

THE BULLET OF ANDAMAN



THE WEEKLY IN ENGLISH & TAMIL

CHIEF EDITOR: A. TAMIL SELVAN

ISSUE - 41

PORT BLAIR

MONDAY,

11-OCTOBER, 2021

Vol-14

RNI Regd. No. ANDBIL/2008/25676

PAGE 06

Rs. 2/-

Island wide Dharna by ANTCC witnesses huge participation of party workers and general public

Functionaries at block level spearheaded the dharna in their respective areas

Port Blair, Oct.10: The dharna announced by the Andaman and Nicobar Territorial Congress Committee (ANTCC) from 10 am to 1 pm on 6th October 2021 witnessed large participation of party workers in various parts of the Islands. Earlier, the President of ANTCC Shri Rangelal Haldar had said that, the dharna will be aimed at fulfilling various demands related to development of these Islands. Elaborating further, the

(Contd/-page.6...)



Public demand proper desilting of storm water drain in Mohanpura to prevent flooding

Traders in Gandhi Market suffered losses as flood water inundated their shop floors

Port Blair, Oct.10: Come monsoon and the Mohanpura area becomes prone to flooding ever year. Although, the ongoing monsoon which stretches out beyond the expected timeline and still continuing has left the Mohanpura area flooded for two consecutive times this year. The police had done a laudable duty guiding the

traffic and movement of people even as the major storm water drains running through the Mohanpura were overflowing with gushing rain water. While it did not pose major problem for motorists, the shopkeepers at Gandhi Market had a tough time saving their shopwares from the flood water. As witnessed in the past too,

the Gandhi Market which is always prone to flooding and inundation thanks to overflowing storm water drain which leaves the excess water flowing into the market. In the heavy downpour late on 08th October 2021, the Gandhi Market was completely flooded with water entering into the shops on

(Contd/-page.6...)

MP approves ambulance with life support for Long Island under MPLAD Funds



The Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma has given the necessary approval for the purchase of an Ambulance for Long Island from the MPLADS fund following several demands raised for the same by the people of the Island. Earlier, the residents of Long Island had informed the Member

of Parliament of the sufferings there were undergoing in the absence of an Ambulance. The Director of Health Services, A&N Islands also apprised the MP of the similar issue stating that, lack of ambulance posed hindrance in timely shifting of patients forth and back the Long Island Jetty. The problem was further exacerbated with the absence of air ambulance in PHC, Long Island, it was told.

Considering the hardships faced by the general public of Long Island, the Hon'ble Member of Parliament has given approval for the purchase of Ambulance

(Contd/-page.6...)

Civil society expresses concern over decision to do away with renewal of contractual employments under A&N Admn.

Political leaders from different walks of life voice against the decision

The Andaman & Nicobar Administration has recently taken a policy decision in which it has been decided to do away with the renewal of contractual appointments and to go for fresh recruitments once the tenure of a contractual appointment gets over. This decision has invited stiff objection from various political leaders and the civil society as the decision is considered as against

the livelihood of thousands of local educated youths who are engaged in various government offices on contractual basis. Opposing the move, a trade union leader says that, a majority of youth employed under various government offices are contractual employees. Ranging from unskilled Daily Rated Mazdoor to Managerial positions for various

(Contd/-page.2...)

No:1-37/SCTECH/RR(B)2016/692

अंडमान तथा निकोबार प्रशासन

ANDAMAN & NICOBAR ADMINISTRATION

विज्ञान तथा प्रौद्योगिकी विभाग

DEPARTMENT OF SCIENCE AND TECHNOLOGY

Andaman & Nicobar Pollution Control Committee

Dolly Gunj, Port Blair. Telefax: 250370

Email: dstpcc-andamans@nic.in

Date:23.09.2021

Vacancy Notice

The Department of Science & Technology, A & N Administration, Port Blair has proposed to engage qualified candidates for the following assignments on Contract Basis for a period of One year in the Andaman Nicobar Pollution Control Committee (ANPCC), Department of Science & Technology, pending filling up of this post on regular basis through UPSC.

Sl. No.	Name & No. of Post	Remuneration (Consolidated)	Place of Engagement	Age limit	Essential qualifications
1.	Law Officer-1 Post	Rs. 57,000/- PM	Port Blair	Should not exceed 30 years for both male & female	Degree in Law from any recognised University/Institute.

- Application should be submitted in the prescribed form as annexed to this vacancy notice: Application in the prescribed format with self attested copies of relevant documents (Educational qualifications, marks statements, proof of age etc.) should be send to Director, Department of Science & Technology, Dolly Gunj, P.O Junglighat-744103 directly or by post or email (dstpcc-andamans@nic.in) on or before 25/10/2021 by 4.30 pm in the office on all working days. Applications received after the due date ie. 25/10/2021 will not be entertained. The department will not be responsible for any postal delay.
- The eligibility conditions (qualification, age etc) will be determined as on the last date of receipt of application ie. 25/10/2021.
- The candidates are required to submit the copies of the certificates along with the Application Form and should not send Original Certificates with their application form.
- Incomplete or unsigned applications are liable to be rejected or cancelled. Application form must be legible to read and understand.
- The candidates will be short listed based on their academic performance in the ratio of 10 candidates per vacancy. The shortlisted candidates will be called to attend interview at Port Blair and the expenses will be borne by the candidates.
- To make the whole process thoroughly transparent the candidate himself/herself will do the self marking in the column 6 of serial No.7(a) of the application form(Annexure) as per the marking scheme given below based on the respective qualifying examination of Board/University :

1.	Secondary Marks (10 th)	10
2.	Senior secondary (12 th)	15
3.	Degree in any subject	25
	Degree in Law	35

OR

3(a)	Integrated degree in law with 5 years duration	60
4.	Interview	15

- The candidate will be shortlisted based on the scheme mentioned at serial No. 6 above @ 10 (ten) candidates for 1 vacancy and they will be conveyed before 15 days by any means of communication.
- This engagement will be purely on Contract Basis and does not confer any right/privileges for regular appointment or continuity of service.

9. No TA/DA shall be applicable for appearing in the test/interview.

10. Any dispute in regard to this recruitment will be subject to courts/tribunals having jurisdiction over A&N Administration at Port Blair.

R.No.IP:8099/21

-Sd-

Director

(Science & Technology)

Civil...**from Page.No.1...**

centrally sponsored programmes and from grassroot level health workers to doctors in various rural medical centres, there is a spectrum of contractual employees working in various government departments. Disengaging them will jeopardize their job security as fresh recruitment will not guarantee them a job in the context of local recruitment system largely turning Pan India, he further says.

Leaders from across the political parties have echoed their sentiments against the decision saying that, these are the contractual staffs that rendered uninterrupted services during the testing times of COVID19 pandemic. Even when regular government officers were reluctant to move out of homes for fear of pandemic, contractual staffs were all prepared to serve round the clock in various roles, another trade union leader says. It is noteworthy to mention with a sense of grief that, a substantial number of contractual staffs had lost their lives in the course of their

COVID19 front line duty, he further added.

Another concern about the possible disengagement of contractual staff is that, many of them have already crossed the maximum age limit for employment or in the verge of crossing the age limit. As such, disengaged them at this crucial time would leave them in crossroads thereby putting the livelihood of their families in peril, it is apprehended. Some political leaders have also suggested that, there are about 9000 vacant posts which can be filled without disengaging the present contractual incumbents.

While this is really a matter for concern for thousands of contractual employees engaged in various offices of the Administration, the Chief Secretary may take a compassionate view of those engaged and reconsider their stand to continue the services of contractual employments as it is concerning the livelihood of their children and families too.

Navratri 2020: The festival's history, significance and importance

Navrati is considered one of the most auspicious times of the year. There is festivity in the air for these nine days and the occasion is celebrated with gusto across the country. The temples are vibrantly decorated and devotees start preparing for the festival days in advance. Interestingly, the festival has a beautiful history & significance. Here's all you want to know about it...

The word Navratri is derived from a Sanskrit word that translates 'Nava' as nine and 'Ratri' as night. Each day is dedicated to one of the nine avatars of goddess Durga (namely Shailputri, Brahma charini, Chandraghanta, Kushmanda, Skandamata, Katyayani, Kaalratri, Mahagauri and Siddhidatri) and everyday has a colour significance associated with it. The festival symbolises the victory of good over evil. It is believed that goddess Durga fought with demon Mahishasur (who

represents egoism) for nine days and the final day, when the demon was beheaded by her, is called Vijay Dashmi.

The Navratri falls four times in a year. However, the ones observed during September-October (called Sharad) and March-April (Vasanta) are considered the most auspicious ones and are widely celebrated across the country. The festival is known with different names in different parts of the country and rituals and traditions also vary from state to state. Navratri is celebrated as Durga Puja in various parts of Northeast India. In north and western parts of the country, devotees celebrate the festival by fasting, staging 'Ramliila' & conclude with Dussehra where the effigies of Ravana & his brothers are burnt, again signifying the victory of good over evil. In Tamil Nadu, it is celebrated as Golu and Gujrat is famous for its dandiya nights.

Weeklong health camp organised by Hon'ble MP in association with ANIIMS concludes

Port Blair, Oct. 10: The weeklong Health Camp programme organised by Shri Kuldeep Rai Sharma, Member of Parliament in association with ANIIMS, Andaman & Nicobar Administration and Private Hospitals of the Islands from 01.10.2021 to 07.10.2021 during the Breast Cancer Awareness Month, Health Camp concluded with camp conducted in the Community Hall of Lamba Pahad, Wimberleygunj by the specialist doctors of ANIIMS. During the health camps conducted at Wandoor, Chouldari, Shore Point, Prothrapur, Dairy Farm, Burmanallah and Wimberlygunj on 01.10.2021 to 07.10.2021 respectively from 09AM to 01 PM, as many as 1010 women attended and availed the benefits during the weeklong health camps for medical advice, check-ups, treatment and medicine. The Member of Parliament

expressed gratitude to the Andaman and Nicobar Administration for bringing the Health Checkup facilities and treatment at the door steps of the common people residing in the remote localities and also for sensitising the underprivileged about the health issues through conduct of Health Camps. He requested the A&N Administration to conduct Health Camps in the remote areas of Middle & North Andaman District and Nicobar District at regular intervals which will save money and time of the residents of remote localities spent on visiting GB Pant Hospital for medical checkup and treatment.

Shri Sharma thanked Dr A K Mandal, Director of ANIIMS for lending the services of Specialist Doctors for conducting Health Camps at six various locations in the rural areas of South Andaman District and

applauded the citizen friendly behaviour and health care rendered by the team of doctors at the Health Camps. He also expressed gratitude to the management and doctors of Pillar Health Center, Agrawal Eye Hospital and Arun Hospital for voluntarily conducting Free Health Camp for the benefit of the ladies belonging to less privileged strata of society.

The Member of Parliament appreciated the attendance and seriousness exhibited by women folk in the health camps. He said diagnosis, screening & treatment at the early stages of the illness can help to cure it faster and save life before it can cause any damage and made appeal to the Islanders to take full advantage of Health Camps whenever the same are conducted in and around their locality for health awareness and medical check-ups and treatment.

a brain booster, anti-depressant and calming agent. "It is very popular in South East Asian countries and is usually consumed post dinner with freshly squeezed lemon, which interestingly changes the colour of this beverage to purple," says Dr. Aparna, adding, "It has antioxidant properties similar to green tea."

"Blue Tea has gained popularity very recently. It is becoming more easily available," says Bala Sarda, Founder & CEO, Vahdam India, premium homegrown tea brand for the world.

Blue tea is a rich source of powerful antioxidants — catechins and flavonoids. "It protects the body from environmental toxins and is useful for maintaining hair and skin health. Blue tea also helps to promote collagen production, which slows skin ageing by maintaining elasticity," says Dr Aparna. It contains

anthocyanin, which helps to increase blood circulation in the head, thereby strengthening the scalp and hair follicles. Its soothing flavor and aroma make this beverage a great stress buster.

"There are no known side effects of blue tea, but it is best to restrict consumption to 2-3 cups a day. Excessive consumption can lead to dehydration

due to its diuretic effect," cautions Dr Aparna. Pregnant and lactating women and those with a history of chronic diseases should consult their dietitian/ doctor before consuming it, she adds.

1. Blue tea is a caffeine-free herbal concoction made from blue butterfly pea flowers. It is made by steeping dried or fresh leaves of the Clitoria ternatea plant in hot or cold water. Tea bags have to be dipped in hot water. It can be enjoyed with or without added honey.

2. Used in traditional Chinese and Ayurvedic medicine, butterfly pea flower tea has been consumed for centuries as a brain booster, anti-depressant and calming agent. It is very popular in South East Asian countries and is usually consumed post dinner with freshly squeezed lemon, which interestingly changes the colour of this beverage to purple

3. The Food & Nutrition Research journal says butterfly pea flowers are rich in anthocyanins, which are antioxidants and natural pigments that give some plants (and produce, such as blueberries and red cabbage) a bluish purple-red colour. Anthocyanins change hues depending on the acidity (measured as pH) of the environment.

Blue Tea is the in-thing now

Soha Ali Khan recently shared a picture of her cup of tea on Instagram stories and we were amazed at the unusual colour — a vibrant blue!

Soha isn't the only celebrity drinking 'blue tea'. The Keeping Up with the Kardashians star Kylie Jenner also highlighted the relaxing drink on Instagram.

"Look how cool this drink is — butterfly pea tea," Jenner said as she focused the camera on a cup filled with blue liquid. "No food colouring." Kylie then picked up a slice of lemon, saying, "Watch, it changes colour when you put lemon in it." Blue tea is a caffeine-free herbal concoction made from blue butterfly



pea flowers. It is made by steeping dried or fresh leaves of the Clitoria ternatea plant in hot or cold water. Tea bags have to be dipped in hot water. It can be enjoyed with or without added honey.

"Herbal teas have been attracting a lot of attention as a healthy alternative to caffeinated drinks like tea and coffee. Of late, blue tea has been trending on social media due to its attractive colour

and health benefits," says Dr Aparna Govil Bhasker, Laparoscopic and Bariatric surgeon.

The trendy butterfly pea tea: According to the Journal of Pharmacological Reports, butterfly pea flower is a common ingredient in rice-based recipes, such as nasi kerabu in Malaysia and rice cakes in Singapore. Recently, the flower made its way into the cocktail world, where it's used to make blue gin, before landing under the TikTok spotlight as a trendy tea.

Used in traditional Chinese and Ayurvedic medicine, butterfly pea flower tea has been consumed for centuries as

அருட்பெருஞ்ஜோதி

வாடிய பயிரைக் கண்டபோதெல்லாம் வாடினேன் பசியினால் இளைத்தே வீடுதோறிரந்தும் பசியறாதயர்ந்த வெற்றரைக் கண்டுளம் பதைத்தேன் நிய பிணியால் வருந்துகின்றோர் என்னேர்உறக் கண்டுளம் துடித்தேன் ஈடினமானிகளாய் ஏழைகளாய் நெஞ்சிளைத்தவர்தமைக் கண்டே இளைத்தேன்.

அருட்ஜோதி வள்ளலார்

Signs of high cholesterol: Why leg pain should be paid attention to if you have high cholesterol

Chest pain is a symptom we all know should not be ignored. However, we do not pay the same level of attention anytime we experience pain and discomfort in the legs, do we? When it comes to managing high cholesterol and evading heart trouble, doctors say that one absolutely should not ignore leg pain at any cost.

Now, high cholesterol can be a troubling issue which can affect vital health functions. While chest pain, breathing difficulties, increased risk of stroke and heart disease are daunting symptoms, cholesterol can be a problem which can show up in the legs as well. In fact, as doctors say, cholesterol levels affecting leg movements can be an early 'warning' sign of heart problems.

High blood cholesterol levels, medically also referred to as hyperlipidemia, leads to clogged arteries. While it most of all causes clogging of the arteries in and around the heart, it sometimes also impacts the arteries elsewhere, including the limbs present in your legs. This is what causes peripheral artery disease, or PAD, when the legs do not get sufficient blood flow to keep up with the movement and function.

Dr Rajesh Jaria, Consultant, Internal Medicine at P.D.Hinduja Hospital and Medical Research Centre, Khar says, "All problems of high cholesterol are related to plaque deposition and build up in arteries which span the body. When such problems affect the lower limbs of the body, it could result in Peripheral Artery Disorder, which causes significant leg pain as a symptom." Dr Dheeraj Kapoor, Chief, Endocrinology, Artemis Hospitals



Gurugram also believes that while the risk of peripheral diseases is still less seen, Indians are extremely susceptible to heart diseases and have high triglyceride levels, which is reason enough for us to not ignore any such symptoms at the very least.

A big reason for the leg pain is claudication, which can make it difficult for a person to walk across a few steps. "If a patient experiences leg pain, there could be a prime reason for it to be connected to the blockage of arteries of the leg, then the patient can also have blockages elsewhere in the body, including the heart" adds Dr Sridhara N, Senior Consultant Interventional Cardiologist, Fortis Hospital Cunningham Road.

Experiencing leg pain without other specific cases could be bad, but in cases as such, when cholesterol is the deep rooted cause, leg pain for people who develop PAD can often be a sign of early heart trouble and cardiac ailments, since it signals that there may be more clogged arteries in & around the body, which could be a precursor for heart trouble.

The very issue that leg pain is often never linked as a sign of high cholesterol or cardiac issues is what puts people at a higher risk of encountering complications, severe trouble and getting a heart attack or a stroke as the pain progresses. Says Dr Sridhar, "While such pain symptoms could be easily mistaken, pain in

the leg (calf and thighs) which develops while walking and gets relieved while at rest is taken, is the sign of a blockage in the leg called claudication pain."

If the pain is not treated or diagnosed in time, it could also cause later complications, since Peripheral Artery Disorder is a silent disease which doesn't cause other symptoms. Any concerning sign of leg pain could, and should be treated as a 'wake-up call' to prevent heart disease risk.

Symptoms of high cholesterol can show up in different ways for every person, and it may also offer differential outcomes basis genetic, and non-genetic risks. "Smoking is one of the most pressing factors which raises the risk. Besides, we do see that patients who have underlying issues report such problems more commonly", adds Dr Kapoor. The doctor also says that with a double danger of diabetes and high blood cholesterol, which is a common issue many face, insulin resistance makes it very easy for a person to develop peripheral issues and experience troubling leg pain. Peripheral artery disease is also more common in people older than 50, are obese, and also at the risk of high blood pressure, and have a history of smoking.

While leg pain can be brushed off or confused to be something unrelated to the heart, doctors say that PAD pain can leave few specific clues. People who have PAD also experience symptoms of heaviness and burning sensation in one or both of the legs, in any part. Doctors also say that claudication leg pain follows a typical pattern, which could set it apart from different leg

pain causes, such as the one caused by arthritis or muscle pain- and usually begins around the calves or the thighs. Apart from this, doctors detail that blood flow disruptions caused by PAD in the legs could be noticeable with signs like foot ulcers, leg cramping, fatigue, painful

sores and toe nail damage, especially for those who may have diabetes.

Reduced hair growth, coldness in extremities, thinning of the skin, sudden paleness, shininess, frequent tingling or delayed ulcer healing could also be warning signs, adds Dr Jaria.

Why do our joints pop & click sometimes?



anything. Popping and creaking are just normal things that may happen due to several unharmed reasons.

If it mostly happens when moving at a certain angle or after standing for a long time then do some stretching exercise. It mostly happens due to stiffness in the muscles and joints. Stretching exercises can help to reduce the tightness in the joints surrounding muscles.

It is only problematic and a matter of concern when your joints pop from the area of the previous injury. If a ligament heals improperly then also it may pop when you move. Other than that joints may also pop when with age. The knee generally is the noisiest, but sometimes even your hip, shoulder, neck and spine may pop.

Osteoarthritis is chronic and the most common type of arthritis, affecting millions of people worldwide. A person develops this condition when the protective cartilage present at the end of the bone wears down.

The condition mostly affects joints in your hands, knees, hips and spine. This leads to problems like pain, stiffness, tenderness, loss of flexibility and swelling in the muscles.

Creaking and popping of bones are not generally associated with this bone condition. But in some cases, osteoarthritis may lead to cracking, or popping sounds in or around joint.

The creaking and popping of joints & bones are everyday things. Some time we crack them purposely to release the tension and stiffness in the muscle after sitting or standing in the same position for hours, while other times they just crack and pop on their own.

It is actually the second case when we cannot help but wonder if there is something seriously wrong with our bones. The clicking and popping of the bones are normal for people of all age groups, but the episodes become more frequent after 60. Creaking and popping of joints is a medical term referred to as crepitus.

The sound made by the joint while moving comes from Nitrogen bubbles in the synovial fluid that gets trapped between the joints and then released during the movement.

The condition is generally harmless and does not cause an injury or medical condition.

Another reason could be a tendon or ligament may snap over a bony bump or a tightening of a ligament with movement.

As long as your joints are only creaking and popping and are not swollen or in pain, there is no need to worry about

Coronavirus vaccination: Side effects to expect after receiving a flu shot and COVID-19 vaccine together

While the novel coronavirus has impacted our lives in many unprecedented ways, in the past, it has somehow helped keep other respiratory illnesses like the Flu at bay. Given that people were more vigilant initially - wearing masks, maintaining proper hand hygiene and social distancing - it somehow curbed the spread of other respiratory illnesses, other than COVID-19.

However, now that we're more aware about the disease and have COVID vaccines to protect us, we have become more relaxed and less vigilant, making way for the influenza virus to affect us.

Therefore, experts have emphasized on the need to vaccinate yourself not just against the SARs-COV-2 virus, but also against the Flu.

At a time, when COVID-19 and flu are both wreaking a lot of havoc in and around the world, getting yourself vaccinated has become extremely important.

Many have been wondering whether or not one can get their flu shots along with COVID-19 vaccines. Clarifying on the same, the Centre for Disease Control and Prevention (CDC) has said that it is safe to get both the vaccine doses



around the same time, and that getting the two vaccines together does not pose any harm.

While usually people are advised to space out the vaccine shots, with COVID and flu vaccines, there is no need, as per experts. A study conducted by the University of Bristol found that receiving COVID and flu shot together did not reduce the efficacy of the vaccine in any way, rather it was concluded that both the vaccines, when administered simultaneously are safe and effective.

All volunteers were above the age of 18 and had got one vaccine dose of either the Pfizer/BioNTech or the Oxford-AstraZeneca.

The study listed down two commonly reported side effects in people who received both their COVID-19 and flu shot on the same day.

When it comes to COVID-19 vaccine, fever, chills, joint pain are some of the most common side effects. However, as per latest findings, pain in the injection site, a sore arm

are one of the most common symptoms in people who received both COVID and a flu shot.

People who experience this side effect usually complain of pain, discomfort, leading to the inability to move the arm. Apart from sore arms, people have complained of feeling weak and fatigued. This could result in low energy levels, lethargy and can interfere with normal daily activities.

As per the report, the side effects were typically mild to moderate in tests with three flu vaccines and either Pfizer or AstraZeneca's COVID-19 shot. Chris Rogers Professor of Medical Statistics and Clinical Trials and Director of Bristol Trials Centre at the University of Bristol says, "It is reassuring that the results suggest that there are no safety concerns when giving the COVID-19 & flu vaccines together."

While dealing with post-vaccination side effects, one must stay hydrated. For pain, people can take pain relieving medicines as advised by medical professionals. Those who experience pain and soreness at the injection site should avoid touching the affected area. Doctors say that the side effects will however fade away in a day or two.

60% of women who do have thyroid problems are blatantly unaware about the symptoms.

Just like other organs of the body, controlling and regulating proper thyroid function is quite crucial. The thyroid organ, a butterfly-shaped organ which rests in front of our neck is an organ responsible for production of important hormones, from triiodothyronine (T3) and thyroxine (T4), which regulate vital functions such as weight loss, metabolism, energy to maintaining your skin, hair health as well or even affect your body temperature. The thyroid stimulating hormone (TSH) is yet another important hormone which further instructs the thyroid to produce more of T3 and T4 levels. Thus any flare-up or concerning elevation or lowering down of these important hormones can lead to an overactive or underactive function, and lead to a thyroid disorder.

When the hormonal levels fluctuate abruptly, a range of symptoms could appear, which can be very profound in women and affect other vital functions as well. What should also be remembered is that thyroid is such an impactful organ, which can impact every other organ in the body, and it can be increasingly difficult to tell symptoms apart, especially when you are unaware. Thus, women should be diligently looking for warning signs and symptoms, and take the right care. Some of the symptoms may also require further testing for TSH, T3 and T4 levels and know if what you may be suffering from is hyperthyroidism (overactive thyroid) or hypothyroidism (underactive thyroid). Having said that, we list some common symptoms to be particularly careful.

Thyroid levels have a huge impact on your overall metabolism and keep your weight in check as well. While there

are a lot of reasons for weight loss or gain, if you have been recording abrupt or unexplained changes in your weight, chances are that you may first need to get your thyroid checked. While low levels of thyroid hormones could lead to weight gain, an overactive thyroid could land in an overdrive and make you lose weight unexpectedly. Weight loss related to hypothyroidism is one of the most common changes observed in women.

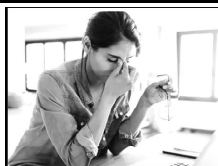
A common early symptom of a thyroid disorder which could be seemingly missed out is darkening of the skin around your neck. Particularly, research has found that the darkening of skin folds around the neck is usually because of hormonal flare-ups, and more common when the thyroid is acting up. This is one sign which women & men are often asked to be on the lookout for, & get tested if needed.

Apart from that, the thyroid organ is responsible for maintaining good skin and hair health. A disruption of T3 and T4 levels could also pose issues such as dry skin, itchy scalp, oily skin, or cause brittleness in the nails. Losing out on energy, or feeling tired are often taken to be signs of ageing and everyday stress. While it may happen so, irregular and chronic fatigue and feelings of exhaustion could be resultant of an underlying thyroid issue. Since our thyroid gland significantly impacts metabolic function, an underactive thyroid could lead to a metabolic slow down, and further make you tired and lethargic on the regular. Similarly, for those who have an overactive gland, the metabolic function could potentially flare-up and cause energy loss. Fatigue and weakness associated with thyroid could also cause heart palpitations, muscle weakness and tremors.

6 early warning signs of thyroid that women often miss

Experiencing extreme fatigue, hair loss, menstrual irregularities of late? Or have you been feeling shaky, anxious, sweaty and hungrier?

While these are some common symptoms which could be experienced by people across ages,



chances are that the symptoms become a lot more evident if your

thyroid gland is acting up. The thyroid gland is an important hormone regulator, but it can be incredibly possible for it to flare-up, especially in women. For a condition that's as common as 1 in 8 women worldwide, it's also reported that as many as

Island...

ANTCC President had outlined that, the dharna will also focus on expressing solidarity with farmers who are protesting against the three farm laws and the minimum support price.

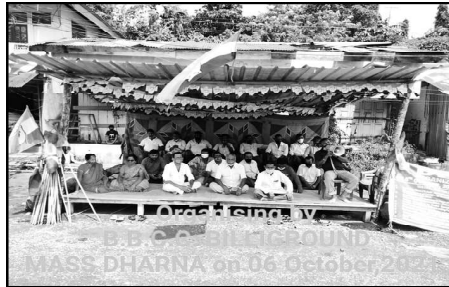
In the dharna held at Port Blair, Senior leaders & Congress party workers such as P. Prasad, General Secretary, ANTCC, K. Deven Rao, District Vice President, Kandaswami Block President, P. Prakash Bliok General Secretary, Panchavarnam, -Ex-Zilla mamner, Biswajit Mindal - Ex Preadhan, Kishor Dhali, Aashok Dhali, Subrata Basu, Dipankar Samadhar -Block Secretary and Narayan Mondal - ExSurpanch and Unit President Bakultala took part. They also delivered their speech against the BJP Government failure and specially repair and renovation of NH4 roads, staff shortage at CHC Rangat, regular boat services from Port Balir to Rangat, fertilizer for Farmers, delay of pension, and other issues.

Similar events were held at other parts of the Islands where party functionaries at block level had spearheaded the event with the enthusiastic participation of party workers and functionaries.

In the dharna which held at Billground, the Block Congress committee spearheaded the participants from 10 am to 1 pm. The dharna witnessed the participation of huge party workers even as the Assistant Commissioner (HQ), Mayabunder stayed put at the spot to monitor the situation.

The demands pressed forward by the participants included the repeal of three farm Laws, finetuning the Covid 19 management in the Islands & early disbursement of relief package to next of

from Page.No.1...



kings of the COVID19 deceased, reversal of hike in price of essential commodities viz. Petrol, Diesel, Cooking Gas and essential commodities, Constitution of Judicial Committee to probe surveillance of opposition leaders, journalists & officers using Pegasus spyware, Stopping the privatization of public sector undertakings, Stopping the attack on tribal, Implementing monetary stimulus package for revival of MSME's, Increase MGMREGA to 200 days and double the wages., besides releasing the political prisoners arrested under Draconian Laws like Sedition/NSA and Anti CAA Protests and restoration of full state hood for Jammu & Kashmir.

While the above demands were nation centric, there were some localized demands which include revival of Pradesh Council, reservation of government jobs for local candidates, Andaman Jobs for Andaman Youths only, Improve Inter Island Shipping Services, the life line of Islanders, maintenance repair and renew the roads in the Islands. Also improve the quality of ATR Road, Improve

Power Supply, Improve Internet Connectivity, Support farmers of our islands, STOP supply of materials through GEM, Increase salary of Asha and Anganwadi workers, Timely disposal of old age, widows, destitute & Handi capped, Reduce circle rates for land registration, Start commercial conversion of land, Bridge between Chatham and Bambooflat for the better commuting, Start Post Graduate medical course in ANIIMS, Timely Election for PRT & PBMC, Control and reduce airfares, Establishment of Central university.

Shri Manojit Halder, BBCC President, Shri Jayanto Nag, Vice President BBCC, Shri Omna Kuttan, Vice President BBCC, Smt. Silvanti Kujur, General Secretary BBCC, Shri Sankar Mondal, Treasurer BBCC, Shri Manoranjan Mondal and Hirenmay Roy, senior leader INC, Shri Uttam Mondal Ex Pradhan Harinagar participated.

Similar events were held in Diglipur where the Block Congress helmed the protests to push forward the demands.

Public

the ground floor. Since most of the shops are selling electronic items, they had to battle with the flood water in saving their electronic items from damage. Although such flooding are determined by the tide levels of sea, general public and traders attribute it to lack of desilting of the storm water drain which runs along the Syndicate Bank road towards Marine Jetty. While this portion is one of the major stretch for draining out rain water into the sea, another stretch of drain that carry flood water runs through Mohanpura market and reaches the Marine Jetty along the ALHW Office. While the stretch opposite to the Syndicate Bank is largely silted, the parallel stretch along Mohanpura market is dumped with liquor bottles and plastic wastes which have reduced the water carrying capacity of the drain.

According to one of the traders at Gandhi Market, the storm water drain running along the APWD Workshop is heavily silted and has lost the capacity to carry adequate water to prevent overflowing. In decades, he had never seen these drains overflowing even during torrential rain since they were deeper and

from Page.No.1...

wider enough to carry huge water. Now, over time, the drain has been silted heavily besides being dumped with garbage and plastic wastes.

The Municipal Council has recently handed over the keys of shops to new shopkeeper who secured the lease rights with their highest bid amount. With the frequent flooding, they are worried about their investment in their shops considering the safety of articles and property. According to one of the new tenants, he secured the lease right of a couple of shops on the ground floor and now concerned over the flood which inundated the floors of the shops. Other tenants also express similar concerns.

Desilting the storm water drains and preventing public from dumping plastic and liquor bottle alone would serve as a perennial solution to the frequent flooding, stakeholders suggest. Considering the precarious situation, the PBMC may consider desilting all storm water drains once the ongoing rainy season ends or before the arrival of next monsoon so as to put an end to the frequent flooding of market areas.

MP approves... from Page.No.1...

from MPLADS fund. Commenting on the issue, Mr. Kuldeep Rai Sharma, MP expressed his hope that an ambulance will not

only bring relief for the patients of Long Island but also help in improving the overall health infrastructure of Long Island.

MAHATMA GANDHI

(1869-1948)

Keep your thoughts positive
because your thoughts become your words.
Keep your words positive
because your words become your behavior.
Keep your behavior positive
because your behavior becomes your habits.
Keep your habits positive
because your habits become your values.
Keep your values positive
because your values become your destiny.