

GMC Jammu performs first stem cell therapy for knee osteoarthritis

HIMALAYAN MAIL NEWS
JAMMU, JUNE 19

The Department of Orthopaedics GMC Jammu has for the first time instituted stem cell therapy for a patient with knee osteoarthritis, joining the select group of medical centres in India where stem cells have been used for this condition.

Stem cell therapy is a newer treatment to prevent progression of osteoarthritis in mild to moderate disease and can prevent or delay the need for total knee replacement. It is a day-care procedure and the patient can be discharged on the same day.

The procedure was conducted by Associate Professor Orthopaedics Dr Bias Dev, with assistance from Dr Tahir Afzal and Dr Tadeel Rashid at Bone and Joint Hospital Jammu, on a 65-year-old patient Bishno Devi, resident of



Bainglar Samba, who had been seeking total knee replacement for osteoarthritis-related knee pain.

The treatment requires maintenance of a strict cold chain, with stem cells

transported in a liquid nitrogen chamber at minus 90 degrees Celsius.

The required materials were arranged through the Ayushman Bharat Scheme at no cost to the patient.

Bishno Devi and her family expressed gratitude to the treating team and GMC administration, particularly Principal GMC Dr Ashutosh Gupta, for making the facility available.

Samba district drive cancels drug licences, seizes pregabalin worth Rs 1 lakh

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In line with the Nasha Mukta Bharat Abhiyan, enforcement staff conducted surprise checks of drug sale establishments across Samba district to ensure that medicinal preparations prone to addiction are sold strictly for licit use, with no diversion for drug abuse.

Drug sale licences of two establishments, Sonu Medicos Kothi Vijaypur and Vishal Medical Agency Tapyal

Ghagwal, were cancelled. Operations of ten establishments were disallowed on the spot under Section 22(d) of the Drugs & Cosmetics Act, 1940, for non-maintenance of sales records of medicinal preparations containing pregabalin-300: K.S. Medical Agency (Godown) Samba, Vashno Medical Agency Vijaypur, Pankaj Medical Agency Gurha Morh Vijaypur, M/s Raghu Medicos Telli Basti Bari Brahmana, M/s Harinder Medical Agency Vijaypur, M/s Life

Cure Medical Agency Vijaypur, M/s Concert Pharma Ghagwal, M/s Sharma Healthcare Jatwal, M/s Sadhotra Medical Hall Palli Morh Bari Barhamana and M/s Thumbs Green Medi Aid Sarore Adda Bari Barhamana. Show cause notices have been served upon all erring establishments for unethical trade practices and contravention of the Act.

Pregabalin-300 worth ₹1,00,000 was seized from M/s Sonu Medicos Kothi Vijaypur.

BIS Showcases Quality Movement at 'Rise in Kashmir 2026', Secures Second Runner-Up Position

HIMALAYAN MAIL NEWS
JAMMU, JUNE 19

The Bureau of Indian Standards (BIS), Jammu & Kashmir Branch Office (JKBO), showcased its quality movement initiatives at the three-day mega exhibition "Rise in Kashmir 2026" held at Sher-i-Kashmir International Conference Centre (SKICC), Srinagar, from June 17 to 19.

The exhibition witnessed participation from students, government departments, educational institutions, industries and the general public, attracting over 10,000 visitors during the event.

BIS JKBO set up an informative stall highlighting its key activities including Standardization, Hallmarking, Conformity Assessment, Product Certification, Consumer Awareness and Standard Promotion initiatives. The stall served as an interactive platform for visitors to understand BIS's role in ensuring quality, safety and reliability of products and services.

A major highlight of the exhibition was the participation of around 400 students from 12 BIS Standards Clubs across Kashmir. The students actively engaged with exhibits and interacted with experts,



gaining practical exposure to the importance of standards and quality in daily life. During his visit to the BIS stall, Rajya Sabha MP Ghulam Ali Khatana appreciated BIS for promoting quality consciousness and standardization among students, consumers and industries. He lauded the organization's efforts and encouraged wider outreach

of Indian Standards across the Kashmir Valley.

Through live demonstrations, informative displays and awareness sessions, BIS officials educated visitors on the importance of purchasing ISI-marked products, using hallmarked gold jewellery and understanding quality standards.

Recognizing its impactful presentation and public en-

agement, BIS JKBO was awarded the Second Runner-Up position among 21 participating departments and organizations.

The successful participation reaffirmed BIS JKBO's commitment to strengthening awareness about quality standards and promoting a culture of standardization across Jammu and Kashmir.

Jammu Gets India's First GLOBAL Health & Diet Institute for Preventive Healthcare

JAMMU, JUNE 19:

Marking a significant milestone in the field of preventive healthcare and wellness education, GLOBAL Health & Diet Institute was officially launched in Jammu with a vision to promote scientific nutrition, lifestyle management, and globally recognised health education standards.

Positioned as India's first institute dedicated to advancing preventive healthcare awareness through evidence-based nutrition and wellness education, the institute aims to empower individuals with knowledge, guidance, and practical solutions to address the growing challenges of lifestyle-related health disorders.

The inaugural ribbon-cutting ceremony was led by the pride of Jammu & Kashmir, Dr. Ashutosh Gupta, Principal, Government Medical College, Jammu, whose presence added immense significance to the occasion. The event was also graced by the esteemed presence and



blessings of several distinguished personalities including Mrs. Dr. & Dr. R.K. Churango, Dr. Sudha Sharma (President IMA), Dr. Robina Mirza, Dr. Sapna Khullar, Dr. Jyotsana Lamba, Dr. Puneeta Gupta, Dr. Shelly Gupta, Mrs. Dr. & Dr. R.K. Suri, Dr. Rajesh Gupta, Dr. Nadeem Niyaz Jan, Dr. Amandeep Anand, Dr. Gaurav Vaid, Dr. Sumit Sharma, Dr. Himani Bhutyal, Dr. Sindhu Kapoor, Dr. Attri, and Dr. Charu Gupta.

Speaking on the occasion, Chief Guest Dr. Ashutosh Gupta, Principal GMC

Jammu, appreciated the initiative and said "The launch of GLOBAL Health & Diet Institute is a significant step towards strengthening preventive healthcare and creating greater awareness about nutrition and healthy lifestyle practices. In today's time, prevention and early intervention are key to reducing the burden of lifestyle-related diseases. I appreciate this initiative for bringing scientific health education and wellness solutions closer to the people of Jammu and Kashmir."

He further stated that ini-

tiatives focusing on nutrition awareness, preventive care, and healthy living will play a crucial role in building a healthier society and encouraging people to adopt sustainable lifestyle changes.

Addressing the media, Dr. Gurmeet Gujral, Founder & Director, GLOBAL Health & Diet Institute, Jammu, said the institute has been established to address the increasing burden of lifestyle-related disorders including obesity, diabetes, liver and gut-related issues, hypertension, thyroid imbalance, PCOS, menopause-related concerns, and stress-associated conditions.

She stated that the institute will focus on early intervention, lifestyle modification, personalised wellness solutions, and evidence-based nutrition guidance, while also creating trained health and wellness professionals who can contribute at the grassroots level.

"The aim is to make preventive healthcare accessible and help people understand that small lifestyle changes can play a major role in improving long-term health outcomes," she added.

Govt. of Jammu and Kashmir
Office of the Executive Engineer, Sub Transmission
Division, JPDCL, Udhampur

NOTICE INVITING E-TENDER

e- NIT NO.: 13 of 2026-27 dated: 17-06-2026
For and on behalf of Managing Director JPDCL Jammu e-Tenders (In Two Cover System) are hereby invited from firms having valid registration certificate issued by MES/ State/ Central Govt. of appropriate class and meeting eligibility criteria as per terms, conditions, technical specifications and schedules forming part of this tender document.

S. No.	Name of Work	Cost of Tender Documents (in Rs)	Last Date of submission of e-bid
1.	Improvement, Stabilization and strengthening of existing 33 KV Jhajjar kotli and Panthal Lines along with revamping of existing Receiving Stations Katra and Panthal (Scheme Code: PDDSS2627100647)	63.00	1000/-

- 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 study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
- The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the eBid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table below:

A	Tender Document Sale/Download Start Date	17-06-2026: 6:00 PM
B	Tender Document Sale/Download End Date	07-07-2026: 2:00 PM.
C	e-Bid submission (start) date & time	17-06-2026: 6:00 PM
D	e-Bid submission (end) date & time	07-07-2026: 2:00 PM.
E	Submission of Hard Copy of Tender Fee & EMD Instrument (End) date & time	07-07-2026: 4:30 PM.
F	Technical Bid opening date & time	08-07-2026: 1:00 PM..
G	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualifying Bidders
H	Venue of opening of techno-commercial Bids	Office of the Executive Engineer, Sub Transmission Division, JPDCL Udhampur
I	Tender Value	Rs 550 lacs
J	Cost of e-Bid document	Rs. 5000.00 (Non-Refundable)
K	Amount of Earnest Money Deposit (EMD)	Rs. 11.00 lacs only

- Bidders must ensure to upload scanned copy of PAN CARD, COPY OF REGISTRATION CARD, COPY OF GST CERTIFICATE and the bidder shall submit the same after opening of Bids.
- Any Bid short of Tender Fee/ EMD shall be outright rejected.

DIP/J-1093-P/26. Dt: 19.06.2026

Sd/-
Executive Engineer
Sub Transmission Division
JPDCL Udhampur

GOVT OF UNION TERRITORY OF JAMMU & KASHMIR
OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION DODA

NOTICE INVITING TENDER

e-NIT No: 11 of 2026-27

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	Estimated Cost	Earnest Money	Cost of Document	Time allowed for Completion	Date of opening of tender	Class of contractor
01	02	03	04	05	06	07	08
01	Permanent restoration of Chanderkote to Power House to Banjar Morh by way of Construction of 900 mm dia HP Culvert km 2nd RD (500) & (750) and R/Wall km 1st RD (250), (425), (800), km 2nd RD (900) and B/Wall km 2nd RD (125) km 2nd RD (300), (400). (Under SASC)	Rs. 74.99 Lacs	Rs. 1499800/-	Rs. 1500/-	120 Days		"A"
02	Permanent Restoration of Dali Morh to Bagla km1st to 3rd. (Under SASC)	Rs. 50.00 Lacs	Rs. 100000/-	Rs. 600/-	90 Days		"A,B"
03	Permanent Restoration of Bijarni Lal Draman road km 2nd, 3rd, 5th and 6th RD (90-600). (Under SASC)	Rs. 50.00 Lacs	Rs. 100000/-	Rs. 600/-	90 Days		"A,B"
04	Permanent Restoration of Beer Bagh Kanhal road by way of walling in km 6th RD (0-700), km 4th RD (200-600), km 7th and 8th. (Under SASC)	Rs. 50.00 Lacs	Rs. 100000/-	Rs. 600/-	90 Days		"A,B"
05	Permanent restoration of Shai Dharnal road km 1st (Under SASC)	Rs. 45.00 Lacs	Rs. 90000/-	Rs. 600/-	90 Days		"A,B"
06	Permanent Restoration of Suigwari to Jodhpur road km 1st to 6th (Under SASC)	Rs. 40.00 Lacs	Rs. 80000/-	Rs. 600/-	90 Days	On or after 10/07/2026 at 12:30 PM	"A,B"
07	Permanent Restoration of Datch Bhata link road by way of construction of R/Wall km 1st RD (350), km 2nd RD (100), (600). (Under SASC)	Rs. 40.00 Lacs	Rs. 80000/-	Rs. 600/-	90 Days		"A,B"
08	Permanent Restoration of on Doda Town link road km 3rd (Under SASC)	Rs. 40.00 Lacs	Rs. 80000/-	Rs. 600/-	90 Days		"A,B"
09	Permanent Restoration of Parmaz link road (Old) km 2nd. (Under SASC)	Rs. 40.00 Lacs	Rs. 80000/-	Rs. 600/-	90 Days		"A,B"
10	Permanent restoration of Dhara Gundna road km1st to 6th. (Under SASC)	Rs. 35.00 Lacs	Rs. 70000/-	Rs. 600/-	90 Days		"A,B"
11	Permanent Restoration of Ponda to Chitran link road. (Under SASC)	Rs. 35.00 Lacs	Rs. 70000/-	Rs. 600/-	60 Days		"A,B"
12	Permanent Restoration of Ghat via Nagri road km 4th. (Under SASC)	Rs. 35.00 Lacs	Rs. 70000/-	Rs. 600/-	60 Days		"A,B"
13	Permanent Restoration of Udhyanpur Rei Sarwala road km 1st to 4th. (Under SASC)	Rs. 30.00 Lacs	Rs. 90000/-	Rs. 600/-	60 Days		"A,B"
14	Permanent Restoration on Dhara Shirshi road km 1st to 5th. (Under SASC)	Rs. 30.00 Lacs	Rs. 90000/-	Rs. 600/-	60 Days		"A,B"
15	Permanent Restoration of Ghat Bhabore Dhara link road km 19th & 20th. (Under SASC)	Rs. 25.00 Lacs	Rs. 50000/-	Rs. 600/-	60 Days		"A,B,C"
16	Permanent Restoration of link road Girls Hostel Kastigarh. (Under SASC)	Rs. 20.00 Lacs	Rs. 40000/-	Rs. 600/-	45 Days		"A,B,C"
17	Permanent restoration of Shiva link road in km 3rd RD(175-240).(Under SASC)	Rs. 18.00 Lacs	Rs. 36000/-	Rs. 600/-	45 Days		"A,B,C"
18	Permanent Restoration Shiva Allalrani link road in km 2nd RD(550-600).(Under SASC)	Rs. 15.00 Lacs	Rs. 30000/-	Rs. 600/-	45 Days		"A,B,C,D"
19	Permanent Restoration of Bharath Keshwan road km 1st. (Under SASC)	Rs. 20.00 Lacs	Rs. 40000/-	Rs. 600/-	45 Days		"A,B,C"
20	Permanent Restoration of Posta to Malna road km 1st to 5th.(Under SASC)	Rs. 15.00 Lacs	Rs. 30000/-	Rs. 600/-	45 Days		"A,B,C,D"
21	Permanent Restoration of Kholwal to HS Bhabore Road. (Under SASC)	Rs. 15.00 Lacs	Rs. 30000/-	Rs. 600/-	45 Days		"A,B,C,D"
22	Permanent restoration of Sharerna link road km 1st by way of Construction of Culvert (Under SASC)	Rs. 15.00 Lacs	Rs. 30000/-	Rs. 600/-	45 Days		"A,B,C,D"
23	Permanent Restoration of Hamirpura link road in km 1st RD(950-1000)(Under SASC)	Rs. 10.00 Lacs	Rs. 20000/-	Rs. 600/-	45 Days		"A,C,D"

- Date of Publishing from 19/06/2026
- The Bidding documents/deposited can be downloaded from the website <http://jtenders.gov.in> from 10:00 A.M on 19/06/2026 to 09/07/2026 (1600 Hrs).The complete bidding process will be on line.
- Technical bids of bidders shall be opened on line in the office of Executive Engineer PWD(R&B) Division Doda on 10/07/2026 at 12:30 Hrs.
- Bid documents can be seen at and downloaded from the website <http://jtenders.gov.in> Bid documents contain qualifying criteria for bidder, specifications, bill of quantities, conditions and other details. Bids must be uploaded along with Scanned copy of cost of Tender Document in shape of e-challan/ copy of receipt from treasury favoring Executive Engineer PWD (R&B) Division Doda by crediting the requisite charges to the M.H 0059 - PWD (Revenue). Scanned copy of the earnest money / bid security in shape CDR/FDR pledged to Executive Engineer PWD (R&B) Division Doda will also be required to be uploaded along with the original instruments in respect of cost of documents, EMD and relevant documents of L1 bidder will be required to be submitted to the Executive Engineer PWD (R&B) Division Doda within three days of opening of financial bids on-line.

Sd/-
(Er. Anil Kumar Mehra)
Executive Engineer,
PWD (R&B) Division, Doda.

DIP/J-4035/26 Dated: 19-06-2026

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