be uploaded electronically in the same BOQ sheet provided with the SBD.

10. To participate in e-bidding process, Bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000, to participate in online bidding.

Hard Copy of Cost of Tender Document must be delivered to the Office of the Executive Engineer Electric Division-I JPDCL Parade Jammu in sealed cover at least one day before the scheduled date of opening of the commercial and technical e-Bids. The sealed cover shall be super scribed as "COST OF TENDER DOCUMENTS AGAINST ED-I/e-NIT/68 of 2022-23 dated: - 27.02.2023"

Sd/- Executive Engineer
DIP/J-5440-P JPDCL, Electric Division-I
DATED: 28-02-2023 Parade Jammu

OFFICE OF THE MUNICIPAL COMMITTEE KATRA

Telephone: 01991232006 email: eokatra-jk@nic.in

Sealed offers bid affixed with revenue stamps worth Rs.10/- on the prescribed application form are invited from eligible individuals/firms/interested persons of collecting lorry adda (vehicle entry) fee at the approved schedule rate for a period of one year w.e.f. **01/04/2023 to 31/03/2024**

S. No.	Name of the contract	Minimum Reserve Bid of the Contract (Rs.) lacs	Earnest Money (Rs.) lacs
1.	Lorry Adda /Entry Tax	200 lacs	05.00 Lac

The tender form may a so be obtained from-the office of the Executive Municipal Committee, Katra by 18/03/2023 up to 2 pm, on all working days. The eligible intending person/firm may offer his/its/their bid on the prescribed form but the bid should not be lesser than the minimum official bid indicated above.

The tender complete in all respects including the Earnest Money of amount shown against the contract in the shape of **F.D.R/C.D.R from Bank pledged to the Executive Officer, Municipal Committee, Katra accompanied with demand draft for Rs 5000/- (Five thousand only)**, non refundable, drawn in favour of Executive Officer, Municipal Committee, Katra may be deposited in the sealed /designated box in the office of Executive Officer, Municipal Committee, Katra by or before 18/03/2023 up to 2 pm 1ST. The financial bids shall be opened on 20/03/2023 at 4 pm in the presence of willing bidders, President, Municipal Committee, Katra and any other member of the Municipal Committee, Katra, willing to be a part of the exercise in the office of undersigned.

Sd/- Executive Officer,
DIP/J-5445-P Municipal Committee
Dated: 28-02-2023 Katra

Government of Jammu & Kashmir Animal Husbandry Department

Jammu
Sub:- Hiring of Veterinary Assistant Surgeons and Paravets under CSS-ESVHD MWU Scheme.

Ref:- Administrative Department's letter No:- ASHF-PLG/92/2021-10 dated:- 24.01.2023.

FINAL NOTICE

Whereas, select list of candidates selected on contractual basis for the post of Veterinarians and Paravets was received from SKUAST(J) vide No:- AUJ/Est/G-65/22-23/6558 dated:- 09.11.2022;

Whereas, a notice was issued to all the selectees asking them to furnish their particulars for the purpose of Character & Antecedent verification within a period of seven days which was published in Daily Excelsior dated:- 07.02.2023 at page No:11;

Whereas, following candidates have not furnished their required particulars till date:-

S.No.	Name of the Candidate	Name of Post	Sr.No. in the selection list	District
1	Antra Gupta	Veterinarian	02	Jammu
2	Aanvi	Veterinarian	03	Jammu
3	Rahul Singh Chandel	Veterinarian	02	Samba
4	Nishant Kumar	Paravet	03	Jammu
5	Sahil Khajuria	Paravet	01	Samba

Now, aforesaid five candidates are once again directed to furnish their particulars on email director-ahd@jk.gov.in within a period of seven days from the date of issuance of this notice, failing which their selection shall be deemed to be cancelled.

Sd/- (Shubhra Sharma) JKAS
Director
Animal Husbandry Deptt.
Jammu
DIP/J-16173
Dated : 28/2/2023

GOVERNMENT MEDICAL COLLEGE UDHAMPUR

Sub: Advertisement for engagement of faculty members on academic arrangement basis under S.O-364 of 2020 dated 27-11-2020 in Govt. Medical College, Udhampur.

ADVERTISEMENT NOTICE

Applications on plain paper (Typed) are invited from eligible (Indian Citizens, Domicile/ Non Domicile of JK UT) (Non PSC/Retired) for engagement on "Academic Arrangement basis" in terms of SO-364 dated 27-11-2020 and SO dated 16-01-2023 the Jammu and Kashmir Medical and Dental Education (Appointment on Academic Arrangement Basis), Rules, 2020 [these rules have replaced the Jammu and Kashmir Medical & Dental Education (Appointment on Academic Arrangement Basis) Rules, 2019 dated 10.10.2019]. Initially for a period of three year extendable up-to maximum of six years (One year at a time and subject to good performance and conduct) or till the selection /promotion is made on regular basis in accordance with rules of Recruitment Governing the respective posts, by the PSC/DPC whichever is earlier, in the below mentioned disciplines of Govt. Medical College, Udhampur. This is without any prejudice to any writ petition lying pending before any Hon'ble Court of law:

S. No.	Name of the Department	Vacant Posts
1	Anatomy	Associate Professor, Assistant Professor
2	Physiology	Professor, Associate Professor
3	Biochemistry	Associate Professor
4	Pathology	Associate Professor
5	Microbiology	Associate Professor, Assistant Professor
6	Pharmacology	Associate Professor, Assistant Professor
7	Forensic Medicine	Professor, Associate Professor, Assistant Professor
8	Community Medicine	Associate Professor
a	Staff for Rural Training Health Centre (Including Field work and epidemiological Studies)	Assistant Professor (I/c RTHC)
b	Urban Training Health Centre	Assistant Professor (I/c UTHC)
9	General Medicine	Professor, Associate Professor, Assistant Professor
a	Tuberculosis & Respiratory Diseases	Professor, Associate Professor, Assistant Professor
b	Dermatology Venereology & Leprosy	Professor, Associate Professor, Assistant Professor
c	Psychiatry	Professor, Associate Professor, Assistant Professor
10	Pediatrics	Professor, Associate Professor, Assistant Professor
11	General Surgery	Associate Professor, Assistant Professor
12	Orthopedics	Associate Professor, Assistant Professor
13	ENT, (OTO-RHINO-LARYGOLOGY)	Associate Professor, Assistant Professor
14	Ophthalmology	Professor, Associate Professor, Assistant Professor
15	Obsts & Gyane	Professor, Associate Professor, Assistant Professor
16	Radio Diagnosis	Professor, Associate Professor, Assistant Professor
17	Radio Therapy	Professor, Associate Professor, Assistant Professor
18	Anesthesia	Professor, Associate Professor, Assistant Professor
19	Physical Medicine and Rehabilitation	Professor, Associate Professor, Assistant Professor
20	Blood Bank	Professor, Associate Professor

The selection of the candidates for the advertised post shall be made by the committee as per S.O 364 of 2020 dated 27-11-2020. The Jammu and Kashmir Medical and Dental Education (Appointment on academic arrangement basis), Rules, 2020 (These rules have replaced the Jammu and Kashmir Medical & Dental Education (appointment on Academic Arrangement Basis) Rules, 2019 dated 10-10-2019. The selection criteria for the advertised posts shall be as under, unless notified otherwise on a later date:-

S.No.	Name of the Post	Criteria of Screening	Points
1	Professor/ Associate Professor	For Teaching Experience/ Minimum required service	60 Points (30 Points for Minimum required teaching experience and 03 Points for every additional year subject to a maximum of 30 Points)
		For Research Publications	30 Points (15 Points for Required number of publications and 03 points for every additional publication, subject to maximum of 15 Points.
2	Assistant Professor	For Higher Qualification (DM/ MCh/ DNB/ Super Speciality)	10 Points
		For Teaching Experience/ Minimum required service	80 Points (60 Points for Minimum required teaching experience and 05 Points for every additional year subject to a maximum of 20 Points)
		For Research Publications	20 Points (5 Points for each publication in Indexed/ journals accepted / published

The candidates are advised to enclose the attested true copies of the following documents with their application forms which should reach in the office of the Principal Govt Medical College Udhampur on or before:-13/03/2023

- MBBS Degree and MCI/NMC/State Medical Council Registration Certificate (in case of Medical candidates) / Post Graduation Degree in the concerned discipline from a University duly recognized by University Grant Commission in case of Non-Medical candidate.
- Post Graduation Degree and MCI/NMC/ State Medical Council Registration Certificate (in case of Medical Candidates/ Certificate of Doctorate from a University duly recognized by University Grants Commission in Case of Non Medical Candidates
- Higher Qualification Certificate (DM/MCH/DNB/ Super Speciality)
- Experience Certificate issued by the competent Authority /Head of the Institution
- Professional Publication. Published in indexed/ National Journals as Prescribed
- Date of Birth Certificate
- Domicile Certificate
- Category Certificate if any
- Affidavit duly attested from 1st Class Magistrate Stating the doctor is not in active in Govt Service
- Attempt Certificate of all examinations of MBBS/MD/DNB/Ph D or any other qualification issued by the University
- Any other document if required by the selection committee during the process of recruitment

All documents should be self attested

Note:-
1. The appointees on academic arrangement basis shall be paid monthly consolidated salary as per the scales defined in the S O 364 of 2020 dated 27-11-2020

- The selection of the candidates for such posts shall be made by the committee constituted try the Government
- The appointment against the advertised posts shall always be on academic arrangement basis only without conferment of any preferential right for regular appointment against these posts, which shall be made strictly in accordance with the relevant recruitment rules.
- The appointment on academic arrangement basis shall be itself stand terminated on attainment of 70 years of age by the appointee. The services of an appointee under these rules shall be terminable before the expiry of the tenure of appointment with one month's notice from either side or on payment of one month's salary in lieu of notice by the appointing authority in case of any dispute, the decision of the Chairperson of the selection Committee shall be final.
- The engagement of the appointee shall be terminated without any notice in case of indiscipline unsatisfactory performance etc.
- The applications of faculty members already working in Medical colleges of UT shall be considered only after production of NOC from the respective Heads of the Institutions.
- In case of any dispute, the decision of Chairperson of the Selection Committee shall be final
- The application must be accompanied with a Bank Draft of Rs. 1000/- (One Thousand Rupees only) in favour of Pncipal Govt. Medical College, Udhampur, from J&K Bank only.

The final selection of candidate is subject to availability of vacancies at the time of interview
This advertisement is also available on our website <https://gmcudhampur.in/>

Sd/- (Dr. Mritunjay) Principal
Govt. Medical College
Udhampur
DIP/J-16093
Dated: 27-2-2023