

## Activities of Central Government Pensioners' Welfare Association, J&K, Jammu.

### Highlights of Week Ending December 7, 2015:

- **Power Point Presentation on Jammu-Udhampur & Udhampur-Katra Railway Line:** Shri.B.D.Mal Barna, Retd. Director, Geological Survey of India made a Power Point Presentation on the two segments of Railway Line with background history and geotechnical data.



- **Jammu-Udhampur Railway Line** is 54 Km in length, the construction works of which were taken up in 1982 and completed and commissioned in 2005. There are 166 bridges, 5 major and 161 small, in this section with 21 tunnels aggregating to 7.928 Km length. The longest tunnel, T-8, is of 2.305 Km length and the smallest tunnel is 20 m.
- **Udhampur-Katra Railway Line** is 25 Km long. Its construction works were started in 1997 and completed and commissioned in June, 2015 after lapse of 18 years. There was unforeseen delay in completion, mainly due to geotechnical problems in 2 tunnels, T-1 and T-3. There are 38 bridges and 7 tunnels in this section with aggregate bridges length of 1488 metres and that of tunnels, 10.90 Km. The longest tunnel T-1 is 3.15 Km.
- **Jammu -Katra Railway Line** passes through scenic Siwalik Hills in the backdrop of Trikuta Range hosting the Holy Shrine of Mata Vaishno Devi with unique features of numerous bridges and tunnels which attract and fascinate tourists and travelers.

- **Birthday Celebrations of Shri Prem Gupta, IPS (Retd):** Birthday Event of Shri Prem Gupta, IGP (Retd) was celebrated on 7<sup>th</sup> December, 2015 with presentation of bouquet by Shri Mohd. Nasar Khan, IGP (Retd).



- **Preparations for Celebration of National Pensioners' Day 2015:** Invitation Cards for the event falling on 17<sup>th</sup> December, 2015 were distributed along with other preparations. Invitation Card for Pensionersq Day Function at IIIM Auditorium Jammu is also uploaded for general information of the stakeholders.
- **Health Check-up by Free Krada Scan Testing Session** was organized for the benefit of members by NUTRILLITE, a noted vitamins, minerals and dietary supplement brand. The session included free Krada Scan which includes: Height & Body Weight, Body Fat%, Visceral Fat%, Body Mass Index, Resting Metabolism Rate and Body Age. Briefing on various aspects of the Scan was also given by Shri Yasir Malik, Nutrition & Wellness Consultant, Nutrillite: Amway India.
- **Weekly Meeting Attendance:** Weekly Meeting of 7<sup>th</sup> December was attended by 29 members.

Sd/- 07.12.2015  
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