

Däily Telegrams

...the Largest Circulating Daily of the Islands

Port Blair, Wednesday, June 15, 2022

Web: dt.andaman.gov.in

Rain or thundershowers likely to occur at few places. Maximum and Minimum temperature Weather

Recruitment of 10 lakh people to be done by the Govt. in mission mode in next 1.5 years: PM

New Delhi, June 14

Prime Minister, Shri Narendra Modi has reviewed the status of Human Resources in all Departments Ministries. The Prime Minister's Office today said in a tweet that he has instructed that the recruitment of ten lakh people be done by the Government in a mission mode in the next one and half years.

After this announcement by the Prime Minister, the youth of the country who have been waiting for job expressing their happiness opportunities



are and enthusiasm.

Agriculture and Farmers earliest. Minister, india.gov.in)

Shri Narendra Singh Tomar has said that the decision of Prime Minister, Shri Narendra Modi to recruit New Delhi, June 14 the last 24 hours. ten lakh people in Mission Mode in the next one-anda-half years is historic and especially beneficial for the youth of the country. He said, this will infuse hope and enthusiasm in youth.

Shri Tomar said that in compliance with the instructions of the Prime Minister, instructions have been given to fill up all the vacant posts under the Ministry of Agriculture and Farmers Welfare at the (Source:

vill be around 31°C and 25°C respectively on Report Wednesday 15/06/2022. Maximum Temperature (°C) of Date: 31.7 Minimum Temperature (°C) of Date: 25.7 Relative Humidity (%) at 0830 IST: 076 Relative Humidity (%) at 1730 IST: 080 Sunrise time on 15.06.2022 (in IST): 0455 Sunset time on 15.06.2022 (in IST): 1744 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.0 Rainfall upto 1730 hrs of date in mm: 000.0 Rainfall (Progressive total from 1st January 22 upto 0830 hrs (of date) in mm: 990.5 mm Rs. 3.00 Pages 4

Over 195 crore 35 lakh vaccine doses administered so far under **Nationwide Vaccination Drive**



Over 195 crore 35 recoveries

India's Active

lakh vaccine doses caseload currently been stands administered so far thousand 548. Active under Nationwide cases stand at 0.12 Vaccination Drive. per cent. Daily The Health Ministry positivity rate is at said, the recovery rate 2.05 per cent and is currently at 98.67 Weekly positivity per cent. Four rate is at 2.32 per thousand and 35 cent. Over 85 crore 54 people recovered in lakh tests have been the last 24 hours. Total conducted so far. have Over three lakh 21 reached four crore 26 thousand tests were lakh 61 thousand 370. conducted in the Six thousand 594 new last 24 hours. cases were recorded in (Source: india.gov.in)

Initiative under 'Azadi Ka Amrit Mahotsav' Tribal Welfare Deptt. in association with FTII to conduct free-of-cost online film making course for STs

Port Blair, June 14 the Directorate of in the Lecture Certificate to Smti conducting free-of- from June 27 email director.tribal cost online film onwards. making course for

Islands. The course may send their As part of Azadi will be conducted particulars along Ka Amrit Mahotsav, through online mode with ST & Aadhaar Tribal Welfare, A&N Gallery of JNRM in Kajal Roy, Assistant Administration in two subjects viz. Director association with Film Appreciation (9434295319) and Ms Film and Television course from June 20 Jochibet Vincent, Institute of India to 24 and Smart Associate Professor (FTII), Pune will be Phone Film Making (9476001403) or by

Scheduled Tribes participants who are release from Tribal

@gmail.com by June Interested ST 19, 2022, a press

of A&N 18 years and above Welfare said.

Vaccination drive in A&N Islands 13,129 beneficiaries in the age group of 12 to 14 yrs vaccinated till date

drive is continuing the age group of 12 to the age group of 18smoothly in A&N 14 yrs. The number of 44 years and the Islands. As per beneficiaries number data available, a administered beneficiaries total of 6,82,747 precautionary dose of administered doses of vaccine vaccine so far stood precautionary dose have administered to beneficiaries in the eligible beneficiaries Andaman, age group of 18 and were vaccinated in beneficiaries were above so far. A&N

The vaccination been vaccinated in beneficiaries were in been at 26349.

A total of 217 Similarly, 23,556 t o d a y . 1 3 8 number of beneficiaries beneficiaries have beneficiaries were administered been vaccinated vaccinated in South precautionary dose of in the age group Andaman District, vaccine stood at 76, a of 15 to 18 yrs and out of which,12 were press release from 1 3 , 1 2 9 in the age group of DHS said.

Port Blair, June 14 beneficiaries have 12-15 years, stands at 67.

> In North & Middle Islands vaccinated and the

In a transformative reform, Cabinet clears 'AGNIPATH' scheme for recruitment of youth in Armed Forces

Agniveers to be enrolled under respective Service Acts for four years

New Delhi, June 14

The Centre today cleared the AGNIPATH Scheme for recruitment of youth in the Armed Forces. Briefing media in New Delhi with three Serivce Chiefs, Defence Minister, Shri Rajnath Singh said, the youth selected under this scheme will be known as Agniveers. He said, the Agniveers will be getting Risk and Hardship Allowances as applicable in the three services. Shri Singh said Agniveers will be also paid one-time Seva Nidhi by Cabinet Committee on can serve in the With Security allows patriotic and Armed Forces with scheme, motivated youth to serve in the pride. Armed Forces for a period of four

which comes into immediate for the three services.

Chief of Air Staff Air Chief Scheme is a new era of Pande said, it will

त्र सूचना कार्यालय BUREAU FORMATIO attractive monthly package with Marshal V. R. new thinking and it of 48 lakh rupees for the duration

scheme gives Air the Human Resources Indian Armed Forces. to draw from vast Armed

Chaudhary said, the major step.

Navy Chief paradigm shift in self-disciplined

maintain the balance between youth and experienced personnel.

Agniveers will get a salary of 30,000 rupees to 40,000 rupees per month and allowance as applicable. The Seva Nidhi will be exempted from Income Tax. There shall be no entitlement to gratuity and pensionary benefits. Agniveers will be provided noncontributory Life Insurance Cover Chaudhary said, the will positively impact of their engagement period in the

Force an opportunity Management of the During this period of service to Forces. the nation, the Agniveers will be package upon completion of pool of talent Admiral Hari Kumar imparted with various military engagement period of four years. available in the said right now, Navy skills and experience, discipline, The AGNIPATH Scheme cleared country so that they has women officers. physical fitness, leadership Agniveer qualities, courage and patriotism. women Post this stint of four years, the sailors would also be Agniveers will be infused into the Air Chief Marshal inducted and it is a civil society where they can contribute immensely towards the Over forty six thousand IAF shall be imparting Army Chief General nation building process. The skills Agniveers to be recruited this a wide range of Manoj Pande said, gained by each Agniveer will be year. This is a major defence training and exposure Agnipath Scheme is a recognised in a certificate to form policy reform introduced by the to the Agniveers in transformational part of his unique resume. Government to usher in a new era aviation, weapons reform for the Army Agniveers, on completion of the in the Human Resource policy of and sophisticated and the Nation and it four year tenure in the prime of the three services. The policy, ground systems. aims to bring a their youth, will be mature and effect, will govern the enrollment Admiral R. Hari Human Resources realization to become better version Kumar said, Agnipath Management. General of himself or herself both

COVID-19 status in A & N Islands One positive case detected during RT-PCR test conducted on incoming flight passengers

Port Blair, June 14 181 incoming flight awaited. passengers who arrived vesterday, detected. Today, 13 Andaman flights with 1841 Ferrargunj, passengers were Bay Jetty, 61 release

test was conducted on positive case has been During the RT- 182 passengers and detected. RAT was PCR test conducted on the reports are conducted on 42

doses while RT-PCR tested with RAT, no said.

passengers During RAT Mohanpura here conducted on 47 Terminus, no positive one passengers bound for case has been detected. positive case has been North & Middle At Helipad, 4 at passengers were no tested with RAT and June 15 at Kadamtala, at

Schedule for door step delivery of LPG cylinder in Rangat Tehsil announced

per the schedule in Vishnupur

Rangat, June 14

at Kadamtala, June 21 at General public of Yeratta & Long Island, Rangat Tehsil have June 23 at Baratang, been informed that as June 25 at Thikadera, per undertaking given Koushalyanagar-2, by LPG distributor Baludera, June 26 at Society organized a Bus Asmani Indane, LPG Kalsi, Urmilapur, cylinder will be Bakultala, June 28 at provided at door step as Mithila, Sitapur, Government

Rangat Tehsil viz. on Bharathpur and June 30 passengers arrived, positive case has been the reports were June 16 at Panitanki, Dashrathpur & Church Bank, G. B. Pant donors. out of which, 1624 detected. At Phoenix negative, a press Hawamahal, Janakpur, Road, a press release passengers were Bay Jetty, 61 release from at Baratang, June 17 from Tehsildar, Multipurpose Hall, inaugurated by Shri guest motivated the at Baratang, June 18 at Middle Andaman, ITI, Dollygunj. A Hari Kallikkat, voluntary blood Rangat Bazaar, June 20 Rangat said.

World Blood Donor Day observed at ITI Dollygunj : 68 units of blood donated by voluntary donors

Port Blair, June 14 On the occasion 'World Blood Donor Day' 2022, A & N AIDS Control blood donation camp in coordination with Institute Shantibasti, Dollygunj and Blood and Hospital today at



(ITI), by the students, staff South Andaman as

total of 68 units of Additional District

voluntary the chief guest. Speaking on the

The camp was occasion, the chief

Just one bite can take us closer to death. No Mosquitoes, no diseases.

अण्डमान तथा निकोबार प्रशासन ANDAMAN & NICOBAR ADMINISTRATION सचिवालय/SECRETARIAT

HEALTH BULLETIN FOR CONTAINMENT OF नावल काराना वायरस राग

(No. 806/ 14th June 2022) COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 14.06.2022

Status of Cases:	
Details of Third wave since: 01.01.2022	
Active new cases in last 24 Hours	01
Discharges in last 24 hours	01
Total confirmed cases	2330
Total Discharges	2339*
Total Active cases as on date	05
Total deaths	00
*Includes 14 discharges of second wave	
Cumulativa since March 2020	

Details	On 13th June 2022	On 14th June 2022	Total
Confirmed Cases	10057	01	10058
Cured/Discharged from	9923	01	9924
Hospital			
Death	129	00	129
> Clinical Management of	f Cases:		
Name of District	Isolation Beds Available	Occupied	Vacant
Morth O Middle Anderson	200	00	206

Death	129	00	129	
> Clinical Management of Cases:				
Name of District	Isolation Beds Available	Occupied	Vacant	
North & Middle Andaman	286	00	286	
South Andaman	5583	00	5583	
Nicobar	507	00	507	
Total	6376	00*	6376	
*05 Positivo casos in hor	no quarantino			

*05 Positive cases in home quarantine.	
Status of Sample and Testing:	
Total Samples sent till date	745659
Total Reports received till date	745659
Total Pending Reports	0
Rate of Testing Per Million	1864148
Cumulative Test Positivity Pote	1 25%

Cumulative Test Positivity Rate		1.33%
> Vaccination status:		
Total population	4,00,000)
Target Beneficiaries	3,22,000 (Ap	prox.)
Cumulative beneficiaries vaccinated so far	682747	
Cumulative beneficiaries vaccinated with 1st Dose so far	342262	106.29
Cumulative beneficiaries vaccinated with 2 nd Dose so far	340485	99.48
% of Target beneficiaries fully vaccinated	-	105.74
% of Population vaccinated	-	85.57
Vaccination for 15 - 18 years age	group	
Tarrell beautiful and for AE AO and a	00000	

% of Population vaccinated		85.57
Vaccination for 15 - 18 years age	group	
Target beneficiaries for 15-18 years	23,000	
Cumulative beneficiaries vaccinated with 1st Dose so far	23556	102.42
Cumulative beneficiaries vaccinated with 2 nd Dose so far	19610	83.25
Vaccination for 12 - 14 years age	group	
Target beneficiaries for 12-14 years	13,000	
Cumulative beneficiaries vaccinated with 1st Dose so far 12-	13129	100.99
14 years	13129	100.55
Cumulative beneficiaries vaccinated with 2nd Dose so far 12-	10900	92.26

Target beneficiaries for 12-14 years	13,000	
Cumulative beneficiaries vaccinated with 1st Dose so far 12- 14 years	13129	100
Cumulative beneficiaries vaccinated with 2nd Dose so far 12- 14 years	10800	82.
Precautionary dose	26349	
*2nd dose % against 286000 beneficiaries.		

	rassengers screened at voi Airport & Haddo Whari			
	Details	From 25 th May 2020 to 13 th June 2022	On 14 th June 2022	Total
	Incoming passengers a) VSI Airport b) Haddo Wharf	710210 1480	1867 00	712077 1480
	Outward passengers a) VSI Airport b) Haddo Wharf	723799 928	1911 00	725710 928

(On 14.6.2022, 182 passengers were retested by RTPCR at Airport) 24x7 CONTROL ROOM NUMBERS: 240126/ 232102 / 1077/ 1070

SEVA SUCHNAYEIN

ALL THE SAILINGS ARE SUBJECT TO WEATHER CONDITION (SHIPPING HELPLINE NO. 245555) NOTE: FOR SHIPPING RELATED QUERIES PLEASE DIAL TO TOLL FREE NUMBER 18003452714.

MV Chowra will sail for Little Andaman on 18.06.2022 (Sat) at 0900 Hrs from Haddo Wharf and will sail for Port Blair on the same day at 2000 Hrs from Little Andaman. Passenger tickets for the above sailing will be issue to the general public on 16.06.2022 from 0900 Hrs onwards at STARS Ticketing Counters

MV Kalighat will sail for Campbell Bay via Nancowry on 18.06.2022 (Sat) at 1200 Hrs from Haddo Wharf and will sail for Port Blair on 20.06.2022 (Mon) at 0900 Hrs from Campbell Bay via Nancowry. Passenger Tickets for onward journey will be issued on 18.06.2022 at Haddo Wharf two hours prior to the departure time of the vessel based on the list provided by Deputy Commissioner's Office, Port Blair and also after due verification of COVID Test Certificate and Islander Card/Local Certificate/Tribal Pass etc.

MV Coral Queen will sail for Little Andaman on 16.06.2022 (Thu) at 2000 Hrs from Haddo Wharf and will sail for Port Blair on 17.06.2022 (Fri) at 0800 Hrs from Little Andaman

MV Coral Queen will sail for Little Andaman on 20.06.2022 (Mon) at 2000 Hrs from Haddo Wharf and will sail for Port Blair on 21.06.2022 (Tue) at 0800 Hrs from Little Andaman.

Passenger tickets for the above sailing (i.e. for 16th & 20th June, 2022) will be issued to the general public from 11.06.2022 onwards at STARS Ticketing Counters.

MV Bharat Seema will sail for Diglipur via Mayabunder on 15.06.2022 (Wed) at 1700 Hrs from Haddo Wharf and will sail for Port Blair on 16.06.2022 (Thu) at 1400 Hrs from Diglipur via Mayabunder. Passenger tickets

for the above sailing will be issued to the general public from 13.06.2022 onwards at STARS Ticketing MV Dering will sail for Diglipur via Mayabunder on 18.06.2022 (Sat) at 1700 Hrs from Haddo Wharf and will sail for Port Blair on 19.06.2022 (Sun) at 1400 Hrs from Diglipur via Mayabunder. Passenger tickets for the

above sailing will be issued to the general public from 16.06.2022 onwards at STARS Ticketing Counters. Note: Passenger tickets for the Foreshore Sector vessels will be issued to the general public at STARS

Ticketing Counters two days prior to her scheduled departure date.

SHAHEED DWEEP & SWARAJ DWEEP

MV Coral Queen will sail for Swaraj Dweep on 15.06.2022 (Wed) at 0700 Hrs from Haddo Wharf and will sail for Port Blair on the same day at 1500 Hrs from Swarai Dweep

MV Kamorta will sail for Shaheed Dweep on 15.06.2022 (Wed) at 0630 Hrs. from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0845 Hrs from Shaheed Dweep

MV Bambooka will sail for Shaheed Dweep on 15.06.2022 (Wed) at 1100 Hrs from Phoenix Bay Jetty and will

sail for Port Blair on the same day at 1600 Hrs from Shaheed Dween MV Bambooka will sail for Swaraj Dweep on 15.06.2022 (Wed) at 1300 Hrs from Shaheed Dweep Jetty and

will sail back to Shaheed Dweep on the same day at 1430 Hrs from Swaraj Dweep.

SHAHEED DWEEP & SWARAJ DWEEP

MV Coral Queen will sail for Swaraj Dweep on 16.06.2022 (Thu) at 0700 Hrs from Haddo Wharf and will sail

for Port Blair on the same day at 1500 Hrs from Swaraj Dweep. MV Chouldari will sail for Shaheed Dweep on 16.06.2022 (Thu) at 0630 Hrs. from Phoenix Bay Jetty and will

sail for Port Blair on the same day at 0845 Hrs from Shaheed Dweep.

MV Bambooka will sail for Shaheed Dweep on 16.06.2022 (Thu) at 1100 Hrs from Phoenix Bay Jetty and will

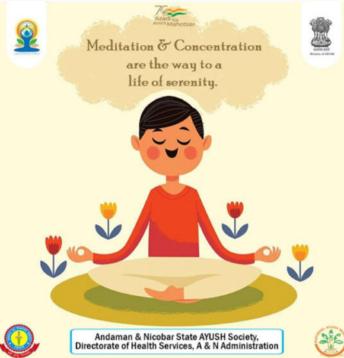
sail for Port Blair on the same day at 1600 Hrs from Shaheed Dweep. MV bambooka will sail for Swaraj Dweep on 16.06.2022 (Thu) at 1300 Hrs from Shaheed Dweep Jetty and

will sail back to Shaheed Dweep on the same day at 1430 Hrs from Swaraj Dweep.

17.06.2022 (FRI)

SHAHEED DWÉEP & SWARAJ DWEEP

MV Dering will sail for Swaraj Dweep on 17.06.2022 (Fri) at 0700 Hrs from Haddo Wharf and will sail for Port Blair on the same day at 1500 Hrs from Swaraj Dweep



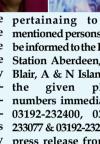
Two persons reported absconding with boy child: general public urged to pass on information

Port Blair June 14 The general public have been informed that one person N. late

Kishore Kumar, S/o Μ. Nagarathinam, 42 yrs, Court of Calcutta, information



Blair and his wife to find out the mentioned persons may Apsha Bibi, 42 yrs are whereabouts of the beinformed to the Police absconding from Port above said persons. The Station Aberdeen, Port Blair alongwith a boy description of the boy Blair, A & N Islands in child namely Al child is colour-fair, hair- the given phone Ambreen. M since light brown, height- numbers immediately, 10/02/2021. In approx. 3 feet, face- 03192-232400, 03192pursuance of the order round, eyes-black. It is 233077 & 03192-232100, a of the Hon'ble High requested that any press release from SP





internal threats and natural disasters. (Source: india.gov.in) World Blood Donor Day observed ... Contd. from page 1)

donors for the noble cause and also appreciated the organizations who regularly conduct blood donation camps.

In a transformative reform, Cabinet ...

professionally as also personally. Moreover,

the Seva Nidhi of approximately 10.4 lakh rupees would aid the Agniveer to pursue his or

her future dreams without the financial pressure.

enrolment in the Armed Forces as regular cadre.

They would be required to serve for a further engagement period of minimum 15 years and would be governed by the existing terms and conditions

of service of Junior Commissioned Officers or Other Ranks in Indian Army and their equivalent in Indian Navy and Indian Air Force and that of Non-Combatant enrolled in the Indian Air Force, as amended from time to time. The selection will be the exclusive jurisdiction of the Armed Forces. Enrollment will be undertaken through an online centralised system for all three services with specialised rallies and campus interviews from recognised technical institutes such as Industrial Training Institutes and National Skills Qualifications Framework, among others. Enrolment will be based on All India All Class basis and the eligible age will be in range from 17.5 to 21

years. For entry into General Duty soldier, the

Scheme has been designed to enable a youthful profile of the Armed Forces. It will be a unique

opportunity to the youth to serve the country and

contribute to Nation Building. As for the Armed

Forces, it will enhance the youthful profile of the

Armed Forces and provide a fresh lease of Josh and

Jazba. It is envisaged that average age profile of

Indian Armed forces would come down by about

four to five years by implementation of this scheme.

The dividends of a short military service to the nation,

society and the youth of the nation are immense.

This includes inculcation of patriotism, team work,

enhancement of physical fitness, ingrained loyalty

for the country and availability of trained personnel

to boost national security in times of external threats,

In a transformative reform, the AGNIPATH

educational qualification is Class 10.

Upto 25 per cent of Agniveers are selected for

(Contd. from page 1)

Earlier, Dr. M. Joy, Project Director, ANACS welcomed the gathering. A programme was also organized to honour the devoted and committed voluntary blood donors. Those who have donated 4 times were handed over certificates of recognition and gratitude.

The Blood Donation was facilitated by Dr N. R. Kodhandram, Deputy Director (Blood Safety)/ Chief Medical Officer (NFSG). The technical team from Blood Bank, G.B. Pant Hospital, Port Blair and A & N AIDS Control Society ensured that the donated blood units were screened for the blood transmissible diseases, a press release from ANACS said.

38th India-Indonesia Coordinated Patrol **conducted in Andaman Sea**

Port Blair, June 14

The 38th India-Indonesia Coordinated (IND-**Patrol** INDOCORPAT) between the IN Units of ANC and Indonesian is being Navv conducted from June 13 to 24 in the Andaman Sea and Mallaca Straits. The 38th CORPAT is the first post pandemic contact phase CORPAT between the two countries. It includes a visit by the Indonesian units to ANC at Port Blair from 13th to 15th June followed by a Sea Phase in the Andaman Sea and visit by Units Sabang (Indonesia) on 23rd to 24th June, 2022.

As part of Government of India's (GoI) vision of SAGAR (Security And Growth for All in the Region), Naval Component



regional have enjoyed especially piracy etc. close relations, covering

activities

with other littoral helped countries of the understanding and Andaman Sea along interoperability respective Exclusive between both the Economic Zones (EEZ) navies and has towards enhancing facilitated measures to maritime prevent and suppress security including safety Illegal Unreported and security of shipping Unregulated (IUU) and trade through these fishing, drug trafficking, maritime terrorism, India and Indonesia armed robbery and

The IND-INDO a wide spectrum of CORPAT, contributes and towards forging strong interactions which have bonds of friendship strengthened over the across the Andaman years. The two Navies have been carrying out CORPAT along their Straits, a press release under the aegis of HQ International Maritime from ANC HQ said.

Indian Men's Football Team qualifies for AFC Asian Cup 2023 for second successive time

New Delhi, June 14

The Indian Men's Football Team qualified for the AFC Asian Cup 2023 for the second successive time today following Palestine's 4-0 win over the Philippines. The result meant that the Palestinians are directly qualified for the 24-team finals finishing group toppers, while the second-placed Philippines, with four points, were eliminated despite finishing second. The men in blue have secured two consecutive qualifications for the first time in history. India, which is second behind Hong Kong on goal difference, has qualified ahead of its final round group D clash. Overall, India has qualified

MV Campbell Bay to sail for Chennai via Nancowry & Campbell Bay today

Port Blair, June 14

The vessel MV Campbell Bay will sail for Chennai via Nancowry & Campbell Bay tomorrow (June 15) at 10 am. Embarkation of passengers will commence from 0800 hrs to 0900 hrs on June 15. The embarkation of passengers will be closed one hour before the schedule time. Passengers reporting late will not be allowed to board the vessel.

The vessel will sail soon after the embarkation of passengers and completion of other formalities from Haddo Wharf. The accompanied baggage's exceeding the prescribed norms is likely to be rejected. The size and weight of each package should be 1 Mtrs x 0.5 Mtrs. and within 20 Kgs. It must be shown in bold letters the name and the ticket number of the passenger. The packages found bigger in size and more in weight will be rejected. The excess baggages will be subject to double the rate of freight, a press release from DSS said.

Knockout football tournament being held at Nimbutala

Rangat, June 14 A knockout football tournament is being held at Nimbutala School ground from June 11. The 1st knockout match tournament Nimbutala Bay. The players

Dursawat,



Mayabunder team sports and team Swadeshnagar by 2 goals. Shri (Dr) spirit.

Satyendra Singh

was D e p u t y draw with both the played between Commissioner teams scoring one Mayabunder and interacted with the goal each. In the and match played match was won by motivated them for bet ween & Bakultala. In the other two Swadeshnagar won

DC, matches played on by 3 goals, a press North & Middle June 12, the match release from AC, Andaman was the between Baratang & Rangat said.

Common Yoga Protocol of International Day of Yoga: Day 1

YOGĀSANAS

A. STANDING POSTURES

TĀDĀSANA (Palm Tree Posture)

Tāḍa means palm tree or mountain. This asana teaches one to attain stability and firmness and forms the base for all the standing asana.

Technique

- · Stand with feet 2 inches apart.
- · Inhale, lift your arms up to the shoulder level in the front.
- Interlock the fingers, and turn the wrist outwards. Now inhale, raise the arms up above your head.
- · Raise the heels off the floor and balance on the toes as you raise your arms. Stay in this position for 10-30 seconds.
- · Bring the heels down.
- Exhale, release the interlock of the fingers and bring the arms down and come back to standing posture.

 This āsana brings stability in the body, helps to clear up congestion of the spinal nerves and corrects faulty posture.

Caution

· Avoid lifting the heals in case of arthritis, varicose veins and vertigo.







Directorate of Health Services and A & N State AYUSH Society Andaman & Nicobar Administration

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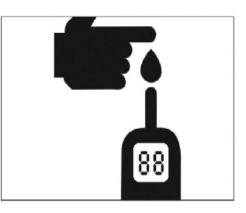
AVAILABLE

Tandoor, Nan, Tandoor Roti, Biryani, Tandoor Masala, Butter Paneer, Chicken items. Venue: Hotel Appolo, Kamaraj Nagar. Contact Ph. No. 9933261783

Daily Telegrams

MIOT HOSPITALS OUTREACH CLINIC

GET EXPERT OPINION ON ALL DIABETES & **ENDOCRINE-RELATED ISSUES**



MIOT Hospitals Outreach Clinic, the gateway to world-class healthcare, is flying in a Senior Diabetologist & Endocrinologist from MIOT International (Chennai) to spearhead the Diabetes & Endocrinology Consultation Clinic at Port Blair. Diabetologists & Endocrinologists from MIOT have the expertise to offer end-to-end treatment for diabetes and the entire spectrum of endocrine disorders, including obesity, osteoporosis and PCOD (PolyCystic Ovarian Disease).

Symptoms and Disorders:

Diabetic problems | Thyroid problems | Lipid disorders | Resistant hypertension Growth disorders | Infertility | PolyCystic Ovarian Disease (PCOD) | Other menstrual disorders

Diabetes & Endocrinology Consultation Clinic @ MIOT Hospitals Outreach Clinic, Port Blair

17th & 18th June 2022

Visiting Diabetology Specialist: Prof. Dr. S. Sridhar MD, DM (AIIMS) HOD - Dept. of Diabetology & Endocrinology

*Prior appointment mandatory. Please bring previous medical records, if any. The clinic is also open to those considering getting a second opinion.

For appointments*:

+91 89009 85211, 89009 85212, 03192 295383

MIOT Hospitals Outreach Clinic: Ward No. 4, Near Dignabad School, Aberdeen Village Post, Aberdeen Bazar, Port Blair - 744 101, Andaman and Nicobar Islands. Tel: 0319 2295 383 | Email: mhoc-portblair@miotinternational.com | www.miotinternational.com

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SPOKEN ENGLISH

90 hours combined with Communication Skills, Management Skills- Interview techniques- Letters and Correspondence, Personality Development course for job seekers employability skills development

Inputs through live classes, power points videos and practices in the class room

IISD VTP MSME

CALL 9933267920 7695023159

Class room at Dollyguni **LOKNATH COLONY - POLYTECHNIC**



RE-TENDER NOTICE FOR HIRING OUTSOURCING OF MANPOWER FOR MTS (PEON, MAZDOOR AND **SAFAIWALA) & WATCMAN (WITHOUT ARMS)**

For and on behalf of the President of India, Officer-In-Charge, Canteen Stores Department, Area Depot, Army Cantt. Gate No. 1, Near Kamraj Nagar, Port Blair invites Sealed Offline Re-Tender Form for supply of Manpower on contract basis in the following category for a period of 09 months from the Date of Approval / Contract: -

2010	Bute of Approval / Contract.			
SI.	Name of category	Number	EMD will be accepted in	
No.			form of DD only from any	
			Nationalised Bank of India	
01	MTS (Peon, Mazdoor and	06 Nos. **	Rs. 20,000/-	
	Safaiwala)			
02	WATCHMAN (Without	07 Nos. **	Rs. 40,000/-	
	Arms)			

** Note - The Number of vacancy may change/ reduced on filling up of the above vacancy by the regular incumbent.

Separate Tender to be submitted for each category (i.e. Sl. No. 1. for MTS & SI. No. 2. Watchman - Without Arms). Interested parties may collect Tender documents on payment of Rs. 500/- (non - refundable) for each

"Tender Form" alongwith RFP Job Specification, Terms & Conditions etc. will be available from 15th June, 2022 to 29th June, 2022 between 0930 hrs. & 1530 hrs. only or may be downloaded from website www.csdindia.gov.in. Those who are submitting the tender documents downloaded from the website should pay a sum of Rs. 500/- each being the cost of tender documents. Offline Tender will be received at the Drop Box provided at CSD Depot, Port Blair till 1600 hrs. on 30/06/2022 with EMD and Opened at 1000 hrs. on 01/07/2022. For more details contact Area Manager at the above address Tel. No. (03192) - 261284 & 260399.

OFFICER IN CHARGE Date: 14/06/2022 CSD DEPOT, PORT BLAIR Place: Port Blair



MATRIMONIAL

Required for a suitable match for my daughter, smart, cultural, good looking, MBA Graduate girl, age 25+ / 5'7. Boy must be well qualified from a good family, Caste (Bangali) Hindu and the boy must have a Govt. Job.

Interested parents may Contact me: 9531821084 & 9531820784.

TO LET

1. Office Space with attached toilet available on rent, 650 Sq. ft. (approx.). 2.Godown Space available on rent, 200 Sq. ft. (approx.) Haddo Junction. Contact Ph. 9933250612 / 9474280736

AVAILABLE

All Civil Work such as New Building Work, Old Building Renovation Work, Tiles Work, Plumber Work. Modular Kitchen Work. Tubular Tress Work, Steel Work, Painting Work. Entire Civil Work on a reasonable rate. Please Contact: 7063981223 / 9933214011

FOR RENT

Two Nos. Rooms with attached bathroom and common kitchen and hall at 2nd floor suitable for transit accommodation / small offices available for rent at School Line. Contact No. 9933239589

SALE

1 No. Two Wheeler Vichele (Duke P Series). Pls. Contact: 9679539234, 9531876506

TO LET

Newly constructed 01 BHK Room for ent near Garacharma School way of Police Station, Teylorabad. Contact Mob. No. 9933242522

TO LET

6 Nos. Single Room with attached Bathroom, Kitchen and Toilet are available at Lillipur, Haddo please Contact Cell: 9434260551, 9933221167

TO LET

BHK for rent at Delanipur near Delanipur Masjid, MT Section, Jarawa. Contact No. 9679547707

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OPENING

Of our New ALUMINIUM Store

Location OPPOSITE MANSHA REGENCY.

BEHIND DELANIPUR SCHOOL, ANARKALI, PORT BLAIR





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NITTE MEENAKSHI INSTITUTE OF TECHNOLOGY Bangalore









OBITUARY

Samson James

Retd. Recovery Officer(PBMC)

S/o Late Sewa Ram James D.o.B: 08.12.1938 D.o.D: 14.06.2022

R/o Gurudwara Lane, Port Blair.

Funeral procession will take place from his residence at 12 Noon.

Inserted by: Suzi Anil (Daughter), Stenly



S/o Pius Ekka, born on Industrial Establishment of Baratang Forest Division is un-authorized absent from govt. duty with effect from

Therefore, he is directed to

Sd/-**Divisional Forest Officer**

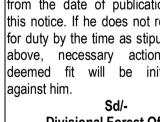
DESERTION NOTICE

Shri Marianus Ekka

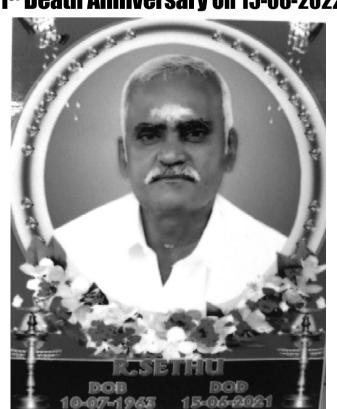
11.09.2021 onwards.

resume his duty within 05 days from the date of publication of this notice. If he does not repost for duty by the time as stipulated above, necessary action as deemed fit will be initiated

Baratang Divisions



1st Death Anniversary On 15-06-2022



Late R. SETHU

R/o Teylorabad

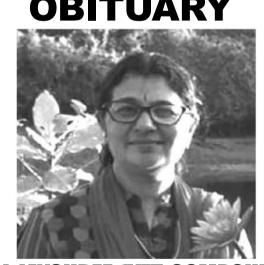
"I love you everyday and now I will miss you everyday." Sorrowing: S Pooma Devi (Wife) & all Family Members

TO LET

2 BHK RCC Room is available for rent Floor. Interested may Contact on

at South Point near Masjid on Ground 9434260367 / 9474226528

Contact: 9679548218



DOB - 30/01/1967 DOD - 12/06/2022

"words cannot even begin to express our sorrow..... we are so shocked! Can't believe she is gone. God takes the goodsoul too early..... this is to let u know that we are always here for you..... U'll stay with us always and always" Inserted by: K.K.Ramabhadran (husband), Sandhya, Shari, Sindhu, Saritha (daughters) relatives and well wishers

1st Death Anniversary On 15-06-2022



W/o Late Robert Henry "Before dust returns to the Earth as it was before and the life breath returns to God who gave it" Inserted by: Sunita Gwendoline & Family

1st Death Anniversary



D.O.D 15.06.2021 Late P.S. Raghavan

H/o G. Vilasini, R/o Buniyadabad "We lose you and will always miss our presence you have taught us to never give up and live to fullest." Inserted by: G. Vilasini (Wife), P. R. Ragesh, Rathish & P.R. Rejish (Sons) Saumva (Daughter-in-Law) & R. Lavir (Grandson), All Family Members

and Relatives.

2nd Happy Birthday To our little Princess...! On 15.06.2022



ANAYA LIVINSTAN (D/o Mr. & Mrs. A. Livinstan & Esther) May God Bless you with all the wonderful things that you deserve in your life. Best wishes from: Nana, Nani, **Chitti and Chitappa**

KAMARAJ ENGLISH MEDIUM SCHOOL, SENIOR SECONDARY **BROOKSHABAD, PORT BLAIR WANTED TEACHERS**

9933282758

9932080202

SI. No.	Name of the Post	Educational Qualifications
1.	Montessori Teacher	Educational Qualification: +2 with Montessori Teacher Training
		Desirable: Minimum two years of teaching experience
2.	PST	Educational Qualification: +2 with JBT and CTET qualified
		Desirable: Minimum two years of teaching experience.
3.	GTT (English, Mathematics,	Educational Qualification: UG Degree with B.Ed., and CTET qualified
	Science & Social Science)	Desirable: Master Degree with minimum two years of teaching experience
4.	Computer Instructor (CI)	Educational Qualification: B.E. / B.Sc., (Computer Science /BCA)
		Desirable : Minimum Two years' experience
5.	Office Clerk	Educational Qualification: UG / PG Degree with computer proficiency and
		Tally Accounting Package Software.
		Desirable: Excellent verbal and written communication skills in English and
		minimum 2 years of experience in Office Management Work.
		Age Limit: 30 Years - 45 Years

Applications with full Bio- Data, attested photo copies of Educational Qualification, Experience certificates and Passport Size Photo affixed on it, are to be submitted to The Principal, Kamaraj English Medium School, Brookshabad, Port Blair - 744112 on or before 20.06.2022 before 10.00 A.M. The Date of interview will be intimated telephonically to the short listed candidates on 21.06.2022.

TO LET

Ready to move-in-just bring your Luggage, Secure, Comfortable, Fully Furnished, Fully Equipped 2 BHK available near Chakraborthy Hospital, Dolly Gunj. Also available on weekly & monthly basis. Contact: 9933299432

TRUCK FOR SALE

Model No. LPT 407 Cover Body Regn. No. AN01-M6716 Company: TATA Permit: South, North & Middle Andaman



INFRATECH CLIENTS BEODNABAD

Clients those who purchased land at Beodnabad Survey

No. 131 (Port Blair Tehsil) from Infratech Private Ltd. are

requested to contact the below mentioned Phone Nos. for

..JAYASREE D.O.B:30.01.1967 D.O.D:12.06.2022

L. JAYASREE

Inserted by: M/s Premier Steel Industries Staff and Family expresses heartfelt condolence on the sudden demise of Smti. L. JAYASREE

1st DEATH ANNIVERSARY On 15-06-2022



Late R. Lakshmanan

Remembered by: L. Jaikumar, L. Latha, L. Aarthi, M. Vetrivel, Maheswari, Devanand, Gajalaxmi, all friends and family members

TO LET

1 Single 2 BHK Room fully furnished at 3rd floor in a triple storeyed RCC Building is Vacant at prime location of Delanipur Junction in monthly rent Rs.15.000/-

Landmark: Delanipur Traffic Circle, near Apollo Pharmacy. Contact: 9434271691 / 9933270591

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DISCLAIMER

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