



# 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),  
Udhampur.**

**No:** SHS/J&K/NHM/FMG/J/ 25881-85

**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. Sitakshi Bandral	PHC Chanunta, Block Ramnagar, District Udhampur	15,700	Training on Lifestyle Diseases and Health Promotion w.e.f. 5 <sup>th</sup> to 9 <sup>th</sup> of August 2019 at NIHF, New Delhi.
Total			15,700	

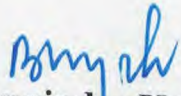
Accordingly, the above sanctioned GIA is hereby electronically transferred to the official bank account of your District Health Society.

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 officer 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.

Dr. Sitabehi Boudral  
Medical office.  
Block Ramnagar.  
Distt Udhampur

Om Udh

RGPJ-929/16-50,000 forms.

**FORM F. C. 25**

GOVERNMENT OF JAMMU AND KASHMIR

**Travelling Allowance Bill of Non-Gazetted Government Servants.**

Instructions for preparing T. A. Bill

Voucher No. \_\_\_\_\_ Dated 24/9/2019  
for Rs \_\_\_\_\_

15700

1. Journey of different kinds and journeys and halts should not be entered in the same line. Only one kind of allowance should be filled in the same line and its amount carried out separately in the last money column.
2. Hours of journey should be mentioned on—
  - (a) when mileage is claimed ;
  - (b) when both Railway or Road journeys are performed in continuation of each other vide Art. 337 (d) J&K C. S. Rs ;
  - (c) when journey begins from Headquarters on one day and ends at Headquarters on the other day.
3. No. of miles travelled must be entered in all cases.
4. Fraction of mile should be omitted from the total of each bill (Article 319 J&K C. S. Rs.).
5. When the first item of travelling allowance to any officer is a halt the date of commencement of the halt should be noted in remarks column.
6. Deduct fixed travelling allowance for the period an ordinary T. A. is charged for an officer in receipt of fixed T. A.
7. Total charge for each person should be separately shown.
8. Scale of daily allowance reference to Article 335 J&K C. S. Rs.
9. Permanent Travelling Allowance, Conveyance and Horse Allowance should be drawn along with the pay of the Government servants and not in T. A. Bill.
10. If daily allowance is claimed in respect of a road journey the number of miles travelled should be entered in column 14 and the daily allowance in columns 17 to 19.

**FOR USE IN ACCOUNTANT GENERAL'S OFFICE**

No. \_\_\_\_\_

Dated \_\_\_\_\_

Treasury Officer \_\_\_\_\_

Please pay Rs. \_\_\_\_\_

Rupees \_\_\_\_\_

Encls. \_\_\_\_\_

**DY. ACCOUNTANT GENERAL/ASSISTANT ACCOUNTS OFFICER**

Auditor

Jammu and Kashmir

CLASSIFICATION

Page

Name with Headquarters	Designation	Pay	and halts						Kind of journey by road, boat & c.	Class	No. of fares	Amount
			Departure			Arrival						
			Station	Date	Hour	Station	Date	Hour				
1	2	3	4	5	6	7	8	9	10	11	12	13
Dr. Sitakshi Bhandral Medical Officer PHC, CHWC Chanunta Ramnagar Dist- Udhampur (J&K)	Medical Officer	Rs 53000/-	4-Aug-2019			Jammu			Delhi (By Air)			
			10-Aug-2019			Delhi			Jammu (By Air)			
			Boarding and Lodging (4-8/19 to 10-8-19)									
			DA for 1 day									
											TOTAL =	
<p>Certified That :</p> <p>No Advance TA/DA has been availed</p> <p>The journey was purely in the interest of service.</p>												

road

allowance

No. of miles	Rate	Amount	No. of days	Rate	Amount	Particulars	Amount	Purpose of journey	Total of each line	Remarks
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14	15	16	17	18	19	20	21	22	23	24
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Rs 12760/-

12760

Rs 2640/-

2640

1 300 300

300

15700

ed by me  
nterest of administration

Atah



## 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: 0194-2477309, 2470486; Telephone: 2477337; e-mail: mdnhmjkg@gmail.com

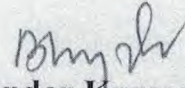
NHM Help Line for Jammu Division: 18001800104; Kashmir Division: 18001800102

**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 5<sup>th</sup> of August 2019 to 9<sup>th</sup> 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.

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**Agency**  
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AIRLINE PNR  
**J2BY5Y**  
GDS PNR: J2BY5Y

➔ **Outward Flight Details**

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

➔ **Return Flight Details**

Flight 2	✈ Departing	✈ Arriving	
<b>GoAir</b> G8-185 Cabin: Economy	<b>Delhi (DEL)</b> Terminal 2 Sat, 10 Aug 2019, 02:00 PM	<b>Jammu (IXJ)</b> 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	<b>Mrs Dr Nisha Thappa</b>	Adult	J2BY5Y
2	<b>Ms Dr Sitakshi Bandral</b> ✓	Adult	

*Handwritten:* 25521 / 12268

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
<b>Total</b>	<b>25,521.20</b>

Flight Inclusions	Adult	Child	Infant
Baggage			
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.
- Free Baggage Allowance: Checked-In Baggage = 15kgs in Economy class.
- Partial cancellations are not allowed for Round-trip Fares.
- Changes to the reservation will result in the above fee plus any difference in the fare between the original fare paid and the fare for the revised booking.
- In case of cancellation of a booking, made by a Go channel partner, refund has to be collected from that respective Go Channel.
- The No Show refund should be collected within 15 days from departure date.
- If the basic fare is less than cancellation charges then only statutory taxes would be refunded.
- We are not responsible for any Flight delay/Cancellation from airline's end.
- Kindly contact the airline at least 24 hrs before to reconfirm your flight detail giving reference of Airline PNR Number.
- We are a travel agent and all reservations made through our website are as per the terms and conditions of the concerned airlines. All modifications, cancellations and refunds of the airline tickets shall be strictly in accordance with the policy of the concerned airlines and we disclaim all liability in connection thereof.

**ANSURIYA TRAVELS**  
ContactNo: 9419191240

71 Vir Marg Residency, Jammu, JAMMU & KASHMIR, 180001

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SPECIAL REQUESTS

NIL

Name: BANDRAL/DRSITAKSHI MS

Flight No. G8 149 U Class

Name : BANDRAL/DRSITAK MS

From Jammu

25 minutes before departure

To Delhi

Board Time Dep. Time

15:10

15:50

Seat : 3B



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BOARDING PASS



BOARDING PASS

SPECIAL REQUESTS

NIL

Name: BANDRAL / DR SITAKSHI MS

From: Jammu

To: Delhi

04 Aug 19

Ladies Booth No - 1

Gate: 3

JAMMU

Flight No. Class  
G8 149 U

Board Time Dep. Time  
15:10 15:50

Seq. No. Seat  
014 3B

Name : BANDRAL / DR SITAK MS

Flt : G8 149

Seat : 3B

PNR : J2BYSY

Class: U

Boarding gate will close 25 minutes before departure

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SEQ: 013  
04 Aug  
PNR: J2BYSY  
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SPECIAL REQUESTS

NIL

Name: BANDRAL/DRSITAKSHI MS

From: Delhi

To: Jammu

Date: 10 Aug 19

Gate:

Flight No. Class  
G8 185 U

Board Time Dep. Time  
13: 20 14: 00

Seq No. Seat  
057 3E

Name : BANDRAL/DRSITAK MS

Flt : G8 185

Seat : 3E

PNR : J2BY5Y

Class: U

Boarding gate will close 25 minutes before departure

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

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14:00  
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14:00  
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2/20  
FLY SMART  
79019995

For more details visit : www.bsnl.co.in

Toll free : 1800 345 1500



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

कैश रसीद संख्या/Cash Memo No. 530 दिनांक/ Dated: 10/8/19

नाम/Name: DR. Sitakshi Banerjal

पता/Address: Hiwce mal the. Chonula Bhaer Samgari  
Dist. Jalhambura (J.K.)

कमरा नं. /Room No. 11 कार्ड संख्या /Card No. \_\_\_\_\_

ठहरने की अवधि/Stay 4/8/19 से/from 10/8/19 तक/to 6 दिन/days

किराया/Rent (दर रु.) @Rs. 300/= प्रतिदिन/प्रह/perday/Month.

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

1	मैस प्रभार/ Mess Charges	= <u>840/=</u>
2	किराया/ Rent	= <u>1800/=</u>
3	ए.सी/कूलर/हीटर प्रभार AC/ Cooler/Heater Charges	/
4	दूरभाष प्रभार/Telephone Charges	/
5	सेवा प्रभार/Service Charges	/

योग/Total 2640/= 2640

अग्रिम (द्वारा रसीद संख्या) Advance vide R.No. cash paid  
शुद्ध वसूली/वापसी/ Net realisation/refund TWO THOUSAND SIX HUNDRED  
and forty only

Slakshi  
निवासी के हस्ताक्षर  
Sign. of Inmate

Prady  
हॉस्टल सहायक/लिपिक  
Hostel Asstt/Clerk

DIRECTORATE OF HEALTH SERVICES JAMMU  
JAMMU DIVISION

(Near MLA Hostel Indira Chowk, Jammu (J&K) Pin: 180001)

E-mail:- dhsjammu@rediffmail.com

0191-2546338, 2549632, Fax 0191-2549632

Chief Medical Officer  
Doda, Jammu, Kathua, Kishtwar, Poonch  
Rajouri, Ramban, Reasi, Samba & Udhampur

No: - DHS/3/NCD/091-102

Date: 24-07-2019

Subject: Nomination for Training of Medical Officers on Lifestyle Diseases and Health  
Promotion on 5<sup>th</sup> to 9<sup>th</sup> of August at NIHFWS, New Delhi.  
Ref: SHS/NHM/J&K/NDPCP/6569-6578 Dated: 15-07-19

Sir,

With reference to the above referenced communication from Mission Director, National Health Mission, J&K, enclosed herewith, regarding the subject cited above, you are directed to nominate one Medical Officer posted at Health & Wellness Centre (PHC) along with his/her complete contact details from your districts for undergoing the training programme on priority. The training shall be held with effect from 5<sup>th</sup>- 9<sup>th</sup> of August 2019-NIHFWS, New Delhi. The nominations should reach this office latest by 26<sup>th</sup> of July 2019. The matter may be treated as most urgent.

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.

Legal

Sd/- Arvind

Qs

24/07/19

Yours sincerely,

(Dr. Samir Mattoo)

Director Health services

Jammu

Copy to:-

- 1 Financial Commissioner to Govt. Health & Medical Education Deptt. (Chairman, Executive Committee, State Health Society), Civil Secretariat, Srinagar, for kind Information.
2. Deputy Director, Health Services, Schemes.
3. Office file.

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 साईट: 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. Sitakshi Bandral 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

8:54 PM (1 minute ago)

**omkumar bhagat** <omkumarbhagat441@gmail.com>

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

Dear All,

A communication received from MoH&FW, Govt. 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 bhatwal, Jammu
2. Dr. Tasering Yangchan, HWC- PHC Basgo, Leh
3. Dr. Iqbal, HWC - PHC- Panzgam, Kupwara
4. Dr. Khursheed Ah Shah, HWC- PHC Khrew, Block Pampore, Pulwama
5. Dr. Sitakshi Bandral, HWC- PHC Chanunta, Block Ramnagar, Udhampur.

The formal 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.