

FREE AYANAR TRADERS
Opening
BEST PRICE

NOVEL CORONAVIRUS (COVID-19)

SAFETY MEASURES

Thought for today
Thinking of evil or being afraid of evil brings evil on one's head.

'Azadi Ka Amrit Mahotsav': PTS to conduct quiz competition for school students

Port Blair, Nov 13: In order to mark the celebration of 'Azadi Ka Amrit Mahotsav', Police Training School, Prothrapur of Andaman & Nicobar Police is going to organize a Quiz Competition on Freedom Fighters/History of Indian Independence for School students of the class IX to XII at Police Training School, Prothrapur on 22/11/2021 at 1000 hrs. Nominations of the participants from concerned schools (Team consisting of 02 students) are invited from the Schools of Port Blair area for participating in the Quiz Competition. The Winners and Runner-ups will be rewarded suitably along with certificates. All Principal(s) and In-charges are hereby requested to send or submit the nominations (Team wise) from their respective schools to the Vice Principal, Police Training School, Prothrapur on or before 17/11/2021 or on whatsapp numbers 9434266100 & 9434261782.

Mr. Naveena Neerada Dasa from Akshaya Patra & MP distribute Ration Kits at Ograbraj, Guptapara, Prothrapur, Ferrargunj and Wilberlygunj areas

Port Blair, Nov 13: Shri Naveena Neerada Dasa, Director, Strategic Communication, The Akshaya Patra Foundation and Member of Parliament of Andaman and Nicobar Islands, Shri. Kuldeep Rai Sharma today distributed hundreds of ration kits to senior citizens, poor families, destitute people, widows and especially-abled Islanders at various areas of South Andaman. According to details, at 10.00 AM 300 ration kits were distributed at Ograbraj area, at 11 AM 200 kits were

distributed at Guptapara area, at 12.30 noon 400 kits were distributed at Prothrapur area, at 3.00 PM 190 kits were distributed at Ferrargunj area and at 5.00 PM 300 kits were distributed at Wilberlygunj area of South Andaman. All ration kits were provided by world renowned NGO, Akshaya Patra Foundation. Altogether 3000 ration kits have been provided by Akshaya Patra Foundation. Addressing the gathering at various locations



Mr. Kuldeep Rai Sharma expressed gratitude towards Akshaya Patra Foundation for providing these Ration Kits for the needy people of Andaman and Nicobar Islands. The Akshaya Patra Foundation is an NGO in India headquartered in Bengaluru. Akshaya Patra is the world's largest (not-for-profit run) Mid-Day Meal Programme serving wholesome food every school day to over 1.8 million children from 19,039 schools across 12 states & 2 Union territories of India.



MESSAGE

On the occasion of Children's Day, the 14th November, I extend my warm and best wishes to all the children of the Islands. Children are the most precious resource of our nation who carry the hopes for brighter tomorrow and the dreams of glorious future.

Children's Day symbolises the innocence, love and purity that children bring to this world. Every child is a different kind of flower and altogether make this world a beautiful garden.

On this day, I also congratulate the teachers and parents for planting the seeds of compassion, humility and leadership in the hearts of children and play important role in moulding them into envoys of change.

I entreat all children to make best use of their childhood and realize their dream to make us and the whole nation proud.

(Admiral D K Joshi)
PVSM, AVSM, VSM, NM, VSM (Retd.)
Lieutenant Governor, A & N Islands
& Vice Chairman, Islands Development Agency

MESSAGE

I extend my best wishes for Children's Day, commemorating the first Prime Minister of India, Pandit Jawaharlal Nehru's Birth Anniversary.

Let us together build a strong and prosperous Andaman and Nicobar Islands that provides the best for our children because today's children are the hope to keep the torch of national aspirations flashing.

This day is also a reminder to every citizen, parent, and guardian of their inalienable obligation to provide best health and education opportunities for their children because they constitute the greatest asset of our nation.

(Kuldeep Rai Sharma)
Member of Parliament
Andaman and Nicobar Islands

DC SA, Director ISKCON distribute ration kits to ANMs

Port Blair, Nov 13: Mr Suneel Anchipaka, Deputy Commissioner of South Andaman, Additional District Magistrate, Assistant Commissioner (U/T) and Director ISKCON distributed ration kits to ANMs in simple function held in the Auditorium of Tagore Government College of Education. Around 1000 ration kits will be distributed by Akshaya Patra Foundation in coordination and support of District Administration.



See... Page 02

Protest at Mayabunder on Nov 18 over lack of Specialists at RP Hospital

Mayabunder, Nov 13: Piqued by shortage of Specialists in the District Hospital at Mayabunder, hundreds of villagers including former PRI members in the headquarter region of North and Middle Andaman have threatened to stage a mass agitation on Nov 18 at Mayabunder Bazaar if their demand for posting of Specialists at Dr RP Hospital in Mayabunder is not fulfilled. In a letter to the authorities in the UT administration, the villagers stated that there is urgent need to post a General Surgeon, Gynecologist, Anesthetist, Medical Specialists, ENT Specialist, Orthopedic Surgeon for better health services at the hospital. During the recent visit of the Secretary (Health) and Director of Health Services, residents had demanded posting of the Specialists at the hospital. However, the administration has failed to redress the

situation till date forcing critical patients to be referred to CHC Diglipur or Port Blair for treatment.

As per reports, the District Hospital at Mayabunder has been lacking the services of a General Surgeon, Gynecologist, Anesthetist, Medical Specialists, ENT Specialist, Orthopedic Surgeon for the past many months. While the services of some Specialists were available some months ago, the Specialist services were reportedly diverted to Community Health Centre at Diglipur. Presently, the services of a Surgeon, Gynecologist and a Dermatologist are available at CHC Diglipur causing the void at Dr RP Hospital at Mayabunder. As a result, patients from various parts of the district from Kadambla to Mayabunder are compelled to travel all the way to Diglipur for the treatment enduring hardships.

Patients in the North and Middle

Andaman region are suffering due to deficient healthcare services at Dr RP Hospital for the past few months. After establishment, Dr RP Hospital in the headquarter region of the district, Mayabunder, used to have a regular Surgeon, Gynecologist and Dentist. But after their transfers, posting of substitutes were delayed often for years leaving patients deprived and forced to travel all the way to Port Blair's GB Pant Hospital. Despite protests in the region, posting of a regular Medical Surgeon, Gynecologist Anesthetist etc remains far from ensured at the hospital. When there is adequate infrastructure and equipments available, failure of the health department to ensure availability of Specialists at Dr RP Hospital is generating anger among residents here, said some former PRI members adding that they will be constrained to stage the protest if their demands are not met within the stipulated period.

No COVID positive case admitted in GB Pant Hospital

Port Blair, Nov 13: The Director (P&T), Shri Alok Kumar informing about COVID-19 status today stated that during the RT-PCR test conducted on 594 passengers who arrived here yesterday, no positive case has been detected. Today, 12 flights with 2057 passengers arrived, out of which, 1550 were vaccinated in both doses while RT-PCR test was conducted on 467 passengers and the reports are awaited. RAT was conducted on 182 passengers bound for North & Middle Andaman at Ferrargunj and no positive case

has been detected. At Mohanpura Bus Terminus, test was conducted on 105 passengers and all were found negative. At helipad, RAT was conducted on 3 passengers and all were found negative. Today, till 3 pm, 438 beneficiaries were vaccinated, out of which, 401 were in the age group of 18-44. The Director, ANMIS, Dr. AK Mandal informed that GB Pant Hospital is free from COVID patients and the two patients who were admitted have been discharged.

COVID-19 Vaccination going smoothly in isles

Port Blair, Nov 13: The vaccination drive is continuing smoothly in A&N islands. As per data available, a total of 5,16,392 beneficiaries have been vaccinated so far in A&N islands, out of the target beneficiaries of 2,81,603 (approx.). A total of 1,74,261 eligible people in the age group of 18 to 44 years have been vaccinated till date. A total of 1833 people were vaccinated in these islands on Friday, 1573 beneficiaries were vaccinated in South Andaman District, out of which 62 beneficiaries were in the age group of 18-44 years. Similarly, 172 beneficiaries were vaccinated in North & Middle Andaman District out of which 11 beneficiaries were in the age group of 18-44. 88 beneficiaries were vaccinated in Nicobar District.

Supreme Court suggests 2-day lockdown in Delhi-NCR

FILE PHOTO: The air quality level in the national capital Delhi and adjoining cities has plunged to near emergency levels. According to Central Pollution Control Board, the Air Quality Index (AQI) was recorded at 462 at 10 this morning which falls in the severe category. A layer of eye-stinging thick smog is lingering over Delhi-NCR.

Authorities have advised people to limit outdoor activities and told the government and private offices to cut vehicle use by at least

Jolly demands Restricted Holiday on Bhagwan Birsa Munda's birthday

Port Blair, Nov 13: Mr Vishal Jolly, National Executive Committee Member BJP, Former State President Bharatiya Janata Party ANI & Home Ministry Advisory Committee Member, Gol on Saturday demanded that November 15, Bhagwan Birsa Munda Ji's birthday be declared as Restricted Holiday through a letter addressed to Chief Secretary, Andaman & Nicobar Administration.

In his letter, Mr Jolly wrote that the Government of India has declared November 15 as 'Janjatiya Gaurav Diwas' to commemorate the birth

Special Summary Revision of Photo Electoral Rolls in A&N Islands

Port Blair, Nov 13: The Special Summary Revision of Photo Electoral Rolls w.r.t 01.01.2022 as the qualifying date has been announced and the period for claims and objections are to be filed within the stipulated period from 01.11.2021 to 30.11.2021. During the period of claims and objection, special campaigns will also be conducted on Nov 14, 27 & 28, 2021 in all designated Polling Stations from 9 am to 5 pm. For more details, contact Help Line Number 1950 or visit the www.nvsp.in website.

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INFORMATION CENTERS IN ANDAMAN & NICOBAR ISLANDS: (Information Centers are parents of students so best guidance)

Mr. D. Satish Chandran - 9434293591

Mr. S. Subbaraj - 9434278056

Disaster Mgmt., Fire fighting training for NCC Cadets

Port Blair, Nov 13: Combined Annual Training Camp 2021-22 for Naval and Army NCC cadets of these Islands is underway at INRM, Port Blair. As a part of their training, lectures on Disaster Management, theoretical and practical aspect of Fire fighting and National Security were conducted today in

addition to domain specific subject like stripping/ assembling of small arms and map reading. Dr. VK Sahu, ANO briefed the cadets about the importance of NCC towards National Integration and Nation building. Also the cadets participated in sports activities which were aimed at fostering team spirit.



EDITORIAL

The Andaman EXPRESS

14 November 2021

Life post Covid

Spare a thought for your good ole boss. After all, no less a rebel than Bob Dylan said, "everybody's gotta serve somebody". It's not like supervisors don't have people to report to, and targets of their own to meet. When they call, text, mail after hours, it is likely not for the pleasure of conversing. And, given the blurring of lines between office and home, the work-day and personal time, after the pandemic struck, it is that much more difficult to know when "office hours" end. It is the complexity of this "new normal" that the well-meaning law passed by Portugal's socialist government seems not to comprehend.

The new law is meant to ensure a healthier work-life balance by disallowing supervisors from contacting employees after "work hours". It aims to make Portugal an attractive destination for "digital nomads". If you have to work-from-home, why not do it from Portugal, where labour laws favour you?

The problem with trying to provide such benefits to "digital nomads" is that they do not really function in a traditional 9-5 setup. A coder for an Indian company living in Lisbon may well want working hours that are very different from "office hours" in both countries. In fact, one of the few advantages for many people working from home during the pandemic has been the flexibility it affords: Make a meal, spend time with the kids, and work around a schedule you set for yourself. Digital nomads move temporally, not just spatially. With all this flexibility and freedom, the notion of "work hours" all but disappears. And, if you can work any time, so can your boss. This editorial first appeared in the print edition on November 13, 2021 under the title 'Work & play'.

DC SA, Director..

from... Page 01

The Akshaya Patra Foundation of ISKCON is a non-profit organisation in India that operates a school lunch programme. The organisation was established in 2000. It aims to counter classroom hunger and aid in education of children.

In order to help the COVID warriors who worked during the pandemic, Akshaya Patra has been donating ration kits across all States in India. In continuation they are extending their aid in the islands. The primary beneficiaries of this aid will be the ANMs, ASHA and Anganwadi workers who worked tirelessly during COVID pandemic.

by going home to help for surveillance, delivery of medicine and continuously monitoring the home quarantined persons. Other than these the sanitary workers of Rural Development Department worked for the maintenance of Sanitation and Hygiene in rural areas of entire Andaman and Nicobar islands will also be distributed the kits in the coming days.

The District Administration has always been supportive to organisations which are ready to help Administration to promote and improve the living standard of the general public and also serve the under privileged and destitute.

Supreme Court ..

from... Page 01

30 percent by working from home, carpooling and optimising field activities. Meanwhile, the Supreme Court of India today took a serious view of the severe pollution engulfing Delhi-NCR and told the Government to consider declaring a two-day lockdown to

curb the pollution. Hearing a plea to check air pollution in the National Capital Region, Chief Justice of India N.V. Ramana-led Supreme Court Bench asked if emergency measures like lockdown for a few days can be imposed to tackle the AQI levels.

SUICIDE BOMBER AMONG THREE MILITANTS KILLED IN TWO ENCOUNTERS IN KASHMIR

Three militants, including a 'fedayeen' (suicide bomber), were killed in two separate encounters in Jammu and Kashmir, police said on Friday, taking the number of ultras killed so far this year to 133.

A 'Mujahideen' militant who was assigned to carry out a 'fedayeen' (suicide) attack in Srinagar was killed, while a Hizbul Mujahideen (HM) district commander was among the two ultras slain in an encounter in Kulgam, the police said.

As many as 133 militants, including several top commanders, have been killed this year so far, they said.

The 'fedayeen' militant was a relative of one of the accused in the February 2019 Pulwama suicide attack in which 40 CRPF personnel were killed, police said.

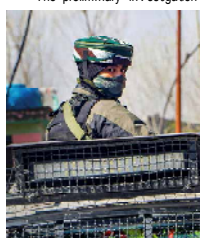
A police spokesman said acting on a specific input about a possible terrorist attack and the movement of terrorists in the Bemina area of Srinagar, a checkpoint was established on Thursday to thwart such designs.

In the meantime, terrorists attacked a checkpoint established near Bund Bemina which was related to leading to an encounter, he said, adding further reinforcement was rushed to the spot.

In the ensuing gunfight, one terrorist of proscribed terror outfit Mujahideen Gazwatal Hind was killed and his body was retrieved from the site of the encounter, the spokesman said.

He identified the slain ultra as Amir Riyaz, a resident of Khrew Pampore and a relative of one of the accused in the February 2019 suicide attack in Pulwama's Lethpora in which 40 CRPF personnel were killed.

The preliminary investigation



indicated that he (Riyaz) was assigned to carry out similar kind of fedayeen attack. Digital evidences recovered

from his mobile show that he was prepared by terror outfit for fedayeen attack, the spokesman said.

In another overnight encounter in Kulgam district of south Kashmir, two militants, including a district commander of the HM outfit, were killed.

Security forces launched a cordon and search operation in Chancer village in the Chawalgama area of Kulgam on Thursday following inputs about the presence of militants there. During the search operation, as

they fired indiscriminately upon the joint search party. The pinteams ensuring safety of civilians rescued and shifted them to safer places. The fire was retaliated leading to an encounter, the spokesman said. In the initial exchange of fire, one terrorist was killed. However, due to darkness, the operation was suspended for the night, he said. The spokesman said in the early hours of Friday, repeated announcements were made to the hiding terrorists to surrender, but he fled on the joint search party which was retaliated leading to his elimination. The dead bodies of both the killed terrorists were retrieved from the site of the encounter, he added.

He identified them as district commander of proscribed outfit Hizbul Mujahideen Shiaz Ahmad alias Shiaz Mooli alias Abu Haris, a resident of Souch Kulgam, and Yawar Ahmad Bhat, a resident of Ponipora Kulgam.

As per police records, both the killed terrorists were linked with the terror outfit HM and were part of groups involved in several terror crimes including attacks on security forces and civilian atrocities, the spokesman said.

Shiaz Ahmad was an A++ (plus plus) categorised terrorist and was active since 2016, figuring among the

list of most wanted terrorists, he said.

He was also involved in recruiting innocent youth into terror ranks and in spreading a reign of terror by killing civilians as well as political workers in Devsar and Bazzool areas of Kulgam. There are 15 FIRs registered against him for several terror crimes, the spokesman said.

Incriminating material and arms and ammunition including an AK-rifle and a pistol were recovered from the Kulgam encounter site. An AK-rifle was also recovered from the Bemina encounter site, he said. The recovered material has been taken into case records for further investigation. Police have registered cases under relevant sections of law and investigations have been initiated, he added.

The spokesman said Inspector General of Police (IGP), Kashmir, Vijay Kumar has congratulated the pinteams for carrying out both the operations in a professional manner resulting in elimination of three terrorists including a most wanted terrorist.

Kumar also congratulated police and security forces for working with great synergy and coordination on the ground that led to the killing of 133 terrorists including many top commanders during this year.

FM Nirmala Sitharaman to interact with CMs, State FMs on Monday

Finance Minister Nirmala Sitharaman will interact with Chief Ministers, State Finance Ministers and Lieutenant Governors of Union Territories through virtual conference mode on 15th November. Secretaries of Government of India Line Ministries, Chief Secretaries and Financial Secretaries of States will also join the conference. Growth had slowed down in the COVID-19 pandemic. However, after the first quarter of the current fiscal, the economy has picked up again with green shoots of recovery

clearly visible. Several economy indicators are now at pre-pandemic levels. Projections of IMF and World Bank peg India's GDP growth to about 9.5 percent and 8.3 percent as one of the fastest-growing economies. Finance Ministry said, while the investor sentiment is good, there is a need to capitalise on the momentum already created. First four months of Financial Year 2021-22 have already witnessed inflows of \$64 billion dollars Foreign Direct Investment FDI. Government in its Union Budget

2021-22 has given further impetus to inflow of foreign investment capital through streamlining procedures, removing roadblocks and providing necessary incentives. The Finance Minister seeks to embark on a collaborative growth vision for the Nation and encourage an open exchange of ideas centered on enhancing the investment climate of the country. The envisaged interaction will attempt to create a policy discourse and a facilitative environment for inward investment-led

growth. This will be enabled by a proactive approach to investment promotion, efficiencies brought about by Ease of Doing Business reforms, and an emphasis on accelerating approvals and clearances up to Urban Local Bodies levels. Through the interaction, the States may share their ideas and vision for enhancing the investment climate, leading to a broad consensus regarding the trajectory to be undertaken for India to become the fastest-growing economy.



NEET UG 2021: SC sets aside Bombay HC order, refuses holding re-exam of two students

File Pic The Supreme Court on Friday set aside the recent Bombay High Court order which had directed the National Testing Agency to hold fresh exam for two NEET UG aspirants over a mistake on distributing booklets by the invigilator. It ruled in the mix-up of the test booklets and the OMR sheets. A bench comprising Justices L. Nageswara Rao and B.R. Gavai observed that while the Court sympathized with the plight of the two students, it was difficult to order a re-test for the two students. Accordingly, the bench allowed the appeal filed by the National Testing Agency against the High Court direction. Earlier, the bench had stayed the High Court direction and allowed the NTA to declare the NEET-UG results, which were withheld in view of the High Courts order.

New insights into how microbiome impacts early childhood behaviour

Researchers have found a direct and sex-specific association between the composition of infant microbiome and early childhood behavioural health.

The study has been published in *Pediatric Research*. Focusing on infancy also allowed the investigators to study a critical window of time, when the microbiome and the brain are going through their most rapid periods of development, and when the brain may be particularly susceptible to changes in the microbiome.

To determine whether differences in the infant microbiome were related to neurobehavior, and whether that behavior varied in boys and girls—the study team leveraged the New Hampshire Birth Cohort Study, which was established in 2009 to investigate the role of

could establish if the microbiome was influencing the neurobehaviour or if it was the other way around.

The study has been published in *Pediatric Research*.

Focusing on infancy also allowed the investigators to study a critical window of time,

says Laue, when the microbiome and the brain are going through their most rapid periods of development, and when the brain may be particularly susceptible to changes in the microbiome.

To determine whether differences in the infant microbiome were related to neurobehavior, and whether that behavior varied in boys and girls—the study team leveraged the New Hampshire Birth Cohort Study, which was established in 2009 to investigate the role of

environmental factors on pregnancy and newborn outcomes. Through initiatives led by Dartmouth's Drs. Juliette Madan and Margaret Kangas, the cohort involves longitudinal follow-up of the developing microbiome beginning at birth to understand its influence on the health and well-being of children.

For the study, the researchers analyzed stool samples (collected by the caregivers) from 260 infants at multiple timepoints—six weeks, one year, and two years. This allowed them to characterize the species of microbes present in each participant's gut and their functions. They then used the Behavioural Assessment System for Children, an instrument that measures a wide range of clinical and adaptive behaviors in children and young adults, to assess their behavioural development.

The study team was able to establish that microbiome changes occur before behavioural changes. They also found that infant and early-childhood microbiomes were related to neurobehaviors such as anxiety, depression,

hyperactivity, and social behaviours in a time- and sex-specific manner.

"For example, we found that increased diversity in the gut was better for boys, meaning it was associated with fewer behaviours like anxiety and depression, but not among girls," says Laue. "We saw differences in social behaviors with microbiomes measured at later stages, where there was evidence that diversity, again, could be beneficial for boys but not for girls. And we found there were differences in certain species of bacteria and the essential functions they perform—such as the synthesis of vitamin B—that were related to these outcomes, as well."

While their findings don't identify a microbial species that can immediately be used to help prevent children from developing neurobehaviors such as anxiety or depression, "We think the results do inform future studies that can look a little more deeply at some of our specific findings and clarify whether they could be developed as probiotics or other types of interventions such as the promotion of breastfeeding," says Laue.

Help us to help you

NOVEL CORONAVIRUS (COVID-19)

Do's

- Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean.
- See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose.

Follow these Do's and Don'ts

- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
- If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24x7 helpline at 011-23978046.

Don'ts

- Have a close contact with anyone, if you're experiencing cough and fever.
- Touch your eyes, nose and mouth.
- Spit in public.

Together we can fight Coronavirus

For further information :

Call at Ministry of Health, Govt. of India's 24x7 control room number +91-11-2397 8046

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AFFIDAVIT

By this deed I, the undersigned **ABDUL RAUF, S/o KUNNATHPEEDI ABDUL REHMAN** (new name) previously called **ABDUL REHMAN ABDUL RAUF, S/o ABDUL REHMAN** (old name) doing Govt. Servant and resident at Junglighat, within Port Blair Tehsil, South Andaman District, A & N Islands solemnly declare.

1. That for and on behalf of myself wholly renounce/relinquish and abandon the use of my former name/ surname of **ABDUL REHMAN ABDUL RAUF, S/o ABDUL REHMAN** and in place thereof I do hereby assume from this date the name/surname **ABDUL RAUF, S/o KUNNATHPEEDI ABDUL REHMAN** so that I herein after be called, known and distinguished not by mine former name/ surname, but assumed name/ surname **ABDUL RAUF, S/o KUNNATHPEEDI ABDUL REHMAN**.
2. That for all purpose of evidencing such my determination declare that I shall at all times hereinafter in all records, deed and writing and in all proceedings, dealing and transactions, private as well as upon all occasion what so ever use and sign the name of **ABDUL RAUF, S/o KUNNATHPEEDI ABDUL REHMAN** as my name/surname in place and in substitution of my former name/ surname.
3. That I expressly authorize and request all persons in general and relatives and friends in particular at all times hereinafter to designate and address me, by such assumed name/surname of **ABDUL RAUF, S/o KUNNATHPEEDI ABDUL REHMAN** accordingly.
4. In witness whereof I have hereunto subscribed my former **ABDUL REHMAN ABDUL RAUF, S/o ABDUL REHMAN** and adopted name/ surname of **ABDUL RAUF, S/o KUNNATHPEEDI ABDUL REHMAN** and affix my signature on this 11th day of November, 2021.

Date: 11/11/2021

Signature sealed and delivered by the above name
Former name **ABDUL REHMAN ABDUL RAUF,**
S/o ABDUL REHMAN

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**AFFIDAVIT**

1. I Monika Tigga is legally wedded spouse of No.10560300H Rank SEP Name DONDA BHENGRA presently residing at Birsha Nagar, Mayabunder, North & Middle Andaman do hereby solemnly affirm and state on oath as follows:

(a) That I have changed my Name from MONICA TIGGA to MONIKA TIGGA due to my name entered in my educational Certificate, local certificate and other documents as MONIKSA TIGGA. That my date of birth is 10.04.1994.

(b) That, I am producing this Affidavit for the purpose of evidence for my name and Date of Birth.

(c) That both names MONICA TIGGA and MONIKA TIGGA pertain to one and the same person.

(d) That I shall at all times hereafter in all records, deeds and writing and in all proceedings dealing with transactions, private as well as under all occasions what so ever be known as only MONIKA TIGGA.

(e) That what is stated above is true and correct to best of my knowledge, information and belief. Noting material has been concealed there from.

Deponent

THDC Recruitment 2021, Apply 100 Apprentice Vacancies @ thdc.co.in

THDC Recruitment 2021 | ITI Trade Apprentice Posts | Total Vacancies 100 | Last Date 30.11.2021 | Download THDC Recruitment Notification @ thdc.co.in
THDC Recruitment 2021: THDC India Limited, A Mini Ratna Schedule 'A' Company, invites application from eligible candidates for the post of ITI Trade Apprentice in Tehri Unit. THDC India Limited has recently published the recruitment notification (Adv. No. 01/2021) for THDC Apprentice Recruitment 2021. There are 100 vacancies are filled by THDC India & Trade wise vacancy details are given in the official notification. Candidates who are searching 10th pass jobs in Central Govt kindly submit the application form via post on or before 30.11.2021. THDCIL recruitment 2021 Application Form and THDC Recruitment notification is available in THDCIL website (thdc.co.in). Candidates who are seeking ITI jobs must check their eligibility i.e. educational qualification, age limit, experience and etc. The selection process of candidates will be based on merit list and selected candidates will be undergo apprenticeship training at Utkarshand. More details of thdc.co.in recruitment, upcoming THDC India Limited notices, merit list, selection list, admit card, result, upcoming central govt notifications and etc. will be uploaded on official website.

JIPMER Recruitment 2021, Apply for Assistant Professor Vacancies @ jipmer.edu.in

JIPMER Recruitment 2021 | Assistant Professor Posts | 03 Vacancies | Last Date: 02.12.2021 | JIPMER Job Notification @ jipmer.edu.in

JIPMER Recruitment 2021: Jawahar Institute of Post Graduate Medical Education & Research (JIPMER) has released recruitment notification on 03.11.2021. As per JIPMER Puducherry recruitment 2021 notification, they expect application from eligible persons for the post of Assistant Professor posts in various discipline. Central Government job seekers may use this chance to join in JIPMER jobs. The last date to submit the JIPMER application form for these 03 vacancies is 02.12.2021. JIPMER recruitment 2021 notification & application form are available at www.jipmer.edu.in.

JIPMER is going to recruit candidates on contract basis. Applicants should have attained the prescribed educational qualification & age limit. 1 year/ 3 years teaching & research experience in relevant field is required to apply for JIPMER recruitment 2021. Appointments will be at Puducherry. Contract period is 11 months. Aspirants need to pay a fee through prescribed mode on or before the last date. They are planned to hire candidates by conducting the interview. Information about the interview will be provided by the Institute. More details of JIPMER recruitment 2021, selection list, merit list, results & upcoming job notices will be uploaded at official website.

Steps to Download JIPMER Puducherry Recruitment 2021 Notification
Go to official website jipmer.edu.in.
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**Safe at Home
Safe Alone**

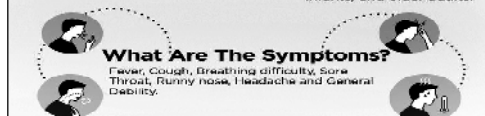


CORONAVIRUS MUST KNOW FACTS



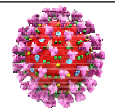
What Is 2019-nCov?
A new strain of the coronavirus that infects humans and causes lower respiratory tract illnesses.

Who Is At Risk?
Common in people with cardiopulmonary diseases, weakened immunity, infants, and older adults.



What Are The Preventive Measures?

- Wash hands regularly using an alcohol-based hand sanitizer or soap and water
- Cover mouth and nose with tissue paper while sneezing
- Avoid touching face, nose or mouth with dirty hands
- Wear protective masks to avoid spreading onto others
- Stay at home if sick
- Disinfecting and cleaning surfaces that you frequently touch

**STAY HOME****STAY SAFE**

**Fight Against Covid-19
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IN CONVERSATION

ISA, ELSEVIER LAUNCH OPEN ACCESS JOURNAL FOR SOLAR RESEARCH AT COP26

The International Solar Alliance (ISA) and Elsevier has launched journal 'Solar Compass' with Ambassador Stéphane Cruz at the COP26 Climate Conference.

The ISA, an inter-governmental treaty-based international organisation, and Elsevier, a global leader in research publishing and information analytics, are pleased to announce the launch of a new journal, 'Solar Compass', according to a statement.

The launch event was held during the United Nations Climate Change Conference COP26, in Glasgow, with Stéphane Cruzat, Ambassador for Climate, Government of France, and Ajay Mathur, director-general of International Solar Alliance, in attendance,

releasing the first official call for papers to authors around the world, according to the statement.

ISA's vision is for a rapid increase in solar energy usage, so that the global community can achieve an ambitious goal of net-zero carbon emissions by mid-century, in order to limit the global temperature, rise to 1.50 Celsius. Achieving this target will be an incredible challenge but it is essential to avoid the catastrophic impacts of the climate change. "We are proud to launch Solar Compass, an important vehicle to increase understanding and research on the use of solar power."

"The journal will cover new technology,

policy and economic developments to increase access to clean energy; successful case studies from around the world that could be replicated elsewhere. It is one of the important tools for delivering solarisation and faster global energy transition," Mathur said.


Yogi Goswami, professor at the University of South Florida and recently announced editor-in-chief of Solar Compass, said, "There is not one silver bullet to achieve the net zero goal. It will require a multi-pronged approach on new, innovative and more efficient technologies, lower-cost manufacturing at scale, and investments at scale to support entrepreneurship in new technologies."

To help meet this challenge and share transformative information on policy, financing, technology and case studies with stakeholders, and fill the gap in information needed to accelerate the use of solar energy, ISA and Elsevier are joining forces to launch Solar Compass.

Solar Compass will be an open-access journal, providing readers around the world with freely accessible articles.

All articles will be peer-reviewed before publication and an advisory board of visionary leaders will guide the directions of the journal. It will also have an editorial board of globally recognised experts who will plan, solicit articles, and conduct reviews before accepting the articles for publication.





Are you 18+?

Here is how you can register on Co-WIN Portal and get the COVID vaccine

1. Go to the COWIN portal – cowin.gov.in
2. Register yourself from 28th April, 2021 onwards
3. Schedule vaccination appointment
4. Vaccination for people from 18 yrs upto 45 yrs would be done at private Vaccination Centres and those Government Vaccination Centres where vaccine has been procured directly by the respective State Government
5. Check the confirmation of appointment on registered mobile number
6. Carry the appointment slip and photo ID card used for registration

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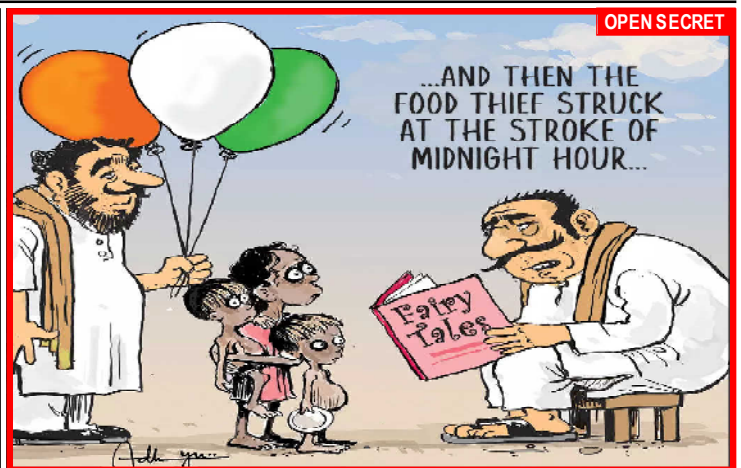


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NOW, YOGA IS BEING PITCHED ASA COMPETITIVE SPORT

Faster, higher, stronger—most elite athletes aspire towards this Olympic goal. But can a way of life that is yoga—a spiritually transformative experience involving the mind, body and soul—succumb to the hard-charging ways of a competitive sport?

Udit Sheth, president of the newly formed National Yogasana Sports Federation, certainly believes so. Speaking on the sidelines of the first-ever yoga world championship in Odisha which concludes today, Sheth singles out the gymnastic potential of "asana"—or the "physical postures" limb of the eight essential parts of yoga. Can yoga make it to the Olympics? The short answer is yes. The long answer to that is I have to go to the national games first, then Commonwealth and then the Asian Games. Make sure that more countries participate in it," says Sheth, a fitness expert, nutrition practitioner and sports promoter.

"Olympics has a requirement that at least 80 countries have to have a great affinity for a particular sport. We have to spread this 'sport'. It is actually very possible if we all work towards it as hurriedly



and systematically as possible," says Sheth, asking for 8 years to build a "roadmap".

Come to think of it, a dream of taking yoga to the Olympics couldn't possibly be begrudged. For 36 years, even poetry was an official Olympic competition category called the "Pantlathon of the Muses" before it was discontinued in 1948. Amateur dancers can also rejoice as break dancing will now be a medal event for the 2024 Paris Games. But in order to train "yoga

athletes", build a culture of "yogasana as sport," purists and practitioners might balk at the Federation's concerted push towards further commodification of this ancient practice, beyond already existing attempts at branding "wellness" and "spirituality services" in the marketplace.

"The need of the hour is to package yogasana as sport and create a multibillion dollar brand," reads a press note from NYSF which is recognised by the Union

Ministry of Youth Affairs and Sports. It has plans to make yoga as much of a money-spinning vehicle as cricket, besides gaining an "athlete-base across 600 districts," creating "tournaments with prize money at every level," starting "world academies, championships and leagues (like IPL and ISL)," building "great coaches, curriculum and electronic scoring systems," the press note further states.

Sheth has a hectic year ahead with formulating a training and competition calendar for NYSF. He wants to showcase NYSF athletes on broadcast television and OTT platforms, set up brand collaborations so the yoga sports persons are paid well. "Otherwise our athletes will all be poor. They would prefer to go to IPL, or basketball or football where they can make more money. To retain this culture, we have to make sure it is rewarded," says Sheth who sees no harm in commercialising and selling yoga as a sport to a mass audience. "If we don't do it, somebody else will. If there's a yoga without us (industry), nothing will work in today's day and age."

Agüero could consider early retirement as heart ailment is 'complicated'

Argentine striker Sergio Agüero could consider retirement from football as his heart ailment is "more complicated than expected", according to Spanish media.

The Barcelona player had to be taken off during a league match against Alaves last month as he complained of chest pain towards the end of the first half.

He was admitted to a hospital that night and it was later revealed

that he suffers from cardiac arrhythmia. Doctors have told him that it would be a risk to continue his playing career and the club said he has been ruled out of action for three months.

After news broke of his diagnosis, Agüero had posted a message on social media, saying: "I am well and in good spirits to face the recovery process. I want to thank you all for so many

messages of support and love that make my heart stronger today."

Heart examinations now have revealed that the pathology is more serious than was assumed, and the 33-year-old may have to end his career prematurely.

One Spanish reporter has reported that Agüero will take a decision on his career in February. "Sources close to Agüero... tell me that in February he will make

the final decision on his withdrawal. That the pathology is complicated and can make high-level sports practice incompatible. A 3-month margin is given," read the tweet by Helena Condes Edo.

Agüero had joined Barcelona in the summer after a long, illustrious stint at English club Manchester City. He was also part of the Argentina team that reached the World Cup final in 2014.

CORONA COVID-19 CORONA COVID-19

10 TIPS TO PROTECT YOURSELF AND OTHERS DO NOT RISK YOUR LIFE

1. Avoid crowded places and large gatherings. Stay at home as much as possible.
2. Wash your hands frequently with soap and water for at least 20 seconds.
3. Avoid touching your face, especially your eyes, nose, and mouth.
4. Maintain a safe distance of at least 1 meter from others.
5. Wear a face mask in public places.
6. Avoid sharing food and drinks with others.
7. Avoid going to crowded places like markets, malls, and public transport.
8. If you have a fever, cough, or sore throat, stay at home and consult a doctor.
9. If you are sick, wear a face mask and avoid going to crowded places.
10. If you are sick, avoid going to crowded places and public transport.

Coronavirus Disease (COVID-19)

Symptoms:

After many days, people may experience some of the following symptoms leading to pneumonia or breathing difficulties. Symptoms may develop within a range of exposure.

Protect yourself from getting COVID-19

- Wash your hands frequently with soap and water for at least 20 seconds.
- Avoid touching your face, especially your eyes, nose, and mouth with unwashed hands.
- Avoiding close contact with people who have fever and coughing.

When coughing and sneezing cover your mouth and nose with a tissue or elbow in your sleeve.

Throw tissue into a bin immediately after use.

If you suspect you may have COVID-19, contact your doctor or call 112 (L105 and English) for more advice.



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