



Shri Ranglal Haldar assumes office as President of ANTCC

Shri Kuldeep Rai Sharma and other leaders wishes him on his new stint



Port Blair, Aug.29: At a function held at Gandhi Bhawan on Monday, Shri Ranglal Halder, new PCC President has, assumed office in the presence of the Member of Parliament and former PCC President, Shri Kuldeep Rai Sharma. It may be recalled that the All India Congress Committee recently appointed Shri Ranglal Halder as the new PCC President for the Andaman and Nicobar Islands.

Addressing the party leaders and workers, he said "I thank the Member of Parliament and former PCC President, Shri Kuldeep Rai Sharma and all Congress leaders and workers for their blessings on my new role. I assure you to take the party forward with advice from all seniors and the hard work of our young

workers." "He further said that the Congress party faces a lot of challenges now. Let all of us work together and strengthen the party".

He assured the party workers that he will work hard to take the Congress party to greater heights in the islands.

Speaking on the occasion, the Member of Parliament and former PCC President, Shri Kuldeep Rai Sharma said that the Congress party has been working for the wellbeing of every section of the society, irrespective of cast, colour and religion of the people and will continue to work for the wellbeing of every section of the society. He hoped that with Shri Ranglal Halder as the PCC President, the performance of the Congress

party will enhance in the islands the aspirations of the people of the islands will be fulfilled.

57 yrs old Shri Ranglal Halder, President PCC Andaman and Nicobar Islands was born to Late NK Halder at Sitapur, Rangat.

He completed his B.A (DM Health Education). He was the Pradhan Gram Panchayat Dasarathpur during 2005-2010 and 2015-2020. He was also the Rangat Block Congress Committee General Secretary from 1995 -1999 and BCC President from 2000 -2011. He was elected as the DCC President, North and Middle Andaman from 2012 -2021.

Senior Congress leaders, workers and supporters were present at the function.

MP demands special ferry services connecting N&M Andaman due to traffic disruptions over land sliding near middle strait

Port Blair, Aug 27: On the issue of land-slide near Middle Strait, JPP, Mr. Kuldeep Rai Sharma, the Member of Parliament of Andaman and Nicobar Islands has requested the Chief Secretary of Andaman and Nicobar Administration to operate a special ferry from Port Blair to Rangat, Mayabuder and Diglipur till the normal ATR Bus Service for North and Middle Andaman is resumed.

Following information received from the public of North & Middle Andaman, the Member of Parliament

today mailed a letter to the Chief Secretary in which he mentioned that a land-slide near Middle Strait JPP has disrupted the ATR Bus Service for North and Middle Andaman and due to restrictions on the movement of Express bus services many passengers are stranded on both sides of ATR.

In this regard, Mr. Kuldeep Rai Sharma requested the Chief Secretary operate a special ferry from Port Blair to Rangat, Mayabuder and Diglipur so that those who

(Contd/-page.6...)

e-TENDER NOTICE**No. DB-Tender/Elect/WSD/2021-22/1695 dt. 25/08/2021**

The Executive Engineer, Workshop Division, APWD, Port Blair invites on behalf of President of India, online Item Rate tenders from the approved and eligible Enlisted Electrical Contractors of the Andaman PWD and Non APWD Contractors irrespective of their enlistment subject to the condition that they have experience of having successfully completed work dealing with Electrical works in the Andaman & Nicobar Islands with Govt. Organizations & do not have any adverse remarks, for the work mentioned below.

1. Name of Work:- Replacement of Conventional luminaires with LED luminaires at Archives building, Port Blair. **Estimate Cost Put To Tender:-** Rs.6,22,570/- **Time of Completion:-** 01 Month **TENDER ID: 2021 APWD 3602 1**

2. Name of Work:- Rewiring and Replacement of Conventional lights with Power saving LED lights and old A.C Ceiling Fans with 5 star rated Fans of Fire Head Quarter Complex (i/c FMT & Fire Control Room), Port Blair. **Estimate Cost Put To Tender:-** Rs.8,29,526/- **Time of Completion:-** 01 Months **TENDER ID: 2021 APWD 3605 1**

3. Name of Work:- Providing LED fittings at main entrance area & corridors including Renovation of EEL to Secretariat Building complex. **Estimate Cost Put To Tender:-** Rs.26,49,427/- **Time of Completion:-** 02 Months **TENDER ID: 2021 APWD 3608 1** & last time & date of Submission of bid: **10/09/2021 (10:00 hrs).**

The Tender forms and other details can be obtained from the web site eprocure.andaman.gov.in.
R.No.IP:7967/21

Executive Engineer
Workshop Division
APWD, Port Blair

Socio Economic Development through Horticulture by MGNREGA

The Mahatma Gandhi National Rural Employment Guarantee Act aims to enhance the livelihood security of people in rural areas by guaranteeing hundred days of wage employment. The scheme is an enabler to mitigate social exclusion by providing marginalized communities to gain better access to their agricultural lands.

Rangat Islands is a remote Island of Andaman and Nicobar Islands and has very fertile land. To generate productive assets for protecting the environment and socio-economic development of the beneficiary, MGNREGA has initiated a Horticulture Plantation on the land of Shri. Niranjan Sikdar, resident of Sabari Village. The land was vacant since allotment and then in the year 2021. The plantation started with mixed plants of 102 Banana and 78 Coconut in an area of 0.23

Hect, bearing Survey No. 378/3 with around 180 plants. Most of the MGNREGA labourers who were engaged in this work were females and they executed their work incredibly. The technical guidance was obtained from the Department of Agriculture and the implementing agency was Gram Panchayat Sabari.

The work was approved by the Gram Sabha for implementation through MGNREGA and implanted in Shri Niranjan Sikdar land. The initiative benefited in land development, construction of bench for plantation, helps in soil conservation, slows down the storm runoff and provides an alternative income source to the beneficiary in near future and provides alternative income source through MGNREGA. As part of the initiatives, the Directorate is working towards "Green Island" and beautifying the rural areas with plantations.

NABARD sponsored new mobile Demo van of ANSCB flagged off**Shri Bhagat Singh, Chairman, ANSCB flags off the demo van in the presence of GM, NABARD**

Port Blair, 24th August: Andaman and Nicobar State Cooperative Bank has introduced the Islands second ever Mobile Demo VAN sponsored by NABARD under FIF Scheme. The Mobile Demo Van was inaugurated on 23rd August 2021 at 10.00 AM at the Head Office premises. Mr. H Manoj, General Manager O/c, NABARD, Port Blair was the chief Guest on the occasion. The programme was also attended by Mr. Bhagat Singh, Chairman, Andaman and Nicobar State Cooperative Bank, Board of Directors, Managing Director, NABARD officials and large gathering of general public and customers.

Welcoming the chief Guest, Mr. K Murugan, Managing Director, Andaman and Nicobar State cooperative Bank extended his heartfelt thanks to the entire team of NABARD for granting Mobile Demo Van under FIF Scheme. He also requested the people who were present on the occasion to avail the benefits of the schemes of the bank. The Chairman, Mr. Bhagat Singh, in his key note address thanked the NABARD for extending the various schemes of Govt. of India to Andaman and Nicobar State Cooperative Bank. He also opined that the Mobile Demo Van has the second of its kind in the

history of Andaman and Nicobar Islands and the bank is committed to provide banking services to each rural and urban areas of islands. He further requested the people present of the occasion to come forward and join hands with the bank for the uplifting the socio economic lives of people.

While addressing the gathering assembled, as a chief Guest Mr. H Manoj, General Manager, NABARD has expressed his view on latest Technological Banking system and cited various works being done by the Andaman and Nicobar State Cooperative Bank so far. He further spoke on recent banking revolution like Mobile Banking, Internet Banking and others technological aspects. He also emphasized that Mobile Van will be the first ever banking facility inclusion by introducing Mobile Van will be the first ever introducing banking services in the history of Andaman and Nicobar Islands in which all segment of people may get benefits. He also informed that once the connectivity improves, several new facilities will be added in the Mobile Demo Van. The Programme ended with a vote of thanks proposed by Mr. Raghuraj Singh, Deputy General Manager, (Bkg).

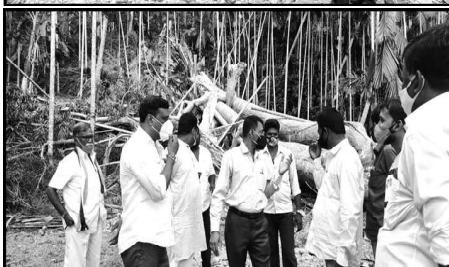


Hon'ble MP visits the survivors of tree falling at Guptapara: consoled the victim family

Mr. Kuldeep Rai Sharma, the Member of Parliament visited Guptapara recently and met with the family members of tree falling incident of 11 August 2021, in which two villagers, Late K. Saroja and her granddaughter had died.

The Member of Parliament heard the grievances of the family members and assured that he has taken up the matter of compensation with the Lt. Governor of Andaman and Nicobar Islands.

The Member of Parliament also informed that he has requested the Chief Secretary to allot a portion of tsunami shelter at Nayasahar to Shri Karuppaiah and his family. The MP assured the family that he shall take all efforts for the welfare of all affected families. The MP has also requested the Forest



department to remove the fallen tree from the house so that the area can be cleaned. Earlier on 19 August, the Member of Parliament had requested the Lt. Governor to set up a

task force, consisting of officials of Forest, Revenue, APWD Departments and fire Services to identify and cut all trees, which are potential threats to human life and properties.

Healthy eating secrets I wish I knew in my 20s

My relationship with food has been a complicated one. Having dealt with weight issues early in my life, I spent the whole of my 20s and half of my 30s dreading certain foods. Bananas? NO. Potatoes? No. Grains? Have as little as possible.

I started to believe that it's best to fill your plate with salads, greens, and roasted veggies. I started to swear by smoothies and juices. This was my definition of healthy eating - bland, boring and repetitive.

But because I cut out wholesome foods from my diet, I suffered from nutritional deficiencies. My bones started to get weak. That's when my nutritionist told me that



what all I described as my healthy eating habits were exactly what I had to drop. She urged me to learn cooking and here is what are the golden rules she made me learn for me salad would mean adding some leaves, tomatoes, cucumber into a bowl, then a bit of salt and lemon and done. Having this for dinner day

after day was boring but I learned that there are many ways to eat a healthy and balanced diet without making it boring.

Add roasted veggies, a bit of whole wheat pasta and chickpeas and everything that can make it exciting for you. Salt, pepper and lemon were my go to condiments when it came

to fixing a 'healthy' meal but our Indian culture is rich in so many healthy spices that should be added to our diet. Not only will they add a healthy touch but will also make a boring meal into an exciting one.

I believed banana, mango, lychee were all foods I had to stay away from. But I was told that these are natural sugars & can be used interestingly in healthy desserts. In our Indian households, things are often cooked on the burner or the

microwave.

But I realised how an oven can help you keep the nutritional value of a food intact while keeping it healthy and tasty. So do not fry, but bake or roast!

Last but not the least, nothing beats enjoying your food genuinely. If you do not enjoy your meals, it will not provide the goodness your body needs.

So keep aside all the gadgets when you eat and practice mindful eating.

Jeera water: Is it a good way to melt away belly fat?

Weight loss is no joke. From eating healthy to exercising regularly, one needs to work hard in order to lose extra kilos.

While there are many food items that promise to help you lose weight, jeera is on the top of the list.

Yes, you read that right. Cumin seeds are versatile and can be used raw, roasted or powdered. Used in making curry, dals, raita and salad, cumin seeds are an inseparable part of the Indian diet.

But one lesser-known health benefit of jeera is weight loss. Jeera when soaked in water overnight is said to help melt away that belly fat.

Jeera has thymol, a chemical that instructs the pancreas to produce bile, a hormone that regulates the digestion of carbohydrates and fats.

Also, just sniffing aldehyde, a chemical in cumin, raises the digestive enzymes in the body. It is linked with improved metabolism, reduced insulin resistance and is a great remedy for constipation.

Here are five ways jeera can help one lose weight. One of the first steps towards losing weight is creating a calorie



deficit, where you eat fewer calories than what you burn.

Jeera water is a low-calorie drink, which has only seven calories per glass that fill you up.

Metabolism plays a vital role in the speed at which you lose weight. Slow metabolism forbids you from shedding extra kilos. Jeera water is known to improve metabolism, which plays a major role in helping you melt away that belly fat.

Cravings can be one of the biggest hindrances in any weight loss journey. Jeera water, despite being a low-calorie drink, makes one feel fuller for longer and suppresses hunger pangs.

This keeps your calorie intake under check. Poor digestion can lead to constipation and hinder weight loss.

Jeera water consumption forces the pancreas to release bile in the body, which aids digestion.

A healthy bowel movement is the primary step towards losing weight.

Coronavirus: Do we have an answer yet on whether the third COVID wave will be dangerous for kids or not?

The second wave of coronavirus posed an unprecedented challenge to people's health and mental well-being. It claimed several lives and left people in a state of grief and chaos. Now, with new emerging variants and an increase in the number of breakthrough infections, a third COVID wave is being speculated.

Recent reports provided by an expert panel under the National Institute of Disaster Management (NIDM) suggest that a third wave of coronavirus could peak around October, which is why health officials have



urged the public healthcare system to be prepared not only for adults, but also for children. VK Paul, Head of the COVID task force, NITI Aayog has also insinuated that India may see upto 6 lakh cases a

day in the coming months, and may pose great risk to the pediatric population. So does it mean that the third wave of COVID-19 will prove more dangerous for kids and should parents be alarmed over it?

Two Delta variants, AY 12 and AY 4. found in Telangana

Two sub-lineages of the SARS-CoV-2 Delta variant - AY 12 and AY 4 - were found in 80 per cent genome sequenced samples in the state in July. According to GISAID data, AY 12 is responsible for the spike in Karim nagar from June where the cases stayed in the 80s for long. In August, they were reduced to 30 new cases.

The AY 12 sub-lineage was first detected in Delhi this March and AY 4 the next month in Chhattisgarh. There are 14 sub-lineages of the Delta variant. While the original Delta strain B.1.617.2 is around, it is the sub-lineages in different regions that are causing the spike in Covid-19 cases.

Dr. Rakesh Mishra, director of Tata Institute of Genetics and Society, said these sub-lineages were highly transmissible in the population. "Sporadic spikes observed in



various regions are due to different sub-lineages," Dr Mishra said.

The AY 12 lineage was found in 75 per cent of the samples sequenced from Nalgonda.

From the 591 samples sequenced in July AY 12 sub-lineage is 31 per cent, AY 4 sub lineage 11 per cent, AY 6 lineage two per cent and others six per cent.

The AY 4 lineage is found in certain pockets like Medchal, Khammam, Ranga Reddy and Hyderabad while it is more prevalent in Tamil Nadu, Karnataka and Andhra Pradesh. The presence of other strains of SARS-

CoV-2 in the environment is less as delta and its sub-lineages continue to be strong.

Given the sero prevalence of 60 per cent in the state, according to an ICMR-NIN study against the Delta variant, experts stated that the chances of infection increase among those not vaccinated or those who have less antibodies as they have completed six months after vaccination.

A senior government doctor, on condition of anonymity, said, "Antibodies are present in the body only for six to eight months hence it is to be seen how the human body

now behaves against the virus. Will the immune system protect itself or is there a need for a booster dose. Those who have completed six months after vaccination cannot give up on masks in

public places and small gatherings as they are at risk. Even those who have completed both doses must follow all safety protocols strictly as that is the only way to beat the virus."

Covid affects GI system, says specialist from New York

Patients recovering from Coronavirus infection have been reporting issues with their digestive system, including diarrhoea, cramps, nausea, and acid reflux. In a tête-à-tête with *Deccan Chronicle*, Dr. Jasbir Makker, gastroenterology specialist from Bronx Care Hospital New York, informs people about the Dos & Don'ts for patients recovering from Covid-19.

A. About 8-15 percent of Coronavirus patients can have GI symptoms. Diarrhoea, nausea, vomiting, loss of appetite and taste, and abdominal pain are the key symptoms. But some may even have acid reflux and GI bleeding.

Q. How long will the virus last in the GI System?

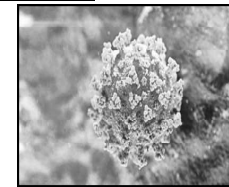
Faecal samples remain positive for average 12.5 days after negative testing. However, a study in China revealed viral shedding in stool of a child for more than 70 days after the onset of illness.

Q. How does GI system get affected?

The virus enters the host GI tract cells via interaction between spike protein and angiotensin-converting enzyme 2 receptor. Infectivity of this virus isolated from stool samples has not been conclusively established though.

Q. Would recovery from Covid-19 infection mean that GI is cured?

The virus is known to persist in the GI tract despite clearance of the virus from upper airways and lungs. In some cases,



the virus persists in gastrointestinal tract for about two to three months after recovery.

Q. Can there be long-term effects of Coronavirus on GI system?

Patients experience new, returning, or ongoing GI symptoms four or more weeks after first being infected with the virus. So far, acid reflux, abdominal pain, difficulty swallowing and diarrhoea have been reported as long-term effects.

Q. Is there any difference in treatment of GI symptoms owing to Covid and other causes?

No difference.

Q. How to take care of Coronavirus patients with GI?

A. First, recognise GI symptoms in a patient as a sign of Covid. Send these patients for early testing. During illness, drink adequate fluids and take sufficient rest. After recovery, take frequent small energy-dense meals for initial four weeks to regain lost weight and strength.

Q. How should Covid GI be dealt with?

Infected patients should use a separate toilet. Family members must strictly avoid this toilet. Sanitize the toilet seat after each use.

Read & Write

THE BULLET OF ANDAMAN

We are for you

மருத்துவ குணம் கொண்ட வசம்பு...

வ ச ம் பு
குழந்தைகளின் அருமருந்து. விஷம் குடித் தவருக்கு கொடுத்தால் கூட பிழைத்து விடுவார்கள். நம்முடைய முன்னோர்கள் வீட்டில் கட்டாயம் வசம்பு வைத்திருப்பார்கள். குறிப்பாக பிறந்த கைக்குழந்தைக்கு தினமும் உரசி வாயில் வைத்துண்டு. காரணம் குழந்தை சாப்பிடும் உணவாலோ அல்லது அலர்ஜியோ விஷத்தன்மையோ குழந்தைக்கு பரவக்கூடாது என்பதற்காக கொடுக்கப்படும். அதனால் நாம் நினைத்துக் கொண்டிருக்கிறோம் வசம்பு என்பது குழந்தைகளுக்குக் கொடுக்கப்படும் ஒன்று என்று. ஆனால் அது அப்படியல்ல. வசம்பு பிறந்த குழந்தை முதல் முதியவர்கள் வரை அனைவரும் பயன்படத்தலாம். வசம்பு எப்ரேப்பட்ட கொடிய விஷத் தன்மையையும் போக்கக்கூடியது. அதனால் கட்டாயம் வீட்டில் வசம்பு வைத்திருக்க வேண்டியது அவசியம். வசம்பை தூள் செய்து இரண்டு டீஸ்பூன் அளவு எடுத்து தேனில் கலந்து சாப்பிட்டால் எல்லா வகையான தொற்று நோய்களும் நீங்கிவிடும். இது எல்லாநாட்டு மருந்து கடைகளிலும் கிடைக்கும். வசம்பை விஷம் அருந்தியவர்களுக்கு உடனேயே இரண்டு, மூன்று டீஸ்பூன் கொடுத்தால் உள்ளிருக்கும் விஷம் முழுக்க வெளியே வந்து விடும்.

கால் நடைகளுக்கு தொற்று நோய்கள் பரவாமல் இருக்கவும் பயன்படுகிறது. பசியைத் தூண்டி சோம்பலைத் தீர்க்கும். அகோரஸ் காலமஸ் என்ற அறிவியல் பெயர் கொண்ட இது பாட்டி வைத்தியம் என்று நம் முதியோர்கள் அடிக்கடி வீட்டு வைத்தியத்தில் சேர்ப்பது இந்த வசம்பைத்தான். கிராமத்தில் உள்ளவர்கள் இன்றளவிலும் சரி காய்ந்த வசம்பை சூடுபடுத்தி பாலில் கலந்து குழந்தைகளுக்கு கொடுப்பார்கள். இதனால் குழந்தைகளுக்கு



தொற்றுநோய்களோ வராமல் தடுக்கப்படுகிறது. இதனாலேயே இது பிள்ளை வளர்ப்பான் என்று கூறப்படுகிறது. வசம்பு பத்தி இப்போ எவ்வோ பேருக்கு தெரியும். வசம்பெல்லாம் இப்ப யாரும் யூஸ் பண்பு மாதிரி தெரியல்.. முன்னைல்லாம் குழந்தை பிறந்ததும் வசம்பு வாங்கிடு வாங்க.. குழந்தைக்கு ஏதாவது ஒன்னுன்னா உடனே டாக்டர்.. இங்கிலிஸ் மருந்துதான். ஆனா... நீங்க வசம்பு ஒன்னு வீட்டில் ஸ்டாக் வச்சிங்கன்னா டாக்டர் கிட்ட போக வேண்டிய அவசியமில்லை...

வாயில் வசம்பு வெச்சு தேய் என்ற பழமொழிக்கு அர்த்தம் தெரியுமா? பாட்டி வைத்தியத்தில் அதற்கு பதில் இருக்கு... வசம்பு பாரம்பரிய பாரம்பரியமாக பயன்படுத்தி வரும் மருத்துவ பொருளாகும். இது குழந்தைகளின் வயிற்று வலியை குணப்படுத்தும் சிறந்த பொருளாகும். அதனால்தான் இது பிள்ளை வளர்ப்பான் என்றும் அழைக்கப்படுகிறது. பிறந்த குழந்தைகளுக்கு இந்த வசம்பை கையில் காப்பு மாதிரி கட்டுவார்கள். இது குழந்தை மின் வயிற்றில் ஏற்படும் வாயுத் தொல்லை, வயிற்றில் ஏற்படும் அசௌகரியம், நெஞ்சு சளி போன்றவற்றை குணப்படுத்துகிறது. இந்த கையில் வசம்பு கட்டும் முறையை குழந்தை பிறந்த 12 வது நாட்களில் செய்கின்றனர்.

பிறந்த குழந்தைகள் தங்கள் கையில் கட்டப்பட்டுள்ள வசம்பை கடிப்பதால் அதன் மருத்துவ சத்து உள்ளே நுழைந்து வயிற்று பிரச்சினைகளை விரைவில் களைகிறது. வயிறு வீக்கம்.. வசம்பை தீயில் சுட்டு பொடியாக்கி அதை தேனில் குழைத்து குழந்தை களுக்கு கொடுக்கும் பொழுது வயிறு

வீக்கம் அல்லது வயிறு உப்புசம் ஆகியவை சரியாகி விடுகிறது.

வசம்பை சாம்பலாக்கிய பொடியை தண்ணீருடன் குழைத்து குழந்தையின் நெற்றியில் போட்டு இட்டு வர பால் வாடைக்கு எந்த பூச்சு, பல்லி போன்றவை குழந்தையை அண்டாது. வசம்பு பொடியை குழந்தைக்கு பூசி விடுவதால் லும், படுக்கையை சுற்றி தூசி விடுவதாலும் குழந்தையை பூச்சிகள் அண்டாது.

வசம்பை சாம்பலாக்கிய பொடியை தேங்காய் எண்ணெய்யுடன் குழைத்து குழந்தையின் வயிற்றில் தடவி வந்தால் வாய்வத் தொல்லை நீங்கும். வசம்பையும் தேனையும் குழைத்து கொடுக்கும் போது குழந்தைக்கு பால் மட்டுமே உணவாக கொடுத்து வந்தால் விரைவில் வயிறு பிரச்சினை சரியாகிவிடும்.

வசம்பு மற்றும் அதிமதுரம் கொண்டு தயாரிக்கப்படும் மருந்து இருமல், காய்ச்சல் மற்றும் வயிற்று வலிக்கு உதவுகிறது. நீண்டநாள் மற்றும் வறட்டு இருமல் இருந்தால், வசம்பு மற்றும் அதிமதுரப் பொடியை சிறிது தேனுடன் கலந்து இரவில் சாப்பிட்டு வர இருமல் வேகமாக குணமடையும்.

இந்த மருந்து குழந்தையின் மூளை வளர்ச்சிக்கு மிகவும் சிறந்தது. மேலும் குழந்தைக்கு நல்ல பேச்சுத்திறன், நல்ல கண் பார்வை திறன், அழகு, உடலில் உள்ள நச்சுக்களை வெளியேற்றுவதில் போன்ற எண்ணற்ற பலன்களை அள்ளி வழங்குகிறது.

வசம்பு, காயம், அதிவிடயம், சுக்கு, மிளகு, திப்பிலி மற்றும் கடுக்காய் தோல் இவற்றை சம அளவு எடுத்து பொடி செய்து கொள்ள வேண்டும். இதை 1—2 கிராம் அளவு குழந்தைக்கு கொடுத்து வந்தால் சீரணமின்மை வயிற்று போக்கு மற்றும் வாய்பு போன்றவற்றை குணமாக்கும்.

இதனை காலை வெறும் வயிற்றில் குடித்தால் சோர்ந்துள்ள இதய தசைகள் ரிலாக்ஸாகும்.

இதிலுள்ள கரோட்டினைசு சர்க்கரையின் குடிப்பதன் மூலம் தாய்ப்பாலின் அளவை சீராக்க பராமரிக்கும். தினமும் ஒரு டம்ளர் கேரஸ் ஜூஸ் குடித்து வந்தால் தடுக்கப்படும்.

சர்க்கரை நோயை தடுப்பதுடன் உடல் எடையும் சீராக பராமரிக்கப்படும். தாய்ப்பால் கொடுக்கும் பெண்கள் தினமும் ஒரு டம்ளர் கேரட் ஜூஸ் குடிப்பதன் மூலம் தாய்ப்பாலின் அளவு அதிகரிப்பதோடு, கால்சியம் குறைபாடு தடுக்கப்படும்.

பணமே... பணமே....

உனக்குத்தான் எத்தனை பெயர்கள்?

அர்ச்சுருக்கு கொடுத்தால் தட்சணை என்றும் கோயில் உண்டியலில் செலுத்தினால் காணிக்கை என்றும் யாசிப்பவருக்குக் கொடுத்தால் பிச்சை என்றும் கல்விக்கூடங்களிலோ கட்டணம் என்றும் திருமணத்தில் வரத்தட்சணை என்றும் திருமண விலக்கில் ஜீவனாம்பம் என்றும் விபத்துகளில் இறந்தால் நஷ்டசுடு என்றும் ஏழைகள் கேட்டுக்கொடுத்தால் தர்மம் என்றும்

நாமாக விரும்பி ஏழைகளுக்கு கொடுத்தால் தானம் என்றும் திருமண வீடுகளில் பரிசாக மொய் என்றும் திருப்பித்தர வேண்டும் என யாருக்காவது கொடுத்தால், அது கடன் என்றும்

திருப்பித்தர வேண்டாம் என இலவசமாகக் கொடுத்தால் அது அன்பளிப்பு என்றும் விரும்பிக் கொடுத்தால் நன்கொடை என்றும் நீதிமன்றத்தில் செலுத்தினால் அபராதம் என்றும் அரசுக்குச் செலுத்தினால் வரி என்றும்

அரசு, பொது, தர்ம ஸ்பானங்களுக்கு கொடுத்தால் அது நிதி என்றும் செய்த வேலைக்கு மாதந்தோறும் கிடைப்பது சம்பளம் என்றும் தினமும் கிடைப்பது கூலி என்றும் பணி ஓய்வு பெற்றால் கிடைப்பது ஓய்வூதியம் என்றும் சட்டத்திற்கு விரோதமாக கையூட்டு வாங்குவதும், கொடுப்பதும் லஞ்சம் என்றும்

கடன் வாங்கினால் அத்தொகைக்கு அசல் என்றும் வாங்கிய கடனுக்குக் கொடுக்கும் போது வட்டி என்றும் தொழில் தொடங்கும் போது போடும் அதற்கு முதல் என்றும் தொழிலில் கிடைக்கும் வருமானத்துக்கு இலாபம் என்றும் குருவிற்குக் கொடுக்கும்போது குருதட்சணை என்றும் ஹோட்டலில் நல்குவது டிபன் என்றும் இவ்வாறு பல பெயர்களில் கைமாறும் இந்த பணத்திற்கு மாற்றாக... வேறொன்றும் இப்புவியில் இல்லை!

பணம்... பணம்... பணம்...



அன்று "வயதை" பார்த்து வந்தது!! இன்று "வசதியை" பார்த்து தான் வருகிறது!! -மரியாதை

சர்க்கரை நோயை தடுக்கும் கோரட் ஜூஸ்

கோரட் மிகவும் சிறப்பான ஊட்டச்சத்து மற்றும் நார்ச்சத்துக்கள் நிறைந்த காய்கறி. ஒரு கப் கோரட் ஜூஸின் எடை 236 கிராம் வரும். கோரட் ஜூஸ் குடிப்பதால் உடலுக்கு கிடைக்கும் சத்துக்களின் அளவு



அதிகரிக்கும். தினமும் காலை உணவிற்கு முன் ஒரு டம்ளர் கோரட் ஜூஸ் குடித்தால், உடலிலுள்ள தீங்கு விளைவிக்கும் டாக்டரின் களை வெளியேற்றும். கோரட் ஜூஸ் குடிப்பதன் மூலம் மனச் சோர்வில் இருந்து நிவாரணம் கிடைக்கும்.

State owned STS buses held up idly over alleged delay in fuel refilling

Public allege indirect support to private agency that operates a fleet of mini AC buses for STS

Port Blair, Aug.29: The State Transport Service which operates a large fleet of buses across the Andaman and Nicobar Islands is a boon for the poor public as the cost of journey has largely been cheaper and affordable.

The STS buses has always been the saviour for peoples travelling from large distance areas such as Wandoor, Manpur, Tushnabad on the one side and Burmanallah and Chidiyatapu on the other side as the cost of travelling is within their affordability.

Adding feather to its cap, the Transport Department started roping in private players to operate buses in the name of STS. As part of this plan, services of a sizable fleet of mini airconditioned buses were outsourced through a private agency which used to charge a considerable amount as ticket from travellers.

However, it did not go down well with regular commuters as the cost of travelling in an air conditioned buses had always been expensive than travelling by an ordinary STS bus. Regular office goers often found it unaffordable to travel by AC buses and thus stayed away from them with the sole reliance on ordinary STS buses. Although the ordinary buses combined with the AC buses had provided their services in their respective domains, services in entirety had

come to a standstill over the pandemic since March 2020. Now, as the restrictions over COVID19 pandemic are easing down, the services of STS buses have been restored to its full potential. This has come as a biggest relief for the office-goers from far flung areas as they find it affordable to travel by STS buses.

For quite some times now, regular commuters find it difficult to catch ordinary STS buses as the trips are cancelled impromptu or curtailed without any notice.

In place of ordinary buses, the mini AC buses reaches out to the public of far flung areas, but the helpless public find them unaffordable as the cost of tickets are very high compared to ordinary STS buses.

Sources informed that, a large number of ordinary STS buses are held up idly over delay in refilling of fuel at the STS fuel station in Mohanpura. Departmental sources allege that, there is a shortage of staff at the filling station in Mohanpura Bus Terminus complex and this results in undue delay in fuel refilling of buses.

This has reportedly forced the Department to either cancel or curtail a large number of trips bound for various destinations including far flung areas.

General public allege that, the STS is one of the largest employers in

these Islands with a vast pool of manpower.

The reason that there is a shortage of manpower at the fuel filling station seems frivolous and clumsy. Some members of general public including regular commuters allege that, operation of regular STS buses are curtailed only to boost the revenue of private agency roped into operate the fleet of air-conditioned mini buses.

Those who are forced to travel by mini airconditioned buses in the absence of regular STS buses allege that, the airconditioned mini buses have leaky roofs which leave the passengers bemused.

There are allegations that, the private contractors use old vehicles with a fresh coat of paint fresh coat and the actual condition of such buses becomes apparent during rainy season.

Many of the airconditioned mini buses are ill-maintained and the standards are not at par with the cost of ticket being collected.

The Chief Secretary may kindly intervene into the issue and issue directions for regular operation of STS buses to alleviate the hardships faced by general public.

Besides, the quality and fitness of the fleet of mini AC buses operated by private agencies may also be reviewed to ensure safety of public.

Shri Ranglal Haldar

Glimpses....

from Page.No.1...



"BJP's Income Rose By 50%. And Yours?", Asks Rahul Gandhi On Twitter



Rahul Gandhi also shared a report by an NGO, Association for Democratic Reforms (ADR), that said the BJP's income rose by 50 per cent in 2019-20 with a bulk of donations coming through electoral bonds.

Congress leader Rahul Gandhi took a

swipe at the ruling BJP on Saturday over reports of its income rising by 50 per cent through electoral bonds and asked people about the increase in their earnings.

"BJP's income rose by 50%. And yours?" He wrote on Twitter.

நல்லவர், கெட்டவர் என யாரையும் தீர்மானித்து விடாதீர்கள்
சூழ்நிலை என்பது எவரையும் தலைகீழாய் புரட்டி போடும் வல்லமை கொண்டது...



MP demands...

from Page.No.1...

are in urgent need of travelling to Port Blair or North and Middle Andaman for medical and other

reasons, can do so. The MP mentioned that presently only small vehicles are allowed to travel across the

ATR but not all Islander can afford to book private vehicles to reach Port Blair or N&M Andaman.