



Things to Know

1. Which element is a diamond made of?
Ans. Carbon
2. Which gas is also known as laughing gas?
Ans. Nitrous Oxide
3. What is the highest temperature that mercury thermometers can measure?
Ans. 360-degree celsius
4. Which metal is used to make the filament of the electric bulb?
Ans. Tungsten
5. How many kilometers are there in a light-year?
Ans. 94,60,73,00,00,000 km
6. At what temperature is the density of water at its maximum?
Ans. 4-degree celsius
7. What does the ozone layer protect us from?
Ans. UV rays
8. In which Indian state is the world's longest sandstone cave located?
Ans. Krem Puri in Meghalaya
9. Which Indian airport uses only solar power to run its operations?
Ans. Cochin International Airport
10. When is National Farmer's Day celebrated in India?
Ans. 23 December
11. Who is the youngest person to climb Mount Everest?
Ans. Malavath Purna
12. Which Indian cities are the cleanest according to Swachh Survekshan 2018?
Ans. Indore, Bhopal, and Chandigarh
13. Who is the current Governor of the Reserve Bank of India?
Ans. Shaktikanta Das
14. According to the Air Quality Index report released by Central Pollution Control Board in 2018, which is the most polluted city in India?
Ans. Patna
15. When is the National Girl Child Day celebrated in India?
Ans. 24 January
16. Who is the current chairman of the Central Board Of Secondary Education?
Ans. Rakesh Kumar Chaturvedi
17. What day is celebrated as International Day of Charity?
Ans. 5 September
18. Which country is hosting the ICC Men's Cricket World Cup 2019?
Ans. England
19. When were the Commonwealth Games first held?
Ans. 1930
20. Which tennis player was ranked India's National number 1 by the Women's Tennis Association for a decade (2003-2013)?
Ans. Sania Mirza
21. Who is the first Indian ever to feature among the top 10 women squash players in the world?
Ans. Dipika Pallikal Karthik
22. Who is the popular athlete with 12 toes to win a gold medal in the 2018 Asian Games?
Ans. Swapna Barman

1st S P कप क्रिकेट टूर्नामेंट का आयोजन।

दिनांक 12/03/ 2023 रंगत मिनी स्टे. डियम में पुलिस स्टेशन रंगत के वदरा 1st SP कप क्रिकेट टूर्नामेंट का आयोजन किया गया जिसमें मध्य अंडमान कि 10 टीमें भाग लिया है 1st SP कप क्रिकेट टूर्नामेंट के उद्घाटन समारोह में मुख्य अतिथि गीतांजलि खड्गेवाल SP उत्तर तथा मध्य अंडम. न, सपना प्रिया सहायक आयुक्त मध्य अंडमान, सीता मांझी प्रमुख पंचायत समिति रंगत, DFO मध्य अंडमान, पंचायती राज के सदस्य, तथा अन्य सम्मानित ब्यक्तियों ने भाग लिया। इस क्रिकेट टूर्नामेंट के आयोजन के से रंगत क्षेत्र के



यूवकों में काफी उत्साह देखने को मिला है लोगों का कहना है कि पुलिस स्टेशन रंगत के वदरा क्रिकेट टूर्नामेंट का आयोजन एक सराहनीय कदम है इससे पुलिस तथा क्षेत्रीय लोगों में काफी उत्साह और एक दूसरे के प्रति काफी भरोसा देखा गया है यह क्रिकेट टूर्नामेंट लगभग एक महीने तक रंगत मिनी स्टे. डियम में खेला जाएगा, जिससे आम पब्लिक को मनोरंजन के साथ साथ खेल के प्रति जागरूकता पैदा हो गा । इस क्रिकेट टूर्नामेंट के आयोजन के लिए पुलिस विभाग को रंगत क्षेत्र के

Tourism Roadshow in Andamans | Tour Operators, Influencers and Vloggers Arriving from Mainland

First time in History of Andaman and Nicobar Islands a Tourism Roadshow is being organised here. Tourism Roadshow in Andamans will be a three day event where the arriving delegates will also visit Swaraj Dweep. Tourism Stakeholders of the Islands are very excited to welcome the visiting Tour Operators/Agents, Vloggers and Influencers. The event is being organized



Organized by Ministry of Tourism and Andaman Association of Tour Operators.

कनिष्ठ अभियंता बना बकरी पालक साईड ऑफिस को बनाया गया बकरियों का घर



डीगली पूर । डिगली पूर स्थित विद्युत विभाग का साईड ऑफिस इन दिनों र्चका का विषय बना हुआ है । सूत्रों से मिली खबर के अनुसार विद्युत विभाग के कनिष्ठ अभियंता ने अपने साईड ऑफिस को बकरी बांधने का घर में तबदील कर दिया हैऔर बकरियों के देख रेखा के लिए अपने दो कर्मचारियों को भी रखा हुआ है ।

डिगली पूर मे रहने वाले लोगों का कहना है की हर रोज कही ना कही विद्युत खंबो मे समस्या खड़ी होती है और जब साईड ऑफिस मे इसकी शिकायत करने जाते है तो विद्युत विभाग के कनिष्ठ अभियंता के वदरा यह कहा जाता है की लाईन मे भेजने के लिए उनके पास कर्मचारियों की कमी है ।

Contd. on page 2

Paucity of power in Port Blair & adjoining areas of South Andaman DEMAND SIDE MANAGEMENT PREPARED TO ENSURE OPTIMAL UTILISATION OF AVAILABLE POWER TO AVOID ROTATIONAL LOAD SHEDDING

GOVT. OFFICE TIMINGS SHALL BE FROM 0730 HRS TO 1030 HRS EXCEPT DC OFFICE. POLICE DEPT., GOVT. HOSPITALS. CONTROL ROOMS OF PBMC. PWD & ELECTRICITY DEPARTMENTS ALL GOVERNMENT BUILDINGS SHALL SWITCH OFF THEIR AIR CONDITIONERS. GARDEN LIGHTING FROM 1730 TO 2030 HRS ALL COMMERCIAL SHOPS SHALL CLOSE BY 1800 HRS COMPULSORILY

The sudden rise in power demand has created severe paucity of 5 to 6 MW power in Port Blair and adjoining areas of South Andaman. In view of this, a detailed demand side management has been prepared to ensure optimal utilisation of available power to avoid rotational load shedding.

In pursuance of same, the following directions have been issued:

- Govt. Office timings shall be 0730 hrs to 1630 hrs except DC office, Police Dept., Govt. Hospitals, Control Rooms of PBMC, PWD & Electricity Departments.
- All Government buildings shall switch off their Air Conditioners, garden lighting from 1730 to 2030 hrs. Optimal utilization of lights in office premises be ensured and unnecessary lightning may be switched off. Air Conditioners used during day hours be operated at 26 degree Celsius and be used with ceiling fans.

- All commercial shops shall close by 1900 hrs compulsorily.
- Use of High masts shall be avoided from 1730 to 2030 hrs by PMB, DSS, PBMC & Pradhans. In case operation of high masts becomes essential by DSS/ PMB, the same shall be met through their stand-by DG sets.
- PMB/DSS shall ensure to meet shore supply power requirement from 1730 to 2030 hrs through their own stand-by DG sets.
- All Government establishments functioning beyond 1700 hrs, installed with DG sets shall be on captive generation (operate their DG sets) from 1730 to 2030 hrs.
- All hoteliers/ Cine Theatres shall be on captive generation from 1730 to 2030 hrs.
- All Industrial consumers like bakery, ice plant/cold storage, fabrication units etc., shall meet their power

requirement through captive generation from 1730 - 2030 hrs. In case of non-availability of stand-by DG sets, they will suspend work from 1730- 2030 hrs.

Consumers in all categories shall avoid usage of high power consuming gadgets like A.C Geysers, Microwave etc. with optimum utilization of lighting from 1730 - 2200 hrs.

The HODs shall form teams to ensure strict compliance of the above directions in larger public interest for monitoring of energy conservation in their respective Departments. The teams will also be responsible to create awareness among the co-workers on energy saving tips and firmly ensure compliance of all the above directions.

All HODs have been asked to sensitize their staff and employees for ensuring compliance of the above directions.

Candidates allege recruitment scam In DBRAIT, seek justice from Administration

The written exam for the Group-B (Non Gazetted) posts of Lab Technician (Science) and Instructors were held on 3rd & 7th March 2023 with the involvement of DBRAIT faculties. The aspirants who appeared in the Lab Technician (Science) written exam alleged that frisking was not done at the examination centre which is a serious lapse on the part of DBRAIT authorities. It has also come to notice that, three candidates who appeared in the Lab Technician (Science) written exam are children of

the DBRAIT staffs. The faculties and staffs of DBRAIT were directly or indirectly involved in the whole recruitment process like preparing and printing of question papers and there is high possibility of question paper leakage. The aspirants also found discrepancy in the short listed and not short listed candidates list which was removed from the eRecruitment portal before completion of the exams due to unknown reasons. The applicant names were cut down short in the list such as

Nair, Benia, Rao, etc. The question paper for skill test was prepared by the HoDs and faculties of DBRAIT to get their favourite candidates into the merit list. There is serious allegation that in Chemistry practical exam, candidates were told to write their name on the answer sheet which is gross violation of conducting recruitment exam exposing the confidentiality of the candidate.

It was clearly mentioned in the admit card that the candidate is

Contd. on page 2

Member of Parliament requests Hon'ble Lt. Governor to get 10 seats reserved for Andaman and Nicobar students in any of the prominent Sainik Schools, located in Mainland India

The Member of Parliament of Andaman and Nicobar Islands, Shri. Kuldeep Rai Sharma has requested the Hon'ble Lt. Governor of Andaman and Nicobar Islands to get 10 seats reserved for Andaman and Nicobar students in any of the prominent Sainik Schools, located in Mainland India.

In a letter addressed to the Hon'ble Lt. Governor of Andaman and Nicobar Islands, the Member of Parliament mentioned that many parents of Andaman and Nicobar Islands have expressed a keen interest in sending their children to study in the prestigious

Sainik Schools located in Mainland India. He pointed out that Sainik School provides an excellent opportunity for students to pursue their dream of joining the Defence forces in our country. The rigorous training and discipline imparted by these institutions right from childhood make students more effective, disciplined and skilled human beings. The Member of Parliament also mentioned that the Andaman and Nicobar Islands presently does not have a Sainik School and hence he requested the Hon'ble Lt. Governor to take up this matter with the con-

cerned ministry and get 10 seats reserved for Andaman and Nicobar students in any of the prominent Sainik Schools, located in Mainland India. He said that this step would be of immense benefit to the students of Andaman and Nicobar Islands, who would be able to receive the same training and education as their counterparts in other parts of the country. It would also be a great initiative to promote and encourage the youth of Andaman and Nicobar Islands to join the Indian Armed Forces.



संपादकीय

नमक की वजह से जान गंवा देंगे 70 लाख लोग. :WHO ने सफेद जहर बताया, सैधा नमक क्या हेल्दी हैय कितना नमक खाना है सैफ

नमक को लेकर WHO यानी वर्ल्ड हेल्थ अ०र्गेनाइजेशन की एक रिपोर्ट आई है। जिसमें बताया गया है कि नमक ज्यादा खाना कई बीमारियों की वजह है।

WHO का लक्ष्य 2030 तक लोगों के खाने से 30 प्रतिशत नमक कम करने का है। रिपोर्ट में दावा किया गया है कि अगर समय रहते जरूरी कदम नहीं उठाया तो आने वाले 7 सालों में लगभग 70 लाख लोग नमक से होने वाली बीमारियों से अपनी जान गंवा बैठेंगे। हर साल 14 से 20 मार्च तक वर्ल्ड स०ल्ट अवेयरनेस वीक मनाया जाता है। नमक के बारे में बात करने का ये सही मौका है।

आज जरूरत की खबर में WHO की रिपोर्ट और इससे जुड़े सवालों के जवाब देंगी एक्सपर्ट डॉ. अंजू विश्वकर्मा, डायटीशियन, भोपाल, डॉ.हरजीत कौर, डायटीशियन और न्यूट्रिशनिस्ट, अमनदीप अस्पताल, अमृतसर, नेहा पठनिया, चीफ डायटीशियन, पारस ह०स्पिटल, गुड़गांव।

सवाल नमक की जरूरत हमारे शरीर में क्यों पड़ती है ?

जवाब नमक में सोडियम और पोटेशियम दोनों होता है। सोडियम इंसान के शरीर में पानी का सही लेवल बनाने से लेकर अ०क्सीजन और दूसरे पोषक तत्व सभी अ०गर्न तक पहुंचाने में मदद करता है। इसकी वजह से हमारी वैस्कुलर हेल्थ, नर्व यानी तंत्रिका में एनर्जी आती है।

सवाल : कम नमक या बिल्कुल नमक नहीं खाएंगे तब क्या नुकसान होगा ?

जवाब: कम नमक खाने से भी कई प्र०ब्लम होती हैं३

लो ब्लडप्रेसर के पेशेंट बन सकते हैं।

टाइप 2 डायबिटीज के शिकार हो सकते हैं।

कमजोरी और उल्टी की प्र०ब्लम हो सकती है।

ब्रेन और हार्ट में सूजन आ सकती है।

सूजन की वजह से सिरदर्द, कोमा और सीजर्स के अटैक भी आ सकते हैं।

ब०डी के जिस अ०गर्न को जितना खून चाहिए, उस तक उतना नहीं पहुंच पाता।

एलडीएल (बैड) कोलेस्ट्रॉल 4.6: बढ़ जाता है।

इसलिए शरीर में नमक का सही बैलेंस होना बहुत जरूरी है।

सवालरू वर्ल्ड हेल्थ अ०र्गेनाइजेशन के अनुसार इस समय एक व्यक्ति रोजाना कितना नमक खा रहा है ?

जवाब WHO के अनुसार, दुनियाभर में ज्यादातर लोग रोजाना 10.8 ग्राम नमक खा रहे हैं। जो उनके शरीर की जरूरत से कई गुना ज्यादा है।

सवालरू नमक ज्यादा खाने से क्या नुकसान होता है ?

जवाबरू बालों का झड़ना शुरू हो जाता है।

किडनी में सूजन आ जाती है।

शरीर में वाटर रिटेंशन बढ़ जाता है। जो शरीर में पानी को जमा करके रखता है।

हड्डियां कमजोर होती हैं और उन्हें अ०स्टियोपोरोसिस की प्र०ब्लम हो सकती है।

हार्ट डिजीज, लकवा, हाई ब्लड प्रेशर और स्ट्रोक जैसी कई बीमारियां हो जाती है।

प्यास ज्यादा लगती है। कई बार होटल का खाना खाने से ज्यादा प्यास लगती है, यानी उसमें नमक हाई वैल्यूम में पड़ा होता है।

सवालरू अच्छा तो एक हेल्दी व्यक्ति को एक दिन में कितना नमक खाना चाहिए ?

जवाबरू हर रोज 5 ग्राम यानी सिर्फ एक टी स्पून नमक खाना चाहिए। और भी आसान तरीके से समझना है तो ये बात याद रखें कि आपके हर खाने में एक छोटा चम्मच नमक ही होना चाहिए।

ये भी याद रखें कि एक दिन में आपको 2.3 ग्राम ही सोडियम लेना चाहिए, जो कि आपको 5 ग्राम नमक में मिल जाता है।

अलग-अलग हेल्थ इश्यू वाले पेशेंट्स जैसे किडनी, डायबिटीज, हार्ट पेशेंट के लिए इसकी मात्रा और भी कम हो सकती है। इसलिए अपनी बीमारी के हिसाब से डॉक्टर की सलाह पर नमक खाएं।

सवालरू मुझे कैसे पता चलेगा कि मैं ज्यादा नमक खाता हूँ ?

जवाबरू इसके जवाब के लिए नीचे लगी क्रिएटिव को पढ़ें और शेयर करें।

सवाल WHO ने 2030 तक लोगों के खाने से 30 प्रतिशत नमक कम करने के लिए जो नीति की बात की है वो क्या है ?

जवाब WHO ने प्लान बनाया है कि

लोगों को इस बारे में पहले से ज्यादा जागरूक किया जाएगा। ज्यादा नमक खाने की आदतें बदलने में मदद के लिए कैंपेन और अवेयरनेस प्रोग्राम सभी देशों को चलाना होगा।

पैक्ड फूड में नमक कम करने के साथ क्वांटिटी के बारे में बताना जरूरी होगा। जिसे खरीदने वाला आसानी से पढ़ और समझ सके कि वो कितना नमक खा रहा है।

खाने में नमक या सोडियम की क्वांटिटी को कम करने के लिए व्यक्तिगत और राज्य स्तर पर भी लक्ष्य तय करने होंगे। इससे नमक कम खाना है ये हमेशा याद रखने में मदद मिलेगी और लोग अपनी आदत बना लेंगे।

पब्लिक इंस्टीट्यूशन जैसे स्कूलों, ह०स्पिटल और अ०फिस में कम सोडियम वाले आइटम को प्रोवाइड कराना चाहिए।

WHO की रिपोर्ट के अनुसार, अ०र्गेनाइजेशन ने ऐसे राज्यों का सोडियम स्कोर कार्ड बनाया है जिन्होंने सोडियम के प्रकार और उसे कम करने पर काम किया है।

इसमें उन देशों का पता लगाया गया है जिन्होंने राष्ट्रीय नीति के तहत सोडियम की क्वांटिटी कम करने को लेकर काम किया है। उन्हें स्कोर में 1 दिया गया है।

ऐसे देश जिन्होंने सोडियम की क्वांटिटी घटाने को लेकर बहुत सख्ती से काम किया और लोगों को जागरूक किया है, उन्हें स्कोर में 2 दिया गया है।

वो देश जिन्होंने सोडियम की क्वांटिटी कम करने को लेकर कोई एक कदम उठाया हो या पहले से पैक फूड आइटम में सोडियम की क्वांटिटी मेंशन करना मैनडेटरी कर दिया हो, उन्हें स्कोर में 3 दिया गया है।

भारत को इस स्कोर कार्ड में 2 दिया गया है।

सवालरू अगर मुझे तेज चटक नमक खाने की आदत है, बिना उसके खाना अच्छा नहीं लगता, तो इस आदत को कैसे कम करें ?

जवाब जिन्हें तेज नमक या ऊपर से नमक डालकर खाने की आदत है वो वह यह समझे कि कोशिश करने पर बहुत जल्द इस आदत में सुधार किया जा सकता है।

आपके टेस्ट बड्स नए स्वाद के हिसाब से एडजस्ट हो जाते हैं। मतलब ये कि यहां पर टेस्ट की नहीं बल्कि आदत की बात है। जिसे हम खुद से बदल सकते हैं।

कुछ उपाय हैं जिन्हें फ०लो कर आप अपनी इस आदत को धीरे-धीरे कम कर सकते हैं३

खाना बनाते समय ही कम नमक डालें।

डाइनिंग टेबल से स०ल्ट ब०टल को हटा दें।

नमक डालने वाली स्पून को छोटा कर दें।

स्वाद को बढ़ाने के लिए नमक को नींबू से रिप्लेस कर दें।

सलाद में टमाटर डालें, जिससे नमक की ज्यादा कमी महसूस न हो।

सवाल खाने में ऊपर से नमक डालकर खाना क्यों सही नहीं होता है ?

जवाब इसकी वजह से हार्ट और किडनी से जुड़ी समस्याएं हो सकती हैं।

सर्कुलेटरी सिस्टम (संचार प्रणाली) और नर्वस सिस्टम (तंत्रिका तंत्र) को भी नुकसान पहुंच सकता है।

ऊपर से नमक छिड़ककर खाने की लत लग जाती है। जैसे कोई नशा हो। कुछ समय बाद आप ऊपर से नमक डाले बगैर खाना नहीं खा पाते हैं।

सवाल दाल और सब्जी के साथ पका हुआ नमक, ऊपर से छिड़के हुए नमक से ज्यादा बेहतर होता है, कैसे ?

जवाब जब नमक खाने के साथ पका जाता है तो इसके आयरन का स्ट्रक्चर बदल जाता है और आपकी

कनिष्ठ अभियंता बना

Contd. from first page



डिगली पूर मे रहने वाले लोगो का कहना है की अपने साईड ऑफिस मे बक़रियो को पालने के लिए बक़री घर बनाना कहां तक सही है और तो और बक़रियो को चराने के लिए दो कर्मचारियो को रखना और लाईन मे कार्य के लिए नही भेजना क्या इन बातो को संज्ञान मे लेकर विधुत विभाग के अधीक्षक अभियंता के द्वारा इस कनिष्ठ अभियंता के ऊपर कारवायी होगा ।

Candidates allege

prohibited to write his/her name but the invigilator gave direction to write the name on the answer sheet. The Chairman of Recruitment Committee released a press notice stating that skill test for Lab Technician (Electrical/ Civil/ Mechanical) and Instructors shall be conducted only for the candidates who qualify in the written exam which was not followed for conducting Lab Technician (Science) exam. Candi-

dates alleged that for obtaining claims and objections, a press release was issued with invalid email id so that the candidates could not send claims and objections and the Recruitment committee could finalize the merit list as per their wish. The disappointed aspirants who appeared in Lab Technician(Science) exam seeks justice from higher authorities of Administration and demand immediate enquiry on the irregularities oc-

curred in the Lab Technician(Science) exam and demand to re-conduct the exam without involvement of DBRAIT faculties. In the year 2017 also there was allegation that for Lab Technician (ECE) post, exam was conducted only to appoint a lady who was working as guest faculty in DBRAIT and later the same guest faculty got appointment as Lab Technician (ECE). In the recent past, DBRAIT miserably

Contd. from first page

failed in conducting recruitment exam for Panchayat Secretary which received a huge criticism from all corners of the society. Considering the reputation of this institution in the recent past, the Chief Secretary should take serious note of such malpractices and irregularities in recruitment process and assign any other agency/institute to re-conduct the Lab Technician (Science) exam in a fair and transparent way.

Member of Parliament Demands compensation for the family members of minor girl, who died in a road accident at Brichgunj

The Member of Parliament of Andaman and Nicobar Islands, Shri. Kuldeep Rai Sharma today demanded compensation for the family member of a minor girl, who lost her life in a tragic road accident on March 13,2023. In a letter addressed to the Hon'ble Lt. Governor, the Member of

Parliament said that the incident has left the entire community in shock and mourning, and he is deeply saddened by this tragedy. "As Member of Parliament of Andaman and Nicobar Islands and as an Islander, I feel it is my duty to demand compensation for the family members who have been

affected by this terrible incident. They are going through a difficult time, and it is our responsibility to provide them with the necessary support and assistance," the Member of Parliament added in his letter. He also requested the Hon'ble Lt. Governor to issue directions to the police and revenue depart-

ment to ensure that such incidents do not repeat in the future. It is essential to have stricter traffic regulations in place, especially near schools and other high-risk areas, to prevent such accidents from happening, he added.

Member of Parliament Demands 'Special Concession for Stretcher Patients of Andaman and Nicobar Islands, during Medical Emergencies' in Lok

The Member of Parliament of Andaman and Nicobar Islands, Shri. Kuldeep Rai Sharma, has raised a significant issue in the Lok Sabha today, highlighting the exorbitant rates being charged from stretcher patients of Andaman and Nicobar Islands, during medical emergencies. He informed the Parliament that Andaman and Nicobar Islands are situated nearly 1200 KM away from nearest Airport in Mainland In-

dia-Chennai and Kolkata. For critical medical cases, evacuation in passenger aircraft is the only option and the family members of the patient have to pay Rs. 1,32,000 one way, excluding cost of tickets for patient attendants. However, the rate of tickets for stretcher patients has been almost doubled without any valid reason to nearly Rs.2,41,000. The steep hike is a cause of concern for islanders most of whom can't af-

ford to buy tickets for stretcher patients at such a high rate. Charging such an exorbitant amount from stretcher patients during the time of medical emergencies is unethical and can also lead to death of the patient, if there is failure in paying such a huge amount. Government had fixed the rate for stretcher patients from Andaman and Nicobar Islands, under which a stretcher patient had to pay only Rs.29,000 which

was issued through ANI-IDCO and was revised in 2007. The Member of Parliament requested the Government to intervene in this matter and give special concession to all stretcher patients of Andaman and Nicobar Islands and issue necessary directions to all private Airlines Companies to allow evacuation of stretcher patients as presently only Air India is allowing these services.

Election to Office of Chairperson, PBMC for second year term held

Smti S. Selvi, Councillor Ward No. 5 elected as the new Chairperson of PBMC

The election to the Office of the Chairperson, Port Blair Municipal Council for the second year term of tenure (2022-2027) was held today in the Conference Hall of Port Blair Municipal Council. The election was presided over by the Deputy Commissioner, South Andaman, Ms Veditha Reddy, IAS.

After the conduct of proceedings, Smti. S. Selvi, Councillor Ward No. 5 was declared elected as Chairperson, PBMC for a period of one year for the second

year term under the provisions of sub section (1) of section 197 of the Andaman and Nicobar (Municipal) Regulation, 1994 read with sub section (1) of section 14 of the said Regulation.

Meanwhile, the Oath of Office of the elected Chairperson for the second year term of Port Blair Municipal Council commencing from 16/03/2023 will be administered by the Deputy Commissioner, South Andaman on March 16 at 10.30 AM in the Conference Hall of Port Blair Municipal Council.



PBMC appeals to consumers of Port Blair to conserve and avoid wastage of water

Consumers asked to fix leaking pipes and install float valves in water tanks to avoid overflow

PBMC supplies drinking water to municipal areas. Due to poor monsoon and excessive heat, there is acute shortage of water supply from PWD to PBMC. Rains are not expected any time soon.

Water is a precious natural resource and cannot be wasted. The public have been advised to use water carefully and avoid any type of wastage of water. Overflow of storage tanks should be

avoided at all costs. Consumers have been asked to fix leaking pipes and install float valves in water tanks to avoid overflow. Govt. offices, public institutions, commercial establishments

and other major consumers of water have to take precautionary measures to preserve water. PBMC is closely monitoring all tap connections and storage facilities and in case of wastage of water,

strict action will be taken such as disconnection of water tap connection. Teams have been constituted by PBMC to constantly monitor and keep a vigil on water wastage.

World Consumer Rights Day was celebrated in Isles ‘Empowering consumers through clean energy transition’

Port Blair, March 15 World Consumer Rights Day was celebrated in Isles too, together with the rest of the world. To mark the day, the Department of CS&CA organized a function at TGCE Auditorium on the theme ‘Empowering consumers through clean energy transition’. The Commissioner-cum-Secretary (CS&CA), Smt. Nandini Paliwal, IAS was the chief guest on the occasion.

transactions will further improve, she remarked. Commissioner-cum-Secretary (CS&CA) and Secretary (CS&CA), Ms Ranjana Deswal jointly gave away the awards to the Best FPS, Best General Merchant, Best Employee of CS&CA Department and the winners of Quiz Competitions organized on the occasion of World Consumer Rights Day. The Commissioner-cum-Secretary felicitated

Shri Sadan Golder with best employee of the year award for his dedication towards work. Apart from this, awards were also given to best FPS, best General Merchant doing cashless transaction and winners of quiz competition. A short film on consumers’ awareness was also screened.

In her address, the Secretary CS&CA, Ms Ranjana Deswal congratulated all the staff of the Department for conducting consumer awareness programmes in all the Districts. While informing about e-dhakil for registering complaints online, she disclosed that a total of 47 complaints were registered so far in e-dhakil while 80-90 hearings were done on-

line. More awareness is required to be created about e-dhakil portal so that more people can avail this facility, the Secretary added.

In the best FPS category, Shri James, FPS, Prothrapur stood first while Shri Naw Iris FPS, Karmatang Mayabunder and Rashid Yusoof FPS, Kamorta, Nancowry bagged the second and third prize respectively.

In the best General Merchant doing cashless transaction category, Shri M A Majeed of Mubarak Hyper Market, Bengali Club stood first while K. Karupaiah of M/s Karupaiah of Subhasgram, Diglipur and



Shri Mohseen Ahmed, M/s Nico Mart, Perka Nicobar stood second & third respectively.

In the quiz competition, the team of D. Prem Kumar & Avishek K. Das of DBRAIT won the first prize while the team of Hemant Das & Yash Narayan of TGCE and the team of M. Naveen & Nitinder Lall of ANCOL bagged the second & third prize respectively. The highlight of the function was the Nukkad Natak presented by students of TGCE on consumer awareness. A group song by TGCE and a classical dance by Ajit Kumar form part of the World Consumer Rights

Day.

While enlightening the gathering about the significance of the day, the Deputy Director, CS&CA & Registrar State Commission, Shri Rajesh Kumar said this day is celebrated to highlight the importance of consumer rights and encourage them to protect their rights as consumers. The consumers are also made aware of how they can protect themselves from the abuses and seek redressal in case of violation of their rights, he added. The entire programme was co-ordinated by the Assistant Director, CS&CA, Shri Aneesh Chatterjee.

Directorate of Sports and Youth Affairs will be organizing an Open Sea Swimming Competition from Netaji Subhas Chandra Bose Dweep to Rajiv Gandhi Water Sports Complex

Port Blair, March 15 The Directorate of Sports and Youth Affairs will be organizing an Open Sea Swimming Competition from Netaji Subhas Chandra Bose Dweep to Rajiv Gandhi Water Sports Complex, Aberdeen jetty, Port Blair on March 18, 2023 (Saturday) under various categories viz. Men’s Open (18 years to 50 years), Men’s Open (50 years to 60 years), Men’s Open (60 years to 70 years), Women’s Open (18 years and above), Above 12 to 18 years Boys, Above 12 to 18 years Girls and Men’s Open (70 years and above)

In this connection, the following details have been issued for the information of the participants:

S.No	Particulars	Date & Time	Venue
1.	Swimming trial & briefing session after Swimming test	16.03.2023 from 12.00 noon onwards	Swimming Pool, Netaji Stadium
2.	Reporting time for the participants	18.03.2023 at 3.30 am	Rajiv Gandhi Water Sports Complex (Marina Park)
3.	The Medical Check – up for the participants	18.03.2023 at 04.00 am	Rajiv Gandhi Water Sports Complex (Marina Park)
4.	Departure of ferry from Rajiv Gandhi Water Sports Complex to Netaji Subhash Chandra Bose Island	18.03.2023 at 05.00 am	Rajiv Gandhi Water Sports Complex (Marina Park)

Those who fail to participate and qualify the trial test or medical test will not be permitted to participate in the Swimming Competition. Completion of Swimming from Netaji Subhas Chandra Bose Dweep to Aberdeen Jetty is mandatory for consolation prize/prize. For any further clarification, one may contact Dr. V. Selvam, Nodal Officer, SYA/Swimming Coach over Ph No. 9434280424.

MP demands to organise Baul music programme in different parts of N&M Andaman, Little Andaman, Shaheed Dweep and Swaraj Dweep

CPI (M) has asked the Andaman & Nicobar Administration to explore the possibility of desalination of sea water to drinking water as has been done by the defence establishments in these islands, Lakshadweep Islands and at various cities on the mainland like Chennai to have a permanent solution to the drinking water crisis in Andaman & Nicobar Islands. In a letter sent to the Chief Secretary, A & N Administration, D. Ayyappan, Secretary, CPI (M) Andaman & Nicobar State Organising Committee strongly opposed the unjustified curtailment in the supply of drinking water to the residents of Port Blair and rural South Andaman areas imposed by the Port Blair Municipal Council and APWD from 9th March, 2023. He expressed concern that with the cur-

tailment, now drinking water is supplied once in three days because of which people especially the women and children are facing difficulties. Besides, the duration of water supply has also been reduced by 5 minutes, as per the reports received from the residents. CPI (M) is deeply concerned over the present situation as, it is noticed, that despite spending a whopping amount of one thousand crore rupees for the Rutland Water Supply Project, the Administration and PBMC have failed to provide sufficient drinking water to a merely 2 lakh population of Port Blair town and rural South Andaman.

Ayyappan told the Chief Secretary that large size Desalination plants have been installed at various parts of defence areas through which lakhs of liters of drinking water are made available daily for supply to defence personnel. CPI (M) suggested that it is high time that the A & N Administration should also explore the possibility of getting drinking water through desalination process in order to face the water scarcity occurring every year in the Port Blair town and rural South Andaman areas. He further told the Chief Secretary that desalination of sea water will be a permanent solution for the water crisis faced by the people of these islands. A good quantity of water supplied to the residents of Chennai and the whole population of Lakshadweep Islands is through desalination process.

ANDAMAN STATE WATER AND SANITATION MISSION TO ORGANIZE VARIOUS COMPETITIONS AS PART OF OBSERVANCE OF WORLD WATER DAY -2023

As part of the observance of World Water Day 2023 in A&N Island under ‘Jal Jeevan Mission’, various competitions under different categories is being organised by the Andaman State Water and Sanitation Mission (AN-

SWSM). The last date for participation in different categories was March 15, 2023. Now, considering the remoteness of the location, it has been decided to extend the last date of submission to March 20, 2023.

All terms and condition shall remain unchanged. People from different categories have been requested to participate in various competitions and help in creating awareness on water conservation, water source development and their preservation.

NOTICE INVITING e-TENDER

No. e-tender-DB/CD/DP/2023/ 1066 Diglipur, dated: 07-03-2023

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

1. NIT No. 34/SE/CC-I/2022-23 Name of work:- Construction of 04 No's Type-II Quarters for Technical Staffs of Drawing Branch under CD, APWD, Diglipur. Estimated cost: ₹ 1,64,34,420/- Earnest Money: ₹ 3,28,688/- time of completion: 12 months.

(Tender ID: 2023_APWD_9705_1).

The e-tender form and other details can be downloaded from the website. The last date of bid submission will be 27-03-2023 upto 15:00 hours. Other details/information can be seen on website eprocure.and.gov.in.

9791
2023/MediaRelease/272

EE, CD, APWD,
Diglipur.

Press Release

This is to inform all candidates who have appeared for the selection test for the post of Lab Technician / Instructor-Science/Civil/EE/MECH held on 3rd March 2023 and 7th March 2023 for the establishment of DBRAIT.

The answer key has been uploaded in the portal <https://erecruitment.andaman.gov.in/> and the candidate may send their claims & objections in the email ID aodbrait1984@gmail.com on or before 17/03/2023 by 03:00 PM

Earlier press releases published on 11/03/2023 and 15/03/2023 regarding claims and objections may be treated as null and void, since there was a typographical error in email ID.

9811
2023/MediaRelease/292

Chairman
(Recruitment Committee-Group-B(NG))

शपथ पत्र

मैं, अब्दुल आरिफ़, अब्दुल्ला का पुत्र, निवासी स्टीवर्ट गंज, फेरमगंज तहसील के अंतर्गत, दक्षिण अंडमान, अंडमान और निकोबार द्वीप समूह का निवासी यह घोषणा करता हूँ कि :-

1) मेरी उम्र 33 वर्ष है और मेरी जन्म तिथि 28/08/1988 को हुई है।

2) मेरे पासपोर्ट संख्या L1514621 में मेरी माँ का नाम आरिफ़ा बीबी (ARIFA BIBI) गलत लिखा गया है जबकि उनका सही नाम हारिफ़ा (HARIFA) है।

3) मेरी माँ का सही नाम हारिफ़ा (HARIFA) है जो मेरे 10वीं के सर्टिफिकेट संख्या. 346771 में उल्लेखनीय है।

4) मेरी माँ का सही नाम हारिफ़ा (HARIFA) है जो लिखा और उल्लेख किया गया है।

आरिफ़ा बीबी (ARIFA BIBI) और हारिफ़ा (HARIFA) दोनों एक ही व्यक्ति हैं।

उल्लिखित विवरण मेरे सर्वोत्तम ज्ञान और विश्वास के अनुसार है।

साक्षी (DEPONENT)

APWD Karmachari Sangh an affiliated association of Andaman Nicobar Rajya Karmachari Mahasangh (ANRKM), BMS has called Hunger Strike from 13th March 2023 at Tiranga Park for regularisation of DRMs.



APWD Karmachari Sangh an affiliated association of Andaman Nicobar Rajya Karmachari Mahasangh (ANRKM), BMS has called Hunger Strike from 13th March 2023 at Tiranga Park for regularisation of DRMs. All the members of AKS and ANRKM were first visited the statue of Mahatma Gandhi and garlanded the statue and proceeded to Tiranga Park to choose the path of Satyagraha as shown by Mahatma Gandhi. Four members of AKS

were honoured who sat on Hunger Strike for twelve hours and which was replaced in the evening with four male members and it was continued till evening of 14th March 2023. In the meantime, several round of discussions were carried out with Administration and Chief Engineer's office to pave a solution to the demands under the initiative of Shri. Vishal Jolly ji and Shri. M. Veeranna ji. Finally, it was intimated by the Office of the Chief

Engineer that the matter of regularisation is in positive consideration as assured by the Secretary (PWD) and the same was declared by Shri. Vishal Jolly at Tiranga Park. All the members present were raising the slogan of Bharat Mata Ki Jai!. The committee of AKS decided to withdraw the hunger strike and given juice to the persons who were in Hunger Strike under the instructions of Shri. Sunil Ghosh ji, State General Secretary. With the support of Adminis-

tration and employees it was resolved calmly. The committee expressed gratitude to the Administration, Police, Print & Digital Media, all the State committee members of BMS and office bearers of Andaman Nicobar Rajya Karmachari Mahasangh and it all affiliated associations who extended their support for the successful conduct of Hunger Strike and its conclusion in a positive manner.



Admiral D K Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.), Hon'ble Lt Governor, A&N Islands and Vice-Chairman, Islands Development Agency alongwith Chief Secretary, A&N Administration Shri Keshav Chandra, Chief of Staff, A&N Command, other Senior Officers of A&N Administration, Police, & Forest reviewed the presentation made by Department of Sports & Youth Affairs, Directorate of Education on preparedness for conduct of 1.6 Km NSCB Open Sea Swimming Competition to be held on 18th March 2023 from Netaji Subash Chandra Bose Dweep to Rajiv Gandhi Water Sports Complex, Aberdeen Jetty, Port Blair as part of Azadi Ka Amrit Mahotsav.

MESSAGE

I express my warm greetings on the occasion of 'World Consumer Rights Day' on 15th March 2023. I am pleased to know that reiterating its commitment towards all consumers, Department of Civil Supplies and Consumer Affairs is celebrating the 'World Consumer Rights Day' on 15th March 2023 in these Islands along with rest of the world on the theme "Empowering Consumers Through Clean Energy Transitions".

The vision of Hon'ble Prime Minister of India focuses not only on consumer protection but also on consumer prosperity. Global energy challenges and consequent rise in energy prices have had a significant impact on vulnerable consumers. Increasing access to affordable, reliable and sustainable energy amidst the cost-of-living remains a challenge that needs to be surmounted. Consumers, the world over have started to recognize the need for shifting to cleaner and greener sources of energy. This synergy with consumers will play a crucial role in delivering positive clean energy transitions.

During World Consumer Rights Day 2023, consumers have been recognized as Focal market place actors and not passive bystanders in the energy transition. They play an essential role to catalyze clean energy use. Consumers, both domestic and commercial, will be involved in policy discussions for ensuring clean energy practices such as increased use of solar energy etc. They will also be informed and incentivized about the different schemes of the government that promote this energy transition.

I wish a grand success to this endeavor during the weeklong celebration of World Consumer Rights Day.

Sd/-

(Admiral D K Joshi)

PVSM, AVSM, YSM, NM, VSM (Retd.)

Lt. Governor, A&N Islands

& Vice Chairman, Islands Development Agency

CPI (M) Demands To Explore Possibility of Desalination Of Sea Water

CPI (M) has asked the Andaman & Nicobar Administration to explore the possibility of desalination of sea water to drinking water as has been done by the defence establishments in these islands, Lakshadweep Islands and at various cities on the mainland like Chennai to have a permanent solution to the drinking water crisis in Andaman & Nicobar Islands. In a letter sent to the Chief Secretary, A & N Administration, D. Ayyappan, Secretary, CPI (M) Andaman & Nicobar State Organising Committee strongly opposed the unjustified curtailment in the supply of drinking water

to the residents of Port Blair and rural South Andaman areas imposed by the Port Blair Municipal Council and APWD from 9th March, 2023. He expressed concern that with the curtailment, now drinking water is supplied once in three days because of which people especially the women and children are facing difficulties. Besides, the duration of water supply has also been reduced by 5 minutes, as per the reports received from the residents. CPI (M) is deeply concerned over the present situation as, it is noticed, that despite spending a whopping amount of one thousand crore rupees for the

Rutland Water Supply Project, the Administration and PBMC have failed to provide sufficient drinking water to a merely 2 lakh population of Port Blair town and rural South Andaman. Secretary, CPI (M) brought to the notice of the Chief Secretary that defence establishments at Port Blair are getting huge quantity of drinking water through desalination process. Ayyappan told the Chief Secretary that large size Desalination plants have been installed at various parts of defence areas through which lakhs of liters of drinking water are made available daily for supply to defence

personnel. CPI (M) suggested that it is high time that the A & N Administration should also explore the possibility of getting drinking water through desalination process in order to face the water scarcity occurring every year in the Port Blair town and rural South Andaman areas. He further told the Chief Secretary that desalination of sea water will be a permanent solution for the water crisis faced by the people of these islands. A good quantity of water supplied to the residents of Chennai and the whole population of Lakshadweep Islands is through desalination process.