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Staff Nurse Recruitment under Andaman and Nicobar Health Services? Mainland candidates dominantly outnumbered local candidates as only six out of thirty recruits were Islanders

Port Blair, Sept.12: At a time when the States of North East including the recently created Ladakh are being extended preferential treatment in matters of recruitment, the local citizens of Andaman & Nicobar Islands are largely subjected to deprivation and exploitation in the matters of employment and other centrally sponsored benefits, a social worker says, while recalling the recent

recruitment conducted under the Health Administration where thirty staff nurses have been recruited. Shockingly, out of the thirty candidates selected as eligible, only six are from Andaman & Nicobar Islands while the rest are from various parts of mainland.

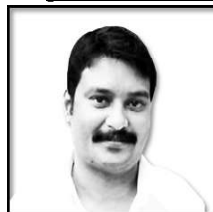
This has come at a time, local unemployed youth are deprived of their livelihood over the two years of lockdown which has put a pause

on core economic activities in tourism and allied services.

While there are rumours ruling out the said news as being fake, the Administration has not yet come out with any statement on the matter. List of eligible candidates alongwith the total number of candidates applied for the post which are already in the public domain on social media renders credibility to the

(Contd/-page.6...)

MP demands relaxation of criteria for the youths of A&N Islands to apply for the post of Tradesmen (Skilled) posts in NSRY, Port Blair



The Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma has requested Mr. Rajnath Singh, the Union Defence Minister of India to exempt the condition of compulsory ex-naval Dockyard Apprentices for the candidates of Andaman and Nicobar Islands for the Tradesman post (Skilled) so as to enable the eligible candidates to apply for the post. However, the candidates in

the event of their selections may be given an opportunity to undergo Dockyard Apprentices course at the Dockyard Apprentices schools of Indian Navy.

In a letter addressed to the Union Defence Minister, Government of India, the Member of Parliament pointed out that the Naval Ship Repair Yard, Port Blair under HQ Andaman and Nicobar Command has invited applications from the eligible candidates for recruitment of 304 Tradesman (Skilled) posts. In the said vacancy notice, the eligibility criteria fixed for the said posts is that the candidate must be an ex-Naval Dockyard Apprentices schools of

(Contd/-page.6...)

Recalling the promise of a Minister would now be “against Community Standards” of Facebook Facebook account was blocked after a Bambooflat resident shared a speech of Nitin Kadkari

containing promise on Chatham Bambooflat Bridge

Port Blair, Sept.12: In what can be termed as strange, arbitrary, biased & unjustified, the Facebook Inc has blocked the account of Shri Abhi Bhushan Ghose, a resident of Bambooflat and the State Youth President of Lok Jan Sakthi Party after a post on Facebook shared by him on 07.09.2021 was widely shared by about 500 subscribers within hours of being posted. The Facebook notified the said viral

post as “against community standards” followed by the Facebook and branded it as SPAM. Residents of Bambooflat and adjoining areas who are dependent on ferry boats operated between Chatham and Bambooflat, Dundas Point, Shore Point etc have vented their anger against the arbitrary action of the Facebook in blocking the account of a genuine user who only recollected the promise of Shri Nitin

Kadkari, Minister for Shipping made about six years ago on the Chatham-Bambooflat bridge.

A cursory listening of the video shared on the Facebook revealed that, the subscriber Abhi Bhushan Ghose had recalled the promise of the Minister on the impending Bridge and tried to draw the attention of the Government by making a gentle reminder. According to general public

(Contd/-page.2...)

Poorly maintained Dialysis Unit poses risk of infection to inpatients

Airconditioner leakage leads to flooding of floor: GB Pant management is least cared

Port Blair, Sept.12: While the healthcare associated infections are major risk to patients and staff safety in healthcare institutions, hemodialysis units are always accorded top priority for hygiene as the dialysis patients are largely immune-compromised.

The immune-compromised status of dialysis patients alongwith factors like frequent and prolonged blood exposure during treatments and close proximity to other patients during treatment at

the Dialysis unit besides frequent contact with health care workers who frequently move between the ward and outside etc contribute to added health risk to dialysis patients. Considering all these factors, the Dialysis Units always give top priority for cleanliness and hygiene by keeping the premises airconditioned and closed.

However, the airconditioner installed inside the dialysis unit itself has come as a threat to safety of dialysis patients

(Contd/-page.6...)

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-
A.P.W.D., Port Blair

Recalling... from Page.No.1...

of Bambooflat, Wimberly gunj, Stewartgunj etc, they were optimistic of the Bridge after it was promised by the Hon'ble Minister about six years back.

Now, Shri Abhi Bhushan Ghose has only expressed the sentiments of the entire population of Bambooflat area by giving a gentle reminder to the Government of India. In the said video, the subscriber had sought to draw the attention of the Government of India on the impending bridge as it had been more than six years since the Minister made the promise that the Bridge would be a reality within three months. Within few hours, the facebook post became viral as it had more than a five hundred shares until it was blocked by the Facebook.

If evoking a promise of a Minister is anti-social and

against Community Standards, then it must be a clear case of curtailing the freedom of speech by a global social platform. Now, the public are reminded of the new rule of Facebook that sharing even the promise made by a Minister would now be anti-social and will be branded as spam by the facebook. According to him, within hours of becoming viral, the Facebook had taken down the video all of a sudden as the top bosses of the Administration could have become unhappy over a facebook post becoming viral from these Islands while they are being authorities here. The dramatic action of the Facebook could have been influenced externally, a resident of Bambooflat says. If the facebook post of Abhi Bhushan Ghose had been controversial



Member of Parliament congratulated Ld. Advocate Krishna Rao for proposal of his name for elevation as a Judge of Hon'ble High Court of Calcutta



The Member of Parliament, Mr. Kuldeep Rai Sharma has congratulated Ld. Adv. Krishna Rao, Hon'ble Government Pleader & Public Prosecutor, for approval of his name for proposal to elevate as

a Judge of Hon'ble High Court of Calcutta. In his appreciation letter, the Member of Parliament said that this is a moment of great pride.

The MP said that Ld. Adv. Krishna Rao being an Islander and a son of this soil, has brought immense pride and joy among the heart of all Islanders with this achievement.

The Member of Parliament mentioned that past record and conduct of Ld. Adv. Krishan Rao towards general public have been excellent and this is reason why he has earned so much love from public and honour in your field of profession. Mr. Kuldeep Rai Sharma wished Ld. Adv. Krishna Rao best of luck.

← and critical against the Government of India or the Administration, it would have been justified on part of the global social media platform in blocking the content.

But, the video had only recalled what Nitin Kadkari had promised about six years ago and it only sought to appeal to the government for early execution and there was nothing wrong in the contents of the said post, an advocate practicing on Cyber laws says. Commenting further he said that, the action of facebook which was influenced external pressures to block an account and taking down the post is nothing short of muzzling the voice of the citizens of these Islands.

The action of Facebook is condemnable and against the spirit of the constitutional provisions guaranteeing right to expression to the Citizens of this vibrant democracy. But, it is not sure if the citizens of these Islands are enjoying the freedom of expression as guaranteed by the Constitution of India. Authorities in these Islands often lose patience if a member of general public from these islands comes forward to speak out in favour of his rights or freedoms. Such impatience has led to a genuine post shared on public interest being blocked, the advocate

further said. Commenting further, the advocate said that, the rational explanation of policy of Facebook read that "We work hard to limit the spread of spam because we do not want to allow content designed to deceive or mislead users to increase viewer ship."

This content creates a negative attitude among users and discourages people from engaging in authenticity in online communities & may pose a threat to security, stability and use of our services. We also aim to prevent people from abusing our platform, product features, to artificially increase viewer ship or spread content widely for commercial gain".

But, the post shared by Abhi Bhushan Ghose was neither fake and misleading nor anti-national and thus it did not fall under the purview of the spam contents as flagged by the Facebook. Then, everyone can understand what could have happened on the background, he said. Now, prime question arises in the minds of the Islanders is that, whether they are living in a democratic country or have the tyrannical rule of British returned to haunt them again? Against this situation, citizens of these Islands are reminded of the current situation where they have no right to express their sentiments & feeling no matter how grave their condition is.

Increased infectivity, ability to escape immunity drove Delta variant: Study

New Delhi: The Delta variant of the SARS-CoV-2 virus, which has become the dominant strain in India and many other countries, most likely spread through its ability to evade neutralising antibodies and increased infectivity, according to a study published in the Nature Journal on Tuesday.

The B.1.617.2 or Delta variant was first observed in India in late 2020. It has since spread around the globe.

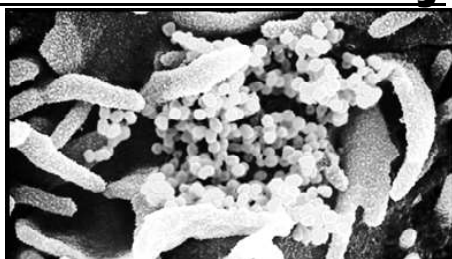
The international team of researchers combined lab-based experiments and epidemiology of vaccine breakthrough infections, showing that the Delta variant is better at replicating and spreading than other commonly-observed variants.

"There's also evidence that neutralising antibodies produced as a result of previous infection or vaccination are less effective at stopping this variant," said Professor Ravindra Gupta from the University of Cambridge in the UK, and one of the study's senior authors.

"These factors are likely to have contributed to the devastating epidemic wave in India during the first quarter of 2021, where as many as half of the cases were individuals who had previously been infected with an earlier variant," Gupta noted.

To examine how well the Delta variant was able to evade the immune response, the team extracted serum from blood samples collected as part of the COVID-19 cohort of the UK's National Institute for Health Research (NIHR) BioResource.

The samples came from individuals who had previously been infected with the coronavirus or who had been vaccinated with either the Oxford/



AstraZeneca, known as Covishield in India, or Pfizer vaccines.

Serum contains antibodies raised in response to infection or vaccination.

The team found that the Delta variant virus was 5.7-fold less sensitive to the sera from previously-infected individuals, and as much as eight-fold less sensitive to vaccine sera, compared with the Alpha variant.

In other words, it takes eight times as many antibodies from a vaccinated individual to block the virus.

The researchers also analysed over 100 infected healthcare workers at three Delhi hospitals, nearly all of whom had been vaccinated against SARS-CoV-2.

They found the Delta variant to be transmitted between vaccinated staff to a greater extent than the Alpha variant.

"The Delta variant has spread widely to become the dominant variants worldwide because it is faster to spread and better at infecting individuals than most other variants we have seen," said Partha Rakshit from the National Centre for Disease Control, Delhi, and joint senior author of the study.

"It is also better at getting around existing immunity - either through previous exposure to the virus or to vaccination - though the risk of moderate to severe disease is

reduced in such cases," Rakshit said. The spike proteins of the SARS-CoV-2 bind to ACE2, a protein receptor found on the surface of cells in our body. Both the spike protein and ACE2 are then cleaved, allowing genetic material from the virus to enter the host cell.

The virus manipulates the host cell's machinery to allow the virus to replicate and spread.

Using 3D airway organoids — 'mini-organs' grown from cells from the airway, which mimic its behaviour — the team studied what happens when the virus reaches the respiratory tract.

The researchers used both a live virus and a 'pseudotyped virus' — a synthetic form of the virus that mimicked key mutations on the Delta variant — and used this to infect the organoids.

They found that the Delta variant was more efficient at breaking into the cells compared with other variants as it carried a larger number of cleaved spikes on its surface.

Once inside the cells, the variant was also better able to replicate.

Both of these factors give the virus a selection advantage compared to other variants, helping explain why it has become so dominant, according to the researchers.

Professor Anurag Agrawal from the CSIR Institute of Genomics and Integrative Biology, Delhi,

India, joint senior author of the study, noted that infection of vaccinated healthcare workers with the Delta variant is a significant problem. "Although they themselves may only experience mild COVID, they risk infecting individuals who have suboptimal immune responses to vaccination due to under

lying health conditions and these patients could then be at risk of severe disease," Agrawal said. "We urgently need to consider ways of boosting vaccine responses against variants among healthcare workers. It also suggests infection control measures will need to continue in the post-vaccine era," he added.

Weight loss: Remember these 3 things while losing weight



With the dip in the number of COVID cases, everything is getting back to normal. Apart from wreaking havoc in our lives for the past 1.5 years, the pandemic has also led to many other problems.

One of the biggest problems it has led to is, it made us all gain extra kilos. With restricted movements and just work at home, most people have gained some extra weight during the pandemic. Losing this extra weight can be a daunting task. The problem arises because while losing weight, most people just focus on getting into shape and not staying healthy, which leads to many health problems. If you are also trying to lose weight, here are three things that you must remember in order to lose weight healthily.

Either you are trying to lose weight or not, keeping yourself hydrated is of paramount importance. Water is often confused with hunger (water can curb hunger - unless you mean something else here) and

thus having enough water stops you from binge eating and thus helps you lose weight. Experts suggest that one should drink at least 2.5 litres of water every day. The intake can even go up depending on the weather, your physical activity level and many more things.

It is usually advised to cut back on refined sugar while trying to lose weight. Fruits have natural sugar which provides you with energy to sail through the day. Thus, keep your fruit intake to the maximum to keep yourself fuller and provide yourself with energy.

Every movement counts. Sitting for longer does not just undo your strenuous workout but also increases your risk of some deadly diseases. Even if you are doing a dedicated workout for an hour every day, it is recommended to stay active otherwise as well. Climbing stairs, going for short walks or walking while talking on the phone can keep your metabolism boosted and help you lose weight.

Unvaccinated 11 times more likely to die of COVID: US Studies

New U.S. studies released Friday show the COVID-19 vaccines remain highly effective against hospitalizations and death even as the extra-contagious delta variant swept the country.

One study tracked over 600,000 COVID-19 cases in 13 states from April through mid-July. As delta surged in early summer, those who were unvaccinated were 4.5 times more likely than the fully vaccinated to get infected, over 10 times more likely to be hospitalized and 11 times more likely to die, according to the Centers for Disease Control and Prevention.

"Vaccination works," Dr. Rochelle Walensky, CDC's director, told a White House briefing Friday. "The bottom line is this: We have the scientific tools we need to turn the corner on this pandemic."

But as earlier data has shown, protection against coronavirus infection is slipping some: It was 91% in the spring but 78% in June and July, the study found. So-called "breakthrough" cases in the fully vaccinated account-



ed for 14% of hospitalizations and 16% of deaths in June and July, about twice the percentage as earlier in the year.

An increase in those percentages isn't surprising: No one ever said the vaccines were perfect and health experts have warned that as more Americans get vaccinated, they naturally will account for a greater fraction of the cases.

Walensky said Friday that well over 90% of people in U.S. hospitals with COVID-19 are unvaccinated.

CDC released two other studies Friday that signalled hints of waning protection for older adults. One examined COVID-19 hospitalizations in nine states over the summer and found protection for those 75 and older was 76% compared to 89% for

all other adults. And in five Veterans Affairs Medical Centers, protection against COVID-19 hospitalizations was 95% among 18- to 64-year-olds compared to 80% among those 65 and older. It isn't clear if the changes seen over time are because immunity is waning in people first vaccinated many months ago, that the vaccine isn't quite as strong against delta — or that much of the country abandoned masks and other precautions just as delta started spreading.

But U.S. health authorities will consider this latest real-world data as they decide if at least some Americans need a booster, and how soon after their last dose. Next week, advisers to the Food and Drug Administration will publicly debate Pfizer's application to offer a third shot.

6 things that indicate you're completely out of shape

The pandemic has surely taken a toll on our physical and mental well being. While some people have taken this time to work on themselves, indulging in exercises, healthy eating, on the other hand, people have become more lazy and ignorant towards their bodies. Whether you have gained a lot of weight or are not feeling like yourself, it can all indicate that you're out of your physical element and need to get back on track. From resorting to exercises to

eating a healthy diet, all of these things can bring about a positive change in your body and your mind.

A fit and healthy person often prefers to take the stairs rather than the lift. On the contrary, when someone is out of shape they're more likely to be breathless at the slightest movement, making them more prone to take the elevator. However, given that your breathing becomes heavy only after a few walks and stair climbing, you need to understand the seriousness of it. It is time you

get on track and be more active, take more interest in exercising and eating healthy, lower-calorie foods. Apart from your breathing, your heart rate can also tell you how fit you are. With the help of fitness watches, you can track your progress or your heart rate at any given time. If you find that your heart rate is high even when you're not moving and your body is at rest, it shows that you're out of shape. It means that you are either anxious, dehydrated,

stressed and/or deprived of sleep, all of which are signs of being out of shape.

When your body is weak and you're completely out of shape, you become more prone to injuries. You will experience frequent aches and pains in your back, neck shoulders and every other part of the body. This should not be neglected and you must begin performing regular exercise to avoid further damage. This will also strengthen your muscles and aid you in your weight loss journey.

Not getting enough exercise, unhealthy eating and stress can all contribute to insufficient sleep. This also means you're depriving your body of all good things. While the impact may be slow, your body may become subject to chronic health risks if it continues. This can also lead to weight gain, since sleep & stress are inter connected, of

which the latter produces hormones known as cortisol, leading to weight gain. Often when you're not active or are leading a sedentary lifestyle, you may resort to unhealthy foods. The unexplained cravings for junk food can be very detrimental to your health. As per experts, being inactive and having a constant urge to eat can often trigger a hormone called ghrelin, which makes you feel hungry all the time.

One of the sure-shot indicators of not being in shape is being obese. If your doctor has said that you're over weight, chances are that you're unhealthy and out of shape. Being obese puts you at risk of various illnesses and also hinders day to day functions. While it can become a problem in the long term, it can also be managed through exercise & healthy eating.

State Level Meeting held with NGOs

A meeting of all NGO Heads, Social Workers & active volunteers was held under the chairmanship of Shri Suneel Anchipaka, IAS, Secretary (RD/Panchayat) in the conference hall of Office of Deputy Commissioner, South Andaman in connection with the various activities to be carried out as part of "Azaadi Ka Amrit Mahotsav".

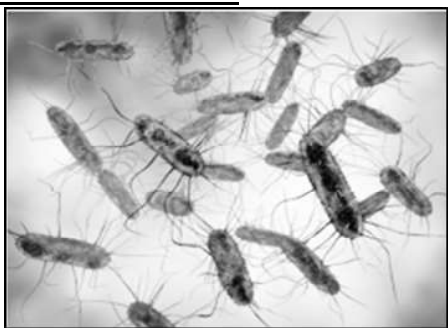
It was informed during the meeting that as part of the Azaadi Ka Amrit Mahotsav, the Ministry of Jal Shakti, GOI has launched various campaigns such as 100 days campaign on Sthayithva Evam Sujalam Abhiyan, Swachhtha Hi Sewa, Sathyagraha se Swachh grah Rath Yatra etc. with an aim to reenergize efforts at the local level and mobilize people for collective action on achieving sustainability of ODF outcomes. He informed that the UT Admn. is working for achievement of Zero Waste Islands and to become the first ODF Plus Union Territory. The

Secretary (RD/Panchayat) addressing the gathering informed that Swachh Bharat Mission (Grameen) has been the largest behavioral change programme accredited by even International agencies. He added that with the Phase-II of the mission targeting on the other components of sanitation such as Solid and Liquid Waste Management, Faecal Sludge Management, the similar intensity of behavioural change exercise is to be conducted at the grass root level. The role of civil society organization is therefore paramount in making an effective dialogue with the general masses & to carry out the message of Swachhtha to grass root level. During the meeting, the Civil Society Organizations voluntarily adopted various villages for their regular upkeep and maintenance in partnership with the concerned local bodies and support the Admn. in its endeavors of Swachhata in the South Andaman District.

Salmonella

Salmonella is most commonly identified and referred to as Food Poisoning, which is something a majority of us have faced or will face during our lifetime. It's invisible, odourless, and tasteless. Salmonellosis is the formal name for the illness caused by these bacteria.

It can produce stomach discomfort and cramps, as well as diarrhoea, fever, and fever-like symptoms. Within 4 to 7 days, the majority of individuals improve on their own at home. Infections with Salmonella are quite



frequent. When people talk of food poisoning, they typically mean salmonella. Every year, tens of millions of instances are recorded all across the world. You should go to the hospital if the situation is serious.

It can be life-threatening in rare cases. Summer infections are more prevalent than winter infections.

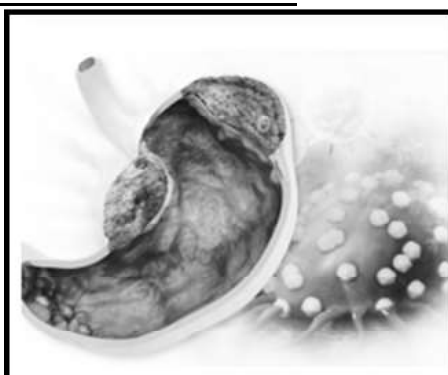
This is due to salmonella's rapid growth at higher temperatures when food isn't refrigerated.

Stomach cancer

Stomach cancer, also known as gastric cancer, can affect any part of the stomach. It is the abnormal growth of the cancerous cells in the stomach lining. When the stomach's healthy cells begin to change and grow out of control, it can lead to gastric cancer. It can begin in any part of your stomach and spread to other organs of the body like the liver, lungs, and bones.

Stomach cancers grow slowly over the years, before they can be detected. Some changes occur in the lining of the stomach during the pre-cancer stage but the symptoms are so small that they are often neglected and therefore go undetected.

Types of Stomach Cancer:- There are different types of stomach cancers like:



This is the most common type of stomach cancer and it develops from the gland cells in the innermost lining of the stomach, known as the mucosa. If you have been diagnosed with stomach/gastric cancer, chances are it is adenocarcinomas.

This type of cancer starts from the walls of the stomach and then continues to spread

and grow tumors in other parts of the body. GIST can start anywhere in the body's digestive track, however, in most cases it starts in the stomach.

Lymphomas starts in the lymphocytes, cells that constitute the immune system. Lymphomas starts usually in other parts of the body, but in some cases it is known to begin in the stomach.

Heart attack: Lifestyle changes to make to reduce the risk of heart attack

Cardiovascular diseases (CVDs) are the leading cause of death across the globe, claiming an estimated 17.9 million lives each year. Out of all

the deaths caused due to heart-related complications, 85 per cent are due to heart attack and stroke. Most of the time it is caused due to poor

lifestyle and unhealthy dietary choices. While it is difficult to predict when one will suffer from a heart attack, making some lifestyle habits may indeed



cut down the risk. Nestled between the rib cages and lungs, our heart is about the size of a clenched fist and weighs between 300 and 450 g. The muscular organ has the crucial task to pump blood to all the parts of the body. The blood pumped by the heart provides our body with the oxygen and nutrients it needs to function.

A person suffers from a heart attack when one or more coronary arteries are blocked. This happens over time due to a buildup of fatty deposits from substances called plaques. The blockage can narrow the arteries and make it harder for the heart to pump the blood to other parts of the body leading to a heart attack. Here are some common lifestyle changes you can make to prevent it.

The first and foremost thing is your diet. A well-balanced and nutritious diet can be the best way to fight heart diseases and other chronic health issues. The kind of foods you have regularly can spike your cholesterol level, blood pressure and blood sugar level, all these things together can affect the normal functioning of your heart and over time can lead to a heart attack. Fill your plate with healthy and nutritious food, rich in vitamins & minerals. Limit the intake of unhealthy fat, refined food products and processed food.

People of all age groups need to stay active to live a long and disease-free life. Staying active does not mean that you have to get yourself an expensive gym member

ship. You just have to ensure that you are not lying sedentary most of the time of the day. Whether you engage more in household chores, prefer to go out for a walk, or practice yoga. You just need to keep moving. If possible, include cardio vascular exercise in your routine. Such exercises strengthen your heart muscles.

High blood pressure is a leading risk factor for heart diseases. Persistent high blood pressure can damage the arteries by making them less elastic. It decreases the flow of blood and oxygen to your heart and eventually leads to a heart attack. Even low blood pressure can lead to a heart attack. So, you must monitor your heart rate regularly & take the necessary steps to keep it constant.

Having high blood pressure increases the risk of developing diabetic heart diseases. High blood sugar levels or unmanaged blood sugar levels can damage the blood vessels and the nerves that control the heart and blood vessels. Studies suggest that about 68 per cent of people aged above 65 and suffering from diabetes die from a heart attack. Monitor your blood sugar level twice a week and eat low glycemic index food to keep your blood sugar level in control.

Cholesterol is a type of lipid made from part fat and part protein. Our body requires it to build healthy cells and keep us warm. But excess bad cholesterol can start depositing in your arteries.

Staff...

news that the Health Administration had conducted the recruit ment drive.

Speaking on the matter, a member of the Local Born Association alleges that, defying the voice of the Islanders that priority should be accorded for Islanders in matters of employ ment, the Administration has chosen to open the recruitment for all. On the other hand, some others allege that, the eligibility criteria must have been tweaked to suit the candidates from outside and this is a departure from what had been followed in the past. Earlier, recruitment notices carried the word, local candidates, which is nowhere to be seen now.

from Page.No.1...

The recruitment system has been tweaked to deprive the local candi dates of their chances, he said. It is noteworthy to recall various represen tations made by the civil society organisations including the Member of Parliament to the Administration to do away with the online publication of employ ment notices as it paves way for entry of huge outsiders. There was a justification from the Local Born Association that, these Islands being remote and lack of adequate exposure due to poor connectivity etc, local candidates are lacking behind compar ed to their peers in mainland. While this is a fact, the Administrat-

ion failed to consider the matter and allowed large entry of main landers for the posts meant for locals. How better a mainland candidate recruited as Staff Nurse can serve the Islanders if compared to local candidates, he further questions. Civil society now appeals to the Hon'ble Lt. Governor and the Chief Secretary for their intervention on this matter as further recruitment involving mainlanders would only leave the islanders deprived of their livelihood as thousands of candidates educated in various specialities & professional courses remain unemployed and struggle to make their ends meet.

Poorly...

thanks to negligence on part of the GB Pant Hospital management. Due to unusual dribbling of water from an air conditioner inside the Dialysis Unit, a part of the floor has been submerged and flooded. Health care workers are forced to wade through the flooded floors and reach out to the dialysis patients. Every time, a healthcare worker walks through the flooded water, she carries a severe risk of healthcare to the dialysis patient, eyewitness accounts says.

Expressing concern over the issue, a relative of one of the inpatients fears that, any electrical short circuit due to water leakage could prove costly for the lives of inpatients as studies show that during dialysis there may be an electrical current leakage to the dialyzer, especially if there is a broken ground or a defect in another electrical device coupled to the patient". Besides any blackout owing to the faulty air conditioner or due to the flooded floor also

can be detrimental to the health of inpatients whose hemo dialysis process is solely electricity driven, he further says. According to sources privy to the GB Pant Hospital, the Director of Health Services and the Medical Superintendent are least cared about the matter despite bringing the matter to their attention. Nurses and other health staffs are forced to wade through the flooded water which might serve as a source of infection to dialysis patients. The outflow from the air conditioners was such huge that, the house keeping staff has tough time mopping the floor only to end up with seeing the floor flooded again, a sanitary staff says. More than patient care, the GB Pant Hospital is now better known for in-fighting, groupism and internal politics etc, Junior Specialist who often becomes victim to the ego of senior doctors alleges.

General public questions if the life of

from Page.No.1...

Islander is of no value to the management of GB Pant Hospital? The manner the Dialysis unit, which is supposed to be one of the most sterile areas of the hospital, is witness to how pathetic the management of the GB Pant Hospital is. There are complaints of callousness and carelessness on part of doctors in providing emergency care to the patients. A few doctors who prove themselves dedicative in duties are wilfully sidelined due to ego clash of senior doctors. All these factors cumulatively have a bearing on the overall public health, a senior citizen & a resident of Aberdeen complains.

Commenting further, even if the Medical Officers from the rank of Specialists to the Director may be callous and un willing, but the Administrators at the level of Commissioner cum Secretary may at least take action against the pathetic condition of the hospital. The Chief Secretary when assumed charge had assured of flawless health



Hello everyone!!

The most awaited and the first ever Island's romantic heartbreak music video from the label 'HSR Entertainment' will be released in the month of September. The song is written, sung and acted by Zayed Khan - a local born Islander of A & N Islands, and a well known face to the entertainment industry of our islands..

Zayed has been working for the event industry since 2006 and have been performing as a singer on stage since then in our islands and he is now an owner of a we'll know event company of our Island which have managed many big events with lots of Bollywood celebrities (Playback singers, Actors, Comedian etc) in our islands and now here is his new music video with the label which is very first of its kind for an Islander to achieve going to be released soon this month.

He is a very active social worker which we have seen in these times of pandemic also, this is a very proud moment for our island and we need to support him and bless him for the success of his first single video track which has been totally filmed in our island..

Contact No. 9933292395

Poorly

care services to locals, but the prevailing situation is something different. The GB pant hospital has failed to live up to the expectations of Islanders, he said. The Chief Secretary who has myriad of tasks in his hand may

Continue...

spare some time to look into the lacunas at the GB Pant Hospital, especially the Dialysis Unit as the current situation is not conducive to better health care and poses serious health risk to both patients and health care workers.

அரசியல்.

2 மாடு வைத்திருப்பவன் ஒன்றை அடுத்தவனுக்கு கொடுத்தால் அது #சோசியலிசம் (SOCIALISM)

2 மாடு வைத்திருப்பவன் இரண்டையும் அரசாங்கத்திடம் ஒப்படைத்து விட்டு தேவையான பாலை மட்டும் வாங்கி கொண்டால் அது #கம்யூனிசம் (COMMUNISM)

2 மாடுகளிலும் பால் கரந்து தானே பயன்படுத்தினால் #ஜனநாயகம் (DEMOCRACY)

ஒரு மாட்டை விற்று காளை வாங்கி குட்டி போட வைத்து பண்ணையாக்கினால் #மூதலாளித்துவம் (CAPITALISM)

அதே 2 மாட்டை அரசாங்கம் விடுங்கி கொண்டு வைத்திருந்த ஒன்றை(Owner) கொண்டு விட்டால் அது #நாசிசம் (NAZISM)

2 மாட்டையும் அரசு விடுங்கிக் கொண்டு அவனிடமே அந்த பாலை விற்றால் அது #பாசிசம்(FASCISM)* இவ்வளவு பெரிய அரசியலை இவ்வளவு எளிமையாக விளங்கியவர்.

#பாலேந்தர்_பாரதிதாசன்