

THE BULLET OF ANDAMAN



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Students heave a sigh of relief as DBRAIT issue finds a temporary respite

Relentless efforts of CS-A&N pays off as VC-Pondi University agrees to continue affiliation regardless of its earlier stipulations

Port Blair, Sept.18: Relentless efforts and deliberations on part of the Andaman and Nicobar Administration led by the Chief Secretary to find a solution to the ongoing stalemate at DBRAIT pay off at last with the Vice Chancellor of Pondicherry Central University who had earlier arrived in Port Blair to discuss the issue agreeing to continue with its affiliation to the Dr.B.R.Ambedkar Institute of Technology, New Pahargaoon regardless of its earlier stipulations.

Heaping praise on the Chief Secretary who was committed to find a solution to the issue, the

students are no heaving a sigh of relief and thank the Chief Secretary for his persistent and unrelenting efforts to find a solution to the issue.

The efforts on part of the Chief Secretary are in sync with the commitment of A&N Administration's continuous endeavour to resolve the DBRAIT issue and to ensure quality higher education and academic excellence in all the higher education institutes in A&N Islands. Chief Secretary, A&N Administration, Shri Keshav Chandra, IAS had a series of meetings with Professor Gurmeet Singh, Vice Chancellor, Pondicherry

University on 13/09/2022 and 14/09/2022 which were reportedly very constructive and fruitful.

During the discussion, all the outstanding issues related to all the higher education institutes of A&N Islands including issues of DBRAIT such as conduct of examination for all the Lateral Entry Students, continued affiliation for 2022-23, withdrawal of undertaking for the students, for writing the examination and for re-conduct of examination for those students who have missed examinations due to fear of undertaking were discussed in addition

(Contd/-page.6...)

Model School students hospitalized with complaints of nausea & stomach pain after they were administered de-worming pills

Health and Education Department may issue a circular affirming the quality of de-worming tablets to dispel fear among parents

Port Blair, Sept.18: About twenty five students of Government Model Sr. Sec. School, Port Blair fell ill on 17 Sept with complaints of nausea and stomach pain after they were reportedly administered de-worming pills at the School as part of the nationwide exercise. The students were rushed to the G.B. Pant hospital where they were under observation.

The incident took place in the late afternoon when the students started falling ill one after the other. Parents who were

panicked over their kids not returning home in time had rushed to the school where they were informed of the incident.

Following the incident, political leaders and social workers had rushed to the hospital where they tried to enquire and also support the hospital authorities by arranging medicines.

The Principal and teachers of the school did a commendable job by shifting the students immediately to hospital instead of wasting time on informing or calling

parents/guardians. After shifting students to hospital, parents/guardians were informed. At the hospital, parents were seen questioning the school why they were not informed about the illness of their ward before shifting them to hospital. Parents must appreciate the school management for their quick response in enabling immediate medical care. Later on all the students discharged after observation a day. The exercise of distributing de-worming

(Contd/-page.6...)

MP demands seating, drinking water and toilet facilities at the existing VSI Airport Building for all driver brothers and other Tour operator staffs

The Member of Parliament of Andaman and Nicobar Islands, Mr. Kuldeep Rai Sharma has requested the Airport Director of VSI Airport Port Blair to provide seating, drinking water and toilet facilities at the existing Airport Building for all Driver brothers and other Tour operators staff, who have to visit Airport Daily to pick up guests.

In a letter addressed to the Airport Director, the Member of Parliament added that everyday a large number of Tourists land at Veer Savarkar International Airport and during tourist season this number goes up to



several thousand per day. He added that to pick-up the arriving guests, a large number of local youths, who work as Drivers in Tourism Cabs or Supporting staff of Tourism Agencies have to wait at the arrival gate for a long time. Often in case of flight delay they have to

(Contd/-page.6...)

A&N Islands Gets 'Special Award' for SDA for Exemplary Performance to enforce the ECBC Rules 2017 & Eco Samhita Rules 2018

A three-day international conference 'ANGAN 2022' (Augmenting Nature by Green Affordable New-habitat) 'Making the Zero-Carbon Transition in Buildings' organized by BEE from September 14 to 16 at Hotel Ashok, Chanakyapuri, New Delhi was inaugurated by Shri Alok Kumar, Secretary, Ministry of Power. The winners of the BEE's 1st National Energy Efficiency Roadmap for Movement towards Affordable and Natural habitat (NEERMAN) Awards were felicitated during the award function which was held on Sept.15. These awards

are institutionalized with the objective to acknowledge and encourage exemplary building designs complying with BEE's Eco-Niwas Samhita (ENS) and Energy Conservation Building Code (ECBC).

The Andaman and Nicobar Administration for its exemplary performance to enforce the ECBC Rules 2017 and Eco Samhita Rules 2018 in the UT of A&N Islands has been awarded 'Special Award' for SDA (State Designated Agency) and in addition the 'New Academic Block- DBRAIT'

(Contd/-page.6...)

No. DB-TN/PBSD/2022-23/4198



Dated 05/09/2022

Notice Inviting e- Tender

The Executive Engineer, Port Blair South Division, A.P.W.D., Port Blair on behalf of President of India invites online Item rate bids from contractors of APWD or any other Govt. Department irrespective of their enlistment subject to condition that they have experience on executing the relevant magnitude of work as per CPWD Works Manual and with other GOI organizations in these Islands and do not have any adverse remarks—

NIT No	: 54/EE/PBSD/2022-23
Name of work	: Roof treatment of (28 Nos) Type-II QtrNo.BL-I 01 to 14 (Roof slab s/s) AT Bahadur line-I& Type-II Qtr No. BL-II 01 To 14 (Roof slab S/S) at Bahadur line-II by providing Pressed clay tiles on sloped roof top
Estimated Cost	: `17,35,564/-
Earnest Money	: ` 34,711/-
Time of completion	: 03 (Three) Months
NIT No	: 65/EE/PBSD/2022-23
Name of work	: Repair and renovation of Police Residential building of Qtr No.PL-53 and 32 at Police line under PL-II, SD-II,PBSD, APWD.
Estimated Cost	: `28,44,108/-
Earnest Money	: `56,882/-
Time of completion	: 03 (Three) Months

Last date and time of submission of Bid: 21/09/2022 15:00 Hrs.

Last date and time of opening of Bid : 22/09/2022 10:00 Hrs.

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

Advt.Release No.9043/22**NOTICE INVITING e-TENDERS**

The Executive Engineer, Panchayati Raj Institution, South Andaman Division-I on behalf of Pradhan, Gram Panchayat, Ferrargunj invites online item rate tender (in CPWD form-8) from bonafide and experienced contractors of appropriate class of APWD, MES, ALHW & P&T for the below mentioned work.

1. NIT NO. EE/PRI/SAD-I/RR/2022-23/32 **Name of Work:** - Renovation of Rural Road from Bhavranjan Sarkar to Kudia Singh house at Ferrargunj-02 under Gram Panchayat Ferrargunj. **Estimated Cost Rs:** - 12,69,594/- **Earnest Money Deposit:** - 25,392/- **Time of Completion:** - Six (06) Months, Tender Fee: - :500/- & last date & time of submission of bid: - 26/09/2022 (1500 hrs)

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

Tender ID:- 2022_RDPRI_7312_1**Advt.Release No.9062/22**

Executive Engineer,
Panchayati Raj Institution,
South Andaman Division-I
Junglighat, Port Blair
South Andaman

நாம் யாருக்கும் மேலல்ல.
யாரும் நமக்கு மேலோர் அல்ல.
-முகம்மது நபி

'Illegal' bone setters enjoy people's backing



Neeraj P (name changed) recently suffered a sprain in his neck. To get relief from shooting pains, he went to a bone setter ('ortho paedic practitioner') whom his family has been regularly consulting for any orthopaedic ailments.

The bone setter massaged Neeraj's neck, which gave him temporary relief. However, by evening, the pain worsened and Neeraj visited a neurologist. The doctor told him that he initially only had a sprain, but after his visit to the bone setter, he had suffered a spasm, which was more painful and more severe. In spite of this experience, Neeraj and his family still vouch for the bone setter, saying this case was a one-off, and till date they had good results whenever they consulted him.

A dichotomy between loyal patients on the one hand and skepticism of authorities on the other exists for hundreds of bone setters 'practicing' in the city. Though the health department and medical associations are against allowing them to practice as they did not enjoy legal recognition, the practice is thriving and continues to draw patients, who swear by their competence levels.

President of Healthcare Reforms

Doctors Association (HRDA) Dr. Mahesh Kumar said that bone setters are considered as quacks by the medical community.

"Orthopaedic doctors receive so many cases where people who have taken treatment from bone setters are suffering from complications such as malunion (fracture healing in an abnormal position), non union (failure of broken bone to heal properly) & osteomyelitis (infection of the bone)," he said.

Dr. Kumar said the practice is especially popular in Hyderabad as people lack awareness. "They are seen as a cheaper alternative but government hospitals for free treatment. We have taken up the issue of quacks with the Telangana State Medical Council (TSMC) on umpteen occasions," he said.

TSMC Registrar Dr. Hanumantha Rao said the council was aware that there were lots of bone setters practising in Hyderabad and they do not have any legality. "We have circulated all the ITC sections under which they can be booked to DMHOS and have told them to apprehend quacks and report to the police. Apart from that, we don't have any power," he said.

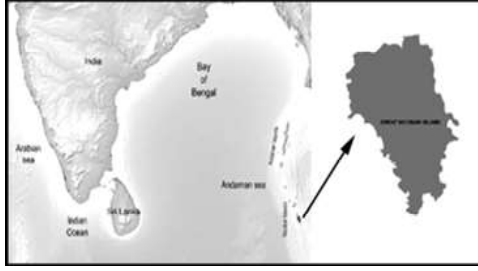
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Environment Ministry's Panel shows green flag for project worth Rs. 72,622 crores for holistic development of Great Nicobar Island

Port Blair, Sept. 17:

The prestigious project of holistic development of Great Nicobar Island (GNI) will transform the Island into a hub of port led development. The GNI project has been conceived based on the principles of Sustainable Development wherein the ecological, economic and social factors have been given due consideration at every stage. Considering the national importance of the project in view of the security, socio economic benefit and strategic location of transshipment terminal, the Govt. of India has conceived the project at an estimated cost of Rs. 72,622 crores after careful consideration of environmental status of Great Nicobar Island.

A report by Economic Times (ET) and Business Standard (BS) stated that the Environment Ministry's panel has cleared project to construct a Greenfield International Airport, an International Container Transshipment Terminal, a Township and Power plant in Great Nicobar Island. The Expert Appraisal Committee (EAC) consisting of few government officials, mostly subject experts and eminent scientists from various fields of Environment, Pollution control, Ground water, Road research, ocean technology, infrastructure, Power amongst others, after extensive rounds of deliberations and meetings recommended grant of Environmental and Coastal Regulation Zone (CRZ) Clearance for the project in its meeting held on 22.08.2022 – 23.08.2022. A series of meetings and deliberations including for Terms of Reference (ToR) for Environmental Impact Assessment (EIA) and EAC were held from March 2021 and finally concluded in August 2022



before the recommendation for grant of Environmental and CRZ clearance by the EAC for GNI project.

The ET and BS report further said, "The Indian Ocean Region (IOR) in general and the Indian Ocean in particular has turned into a strategic hotspot in recent years. In response to the increasing strategic value of this IOR, a critical mass of development in the Andaman and Nicobar Islands is necessary for strengthening India's regional presence". The Great Nicobar Island also represents a significant economic development opportunity as the main east-west shipping route that links East Asian exports with the Indian Ocean, Suez Canal and Europe runs just to the south of this Island, it said. "By building a container port in this location, India can participate more fully in the global shipping trade" and generate lakhs of new job, the report said. Other countries like Myanmar, China and Sri Lanka were gearing up to develop deep water facilities for taking a major share of trade by developing suitable harbour facilities and it is therefore imperative that India should do the same, the report contended. Great Nicobar Island is considered perfect as a site as it is equidistant from Colombo, Port Klang and Singapore and is also very close to the East-West International corridor. Out of 910 sq. km of Great Nicobar Island, only 166.10 sq. km

of area is proposed for development which is approximately 18% of the total area. Remaining area of 82% will stay covered under Protected Forest, two National Parks, Eco Sensitive Zones and Biosphere Reserve and managed for conservation of biodiversity at ecosystem, species and genetic levels. The total forest area to be diverted out of 166.10 Sq. Km. including deemed forest is 130.75 Sq. Km. Remaining project area of 35.35 Sq. Km. lies in the Revenue area. About 50 % of the total forest area to be diverted forming 65.99 Sq. Km. will be reserved as green area and no tree felling is envisaged here.

In the remaining forest area to be diverted, felling of trees is proposed in a phased manner over a period of 30 years. Further, Compensatory Afforestation is proposed to be carried out as per the guidelines of Ministry of Environment, Forest & Climate Change (MoEF&CC) for diversion of forest land.

ET report further said, "EAC has mandated specific conservation and management plan and high funding for the endemic species, Mangroves and Coral and other fauna besides several other caveats". EAC said three independent committees will be set up: one to oversee pollution related matters, another on biodiversity and the third to oversee welfare and issues related to Shopmen & Nicobarese

tribes. Accordingly, an EIA has been undertaken for preparation of conservation and management plan to have minimal environmental and social impact due to the project. The exhaustive Environmental Management plan will be put in place and monitored on a regular basis. Accordingly, Wildlife Institute of India (WII), Salim Ali Centre for Ornithology & Natural History (SACON), Zoological Survey of India (ZSI), Botanical Survey of India (BSI) have been entrusted by Andaman & Nicobar Administration for preparation of conservation/mitigation plans for bio-diversity including leatherback turtles, megapode, crocodile, etc. Conservation and protection of Nicobar macaque, robber crabs, endemic birds, mangroves, giant clams and other endemic flora and fauna have been given due consideration. Additionally, the UT Administration is in the process of notification of three Wildlife Sanctuaries for Leatherback Turtles in Little Nicobar (13.75 sq. km), Megapode in Menchal (1.29 sq. km) and Corals in Meroe Island (2.73 sq. km), for conservation of these species.

The EAC in its deliberations and recommendations has ensured that conservation of different Flora and Fauna is taken up in a scientific manner. Experts have been roped

in and entrusted for preparation of effective plans and conservation measures. Substantial financial provision has been earmarked upfront towards Environmental Management Plan (EMP). All construction activity to be taken up in the project will be ensured as per the highest environmental standards. Special studies relating to Fauna and Flora in GNI are proposed relating to various species, landscape, Biodiversity etc.

The Andaman & Nicobar Administration, in line with its Shompen policy is committed to recognize the social, ecological, economic diversity of the Particularly Vulnerable Tribal Groups of the Islands, preserve and protect their cultural heritage and ensure their well being. The tribal reserve measuring 743.96 sq. Km after de-notification will remain protected as tribal reserve. The project will not displace any Shompen tribals. The tribal communities will continue to have unfettered right of meeting their day-to-day requirement for their sustenance.

The project will not only ensure a significant presence of the country in the Malacca Strait but also enhance socio economic growth and usher in a new era for all round development of Andaman and Nicobar Islands and Great Nicobar Island in particular.

கோப்பப்பட்டு
வென்று விட்டாய் என்றால்
உன் கோபம்
பெரிது என்று அர்த்தமல்ல.
அதைத்
தாங்கிக் கொண்டவர்களின்
பொறுமை பெரிது
என்று அர்த்தம்!

Lifestyle choices, lack of proper sleep, food, exercise causing rise in heart attacks

Lifestyle choices, increased stress levels, lack of sleep, nutritious food and exercise are primary causes of the rise in cases of heart attacks in relatively younger people, say experts. The recent case of comedian-actor Raju Srivastava (58) suffering a heart attack has put the issue in spotlight again.

In May this year, noted singer KK (53) died of cardiac arrest after a concert in Kolkata.

Last year, actors Siddharth Shukla (40), Puneeth Rajkumar (46), Amit Mistry (47) died due to cardiac arrest.

Dr Nikhil Parchure, cardiologist at the Apollo Hospital in Navi Mumbai, told PTI that the heart attack rate has doubled in India in the last 20 years and more young people are now prone to it.

He said 25 % of all heart attack cases are being seen in people below the age of 40.

"Smoking is the most important among other risk factors like diabetes, high blood pressure and cholesterol. Lifestyle choices, lack of sleep, nutritious food and exercise, and increased stress levels are probably responsible for heart attacks in young people,"



he said. Also, COVID-19 has been recently responsible for an increase in heart attack cases among young people in India, he added.

Dr Ajit Menon, consultant, cardiac sciences at the Sir HN Reliance Foundation Hospital in Mumbai, claimed India is becoming the "diabetes capital" of the world, and said this is also why young people are prone to heart attacks.

The number of young hypertensives is dynamically increasing and the factor leading to it is stress, he said. Menon also pointed out the physiology of Indians as another factor.

"If you look at the average Indian, they have a much higher fat content than an average European of the same Body Mass Index (BMI), which means the same height and weight, & that difference is quite staggering," he said. An average European's fat content is seven to eight per cent, whereas that of an Indian is almost 12 to 23 per cent in terms of visceral

adiposity, he said. "Something that was touted earlier and is still relevant, and that is called the thin fat Indian. This means the person will look thin from the outside, but his visceral content of fat, which eventually determines that the patient is going to develop any atherosclerotic disease and blockages etc, is on a much higher side for Indians as compared to Westerners who have a much better muscle mass than Indians," he said.

Family history plays a very strong role, and especially if the mother had a heart problem at a young age, chances of children getting it are also reasonably high. Genes is one thing which you cannot alter, irrespective of what you do, Menon said.

"Whatever lifestyle you lead, if your genetic tendencies are extremely high, there is a very strong possibility that you will develop blockages sooner or later. So you need to assess yourself on a periodic basis beyond a certain age," he said.

Dr Ramakanta Panda, leading cardiac surgeon and head of Mumbai's Asian Heart Institute, also pointed to

genetic tendencies as an important factor. "Other common reasons for heart issues in the young include a strong family history of heart disease, co-existing medical conditions such as diabetes and hypertension, lifestyle problems such as smoking, obesity, stress, lack of exercise and environmental pollution," he said. He said sudden death is more common in young people because their body has not developed an alternative circulation. This is not so in older people as they develop blockages over time and their body gets enough time to get accustomed to the change, he said.

Daily exercise for 30 to 45 minutes can keep the body fit and free from many diseases and health conditions like diabetes, hypertension, obesity, Panda said. This in turn helps prevent cardiac disease. But, he also cautioned youngsters about not hydrating their body enough before a strenuous exercise.

"When you do not hydrate but exercise heavily and sweat, the blood becomes thicker and you may develop a clot. Also, exercising beyond your capacity

causes stress, which may result in the rupturing of an artery. Youngsters must guard against this," he said. Panda said periodic screening tests are needed to identify the problem at an early stage, so that proper treatment may be given before there is significant damage to the heart. Common screening tests include electrocardiogram (ECG), 2D echocardiogram, stress test, CT scan for coronary calcium.

Cardiac screening tests are advisable once a year or once in two years after the age 40 in the general population or after the age of 30 in the high-risk population, Panda said.

Dr Mohit Garg, consultant and head of accident and emergency department at the Global Hospital in Mumbai, said if cardiac arrest is left untreated, irreversible brain damage occurs within three to eight minutes and death rapidly follows. Even in patients who are resuscitated or revived from cardiac arrest, post-cardiac arrest brain injury is the main cause of death and the main cause of long-term disability in those who survive the acute phase, he said.

Single dose of alcohol may be enough to lead to addiction: Study

Even a single exposure to alcohol may permanently change the shape of nerve cells and lead to addiction, according to a study conducted in animals. Neurons or nerve cells are the fundamental units of the brain and nervous system responsible for receiving sensory input from the external world. The researchers found that, in particular, alcohol affects the structure of the synapses as well as the dynamics of the mitochondria, the cell's powerhouses. Synapses

are the points of contact between neurons where information is passed from one neuron to the next.

The study, published in the journal Proceedings of the National Academy of Sciences, used the genetic model system of the fruit fly. It shows that alterations in the migration of mitochondria in the synapses lessen the rewarding effect of alcohol, the researchers said. These findings imply that even a single drinking incident might lay the foundation for alcohol

addiction, they said. Majority of studies have focused on the consequences of chronic alcohol drinking on the hippocampus, our brain's control center. "We set out to discover ethanol-dependent molecular changes. These, in turn, provide the basis for permanent cellular changes following a single acute ethanol intoxication," said Henrike Scholz from University of Cologne in Germany. "The effects of a single alcohol administration were examined at the molecular,

cellular, and behavioral levels," Scholz said. The researchers used fruit flies and mouse models to find ethanol-induced alterations in two areas: mitochondrial dynamics and the balance between synapses in neurons. Mitochondria supply energy to cells, particularly nerve cells.

The mitochondria move in order to optimally deliver energy to the cells. In the ethanol-treated cells, the mitochondria's movement was disturbed. Certain synapses' chemical balance was also disturbed.

These alterations were permanent and were confirmed by behavioral changes in the animals: mice and fruit flies consumed more alcohol and relapsed later in life.

The morphological remodelling of neurons is a well-known basis for learning and memory. These mechanisms, which are central to learning and memory, are also thought to be at the core of the formation of associative memories for drug-related rewards, the researchers said.

அமுக்குவான் பேய்....

இரவு நீங்கள் தூங்கிக் கொண்டிருக்கும்போது, யாரோ உங்கள் மேல் ஏறி அழுத்துவது போல் இருக்கும். உங்களால் கண்ணைத் திறக்க முடியாது. கத்தலாம் என்றாலும் குரல் வெளியே வராது. சரி, திரும்பிப் படுக்கலாம் என்று நினைத்தாலும் திரும்பிப் படுக்க முடியாது. ஒரு நிமிடம் கழித்துத்தான் உங்களால் எதுவும் செய்ய முடியும். எழுந்து பார்த்தால் யாரும் அருகில் இருக்கமாட்டார்கள். என்னடா இது என்று திகைத்திருப்பீர்கள். இதுதான் அமுக்குவான் பேய்.

உயிரைக் கொல்லும் அளவுக்கு கொடூரமான பேய் இல்லை என்றாலும், இதுவும் ஒரு முக்கியமான பேயாக கிரேக்கப் புராணங்களில் கூறப்படுகிறது. பொதுவாய் அமுக்குவான் பேய்கள் மற்ற பேய்கள் போல் புளியமரத்திலோ, வேப்பமரத்தின் உச்சியிலோ இருக்காது. பூச்சிகளின் இராஜாவான இது உங்கள் வீட்டின் சிலந்திகளின் கூட்டிற்குள், எழும்புகளின் புற்றில், கர்ப்பான் பூச்சிகளின் பொந்துகளில்தான் வாழும். இது

உலவும் நேரம் பெரும்பாலும் சூரியன் உதிப்பதற்கு சற்று முன்பாக மூன்று மணிமீல் இருந்து நாலு மணிவரை ஆனால் சில சமயம் அவை பகலில் கூட வரும் என்றெல் லாம் சுவாரஸ்யமாக தில்லாக கதை எழுத ஆசைதான் ஆனால் அது உண்மை இல்லையே என்ன செய்வது?

நம்முடில் அமுக்குவான் பேய் என்று சொல்லப் படுவது உண்மையில் தூக்க பக்கவாதம் என்கிற கோளாறு. சில சமயம் உங்கள் மூளை விழித்துக்கொண்ட பிறகும் உங்கள் உடல் தூங்கிக் கொண்டே இருக்கும். அதனால் தான் உங்களால் எழுவோ, பேசுவோ, கண்களைத் திறக்க வோ முடியாது. இந்தக் கோளாறு தூக்கத்தில் ஏற்படும் இடை யூறனால் இது வருகிறது. தூயில் மயக்க நோய், ஒற்றைத் தலைவலி, ஏக்க நோய்கள் மற்றும் தூக்கத்தில் மூச்சுத் திணறல் ஆகிய கோளாறு களுக்கும் இதற்கும் தொடர்பு கள் உண்டு. இதை தனிமைத் தூக்க பக்கவாதம், தொடர் தனிமைத்தூக்க பக்கவாதம் என்று இரண்டு வகைகளாகப்

பிரிக்கிறார்கள். இதில் தனிமைத்தூக்க பக்கவாதம் என்பது ஒரு நயின் வாழ்க்கை யில் எப்போதாவது இரு நிமிடங்களுக்கும் குறைந்த நேரத்தில்தான் நிகழும். இது ஒன்றும் பிரச்சனைக்குரியது அல்ல. தொடர் தனிமைத் தூக்க பக்கவாதம் பேருக்கு ஏற்படி அடிக்கடி ஏற்படும்.

மேலும் இது ஒரு மணி நேரம் வரைக்கும் கூட இருக்கும். சில சமயம் அந்தரத்தில் பறந்து போகட்டே தோன்றும். இதற்கு மருத்துவர்களிடம் (மந்திரவாதிகளிடம் அல்ல) சென்றே ஆக வேண்டும். தூயில் மயக்க நோய் உடையவர்களுக்கு சிகிச்சை எடுத்துக் கொள்பவர்களில் 50 சதவீதம் பேருக்கு இப்பிரச்சனை ஏற்படும் என்று மருத்துவர்கள் தெரிவிக்கின்றனர். ஆனால் இன்றும் பெரும் அளவில் மக்கள் இது ஏதோ பில்லி சூனியத்தின் வேலை என்று நினைத்துக் கொண்டு மந்திரவாதிகளைத் தேடி ஒடிக்கொண்டிருக்கின்றனர். இந்த மாதிரி மூட நம்பிக்கை களில் இருந்து மக்கள் விடுபடும் காலம் என்றுதான் வருமோ?

குறட்டை...

நாம் உறங்கியவின் நம் சுவாசக்குழாயில் உள்ள தசைகள் சற்றே சாவகாசமாக வேலை செய்ய ஆரம்பிக்கும். இந்த நேரத்தில் நம் தொண்டையானது சுருங்கத் தொடங்கும். சுருங்கும் தொண்டைவழியாக செல்லும் காற்றைக் கம்போது உள் சென்று வெளியேற போதிய இடம் இல்லை. ஆக சுருங்கிய தொண்டை வழியாக செல்லும் காற்றானது அழுத்தத்துக்குப்படுகிறது.

அழுத்தம் நிறைந்த காற்று தொண்டையின் பின்புற தசைகளை அதிர்ச் செய்கின்றன. இந்த அதிர்வைத் தான் நாம் குறட்டை என்கிறோம் காரணங்கள்:-

நாம் தூங்கும் போது தலைக்கு வைத்து கொள்ளும் தலையணையை மிகவும் பெரிதாக உயரமாக வைத்துக் கொள்வதால் ஏற்படும். சில வகையான ஒவ்வாமை காரணமாக சுவாசக் குழாயில் ஏற்படும் சளி, சிலருக்கு உடல் பருமன் காரணமாகவும் குறட்டை ஏற்படுகிறது. முழு தூக்கம் இருக்காது. யாராவது குறட்டைவிட்டு தூங்கினால் அவனுக்கென்ன நிம்மதியாக தூங்குகிறான் என பலர் நினைப்பதுண்டு. ஆனால் அது தவறு. குறட்டை விடுபவர் நன்றாக தூங்க முடியாது என்பதுடன் பல பாதிப்பு

நிலைக்கும் தள்ளப்படும் நிலையும் வரலாம். குறட்டை விடுபவர் மனம் தெளிவாக இருக்காது.

உடல் மிகவும் களைப்பாக இருக்கும் உடலில் சக்தி குறைவாக இருக்கும். தெளிவற்ற சிந்தனை வரும். அதிகமாக கோபம் வரும். இதுமட்டுமின்றி உடலுக்கு போதிய அளவு பிராணவாயு கிடைக்காது. இதனால் ரத்த அழுத்தம், சர்க்கரை நோய், இருதய நோய் பக்கவாதம் போன்ற நோய் ஏற்பட வாய்ப்பு இருக்கிறது.

அத்தோடு மிக தீவிரமாக குறட்டை விடுபவர்கள் உறக்கத்திலேயே இறந்து விடும் வாய்ப்பும் அதிகம் உள்ளது. அதனால் இவற்றை தடுக்க நடவடிக்கை எடுக்க வேண்டும். தவிர்க்க வேண்டியவை: சுவாசப் பாதையில் தேவையின்றி சதை வளர்ந்தால் சீராக காற்று போக வழியின்றி குறட்டை ஏற்படலாம். எனவே சதை வளராமல் இருக்க உடல் எடைமீடல் கவனம் வேண்டும். பக்கவாட்டில் படுக்க வேண்டும்.

4 அங்குல உயரத்திற்கு மேல் தலையணை வைத்து தூங்கக்கூடாது, சாப்பிட்ட உடன் படுக்க போக கூடாது, புகைபிடிக்க கூடாது, அளவுக்கு அதிகமான மருந்துகள் சாப்பிடக்கூடாது,

நோயாளிகள் பகலில் கூட நித்திரைத் தன்மையை சோம்பேறித் தன்மையை உணர்வார்கள். டாக்டர் தூக்க வரலாற்றை சோதிக்கும் போது இந்த பிரச்சினை பற்றி கூடுதலாக அறிந்த நோயாளிகள் துணையும் இருக்க வேண்டும்.

ஆபத்தான நோய்: டான்சில் வீக்கம், அடினாய்டு பிரச்சினைகள் ஏற்படும் போதே சளி பிடிக்கும் போதோ குறட்டை சத்தம் ஏற்படலாம். இந்தப் பிரச்சினைகளால் ஏற்படும் அடைப்பு நீங்கியவுடன் குறட்டை சத்தமும் நின்று விடும். அதிக உடல் எடை கொண்ட குழந்தைகள் மற்றும் இள வயதினருக்கு குறட்டை ஏற்படுகிறது.

கழுத்தைச் சுற்றி அளவுக்கு அதிகமான தசை வளர்வதால் சதை அடைப்பு உருவாகி, குறட்டை ஏற்படுகிறது. ஆபத்தான மருத்துவக் கோளாறாக இது கருதப்படுகிறது.

ஆழ்ந்த தூக்க நிலைக்குச் செல்லும்போது கண்கள் வேகமாக அசையும் அந்த நேரத்தில் நம் மூச்சுக் காற்றும் வேகமாக உள் சென்று வெளியேறும். இதற்கு 'அப்ஸ் டிராக் ஸ்லீப் அப்னியே' என்று பெயர். அந்த நேரத்தில் குறட்டையும் அதிகரிக்கும். ஒரு நேரத்திற்கு 18-க்கும் மேற்பட்ட முறை நம் கண்கள் வேகமாக அசைந்து மூச்சுக் காற்றும் வேகமாக உள் சென்று வெளியேறும். குறட்டை விடும் போது திடீரென நின்று திடீரென அதிகரிக்கும் சுவாசத்தால் நம் உடலில் ரத்த அழுத்தம் அதிகரித்து இதய அடைப்பு திடீர் மரணம் ஆகியவை ஏற்படலாம்.

இந்தியாவில் அதிகம் பேர் பாதிப்பு: இந்தியர்களில் பெரும்பாலோர் இந்த நோயால் பாதிக்கப்பட்டுள்ளனர். இதனால் திடீர் மரணம் ஏற்படும் வாய்ப்பு அதிகரிக்கிறது. நம் வாழ்க்கை முறை மாறி விட்டதால் இந்த நிலை ஏற்பட்டுள்ளது. குறட்டை ஏற்படுவதற்கான காரணத்தை அறிந்து ஸ்லீப்

அப்னியே நோய் உருவாகி உள்ளதா என்பதைக் கண்டு பிடிக்க தமிழகத்தின் பெரிய நகரங்களில் மருத்துவமனைகள் உள்ளன.

உங்கள் தூக்க முறையை வைத்து உங்களுக்கு நோய் உள்ளதா என்பதை அவர்கள் கண்டறிந்து விடுவர். காரணத்தைக் கண்டறிந்து விட்டால் 30 சதவீதத்தினர் நோயைக் குணப்படுத்திக் கொள்ளலாம். டான்சில் அடினாய்டு, மூக்கினுள் வீக்கம் போன்ற பிரச்சனைகளை அறுவை சிகிச்சை மூலம் சரி செய்து கொள்ளலாம். குறட்டையை குறைக்க: ஆக்சிஜனை உடலில் தேவைவராத இடத்திற்கு எடுத்து செல்லும் வகையில் கிடைக்கின்றன. அறுமில் உள்ள ஆக்சிஜனை உள்ளிழுத்து நம் மூக்கின் வழியே உடலுக்குச் செலுத்தும் இவற்றை விடவும் வைத்துக் கொள்ளலாம்.

குறட்டையைக் குறைக்க மேலும் சில கருவிகள் விளம்பரப் படுத்தப்படுகின்றன. விசேட தலையணை, கழுத்துப்பட்டைகள், நாக்கை அழுத்திப் பிடிக்கும் கருவிகள் என பல வகைகள் 'அப்ஸ் டிராக் ஸ்லீப் அப்னியே' என்று பெயர். அந்த நேரத்தில் குறட்டையும் அதிகரிக்கும். ஒரு நேரத்திற்கு 18-க்கும் மேற்பட்ட முறை நம் கண்கள் வேகமாக அசைந்து மூச்சுக் காற்றும் வேகமாக உள் சென்று வெளியேறும். குறட்டை விடும் போது திடீரென நின்று திடீரென அதிகரிக்கும் சுவாசத்தால் நம் உடலில் ரத்த அழுத்தம் அதிகரித்து இதய அடைப்பு திடீர் மரணம் ஆகியவை ஏற்படலாம்.

இந்தியாவில் அதிகம் பேர் பாதிப்பு: இந்தியர்களில் பெரும்பாலோர் இந்த நோயால் பாதிக்கப்பட்டுள்ளனர். இதனால் திடீர் மரணம் ஏற்படும் வாய்ப்பு அதிகரிக்கிறது. நம் வாழ்க்கை முறை மாறி விட்டதால் இந்த நிலை ஏற்பட்டுள்ளது. குறட்டை ஏற்படுவதற்கான காரணத்தை அறிந்து ஸ்லீப்

ஸ்பைரோ மீட்டர் கருவியால் மூச்சுப்பயிற்சி செய்தல், பழாள் ஊதுதல், புல்லாங்குழல் ஊதுதல் ஆகியவற்றில் ஏதேனும் ஒன்றை தினமும் 30 நிமிடம் மேற்கொண்டால் குறட்டை குறைகிறது என்பது ஆய்வில் கண்டறிந்த உண்மை. யோகாவில் உள்ள மூச்சுப் பயிற்சியும் மிகச் சிறந்தது.

தினமும் 45 நிமிடம் யோகா, மூச்சுப் பயிற்சியுடன் கூடிய நடையயிற்சி போன்ற பழக்கங்களை சிறு வயது முதலே கடைபிடிக்க வேண்டும். இதனால் இளவயது பருமனைக் குறைக்கலாம். திடீர் மரணத்தையும் தவிர்க்கலாம்.



Students...

to the student welfare and developmental issues of Higher Education Institute of A&N Administration.

Pondicherry University has already agreed to conduct examination for all lateral entry students. Notification to this effect has been issued on 15th & 16th September. The A&N Administration is taking it up with the Pondicherry university to resolve any issue includ

ing undertaking which is unwarranted and affects the future of the students. The matter of conducting the exams in a staggered manner for ease of lateral entry students is also being taken up with the university, sources privy to Higher Education Department inform.

Further, the timetable for the examination has also been notified late in the evening. A formal

from Page.No.1...

communication on all other issues discussed will be issued by Pondicherry University shortly.

Since the examination of Lateral Entry students of DBRAIT will be conducted shortly, all the students of DBRAIT have been advised to diligently prepare for the examination and DBRAIT has also been instructed to conduct special classes on students' request.

Model...

tablets across government and private schools were on and in most of the schools, tablets were handed over to the parents asking them to administer only if not taken similar tablets in

the recent past. However, many parents are now panicked over giving their wards a dose of deworming tablets and are apprehensive of the quality of the tablets. As such, the Health

from Page.No.1...

Administration and the Education Department may issue a circular steering clear of any doubts over the quality of the de-worming tablets so that parents are not panicked any more.

MP...

wait for even longer. The Member of Parliament mentioned that as Tourism is generating a huge number of employment, a large number of youths are buying Tourists vehicles or joining tourism agencies as Drivers or Supporting Staffs. He added that at the Arrival

Section, where usually they have to wait for guests daily for a long time, no seats have been provided for them.

He pointed out that there is no dedicated toilet block or drinking water arrangement for them for which they are facing huge inconvenience on a daily basis.

from Page.No.1...

He mentioned that this has become a common sight to see local youths, who are associated with the tourism industry, sitting on the ground while waiting for their guests, which leaves a wrong impression about Andaman among other guests. This also makes hard working local youths upset.

A&N Islands...

has been awarded under the 'Naturally ventilated' by the jury for NEERMAN Awards 2022. Both the awards have been received by the representative from DRC A&N Bhavan, New Delhi on behalf of Andaman and Nicobar Administration. The objective of this conference is to promote a healthy ecosystem

which was mentioned at COP 26 in Glasgow by the Prime Minister, Shri Narendra Modi on LiFE (Lifestyle & Environment) and Panchamrit, aiming to make India Net Zero by 2070 and the contribution of UT of A&N Islands for the achievement of this target is significant and the commitment of A&N Administration towards

from Page.No.1...

the endeavor of the GoI is substantial. It is exciting to witness the uptake of Energy Conservation Building Code and this accomplishment in the Islands which will certainly make a positive impact in driving the nation towards a Zero-Carbon future, a press release from NRSE Division, Electricity Department said.

MP demands to reopen Children's Traffic Park of Rajiv Gandhi Water Sports Complex

The Member of Parliament of Andaman and Nicobar Islands, Shri Kuldeep Rai Sharma has requested the Chief Secretary of Andaman &

Nicobar Administration to reopen the Children's Traffic Park, situated inside Rajiv Gandhi Water Sports Complex. In a letter addressed to the Chief

Secretary, the Member of Parliament mentioned that the Children's Traffic Park inside Rajiv Gandhi Water Sports Complex was very popular among

kids of Andaman and Nicobar Islands. He added that the Children's Traffic Park used to have facilities like Cycles, traffic signal lights, road signs & information hoardings, which used to both entertain and educate visiting children.

The Member of Parliament pointed out that the facility was so popular that during the weekends the Children's Traffic Park used to remain jam-packed with 200 to 300 children. He added that in July 2019 the

traffic unit of Andaman and Nicobar Police had installed many new facilities inside the traffic park but as per reports since COVID-19 lockdown the park has been kept closed.

Considering the high demand for such a facility among children the Member of Parliament requested the Chief Secretary to reopen the Children's Traffic Park for the children so that even while playing they can learn basic tips about Road Safety.

Coronavirus: Study finds Ayurveda and yoga effective in treating high risk COVID-19 patients

Yogic & Ayurvedic experts have time and again spoken about the many benefits of yoga and Ayurveda. At a time when diseases and illnesses have become so common and so widespread, we must work towards healing our body and mind, which is what the two practices are widely known for.

According to a recent study by the Indian Institute of Technology (IIT), Delhi and Dev Sanskriti Vishwavidyalaya, Haridwar, yoga and Ayurveda may be effective in the treatment of high-risk cases of COVID-19.

The study, published in the Indian Journal of Traditional Knowledge, boasts of the successful treatment of 30 high-risk COVID-19 patients. Apart from the standard care treatment for COVID-19, yoga and Ayurveda are said to have played an active role in relieving the patients from anxiety and helping them recover sooner. "The study also demonstrates an urgent need to scientifically

examine the traditional Indian knowledge systems at the top academic institutions. A timely and suitably designed randomized controlled trial evaluating the efficacy of ayurveda & yoga based personalized integrative treatment for COVID-19 would have equipped the people with much more credible and dependable information about their use in managing COVID-19," said Rahul Garg of IIT-Delhi who conceptualized the project.

As per the study authors, almost all the patients were classified as high-risk owing to one or more of co-morbidities such as Diabetes Mellitus, Hypertension, Chronic Kidney Disease, Coronary Artery Disease (which are known to lead to severe outcomes in cases of COVID-19), and/or age above 60. The treatment included Ayurvedic medicines, daily yoga-sessions including deep relaxation techniques, pranayama & basic asanas & some lifestyle modifications.

நாம் தேவையில்லை என்று சிலர் நம்மை நினைக்க துவங்கும் முன் விலகி நிற்க கற்றுக்கொள்வது சிறந்தது