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Generally cloudy sky and moderate rain is likely over Port Blair. Maximum and Minimum temperature will be around 27° C and 24° C 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

Weather Report

Regn. No. 34190/75 No. 263 Port Blair, Thursday, September 28, 2023 Web: dt.andaman.gov.in Rs. 3.00 Pages 4



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

The A & N Administration has taken up sincere efforts to fill up the vacancies of 565 Group 'C' posts pertaining to various Departments on mission mode. In the first instance, the recruitment notice was published on 01.08.2022. Subsequently, the examination was conducted on 20.11.2022 with assistance from Staff Selection Commission, New Delhi. A total number of 38,396 candidates had applied for these posts and out of which, only 33,292 candidates had appeared for the examination.

The score of the candidates was published in the month of January, 2023. In the month of

April, 2023, a total of 4048 candidates were shortlisted for Tier-II & Tier-III and the skill tests were conducted in the month of May, 2023. The provisional select list was published on 28.05.2023 and their testimonials / certificates were verified. Thereafter, the final and combined select list was published in the month of September, 2023. Accordingly, the offer of appointments were distributed to the selected candidates on 26.09.2023 at the Grand Rozgar Mela.

Rozgar Mela :

UT of Andaman and Nicobar had organised a grand and historic Rozgar Mela on 26.09.2023 at Dr. B.R.Ambedkar Institute

of Technology, Pahargaoon. Hon'ble Prime Minister of India, Shri Narendra Modi graced this nationwide Rozgar Mela through video conferencing. This Rozgar was historic since the UT was amongst the top States / UTs with the 'Highest number of Appointment Letters' distributed to 876 new recruits to fulfill the vision of Hon'ble Prime Minister, Shri Narendra Modi Ji to provide Govt. jobs to 10 lakhs people in mission mode.

On this occasion, Hon'ble Union Minister of State (Home, Youth Affairs and Sports), Shri Nisith Pramanik was invited as the chief guest and Hon'ble Lt. Governor and Vice Chairman of Island Development

Agency, Admiral D.K. Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.) was the guest of honour. Hon'ble Member of Parliament of A & N Islands, Shri Kuldeep Rai Sharma, Chief Secretary of Andaman and Nicobar Administration, Shri Keshav Chandra and senior officers and employees of the Administration were also present in the function.

During the Job Mela, the chief guest expressed special gratitude towards Hon'ble Lt. Governor and stated that under his directions and guidance, the recruitment process could be made successful. He informed that the Union Territory of A&N Islands is one among the States/ UTs to distribute highest number of appointment

letters to the new recruits in the Nationwide Rozgar Mela. For this, he gave entire credit to Hon'ble Lt. Governor for his persistent guidance and support and assured that the recruitment for the remaining posts will also be completed during the upcoming three-four months time.

The Hon'ble Lt. Governor, in his address, called upon all the selected candidates to work with integrity and wished them a bright and successful future. He informed that, for the last one year, the process of filling about 4500 vacant posts has been going on in mission mode for which, the Chief Secretary had also conducted numerous review meetings. In addition, Hon'ble Lt.

Governor himself had also conducted review meetings at his level almost once in every three months and the progress made by this Administration has been brought to the notice of general public through various social media platforms and press releases. Apart from this, he also assured that during the coming three-four months, efforts will be made to fill up the remaining vacant posts nearing around 3500. Apart from this, the Administration is also making necessary efforts for the recruitment of 210 Group "A" posts through Union Public Service Commission, New Delhi at an early date.

Further, he also assured

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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/GB Pant Hospital in the presence of Secretary (Health), Dr. Satyendra Singh Dursawat, IAS, OSD



ANIIMS, Dr. Anil Agarwal, Director, ANIIMS, Dr. Pragya Sharma, Director of Health Services, Dr. Suja Antony, Quality Assurance Team, Faculty members, Senior Doctors

and staff of ANIIMS/GBPH. Soon after inauguration, the Chief Secretary was briefed about the functioning of the newly installed State of the Art Echo Machine by Dr.



Srikant, Cardiologist, ANIIMS. A demo of the new Machine was also carried out. Following installation of this machine, ANIIMS/GBPH will join the league

of few centers of excellence providing advance technology for diagnosis of various congenital and acquired heart problems, thus creating a

(Contd. on last page)

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 closing ceremony witnessed the doubles final match and gave away prizes to the winners and runner up. The DGP, A&N Islands, Shri Devesh Chandra Srivastva, senior officers of the Police Department and general public were present on the occasion.

In his address, the Chief Secretary congratulated the participants for enthusiastically participating in the DGP Cup Badminton tournament. The Chief Secretary expressed hope that in the coming years, the level of badminton will achieve greater height.

The Chief Secretary further desired that the senior players should groom the young budding players so that they are able to compete in national and International level tournaments, bringing laurels not only for Isles but for the nation as well.

(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 various cleanliness 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



Ambedkar Auditorium here this evening. The Secretary (IP&T), Shri Binay Bhushan, IAS, was the chief guest on the occasion while the Special Secretary (IP&T), Smti Nandini Maharaj, IAS, was the guest of honour. The programme was also attended by the Director, Tourism, Dr. Jatinder Sohal, President AATO, Shri M Vinod, President ANTOA, Shri Simson, Assistant Director, India Tourism, Shri Ramakrishna, tourism stakeholders, students and general public.

Addressing the gathering, the Secretary highlighted on the significance of the theme of this year's World Tourism 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 and 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 and 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

tourism in NSCB Dweep, Viper and Chatham and eco-friendly tourism in Long Island, Avis Island, Ross & Smith and Shaheed Dweep besides formulation of draft Policies for Caravan, Bird Watching & Beach Shack by the Tourism Department. The Secretary also desired that the Department of Tourism should tie up with BBA Tourism students of JNRM and utilize their services for tourism development in Isles.

Speaking on the occasion, the Special Secretary, highlighted the need to preserve and protect the Islands' ecosystem while expanding tourism activities. She remarked that the beauty of A&N Islands is

incomparable and as we open up tourism activities to welcome visitors and tourists to the Island, we must also keep in mind it's fragile ecology as tourists visiting the Islands come here to experience nature in its pristine form. The Special Secretary also spoke on eco-tourism and its importance in preserving the Island's ecosystem and stressed on the need to promote responsible tourism.

President, AATO while speaking highlighted about World Tourism Day and how tourism stakeholders have come together to celebrate the day befitting. He called upon all tourism stakeholders to give utmost importance to eco-tourism

and promote it earnestly. Vicky Mishra, a third year MBBS student of ANIIMS who secured the 1st position in elocution competition organized by Tourism Department also shared his thoughts on sustainable & responsible tourism, urging young minds to invest in green tourism for a sustainable future. Mementoes were also presented to tourism stakeholders and line Departments for their support in the successful conduct of the events.

The winners of various events were felicitated with cash prize along with trophies & certificates by the chief guest and guest of honour on the occasion.

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) | | 1 st Position |
| 2 | Crazy boys Team (V.Mohan Rao, M.Gurumurthy & S. Mahesh) | | 2 nd Position |
| 3 | Nayagaon Team (Micheal & John Paul) | | 3 rd Position |
| Female Category | | | |
| 1 | Pahargaon Team (Solomie & Chanrika) | | 1 st Position |
| 2 | 4 Time Team (Tabita, Pricilla & Sunita) | | 2 nd Position |
| 3 | 2 Sister Team (Martina, Brenda & Jaline) | | 3 rd Position |
| NAME OF THE WINNER OF OPEN ELOCUTION COMPETITION AMONG COLLEGES AT ANCOL | | | |
| SL.N | Name of the winner | Name of college | Position |
| Prize Winner | | | |
| 1 | Vicky Mishra | MBBS, 3 rd year, ANIMS | 1 st Position |
| 2 | Keya Biswas | BSc, BED 2 nd year, TGCE | 2 nd Position |
| 3 | Susmita Bhattacharjee | BSc, BED 2 nd year TGCE | 3 rd 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 4 th 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 | | | |
| SL.N | Name of the winner | Name of School | Position |
| Prize Winner | | | |
| 1 | S.Narmadha Sri | XI Std. GSSS Girls | 1 st 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 | J.Faiza | XII Std. KV-I | Consolation |
| 5 | N.Divya Kanmani | XII Std. GSSS Model | 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, 21-14.

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 the significance of tourism in Andaman and Nicobar Islands.

World Tourism Day, celebrated annually on September 27, provides an opportunity to highlight the immense contribution of tourism to the local economy, culture, and



environment of the Andaman & Nicobar Islands.

During the program, the Member of Parliament recognized the vital role played by airlines operating in the Andaman & Nicobar Islands in promoting tourism and connectivity. He presented tokens of appreciation and certificates of

commendation to the dedicated staff members of all airlines operating in the region.

In response to this recognition, the Airlines' Representatives expressed their gratitude and reiterated their commitment to providing world-class services to the Islanders and tourists, a press release from MP Officesaid.

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 in management of cardiac cases in the Islands. The Chief Secretary 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, 6-7 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 history of A&N Islands.

Thereafter, the Chief Secretary also inaugurated the 10 bedded Chemo Immunotherapy Unit (CITU) for patients requiring management of cancers on chemotherapy. CITU setup in the Isolation Ward will aid and support cancer treatment in the Islands through ANIIMS/GBPH. It is observed that A&N Islands has very high prevalence of cancer, with predominantly head and neck cancers. The prevalence of other cancers is also very high with no facility for cure. Thus, the patients were being sent to mainland for diagnosis and treatment of various cancers. With the inauguration of this Unit, the patients can be initiated 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 this initiative stabilizes.

Speaking to the media on the sidelines of the inauguration function, the Director, ANIIMS said that the newly procured machine is a boon for the



patients visiting GBP Hospital/ANIIMS.

She further said that GB

Pant Hospital has a state of the Art Cath Lab which is not available even in City Hospitals in mainland. The Cardiologists, Dr. Srikant and Dr. Karun Khanna are rendering their services and two to three pacemakers are implanted in every week besides Angioplasty and Angiography is also done and many lives have been saved. Now, the patients are treated for heart ailments at Port Blair itself without going to mainland. The new 4 D Echo Machine is only available in some select Hospitals in mainland and it can diagnose even minute deformity in the heart of the patients including children. The new machine will benefit immensely those who approach

ANIIMS/GBPant with cardiac related issues, Dr. Pragma added.

She also said with the installation of Chemo Immunotherapy Unit, cancer patients can be treated in GB Pant Hospital itself. Presently, patients has go to 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 mainland and all the medicines for Chemotherapy will be made available in GB Pant Hospital itself. Even diagnosis of the patients will be done at Port Blair itself, for the Hospital has created the telemedicine facilities and as soon as the diagnostic part is over, Chemotherapy can be started for the ailment.

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 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 well-being. In this regard, the Department of Social Welfare organized an Awareness Programme under Nasha Mukta Bharat Abhiyaan at Jogger's Park on 24th September, 2023 in which more than 70 people participated. The session was conducted by Shihan M.S. Murugan, International Laughter Yoga Ambassador.

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

1. Consult with a Healthcare Professional: Before starting any fitness program, consult with a healthcare professional or addiction specialist to ensure that exercise is safe and appropriate for your specific situation.
2. Set Realistic Goals: Start with achievable fitness goals. Setting small, attainable milestones can help you stay motivated and track your progress.
3. Choose Activities You Enjoy: Select physical activities that you genuinely enjoy to increase your likelihood of sticking with the program. This could be anything from walking, jogging, swimming, yoga, dancing, or team sports.
4. Create a Schedule: Establish a regular exercise routine that



includes a mix of aerobic (cardiovascular) exercise, strength training, and flexibility exercises. Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, as recommended by the World Health Organization (WHO).

5. Stay Accountable: Enlist the support of a workout buddy or join a fitness class or group to help you stay accountable and motivated.

6. Start Slowly: If you're new to exercise or haven't been active for a while, start slowly and gradually increase the intensity and duration of your workouts to avoid injury.

7. Manage Stress: Exercise can be a powerful stress reliever, which is essential for recovery. Incorporate relaxation techniques such as deep breathing, meditation, or mindfulness exercises into your routine.

8. Nutrition and Hydration: Maintain a balanced diet and stay hydrated. Proper nutrition can support your energy levels and overall health.

9. Track Your Progress: Keep a journal to record your workouts, emotions, and any

improvements you notice in your physical and mental well-being.

10. Seek Professional Guidance: Consider working with a fitness trainer or therapist who specializes in addiction recovery to tailor a program to your specific needs and provide additional support.

11. Listen to Your Body: Pay attention to your body's signals. If you experience pain or discomfort during exercise, stop and seek medical advice if necessary.

12. Celebrate Achievements: Celebrate your accomplishments, no matter how small. Recognize and reward yourself for sticking to your fitness program and achieving your goals.

13. Stay Connected to Support: Continue participating in support groups or therapy as part of your overall recovery plan. The combination of exercise and a strong support network can be very effective.

This programme will be conducted every Sunday for the next 3 weeks (i.e.) 1st, 8th and 15th October, 2023 at Jogger's Park from morning 6 am to 7.30 am for general public, a press release from Directorate of Social Welfare said.

Multi-Specialty Health Camp held at PHC Tushnabad

Port Blair, Sept. 27

The Indian Medical Association A&N Islands, Port Blair in association with Directorate of Health Services, A&N Administration organized a Multi-Specialty Health Camp on Sept.24, 2023 at Primary Health Centre, Tushnabad, South Andaman. The Multi-Specialty Medical Camp was inaugurated by the PRI members, IMA members and Medical Officer In-charge of PHC Tushnabad. The PRI members expressed their

happiness and satisfaction over the visit of 8 Specialist Doctors of different specialties and requested for such multi-specialty camp in the future also in rural areas of South Andaman for the benefit of needy rural population.

The President, IMA, A&N Islands spoke on the objectives of the IMA and various humanitarian services provided to the needy population by the IMA and assured the general population of the area to conduct such

camp in future also in rural areas.

About 145 patients availed the benefit i.e. 64 patients were attended by the Medical Consultant, 19 patients were attended by the Pediatrician, 16 patients were attended by the Ophthalmologist, 24 patients were attended by the Senior Surgical Specialist, 16 patients were attended by the Gynecologist/Obstetrician and 6 patients were attended by the Dental Surgeon, a press release from DHS said.

All India Trade Test for ITI students from Dec. 1

Port Blair, Sept. 27

All India Trade Test (AITT) for supplementary candidates for annual pattern, under the Craftsman Training Scheme (CTS) for various Engineering and Non-Engineering trade is scheduled to be held from 1st December, 2023 at Govt. ITI,

Dollygunj, Govt. ITI, Bakultala and Govt. ITI, Arong Car Nicobar, as per the communication received from Directorate General of Training (DGT), New Delhi, which has been displayed in the notice board of the Institute.

In this connection, all the left out,

regular and failed candidates of Academic Session from 2018 two-year trades and 2019 one-year trades onwards have been advised to submit the exam form duly filled in along with exam fees on or before 15.10.2023 at their respective institutions, a press release from ITI said.

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

Port Blair, Sept. 27

The written examination for one post of Supervisor, Group 'C' Level 4 (Rs. 25500-81100) under the establishment of Andaman & Nicobar Islands Khadi & Village Industries Board was conducted on 06/09/2023 and 07/09/2023 at DBRAIT, Pahargaon. The Answer Keys for

the Question Paper sets for the post has been uploaded in the A&N Administration's portal <https://andaman.gov.in> and <https://erecruitment.andaman.gov.in/crap>. Candidates who have appeared in the written examination have been advised to go through the Answer Keys uploaded in the

portal. In case of any discrepancy found in the Answers Keys, the claims/objections may be sent to the A&NI KVIB on email ID: anikviboard@rediffmail.com before 30/09/2023. No claims and objection will be entertained after the said date, a press release from ANIKVIB said.

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

Port Blair, Sept. 27

A Computer Based Test (Examination) was conducted to fill up 05 vacant posts of Tribal Welfare Officers on 30th August, 2023 with the assistance of C-DAC and DBRAIT. Answer Key of the Question Papers have been received and uploaded in the A & N State portal www.andaman.gov.in and in

the e-recruitment portal <https://erecruitment.andaman.gov.in>. Candidates who have appeared in the above examination have been advised to go through the Answer Keys uploaded in the portal. Discrepancy, if any, found in the Answer Keys, the candidate may submit their claims and objections directly to the Andaman Adim Janjati

Vikas Samiti through e-mail esaajvs@gmail.com indicating name and registration number within two days from the date of publication i.e. from 28.09.2023 to 29.09.2023 by 12.00 Midnight. No claims/objections will be entertained after the expiry of the said period, a press release from AAJVS said.

First anniversary of Pradhan Mantri TB Mukta Bharat Abhiyaan commemorated in Isles

Port Blair, Sept. 27

As part of the commemoration of the first anniversary of the Pradhan Mantri TB Mukta 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 Mukta 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 Nikshay Mitra. Nikshay Mitra can be individuals, NGOs, Co-operative Societies, faith-based organizations, Co-operatives or Political parties. The support provided to the patient under this initiative is in addition to 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 Mukta 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.

Dr. Pragya Sharma, Director of ANIIMS was the chief guest while Dr. Suja Antony, Director of Health Services was the guest of honour of the event



organized on 22nd Sept., 2023. In her address, Dr. Pragya Sharma, underscored the vital role of the Pradhan Mantri TB Mukta Bharat Abhiyaan in the national mission to eliminate tuberculosis. She passionately urged the audience to actively participate as Nikshay 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 informative presentation, shedding light on the strides made in the Pradhan Mantri TB Mukta 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 honoured during the event. Dr. Pragya Sharma awarded certificates to them, a press release from NTEP said.

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 observed on September 28, 2023, both in the country and globally. This day is dedicated to marking the death anniversary of the renowned French Microbiologist, Sir Louis Pasteur, who developed the first Rabies vaccine. Rabies is a deadly virus that affects mammals, primarily transmitted through infected saliva entering the body via a bite or broken skin. It is responsible for causing viral encephalitis and results in the unfortunate death of up to 70,000 people worldwide

each year.

Fortunately, the Islands, along with a few States in mainland India, is considered free from this disease. To maintain this status and protect the health of the community, it is essential for all pets, especially those brought from the mainland, to be vaccinated annually against this deadly disease.

To commemorate World Rabies Day and contribute to rabies prevention, an Immunization Camp is being organized by the Veterinary Department at the

Veterinary Hospital, Junglighat on Sept. 28 at 9 am. During this event, dogs and cats brought by pet owners will be provided with free immunization doses against Rabies using the Anti Rabies vaccine (ARV).

In light of this, all pet owners have been urged to bring their pets to the Veterinary Hospital at Junglighat near Goalghar Junction on September 28, 2023 at 9 am to ensure that their pets are protected through vaccination against the Rabies disease, a press release from Deptt. of AH&VS said.

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

Port Blair, Sept. 27

The Hon'ble Special Judge (POCSO) at Port Blair, Shri Bhawani Shankar Sharma on 27th September, 2023 convicted one accused person namely Paritosh Sarkar, resident of Little Andaman. The accused person committed rape in the year 2012 upon his step-daughter who was then aged about 09 years. The matter came to limelight when the victim raised a shout and the surrounding people arrived, then the matter was informed to the concerned Police

Station who registered a case against the accused person under Section 376 and 506 of Indian Penal Code (IPC) and the investigation was taken by SI Aditya Narayan. The prosecution examined 14 witnesses and the Hon'ble Court after conducting trial found the accused person guilty of the offence and sentenced him to suffer 10 years rigorous imprisonment for the offence punishable under Section 376(1) of IPC and to pay fine of Rs. 30,000 in default of payment of fine,

to suffer further rigorous imprisonment for 6 months. He was also sentenced to suffer rigorous imprisonment for 2 years for commission of the offence punishable under Section 506 of IPC and to pay a fine of Rs. 5,000, failing which to suffer further 3 months. The case was conducted for and on behalf of the State by Special Public Prosecutor, Miss. A.S. Zinu, a press release from Special Public Prosecutor (POCSO), A&N Islands said.

IGNOU extends last date for fresh admission & re-registration

Port Blair, Sept. 27

The last date for fresh admission for all programmes (except Certificate Programmes) without late fee and Re-Registration (with late fee of Rs.200) for July 2023 cycle extends upto 30th September, 2023. For online Admission and Re-registration the students have

been advised to log on to <https://ignouadmission.samarth.edu.in/> and <https://onlinerr.ignou.ac.in/>. The prospective applicants who are facing difficulty in submitting the admission form through online mode can submit their admission form through offline mode at Regional Centre, Port Blair

between 10 am and 4 pm. For more details, regarding the programmes, fees, duration, visit IGNOU Website - www.ignou.ac.in or contact IGNOU Regional Centre, Port Blair over Phone: 03192-242888, 03192-230111 or Email: rcportblair@ignou.ac.in, a press release from IGNOU said.

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

Port Blair, Sept. 27

The recruitment examination to fill up vacant posts of Group 'C' post of District Industries Centre was conducted on 30.08.2023 through Computer Based Test (CBT) at DBRAIT, Pahargaon. In this regard, candidates have been informed that the Answer Keys of the Question Paper sets for the posts of Economic Investigator have been uploaded in the A & N

State portal www.andaman.gov.in and in the e-recruitment portal <https://erecruitment.andaman.gov.in/crap/>.

Candidates who have appeared in the recruitment examination for the above post have been advised to go through the Answer Keys uploaded in the portal. If any discrepancy is found in the Answer Keys, the candidate

may submit their claims and objections directly to the District Industries Centre through e-mail dicaandaman@gmail.com indicating name and registration number within two days from the date of publication i.e. from 28.09.2023 to 30.9.2023 by 12.00 Noon. No claims/objections will be entertained after the expiry of the said period, a press release from DIC said.

