

## President presents Swachh Survekshan Awards 2021

### Manual scavenging is a shameful practice and eradication of this is not only the responsibility of Govt. but also of the society and citizens: President



New Delhi, Nov. 20 (PIB)

The President of India, Shri Ram Nath Kovind, addressed the Swachh Amrit Mahotsav and presented the Swachh Survekshan Awards 2021, being organised by the Ministry of Housing and Urban Affairs, at a function held in New Delhi today. Speaking on the occasion, the President said that this year's Swachh Survekshan Awards have special significance because we are celebrating 'Azadi Ka Amrit Mahotsav'. Mahatma Gandhi used to say that 'cleanliness is next to godliness'. According to him cleanliness should be the top priority. The President said that this priority of Gandhiji has been carried forward by the Government of India as a mass movement through Swachh Bharat Mission. He stated that our efforts to make the country completely neat and clean are a true tribute to our freedom fighters.

The President noted that Safai Mitras and sanitation workers have continuously

rendered their services even during the COVID pandemic. He said that the Government is committed to ensure that life of no sanitation worker is put at risk due to unsafe cleaning practices. He appreciated the 'Safai Mitra Suraksha Challenge' initiative of the Ministry of Housing and Urban Affairs which has been started in 246 cities with the aim to promote mechanical cleaning of sewers and septic tanks. He advised the Ministry of Housing and Urban Affairs to extend this mechanical cleaning facility in all the cities. He said that manual scavenging is a shameful practice. Eradication of this practice is not only the responsibility of the Government but also of the society and citizens.

The President said that effective management of solid waste is essential to keep the cities clean. On October 1, 2021, Prime Minister has launched 'Swachh Bharat Mission - Urban 2.0' with the goal of making all cities 'waste-free' by 2026. It is obvious that a garbage-free city requires that houses, streets and localities remain garbage-free. He emphasised that the responsibility of the success of this campaign lies with the Government as well as all the citizens. We have to ensure that everyone segregates wet and dry waste at home.

The President said that environment conservation has been an integral part of the traditional lifestyle of India. Today whole world is emphasising on environment protection in which focus is on to reduce,

(Contd. on last page)



Admiral D K Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.), Hon'ble Lt Governor, A&N Islands and Vice-Chairman, Islands Development Agency participated in the Swachh Amrit Mahotsav programme at Vigyan Bhawan, New Delhi organized by Ministry of Housing and Urban Affairs, Government of India with Shri Ram Nath Kovind, Hon'ble President of India as the chief guest.

## SBI-RSETI providing skill development training to youth from marginalized communities

### 2519 male & 2662 female candidates trained in different EDP training programmes so far



Staff Reporter

Port Blair, Nov. 20

With the primary focus of providing vocational training to rural youth from marginalized communities, the Rural Self Employment Training Institute (RSETI) Port Blair, established in the year 2008, has been offering skill training in different trades which have local demand. The RSETI which has been successful in meeting the aspirations of youth in building their careers through entrepreneurship is an initiative of 'State Bank of India' with the guidance of Ministry of Rural Development (MoRD), Govt. of India.

Functioning on the second floor, SBI Complex Mohanpura Port Blair, RSETI is an institute playing an important role in enhancing the capabilities of the unemployed youth and training them to build their careers through entrepreneurship.

RSETI imparts

comprehensive quality on residential training programme in personality and skill development to rural youth, free of cost and facilitating them in settlement. RSETI has so far trained 5181 youth since its inception in the year 2008. Out of the total candidates trained, 70 percent of them (cumulative) have become successful entrepreneurs. A total number of 2519 male and 2662 female

candidates were trained in different EDP training programmes since inception of the RSETI in these Islands.

RSETI programme which is a three-way partnership between the Rural Development Ministry, State Governments and sponsor banks, the Entrepreneurship Development Programmes are organized in different sectors i.e. Agriculture, product, process and

general EDPs.

Under Agriculture, EDP trainings are imparted for vegetable nursery management & cultivation, poultry, Under product, EDP trainings are imparted for women tailoring and papad, pickle & masala powder making. Similarly, EDP training are also imparted in beauty parlour management and under general EDP, the training

(Contd. on last page)

## Inculcating scientific temper among women & youth

### Opportunity for pursuing existing & innovative research under Women Scientists & Young Scientist Fellowship Schemes

Port Blair, Nov. 20

The Govt. of India, Ministry of Science & Technology is implementing two flagship schemes namely Women Scientists Scheme and DST- Young Scientist Fellowship Scheme. The Women Scientists Scheme is introduced to give women a strong foot hold into the scientific

profession and to encourage women in S&T domain, preferably those having a break in career and not having regular employment, to explore possibility of re-entry into the profession and research field. Any Woman Scientist between the age of 27-57 years who had a break in their career but desired to return to

mainstream can avail benefit out of this scheme. The scheme is open throughout the year, therefore there is no last date of application.

The Young Scientist Fellowship Scheme provides opportunities to young scientists for pursuing existing and innovative research. The

(Contd. on last page)

## Department Related Parliament Standing Committee on Transport, Tourism & Culture holds meeting

Port Blair, Nov. 20

The Department Related Parliamentary Standing Committee on Transport, Tourism & Culture headed by its Chairman, Shri T.G Venkatesh on visit to these Islands held informal discussion with the representatives of the Ministry of Tourism, Ministry of Port, Shipping & Waterways, ALHW, Ministry of Communications (DoT), BSNL & A&N



Administration regarding Eco-Tourism and other matters at Hotel Taj, Swaraj Dweep yesterday. The other Members of the Committee present in the meeting included Shri

Muralidharan, Shri Sunil Kumar Pintu, Shri Chhedi Paswan, Shri Sambhaji Chhatrapati, Shri Md. Nadimul Haque, Shri Tiruchi Siva, Shri Vinay Dinu Tendulkar, Shri

Rahul Kaswan, Shri Prince Raj, Shri Tirath Singh Rawat, Shri Rajiv Pratap Rudy, Shri Manoj Tiwari, Shri Krupal Balaji Tumane & Shri Dinesh Chandra Yadav.

## Vaccination drive in A&N Islands

### 534247 doses of vaccines administered to beneficiaries so far; 4073 persons vaccinated in a single day

#### Percentage of population vaccinated in Isles stands at 73.95%

Port Blair, Nov. 20

Vaccination drive to vaccinate maximum number of eligible beneficiaries of 18 above age group in the entire Island Territory is continuing and the percentage of population vaccinated so far in Isles stands at 73.95%. With 4073 eligible beneficiaries vaccinated today, the number of cumulative beneficiaries vaccinated so far has gone up to 534247 in A&N Islands.

The Health Department is making best efforts to cover maximum number of eligible beneficiaries by vaccinating them through its designated vaccination centres spread over the Islands to keep the corona virus at bay. As per data

available, The cumulative beneficiaries vaccinated with first dose so far is 2,95,798 (103.43%) while cumulative beneficiaries vaccinated with second dose so far is 2,38,449 (80.61%). In

order to restrict the entry of COVID virus in isles, the passengers coming from mainland are screened at Airport. The total number of incoming passengers screened at VSI Airport from May 25,

2020 to Nov. 20, 2021 stood at 391238 while the number of outgoing passengers was 393472 during the same period.

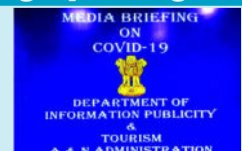
3204 beneficiaries were vaccinated in South (Contd. on last page)

## Media briefed on COVID-19

### No positive case detected during test conducted on incoming flight passengers: Director (IP&T)

Port Blair, Nov. 20

The Director (IP&T), Shri Alok Kumar while giving information on COVID-19 status stated that during the RT-PCR test conducted on 459 passengers who arrived here yesterday, no positive case has been detected. Today, 11 flights with 1938 passengers arrived, out of which, 1537 were



vaccinated with both doses while RT-PCR test was conducted on 401 passengers and the reports are awaited. During RAT conducted on 131 passengers bound for

North & Middle Andaman at Ferrargunj, no positive case has been detected. At Mohanpura Bus Terminus, test was conducted on 75 passengers and all were found negative. At Phoenix Bay Jetty, 81 passengers were tested with RAT and all were found negative. RT-PCR (Contd. on last page)

अंडमान तथा निकोबार प्रशासन ANDAMAN & NICOBAR ADMINISTRATION सचिवालय/SECRETARIAT			
Health Bulletin For Containment Of			
नोवल कोरोना वायरस रोग (COVID-19)			
(No. 600/20 <sup>th</sup> November 2021)			
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 20.11.2021			
> Status of Cases :			
Details of Second Wave since: 01.03.2021			
Active new case in last 24 Hours		00	
Discharges in last 24 hours		00	
Total confirmed cases		2682	
Total Discharges		2609	
Total Active case as on date		06	
Total Deaths		67	
Cumulative since March 2020			
Details	On 19 <sup>th</sup> Nov. 2021	On 20 <sup>th</sup> Nov. 2021	Total
Confirmed Cases	7676	00	7676
Cured/Discharged from Hospital	7541	00	7541
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	06	5577
Nicobar	507	00	507
Total	6376	06	6370
> Status of Sample and Testing:			
Total Samples sent till date			624577
Total Reports received till date			624577
Total Pending Reports			0
Rate of Testing Per Million			1561443
Cumulative Test Positivity Rate COWIN 1.0			1.23%
> Vaccination Status			
Total population		4,00,000	
Target Beneficiaries		2,86,600 (Approx)	
Cumulative Beneficiaries vaccinated so far		5,34,247	--
Cumulative Beneficiaries vaccinated with 1 <sup>st</sup> Dose so far		2,95,798	103.43
Cumulative Beneficiaries vaccinated with 2 <sup>nd</sup> Dose so far		2,38,449	80.61
% of population vaccinated		--	73.95
> Passengers screened at VSI Airport & Haddo Wharf			
Details	From 25 <sup>th</sup> May 2020 to 19 <sup>th</sup> Nov. 2021	On 20 <sup>th</sup> Nov. 2021	Total
Incoming Passengers			
a) VSI Airport	389293	1945	391238
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	391617	1855	393472
b) Haddo Wharf	928	0	928
(On 20.11.2021, 401 passengers were retested by RTPCR at Airport)			
24x7 CONTROL ROOM NUMBERS: 240126/ 232102 / 1077/ 1070			
(Source: Directorate of Health Services)			

## Farmers' Corner- A Knowledge Hub

### Nicobari pig, the pride of Nicobar

Nicobari pig (*Sus scorofa nicobaricus*), a registered pig breed of India (INDIA PIG\_3300\_NICOBARI\_09005), is endemic to Nicobar group of islands. In the Nicobar Island, the Nicobari pig, locally known as Ha-un, is more or less linked closely with the local culture and tradition of the Nicobarese tribe. They are sturdy and short pig breed with black, grey or brown in colour. Marked bristle crest (mane) on the back of the pig extending from mid head/shoulder to base of the tail is a characteristic feature of the breed. Facial profile varies from flat to concave. Short neck with very large jawl is another prominent feature. They reach body weight of 40-50 kg for male and 38-45 kg for female at 1 year of age. Litter size varies from 5-11. Nicobari pigs are semi-feral in nature and no systematic or scientific management is followed by the tribal people. As such, tribals are not aware much about the farming system and the pigs are reared under free-range system and fed with locally available resources. Generally, pigs are not reared for commercial purposes. Molecular study indicated that Nicobari pig diverged from Asian pigs between 72,260 to 131,210 years before present (YBP) and since its migration it has maintained the ancestral gene pool. ICAR-Central Island Agricultural Research Institute, Port Blair and Department of Animal Husbandry and Veterinary Services, A&N Administration maintain and propagate the pure germplasm of Nicobari pig.



**Benefit:** This breed is well adapted to the local environment of Nicobar and can survive with a very low level of management. Nicobari pig serves as the major source of protein supplement for Nicobarese people.

Contact person with Name, Designation e-mail and phone no: Dr. Arun Kumar De, Scientist, Animal Science Division, ICAR-Central Island Agricultural Research Institute, Port Blair, Andaman and Nicobar Islands-700101, Email: Arun.De@icar.gov.in, Mob: 9679515260.

## Cycle Rally organized by IRBn as part of 'Azadi Ka Amrit Mahotsav'

Port Blair, Nov. 20

As the nation is celebrating 'Azadi Ka Amrit Mahotsav', to commemorate 75 years of glorious history of its independence and achievements, a Cycle Rally was organized by India Reserve Battalion of A&N Police today. The rally was flagged-off from the iconic National Memorial Cellular Jail by Shri S. K. Jain, IGP/L&O in the presence of Senior Officers of A & N Police namely Shri Narra Chaitanya, (Commandant, IRBn), Shri Kalaivanan,



(SDPO, S/Andaman) and others. Altogether, 105 cyclists from various walks of life comprising of IRBn jawans, professional cyclists, civilians and children took part in the Cycle Rally and displayed enthusiasm. On completion of the rally, the chief guest encouraged the

children to inculcate the habit of cycling to be physically fit, agile and 'Go Green' to have pollution free atmosphere in these emerald islands. Commandant, IRBn motivated the jawans to promote 'Fit India', a press release from Commandant IRBn said.

## Joint Bank Account not mandatory for Spouse Pension

New Delhi, Nov. 20 (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, who is also Incharge Department of Pensions, today clarified and reiterated that Joint Bank Account is not mandatory for Spouse Pension.

The Minister said, the Government headed by Prime Minister, Shri Narendra Modi has always sought "ease of living" for all sections of society including the retirees and pensioners who are the nation's assets with all their experience and long

years of service rendered by them.

Speaking to media after a meeting with senior officials of the Pension Department, Dr. Jitendra Singh said, in case the Head of Office is satisfied that it is not possible for the retiring Government Servant to open a joint account with his/her spouse for reasons beyond his/her control, this requirement may be relaxed. All agency banks disbursing Central Government pension have been advised that in case the spouse (Family pensioner) opts for the existing joint bank account for credit of family pension, banks should not insist on opening a new account.

The Minister, added that a joint bank

account with spouse is however desirable and it is to be opened with their spouse in whose favor an authorization for family pension exists in the PPO. Operation in these accounts would be on "former or survivor" or "either or survivor" basis as desired by the pensioner, he added.

The reason for opening of joint bank account is to ensure that family pension may be commenced without any delay and the family pensioner is not subjected to any hardships for opening of a new pension bank account. This also ensures minimum documentation for the family pensioner while submitting request for commencement of family pension.

## Come and be a part of India's 'Cinematic Kaleidoscope' of 'Collaborative diversity': Union I&B Minister at IFFI Opening Ceremony

### Government aims to make India the hub for world cinema: I&B Minister

Mumbai, Nov. 20 (PIB)

With many firsts to its credit, the 52<sup>nd</sup> edition of the International Film Festival of India has gotten off with a grand opening ceremony at the Dr. Shyama Prasad Mukherjee Indoor Stadium, in Panaji, Goa today. Welcoming film lovers to Goa which he recalled is celebrating its 60<sup>th</sup> year of independence, while the nation celebrates the 75<sup>th</sup> year of independence, the Union Minister for Information & Broadcasting and Youth Affairs & Sports, Shri Anurag Singh Thakur said that Azadi Ka Amrit Mahotsav is an opportunity for us to take a collective resolve to take the nation to new heights when we celebrate 100 years of our freedom. "This presents a unique opportunity for Indian cinema and incredible possibilities in content creation and dissemination at all levels on all platforms, in all regional languages, domestically as well as globally."

The Minister informed that with this perspective in mind, IFFI has brought together a diverse bouquet of films and filmmakers from around the world. "There are many firsts at IFFI. For the first time ever, IFFI has allowed OTT platforms to come and

showcase and present what they have produced in the past few years."

The Minister informed that IFFI is embracing new technology and giving a platform to artists and industry to engage with each other, keeping up with the pace of change.

For the first time ever, films from five BRICS nations, namely Brazil, Russia, China, South Africa and of course India will be showcased through the BRICS Film Festival alongside IFFI. There are more than 300 films being showcased at IFFI. 148 international films from nearly 75 nations will be screened at the festival, informed the Minister.

IFFI Announces and Felicitates 75 Budding "Creative Young Minds of Tomorrow"

As the country celebrates the 75<sup>th</sup> year of our hard-earned freedom, with Azadi Ka Amrit Mahotsav flags swaying in every state of the country, 75 young aspiring film makers have been handpicked from across the country to attend IFFI as special guests. The names of the winners have been announced at the opening ceremony today. Speaking about the novel initiative, the Minister said: "For the first time ever, we are recognizing and mentoring promising 75 young minds, as we celebrate 75 years of

India's independence. They have been chosen by the grand jury and selection jury after a meticulous selection process."

The Minister informed that the youngest candidate is just sixteen years old, and that the list of 75 budding artists includes many who have been selected from various small towns and cities of India.

The Minister also outlined the government's progressive and ambitious vision for IFFI. "Our Government's vision for IFFI is not limited to one event, but what IFFI should be when India celebrates its 100<sup>th</sup> year of Independence."

The I&B Minister expressed the Government's steadfast commitment to make India a content creation powerhouse and the post-production hub of the world. "We aim to make India a powerhouse of content creation, especially regional by scaling up regional festivals. We are also steadfast in our efforts to make India the post production hub of the world, by leveraging the immense tech talent amongst our skilled youth. We aim to make India the hub for world cinema - a destination for films and festivals and the most favoured place for film makers and lovers!"

## President presents Swachh Survekshan...

(Contd. from page 1)

reuse and recycle the resources. He noted that good examples are coming out of the idea of 'Waste to Wealth' and many start-ups are active in these areas. He said that appropriate schemes could be developed to encourage entrepreneurship and investment in these areas.

## India to take on New Zealand in 3<sup>rd</sup> T-20 match today



Kolkata, Nov. 20

India will take on New Zealand in the third and final T-20 cricket match at the Eden Gardens in Kolkata tomorrow. India has already gained an unassailable 2-0 lead after winning the second T20I in Ranchi on Friday. For New Zealand, it will be a chance of signing off from the series on a high note before shifting focus to the two-match Test series.

It is expected that India might field new

combinations to test the reserve bench strength.

The average score in the last seven T20Is in Kolkata is just 142 and thus Sunday's game could be another low-scoring encounter. It is expected that the dew might once again play a crucial role and thus the team winning the toss might opt to bowl first.

In the last five T-20 matches played at this venue India has emerged victorious on four occasions.

## Prog. on 'Financial Literacy' held at Andaman Law College: students enlightened on online/offline financial frauds

Port Blair, Nov. 20

Andaman Law College organized a special programme on 'Financial Literacy' in the college auditorium. Addressing the gathering, Shri Manoj Kumar Lakra, Chief Manager, SBI, Port Blair emphasized on the various types of online/offline financial frauds being committed in Andaman & Nicobar Islands. He appealed to students of

Andaman Law College to be aware and vigilant of various modes of frauds. He also spoke about various methods by which consumers can save themselves from falling prey to various scams. Shri Jayendra, Manager (MPST), SBI, Port Blair discussed about the various investment schemes of SBI, a press release from Andaman Law College said.

## SBI-RSETI providing skill development ...

(Contd. from page 1)



are imparted to soft skilled trainers of Directorate of Industries. The duration of training ranges from 10 days to 30 days. Free lunch, tea & materials are also provided during the training. The training includes interaction sessions, games, motivational videos; communication skills market survey etc which are necessary for a successful entrepreneur.

RSETI in collaboration with the Rural Development Department has been able to reach out to the remote islands and train SHG members in Rangat, Mayabunder, Diglipur in off campus trainings since 2020. RSETI conducts awareness camps at the remote villages to sensitize the rural youth on the importance of being self employed.

RSETI is working as an agent for transforming the unskilled, unemployed and underprivileged youth.

## Inculcating scientific temper among women ...

(Contd. from page 1)

scheme is focused on young scientists and technologists who have adequate background and training in the field of Science & Technology and encourage academic institutions, national labs and other S&T institutions to avail the benefit under this scheme.

Interested Women Scientists and Young Scientists who wish to avail the benefit of the above mentioned schemes can access the details of these schemes on the website www.dst.gov.in and for any assistance in this regard, they can contact the Department of Science & Technology, Dollygunj in person or over phone no. 03192-250370 on all working days during working hours or email at dstandamans@gmail.com, a press release from Deptt. of Science & Technology said.



MINISTRY OF  
AYUSH



आज़ादी का  
अमृत महोत्सव



YOGA  
BREAK

# योग करें, निरोग रहें

## आयुष मंत्रालय का 'योग ब्रेक' एप कार्यस्थलों पर योग करने के लिए करेगा प्रोत्साहित





एन एच मिशन

**Andaman & Nicobar State AYUSH Society,  
Directorate of Health Services, A & N Administratrion**



NATIONAL AYUSH MISSION

ID No. 8192

**AFFIDAVIT**  
I, CHRISTINA KUMUDNI LAKRA, W/o Lucas Minj, R/o Garachama village, under Port Blair Tehsil, South Andaman District, do hereby solemnly affirm and declare as follows:  
1. That I am a permanent resident of these Islands and living at abovementioned address.  
2. That my son actual and correct name is "ELIUS MINJ" and the same is appeared in all his documents  
3. That due to inadvertence my son name is appeared as "ELIUS MINZ" instead of "ELIUS MINJ" in his school records.  
4. That the name "ELIUS MINJ" & "ELIUS MINZ" belong to the same identical person.  
5. That I am swearing this affidavit to make the correction in my son name in School Records as "ELIUS MINJ" against the wrong name of "ELIUS MINZ". Hence this affidavit.  
All the information given above is correct and true as per my knowledge and belief, if any information found false, then I will be responsible for the same.  
Place: Port Blair  
Date: 18-10-2021  
Deponent

**AFFIDAVIT**  
I, CHRISTINA KUMUDNI LAKRA, W/o Lucas Minj, R/o Garachama village, under Port Blair Tehsil, South Andaman District, do hereby solemnly affirm and declare as follows:  
1. That I am a permanent resident of these Islands and living at abovementioned address.  
2. That my daughter actual and correct name is "ELIZABETH MINJ" and the same is appeared in all her documents  
3. That due to inadvertence my daughter name is appeared as "ELIZABETH MINZ" instead of "ELIZABETH MINJ" in her school records.  
4. That the name "ELIZABETH MINJ" & "ELIZABETH MINZ" belong to the same identical person.  
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Deponent

**TO LET**  
Room Ground Floor at Atlanta Point Near MP House.  
**Contact Ph. 9933274071**

**TO LET**  
Godown at Goalghar Link road with vehicle access till godown measuring 90 Sq. mtrs. for rent. **Contact: 9476093563**

**TO LET**  
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NATIONAL HEALTH MISSION



AYUSH



DIABETES PREVENTION

## DIABETES

**PRIMARY PREVENTION**



MAINTAIN IDEAL BODY WEIGHT  
INTAKE HEALTHY FOOD  
REGULAR EXERCISE LIKE WALKING AND RUNNING  
AVOID INTAKE OF ALCOHOL AND TOBACCO

**SPECIFIC PREVENTION**



MAINTAIN YOUR NORMAL BLOOD PRESSURE.  
MAINTAIN YOUR NORMAL BLOOD GLUCOSE LEVEL.  
KEEP IDEAL BODY WEIGHT  
REGULAR CHECK UP OF EYES AND LEGS

**SYMPTOMS OF DIABETES**



FREQUENT URINATION  
LOSS OF WEIGHT.  
EXCESSIVE THIRST.  
WEAKNESS OR TIREDNESS.

**HOW EXERCISE HELPS IN MAINTAINING BLOOD GLUCOSE LEVELS.**



REDUCES THE GLUCOSE LEVEL IN BLOOD.  
IMPROVES INSULIN LEVEL IN BODY  
HELPS TO CONTROL OVER DIABETES  
PREVENTS FROM HEART DISEASES

NOTE: REGULARLY CHECK YOUR BLOOD PRESSURE AND BLOOD GLUCOSE LEVELS FROM YOUR NEAREST HEALTH CENTRE. IF FOUND POSITIVE FOR DIABETES, CONTINUE ROUTINE ACTIVITIES WITH REGULAR MEDICATIONS.

**Healthy Habits Healthy Life Healthy India**

राष्ट्रीय कैंसर, मधुमेह, हृदय रोग व पक्षाघात बचाव एवं नियंत्रण कार्यक्रम  
NATIONAL PROGRAMME FOR PREVENTION & CONTROL OF CANCER, DIABETES, CVDs & STROKE (NPCDCS)  
राष्ट्रीय स्वास्थ्य मिशन, अंडमान निकोबार द्वीप समूह  
NATIONAL HEALTH MISSION, ANDAMAN & NICOBAR ISLANDS



GJC

## Gold & Silver Merchant Society (Association)

ANDAMAN & NICOBAR ISLAND PORT BLAIR  
Welcome GJC Leaders to Andaman



Shri. ASHISH PETHE  
Shri. SAIYAM MEHRA  
Adv. S. ABDUL NAZAR



LION S. SUBRAMANIAN  
LION M. SAKTHIVEL

# Jewellery Convention

NOVEMBER 21 SUNDAY  
HOTEL BAY ISLAND, PORT BLAIR



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LOGISTICS



Redlands Ashlyn  
JEWELLERY EQUIPMENT



GJS  
Jewellery Show 2021

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COVID-19: Maintain safe distance from anyone who is coughing or sneezing.



MINISTRY OF  
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75

आज़ादी का  
अमृत महोत्सव



YOGA  
BREAK

योग करें, निरोग रहें

आयुष मंत्रालय का 'योग ब्रेक' एप  
कार्यस्थलों पर योग करने के लिए  
करेगा प्रोत्साहित





Andaman & Nicobar State AYUSH Society,  
Directorate of Health Services, A & N Administratrion



9:41

YOGA  
BREAK

GOVERNMENT OF INDIA  
Ministry of Ayush

AYUSH GRID

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AYUSH

ID No. 8192

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1. That I am a permanent resident of these Islands and living at abovementioned address.  
2. That my son actual and correct name is "ELIUS MINJ" and the same is appeared in all his documents  
3. That due to inadvertence my son name is appeared as "ELIUS MINZ" instead of "ELIUS MINJ" in his school records.  
4. That the name "ELIUS MINJ" & "ELIUS MINZ" belong to the same identical person.  
5. That I am swearing this affidavit to make the correction in my son name in School Records as "ELIUS MINJ" against the wrong name of "ELIUS MINZ". Hence this affidavit.  
All the information given above is correct and true as per my knowledge and belief, if any information found false, then I will be responsible for the same.  
Place: Port Blair  
Date: 18-10-2021

Deponent

**AFFIDAVIT**  
I, CHRISTINA KUMUDNI LAKRA, W/o Lucas Minj, R/o Garachama village, under Port Blair Tehsil, South Andaman District, do hereby solemnly affirm and declare as follows:  
1. That I am a permanent resident of these Islands and living at abovementioned address.  
2. That my daughter actual and correct name is "ELIZABETH MINJ" and the same is appeared in all her documents  
3. That due to inadvertence my daughter name is appeared as "ELIZABETH MINZ" instead of "ELIZABETH MINJ" in her school records.  
4. That the name "ELIZABETH MINJ" & "ELIZABETH MINZ" belong to the same identical person.  
5. That I am swearing this affidavit to make the correction in my daughter name in School Records as "ELIZABETH MINJ" against the wrong name of "ELIZABETH MINZ". Hence this affidavit.  
All the information given above is correct and true as per my knowledge and belief, if any information found false, then I will be responsible for the same.  
Place: Port Blair  
Date: 18-10-2021

Deponent

**TO LET**  
Room Ground Floor at Atlanta Point Near MP House.  
Contact Ph. 9933274071

**TO LET**  
Godown at Goalghar Link road with vehicle access till godown measuring 90 Sq. mtrs. for rent. Contact: 9476093563

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NATIONAL HEALTH MISSION  
एनएचएम



AYUSH



NPCDCS

**DIABETES**

PRIMARY PREVENTION



MAINTAIN IDEAL BODY WEIGHT  
INTAKE HEALTHY FOOD  
REGULAR EXERCISE LIKE WALKING AND RUNNING  
AVOID INTAKE OF ALCOHOL AND TOBACCO

SPECIFIC PREVENTION



MAINTAIN YOUR NORMAL BLOOD PRESSURE.  
MAINTAIN YOUR NORMAL BLOOD GLUCOSE LEVEL.  
KEEP IDEAL BODY WEIGHT  
REGULAR CHECK UP OF EYES AND LEGS

SYMPTOMS OF DIABETES



FREQUENT URINATION  
LOSS OF WEIGHT.  
EXCESSIVE THIRST.  
WEAKNESS OR TIREDNESS.

HOW EXERCISE HELPS IN MAINTAINING BLOOD GLUCOSE LEVELS.



REDUCES THE GLUCOSE LEVEL IN BLOOD.  
IMPROVES INSULIN LEVEL IN BODY  
HELPS TO CONTROL OVER DIABETES  
PREVENTS FROM HEART DISEASES

NOTE: REGULARLY CHECK YOUR BLOOD PRESSURE AND BLOOD GLUCOSE LEVELS FROM YOUR NEAREST HEALTH CENTRE. IF FOUND POSITIVE FOR DIABETES, CONTINUE ROUTINE ACTIVITIES WITH REGULAR MEDICATIONS.

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NATIONAL PROGRAMME FOR PREVENTION & CONTROL OF CANCER, DIABETES, CVDs & STROKE (NPCDCS)  
राष्ट्रीय स्वास्थ्य मिशन, अंडमान निकोबार द्वीप समूह  
NATIONAL HEALTH MISSION, ANDAMAN & NICOBAR ISLANDS



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