"Service without humility is selfishness and egotism."

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Generally cloudy sky and moderate rain is likely over Port Blair. Maximum and Minimum Weather temperature will be around 27° C and 24°C Report respectively on Thursday 28/09/2023. Maximum Temperature (°C) of Date: 26.8 Minimum Temperature (°C) of Date: 23.8 Relative Humidity (%) at 0830 IST: 097 Relative Humidity (%) at 1730 IST : 095 unrise time on 28.09.2023 (in IST): 0508 unset time on 28.09.2023 (in IST): 1712 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 044.9 Rainfall upto 1730 hrs of date in mm: 016.2 Rainfall (Progressive total from 1st January 23 upto 0830 hrs (of date) in mm: 2458.1 mm

Regn. No. 34190/75

No. 263

-Mahatma Gandhi

Port Blair, Thursday, September 28, 2023

Web: dt.andaman.gov.in

Rs. 3.00 Pages 4











राष्ट्रीय समर स्मारक हमारे वीरों के त्याग का प्रतीक है, जो हर भारतीय को गौरवान्वित अनुभव कराता है एवं राष्ट्रहित में अ प्तर्वस्व न्यौछावर करने की प्रेरणा देता है। मैं भारत के उन अमर बीरों को भावपूर्ण श्रद्धांजलि अर्पित करता हूँ, जिन्होंने राष्ट्र की रक्षा करते हुए अपने प्राणों की आहृति दी। देश उनके सर्वोच्चे बलिदान को सद<mark>ैव कृतज्ञतापूर्वक</mark> स्परण करेगा

मुझे पूर्ण विश्वास है कि यह भव्य स्मारक भावी पीढ़ियों को सदा <mark>राष्ट्रसेवा के लिये समर्पित</mark> होने की प्रेरणा देता रहेगा

देश के बीर सपूतों को मेरा शत्-शत् नमन

Admiral D K Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.), Hon'ble Lt. Governor, A&N Islands and Vice-Chairman, Islands Development Agency visited the National War Memorial today at New Delhi. Hon'ble Lt. Governor paid homage to the memory of all those who made the supreme sacrifice in the service of our great Bharat in a solemn wreath-laying ceremony.

Recruitment drive to fill up various posts in **A&N Administration taken up on war footing**

Recruitment drive: Phase-II Common recruitment exam (Matric Level) and **Phase-III Common recruitment exam (Higher Secondary Level) in progress**

Recent initiatives of Administration towards revival of deemed abolished posts; Promotions and Filling up of Resultant vacancies

Port Blair, Sept. 27

Administration has taken shortlisted for Tier-II & Prime Minister of India, YSM,NM,VSM (Retd.) was Mela. For this, he gave meetings at his level up sincere efforts to fill Tier-III and the skill Shri Narendra Modi the guest of honour. entire credit to Hon'ble Lt. almost once in every three up the vacancies of 565 tests were conducted in graced this nationwide Hon'ble Member of Governor for his months and the progress Group 'C' posts the month of May, 2023. Rozgar Mela through Parliament of A & N persistent guidance and made Departments on mission list was published on Rozgar was historic since Sharma, Chief Secretary the recruitment for the brought to the notice of mode. In the first 28.05.2023 and their the UT was amongst the of Andaman and Nicobar remaining posts will also general public through instance, the recruitment testimonials / certificates top States / UTs with the Administration, Shri be completed during the various social media notice was published on were verified. Thereafter, 'Highest number of Keshav Chandra and upcoming three-four platforms and press 0 1 . 0 8 . 2 0 2 2 . the final and combined Appointment Letters' Senior officers and months time. examination conducted on 20.11.2022 September, of 38,396 candidates had candidates on 26.09.2023 mission mode. applied for these posts at the Grand Rozgar and out of which, only Mela. 33,292 candidates had Rozgar Mela: appeared for the

examination.

April, 2023, a total of of

2023. vision of Hon'ble Prime present in the function.

2023. In the month of B.R.Ambedkar Institute Island Development number of appointment addition, Hon'ble Lt.

the select list was published distributed to 876 new employees of the

Hon'ble Lt. Governor and

Technology, Agency, Admiral D.K. letters to the new recruits Governor himself had also The A & N 4048 candidates were Pahargaon. Hon'ble Joshi, PVSM, AVSM, in the Nationwide Rozgar conducted pertaining to various. The provisional select video conferencing. This Islands, Shri Kuldeep Rai support and assured that Administration has been

was in the month of recruits to fulfill the Administration were also Governor, in his address, during the coming threecalled upon all the selected four months, efforts will be with assistance from Staff Accordingly, the offer of Minister, Shri Narendra During the Job Mela, the candidates to work with made to fill up the Selection Commission, appointments were Modi Ji to provide Govt. chief guest expressed integrity and wished them remaining vacant posts New Delhi. A total number distributed to the selected jobs to 10 lakhs people in special gratitude towards a bright and successful nearing around 3500. future. He informed that, Apart from this, the On this occasion, stated that under his for the last one year, the Administration is also Hon'ble Union Minister directions and guidance, process of filling about making necessary efforts of State (Home, Youth the recruitment process 4500 vacant posts has been for the recruitment of 210 UT of Andaman and Affairs and Sports), Shri could be made successful. going on in mission mode Group "A" posts through Nicobar had organised a Nisith Pramanik was Heinformed that the Union for which, the Chief Union Public Service The score of the grand and historic invited as the chief guest Territory of A&N Islands Secretary had also Commission, New Delhi at candidates was published Rozgar Mela on and Hon'ble Lt. Governor is one among the States/ conducted numerous an early date. in the month of January, 26.09.2023 at Dr. and Vice Chairman of UTs to distribute highest review meetings. In

releases. Apart from this, The Hon'ble Lt. he also assured that

Further, he also assured (Contd. on last page

MESSAGE

World Rabies Day is commemorated every year on September 28 - the anniversary of the death of Louis Pasteur - since 2007. World Rabies Day aims to raise awareness and advocate for rabies elimination globally.

The theme for this year is "Rabies; All for one, one health for all". It is an event



that aims to be inclusive, uniting people, organizations, and stakeholders across all sectors against rabies. This is taking one step further since last year's campaign, which focused more on collaboration, equality and the strengthening of health systems. There is a need for inclusivity, togetherness and unity on a global level to overcome imbalanced health systems and to strive for achieving the global goal of zero human deaths from dog mediated rabies by 2030#ZeroBy30.

Andaman and Nicobar Islands are one of the very few regions in India which are still free from this disease. We can continue to maintain this impeccable performance in future through strict disease surveillance, regular Vaccination of dogs and cats against rabies and with the cooperation and contribution of all stakeholders-Pet Owners, Animal Societies, and the various Department of the Government like the Panchayats, the Municipal Council and the Animal Husbandry and Veterinary Services Department of the UT Administration.

I extend my best wishes towards the endeavour.

(Admiral D K Joshi) PVSM, AVSM, YSM, NM, VSM (Retd.) **Lieutenant Governor**

Andaman & Nicobar Islands & Vice Chairman, Islands Development Agency

Chief Secretary inaugurates 4D Colored Echo Machine

& Chemo Immunotherapy Unit (CITU) in ANIIMS/GBPH Echo Machine will aid in diagnosis of heart problems & the **CITU** will help in treating cancer patients in the Islands

Staff Correspondent Port Blair, Sept. 27

The Chief Secretary, A&N Administration, Shri Keshav Chandra, IAS, today inaugurated a 4D Colored Echo Machine for diagnosis of various congenital and acquired heart problems and an exclusive Chemo Immunotherapy Unit (CITU) to treat cancer



patients at ANIIMS/G.B Pragya Sharma, Director the Chief Secretary was working of the new technology for diagnosis of Pant Hospital in the of Health Services, Dr. briefed about the Machine was also carried various congenital and presence of Secretary Suja Antony, Quality functioning of the newly out. Following installation acquired heart problems, (Health), Dr. Satyendra Assurance Team, Faculty installed State of the Art of this machine, ANIIMS/ thus Singh Dursawat, IAS, OSD members, Senior Doctors Echo Machine by Dr. GBPH will join the league





creating

DGP Cup Badminton Knockout Championship concludes

Staff Correspondent Port Blair, Sept. 27

The closing ceremony of the DGP Cup Badminton **Knockout Championship** organized by the Police Department was held in the **Indoor Multipurpose hall** of Netaji Sports Complex here today. The Chief Secretary, A&N Administration, Shri Keshav Chandra, IAS, as the chief guest of the ceremony witnessed the doubles final the participants for groom the young budding match and gave away enthusiastically players so that they are prizes to the winners and participating in the DGP able to compete in national



runner up. The DGP, A&N Cup officers of the Police that in the coming years, but for the nation as well. Department and general the level of badminton will

public were present on the achieve greater height. The Chief Secretary In his address, the Chief further desired that the Secretary congratulated senior players should **Badminton** and International level Islands, Shri Devesh tournament. The Chief tournaments, bringing Chandra Srivastva, senior Secretary expressed hope laurels not only for Isles

(Contd. on last page)

Colourful cultural prog. & prize distribution ceremony mark celebration of World Tourism Day in Isles

USP of A&N Islands are its greenery, clean beaches & clear water & its preservation is vital: Secretary (IP&T)

Staff Correspondent Port Blair, Sept. 27

Together with the rest of the globe, World Tourism Day was celebrated in a befitting manner in these Islands too today. The theme of this year's celebration was 'Tourism & Green Investment'. As part of the celebration, the Tourism Department, A & N Administration organized WTD Beach Volleyball **Knockout Tournament-**2023 at Corbyn's Cove beach from Sept. 22 to 24 with the support of India Tourism, GoI, line **Departments and Tourism** Stakeholders of the Islands besides other activities like **Open Elocution Competition** among Colleges & Schools and Workshop on the theme 'Tourism & Green Investment' at JNRM on Sept. 25, Trekking **Expedition from Hope Town** jetty to Mount Manipur on Sept.23. The Directorate of Tourism also conducted cleanliness various activities in different locations with the support of team of PBMC and Tourism stakeholders.

As part of today's celebration, tourists were traditionally welcomed at VSI Airport, Shaheed Dweep, Swaraj Dweep etc. All the Museums viz. Chatham Saw Mill, Anthropological Museum, Samudrika Museum, Fisheries Museum, Zoological Survey of India and Cellular Jail were kept open entry free for all the visitors. To mark the Day, the Directorate of Tourism organized various cultural programme featuring inaugural dance by Mudra Dance Academy, Odissi dance by Ms. Koyalika, a teacher from Khalsa Public School, folk based cultural programme by Art & Culture Department and fusion dance by JNRM students etc. with the support of line **Departments and Tourism** stakeholders at Dr. BR



India Tourism, Shri development in Isles. Ramakrishna, tourism general public.

Day celebration which focuses on 'Tourism & Green Investment'. He said, the USP of A&N Islands are its greenery, clean beaches and azure blue water, hence, the motto of promoting Isles' tourism should focus on its USP, keeping in mind its preservation sustainability. He also elaborated on importance of 'Green Investment' in tourism and urged the tourism stakeholders to invest in areas which will help promote Island tourism simultaneously preserve its pristine beauty. The Secretary also informed about the initiatives taken by **Tourism Department in** areas like infrastructure development, policy formulation and promotion of tourism in Isles. He also spoke on the steps taken by the Department towards promotion of heritage

Maharaj, IAS, was the guest Watching & Beach Shack by experience nature in its was also attended by the The Secretary also desired Secretary also spoke on eco-Jatinder Sohal, President Tourism should tie up with in preserving the Island's AATO, Shri M Vinod, BBA Tourism students of ecosystem and stressed on President ANTOA, Shri JNRM and utilize their the need to promote Simson, Assistant Director, services for tourism responsible tourism.

stakeholders, students and the Special Secretary, World Tourism Day and how highlighted the need to tourism stakeholders have events were felicitated with Addressing the preserve and protect the come together to celebrate cash prize along with gathering, the Secretary Islands' ecosystem while the day befitting. He called trophies & certificates by the highlighted on the expanding tourism activities. upon all tourism chief significance of the theme of She remarked that the stakeholders to give utmost guest of honour on the this year's World Tourism beauty of A&N Islands is importance to eco-tourism occasion.

Ambedkar Auditorium here tourism in NSCB Dweep, incomparable and as we open and promote it earnestly. this evening. The Secretary Viper and Chatham and eco- up tourism activities to Vicky Mishra, a third year (IP&T), Shri Binay friendly tourism in Long welcome visitors and MBBS student of ANIIMS Bhushan, IAS, was the chief Island, Avis Island, Ross & tourists to the Island, we must who secured the 1st position guest on the occasion while Smith and Shaheed Dweep also keep in mind it's fragile in elocution competition the Special Secretary besides formulation of draft ecology as tourists visiting organized by Tourism (IP&T), Smti Nandini Policies for Caravan, Bird the Islands come here to Department also shared his

> President, AATO while Speaking on the occasion, speaking highlighted about

thoughts on sustainable & of honour. The programme the Tourism Department. pristine form. The Special responsible tourism, urging young minds to invest in green Director, Tourism, Dr. that the Department of tourism and its importance tourism for a sustainable future. Mementoes were also presented to tourism stakeholders line Departments for their support in the successful conduct of the events.

The winners of various guest

The winners of various events are as follows:

NAME OF THE WINNER OF BEACH VOLLEYBALL KNOCKOUT TOURNAMENT				
SL.N	Name of the winners		Position	
Male Category				
1 Seva Bharat Team (Usman, Sandeep & Kannan) 1st Position				
2	Crazy boys Team (V.Mohan Rao, M.Gurumurthy & S. Mahesh)		2 nd Position	
3	Nayagaon Team (Micheal & John Paul)		3rd Position	
Female Category				
1	Pahargaon Team (Solomie & Chanrika)		1st Position	
2	4 Time Team (Tabita, Pricilla & Sunita)		2 nd Position	
3	2 Sister Team (Martina, Brenda & Jaline)		3rd Position	
	ME OF THE WINNER OF OPEN ELOCUTION COMPETITION AMONG COLLEGES AT ANCOL			
SI.N	Name of the winner	Name of college	Position	
Prize Winner				
1	Vicky Mishra	MBBS, 3 rd year, ANIIMS	1st Position	
2	Keya Biswas	BSc, BEd 2 nd year, TGCE	2 nd Position	
3	Susmita Bhattacharjee	BSc, BEd 2 nd year TGCE	3rd Position	
Consolation Prize Winner				
1	J.Arthi	Bsc Psychology 3 rd year ANCOL	Consolation	
2	Subham Dubey	MSC Botony, JNRM	Consolation	
3	D. Prem Kumar	B.Tech Civil 4th year, DBRAIT	Consolation	
4	Komalpreet Kaur	Andaman Law College	Consolation	
5	Mohammed Fardeen Yousuf	Andaman Law College	Consolation	
	NAME OF THE WINNER OF OPEN ELOCUTION COMPETITION AMONG SCHOOLS			
AT MODEL SR. SEC. SCHOOL				
SI.N	Name of the winner	Name of School	Position	
Prize Winner				
1	S.Narmadha Sri	XI Std. GSSS Girls	1st Position	
2	Sharmila	XII Std GSSS Model	2 nd Position	
3	Daivik Nandan	V Std. Laksh Public School	3 rd Position	
Consolation Student List				
1	D.Lekha	VIII Std. VKV Lamba Line	Consolation	
2	A.Subhalaxmi	XI Std St. Mary's School, Bhatubasti	Consolation	
3	Aayat Rafique	IV Std. Laksh Public School	Consolation	
4 5	J.Faiza N.Divya Kanmani	XII Std. KV-I XII Std. GSSS Model	Consolation Consolation	

Recruitment drive to fill up various posts...

(Contd. from page 1)

that such Rozgar Melas will also be held in the near future in this UT so that, employment may be given to the unemployed youth to the maximum in a time bound manner. **Mega Employment Drive:**

Phase-II Common recruitment examination (Matric Level):

In this regard, the Administration had published vacancy notice on 29.04.2023 for the Group 'C' Matric Level posts in various Departments numbering 2520 vacant posts. A total number of 48,702 applications have been received and 40,982 candidates appeared for the examination on 09.07.2023. The OMR sheets of the candidates and the answer keys were uploaded on the official website of A&N Administration.

Phase-III Common recruitment examination (Higher Secondary Level):

In addition, Administration had also published vacancy notice on 26.05.2023 for the Group 'B' (NG) and Group 'C' Level posts in various Departments for 488 vacant posts. A total of 21,822 applications had been received and 18,583 candidates appeared for the examination held on 23.07.2023. The OMR sheets of the candidates and the answer keys were also uploaded on the official website of A&N Administration for the first time in the history of this Administration so as to ensure transparency and fairness.

Recent initiatives of Andaman and Nicobar Administration towards revival of deemed abolished posts:

In this regard, a total of 1809 deemed abolished posts under various Departments of this Administration have been/are being sent to different administrative Ministries in Govt. of India for seeking concurrence of Department of Expenditure, Ministry of Finance, GoI for revival of these posts. The Administration is regularly following up with the concerned Ministries.

Promotions and Filling up of Resultant vacancies:

Regular DPCs are being conducted by various Departmental heads in this UT Administration. During last one (01) year, Periodic DPCs were held so as to give promotions to 642 Nos of employees under Group A, B (G), B(NG) & C posts. In addition, DPCs in respect of 484 posts are in pipeline to be completed by January, 2024 end.

From the above facts and circumstances, it will be clear that in the larger public interest, UT Administration under the leadership of Hon'ble Lt. Governor, A&N Islands and Worthy Chief Secretary have taken a mission mode drive for recruitment to the various vacant posts in the near future towards ensuring gainful employment to the unemployed youth so as to fulfill the vision of Hon'ble Prime Minister of India to make Bharat "BE-ROZGAR MUKT" through empowered youth, a press release from Sepcial Secretary (Personnel) said.

DGP Cup Badminton Knockout ... (Contd. from page 1)



In his brief address on the occasion, the DGP thanked the participants for passionately participating in the tournament. He further stated that this event was organized to implement PM's Vision of Fit India Movement in letter & spirit. Mentioning that badminton is the best sports to upkeep ones fitness level, the DGP motivated the youth to play badminton.

The doubles final match saw some beautiful rallies smashes which was enjoyed by the spectators, who in turn cheered for their favorite teams. In the doubles final, the duo of Thirumurugan & Arvind Purti defeated Vijay Shankar and Prem in straight sets 21-12, 21-

Welcoming the chief guest and others present on the occasion, the DIGP(L&O), Ms. Monika Bhardwaj said that for the first time DGP Cup Badminton Knockout Tournament was organized from Sept. 18, in which, 65 participants excitedly took part and 90 matches were played. The event concluded with the vote of thanks proposed by the SP (APU), Ms Niharika Bhatt.

MP attends World Tourism Day Program at **VSI Airport and felicitates Airlines' staff**

Port Blair, Sept. 27

The Member of Parliament, A&N Islands, Shri Kuldeep Rai Sharma graced the World Tourism Day celebrations at Veer Savarkar International Airport (VSI) today. The event was organized by the Tourism Association of Andaman & Nicobar (TAAN) in collaboration with various stakeholders to commemorate significance of tourism in Andaman and Nicobar Member of Parliament

tourism to the local appreciation economy, culture, and certificates



Andaman & Nicobar

During the program, the recognized the vital role recognition, the Airlines'

environment of the commendation to the dedicated staff members of all airlines operating in the

In response to this World Tourism Day, played by airlines operating Representatives expressed celebrated annually on in the Andaman & Nicobar their gratitude and September 27, provides an Islands in promoting reiterated their commitment opportunity to highlight the tourism and connectivity. He to providing world-class immense contribution of presented tokens of services to the Islanders and and tourists, a press release of from MP Office said.

GREETINGS

On the occasion of World Maritime Day, I extend my heartfelt greetings and profound appreciation to all esteemed Seafarers and Maritime Professionals of the Andaman and Nicobar Islands. Your commitment and expertise are the lifeblood of our Islands, and today, we celebrate your invaluable contributions.

The maritime profession holds an extraordinary significance for the Andaman and Nicobar Islands. Nestled in the heart of the Bay of Bengal, our Islands heavily rely on maritime activities for our survival and growth. From the safe navigation of ships through our intricate waters to the sustainable management of our marine resources, your roles are pivotal.

Our seafarers and maritime experts connect us to the world, facilitating trade, tourism, and transportation. You ensure the safety and security of our waters, which is essential for the prosperity and well-being of our community.

As we celebrate World Maritime Day, let us reiterate our commitment to excellence, safety, and environmental stewardship. Together, we will continue to shape a vibrant and sustainable maritime future for the Andaman and Nicobar Islands.

Kuldeep Rai Sharma **Member of Parliament** Andaman and Nicobar Islands

Chief Secretary inaugurates 4D Colored Echo...

(Contd. from page 1) breakthrough management of cardiac cases in the Islands. The Secretary Chief appreciated the installation of the new State of the Art **4D Colored Echo Machine** for the benefit of the Islanders. Presently, the **Cardiology Department of** G.B Pant Hospital is catering to 120-140 patients in outdoor on weekly basis with 30 indoor patients, both adult and pediatric. The Department performs 12-14 angiographies, angioplasties and about 2-3 pacemakers every week. Cardiology Department of G.B Pant Hospital, Port

Blair has added this facility for the first time in the Hospital/ANIIMS. history of A&N Islands. Thereafter, the Chief Pant Hospital has a state of Secretary also inaugurated the Art Cath Lab which is installation of Chemo the 10 bedded Chemo Immunotherapy Unit Hospitals in mainland. The (CITU) for patients requiring management of and Dr. Karun Khanna are Presently, patients has go to cancers on chemotherapy. rendering their services CITU setup in the Isolation and two to three Ward will aid and support pacemakers are implanted cancer treatment in the in every week besides Angioplasty Islands through ANIIMS/ GBPH. It is observed that Angiography is also done A&N Islands has very high prevalence of cancer, with predominantly head and neck cancers. The at Port Blair itself without prevalence of other cancers going to mainland. The new available in GB Pant is also very high with no facility for cure. Thus, the available in some select patients were being sent to mainland for diagnosis and treatment of various cancers.With the inauguration of this Unit, the patients can be initiated those who approach ailment. on chemotherapy treatment in ANIIMS/GBPH itself with dedicated space, drugs and doctors without referring the patients to

Mainland. Oncologists will

be appointed soon and

ANIIMS will also explore

the possibility of setting up

a Radiotherapy Unit once

Speaking to the media on

the sidelines of the

inauguration function, the

Director, ANIIMS said that

the newly procured

this initiative stabilizes.



She further said that GB not available even in City Cardiologists, Dr. Srikant and many lives have been treated for heart ailments Hospitals in mainland and it can diagnose even minute deformity in the heart of

cardiac related issues, Dr. Pragya added.

She also said with the Immunotherapy Unit, cancer patients can be treated in GB Pant Hospital itself. mainland incurring huge expenditure for check up and treatment for cancer and they were kept under sustenance at GB Pant on their return to Port Blair. Now, they need not go to saved. Now, the patients are mainland and all the medicines Chemotherapy will be made 4 D Echo Machine is only Hospital itself. Even diagnosis of the patients will be done at Port Blair itself, for the Hospital has created the telemedicine facilities the patients including and as soon as the diagnostic children. The new machine part is over, Chemotherapy will benefit immensely can be started for the

Last date for submission of online application for admission to B.Ed. Degree Programme in TGCE extended Port Blair, Sept. 27

The last date for submission of online application forms for admission to two years B.Ed. Degree Programme for the academic session 2023-24 in Tagore Government College of Education, Port Blair has been extended up to 3rd October, 2023 due to non-receipt of results of certain subjects from Pondicherry University. Desirous candidates can now submit their online application up to 3rd October, 2023 via URL http:// collegeadmission.andaman.gov.in, a press release machine is a boon for the from TGCE said.

Fit for Life: Drug Awareness Fitness Program held at Jogger's Park

Port Blair, Sept. 27

A fitness program can be a valuable component of a substance abuse recovery plan. Exercise can have numerous physical and psychological benefits that support recovery by reducing cravings, improving mood, increasing self-esteem, and promoting overall wellbeing. In this regard, the Department of Social Welfare includes a mix of aerobic improvements you notice in your organized an Awareness Programme under Nasha Mukt strength training, and flexibility 10. Seek Professional Guidance. on 24th September, 2023 in which minutes of moderate-intensity trainer or therapist who more than 70 people aerobic activity or 75 minutes of specializes in addiction recovery participated. The session was conducted by Shihan M.S. activity per week, as needs and provide additional Murugan, International Laughter recommended by the World support. Yoga Ambassador.

Here's a basic outline of a fitness program for substance abuse recovery:

Professional: Before starting any motivated. situation.

track your progress.

Select physical activities that you exercises into your routine. swimming, yoga, dancing, or overall health. team sports.

regular exercise routine that emotions,



Health Organization (WHO).

fitness program, consult with a 6. Start Slowly: If you're new to 12. Celebrate Achievements: healthcare professional or exercise or haven't been active for Celebrate your accomplishments addiction specialist to ensure a while, start slowly and no matter how small. Recognize that exercise is safe and gradually increase the intensity and reward yourself for sticking

avoid injury. 2. Set Realistic Goals: Start with 7. Manage Stress: Exercise can be 13. Stay Connected to Support. achievable fitness goals. Setting a powerful stress reliever, which Continue participating in support small, attainable milestones can is essential for recovery. groups or therapy as part of your help you stay motivated and Incorporate relaxation techniques overall recovery plan. The such as deep breathing, combination of exercise and a 3. Choose Activities You Enjoy: meditation, or mindfulness

genuinely enjoy to increase your 8. Nutrition and Hydration: likelihood of sticking with the Maintain a balanced diet and stay conducted every Sunday for the program. This could be anything hydrated. Proper nutrition can next 3 weeks (i.e.) 1st, 8th and 15th from walking, jogging, support your energy levels and October, 2023 at Jogger's Park

4. Create a Schedule: Establish a journal to record your workouts, release from Directorate of

(cardiovascular) exercise, physical and mental well-being. Bharat Abhiyaan at Jogger's Park exercises. Aim for at least 150 Consider working with a fitness vigorous-intensity aerobic totailora program to your specific

11. Listen to Your Body: Pay 5. Stay Accountable: Enlist the attention to your body's signals. support of a workout buddy or If you experience pain or join a fitness class or group to discomfort during exercise, stop 1. Consult with a Healthcare help you stay accountable and and seek medical advice if necessary.

appropriate for your specific and duration of your workouts to your fitness program and achieving your goals.

> strong support network can be very effective.

This programme will be from morning 6 am to 7.30 am 9. Track Your Progress: Keep a for general public, a press any Social Welfare said.

Multi-Specialty Health Camp held at PHC Tushnabad

Port Blair, Sept. 27

Health Camp on Sept.24, 2023 needy rural population. at Primary Health Centre, The President, IMA, A&N Camp was inaugurated by the humanitarian members expressed their of the area to conduct such from DHS said.

The Indian Medical over the visit of 8 Specialist areas. Association A&N Islands, Port Doctors of different specialties Blair in association with and requested for such multi-Directorate of Health Services, specialty camp in the future attended by the Medical Administration also in rural areas of South Consultant, 19 patients were organized a Multi-Specialty Andaman for the benefit of attended by the Pediatrician, 16

happiness and satisfaction camps in future also in rural

About 145 patients availed the benefit i.e. 64 patients were patients were attended by the Ophthalmologist, 24 patients Tushnabad, South Andaman. Islands spoke on the objectives were attended by the Senior The Multi-Specialty Medical of the IMA and various Surgical Specialist, 16 patients services were attended by the PRI members, IMA members provided to the needy Gynecologist/Obstetrician and and Medical Officer In-charge population by the IMA and 6 patients were attended by the of PHC Tushnabad. The PRI assured the general population Dental Surgeon, a press release

All India Trade Test for ITI students from Dec. 1

Port Blair, Sept. 27

scheduled to be held from 1st December, 2023 at Govt. ITI,

Institute.

In this connection, all the left out, release from ITI said.

Dollygunj, Govt. ITI, Bakultala regular and failed candidates of All India Trade Test (AITT) and Govt. ITI, Arong Car Academic Session from 2018 twofor supplementary candidates Nicobar, as per the year trades and 2019 one-year for annual pattern, under the communication received from trades onwards have been advised Craftsman Training Scheme Directorate General of Training to submitthe examform duly filled (CTS) for various Engineering (DGT), New Delhi, which has been in along with exam fees on or and Non-Engineering trade is displayed in the notice board of the before 15.10.2023 at their respective institutions, a press

Answer key for written exam for post of Supervisor in A&NI KVIB uploaded

Port Blair, Sept. 27

one post of Supervisor, Group 'C' A&N Administration's portal claims/objections may be sent to Level 4 (Rs. 25500-81100) under https://andaman.gov.in and the A&NI KVIB on email ID: the establishment of Andaman https://erecruitment.anikviboard@rediffmail.com Village Industries Board was Candidates who have appeared and objection will be conducted on 06/09/2023 and in the written examination have entertained after the said date, 07/09/2023 at DBRAIT, been advised to go through the a press release from ANIKVIB Pahargaon. The Answer Keys for Answer Keys uploaded in the said.

the Question Paper sets for the portal. In case of any discrepancy The written examination for post has been uploaded in the found in the Answers Keys, the & Nicobar Islands Khadi & andaman.gov.in/crap. before 30/09/2023. No claims

Answer keys of Computer Based Test for post of Tribal Welfare Officers uploaded in Portal

Port Blair, Sept. 27

www.andaman.gov.in and in to the Andaman Adim Janjati AAJVS said.

the erecruitment portal https:// Vikas Samiti through e-mail A Computer Based Test erecruitment.andaman.gov.in. esaajvs@gmail.com indicating (Examination) was conducted to Candidates who have appeared name and registration number fill up 05 vacant posts of Tribal in the above examination have within two days from the date Welfare Officers on 30th August, been advised to go through the of publication i.e. from 2023 with the assistance of C- Answer Keys uploaded in the 28.09.2023 to 29.09.2023 by DAC and DBRAIT. Answer Key portal. Discrepancy, if any, 12.00 Midnight. No claims, of the Question Papers have found in the Answer Keys, the objections will be entertained been received and uploaded in candidate may submit their after the expiry of the said the A & N State portal claims and objections directly period, a press release from

First anniversary of Pradhan Mantri TB Mukt **Bharat Abhiyaan commemorated in Isles**

Port Blair, Sept. 27

MORE LOCAL NEWS

As part of the commemoration of the first anniversary of the Pradhan Mantri TB Mukt Bharat Abhiyaan, a special event was organized by the State TB Unit, Andaman & Nicobar Islands at the Andaman & Nicobar Islands Institute of Medical Sciences (ANIIMS) in Port Blair on September 22, 2023. For effective engagement of the community in the path towards eliminating TB in India, the Ministry of Health and Family Welfare is implementing the 'Pradhan Mantri TB Mukt Bharat Abhiyaan', wherein the community is encouraged to adopt TB patients and support them in the form of nutritional support, additional investigations, and vocational support for a minimum period of six months to a maximum of 3 years. Under this programme, the volunteer is called a Nikshav Mitra. Dr. Pragya Sharma, underscored the vital role Nikshay Mitra can be individuals, NGOs, Co- of the Pradhan Mantri TB Mukt Bharat operative Societies, faith-based organizations, Co- Abhiyaan in the national mission to eliminate operatives or Political parties. The support provided tuberculosis. She passionately urged the to the patient under this initiative is in addition to audience to actively participate as Nikshay the free diagnostics, free drugs and 'Ni-kshay Poshan Yojana' provided by NTEP to all TB patients notified from both the public and private sectors.

This initiative was unveiled on September 9, 2022 and in just one year, Pradhan Mantri TB Mukt informative presentation, shedding light on the Bharat Abhiyaan has become the world's largest crowd-sourcing initiative for nutritional support to TB patients. In one year, over 1 lakh Nikshay Mitras have committed to supporting over 10 lakh TB patients. This extraordinary level of community participation marks a significant milestone in the fight against TB.

chief guest while Dr. Suja Antony, Director of Health awarded certificates to them, a press release from Services was the guest of honour of the event NTEP said.



organized on 22nd Sept., 2023. In her address, Mitras, reinforcing the idea that collective efforts are imperative in the fight against TB. Dr. P. Lal, Joint Secretary of the National Tuberculosis Elimination Program (NTEP), gave an strides made in the Pradhan Mantri TB Mukt Bharat Abhiyaan over the past year.

Attendees included the faculty of ANIIMS, Joint Secretaries of various National Programs, doctors from the Directorate of Health Services and the students of ANIIMS. Nikshay Mitras, the key contributors to the initiative, were Dr. Pragya Sharma, Director of ANIIMS was the honoured during the event. Dr. Pragya Sharma

World Rabies Day to be observed in Isles Immunization Camp to be organized at Veterinary Hospital, Junglighat today

Port Blair, Sept. 27

World Rabies Day will be transmitted through infected disease.

observed on September 28, 2023, along with a few States in event, dogs and cats brought by both in the country and globally. mainland India, is considered pet owners will be provided with This day is dedicated to marking free from this disease. To free immunization doses against the death anniversary of the maintain this status and protect Rabies using the Anti Rabies renowned French Microbiologist, the health of the community, it is vaccine (ARV). Sir Louis Pasteur, who essential for all pets, especially

of up to 70,000 people worldwide Veterinary Department at the Deptt. of AH&VS said.

Veterinary Hospital, Junglighat Fortunately, the Islands, on Sept. 28 at 9 am. During this

In light of this, all pet owners developed the first Rabies those brought from the have been urged to bring their vaccine. Rabies is a deadly virus mainland, to be vaccinated pets to the Veterinary Hospital at that affects mammals, primarily annually against this deadly Junglighat near Goalghar Junction on September 28, 2023 saliva entering the body via a bite To commemorate World Rabies at 9 am to ensure that their pets or broken skin. It is responsible Day and contribute to rabies are protected through for causing viral encephalitis and prevention, an Immunization vaccination against the Rabies results in the unfortunate death Camp is being organized by the disease, a press release from

One convicted for offence punishable under Section 376(1) of IPC

Port Blair, Sept. 27

informed to the concerned Police 30,000 in default of payment of fine, said.

Station who registered a case against to suffer further rigorous The Hon'ble Special Judge the accused person under Section imprisonment for 6 months. He was (POCSO) at Port Blair, Shri Bhawani 376 and 506 of Indian Penal Code also sentenced to suffer rigorous Shankar Sharma on 27th September, (IPC) and the investigation was taken imprisonment for 2 years for 2023 convicted one accused person by SI Aditya Narayan. The commission of the offence namely Paritosh Sarkar, resident of prosecution examined 14 witnesses punishable under Section 506 of IPC Little Andaman. The accused person and the Hon'ble Court after and to pay a fine of Rs. 5,000, failing committed rape in the year 2012 conducting trial found the accused which to suffer further3 months. The upon his step-daughter who was person guilty of the offence and case was conducted for and on then aged about 09 years. The matter sentenced him to suffer 10 years behalf of the State by Special Public came to limelight when the victim rigorous imprisonment for the Prosecutor, Miss. A.S. Zinu, a press raised a shout and the surrounding offence punishable under Section release from Special Public people arrived, then the matter was 376(1) of IPC and to pay fine of Rs. Prosecutor (POCSO), A&N Islands

IGNOU extends last date for fresh admission & re-registration

Port Blair, Sept. 27

admission for all programmes edu.in/ (except Certificate Programmes) onlinerr.ignou.ac.in/. The IGNOU

and Re-registration the students have Regional Centre, Port Blair release from IGNOU said.

been advised to log on to https:// between 10 am and 4 pm. For The last date for fresh ignouadmission.samarth. more details, regarding the https:// programmes, fees, duration, visit without late fee and Re- prospective applicants who are www.ignou.ac.in or contact Registration (with late fee of facing difficulty in submitting the IGNOU Regional Centre, Port Rs.200) for July 2023 cycle admission form through online Blair over Phone: 03192-242888, extends upto 30th September, mode can submit their admission 03192-230111 or Email: 2023. For online Admission and form through offline mode at rcportblair@ignou.ac.in, a press

Answer Key of written Exam for post of Economic Investigator in DIC uploaded in website

Port Blair, Sept. 27

was conducted on 30.08.2023 crap/. through Computer Based Test

State portal www.andaman.gov.in may submit their claims and The recruitment examination to and in the e-recruitment objections directly to the District fill up vacant posts of Group 'C' p o r t a 1 h t t p s : / / Industries Centre through e-mail post of District Industries Centre erecruitment.andaman.gov.in/ dicandaman@gmail.com

(CBT) at DBRAIT, Pahargaon. In appeared in the recruitment date of publication i.e. from this regard, candidates have been examination for the above post 28.09.2023 to 30.9.2023 by 12.00 informed that the Answer Keys of have been advised to go through Noon. No claims/objections will the Question Paper sets for the the Answer Keys uploaded in the be entertained after the expiry of posts of Economic Investigator portal. If any discrepancy is found the said period, a press release have been uploaded in the A & N in the Answer Keys, the candidate from DIC said.

indicating name and registration Candidates who have number within two days from the

at chamber of

MD (NAM),

Secretariat,

Administration,

Port Blair

OFFICE OF THE ANDAMAN & NICOBAR STATE AYUSH SOCIETY

Vacancy Notice of Walk-in-Interview

The Walk-in-interview for engagement of below mentioned staff purely on contractual basis under A & N State AYUSH Society (ANSAS), under National AYUSH Mission, is hereby

scheduled as per the following date, time & Venue Name, No. Date Time & Venue of of Post, Salary Essential: Yoga Instructor i) A full time regular PG Degree -Full time- 01No Yoga/Regular Degree in Yoga from @ Rs. 18000/recognized University. Any Degree from a recognized university with one-year full time regular Diploma in Yoga (after Degree) from recognized University/ Institute of repute. Desirable: i) Two years experience in the relevant field from a recognized institute (Preference will be given to the experience in Govt. Sector). On 12/10/2023 ii) Practical ability to perform yogic practices. Skill Test- 10:00 iii) As per the guidelines of Ministry of Ayush am at Yoga unit, Govt of India, preference shall be given to the AYUSH Hospital, candidates possessing the certification by the Junglighat, Yoga Certification Board, MoAyush. Port Blair. Age Criteria: Not above 35 years. Interview- 03:00 PM 2 Yoga Instructor

Age Criteria: Not above 35 years Note: All eligible candidates are requested to report at the venue 30 minutes before the commencement of the skill test/interview along with the original certificates with one set of selfattested photocopies of certificates including one color passport size photo. Registration and verification of certificates will be done from 9.00 am on schedule date at AYUSH Hospital,

i). 10+2 pass with Yoga Wellness Instructor

Course Certificate by Yoga Certification Board.

ii) 10+2 pass with Diploma in Yoga from

recognized University/Institute of repute.

Preference will be given to the candidates

possessing the certification by the Yoga

Certification Board, MoAyush.

GENERAL INFORMATION:

(Part Time) -

@ Rs. 8000/-

Ò8 Nos.

- 1. The appointment will be purely on merit basis.
- 2. Interested candidates fulfilling the eligibility are requested to apply in the prescribed format in
- 3. While applying for the post, the applicant should ensure that he/she fulfils the eligibility and other norms and that the particulars furnished by him/ her are correct in all respects and suppression of information would lead to disqualification at any stage
- 4. Interested candidates shall be ready to work in remote/hard areas and when directed and also may have to travel to remote/hard areas as and required.
- 5. Incomplete/ defective applications, applications without photograph of the candidates shall be
- 6. The engagement will be as per the guidelines of A&N State AYUSH Society, National AYUSH Mission, on Contract basis for period of 11 months from the day you sign the contract within the stipulated period as per the offer of appointment letter. Selected candidates are liable to serve anywhere in the Andaman & Nicobar Islands. Any extension or renewal of the appointment, if any, will be subject to a review on the performance and contribution in work and an agreement on terms that must be mutually agreed upon. However, this would not be construed in any manner a promise for the regular appointment under A&N State AYUSH Society/ A&N Administration.
- 7. No individual Call Letters will be issued for appearing in the interview
- 8. No TA/DA shall be payable for appearing in the interview.

Deputy Director (AYUSH)

APPLICATION FORM FOR THE POST OF IN A&N STATE AYUSH SOCIETY Post Applied For Self-Attested Photograph 1 Applicant's Name Father's Name Date of Birth Sex 5 Marital Status Present Address with PIN Code No: E-mail: Permanent Address with PIN Code Phone/Mobile No: E-mail: Registration No. ID proof (Voter Id card, Driving License Islander Card Pan Card Aadhar Card) Educational Institute Qualification Secured marking Diploma (Yoga) iii Graduation Post Graduation (Yoga) 11 Work Experience Designation Organization **Total Duration** Institution/

Total Self Marking (out of 60%) The above information furnished by me is correct and true to the best of my Knowledge

(Signature of the Applicant)

Place:

Organization

LAND FOR SALE

Area 200 Sq. mtrs. at Kamraj Nagar, Port Blair. **Contact:** 9933298238 / 9679526468

SEA LA VIE ANDAMAN

(Year & Month)

Year Month

Foreshore Road, Haddo Walk-in Interview for Homestay Caretaker at Haddo Seashore Road. Contact: 9933263311

18th DEATH ANNIVERSARY ON 28-09-2023



In Loving Memory Of

Late. S Adhiswar Rao (Ex-PET) Education Department.

Inserted by :- Wife, Daughter, Son-in-law, Sons, Daughter-in-laws, Grandsons and Granddaughters.

PRESS NOTE

This is for the information of all candidates who have appeared the Computer Based Test (CBT) for the recruitment of Food Safety Officers in Andaman & Nicobar Administration, the answer keys for the recruitment exam held on 31st August, 2023 has been received from DBRAIT which has been uploaded in the portal https://erecruitment.andaman.gov.in/crap.

Candidates are requested to check the answer key and any claims/objections regarding the answer key may be intimated to this office within 48 hrs from the publication of this notice at email id fsorecruitmentan@gmail.com. No queries shall be admitted after 48 hrs from the publication of this Notice.

> **Designated Officer (FS)** South Andaman District, A&N Islands



CHENNAI

APOLLO HOSPITALS Apollo

GASTROENTEROLOGY CLINIC

Dr. Prof. K R PALANISWAMY

MD.DM, FRCP (Glasg), D.SC (Hon) Padma Shri Awardee, Senior Consultant & Head Dept. of Gastroenterology

Patients suffering Consultation for Piles, Constipation, Colorectal Cancer, Anal Lump, Rectal Bleeding, Anal pain & Anal Fistula and Fatty liver, Jaundice and other liver related issues, Oesophagea, Reflux, Gastric Ulcer, Peptic Ulcers, Pancreatitis & stone, Gall Bladder Stones, Abdominal pain, Bowel problem, etc

Dr. KARTIK NATARAJAN

DNB - General Medicine & Gastroenterology Gastroenterologist Hepatologist and Interventional Endoscopist

Patients suffering Consultation for Piles, Constipation, Colorectal Cancer, Anal Lump, Rectal Bleeding, Anal pain & Anal Fistula and Fatty liver, Jaundice and other liver related issues, Oesophagea, Reflux, Gastric Ulcer, Peptic Ulcers, Pancreatitis & stone, Gall Bladder Stones, Abdominal pain, Bowel problem, etc

Date: Friday, 29th September 2023 Time: 2.00 pm to 6.00 pm Date: Saturday, 30th September 2023 Time: 10.00 cm to 2.00 pm

Venue: APOLLO CLINIC

192 Garacharma Main Road, South Andaman Port Blair - 744105

X- Ray, USG, CT,2D- ECHO,ECG, EEG, TMT, NCS , PHYSIOTHERAPY, & LABORATORY

For appointments: 03192252522 / 03192252052 / 9531807777

1st Death Anniversary On 28-09-2023

In Loving Memory of



HITESH MOHAN (ANKIT) DOB: 16-12-1997 DOD: 28-09-2022 "You will always remain in our hearts forever" Those we love don't go away, they walk behind us everyday unseen, unheard, but always near, still loved, still missed

<u>Inserted by:</u> Dhanraj Mohan (Baba) Tilottamma Devi (Mummy), Padmawathi (Nani) and all family members and friends

and very dear.

6th YEAR OF REMEMBRANCE



LATE RAM MOHAN

(STS Deptt.) R/o. GARACHARMA

Though your presence may be gone, Your memories will always live on. You are forever alive in our hearts.... Miss you pappa.... Lots of love by: - Suna R. Mohan (Wife) & Sarika-MONA (Daughter)

HAPPY SUPERANNUATION On 30-09-2023



Shri SURESH KUMAR Head Clerk, PBSD, Port Blair, South Andaman

After completion of 33 years and 05 months of service we congratulate you on your retirement and achieving this long sought milestone. Cheers to a life full of rewards after decades of diligent work.

Wishing you leisurely days spent in relaxation and reflection of your hard earned success. May your golden years be blessed with plenty of cherished moments.

Best Wishes from: K.M. Saraswati (Mother), S. Latha (Wife), Lakshya (Daughter), Family and Friends. Suresh Kumar Ph: 9434269803 / 9933218500

HAPPY SUPERANNUATION

On 30-09-2023



Shri SURESH KUMAR

Head Clerk, PBSD, Port Blair, South Andaman The Officers & Staff of Port Blair, Division, APWD, wishes him lots of happiness and good health for the new journey of retirement life.



REQUIRED

PST/GTT (Hindi) with knowledge of Sanskrit

BA, B ED in Hindi With CTET QUALIFIED or D.EL.ED with graduation in Hindi

Eligible qualified candidates who fulfill the above criteria with regard to qualifications, skills and commitment need ONLY apply/submit Resume/CV on or before 30th Sep 2023.(through email or in person)

voice @9933225511 / 9933286155 E Mail :mgispb@gmail.com



HOUSE FOR RENT

01 BHK Rent Room available at Garacharma, Purana Basti near Radhasamy Satsang. Contact No. 9933267054

8th Death Anniversary On 28-09-2023

In Loving Memory of **Our beloved Father**



LATE SAHADEO LALL S/o Late Bhagat Lall R/o Old Pahargaon Inserted by: All Family Members

16th Death Anniversary On 28-09-2023

In Loving memory of



LATE HARJEET SINGH SETHI

Inserted by: Smti. Romila Sethi (Wife) and all family members.

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