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THE WEEKLY IN ENGLISH & TAMIL

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PAGE 06

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Demonstration of locally developed Oxygen Concentrator marks the Engineers Day Celebration at ALHW Multipurpose Hall

It is a result of yearlong hard work and perseverance of Dr. N.Muruganandam, Scientist at RMRC-ICMR, Port Blair

Port Blair, Sept.19: While the whole country is behind the Prime Minister of India in making the Nation self-reliant through the Atmanirbhar Bharat Abhiyan, a Scientist namely Dr. N.Muruganandam at the Indian Council for Medical Research, Port Blair has scripted a silent success story of self-reliance by developing a prototype of Oxygen Concentrator which can deliver real-time oxygen to patients suffering from breathing difficulties. After conceiving the idea of the machine, the scientist



roped in Shri Vinoth of M/s Kakolil Trade Agency and Shri C.P.Sanjeev of Port Industry to render shape to the machine at their industrial facility.

His yearlong hardwork & perseverance seemed to have paid off when his prototype had an opportunity to demonstrate (Contd/-page.6...)

Droves of pigs now reach out to schools as well

This bulletin had earlier reported stray pig menace across the city

Port Blair, Sept.19: This newspaper on its 6th September 2021 issue had reported the wide spread nuisance stray pigs are causing across the city and the dangers of letting such nasty beasts on roads. While the said pig menace remains unaddressed, pigs are now seen reaching out to schools as well. Commenting in a jugular vein, a resident of Haddo pointed to a pig standing in front of the Telugu Medium School and said that, the

School is getting a new student now.

Although stray cattle menace due to bulls and goats are quite common, the nuisance caused by stray pigs is much worse than others. While the Municipal Council periodically undertakes impounding of stray bullet, cows and goats, it never looked at the stray pig aspect. However, the stray pig menace is growing bigger in proportion. General public is feared

over the pig nuisance as the stray pigs can carry pathogens which can be responsible for spreading diseases like swine flu, chickenkunya and dengue in other residential areas. Since the pig immerse themselves in troughs filled with slush for long hours and then roam on streets as they emerge out, they can carry a lot of dangerous pathogens, a residents of Phoenix Bay says. He (Contd/-page.6...)

Member of Parliament demands filling up of all vacant posts of Principals, Vice Principals, Head Masters and Teachers

The Member of Parliament, Mr. Kuldeep Rai Sharma today (16.09.2021) met the Director of Education Department and demanded filling up of all vacant posts of Principals, Vice Principals, Head Masters and Teachers in the Department.



During the meeting, the Member of Parliament added that almost all schools are running without a Principal and many schools are running without Vice Principal and Head Master, which is adversely impacting the entire education system and also the management of all schools. Such vacancies have also become a major hindrance for the promotion and professional growth of

the teachers, who shoulder the crucial responsibilities of educating our next generation. The Member of Parliament added that he has been informed that there are a huge number of vacant posts of teachers in the Education Department while thousands of qualified youths in Andaman are waiting for years for these jobs. Not only this, the shortage of teachers in (Contd/-page.6...)

MV Sentinel commanded by Woman Captain reaches Carnicobar to rousing welcome from Nicobari Tribes



Port Blair, Sept.19: While the World Maritime Day theme this year was 'Empowering Women in Maritime Community', that seems to have turned a reality in the case of Capt. Meera Kumari of Andaman & Nicobar Islands. She is

the first woman maritime officer to have commanded a ship in these Islands.

MV Sentinel commanded by Capt. Meera Kumari reached Carnicobar to rousing welcome by members of (Contd/-page.6...)



FREE GOVT. CERTIFICATION - RPL under PMKVY

RECOGNITION OF PRIOR LEARNING (RPL)

The Ministry of Skill Development and Entrepreneurship (MSDE), GoI had launched Recognition of Prior Learning (RPL) training under Pradhan Mantri Kaushal Vikas Yojana (PMKVY) is providing certification for the skills acquired by individuals.

What is RPL ?

- Recognition of Prior Learning (RPL) is a platform to provide recognition to the informal learning or learning through work to get equal acceptance as the formal levels of education.
- RPL aims to align the competencies of the pre-existing workforce to the standardized National Skills Qualification Framework (NSQF) which shall enhance the employability / entrepreneurial opportunities of an individual by certification.

Who can Apply ?

The existing workers in the age group of 18-60 years engaged in shops, workshops, Industries, Hotels or any other establishments without any certificate and having experience in a particular skills can apply for RPL training for Govt. Certification in their field.

Training/Certification Details

- 12 Hours or 06 Days of training.
- Assessment & Certification by Govt.
- A monetary benefit of Rs. 500 through DBT.

How to Apply

Candidates can apply online through <https://skillindia.nsdcindia.org/rpl-dap>.

SELECT THE COURSE/JOB ROLE IN WHICH YOU HAVE EXPERIENCE

- | | |
|---|---|
| <ul style="list-style-type: none"> AIRLINE CUSTOMER SERVICE EXECUTIVE SMALL POULTRY FARMER FOREST NURSEY RAISER DAIRY FARMER/ENTREPRENEUR INLAND CAPTURE FISHERMAN CUM PRIMARY PROCESSOR ANIMAL HEALTH WORKER ASSISTANT ELECTRICIAN CONSTRUCTION PAINTER & DECORATOR AUTOMOTIVE SERVICE TECHNICIAN (TWO AND THREE WHEELERS) COMMERCIAL VEHICLE DRIVER L4 DOMESTIC DATA ENTRY OPERATOR FIELD TECHNICIAN - NETWORKING & STORAGE FIELD ENGINEER-RAW RECYCLABLE WASTE COLLECTOR & SEGREGATION | <ul style="list-style-type: none"> FISH AND SEA FOOD PROCESSING TECHNICIAN HAIR STYLIST FRONT OFFICE ASSOCIATE HOUSEKEEPING EXECUTIVE MULTI CUISINE COOK MUTUAL FUND AGENT TRAVEL CONSULTANT STREET FOOD VENDOR ROOM ATTENDANT MANUAL METAL ARC WELDING /SHIELDED METAL ARC WELDING OFFICE ASSISTANT UNARMED SECURITY GUARD PLUMBER GENERAL SELF EMPLOYED TAILOR SENIOR LINEMAN DISTRIBUTION |
|---|---|

R.No.IP:8042/21



FOR ANY ASSISTANCE, PLEASE CONTACT

The SDI Cell, O/o The Principal, Govt. Industrial Training Institute (ITI), Dollygunj Port Blair, A&N Islands - 744103,

03192 - 259262, E-mail: skilldevelopment.ani@gmail.com

PORT MANAGEMENT BOARD ANDAMAN & NICOBAR ISLANDS NOTICE INVITING TENDER

E-Tender No. 7076

Dated: 13.09.2021

E-tenders are invited for "Preparation of Performance Accounts and Asset Register for the period 2020-2021 Port Management Board".

The e-tender document can be downloaded from portal www.eprocure.andaman.gov.in and www.eprocure.gov.in from 13.09.2021 to 04.10.2021 till 1200 Hrs. However, the submission of the tender will be done online at www.eprocure.andaman.gov.in. **R.No.IP:8023/21**

eprocure.andaman.gov.in / Tender ID: 2021_TCELL_3792_1

CD-I/21-22/07

F.No. 37-DB/TN/CDI/PB/21-22/1596 dt. 07.09.2021

e- TENDER NOTICE

The Executive Engineer, Construction Division No-I, APWD, Port Blair invites on behalf of President of India, online Item Rate e-tenders (in form of CPWD-8) from the approved and eligible Contractors of APWD and non APWD contractors irrespective of their enlistment subject to the condition that they have experience of having successfully completed similar nature of work in terms of cost in any of the government department in A&N Islands and they should not have any adverse remarks for following work:

1. NIT No. :- 06/NIT/DB/CD-I/PB/21-22, Name of work: Providing Internal Water connection and staging for 15 Nos Ty-I Qtrs at Camp No.3 Govind Nagar, Swaraj Dweep under CD-I, A.P.W.D., Port Blair **Estimated Cost** :Rs. 9,97,287/-Time of completion:-03 [Three] Months
[Tender ID No. 2021_APWD_3738_1]

2. NIT No. :- 07/NIT/DB/CD-I/PB/21-22, Name of work: Repair and Renovation and Painting work of Fire Station building at Swaraj Dweep under CD-I, A.P.W.D., Port Blair **Estimated Cost** : Rs.18,61,472/-Time of completion:- 06 [Six] Months
[Tender ID No. 2021_APWD_3739_1]

3. NIT No. :- 08/NIT/DB/CD-I/PB/21-22, Name of work: Augmentation of water supply at Neil Kendra Neil Island Constr Ring well, Pump house, Over Head steel water tank, laying of pipe line and Installation of 28 HP Diesel pump, Under CDI, A.P.W.D., Port Blair SW:- Providing and fixing G.I. square pipe over top of ring well for safe guarding 04 Nos 6 Mtr dia Ring well and 02 Nos 1.50 Mtr dia Ring well at Shaheed Dweep **Estimated Cost** :Rs. 22,41,967/-Time of completion:- 04 [Four] Months
[Tender ID No. 2021_APWD_3742_1]

Tender should be filled on line upto 3.00 PM on or before 22.09.2021. The tender will be opened on the same day at 03.30 PM in presence of tenderers representative if any.

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

R.No.IP:8004/21

Executive Engineer
Construction Division-I
A.P.W.D., Port Blair

PS DIGLIPUR TEAM SEIZE VENISON

On 15/09/2021 credible information was received from reliable source that few persons are transporting venison in a cargo vehicle at Shyam Nagar area. Upon this, a team of PS Diglipur consisting Insp. Stalin N.S., SHO PS Diglipur, HC/938 Mohan Rao, PC/2886 Nityanand Baroi, PC/540 Prince Ch. Das and CT/161 Madhusoodan rushed to the suspected area at Shyam Nagar and intercepted the said cargo vehicle (M/Bolero Pick up Van) and recovered a blue coloured gunny bag containing 14 Kgs venison and arrested 06 person on the spot namely 1) Shri Khogen Biswas Driver of Pick-up Van 2)

Subhankar Mazumdar 3) Basudev Mondal 4) Prosanjit Biswas 5) Uttam Kr. Das and 6) Swapan Biswas. After observing all codal formalities, the seized articles were handed over to forest officials for further necessary action.

The whole operation was conducted under the supervision of Shri R.K. Sharma, SDPO (Diglipur).

The general public is requested to pass on credible information regarding any illegal activities to the mobile numbers 8900910218 and 9531856281/ 9474232107. The identity of the informers will be kept secret and will also be suitably rewarded.

Member of Parliament requests for early dispatch Ration Items for Katchal Island

The Member of Parliament, Mr. Kuldeep Rai Sharma today requested the Chief Secretary to send a cargo/passenger ship for Katchal Island with sufficient stock of ration items. In a letter addressed to the Chief Secretary, the Member of Parliament today mentioned that he has been informed by the people of Katchal Island that presently the Katchal Island is witnessing scarcity of ration items, which has triggered a sense of panic among the residents of Island.

He added that residents of Katchal Island have informed him that



difficulties faced by the residents of Katchal Island, the Member of Parliament today requested the Chief Secretary to send a cargo/passenger ship for Katchal Island with sufficient stock of ration items to meet the present demand and also the buffer stock for the coming days.

As Katchal is a remote Island, the Member of Parliament also requested the Chief Secretary to issue instructions to concerned officials to maintain a buffer stock of ration and other essential items in the Island, all the time, so that in future people of Katchal Island do not suffer like this.

Study says social distancing is not enough to prevent virus

Washington: A recent study led by an international team of researchers asserts that indoor distances of two meters (about six and a half feet) may not be enough to sufficiently prevent transmission of airborne aerosols.

The findings of the study were published in the journal 'Sustainable Cities and Society'.

Eighteen months ago, stickers began to dot the floors of most shops, spaced about six feet apart, indicating the physical distance required to avoid the COVID-19 virus an infected person may shed when breathing or speaking. But is the distance enough to help avoid infectious aerosols?

Not indoors, say researchers in the Penn State Department of Architectural Engineering.

"We set out to explore the airborne transport of virus-laden



particles released from infected people in buildings," said Gen Pei, first author and doctoral student in architectural engineering at Penn State. "We investigated the effects of building ventilation and physical distancing as control strategies for indoor exposure to airborne viruses," added Pei.

The researchers examined three factors: the amount and rate of air ventilated through a space, the indoor airflow pattern associated with different ventilation strategies and the aerosol emission mode of breathing versus talking. They also compared transport of tracer gas, typically employed to test

leaks in air-tight systems, and human respiratory aerosols ranging in size from one to 10 micrometres. Aerosols in this range can carry SARS-CoV-2. "Our study results reveal that virus-laden particles from an infected person's talking — without a mask — can quickly travel to another person's breathing zone within one minute, even with a distance of two meters," said Donghyun Rim, corresponding author and associate professor of architectural engineering.

"This trend is pronounced in rooms without sufficient ventilation. The results suggest that physical distance alone is not enough to prevent human exposure to exhaled aerosols and should be implemented with other control strategies such as masking and adequate ventilation," added Rim. The researchers found that

aerosols travelled farther and more quickly in rooms with displacement ventilation, where fresh air continuously flows from the floor and pushes old air to an exhaust vent near the ceiling. This is the type of ventilation system installed in most residential homes, and it can result in a human breathing zone concentration of viral aerosols seven times higher than mixed-mode ventilation systems.

Many commercial buildings use mixed-mode systems, which incorporate outside air to dilute the indoor air and result in better air integration and tempered aerosol concentrations, according to the researchers.

"This is one of the surprising results: Airborne infection probability could be much higher for residential environments than office environments," Rim said.

"However, in residential environments,

operating mechanical fans and stand-alone air cleaners can help reduce infection probability," Rim added.

According to Rim, increasing the ventilation and air mixing rates can effectively reduce the transmission distance & potential accumulation of exhaled aerosols, but ventilation and distance are only two options in an arsenal of protective techniques.

"Airborne infection control strategies such as physical distancing, ventilation & mask-wearing should be considered together for a layered control," Rim said.

The researchers are now applying this analysis technique to various occupied spaces, including classrooms and transportation environments. Mary Taylor, a graduate student at Penn State at the time of the research, also contributed to this work, which was supported by the National Science Foundation.

MP requests the CS for seamless ship connectivity to N&M Andaman against pathetic condition of ATR

Port Blair, Sept.19: The Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma has requested the Chief Secretary to operate ferry/ship twice a week for Rangat, Mayabunder and Diglipur region from Port Blair, considering the pathetic condition of Andaman Trunk Road. In a letter addressed to the Chief Secretary of Andaman and Nicobar Administration, the Member Parliament of Andaman and Nicobar Island, Mr. Kuldeep Rai Sharma mentioned that after the recent Andaman Trunk Road inspection by the Chief Secretary in Diglipur region, things have begun to improve but still the condition of

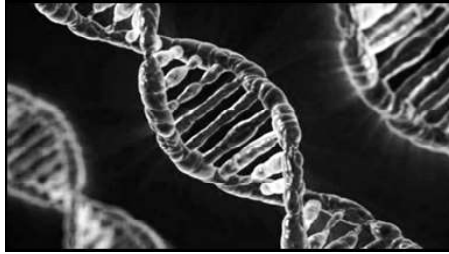
Andaman Trunk Road in many stretches of North and Middle Andaman viz Kadamtala and Mayabunder regions are unbelievably bad.

The Member of Parliament added that due to heavy rainfall the Andaman Trunk Road is full of mud & ATR passengers, especially the ladies, old age people, children and patients are suffering heavily. Mr. Kuldeep Rai Sharma mentioned that large number of people from N&M Andaman have contacted him and demanded ferry/ship for Rangat, Mayabunder and Diglipur region from Port Blair so that people of N & M Andaman can travel via ferry/ship till the ATR conditions improves.

New finding: Y chromosomes regulate genes in reproduction

Hyderabad: A Centre for Cellular and Molecular Biology (CCMB) study has found that Y chromosome regulates genes on other chromosomes that are involved in male reproduction, which was earlier considered only to determine sex of the species. The study carried out in mice showed that Y chromosomes have striking novel regulatory functions that are specifically required in reproduction.

The study published in BMC Biology shows that Y chromosomes also give rise to a class of small RNAs called piRNA. This is the first report from piRNA. Prof. Rachel Jesudan, advisor-researcher for Department of Genetics, Osmania University, said "Genes making multiple copies and mutating are drawing a lot of attention during the Covid



pandemic. The multiple copies made by the Y chromosome in mice is generating interest as it is a part of the evolution process. For this reason, this study has got scientists abroad very excited." The earlier study of Y chromosomes on humans showed sex-specific repeats to regulate reproduction. It was considered an important protein-coding RNA transcribed from chromosome number 1. By consolidating the study on humans and mice, researchers have concluded 'we see a more

pervasive regulation of genes associated with reproduction by Y chromosome'. Prof. Jesudan adds "As species evolve, these repeats of chromosomes also evolve. Gradually they are no longer able to regulate their reproduction. These repeats play a central role in the identity and evolution of species. It is similar to how we are presently studying different mutations of SARS-CoV-2 virus to understand the different variants emerging from it. Unlike the virus, species & human evolution takes time."

LifeCell gets DCGI nod for clinical trial of cell therapy to treat COVID patients

Leading stem cell bank LifeCell on Thursday said it has received approval from the Drug Controller General of India (DCGI) for a clinical trial of Mesocel to treat patients with moderate to severe COVID-19. The company has received the approval for the clinical trial of Mesocel, a new therapy derived from mesenchymal stem cells of the umbilical cord tissue, set to treat patients suffering from COVID 19 pneumonia and acute respiratory distress, from the Biological Division of the DCGI, LifeCell said in a statement.

The clinical trial, to be conducted in two phases, will evaluate the safety and efficacy of



Mesocel for the treatment of patients with moderate to severe COVID-19, it added. "This new cell therapy utilising the potent anti-inflammatory, immune-modulating and tissue regenerative properties of Mesenchymal Stem Cells (MSCs) will further strengthen our fight against COVID-19 and

help save lives, which is our primary objective," LifeCell Managing Director Mayur Abhaya said.

The company has set up a manufacturing facility at its Chennai campus that will further bolster its biologics manufacturing capabilities, LifeCell said. Equipped with multiple bioreactors of

different sizes, the facility ensures an uninterrupted supply of MSCs for timely and affordable treatment by using the bio-reactors to

expand the cells in a sterile environment, thereby providing significant advantages from a cost and quality-control perspective, it added.

Don't like those grey hairs? Try this trick with potato peels

Grey hair is part of the natural aging process and it's something every man and woman will have to manage as they get older. Some people are unlucky and get grey hair before they reach 30 and some people don't have to deal with it at all until they reach their 70s! But once that first grey hair exposes itself, that's when you know there will be more to come. If that doesn't bother you then you can confidently show off your silver strands but if you prefer to hold onto your youthful hair color, then you'll love this potato peel trick.

Resorting to hair dye is not always the healthiest way to control grey hairs. Whether you do it yourself at home or at the salon, it can not only get expensive but you're loading chemicals onto



your scalp and into your hair follicles. And once you start dying your hair, you will have to do it over and over again. The alternative is using potato peels! It's just as effective and will cost you less.

Potato peels have an enzyme called catecholase, which is used in the production of cosmetic products that help balance skin tones. But this enzyme can also bring out the color in your hair. The great thing about this trick is that it doesn't contain harmful chemicals either. Intrigued to know more? Go to the next page and found out how to use potato peels.

Boost your liver health and lose up to 4 kilos within 72 hours with this drink

The liver is much bigger than some people expect. The organ is located under the lungs and performs some vital functions in the human body. The liver is responsible for purifying and regulating blood and removing waste from the blood. This is then reused or broken down.

The liver also has other important functions. For example, the organ is responsible for absorbing and storing nutrients from food. It also plays a very important role in alcohol consumption. The liver's

processes ensure that alcohol is not (too) harmful to our body, but can be broken down. Please note: the liver can easily do this in small quantities, but large quantities can damage the liver forever.

Many people do not know that the liver is also one of the most important organs when it comes to losing weight. Giving your liver a boost can therefore help you lose excess weight. Wondering how you can do that? Continue reading on the next page.

30 Foods That Should Never Be Placed in the Refrigerator

We all know that chicken and most dairy products belong in the refrigerator. But there are a few foods that you've most likely been storing wrong all along.

Although after cutting, watermelons should be kept in the fridge, beforehand they are perfectly fine sitting on the counter. The USDA even suggests that the watermelons retain more antioxidants this way. Just remember to wrap them after you cut them as when you put them in the fridge they will absorb the tastes of other food.

This sweet next in line is nearly inedible when left in the fridge.

If you like your honey syrupy, smooth, and slick then you probably shouldn't put it in the fridge. When cold, honey will crystalize and can eventually become as hard as a rock. The granules will seize together and become not good for anyone who doesn't want a thick, white piece of honey chunk.

Honey is a great flavoring, but this next food is a beauty all on its own.

The best way to store coffee is in an airtight container at room temperature. When it is chilled, it can lose its flavor and even build up condensation that can ruin coffee grounds. Humidity is no good for coffee grounds or beans.

It's a good thing the next food doesn't go in the fridge!

When stored in the fridge, pumpkins will gather moisture that will cause them to rot. It's important that pumpkins do stay cool but it is also crucial that they stay dry as well. So, whip out a piece of cardboard (as a



rug may get ruined and cement gathers moisture) and sit your pumpkin in the basement or kitchen.

The next item is often stored wrongfully in the fridge.

Before cutting onions, leave them out in the warmth of the room. When they get cold, they tend to get mushy and unappealing. Not to mention, the humidity speeds up the aging process. After they are cut, however, they do need kept in the fridge or they will dry out. But it's important you put them in a plastic baggie and into the vegetable drawer where they belong.

Number 6 does 'nut' belong in the fridge at all!

This much-loved and publicized treat should never go in the refrigerator. If you do store it there, it will become a lot less spreadable and will lose much of its chocolate flavor. So keep it sealed in the pantry and you can revel in creamy chocolate goodness. Now, that's something to smile about.

The next item may surprise you, but there's a good reason.

Did you know that olive oil likes the dark? Did you know that's one of the reasons why it's often purchased in a dark jar or bottle? While the fridge is dark most of the time, the coldness may cause it to solidify. For extra virgin olive oil, refrigeration can actually affect the flavor of the oil, and you definitely don't want that.

Another wrongly stored item is next.

Many people assume herbs should be kept in the fridge in order for them to last longer. But this is simply not true. For one, herbs need to stay dry & when refrigerated, they collect moisture. So for best results, snip off the bottom of the fresh herbs and stick them in a jar of water.

This next food is stored in the fridge the majority of the time.

Yes! Tomatoes are not meant to be stored in the fridge. When you do this, you're actually killing the poor thing. Not only will it lose its flavor, but it will break down the molecules and leave it grainy. Ripen tomatoes in windowsills for best results and eat them while they are fresh.

You think that the reason you shouldn't store ketchup is similar to the reason you shouldn't store tomatoes? After all, ketchup is tomato based. Well, this isn't the reason. The real reason is that ketchup is loaded with vinegar, a natural preservative that will keep your ketchup fresh no matter what.

When you hear the word 'tuna' you may think, "hey, it's fish, I know that goes in the fridge." But really, canned tuna should be put in the pantry or cabinet. If you put it in the fridge, it is susceptible to rust. If you store it in a dry place, it can last up to five years! However, after you open it, you need to take it out of the can and store it in the fridge.

Another food that needs to be kept dry is next!

It's ironic why bread needs to be kept out of the fridge. It will dry out! That's right. In this

case, the moisture isn't the problem, but rather the fact that bread will go stale if kept cold. Though it can be frozen if it won't be eaten right away if you will toast it later.

You say tomato, I say potato. Eh, I guess they both need kept out of the fridge. You may notice that potatoes are often kept in the basement or the bottom of the pantry. That's because when kept in the fridge, it will become all mushy and grainy as the starches are broken down. Yuck! You may like cool apples, but

the truth is, they will last for weeks out on the counter. The too cool temps and humidity will cause the apples to ripen faster. Though, after a few weeks, it can be beneficial to keep them in the fridge. Or you can just eat them!

A nice trick with avocados is to ripen them in the windowsill. They will reach perfection as the creamy flesh sets. It will be the optimum consistency for guacamole. So give it a try, don't make it hard on yourself by putting it in the fridge!

DROWING MAN SAVED BY POLICE PERSONNEL

On 15.09.2021 at around 1800 hrs an information was received at PS Chatham that one person was drowning near Chatham Sea Shore. Immediately PC/1306 A.Abdul Sameer, posted at PS Chatham, who was on duty, jumped in the water to save the man in spite of darkness and bad weather. After some time, on unidentified fisherman also joined him and both of them after cutting the rope of a boat anchored there, rowed to the spot and rescued the person.

Thereafter, the rescued person was immediately shifted to G.B.Pant Hospital for treatment with the support of PCR Vehicle. The person was identified as P.Chandran, S/o Late Pitchai(45 Yrs) casual Mazdoor in PBMC, R/o Buniyadabad.

The constable along with the Fisherman (who left without intimating his details) have shown exemplary act of bravery and humanity to save the life of a human, South Andaman Police appreciates the act of both these persons.

This is why you should microwave lemons before cutting them!

Lemons are a staple in almost every household. The golden fruit is wonderful in a variety of cuisines and is also extremely healthful.

We don't spend a day without adding a squeeze of lemon to our glass of water or using its juice in a cake. Do you want to get the most out of your lemon by extracting as much juice as possible? Then we have just the thing for you. You may get a lot more juice out of your lemon by microwaving it for a few seconds. First and foremost, keep your lemons in the refrigerator.



Take one lemon out of the fridge and microwave it for 15 to 20 seconds when you need lemon juice.

When you keep your lemons in the fridge, they will last longer, and you will get the most juice out of them by microwaving them. Because you don't want your lemon to get heated, never microwave it for more than 20 seconds.

Demonstration...

at the Engineer's Day function held on 15th September 2021 in the Multipurpose Hall of Andaman Lakshadweep Harbour Works. Shri Kuldeep Rai Sharma, Hon'ble Member of Parliament graced the occasion as the Chief Guest and appreciated Dr.N.Muruganandam for his achievement. The programme was also attended by a host of Engineers & dignitaries from various Departments.

An elated Dr.Muruganandam while speaking on the occasion said that, the idea of developing the prototype of real-time oxygen concentrator dawned on him when he witnessed hundreds of people with COVID19 had no access to adequate oxygen support despite suffering from acute respiratory problems. Although the Administration had been painstakingly managing the situation to save the peoples from the jaws of death, scores of deaths became inevitable. It was during such time of helplessness that, Dr. Muruganandam started working on his prototype.

According to him, Oxygen concentrators are electrically powered medical device that could generate concentrated oxygen from ambient air using pressure swing adsorption principle where zeolite is used as molecular sieves and it is used for emergency management of patients.

Due to limited supply of such oxygen concentrators as the number of manufacturers were very few; such lifesaving machines are often sold in black market at exorbitant rates. At the same time, similar machines imported from countries like China were of substandard

quality and could not cater to the actual needs of patients. Against this situation, a team of ICMR Scientists with the support of local technical teams had embarked on the mission of developing an Oxygen Concentrator which could function better even under high humid conditions. As advised by the Chief Secretary of Andaman and Nicobar Administration, the machine was named "Andaman Oxygenator" even as it remained under testing phase for its efficacy and performance. Finally, the team of developers had an opportunity to make a public demonstration of the machine in an event that coincided with the Engineer's Day event held at the ALHW's Multipurpose Hall in Phoenix Bay on 15th September 2021.

According to Dr.N.Muruganandam and his team, initial development of the machine has been carried out successfully and its efficiency has been tested to be successful. However, further improvisation and customization can also be done according to needs and the machine can be further developed.

A jubilant team members boast off the machine that can showcase the ability of these Islands to develop new prototypes in sync with the Atmanirbar Bharat Ahiyaan and they call upon developers to take up manufacturing of the machine as the prototype and technology can be availed free of cost.

Talking on the side lines of the event, members of the developing team exuded confidence that, the prototype developed by them would meet the oxygen needs of patients during emergency and it is

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highly efficient and cost effective. It would indeed be a moment of pride for Islanders if such a medical device is manufactured from these Islands.

A large gathering of Engineers and invitees to the Engineer's Day event had appreciated the team, especially Dr.N. Muruganandam for his achievement. While speaking, an Engineer noted that, the achievement of Dr. N. Muruganandam does not end with development of this machine alone. He was instrumental in testing of thousands of COVID19 samples at the ICMR during the two successive waves of pandemic starting from early 2020. As a relentless frontline worker cum Scientist, Dr. N. Muruganandam had tested positive for COVID19 for more than twice and that did not deter him from continuing with his task. Although he lost close to eight kilo body weight due to continuous wearing of PPE kit at the Laboratory, he never looked back and continued with his dedication, his team members lauded.

Dr. N. Muruganandam in his valedictory speech had thanked the Director General, ICMR, New Delhi, the Chief Secretary, Andaman and Nicobar Administration, the Secretary, Science and Technology, Deputy Commissioner, South Andaman, Sub-Divisional Magistrate South Andaman, Director ICMR-RMRC-Port Blair and Principal DBRAIT for their inimitable support and encouragement. He also expressed his heartfelt gratitude for the support provided by his team organization M/s Kakolil Trade agency & Port Industries besides Shri. K. Mujeeb Ur Rehman of Wiberlygunj for his support.

from Page.No.1...

immediate filling up of all vacant posts of Principals, Vice Principals, Head Masters and teachers.

National Unemployment Day organized by Youth Congress

Under the guidance of Shri.Kuldeep Rai Sharma Member of Parliament & Shri.Rangalal Halder PCC President, Team Youth Congress led by Shri.Elayaraja Alsu President held a protest

on 17th September against the massive Unemployment situation prevailing in the country by sarcastically observing the Birthday of Prime Minister Modi as National Unemployment Day.

MV Sentinel... from Page.No.1...

Nicobari Tribal Community. According to them, the vessel MV Sentinel has always been considered the lifeline of Carnicobar and it was icing on the cake when it was commanded by a woman captain. Women in the Nicobari Tribal community enjoy as much liberty and privilege as men in their community and they are living examples of women empowerment.

They are more elated to see their lifeline vessel being commanded by a woman, a member of

tribal community said. Marking the occasion, the tribal community members of Car Nicobar led by Greatheart Nicobari, a community representative welcomed the Captain Meera by presenting her bouquet and garland. Great Heart said, they were overwhelmed to see a lady captain berthing our lifeline in our island. This is a good example of women empowerment and will be a morale booster for our ladies to follow the line.

Droves... from Page.No.1...

also recalled the earlier action of Municipal Council in reining in the pig menage and appealed to the Municipal Council for stringent action against those who let the pigs loose on streets. The PBMC

should ensure that, no pigs are allowed within the city areas, he further said. Let's hope that, the Municipal Council takes cognizance of this matter and embark on radical steps to rein in the pig menage.

Member....

various schools will certainly impact the quality of education, for which students of these

islands will suffer greatly. Pointing out all these issues, the Member of Parliament demanded