

ME The Andaman EXPRESS



If you are alone, you have no value. But if you are loving, sweet and co-operative in

More than 132 crore 33 lakh COVID vaccine doses provided

The Union Government has said that more than 132 crore 33 lakh COVID vaccine doses have been provided to States and Unior Territories so far. Health Ministry today said that more than 22 crore 72 lak h unutilized v accine doses are still available with the States and LITs to be administered

As part of the Nationwide Vaccination Drive, governmenthas been supporting the States and Union Territories by providing frem COVID vaccines free of cost. The Union Gov ernmentis committed to accelerating the pace and expanding the scope of COVID-19

Farmers in Great Nicobar on indefinite strike demanding MSP for Copra

indefinite strike launched by farmers under the banner of the Great Nicobar Farmers Association entered its fourth day on Thursday entered its fourn day on Inursday demanding Minimum Support Price (MSP) for Copra. The agitation started on Monday with farmers blocking the at Zero Point Juncton, However, they allowed emergency vehicles as well as vehicles of defence services to pass through the blockade. While the Chakka Jam was called of in the evening, farmers are continuing the indefinite protest near the Fish Market at Main

Bazaar, Campbell Bay.
The General Secretary of the
Association said that in January this year, the Cabinet Committee on Economic Afairs, chaired by Prime Minister Mr Narendra Modi, had approved the Minimum Support Price (MSP) of copra for 2021 season. However, farmers here



till date. The association has already submitted more than thirteen representations to the concerned departments highlighting the economic problems faced by copra farmers and requested for procurement of copra as per the MSP announced by the Centre. However, the concerned However, the concerned departments have been sitting tight

Secretary said. "The Prime Minister, during his visit to these islands, took note of the problems faced by copra farmers and had announced that minimum support price of copra would be hiked to Rs 10,600 per quintal. After the announcement, the farmers heaved a sigh of relief as justice was done to them and hoped

that they will get the right price for their produce. But since then, no steps have been taken by the administration and their dreams have been shattered. A notification was been snattered. A notincation was also issued in this regard by the Ministry of Agriculture and the administration was instructed to take steps, but the administration confinues be exhibit apathy towards the interest of copra farmers," the farmers said.

Hike announced by the Union nike announced by the Union Government earlier this year notwithstanding, denial of benefits of Minimum Support Price (MSP) for Copra has generated massive resentmentamong farmers in the Great Nicobar region. The Great Nicobar Farmers' Association had earlier s erv ed an ultimatum to the UT Administration to hold a massive agitation if procurement of Copra as per the MSP announced by the Centre is not initiated.

MP urges Lt. Gov. to resolve resettlement package of Sri Lankan Tamil Settlers of Katchal



Port Blair, Nov 25: The Member of Parliamentof Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma has requested the Lt. Governor of Andaman and Nicobar repatriated Sri Lankan Tamil settler families from Katchal Island's Tribal area to Non-Tribal - Revenue area, which is pending since more than last two decades

Originally there were 48 such families, which have now extended to more than 200 families. In a letter addressed to the Lt. Governor, Member of Parliament added that following the decision taken by the Vajpayee Govt., in the IDA meeting during 2003, it was decided by the then Lt. Governor for shifting of these families by allotting 1.5 Hectares of land with financial package but till now these families have not received any

age. He mentioned that in 2010 these Sri

Lankan Tamil Settlers approached the High Court for their resettlement and in 2012 the High Court directed the Administration to resettle them from Katchal Island but fill nov the resettlement plan has not been finalized by the A & N Administration.

by the A & N Administration.

The Member of Parliament mentioned that the members of repatriated Sri Lankan Tamil settler families are going through a tremend ously challenging time, many of whom do not haveenough money to run their family. As they live in Tribal area, many of them do nothave sufficient job opportunities. He said that after closure of Rubber Plantation in Katchal, where they were given employment by the Government of India, now these families are starving without any other job or income source. The old rubber olantation quarters. source. The old rubber plantation quarters, where these families reside in Katchallsland. where mess families reside in Nationalistand, are in a dilapidated condition and are also a major threatto the life of these families, the Member of Parliament said.

Fire Hydrants: Fighters ensure routine test of efficacy of systems in city

installed across the city as part of the continuous efforts of the Andaman and Nicobar Police Fire Services to improve the fire-fighting infrastructure. Fire hy drant is a connection point by which frefighters can be into a water supply. The hy drants are linked to a dedicated underground pipeline network to supply water for firefighting operations though suitable capacity reservoirs. The hydrant system ensures easy availability of water at different locations in the city for the sole purpose of extinguishing fire. Presently, the Andaman and Nicobar Police Fire Services has a network of Fire Hydrant Systems

Tax i Stand, Clock Tower, Netaji Club), Goal Ghar to Junglighat (Bus Stand, Near Pioneer Chicken Centre, Vijay Baugh, TCIBuilding) Dairy farm (Dairy farm Junction Japan Road, Atta Chakki) and Lamba Line – (Near Airport, Near VKV School, Reacon Engineers, Kripanand Colony, Anand

The Fire Services team carry out routine drills across the city to inspect the operational condition of the Fire Hy drant Sy stems. During the exercise, the fire fighters also sensitize people living in the vicinity



Fresh Low Pressure Area Over Andaman Sea, Heavy **Rain Expected On Nov 29**

likely to form over the south Andaman Sea around 29th November. It is likely to become more marked and move westnorthwest wards during the subsequent 48 hours. The Regional Meteorological Department of Chennai released this Information in a w eather bulle tin earlier today

ursday) A low pressure area formed

adjoining Thailand coast underthe influence of the cyclonic circulation Andhra Pradesh coast at around over Thailand and adjoining south November 18, according to a Andaman Sea. The associated bulletin issued by the Cyclone cyclonic circulation extends up to Warning Centre (CWC) on 5.8km abov ethe mean sea level. Saturday evening. Strong winds, It is likely to move west-north westwards and concentrate into a gusting to 70 km/hr, are likely along depression over north Andaman and officoastal Andhra Pradesh and Sea and adjoining southeast Bay of Bengal by November 15. The Low Pressure is likely to continue to

Saturday evening. Strong winds, with speed reaching 55-65 km/hr, Yanam from November 17

E-Shram Spot Registration Camp held at Chakkargaon



Jeoty from the Labour Department. Altogether 95 beneficiaries benefitted with the camp. Shri P Abdul Basheer, Nai Manzil (NGO) explained about benefits

Constitution Day to be celebrated tomorrow

Tweeted by AIRConstitution Day will be celebrated in the Central Hall of Parliament House bmorrow. President Ram Nath Kovind will be leading the celebrations of Constitution Day. The occasion will also be graced by Vice President M. Venkaiah Naidu, Prime Minister Narendra Modi, Lok Sabha Speaker Om Birla, Ministers, MPs and other dignitaries

The general public has been requested to join President Kov ind in reading Preamble to the Constitution following all COVID

In order to ensure maximum people's participation, Parliamentary Affairs Ministry has developed two portals. One portal is for Online Reading of the Preamble to the Constitution in 22 official languages and English. The other portal is for Online Quiz on Constitutional Democracy. Any one can participate in these and get certificates.

A large number of people are See... Page 02

Awareness prog. on Jal Shakti Abhiyan, prevention of COVID-19 by NYK Rangat

Port Blair, Nov 25: The Nehru Yuva Kendra, Rangat in collaboration with CHC Rangat organized Jal Shakti Abhiyan, awareness programme on awareness programme on prevention of COVID-19 infection and post lockdown interventions in and post ockdown interventions in the office of the Assistant Commissioner of Rangat on Thursday. The programme was aimed at creating awareness on the importance of water inour lives as well as prevention of COVID 19.



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Heavy rains at Port Blair: Go First Port Blair flight diverted to Bhubaneswar

:: DJ Venkatesh :: Port Blair, Nov 25: Port Blair has been battered by a non-stop downpour since Thursday morning, resulting in water logging in the city. Due to heavyrains today morning the flight operations effected at Port Blair air



The Go First flight G8 101 which was scheduled

The Go First flight G8 101 which was scheduled to land at 10 AM at Port Blair airport unable to do so and after arriving here, it howered around and diverted to Bhubaneswar airport and landed at 11.45 AM. The passengers were not deboarded from the aircraft and again at 02.30 Pm proceeded to Kolkata Airport and landed at 4 PM. After arrival, the passengers were issued tomorrow's Go First flight tickets which is tomorrow's Go First flight tickets which is scheduled to fly at 08:35 AM.

NEET-PG counseling postponed as Centre to revisit income limit for EWS category

Supreme Court that it will revisitine 'o lakh in come limit set for determining the Economically Weaker Section(EWS) reservation category in National Eligibility cum Entrance Test (NEET) admission for medical courses.

A bench of Justices DY Chandrachud, Surya Kant, and Vikram

New Delhi, 25th Nov, 2021: The Nath was informed by Solicitor General union government has informed the Tushar Mehta that a committee will be Supreme Court that it will revisit the 18 constituted be determine the criteria for EWS and it would take four weeks. Mehta said and t would take bour weeks. Mentasaid the Centre will constitute a committee with adeadline offour weeks b ascertain criteria for determining EWS category.

The NEET (PG) counseiling stands postponed for 4 weeks till the committee See... Page 02

COVID-19

Constitution Day Rally by **Andaman Law College**

Port Blair, Nov 25: The Andaman Law College organized a Constitution Day rally from Netaji Stadium to Andaman Law Colege campus with the participation of 170 Students, Faculty Members & Administrative Staff to create social aw areness on the importance

of the Indian Constitution among the genera public. While flagging offtherally, Shri Panka Kumar, IAS, Secretary (Law & Jail), A & N Administration & Vice-Chairman of ANILES said the importance of Constitution Day rally is to promote & imbibe the constitutional values

of Justice, Liberty,
Equality &Faternity
among the different
sakeholders in society.
Dr. C Sahish, Principal
(i/c), Andaman Law
College said Constitution Day is also now nas 'Samvidhar

See...Page 02



v accinated so far in A&N Islands, out of the target beneficiaries of 2,81,603 (approx.). A total of 1,75,215 eligible people in the age group of 18 to 44 years have been vaccinated till date. A total of 2045 people were been vaccinated fill date. A total of 2045 people were vaccinated in these islands on Wednesday. 1606 beneficiaries were vaccinated in South Andaman District out of which 81 beneficiaries were in the age group of 18-44 years. Similarly, 336 beneficiaries were vaccinated in North & Middle Andaman District out of which 10 beneficiaries were in the age group of 18-44 53 beneficiaries were vaccinated in Nicobar District.

EDITORIA

«≰ The Andaman **EXPRESS**

Attention-deficient times?

How would we listen to The Dark Side of the Moon or Sgt Pepper's Lonely Hearts Club Band had these albums been released today? Much like how video was believed to been released today? Much like how video was believed to have killed the radio star when the MTV era began in 1980s, the age of music streaming is said to have killed off the very idea of the album that takes the listener on a thematic, sonic or narrative journey. If this sounds too esoteric an issue to be bothered about, consider a recent Twitter exchange on the subject of the shuffle feature and what it says about our attention-deficient times. British singer-songwriter Adele, who recently released for that butter shifts? On properted to the superposit Societies.

her fourth studio album 30, responded to news about Spotify removing the shuffle button as the default option on albums, by thanking the music streaming glant for "listening". She tweeted: "We don't create albums with so much care and thought into our track listing for no reason. Our art tells a story and our stories should be listened to as we intended."
Whether or not Spotify made this move at Adele's explicit
request—the company responded to her tweet with, "only
for you"—is besides the point. What this exchange highlights is that, despite having every kind of music, from all over the world, at our literal fingertips, we've forgotten how to really listen to — and engage with — music. What we do instead is skip from song to song, seeking the dopamine hit that comes with every fresh track. The fact that Spotify counts

cories with every treat track. The fact that sponly counts 30 seconds of playtime of every song as a single stream is itself a damning indicator of our flighty listening habits. Requiems for the music album — one of the 20th century's greatest art concepts — had begun to be written back in the early aughts when the iPod, with a shuffle feature back in a treaty sugarity when they may be a statuse reactive that prioritised singles over albums, upended the industry. With Adele's pushback and Spotify's acquiescence, here's hoping that those requiems would not need to be played.

Constitution Day..

expected to participate in the mass Preamble reading tomorrow. The statement in the Constitution which states the guiding values of the Constitution. Preamble declares India to be a sovereign, socialist, secular and democratic republic. The People of India are revealed to be the source of the authority of the

Awareness prog. on.

Mrs Prabhawati Biswas, former Zilla Parisad Adhyaksha was the chiefguest on the occasion. Shri B Devrai, Vice of Compassion, NGO Rangat was guest of honor. Mahila Mandal Members, Youth club SHG Members, Anganwadi workers, & ANM were participate in the

programme.

The chief guest appealed all the participants to participate all the

national Rural Livelhood Mission.
Shif Jag Jeevan Ram Depuly
Programme and other programme
Organized by the Administration/
NYKIN GOs etc. Shif B.Devraj,
chaiman, Vice of compassion take

from... Page 01

Indian Constitution. The objectives stated by the Preamble are to secure justice. liberty, equality to all citizens and promote fraternity to maintain unity and integrity of the nation. It was adopted on 26th November 1949 by the Constituent Assembly of India and came into effect on 26th

January 1950.

Swachh Bharat Mission

Swachh Bharat Mission

Smil V.Leena, ICTC

Counsellor, CHC Rangat
welcomed the gathering. An

Oientation programme inconnection
with World AIDs days 2021 with
the theme End Inequalities, End
AIDSs. End Pandamics with the

AIDSs, End Pandemics with the collaboration with NYK Rangatand

from... Page 01 the topic of Jal Shakti abhiyan while Mrs Poonam Roy Panchaya Secretary Rangat take the topic o allow ed to go on.

y ear and allow the counselling to

Mehta said that government has taken a decision to implement the 103rd constitutional amendment from the current academic year and pushing back would not be appropriate. He said thatif the determination is done earlier

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submarine arm. "The quantum leap in Indian Navy's operational capabilities was evident in the 1971 Indo-Pak

war where IN submarines

played a crucial role. In similar

ein, submarines of the Project

75 claim to transform the war-fighting abilities in the underwater domain in the years to_come," Admiral Karambir

class submarine acquired from the erstwhile Soviet Union in

1973 and she served the nation for 37 glorious years. Admiral Karambir further

. The old Vela was a Foxtrot

The July 29 notice provide 27% reservation for OBC and 10% for the EWS category in 15% UG and 50% PG All India Quota seats (MBBS/BDS and MD/MS

seats (MBBS/BUS and MD/MS/ MDS) with effect from the current academic session 2021-22. Earlier, in an affidav it filed by the Ministry of Social Justice and Empowerment before the apex court, it justified the decision to set the limit of 18 lakh annual income the limit of '61akn annual income fixed for determining the EWS category. The ministry said the principle of fixing the amount is rational and in keeping with Articles 14, 15 and 16 of the Constitution.

On October 21, the top court

had as ked the Centre whether it would like to revisit the limit of rupees eight lakh annual income, fix ed for determining the EWS category. The top court had clarified that it is not embarking into the policy domain but is only trying to ascertain whether constitutional principles hav eadhered or not.

The apex court had earlier asked the Centre to put on hold the counselling for NEET PG until it decides the validity of the Centre's decision to introduce OBC and EWS reservation in All India Quota (AIQ). The Central gov emment also assured the top court that the counselling process will not commence till the Bench decides the matter. The NEET Postgraduate was held at 679 centres in 270 cities of the country with 1.6 lakh candidates appearing for it following Covid-19 protocols

said

hy drants y stems consist of suitable inspections and ensure timely named. "High-rises in the city, narrow named. "High-rises in the city, narrow roads, ever-increasing population, traffic jams, and illegal constructions and encroachments have affected the response time of the fire brigade. In such a scenario, Fire Hy drants can play a crucial role in preventing major mishaps. However, functionality of such systems is hindered due to such systems is hindered due to various reasons including encroachments, valves being sblen or subsumed by roads, parking of vehicles etc. In recent years, the requirements for fire safety cover

have increased manifold and to Constitution Day.

Div as' It is celebrated in our county Assembly of India adopted the

from... Page 01

ensure life and property in urban and rural areas, fire services need to be rural areas, the services need to be organized properly with adequate infrastructure and equipment for keeping pace with advancement of technology. It is in this fine that such exercises are carried out to boost the operational capability of the fires. How ever securing such installations is necessary so as to enable fire fighters have barrier-free access to efacilities at times of emergency. added the fire fighter Fire Hy drant is an installation that can be used by fire fighters as per their requirement during an operation. The system is connected to a reserv oir dedicated to fire fighting operations. As water tenders and bousers have limited capacity, having a Fire Hydrant located close to a

accident site ensures uninterrupted supply of waterto douse the blaze. The Fire Services Departmenthas Fire Hydrant systems located at crucial areas in the city like busy marketplaces, gov emment offices commercial complex es, near schools etc. While there are many such installations in the city, mar others are in the pipeline. The efficacy of such systems was also demonstrated during the visit of the Prime Minister of India to these

from... Page 01

Extremely stealthy and fast, it has a level of operating automation that allows a limited automation that allows a limited number of crew, which reduces its operating costs significantly. Its combat edge is highlighted by the fact that it has six weapon launching tubes and 18 weapons (torpedoes, missiles, mines). "These submarines have a state of the art SONAR and

state of the art SONAR and sensor suite permitting outstanding operational capabilities. They also have an capabilities. They also have an advanced Permanent Magnetic Synchronous (PERMASYN) motor as its propulsion motor," a navy official said.

INS Vela is fitted with advanced weapons and sensors. All of these are integrated into the Submarine Tactical Integrated Combat System, also known as SUBTICS. Once a target is classified, the submarine may advanced choose to engage it using either her sea skimming missiles also known as Flying Fish or heavy

weight wire—guided torpedoes. Despite having a coastline Despite having a coastline of 7,516 km, India's under water capability is nowhere close to its needs. Ideally, the Indian Navy needs at least 24 submarines to meet its 30-year submarine-building plan, which

was approved by the cabinet committee on security in 1999, months after the Kargil conflict.

It is notable that while China operates 65 submarines, the Indian Navy's fleet of attack submarines, all diesel-powered, has come down from 21 in the 1980 sto just 17 at present. At least half of the available submarines are old and creaking and undergoing midlife upgrade. The plan was to induct 12 diesel submarines by 2012 and another 12 submarines by 2030, but repeated delays forced the Navi to rejig the plan. Few month back, the Ministry of Defence had issued the much awaited operates 65 submarines, the had issued the much awaited Request of Proposal (RFP) for the Rs 43,000 crore project to domestically construct six newgeneration stealth submarines with foreign collaboration.

NEET-PG counseling..

decides on the criteria for determining EWS category, Mehta told the apex court. The Supreme Court told Centre its EWS quota is

"Once dived, she is truly poised for the kill with very

impressive stealth and strength". This is what the Navy

boasts about its latest submarine INS Vela, inducted

in the fleet on Hursday.
INS Vela is the fourth of the
Scorpene class built by
Mumbai-based Mazagon Dock
Shipbuilders Limited (MDL) in
collaboration with the M/s
Naval Group of France.

On the occasion, Navy chief Admiral Karambir Singh

recalled that the induction of the Foxtrot's in 1967 heralded the birth of the Indian Navy's

in the fleet on Thursday

Court bld Centre its EWS quota is very enabling and progressive kind of reservation and States must support Centre in its endeavour. The bench said that the only queston is that determination of the category should be in a scientific manner and it ampreciales that the manner and it appreciates that the Centre has taken a decision to revisit the criteria earlier fx ed.

senior advocate Arvind Datar, appearing for petitioners (students), said since a lotof time has passed and Centre should push back implementation of the EWS quota for the next academic year and the current year counselling should be

The bench agreed with the submission of Datar and asked Mehta whether it could push the implementation of the constitutional amendment for the next academic go on for the current academic year

than four weeks then it will inform the court. The top court was hearing a batch of pleas challenging the Centre and Medical Counselling Committee (MCC) July 29 notice providing 10% for EWS category

| Fire Hydrants: Fighters. on the importance of such systems. They are informed about fire hazards and safety precautions that are to be undertaken by the occupants or inhabitants during a fire incident, as perreports. "One of the methods for extinguishing fire in towns, cities and industrial buildings is by providing external hydrant systems. Fire capacity reservoirs, arrangements to impart pressure to the water, means to convey the water to realists to convey the water to various boatons and suitable water outlets at the required locations. To ensure sy stem functions efficiently, it is imperative to carry out routine maintenance of the system." said a fire fighter, who didn't wish to be

INS VELA, FOURTH SCORPENE - CLASS SUBMARINE, INDUCTED

sophistication, with requirement of high degree of precision. "The platform in

front of us today show cases India's notable strides in

indigenous submarine construction, as also the journey from being a 'Buyer's Navy to a Builder's Navy'," he

tons conventional-propulsion submarine for all types of

mission, such as surface vessel warfare. anti-submarine

warfare, long-range strikes

The Scorpene is a 2000

Constitution of India, which came into effect from 26th January 1950. Students by holding placards & raising slogans on Indian Constitution enthusiastically participated in the

Scientist warns of a new Covid variant with high number of mutations

New Delhi, 25th Nov, 2021: A a guess that this would be worse 30 spike mutations has been reported from southern Africa On mber 23. Dr. Tom Peacock, a rirologist at Imperial College condon, posted the details of the rariant on github.com, noting that the "incredibly high amount of spike mutations suggest this could be of

Assigned as B.1.1.529, the variantwas frst spotted in Botswana variantivas first spotted in Botswaria and the other circ ulating countries are Hong Kong and South Africa. According to The local media, only 10 cases have been confirmed by genomic sequencing.

Dr. Tom Peacock tweeted that the variants hould be monitored due.

the variant should be monitored due to its "horrific spike profile" According to WHO, currently,

only four variants of the coronavirus are designated as variants of concern – Alpha (lineage variants of concem —Alpha (Ineage B.1.1.7, the so-called 'UK variant'), Beta (Ineage B.1.351, the so-called 'South Africa variant'), Gamma (Ineage P.1, the so-called 'Brazil variant') and Delta (Iineage P.4.647.2) B.1.617.2).

"Worth emphasising this is at super low numbers right now in a region of Africa that is fairly well sampled, however, it very very much should be monitored due to studies are needed. "The variantis that horrife spike profile (would take currently being monitored." be says.

variant of Covid-19 withover antigenically than nearly anything spike mutations has been elseabout)," Dr. Peacock said. The mutation P681H seen in

the new variant has also been reported in Alpha, Mu, some Gamma, and B.1.1.318 variants. The new variant also carries the N679K mutation which has been reported in many other variants. Dr. Peacock tweets: "This is the first time I'v e seen two of these mutations in a single variant"

The new variant also carries The new variant also carries a mutation called N501Y which has been reported in other variants of concern. Studies have shown that this mutation helps the variant be more transmissible. It also allows the variant be prodicted to the control of the studies of the variant because of the variant beca the virus to readily bind to the human angiotens in-converting

enzy me 2 (ACE2) receptors. It also carries the P681H mutation, one of the commonly identified spike mutations in SARS identified spike mutations in SARS
CoV-2, which enhances the
transmissibility of the virus. The
D614G mutation which has been
reported to increase virus infectivity
was also seen in the new variant.

Dr. Div ya Tej Sow pati from CSIR-Centre for Cellular and Molecular Biology said that only very few genomic sequences of the new variantare available and more

Mirage 2000 fighters from France to boost combat aircraft fleet

IAF receives two

The Indian Air Force has received a boost to its fighter jet fleet as two-second hand jet fleet as two-secona hand Mirage-2000 fighter aircraft have arrived from France ai its Gwalior airbase. The two aircraft were acquired by the Indian Air Force as part of the programme to make up the number of aircraft in the Mirage fighter fleet to around

AIRcorrespondent AIR corresponden; quoting official sources reports, the Mirage upgrade deal between the French and Indian sideswas for enhancing the capabilities of 51 aircraft and some of these kits are left due to crashes involving these planes. The same kits can be

planes. The same kits can be put on these two French Air Force planes and make them suitable for combat operations. Sources say, the Indian Air Force has invested very smartly in finding the spares for the Mirages in form of phased outold French aircraft and this is going to help the Air Force maintain them till 2035



The Mirages have been in service from the 1980s and have been the mainstay of the force from the Kargil war to the 2019 Balakot airstrikes where they bombed a Jaish-e-Mohammed terrorist camp in Pakistan

The Mirages also successfully took out Pakistan Army camps and bunkers on the Tiger Hilltop in the Kargil war and changed the face of the war by successfully hitting enemy camps at such high altitudes with pinpoint altitudes precision using laser-guided bombs.

Physical activity is very mportant for a number of reasons including that it helps to protect the structure and function of our brain as we age. This may be key in reducing the risk of developing certair neurodegenerative conditions, such as Alzheimer's

Though researchers have wn about the protective effector exercise for many years, exactly why it has this effect on the brain has remained a my stery. But a recent study published in the Journal of Neuroscience might shed some lighton this puzzle

According to its findings, physical activity alters the activity of the brain's immune cells, which lowers infammation in the brain. The brain contains a class of special immune cells known as microdia. mmune cells known as microgia, which constantly survey the brain tissue for damage or infection, and clearaway debris or dying cells. Microglia also help direct the production of new neurons (nerve

cells in the brain which communicate and send messages to other cells) via a process called neurogenesis, which is linked with learning and

But in order for microglia to step up and do their job, they need to switch from a resting state to an activated state. Signals from pathogens (such as a virus) or from damaged cells will activate the microdia. This changes their shape and causes them to produce pro-inflammatory molecules allowing them to resolve and repair damage

How ever, microglia can also be inappropriately activated as we age, causing chronic brain inflammation and impairing neurogenesis. This inflammation has been suggested as a reason why brain function often declines with age, and these changes can be even worse in the case of neurodegenerative conditions such as Alzhe imers.

Studies in laboratory mice and rats have shown that exercise car counteract some of the damaging effects of microgial activation. But this latest study has revealed for the first time a link between physical activity, reduced microglial activation and better cognitive function in the human brain

The study's researchers looked at 167 men and women who were 86 years old when their

participated in the Rush Memory and Aging Project. This is a long-term project at Rush University in Chicago which seeks to identify factors that contribute to brain health in older people. Participants completed annual assessments of competed annual assessments of their physical activity, which was monitored by a wearable activity tracker, alongside assessments of their cognitive function and motor performance (such as muscle strength and transfer and unalties appeal). strength and walking speed).

Participants also donated their brains for post-mortem analysis as brains for post-mortem analyss as part of the study. This allow ed the researchers to analyse the brain tissue for evidence of activated microglia, and for signs of disease in the brain such as unhealthy blood vessels, or the presence of plaques containing the protein beta-amyloid (a hallmark of Alzheimer's disease).

The researchers also looked I ne researchers aisonouseu at the levels of sy naptic proteins in participants' brains. Sy napses are the tiny junctions between nerve cells where information is transmitted, so the levels of these gives a broad indication of healthy brain function.

On av erage, the participants

Exercise may reduce brain inflammation in Alzheimer's disease physical activity began to be monitored and around 90 years old when they died. Abouta third of the participants had no cognitive impairment, a third had mild cognitive impairment and a third had ndiagnosed with dementia.

But post-mortem analysis revealed that around 60 per cent of participants actually had signs of Alzheimer's disease in the brain (such as amy loid plaques). This shows that the presence of typical signs of Alzheimer's disease doesn't neces sarily mean a person will show major symptoms of cognitive impairment while they're alive.

Unsurprisingly, the younge the participants, the more phy sically active they were and the better their motor function. Overall, being more physically active was associated with lower microglial activation in certain brain regions (such as the inferior temporal gyrus, which is

developing.
Not only do these findings indicate that inflammation in the brain can significantly affect cognitive function, and may be a risk factor in



dev eloping Alzheimer's disease, they also show that phy sical activity may help us to develop resi in the brain to effects that would

the stant would otherwise be damaging.

The study was also only observational, meaning it observed changes in participants going about their lives as opposed to an interventional study in which differentpeople would be randomly assigned to two different groups where some exercised and some did not. We therefore cannot conclude with certainty that physical activity directly caused the observed changes in brain tissue and cognitive function. These findings also don't ex plain the mechanism by which exercise induces these

Butthis study still adds weigh to the growing body of evidence that phy sical activity can protect brain health and function even into old age. Being active throughout our lives is likely to give us the best chance of preventing Alzheimer's and other neurodegenerative conditions from developing, helping us to live long, healthy and

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Air India Recruitment 2021 | Manager & Other Posts | Total Vacancies 10 | Last Date 07.12.2021 | Download AIAHL Recruitment Notification @ www.airindia.in Date Vr. 12.2021 | Download AIAHL Redrulment Notification @ www.airmidia.1 Air India Recrulment 2021: All Assets Holding Limited (AIAHL) has issued new notice on 16.11.2021 for recruitment of various posts. There are 10 vacancies will be filled by Air India. It invites offline applications from eligible candidates to fill up above said vacancies above these vacancies are assigned for Chief of Properties & Monetization Officer, Chief of Personnel & Administration, Deputy Chief Finance Officer,

Monetization Officer, Chief of Personnel & Administration, Deputy Chief Finance Officer, Manager & Officer posts. Applicants who are seeking Central govt jobs in Delhi kindly submit your application form to giv en address on or before 07.12.2021.

Selection procedure involves personal interview of the candidates who prima facie meets eligibility criteria. The selected candidate will have to undergo a Preemployment medical ex amination. Selected candidates will be appointed at Delhi. Air India Recruitment 2021 Notification & AIAHL recruitment application form is available @ www.airindia.in. Candidates who are looking for Engineering Jobs must check their eligibility i.e. educational qualification, age limit, experience and etc. More details of www.airindia.in recruitment, AIAHL New vacancy, upcoming notices, syllabus, answer key, ment list, selection list, admit card, result, upcoming central govt jobs notifications and etc. will be uploaded on official website.

NARL Recruitment 2021, Apply Scientist/Engineer & JRF Vacancies (a) narl.gov.in

NARL Recruitment 2021 | Scientist/ Engineer & Junior Research Fellow (JRF) Posts |Total Vacancies 14 | Last Date 29.11.2021 | Download NARL Recruitment Notification @

narIgov.in

NARL Recruitment 2021: National Atmospheric Research Laboratory is an autonomous Research Institute funded by the Department of Space of the Government of India has recently released an advertisement [Advertisement No.NARL/RMT/SC & RF/01/2021) for ecruitment of Scientist / Engineer & Junior Research Fellow Posts. Totally 14 v acancies will be filled by NARL and post w ise v acancy details are given below. It invites online application from the eligible candidates. Applicants who are looking for jobs in Central

application intorn use registre cardioates: Applicatios win of aer ooking in origos in Certification (Government kindly make the online registration up to 29.11.2021. NARL Recruitment Notification & NARL jobs apply link is available @ narl.gov.in. Candidates with or are seeking Engineering Jobs must check their eligibility i.e. educational qualification, age limit, ex perience and etc. NARL selection will be based on interview and selected candidates will be appointed afficadanti [AP]. Governments this vers to have a workford with the reflected product plant of the production of th list, selection list, admit card, result, upcoming notifications and etc. will be uploaded on officia

You may visit Career page to get more details about this recruitment. Here you will ge information like educational qualification, age limit, application mode, fee and how to apply Keep check www.daily recruitment in regularly to get latest updates & upcoming gov t exams

Southern Railway Recruitment 2021, Apply for Sports Quota Vacancies @ sr.indianrailways.gov.in

Southern Railway Recruitment 2021 | Sports Quota | 21 Vacancies | LastDabs: 30.11.2021 | Southern Railway Job Notfication @ sr. indicarrailway s.gov.in initiated the hiring process by releasing the notification for recruitment against Sports Quota for the year 2021-22. They are announced 21 vacancies he post from Level 2 to Level 5 in 7th CPC Pay Matrix. Applicants who are searching for Central Gov1jobs may apply for this Southern Railway vacancies who are searching for Central Gov1jobs may apply for this Southern Railway vacancied testing the Southern Railway vacancied testing to the Southern Railway vacancied testing to the Southern Railway vacancied testing to the Southern Railway vacancied testing the Southern Railway application form on or before 30.11.2021 17.00 Hrs.

details. Capable persons need to submit the Southern Railw ay application form on or before 30.11.2021, 17.00 Hrs. Class 12th job seekers can apply for this Southern Railway Sports Quota recruitmen 2021. Applicants should submit the filled form along with essential documents bapply for this Railway jobs. Southern Railway recruitment 2021 notification & application form are published at www.sr.indarrailways.gov.in/www.incmas.in. Selection process consists of trial & interview. Candidates need to pay a tee frirough prescribed mode onto before the last data. More details about this Southern Railway recruitment 2021, selection list, merit list, results will be uplcaded at official websit.

at official website.

Eligibility Criteria for Southern Railway Sports Quota Vacancy 2021
Educational Qualification: Candidabs should have passed Class 12th/ Graduate degree from recognized board/ university.
Check advertisement for more details.
Age Limit (As on 01 01 2022)
Age limit (As on 01 01 2022)
Age limit should be 18 years to 25 years.
Refer notification for age relax ation.
To gethrore details about Southern Railway, visit www.sr.indianralways.gov.in. Here we have provided the educational qualification, age limit, selection process, apply mode & steps to apply. Keep checking at www.dallyrecruitment.infor latest & upcoming notces.

JIPMER Recruitment 2021. **Apply for Assistant Professor** Vacancies @ jipmer.edu.in

JIPMER Recruitment 2021 | As sistant Professor Posts | 03 Vacancies | Last Date:

02.12.2021 | JIPMER Job Notification @jipmer.edu.in
JIPMER Recruitment 2021: Jaw aharlal Institute of Post Graduate Medical Education & JEMMEN Recruitment 2021: Jawanarial institute of Post criaduals Medical Education & Research (JIPMER) has released recruitment notification on 03.11.2021. As per JIPMER Puducherry recuitment 2021 notification, hey ex pect application from eligible persons for the post of Assistant Professor posts in various discipline. Central Government/job seekers muse this chance to join in JIPMER jobs. The Lasticate to submittive JIPMER application form for these 03 vacancies is 02.12.2021. JIPMER recruitment 2021 notification & application form causalished chause illiense date. are av allable at www.jipmer.edu.in.

JIPMER is going to recruit candidates on contract basis. Applicants should have attained the prescribed educational qualification & age limit. I year 3 years teaching & research experience in relevant field is required to apply for JPMER recruitment 2021. Appointments will be at Puducherry. Contract period is 11 months. Aspirants need to pay a fee through prescribed mode on or before the lastdate. They are planned to hire candidates by conducting prescribed mote of the interview will be provided by the Institute. More details of JPMER recruitment 2021, selection list, meritlist, results & upcoming job notices will be uploaded at official website.

To get more job opportunity at JIPMER, check www.iipmer.edu.in. Here we have deducational qualification, age limit, selection process, apply mode & steps to apply Keep checking at www.dailyrecruitment.infor latest updates.





Indian Air Force Recruitment 2021, 83 Group C Civilian vacancies, Apply @ indianairforce.nic.in

Indian Air Force Recruitment 2021 | MTS, Cook, LDC & Other Posts | 83 Vacancies | LastDate: Within 30 days | Download IAF Bharti Application Form @ indianairforce.nic.in. Indian Air Force Recruitment 2021: Indian Air Force (IAF) invites application from eligible Indian nationals to fill up 83 vacancies in Group C Civilian posts. These vacancies are allocated for the post of Supdt (Store), Lower Division Clerk (LDC), Cook, Carpenter, Civilian Mechanical Transport Driver, Fireman & Multi-Tasking Staff posts in Various Air Force Stations/Units. Candidates who had passed class 10th/Class 12th are eligible to

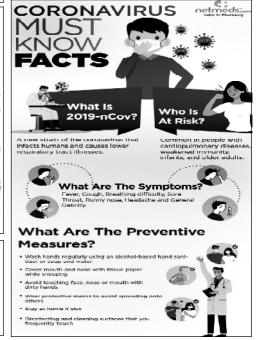
Force Stations/ Units. Candidates who had passed class 1 utility Class 12th are eigible to apply for Indian Air Force jobs. Appriants need to submit the application within 30 days from the date of employment news.

Candidates may download the IAF recruitment 2021 notification and application form from w.w. indianaribroce. nic. in. Selection of candidate will be based on written test's skill test's practical test'p hysical test. Medium of ex. am should be English. A Hindi. Selected considerations will be be application from the statement of the statement of the selection of the statement of the statement of the selection of the statement of the selection of the selection of the statement of the selection of the test practical test prijestal test were until the Aspirants with a valid Civil Tiving Licerse are instructed to apply for this IAF vacancy. No TA/ Da will be provided to attend the selection process. More details about Indian Air Force vacancy, admit card, syllabus, merit list, selection list, results and upcoming recruitment will be updated at official website. Please visit www.indianairforce.nic.in to know more career opportunity at Indian Air Force. Here you will get deuclacional qualification, agai lmit, selection process, apply mode and steps to apply for posts. Keep looking at www.daily recruitment, into obtain latest updates.

IMA Dehradun Recruitment 2021 (New), Apply 188 Group C Vacancies (a) www.indianarmy.nic.in

IMA Dehradun Recruitment 2021 | MTS, LDC & Other Posts | Total Vacancies 188 | Last Date Within 45 days | Download Indian Army Recruitment Notification @

Last Date Within 45 day's | Download Indian Army Recruitment Notification @
www.indianarmy.nic.in
MA Dehradun Recruitment2021: Indian Military Academy (IMA) Dehradun has issue
we notice regarding appointment of Cook Special, Cook IT, MT Driver (Ordinary Grade),
Boot Maker/ Repairer, LDC, Masalchi, Walter, Faligueman, MTS (Safawala), Groundsman,
GC Orderly, MTS (Chowkidar), Groom, Barber, Equipment Repairer, Bicy cle Repairer,
MTS (Mess enger), Laboratory Attendant posts. It invites offline application from eligible
candidates. There are 188 vacancies wil be filled by IMA Dehradun and post wise vacancy candicates. I nere are 100 vacancies wit to the little of ym Aueriaaun and post wise vacancy details are given below. Candidates who are searching Defence Jobs kindly submit the application in the prescribed format within 45 days from the date of publication of advertisement in Employ ment News. IMA Dehradun Group C Recruitment 2021 Notification & Indian Military Academy Recruitment application from is available go www. indianarmy.nic. in. Candidates who are seeking 10th pass jobs/12th pass jobs must check their eligibility i.e. educational qualification, age limit, experience and etc. Selection will be based on Written Tast & XviiII Text and selected agridates with a anoninted at Debradum. More details of Test & Skill Test and selected candidates will be appointed at Dehradun. More details of www.indianarmy.nic.in recruitment, IMA New vacancy, upcoming notices, syllabus, answer key, merit list, selection list, admit card, result, upcoming central govt jobs notifications and





IN CONVERSATION



WHY SELF-EATING ROCKETS, VANISH

Ever since ISRO Chairman K. Sivar spoke about futuristic technologies on which spoke about ruturistic technologies on which the agency will be working on, there has been a lot of buzz among space enthusiasts and specialists about it, especially about the self-eating rockets and vanishing satellites. Presently, rockets have metal casings that are dropped into the sea post their launch or end up becoming space debris post their final stane. ISBO has been working on a stage. ISRO has been working on a

technology wherein the rockets will ear themselves. Space experts told THE WFFKthat such satellites and rockets weekthat such salelines and rockets may end up being an inextricable part offuture spacemissions. "I think these self-eating rockets and vanishing satellite technologies are

something that might sound very fancy like a Hollywood movie climax today but, over a period of time our scientists but, over a pendo a time our scientists will innovate on these technologies, "said Srimathy Kesan, founder and CEO, Space Kidz India. "The self-healing material that the ISRO chairman mentioned is a deep subject where research has been going on for years now and there has been significant improvements pertaining to a few polymers. NASA has been working on this since 2009, and has also been able to identify a few new composite metal polymers. In fact, I was excited to watch a video from Penn Innovation Center, Pennsylvania, as tohow metals can be self-healing. However,

Experts say that both the technologies (self-eating rockets and vanishing satellites) will play a critical role in making sure that we do not add to the space debris problem. we do not add to the space debns problem. "Self-eating rockets are essentially rockets made of unique materials that bum up in the atmosphere leaving no trace. Self vanishing statellites are satellites that will come down in altitude to burn up in orbit after their " lifetime. This has been done in the recent

(India) Limit ed Ltd, "Today, most rock ets use tanks to store their propellant as they climb, and the weight of the tanks is usually many times greater than the weight of the many times greater than the weight of the useful paybad. This reduces the efficiency of the launch vehicle, and contributes to the problem of space debris. However, a launch vehicle powered by an autophage engine would consume its own structure. during ascent, so more cargo capacity could be freed up and less debris would

enter the orbit."

He said that the autonhage engine consumes a propellant rod which has solid fuel on the outside and oxidiser on the inside. The solid fuel is a strong plastic, such as polyethylene, so the rod is effectively a pipe full of pow dered oxidiser. By driving the rod into a hot engine, the driving the roa min a not engine, the fuel and oxidiser can be vaporised into gases that flow into the combustion chamber. This produces thrust, as well as the heat required to vaporise the next section of propellant.

"A rocket powered by ar autophage engine would be different The propellant rod itself would make up the body of the rocket, and as the vehicle dimbs the engine would work its way up, consuming the body from base to tip. This technology opens the possibility of actually sizing launch vehicles to match small satellites, thereby offering more rapid and more targeted access to space," Linganna said.



past with tethers, propulsion etc. We are past with tethers, propulsion etc. We are seeing a fising number of organisations that are adhering to this, including us at Pixxel. All of our satellites will bum up at the end of their lifet time, "Awais Ahmed, founder and CEO of Pixxel, told.

Said Girish Linganna, space expert and director of ADD Engineering Components

OGO NEW LOGO

World championship will change Nepo as a player: Viswanathan Anand

CHENNAl: The opening game of the much-awaited Magnus Carlsen-lan Nepomniachthi World championship clash will kick off in Dubai on Friday. The challenger---Nepomriachtchi — will have the white pieces

in the first match.

Five-time former world champion Visw anathan Anand has his money firmly on Magnus. "Going by w hat we know so far-Magnus is very much the favourite. He has been in good form and preparing well," Anand told the TOI.

Having said hat, the 51-year-old believes that Nepo --- the challenger --- will not make it any easier for Magnus. "Nepo must be very motivated. And he has had a whole year to train and reinventhimself. We know that, on multiple occasions, be it at the (FIDE) Grand Prix where he did well to qualify for the Candidates and at the Candidates ---he rose

will change Nepo as a player. "I think a World championship is an ex perience that changes y ou and it will change him as a play er," said Anand.

The 51-year-old legend is excited to be

doing full-time commentary for the first time in a World cham pions hip match. "Whenever I have watched a World championship match--- I hav e often thought about what it's like to -- I have often mought about what it's like to commentale. It's tunny to be at the otherend of it now and a new feeling to be at a World championship without the tension. I will by to enjoy it as a spectator and hopefully communicate it with the audence," mentioned Append.

Anand.
The lasty ear or so has seen Anand being mentor to young guns like Arjun Erigaisi, R Praggnanandhaa, D Gukesh, Raunak Sadhwani among others as part of the Westbridge Anand Chess Academy. Anand is clear that being a mentor or doing commentary are not long-term decisions yet.



"I enjoy trying them because it's connected to the game. My schedule has been thrown off course for almost two years now because of the Covid-19 pandemic. These are

Noida Airport will be logistics gateway of north India: Modi

Minister Jy ofradity a Scindia exuded confidence on the potential of the new Noida International Airport. Modi laid the foundation for the airport, located at Jewar, on Thursday. After the event, Modi declared

allthis will take time. I would also still vouch

for reusable technology for rocket."

the new airport would be the "logistics gateway of northern India".

normen Inda:

Madinoted the Noida Airportwould bereft "cross of people of Delhi-NCR and western Utar Pradesh". He also declared it would give employ ment opportunities to thousands in western Utar Pradesh.

Noida International Airport will directly connect a major centre of ex port with international markets. It

will enable farmers of this region to export perishable goods like vegetables, fruits and fish. It will help MSMEs of western UP to reach foreign markets,

Taking aim at opposition parties, Modi said, "After Taking aim a copposition paines, who said, Atei 7 decades, UP is getting what it always deserved; with efforts ofdouble-engine government UP is turning into the country's most connected region. UP, which was kept in darkness by previous governments, is now leaving its mark not only nationally but internationally too. Jew ar airport is also an example of how earlier governments in UP and at Centre ignored development of western Uttar Pradesh."

Modi daimed the BJP had wanted an international airportin Noida two decades ago, but faced opposition. "20 years back, BJP government saw the dream of



constructing an international airport here However, it got stuck due to tussle of previous governments sitting at Lucknow and Delhi. Even the previous state government wrote a letter to stop the projec Butnow we're witnessing its 'bhumi puian'.

Modi said.
Highlighting his government's commitment to infrastructure projects, Modi said, "Infrastructure is not politics for us but partof national policy; we're ensuring projects don't get stuck and are completed in time."

Speaking before Modi, Scindia said i was the prime mirrister's direction that Asia's biggest airport has to be built in Uttar Pradesh. "Where there is a will, there is a way ... It was an ambifous resolution of the prime minister, which has come true today." Scindia said.

"By the last phase of development the Noida International Airport will ever surpass Delhi's Indira Gandhi International (IGI) Airport and become India's leading airport," Scindia declared.

'Moment to cherish': Shreyas Iyer receives his India Test cap from Sunil Gavaskar

KANPUR: Iconic former tradition of new entrants getting the captain Sunii Gavaskar on coveled possession from the greats greatest opener and former skipper Thursday presented debutant of Indian cricket Gavaskar who was invited by Shreyas Iyer with India Test cap Iyer became the 302 nd player Dravido present the cap to a felow here, confinuing head coach Rahul

to make his Testdebutfor the national

Dravid's push to revive the by gone team and before the toss against

The culture offormer stalw arts

presenting the national cap is very much prevalent in Australia and debutants get their 'Baggy Green' from the likes of Shane Warne, Mark Wough Mark Mark Waugh, Mark Taylor or Adam Gilchrist.

In India, there was a time when ex

been the captain or some senior player or at best a support staff presenting the cap to debutants. Dravid, a product of the 'Old

School', has brought that sense of nostalgia back as an emotional ly er listened intently to what Gavaskar

listenedintently to whatGav askar had to say about the essence of wearing the Test cap and what it means for acricketer. Former Australia skipper Ricky Ponting, who is the chief coach of Delhi Capitalis – the IPL franchise I yer plays for, also congrabulated him on his Testdebut.

"Having seen all the work you've put in over the last few years, very well deserved and only the beginning for you mate. Proud of you @Shrey a sly er15," tweeted Ponting.





_____ _____ Ph: 03192-249888 GSTIN: 35ADNPRO88691ZL Cell: 9932080286, 9434281888 **ELECTRICALS, ELECTRONICS AND HOME APPLIANCES** dolphy ... мА́сік 1 [] **■** ANCHOR w Panasonic **Opp. Directorate of Social Welfare** Goal Ghar, Port Blair - 744 102, 5/Andaman ~~~~~~~~~~~~~~~

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