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A weekly echoing the mood of the people, comes to you on every Monday



Admiral D K Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.), Hon'ble Lt. Governor, A&N Islands and Vice-Chairman, Islands Development Agency along with Shri Jitendra Narain, Chief Secretary participated in the virtual launch of two month long Active Case Finding Campaign and Nikshay Poshan Yojana (DBT) Campaign by Shri Mansukh Mandaviya, Hon'ble Minister of Health and Family Welfare, Chemicals and Fertilizers, GoI to reach TB Elimination Goal by 2025.

MP greets teaching fraternity on Teachers' Day

Port Blair, Sept. 4

The Member of Parliament, A&N Islands, Shri Kuldeep Rai Sharma has extended his warm greetings and best wishes to the entire teaching fraternity of Andaman and Nicobar Islands on the occasion of Teacher's Day. In a message. the MP said, Teachers' Day is a tribute to the hard work and devotion of the teachers all

year long, to educate a child.

Teachers' Day is dedicated Dr. Sarvepalli Radhakrishnan who was one of the most staunch advocates of education and one of the greatest scholars and teachers of all times, apart from being the first Vice President and the second President of India, he said. During the time of the pandemic, our teachers have shown tremencontd. page-5

Zero Tolerance Approach to Bribery & Corruption Administration takes stern action against senior officer for bribery by ordering dismissal from service

Port Blair, Sept. 5

In yet another major step towards ensuring zero tolerance towards corruption, the A & N Administration has dismissed a senior officer working in the A&N Administration for involvement in brib-

ery case. The said officer was caught red-handed by the Anti-Corruption Unit while taking bribe and upon this, an FIR was registered against him under the Prevention of Corruption (Amendment) Act, 2018.

Simultaneously, a disci-

plinary proceeding was also initiated against the officer. In the inquiry report, the articles of charge stood out to be proved. Hence, taking a stern action, Hon'ble Lieutenant Governor, A&N Islands has

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No positive case found during test conducted on flight, ship & bus passengers: Director (IP&T)

Port Blair, Sept. 5

The Director (IP&T), Shri Kamlesh Kumar briefing media persons on COVID-19 in the conference hall of IP&T here this evening said that during the RT-PCR test conducted on 702 passengers who arrived here yesterday, no positive case has been detected. Today, 5 flights with 855 passengers arrived and the

RT-PCR reports are awaited. He Terminus, 206 passengers further disclosed that RAT was conducted on 359 passengers bound for North & Middle Andaman at Ferrargunj and all were found negative. RAT was conducted at Phoenix Bay Jetty on 119 ship passengers travelling to Swaraj Dweep to and fro and all were found negative.

At Mohanpura Bus Centres.

were tested and all the reports were negative.

The Director, ANIIMS, Dr. AK Mandal informed that one patient is undergoing treatment at GB Pant Hospital.

The Deputy Director, GB Pant Hospital, Dr. Amitabha De said that no COVID patients are there in COVID Care

Member of Parliament takes up the issue of Delay in allowing Internship for students of ANIIMS with Lt. Governor

The Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma today wrote a letter to the Lt. Governor of

Andaman and Nicobar Islands and requested his intervention in the issue of delay in allowing Internship for students of Andaman & Nicobar Islands Institute of Medical Sciences

In his letter he mentioned that presently some ANIIMS students, who have cleared their final year contd. page-6

Higher Educational Institutions & Middle Schools to open from Sept. 6th following COVID Protocols

Port Blair, Sept. 4

Consequent on approval accorded by Competent Authority, the classes for Middle Schools students studying in class VI to VIII of all management (Govt., Govt.

Aided, Private Unaided and Local Body Schools) across islands will reopen with effect from 6th September, 2021. Similarly classes for five colleges namely JNRM,

TGCE, DBRAIT, ANCOL

& MGGC shall also commence from 6th September.

Guidelines issued by University Grants Commission dt. 5th February, 2021 shall be strictly followed in all the

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EDITORIAL

The debate on representation

CJI Ramana recently said that he would prefer at least 50% representation of women in the judiciary at all levels. Higher numbers and greater visibility of women in courts can reduce inherent systemic blindness to questions of gender. It can open the door for alternative, inclusive legal perspectives and interpretations.

Lamenting the inadequate number of women judges in courts across India, the Chief Justice of India (CJI), NV Ramana, on Saturday, said that he would prefer at least 50% representation of women in the judiciary at all levels. The CJI acknowledged that it was only with "great difficulty" that the Supreme Court (SC) had achieved a "mere" 11% representation of women on the bench, and said that the issue of representation of women must be "highlighted and deliberated" upon. Justice Ramana's comments have highlighted a serious, structural lacunae in India's legal system—the under-representation of women on the bench.

Out of the sanctioned strength of 34 judges, the SC has four women judges — Justices Indira Banerjee, Hima Kohli, BV Nagarathna and Bela M Trivedi, three of whom were elevated only last week. This is the highest-ever number of women judges in the SC's history, with Justice Nagarathna in line to become the first woman CJI in 2027. But the story of incremental inclusion itself is a testimony to the history and reality of exclusion. According to government data, out of 677 sitting judges in both the SC and high courts, only 81 are women, a disappointing 12%. While there is greater gender representation at the lower levels of the judiciary, there is a near uniform trend of the proportion of women judges decreasing as one moves up the tiers of the court, says a 2020 report by the Vidhi Centre for Legal Policy. This is due to a range of reasons. Women have to negotiate multiple obligations; it is harder to meet the minimum criteria of seven years of continuous practice to be eligible to be a district judge; fewer women are in litigation, reducing the pool from which women judges can be selected; and, perhaps most import-antly, the collegium system suffers from inherent biases, for progression in the legal profession is as much a product of old, often all-male, networks, as in other areas.

To be sure, there is no evidence to suggest that only women judges are likely to give gender-sensitive judgments. But higher numbers and greater visibility of women in courts can reduce inherent systemic blindness to questions of gender. It can give women the necessary confidence to seek justice and enforce their rights through the courts. It can open the door for alternative, inclusive legal perspectives and interpretations. And it will enhance the legitimacy of the judiciary, for inclusion creates a wider sense of ownership in the wider community. Beyond gender, this holds true in the case of other marginalised segments too, whose representation must increase. CJI Ramana has kicked off an important debate

Primary responsibility of combining the inherent talents of the students lies with the teachers; a good teacher is a personality-builder, a society-builder, and a nation-builder: President Kovind

PIB Delhi:

The primary responsibility of combining the inherent talents of the students lies with the teachers; a good teacher is a personality-builder, a society-builder, and a nation-builder, said the President of India, Shri Ram Nath Kovind. He was speaking at a virtual award ceremony today (September 5, 2021) on the occasion of Teachers' Day wherein 44 teachers from across the country were honoured with the National Awards.

The President congratulated all the teachers who received the award for their distinguished contributions. He said that such teachers strengthen his belief that the future generation is safe in the hands of our well-qualified teachers. He said that teachers have a very important place in everyone's life. People remember their teachers life-long. Teachers who nurture their students with affection and devotion always get respect from their students.

The President urged teachers to inspire and enable their students to envision a golden future and acquire aptitude to fulfill their aspirations. He said that it is the duty of teachers to inculcate interest in studies in their students. Sensitive teachers can shape the future of students by their behaviour, conduct and teaching. He said that they should pay special attention to the fact

that each student has different abilities, talents, psychology, social background and environment. Therefore, emphasis should be laid on allround development of each child according to their special needs, interests and abilities.

The President said that for the last one and a half years, the whole world is going through a crisis caused by the Corona pandemic. In this situation, even when all the schools and colleges were closed, teachers did not allow the education of the children to stop. For this, the teachers learned to use digital platforms in a very short time and continued the education process. He noted that some teachers have developed remarkable infrastructure in schools with their hard work and dedication. He appreciated such dedicated teachers and expressed hope that the entire teacher community would keep on changing their teaching method according to the changing circumstances.

The President said that the National Education Policy, implemented last year, has set an ambitious objective of establishing India as a global knowledge super-power. We have to provide such education to the students which would be helpful in building a just society based on knowledge. Our education system should be such that students develop commitment to the

constitutional values and fundamental duties, strengthen patriotic feeling, and make them aware of their role in the changing global scenario.

The President noted that the Union Ministry of Education has taken some important steps to enable teachers. The Ministry has started integrated teachers' training programme called 'Nishtha' under which efforts are being made for 'Online Capacity Building' for teachers. Apart from this, 'Pragyata' i.e. guidelines on digital education which were issued last year, is also a commendable step with a view to maintain the pace of education even during the crisis of Covid pandemic. He commended the entire team of Union Ministry of Education for finding new avenues even in difficult circumstances.

The Union Minister for Education, Shri Dharmendra Pradhan delivered the welcome address while the Minister of State for Education, Smt Annpurna Devi gave the Vote of Thanks.

Earlier this morning, the President paid homage to Dr Sarvepalli Radhakrishnan, former President of India on his birth anniversary. The President and officials of Rashtrapati Bhavan paid floral tributes to the portrait of Dr Radhakrishnan at Rashtrapati Bhavan.

Dr Munjpara urges people of India to adopt 'Y-Break'at workplace to reduce stress and improve productivity

PIB Delhi:

The weeklong celebration of the 'Azadi Ka Amrit Mahotsav' by the Ministry of Ayush culminated at a high with a webinar on the utility of the Yoga Break App, which saw the participation of experts and enthusiasts from across the country.

Inaugurating the webinar, Minister of State for Ayush and Woman & Child Development, Dr MunjparaMahendrabhai, said, "Yogasanas in the Y-Break protocol open up the chest cavity and help the cardiovascular system. I hope people across India in the workplace will adopt this simple and effective protocol to reduce stress and improve productivity. "

The webinar on the utility of the Y-Break App saw huge participation of Yoga practitioners. There were technical sessions on how the Yoga protocol – Asanas, Pranayam and Dhyana – help people refresh, de-stress and re-focus on work at their workplaces in just five minutes.

Organised to commemorate the 75th anniversary of India's independence in August 2022 by the Government of India, the Azadi Ka Mahotsav will continue the entire year. The Ministry of Ayush was allotted a week, from August 30 to September 5, to organize various activities, during which the Union Ayush Minister Sarbananda Sonowal, the Minister of Ayush, along with four other union ministers launched the Y-Break mobile app in a glittering ceremony at Vigyan Bhawan on September 1.

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, said the Government of India had recently issued a circular to all employees to do five minutes of yoga in the offices. "Employees work in an atmosphere of tension. That's why yoga is necessary in their life. Many meta-analyses have found that yoga is the best way to stay physically fit. People who are physically

active throughout the day get the same benefits as exercise," he said. Y-break will prove to be a big step in relieving stress and it is the medium to give maximum benefit in the shortest possible time.

In his welcome address, Dr Ishwar V. Basavaraddi, Director, Morarji Desai National Institute of Yoga said it was time to look at the utility of the app for different sectors and the people working in them. "With the Y-Break app and the Common Yoga Protocol, we will take Yoga to every doorstep."

The Morarji Desai National Institute of Yoga (MDNIY), an autonomous body working under the Ayush Ministry, and reputed Yoga institutes namely, Krishnamacharya Yoga Mandiram, Chennai, Ramakrishna Mission Vivekananda Educational and Research Institute, Belurmath, Kolkata, NIMHANS, Bengaluru, the Kaivalyadhama Health and Yoga Research Center, Lonavla and Heartfulness Institute have played a prominent role in developing this app.

The technical session that followed the speeches saw experts emphasizing the impact of the Common Yoga Protocol on people of different age groups and professions.

contd. page-6

BJP to organise 'Seva and Samarpan' campaign to mark Modi's 2 decades in public service



PTI: To mark Prime Minister Narendra Modi's "two decades in public service", the <u>BJP</u> will organise a 20-day "Seva and Samarpan" campaign comprising various welfare activities that will commence on his birthday on September 17.

Since Modi became prime minister in 2014, the BJP has been celebrating his birthday as 'Seva Diwas' (Service Day) and organises welfare activities across the country for a week but this time it has been extended to 20 days as Modi is completing his two decades

in the electoral politics.

BJP president J P Nadda has issued a set of instructions to party workers for organising health and blood donation camps and distributing rations to poor as part of the campaign.

He told all state units of BJP that the welfare works should be done following Covid protocols.

He has also asked the party workers to visit Covid vaccination camps to facilitate the inoculation drive.

As part of the campaign, the BJP workers will carry out

a large scale cleanliness drive on October 2, the birth anniversary of Mahatma Gandhi and people will be encouraged to use Khadi and local products.

On this occasion, the party has also asked that five crore postcards will be sent from the BJP booth workers across the country saying that they are committing themselves to public service.

The party has also asked workers to publicise the auction of gifts received by Modi.

The auction will be held on pmmemontos.gov.in. and will start from September 17. Funds generated through the auction will be widely used in Namami Gange project, the party said.

Similarly BJP's Kisan Morcha will also celebrate Modi's birthday as 'Kisan Jawan Samman Diwas' in every district of the country. Under this initiative the party will honour families of soldiers and farmers.

Smt. Nirmala Sitharaman, Hon'ble Union Minister of Finance and Corporate Affairs laid foundation stone for office building of Income Tax Department



PIB Bengaluru:

Smt. Nirmala Sitharaman, Hon'ble Union Minister of Finance and Corporate Affairs laid foundation stone on 5th September, 2021 for office building of Income Tax Department at plot No. 4, 5 and 6 Infantry Road Bengaluru. Hon'ble Minister has also unveiled the foundation stone plaque at the site. Shri P. C. Mohan, Hon'ble Member of Parliament, Bangalore Central constituency, has also graced the occasion. The foundation stone laying ceremony has also been attended by Shri Tarun Bajaj, Secretary, Revenue, Government of India, Shri J. B. Mohapatra, Chairman, CBDT and Shri M. Ajit Kumar, Chairman, CBIC. The upcoming office building of the Income Tax Department has G+18 floors and one basement parking.

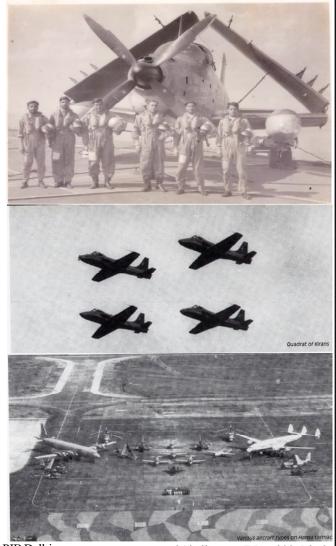
The building is oriented to harness maximum natural lighting and is GRIHA rating IV compliant. The building has provision for solar panels for power generation and designed with Rain water harvesting system. Recycled water will be used for gardening and dual plumbing system. Central Air Cleaning system

equipped with magnetic filter and UV-Ray Sterilization. The building will be constructed by Bangalore Project Circle, CPWD.

This state of the art building consists of exclusive public relations office to address public grievances on priority and waiting lounge for tax payers. It also houses Aaykar Seva Kendra for providing hassle free taxpayer services. This centrally located office building is taxpayer friendly. Design and space allocation of the building provides congenial working environment for officers and staff of Income Tax Department.



INS HANSA MARKS DIAMOND JUBILEE ON 05 SEP 21



PIB Delhi

INS Hansa, the Indian Navy's premier air station, is celebrating its diamond jubilee on 05 Sep 2021. The Naval Jet Flight set up at Coimbatore in 1958 with Sea Hawk, Alize and Vampire aircraft, was later commissioned as INS Hansa on 05 September 1961. After the liberation of Goa, Dabolim airfield was taken over by the Navy in Apr 1962 and INS Hansa shifted to Dabolim June 1964.

Commissioned as a modest air station with only a few aircraft, INS Hansa has increased its prowess over the last six decades and is presently operating over 40 military aircraft, clocking an average yearly flying of over 5000 hours. The air station also supports civil aviation by handling domestic and international flights 24x7, with an average of 29000 flights in a year.

INS Hansa is the abode of the Indian Navy's frontline air squadrons - INAS 310 'Cobras' with Dornier-228 aircraft, INAS 315 'Winged Stallions' with the long range maritime patrol aircraft IL-38SD, INAS 339 'Falcons' with the airborne early warning Kamov31 helicopter; INAS 303 'Black Panthers' and INAS 300 'White Tigers' with the supersonic carrier-borne MiG 29K fighters, and INAS 323 'Harriers' with ALH Mk III helicopters. The air station will soon operate the Boeing P8I long range maritime reconnaissance aircraft with the commissioning of INAS 316.

Cmde Ajay D Theophilus, Commanding Officer, INS Hansa said, "Over the years, the base has represented a crucial segment of the Navy's combat power. Aircraft from Hansa augment the security of entire western seaboard significantly, including offshore assets, and undertake extensive surveillance to neutralise threats at and from the sea. The base has also provided substantial aid to civil authorities in the form of search and rescue, HADR, flood relief, community activities and numerous Vande Bharat flights.

INS Hansa is the host for the prestigious event of presentation of President's Colour to naval aviation by the Hon'ble President of India on 06 September 2021. The event coincides with the diamond jubilee of INS Hansa and the liberation of Goa.

High Airfare: MP demands passenger ship from Chennai and Kolkata to bring back stranded passengers to Port Blair

Port Blair, Sep 4:

The Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma today demanded to operate passenger vessel between Chennai – Port Blair and Kolkata- Port Blair sectors to bring back Islanders, who are stranded at mainland due to high airfare.

In a letter addressed to the Chief Secretary, the Member of Parliament mentioned that many Islanders stranded in Chennai and Kolkata have informed him that due to high airfare between Chennai-Port Blair and Kolkata- Port Blair sectors, they are unavailable to reach Port Blair from Mainland India.

He mentioned that when cross-checked by MP office staffs, it has been found that the airfare from Chennai to Port Blair, in the month of September, ranges from Rs.8000-Rs.29,000. Similarly airfare between Kolkata and Port Blair, in the month of September, ranges from Rs. 10,000-Rs. 28,000, which is unaffordable for a lot of people, especially people from low-income groups and Islanders, who have gone to the mainland for medical treatment.

The MP pointed out that in absence of a mainland pas-

senger vessel from mainland these stranded Islanders can't avail ship journey for Port Blair. For them staying back in Mainland and waiting for airfare is also impossible, as, living cost per day in the mainland for a low-income group family is beyond their budget.

Considering their genuine problems, the Member of Parliament requested the Chief Secretary to operate a passenger vessel from Chennai to Port Blair and Kolkata to Port Blair, so that these Islanders can reach Port Blair safely by buying ship tickets, which are cheaper and affordable for them

MP demands Additional sorties of helicopters to Nicobar Group of Islands and induction of bigger helicopter for Islands

Port Blair, Sep 4:

Highlighting prominent issue of Nicobar District that the present schedule of helicopters for various Islands of Nicobar District is not enough to cater to the growing demand of passengers, the Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma today requested the Lt. Governor to schedule additional sorties of the helicopter to remote Islands of Nicobar District on an 'as and when required basis', especially whenever there is a heavy demand for Helicopter tickets from any Island, reported by respective Assistant Commissioners.

In his letter to the Lt. Governor, Mr. Sharma pointed

out that for passengers, who are willing to travel by helicopter, in the case of emergency and other urgent needs, sometimes the waiting period for Helicopter Ticket, is for several

He mentioned in his letter that additional sorties will not only reduce the pain of the public, waiting for transportation from remote Islands but also clear the backlog of passengers waiting on various Islands.

He also requested the Lt. Governor to take initiative to bring one bigger Helicopter for Andaman Nicobar Island so that the bigger helicopter can be operated in Nicobar Districts, which are very remote and remain inaccessible, most of the time.

Pawan Hans already had operated MI 172 helicopters, with nearly 20 seats, in the Arunachal Pradesh region, he mentioned.

The Member of Parliament suggested that the bigger helicopter can also be used for ferrying Tourists to Havelock Island on daily basis, which will also generate revenue for the Government.

He pointed out that if adequate sorties of Helicopters are operated then most of the problems of people, living in remote Islands will be sorted out automatically. He added that more Helicopter sorties will be a morale booster for the government servants, who have been posted in the remotest corner of Nicobar district, to serve Islanders.

'Hamaara AYUSH Hamaara Swashtya- an awareness prog. on AYUSH systems launched

Port Blair, Sept. 4

As a part of Azadi Ka Amrit Mahotsava, 'Hamaara AYUSH Hamaara Swashtya- An awareness programme about AYUSH systems among school and college students was launched by Ministry of AYUSH through video conference. The programme was also streamed at Vivekananda Kendra Vidyalaya, Port Blair by AYUSH, Directorate of Health Services, A&N Administration. About 40 stu-

dents of VKV along with 10 teachers and Principal, Shri Vijay Kumar participated in this live programme. Dr Parth Mondal coordinated the programme on behalf of AYUSH, a press release from AYUSH said.



As part of SEVA HI SANGATHAN – II and in line with call for fight against COVID-19 by Hon'ble Prime Minister, Shri Narendra Modi and as per the direction of National President, Bharatiya Janata Party Shri J. P. Nadda to increase the scope of the World's largest COVID19 vaccination and act as "facilitators' and "help the people" a COVID-19 vaccination camp was organised at Beodnabad and Manglutan, on 02.09.2021 by Bharatiya Janata Party, A&N Islands in the leadership of Shri Vishal Jolly Former State President BJP&Home Ministry Advisory Committee, GoI in presence of senior leaders of BJP, A&N Islands. The residents who were not able to travel to designated vaccination centre have been benefited by this camp.

In his address Shri Vishal Jolly urged everyone to participate in large numbers for receiving vaccination. Further Shri Jolly appealed them to take this up as an individual and collective mission to rid the nation of the scourge of the Corona Virus

A total of 520 were inoculated during the vaccination drive held at Beodnabad and Mangluthan collectively with the objective of covering all eligible at this special vaccination camp.

People from all walks of life appreciated the efforts made by Bharatiya Janata Party, A & N Islands for facilitating people to get vaccinated.

54th Engineers' Day Celebration on 15 September 2021

Port Blair, Sep 4:

The Executive Committee of The Institution of Engineers (India) Andaman & Nicobar State Centre has decided to celebrate Engineers' Day on 15 September 2021 in a simple manner in the conference hall in the office of the Andaman Lakshadweep Harbour Works, Mohanpura Port Blair between 9:30AM to 1PM. The technical presentations will be on the Theme "Engineers for Skill Development & Employment in Combating COVID". The interested Engineers for presentation shall submit their presentation in soft and Hard copy to Honorary Secretary Andaman & Nicobar State Centre latest by 10th September 2021. The presentation shall be of the maximum duration of 15-20 minutes. The ANSC has also decided to award Certificate of Appreciation and memento to three local Tech Samaritans who have responded to the COVID-19 crisis with valour and guts and provided technical services to the society to tide over the crisis. The local Engineers/Technicians shall submit their Bio-Data and description of their contribution in COVID-19 crisis duly signed by them and their organizations/Department head to Honorary Secretary latest by 10th September 2021 ANSC. For any further clarification, Honorary Secretary Andaman & Nicobar State Centre Port Blair can be contacted in mobile number 9434288234.

Higher Educational...

Higher Educational Institutions. Likewise, SOP issued by Directorate of Education vide Order No. 1562 dt. 4th September, 2021 shall be followed in order to comply with the COV1D-19 protocols. Flexibility is extended to the management of higher educational institutions and schools to stagger the class timing of each class in consultation with stakeholders /

from page 1

PTA concerned for maintaining social distancing and to prevent the spread of COVID-19.

Students of both Higher Educational Institutions and Middle School from Classes VI to VIII will be permitted to attend school only with the written consent of parents / guardians, the Joint Secretary (HE)/ Director (Education) said in a press release here.

MP greets teaching....

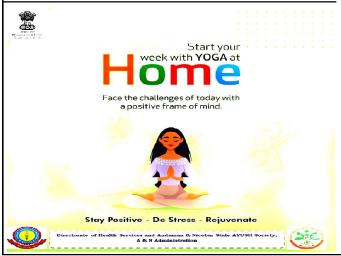
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dous sense of dedication and responsibility as they had to face the challenge of reaching out to students in different remote corners of Andaman and Nicobar Islands, through virtual media.

The message further stated that the influences of teachers and their experiences remain with the students for a lifetime. Our students, when they come out of Educational

Institutes, they must be an asset to society - employable, educated, highly motivates to achieve success in life, sensitive towards the environment, ethical person and most of all a good human being.

Teaching is not just another profession but is a divine responsibility to guide and enlighten children, who are the future of our country, the MP added in his message.



Administration takes stern from page 1

ordered dismissal of the officer with immediate effect. With this, the officer shall not be entitled to any pensionary benefits and also, he shall not be eligible

for any other Government job. This is yet another shining ex ample of Administration's strict stance to curb corruption. This will also send a strong message to all other officials in the Administration and will help in ensuring preventive vigilance.

Meanwhile, if any member of the public has any corruption related griev-

ance against any officer/official of the Administration, the same may be informed over phone no. 03192-240840. The identity of the complainant shall be kept confidential, a press release from A&N Administration said.





Behind Paralympics glitter: Govt push, pvt effort, better training





For India, like the Olympics last month, the Tokyo Paralympics ended with a gold medal that added glitter to its best-ever showing. On Sunday, shuttler Krishna Nagar did a Neeraj Chopra, with his win in the final giving India its fifth gold medal. And with 19 medals overall, India finished 24th on the medals tally.

India's count was boosted by the four-medal sweep in badminton, a sport making its debut, and four more in new categories in other disciplines. However, there is more to the para-leap of a nation that had a grand total of just 12 medals before Tokyo: a harder push by the government, timely handholding by private players, mushrooming of exclusive arenas and incentives, and most significantly, a level playing field for para and ablebodied athletes.

Javelin thrower Sumit Antil, 23, who broke three world records on way to gold, hints that his training and exposure wasn't too different from Indian sports' new poster-boy Neeraj.

"In 2018, some para athletes also got a chance to train

in Finland with other athletes like Neeraj Chopra and that was a huge mental motivation for us. We knew that we were being treated the same as the able-bodied athletes. I got a chance to compete in Italy, France, Tunisia in the last three years and it also made me understand the different conditions, a thing which will also help in preparation for the 2024 Paris Olympics," he says.

Antil got a Rs 7 lakh prosthetic blade, equipment and biomechanics support, thanks to the Sports Authority of India and NGO Go Sports Foundation.

Says silver medallist discus thrower Yogesh Kathuniya: "Apart from facilities, governments now see para-athletes' achievements the same way as normal athletes in terms of cash awards and jobs. This has added to our confidence." Like Chopra, Antil got Rs 6 crore from the Haryana government for his javelin gold.

Besides, the entire 54-member Indian contingent — the largest ever at the Paralympics — was a part of the Central Government's flagship Target Olympic Podium Scheme (TOPS). The Government spent almost Rs 8.2 crore on para-sports from 2018-19 to 2021-22, the Sports Minister told Lok Sabha this year.

Besides, the spending was athlete-specific and came at the right time.

The Sports Ministry

funded the installation of a computerised digital target at gold and bronze medal-winning shooter Avani Lekhara's home, apart from taking care of the heavy costs of her air rifle, ammunition and accessories. Under TOPS, wheelchair silver medallist Bhavina Patel got an updated "practice partner" robot that helped her during the lockdown last year.

The results were there to see. Patel made it to the podium in a sport long dominated by the Chinese, beating World No 3 Zhang Miao to win silver in the women's Class 4 (wheelchair) singles event.

"So many people get scared when the opponent is Chinese. By beating them, I proved that they too are human," she says after becoming the only Indian table tennis player to have won an Olympic or Paralympic medal.

Public-private partnerships, too, played a role. Working with para-athletes since 2008, GoSports Foundation was affiliated with 11 of the 19 para-athletes for Rio 2016, and continued its work ahead of the Tokyo Games, when the Sports Ministry got in touch.

"They'd call and ask us what all we've done for a particular athlete so that there is no duplication," says GoSports' executive director Deepthi Bopaiah. "So, for Avani, the Government looked after certain training and competitions abroad, and we paid for her coaching here. For Sumit Antil, we looked after his prosthetics and they took care of his travel to tournaments."

This time, another private initiative, Olympic Gold Quest (OGQ), got involved in supporting para-athletes — 10 of whom picked up medals.

And then, training got more streamlined. "Earlier, we had to book time slots to play, but now we have a dedicated professional academy with all facilities and sports science equipment," says para-badminton head coach Gaurav Khanna about his facility in Lucknow. "We can decide when to schedule practice. And then there is the gym, steam bath, ice bath, hydrotherapy...everything a professional athlete needs."

Islands' Pride-Esow Alben set to make waves at international arena

Port Blair, Sept. 4

It is a proud moment for Islanders that an ace Cyclist Master Esow Alben has been selected to represent India in UCI Track Nations Cup i.e. Track Cup Cali 2021 (World Cup) to be held at Cali Columbia from Sept. 9 to 12, 2021. He is proceeding to Columbia and will be participating in three events viz. Sprint, Keirin & Team Sprint. Master Esow Alben belongs to Kinyuka Village Car Nicobar and joined the Sports Authority of India National Cycling Academy (SAINCA) at IG Stadium, New Delhi during the session 2015-16. He is a Jr. World Champion and recipient of prestigious 'Bal Shakti Puraskar' 2019.

It may be recalled that his first appearance at international arena was the Malaysia Cycling Championship U-18, in which he created history and made the country proud for being the first Indian Junior Cyclist to win 3 Gold, one each in Keirin, Sprint and Team Sprint events. Since then, he has been exhibiting his forte in various national & international cycling championships and has brought laurels to the country and the Islands as a whole.

Similarly, Master David Beckham is also a Jr. Rider from A&N Islands, and had represented India in the Jr. World Cycling Championship at Cairo, Greece and finished 4th position in the Keirin event. The Department of Sports and Youth Affairs on behalf of A&N Administration has congratulated Master David Beckham for representing India and has also extended their best wishes to Master Esow for the UCI Cup for better performance at Cali Columbia, a press release from Department of Sports & Youth Affairs said.

Member of Parliament....

exam, are going through huge stress as their internship has not started yet while medical students of all other colleges under Pondicherry University have started their internship in the month of August 2021.

The Member of Parliament mentioned that on July 12, Pondicherry University had released results of the final year MBBS examination in which 51 of the 75 students cleared the exam. Now it's almost about to be two months but our internship hasn't yet

started. from page-1

In his letter he pointed out that these students are not only future doctors of Andaman but are also the future Ambassadors of A &N Islands and ANIIMS.

He expressed hope that under the command of the Lt. Governor, these students will be able to start their internship and complete the same on time and become future Doctors and serve needy patients.

Dr Munjpara..... from page 2

Swami Atmapriyananda, Chancellor, Ramakrishna Mission Vivekananda University, Belur Math, Kolkata, said he was reminded of the Upanishads when he saw the Y-Break app. "Swami Vivekananda took yoga to the west. Yoga has become very powerful and effective but it is not very easily accessible to the common man. The beauty of India is that every aspect of our life is constantly immersed in yoga."

Dr. Pratima Murty, Director National Institute of Mental Health and Neurosciences, Bengaluru, said the celebration of Amrit Mahotsav was successful as it brought the ancient tradition of Yoga in synergy with technology. "Yoga is very useful for people who are otherwise healthy, as it improves the mental and cognitive ability and reduces anxiety. There are many researches that have proved yoga and its effects on depression, anxiety and even schizophrenia. It not just restricts to the physical benefits but tremendously affects cognition in a positive manner," she said.

Subodh Tiwari, CEO, Kaivalyadhama Yoga Institute, Lonavala, Mumbai, shared his experience with the Y-Break trials. He said that Yoga was a profound science and beneficial but required efforts to take it to places where the practice hasn't started.

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