THE

THE WEEKLY IN ENGLISH & TAMIL CHIEF EDITOR: A. TAMIL SELVAN

ISSUE - 16 PORT BLAIR Vol-15 RNI Regd. No. ANDBIL/2008/25676

MONDAY, 18-APRIL, 2022

PAGE 06

Andaman Tamizhar Sangam observes its 70 years of remarkable existence in A&N Islands

A grand celebration of Pongal- Chithirai and Tamil New Year celebration on 14th April 2022 mark the occasion





Port Blair, April.17: The Andaman Tamizhar Sangam complex in Phoenix Bay wore a celebratory look on 16th April 2022 as it celebrated its 70 years of marvellous existence in these islands. Adding sugar to the savoury, the occasion also marked the amalgamated celebration of three festivals viz. Pongal, Chithirai and Tamil New Year at one go. In a celebration entwined

with a festive fervour and linguistic spirit, hundreds of Tamils from across the city gathered at the Tamilar Sangam Hall in Phoenix Bay. Students from various educational institutions of the city enthralled the audience with their performance such as classical and folk dances. Star of the celebration was the presence of an eminent orator, siddha medical practitioner and a Member

of TN Planning Commiss ion Dr.Ku.Sivaraman who had come all the way from Tamil Nadu and graced the occasion as the Chief Guest. Besides, Mr.Vidhai Yoganathan, a pioneer in promoting and protecting indigenous varieties of seeds and organic farming and Smti Kavitha Udaya kumar, Chairperson of Port Blair Municipal Council were guests of honor.

(Contd/-page.6...)

MP Shri Kuldeep Rai Sharma elected to the Central Advisory **Committee for the National Cadet Corps**

This is a matter of immense pride for Andaman and Nicobar Islands that Mr. Kuldeep Rai Sharma, the Member of Parliament of Andaman and Nicobar Islands has been elected to serve as Member of the Central Advisory Committee for the National Cadet Corps subject to the provisions of the National Cadet Corps Act. 1948 and rules made there under Along with the Member of Parliament of Andaman and Nicobar Islands, Col. Rajyavardhan Singh Rathore has also been elected as Member of the Central Advisory Committee for the National Cadet Corps.This is yet another



feather in the cap of the Member of Parliament of Andaman and Nicobar Islands. The Central Advisory Committee (CAC) for NCC has been constituted under Section 12 of the National Cadet Corp Act, 1948 for the purpose of advising the Government on matters (Contd/-page.6...)

Recklessly driven stage-carriages pose threat to public safety on roads

Stage-carriage buses are defiant of designated bus stops and driven in a dangerous manner much to the fear of other motorists

Port Blair, April.17: Although the allegations levelled by general public and motorists against the stage-carriages are not new, violations by many stage-carriage buses have attained ominous proportions now thanks to the thirst of private bus owners to take in more passengers. Such dangerous trend comes to the fore at a time when the State Transport Service drives e-buses and leased fleet of mini buses by the STS have taken over

majority stake of public transport across the city. Although the private stagecarriages have been pushed to a marginal state with limited number of private buses plying on the road, the way such buses are driven are extremely dangerous and posing serious threat to public safety. Their foremost defiance of traffic rule comes to the fore when the drivers prefers to stop the bus to take in passengers regardless of

(Contd/-page.6...)

F.No.46-77/DC(N&MA)/QP/2021/767

अंडमान तथा निकोबार प्रशासन/A&N ADMINISTRATION उपायुक्त का कार्यालय/OFFICE OF THE DEPUTY COMMISSIONER उत्तर एवं मध्य अंडमान जिला/NORTH & MIDDLE ANDAMAN DISTRICT मायाबंदर/Mayabunder

Mayabunder, dated the 13th April, 2022.

e-AUCTION NOTICE

(e-Auction ID No.2022 DCNMA 5)

Quarry areas for extraction of minor minerals situated at Panchawati village in Rangat Tehsil under North and Middle Andaman District will be put to e-Auction on 16.05.2022 from 10.00 am to 04.00 pm on e-Auction portal (https://eauction.gov.in) for grant of quarry leases for a period of one year.

All the prospective bidders are requested to go through the e-Auction Notice ID No. 2022_DCNMA_5 at https://eauction.gov.in, for the detailed Terms and Conditions of participation in the e-Auction process.

The last date of receipt of applications with the requisite documents from the prospective bidders is 07.05.2022 till 05.00 PM.

R.No.IP:8571/22

-Sd-

Deputy Commissioner North & Middle Andaman

ANTCC President Mr. Rangalal Halder on tuesday hoisted the party flag at Mithakhari Panchayat, Ward No. 1



ANTCC Campaign Committee Chairman Mr. TSG Bhasker, DCC President South Andaman Mr. V.K Abdul Aziz, City Congress President Mr. Mohd. Zubair, Sevadal Chief organiser Mr. T. Wajith, Ferrargunj Up-Pramukh Mr. Simson, Mithakhari Panchayat Pradhan Mr. Mohammed Safiq, District Congress General Secretary Mr. Abhi bhushan Ghosh, Zilla Parishad member Mr. P.A Sharfuddin and several

other leaders were present on the occasion. Later on the same day, one independent Ward member of Mithakhari Gram Panchayat Mr. V.T Tamilselvam and DMK Active Member of Namunaghar Mr. S. Suresh joined the Congress party under the leadership of Ferrargunj Up-Pramukh Mr. Simson. Mr. Simson vowed to live up to the expectation of villagers and provide basic amenities for them.

Read & Write

We are for you

THE BULLET OF ANDAMAN

Congress holds protest on 'Mehangai Mukt Bharat



As part of the AICC's nationwide 'Mehangai Mukt Bharat' campaign, the Andaman & Nicobar Territorial Congress Committee staged a sit-in protest titled 'Mehangai Mukt Bharat' in Namunaghar Junction here on Tuesday against the price hike of essential commodities including petro-goods.

ANTCC President Mr. Rangalal Halder along with ANTCC Campaign Committee Chairman Mr. TSG Bhasker and DCC President Mr. V.K Abdul Aziz led the protest against price rise and blamed the central government for price hike.

Speaking to the media, Mr. Halder claimed that people are anxious owing to unabated price hikes. During the last one month, prices of petrol-diesel increased by around 14 percent because of which people of the country are in a dire situation. He said that the BJP government was voted to power with the hope of ushering in positive changes. However, the prices of daily

essential items and fuel are increasing rapidly.

Mr. Bhasker said BJP is not a party, it is actually a corporate and commercial organization. He said that the government is looting the people. Speaking on the sidelines, Mr. Aziz contended that the BJP government is inconveniencing the people by increasing the prices and taxes on essential items and goods. The prices and taxes were increased shortly after BJP won the recent assembly elections. Prior to the election, B.IP leaders vowed to work for the welfare of the people but the present scenario says otherwise. Among others, Congress leaders including City Congress President Mr. Mohd. Zubair, Sevadal Chief organiser Mr. T. Wajith, Ferrargunj Up-Pramukh Mr. Simson, Zilla Parishad member Mr PA Sharfuddin, Mithakhari Panchayat Pradhan Mr. Mohammed Safiq and others were present in the protest programme.



HAUL OF WILD LIFE PROTECTED **CROCODILE MEAT CAUGHT BY** PS HUMFRYGUNJ

Police team comprising SI Abdul Azad, I/c PS Humfrigunj, HC/Bijoy Sarkar, PC/ Aurangzeb Ahmed and PC/Sabraj Mohd. while on patrolling near Wandoor Fish Landing jetty area in the night hours located an engine

On suspicion, the police party checked the engine dinghy and recovered 01 plastic bag containing a total of 10 kg (approx) wildlife protected crocodile meat. Subsequently, the said crocodile meat and 01 No. engine dinghy namely M.V. Jalpari bearing Regn. No. IND- with 14 HP kirlosker Manglutan Range. engine alongwith handle which was used for transporting the wildlife protected crocodile meat was seized at the spot and all the 03 persons namely (1) Pradeep Mondal S/o Late Uken Mondal (46) yrs fisherman R/o New Wandoor (2) Suiit Haldr S/o Late Jamini Halder (40) yrs fisherman R/o New Wandoor (3) Manoranjan Biswas S/ o Shri Jogeswar Biswas (48) yrs Pvt worker R/o New Wandoor were detained. Later, all the seized articles alongwith 03 detained persons were handed over to the

On 11.04.2022. AN-SA-MO-2023 fitted Forest Officials of

The South Andaman District Police is committed to eradicate all anti-social activities from the society and the team of Police Station Humfrygunj has once again proved commitment in this direction. The entire operation was conducted under the supervision of SDPO Bambooflat Shri Saurabh Chandra DANIPS. General public is hereby requested to credible pass information regarding any anti-social activities noticed in their locality. Identity of the informer will be kept secret.

acquainted the participants about the role and responsibilities of the Gram Panchayat in the implemen tation of various Rural Development schemes of GOI such as DAY-NRLM, SBM-G PMAY-G MGNREGA, RURBAN, SAGY, PMGSY, RGSA.

The Sr Accounts Officer, Shri Anil Koshi, explained the financial powers and obligations of the Gram Panchayats and requested the Pradhans and Panchavat Secretaries for optimal utilization of fund allocated to the Panchayats. He stressed on use of GeM for procurements under the Gram Panchayats and timely submission of Utilization Certificates. Later, Sr. Accounts Officer, Shri P.S. Satish explained about the use of PFMS for utilization of funds released to the Gram Panchavats and requested to get onboard of PMFS platform. In the end of the session, Shri Vinay Kumar Jindal, Director (RD/ Panchayat) focusing on the key priority areas of Gram Panchayat such as promotion of Rural Tourism, Solid & Liquid Waste Management, taking up of revenue generation activities, preparation of GPDP, etc., requested the newly elected Pradhans to work in consonance with the rules & regulation and coordinate with the UT Administration for effective development of the rural

He informed the participants that the department will be organizing offline training at Port Blair for all the newly elected public represen tatives to have one on one interaction and learning about smooth functioning of the Gram Panchayats.

areas of the UT.

Induction training and interaction session with the newly elected **Representatives of Gram Panchayats**

The Directorate of RD, PRIs & ULBs, A&N Administration organized an induction-cum-interaction program for the newly elected representatives of the Gram Panchavats. in which the Gram Pradhan and Panchayat Secretaries of almost all the Gram Panchavat of Andaman and Nicobar Islands participated in the program.

The program was inaugurated by Shri Suneel Anchipaka, IAS, Secretary (RD) and in his opening remarks congratulated the newly elected Pradhans and requested all of them to work effectively for the rural population residing in the Gram Panchavat as it is the key focal point wherein all the grass root developmental activities are done. He requested them to have a localized vision for the development of Gram Panchayat. He also requested Pradhans and the Panchavat Secretaries to work in coordination for effective implementation of flagship schemes and utilization of public funds within the legal framework of law in a transparent and accoun table manner. He further emphasized to work towards achieving financial self-sustainability of the Panchavats, which is vision of the A&N Administration.

The Secretary (RD) also informed that the Chief Secretary of Andaman and Nicobar Administration has given direction to start competi tion among the Gram Panchavats on basis of cleanliness in the Gram Panchayat, source segre gation, waste collection. plantation of vegetable & fruit bearing trees, rainwater harvesting activities and rural tourism promotion in the Gram Panchavats. As such he urged the Gram Panchayats to work in the said lines to prove their respective Gram Panchayat as the best The Pradhans and

Panchayat Secretaries were made aware about the administrative & financial rules and responsibilities for effective working of the Gram Panchayat. Smt. Kakali Panchayat Ghosh, Secretary explained about the Gram Panchavat Development Plan (GPDP) to be prepared for implementation of various schemes of RD as well as Line Department for the development of the Gram Panchavat and its residents. The Pradhans were requested to make proper selection of works and to take up them as per the priority of public.

Thereafter, Shri Edmond Fernandez, Panchayat Secretary explained about the technicalities and responsibilities of the Gram Panchayat in issuance of Building Permission for construction of buildings in the Gram Panchavats. Subsequently, Smt. Gurjeet Kaur, Extension Officer

Farewell Parade to Shri Satyendra Garg, IPS, Director **General of Police, A&N Islands**

An impressive Ceremonial farewell parade was held in honour of Shri Satyendra Garg, IPS, the outgoing DGP, at Police Lines, Parade Ground on 11/04/2022. Shri Garg joined as DGP of A&N Islands on 21st December 2020 and is returning back to Delhi on transfer his after successful tenure of more than 15 months.

A total of 06 platoons comprising of IRBn, Executive Police (Male & Female). Fire Service and two Police Bands (Male Brass Band and Ladies Pipe Band) participated in the Farewell Parade The parade was commanded by Shri Naveen Kumar, Assistant Commandant. IRBn. All senior Police officers ranging from ADGP to Dv.SP and all rank & files from all Units of Police Department attended the function.

Shri Satyendra Garg, IPS, DGP, in his address conveyed his areetings to resident of A&N Islands in general, and all personnel of A&N

Police in particular. He lauded the services rendered by Andaman and Nicobar Police towards maintaining peace and tranquility, tourist safety, prevention and detection of crime, dealing with fire calls and natural disaster. VIP security etc. While highlighting major achieve ments of A&N Police in the past 15 months, Shri Garg mentioned about crack down on bootlegging and drug peddling, drunken driving, illegal immigrants, community outreach. discipline & transparency in Police Administration. Further, conduct of peaceful and incident free Municipal and Panchayat Election & 'Asani cyclone' were other major events in which Police rose to the occasion and commendable work.

DGP appealed to all police personnel to discharge their duties with dedication utmost professionalism, trans parency, integrity and sincerity to take the A & N Police to new and glorious

MP demands ship for Car Nicobar and Kamorta Islands on the priority

THE BULLET OF ANDAMAN



The Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma has requested the Secretary of Shipping, Andaman and Nicobar Administration to provide ships for Car Nicobar and Kamorta Islands on priority.

In a letter address

Shipping, Andaman and Nicobar Administration the Member of Parliament informed that a large number of residents of Kamorta Island are strand ed at Port Blair since the last few days due to unavailability of ships.

He added that many tribal people from Kamorta and Car Nicobar Islands had come to Port Blair for various purposes like education, jobs, medical treatment and interview but now they are unable to return back to their respective Island due to unavailability of ship for the last 15 days (approximately).

The Member of ed to the Secretary of Parliament mentioned that

they have to pay a heavy amount for daily boarding and lodging facilities at Port Blair and you are aware that many tribal families are not financially very sound to afford to pay for boarding and lodging for such a long period.

Considering the hardship being faced by the tribal people, the Member of Parliament requested the Secretary of Shipping Services to provide a ship for Car Nicobar & Kamorta Islands as soon as possible, so that these stranded tribal people at Port Blair can reach their respective Islands & other people who are stranded there can also return back to Port Blair.

Swarai Youth Club & Shahul Supporters organise Volleyball tournament on the eve of Ugadi 2022

Seva Bharat Team wins the match and bags Rs.15000 cash prize



Shahul Supporters and Swaraj Youth Club jointly organised a Volley Ball match on the eve of Ugadi 2022. The series of matches that started on 02nd April 2022 at the SYC Ground. Haddo had the participation of various teams from across South Andaman. The weeklong tournament ended on 14th April 2022 coinciding with the Tamil New Year Celebration. In the final

match that saw the participation of as many as ten teams from across the City was won by Seva Bharat Team which bagged the cash prize of Rs.15000.00. Accordingly, runner ups were given Rs.10000 cash prize each while the third place bagged was by Garacharma Team. Mrs. Kavitha Udavakumar. Chairperson, PBMC who graced the occasion as the

Chief Guest gave away the prizes to winners and applauded the sports spirit the sportsmen had show cased during the game. Shri Shahul Hameed, Councillor, Ward No.1 and Shri Udaya Kumar, Ex-Chairperson, PBCC were special quests of the occasion. The tournament was held held under the aegis of Shri Shahul Hameed whose ward hosted the programme.

Pegan Diet is the new nutritional plan on the block

The pandemic has reaffirmed that there is nothing more important than staying healthy - be it via exercise or diets. Eating like a caveman is catching on. The "Paleo diet, also know as caveman diet, is taking the world by storm and stars like Jessica Biel, Uma Thurman, Gwyneth Paltrow, Megan Fox & Nimrat Kaur swear by the caveman's diet.

As the name suggests, before modern agriculture developed around 10,000 years ago, people typically ate foods that they could hunt or gather, such as fish, lean meats, fruits, vegetables, nuts, and seeds.

Eating a Paleo diet aims to recreate the food habits of our ancient ancestors, focusing on high quantities of vegetables, fruits, nuts, and meats, whilst leaving out grains and legumes.

But, this raises a problem. "A diet that lacks all animal products as well as beans & legumes isn't well-balanced, and could lead to nutritional deficiencies," savs Manisha Mehta, Dietetics, Sports Nutritionist (Sports Authority of India Certified) and International Speaker.

So that's where the Pegan Diet came in. Actress and model Eva Mendes is a stickler for pegan diet. "It focuses on eating 75% plant products but 25% calories come from animal products," says Manisha.

While the Paleo diet focuses on eating only the foods which people in palaeolithic era, i.e 2.6 million years ago, are believed to have eaten, and the vegan diet focuses on excluding all sorts of animal foods from your plate, Pegan is an amalgamation of the two.

"The Paleo or the caveman diet has been popular for a long time now



and in the recent past veganism has been growing fast. However, both have certain restrict ions in terms of nutrients. which can be addressed with the Pegan diet.

This is far less restrictive and is based on the 5-4-3-2-1 rule: 5 servings of vegetables, 4 servings of carbs, 3 servings of protein, 2 servings of healthy fats and 1 serving of dairy," explains Avinash Rajapet, fitness entrepreneur and Co-Founder and Program Director at Fit.

While there is not enough data to confirm the exact long-term benefits, since it is primarily a plantbased diet, you can eat a tonne of vegetables with out over-doing it calorie wise. "The high fibre consumption combined with a lower intake of starch can help boost overall health and lower the risk of certain lifestyle diseases. There are also many studies that tell us that a plant-based diet can lower weight and reduce bad cholesterol," says Avinash

I Rich in fruits and vegetables, which are good sources of anti oxidants and soluble fibre.

I Rich in protein and healthy fats, which are good for keeping you feeling full, maintaining muscle mass & promot ing brain and heart health.

I Will result in weight loss & likely better control of glucose, blood pressure and cholesterol.

I Since all processed foods are prohibited, it will prevent sodium overdose and exposure to artificial colours, flavours and preservatives.

தமிழர்சங்கத்**தி**ல் அந்தமான் கோலாகலமாக நடைபெற்ற முப்பெரும்விழா

THE BULLET OF ANDAMAN

அந் தமான தமிழர்சங்க வளாகத்தில் 16.04.2022 அன்று மாலை 5.00 மணி முதல் நடைபெற்ற பொங்கல், தமிழ்ப்புத்தாண்டு மற்றும் தமிழர்சங்கம் தொடங்கிய 70 ஆண்டு கால நினைவையொட்டி கமிமர் திருநாள் என முப்பெரும் விழா நடைபெற்றது. இந்த விழாவில் வணிகர்கள், நகராட்சிமன்ற உறுப்பினர்கள், இல்லத்தரசி கள், குடும்பத்தலைவர்கள் என எராளமான கமிம் உறவுகள் கலந்துகொண்டு விழாவை சிறப்பிக்கனர்.

இந்த விழாவில் பாத்துபஸ்தி, மோகன்புரா, மாதிரி மேல்நிலைப்பள்ளி, காமராஜ் ஆங்கிலப்பள்ளி மற்றும் ஜவஹர்லால் நேரு அரசு கலைக்கல்லாரியைச் சார்ந்க எராளமான மாணவ— மாணவியர் தமிழர்களின் பாரம்பரிய கலை நிகழ்ச்சி மயிலாட்டம். ஒயிலாட்டம், கரகாட்டம், காவடியாட்டம் என பல்வேறு நடன நிகழ்ச்சிகள் கண்களு க்கு விருந்தாக பார்வையாளர் களுக்குப் படைத்தனர்.

இவ் விமாவில் மூன்று நூல்கள் வெளியிடப் பட்டன. 1. அமிப்போலையம் ஐந்து நாட்களும், 2. துளித் தேநீரும் தூங்காத இரவு களும், 3. அந்தமானைப் பாருங்கள் அழகு.

இரண்டு மு தல் நூல்களை தமிழர்சங்கத்தின் துணைக்கலைவரும், கி புல்லட் ஆப் அந்தமான் இதழின் ஆசிரியருமான அ.தமிழ்ச் செல்வன் எழுதியுள்ளார். மூன்றாவது நூலை கல்வி இலாகாவில் துணை இயக்குனராக பதவி வகிக்கவரும். கன் வாம்க்கை முழுவதையும் ஆசிரியப்பணி யில் தமிழ் சமூகத்திற்காக அர்ப்பணித்தவருமான திரு. அய்யாராஜு அவர்கள் எழுதியுள்ளார்.

இந்த நூல்கள் முன்றையும் நிகழ்ச்சியின் சிறப்பு விருந்தினரான மக்கள் நல மருத்துவர் ஐயா கு.சிவராமன் அவர்கள் வெளியிட தமிழர்சங்கத்தின் தலைவர் திரு. லி.மூர்த்தி அவர்களும், போர்ட்பிளேயர் நகர்மன்ற தலைவி திருமதி. கவிதா உதயகுமார் அவர்களும், இயற்கை விதை மீட்புப் போராளி ஐயா. யோகநாதன் அவர்களும் பெற்றுக் கொண்டனர். வரவேற்புரை



நிகழ் த் திய தமிழர் சங்க செயலாளர் அனைவரையும் வரவேற்றதுடன் அந்தமான் தமிழர்களுக்கு ஒரு வேண்டு கோளையம் வைக்கார். தங்கள் ஆயுள் முழுவதை யும் அந்தமானின் வளர்ச்சிக் காகவும், அந்தமானின் கட்டமைப்பிற்கான பணி களுக்காகவும் கடமையாற்றிடும் தமிழ் அரசுப் பணியாளர்கள் மற்றும் அலுவலர்கள் பணி ஓய்விற்குப்பின் உடனடியாக தங்கள் சொந்த ஊருக்கு திரும் புவதை நிறுத்திட வேண்டும். ஏறத்தாழ தங்கள் வாழ்வின் பெரும்பகுதியை இந்த தீவுகளுக்காக தரும் அவர்கள், தீவில் பல நன்மைகளையும் அடைந்த பிறகு தங்களுடைய தீவான இந்த அந்தமானைவிட்டு தாயகம் போகும் முடிவினை கைவிட வேண்டும். ஏனைய வாழ்வையும் இத்தீவுகளி லேயே கழிக்க வேண்டும் என வேண்டு கோள் விடுத்தார். விழாவில் சங்கத்தின்

பொருளாளர் திரு. ந.ஜெயராமன் அவர்கள் முன்னிலை வகித்தார். ஏற்புரையில் பேசிய திரு. அ.கமிம்ச்செல்வன் அவர்கள். தமிழர்சங்கத்தின் தற்போதைய நிர்வாகம் அந்தமான் தமிழர்களை ஒன்றிணைத்து பல்வேறு நிகழ்வுகளை நடத்த முயன்றும் கொரோனா ஊரடங்கின் காரணமாக அனைத்தும் முடங்கியதை யும், இறுதியில் இயற்கை வென்று இந்த முப்பெரும் விழா நடப்பதையும் மகிழ்வுடன் குறிப்பிட்டார்.

எமகிய காம் ஆழிப்பேரலையும் ஐந்து நாட் களும் நூலிற்கான அணிந் துரையை வாங்குவதற்காக தமிழகத்தின் பிரபல எழுத்தாளர் பட்டுக்கோட்டை பிரபாகர் அவர்களை கொடர்பு கொண்டதையும், அவர் நூலைப்படித்து மிக அழகான அணிந்துரை அளித்ததையும் குறிப்பிட்டு அவருக்கு நன்றி தெரிவித்தார்.

நிகழ்ச்சியில் பேசிய நகர்மன்றத் தலைவி திருமதி. கவிகா உகயகமார் அவர்கள் அந்கமான் கமிமர்சங்கக்கின் எந்த பணிகளுக்காகவும் தம்மை எப்போது வேண்டு மானாலும் தொடர்பு கொள்ள லாம் என்று கூறினார்.

விழாவின் நிறைவில் பேசிய மக்கள் நல மருக்துவர் திரு. கு. சிவராமன் அவர்கள் அந்தமான் வாழ் தமிழர் களின் விருந்தோம்பலைப் பாராட்டியதுடன் அந்தமான் கமிமர்களின் பாரம்பரிய உணவப்பமக்கக்கையம் வெகவாகப் பகம்ந்கார்.

இன்றைய அறிவியல் அவசர உலகத்தில் இயற்கை உணவிற்கான தேவை, மக்கள் ஆரோக்கியத்தை பேண எந்த வகையிலான உணவை உட்கொள்ள வேண்டும். கவரான உணவுப் பழக்கத்தினால் என்னென்ன நோய்கள் மனிதர்களுக்கு வருகின்றன என்பதை பட்டியலிட்டு இனி மக்கள் எச்சரிக்கையுடன் இருக்க வேண்டிய அவசியத்தை உணர்க்கினார்.

நிகழ்வில் பேசிய இயற்கை விதை மீட்புப் போராளி திரு. யோகநாதன் அவர்கள் இயற்கை பாரம்பரிய விதைகளை மீட்பதற்கான அவசியம், இயற்கையோடு வாம்வகால் சேர்ந்து மனிதர்களுக்கு கிடைக்கும் நன்மைகள் என்ற பல்வேறு விஷயங்களைப்பற்றிப் பேசினார். நிகழ்ச்சியின் நிறை வில் பொங்கல் விழாவினை முன்னிட்டு நடைபெற்ற ஏராளமான போட்டிகளில் வெற்றிபெற்ற மாணவச் செல்வங்களுக்கு தமிழர் சங்கத்தின் சார்பாக பரிசுகள் வழங்கப்பட்டன. விழாவில் நூற்றுக்கணக்கான தமிழ் உரவகள் கிரளாக கலந்து கொண்டு விழாவை சிறப்பிக்கனர்.

<u>அன்புத்</u>தமிழ் உறவுகள் <u>அனைவருக்கும்</u> சமர்ப்பணம்...

வாழும்போது தமிழ் படித்து வாழ வேண்டும். உடல் வேகும்போதும் சாம்பலில் தமிழ் மணம் வீசவேண்டும். சித்திரமும் கைப்பழக்கம் செந்தமிழும் நாப்பழக்கம் முத்துதிர்க்கும் முத்தமிழே உன் முப்புக்கு முதல் வணக்கம்.

இன்று அந்தமான் தமிழர்களின் வாழ்வில் ஒரு இனிய நாள்... நாவிற்கினிய சுவை நாளடைவில் மறந்துவிடும் மனதிற்கினிய நினைவுகள் மறையும்வரை கூடவரும்...

ஊரடங்கின் காரணமாய் நாம் கொண்டாட முடியாக கடந்துபோன பொங்கலையம் கொண்டாட வேண்டிய தமிழ்ப்புத்தாண்டையும் இணைத்து மகிழும் தமிழர்த் திருநாள்...

பொங்கல்விழா நடத்திடவே பொறுப்புடனே முயற்சித்தோம் பொல்லாத கொரோனா வந்து பொங்கவைத்து பொங்கியது...

பொறுப்புக்கு வந்தபின்னே பொறுப்புடனே கடமையாற்றி பழமையாய் இருந்த சங்கம் இன்று புதுமையாய் மிளிரச்செய்தோம்... தரணியெலாம் போற்றிடவே தமிழர்களை ஒன்றிணைத்து தரமாக பல நிகழ்வு தந்திடவே கனவுகண்டோம்...

அத்தனைக்கும் தடைகள் வந்து அகிலமெலாம் முடங்கியது கொடுநோய்க்கு உயிர்களெல்லாம் கொத்துக்கொத்தாய் மடிந்தது... இன்று அத்தனையும் ஓய்ந்தது அமைதியெங்கும் நிறைந்தது...

வீறுகொண்டு எழுந்திடவே வேங்கையென சிலிர்த்திட்டோம் முப்பெரும் விழா நடத்திடவே முடிவுசெய்து புறப்பட்டோம்.. விழாவைச் சிறப்பிக்க விருந்தினர் இருவரை துணைக்கழைக்கோம்...

ஒருவர்... இயற்கை உணவை தொலைத்துவிட்டு இயந்திரமாய் மாறிவிட்ட எம் மக்களுக்கு நல்லதை எடுத்துச் சொல்லும் மக்கள் நல மருத்துவர் டாக்டர் கு.சிவராமன் அவர்கள்...

இவர்... பரோட்டாவைப் பிய்த்துப்போட்டு சால்னா ஊற்றிச் சாப்பிட்ட தலைமுறையை இன்று பாசிப்பயிறை முளைக்கட்டி பாசத்தோடு சாப்பிட வைத்திருக்கிறார்.

பீட்சாவும், பர்கரும் தேடித்திரிந்த இளைஞர்கள் இன்று பீனட்டையும் ராகிமால்ட்டையும் தேட வைத்திருக்கிறார்...

ரசாயனம் கலந்த வெள்ளைச் சர்க்கரைக்கு அடிமையான நம் சமூகத்தை இன்று தரமான நாட்டுச் சர்க்கரையிடம் தாமாக கொண்டு சேர்த்திருக்கிறார்... மற்றவர்... இழந்த நம் இயற்கைதனை இயல்பாக மீட்டிடவே இயன்றவரைப் போராடும் இயற்கைவிதைப் போராளி விதை யோகநாதன் அவர்கள்... அறிவியல் கண்டுபிடிப்புக்கு ஆயிரம் விஞ்ஞானிகள் இருக்கலாம்... ஆரோக்கியத்தைக் காப்பாற்ற இருந்த ஒரே விஞ்ஞானி இயற்கை விஞ்ஞானி நம்மாழ்வார் அவர்களே... அவர்கம் சீடர் இவர்...

மக்கள் சேவையே மகேசன் சேவையென தமிழில் கவிநயமான வார்க்கையண்டு. இங்கே மக்களக்க சேவைசெய்ய நம் நகரக்கலைவியாய் கவிகாவம் உண்டு...

இன்று எம் நூல்கள் இரண்டு இங்கே வெளியிடப் பட்டிருக்கின்றன... ஒன்று ஆழிப்பேரலையும் ஐந்துநாட்களும்... 2004 டிசம்பர் திங்களில் சுனாமி என்ற ஆழிப்பேரலையில் ഗ്രടல் அலைக்கும் இரண்டாம் அலைக்குமான இடைவெளியில் ஓடி உயிர்ப்பிழைத்து ஐந்து நாட்கள் பெற்ற அனுபவங்களை அப்படியே பதிவிட்டிருக்கிறேன்....

பத்துமாதம் கருவில் சுமந்து பெற்றெடுப்பாள் தாயானவள். நான் 15 வருடம் நெஞ்சில் சுமந்து பிரசவித்தேன் இந்த ஆழிப்பேரலையை... ஒவ்வொரு தாய்க்கும் பிரசவம் மறுபிறவி என்பார்கள்... என் நூல் வெளியிடப்படும் இந்நாள் எனக்கும் ஓர் புதுப்பிறவி...

இரண்டாவது... துளித்தேநீரும் துாங்காத இரவுகளும்... முணுக்கென்று மூளைக்குள்ளே கருக்கொள்ளும் கவிதைகளை கலங்காமல் காத்திட்டு கவி விருந்து படைத்தேன் என் இலக்கிய நண்பர்களுக்கு... நண்பர்கள் சுவைத்துப் பார்த்தபின்னே பாராட்டிய பதார்த்தங்களை நூலாக்கினேன் அனைவரும் உண்ண.... நூல்களை வெளியிட்ட, பெற்றுக்கொண்ட, பார்வையாளர்களாய் இருந்த அத்துணை நல் உறவுகளுக்கும் என் நெஞ்சார்ந்த நன்றிகள்....

தமிழர்கள் வாழுமிடமெங்கும் தமிழ்ச்சங்கம் ஒன்றுண்டு, தரணியிலே இல்லாத தமிழர் சங்கம் இங்குண்டு... மத பேதமற்று சமத்துவமாய் வாழ்ந்துவரும் சரிநிகர் சமானமாய் சாமானியர்தம் வாழ்வுண்டு... எண்ணிலடங்கா தமிழர் உழைப்பை ஏற்றுயர்ந்த சங்கமிது. எங்களையம் ஏற்றுக்கொண்ட எல்லாம்வல்ல தங்கமிது... இன்றுபோல் என்றுமே சிறப்புடனே செயலார்ருவோம்....

முன்னோர் தொட்டுச்சென்ற கடமைகளோடு தொடாத சிகரங்களையெல்லாம் தொட்டிடவே குளுரைப்போம்.... மூத்தோர் விட்டுச்சென்ற சுவடுகளை விடாமல்தொடர்ந்து சென்று அவர்கள் சுட்டிச்சென்ற ஒற்றுமைதனை உயிராக நாமும் —அ.தமிழ்ச்செல்வன் காப்போம்.

Andaman...

Dr.Ku. Sivaraman who is well known for his speeches replete with awareness on the harms of chemical preservatives in food stood in length about the dangers of consuming foods mixed with preservatives such as Sodium Benzoate and the use of Sodium mono glutamate in food and the alarming need for avoiding such foods and adopting natural foods in our lives. He also gave valuable suggestions to women and enlightened them about various lifestyle diseases which could be prevented using simple food and life style changes. Mr. Vidhai Yoganathan also enlighten ed the audience about the necessity for preserving the indigenous varieties of seeds and protecting our traditional variety of food for the wellbeing of our future generations. The celebrat ion marked the gathering of Tamils in grand numbers after a two long years of pandemic induced interrup tion over COVID19 Surprisingly.

Students from Govt. Schools of Mohanpura, Bathubasthi & Model School besides Kamaraj English Medium School, JNRM performed traditional folk arts and dances on the stage and enthralled the audience. Best part of the occasion was the release

hostel the National Students

Union of India's State

from Page.No.1...

of three books written by Mr.A.Tamilselvan and Dr. Ayyaraju by the Chief Guest. Two books entitled "Tsunami & the five days" and "a drop of tea and sleepless nights" by Shri A. Tamilselvan, Vice President of Andaman Tamilar Sangam besides a book written by Dr. Avya Raju, Dy Director (Retd) of Education Department, A&NAdmn namely "Behold the beauty of Andamans" were released by the Chief Guests and received by the President of Andaman Tamizhar Sangam Mr.L.Moorthy and Mrs. Kavitha Udayakumar Respectively. Shri Vidhai Yoganathan received the first copy of Dr. Ayya Raju's book while it was released by the Chief Guest Dr Ku Siyaraman

Earlier.the Secretary of Andaman Tamizhar Sangam Mr.V.Kalidasan welcomed the Chief Guest and the audience. He recalled that, many of the Government servants and officers who spent their most of the life serving the public of these Islands choose to leave for their mainland once they retire from service. He appealed to all of them to spend their rest of the life in these glorious islands. Mr. N.Javaraman, Treasurer of Andaman Tamilar Sangam presided over the function.

While speaking soon after release of the books written by him, Shri A. Tamilselvan narrated how the earlier planning Pongal Festival could not be held over sudden enforcement of COVID19 lockdown in January 2021 and how successfully the Sangam managed to observe the festival now. He also used the occasion to thank the eminent writer of Tamilnadu Mr.Pattukottai Prabhakar who lent foreword to the book written by Mr.A.Tamilselvan with great words of appreciat ion. Mrs. Kavitha Udaya kumar, Chairperson who spoke on the occasion appealed to the general public to reach out to her in case of any grievances related to civil issues.

The programme concluded with the distribution of prizes to the students of various schools and colleges who won prizes in various competit ions held as part of the Pongal Festival in January 2022. The occasion also witnessed the felicitation of government officers and individuals who stood by the Andaman Tamilar Sangam in its path of progress.

The programme witnessed the congregat ion of hundreds of men, women and children from different walks of life with a single spirit of being Tamils.

from Page.No.1...

connected with the policy President, Andaman and and administration of NCC. Only two Members of Parliament are elected from the Lok Sabha as the Members of the Central Advisory Committee for the National Cadet Corps. **NSUI State President** the country. condemns JNU clash, says such incidents dangerous for educational institutions. As the JNU clash and communal violence report ed on the day of Ram Navami in the University

Nicobar Islands Mr. M.A Sajid has condemned the incident and expressed concerns over the matter and said that such incidents are dangerous for the educational institutions of On Sunday, two

groups of students clashed at the Jawaharlal Nehru University's Kaveri Hostel allegedly over serving of non-vegetarian food in the hostel messon Ram Navami. Six students were injured in the violence. The Delhi Police Monday has lodged a complaint against unknown students of the Akhil Bharatiya Vidyarthi Parishad (ABVP) over the violence in the university. Mr. Sajid alleged that the **ABVP** members attempted to stop nonvegetarian food from being cooked and served in the mess. He said that the ABVP members stopped the mess vendor from supplying chicken and attacked him in the afternoon

Recklessly... from Page. No.1...

it is a designated bus stop or not. The terminology "Stage-carriage" itself is expressive of the fact that, they can stop only in designated stops and can take-in passengers, but the reckless drivers choose where should they stop the bus without giving any regard for other private vehicles they follow them.

Such scenes are inherent on city roads during morning peak hours when the vehicles are moving on bumper to bumper. Even during such sluggish pace of traffic, private stage-carriages pulled their vehicles to the middle of the road by blocking the entire length of vehicles that trail behind. If a vehicle tries to go around the bus, the driver of the bus will prefer to start his vehicle by blocking other vehicle that tried to overtake it Here, the recklessness coupled with the arrogance of the drivers also becomes evident.

Such things are completely contradictory of the general notion that, the traffic police is responsible for everything that happens on the road. Despite the traffic police keeping a strict vigil on roads, stage-carriages remain defiant of the traffic rules.

Besides, there are competitions between various private stagecarriages which leads to general public facing huge problems. In a bid to prevent other private stage-carriage from overtaking it, the preceding stage-carriage stops on the middle of the road. It not only blocks the other stage carriage from behind, but also a long trail of other vehicles too. But, the stage carriage drivers are on a mad rush to take in more passengers by defying and ignoring the problems faced by other motorists & general public, it is alleged.

It is an open fact that, the private stagecarriages are on a waning path, especially after the introduction of leased fleet of buses by the STS besides a large fleet of Evehicles that occupy the public roads mostly. Even though, the reckless and irresponsible style of driving on part of private stage-carriages force the public to chide them.

If the attitude of private-stage carriages remains the same, general public will definitely reject them and prefer the corporate owned evehicles and leased buses of STS. This will lead to permanent annihilation of private buses on public roads in Port Blair resulting in loss of husiness. It's high time, private stagecarriage owners take a precautio nary step to mend their reckless drivers.

The Traffic police may also deal with iron fist when it comes to defiant stage-carriages without any bias. In this situation the private bus drivers will continue their operation style like spontaneously results creating incon venience to the public, there is no other choice that the passengers will support to only corporate companies from Delhi will run the buses in future for their orderliness.

HOUSESITE PLOT FOR SALE

Each Plot 200 Sq.mtrs behind Karan Trading, Industrial Estate, Dollygunj, Port Blair only 04 Plots Contact No. 9933241395/9679531845

Printed, Published & Owned by A.Tamil Selvan, Published from No-4, F/F, Andaman Tamizhar Sangam Complex, Phoenix Bay, Port Blair, Andaman-744102 Printed at Venu Offset Press, Minnie Bay Junction, School Lane, Port Blair, Editor A. Tamil Selvan, Mobile: 9932087007, E-Mail: bulletofandaman@Gmail.com