



MISSION DIRECTOR, NATIONAL HEALTH MISSION, J&K

Jammu Office: Regional Institute of Health & Family Welfare, Nagrota, Jammu.
Fax: 0191-2674114; Telephone: 2674244. Pin: 181221

Kashmir Office: Block-A, Ground Floor, Old Secretariat, Srinagar. Pin: 190001
Fax: 0194-2470486; Telephone: 2477337; e-mail: mdnhmjk@gmail.com

NHM Help Line for Jammu Division: 18001800104; Kashmir Division: 18001800102

**Chief Medical Officer,
(Vice-Chairman, District Health Society),
Jammu.**

No: SHS/J&K/NHM/FMG/J/ 25876-80

Dated: 10-03-2020

Sub: Release of funds on account of TA/DA for attending the Training Programme as detailed below.

Sir,

In reference to the subject cited above, sanction is hereby accorded to the release of Grant-in-Aid of Rs. 15,700/- (**Rupees Fifteen Thousand Seven Hundred only**) under RCH Flexible Pool on account of TA/DA of the below mentioned trainee for attending the Training programme as per the details given below:

S.No.	Name of Participant	Place of Posting	Amount	Training attended
1	Dr. Nisha Thapa	PHC Domana, Block Kot Bhalwal, Jammu	15,700	Training on Lifestyle Diseases and Health Promotion w.e.f. 5 th to 9 th of August 2019 at NIHFW, New Delhi.
Total			15,700	


Accordingly, the above sanctioned GIA is hereby electronically transferred to the official bank account of your District Health Society.

You are, therefore, requested to disburse the TA/DA claim out of the released funds meant for this Training on account in favour of above mentioned trainee and expenditure to be reported under the same.

The Grant-in-Aid released is subject to following conditions:

1. That the sanctioned funds are only meant for the disbursement of TA/DA in favour of above mentioned trainee out of funds meant for the same for attending *programme as mentioned above, after confirmation of Administrative approval.*
2. That the guidelines provided by Govt. of India regarding TA rules in respect of J&K State Govt. /NHM employees is to be adhered to.
3. That after disbursement of TA/DA as per TA rules, remaining funds, if any, under this head be refunded to State Health Society, J&K under intimation to this office.
4. That the monthly Statement of Expenditure & Utilization Certificate are to be sent to the State Health Society regularly.

5. That the proper record of Bank Column Cash Books, Ledgers, Assets created, complete address of beneficiaries and other relevant records are to be maintained at all levels.
6. That the accounts of the District Health Society shall be open to inspection by the sanctioning authority and Audit both by the Comptroller and Auditor General of India under the provision of CAG (DPC) Act 1971 and Internal Audit by Principal Accounts Office of the Ministry of Health & Family Welfare, GoI, whenever the society is called upon to do so.


Bhupinder Kumar, IAS,
Mission Director,
National Health Mission, J&K

Copy for information to the:

1. **Director Health Services, Jammu.**
2. **Programme Manager, Trainings, NHM, J&K.**
3. **Divisional Nodal Officer, Jammu Division, SHS, NHM, J&K.**
4. **PS to the Financial Commissioner to Govt. Health & Medical Education Department, J&K, Civil Secretariat, Srinagar.**
5. **Head Asstt/Ledger keepers SHS, NHM, J&K.**
6. **Office file.**



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Fax: 0194-2477309, 2470486; Telephone: 2477337; e-mail: mdnhmjk@gmail.com

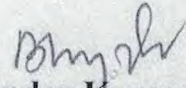
NHM Help Line for Jammu Division: 18001800104; Kashmir Division: 18001800102

Order No: 229 of 2020

Dated: 18/02/2020

As approved by the Financial Commissioner to Government, Health & Medical Education Department (Chairman, Executive Committee, State Health Society) vide approval PS/FC/HME/636/20 dated 07-02-2020, Post Facto sanction is hereby accorded to the following officers, for attending Training of Medical Officers on Lifestyle Diseases and Health Promotion w.e.f 5th of August 2019 to 9th of August 2019 at NIHF New Delhi:

S.No.	Name	Place of Posting	District
1.	Dr. Nishu Thappa	HWC-PHC Domana, Block Kot Bhalwal	Jammu
2.	Dr. Tasing Yangchan	HWC-PHC Basgo	Leh
3.	Dr. Sitakshi Bandral	HWC-PHC Chanunta, Block Ramnagar	Udhampur


Bhupinder Kumar, IAS
Mission Director,
NHM, J&K.

No: SHS/J&K/NHM/24494-97

Dated: 18-2-2020

Copy for the information to the:

1. Financial Commissioner to Govt; Health & Medical Education Department, Civil Secretariat, Jammu.
2. Director Planning, SHS, NHM, J&K
3. FA/CAO, SHS, NHM, J&K.
4. Programme Manager, CPHC, NHM, J&K.
5. Office file.

omkumar.bhagat <omkumarbhagat1441@gmail.com>

8:54 PM (1 minute ago)

to ddo, cmojammu, DDO, cmoudhampur123, CMO, DPMU, DPMU, NPCDCS, LEH, NHM, Directorate, NHM

Dear All,

A communication received from MoH&FW, GoI regarding, training of Medical Officers as cited above. In this connection five (5) Medical Officers has been nominated from J&K for attending the said training as per scheduled. The details of the nominated Medical Officers is as under.

1. Dr. Nishu Thappa, HWC-PHC Domana, Block Kot Dhalwal, Jammu.
2. Dr. Taseef Yangchan, HWC- PHC Basgo, Leh
3. Dr. Iqbal, HWC - PHC- Panzgam, Kupwara
4. Dr. Khurshed Ah Shah, HWC- PHC Khrew, Block Pampore, Pulwama
5. Dr. Sitakshi Bandral, HWC- PHC Chanunia Block Ramnagar Udhampur

The format of training shall be issued after receiving post facto sanction of deputation from administrative department in favor of participants. The training is being conducted by National Health System Recourse Centre (NHSRC), at National Institute of Health & Family Welfare (NIHFW), New Delhi. The accommodation for nominated participants is arranged in NIHFW, Hostel, New- Delhi. TA/DA as per NHM norms shall be borne by State Health Society, J&K after post facto sanction.

Jd Bask

Medical college Bhand

0373040100003287

[Handwritten signature]

**Nomination for Training on Lifestyle Diseases and Health Promotion on 5th -9th of August -2019 at
NIHFV, New Dwibi**

Sl.No	Name	Place of Posting	Designation	Mobile Number
1	Dr. Imtiyaz Shakeel Baba	SHS, NHM, J&K	Asst. Programme Manager, NDCCPs	7889949936
2	Dr. Irfan Suhail Shah	SHS, NHM, J&K	Asst. Programme Manager, HWCs	9858464000
3	Dr. Nisha Thappa	HWC, Jammu	Medical Officer	9419133320
4	Dr. Tasering Yangchan	HWC, PHC Basgo, Lel	Medical Officer	7051608207
5	Dr. Iqbal	HWC, PHC Panzgam, Kupwara	Medical Officer	7006944254

12

(Signature)



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Telephone: 0194-247737, 2477309, 2470486; e-mail: mdnhmjik@gmail.com

NHM Help Line for Jammu Division: 18001800104; Kashmir Division: 18001800102

**Director Health Services,
Jammu/Kashmir.**

(Matter Most Urgent)

No: SHS/NHM/J&K/NDCP/6569-6578

Dated: 15-7-19

Sub: Nominations for Training of Medical Officers on Lifestyle Diseases and Health Promotion on 5th To 9th of August-2019 at NIHF, New Delhi.

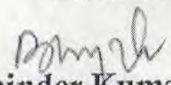
Madam/Sir,

The National Institute of Health & Family Welfare (NIHF) GoI, is organizing a Training Course on "**Lifestyle Diseases and Health Promotion**" on 5th - 9th of August-2019 at NIHF, New Delhi for the faculty and training of Medical & Nursing Colleges; State Institute of Health & Family Welfare Health & Family Welfare Training Centre, District Training Teams and Health Professionals engaged in NCDs and Health Promotion activities. The Training shall be held w.e.f 5th - 9th of August-2019 at NIHF, New Delhi.

In this regard, you are therefore requested to nominate one Medical Officer posted at Health & Wellness Centre (PHC) along with his/her complete contact details from your concerned Divisions including Leh District for undergoing training programme with this office on priority basis for further necessary action in this regard.

The TA/DA of the nominated participants for the said training will be borne by the State Health Society, NHM, J&K as per the approved norms.

Yours faithfully,


Bhupinder Kumar, IAS
Mission Director
NHM, J&K

Copy for information to the:

1. Financial Commissioner to Govt; Health & Medical Education Department, J&K Civil Secretariat, Srinagar.
2. Director (P&S) SHS, NHM, J&K
3. FA & CAO, SHS, NHM, J&K
4. State Nodal Officer, SHS, NHM, J&K.
5. Programme Manager, NDCPs, NHM, J&K
6. Divisional Nodal Officer, Kashmir/Jammu, NHM, J&K.
7. Assistant Programme Manager, NDCPs, NHM, J&K.
8. Office file

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BOARDING PASS
SPECIAL REQUESTS

NIL

Name: THAPPA/DRNISHA MRS

Flight No. G8 185 U Class

From: Delhi

To: Jammu Board Time 13:20 Dep. Time 14:00

Date: 10 Aug 18 056 Seq No. 3F Gate: 3F



Name: THAPPA/DRNISHA MRS

Flt : G8 185

Seat : 3F

PNR : JZBYSY

Class: U

90^{MIN}

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90^{MIN}

FLY SMART

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Frisking of person and checking of hand baggage is mandatory for all passengers. Passengers are requested to co-operate with the security staff. *Terms and conditions apply.

Boarding gate will close 25 minutes before departure

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BOARDING PASS
SPECIAL REQUESTS

NIL

Name: THAPPA/DRNISHA MRS

Flight No. G8 149 U Class

From: Jammu

To: Jammu Board Time 15:10 Dep. Time 15:50

Date: 10 Aug 18 013 Seq No. 3A Gate: 3A



Name : THAPPA/DRNISHA MRS

Flt : G8 149

Seat : 3A

PNR : JZBYSY

Class: U

90^{MIN}

FLY SMART

90^{MIN}

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SMS G8 Help to 57333

Frisking of person and checking of hand baggage is mandatory for all passengers. Passengers are requested to co-operate with the security staff. *Terms and conditions apply.

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BOARDING PASS



BOARDING PASS

SPECIAL REQUESTS

NIL

Boarding gate will close 25 minutes before departure

NO P

Name: THAPPA/DRNISHA MRS

Flight No. Class

From: Delhi

G8 185 U

To: Jammu

Board Time Dep. Time

Date: 10 Aug 19 2019

13:20 14:00

Gate:

Seq No. Seat
056 3F

Name: THAPPA/DRNISHA MRS

Flt: G8 185

Seat: 3F

PNR: J2BY5Y

Class: U

Frisking of person and checking of hand baggage is mandatory for all passengers. Passengers are requested to co-operate with the security staff. *Terms and conditions apply.

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BOARDING PASS

SPECIAL REQUESTS

NIL

Boarding gate will close 21 minutes before departure

Name: THAPPA/DRNISHA MRS

Flight No. Class

From: Jammu

G8 149 U

To: Delhi

Board Time Dep. Time

Date: 04 Aug 19

13:50 14:30

Gate: 3

Seq No. Seat
013 3A

Name: THAPPA/DRNISHA MRS

Flt: G8 149

Seat: 3A

PNR: J2BY5Y

Class: U

Frisking of person and checking of hand baggage is mandatory for all passengers. Passengers are requested to co-operate with the security staff. *Terms and conditions apply.

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Nisha



राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान
NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE

नई दिल्ली/NEW DELHI - 110067

फोन/Ph. : 011-26717207, 26165959 फैक्स/Fax : 011-26101623

हॉस्टल / Hostel
529

कैश रसीद संख्या/Cash Memo No. _____ दिनांक/ Dated: 10/9/2019

नाम/Name : DR. NISHA THAPPA

पता/Address: Ph. Domo Block for Bhalwal, Jammu-J&K

कमरा नं. /Room No. 11 कार्ड संख्या /Card No. _____

ठहरने की अवधि/Stay 04/9/19 से/from 10/9/2019 तक/to 6 दिन/days


किराया/Rent (दर रु.) @Rs. 300/- प्रतिदिन/रु./per day /Month.

क्रम संख्या/ Sl. No.	विवरण / Particulars	राशि/Amount रु./Rs. पैसे/P.
1	मैस प्रभार/ Mess Charges	= 840/-
2	किराया/ Rent	= 1800/-
3	ए.सी./कूलर/हीटर प्रभार AC/ Cooler/Heater Charges	/
4	दूरभाष प्रभार/Telephone Charges	/
5	सेवा प्रभार/Service Charges	/
योग/Total		2640/-

अग्रिम (द्वारा रसीद संख्या) Advance vide R.No.

शुद्ध वसूली/वापसी/ Net realisation/refund

Two THOUSAND Six Hundred
fourty only


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Sign. of inmate


हॉस्टल सहायक/लिपिक
Hostel Assit/Clerk



राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान
(स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार के अधीन एक स्वायत्तशासी संस्थान)



The National Institute of Health and Family Welfare
(An Autonomous Institute under Ministry of Health & Family Welfare, Government of India)

बाबा गंगनाथ मार्ग, मुनीरका, नई दिल्ली-110 067
दूरभाष (कार्यालय): 91-11-26165959, 26166441, 26188485, 26107773
फैक्स: 91-11-26101623, ई.मेल: info@nihfw.org
वेब साइट: www.nihfw.org

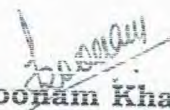
Baba Gangnath Marg, Munirka, New Delhi-110 067
Phones: 91-11-26165959, 26166441, 26188485, 26107773
Fax: 91-11-26101623, E.Mail: info@nihfw.org
Web Site: www.nihfw.org

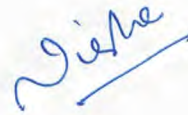
Date: 09th August 2019

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Dr.Nisha Thappa has attended the Training Course on Lifestyle Diseases and Health Promotion: 05th - 09th August, 2019 at the National Institute of Health and Family Welfare, New Delhi. No TA/DA has been paid from this Institute.

She is relieved on 09.08.2019(A/N) after successfully attending the training.


(Prof. Poonam Khattar)
Course Coordinator





भारतीय स्वास्थ्य

राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान
THE NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE
नई दिल्ली/New Delhi

प्रमाणपत्र / Certificate

यह प्रमाणित किया जाता है कि डॉ. निशा थापा द्वारा राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान, नई दिल्ली में 05 से 09 अगस्त, 2019 की अवधि में जीवन शैली रोगों तथा स्वास्थ्य संदर्भन पर प्रशिक्षण पाठ्यक्रम में सफलतापूर्वक भाग लिया।

This is to certify that Dr. Nisha Thappa successfully completed Training Course on Lifestyle Diseases and Health Promotion held at NIIHFW, New Delhi, from 5th.. 9th August, 2019

प्रो. कुमार खट्वा / Prof. Kumar Khattra

सह-संयोजक / Coordinator
राष्ट्रीयक संस्थान / NIIHFW

सुनील शर्मा / Sunil Sharma

संयुक्त सचिव (प्रशिक्षण) एवं प्रभारी निदेशक / Joint Secretary (Training) & Director I/c
राष्ट्रीयक संस्थान / NIIHFW

ANSURIYA TRAVELS

Booking ID : FMNMA34XIN0NE
Booked on : 03 Aug 2019 08:07 PM

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Agency
☎ +919419191240

AIRLINE PNR
J2BY5Y
GDS PNR: J2BY5Y

➔ Onward Flight Details *Please verify flight times with the airlines prior to departure

Flight 1	Departing	Arriving	
GoAir G8-149 Cabin: Economy	Jammu (IXJ) Sun, 4 Aug 2019, 03:50 PM	Delhi (DEL) Terminal 2 Sun, 4 Aug 2019, 05:20 PM	Non Stop 01:30 Hrs Refundable

➔ Return Flight Details *Please verify flight times with the airlines prior to departure

Flight 2	Departing	Arriving	
GoAir G8-185 Cabin: Economy	Delhi (DEL) Terminal 2 Sat, 10 Aug 2019, 02:00 PM	Jammu (IXJ) Sat, 10 Aug 2019, 03:35 PM	Non Stop 01:35 Hrs Refundable

👤 Passenger(s) Details

Sr No.	Passenger(s) Name	Type	E-ticket No
1	Mrs Dr Nisha Thappa	Adult	J2BY5Y
2	Ms Dr Sitakshi Bandral	Adult	

25521
2
= 12760

Payment Details	Amount (INR)
Air Fare	19,626.00
Fuel Surcharge(YQ)	800.00
CUTE Charges(YR)	226.00
Taxes & Fees	3,801.20
Supplier GST	1,068.00
Total	25,521.20

Flight Inclusions			
Baggage	Adult	Child	Infant
Cabin Baggage	7 Kg	7 Kg	0 Kg
Check-in Baggage	15 Kg	15 Kg	0 Kg

* Flight Inclusions are subject to change with Airlines.

Customer Contact Details | E-mail : surajsaraf33@gmail.com | Contact No : 9419133320

Important Information

- All Guests, including children and infants, must present valid identification at check-in.
- Check-in begins 2 hours prior to the flight for seat assignment and closes 45 minutes prior to the scheduled departure.
- Carriage and other services provided by the carrier are subject to conditions of carriage, which are hereby incorporated by reference. These conditions may be obtained from the issuing carrier.
- In case of cancellations less than 6 hours before departure please cancel with the airlines directly. We are not responsible for any losses if the request is received less than 6 hours before departure.
- Please contact airlines for Terminal Queries.

Nisha



राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान
NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE
नई दिल्ली/NEW DELHI - 110067

फोन/Ph. : 011-26717207, 26165959 फैक्स/Fax : 011-26101623

हॉस्टल / Hostel

529

कैश रसीद संख्या/Cash Memo No. _____ दिनांक/ Dated: 10/9/2019

नाम/Name : DR. NISHA THAPPA

पता/Address: Phe - Domare Block Bhalwal, Jammu-T&K

कमरा नं. /Room No. 11 कार्ड संख्या /Card No. _____

ठहरने की अवधि/Stay 04/9/19 से/from 10/9/2019 तक/to 6 दिन/days

किराया/Rent (दर रु.) @Rs. 300/- प्रतिदिन/माह/perday/Month.

क्रम संख्या/
Sl. No. विवरण / Particulars राशि/Amount
रु./Rs. पैसे/P.

1 मैसेज प्रभार/ Mess Charges

= 840/-

2 किराया/ Rent

= 1800/-

3 ए.सी/कूलर/हीटर प्रभार
AC/ Cooler/Heater Charges

4 दूरभाष प्रभार/Telephone Charges

5 सेवा प्रभार/Service Charges

योग/Total 2640/-

अग्रिम (द्वारा रसीद संख्या) Advance vide R.No.

शुद्ध वसूली/वापसी/ Net realisation/refund

Two THOUSAND Six Hundred
fourty only—

निवासी के हस्ताक्षर
Sign. of Inmate

हॉस्टल सहायक/लिपिक
Hostel Asstt/Clerk

राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान
(स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार के अधीन एक स्वायत्तशासी संस्थान)



The National Institute of Health and Family Welfare
(An Autonomous Institute under Ministry of Health & Family Welfare, Government of India)

बाबा गंगनाथ मार्ग, मुनीरका, नई दिल्ली-110 067
दूरभाष (कार्यालय): 91-11-26165959, 26166441, 26188485, 26107773
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Baba Gangnath Marg, Munirka, New Delhi-110 067
Phones: 91-11-26165959, 26166441, 26188485, 26107773
Fax: 91-11-26101623, E.Mail: info@nihfw.org
Web Site: www.nihfw.org

Date: 09th August 2019

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Dr.Nisha Thappa has attended the Training Course on Lifestyle Diseases and Health Promotion: 05th – 09th August, 2019 at the National Institute of Health and Family Welfare, New Delhi. No TA/DA has been paid from this Institute.

She is relieved on 09.08.2019(A/N) after successfully attending the training.


(Prof. Poonam Khattar)
Course Coordinator