

## Army Public School Damana organizes Capacity Building Prog for Educators

EARTH NEWS SERVICE

**DAMANA:** Army Public School Damana successfully organized a five-day Capacity Building Programme for educators from 28 May 2026 to 3 June 2026 under the theme "Innovation and Inclusion."

The programme aimed at enhancing professional competencies, fostering innovative teaching practices and promoting inclusive education.

The programme was inaugurated by the Principal, Pushpinder Kaur, who highlighted the significance of continuous professional development in line with CBSE guidelines.

She emphasized the importance of adopting innovative pedagogical approaches, maintaining high standards of work ethics, ensuring safety and security, and creating happy class rooms that nurture students' academic growth as well as their emotional well-being.

Each day of the programme commenced with a rejuvenating session of Yoga and Meditation, reinforcing the belief that a healthy mind resides in a healthy body.

The workshop featured a series of enriching sessions led by distinguished resource persons from diverse domains, offering educators practical insights and fresh perspectives.

Dr. Neha Rajput, a renowned Gynecologist, conducted a ground breaking and eye-opening session on menstrual health and hygiene, sensitizing teachers on the importance of well-being and creating supportive classroom environments.

Nisha Pandita, Programme Officer - NDF, led an informative and



empowering session on PCO Act 2012, enhancing teachers' awareness on child protection laws and their responsibility in safe guarding students.

Dietician Manmeet Kour and Akriti, Physiotherapist from VLCC delivered a practical and holistic session on wellness through balanced nutrition, mindful lifestyle choices, and self-care practices for educators and students alike.

Dr. Poonam Tandon conducted a thought-provoking and hands-on practice session on Designing Competency-Based Assessments, equipping teachers with strategies to evaluate skills beyond rote learning.

The workshop culminated with an empathetic and transformative

session by Dr. Devedika a specialist from CRC, who shared actionable strategies for early identification and intervention of learning differences, thereby strengthening inclusive education practices across the school.

The Programme also catered to a series of in house professional development sessions where the school faculty led deliberations on key educational priorities including Kaushal Bodh and Skills Enhancement, Digi campus, Best Practices in Language Learning, Strengthening Reading and Writing Skills, and Innovative Library practices.

Sessions aligned with NEP 2020 covered FLN with Values, Mathematics Beyond Numbers,

Computational Thinking and AI, and strengthening conceptual understanding at middle and secondary levels. Teachers also engaged with themes of Integrating Heritage, Culture and Values in Social Science, Core Values and Ethics for Building Strong Foundations, Holistic Development through Curriculum Transaction at the Preparatory Level, and Innovative Landscape approaches.

The initiative further included practical components such as the Parenting Calendar and Student Safety and First Aid training conducted by Paramedics Ms Kajal, reinforcing the school's commitment to teacher empowerment, student well-being, and future-ready education.

## Residents highlight key issues; Krishan directs officers to expedite Dev works at Block Diwas

EARTH NEWS SERVICE

**DODA:** To redress public grievances and strengthen grassroots governance, a public outreach and grievances redressal programme (Block Diwas) was Wednesday held here at village Gai Dassa.

The Block Diwas was presided over by Deputy Commissioner Krishan Lal. He listened to the grievances and developmental demands of the residents, directing the concerned departments to take prompt action to address the same.

The residents raised concerns regarding the shortage of lecturers and MTS staff at the local Government Higher Secondary School. They also demanded upgradation of GHS Bhatta to Higher Secondary level.

Further, the residents demanded improvement in healthcare facilities, posting of doctors and pharmacists at NTPC and other health institutions in the area. The demand for introducing ambulance services was prominently

raised by the locals.

The locals also demanded immediate measures to improve water and electricity supply and road connectivity, particularly upgrading of Gai Dassa-Bhatta road.

The demands for resolving land compensation matters, filling of potholes, construction of retaining walls and road connectivity to unconnected Panchayats were extensively discussed. Residents urged the PMGSY and R&B Departments to expedite the pending works.

Further, the locals demanded beautification of ponds and playgrounds, timely release of developmental funds and clearance of pending payments related to ongoing works of the Rural Development Department. The public also demanded the development of a Tourist Village Network to tap the tourism potential in the region.

Responding to the grievances, the XEN PMGSY informed that the Gai Dassa-Mangal Thatha road project is nearing

completion with 90 percent work already complete. He informed that the remaining work would be completed within the stipulated time frame.

Officials from the PHE Department stated that around 70 to 80 percent ongoing water supply works in the area have been completed.

The Rural Development Department assured that all ongoing developmental works would be completed in a timely manner. It was also informed that the Gobar-Dhan Project would be initiated in the area after allotment of land.

The CMO assured the public that ambulance services would be made available in the area soon. The concerned officer further informed that cultivation of Kala Zeera has been undertaken over 20 kanal land in the region to promote its cultivation in the region.

Responding to the public demands, the DC directed the Tehsildar Bhagwah to deploy Naib Tehsildar during public awareness camps to facilitate people

in availing the benefits of the government schemes requiring revenue-related documentation.

He assured the public that the administration would look into the shortage of doctors, lecturers and other staff in schools and health institutions. He further directed the concerned departments to expedite road connectivity projects and ensure their timely completion.

The DC also advised the people to register grievances on the JK Samadhan Portal for speedy disposal of issues. Highlighting health initiatives, he said that the district administration is aiming to eliminate Tuberculosis (TB) from the district by the end of 2026 and informed that a proposal for a portable X-Ray machine has also been submitted.

Emphasizing social awareness, the DC stressed the importance of "Nasha Mukht" campaigns to eradicate the menace of drug abuse from society and called for collective participation of all stakeholders.

## ADC reviews functioning of Higher Secondary School Bhalra

**BHADERWAH:** Additional Deputy Commissioner Bhaderwah Sunil Kumar Bhutyal on Wednesday visited Higher Secondary School Bhalra to review the functioning of the institution and assess the overall educational environment. He was accompanied by local Naib Tehsildar.

During the visit, the school Principal Asha Balwal, Senior Lecturer Ajit Kumar, Lecturer Om Prakash, Lecturer Shaguffa Tabassum, NCC Officer Dr Sanjeev Koul and Incharge Anish Kumar along with staff members of the institution briefed the ADC about academic activities, infrastructure and other facilities available in the school.

The ADC emphasized the importance of maintaining the quality of education, discipline and provision of proper facilities for students.

## Dogri song 'Aas Dogre-Jammu Shehar De' launched in Akhnoor



EARTH NEWS SERVICE

**AKHNOOR:** A special event was held at High Feet Studios, Rama Palace in Akhnoor, for the launch of the new Dogri song "Aas Dogre - Jammu Shehar De", written by Jugal Chanan and sung by Shiv Debanda. The song's poster was also released on this occasion.

The event's chief guest was Akhnoor MLA Mohanlal Bhagat, and the special guest was Mrs. Rano Sharma.

Sharing his thoughts, Jugal Chanan said that this was a dream come true for him. He mentioned that he has writ-

ten over 200 songs so far and strives to promote the Dogri language through at least one song every month.

MLA Mohanlal Bhagat congratulated the artists, emphasizing that such efforts play a significant role in promoting our mother tongue, Dogri. He urged people to teach Dogri to their children and to use it in writing, speaking, and daily activities, as it is a vital part of our cultural and linguistic heritage.

He also highlighted that Dogri has now been included in the Eighth Schedule of the Indian Constitution and has attained official language

status in the state of Jammu and Kashmir.

The event was attended by a large number of Dogri enthusiasts, including Shiv Debanda, Rano Devi, Rakesh Malhotra, Vikrant Sharma, Sushil Sharma, Ajay Sharma, Anju Devi, Ganesh Dutt, Ashwani, Raju Master, Kuldeep Teeku, Raman Kumar, Ratan Bhardwaj, Keval Kumar, and Mohan Pandit Mishra. Journalists were also honored at the event.

This launch is being seen as an important step in promoting the Dogri language and culture. Such initiatives give our mother tongue a new identity and inspiration.

### PUBLIC NOTICE

We, the following persons intend to register a non-profitable society under the name and style "Maksur Ex-Servicemen Welfare Society" with the Registered address of Society at FLNO 150 1<sup>st</sup> Floor, Tashi Thongmoling, near CBS Choglamsar with the Registrar of Societies, Union territory of Ladakh, under the Societies Registration Act 1860.

S. No	Name with percentage of the members of Governing body with complete address, Tehsil, District, T/State, Phone No. & Email ID (if any)	Present Occupation	Designation in the Society
1.	Palden Dorjee S/o Nyima Gyulpo R/o TR Camp, Choglamsar Leh-Ladakh Mob. No 8492057670	Ex-Serviceman	President
2.	Tsultim Gyatso S/o Karbum R/o TR Camp, Choglamsar Leh-Ladakh Mob. No 7051348076	Ex-Serviceman	Vice-president
3.	Phurbo Tsering S/o Sangpo R/o TR Camp-01, Choglamsar Leh-Ladakh Mob. No 9622922357	Ex-Serviceman	Secretary
4.	Tsering Dorjee S/o Kulu R/o TR Camp-03, Choglamsar Leh-Ladakh Mob. No 9622659282	Ex-Serviceman	Cashier
5.	Dupki Rinzin S/o Samten Thopkel R/o TR Camp, Choglamsar Leh-Ladakh Mob. No 9960986592	Ex-Serviceman	Joint Secretary
6.	Samtan Gyatso S/o Samten Dhonden R/o TR Camp, Agling Leh-Ladakh Mob. No 979734980	Ex-Serviceman	Executive Member
7.	Jigme Dorje S/o Tashi Choedak R/o TR Camp 06 Agling, Leh-Ladakh Mob. No. 7051985158	Ex-Serviceman	Executive Member

Any objection in this regard from any person(s) may be submitted in writing, in person, or through an authorized representative to the Director, Industries, UT Ladakh / Registrar of Societies, UT Ladakh, Address: District Industries Centre Complex, Skampari, Leh / Office of the General Manager, DIC Leh/Kargil, as the case may be within a period of 07 days from the date of publication of this Public Notice. Objections may also be submitted via e-mail at [directortindustriestladakh@gmail.com](mailto:directortindustriestladakh@gmail.com) or through Contact No. 01982-415869, or to the General Manager, District Industries Centre, Leh/Kargil either in person, through registered post, or via e-mail at [dich2013@gmail.com](mailto:dich2013@gmail.com) or [kargilindustries@gmail.com](mailto:kargilindustries@gmail.com).

President, Maksur Ex-Servicemen Welfare Society

### NOTICE

I have changed my name from Jigmet Angchuk to Jigmet Angchuk. In future I will be known as Jigmet Angchuk. If anybody is having any objection he/she may contact Passport Office, Srinagar within & 7 days. After seven days no objection will be accepted.

### NOTICE

I have changed my name from Raghendra Kumar Misra to Raghvendra Kumar Mishra. In future I will be known as Raghvendra Kumar Mishra. If anybody is having any objection he/she may contact Passport Office, Jammu within & 7 days. After seven days no objection will be accepted.

## Central University of Jammu promotes mental wellness through Yoga session

EARTH NEWS SERVICE

**JAMMU:** The Directorate of Physical Education (DPE), Central University of Jammu, in collaboration with the Isha Foundation (Jammu Chapter), organized a special session on "Yoga for Mental Wellbeing" today to commemorate the International Day of Yoga 2026.

The programme was organized under the guidance and support of Hon'ble Vice Chancellor Prof. (Dr.) Sanjeev Jain, reflecting the university's commitment to promoting the physical and mental well-being of its academic community.

The session was designed to promote mental and physical well-being through simple yet powerful yogic practices developed by Sadhguru, founder of the Isha Foundation which is a non-profit, volunteer-run spiritual and humanitarian organization founded in 1992.

It is dedicated to raising human consciousness and fostering global harmony through individual transformation. Aimed at encouraging individuals to take charge of their health and wellness, the programme focused on



cultivating mindfulness, self-care, and holistic well-being.

In this session, participants were guided through various yogic practices, meditation practices and interactive discussions highlighting the connection between mind and body. The resource person emphasized the role of yoga in enhancing emotional balance, reducing stress, and fostering inner peace and resilience.

The meditation session was conducted by volunteers from the Isha Foundation, Jammu Centre, along with Dr. Bhavna Arora, Associate Professor, Central University of Jammu, who served as the convener of the event.

The programme was conducted in a serene and engaging environment, enabling participants to experience the transfor-

mative benefits of meditation and yoga.

The event received an enthusiastic response from faculty members, staff, scholars and students who reported enhanced focus, improved emotional well-being, greater productivity, and a deeper sense of calm and fulfilment.

The session successfully reinforced the importance of integrating mindfulness and yogic practices into daily life to promote long-term health, wellness, and personal growth.

The programme concluded with a vote of thanks to the organizers, resource persons, and participants for their contribution towards making the event a success and for promoting the message of holistic well-being through yoga and meditation.

### UNION TERRITORY OF JAMMU & KASHMIR OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION R.S.PURA

#### SHORT NOTICE INVITING TENDER

Short e-NIT No. DRSP/23 of 2026-27 Dated 01-06-2026

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on percentage basis from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/Central Governments for each of the following works :-

S. No	Name of Work	Name of Division	Advertised Cost (in Lacs)	Cost of document (in Rs)	Earnest Money (in Rs)	Time Allowed for completion	Time and date of opening of tender	Class of Contractor
1	Construction of 3.00 mtr. span RCC Culvert at Shamsan Ghat Arnia (Under Non Plan for the year 2025-26).	PWD (R&B) Division R.S. Pura	4.98	500	2% of the Advertised Cost	07 Months	(1300 Hrs) on or after 09-06-2026	"A", "B", "C" & "D" Class
2	Construction of Drain at Vill. Nandpur (Ranjitpur) (under Non Plan for the year 2025-26).	PWD (R&B) Division R.S. Pura	4.95	600	2% of the Advertised Cost	02 Months	(1300 Hrs) on or after 09-06-2026	"A", "B", "C" & "D" Class

Position of AAA :- S.No. 1 & 2 Accorded by Superintending Engineer PWD(R&B) Circle South, Jammu vide order No: 422 of 2026 Dated: 16/01/2026.

Position of TS :- S.No. 1 & 2 Accorded by Superintending Engineer PWD(R&B) Circle South, Jammu vide order No: 498 of March 2026.

Project Authority :- Chief Engineer PW (R&B) Department Zone Jammu  
Major Head of Account :- Under Non Plan for the year 2025-26

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website <http://jktenders.gov.in> as per below schedule :

1	Date of Issue of Tender Notice	01-06-2026
2	Period of downloading of bidding documents	From 01-06-2026 to 09-06-2026
3	Date, Time and place of pre-bid meeting	03-06-2026 at 1300 Hrs. in the Office of Executive Engineer PWD (R&B) Division R.S. Pura
4	Bid submission Start Date	01-06-2026
5	Bid Submission End Date	08-06-2026 upto 1600 Hrs
6	Date & time of opening of Technical Bids (Online)	09-06-2026 on or after 1300 Hrs in the Office of Executive Engineer PWD (R&B) Division R.S. Pura. In case mentioned bid opening date happens to be a holiday then Bid shall be opened at the same time on the next working day.
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

1. Bids must be accompanied with cost of Tender document in shape of Treasury Receipt/e-challan in favour of Executive Engineer PWD(R&B) Division R S Pura through Treasury, indicating Treasury Voucher No. & date, e-NIT No. and Date and name of work duly crediting to 0059 (Revenue) and Earnest money/Bid security in shape of CDR/FDR/BG pledged to Office of Executive Engineer PWD (R&B) Division R.S. Pura. The CDR/FDR/BG shall be valid for 45 Days beyond the bid validity period. The original instruments in respect of cost of documents, EMD and relevant documents of L1 be submitted to the Office of Executive Engineer PWD (R&B) Division R.S. Pura at the time of allotment.

2. The date of Treasury Challan, Earnest Money/Bid Security must be between the date of start of bid and 1<sup>st</sup> Bid Submission End Date. However, if the tender for the same work has been re-invited after 1<sup>st</sup> or More calls, the bidders who have already bid for that work can re-use the same Treasury Challan/Earnest Money/Bid Security in the successive calls for the said work provided there should not be any overwriting or forging on the previously uploaded documents.

3. The electronic bidding system would not allow any late submission of bids after due date and time as per server time. Bidders may modify their bids by uploading their request for modification before the deadline for submission of bids. For this, the bidders needs not to make any additional payment towards the cost of tender documents. For bid modification and consequential re-submission, the bidder is not required to withdraw his bid submitted earlier. The last modified bid submitted by the bidder within the bid submission time shall be considered as the bid. For this purpose, modification/withdrawal by other means will not be accepted. In online system of bid submission, the modification and consequential submission of bids is allowed any number of times. The bidders may withdraw his bid by uploading their request before the deadline for submission of bids; however, if the bid is withdrawn, the re-submission of the bid is not allowed. No bid shall be modified or withdrawn after the deadline of submission of bids.

4. The date and time of opening of Financial-Bids shall be notified on Web Site [www.jktenders.gov.in](http://www.jktenders.gov.in) and conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financial-bids of responsive bidders shall be opened online in the Office of Executive Engineer PWD (R&B) Division R.S. Pura. The date for same shall be intimated separately.

5. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.

6. The earnest money shall be forfeited, If :-

- a) Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.
- b) Failure of Successful bidder to furnish the required performance security within specified time period after issuance of letter of acceptance.
- c) Failure of successful bidder to execute the agreement on same day of allotment of work contract as per Chief Engineer PW (R&B) Department Jammu's Circular No. CEJ/G/12660-87 dated 07-10-2021.

#### 7. Instruction to bidders regarding e-tendering process.

- 7.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website [www.jktenders.gov.in](http://www.jktenders.gov.in) to acquaint bid submission process.
- 7.2 To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendors
- 7.3 The bidders have to submit their bids online in electronic format with digital Signature. No financial bid will be accepted in physical form.
- 7.4 Bids will be opened online as per time schedule mentioned above.
- 7.5 Bidders must ensure to upload scanned copy of all necessary documents mentioned in NIT and SBD with technical bid online.

No :-  
Dated :-  
Executive Engineer  
PWD (R&B) Division  
R.S. Pura  
DIP/J-3073/26