

National Conference of Chief Secretaries presided by PM concludes

Every State Must Recognize Its Strength & Define Targets—This Is Crucial for India to Become a 5-Trillion-Dollar Economy: PM

Dharamshala, June 17 (PIB)

The National Conference of Chief Secretaries, chaired by the Prime Minister, Shri Narendra Modi concluded today. Several officials—including young District Collectors and Magistrates—from the States and Union Territories as well as the Union Ministries attended the conference.

On the third day, sessions on improving access to and quality of higher education and enhancing urban governance through urban planning and municipal finance were held. Discussions were also held on the need for greater Centre-State coordination for ensuring the saturation of Government schemes and last-mile delivery and capacity building of civil servants through Mission Karamayogi.

Appreciating the extensive sessions, the Prime Minister said the deliberations were useful in laying out a roadmap for the sectors. He



stressed that the Centre and States work together as Team India. The action points and fresh ideas discussed at the conference must be implemented without delay, he said.

Emphasizing minimum government and maximum governance, the Prime

Minister stressed the need to ensure greater ease of living in India. He also said that the decriminalization of minor offences should be taken up in mission mode.

He said States must optimally utilize the GeM portal for purchases

made by their Departments and local bodies, which would result in time and cost savings.

The Prime Minister also spoke on the usage of drones in the service industry, such as for the delivery of essential drugs or horticultural products especially in hilly areas, which would add more economic value to the farmers and service providers.

Urging that all vacancies across State Government Departments must be filled, the Prime Minister said the States must identify such vacancies under each sector and fill them.

In order to achieve the goals of the National Education Policy, the Prime Minister said the States must try to integrate Anganwadis with Primary Schools.

The Prime Minister appreciated the initiatives being taken by the states to improve municipal finances. He

(Contd. on last page)

Govt. extends upper age limit for Agnipath recruitment scheme from 21 to 23 years

New Delhi, June 17

The Central Government has extended the upper age limit for the Agnipath recruitment scheme from 21 years to 23 years. The age waiver will be given only 'one time' for the proposed recruitment cycle for 2022, informed the Defence Ministry. The decision has been taken as no recruitment had taken place in the last two years. Government has said that Agniveers

will be given priority in the recruitment of Central Armed Police Forces and State Police.

There is a misconception that the future of Agniveers is insecure. It said, for those wishing to be entrepreneurs they will get a financial package and bank loan scheme.

For the Agniveers, who wish to study further, 12th class equivalent certificate

(Contd. on last page)

Over 12,800 new COVID-19 cases reported across India

New Delhi, June 17

A total of twelve thousand eight hundred and forty seven new cases of COVID-19 have been reported in the country during the last 24 hours. Union Health Ministry said, seven thousand 985 people recovered during the same period. The recovery rate is currently at 98.64 per

cent. India's active caseload currently stands at over 63 thousand and it is at 0.15 per cent. The weekly positivity rate currently stands at 2.41 per cent while the daily positivity rate is at 2.47 per cent.

The Ministry said, more than 195 crore 84 lakh COVID vaccine doses have been

(Contd. on last page)

Promoting Art & Culture

Financial assistance to Cultural Organizations of A&N Islands for the year 2022-23

Filled in applications should be submitted by July 15

Port Blair, June 17

The Department of Art & Culture, A&N Administration has invited applications from the Cultural Organizations of A&N Islands seeking financial assistance in the form of GIA for the year 2022-23. As per the GIA Notification, Grant-in-Aid @ Rs. 25,000/- each will be released to the Cultural Organizations having

registered office in Andaman & Nicobar Islands with the objective of propagation of Art & Culture, National Integration and Communal Harmony and which are active in the field for a period not less than one year. The Cultural Organizations shall submit application to the Department in the prescribed format enclosing Utilization

Certificate in GFR-12A for the details of GIA released in the previous year alongwith the Audited statement of the last financial year comprising of Receipt & Payment statement, Income & Expenditure statement, Balance Sheet and Annual Report of month-wise activities of the Organization for the year 2022-23 with

(Contd. on last page)

Sitting of State Consumer Court at Port Blair from June 20

Port Blair, June 17

As desired by the Hon'ble Justice Debi Prosad Dey, President of State Consumer Disputes Redressal Commission (State Commission), A & N Islands, the sitting of the Consumer Court is scheduled to be held from June 20 to 24, 2022 subject to extension of sitting, if required.

In this regard, litigants whose matters are pending before the State Consumer Commission, A & N Islands have been informed to appear before the Commission at Port Blair or should equip themselves to argue their matter by using Google Meet Conference.

For any clarification, video conference link shall be provided by the Court Officer, State Commission, Port Blair, Mobile No. 9434287623. The cause list may be seen in the website i.e. www.confonet.nic.in, a press release from Registrar, State Commission said.

'Azadi Ka Amrit Mahotsav' -commemorating 75th year of India's independence

Coastal cleanup drive will be carried out at 75 beaches across the country for 75 days from July 3 to Sept. 17

New Delhi, June 17 (PIB)

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh yesterday chaired a meeting to review preparations for the upcoming 'International Coastal Cleanup Day 2022' on 17th September, 2022 at Prithvi Bhavan, Ministry of Earth

Sciences headquarters here.

The Union Minister said that the annual event, which is organized on the 3rd Saturday of September every year, is falling on 17th September this year which is, coincidentally, the birthday of Prime Minister, Shri Narendra Modi, who has been pioneering the cause of

all its forms.

Dr Jitendra Singh said that this year's event also coincides with the celebration of Azadi Ka Amrit Mahotsav in the 75th year of country's independence. He said that the coastal cleanup drive will be carried out at 75 sea beaches across the country for 75 days from 3rd July to 17th September, 2022.

Talking about the uniqueness of this year's event, Dr Jitendra Singh said that it will be the first-of-its-kind and

longest running coastal cleanup campaign with highest number of people participating in it. He said that the participation of common man is essential to convey the message of 'Swachh Sagar, Surakshit Sagar' for the prosperity of not only coastal areas but also other parts of the country.

Dr Jitendra Singh also suggested that other than coastal regions, non-coastal regions should also plan to disseminate

the message to the local people on the International Coastal Cleanup Day through environment and climate change departments / divisions in various universities, colleges and other institutions. He was of the view that sharing knowledge and information regarding coastal cleanup and security is in the overall interest of the country and not only a few coastal States / Districts.

The Union Minister

(Contd. on last page)

COVID-19 status in A&N Islands

Port Blair, June 17

During the RT-PCR test conducted on 205 incoming flight passengers who arrived here yesterday, 15 positive cases have been detected. Today, 12 flights with 1909 passengers arrived, out of which, 1654

(Contd. on last page)

3D & Bubble show at Science Centre today

Port Blair, June 17

The Science Centre, Goodwill Estate, Corbyn's Cove Road will be organizing a 'Bubble show' tomorrow (June 18) at 6.10 pm. This is a fun filled show specially

(Contd. on last page)

PWM Rules 2016 (as amended) prohibits production, stocking, distribution, sale & use of single use plastic items; to come into effect from July 1

Selling as well as display/advertisement of Single Use Plastic (SUP) items on all E-Commerce website to be prohibited with effect from June 30, 2022

Port Blair, June 17

The Ministry of Environment, Forest & Climate Change has issued notification G. S. R No.571 (E) dated 12th August, 2021 as Plastic Waste Management (Amendment) Rules-2021. As per Rule 4(2) of PWM Rules, 2016 (as amended), the manufacture, import, stocking, distribution, sale and



use of following single use plastic (SUP), including polystyrene and expanded polystyrene, commodities shall be

prohibited with effect from the 1st July, 2022. The items prohibited include ear buds with plastic sticks, plastic sticks for balloons, plastic

flags, candy sticks, ice cream sticks, polystyrene [Thermocol] for decoration. Plates, cups, glasses, cutlery such as forks, spoons, knives, straw, trays, wrapping or packing films around sweet boxes, invitation cards and cigarette packets, plastic or PVC banners less than 100 micron,

(Contd. on last page)

Be protective, or mosquitoes will make you captive. Use mosquito net: The simplest way to stop mosquito bite.

अण्डमान तथा निकोबार प्रशासन ANDAMAN & NICOBAR ADMINISTRATION सचिवालय/SECRETARIAT			
HEALTH BULLETIN FOR CONTAINMENT OF			
नोवल कोरोना वायरस रोग (COVID-19)			
(No. 809/ 17 th June 2022)			
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 17.06.2022			
Status of Cases:			
Details of Third wave since: 01.01.2022			
Active new cases in last 24 Hours			15
Discharges in last 24 hours			02
Total confirmed cases			2351
Total Discharges			2341*
Total Active cases as on date			24
Total deaths			00
*Includes 14 discharges of second wave			
Cumulative since March 2020			
Details	On 16 th June 2022	On 17 th June 2022	Total
Confirmed Cases	10064	15	10079
Cured/Discharged from Hospital	9924	02	9926
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
*24 Positive cases in home quarantine.			
Status of Sample and Testing:			
Total Samples sent till date			747419
Total Reports received till date			747419
Total Pending Reports			0
Rate of Testing Per Million			1868548
Cumulative Test Positivity Rate			1.35%
> Vaccination status:			
Total population			4,00,000
Target Beneficiaries			3,22,000 (Approx.)
Cumulative beneficiaries vaccinated so far			682917
Cumulative beneficiaries vaccinated with 1 st Dose so far			342314
Cumulative beneficiaries vaccinated with 2 nd Dose so far			340603
% of Target beneficiaries fully vaccinated			--
% of Population vaccinated			85.58
Vaccination for 15 - 18 years age group			
Target beneficiaries for 15-18 years			23,000
Cumulative beneficiaries vaccinated with 1 st Dose so far			23561
Cumulative beneficiaries vaccinated with 2 nd Dose so far			19625
Vaccination for 12 - 14 years age group			
Target beneficiaries for 12-14 years			13,000
Cumulative beneficiaries vaccinated with 1st Dose so far 12-14 years			13170
Cumulative beneficiaries vaccinated with 2nd Dose so far 12-14 years			10883
Precautionary dose			
			26524
*2nd dose % against 286000 beneficiaries.			
> Passengers screened at VSI Airport & Haddo Wharf			
Details	From 25 th May 2020 to 16 th June 2022	On 17 th June 2022	Total
Incoming passengers			
a) VSI Airport	715735	1934	717669
b) Haddo Wharf	1480	00	1480
Outward passengers			
a) VSI Airport	729109	1670	730779
b) Haddo Wharf	928	00	928
(On 17.6.2022, 227 passengers were retested by RTPCR at Airport)			
24x7 CONTROL ROOM NUMBERS: 240126/ 232102 / 1077/ 1070			
(Source: Directorate of Health Services)			

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

INTER ISLAND SECTOR:

MV Chowra will sail for Car Nicobar via Little Andaman on 22.06.2022 (Wed) at 0900 Hrs from Haddo Wharf and will sail for Port Blair on 23.06.2022 (Thu) at 1600 Hrs from Car Nicobar via Little Andaman. Passenger Tickets for onward journey will be issued on 22.06.2022 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.

Note: Tickets will be issued to Car Nicobar bound passengers only.

MV Chowra will sail for Nancowry via Car Nicobar, Chowra, Teressa & Katchal on 26.06.2022 (Sun) at 0900 Hrs from Haddo Wharf and will sail for Port Blair on 01.07.2022 (Fri) 0500 Hrs from Nancowry via same route.

Passenger Tickets for onward journey will be issued on 26.06.2022 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 Kalighat will sail for Car Nicobar on 27.06.2022 (Mon) at 1000 Hrs from Haddo Wharf and will sail for Port Blair on 28.06.2022 (Tue) at 1600 Hrs from Car Nicobar.

Passenger Tickets for onward journey will be issued on 27.06.2022 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 Campbell Bay will sail for Campbell Bay via Nancowry on 29.06.2022 (Wed) at 1200 Hrs from Haddo Wharf and will sail for Port Blair on 01.07.2022 (Fri) at 0900 Hrs from Campbell Bay via Nancowry.

Passenger Tickets for onward journey will be issued on 29.06.2022 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.

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.

MV Bharat Seema will sail for Little Andaman on 23.06.2022 (Thu) at 0900 Hrs from Haddo Wharf and will sail for Port Blair on the same day at 2000 Hrs from Little Andaman.

MV Kalighat will sail for Little Andaman on 25.06.2022 (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 (i.e. for 23rd & 25th June, 2022) will be issued to the general public from 21.06.2022 onwards at STARS Ticketing Counters.

MV Bharat Seema will sail for Little Andaman on 27.06.2022 (Mon) at 2000 Hrs from Haddo Wharf and will sail for Port Blair on 28.06.2022 (Tue) at 0800 Hrs from Little Andaman.

MV Bharat Seema will sail for Little Andaman on 29.06.2022 (Wed) at 0900 Hrs from Haddo Wharf and will sail for Port Blair on the same day at 2000 Hrs from Little Andaman.

MV Bharat Seema will sail for Little Andaman on 30.06.2022 (Thu) at 2000 Hrs from Haddo Wharf and will sail for Port Blair on 01.07.2022 (Fri) at 0800 Hrs from Little Andaman.

Passenger tickets for the above sailing (i.e. for 27rd 29th & 30th June, 2022) will be issued to the general public from 25.06.2022 onwards at STARS Ticketing Counters.

DIGLIPUR & MAYABUNDER:

MV Bharat Seema will sail for Diglipur via Mayabunder on 25.06.2022 (Sat) at 1700 Hrs from Haddo Wharf and will sail for Port Blair on 26.06.2022 (Sun) at 1400 Hrs from Diglipur via Mayabunder. Passenger tickets for the above sailing will be issued to the general public from 23.06.2022 onwards at STARS Ticketing Counters.

MV Kalighat will sail for Diglipur via Mayabunder on 29.06.2022 (Wed) at 2000 Hrs from Haddo Wharf and will sail for Port Blair on 30.06.2022 (Thu) at 1400 Hrs from Diglipur via Mayabunder. Passenger tickets for the above sailing will be issued to the general public from 27.06.2022 onwards at STARS Ticketing Counters.

FORESHORE SECTOR:

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.

18.06.2022 (SAT)

SHAHEED DWEEP & SWARAJ DWEEP

MV Coral Queen will sail for Swaraj Dweep on 18.06.2022 (Sat) at 0700 Hrs from Haddo Wharf and will sail for Port Blair on the same day at 1500 Hrs from Swaraj Dweep.

Every State Must Recognize Its Strength ...

(Contd. from page 1)

said the States and UTs have shared unique experiences, and the ideas discussed at the conference must be incubated and institutionalized. He recommended the introduction of technology and innovative methods for increasing the efficiency of the collection of taxes. He also suggested that city and ward beautification competitions should be held by the States.

The Prime Minister said every State must recognize its strength, define its targets and develop a roadmap to achieve the same. This is essential for India to become a 5-trillion-dollar economy. Urban areas will be key in future development and employment generation. Therefore, urban local bodies must be strengthened, and urban planning should be done innovatively, he said.

To attract investment in the country, the Prime Minister said the PM-Gati Shakti should be appropriately implemented. He stressed the need for improving the usage of technology in all Government schemes & programmes and for creating interoperability of datasets of the Centre and States. He said that all new ideas and actionable points must be taken forward, incubated and institutionalized. He said the need of the hour is to perform, reform and transform.

The participants appreciated the Prime Minister for his participation in the conference. They praised the Prime Minister for showing keen interest in different sessions of the conference in the true spirit of Team India. The participants also said that the conference has helped them get insightful suggestions and new ideas.

After careful deliberation, suggestions were put forth to work in the areas of agriculture, education and urban governance. Innovative ideas and best practices were discussed for improving citizens' welfare.

This collaborative exercise, between the Centre and the States, will be taken forward by firming up the roadmap for these three sectors through NITI Aayog's Governing Council Meeting.

Financial assistance to Cultural Organizations ...

(Contd. from page 1)

supporting documents. All Cultural Organizations should also be registered on PFMS Portal and NGO-PS Portal (NGO DARPAN); www.ngo.india.gov.in. The PFMS Unique Agency Code, and Unique ID of Darpan Portal to be quoted mandatorily by the Organizations in its application.

The prescribed format may be downloaded from the website www.andaman.gov.in. The duly filled in applications should reach the Directorate of Art & Culture, Cellular Jail Complex by July 15, 2022, a press release from Directorate of Art & Culture said.

PWM Rules 2016 (as amended) prohibits production, ...

(Contd. from page 1)

stirrers will also be prohibited.

As per Rule 4(1) of PWM rules, 2016 (as amended), carry bag made of virgin or recycled plastic shall not be less than seventy-five (75) microns in thickness with effect from 30th September, 2021 and one hundred twenty (120) microns in thickness with effect from 31st December, 2022.

Further, as per the A & N Administration vide Notification No.186 dated 05.09.2019, the manufacture, storage, use, import, transportation, distribution and sale of single use plastic items has been banned in A & N Islands viz. PET Bottles- Water & Beverages, including alcohol, <2L (Less than 2 litres), plastic bodied cigarette lighters, sachets (shampoo, conditioners and similar personal care items, mouth-fresheners, pickle/jam/sauces, spices, condiments, etc.), <15 mL (or equivalent in weight) and single-use, plastic bodied use & throw pens.

Similarly, as per the A & N Administration vide Notification No.225 dated 24.09.2019, the use, manufacture and sale of plastic carry bags irrespective of its thickness, size, color and nature is banned in A & N Islands.

All Producers, Stockiest, Retailers, Shopkeepers, E-commerce Companies, Street Vendors, Commercial Establishments (Malls/ Market place/ Shopping Centers/ Cinema Houses/ Tourist Locations/ Schools/ Colleges/ Office Complexes/ Hospitals & other Institutions) and general public have been informed to stop production, stocking, distribution, sale and usage of identified SUP items as per the timelines specified in the said MoEF&CC Notification. Further, necessary action is to be taken by the concerned entities to ensure zero inventories of the aforementioned SUP items by June 30, 2022.

Selling as well as display/advertisement of Single Use Plastic (SUP) items on all E-Commerce website is also prohibited with effect by June 30, 2022.

Action, as deemed fit under Environment Protection Act, 1986 including seizure of goods, closure of operations of Industries/ Commercial Establishments and in case of non-compliance of above Environmental Compensation as per the Guidelines issued by Central Pollution Control Board of Rs.5,000/- per ton shall be levied against the violators of the said Notification, a press release from Andaman & Nicobar Pollution Control Committee said.

ANCA Chess Summer Camp 2022 concludes with certificate distribution

Port Blair, June 17

The ANCA Chess Summer Camp 2022 which began on May 4 concluded today at Vivekananda Kendra Vidyalaya, Lambaline. More than 100 children participated in the 45 days Chess Summer Camp which was organized by the Andaman Nicobar Chess Association in collaboration with



Vivekananda Kendra Lambaline. Sangatan was the guest of honour. They Shri Vinay Kumar Jindal, OSD gave away the (Projects) was the participation chief guest of the certificates to the closing ceremony participants, a press while Ms Varsha B, release from ANCA Secretary said.

Coastal cleanup drive will be carried out...

previewed the logo ad tag line for the day and other thematic aspects related to it. He also directed the officials involved for blitzkrieg of pre-event activities in the run up to the main event. The 75-day long event will start on 3rd July, 2022 with the release of brochure and a media interaction. There will be formal launch across the country, more so in the coastal States, with opinion makers and celebrities attending the local events. The target of the drive is to remove 1,500 tonnes of garbage from the sea coasts which will be a huge relief to marine life and the people staying in coastal areas.

Govt. extends upper age limit for...

(Contd. from page 1)

will be given. Opportunities for youth to serve in armed forces will increase through Agnipath scheme. In the coming years, recruitment of Agniveers will be around triple of the current recruitment in armed forces. The Union Cabinet on Tuesday approved the Agnipath recruitment scheme which provides an opportunity for Indian youth to serve in the regular cadre of the Armed Forces for a period of four years.

Under the scheme, over forty six thousand youth will be recruited this year. The Agnipath Scheme has been designed to enable a youthful profile of the Armed Forces. (Source: india.gov.in)

Over 12,800 new COVID-19 cases...

(Contd. from page 1)

administered in the country so far under the Nationwide Vaccination Drive. During the last 24 hours, more than 15 lakh 27 thousand doses were administered.

A total of 85 crore 69 lakh COVID tests have been conducted in the country so far. In the last 24 hours, more than five lakh nineteen thousand tests were conducted. (Source: india.gov.in)

COVID-19 status in A&N Islands...

(Contd. from page 1)

passengers were vaccinated with both doses while RT-PCR test was conducted on 227 passengers and the reports are awaited.

During RAT conducted on 57 passengers bound for North & Middle Andaman at Ferrargunj, no positive case has been detected. At Phoenix Bay Jetty, 93 passengers were tested with RAT, no positive case has been detected. RAT was conducted on 62 passengers at Mohanpura Bus Terminus, no positive case has been detected. At helipad, 3 passengers were tested with RAT and all were negative, a press release from Directorate of IP&T said.

3D & Bubble show at Science Centre ...

(Contd. from page 1)

designed for all age group to enjoy with their kids. During the programme, the demonstrator shall prepare varieties of bubbles right from tiny bubble to giant bubble, children's most favorite doraemon bubble to the cubic bubble, caterpillar bubble, fire bubble & many more. The entry fee for the bubble show is Rs. 10/- per head.

Further, there shall be a special 3D Show at 5.30 pm & 6.10 pm with entry fee of Rs. 20/- per head, a press release from Science Centre said.

13,170 beneficiaries in the age group of ...

(Contd. from page 1)

of which,16 were in the age group of 12-15 years, 1 beneficiary was in the age group of 18-44 years and the number of beneficiaries administered precautionary dose of medicine stood at 5. 48 beneficiaries were vaccinated in North & Middle Andaman and the number of beneficiaries administered precautionary dose of vaccine stood at 46, a press release form DHS said.

State Level Badminton C'ship from June 21; players urged to register their names

Port Blair, June 17

The Parichay Interested players Memorial State Level Badminton to register their names Championship in the State Olympic Association, Netaji 21 to 24 shall also informed earlier, a Veteran Category press release from (Under -35, 40, 45, 50, ANSOA said.

Bhubaneswar to host India's group stage matches of FIFA U-17 Women's World Cup Football in October

New Delhi, June 17

FIFA U-17 Women's Bhubaneswar will World Cup has host India's group officially been stage matches of FIFA announced yesterday. Under-17 Women's Meanwhile, Goa will World Cup Football in play home to both October this year. semi-final matches and Matches will be held the final will be played at Kalinga Stadium. at Navi Mumbai on The fixtures list for the October 30.

Common Yoga Protocol of International Day of Yoga: Day 4

ARDHA CAKRĀSANA (The Half Wheel Posture)

Ardha means half. *Cakra* means wheel. In this posture, as the body takes the shape of a half wheel, hence it is called *Ardha Cakrāsana*.

Technique


- Stand straight with feet 2 inches apart.
- Support the back at the sides of the waist with the fingers.
- Try to keep the elbows parallel.
- Drop the head backwards stretching the neck muscles.
- As you inhale, bend backwards from the lumbar region; exhale and relax.
- Stay here for 10-30 seconds with normal breathing.
- Inhale and slowly come up.

Benefits


- Ardha Cakrāsana makes the spine flexible and strengthens the spinal nerves and muscles.
- Helps in management of cervical spondylosis.


Caution

- Avoid this posture in case of vertigo or a tendency to giddiness.
- Hypertensive patients should bend with care.




Yoga for Harmony & Peace





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



ANDAMAN & NICOBAR ADMINISTRATION DEPARTMENT OF SCIENCE AND TECHNOLOGY Dolly Gunj, Port Blair Tel. Fax.250370				
Shortlisted candidates for the post of Scientist				
S.No.	Name of the candidate	Father's / Husband's Name		
1.	Ms. Manoneeta Biswas	LATE Narattam Biswas		
2.	Ms. A P Arshida	Mr. A P Abdul Azizi		
3.	Mr. K Rajesh	Mr. K Satyanarayana		
4.	Mr. Mohamed Riyaz N A	Mr. NatumAkthar R		
5.	Ms. N ManeshaManoon Mani	Mr. V Nathan		
6.	Ms. MitaliPareek	Mr. H K Pareek		
7.	Mr.DebabrataMazumder	Mr. Shankar Chandra Mazumder		
8.	Ms. Nikita Soreng	Mr. EsdorSoreng		
9.	Ms. P Jhansi Rani	Mr. M DhanaBalan		
10.	Ms. ArunimaDass	Mr. R N Dass		
11.	Ms. RiniPaulose	Mr. T P Paulose		
12.	Ms. SakshiAdhikari	Mr. Jayant Adhikari		
13.	Ms. Varsa Ganesh	Mr. Ganesh		
14.	Mr. T Hari Babu	Mr. T Thulasi Rao		
15.	Ms. Neha Dutta	LATE M L Dutta		
16.	Ms. P M Bhawani	Mr. P L Masilamani		
17.	Ms. A Aishwarya	Mr. A Annathurai		
18.	Mr. I C AbhimanChandru	Mr. J Chandrasekaran		
19.	Ms. DhanishtaSagotra	Mr. Sham Lal		
20.	Ms. Aparna Das	Mr. Prodeep Das		
The schedule of the Interview details are as follows:				
S.N.	Name of the post	Date	Time	Venue
1	Scientist	18.06.2022	09.30 am onwards	Virtual mode
Virtual Link will be shared though email and slot timings for interview will be informed over phone individually.				
I.D No.8763		Director (Sc. & Tech.)		

ANDAMAN & NICOBAR ADMINISTRATION DEPARTMENT OF SCIENCE AND TECHNOLOGY Dolly Gunj, Port Blair Tel. Fax.250370				
Shortlisted candidates for the post of Junior Scientific Assistant				
S.No.	Name of the candidate	Father's / Husband's Name		
1.	Mr. SubratoOjha	Mr. RATHIN CHANDRA OJHA		
2.	Ms. Akansha Das	Mr. Dinesh Chandra Das		
3.	Ms. P Priyadarshani	Late P Paneer Selvam		
4.	Ms. SakshiAdhikari	Mr. Jayant Adhikari		
5.	Mr. T Hari Babu	Mr. T Thulasi Rao		
6.	Mr. DipankarPanigrahi	Mr. BijoyPanigrahi		
7.	Mr. DebabrataMazumder	Mr. Shankar Chandra Mazumder		
8.	Ms. Nirmala Mini	Mr. Francis Toppo		
9.	Ms. MadhuriMondal	Mr. Satyajit Bal		
10.	Ms. Amrita Sarkar	Mr. Ashim Kumar Sarkar		
11.	Ms. Rashmi Kumari	Mr. Suraj Kumar		
12.	Mr. A John Gnanaoliuv	Mr. J Arul Raja		
13.	Mr. Sanjay Mandal	Late Subash Mandal		
14.	Ms. Farheen Nisha	Mr. Ali Sher		
15.	Mr. B Kartika	Mr. B Ramlu		
16.	Ms. Vidhya V	Mr. M Varadharajan		
17.	Mr. Alagari Chaitanya Hanuman	Mr. Alagari Krishna Prashad		
18.	Ms. Pavithra V	Mr. Venkata Narayana		
19.	Ms. MitaliPareek	Mr. H K Pareek		
20.	Ms. Pavya	Mr. VaradhaRajan		
The schedule of the Interview details are as follows:				
S.N.	Name of the post	Date	Time	Venue
1	Junior Scientific Assistant	21.06.2022	02.30 pm onwards	Virtual mode
Virtual Link will be shared though email and slot timings for interview will be informed over phone individually.				
I.D No.8763		Director (Sc. & Tech.)		

VACANCY NOTICE

Saraswati Shishu Mandir

Senior Secondary School [E.M.], Pathergudda No.4

Subject

Qualification

Sanskrit

B.A. (Sanskrit)

Contact Number: 03192 206877, 9531967763

Admission open for Nursery to Class XI.

No donation and Smart Class for all

PUBLIC NOTICE

I, K. Ravichandran, S/o Late Kadakare, R/o Haddo is the Reg. Owner of the vehicle bearing Reg. No. AN01-F-6484 (Scooty Activa 125) by Maker Suzuki and the said vehicle was sold by me to Smti. Kamachi, W/o Late Tamil Selvam, R/o Haddo on 15.06.2021. That I am not responsible for the said vehicle involved in any manner / criminal case / any illegal activities. That through this notice I intimate the said Purchase Owner to transfer the ownership in her name.

Shri K. Ravichandran

S/o Late Kadakare

R/o Haddo

Ph. No. 9434263793

Date: 17.06.2022

Place: Port Blair

TO LET

2 BHK Room for Rent at Goalghar and Prothrapur. **Contact: 9474293543 / 8900982151**

TO LET

2 BHK newly built flats at Nayagaon near Durga Temple, 24 hrs. water, parking available. Rent Rs.11000/- . **Contact: Ph. 7029566220 / 8101263442**

TO LET

1 No. 2 BHK Room available at ABC Colony, Shadipur, Rent Rs. 10,000/- . **Call: 9434280251**

TO LET

1 BHK Room available with Car Parking at Vivekananda Colony, Bhatubasti, Hotel Galaxy Road, Rent @ Rs.7000/- PM. **Contact: 9474284810 / 9933242179**

TO LET

Double Bedroom at Sea Shore Road, Haddo. **Contact M: 9933253939 / 9933218128**

TO LET

Newly constructed 2 BHK with Car parking, Hall, Balcony, fully tiled attached toilet Bathroom is available for rent at Dollygunj, Industrial Area Near Karan Godown. **Contact: 9434290854 / 9933290552**

TO LET

2 Nos. 2 BHK Flat with 24 hrs. water supply with parking in a peaceful community, situated behind Apollo Clinic, VIP Road, Dean Street, Junglighat. **Contact: 9434281149**

TO LET

- Space for Godown,
- Space for Office under Construction (2nd floor) at Sea Shore Road. **Pl. Contact: 9434264560 / 9933264560**

TO LET




1 No. 2 BHK Room for residential purpose alongwith Car Parking and Bore Well facilities Opp. SBI, Prothrapur, Port Blair. **Contact: 9476077164 / 7695002496**

TO LET

Newly Constructed 1 No. 2 BHK Flat, fully tiled with 24 hrs. water facility & Car Parking at 15 K rent located at IMFC Royal Residency, Teylorabad. **Contact No. 9434289157 / 9531933698**

NOTICE

It is brought to the notice of the general public that Disaster Warning Sirens have been installed in the premises of Secretariat, DBRAIT, DSS Marine, Chatham Saw Mill (Forest Dept), Police Station Aberdeen, Police Station Pahargaon, Police Station Chatham, JNRM College, Port Blair, Fish Landing Centre, Junglighat, IOC, Forest Guest House Carbyns Cove, Police Station Bambooflat, Police Station Ograbraj, Police Station Chouldari, Police Station Humfringunj, O.P Wimberlygunj, O.P Ferrargunj, Police Booth Hati taapu, OP Tirur, Tirur Jarawa Protection Post, OP Radhanagar, Rajiv Gandhi Aquaculture, Kodyghat, Police Station Shaheed Dweep, Police Station Swaraj Dweep, Nimbutala, Rangat, OP 19 Km R.K Pur, L/Andaman, Fire Station, Hut Bay (L/Andaman), EOC Car Nicobar, Teressa - A.E Office APWD, Chowra - JE Office, APWD, Katchal - A.E Office APWD, EOC Kamorta and EOC Campbell Bay. The sirens have been installed to alert the general public during any Disaster which is blown at high pitch/volume. The Siren will be blown in the following manner during occurrence of the disaster: -

Sl. No.	Threat Status	Earthquake & Wave amplitude Criteria	Blast of Siren to be blown at the time of threat	Advice/ Action
01.		EQ> 6.5 M Wave Amplitude below 0.5 Mtr.	One Long Blast	No immediate action is required. However watch to be kept on the change in magnitude and intensity of the event
02.		EQ> 6.5 M Wave Amplitude between 0.50 to 2.0 Mtr.	Two Long Blast	1) People in sea beaches and vulnerable areas to move to higher ground 2) Vessel to move into deep ocean
03.		EQ> 6.5 M Wave Amplitude above 2.00 Mtr.	Three Long Blast	1) People in affected areas to evacuate 2) Vessel to move into deep ocean

The siren will be tested on 3rd and 18th of every month at 1000 Hrs. during the test, the siren will be blown for two successive blast for 30 seconds. Siren of Electronic Display Board installed at Police Control Room, State Control Room, Junglighat (Fisheries Dept.), Met Office, MRCC, JOC, INS Jarawa at Port Blair, Fisheries Dept. at Rangat, EOC at Mayabunder, MRCC at Diglipur, Fisheries Dept. at Hut Bay, EOC at Kamorta, EOC at Car Nicobar, and MRCC & EOC at Campbell Bay will also be blown in a similar manner at 1000 Hrs. Therefore, the general public is hereby informed not to panic during the test of siren and requested to remain calm during test blast of siren on the date and time specified above.

Safety Officer

e -TENDER NOTICE (02nd Call)

The Andaman & Nicobar Islands Integrated Development Corporation Ltd., Vikas Bhawan, Post Box No.180, Port Blair (ANIIDCO) invites online item rate e-tenders (02nd Call) from 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 GOI organizations in these Islands and do not have any adverse remarks for the following work:
NIT No. ANIIDCO/CW/22-23/TD - 10

Name of Work

: Annual repair and maintenance of non-residential buildings (Concrete works, Cladding works, Wood works, Flooring, Roofing, Finishing, Repairs to building, Dismantling and demolishing, Sanitary installations & Water Supply Works) under ANIIDCO at Dolphin Resort, Swaraj Dweep during 2022-23.

Estimated Cost

: Rs. 45,08,511/-

Tender/Bid processing Fee

: NA

Earnest Money

: Rs. 90,170/-

Period of Completion

: 12 Months

Bid document publishing Date

: 16.06.2022

Bid document Download/Start Date

: 17.06.2022 at 10.00 AM

Bid Submission Start Date

: 27.06.2022 at 10.00 AM

Bid Submission End Date

: 07.07.2022 upto 03.00 PM

Bid Opening Date

: 08.07.2022 at 03.30 PM


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

General Manager(CW)

ANIIDCO

Tender ID: 2022_ANCVL_6274_1

APOLLO HOSPITALS CHENNAI



OBSTETRICS & GYNAECOLOGY

Patients suffering from Lower Abdomen Pain & Bleeding, White Discharge, Ovarian Cyst, Tumour in Uterus & Ovary, Urinary tract infection, difficulty in getting Pregnant, repeated Abortions and any other Gynaecological problems are requested to register their names with documents

Dr. G. VISHNU VANDANA

MBBS, DNB (Obstetrics & Gynaecology)
Senior Consultant - Obstetrician & Gynaecologist

SURGICAL ONCOLOGY

Patients suffering from Breast Swelling, Thyroid Swelling, Non-Healing ulcers, Stomach Cancer, Liver Cancer, Lung Cancer, Breast Cancer, Pancreas Cancer, Kidney Cancer, Uterus Cancer, Ovary Cancer, Cervix Cancer, Oral Cancers and Head & Neck Cancers are requested to register with documents

Dr. VENKAT PANEER

MS, Mch (Surgical Oncology)
Robotic Surgeon and HIPEC Specialist,
Senior Consultant, Surgical Oncologist, Apollo Cancer Centre, Chennai

Date: Saturday, 25th June 2022
Time: 11.00 am to 6.00 pm

Venue: **APOLLO CLINIC**
192 Garacharma Main Road,
South Andaman Port Blair - 744105

Telemedicine, Laboratory & X-Ray facilities available

For appointments:
03192252522 / 03192252052 / 9531807777

SALE	SALE	SALE		
Sale Price	Offer Price			
Jeans – 1350/-	750/-			
Branded Jeans	40% Off			
Branded T-Shirt	70% Off			
Track Suit – 1950/-	Rs. 1000/-			
Shirts – 620 – 1200/-	400 – 600/-			
T-Shirts – 350 -650/-	250 – 400/-			
Ladies Jim Wear Set	650/-			
Shoes – 500 – 700/-	450/-			
Watch, Mobile Accessories, Sun Glass & Many More item discounted rate At				
Zoom Mens Wear				
Minnie Bay Junction Ph. 9933277491, 9531932449				

COVID-19: Wash your hands regularly using soap and water or an alcohol-based hand rub.



All India Education Expo 2022 @ PORT BLAIR JUNE 18th & 19th



TIME: 3PM TO 8PM



VENUE: ITF Ground

WIN iPhone & iMac
On Early Registration

ENTRY FREE

REGISTER NOW!
+919500143400, +919500142720

COLLEGES NAME	Stall no.	LOCATION
Sathyam International Institute of Hotel Management & Aviation	1	CHENNAI
Nitte Meenakshi Institute of Technology	2	BENGALURU
Vinayaka mission's research foundation	3	CHENNAI
Marwadi University	4	RAJKOT, GUJRAT
Dayananda Sagar University	5	BENGALURU
Dr. MGR Educational and Research Institute	6	CHENNAI
Dot School of Design	7	CHENNAI
Dhanlaxmi College of Engineering	8	CHENNAI
Dhanlaxmi College of Engineering	9	CHENNAI
Ramaiah University	10	BENGALURU
Alliance University	11	BENGALURU
Karpagam University	12	COIMBATORE
Presidency University	13	BENGALURU
Dhanalakshmi Srinivasan University	14	TIRUCHIRAPPALLI
Remo International College	15	CHENNAI
R R Institutions Bengaluru	16	BENGALURU
Wisdom Teacher Training College	17	KGF, KOLAR
Rajiv Gandhi Group of Institution	18	BENGALURU
Aset College of Science & Technology	19	CHENNAI
Harsha Institution	20	BENGALURU
Andaman Avians Club	21	PORT BLAIR



WANTED

We are in urgent requirement for the following positions for our Start-Up Company

"EVENT FLING"

Where everything begins...

1. DECORATORS
2. COOK WITH HELPERS (BHANDARIS)

Kindly Contact us on: 7671980770, 7797163968

NAZ TRADING COMPANY

WATER TANK CLEANING SERVICE

With Hi-Tech Machinery
Underground Tank, Overhead Tank, Sintex, all type of Tank
Contact us: 7063908143, 9531936865

Skill Development Training Program on Baking, Cooking & Catering

ACANI with the Support of NABARD will be conducting 4 months SDTP on Baking, Cooking & Catering from 1st July, 2022 at Jubilee Sadan, Catholic Bishop's House Complex, Lamba Line.

Contact on 9679533769 / 9474240955

Happy 40th Wedding Anniversary On 18.06.2022



Shri Anil Krishna Chowkidar and Smti. Manoda Chowkidar

Our heart is full to see the dual grace you both share in the world. We love you and thank you for always being a foundation we could lean on.

And, for giving us a childhood to build upon, being a family who has always supported us.

You complement each other in the most loving and caring way possible. We feel lucky to be celebrating this remarkable day today.

Happy 40th Wedding Anniversary! Maa & Baba.

Wishes from: Sons, Daughter-in-Law and Grand Daughter.



EX-SERVICEMEN CONTRIBUTORY HEALTH SCHEME (ECHS) EMPLOYMENT NOTICE



Ser.	Category	Basic Qualification	Upper age limit (in Yrs.)	Work Experience	Desirable attributes	Monthly Remuneration (Rs.)
(a)	Dental Officer	BDS	65 Years	Minimum 05 years work experience	Merit in BDS PG/Other additional qualification. Experience more than 05 years	Rs. 75000/-
(b)	Pharmacist	B Pharmacy from a recognized Institute Or (i)10+2 with Science Stream (Physics, Chemistry, Biology) from a recognized Board And (ii)Approved Diploma in Pharmacy Council of India and registered as Pharmacist under the Pharmacy Act, 1948	58 Years	Minimum 03 (Three) years experience	Any Diploma / Course in specialty Pharmacy	Rs. 28100/-

1. Station Headquarters ECHS Cell, INS Jarawa, Port Blair invites applications to engage the services of the following posts on Contractual Basis for ECHS Polyclinic, Port Blair.
2. For Terms & Conditions, application form, remuneration, etc. kindly visit ECHS website www.echs.gov.in For details, please contact Station HQs, ECHS Cell, INS Jarawa, Port Blair, Tele. No. 03192-248 958 and E-mail id echsjarawa2018@gmail.com. Last date of receipt of application is 29 Jun., 2022.
3. Application as per requisite format alongwith self attested photocopies of testimonial in support of educational qualifications and work experience to be submitted in duplicate to Station Headquarter, ECHS Cell Minnie Bay, Port Blair between Monday and Friday from 0900 hrs. to 1330 hrs. on or before 29 Jun., 2022.
4. Interview will be held at INS Jarawa, Conference Hall, Haddo, Port Blair at 1030 hrs. on 05 July, 2022. Only eligible candidates present on the date & time mentioned above will be interviewed. No TA/DA will be admissible. Candidates are requested to bring original certificates, experience certificates and two PP size photographs
5. Appointment letter to the selected candidate will be issued subject to allowed vacancies of ECHS Polyclinic, Port Blair for the FY 2022-23.

Commander
O/C ECHS Cell
for Station Commander

OFFICE TRIP

Garacharma, Bhatu Basti to Aberdeen Bazaar
Contact: 9933256717 / 9474203780

JOB VACANCY FOR PART TIME TUTOR

No. of vacancy: 150

Female Tuition Teacher (Door to Door)

Class LKG – V: All Subject, Salary Rs.8000/- to Rs.12000/-

Class VI – VIII: All Subject, Salary Rs.12000/- to Rs.16000/-

Class IX – X: All Subject, Salary Rs.16000/- to Rs.24000/-

Class XI – XII: Physics, Chemistry, Maths, Bio., Salary Rs.24000/- to Rs.32000/-

B.Sc., M.Sc., B.Ed. (Maths, Physics, Chemistry, Biology, Zoology, Botany, Computer Science)

B. Tech., M. Tech., Diploma, B.E., MCA, BCA, M.Com., B.Com., BA English, JBT, B.Ed.

Or Pursuing College Student can also apply
Last Date: 27 June, 2022 for resume submission
Contact: 9476030947

FLAT FOR SALE

3 BHK Flat with 2 Bathroom located at Dollygunj.

Contact Ph. No. 9474266008

Aadhaar Update Centre

Mobile No. Update

Name Update

Date of Birth Update

Address Update

Ambedkar Bhawan, Goal Ghar

Sunday also open,

Contact: Ph. 9474293224

WANTED

Cook / Chef (Male / Female) near Polytechnic, Dollygunj.

Contact: 9933203196 / 9933284095

2nd DEATH ANNIVERSARY

On 18-06-2022



LATE VISHAL BEHARI

Son of Shri Rajender Behari
R/o Minnie Bay, Friends Colony
DOB: 10-06-1989 DOD: 18-06-2020
"The Pain of Losing you is immeasurable. We know the biggest star in the sky that is shining the most is you. We hope you are living well in the world of the creator."
Fondly Remembered by: Shri Rajender Behari (Father), Smti. Indo Bala (Mother), Mr. Akash Behari (Brother)

PLOT FOR SALE

Land Area 1 hect. (10,000 Sq. mtrs.) single Patta divided into 200 Sq. mtrs. Plots, fully developed and prime location near Model School Mayabunder and R.P. Hospital, for Sale. Interested single party / individuals may kindly contact to the following numbers: 9789920319 / 9476059986

LAND FOR SALE

300 Sq. mtrs. Land situated at Mayabunder Tehsil, Pokka Dera village, Dobidera area. House Site Land.

Contact Number: 9933213723

LAND FOR SALE

Area 1000 Sq. mtrs. located at Teylorabad, Port Blair.

Interested person may

Contact: 7339513184 / 9933297370

16yr of Excellence
free counselling
Top Colleges
Universities

CAREER COUNSELING CENTER

MEDICAL
BAMS/BHMS.
BSc. Medical Imaging Tech.
BSc. Medical Lab Tech. Physician Asst.
BSc. Dialysis Tech. Cardiac Technology
BSc. OT & Anaesthesia Tech.
BSc. Optometry. Respiratory care Tech.
Nursing (GNM/BSc./MSc.)
Bachelor of Physiotherapy (BPT)
Pharmacy (B/M/D.Pharm., Pharm-D)

ENGINEERING (Diploma, Tech, B.Tech)
CSE, MECHANICAL
ECE, EEE, CIVIL, PETROLEUM,
MINING, AERONAUTICAL
B.Tech Marine Engg.
Dip/BSc. Nautical Science (Ship Captain)
ETO/OCCP/GP Rating
BBA/MBA Shipping & Logistics

ALL DEGREES
BSc. Agriculture.
BBA/MBA/B.Com/M.Com, BCA
BSc./MSc. Etc.,
BSc. Yoga, Fashion Designing.
Finearts (BFA)
D.Ed/ B.Ed/ M.Ed/ B.P.Ed

SANTHI EDUCATIONAL CONSULTANCY
opp. Andaman Residency, Goal Ghar, Port Blair
Cell: 9933241220, 9434281796, Ph: 236400

Estb: 2005

1st Death Anniversary

On 18-06-2022



Late MARTIN LAKRA

"Sadly missing you in the journey of life but silently remembering your good deeds."
Remembered by: Matilda Indwar (Mother) and Brother and Sisters Lucy, Victoria, Jasinta, Gloriya, Robert, Peter and Suresh.

7th DEATH ANNIVERSARY on 18-06-2022

In Loving Memory of



Late MOTI RAM

S/o Paras Ram, R/o Sippighat

Inserted by: Smti. Pavitra Kumari (Wife) & All family members

1st DEATH ANNIVERSARY of OUR BELOVED FATHER on 18th June, 2022



LATE NETH RAM

Message: You are remembered every moments in our lives.

Inserted by: Shivam (Babu) & Bachha, R/o Naya Basti, Bambooflat

DISCLAIMER

Readers are requested to verify and make appropriate enquiries to satisfy themselves about the veracity of an advertisement before responding to any advertisement published in this newspaper.

The publisher of this newspaper, does not vouch for the authenticity of any advertisement or advertiser or for any of the advertisers products and services.

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COVID-19: Seek medical attention in case of fever, cough or difficulty in breathing.