

# THE BULLET OF ANDAMAN



THE WEEKLY IN ENGLISH & TAMIL

CHIEF EDITOR: A. TAMIL SELVAN

ISSUE - 36

PORT BLAIR

MONDAY,

06-SEPTEMBER, 2021

Vol-14

RNI Regd. No. ANDBIL/2008/25676

PAGE 06

Rs. 2/-

## MP demands Additional sorties of helicopters to Nicobar Group of Islands and induction of bigger helicopter for Islands

Port Blair, Sept.05: Highlighting a prominent issue of Nicobar District that the present schedule of helicopters for various Islands of Nicobar District is not enough to cater to the growing demand of passengers, the Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma today requested the Lt. Governor to schedule additional sorties of the helicopter to remote Islands of Nicobar District on an 'as and when required basis', especially whenever there is a heavy demand for Helicopter



tickets from any Island, reported by respective Assistant Commissioners.

In his letter to the Lt. Governor, Mr. Sharma pointed out that for passengers, who are willing to travel by helicopter, in the

case of emergency and other urgent needs, sometimes the waiting period for Helicopter Ticket, is for several days. He mentioned in his letter that additional sorties will not only reduce the pain of the public, waiting for transportation from remote Islands but also clear the backlog of passengers waiting on various Islands. He also requested the Lt. Governor to take initiative to bring one bigger Helicopter for Andaman Nicobar Island so that the bigger helicopter can be operated (Contd/-page.6...)

## Pig menace poses public health risk in the midst of Smart City

**City roads are abundant with droves of pigs: rein in before it becomes a nuisance: Public**

Port Blair, Sept.05: Against the stray cattle menace which endangers the pedestrians and motorists on city roads, now pig menace is becoming a burgeoning issue. Like any other civic bodies in the country, the Port Blair Municipal Council also sometimes face tough times handling the cattle menace as it were responsible for road accidents. There were also incidents of stray bulls attacking the bystanders which often leave the commuters scared.

Likewise, reining in the pig menace is also one of the tedious tasks of civic bodies across the country. The Port Blair Municipal Council which is tired of controlling the stray cattle and stray dogs has a big task ahead as droves of pigs started rearing their heads on public roads. In reality, droves of pigs which were hitherto confined to areas like Prem Nagar and Delanipur areas have now spilled over to Aberdeen Bazar too.

Recently, a large drove of pigs with little ones were found wandering

along the Phoenix Bay area close to the masjid near Pongy Chaung. Residents and commuters were in shocks to see such a large drove of disgusting creature roaming on public roads.

More than other, this had left those visiting the Mosque annoyed as the presence of pigs close to the place of worship is considered not auspicious. Likewise, Hindus also consider pigs as not auspicious and have an aversion to even utter its name at home. Generally, if (Contd/-page.6...)

## ANTCC team visits Havelock Island; holds discussion with Block Committee on party strengthening strategy



Port Blair, Sept.02: The team of Andaman and Nicobar Territorial Congress Committee led by the President of Shri Ranglal Halder and General Secretary Shri Masih Lagun visited Swaraj Dweep on 02.09.2021. Shri G. Bhaskar & other core party functionaries also accompanied the President and Secretary.

The delegation convened a meeting of the Block Congress Committee, Swaraj Dweep and held deliberations with its office bearers on charting plans and strategies for strengthening of the party. A large number of block congress office bearers & functionaries took part in the meeting enthusiastically & shared their views.

## M.A Sajid appointed as new NSUI State President



Port Blair, Sept.05: The National Students Union of India (NSUI) has appointed Shri. M.A. Sajid as new State President of Congress's Student Wing (NSUI) for Andaman and Nicobar Islands with immediate effect. The appointment of Shri. Sajid has been approved by the NSUI National President Shri. Neeraj Kundan on Friday, stated a press release issued by NSUI National

Secretary Ms. Mamatha Nerlige. Shri. Sajid on Saturday resumed the office of NSUI at Gandhi Bhawan, Port Blair. On this occasion, all the office bearers of NSUI along with PCC President Shri. Ranglal Halder, PCC General Secretary Shri. Masi Lagun, AICC Member Shri. Ganeshan & NSUI Ex-President Shri. Mahinder Prasad felicitated the newly appointed (Contd/-page.6...)

**NOTICE INVITING e-TENDERS**

No.TN-1/DB/CD-II/PP/2021-22/643

DATED: 30/08/2021

The Executive Engineer, Construction Division No.II, APWD, Prothrapur invites on behalf of President of India, online Item Rate tenders (in form of CPWD-8) from the approved and eligible experienced contractors of appropriate class of APWD and Non APWD Contractors having experience in executing the relevant magnitude of work as per CPWD Works Manual and with other GOI organizations working in these Islands of appropriate class of enlistment in the respective departments.

**NIT No.12/EE/CD-II/2021-22**

**Name of Work:-** Widening of CC Road from INS UTKROSH VVIP arrival Point to Helipad for a Length 95 Mtr. in lieu of Construction of Rural Road from Japan road to Lal Matti(920mtrs).

**Estimated Cost** : Rs.25,56,815.00

**Period of Completion** : 15 (Fifteen) Days

**Bid Document Publishing Date** : 31/08/2021 (1600 hrs)

**Bid Document Download/Start Date** : 31/08/2021 (1600 hrs)

**Bid Submission Start Date** : 31/08/2021 (1600 hrs)

**Bid Submission Closing Date** : 07/09/2021 (1000 hrs)

**Bid Opening Date** : 07/09/2021 (1030 hrs)

The Tender forms and other details can be obtained from the Web Site <https://eprocure.andaman.gov.in> .

**R.No.IP:7986/21**

**Executive Engineer**  
Construction Division No.II  
APWD, Prothrapur.

Tender ID: 2021\_APWD\_3647\_1

## N&MA DISTRICT POLICE SWITCHES GEARS WITH EASE IN RESTRICTIONS



Crime and the methods change with the change in scenario. And to ensure that the law-abiding citizens get to go with their lives peacefully, police has to change its approach to minimise the opportunities of committing crime. Now, the policemen cannot be everywhere at all times, but by understanding the changing circumstances and prioritising accordingly, a lot can be achieved. That is what the district police of North and Middle Andaman district is doing. While 2 months back, jungle searches



were being conducted regularly to deal with the menace of Handia making, with the opening of bars and wine shops, the focus had to shift on people selling IMFL illegally. And the district police of North and Middle Andaman did that seamlessly. With a regular watch over history sheeters and bootleggers, the district police has been able to keep a check on illegal selling of IMFL. In the month of August, the police has registered 27 cases for violation of Excise Regulation. What is to be kept in mind that it

is not always about the big quantities, it is also about selling IMFL in small pegs to daily wagers, taking their hard earned money. That is what the focus has been on. Apart from that, as a matter of rule, the licenses of all the drivers caught driving drunk are being recommended for suspension, with NO Exceptions. In last 2 months, the district police has booked 39 defaulters for drunken driving. A drive has also been conducted to execute all pending warrants. People change addresses and

don't turn up in courts, which affects the justice delivery system. Help is being taken from the district police of South Andaman and Nicobar and teams have also been dispatched to other districts in some cases.

All this is being done without losing focus from the enforcement of COVID guidelines. In the month of August itself, around 1700 people have been booked for violation of guidelines of administration under Disaster Management Act.

## Food Safety Department conducted surprise inspections of street food vendors Municipal area.



The Food Safety Department, Andaman & Nicobar Administration in its relentless endeavor to ensure the availability of safe and hygienic food to the islanders, today conducted surprise inspections of street food vendors in and around Port Blair Municipal area.

A total of 53 street food vendors were inspected, major and minor violations were noticed during the inspection. The violators were booked under relevant sections of Food Safety and Standards Act, 2006. The Food Business Operators were also sensitized regarding safe and hygienic processing and handling of food articles prepared and displayed for sale in their

respective premises. All street food vendors were instructed to be dressed in proper clean attires viz. aprons, head wears and hand gloves during processing and handling of food articles. It was also emphasized that the Food Business Operators should ensure availability of potable water and refrain from repeated use of cooking oils.

The Commissioner of Food Safety, A&N Islands/Deputy Commissioner, South Andaman has directed all the FBOs to maintain highest level of sanitary and hygienic conditions in their respective premises. The general public may lodge any complaints or grievance on toll free No. 1077 or 03192236168.

# Cheers to coconut

The humble coconut is having its moment as it is being lapped up across the world as a super ingredient that is making its way across industries.

The ubiquitous nature of coconut is being seen in varied applications. Coconut oil is used to moisturise the skin and hair and in soaps and cosmetics. In addition, the hard shells, fibrous husks, and long pinnate leaves may be utilized to produce a range of furniture and decorative goods. Thus, coconut is a versatile fruit that may be utilised in a variety of ways. Merajuddin Ansari, Executive Chef, Four Points by Sheraton Navi Mumbai says, "The fibre on the outside of the husk is used in ropes, doormats, potting soil, mattress stuffing, brushes, mats, rugs, joint sealant for boats (caulking), and sacks. In Brazil, tea produced from husk fibers is claimed to help with inflammatory diseases. The coconut shells are also utilised as bird feeders, a refuge for tiny birds and mice." Madhu Kargunda, Founder, Tengin Coconut products based in Arsikere adds, "Coconut husk, the outer layer of coconut also called coconut fiber, in olden days in villages we used this to clean utensils, as a body brush now it has given a shape and made to dishwashers and vegetable cleaners and we also use it in farming which retains water, also called cocopeat."

The humble coconut, an auspicious fruit according to Hindu tradition, is a symbol of prosperity and is believed to welcome Lakshmi, the goddess of wealth for Hindus. Nicky Lamba, Founder, Nesara By Nicky says, "Ancient doctors used to burn the shells to prepare tooth powder,



creams and ointments for burn wounds. Charcoal is alcohol obtained from the hard shell and can also be used to make tooth brushes. The long pinnate leaves can be used as material to make a variety of products for furnishing and decoration."

Coconut is an emollient and a humectant made from fatty acids, which can sometimes be comedogenic. "However, when you are product shopping and reading the labels, you can choose Caprylic/Capric Triglyceride instead of the words 'coconut oil'. Coconut milk can be used in both face and hair masks. The leftover grated coconut, dry or wet, is great to be used in a face scrub or a face mask," says Nikita Deshpande, Co-Founder, ilana. The coconut is one of the most versatile plants in the world. The flesh of the fruit can be used for cooking and to make dairy free milk substitutes. The water is a healthy electrolyte, the oil can be used in cooking and in making natural cosmetics, while the husk and the wood are used in building and construction. Coconuts are majorly used as a food ingredient in different forms such as oil, milk, flakes and flour. "Beyond its purpose in kitchen and skincare, coconuts husks, when burnt in low heat, acts as an insect repellent and are used in pujas because of their aroma. Coconuts also function as good mediums for growing flowering plants. The shell

of the coconut is treated as firewood when gone bad," says Shweta Mahadik, Clinical Nutritionist, Fortis Hospital Kalyan.

There are many ways to incorporate coconut oil into your beauty routine as a lip balm eye makeup remover, gentle cleanser tame split ends and even moisturise elbows and knees. Neha Sahaya, celebrity nutritionist and fitness enthusiast explains, "Coconut oil is beneficial for use in cosmetics, typically as a moisturiser, and in soaps. It is claimed to take care of various skin issues such as dark circles, hyper pigmentation and anti-aging. Coconut oil is used for curing various hair issues such as hair fall, dandruff, increase and improves not only the quality of hair but also eyebrows and eyelashes. It has become a common ingredient in the famous keto diet as a favourite keto coffee."

Coconut helps in detoxifying your system, since it is rich in lauric acid, fatty acids, antioxidants and it's full of minerals and vitamins. Lauric acid is useful in fighting viruses, fungi and bacteria, which cause many illnesses within the body. It is effective in reducing triglyceride and cholesterol levels, which lessens the chances of getting a stroke or cardiovascular disease. Namrata Reddy Sirupa, Co-founder, Satliva adds, "They are extremely healthy, containing fast metabolising fats known

as MCT's and are also rich in magnesium, selenium, iron and copper, leading to good heart health and lowering cholesterol. The benefits of cultivating coconut include the versatility of the entire plant and the many by-products that can be harvested from one individual tree." Shweta Shah, Celebrity Dietician &

Nutritionist, Fitza says, "Coconut has been useful in all areas of health and lifestyle, since ancient times. Being rich in healthy fats, it is useful as oil, soaps, topical creams, cosmetic products and external parts of the tree and fruit are used in brooms, furniture, biodegradable options."

## 5 weight loss myths that you need to stop believing

The pandemic has made most of us gain some extra kilos. And as we are getting back to our normal lives, weight loss is on everyone's mind. Also, maintaining a healthy weight is important for one's overall well being. While there are uncountable diets and tips that promise to make you lose weight, not all of them work. Here is the list of 5 such common weight loss myths that you need to stop believing.

Carbohydrates are required by the body for every little movement we do. When the right carbs are consumed in an adequate amount, it does not cause weight gain. While trying to lose weight, eating whole grains, complex carbs & protein is a must in all the meals.

A meal that comes out of a packet can never be healthy as compared to home-cooked fresh meals. There are various packaged foods that claim to be low-fat, fat-free and gluten-free but are high in sugar and thus not good for your weight loss. These healthy labels are frequently used to deceive rather than inform. So many foods might label themselves as healthy but might be the polar opposite. Thus, it's best to have freshly cooked home meals instead of packaged meals.

Herbal teas are high in phytochemicals and antioxidants and thus help your body detox.

But the teas directly cannot help you lose weight. They improve



metabolic activity and the energy-burning pathways.

Creating a calorie deficit is one of the first steps towards losing weight. A calorie deficit means burning more calories than what you consume. Thus, eating less and moving more sounds logical for more weight loss.

While this might also work in the short term, it is not a good idea to be followed in the long run or made into a lifestyle habit. People who start eating less, due to physiological and biochemical factors, gain most of the lost weight as soon as they get back to their normal diet.

Crash diets do not help in the long run. In fact, on the contrary, it leads to long-term weight gain. The biggest issue is that crash diets are extremely difficult to stick to and devoid you of various important nutrients.

This depletes your body of energy, leading to a desire for high-fat, high-sugar foods.

This can make you eat more of those foods that have fewer calories than you require in order to lose weight.

## Indian-led team develops online search system to limit COVID-19 misinformation

A team led by an Indian-origin researcher in Canada has developed a new system that increases the correctness and reliability of online health-related searches by 80 per cent to help people make better decisions about topics such as COVID-19.

The team at the University of Waterloo in Canada noted that the internet search engines are the most common tools the public uses to look for facts about COVID-19 and its effect on their health. A proliferation of misinformation can have real consequences, so the team created a way to make these searches more reliable.

"With so much new information coming out all the time, it can be challenging for people to know what is true and what is not," said Ronak Pradeep, a PhD student in the Cheriton School of Computer Science at Waterloo and lead author of a study. "But the consequences of misinformation can be pretty bad, like people going out and buying



medicines or using home remedies that can hurt them," Pradeep said. The researchers said even the big search engines that host billions of searches every day can not keep up since there has been so much scientific data and research on COVID-19 in such a short time. "Most of the systems are trained on well-curated data, so they don't always know how to differentiate between an article promoting drinking bleach to prevent COVID-19 as opposed to real health information," Pradeep said.

"Our goal is to help people see the right articles & get the right information so they can make better decisions in general with things like COVID," he added. Pradeep said the project aims to refine internet search programmes to promote the best health

information for users. The team has leveraged its two-stage neural reranking architecture for search which they augmented with a label prediction system trained to discern correct from dubious and incorrect information.

The system links with a search protocol that relies on data from the World Health Organization (WHO) and verified information as the basis for ranking, promoting and sometimes even excluding online articles. "Our design can potentially improve consumer health search to combat misinformation, a challenge recently amplified by the COVID-19 pandemic," the authors of the study wrote.

Pradeep and other authors Xueguang Ma, Rodrigo Nogueira and Jimmy Lin, from the University of Waterloo, presented a paper on the preliminary findings of the system at SIGIR '21, a conference on research and development in information retrieval, held between July 11-15 online.

## Post-COVID recovery and heart attacks: Is there a link?

\*Priyansh Rai was just over 35 when he suffered his first heart attack. While he had been confident about leading a 'healthy lifestyle, the heart attack completely shocked him, which came up weeks after his severe COVID battle in May.

Rehana Kapoor, a 47-year-old was also in for complete disbelief to realise that her traumatic chest pains were of a heart attack, and not the breathing difficulties she had been fighting post-COVID.

These aren't the only instances of people having encountered heart attacks post-COVID. An Oxford-led study conducted recently established that over 50%, or 5 out of every 10 COVID-19 patients with a severe infection have a high chance of getting a heart attack days, or weeks after recovery. Many recover, while others succumb. In some of the cases, it has also been witnessed that those who had zero heart risks before contracting COVID-19 reported cardiac issues after recovering from the virus infection.

While we have long known about the many ills caused by the virus on the vital organs, the recent months, especially during the second wave have witnessed sharper rates of post-COVID heart attacks amongst those recovered, revealing there's much that we still do not know about the virus's ability to impact our well-being. But what explains the link between heart attacks and COVID recovery? Here's what doctors have to say...

The SARS-COV-2 virus, known to cause inflammation in the body can be taxing for the body. From the lungs to the brain, vast studies have

highlighted just how grave a virus could prove for our health. Post recovery, the heart too can suffer gravely. A prime reason for this being the extensive inflammation and myocardial damage.

Dr Anil Kumar R, Lead Senior Consultant Cardiologist, Aster Centre of Excellence in Cardiac Sciences, Aster Medcity, Kochi, Kerala asserts that there's extreme inflammation caused by the virus, a lot more than any other viral infection which poses issues:

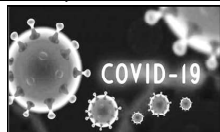
"During the course of a COVID infection, there's acute inflammation that happens to the blood vessels, blood clots which cause damage and result in heart issues. The risk for heart ailments, we feel, is higher for COVID patients because of the added level of inflammation in the body and stress the heart faces in such critical times," adding that most cases of a heart attack come up in the first month or so of recovering.

Dr Sanjay Mittal, Senior Director- Clinical Cardiology and Research at Medanta, The Medicity also adds that having heart diseases predisposes a patient to more COVID complications than usual. The virus itself can induce a lot of vascular damage and viral toxicity, which triggers ailments and weakens the heart muscles, which make catching a severe infection with the virus all the more threatening.

Dr Kumar also suggests that the rise in such cases has been witnessed more during the second wave, and in those with severe exposure risks, "The Delta variant as we know is highly infectious and spreads quicker, multiple exposures, high viral load unleash weaken the body a lot".

## ESIC Medical College gets global praise for Covid-19 services, innovations

Covid-19 patient services at the ESIC Medical College and Super Speciality Hospital in the city, and the innovations developed by the institution such as patient health monitors, have been appreciated by medical experts from various European and Latin American countries. It was during an international webinar-cum-panel discussion on Saturday that experts from different countries appreciated the clinical services provided by the ESIC Medical College Hospital during this pandemic. According to ESICMC dean Prof. M.



Srinivas, the discussions were focused on Covid-19 and various innovations we can adopt to prevent future waves. The emphasis was laid on complete vaccination and research on new strains of the Covid-19 virus. Among those who spoke on various aspects of Covid-19 and its management & practices so far, were Dr Marcelo E. Decoud, the general regional director of the Audio-Visual Regional Hub

of ALCAP, and a well-known anti-corruption specialist on various governmental and inter governmental panels. He is an ex-general secretary of the Latin American Inter-Parliamentary Commission for Environment and Sustainable Development. Specialists including Dr Tatjana Byrne from Germany, Prof. Vitor Verdelho from Portugal, Bernard Hennet from France, Manish Uprety F.R.A.S, Special Advisor, ALCAP, Paraguay, and Prof. Srinivas spoke about the experiences of managing Covid-19, innovations in treatment and patient care.

# உணவு செரிக்க, ஆயுள் அதிகரிக்க... சம்மணமிட்டுச் சாப்பிடுங்கள்!

சம்மணமிடுவதால் இடுப்பைச் சுற்றியுள்ள தசைகளுக்கு வலிமை கிடைப்பதுடன் இடுப்பு இணைப்புகளில் நெகிழ்வத்தன்மை ஏற்படும். நாற்காலியில் கூனிக்கூறுகி அமர்வதைப்போல இல்லாமல், தரையில் சம்மணமிட்டு நிமிர்ந்து அமரும்போது, உடலுக்கு நிலையான தன்மை உண்டாகும். உணவு செரிக்க, ஆயுள் அதிகரிக்க... சம்மணமிட்டுச் சாப்பிடுங்கள்! சம்மணம்... சப்பணங்கால்... சப்பணங்கட்டு. முழங்கால் களை மடக்கி, தரையில் அமரும் முறைக்கு இத்தனை பெயர்கள். சம்மணமிடுவதை சுகாசனம் என்று கூடச் சொல்வார்கள். நோய்கள் வராமல் தடுக்கும் ஆற்றல் கொண்டதும் உடலுக்கு வலிமை அளிக்கக்கூடியதுமான சம்மணமிடும் வழக்கத்தின் அருமை பெருமைகளை அறிவோம்!

இன்றைய நுகர்வுக் கலாச்சாரத்தில், வீடு முழுக்கப் பொருள்கள் நிறைந்து கிடக்கின்றன. அவை அனைத்தும் தரையிலிருந்து சற்றே உயரத்தில் வைக்கப் பட்டிருப்பதால், அவற்றைத் தவிர்த்தோ, படுத்தோ, உட்கார்ந்தோ எடுப்பதை வழக்கமாகக் கொண்டிருக்கிறோம். நின்று நிதானித்து உட்கார்ந்து தரையில் சம்மணமிட்டு இளைப்பாறவோ உணவருந்தவோ நேரமில்லாமல் ஒடிக்கொண்டிருக்கிறோம். கொஞ்சம் ஆசுவாசமாக அமரலாம் என்றாலும் நாற்காலியைத்தேடியே மனம் அலையாப்புகிறது.

டைனிங் டீபேர்களும் குஷன், உணவருந்திவிட்டு எழுந்திருப்பது ஏதோ மிகப்பெரிய சாதனையோல பாரக்கப்படுகிறது. தோப்புக் கரணம் போடுவதைப்போல சம்மணமிடுவதையும் இன்றைய இளையோர் ஒரு தண்டனையாகவே பார்க்கிறார்கள். அதை அவர்களது எண்ணத்தில் இருந்து மாற்ற



கட்டாயத்தில் இருக்கிறோம். குனிந்து நிமிர்ந்து இடுப்புப் பகுதிக்கு பயிற்சி கொடுக்க அவகாசம் இல்லாததால் இடுப்பைச் சுற்றி சதைத் தொகுப்புகள் திரண்டு உருண்டு நிற்கின்றன. சம்மணம் போட்டு வேலைகளைச் செய்தபோதும் உட்கார்ந்து சாப்பிட்டபோதும் நமது உடலில் இயல்பாக இருந்த நெகிழ்வத் தன்மையை இப்போது தொலைத்து விட்டு நிற்கிறோம்.

உணவகங்கள், திருமண நிகழ்வுகள், பொது இடங்கள் என எங்கு கொள்ளாலும் அங்கிருக்கும் மேஜை நாகரிகத்துக்கேற்ப நாமும் பழகிவிட்டோம். விளைவு அதே பழக்கம் வீடுகளிலும் தொடர்கதையாகி விட்டது. இது கடந்த 20 ஆண்டுகளில் நடைபெற்ற பரிணாம வளர்ச்சி! வெளி இடங்களுக்குச் செல்லும்போது சம்மணம் போட முடியாவிட்டாலும் வீட்டிலாவது சம்மணமிடும் பழக்கத்தை மீண்டும் கொண்டு வர வேண்டியது காலத்தின் கட்டாயம்.

இன்றைக்கு சம்மணமிட்டு உணவருந்திவிட்டு எழுந்திருப்பது ஏதோ மிகப்பெரிய சாதனையோல பாரக்கப்படுகிறது. தோப்புக் கரணம் போடுவதைப்போல சம்மணமிடுவதையும் இன்றைய இளையோர் ஒரு தண்டனையாகவே பார்க்கிறார்கள். அதை அவர்களது எண்ணத்தில் இருந்து மாற்ற

வேண்டும். சம்மணம் போடுவதால் உண்டாகும் பலன்கள் எண்ணற்றவை என்பதை எடுத்துச் சொல்ல வேண்டும். நாம் உண்ணும் உணவு முழுமையாகச் செரிமானமாக சம்மணமிட்டு உணவருந்தும் முறையே சிறந்தது. கீழே அமர்ந்து நமக்கு முன்னே இருக்கும் உணவைக் குனிந்து நிமிர்ந்து எடுத்துச் சாப்பிடும்போது வயிற்றுத் தசைகளுக்கும், உள்ளுறுப்புகளுக்கும் நல்ல பயிற்சி கிடைக்கும். செரிமானம் சரப்பிகளும் தூண்டப்படும். சம்மணமிட்டு உணவருந்துவதால் பசி அடங்கிவிட்டது என்ற உணர்வை முளைக்கும் கட்டும் நரம்பின் செயல்பாடு சிறப்பாக இருக்கும்.

அதுவே நற்காலியில் அமர்ந்து உடனடியாக மூளைக்குக் கட்டப்படாமல், கூடுதல் நேரத்தை எடுத்துக்கொள்ளும். இதனால் அதிக உணவு சமிட நேரிடும். தேவைப்படும் கலோரிகளைவிட அதிக கலோரிகள் உடலில் சேர்ந்து உடல்பருமனுக்கு வழிவகுக்கும். எனவே உடல் எடையைக் கட்டுவதற்கு உணவுச் சப்பணமிட்டவர்கள் சம்மணமிட்டு உணவருந்தும் பழக்கத்தை முதலில் விடப்பற்ற வேண்டும்.

சம்மணமிட்டதும் பசி உணர்வு அதிகரிப்பது நமது இயல்விலேயே இருந்த ஒன்று. ஆனால் சம்மணமிடும் வழக்கத்தைக் கைவிட்டதால்

பசி உணர்வு ஏற்படுவதிலும் பல்வேறு சிக்கல்கள் ஏற்பட்டு பசியை உண்டாக்கும் சிந்தைக்கு மருந்துகளைத் தேடிக்கொண்டிருக்கிறோம். கால்களை மடக்கி, தொடைப் பகுதியில் வைத்துக்கொள்ளும் ஆசன வகையான பத்மாசனத்தில் கிடைக்கும் பலன்களில் பாதி சம்மணம் எனும் சுகபாசனத்தின் மூலம் கிடைக்கும். மேலும் உடல் உறுதிபெறுவதோடு மூட்டு சார்ந்த நோய்கள் ஏற்படாது என்கிறது மருத்துவநூல். பத்மாசனத்தில் அமர்ந்து ஆசன வகைகளைச் செய்ய முடியாதவர்கள் சம்மணமிட்டபடி ஆசனங்களைச் செய்யலாம் என வலியுறுத்துகிறது ஆசனம் சார்ந்த குறிப்புகள்.

சம்மணமிடுவதால் இடுப்பைச் சுற்றியுள்ள தசைகளுக்கு வலிமை கிடைப்பதுடன் இடுப்பு இணைப்புகளில் நெகிழ்வத் தன்மை ஏற்படும். நாற்காலியில் கூனிக்கூறுகி அமர்வதைப் போல இல்லாமல், தரையில் சம்மணமிட்டு நிமிர்ந்து அமரும்போது உடலுக்கு நிலையான தன்மை உண்டாகும். களைப்பு நீங்கி சுறுசுறுப்பின் உடல் இயங்க சம்மணம் வழிவகுக்கும். உடலின்மேல் பகுதிக்கு ரத்தம் அதிகமாகப்பாயும். குருதியின் சுற்றோட்டத்தை அதிகரித்து பல்வேறு நோய்கள் ஏற்படாமல் பாதுகாக்கும்.

மனதை அமைதிப்படுத்தவும் ஒருநிலைப்படுத்தவும் சம்மணமிடும் முறை உதவும். தினமும் சம்மணமிடுபவர்களுக்கு வாழ்நாள் அதிகரிப்பதாக ஆய்வு ஒன்று தெரிவிக்கிறது.

சம்மணமிட்டு அமர்ந்ததும் கைகளில் துணையில்லாமல், மேலே எழுவதை வைத்து (Sitting-rising-test) நமது ஆயுட்காலம் எவ்வளவு என்று நிர்ணயிக்கும் வழக்கமும் இருக்கிறது. அதாவது குறிப்பிட்ட நேரம் எவ்வளவு என்று நிர்ணயிக்க வழக்கமும் இருக்கிறது. அதுவது குறிப்பிட்ட நேரம் சம்மணமிட்ட பிறகு எத்தகைய சோர்வுமில்லாமல் மீண்டும்

எழுந்து நிற்கிறார்கள் என்றால் உங்களுக்கு ஆயுள் கெட்டி. சிறு வயது முதல் சம்மணமிடும் முறையை விடப்பற்றி பவர்களுக்கு வயதான காலத்தில் உண்டாகும் சமநிலையின்மை சார்ந்த பிரச்சனைகள் (Disorders related to Equilibrium) ஏற்படும் வாய்ப்பு குறைவு என்கிறது ஆய்வு.

ஒரு நாளில் எத்தனை மணிநேரம் நமது உடல் தரையுடன் தொடர்பு கொள்கிறது என்பதை யோசித்திருக்கிறோம். சில நிமிடங்கள் கூட தங்கள் உடலைத் தரையுடன் தொடர்புபடுத்தாத பலர் இன்றைய அதிவேக உலகில் அதிகமாக இருக்கின்றனர். சிந்தித்துப் பார்த்தால் கடந்த 20 ஆண்டு களாகத்தான் சம்மணமிடும் வழக்கம் வெகுவாக குறைந்து விட்டது. அதற்கு முன்னர் பன்னெடுங்காலமாக நமது மரபணுக்களில் உறுதியாகப் பதிந்த பழக்கத்தை நாம் தவறவிடுவது எந்த வகையில் நியாயம். சம்மணமிடுவதை அடுத்த தலைமுறைக்கு நாம் கற்றுக் கொடுக்கவில்லை என்றால் எதிர்காலத்தில் சம்மணம் போடல்பெயர்களினால் செல்லவேண்டிய சூழல் ஏற்படலாம். குடும்ப உறுப்பினர்களின் ஆரோக்கியம் காக், வீட்டிலிருக்கும் தைனிங் டேபிளுக்கு மூடுவிழா நடத்திவிட்டு தரையில் அமர்ந்து உண்டு, உரையாடக் களிப்போம்.

மன அழுத்தம் குறைக்கும் பத்துணர்ச்சி தரும் எண்ணெய்க் குளியல், தரையில் பாய் விரித்து சுற்றமும் நடப்பும் சூழ ஆசுவாசமாக அமர்ந்து கதைகள் பேசிய இனிமையான தருணங்களையும், விரிந்து வீட்டில் தரையில் பெட்ஷீட்டை விரித்து, தரையில் அமர்ந்து உணவை ரசித்துச் சாப்பிட்ட அழகான நாட்களையுமீட்டெடுப்பது நம்கையில்லாத உள்ளது...

## நல்ல நட்பை இழந்து விடாதீர்கள்...

ஒருமுறை சாஃக்டீஸ் ஓய்வு எடுத்துக் கொண்டிருக்கும் போது ஒருவர் வந்து அவருடைய நண்பரைப் பற்றி ஏதோ கூற முயன்றார். உடனே சாஃக்டீஸ் அவரிடம் என்ன நண்பரைப்பற்றி என்னிடம் கூற விரும்பினால் அதற்கு முன் 3 கேள்விகளை கேட்பேன். மூன்று கேள்விக்கும் ஆம் என

பதில் இருந்தால் மட்டுமே நீங்கள் அவரைப் பற்றி கூறலாம் என்றார். சாஃக்டீஸ் முதல் கேள்வியை கேட்டார். 1. அவர் செய்த செயலை நேரடியாகப் பார்த்துவிட்டு தான் அவரைப்பற்றி கூறுகிறாயா? என்று கேட்டார். இல்லை என பதில் சொன்னார். 2. அவரைப் பற்றிய நல்ல

விஷயத்தை கூறப்போகிறாயா? என்று இரண்டாவது கேள்வியைக் கேட்டார். இல்லை என பதில் சொன்னார். 3. அந்த நண்பரைப்பற்றி கூறினால் யாராவது பயனடைவார்களா? என்று மூன்றாவது கேள்வியைக் கேட்டார். இல்லை என்றே பதில் வந்தது. யாருக்கும் பயனில்லாத, நல்ல

விஷயமுமில்லாத, நேரடியாக நீங்கள் பார்க்காத என்ன நண்பரைப்பற்றிய சம்பவத்தை தயவு செய்து என்னிடம் கூறுகிறீர்கள் என்றார். நல்ல நட்பு ஆரோக்கியமான விவாதங்களுடைய மேற்கொள்ளும். நண்பர்கள் ஹைட் ரஜன் வாய்வினால் நிரப்பப்பட மூன்று போன்றவர்கள். நீங்கள்

விட்டுவிட்டால் எங்கோ பறந்து சென்று விடுவார்கள். பத்திரமாக பிடித்துக் கொள்ளுங்கள். உலகில் மன்னிக்க முடியாத குற்றம் என்று எதுமில்லை, எனவே வார்த்தைகளால் யாரையும் பழிக்காதீர்கள்... வசவுகளால் இதயங்களை கீழிக்காதீர்கள்...

**MP demands...** *from Page.No.1...*

in Nicobar Districts, which are very remote and remain inaccessible, most of the time. Pawan Hans already had operated MI 172 helicopters, with nearly 20 seats, in the Arunachal Pradesh region, he mentioned. The Member of Parliament suggested

that the bigger helicopter can also be used for ferrying Tourists to Havelock Island on daily basis, which will also generate revenue for the Government. He pointed out that if adequate sorties of Helicopters are operated then most of the problems

of people, living in remote Islands will be sorted out automatically.

He added that more Helicopter sorties will be a morale booster for the government servants, who have been posted in the remotest corner of Nicobar district, to serve Islanders.

**Pic menace...** *from Page.No.1...*

any vehicle encounters with a pig, the owner often decides to sell off said vehicle rather than retaining it further due to the same reason. Apart from above, pig menace always carry a risk of spreading viral fevers and other diseases and successive scientific studies have already established this fact. In the meantime, it is learnt that, separate yards were earlier allotted by the Municipal Council for rearing of pigs by traditional families. But, despite that, they failed to shift the base and continue to keep their pigs within the city limit much to the annoyance of general



public, a resident of Delanipur says. Public demand that, the Port Blair Municipal Council and the District Administration may step in and warn those rearing pigs within city limits. According to public, if the PBMC does not rein in the menace now, it might

enlarge into a biggest trouble for civil society and the smart city initiative of the Municipal Council. Its high time, the Port Blair Municipal Council which is aiming at transforming the city smarter, wakes up to the issue and take necessary action to rein in the menace.

**M.A.Sajid...** *from Page.No.1...*

NSUI President with great enthusiasm. While addressing, Shri. Sajid expressed his gratitude towards Shri. Kuldeep Rai Sharma Hon'ble Member of Parliament & Shri. Ranglal Haldar President, Pradesh Congress

Committee Andaman and Nicobar Islands for honouring him with the responsibility of NSUI State President for the second term. He said that he will work with full energy to strengthen the organization as well as the

Congress party and uphold constitutional values. He assured to work for the students community of A&N Islands round the clock & requested youths to join the hands of Congress for overall development of the Islands.

## **Member of Parliaments demands release of pension for old age, widow, specially-abled and destitute people in the first week of every month**

Highlighting the problems being faced by old age, widow, specially-abled and destitute people of these Islands the Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma has written a letter to the Lt. Governor of Andaman and Nicobar

Islands, requesting the release of pension for old age, widow, specially-abled and destitute people in the first week of every month. In a letter addressed to the Lt. Governor, the Member of Parliament today mentioned that it has been brought to his notice that since last few months

the release of pension for old age, widow, specially-abled and destitute people has been delayed, which has caused huge hardship to them. The MP pointed out that most of the people under this category are completely dependent on the pension amount released by Administra-

tion for their monthly expenditures like food and room rents and delay in the release of the pension amount, brings huge problems for them. Mr. Kuldeep Rai Sharma added that if pension

amounts are credited to their account, in the first week of every month, they will be in a better position to plan their expenditure and survive in society with full confidence and dignity.

## **A&N State Cooperative Bank Ltd., Organises Health Camp at Buniyabad**



The Andaman & Nicobar State Cooperative Bank Ltd., Port Blair and NABARD, Regional Office, Port Blair has jointly organised a free **Health Camp** Sponsored by NAB Foundation, Mumbai on **02<sup>nd</sup> September, 2021** at Buniyadabad Community Hall from 10.30 AM to 3.30 PM.

**Shri. K. Murugan, Managing Director, A & N State Cooperative Bank Ltd.**, was the Chief Guest on the occasion in presence of Shri. H. Manoj, General Manager, NABARD, Port Blair, Shri. S. Bhuvarahan, Dy. General Manager, NABARD, Port Blair Dr. Lena Charlette, Dr. Shalin Daniel, Port Blair & Dr. Sahnaz, Port Blair from ANIIMS, Bank officials and general public attended the programme.

At the outset, Smti. Elizebth Mary, Sr. Manager, A&NStCB, Port Blair welcomed the Chief Guest and other dignitaries to the Health Camp.

Shri. H. Manoj, General Manager, NABARD, Port Blair has expressed thanks to A&N State Cooperative Bank Ltd, Port Blair for conducting Health Camp for the rural and urban peoples. He further informed that the

Government of India has started an initiative "My Pad My Right" to provide livelihood under the scheme of NABARD has financed Jai Mata SHG of A&NStCB, Port Blair to prepare sanitary pad so that the rural & urban people will get the sanitary pad at the lowest price.

The camp was inaugurated by cutting the ribbon and lighting the traditional lamp.

Shri. K. Murugan, Managing Director, A & N State Cooperative Bank Ltd., in his keynote address informed that Bank plays a vital role for the development of the rural and urban people and as per the social responsibility our bank conducted various programme for the welfare of the Islanders. He informed that Bank has given a golden opportunity for the women to check their Health issues in the Health camp. He further informed that this initiative shall also continue for other districts as well. He urged the people present on the accession to get themselves enrolled for the free camp. The programme ended with vote of thanks proposed by Shri. Puspa Rani, Sr. Manager ,WDC, ANStCB Ltd.

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