

Sensex 25329.14 259.87	Nifty 7568.55 80.70	Gold ₹28,604 24kt/10gm	Silver ₹43,580 ₹-234	Crude \$114.55 \$30.0	Dollar ₹ 61.14	Euro ₹ 81.98	Pound ₹ 102.56	Saudi Riyal ₹ 16.17	Dirham ₹ 16.40	Kuwaiti Dinar ₹ 216.00	Yen ₹ 0.58	Ch Yuan ₹ 9.40
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J&K Bank	SBI	HDFC Bank	PNB	Axis Bank	Yes Bank	ICICI Bank	Indusind Bank
BSE 1552.30 NSE 1550.60	BSE 2415.25 NSE 2417.95	BSE 796.30 NSE 796.15	BSE 902.90 NSE 904.35	BSE 371.25 NSE 371.00	BSE 521.35 NSE 521.30	BSE 1437.35 NSE 1437.75	BSE 535.65 NSE 537.20
20.00 30.20	21.90 18.15	15.50 15.35	23.25 22.00	9.90 10.10	11.10 10.90	7.85 7.70	13.90 13.25

Where there is a will there is a way



At 31, **Dr Ridwana Sanam**, is owner of a premier health enterprise. She has plans to open 20 franchisee offices of her enterprise in Kashmir and 350 centres across India. Hailing from South Kashmir, presently she is working with Saudi government for developing a health resort in Fujara. She has set out on a mission to set up healthcare projects in Iraq and South Africa. In an interview with **GK Business Correspondent Muket Akmali**, she suggests that Kashmiri women should start their income generating ventures instead of hankering after government jobs. Excerpts.

Tells us something about educational background?

I have done my early schooling from Jammu and Kashmir. Then I went to Bangalore to study Physiotherapy as I had keen interest in the subject. But my parents were against my decision and I had to show lot of resistance. I completed my Physiotherapy degree there and later got scholarships from various professional educational institutions that gave me opportunity to travel abroad for studies and helped a lot in shaping my career. After completing my studies in 2007, I got many job offers but I wanted to be self-dependent and was against the idea of working for others. I started my own company under the name of KRV Physiotherapy. Currently, I am also the HOD of APART (Association for Pain Awareness, Research and Treatment) based in the US, and Certified International K Active Taping Consultant (USA), RSI Consultant (India).

How actually the idea to start Physiotherapy company struck?

I believe in choosing own path. Whatever I have gained in my life is due to my dedication. I outright rejected job

offers at a time when I didn't have a penny in my pocket, just to achieve my goal of setting a company of my own which will help the people. Starting KRV was not an easy task. Believe me, I didn't have any money to start or financier to support my business initially. I haven't eaten for days, travelled by foot miles to fulfill my dreams. My family didn't finance my business and I have risen from ground with sheer dedication and hard work. As I told you my parents were against my decision to go for studies outside JK and in fact they had suggested me to join some government job which I outright rejected after completing my studies. During college days, I had myself financed my studies by getting scholarships and doing some odd jobs. Thank Allah, now everyone is appreciating my hard work and I have been conferred upon many awards including best physiotherapist award in India last year and recently All India Economy Survey Council (AISEC) award for running the most promising physiotherapy clinic in the country.

Tell us something about your company?

After completing studies I established KRV Health-

care and Physiotherapy Pvt Ltd. It was founded as KRV Physiotherapy in 2006 and in 2011 it was converted into KRV Healthcare Private Ltd. Currently I have been running successfully 10 units in Delhi NCR and have successfully scaled to become India's number one Physiotherapy brand. My team at KRV believes in quality rather than in quantity and that is the reason we are able to maintain an international standard of services throughout our venture. KRV Physiotherapy practices professional and state-of-the-care patient care. We have always been a fore runner in the latest trends of treatment in India dealing with Orthopedic, Neurological, Pediatric, Obesity, Cardio-pulmonary and Sports Physiotherapy. All the equipment are computerized and US FDA approved. The latest and well researched treatment technique has earned the centre a huge number of satisfied patients. We have been the first Physiotherapy center to give workstation assessment, functional restoration and ergonomic advice to corporates in Delhi thus enhancing the well being of their employees. KRV has also been involved with On-

Site Physiotherapy in the Golf sites, Schools, Sports Industry. KRV caters to patients coming from various parts of India as well as across the world. KRV is the first and only centre in India to have brought breakthrough treatment called K- Taping and Resisted band Exercises from Japan for patients. We are coming up with other three projects in Jammu and Kashmir with a span of two months and are targeting another 300 centres across India

Being a female entrepreneur, did you face any peculiar challenges in setting up your company?

Challenges were numerous. But where there is a will there is a way. Challenges from the family side I told you, but professional challenges are so many but your work overcomes all the hurdles. When I started or even thought about Physiotherapy Company in India the first challenge I had to face was dearth of manpower and awareness among people about the physiotherapy. Although there is huge potential in the sector, initially nobody thought that I would be successful. Even today this sector is facing

dearth of trained manpower and there is lack of awareness about physiotherapy as technique of diseases treatment.

What is the scope of Physiotherapy in India and Kashmir especially?

Physiotherapy has a tremendous scope. From one year baby to 100 year old person every one requires help of physiotherapy for either prevention of diseases or curing ailments. So there is never any shortage of business opportunities for the professional. I have observed that huge number of patients are visiting outside Kashmir for treatment. As a result of which I feel there is no dearth of opportunities for physio companies. In Kashmir, particularly in IT and Media sector many people are suffering from "occupation over-use syndrome". Like most of these professionals are working on PCs which can cause Cervical Spondylosis / Neck Pain Lumbar Spondylosis / Low back pain, these ailments can be prevented and cured by physiotherapist and also if awareness about sitting postures is created such ailments could easily be prevented.

Coming to Kashmir, what are your future business plans?

Kashmir is always on top of my priority list. I want to contribute and do something for my people. I have planned to start at least 20 centres in Kashmir which will be on franchise basis. These centres will help the patients who have to travel outside state for treatment and at the same time will create job avenues for locals here. My team is vigorously working on the modalities of starting the state of art healthcare centres in Kashmir. In meantime my company will be organizing free awareness camps here. Besides Kashmir, our aim is to establish 350 centres across the country within next few years. Also we are working with Saudi government for developing a health Resort in Fujara, there are other projects of healthcare in pipeline which will start in Iraq and South Africa.

Any advice for budding entrepreneurs?

I feel there is no excuse to striving for achieving your goals. I would like to advise young entrepreneurs particularly women that they should not run after government jobs instead create job opportunities for themselves and others, they are second to none.

OFFICE OF THE ASST. REGIONAL TRANSPORT OFFICER GANDEBAL NOTICE

Where an application for transfer of ownership has been received from one Nazir Ahmad Bhat S/o Mohammad Maqbool Bhat R/o Nawab Bagh Lar Gbl. Transfer of Motor Cycle Bearing Registration No: JK16-0622, Chassis No: 05621, Engine No: 06203, Model: 2010 in favour of Shiv Singh S/o Naseeb Singh R/o Lehar Akhnoor Jammu (Transferee) A/p Hyderpora Sgr. Now therefore, its notified for general information that objections if any to the proposed transfer shall be filed in writing in the office of Asst. Regional Transport Officer, Gbl. within a period of (7) days from the publication of this notice.

Sd/-
Asst. Regional Transport Officer, Gbl.

UNIVERSITY OF KASHMIR

DEPARTMENT OF SOCIOLOGY

DATE SHEET

Session - August 2014 (for 1st and 3rd Semester for fresh and Backlog candidates)

TIME: 10.30 A.M.

Date/Day	Course (New)	Course (Old)
August 25, 2014/ Monday	Introduction to Sociology (Soc-01-CR)	Introduction to Sociology (Soc-Cp-01)
August 28, 2014/ Thursday	Classical Sociological Traditions (Soc-02-CR)	Classical Sociological Traditions (Soc-Cp-02)
September 01, 2014/ Monday	Methodology of Social Research (Soc-03-CR)	Methodology of Social Research (Soc-Cp-03)
September 04, 2014/ Thursday	Social Anthropology (Soc-04-EA)	Social Anthropology (Soc-Op-01)/ Environment and Society (Soc-Op-02)
September 06, 2014/ Saturday	Sociology of Family, Marriage and Kinship (Soc-05-EA)	
September 09, 2014/ Tuesday	Social Psychology (Soc-06-EA)	
September 12, 2014/ Friday	Kashmiri Society (Soc-07-EA)	
3 RD SEMESTER		
August 23, 2014/ Saturday	Theoretical Perspectives in Sociology (Soc-Cp-07)	Theoretical Perspectives in Sociology (Soc-Cp-07)
August 26, 2014/ Tuesday	Sociology of Religion (Soc-Cp-08)	Sociology of Religion (Soc-Cp-08)
August 29, 2014/ Friday	Family, Marriage and Kinship (Soc-Cp-09)	Political Sociology (Soc-Cp-09)
September 02, 2014/ Tuesday	Gender and Society (Soc-Op-06)/ Urban Sociology (Soc-Op-07)	Sociology of South Asian Societies (Soc-Op-08)/ Sociology of Family, Marriage and Kinship (Soc-Op-09)
September 06, 2014/ Saturday	Viva Voce of Field Study (survey) (Soc-Op-05)	

No: Exam-Soc/KU/14
Dated: August 9, 2014

Sd/-
Prof. Aneesa Shafi
Head of Department

GOVERNMENT OF JAMMU AND KASHMIR,

SERVICES SELECTION BOARD,
ZUM ZUM HOTEL, RAMBAGH, SRINAGAR (www.jkssb.nic.in)

NOTICE

It is notified for all the concerned that the Written Test for the posts of Horticulture Technician IV, Draftsman (Civil), Jr.Physiotherapist, Lab Assistant/Laboratory Assistant (Health), Technician III, Draftsman (Mechanical), Physiotherapist, Jr. Legal Assistant and Legal Assistant shall be conducted as per the following schedule.

Name of the post	Cadre	Adv. Notice No.	Dated	Item No.	Date/ Timing of Written Test
1ST MEETING					
Horticulture Technician-IV	Ang.	02 of 2013	16.02.2013	139	23 rd of August, 2014 from 10.00 a.m to 12.30 P.M (1st Meeting)
Horticulture Technician-IV	Budgam	02 of 2013	16.02.2013	162	
Horticulture Technician-IV	Baramulla	02 of 2013	16.02.2013	154	
Horticulture Technician-IV	Kupwara	02 of 2013	16.02.2013	177	
Horticulture Technician-IV	Srinagar	02 of 2013	16.02.2013	193	
Horticulture Technician-IV	Jammu	02 of 2013	16.02.2013	199	
Horticulture Technician-IV	Kathua	02 of 2013	16.02.2013	204	
Horticulture Technician-IV	Doda	02 of 2013	16.02.2013	209	
Horticulture Technician-IV	Poonch	02 of 2013	16.02.2013	220	
Horticulture Technician-IV	Pulwama	09 of 2013	21.06.2013	716	
Horticulture Technician-IV	Ang.	10 of 2013	10.10.2013	777	
Horticulture Technician-IV	Bandipora	10 of 2013	10.10.2013	784	
Horticulture Technician-IV	Baramulla	10 of 2013	10.10.2013	791	
Horticulture Technician-IV	Budgam	10 of 2013	10.10.2013	797	
Horticulture Technician-IV	Ganderbal	10 of 2013	10.10.2013	803	
Horticulture Technician-IV	Kulgam	10 of 2013	10.10.2013	808	
Horticulture Technician-IV	Kupwara	10 of 2013	10.10.2013	815	
Horticulture Technician-IV	Pulwama	10 of 2013	10.10.2013	822	
Horticulture Technician-IV	Shopian	10 of 2013	10.10.2013	828	
Horticulture Technician-IV	Srinagar	10 of 2013	10.10.2013	834	
Horticulture Technician-IV	Jammu	12 of 2013	31.12.2013	924	
Horticulture Technician-IV	Poonch	12 of 2013	31.12.2013	936	
Draftsman (Civil)	Div. Kmr.	01 of 2013	16.02.2013	31	23 rd of August, 2014 from 10.00 a.m to 12.30 P.M (1st Meeting)
Draftsman (Civil)	Div. Jmu.	01 of 2013	16.02.2013	46	
Draftsman (Civil)	Div. Kmr.	09 of 2013	21.06.2013	687	
Draftsman (Civil)	Div. Jmu.	09 of 2013	21.06.2013	699	
Jr. Physiotherapist	Div. Kmr.	03 of 2012	28.12.2012	158	23 rd of August, 2014 from 10.00 a.m to 12.30 P.M (1 st Meeting)
Jr. Physiotherapist	Div. Jmu.	03 of 2012	28.12.2012	201	
Lab. Asstt.(Health)	Div. Kmr.	01 of 2012	19.07.2012	57	
Lab. Asstt.(Health)	Div. Kmr.	02 of 2013	16.02.2013	103	
Lab. Asstt.(Health)	Div. Kmr.	02 of 2013	16.02.2013	117	
Laboratory Asstt. (Health)	Ang.	04 of 2013	23.02.2013	285	
Laboratory Asstt. (Health)	Baramulla	04 of 2013	23.02.2013	307	
2ND MEETING					
Technician-III	Ang.	03 of 2012	28.12.2012	231	23 rd of August, 2014 from 02.00 P.M to 4.30 P.M (2 nd Meeting)
Technician-III	Baramulla	03 of 2012	28.12.2012	252	
Technician-III	Budgam	03 of 2012	28.12.2012	266	
Technician-III	Pulwama	03 of 2012	28.12.2012	313	
Technician-III	Srinagar	03 of 2012	28.12.2012	329	
Technician-III	Doda	03 of 2012	28.12.2012	365	
Technician-III	Rajouri	03 of 2012	28.12.2012	395	
Technician-III	Ramban	03 of 2012	28.12.2012	406	
Technician-III	Samba	03 of 2012	28.12.2012	425	
Technician-III	Ang.	04 of 2013	23.02.2013	289	
Technician-III	Bandipora	04 of 2013	23.02.2013	301	
Technician-III	Baramulla	04 of 2013	23.02.2013	310	
Technician-III	Budgam	04 of 2013	23.02.2013	317	
Technician-III	Udhampur	04 of 2013	23.02.2013	321	
Technician-III	Doda	04 of 2013	23.02.2013	328	
Technician-III	Ganderbal	04 of 2013	23.02.2013	341	
Technician-III	Jammu	04 of 2013	23.02.2013	350	
Technician-III	Kathua	04 of 2013	23.02.2013	355	
Technician-III	Kulgam	04 of 2013	23.02.2013	377	
Technician-III	Kupwara	04 of 2013	23.02.2013	380	
Technician-III	Pulwama	04 of 2013	23.02.2013	399	
Technician-III	Rajouri	04 of 2013	23.02.2013	403	
Technician-III	Srinagar	04 of 2013	23.02.2013	441	
Technician-III	Div. Jmu.	04 of 2013	23.02.2013	279	
Draftsman (Mechanical)	State	03 of 2012	28.12.2012	105	23 rd of August, 2014 from 02.00 P.M to 4.30 P.M (2 nd Meeting)
Draftsman (Mechanical)	State	09 of 2013	21.06.2013	674	
Physiotherapist	Div. Kmr.	03 of 2012	28.12.2012	157	23 rd of August, 2014 from 02.00 P.M to 4.30 P.M (2 nd Meeting)
Physiotherapist	Div. Jmu.	03 of 2012	28.12.2012	200	
Jr. Legal Asstt.	Div.Kmr.	03 of 2012	28.12.2012	182	23 rd of August, 2014 from 02.00 P.M to 4.30 P.M (2 nd Meeting)
Jr. Legal Asstt.	Div.Jmu.	03 of 2012	28.12.2012	222	
Jr. Legal Asstt.	Div.Kmr.	10 of 2013	10.10.2013	748	
Jr. Legal Asstt.	Div.Jmu.	10 of 2013	10.10.2013	760	
Legal Asstt.	Div.Kmr.	10 of 2013	10.10.2013	759	
Legal Asstt.	Div.Jmu.	10 of 2013	10.10.2013	774	

It is pertinent to mention here that the examination venue will be reflected on the Admit Cards which the candidates shall have to down-load from the official website of the Board for which the date of down-loading shall be notified separately.

Sd/-
Secretary,
J&K Services Selection Board, Srinagar.

Dated:-09-08-2014

THE JAMMU & KASHMIR STATE BOARD OF SCHOOL EDUCATION

NEW CAMPUS, BEMINA, SRINAGAR

NOTIFICATION

It is hereby notified for information of all stake holders in general and concerned examinees in particular that below mentioned examination centre pertaining to Higher Secondary Examination Part II (Class 12th) Annual Pvt. 2013, held in Aug-Sept 2014 (Two Paper Scheme) has been shifted as mentioned below:-

Centre No.	Name of the Centre	Centre Shifted to
203/HSE-II	S.M.I.E.I., Shamsabad	Govt HSS Arigam

The concerned candidates will take their examination at the centre as indicated above:-

By order.

No.F(SSR-HSE/CC)TPS/14
Dated: 09-08-2014

Sd/- (N.A. Khan)
Assistant Secretary
Sup/ Strong Room, K.D.

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(affiliated to University of Kashmir)

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IMPORTANT NOTICE

Candidate's pursuing B.Ed. Session 2013-2014 are informed that practice of teaching shall commence from 11th-08-2014 at sharp 08:00 am every day and will proceed for fifteen days. In case of strike or disturbance the examination will take place as per sequence of the day framed. Students failing to appear in the said examination will not be provided any kind of relaxation.

Regarding information related to B.Ed admissions for new session contact us on no's given below

Shalimar, Srinagar, J&K, INDIA-191121
Cell: 9858484714, 9018555737
Tel: +91 194 2106920 Email: lakecitycollegeofeducation@gmail.com

Office of the Headmaster

GOVT. BOYS HIGH SCHOOL
AARATH BUDGAM, KASHMIR

Sub: Cancellation of stamp of Headmaster Govt. Boys High School Aarath

In connection with the above cited subjected the stamp of Headmaster Govt. Boys High School Aarath has been misplaced. The said stamp may be treated cancelled w.e.f 10-07-2014. The specimen of the stamp is enclosed herewith.

Sd/-
Headmaster

JOB OPPORTUNITIES

- Business Development Manager:**
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(Male/Female) responsible for organizing and running events successfully. Generating sale business from events, should be able to identify the places where events can be conducted for extracting maximum sale results and achieve the objectives of the events.
- Executive-Backend:**
(Male/Female) Responsible backend activities, punching, telecalling, reporting, accounts, Tracking, mailing, product delivering & other.
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