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ANTCC holds silent protest (maun-vrat) to condemn the Lakhimpur Kheri incident

Joining the AICC, Shri Ranglal Halder, ANTCC President spearheaded the campaign in Port Blair

Port Blair, Oct. 17: Joining the howl of the rest of the nation in condemning the brutal killing of four farmers in Lakhimpur Kheri in Uttar Pradesh under the command of the All India Congress Committee, the ANTCC held a maun vrat (vow of silence) in Port Blair on 11th October 2021. Similar events were held by the AICC across the country from 10.00 and to 1.00 pm on 11th October 2021.

In the protest held at Port Blair, Shri Ranglal Halder, President, ANTCC led the cadres in observing the maun vrat protest demanding the sacking of (Contd/-page.6...)



NGGOA resolves to seek service regularisation of contract employees

It also passes resolution against skyrocketing prices of essential commodities and non-filling of 9000 vacant positions under Admn.

Port Blair, Oct. 17: The extended Central Executive Committee meeting of Non-Gazetted Govt. Officers' Association, A & N Islands was organised on 9th October, 2021 at Crusade House premises which expressed serious apprehension on the recently published news in the local daily regarding the Administration's stand on the non-continuation of contract period of the employees serving in various departments of the

Administration on contract basis. The meeting noted that instead of terminating the services of these poor employees and workers, the Administration has to initiate steps to regularise the services of these employees as they served for a long period and most of them are over aged. The meeting also passed a resolution against the sky rocketing price rise of essential commodities in these islands which is hitting hard on the pocket

of common man and the government employees. The meeting expressed concern over the non-filling up of around 9000 vacant posts in various departments which is putting undue work pressure on the employees who are presently working under the A & N Administration. The Non-Gazetted Govt. Officers' Association congratulated Shri P.Sabeel, UPSC CSE rank holder who had made (Contd/-page.6...)

Kuldeep adds more feathers in his cap

The Lone MP of A&N isles is now a member of Department-related Parliamentary Standing Committee on Personnel, Public Grievances, Law & Justice



Shri Kuldeep Rai Sharma, the lone Member of Parliament of Andaman & Nicobar Islands had earlier bagged the position as one of the top-10 active parliamentarians which earned him praise from all corners. Ever since the day he was elected to the lower house, there was no looking back in his stride in bringing the grievances of Islanders before the largest law making body of the country. Now, Shri Kuldeep has added another feather in his cap on being nominat

ed as a member of the department related Parliamentary Standing Committee on Personnel, Public Grievances, Law & Justice. The Chairman, Rajya Sabha in consultation with the Speaker of Lok Sabha has nominated Shri Kuldeep Rai Sharma, the Member of Parliament from Andaman & Nicobar Islands for this coveted membership. This was informed by Shri Vinay Shankar Singh, Director, DRSC on Personnel, Public (Contd/-page.6...)

MP sanctions floodlights for ground of little Andaman from MPLADS fund

Port Blair, Oct. 17: Following demands raised by residents and youths of Little Andaman Island, the Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma has sanctioned an

amount of Rs. 10,00,000 (Ten Lakhs) for installation of Floodlights in RRO ground of Little Andaman Island for carrying out sports events, cultural activities, event rehearsals, organiz- (Contd/-page.6...)

MP demands construction of 100 bedded Bongo Bhawan at Port Blair

Port Blair, Oct. 17: The Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma has demanded for construction of a 100 bedded guest house 'Bongo Bhawan' in Port Blair, so that it provides

affordable boarding and lodging option for people of far-flung Islands, especially for those who hail from a poor financial background. In a letter addressed to the Chief Secretary the Member of Parliament (Contd/-page.6...)

NOTICE INVITING e-TENDER

No.e-TENDER/DB/NACD/MB/2021-22/3987, dated 12/10/2021.
NACD/MB/21-22/29

The Executive Engineer, North Andaman Construction Division, APWD, Mayabunder invites on behalf of President of India, online Item Rate bid from the approved and eligible Contractors of the Andaman PWD or all contractors irrespective of their enlistment in APWD or any other Govt. Department subject to the condition that they have experience on executing the relevant magnitude of work as per CPWD Works Manual and with other Govt. of India Organization in these Islands and do not have any adverse remarks:-

1) NIT No. 31/2021-22/EE/NACD, Tender ID: 2021_APWD_4073_1.

Name of work:- Proposed Construction of Wards at Dr. R.P. Hospital Mayabunder.

Estimate Cost- Rs. 6,24,78,688/- & **Time of completion**—18 (Eighteen) Months.

Bid document download / start date :- 14/10/2021

Pre-Bid meeting date:- 27/10/2021 1530 hrs in the conference hall of Superintending Engineer's office, APWD, Port Blair.

The tender should be filled online upto 1500 hrs on or before **16/11/2021**. The tender will be opened on **17/11/2021** at 1030 hrs in presence of tenderers or their representative if any.

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

R.No.IP:8118/21

Executive Engineer
NACD, APWD,
Mayabunder.

Biological E to submit final data on its COVID-19 vaccine Corbevax till Nov. end

New Delhi: Biological E will submit final data on COVID-19 vaccine Corbevax till November end, informed Government sources on Thursday. The government was expecting submission of phase 3 data of Biological E by October but after facing delay in procurement of raw materials, Hyderabad - based Biological E is expected to apply for emergency use authorisation of Corbevax by November-end.

The Corbevax is the third made-in-India vaccine against coronavirus, the other two indigenous vaccines are Covaxin and ZyCoV-D. The government earlier announced about the 30 crore doses of Corbevax by December.

Earlier, on September 2, NITI Aayog Member (Health) VK Paul had said that the Hyderabad-based pharmaceutical company, is expected to launch its vaccine against coronavirus in October this year. Paul had told ANI that Phase 3 of Biological E's trial is underway.

"Stockpile is being produced. We should wait for the results. We hope it'll be in the next month or two. They've made a broad commitment that they'll supply a significant amount by year-end."

The Union Health Ministry had announced in June that the Biological E would supply 30 crore doses of Corbevax to India by December.

The Drug Controller General of India (DCGI) on Wednesday granted the company permission to conduct phase 2/3 clinical trials of the 'Made in India' COVID-19 vaccine for children of age group 5-18 years on certain conditions, sources told ANI. Further, they said that the trial will be conducted across 10 sites in the county. "The permission has been given to Biological E after the recommendation from the Subject Expert Committee," they added. It is to be noted that the government has made an advance payment of Rs 1,500 crore to Biological E for 30 crore vaccines.

Union Home Minister, Shri Amit Shah urges youth to visit Cellular Jail in Andaman to realize sacrifices made by our freedom fighters

Port Blair, Oct. 16 The Union Home Minister, Shri Amit Shah urged the youth of the country to visit the Cellular Jail, in Andaman also known as 'Kala Paani' to realize the sacrifices made by our freedom fighters to make India free from British Rule and get inspired by the resolve of the martyrs. He said this while inaugurating various developmental projects today at Port Blair, in A&N Islands. The Home Minister virtually inaugurated the Humphrey Strait Creek bridge from Netaji Subhash Chandra Bose Island at Port Blair. The bridge has been named 'Azad Hind Fauz Setu'. It is the longest bridge in A&N Islands of 1.18km in length. The Home Minister also inaugurated 49 Health and Wellness Centres in the islands by upgrading the existing health centres.

Shri Shah also inaugurated and laid foundation stones for health & development projects, including Cath Lab at GB Pant hospital and 50 bedded Integrated Ayush Hospital in Port Blair. This modern Cath lab will provide treatment facilities to heart patients of A&N Islands. He also inaugurated a 42KLD slug treatment plant in Port Blair along with energy management centre. The name of historical place Mount Harriet near Port Blair has been changed to 'Mount Manipur' in honor of the royal family members who were kept at this place after Anglo-Manipur War in 1891. The Minister stated that Govt. is committed for the holistic development of A&N Islands. Due to better coordination with Admn. on under the leadership of Lt. Governor, developmental projects are being implemented in the islands, he said. He also assured that the projects for which foundation stones were laid or announced will also be completed at the earliest. The Home Minister also inaugurated the extension of Junglighat Jetty in Port Blair. He also laid foundation stone for Integrated Command and Control Centre in Port Blair under Smart City Mission. Shri Shah also laid foundation stone for building 555 houses under PM Awaas Yojana.

Addressing the gathering, the LG, Admiral D K Joshi and Vice-Chairman Islands Development Agency said that this place has a great historical and symbolic significance in the freedom struggle of the country. This Island which was then known as 'Ross Island' was the Raj Niwas of the British Govt. While commemorating 75th anniversary of the first flag hoisting by Netaji Subhash Chandra Bose on the Indian

soil, the Prime Minister, Shri Narendra Modi on December 30, 2018 inaugurated a 150 feet High Flag mast at Flag Point and renamed this Island as 'Netaji Subhash Chandra Bose Island' in his honour. The Lt Governor informed that as the supreme commander of the 'Azad Hind Fauz', Netaji Subhash Chandra Bose during his tour to A&N Islands stayed in this very Island from Dec. 29 to 31, 1943. The symbolic Flag hoisting was held on Dec. 30, 1943 while the fact is, the Flag remained hoisted on all the three days from Dec. 29 to 31, 1943, he said.

The Lt Governor mentioned that while describing this event, Netaji Subhash Chandra Bose said "This was a memorable event when we saw our National Tri-colour fluttering high on the top of the residential building of the then British Chief Commissioner at the erstwhile Ross Island. The hoisting of the Flag remains a historical and golden chapter in the history of India's Freedom Struggle, when the fearless and courageous 'Azad Hind Fauz' under the leadership of Netaji Subhash Chandra Bose revolted against the British Empire.

The Lt Governor further stated that Netaji Subhash Chandra Bose once said that "declaring Andamans free from the clutches of the British Government signifies the liberation of the first area of our Motherland". The foundation stone laying/inauguration by the Hon'ble Home Minister will be truly a great tribute to the freedom fighters and an important milestone for propelling India at par with developed nation, the Lt Governor said. The Lt Governor on behalf of the A&N Administration assured the Union Minister of Home Affairs that the projects announced today will be completed in a time bound manner under the able guidance of the Hon'ble Home Minister, to take the Islands to greater heights in terms of development.

The Lt Governor expressed hope that in the coming years, this historic Island will serve as an inspiration for the younger generation to contribute towards nation building and devote themselves for the progress and security of the Nation.

The programme concluded with the vote of thanks proposed by the Secretary (Tribal Welfare), A&N Administration, Shri SK Jha.

Earlier, a cultural programme on patriotic theme was staged by the artistes of Eastern Zonal Cultural Centre (EZCC).

10 Foods You Should Avoid If You Have High Blood Pressure

Several people in today's world suffer from high blood pressure and hypertension. This is a condition in which the normal speed of blood in your blood vessels increases at a level that is alarming and unusual. As a result, your blood vessels walls are weakened and your heart starts to pump at a higher than usual rate too. It is this fast pumping that causes your heart to be over-exerted, something that leads to heart attacks & other heart issues.

That said, high blood pressure or hypertension can be reduced with the help of certain foods. However, others may aggravate the condition and give you a harder time. Here are 15 different foods that you should stay away from if you suffer from high blood pressure:

When it comes to issues of hypertension, salt is the worst culprit. Every time you increase the sodium content in your diet, you end up disturbing the ion balance of your body which is usually very sensitive. This increase in sodium content leads to the kidneys failure to properly filter your blood. When the kidneys are unable to produce sufficient urine and in a proper manner, the amount of water in the blood increases leading to a subsequent increase in blood pressure. According to food experts or nutritionists, for anybody to avoid suffering from hypertension, they need to keep their sodium intake below 1,500 milligrams.

Refined oils refer to a type of fat that contains additives. These additives make the oil look cleaner and clearer. While the end product after these additives looks great, the truth is that these refined oils and margarine are packed with omega-6 fats.



As such, this increases your risk of developing heart illnesses especially if you are diabetic. It also makes you more susceptible to both blood clotting and also urinary retention.

Popcorn can be a healthy food just as long as you make it yourself at home. This way, you avoid soaking the popcorn in caramel, butter and sprinkling either too much sugar or salt over it. Note that the popcorn that's available in supermarkets or the type you buy in movie theatres is full of both margarine and sodium. Margarine may be an inexpensive option compared to butter, but it is certainly more dangerous. So, if you really have to eat popcorn, make it yourself. Alternatively if you like munching on something as you watch your favorite movie, get some celery instead. Aside from the fact that cheese is bad for people who are lactose intolerant, it is also not good for your overall health. It is indeed delicious and to some extent has some health benefits like providing you with calcium and protein, however the type you find in supermarkets is packed with salt which is not good for your blood pressure. When you eat too much cheese you get an increase in cholesterol levels and subsequently, you increase your chances of getting heart disease.

When you see canned soups displayed, it's easy to think that they are so nutritious. They

actually look great in advertisements too, since the manufacturers claim that they are packed with healthy vegetables that are nutritious. However, this is not the case. In reality, these canned foods just aggravate hypertension. They contain a lot of sodium which is bad for you since it increases just how fast blood flows in your vessels. As such, when you're picking a canned soup, ensure that you go for one that is labeled "low sodium."

Deli meats refer to processed meats that have been made to last for a longer period without getting spoiled. A lot of people like going for these especially because you can use them to make a quick sandwich which they consider nutritious. Considering the fact that the meats are packed with sodium, this couldn't be further from the truth. Just a two-ounce serving of deli meats contains close to 600 milligrams of sodium. When you pair the deli meat with other ingredients while you make your delicious sandwich, the sodium content shoots to an even higher level.

For so many people, Chinese take-outs have become a favorite. This is undoubtedly because we live such a fast-paced life and in such a society, we barely have time to prepare healthy meals every day. As such, we quickly jump at the opportunity to get budget-friendly options and quick-foods such as Chinese take-out.

Unfortunately, these Chinese take-outs contain so much oil with a lot of sodium in them. This would explain why if you looked at sautéed vegetables from a Chinese food place, you will notice that it's rather shiny. Chinese take-out is also full of canned sauces that are rich in sodium and other ingredients that put you at risk of developing hypertension.

People consider frozen pizzas a great and quick fix when they are unable to cook lunch or when they are too lazy to get something to eat. With them, all you have to do is pop them inside your oven for a few minutes and allow the cheese to start melting. Also allow the dough to turn crispy and golden in color. That said, to conserve your frozen pizza, you will need a large amount of salt. As you know, this kind of sodium content makes blood pressure more aggressive and makes you more susceptible to different heart diseases.

Every time you go for a pre-made sauce, keep in mind that it's a sodium bomb. They contain a lot of salt considering this salt is used in their preservation. This same salt then leads to a disturbance in your body's electrolyte balance. Once the electrolyte balance in your body is disturbed, your kidneys also get affected. The result is then an increase in blood pressure levels. This just means that your beloved pasta dish could be the cause of your unhealthy high blood pressure thanks to the sauce.

In most cases, when you need to preserve anything, salt is the answer. This is the case even with pickles. These vegetables heavily rely on salt to stay fresh but the worst part is that they are often dipped in plenty of oil or vinegar so that they can

ferment and maintain flavor. Pickles are often eaten by people as a side dish. Sometimes they are also put in sandwiches and burgers too in different parts of the world. These high levels of sodium aggravate your blood pressure, which you don't want.

If you're a fan of alcohol, you will be sad to know that there isn't a single health advantage of drinking alcohol. When you drink too much of it, you will experience an increase in blood pressure temporarily.

However, if this becomes a trend, there will be long term effects which include hypertension, among other heart diseases. When you develop the habit of drinking alcohol, you are likely to become obese. Obesity just increases your chances of developing high blood pressure. If you really have to drink alcohol, you should limit your consumption as much as possible.

Baked goods come with amazing smells and could appear to be healthy because some of them have been marketed as such. For some, their great taste reminds you of certain fruits.

That and the idea of eating something that is freshly baked seem nutritious and sound healthy. However, keep in mind that these baked goods contain a lot of sugar which could cause a spike in your blood pressure levels. To add to that, for bread, croissants and other pastries, salt is included. It is this amount of salt that increases blood pressure levels because of the sodium increase in your bloodstream.

Eating bacon is a sure way to add on calories, which is not a good thing. They are really just sticks of fats that have been fried in pools of cholesterol.

Covid virus expected to continue to transmit for a very long time: WHO

Stressing that the Covid virus may continue to transmit for a "very long time", senior WHO official Poonam Khetrapal Singh says the level of immunity in a community, through vaccination and previous infection, will determine whether it will become endemic in the long run.

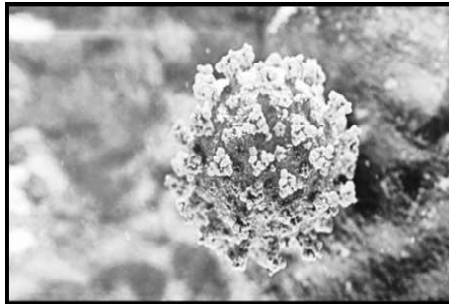
WHO's South-East Asia region regional director added that there is need to get to a situation where "we are fully in control of the virus, and not the virus in control of us".

The endemic stage is when a population learns to live with a virus, very different from the epidemic stage when the virus overwhelms a population. Populations where more people were previously infected and where vaccination coverage is high are expected to be less impacted by the virus in the future than other populations, Singh told PTI in an interview.

"The COVID-19 virus is expected to continue to transmit for a very long time. A multitude of factors will decide whether the virus will become endemic in the long run, chief among them is the level of immunity in a community, both through vaccination and previous infection," she said.

On the granting of emergency use authorisation (EUA) for the indigenously developed Covaxin, she said Bharat Biotech's dossier seeking WHO's Emergency Use Listing (EUL) is being reviewed by technical experts and "we can expect a decision when the process is complete".

Discussing the role of booster doses to tackle waning immunity, Singh pointed out that cases and deaths in all countries are predominantly being driven by



unvaccinated people. Using vaccines for booster doses constricts supply to countries where millions are still waiting for their first dose, she said. "Hence, WHO has called for a time-limited moratorium on COVID-19 booster doses until the end of 2021. This is to allow for at least 40 per cent of the population of each country - including those most at risk and health workers - to be vaccinated. We must remember that no one is safe till everyone is safe."

She said there is currently no conclusive evidence that COVID-19 vaccine efficacy against severe disease and death wanes significantly over time. The vaccines, the expert emphasised, have remained effective in preventing severe disease and death. "However, WHO has not ruled out that boosters for some population groups may be warranted in future. WHO's recommendations on boosters will be guided by the scientific evidence, which is still evolving," she said. "To make a recommendation on the use of booster doses for the general population, more data is needed on optimal timing, safety and dosage of booster doses, which may differ between vaccine products. More extensive research is needed to study the effect of booster doses in the body." According to Singh, eradication is unlikely but

what we can do is to prevent or minimise deaths, hospitalisations, tragedy and social, economic and health loss due to this pandemic.

Current evidence, she said, shows that protection levels around the world remain low and most people continue to be susceptible to the virus.

"WHO continues to recommend a strong public health response based on risk assessment, and for people to continue to protect themselves by getting vaccinated, maintaining physical distance, wearing a mask, avoiding poorly ventilated spaces, cleaning hands and following respiratory hygiene." Referring to the probability of a third Covid wave, Singh said another surge & how intense it will be will depend on all of us.

"If we together continue to adhere to public health & social measures and continue to vaccinate people as fast as possible, it will be hard for the virus to infect enough people to cause another wave," she said. "From experience globally, there is enough evidence that the public health and social measures work, even against the Variants of Concern that are spreading more rapidly, and these measures are critical to limiting transmission of COVID-19 and reducing deaths. For the public health and social measures to be effective,

they must be implemented well and timely and must be tailored to local settings and conditions."

On India's decision to restart exporting COVID-19 vaccines, Singh said there is need for equity of vaccination administration globally to ensure that the most vulnerable such as frontline workers and the elderly are fully vaccinated. "At the moment, several low and lower-middle-income countries are lagging behind in vaccinating their vulnerable populations. An equitable vaccine distribution will also help check the emergence of variants by halting the spread of the virus." Singh also noted that the pandemic has given "once-in-a-century opportunity" to strengthen the health system to build

back better. "We must invest in strengthening health system resilience to ensure health security and achieve universal health coverage. It means allocation of more resources for health and its efficient governance," she said. Now is also the time for countries to take lessons from the pandemic to strengthen health systems in her view. "Strong health systems that are primary healthcare-oriented, and which leave no one behind, create populations that are healthier, more productive and financially secure. Resilient health systems are the bedrock of emergency preparedness and response, and ensure that when acute events occur, essential health services can be maintained," Singh said.

These type of Foods That Should Never Be Placed in the Refrigerator

Refrigeration will dramatically inhibit the growth of harmful bacteria on many types of prepared and cooked foods. It is usually advised to refrigerate foods at a temperature between 35 and 38 degrees Fahrenheit (between 1 °C and 3 °C). While refrigeration can decrease spoilage on many different kinds of foods, it is not recommended for every edible item in the kitchen. Colder temperatures can change the texture and taste of many foods, and sometimes even the nutritional value. The following information describes 35 foods you should not put in the fridge and the reasons why they are best left out at room temperature.

Coffee needs a dry, cool area to remain as fresh as possible. Refrigerator temperatures are normally too cold. Coffee should also stay in an air tight container to retain a high quality. The National Coffee Association states that coffee beans should be stored at room temperature and kept away from heat, moisture, and

light. Cold temperatures tend to have a drying effect on many items. Bread is a food that will become dry and stale if refrigerated. Bread may also be chewy in texture if kept for very long in a cold environment. Tomatoes will lose much of their rich, tangy flavor if stored in the refrigerator. Cold temperatures will also change the texture of tomatoes as well as break down certain membranes on the inside. They can ultimately become mealy, mushy, and tasteless. Tomatoes will ripen at a steady rate and maintain their delicious flavor if kept on the counter at room temperature.

Basil has a tendency to absorb other smells that may be in the refrigerator. Not only can refrigeration destroy the flavoring power of basil, but the leaves may begin to wilt. Cooking experts site Epicurious.com suggests treating basil like you would cut flowers. Keeping the basil in a glass of water on the counter is sufficient for keeping it fresh.

This brown bug will make destroy your yard, take action if you see it

Backyards are usually our little pieces of heaven, however, if we don't pay enough attention they can be destroyed quite easily. Something very small can be the cause of that, a brown bug also known as the stink bug. Despite the fact that it looks like a harmless insect, it can do more harm than you can imagine to your garden.

Insects are usually quite tiny and hard to identify many times. The stink bug is no exception, a tiny insect, brown in color and a round body. This little critter has 6 legs, and another very important feature is the bug's back, that reminds you of an old shield.

The biggest problem with this one may be the fact that he's quite tiny, we are talking 0.7 inches tiny. For that reason it can be quite difficult at times to even see it. They can destroy your plants without you even noticing it. To make matters worse, the stink bugs can also fly, so that will make everything even more difficult.

The stink bug isn't a bug that is satisfied with just ruining your backyard, they will infest even your house. Every tiny hole in your windows or cracks in your walls can be a potential entrance for them. We are certain that no one wants them as guests in their house. You may think that this name is just a joke, but we are quite serious, the brown stink bug is also known as *Halyomorpha halys*. It doesn't have the best name for sure. Taking into consideration the trouble that they are able to cause, we're quite certain that this name pales in comparison from the ones they've heard from owners and gardeners.

It's quite an interesting fact to know that this bug has made its presence known in the Western world quite late.



They originate from Asia, in countries such as Korea, Taiwan, China, and Japan. However, now they are rapidly moving into different parts of the world.

As we explained earlier, they are quite invasive as species and that is what they have been doing for quite some time. The question is how did they actually spread in so many countries? One expert thinks that he may have the answer to that. Max Barclay, the head of Coleoptera collection which is located at the National History Museum.

Barclay gave an interview a while back for *The Guardian* in which he stated that the annoying little critters probably may have come via overseas shipments. It's quite fascinating to think that a ship may have been responsible for introducing us to this unwanted pest. In addition to that, it is important to mention that they didn't just hide there for fun, there may be a more logical answer to that.

In the interview by Barclay he further stated that they are inactive when the temperatures drop so they try to find a place where they can hide until the weather starts to warm up again. The process is called "diapause" and it is basically hibernation but for bugs. A cargo ship doesn't seem like a bad place to wait out. Since they run away from colder temperatures it is only logical to know that they prefer warmer temperatures and they will continue to increase in number as the

years go by. Seeing how the temperatures are rising in general every year, that is not a surprise.

Back in 2020, specialists shared a research they had made regarding the environment that Switzerland could offer in the next century for the stink bug, and the results came less than pleasing for the people living there. It seems that the tiny European country is a perfect spot for them, and as we have seen, they are already spreading out everywhere.

Dr. Tim Haye took part in a research for CABI (Centre for Agriculture and Biosciences International). He shared some fascinating findings regarding this annoying little bug. The findings were shared in CABI's website in sept. 2020. Dr. Haye said that climate change is already having a huge impact in the way many species are behaving and it is also modifying them. Besides that, their life cycle and reproduction are also affected. Since these changes aren't limited only to one country, it will also affect the Central-European of Switzerland as well. It seems that Swiss citizens have to be on the lookout for this little bug.

Dr. Haye continued by saying that the range expansion could reach Alps' foothills. Even higher latitudes of the country could become one day hospitable to the stink bug taking into consideration how the climate change patterns are unfolding. Seeing this, people of

Switzerland will surely start to prepare in the future of what may happen once this critter makes its presence known in the country.

When we are talking about these concerns it is important to say that the projection of when the climate will be perfect for stink bug to invade Switzerland is in the next century. While that may seem far ahead into the future, we should always remember that they can wreak havoc once they reach the country.

PestWorld.org said that the stink bug first was discovered in America back in 1996 in the state of Pennsylvania. It took no less than five years for it to be confirmed. Imagine that for five years after its discovery no one knew that they were already spreading throughout the country already!

During that time they had already started to migrate through the country's eastern states. When they reached New Jersey it took them only a few years to reach Virginia. Just recently they managed to call North Carolina their home as well. This is very concerning because this is not the entirety of their movement that they have made. So far they have invaded 44 U.S. states. From 1996 until today almost the entire country has been invaded by the annoying little critters. When stop and think how big the United States of America actually are, that is an incredible feat on its own and we can't help but wonder, when will reach the final six?

The name isn't accidental, and it is also known as *Halyomorpha halys*. The reason why it is called the stink bug is that just like a skunk it will fire a pungent smell when they are in danger. The smell of this bug can reach a few inches. Some people have

said that it kind of reminds them of cilantro. However, according to *The Guardian* its stench resembles more that of an almond. However, we think that would rather not smell the bug, & take *The Guardian's* word for it. If you ever happen to encounter one in your garden or your house, do not ignore them. They love plants, especially fruits and vegetables. It is worth noting that for such a small bug, it can do tremendous damage to your garden.

According to *The Guardian* a staggering \$40 million were lost by the U.S. farmers in apples just in 2010. This is just mind-blowing to hear, the amount of money lost to a bug in just a year. Thinking what may happen in the future is even scarier.

It's interesting to know that when they munch on the areas of the fruit, they leave a brown spot behind. That is also an indicator that the fruit is useless then. They do this to every crop that they attack, and that list includes grapes and cucumbers among others. People in Great Britain are quite concerned about the fact that they like to attack grapes.

The reason why in the U.K. they are a nuisance is because they tend to attack grape crops, and as a result it will ruin batches of wine. Since the U.K. wine industry is on the rise as of late that can be quite devastating for the farmers. As we have seen so far, they can be quite nasty to deal with and they can sure cause a lot of damages financially, be that to a farmer trying to run their business or to your beautiful garden, this begs the question, has anything been done to deal with this issue? Max Barclay, has said that unfortunately it may be impossible to remove them completely out of a country.

ANTCC...

Union Minister of State for Home Affairs Shri Ajay Mishra Teni from his post as his son had allegedly involved in the incident. Eight people, including four farmers, were killed in the violence at Uttar Pradesh's Lakhimpur Kheri on October 3. The Uttar Pradesh Police have arrested Ashish Mishra on charges of murder. Farmers alleged that Ashish Mishra was in the lead car that ran over protesters who were returning from a demonstration in Tikunia village.

According to the protesters, the silent protest was aimed at condemning the open warnings given by Shri Ajay Mishra Teni and consequent trampling of farmers under an SUV

owned by the Minister and his family. Farmers, who were eye witnesses, have openly stated that they were run over by a vehicle being driven by the son of the Union Minister of State for Home Affairs. Despite all round protests and intervention of the Supreme Court, no decisive action has been taken either against the guilty or against the Minister so far. It is shameful that the Prime Minister and Home Minister whom the Minister directly reports to have not uttered a word against this cold blooded murder, it was alleged.

In Port Blair, the silent protest carried out by ANTCC had the enthusiastic participation of ANTCC cadres who expressed

from Page.No.1...

solidarity with the families of those killed in the incident. However, the silent protest rally which originated from Gandhi Bhawan was not allowed to reach the Rajniwas Route citing impending visit of the Home Minister Shri Amit Shah.

Although Shri Kuldeep Rai Sharma was out of station over party responsibilities in mainland, the protest in Port Blair had the participation of Campaign Committee Chairman Shri T.S.G Bhaskar and other senior leaders besides the Mahila Congress Leaders, Youth Congress, City Congress & frontal organisations such as INTCC, Seva Dal, NSUI etc, a communiqué from the ANTCC Head quarter said.

boarding and lodging house, 'Bongo Bhawan' at Port Blair, where they can stay in minimum cost, during their visit to Port Blair for various urgent needs, most importantly for medical treatment.

The MP mentioned that at present people from remote Islands coming to Port Blair do not have an affordable option for

boarding and lodging and that is why in case of longer stay they have to pay a heavy amount of money for the same. He added that 'Bongo Bhawan' will also be a great support for the student community of these Islands, especially those, who need to stay in Port Blair before and after their visit to Mainland India for higher studies.

A Senior Citizen's fervent call to bail out tourism industry affected by novel corona pandemic

Hamid Ali writes to Home Minister seeking financial relief to affected stakeholders of tourism industry

Tourism Industry, the backbone of the local economy in death bed thanks to the two years of hiatus imposed by the pandemic over the outbreak of novel corona virus since the early 2020. While the situation is normalising gradually with the fear of third wave still intact, there is no symptoms of economic revival as the tourism industry has not woken up from the slumber till date. The tourism industry being the core sector of these islands, it provided employment to thousands of educated and skilled youths in various categories. Now, with no resumption of tourism activities, the industry is yet to wake up. Amidst this situation, the Hon'ble Home Minister Shri Amit Shah has visited these Islands from 15th to 17th of Oct. 2021 and took stock of the local situation.

Shri Hamid Ali, a senior citizen of these Islands, with a view of bringing the precarious state of tourism industry to the attention of the Hon'ble Minister, has made a representing calling for revival of the industry through financial aid by way of financial relief.

Excerpts of his letter are reproduced below. "Dear Amit Shah Ji, the only scope of employment & survival in Andamans for Youths of the islands is the Tourism Industry. Many families are linked with this Industry and are solely

dependent for their livelihood on Tourism. Unfortunately the Pandemic Corona has affected this Industry in a very acute manner. The Pandemic has left a very bad impact on Tourism Industry & Tour Operators. Not only many Tour Operators have gone to the stage of starvation but are losing their assets and infrastructures too, created out of loan in order to clear their debt. In such circumstances on 14th October a tour Operator has committed suicide leaving behind his wife and a three years old Baby. Many Tour Operators are under depression for not being able to pay the Bank loan which multiply every month and accumulated to huge amount, beyond their payment capacity. Hon'ble Sir, we welcome your visit to this remote islands of Andaman. We are sure that by your visit the islands and the islanders shall be benefitted in many ways.

I shall however make a particular request to your Honour for considering some financial relief to Tour Operators to come out of their depression and ease them in matter of paying their Bank loan. This will help them to live in a prosperous way and enable them to look after the members of their family in a decent manner"

- Hamid Ali,
Senior Citizen, Port Blair.

NGOOA...

these islands proud by securing 485th All India Rank and is expected to join Indian Revenue Service shortly. The meeting discussed various pending issues pertaining to various

categories of employees and decided to step-up pressure on authorities for its early settlement. The meeting was presided over by Shri R.Rajendran, President while Shri T.S.

from Page.No.1...

Sreekumar, General Secretary of the Association presented the report on the period under report. Shri R.Surendran Pillai, Asst. General Secretary proposed Vote of thanks.

Kuldeep...

Grievances, Law & Justice in a mail on 09.10.2021. Meanwhile, the All India Congress Committee has appointed Shri Kuldeep Rai Sharma, MP as AICC Secretary to be attached to the General Secretary-in Charge of Karnataka with effect from 11th Oct. 2021.

In a press release issued by Shri K.C.Venugopal, General Secretary, All India Congress Committee, the appointment of Shri Kuldeep Rai Sharma as the Secretary has been communicated. Back home, cheerful party functionaries congratulated Shri Kuldeep

from Page.No.1...

on his new stint & wished him all success in his career. Expressing happiness on receiving multiple recognitions, a core party functionary of ANTCC hoped that, Shri Kuldeep deserves much more recognition as he has the potential & ability to excel as a great leader.

MP Sanction...

ing festivals etc in evening hours by people of the region. The Member of Parliament was earlier informed by people of Little Andaman that RRO ground is used throughout the year by people of the Islands, especially the youths for all kinds of sports activities, cultural events, festivals etc but during evening hours due to lack of any Floodlights

no events could be conducted in the said ground. Member of Parliament has assured the villagers of Little Andaman that Floodlights will be installed in the said ground from MPLADS fund so that Islanders, especially youths of Little Andaman could be engaged in constructive and productive activities in the evening hours. "Keeping

from Page.No.1...

youths engaged in sports and cultural events during evening hours is the best way to save youths from the threat of drug and alcohol addiction. I am confident that once the Floodlights are installed talented youths of Little Andaman will be able to excel in the field of sports & cultural activities," the MP mentioned in a message to the people of Little Andaman.

MP demands...

mentioned that he has been receiving heavy demands from people of North and

Middle Andaman, Swaraj Dweep, Shaheed Dweep and Little Andaman Islands,

from Page.No.1...

especially people from the Bangali community to construct an affordable