

• क्रेयर...

हाथों की देखभाल...

शरीर के दूसरे अंगों, जैसे चेहरे और पैरों की तरह हाथ को भी विशेष देखभाल की जरूरत होती है। इससे रूखेपन और झुर्रियों को कम करने में मदद मिलती है। हालांकि उम्र के साथ हाथों पर झुर्रियां पड़ने और बढ़ने लगती हैं। इन झुर्रियों को रोकने या कम करने के लिए कुछ सुझाव दे रहे हैं, जिन्हें आप अपनी त्वचा की देखभाल वाली दिनचर्या में शामिल कर सकती हैं।

▶▶ पानी हमारा बहुत ही अच्छा दोस्त है, और यह बिल्कुल सच है। डीहाइड्रेशन हाथों के रूखेपन का सबसे बड़ा कारण है और इसी की वजह से हाथों पर झुर्रियां भी पड़ती हैं। इसलिए खुद को हमेशा हाइड्रेटेड रखें। यानी खूब सारा पानी पिएं।

▶▶ हममें से ज्यादातर लोग समझते हैं कि सिर्फ हमारे चेहरे को ही सनब्लॉक की जरूरत होती है, पर ऐसा है नहीं। शरीर के सभी हिस्सों पर सनब्लॉक लगाना चाहिए खासकर उन हिस्सों पर, जिनपर सूर्य की रोशनी सीधे पड़ती है। चेहरे की तरह हाथों पर भी सूर्य की रोशनी सीधे पड़ती है, हाथों पर भी सनब्लॉक लगाएं। धूप में निकलने से करीब 20 मिनट पहले

सनब्लॉक लगाएं और हर दो से तीन घंटे बाद दोहराते रहें। भारतीय स्किन टोन के लिए लगभग 30 या उसके ऊपर के एसपीएफ वाला सनब्लॉक अच्छा होता है।

▶▶ अधिकांश लोगों को लगता है कि सनब्लॉक उनकी त्वचा को ऑयली बना देते हैं। ऐसे में आप मैट फिनिश वाला सनब्लॉक इस्तेमाल करें या उसपर थोड़ा-सा टेलकम पाउडर थपथपाकर लगाएं, वह एकस्ट्रा मॉइस्चर सोख लेगा। बाहर बादल छाए हों या आप घर में हों तो भी सन ब्लॉक जरूर लगाएं।

▶▶ हमें एक अच्छी त्वचा देने के लिए मॉइस्चराइजर्स को लंबा रास्ता तय करना होता है। इसलिए रोजाना मॉइस्चराइजर लगाएं। बहुत सारे लोग यह मानते हैं कि ऑयली स्किन के लिए मॉइस्चराइजर की जरूरत नहीं होती है, पर यह बिल्कुल सच नहीं है। ऑयली स्किन के लिए भी मॉइस्चराइजर जरूरी होता है, हां आप माइल्ड मॉइस्चराइजर का इस्तेमाल करें। कम्बिनेशन स्किन वालों को अपनी त्वचा के उन हिस्सों को अच्छी तरह से मॉइस्चराइज करना चाहिए, जो आमतौर पर अधिक ड्राई होते हैं।

▶▶ रात के समय अगर आप अपने चेहरे की देखभाल के लिए समय निकालती हैं तो हाथों के लिए भी निकालें। हैंड क्रीम या फिर पेट्रोलियम जेली से

हाथों को मॉइस्चराइज करें। ये पूरी रात त्वचा पर लगा रहते हैं, जिससे त्वचा को इन्हें एब्जॉर्ब करने का समय मिल जाता है।

▶▶ आजकल सैनियाइजर का इस्तेमाल जरूरी हो गया है। और आपको इसे अपने साथ रखना भी चाहिए। हालांकि अगर आपके पास हाथ धोने के लिए साबुन और पानी की सुविधा उपलब्ध हो तो

सैनियाइजर की जगह उसे चुनें। सैनियाइजर हाथों को ड्राई कर देता है, जिससे रिकल्स और फाइन लाइन्स आ जाती हैं। अगर आप अक्सर सैनियाइजर का इस्तेमाल करती हैं, तो अपने हाथों को हमेशा मॉइस्चराइज्ड रखें।



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Tender Notice

Sealed item rate tenders on form 6 & 8 are hereby invited by the Executive Engineer, Jaisinghpur Division, H.P. PWD, Jaisinghpur for following works on behalf of the Governor of Himachal Pradesh from the approved and eligible contractors/firms enlisted in HP PWD, (B&R) so as to reach in this office as per time schedule given below:-

Sl. No.	Date of receipt of Application for tender forms:-	25.02.2021 at 4.00PM		
1.	Date of issued /sale of tender form:-	26.02.2021 upto 4.00PM		
2.	Date of receipt of tender	01.03.2021 at 11.00AM		
3.	Date of opening of tender :-	01.03.2021 at 11.30.AM		
4.	Name of work	Estimated cost	Earnest Money	Time
1	C/o road from Bandhau to Bairghatta Km. 0/00 to 4/885 including bridge over Kotlu Nallah and Moul Khad (SH:- Providing and laying Metteling and Tarring at RD 1/690 to 1/840)	4,96,588.00	10000.00	Two Month
2	C/o Link road from Darshan Singh Shop to Radha Krishan Mandir in Village Bar (Lower Dagoh) (SH:- Providing and laying Cement concrete pavement at RD 0/120 to 0/175, 0/180 to 0/235 and 0/240 to 0/295 , C/o R/wall at RD 0/212 to 0/220 and 0/221 to 0/232)Deposit	4,93,415.00	9900.00	Two Month
3	C/o Alampur Harsipattan road Km. 0/0 to 26/0 (SH:- Providing and laying GSB and G-II,20mm thick P.C at RD 8/780 to 8/855) (OFC Deposit)	1,27,587.00	2600.00	Two Month
4	Improvement of black spot and C/o passing place on C/o Bhuanu ashapuri road Km. 7/210 to 7/285 (SH:- Providing and fixing W metal beam crash Barrier at RD 7/240 to 7/280,6/605 to 6/670 and C/o Passing place/Imp. Of curve Km. 7/210 to 7/285 (Black Spot)	4,84,369.00	9700.00	Two Month
5	C/o road from Bandhau to Bairghatta Km. 0/00 to 4/885 including bridge over Kotlu Nallah and Moul Khad (SH:- Filling in earth work in approaches at RD 2/072 to 2/095)	4,17,084.00	8400.00	Two Month
6	C/o Jeepable road from main road to Kali Mata Mandir in Village Sakoh Mohal Km. 0/0 to 1/00 (SH:- Providing and laying CC pavement at RD 0/0 to 0/164)	3,09,215.00	6200.00	Two Month
7	C/o road from Bandhau to Bairghatta Km. 0/00 to 4/885 including bridge over Kotlu Nallah and Moul Khad (SH:- Providing and laying Metteling and Tarring at RD 1/996 to 2/010 and 2/012 to 1/103)	4,95,304.00	10000.00	Two Month
8	C/o Alampur Harsipattan road Km. 17/0 to 26/0 (SH:- c/o 1.00 mtr span slab culvert at RD 18/750 (OFC Deposit)	3,85,602.00	7800.00	Two Month
9	C/o road Raipur to Lambagaon via Sugri ka Bag road Km. 0/00 to 6/00 (SH:- C/o 2 mtr span slab culvert at RD 5/0200(MNP)	4,75,519.00	9600.00	Two Month
10	C/o Link road & M/T from Balakrupi Gaderu Fatte to Jhameter road Km. 0/0 to 0/500 (SH:- C/o V-shape drain with edge wall at RD 0/0 to 0/075, 0/090 to 0/215 and 0/245 to 0/500) MNP	3,66,132.00	7400.00	Two Month
11	C/o Link road & M/T from Balakrupi Gaderu Fatte to Jhameter road Km. 0/0 to 0/500 (SH:- Providing and laying C.C pavement at RD 0/380 to 0/500 (MNP)	2,26,255.00	4600.00	Two Month
12	C/o road from Bandhau to Bairghatta Km. 0/00 to 4/885 including bridge over Kotlu Nallah and Moul Khad (SH:- Filling in earth work in approaches at RD 2/072 to 2/095)	4,71,267.00	9500.00	Two Month
13	C/o Link road from Prage Da Galu to Dhar Bharamपुर Km. 0/0 to 0/900 (SH:- Providing and laying CC pavement at RD 0/385 to 0/435, 0/436 to 0/488 and C/o U-shpe drain at RD 0/00 to 0/150 (MNP)	3,30,637.00	6700.00	Two Month
14	Retoration of rain Damages on Dharamshala Dadh Palampur Holta chadhari Sandhole road Km. 0/00 to 90/00 (SH:- C/o R/wall at RD 53/950 to 53/970 and paver block RD 53/765 to 53/775)	4,21,103.00	8500.00	Two Month
15	C/o road from Bandhau to Bairghatta Km. 0/00 to 4/885 including bridge over Kotlu Nallah and Moul Khad (SH:- Providing and laying 900mm dia Hume pipe culvert with wing walls at RD 2/010)	3,99,739.00	8000.00	Two Month

Terms and conditions:-

- The tender documents shall be issued only to those contractors /firms who fulfill the following criteria and submit the following documents with the application:-
- The tender of only those contractor/ Firms will be processed who will produce the proof of valid registration and submit the copy of renewal/enlistment in appropriate category, EPF No., Pan No. and GST No. with the application.
- Earnest money in the shape of National saving certificate/Time deposit Account in any of the post office in HP. F.D.R from any Nationalized Bank(i/c Kangra Central Cooperative Bank) duly pledged in favour of the Executive Engineer Jaisinghpur HP.PWD., Jaisinghpur.
- The earnest money & cost of tender form for the above works should be submitted with the application for forms. The application received without earnest money& cost of tender form shall summarily be reject.
- List of machinery be attached with the tender form.
- Tax Clearance certificate (T.C.C) issued from the concerned Excise and Taxation Department.
- Ambiguous/telegraphic/conditional tenders or tender by fax/E-mail shall not be entertained/ considered and will summarily be rejected.
- Executive Engineer reserves the right to reject or cancel any or all the tenders without assigning any reasons
- The offer of the tender shall remain valid upto 120days after the opening of tender.
- If the date given above happens to be a holiday, the same shall be processed on next working days.
- The contractors/ firms must quote their rates in words as well as in figures failing which XEN reserves the right to accept/ reject any or all tenders.
- The tender form will not be issued to those contractors/ firms whose previous performance is not found satisfactory and who have not executed/completed the previous awarded works within the stipulated period of completion.
- One contractor should not have more than two work in hand at a time.
- Work should be completed by the contractor within the stipulated period.
- Works completion and work in hand certificate issued by the concerned Executive Engineer must be attached with the application for issue of tender form.

HIM SUCHNA AVAM JAN SAMPARK

Executive Engineer
Jaisinghpur Division
HPPWD, Jaisinghpur

HPPWD NOTICE INVITING TENDER BHARWAIN DIVISION HPPWD BHARWAIN TEHSIL AMB DISTRICT UNA (H.P).

Sealed tenders on item rates basis are hereby invited on behalf of Governor of Himachal Pradesh by the Executive Engineer Bharwain Division, HPPWD, Bharwain Tehsil Amb District Una (HP) from the experienced contractors/ firms enlisted in appropriate class with Himachal Pradesh PWD for the following works. The tender shall be received in his office on or before 04.03.2021 up to 10.30 A.M and shall be opened on the same day at 11.00 A. M in the presence of contractors / firms or their authorized representatives , who wish to be present at the time of opening of tenders. The tender applications shall be entertained and tender form shall be sold up to two days before the date of opening of tender i.e 02.03.2021 up to 12.00 Noon. Draft Notice Inviting Tenders/ Drawing/ Specifications can be seen in the office of the Executive Engineer on any working day between 11.00 A. M to 4.00P. M. Ambiguous / Telegraphic / Conditional tenders or tender by Fax shall not be entertained/ considered in any case. The earnest money in the shape of National Saving Certificate / Time Deposit Account / FDR in any of the Post Office in H.P./ Nationalized Bank duly pledged in favour of Executive Engineer must be accompanied with the application. Conditional tenders and the tenders received without earnest money will out rightly be rejected. The contractor shall accompany his enlistment/ renewal orders with his application for obtaining the tender documents. The Executive Engineer reserves the right to reject the tender without assigning any reasons. The work will be completed by the contractor within the stipulated period. The contractor will have to submit his registration under the H. P General Sale Tax Act 1968 and also labour license under contract Act 1970 from the competent authority. The contractors/ firms are requested to insert the rate of each item in words as well as figures, failing which XEN reserves the right to accept/ reject any or overall tenders. The tender shall only be issued to those contractors/ firms, who are found eligible/ suitable and competent as per the above conditions. The offer shall remain valid up to 45 days after the opening of tender. If any of the date mentioned above happens to be Local / Gazetted Holidays the same shall be process on next date.

Sr No.	Name of work.	Estimated Cost	Earnest Money	Time Limit	Form No.	Cost of Form
1	Restoration of rain damages on NMT road from Mubarikpur to Marwari up to (Punjab Boundary) km 54/675 to 72/555 (SH: Extension of solid causeway at RD 69/360 to 69/380)	326832/-	6550/-	One month	PWD-8	350/-
2	Restoration of rain damages on NMT road from Mubarikpur to Marwari up to (Punjab Boundary) km 54/675 to 72/555 (SH: C/O Retaining walls at RD 55/072 to 55/087 & 55/094 to 55/102)	497241/-	10000/-	One Month	PWD-8	350/-
3	Improvement of road safety on link road Channi Devi to Guret road km 0/0 to 5/420 (SH: Providing & erecting "W" metal beam crash barrier at RD 0/280 to 0/390)	354000/-	7100/-	One month	PWD-8	350/-
4	C/O linkroad Nehri Khalsa Rounki Behal Ghangruhi Thara to Ladoli km 0/0 to 4/250 (SH: Providing & laying GSB, WMM & Tarring between km 1/500 to 1/750) under SCCP.	388612/-	7250/-	Three month	PWD-8	350/-
5	C/O link road from Chowkimiinai Kainth Dhamandri road km 0/0 to 10/500 (Portion km 0/0 to 5/600) (SH: C/O U-shape drain at RD 4/767 to 4/975 & wire crates, Breast wall at RD 5 /240 to 5/260.50) under SCCP	498460/-	10000/-	Three months	PWD-8	350/-
6	C/O link road from Chowkimiinai Kainth Dhamandri road km 0/0 to 10/500 (Portion km 0/0 to 5/600) (SH: C/O U-shape drain at RD 5/015 to 5/060 RHS, 5/030 to 5/165, 5/165 to 5/345 & wire crates, Breast wall at RD 5 /240 to 5/260.50) under SCCP	499363/-	10000/-	Three months	PWD-8	350/-
7	C/O Jole Khurwain road to village Ambehra Tiar Kuhroo Harijan Basti (Kabirbasti) km 0/0 to 4/200 (SH: Formation cutting between km 0/525 to 1/0, 900mm dia RCC Hume pipe culvert at RD 0/773 and 0/960 including wing wall) under SCCP	467500/-	9400/-	Three months	PWD-8	350/-
8	C/O Mahilla Mandal Bhawan in Ward No.6 village Rounkhar under VKVNY.	147200/-	3000/-	Three months	PWD-8	350/-

-Him Suchna Avam Jansampark