

The Andaman EXPRESS Apollo Clinic



Thought for today In the long run the most difficult things is to search for an

easy way out. **Distant Cautionary** Signal No. I

hoisted at

Port Blair port Port Blair, Dec. 8: Distant Cautionary Signal No. Ihave been hoisted at Port Blair Port. For further enquiries/information, one may contact the helpline of State **Emergency Operation Centre at** Helpline No.1070 & District Emergency Operation Centre at Helpline No. 1077. For any emergency/assistance atsea, call Coast Guard SAR Agency at Toll Free number 1554.

Circuit Court at Port Blair from Dec.12 to 23

Port Blair, Dec. 8: Hon'ble Justice Rajasekhar Mantha and Hon'ble Justice Bibhas Ranjan De, Judges of the Calcutta High Court shall be sitting/ holding Circuit Court at Port Blair from Dec.12 to 23, 2022 (both days inclusive), a press release from Registrar, Circuit Bench, High Court, Calcutta at Port Blair said. - Source : HCC

Delay in release of payment to Andaman Labour Force highlighted

Labourers demand disbursement of payment

on first working day of month

:: AE Correspondent :: Port Blair, Dec 08: Delay in

disbursement of monthly payment to Andaman Labour Force by the Port Management Board has been reported to this daily by several labourers. It is learnt that payment is being done by PMB to labourers in the second or third week of every month instead of the first or second working day of succeeding month. Labourers of Andaman Labour

Force demand that their payment must be released on the first or second working day of the month. The delay in release of payment drags their family towards hardship in managing their daily bread. It is a known fact that the payment of these labourers are not too high to be saved, hence whatever amount they earn gets exhausted every month. Release of payment to Andaman Labour Force on the first two working

days of a month will surely reduce their hardship in managing their family needs. The practice of delayed payment has been observed in the recent past. According to labourers, earlier they were getting their payments on the first or second working day of the succeeding month. Authorities have been urged by the labourers to arrange for timely disbursement of their monthly payments.

MP demands to induct at least 20 more new buses in **State Transport Service**

Member of Parliament, Shri. Kuldeep Rai Sharma called on the Hon'ble Lt Governor of Andaman and Nicobar Islands on lastMonday and raised several issues. Among other issues, the Member of Parliament requested the Hon'ble Lt Governor to induct at least 20 more new buses in State Transport Service so that problems being faced by Islanders of far flung Islands can be minimized. He informed the Hon'ble Lt Governor that during his recent visit to North, Middle and South Andaman villages

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STS buses are irreparable. He pointed out that everyday housands and thousands of people in various far flung Islands depend on these buses to reach their offices, schools, colleges, hospital, market etc and due to the present condition of the STS buses they are going through severe mental and physical pain. Many buses, with leakages on the roof, missing windows, broken seats are being pressed into service, which can lead to a fatal accident anytime, he added. The Member of Parliament as well as Nicobar District he has mentioned that in far flung Islands personally witnessed that the buses where everyone can't afford a car of State Transport Service are in or hire an auto, the STS buses are Source: Media Cell, MP

Port Blair, Dec 8: The deplorable state and many of the the lifeline but the STS buses are now becoming a threat to passengers life. School Children are suffering the worst because of this situation. He added that while Islanders living in South Andaman have options of travelling in private buses, AC buses and Green (Electric) Buses, people of far fung Islands do not have that many choices. Considering the hardship being faced by people of all three Districts, he requested the Hon'ble Lt Governor to induct at least 20 more new buses in State Transport Service so that problems being faced by Islanders of remote Islands can be minimized -

Mausam, App, Damini lighting App to access information on weather

Port Blair, Dec. 8: Andaman & Nicobar Islands are prone to Geological and meteorological disasters. These Islands also falls in cyclogeneses zone and significant number of cyclones gets generated every year in the Andaman Sea. Heavy rainfalls due to monsoon leads to localized flooding also occurs frequently in low lying areas. To

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PBMC yet to regularize service of alone staff who burns dead bodies for a living



burning ghathas been working on the Junglighatburning ghat for the past several years. What is painful is inspite of performing such a critical task, he is still working on daily

who are performing similarly critical task, but their services are yet to be regularized. The PBMC Staffposted at Junglihathas been burning bodies to make a living and is the lone person performing the vital task without the help of anybody. The PBMC has even thought of posting another helper for him. With time, he is aging and has a few more years of service. But the Civic Body has not realized that after his retirement, somebody else has to perform this duty. It takes an average of three hours for a body to burn completely. In that time, more

HC denies bail to man in rape case, says consent of minor 'no consent'

(PTI) Consent of a minor is not raping a 16-year-old girl and also established physical relationship consent in the eyes of law, Delhi getting her date of birth changed



court also said the getting the girl's date of birth changed on the Aadhaar card was a "serious offence". "It seems that the applicant

with the complainant, she was not High Court has observed while on her Aadhaar card. The high a minor "The consent of the minor at the age of 16 years, specially, conduct of the man in when the applicantwas 23 years old and already married also disentitles him for grant of bail. Consentof a minor is no consent in the eyes of law," Justice Jasmeet Singh said in a recent (man) wanted to take order. An FIR was lodged in 2019 advantage by getting the on the complaint of the girl's father date of birth on the that his daughter was missing. Aadhaar card changed Later, the girl was traced and

New Delhi, 8th Dec, 2022: denying bail to a man accused of so that when the applicant rescued from Uttar Pradesh's Sambhal district and brought back. The girl, who was found in the company of the man, said in her statement before a magistrate thathe was her boyfriend and she stayed with him for about one and a halfmonths. She further said the man established physical relationships with her consentand that she wanted to stay with him The man soughtbail on grounds thathe had been in custody since 2019 and the chargesheet filed.

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5G services in 50 towns across the country so far: Govt.

New Delhi, Dec. 8: The 5G services have started in 50 towns across the country so far. Telecom service providers have started the See... Page No. 02

Commuters are facing hardship from Airport Entry/Exit gate from in moving from Dairy Farm Dec.9. Vehicles intending to Junction to Airport Entry gate due approach VSIAirport from School to heavy traffic congestion Line shall not take 'Right Turn' at especially by the vehicles the Airport Entry gate instead they entering/exiting Airport To ease shall proceed towards Dairy Farm out the traffic congestion, A & N Junction & then after taking 'U' Traffic Police has decided on pilot turn will proceed towards Airport

Port Blair, Dec. 8: basis the diversion of vehicles entry gate. Similarly, vehicles taking exit from VSI Airport shall not take 'Right Turn' from Airport Exit gate i.e. towards Dairy Farm instead they shall take Left turn & proceed towards Anjali Driving School, Lamba Line and take 'U' turn to approach towards Dairy

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celebration



:: Revathi ::

Port Blair, Dec 8: Mandala pooja (Ayyappa pooja) celebration was held on Wednesday at Sri Muthu Mariamman Temple at Buniyadabad and will be celebrated upto 27th December 2022. Deeparadhana, including Bajan Chanting, will be performed at 6.15 pm to 09.00 pm every day. Interested devotees can offer prayers for peace in life. The committee for obtaining blessing from Swamy Ayyappa. Sri Guruswamy Puja was held yesterday in the presence of Smti. Laxmi Ganeshan Ward Councillor.

Ayyapppa pooja Pariksha Pe Charcha 2023 Port Blair, Dec. 8: To celebrate the of 18 participants from A & N Islands.

Utsav of Examination, the sixth edition of 'ParikshaPeCharcha 2023', the unique interactive programme of Hon'ble Prime Minister, ShriNarendraModi with students, teachers and parents will be held at Talkatora Stadium in January 2023. This event is being organized successfully for the sixth consecutive year by the Department of School Education and Literacy, Ministry of Education. Children studying in classes from IX to XII, teachers and parents can participate in the 'ParikshaPeCharcha'programme. An online creative writing competition is being conducted athttps://

innovateindia.mygov.in/ppc-2023/ on various topics from Nov.25 and will continue upto Dec.30,2022 for selection

Suggested topics can be obtained from the Office of Zonal Officers, Secondary & Senior Secondary Schools across Islands. Selected participants will receive a certificate signed by the Director (NCERT) and a copy of the 'Exam Warrior' book, written by Hon'ble Prime Minister. The competition is the mode through which students, parents and teachers are invited to frame their questions to be addressed to the Hon'ble Prime Minister, Selected questions, shortlisted by NCERT, may feature in the programme. The participants who asked questions in the previous editions of 'Pariksha PeCharcha' are invited by media channels to appear in their programmes. In the same lines,

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Congress sweeps Himachal Pradesh

Assembly Elections 2022, ousting BJP

Change has been constant in Himachal Pradesh for years, and Congress's win in this year's state Assembly elections has maintained the trend in the state. The Congress ousted the Bharatiya Janata Party (BJP) to win the Himachal Pradesh Assembly Elections 2022 on Thursday, December 8. The grand

old party secured 40 seats, crossing

the majority mark and beating the

Traffic diversion at airport route

BJP with minimal difference in the vote share. - Source : cnbctv18

Sailing cancellation likely due to bad weather

Port Blair, Dec. 8: The Island is presently experiencing extreme weather conditions and as such, operation of shipping service under such unstable state of weather becomes very difficult The Directorate of Shipping Services considering the safety of passengers may cancel or suspend its services across foreshore and Inter-Island sectors

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Second Counselling for Admission in ALC

Port Blair, Dec 8: The Second Counselling for the vacant seats in the respective available categories in the First Year of the B.A., LL.B. Degree Course in Andaman Law College will be conducted on 15.12.2022 (Thursday) at 9:00 AM in Andaman Law College, Port Blair. The interested candidates of all the categories including General Category are requested to attend the above mentioned Counselling Session. The unfilled seats in the said respective categories will be allotted in the order of general merit only. Any representation from the candidates who fail to attend counselling on the said date will not be entertained thereafter.

Seats lying vacant in **PG** course in JNRM

are lying vacant in various PG Grade Cards/Consolidated Student detained in JNRM); Migration other than Pondicherry University) Source: JNRM

Port Blair, Dec. 8: Few seats (Original will be detained in JNRM); School Leaving Certificate (Transfer courses in JNRM for the session Certificate) (Original will be detained 2022-23. Hence candidates, who in JNRM); X Pass certificate for have applied for admission may verification ofdate ofbirth; Category attend the counselling on 12th Certificate (ST, OBC, PH, ward of December, 2022 at 9am in Central Govt. Servants/Ex-JNRM.The counselling for M.A Servicemen & EWS); Aadhaar/ Bengali shall also be held on 12th Aadhaar Enrolment Slip; One December At 9 am. Candidates passportsize photograph in original may attend the counseling at for verification and one set of respective inter-disciplinary photostat copies (to be submitted departments by 9am. They should during admission). Those who fail bring the documents viz. Student to attend the counseling session on specified date and time will not be Grade Cards in respect considered for admission to the ofGraduation (Original will be respective course and the next eligible candidate from the merit list Certificate (only for the candidates will be considered for admission. -

Vishal, Bairagi meet Union Agri. Minister

Port Blair, Dec 8: Shri. Ajoy Bairagi, State President, BJP, A & N Islands and National Executive Member BJP, Shri. Vishal Jolly met the Union Agriculture Minister & Farmers Welfare, Mr. Narendra Singh Tomar and the Minister of State Adarniya Kailash Choudhary today at New Delhi. Both the leaders placed, highlighted & discussed various issues pertaining to Farmers & Agriculture of our Islands: - These are providing Minimum Support Price for COPRA, by taking up the matter with National Agricultural Cooperative Marketing Federation of India Ltd and also by involving all recognized Procurement Agencies. Issue of



FasalBimaYojna. Allotment of Minister held discussion with the land to all those settlers and other concerned authority of NAFED allottees of whose respective and instructed them to lands were washed away by immediately form a team to passage of time, due to river/ convene meeting with the stream bank erosion.

All these issues were including Arecanut as a Crop for patiently heard by the Ministers providing MSP for COPRA, ensuring the same under PM and after lengthy discussion, the

procurement recognized agencies and chalk outplans for See... Page No. 02

CMYK

EDITORIAL

09 December 2022

Only seats, not cities

Municipal elections seldomattract attention outside their catchment area. However, elections to the Municipal Corporation of Delhi, where AAP captured a majority displacing three-term winner BJP, was different. It embodied the fierce political competition between India's pre-eminent national party BJP and its most competitive challenger, AAP. Some regional parties do pack a punch and BJP hasn't quite got their measure. But AAP is the only other party to keep expanding its geographical footprint, often at the expense of India's original political hegemon, Congress. All these factors played out in MCD elections.

AAP secured a simple majority with 134 seats in the corporation. BJP did better than the exit polls predicted with 104 seats while Congress, expectedly, was reduced to a rump. MCD isn't the only fiercely contested urban local body polls. Two years ago, BJP pulled out all stops to capture Hyderabad's urban body, with even home minister Amit Shah campaigning extensively. It ran TRS close. Soon, we will see another high-decibel contest in Mumbai for BMC, India's richest urban body, where the two Senas have a lot at stake, as does BJP.

But do fierce contests translate into better outcomes for voters? Certainly not, as a proxy indicator like voter participation or anecdotal evidence suggests. The turnout for MCD was just above 50%, below the level recorded in 2017 and also the last Delhi assembly election. It's a reflection of the dysfunctional state of India's urban bodies. This is best captured by RBI's description that Indian cities are "emaciated financially". The core problem is that state governments are unwilling to let go of functions that the Constitution's 74th amendment recommended 30 years ago.

One of the outcomes is that urban bodies are underfunded. In India, the average municipal revenue is around 1% of GDP. The comparable figures in Brazil and South Africa are 7.4% and 6% respectively. Municipalities largely depend on property tax for revenue. Interstate comparison suggests that this electorally-sensitive tax rate is an area where corporations don't have a decisive say. For example, RBI's data shows that MCD's own tax revenue as a proportion of total revenue not only trails the national average, it's even lower than a relatively poorer urban Assam. Indian cities need more than high-decibel elections. But absolutely no political party seems interested. No wonder voters are losing interest.

PBMC yet to regularize...

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Shipping Services in case of any

vehicular

smoother

bodies keep coming into the evenly. Once the body has and turning it over so that it burns cigarette

burning ghat But this man works turned completely to ash, he undeterred, methodically poking finally walks away and washes and prodding different areas of his hands under a nearby tap. He the burning body with his stick dries his hands and lights up a

5G services in 50...

services from October. This was He said, the service providers are Information Technology Minister, subscribers with 5G enabled Shri Ashwini Vaishnaw in a written devices at no extra reply in the Lok Sabha yesterday. cost. (Source: india.gov.in)

Traffic diversion...

Farm Jn.Mini Buses/Buses & & heavy goods vehicles taking exit arrangements for the road users. from VSI Airportshall take left turn Hence, general public have been & take 'U' turn from INS Utkrosh advised to cooperate with the Gate, Lamba Line to proceed Traffic Police to successfully towards Dairy Farm. A&N Traffic implement the above directions. Police is striving to provide safer - Source : ANP

Sailing cancellation...

at short notice. Similarly, in the tourists have been requested to Harbour sector also maneuvering cooperate with the Directorate of of vessels is considered unsafe during such adverse weather such cancellations and advised to conditions, therefore the plantheir journey suitably to avoid operation of Harbour ferries in any inconvenience later. The | stuff? Port Blair Harbour and at services will be resumed Outstation may also get immediately on improvement of those pings can really add up. disrupted. All the daily weather condition. commuters, passengers and

Vishal, Bairagi meet ...

throughout A&N Islands. The erosion is concerned, the issue of lost of land due to soil Cell, BJP

HC denies bail to man...

complainant has informed her minor."

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Hon'ble Ministers also assured Hon'ble Ministers assured that that the Arecanut would soon be soon a committee would be included as a crop within the formed to conduct a detailed purview of PM-FasalBima Yojna survey for proper assessment of at the earliest In so far as the the loss of land. - Source: Media

- Source : DSS

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The judge said, "In the present that it was the applicant who took case, I am of the view that the girl her to the office of SDM (subwas merely 16 years on the date divisional magistrate) and gother of incident The applicantwas 23 date of birth changed in the years old and was already Aadhaar card from the year 2002 married. It is stated by... counsel to March 5, 2000 only for the appearing for the complainant purpose of showing that the date (girl) that she has interacted with of the establishing physical the complainant and the relationship she was not a

INDIA HAS A SIGNIFICANT STAKE IN ARTIFICIAL INTELLIGENCE TECHNOLOGY, SAYS IBM INDIA HEAD

Artificial Intelligence technology and the country is at a point where it can become a major Al innovation hub with more than 5,000 patents in Al being filed from India alone in the last one decade. These observations were made by Sandip Patel, Managing Director, IBM India and

architecture and in the last few years in India, there was a lot of digital transformation, that has been powered and streamlined by Al.

Patel further pointed out that as digitization in India continues to deepen, companies are eager to deploy Al and automation South Asia on the sidelines of the Al capabilities at scale to drive Day event that was hosted by IBM in innovation and competitiveness. "As



community of developers and a large start-up ecosystem, India is well poised to lead the Al revolution and establish itself as an Al innovation garage of the world," remarked Patel.

During the event, it was highlighted that over the past two years, Al has helped businesses ease the strain of workforce dislocation, supply chain challenges, IT incidents, customer service interruptions, etc. It was also pointed out that as per IBM's Global Al Adoption Index 2022, 57 per cent of IT professionals in India report that their organization has actively deployed Al in their business, and over a quarter (27 per cent) indicate that their organization is exploring

"When deployed appropriately, Al and Automation can transform government services, education, healthcare, and business interactions with customers in the upcoming techade. Al will scale and move from an operational benefit to an essential element in business

Viswanath Ramaswamy, Vice-President, Technology, IBM India and South Asia.

It was highlighted that by

applying AI technology, companies will establish more transparent, traceable, and decarbonized supply chains. Al and automation will help organizations to collect data, risk. identify validate documentation, and provide audit periods, while also managing their carbon, waste, energy, water consumption and material utility. It was also mentioned that in 2023, Al will continue its impact on the consumer care journey with more personalized and fully realized interactions. Conversational Al with with the voice of choice will bring in the personalization needed for making digital transformation possible.

During this event, it was discussed that for India to achieve its \$5 trillion GDP target by FY27,

growth and modernization," said businesses must draw a significant correlation between Al maturity and its growth trajectory. As the country moves forward on its economic growth path, further enhancing data and Al capabilities at scale are

"Al is no longer a thing of the future- we are living in a world where enterprises are infusing intelligence in their core businesses and flourishing even in a disruptive trails, even in high inflationary market. These intelligent enterprises are realising their ambitions with never seen before revenue growth and we ourselves as consumers are experiencing the effects. To harness the power of Al and data, we need to measure the E-IQ (Enterprise Intelligence Quotient) of a business. E-IQ assesses an enterprise's expressions and emotions along current intelligence infusion level and provides capabilities for stepping up its intelligence quotient," pointed out Rahul Deshpande, Global Practice Delivery Head and Business Solutions Head for Al Solutions Practice, Wipro Limited. -Source: The week

New branch on tree of life includes 'lions of the microbial world'

There's a new branch on the tree of life and it's made up of predators that nibble their prey

These microbial predators fall into two groups, one of which researchers have dubbed "nibblerids" because they, well, nibble chunks off their prey using tooth-like structures. The other group, nebulids, eat their prev whole. And both comprise a new ancient branch on the tree of life called "Provora," according to a paper published today in Nature.

Like lions, cheetahs, and more familiar predators, these microbes are numerically rare but important to the ecosystem, says senior author Dr. Patrick Keeling, professor in the UBC department of botany. "Imagine if you were an alien and sampled the Serengeti: you would get a lot of plants and maybe a gazelle, butno lions. Butlions do matter, even if they are rare. These are lions of the microbial

marine habitats around the

tails, that convulsively spun in place or swam very quickly. Thus microbes," said first author Dr. researcher at the Institute for Biology of Inland Waters of the Russian Academy of Sciences.

Dr. Tikhonenkov, a longtime collaborator of the UBC coauthors, noticed that in samples where these microbes were present, almost all others disappeared after one to two days. They were being eaten. Dr. Tikhonenkov fed the voracious predators with pre-grown peaceful protozoa, cultivating the organisms in order to study their DNA. "In the taxonomy of living molecular organization, structure Using water samples from organisms, we often use the and eating habits. - Source : gene '18S rRNA' to describe

world, including the coral reefs genetic difference. For example, of Curação, sediment from the humans differ from quinea pigs Black and Red seas, and water in this gene by only six from the northeast Pacific and nucleotides. We were surprised Arctic oceans, the researchers to find that these predatory discovered new microbes. "I microbes differ by 170 to 180 noticed that in some water nucleotides in the 18S rRNA samples there were tiny gene from every other living thing organisms with two flagella, or on Earth. It became clear that we had discovered something completely new and amazing, began my hunt for these Dr. Tikhonenkov said. "Ignoring microbial ecosystems, like we Denis Tikhonenkov, senior often do, is like having a house that needs repair and just redecorating the kitchen, but ignoring the roof or the foundations," said Dr. Keeling. "This is an ancient branch of the tree of life that is roughly as diverse as the animal and fungi kingdoms combined, and no one knew it was there." The researchers plan to sequence whole genomes of the organisms, as well as build 3D reconstructions of the cells, in order to learn about their

Mausam, App, Damini...

various mobile applications MAUSAM, a Mobile App of the

Department (IMD) is providing seamless and user-friendly access to weather products

Meteorological

weather events. Damini Lightning Apps has also been ESSO where monitoring of all on https:// specifically in India and alert is information.

from... Page 01 provide localised information mausam.imd.gov.in/. Users can generated, if lightning happens about such Natural Phenomena access observed weather nearby through GPS notification forecasts, radar images and be under 20 KM and 40 KM. All have been developed proactively warned of impending residents of A&N Islands have been requested to download the MAUSAM App and Damini developed by IITM-Pune and Lightning App from the Google Play Store or IOS and install the lightning activity happening same in mobiles to get timely

2-Days multi-lingual writers' meet

aim to promote encourage the multi lingual literary endeavours of Andaman & Nicobar Islands, Sahitya Akademi's Regional Office at Kolkata in association with the Directorate of Art & Culture, A&N Administration will be organizing a two days' duration 10th & 11th December 2022 in the premises of Andaman Club, Port inaugurated by Shri Subodh Sarkar, an eminent Bengali Poet and Convenor, Bengali Advisory Board, Sahitya Akademi; while Shri Hari Kalikkat, Secretary, Art

Secretary, Sahitya Akademi; Shri Anadiranjan Biswas, Member, General Council, Sahitya Akademi and Dr. Devendra Kumar Devesh, Regional Secretary, Sahitya Akademi Kolkata will be other dignitaries in the inaugural session which will Multi-lingual Writers' Meet on commence from 3.00 PM on 10th December 2022. Smt. Roshanara Dilbar (Isles' eminent Blair. The meeting will be Urdu Writer) will chair the first session of multi-lingual poetryreading. Smt. Jharna Halder (Bengali), Shri Jagdhish Narayan Rai (Hindi); Shri Chandran Kokkadan (Malayalam); Shri A. (eight) languages will participate their poems in the session.

Port Blair, Dec 8: With the in the meet. Dr. K. Srinivasarao, Second session will commence from 10 AM on the nextday which will be chaired by Shri Binayak Bandyopadhyay, a well-known Bengali poet and fiction writer, where Smt. Moumita (Bengali), Neeta Samaddar (Hindi) and Ms. Jochiobed Vincent (Nicobari) will read their short stories. The programme will conclude with the third session chaired by Shri Prateek Raj Yadav, Director, Art & Culture, A&N Administration and poetry-readings by Shri Pranab Kumar Chattopadhyay (Bengali), Shri Vyasmani Tripathi (Hindi), Shri R. Gopalan (Tamil), Ms. D. Adi Lakshmi (Telugu) and & Culture, A&N Administration will Karrtika in athan (Tamil) and Dr. Shri Iliyas Ahmed Khan chair the Meet Writers of total 8 Rashida lqbal (Urdu) will read out (Urdu) (Source: Anadiranjan Biswas)

Ping, your pizza is on its way. Ping, please rate the driver

A couple of pings from your socials. Ping, ping, ping from your family WhatsApp group trying to organise a weekend barbecue.

With all those smartphone notifications, it's no wonder you lose focus on what you're trying to do do.

Your phone doesn't even need to ping to distract you. There's pretty good evidence the mere presence of your phone, silentor not is enough to divert your attention.

So what's going on? More importantly, how can you reclaim your focus, without missing the important

When you look at the big picture,

Although estimates vary, the average person checks their phone around 85 times a day, roughly once every 15 minutes.

In other words, every 15 minutes or so, your attention is likely to wander from whatyou're doing. The trouble is, it can take several minutes to regain your concentration fully after being interrupted by your phone.

If you're just watching TV, distractions (and refocusing) are no big deal. But if you're driving a car, trying to study, at work, or spending time with your loved ones, it could lead to some fairly substantial

The pings from your phone are exogenous interruptions. In other words, something external, around you, has caused the interruption.

We can become conditioned to feeling excited when we hear our phones ping. This is the same

gamble can quickly become concentration and increased conditioned to at the sight or sound of a poker machine.

What if your phone is on silent? Doesn't that solve the ping problem?

interruption, an internal (or endogenous) interruption.

Think of every time you were working on a task but your attention drifted to your phone. You may have fought the urge to pick it up and see what was happening online, but you probably checked anyway.

In this situation, we can become so strongly conditioned to expect a reward each time we look atour phone we don't need to wait for a ping to trigger the effect

These impulses are powerful. your phone may make you feel like checking your phone.

What do all these interruptions mean for cognition and wellbeing?

notifications are associated with procrastination in returning to a task

Aping from the pizza company. pleasurable feeling people who decreased productivity, poorer distraction atwork and school.

But is there any evidence our brain is working harder to manage the frequent switches in attention?

One study of people's brain That's another type of waves found those who describe themselves as heavy smartphone users were more sensitive to push notifications than ones who said they were light users.

After hearing a push notification. heavy users were significantly worse atrecovering their concentration on a task than lighter users. Although push notification interrupted concentration for both groups, the heavy users took much longer to regain focus.

Frequentinterruptions from your phone can also leave you feeling stressed by a need to respond. Justreading this article about checking Frequentsmartphone interruptions are also associated with increased FOMO (fear of missing out).

If you get distracted by your phone after responding to a There's increasing evidence push notification, any subsequent

asleep and can repeatedly rouse you from essential sleep throughout the night interrupt the urge to check and actively decide if it's going to benefit you, in that moment For example, as you turn to reach for your phone, stop and ask yourselfifthis action serves a purpose other than distraction try the Pomodoro method to stay focused on a task. This involves breaking your concentration time up into manageable chunks (for example, 25 minutes) then rewarding yourself with a short break (for instance, to check your phone) between chunks. Gradually increase the length of time between rewards. Gradually re-learning to sustain your attention on any task can take a while

ifyou're a high-volume checker.

can also leave you feeling guilty or

suggesting the longer you spend using

your phone in unproductive ways, the

lower you tend to rate your wellbeing. We know switching your phone

to silent isn't going to magically fix the

problem, especially if you're already a

change, and that's hard. It can take

several attempts to see lasting change.

If you have ever tried to quit smoking,

lose weight, or start an exercise

essential notifications. Then here are

some things to try if you want to reduce

the number of times you check your

a different room to your bedroom.

Notifications can prevent you falling

program you'll know what I mean.

What's needed is behaviour

Start by turning off all non-

charge your phone overnight in

There's certainly evidence

frustrated.

frequentchecker.

AAI, various stakeholders meet to discuss preparedness in view of **Cyclone Mandous**

In Tamilnadu, officials of the Airport Authority of India and various stakeholders today met to discuss the preparedness in view of Cyclone Mandous for the next 72 hours. Airport Director Dr. Sharad Kumar said that all the teams have been kept on standby for emergency situations and also specifically emphasised the proper mooring of smaller aircraft and securing ground handling equipment in case of inclement weather.

General Manager of operations S.S. Raju asserted that in the event of operations being suspended on account of heavy cross-wind conditions non scheduled operators will be asked to explore the possibility of relocating their aircraft to a safer place outside Chennai Airport as a precautionary measure. It was also decided for ensuring the stocking of an adequate quantity of essential items in food courts in case of an emergency. The officials are scheduled to meet once every six hours to tackle the situation. - Source

CMYK

truecaller

Government Services launched on Truecaller: Verified government contacts to help connect citizens and government

The digital government directory will strengthen trust in digital communication and empower citizens to connect with public representatives and authorities through verified contacts across states.

Andaman, 8th December 2022: Truecaller launches in app digital government directory to support seamless interaction between citizens of India and the Government by giving easy access to thousands of verified contacts of government officials. This is an important step to build trust in citizen services by protecting users from any scams, fraud and spam.

The digital government directory gives access to helplines, law enforcement agencies, embassies, educational institutes, hospitals, and other key departments of about 23 states including union territories to Truecaller app users. This information has been sourced directly from the government, and official government sources. This initiative is aimed at helping and streamlining public access to government representatives and assisting over 240 million Indian Truecaller users in connecting with the government in a hasslefree manner.

Based on interactions with netizens and relevant stakeholders, Truecaller has learnt that one of the most pervasive scams on the phone involves impersonation of government officials. The creation of a verified government contact directory is a continuation of Truecaller's efforts to build trust in communication and protect our users from frauds and scams. Users will see a green background and a blue tick, indicating that the number is verified. Truecaller is working with different government departments to expand the directory and is looking at adding contacts at the district and municipal levels in the next phase, based on user feedback. Truecaller has also created a simple process for any government agency to share information and get verified on the directory.

Commenting on the launch of the feature, Pragya Misra, Director of Public Affairs, Truecaller said that "Truecaller has evolved to become more than just a Caller Identification app and is today bridging the digital divide between the urban and growing semi-urban/ rural markets in India by enabling trust in digital communication. Our attempt is to protect people from widespread impersonation of government officials leading to scams and frauds. We believe that with this feature, citizens can easily reach out to the right authorities when in need. This is a first of its kind digital directory of government numbers and we will keep improving on it based on user feedback. We will continue to align our efforts to make communication safe by building trust."

To access the feature and learn more about it, please visit –

https://www.truecaller.com/blog/features/introducing-the-government-services-digitaldirectory

India's biggest wine company to go public on **December 12**

Sula Vineyards, the country's largest producer and seller of wines, is set to launch an IPO on December 12. The Mumbai-based company, which single-handedly ushered in a wine-drinking culture in India when it first started retailing in 2000, is now present in 25 states in India and 20 other countries. Today, Sula Vineyards in Nashik mightbe witness to the highest footfall of visitors for any winery in the world. And, it may possibly be the only vineyard where most visitors taste their first glass of wine. Sula Vineyards Limited has



fixed the price band at?340 to ?357 per share. The initial public offering of the company will open for subscription on December 12 (Monday) and will close on December 14 (Wednesday). Investors can bid for a minimum of 42 equity shares and in multiples of 42 equity shares thereafter. Sula set up its first vineyard in 1996, and in 2000, it was the first to introduce varietal wines in India with the launch of Sauvignon Blanc, Chenin Blanc, Zinfandel, Riesling, Red Sparkling, and dessert wine offerings. In 2005, it launched the firstwine-tasting room in India at its winery in Nashik, Maharashtra, followed by country's firstvineyard resortin 2008. In the same year, the wine-maker launched the first winethemed music festival in India, 'SulaFest', at its Nashik facility in 2008. 'SulaFest' was discontinued though with the onset of the pandemic. The company's revenue from operations increased by 40.79 per cent from Rs 159.15 crore for six months ended September 30, 2021 to Rs 224.07 crore for the six months ended September 30 this year. The company now wants to focus its business interests inwards, penetrating deeper markets within India itself, apart from premiumisation and wine tourism as stated by Rajeev Samant, CEO and founder of Sula Vineyards, at a virtual press meeton Wednesday.

SBI Recruitment 2022, Apply 65 **SCO Vacancies**

SBI Recruitment 2022 | Specialist Cadre Officer Posts | Total Vacancies 65 | Last Date 12.12.2022 | Download State Bank Recruitment Notification @ sbi.co.in

SBI Recruitment 2022: State Bank of India invites On-line application from Indian citizens for appointment in the following Specialist Cadre Officer posts on contract/regular basis. Recently it has released new job notice [CRPD/SCO/2022-23/23, CRPD/SCO/ 2022-23/25 & CRPD/SCO/2022-23/26] on 22.11.2022 to fill up 65 vacancies and these vacancies are assigned for Circle Advisor & Manager posts and postwise vacancy details, pay scale, eligibility details are clearly given below. Candidates who are seeking Bank Jobs in central govtkindly make the online registration between 22.11.2022 to 12.12.2022.

Before applying, candidates are requested to ensure that they fulfil the eligibility criteria for the post as on the date of eligibility. SBI SCO Recruitment Notification & State Bank of India Recruitment apply online link is available @ sbi.co.in. Candidates who are seeking Engineering Jobs must check their eligibility i.e. educational qualification, age limit, experience and etc. SBI selection will be based on Shortlisting & Interview and selected candidates will be appointed at Mumbai, Bhopal & Anywhere in India. More details of sbi.co in recruitment, SBI new vacancy, upcoming notices, syllabus, answer key, merit list, selection list, admit card, result, upcoming central govt jobs notifications and etc. will be uploaded on official website.

How to apply SBI SCO Recruitment 2022 Notification

Go to official website sbi.co.in

Click "Join SBI -> Current Openings" find the advertisement, click on the advertisement

Notification will open read it and check Eligibility.

Back to the page, click "Apply Online".

If you are new user, you have to make registration otherwise you may login to your account then start to apply.

Enter your details correctly.

Then upload required documents in the prescribed size

Make the payment via online mode.

Finally click submit button and take the print of the application form.

You may visit SBI Career page to get more details about sbi.co.in recruitment Here you will get information like educational qualification, age limit, application mode, fee and how to apply. Keep check www.dailyrecruitment in regularly to get latest updates & upcoming govtexams.

Hindustan Copper Recruitment 2022, Apply 290 **Apprentice Vacancies**

Hindustan Copper Recruitment 2022 | Trade Apprentice Posts | Total Vacancies 290 | Last Date 12.12.2022 | Apply on line @ www.hindustancopper.com

Hindustan Copper Recruitment 2022: Hindustan Copper Limited invites online applications between 22.11.2022 to 12.12.2022 from Citizens of India for undergoing Training at Khetri Copper Complex, Hindustan Copper Limited for Trade Apprentice under the Apprentices Act 1961. Applicants who want to get central govt jobs in Rajasthan kindly use this chance. Now it has issued new job notice [NO: HCL/KCC/HR/Trade Appt/ 2022] on 22.11.2022 for above said Trade Apprentice vacancy and trade wise vacancy details are given below. Overall 290 vacancies to be filled by Hindustan Copper and these vacancies are assigned for Hindustan Copper Apprentice Vacancy.

Candidates should register themselves for apprenticeship in Government of India portal (www.apprenticeshipindia.org). Candidates possessing higher professional qualifications such as Diploma / B.E. or equivalentshall notbe considered. The candidates will be selected on the basis of merit based on their marks obtained in ITI & 10th and selected candidates will undergo apprenticeship training at Khetri Copper Complex, Rajasthan. Hindustan Copper Apprentice Notification & Apply Online link is available @ www.hindustancopper.com. Aspirants who want to get ITI jobs must check their eligibility i.e. educational qualification, age limit, experience and etc. More details of www.hindustancopper.comrecruitment, HCL new vacancy, upcoming notices, syllabus, answer key, merit list, selection list, admit card, result, upcoming notifications and etc. will be uploaded on official website

How to apply Hindustan Copper Limited Recruitment Notification 2022

Go to official website hindustancopper.com

Click "Career" find the advertisement "ENGAGEMENT OF TRADE APPRENTICES IN KHETRI COPPER COMPLEX, HINDUSTAN COPPER LIMITED, UNDER THE APPRENTICESHIP ACT 1961", click on the advertisement

Notification will open read it and check Eligibility.

If you are eligible candidate then you have continue to apply via online.

Find & click apply link "Apply Online"

If you are new user, you have to make registration otherwise you may login to your account then start to apply.

Enter your details correctly.

Then upload your photograph & signature in the prescribed format

Finally click submit button and take the print of the application form. You may visit Hindustan Copper Career page to get more details about HCL recruitment. Here you will get information of Apprentice posts like educational qualification, age limit, application mode, fee and how to apply. Keep check www.dailyrecruitmentin regularly to get latest updates & upcoming govt exams.



FACT Recruitment 2022, Apply 45 Technician Posts

FACT Recruitment 2022 | Technician Posts | Total Vacancies 45 | Last Date: 16.11.2022 | Download FACT Notification @ www.factco.in

FACT Recruitment 2022: Fertilisers and Chemicals Travancore Limited (FACT) is going to start the online process from 25.10.2022 for recruitment of Technician Posts. Recently it has issued new notice [RecruitmentNotification No.: 11/2022] on 25.10.2022 to fill up 46 vacancies. As per the FACT Notification, online applications received between 26.10.2022 to 16.11.2022. Candidates who are looking Central Govt Jobs kindly make online registration @ FACT Career page. Interested and eligible candidates kindly use this FACT Technician Vacancy 2022.

FACT Technician Recruitment 2022 and FACT Recruitment apply online link is available @ www.factco.in. Candidates who are looking for Diploma Jobs must check their eligibility i.e. educational qualification, age limit, experience and etc. FACT will select candidates based on Computer Based Test. Successful candidates in CBT will be shortlisted for next stage of selection process i.e document verification. The candidates appointed are liable to serve anywhere in India or abroad as per the Company's requirement. More details of www.fact.co.in recruitment, FACT New vacancy, upcoming notices, syllabus, answer key, merit list, selection list, admit card, result, upcoming notifications and etc. will be uploaded on official website.

How to apply FACT Recruitment Notification 2022

Go to official website www.factco.in Click "Career -> Job Openings" find the advertisement "Recruitment Notification No.11/2022 dated 06.07.2022 for the posts of Senior Managers, Officer (Sales), Management Trainees Technicians", click on the advertisement

Notification will open read it and check Eligibility.

If you are eligible candidate then you have continue to apply via online.

Find & click apply online link.

Enter your details correctly and make the payment. Finally click submit button and take the print of the application form.

You may visit Career page to getmore details about this recruitment. Here you will get information like educational qualification, age limit, application mode, fee and how to apply. Keep check www.dailyrecruitment in regularly to get latest updates & upcoming govtexams.

JMRC Recruitment 2022, **Patwari & Other Posts**

JMRC Recruitment 2022 | Patwari, Executive Officer & Other Posts | 22 Vacancies Last Date: 30.12.2022 | Apply for Jaipur Metro Rail Recruitment Notification @ transport.rajasthan.gov.in

JMRC Recruitment 2022: Jaipur Metro Rail Corporation Ltd. (JMRC) has released the recruitment notification for special selection of candidates on deputation basis. They seeks application from eligible candidates for the post of Director. Executive Director. General Manager, Joint General Manager, Private Secretary, Deputy General Manager, Tehsildar, Senior Executive Officer, Travelling Inspector of Accounts, Manager, Executive Officer & Patwari posts. A great chance for Engineering job seekers to join & develop their career in JMRC. As per the Jaipur Metro Rail Recruitment, there are 22 vacancies are announced for these Railway jobs. The Last date to submit the application form is

JMRC has decided to hire candidates on deputation basis. Applicants are instructed to submit the application form through proper channel. Application form of candidates who are working under Indian Railway, Government Department/ PSUs/ Autonomous Body are eligible to apply for JMRC Jobs. Applicants should have attained the prescribed age limit. Selection process may be based on interview. Selected candidates will be placed at Jaipur, Rajasthan. Jaipur Metro Rail Recruitment 2022 notification & application form has been uploaded @ transport rajasthan gov in

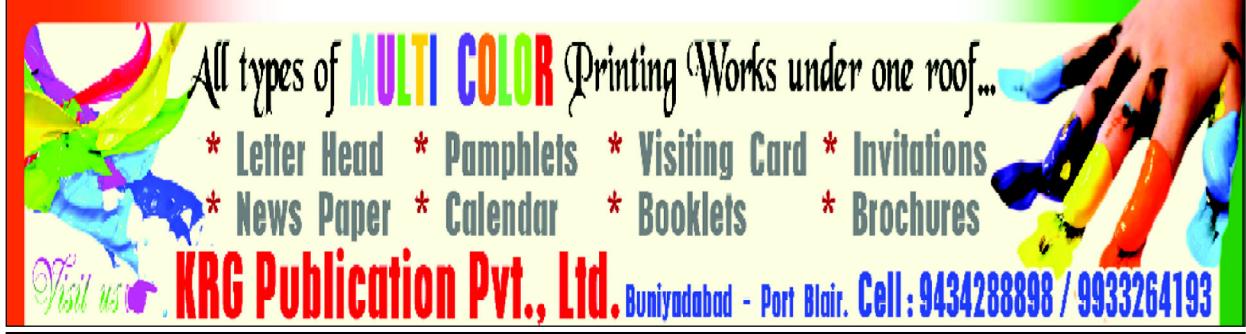
Steps to Apply for Jaipur Metro Recruitment 2022 Notification Go to official website transportrajasthan.gov.in/JMRC.

Find & click advertisement for Deputation in CAREERS. Notification will open, read it & check eligibility.

Fill the application form carefully.

Submit the filled application form.

Candidates need to check www.transportrajasthan.gov.in to getmore details about JMRC jobs. Here you will get educational qualification, age limit, selection process, apply mode, steps to apply. Looking forward with www.dailyrecruitment in to know latest updates



IN CONVERSATION

Regd No: ANI/463/2018-2020

RELATIVELY HIGH VALUATION OF INDIA'S STOCK MARKET COULD IMPEDE **OUTPERFORMANCE: HDFC SECU**

India's equity markets outperformed most major markets over the last two years. Now, as we look forward to 2023, India's relative valuations appear to be an impediment to further outperformance, and while India will continue to attract foreign fund flows, there is a likelihood of more money going to other emerging markets, which are playing a catch up, according to analysts at HDFC Securities.

"India has always been operating at some premium. The premium has increased a bit; that poses some kind of a challenge on the valuation side. There is bit of discomfort on the valuation at the current level but not significant," said Dhiraj Relli, MD and CEO of HDFC Securities during an interaction.

So far in calendar 2022, the BSE Sensex has risen over 7.4 per cent. In the same period, the Nasdaq index has tumbled 29 percent. The MSCI Emerging Market index has also slipped 21 per cent

Even as the Indian markets have outperformed, foreign portfolio investors have been big sellers in the domestic market in the backdrop of a sharp rise in interest rates by major central banks, including the US Federal Reserve, and the appreciation in the US dollar.

So far in calendar 2022, FPIs have sold Rs 1.27 lakh crore in Indian equity. But, the tide seems to be reversing in recent months. They bought shares worth Rs 36,239 crore in November and so far in December have been net buyers worth Rs 5.279 crore.

With corporates showing a recovery in earnings and the economy still expected to be among the fastest-growing major economies, FPIs are likely to remain net investors in India next year. But, more money could head to markets like China, given their underperformance this year and the expected pickup in the Chinese economy next year as the government lifts Covid restrictions there.

HDFC Securities analysts highlight

other worrying factors for India. Core inflation remains entrenched at 6 per cent and is expected to ease only gradually. India's current account turned to deficit (1.2 per cent of GDP) in the 2021-22 financial year and is likely to widen further to 3.3 per cent of GDP in 2022-23 and come in at 3 per cent in 2023-24. This will put further pressure on the Rupee, which has already depreciated over 9 per cent to the US

A deep and broad US recession could also have an impact on India, given we are



not fully de-coupled from the world economy, the HDFC Securities analysts

observed. The first six months of next year could be fairly volatile for global markets and investors should use this period to invest in the long-term opportunities in the market, they said.

"From a 12-18 months perspective, we are still able to find enough bottom-up ideas, which can give you a reasonable return," said Varun Lohchab, head of institutional research at HDFC Securities.

BFSI (banking, financial services and insurance) remains the broking firm's top sectoral pick; its preference is towards large

private sector banks within this sector. The banking sector has seen strong mid-teens credit growth in the last two quarters and that growth is expected to continue into 2023-24 financial year as well, the analysts say. Profits of banks and nonbanking finance companies are expected to grow at a 26 per cent compounded rate over financial years 2022 to 2024.

optimistic" on the information technology sector. The largest risk for the IT industry remains the uncertainty in demand and deal finalisations next year, given the possible recession in the developed world.

However, "in longer term, IT remains a structure growth story as cloud adoption and digitilisation penetration grows," the analysts said.

HDFC Securities is also bullish on sectors like building materials, infrastructure and industrials, given the government's continued focus on capital expenditure spending. For industrials, it is factoring in improved execution on account of strong order backlog and easing commodity prices.

It is also positive on the real estate sector, pointing to the strong pre-sales growth seen by companies there.

The analysts are also bullish on the chemicals space as the China plus one story plays out.

"Long-term growth visibility is intact, backed by heavy ongoing investments in capex for specialty products and chemical synthesis expertise of domestic producers,"

As commodity inflation eases, chemical firms are also likely to start seeing improvement in margins from the October-December quarter this year, the analysts

Easing of commodity prices is also seen having a positive effect on fast-moving consumer goods companies. HDFC Securities expects profits of FMCG companies to grow at a 13 per cent compounded growth over financial year 2022-2024. While volume growth has been weak this financial year, the urban demand is expected to improve henceforth, the analysts said.

While, there has not been "convincing evidence" of rural demand recovery yet, if it improves, there could decent upside to FMCG volume growth in 2023-24, they added. - Source: Theweek



CCS LPG cylinder delivery schedule for the month of December, 2022

DATE	AREA
08-12-2022	Nayagaon- Bargad Line, Fisheries Colony
09-12-2022	Chakkargaon- Police Quarters Type V and IV
10-12-2022	Brookshabad
12-12-2022	Haddo- Ward No I
13-12-2022	Haddo- Ward No II and Lillypur
14-12-2022	Haddo- Lillypur to Sundar Colony and Sahajeevan colony
15-12-2022	Haddo- Panipat Road and Horticulture Road, Chatham Seashore
16-12-2022	Buniyadabad, Mariamman Temple, Ayyappa Temple, Muslim Basthi
17-12-2022	Anarkali, Delanipur Community Hall,
19-12-2022	Naseem Oil, AIR Colony, Delanipur Veg. Market,
20-12-2022	Phoenix Bay, Pongichong, Carmel School, Prem Nagar
21-12-2022	Junglighat- Shiv Temple, Deen Street, Ananda Marga Area
22-12-2022	Junglighat- Island Bakery, Main Road, Shymala Clinic
23-12-2022	Junglighat- VIP Road, Police Qtr, Ajanta Mess, Link Road, Middle Point
24-12-2022	Middle Point, Gurudwara Lane, Biggi Lane and DAG Colony
26-12-2022	Aberdeen Bazar- Aberdeen Thana ,Round Basti, Sisty Nagar
27-12-2022	Aberdeen Bazar- Babulane, Marine Hill, Dignabad
28-12-2022	Aberdeen Bazar- Atlanta Point, Mohanpura, Main Road, Santi Krishna Gali
29-12-2022	Aberdeen Bazar- Supply Lane, Fire Brigade, ANIIDCO Office Line.
30-12-2022	RGT Road, Murugan Temple, Police Line
31-12-2022	RGT Road, Machiline, South Point, Chandni Chowk, Mazarpahad

Covid disruption resulted in 63,000 more malaria deaths: WHO

interrupted efforts to control continued to climb in 2021. malaria, resulting in 63,000 additional deaths and 13 million more infections globally over two years, according to a report from world's 247 million malaria the World Health Organisation published on Thursday.



though at a slower pace, the UN health agency said on Thursday.

infections and 6,19,000 deaths Cases of the parasitic offtrack before the pandemic and the pandemic has now made things worse, said Abdisalan Noor, a senior official in WHO's malaria department

> biological sciences at the Liverpool School of Tropical reducing malaria deaths had stalled even before Covid-19.

It is almost as if we have reached a limit of effectiveness for the tools we have now, said

The coronavirus pandemic disease went up in 2020 and world's first authorised malaria vaccine next year to have a considerable impact on reducing the number of severe illnesses About 95 per cent of the and deaths if enough children get immunised, adding thatmore than 20 countries have applied to

securing the shot

ut 30 per cent effe requires four doses. Bed nets can parts of the horn of Africa, Noor protect people from being bitten Alister Craig, dean of by the mosquitoes that spread

The WHO report found that Medicine, noted that progress in about three-quarters of nets provided by donors have been distributed, but there are major gaps in some of the worst-hit

Authorities in Nigeria, for Lister, who was not linked to the example, gave out just over half WHO report. Noor said he theirnets, while Congo distributed dramatically reduce its impact expected the wider rollout of the about 42 per cent of theirs.

Officials also raised concerns about a new invasive mosquito species that thrives in cities, is resistant to many pesticides and which could undo years of progress againstmalaria.

The invasive species has last year were in Africa. We were vaccines alliance Gavi for help in not yet significantly contributed to the continent's overall malaria Still, the vaccine is only burden, but the insects are likely responsible for a recent spike said David Schellenberg, a professor at the London School of Hygiene and Tropical Medicine, said there were promising new tools and strategies to tackle malaria, but that the elephant in the room is the level of funding. WHO estimated the total investment into malaria about USD 3.5 billion was less than half of what was needed to

- Source : Theweek

HUGE **THANKS** to the #CoronaWarriors on the frontline of the Corona Virus Pandemic STAY STAY

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CCS LPG cylinder delivery schedule for the month of Dec., 2022 for Mayabunder area

DATE	AREA
08-12-2022	Danapur to Rampur, MG College, Dobidera.
09-12-2022	MG College to Karmatang X
14-12-2022	Dobidera to Pokadera, Baludera, Helipad to Murugan Temple, German
	Jetty
15-12-2022	Billiground Bazaar
18-12-2022	Thoratang, Swadesh Nagar, Billiground, Shantipur to Kamlapur.
19-12-2022	Harinagar to Korang Nallah
22-12-2022	Korang Nallah to Joypur, Nimbudera to Badam Nallah
23-12-2022	Rest Camp to Tugapur, Laltekri
24-12-2022	Laltekri to Tugapur 8, Bajota, Chainpur, Karang Nallah, Webi, Panighat.
25-12-2022	Lucknow to Danapur.
26-12-2022	Danapur to MG College, Danapur to Dobidera
27-12-2022	Dobidera, Helipad, Pokkadera.
30-12-2022	Baludera to Murugan Temple, Mayabunder to German Jetty
31-12-2022	Billiground Bazaar.



1ST Happy Birthday of Our Son B. Jiyansh

S/o. Shri. B. Uma Mahesh & Smti. Samudramma R/o. MES Colony, Buniyadabad

Public Grievance Cell, Delanipur. (Free Service) Advisor: K. Ganeshan Time: 8.00 a.m. to 8.30 a.m. & 7.00 p.m. to 8.00 p.m. Phone: 03192 - 230442 / 9434280981

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