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International Day of the Girl Child The 4 day- long Induction Programme - 'Diksharambh-2022 for DBRAIT



Mayabunder, Oct. 11 : International Day of the Girl Child is an annual and internationally recognized observance on October 11 which empowers girls and amplifies their voices. International Day of the Girl Child acknowledges the importance, power, and potential of adolescent girls by opening up more opportunities for them. At the same time, this day is designated to eliminate gender-based challenges that little girls face around the world, including child marriages, poor learning opportunities, various kind of violence, and discrimination.

As part of the observance, a programme was organized by the District Child Protection Unit, North and Middle Andaman at Forest Labour (Welfare) Club, Mayabunder today, in which the students of Govt. Model Senior Secondary School, Mayabunder, Anganwadi Workers and team from DCPU, N&MA participated. Dr. Satyendra Singh Dursawat, IAS, Deputy Commissioner, N&M Andaman was the chief guest on the occasion while the Assistant Commissioner (HQ), Shri Vaibhav Rikhari & Assistant Commissioner, Rangat, Shri Aditya Kumar Asthana were the guests of honour.

Speaking on the occasion, the chief guest highlighted on the



importance of the theme of International Day of the Girl Child, 2022 - 'Our time is now-our rights, our future'. Talks on various issues like digital generation our generation, child rights, health care & hygiene for girl child, importance of education for every girl child & welfare schemes for girl child and Beti Bachao Beti Padhao etc. were delivered by the special invitees.

Sports competitions and cultural activities formed part of

the observance and prizes were distributed to the winners.

Earlier, an all student rally was conducted from Govt. Model Sr. Sec. School, Mayabunder to Forest Labour (Welfare) Club, Mayabunder which was aimed at ending discrimination against the girl child and to empower them with equal opportunities. The programme concluded with the vote of thanks proposed by the Legal-cum-Probation Officer, District Child Protection Unit, N&M Andaman.



Port Blair, Oct. 11 : The 4 day-long Induction Programme - 'Diksharambh-2022 for DBRAIT students as part of AICTE mandate got underway today in its conference hall. The event started with filling of self analysis form by the students for self introspection & knowing themselves in a rational way followed by ceremonial lighting of lamp by few parents and newly inducted students. The event was presided over by Dr. S.K. Vishvakarma, Prof. Department of Electrical Engineering, IIT Indore as the keynote speaker.

In his address, the Professor highlighted about the glorious contribution of our ancient rishis & scholars in the field of Science, Technology & Medicines & Surgeries. He reiterated how Scientists & Engineers contributed to the Indian freedom struggle in their own way. Dr. Vishvakarma called upon the students to equip themselves with latest technological advancement through several training/internship and not just restrict them to the conventional academics. Earlier, Dr. Jenson Daniel, HOD (Civil) welcomed the gathering &

Smti Suraj Moli acquainted the students with MSBTE norms & regulations. Shri Dinesh Lall, CEO, Vyasn LLP and a final year B.Tech student of the institute spoke on developing Start-up Culture in the young generation. They are the first ever start-up recognized by DPIIT from this institute. In the afternoon session, the students were sensitized about various scholarship scheme of AICTE, the anti ragging rules which was followed by brain games and sports events. Around 120 parents & students attended the programme.

Winning gold and bronze medals in the Kayaking & Canoeing events today in the ongoing 36th National Games-2022

Port Blair, Oct. 10 : The sportswomen from these Islands brought laurels by winning gold and bronze medals in the Kayaking & Canoeing events today in the ongoing 36th National Games-2022 at Gujarat. Rajina Kiro won the gold medal in the 500 mtrs Kayaking-1event while Sandhya Kispota and Rajina Kiro won bronze medals in the 500 mtrs Kayaking-2.

With 2 gold, 5 silver and 4 bronze medals, the A&N Island contingent has so far secured 11 medals in the game. The National Games, comprises various disciplines in which athletes from



different states of India participate against each other started on Sept. 29, will conclude on October 12.

ANC CELEBRATES 22nd RAISING DAY: CINCAN REVIEWS PARADE

Andaman and Nicobar Command (ANC) celebrated its 22nd Raising Day on 08 Oct 22. The Command was established on 08 Oct 2001 as a 'Unified Command' under Commander-in-Chief, Andaman and Nicobar (CINCAN), towards building synergy and cohesion between the Services whilst defending national interests in the far removed Andaman & Nicobar region.

On the occasion, Lt Gen Ajai Singh, AVSM, the 16th Commander-in-Chief Andaman and Nicobar Command (CINCAN) reviewed a Joint Services Parade at INS Utkrosh. Whilst addressing the parade, the CINCAN conveyed his heartfelt

felicitations to all the personal and families of Andaman and Nicobar Command and acknowledged their contributions towards the Operational Preparedness of the Command. He highlighted the fact, that since its inception in 2001, the Command has grown manifold in operational efficiency, showing an indomitable spirit and commitment to protect the territorial integrity and security in its AOR. The command has also played a key role in Humanitarian Assistance and Disaster Relief Operations (HADRO) on numerous occasions.

ANC, the only Joint Services operational Command in India has been instrumental in effectively and efficiently safeguarding the

Andaman and Nicobar Islands including its long coastline and the vast Exclusive Economic Zone (EEZ). He also acknowledged the efforts of the Defence Wives Welfare Association (DWAA), which has reached out to the community through various campaigns in a meaningful way, to improve the quality of the life of its personnel and families. The CINCAN appreciated the cohesion at all levels with the Civil Administration and security agencies towards synergising efforts towards providing overall security for the growth of the Andaman and Nicobar Islanders in particular and the country at large.

Member of Parliament demands procurement of Copra under Price Support Scheme

The Member of Parliament of Andaman and Nicobar Islands, Shri. Kuldeep Rai Sharma met the Secretary of Agriculture Department with the Directors of 'Ellon Hinengo Limited'(EHL), Car Nicobar on 07.10.2022 and requested him to make arrangements to purchase Copra from farmers of Car Nicobar and other areas of Andaman and Nicobar Islands under Price

Support Scheme. He informed the Secretary that due to delay in procurement of these Copra under Price Support Scheme of Government of India, presently Copra farmers of these Islands are being exploited by middlemen, who are procuring Copra from them at very cheap price. He said that procurement of Copra under Price Support Scheme is crucial for the

economic upliftment of farmers of Andaman and Nicobar Islands and saving farmers of these Islands from exploitation. The Member of Parliament requested the Secretary of Agriculture to take up this matter with National Agricultural Cooperative Marketing Federation of India Ltd.(NAFED) for the benefit of farmers of A & N Islands.

A&NI Khadi & Village Industries Board will be organizing 'Rozgar evam Swarozgar Mela'

Port Blair, Oct. 11 : The Model Career Centre (Employment Exchange), Directorate of Employment & Training in collaboration with the Industries and A&NI Khadi & Village Industries Board will be organizing 'Rozgar evam Swarozgar Mela' at Gram Panchayat Tushnabad on Oct.13 from 10 am to 4 pm. The objective of the Mela is to

provide a platform between the private employers, self-employment implementing Departments and job seekers to set up their livelihood venture into self-employment and to provide placement in private sector. The programme is being arranged for the benefit of job-seekers of Ferrargunj Tehsil and all Panchayats of Ferrargunj area. The participating Departments

will be provided separate counters to interact with the interested job-seekers/beneficiaries. The Department may bring their own brochures/pamphlets, application forms and establishment name plate or banner etc.

All interested job-seekers have been requested to participate in this 'Rozgar evam Swarozgar Mela'.



संपदकीय

छुट्टी मांगी तो जाँब जाने का डर: भारतीयों को रहती है यह टेंशन, लीव लेना आपका अधिकार; बहानेबाजी नहीं

स्टाफिंग फर्म रैंडस्टैंड इंडिया की एक नई स्टडी के अनुसार, 35-40% कर्मचारी बॉस से छुट्टी मांगते वक्त टेंशन में आ जाते हैं। लगभग 25% कर्मचारी FOMO की वजह से छुट्टी लेने से बचते हैं। आपके साथ भी तो कहीं ऐसा नहीं होता?

कुछ लोगों का जवाब हां होगा लेकिन वो यह भी सोच रहे होंगे कि ये FOMO क्या बला है। दरअसल, FOMO का फुल फॉर्म होता है फियर ऑफ मिसिंग आउट यानी नौकरी से जुड़ी असुरक्षा और दबाव। कर्मचारियों को इस बात का डर लगा रहता है कि कहीं छुट्टी ले ली, तो उन्हें नौकरी से ही न निकाल दिया जाए। चलिए अब करते हैं आपके काम की बात—

2018 की रिसर्च पर नजर डाल लीजिए— ऑनलाइन ट्रेवल पोर्टल एक्सपीडिया ने 2018 में वेकेशन डेप्रिवेशन रिपोर्ट जारी की थी, जिसके मुताबिक, 75 फीसदी भारतीयों को महसूस होता है कि वो छुट्टियों से वंचित हैं, ये आंकड़ा दुनिया में सबसे ज्यादा था।

एक्सपर्ट्स की मानें तो कम छुट्टी और ब्रेक की वजह से हमारी मेंटल हेल्थ बिगड़ सकती है। छुट्टी लेने के लिए हमें अच्छे आत्मविश्वास यानी सेल्फ कॉन्फिडेंस की जरूरत होती है। भारत में गिर-धीरे **Guilt Vacation Syndrome** का शिकार हो रहा है।

सवाल— हम **Guilt Vacation Syndrome** के शिकार न बनें, इसके लिए क्या करें?

जवाब— वर्किंग डेज पर कड़ी मेहनत करें और छुट्टी लेने पर अपने आप को याद दिलाएं कि आपको एक ब्रेक की जरूरत है, मेंटली और फिजिकली आराम के लिए।

याद रखें छुट्टी लेने का मतलब ये बिल्कुल भी नहीं है कि आप आलसी हो गए हैं, बहानेबाज हैं या प्रोडक्टिव माइंड नहीं हैं।

मैनेजर और टीम मेंबर्स के साथ अच्छा कम्युनिकेशन रखें ताकि छुट्टी वाले दिन वो आपका और आप उनका काम संभाल सकें। बहुत से लोग किसी भी काम के लिए 'नहीं' कहने में खुद को दोषी मानते हैं, ऐसा न करें। 'नहीं' शब्द कहना सीख लें।

सवाल— कुछ बॉस छुट्टी लेने वाले कर्मचारी को अक्सर ताना मारते हैं, जिससे कर्मचारी या तो डर जाते हैं या छुट्टी मांगने से पहले 10 बार सोचते हैं, ऐसे बॉस को कैसे टैकल करें? कर्मचारियों को अपना आत्मविश्वास बढ़ाने की जरूरत है।

बॉस चिल्लाए या ताना मारे, फिर भी आप अपने हक की छुट्टी मांगें और इससे डरें, घबराएं या खुद को दोषी न मानें।

छुट्टी मांगने की वजह से आपके काम में कमी निकाली जाए, तो खुद के काम को जस्टिफाई करें। बताएं कि आपने ईमानदारी से और सही तरीके से काम किया है।

उन सहकर्मियों से दूर रहें, जो आपको पेड लीव लेने पर गिल्ट फील करवाते हैं।

काम पर जाना फिजिकली जिंदा रहने के बराबर इस पर मनोचिकित्सक डॉ. सागर मुंडाडा कहते हैं कि ये सारी चीजें कुछ और नहीं बल्कि इम्पोस्टर सिंड्रोम है।

सवाल— डॉ सागर मुंडाडा जिस इम्पोस्टर सिंड्रोम का जिक्र कर रहे हैं, वो क्या होता है?

जवाब— जब कोई व्यक्ति अपनी कैपेसिटी यानी क्षमताओं पर शक करता है या हमेशा एक ढोंगी की तरह फील करता, तब इसे इम्पोस्टर सिंड्रोम कहते हैं।

सवाल— इम्पोस्टर सिंड्रोम की समस्या ज्यादातर किन लोगों को होती है?

जवाब— जिन लोगों ने अपने जीवन में काफी कुछ आचीव किया और बड़ी ऊंचाइयां देखी हों। वो लोग इम्फोर्टेड रहते हैं, जिन्हें अपने अचीवमेंट्स को एक्सेप्ट करने में मुश्किल होती है।

वो लोग जो खुद से कई सवाल और शक करते हैं कि क्या वो वाकई काबिल इंसान हैं।

सवाल— इम्पोस्टर सिंड्रोम से बचने का तरीका क्या है?

डॉ. आशीष मित्तल—

अपनों से (दोस्त या परिवार कोई भी) खुलकर बातचीत करें। आपकी जो भी परेशानियां हैं, वो

किसी भरोसेमंद से जरूर शेयर करें।

रोजाना योग और मेडिटेशन करने की कोशिश करें। इससे मन शांत होगा, कहीं न कहीं सेल्फ कॉन्फिडेंस भी बढ़ता है।

इन सब के बाद भी कोई फायदा नजर न आए, तो क्लिनिकल साइकोलॉजिस्ट से सलाह लें। आमतौर पर काउंसिलिंग से यह समस्या दूर हो जाती है।

सवाल— हम अपनी छुट्टियां बिना किसी गिल्ट के कैसे एन्जॉय कर सकते हैं?

जवाब— समझना जरूरी है कि आपने छुट्टी टेंशन फ्री रहने की लिए ली है न कि गिल्ट फील करने के लिए।

खुद को जज करना है, तो इस बात के लिए करें कि काम के बदले इन छुट्टियों को कमाया है।

ऑफिस मेल, वॉट्सऐप ग्रुप से डिस्कनेक्ट रहें या कम से कम देखें।

अपनी छुट्टियों को कुछ नया सीखने के लिए इस्तेमाल करें।

छुट्टी लेते वक्त इन 6 बातों का ख्याल रखें— पूरी स्टोरी पढ़ने के बाद अगर किसी को ऐसा लग रहा है कि ये स्टोरी मेरी लिए लिखी गई है और आज से मैं बेघड़क छुट्टी ले सकता या सकती हूँ तो ऐसे लोग कुछ बातों का ख्याल जरूर रखें—

छुट्टी लेने का मतलब ये नहीं है कि आप इस अधिकार का गलत इस्तेमाल करें। छुट्टी तभी लें, जब आपको इसकी वाकई में जरूरत है। जैसे— काम करके थक गए हैं, ब्रेक चाहिए। इमरजेंसी है, बीमारी है या कोई घटना घटित हो गई है।

छुट्टी मांगने के लिए बॉस या कंपनी को ब्लैकमेल न करें।

लेबर लॉ का ख्याल रखें।

इमरजेंसी सिव्यूएशन को छोड़कर अपनी छुट्टी प्लान करते वक्त यह भी देखें कि ऑफिस की कोई जरूरी मीटिंग तो नहीं, जहां आपका रहना जरूरी है।

एक साथ टीम के सभी मेंबर छुट्टी पर न जाएं।

चलते-चलते

छुट्टी का आविष्कार किसने किया?

लेखक, इतिहासकार और ट्रेवलर टोनी पेरोटेट के अनुसार, सबसे पहले रोम के लोगों ने छुट्टियां मनाना शुरू किया था। रविवार को छुट्टी यानी हॉलीडे रहेगी, इसकी शुरुआत किसने की?

भारत में रविवार को छुट्टी की शुरुआत सबसे पहले ब्रिटिश ने साल 1843 में की थी। क्योंकि ईसाई धर्म में माना गया है कि भगवान ने इस दुनिया को 6 दिनों में बनाया और रविवार को उन्होंने आराम किया। कौन सा देश रविवार को छुट्टी यानी हॉलीडे नहीं मनाता है?

UAE और सऊदी अरब जैसे इस्लामिक स्टेट में रविवार को नहीं बल्कि शुक्रवार को छुट्टी यानी हॉलीडे होता है। हालांकि, पाकिस्तान अपवाद है।

गर्मी की छुट्टियों का आविष्कार किसने किया? लगभग 200 साल पहले स्कूल पूरे साल खुले रहते थे। शहरी स्कूलों में हर तीन महीने पर एक ब्रेक हुआ करता था। गांव के स्कूलों में वसंत और पतझड़ के मौसम में लंबे समय तक छुट्टियां होती थीं। ताकि उनके बच्चे रोपाई और कटाई में मदद कर सकें।

उस वक्त ज्यादातर लोग खेती पर निर्भर थे। अमेरिका में 1800 की दशक में शहरी स्कूलों में लंबी गर्मी की छुट्टियां नहीं होती थीं। फिर एक महान शिक्षा सुधारक यानी मकनकेशन रीफार्मर होरेस मान चिंतित हो गए कि बच्चों का दिमाग स्ट्रेस, टेंशन और पागलपन का शिकार हो सकता है। इसलिए 1840 में गर्मी की छुट्टियों की शुरुआत की गई। इससे छात्र और शिक्षक दोनों खुश हो गए। इस फैसले से डॉक्टर भी खुश हो गए। वो नहीं चाहते थे कि बच्चों को सालभर एक कमरे में कैद करके पढ़ाया जाए।

“MY PAD MY RIGHT

MEDP on Sanitary Pad Making for SHGs/JLGs



The Inaugural function of My Pad My Right under MEDP Scheme of NABARD was held on 09th Oct, 2022 at the Training Hall of Rajiv Gandhi Cooperative Training Centre, Teylerabad. Shri. Raajesh Goyal, Secretary (Cooperation)-cum-RCS, A & N Administration was the Chief Guest on the occasion.

Welcoming all the delegates, Shri. Anjan Sengupta, MD (i/c), A & N State Coop. Bank Ltd informed that this is the inaugural function of ‘MY PAD MY RIGHT’ under MEDP on sanitary Pad Making for SHGs/JLGs. He expressed his wholehearted welcome to the Chief Guest and all dignitaries present on the occasion. He further informed that the NAB Foundation, Mumbai has supported the scheme to ANSt.CB through NABARD, R.O. Port Blair for the further development of SHGs/JLGs in this regard. At the end.

Shri H Manoj, General Manager, NABARD, R.O. also spoke on the occasion. He highlighted the scheme of MY PAD MY RIGHT and informed that this programme was inaugurated earlier and now with extending facilities this was reformed again with good machinery equipment. This time

the NABARD has arranged a Trainee from NAB Foundation for the special training skills. The 03 days special training for 35 selected SHG members under the MEDP scheme was inaugurated today. He further emerged on marketing skills and cited various successful SHGs tremendous work.

Further, Shri Kuldeep Rai Sharma, Vice- Chairman, A & N State Cooperative Bank and Hon’ble Member of Parliament also spoke on the occasion. In his keynote address he expressed concern on the health of women members. The scheme has been sanctioned through NABARD and a new innovative idea has been built; for its kind work in these remote Islands. He also encouraged girls, women and house wife to come forward to work to make this scheme a grand success. This scheme is launched for the purpose to provide pad in each and every household of this union territory. He emphasized that such type of training to make sanitary pads to be given in all the Islands.

The Chief Guest of this programme Shri. Raajesh Goyal, Secretary (Coop)-cum-RCS, in his keynote address appreciated the organises for taking such kind of initiative. He informed that the

main motive of this scheme is to provide good quality and hygiene among girls and women by rendering such productions locally. He also cited various examples that in other states through schools a free sample is distributed to the girl students and focused on the importance of using sanitary pads to be safe and hygiene habitation, he also encouraged all the girls and women to use of sanitary pads. He also opined that PRI and other responsible members to arrange an awareness programme in each village, taluk and district level.

At the end he urged all the people to come forward and make this scheme successful through SHGs and JLGs and thereby excel in various fields. He has urged and requested all the people present on the occasion to come forward and to join Self Help Groups to make them successful in true manner.

Smti. Elizabeth Mary, AGM (WDC), A & N State Coop. Bank conveyed her vote of thanks to the Chief Guest, Guest of Honour, Representatives of various Cooperative Department, Apex Level Cooperative Societies, Cooperators, Media persons, Villagers, SHG groups and a large gathering of people.

Member of Parliament demands 24 hours electricity supply in Hanspuri area of N & M Andaman and setting up of a powerhouse for the region

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 arrange to supply 24 hour electricity in Hanspuri area of North and Middle Andaman. The Member of Parliament has also requested to set up a powerhouse for the region. In a letter addressed to

the Hon’ble Lt. Governor, the Member of Parliament said that during his recent visit to Mayabunder region, he has been informed by villagers and PRI members of Hanspuri area of N & M Andaman that power is supplied in Hanspuri Area for only seven hours a day i.e from morning 4.00 AM to 6.00 AM and evening 05.30 PM to 10.30 PM.

He added that power supply only for seven hours a day is not only causing huge problems to the residents of the area but also adversely affecting the studies of children of the region.

The Member of Parliament mentioned that the villagers are unable to use water pumps and other tools for cultivation due to non availability of power for most of the time in a day in the region.

Ms. Rajina Kiro won bronze medal in the ongoing 36th National Games-2022

Port Blair, Oct. 10 : The A&N Island contingent today added one more medal in its medal tally when Star Kayak from these Islands, Ms. Rajina Kiro won bronze medal in the ongoing 36th National Games-2022 at Gujarat/ New Delhi. Rajina Kiro won Bronze medal in the 200 mtrs Kayaking-1.

The A&N Islands contingent participated in Cycling, Canoeing, Kayaking, Rowing and Athletic events in the National Games being held in various disciplines.

With 2 gold, 5 silver and 5 bronze medals, the A&N Island contingent has so far secured 12



medals in the National Games which is scheduled to conclude

tomorrow (Oct.12)., Sports Department sources informed.

Shri Anuj Kumar Bharti, AC Diglipur visit GPRamnagar



08th Sept 2022, Ramnagar Diglipur : Shri Anuj Kumar Bharti(DANICS),ACDP/SDM Diglipur visit Ramnagar gram panchayat and interacted with PRIs and villagers.

During his sudden visit he interacted with PRIs public and walk up to 2KM in field, to review the poor road condition of PMGSY-II road.

During his interaction session with PRIs ,he noticed the

shortcomings of the village like teachers shortage in schools due to recent transfers, revenue land for water tank at Philmon Kona ward no 1 ,dumping of rubbish material on PMGSY-II road for plying of STS bus ,cutting and trenching of dangerous trees on revenue land etc and also suggested the PRIs to organized various medical camp to provide better health service to villagers. He assured early solution to all basic demands and also appeals

the public to meet him directly, if facing any trouble in getting better service under his jurisdiction.

Mr Mitun Das Pradhan and PRIs appreciated the grass root and friendly working style of Shri Anuj Kumar Bharti, AC Diglipur and conveyed their thankful for this sudden visit .Such type of field level interaction and Good governance style of officers ,always motivate PRIs to work hard for the village as a team, Mr Das added .

All India Kisan Sabha was held at Diglipur, North Andaman on 8th October, 2022. 71 Delegates and observers including 15 women



The 5th Andaman & Nicobar State Conference of All India Kisan Sabha was held at Diglipur, North Andaman on 8th October, 2022. 71 Delegates and observers including 15 women from different parts of Andaman & Nicobar Islands attended the Conference.

Inaugurating the Conference, Shri Vijoo Krishnan, All India Joint Secretary of All India Kisan Sabha said that thousands of farmers are committing suicide in the country every year due to anti-farmer policies of the Modi government.

He said that none of the promises made by the BJP to the farmers before the Parliament election 2019 has been fulfilled so far. He said that the central government is not ready even to hear the problems of the farmers, but they are helping the corporate led by Adani and Ambani. Corona pandemic was an excuse for speeding up all the anti-farmer and anti-people policies. Referring to the three anti-farmer Laws passed by Parliament, Shri Vijoo

Krishnan, who was in the forefront of leading the one-year massive protest of farmers, said that the BJP government had to surrender before the farmers and withdrew the legislations. He said that more than 750 farmers had died during the agitation. He said that the double-engine government of Narendra Modi derailed before the united agitation of the farmers. He called upon the farmers of Andaman & Nicobar Islands to strengthen the All India Kisan Sabha to solve their problems and issues.

Speaking on the occasion, D. Ayyappan, Secretary, CPI (M) Andaman & Nicobar State Organising Committee explained in brief the difficulties being faced by farmers in the islands and said that the A&N Administration failed to meet even the minimum requirements of farmers and referred to the non-availability of fertilizers, pesticides, seeds and agriculture implements for farmers from the Administration. Shri B. Chandrachoodan, General

Secretary, CITU A & N State Committee addressed the Conference and extended CITU's greetings.

A Presidium comprising Shri Ramjeevan Sarkar, Shri D. Laxman Rao and Shri Nikunjo Biswas conducted the Conference. Dr Gouranga Majhi, Secretary, Kisan Sabha State Committee presented the report of the Kisan Sabha in the islands for the last five years. Resolutions on various issues relating to the farmers and general issues were also passed in the Conference.

The Conference began with the hoisting of the Kisan Sabha flag by President Shri Ramjeeban Sarkar and delegates and leaders paying floral tributes to the martyrs at the specially erected Martyrs Memorial Column at the vicinity of the Conference. The Conference elected new office bearers for the State Committee. On conclusion of the Delegate Session, a public meeting was held at the Diglipur bazaar.



23rd WORLD SIGHT DAY on 13th Oct 2022

Theme : Love Your Eyes

1. Eat well: Include more green vegetables and yellow and red fruits in your diet.
2. Don't Smoke: Smoking is risk factor for cataract, optic nerve damage and macular degeneration.
3. Wear Sunglasses to protect your eyes from ultraviolet rays.
4. Use safety glasses or protective goggles: during hazardous work.
5. Look away from the computer screen: Rest your eyes after every 20 minutes look 20 feet away for 20 seconds.
6. Maintain Proper Hygiene: Wash your hands properly before rubbing your eyes or even touching your eyes.
7. Go for regular eye check-ups.
8. Avoid over the counter (OTC) medicines for eye ailments.
9. Exercise regularly as regular exercise not only keeps your body fit but also makes your eyes healthy.

National Programme For Control of Blindness & Visual Impairment – NPCB&VI, A & N Islands

CYBER AWARENESS PROGRAMMES CONDUCTED BY A&N POLICE ON CYBER JAGROOKTA DIWAS



Cyber Jagrookta Diwas (CJD) was celebrated on 06/10/2022 in A&N Islands. CJD is an initiative of Ministry of Home Affairs to disseminate the message of cyber safety and cyber hygiene.

The main function on the occasion of Cyber Jagrookta Diwas was held at Raj Niwas where Admiral D.K. Joshi, PVSM, YSM, NM, VSM (Retd.), Hon'ble Lieutenant Governor of A&N Islands released IEC (Information, Education and Communication) material including short videos and pamphlets on cyber safety and cyber hygiene in the presence of

Sh. Keshav Chandra, IAS Chief Secretary, Sh. Neeraj Thakur, IPS, DGP, Dr. RSC Jayaraj, IFS, PCCF, Smt. Pramila Kumari, Adhyaksha, Zilla Parishad, Smt. Kavitha Udhaya Kumar, Chairperson, PBMC and other senior officers of A&N Islands at Raj Niwas, Port Blair. To sensitize Public at large about safety precautions to avoid becoming victim of cyber fraud, awareness programs were held at nine different places of South Andaman district, five different places of North & Middle Andaman district and three

different places of Nicobar district by senior officers of A&N Police.

South Andaman
Sh. Sanjay Kumar Jain, IPS IGP/ L&O and Smt. Monika Bhardwaj, IPS, Sr. Superintendent of Police held an awareness program with Defence personnel at A&N Command, Brijgunj. Smt. Varsha Sharma, IPS, Superintendent of Police took session for School Teachers at PHQ. Ms. Niharika Bhatt, IPS held session for Coast Guard personnel at Coast Guard HQ. Sh. Kalaivanan R, IPS,

Superintendent of Police (District) South Andaman took interactive session with Councilors, PRIs, and Community leaders at DHQ Conference Hall.

North & Middle Andaman
Smt. Geetanjali Khandelwal, IPS, Superintendent of Police (District) N&M Andaman took the session with Defence personnel, Govt. servants, PRIs, School teacher at DHQ Mayabunder.

Nicobar

Sh. Manjeet, IPS, SP (District) Nicobar held awareness camp with Defence Personnel, village Captains, local shopkeepers, Govt. Servants at Car Nicobar.

In addition to this, the senior police officers of different islands/stations organized interactive cyber awareness programmes at Campbell Bay, Nancowrie, Hutbay, Swarajdweep, Diglipur and various other venues of Port Blair. Further, pamphlets & IEC material prepared by police staff of A&N Police disseminating the

message of cyber safety and cyber hygiene such as Do's and Don'ts, Safe internet banking practices, Online shopping fraud prevention, Social media safety precautions, Cyber Bullying etc. were also distributed amongst the participants.

A&N Police has been in forefront in organizing various Cyber Awareness programs across A&N Islands and various programs organized during Cyber Jagrookta Diwas will definitely help in war against cyber criminals.

68th Wildlife Week celebration concludes



Port Blair, Oct. 8 : The valedictory function of the 68th Wildlife Week celebrations-2022 by the Department of Environment & Forests, A&N Administration was held at the TGCE Auditorium here today. The Chief Secretary, A&N Administration, Shri Keshav Chandra, IAS was the chief guest on the occasion. The Zilla Parishad Adhyaksha, South Andaman, Smt. Pramila Kumari, the DGP A&N Islands, Shri Neeraj Thakur, IPS, the Commissioner-cum- Secretary, Ms. Nandini Paliwal, IAS, the Chairperson, PBMC, Smt. Kavitha Udhay Kumar and senior Officers of A&N Administration were present on the occasion.

Addressing the gathering, the Chief Secretary stated that A&N Islands is known for its amazing wildlife diversity. The endemic species found here cannot be seen

anywhere else in the World and it's an amazing opportunity for all of us to enjoy what nature has bestowed upon us, said the Chief Secretary. Mentioning that there are so many varieties of birds in A&N Islands, he urged the people to show interest in wildlife as well as in plant, tree, butterfly and crab species which are endemic to the Islands. Wildlife Week is celebration of our rich wildlife diversity as well as the celebration of nature's bounty, the Chief Secretary remarked.

The Chief Secretary further stated that there is a need for preserving and conserving the fragile eco-system, which the A&N Islands are endowed with. Youngsters should be encouraged to enjoy the beauty of nature and disseminate information about the Isles rich bio-diversity through different mediums to the masses,

he said. The Chief Secretary also urged the Forest Department to conduct bird watching for people so that they can appreciate the different species of birds in Isles. The Chief Secretary also congratulated the Forest Department for conducting various activities as part of Wildlife Week celebration in different parts of the Islands and also for their commitment towards conserving and preserving the fragile eco-system of A&N Islands striking a balance.

The Chief Secretary along with other senior Officers also distributed prizes to the winners of various competitions organized by the Forest Department during the Wildlife Week celebration.

In his address, the PCCF, ANI & PCCF (WL), Dr. R.S.C. Jayaraj, IFS said that National Wildlife Week is celebrated from



2nd to 8th of October every year in India which aims at protecting and preserving India's flora and fauna. Wildlife Week was conceptualized in 1952 with a long-term goal to safeguard the lives of the endangered and threatened species of animals, he added. The PCCF also informed about the sensitization efforts being carried out by the Department among citizens to avoid human- crocodile conflict.

Withdrawal of vehicle ferry vessel MVF Kadamtala

Port Blair, Oct. 11 : In order to carry out repairs of the damaged ramp of the vehicle ferry vessel MVF Kadamtala, presently operating between Middle Strait and Baratang, her services would be withdrawn with effect from Oct. 12, 2022.

With the withdrawal of vehicle ferry vessel MVF Kadamtala

Speaking on the occasion, the DGP, A&N Islands, Shri Neeraj Thakur, IPS, congratulated the Forest Department for celebrating Wildlife Week in a befitting manner. Police Department is also committed towards wildlife conservation and takes action against illegal hunting and poaching activities, he said.

Earlier, welcoming the chief guest and others present on the occasion, the Chief Conservator

of Forests, Dr. S. Senthil Kumar, IFS stated that Wildlife Week is a unique concept of India which appreciates nature & wildlife. He also gave details of the activities carried out during the week to educate people regarding the fragile eco-system and the need for its conservation and preservation. The function concluded with the vote of thanks proposed by the Deputy Conservator of Forests, Ms. Deep Shikha, IFS.

All commuters have been requested to cooperate and plan their journey accordingly. Nevertheless, best efforts are being put in by the Directorate of Shipping Services to repair the vessel expeditiously so that the services of MVF Kadamtala can be resumed in the above route at the earliest.