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Mainland applicants again outstrip locals for the post of Tribal Welfare Officer

Are the prospective local candidates destined to lose their job opportunity to mainlanders?

Port Blair, Sept. 26: Barely weeks into the news of mainland candidates outpaced the local candidates in selection to the post of Staff Nurse under the Directorate of Health Services of Andaman & Nicobar Administration, the news of huge number of mainland applicants having applied to the post of "Tribal Welfare Officer" under the AAJVS has come as a rude shock for many.

The AAJVS, a Society under the Andaman & Nicobar Administration committed to protect the interest of Tribals had invited applications from prospective candidates for

the post of "Tribal Welfare Officer" under its jurisdiction. According to a notice published by the AAJVS dated 13.09.2021, altogether 176 candidates of mainland domicile and 25 local candidates from Andaman and Nicobar Islands had applied for the post and out of which, 127 mainland candidates were shortlisted as eligible candidates which all the 25 local candidates were shortlisted as eligible candidates. What is astonishing is the fact that, number of candidates from mainland have outnumbered the local candidates in vast majority and this has caused

serious concern among the locals about their job security. Already, many mainland candidates have gained entry into various posts including the post of Junior Engineers in the Andaman PWD which otherwise would have gone to eligible local candidates, an unemployed educated engineer rues. The vast number of mainland applicants only shows the chances of locals losing their job opportunities to mainlanders and this is a matter of serious concern, it is lamented.

Commenting on the issue, local candidates **(Contd/-page.6...)**

ANIIMS secures MCI recognition; MP lauds the Director and his team for achieving the feat

Port Blair, Sept. 26:

The Member of Parliament has lauded the hard work and efforts taken by Dr. A.K. Mandal, Director, ANIIMS and his team in successfully getting the recognition of ANIIMS, Port Blair under the Pondicherry University from the National Medical Council/ Medical Council of India, for annual intake of 114 seats for the academic year 2021-22.

This recognition is given year to year hence, it takes a month or so to start internship program. Keeping this in view the Director had applied for recognition much before the final exams. But the application for recognition can only be entertained after provisional pass



certificate issued by Pondicherry University which came in the mid of Aug 2021.

However, the Director & his team made a relentless effort due to which the recognition by NMC was given so quickly. The Member of Parliament appreciated the team for stationing 02 of their senior faculties at Delhi for almost 04 weeks to relentlessly pursue out **(Contd/-page.6...)**

Uproar over pathetic condition of roads reverberate across South and North & Middle Andaman

Public in Middle Andaman takes to muddy roads to stage a novel planting campaign to draw the attention of authorities

Port Blair, Sept. 26: The social media is abuzz with the images of people in Middle Andaman taking on to middle of roads and planting saplings on mud-filled potholes in a symbolic protest against the pathetic condition of roads which have become worse over on-going rainy season. A video describing the worst condition of roads in a lighter vein and crediting the National Highway authorities for the same also have left many citizens amused as well as perplexed over the pathetic condition of the roads. The National Highways



authority had commenced the road works on the National Highway 223 that connects two Districts from Chidiyatapu in South Andaman to Aerial Bay in North & Middle Andaman. When the road work was

commenced, the peoples of both the Districts were elated and believed that the NH Work would herald a new era for the development of North & Middle Andaman. But, the **(Contd/-page.6...)**

Shri Rangalal Halder convenes a meeting of Block Congress Presidents to devise poll strategy and



Port Blair, Sept. 26: Shri Rangalal Halder, President of the Pradesh Congress Committee convened a meeting of Presidents of Block Congress Units from across the Andaman & Nicobar Islands to discuss and devise poll strategy and preparedness. Aimed at

chalking out effective poll strategy for the impending elections to Panchayat Raj Institutions and the Port Blair Municipal Council, this meeting assumed greater importance as it witnessed enthusiastic participation of Block Presidents across the Islands just ahead of the **(Contd/-page.2...)**

Extend permit period of all Tourist Vehicles till 31st March 2022 ; MP appeals to the Chief Secretary



The Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma today called on the Chief Secretary, Mr. Jitendra Narain and requested him to extend the permit period for all the Tourist Vehicles to 31st March 2022. During the meeting he mentioned that because of Covid-19 Pandemic & lockdowns, the Tourism Industry of Andaman Nicobar Island suffered a heavy blow.

He added that one of the sections in Andaman and Nicobar Tourism Industry, the vehicle

Drivers and owners who have taken loans from banks to operate tourist vehicles have especially suffered heavy financial loss during this crisis time because in the last one and half year, they couldn't operate their tourist vehicles.

The Member of Parliament mentioned that now, the fitness period of tourist vehicles is going to expire on 30 September 2021 after which tourist vehicle owners have to apply for fresh fitness and for this entire process, they will have to pay nearly Rs. 35,000 to Rs. 50,000 for fitness of their vehicles.

Considering the last one and half year, which was a severe loss period, it is impossible for any of the tourist vehicle owners to pay such a huge amount for renewal of tourist permit,

the MP mentioned. He added that most of these tourist vehicle operators had taken loans from the banks and are under tremendous pressure from banks to pay the EMIs, adding to that they are facing a huge challenge to run their family in this present situation.

Many of these tourist vehicle drivers and owners are unable to pay room rent & going through extreme financial crisis.

Considering all these problems the Member of Parliament requested the Chief Secretary to extend the permit period for all the Tourist vehicles to 31st March 2022 so that in this coming tourist season, these tour vehicle operators can earn some amount and pay for the renewable of fitness after 31st March 2022.

Radhanagar Beach retains Blue Flag Certification

Radhanagar beach has retained the Blue Flag certification in the Blue Flag International Jury results of 2021-2022, which was conveyed by the Denmark-based NGO Foundation for Environmental Education (FEE).

This certification is also a global recognition of India's conservation & sustainable development efforts. The Blue Flag certification is a globally recognised eco-label accorded by "FEE, Denmark" based on 33

stringent criteria under four major heads; environmental education and information, bathing water quality, environment management and conservation, and safety and services at the beaches. Blue Flag beach is an eco-tourism model endeavouring to provide the tourists or beach goers clean and hygienic bathing water, facilities, safe and healthy environment and sustainable development of the area. The certification has been

retained due to the strenuous and persistent efforts of the Beach Management Committee under the chairmanship of DC (SA). The DC (SA) complimented the entire team of the Beach Management Committee on this major achievement. He further encouraged them to maintain the facilities developed under the Blue Flag Programme so that the aesthetic and beauty of the beach is maintained for the tourists.

Shri Rangalal...

anticipated elections which might be announced any time soon. Shri G.Bhaskar, Campaign Committee Chairman and Shri Masih

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Lagun, PCC General Secretary also shared the dais with the President & shared their opinions. During his speech, Shri Rangalal

Halder called upon the Block Presidents to focus more on grass root level campaign & to avoid unnecessary show of strength.

What if you found out that you could have one extra hour every day?

So often we go to bed wishing we had an extra hour to spend quality time with our children, complete that unfinished assignment, or just finish another chapter of the book that's lying on the bedside table. What if you found out that there was a way to have that extra hour you've been wishing for?

It sounds unreal, but it is possible. It all comes down to heart health! Confused? Let's understand this better. Changing lifestyles - longer working hours, higher levels of stress, unhealthy eating, less exercise, etc. is taking a toll on people's health, specifically heart health.

Poor health not only impacts the number of years we live, but also the quality of our lives.

We think that falling mortality rates mean that diseases are being cured so people are living longer lives, but we don't realize that the quality of their lives has been impacted. Just living longer, but not being able to do the things we love, or spending quality time with the people we love, has little meaning.

To truly understand the numbers of years of life that can be lived well, we have to account for the time we live without illness and disease. A metric which helps understand this, is Disability Adjusted Life years (DALYs), simply put, it adjusts your total life years with the number of years impacted by sickness.

One of the critical factors affecting DALYs is Cardiovascular Diseases (CVDs). According to a study conducted in 2016, CVDs contributed to 28.1% of the total deaths

and 14.1% of the total DALYs in India. One DALY represents the loss of the equivalent of year of full health. So better heart health is important to live a better-quality life. Instead of waiting till we are affected by heart diseases, we must be proactive about taking care of our hearts.

Taking early care can go a long way in ensuring we live longer and without the burden of disease. Simple lifestyle changes can help give you that extra hour for all the pending items on your to-do list.

Here are a few easy ways to improve our heart health and the quality of our lives. Start by taking more breaks for mindfulness during the workday, this will help de-stress and decompress. Reduce the amount of time spent stooping over a work desk or lounging on the couch - try more indoor walking or some quick chair exercises. When it comes to our diets, it's not just about the number of calories we consume but eating the right nourishing foods.

For example, just reducing oil intake is not enough to be healthy. Choose the right cooking oil, try blended oils instead of single seed oils, since they can give you the right balance of mono-unsaturated and poly-unsaturated fatty acids required for complete nutrition. Finally, ensure regular heart check-ups to identify any problems earlier.

These simple steps can help you live longer and without illness. So, invest in your heart health now, and get that extra quality hour to spend on all the things you love.

ICMR drops Ivermectin, Hydroxychloroquine drugs from COVID treatment

New Delhi: Indian Council of Medical Research (ICMR)-COVID-19 National Task Force Joint Monitoring Group dropped the usage of Ivermectin and Hydroxychloroquine (HCQ) drugs from revised clinical guidelines for the management of adult COVID-19 patients.

However, the new guidelines mention the use of Remdesivir and Tocilizumab in specific circumstances.

Among the key guidelines which are routinely stressed include—wearing masks, physical distancing and hand hygiene.

Suggesting a moderate use of other drugs like Remdesivir, the guideline advises the former to be used only in select moderate or severe Covid-19 patients on supplemental oxygen within 10 days of onset of symptom.

For the use of Tocilizumab, the guideline said that to use the medicine only for severe Covid-19 patients,

preferably within 24 to 48 hours of the onset of severe disease or ICU admission. It suggested that those with mild infection must maintain physical distancing, indoor mask use, strict hand hygiene.

It further said that symptomatic patients may take antipyretic, antitussive and multi vitamins and asked to seek immediate medical attention if they experience difficulty in breathing or high-grade fever or severe cough, particularly if lasting for more than five.

People with moderate disease with SpO2 level 92-96 per cent (88-92 per cent in patients with Chronic obstructive pulmonary disease) may take Methylprednisolone injection & Anticoagulation medicine.

They should work on breathing, Hemodynamic instability and change in oxygen requirement. As per the guidelines, for the severe infection, the guideline suggests using NIV

(Helmet or face mask interface depending on availability) in patients with increasing oxygen requirement, if work of breathing is low.

"Consider the use of HFNC in patients with increasing oxygen requirement. Intubation should be prioritized in patients with high work of breathing /if NIV is not tolerated and Use conventional ARDSnet protocol for ventilatory management," it said.

The guidelines also said to take Methylprednisolone injection of 1 to 2 mg divide into two doses usually for a duration of 5 to 10 days.

It informed that the severe disease or mortality risk is higher in people above age 60, people with Cardiovascular disease, hypertension, Coronary artery disease (CAD), Diabetes mellitus, Chronic lung/kidney/liver disease, Cerebrovascular disease, Obesity and other immunocompromised states.

Although you might not cook with salt, this doesn't mean you have a low sodium intake. Salt is used to prevent canned food from spoiling. Excessive sodium intake causes your body to retain water, giving your skin a puffy look. Replace salt with aromatic herbs for a delightful savory taste.

All processed meats – including deli meats and bacon (NO!) – are filled with sulfites, salt, and other preservatives which inflame the skin. The resulting inflammation accelerates your skin's aging speed. Substitute processed protein with self-prepared meats using natural ingredients. Intermittent abstaining from meats can also lead to healthier-looking skin.

Trans fats should be avoided because they can accelerate the appearance of aging and damage your heart valves. This fat causes your skin to become more easily damaged by UV rays. Avoid consuming products with hydrogenated oils and margarine, and instead, cook using low trans fat-ingredients like olive oil.

Fat-filled red meats produce free radicals, unstable molecules which decrease natural collagen production in your skin. As we grow older, we should avoid excessive red meat intake while we increase fruit and vegetable intake. Lean meats like skinless chicken and turkey are also excellent substitutes.

Spicy foods can trigger rosacea which is a skin condition that causes red, pus-filled bumps on the face. The condition can be further exacerbated for women during menopause. Abstaining from spicy foods & condiments can also prevent spider veins. Consume chilies in moderation or avoid it altogether.

Not only can these drinkable shots of temporary energy be filled with sugar, but the caffeine content can be bad for you.

Caffeine, a diuretic, causes your body to excrete more fluid, giving your skin a drier appearance if not balanced with an increased intake of fluids. We take supplements to compensate for the lack of nutrients in our diets. However, cheap supplements are packed with non-whole food sources. In addition, too much vitamin A and zinc can dehydrate your skin. Either spend more money on high-quality supplements or include more nutrient-rich foods into your diet.

Gluten, a protein found in wheat and grains, is a staple of the American diet, but many people suffer from some level of gluten intolerance. Sensitivity to gluten shows up as red blotches on the skin which can cause permanent damage. Replace gluten-producing ingredients with xanthan gum for gluten-free dishes.

The pasta lovers out there may need to consider switching to vegetable-rich pasta alternatives. Foods like bagels, pretzels, & pasta can cause acne breakouts & rosacea. Even "healthy" whole-grain cereals can be packed with wrinkle-causing glucose. Eliminate your intake of these high GI carbs, & instead consume more leafy greens.

Shellfish like lobsters, shrimps, and crabs contain high levels of iodine which can potentially lead to clogged pores & acne breakouts. A healthy alternative to shellfish is fish rich in omega fatty acids which serve to keep the skin moist and looking young.

Farmers often inject lactation-inducing hormones into dairy cows to for year-long milking. Unfortunately, consuming dairy products from these cows brings those hormones right back to us, and they are a leading cause of acne & increased estrogen production. You should decrease dairy consumption or purchase hormone-free dairy products.

15 Foods that Make Your Skin Age Fast (And How to Replace Them)

There are several factors that affect how quickly we age, including genetics, smoking, and sun exposure. What you probably didn't know is that our diets also play a huge role in developing wrinkles and how we feel as the years go by. It's impossible to stop aging, but we can delay the inevitable. We can take charge of how we appear in the mirror by monitoring what we eat. Some foods can cause the premature of wrinkles or dry skin. To look as young as you feel,

avoid eating these 15 foods by replacing them with healthy alternatives.

Eating excessive amounts of sugar will trigger a process which affects skin collagen (the protein which keeps skin tight & young) production. Sugar is hard to eliminate from your diet, so try the 80/20 method (80% of your diet consists of healthy foods & a maximum of 20% for sweets).

Alcohol limits your liver's functionality that could lead to a buildup of toxic substances. If the

liver cannot expel them appropriately, your skin will develop more acne & wrinkles. You can either avoid consuming alcohol altogether or drink infrequently & in moderation.

Black char marks on barbecued meats are filled with inflammatory-inducing hydrocarbons which can damage skin collagen. It's not completely necessary to avoid backyard barbecues, but be sure to scrape off any residual charring and wipe the grill grates clean when you're done.

Signs you're breathing abnormally and how you can fix it

Breathing was and has become an important aspect of our lives. Especially since the onset of coronavirus, the need to boost lung health and enhance lung capacity has gained much momentum in recent times. While breathing is what keeps us alive & going, over doing it can be detrimental for our physical and mental well-being.

Whether it's eating, exercising or even sleeping, excess of anything can be harmful. When it comes to breathing especially, hyperventilation, also known as overbreathing can cause serious impact on our health. The worst thing about it is that even when your breathing is broken, you do not realise it and neglect it for a considerable time.

Breathing is the most natural process in our body. We do it without giving it a thought and it just automatically plays out. But what happens when you over breathe? What does it mean?

Overbreathing or hyperventilating is when you inhale and exhale more deeply than usual and at a faster rate. Normally, your breathing rate ranges from 12 to 16 breaths per minute. However, when your breathing pattern changes & you start overbreathing, you can experience



shortness of breath, heart palpitations, anxiety and also may fall unconscious.

Breathing through your mouth, snoring, yawning, waking up to a dry mouth are all signs that you're overbreathing. While these signs are almost always neglected and ignored, it is important to note that it could mean something more severe than it appears.

Usually, we breathe in oxygen (O₂) and release carbon dioxide (CO₂). But when we breathe abnormally, CO₂ levels build up in our body leading to a drop in blood pH levels.

Almost always, we give credit to oxygen for regulating our breathing, however, CO₂ has a vital role to play in this entire process. CO₂ levels are the main influence. A rise in CO₂ levels in the body is what urges us to breathe, rather than a lack of oxygen. That said, the more intolerant you are to CO₂ levels in your body, the sooner you will feel the need to breathe. Mouth breathing can increase your sensitivity towards CO₂,

making you breathe faster, which is why experts and physicians always recommend nasal breathing. Nasal breathing is highly beneficial in not just improving your lung capacity, but also making you more tolerant and less sensitive towards CO₂ levels in your body. This in turn helps you regulate your breath efficiently.

Whether at rest, during sleep or while training, breathing through your nose is highly beneficial. Not only does it allow you to take deeper breaths, but it also helps your body convert more oxygen into carbon dioxide waste. Our respiratory rate is naturally brought down through nasal breathing, which also leads to a calming effect.

Normal respiration rate ranges from 12 to 16 breaths per minute. But those who breathe through their mouth possess a respiration rate that is much higher. Asthmatic and people with pre-existing medical conditions have respiration rate above 20.

Low CO₂ levels in the body is often linked to mouth breathing, which is associated with faster breathing. This in turn causes overbreathing or hyperventilation. Mouth breathing can cause sleep disturbances, sleep apnea, snoring, dry mouth and more such issues.

prevention measures be just the same level of helpful? We discuss. Both flu and COVID-19 are illnesses caused by contagious viruses. While flu is caused by the influenza virus, COVID-19 is caused by the SARS-COV-2 virus.

Now, while flu outbreaks were once severe and caused severity just like COVID-19, the intensity of the illness has now tamed down considerably, and clinically efficacious vaccines are now available. Only milder or routine outbreaks of the flu are now reported, and tend to come up during the current times, with seasonal & climatic changes.

However, even though flu is not as SEVERE or mortality inducing as COVID-19, experts do warn that lax precautions and pre-existing conditions can make influenza risky and severe for some, and hence, proper precaution need to be followed.

C O V I D - 1 9 continues to dominate infection cases across the world. However, the rising instances of flu and other seasonal viral ailments are also adding to our concerns right now. Many doctors have also stressed that they are observing many cases of dengue, viral illness, flu and swine flu being reported right now. As grave as the situation is, it's important to remember that flu outbreaks are usually reported during these months. i.e. September-October and with the changing weather, other viral illnesses are bound to crop up too.

While the world over was following the strongest COVID measures until last year (which helped prevent and keep intensity of these infections to a bare minimum), waning preventive measures and poor immunity to routine flu infections are contributing



to a higher than before flu outbreaks right now.

Apart from the fact that they are caused by viruses, both flu and COVID-19 have certain overlapping symptoms which can make it difficult for a person at this point to differentiate between the symptoms and illness they may have.

Both the illnesses can cause a fever, muscle pain, cough, cold, congestion, headache and fatigue. However, there could be some symptoms which could be different, and act as clues to differentiating between the two illnesses.

Although COVID-19 and flu have a different exposure-to-symptom time (flu can set in 2-4 days post exposure, COVID-19 can set in 2-14 days after exposure), there is some evidence to suggest that it can be possible for a person to contract COVID-19 and flu at the same time, since the relative risk factors for both the diseases are similar. Experts have also stressed that if flu outbreaks aren't controlled right now, it could also lead to a twindemic right now. However, contracting both the viruses at the same time is a 'rare' occurrence, experts believe.

Lax measures right now can not just put a person at a heightened risk for COVID-19, but also increase the likelihood for catching the flu right now. Hence, following all precautions and measures are quite important.

Since both the diseases, COVID and the flu are contagious illnesses which spread through respiratory droplets released by an

(Contd/-page.5...)

Flu and viral fever cases surge across India: Can COVID-19 measures lower your risk?

With COVID-19 cases continuing to be an active threat, there's a frivolous uptick we have been seeing in the form of the flu cases, be it India or abroad. While the overall flu season was

said to be mild last year, there's been a lot of cases being reported, especially in India and baffling people into thinking whether what they have is the flu, COVID-19, or a seasonal allergy.

While it's just as crucial to work towards minimizing our risk of COVID-19, preventing viral and flu outbreaks are also important right now to avoid infection severity. But can COVID

Coronavirus: Classic COVID symptoms which become less common after you get your vaccine

Getting vaccinated against COVID-19 is nothing short of a silver bullet right now. While there's a lot of talk on booster shots being considered for use, vaccines have been proven to be quite efficacious, cutting down the risk of severity and mortality. Most of all, the vaccines have also been found to be overtly effective in reducing the intensity of illness, if you do happen to catch what is referred to as a breakthrough COVID-19 case, and avoid the risk of developing certain, terrible symptoms which we have come to associate with COVID-19.

Now, while getting COVID-19 can be manageable, the symptoms you do get can be an indicator of how severe, or how bad your infection is. Some symptoms, for example, shortness of breath, delusions, and brain fog are not just tough to deal with, but also signal that the infection has started to spread beyond the respiratory organs. Thus, not only does getting vaccinated bring down your infection risks considerably, it can also make certain symptoms less common.

In broader terms, breakthrough COVID cases (i.e., infection you get post-vaccination) are relatively similar to what an infection would be for the unvaccinated person. However, there are quite a few differences, in terms of the symptoms an individual can get, and the time taken for recovery.

While an unvaccinated person is at a higher risk for contracting varied symptoms associated with lethal COVID-19

variants and develop presymptomatic illness, a person who has had the jabs, and ergo, has some level of immunity is 'less' likely to get an infection in the first place, and even if they do, develop a milder, manageable form of illness at best. Even with the variants, the antibodies generated via vaccine can prevent the virus from spreading to different organs, and avoid severe symptoms associated with the infection.

Having said that, here are two classic COVID-19 signs you are much less likely to spot with a breakthrough case, if you have been fully vaccinated.

Getting a fever is a classic tell-tale sign of having contracted COVID-19, if you have been exposed. While we usually associate a low or moderate grade fever with the infection, it has been primarily observed that vaccinated people do not generally develop a fever or observe a high temperature spike with a breakthrough infection. A recent study published in the New England Journal of Medicine also mentions that vaccinated people are 58% less likely to get a fever, in comparison to unvaccinated ones.

While fever is a sign of inflammation in the body, it could be possible that the prevalent antibodies work their body to lessen inflammation, and hence, no relative fever may be observed. Other signs associated with a fever, such as chills may also be less common. Persistent cough, again can be an uncomfortable, difficult symptom to go through with COVID-19, and can linger on for a longer time.

Cough and persistent throat irritation are signs of the damage inflicted by the virus in the upper respiratory tract. While it may be a main COVID-19 symptom, anecdotal evidence has suggested that coughing and throat irritation could be less likely observed in fully-vaccinated people. Even as researchers continue to investigate the reason behind this, do remember it could be seen in certain cases, & more common amongst those who have been partially vaccinated.

While certain classic COVID symptoms could be missed out or less severe in breakthrough cases, based on expert opinions and real-world data, most people attest to a breakthrough infection feeling like a bout of cold, or something which could be easily confused with an allergy. This, many believe, can also be the reason why sometimes breakthrough cases of COVID may be missed out on.

Apart from feeling similar to a cold, some of the signs and symptoms experienced with a breakthrough COVID case could include a stifling headache, runny nose, sneezing, congestion, body pain and fatigue, which could remain for 5-7 days time, or feel like what a mild COVID case would be.

Since the number of COVID breakthroughs are only expected to further rise, with nasty variants and higher vaccinations, it's also important that we do not treat breakthroughs lightly, and take proper care, even with all the benefits vaccines garner.

Managing and treating a breakthrough

COVID case is very similar to that of an unvaccinated case. While different states have different policies on quarantine, isolating yourself when you are sick can protect others from developing

symptoms. Take proper care, use masks and wash hands frequently, if you get any symptoms. Most people also recover well from a breakthrough case with symptomatic treatment.

Poorly

infected person, following good measures can tame down the risks. Following mask mandates, staying home when you are sick, maintaining adequate distance and avoiding contact to limit transmission risk are to be necessarily followed. Apart from this, do remember to:

While on one hand, COVID vaccination has been highly stressed upon, getting annual flu vaccine shots is also something which health care providers have been urging on for long and getting one right now, can mitigate multiple risk factors. Remember, a

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COVID-19 vaccine or immunity cannot protect you from flu, and neither can a flu vaccine protect you from COVID risks. Hence, both vaccines are important. Flu vaccination, especially among adults can prove to be quite helpful as it can effectively lessen disease burden & intensity of severe illness. The vaccines have been in use for quite long, and undergo regular updates to strengthen the protective odds. Research has also shown that both the flu vaccine and COVID-19 vaccine shots can be taken together, & pose no harm.

New finding: Y chromosomes regulate genes in reproduction

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 & 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 and human evolution takes time."

Mainland...

allege that, the privatisation spree of the Government of India has already deprived many of their employment as many PSUs have seen huge layoffs following disinvestment. The Electricity Department's privatisation move is poised to give golden handshakes to many employees who will otherwise will stay in their posts for a decade ahead.

The Government of India has already extended many concessions to the UT of Ladakh besides North East States.

The sheer isolation of Andaman & Nicobar Islands from rest of the mainland India itself puts it in a great disadvantage in all aspects. While the mainland candidates have exposure to latest technologies which enables to keep themselves abreast of the technologies, mere connectivity itself is a challenge for the people of these islands. As

such, expecting the local candidates to compete with mainland peers would only put them at a disadvantage and would amount to depriving their livelihood. Only solution is to reinstate the Ten Year Category based selection of candidates for local jobs which will protect their interests to a larger extent, a member of Local Born Association says.

A local entrepreneur who has interests in tourism and travel industry rues over the issue stating that pitting local candidates against mainland candidates would only result in locals losing their job opportunities to mainlanders.

While the North Eastern states and the newly carved out UT of Ladakh are given top priority when it comes to employment of locals, why the Government is adopting a step-motherly attitude with the Andaman

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& Nicobar Islands. These Islands too are at par with North East states when it comes to topography and demography, he further says. Talking on the issue, the Youth Congress Wing of the PCC also alleged that, Islanders have a very challenging job environment which gets deteriorated further with the current situation. The job scenario which stands deteriorated by the COVID situation is destined to get worse further, a press release from the President of Youth PCC Wing says.

The Hon'ble Lt. Governor may kindly look into the matter and take a call on this matter to protect the employment opportunities of the Islanders. Otherwise, local candidates will be left helpless as the opportunities created for the locals would be taken away by mainlanders, Local candidates demand.

organized by villagers of Teylerabad and Bimblitan at Garacharma Junction as the roads leading to Teylerabad and Bimblitan Villages are non-motorable.

Protesters alleged that, the road from Garacharma Junction to Bimblitan via Teylerabad which was already in a very bad condition have now become worse, but the authorities had turned a blind eye towards the issue. According to them, the road was constructed about eight years ago and since then the road developed hundreds of potholes due to poor quality of work. They alleged that the road condition was so bad that no Autorikshaw driver was willing to come into the village due to which public, especially school children and patients were suffering a lot.

On learning of the protest, the Chief Engineer, APWD along with Executive Engineer and the Assistant Engineer concerned reached the spot and tried to pacify the protesters. They reportedly gave an assurance that, the potholes will be filled up immediately and laying of new road will be taken up within a month. Protesters agreed to disperse only after the written assurance given by the Engineers of APWD, it is reported.

The protest was helmed by Mr. Raj Govind, ex-Zilla Parishad member SAZP and supported by Mr. Ram Das, State General Secretary BJP and Mrs. Saraswati Narayan, District President, South Andaman District, BJP. Mr. Rama, Ex-PRI Member was also took part in the protest.

Adding fuel to fire, general public of Ferrargunj and Wimberlygunj also complained about the bad condition of roads at Ferrargunj to Wimberlygunj

Junction. According to them, this stretch is an arterial road connecting nearby villages.

They alleged that, road is almost missing in most of the areas. Many stretches of roads resembled ploughed fields. Accidents have become orders of every day as minor accidents have become routines on this stretch. In the meanwhile, residents of Diglipur have demanded for regular boat services from Port Blair as the roads are non-motorable.

According to them, journey through road across North & Middle Andaman is an arduous journey which might be dangerous for medically ill and pregnant women. As the inclement weather leads to frequent cancellation of helicopter services, patients requisition emergency treatments are left helpless in the absence of shipping services.

Even a weekly boat services is not available to Diglipur and the general public are left to fend for themselves in case of any medical emergency, a resident of Diglipur says. Even their agricultural produces are left to rot in the absence of boat services as the road services are no more appealing and not serving the needy, it is alleged.

It is expected that, the worst condition of roads may find a prominent place on the agenda of political parties during their meeting with the Hon'ble Home Minister.

The Hon'ble Lt. Governor and the Chief Secretary may kindly take cognisance of the tardy progress of NH works & the lack of maintenance of APWD roads in the larger public interest.

Uproar...

reality turned out to be something else as the roads in major stretches across the North & Middle Andaman are presenting a gloomy picture. The roads which were replete with potholes have now been filled with mud and become slippery & non-motorable.

As funnily described in the video, vehicles are left to make off-roading as driving on

the NH itself is equal to off-roading. Public Transport buses are facing ordeals every day as they have to wade through muddy roads carrying hundreds of passengers forth and back. General public of North & Middle Andaman requiring specialised medical treatment in Port Blair are afraid of travelling across the National Highway as the roads are

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perceived to be dangerous for any ill-person, let alone the cases of pregnant women and elderly, a resident of Rangat says. While the condition of the NH maintained roads are very bad, the condition of roads maintained by Andaman PWD are worst, general public allege. Alleging pathetic condition of APWD roads, a massive protest was

Swatch Bharath in Port Blair Smart City



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the matter. All this hard works and efforts taken have resulted in the recognition for which the

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Member of Parliament appreciate and thank the Director, ANIIMS and his team of faculty.