

EDITORIAL

The Andaman Express

11 October 2021

Nobel Peace Prize

Too often, in recent times, there has been a tendency among the powers that be in many countries to confuse order for peace, harmony for freedom. Proto-authoritarian governments have a tendency to attack those that ask questions of them: Sometimes, they literally shoot the messenger. In this context, the decision of the Nobel committee to award the peace prize to Maria Ressa and Dmitry Muratov "for their efforts to safeguard the freedom of expression, which is a precondition for safeguarding democracy and peace", is an acknowledgement of the challenges of, and threats to, journalism today.

Ressa and Muratov have spoken truth to power, and shone a light in areas that their governments would rather leave shrouded in opacity. In 2012, Ressa founded Rappler, a digital media company that has focused on investigative stories on the severe rights violations and killings by the Rodrigo Duterte regime in the Philippines. Muratov has been a free speech campaigner in Russia for decades. He is editor-in-chief of Novaya Gazeta, one of the few national newspapers that has extensively reported on government corruption and state over-reach under Vladimir Putin.

Journalism has been an embattled profession for some years now. Even in democracies, those asking questions — doing their job — are routinely targeted and vilified. That the Nobel Prize for peace has recognised the importance of the Fourth Estate in protecting democracy, and holding governments to account for the rule of law, is welcome and encouraging. Yet, the accolade is bittersweet. Telling truth to power, and making sure the voices of the powerless are heard, is a profession and a vocation that should be a normal and routinised part of every society. That doing the job is now, in large parts of the world, something that requires courage; that it is a battle for peace and justice that also invites a prize, is poignant.

Campaign to avoid...

officers and staffs of the regional centre actively participated. During the campaign plastic wastes were collected from Horticulture Road, Megapole Resort, command house, Phoenix Bay, Chetnam sea shore road and later the same were handed over to the PBMC sanitation workers for disposal. In the concluding event officers and all the staff took pledge to avoid the use of single use plastic and to preserve the ecological balance. Keeping view of socio-economic

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and in terms of ecological balance preventing environmental degradation, an invention of reusable eco-friendly drinking straw made by the Regional Centre on the bamboo species attracts great attention. The straw is not only eco-friendly but also reusable and has great potential for export and taking up by the progressive farmers for their economic well-being. It has been registered with the Govt. of India for grant of patent by the Botanical Survey of India.

Online services by...

documents and free prescribed under 'The Seeds (Control) Ordinance, 1983' by the dealer itself from their place of ease by visiting <https://e-distinctandaman.gov.in/>. It will then be approved online by the Joint Director (Agriculture) HQ.

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License Issuing Authority of Seeds. Thereafter, Seed License/Renewed License can be generated and downloaded online by the private dealers without visiting the Office to get the license.

Civil Services Orientation...

on their ambition. He also felicitated Shri. P. Sabeel, S/o Shri. P. Samad & Smt. Sakeena UPSC CSE rank holder with a message on the

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occasion. The programme concluded with the vote of thanks proposed by Intezar Naheem, Executive Member, Humane Touch.

Clean India prog...

come forward to make India clean & Green. After that Ms Prabhawati Biswas, Adhyaksha, Ex-Zilla Prasad said that Clean India was started from 1st Oct 2021 and conclude on 31st Oct 2021. Further she appeal to the youth club member to clean their youth club, Panchayat hall, PHC and other places. She further said to

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the youths don't throw the waste item in the path. Waste item should throw in dustbin to clean your area. She also appeal to the youths to give awareness of cleanliness in their village. At the end of the Programme Secretary of Vivakananda Youth club gave vote of thanks to the chief guest & Participants.

PBGKR felicitates...

Civil Service Exams-2020. Grewal added "Mr P.Sabeel is a role model for our young talents of islands. He

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will inspire the youth of our islands to take up the challenge and compete in the examination and clear it."

Vaccination drive continuing smoothly in ANI

Port Blair, Oct 10: The vaccination drive is continuing smoothly in A&N Islands. As per data available, a total of 4,56,241 beneficiaries have been vaccinated so far in A&N Islands, out of the target beneficiaries of 2,81,603 (approx.). A total of 1,71,125 eligible people in the age group of 18 to 44 years have been vaccinated till dated 09-10-2021. A total of 1755 people were vaccinated

yesterday in A&N Islands. 987 beneficiaries were vaccinated in South Andaman District, out of which 134 beneficiaries were in the age group of 18-44 years. Similarly, 341 beneficiaries were vaccinated in North & Middle Andaman District out of which 22 beneficiaries were in the age group of 18-44 years. 427 beneficiaries were vaccinated in South Andaman District, out of which 3 beneficiaries were in the age group of 18-44 years.

INDIAN COS GARNER \$9.7 BLN VIA IPOs IN JAN-SEP

Bolstered by bullish investor sentiments, India witnessed companies mopping up a whopping \$9.7 billion through initial share sales in the first nine months of 2021, the highest amount for the nine-month period in two decades, says a report.

As many as 72 initial public offerings (IPOs) hit the stock market during the January-September period this year in India and strong sentiments were visible in the global markets as well, according to leading consultancy EY.

EY, in its latest report, said the global IPO market continued to boom through Q3 2021 resulting in the most active third quarter by deal numbers and proceeds in the last 20 years.

"In India, total proceeds in YTD 2021 are \$9.7 billion via 72 IPOs also being the highest first nine months proceeds in the last 20 years," it said.

For the nine-month period, India saw the highest number of 130 IPOs in 2018.

In the three months ended September 2021 alone, India witnessed 31 IPOs that garnered a total of little over \$5 billion. During this period, there were eight IPOs from diversified industrial products and five in the

technology segment.

"These sectors were also the largest in terms of issue proceeds in Q3 2021. The three largest IPOs in terms of proceeds were Zomato, Nuvoco Vistas Corp. and Chemplast Sanmar" the report said.

Prashant Singhal, Emerging Markets, Technology, Media, Telecom (TMT) Leader at EY, said the Indian

IPO market has been on a bullish run and has witnessed one of the most active quarters since the fourth quarter of 2017.

"The outlook for the next quarter remains positive with several new economy and technology-driven IPOs expected. Equity indices are at an all-time high giving a boost to the primary market."

"Similar to global markets, investors are willing to invest in companies with attractive business models, fair valuations, good corporate governance and quality of management teams," Singhal noted.

Out of the 72 IPOs till September this year, 15 were from the diversified industrial products area and 11 were from consumer products retail

segment.

Reflecting strong investor sentiments in recent months, the 30-share Sensex has been scaling new peaks and touched an all-time high of 60,412.32 points during intra-day trade on September 27. The benchmark index crossed the 60,000-mark for the first time on September 24.

Globally, the third quarter of this year recorded 18 per cent more deals than the previous third quarter record set in 2007 and 11 per cent higher proceeds than the last record-setting third quarter in 2020, the report said.

"In Q3 2021 alone there have been 547 IPOs raising USD 106.3 billion. Year-to-date (YTD) there have been a total of 1,635 IPOs raising \$330.7 billion, an 87 per cent and 99 per cent increase year-on-year, respectively."

"Overall, Q3 totals YTD have already surpassed 2020 by both deal numbers and proceeds," the report said.

EY noted that a key driver of activity in the third quarter of 2021 was the rebound of IPO markets in Europe, Middle East, India and Africa (EMEIA), particularly Europe, India and Tel Aviv exchanges, as well as IPO candidates racing to raise capital before expected tapering begins.



Sailing of MV Kalighat revised

Port Blair, Oct 10: To facilitate the commuters of Nicobar District, the Directorate of Shipping Services in consultation with District Administration has revised the sailing programme of MV Kalighat from Campbell Bay to Port Blair via Nancowry on 12.10.2021. As per the revised schedule the vessel will now sail for Port Blair on 12.10.2021 at 09:00 Hrs from Campbell Bay via Nancowry, Katchal, Teressa, Chowra & Car Nicobar. The detailed sailing programme of MV Kalighat is as under:

ARRIVAL	PORT	DEPARTURE
11/1000 Hrs	Port Blair	10/1500 Hrs
11/1900 Hrs	Nancowry	11/1200 Hrs
12/1600 Hrs	Campbell Bay	12/0900 Hrs
13/0700 Hrs	Nancowry	13/0600 Hrs
13/1130 Hrs	Katchal	13/0730 Hrs
13/1300 Hrs	Teressa	13/1200 Hrs
13/1700 Hrs	Chowra	13/1330 Hrs
14/0600 Hrs	Car Nicobar	13/1730 Hrs
	Port Blair	

Alzheimer's and COVID-19 share a genetic risk factor: Study

Scientists have identified a gene that impacts the risk of both Alzheimer's disease and severe COVID-19, finding that could pave the way for new targets for drug development for both the diseases. The researchers estimate that one genetic variant of the OAS1 gene increases the risk of Alzheimer's disease by about 3-6 per cent in the population as a whole, while related variants on the same gene increase the likelihood of severe COVID-19 outcomes. The findings, published in the journal Brain, could open the door for new targets for drug development or tracking disease progression in either disease. The findings also have potential benefits for other related infectious conditions and dementias, according to the researchers. "While Alzheimer's is primarily characterised by harmful build-up of amyloid protein and tangles in the brain, there is also extensive inflammation in the brain that highlights the importance of the immune system in Alzheimer's," said study lead author Dervis Salih from University College London (UCL) in the UK. "We have found that some of the same immune system changes can occur in both Alzheimer's disease and COVID-19," Salih said. In patients with severe COVID-19 infection, there can also be inflammatory changes in the brain, the researchers said. The newly identified gene can contribute to an exaggerated immune response to increase risks of both Alzheimer's and COVID-19, they said.

They found that people with a particular variation, called rs131454, of the OAS1 gene were more likely to have Alzheimer's, increasing carriers' risk of the disease by an estimated 11.2 per cent. Their findings add OAS1, an antiviral gene, to a list of dozens of genes now known to affect a person's risk of developing

Alzheimer's disease. The researchers investigated four variants on the OAS1 gene, all of which dampen its activity.

They found that the variants increasing the risk of Alzheimer's disease are inherited together with OAS1 variants recently found to increase the risk of severe COVID-19 by as much as 20 per cent. Immune cells treated to mimic the effects of COVID-19, the researchers found that the gene controls how much the body's immune cells release pro-inflammatory proteins.

They found that microglial cells where the gene was expressed more weakly had an exaggerated response to tissue damage, unleashing what they call a 'cytokine storm,' which leads to an autoimmune state where the body attacks itself.

OAS1 activity changes with age, so further research into the genetic network could help to

understand why older people are more vulnerable to Alzheimer's, COVID-19, and other related diseases, the researchers said. "Our findings suggest that some people may have increased susceptibility to both Alzheimer's disease and severe COVID-19, irrespective of their age, as some of our immune cells appear to engage a common molecular mechanism in both diseases," UCL PhD student Nacye Magusali added.



COVID-19 could nudge minds and societies towards authoritarianism

It is a little-known fact that humans have not one but two immune systems. The first, the biophysical immune system the one we've all heard much about responds to infections as they enter the body, detecting and eliminating intruders such as the coronavirus.

The second is the behavioural immune system, which adapts our behaviour to preemptively avoid potentially infectious people, places and things. The behavioural immune system is the first line of defence against infectious disease. It prompts people to socially conform with known traditions and to avoid foreign, dissimilar and potentially infectious groups.

In a recently published study, my colleagues and I at the University of Cambridge examined the impact of the behavioural immune system on our attitudes towards obedience and authority. We found that rates of infectious diseases and the disease-avoidance they promote may fundamentally shape political opinions and social institutions.

We collected data from over 250,000 people across 47 countries and looked at the relationship between the (pre-COVID) infection risk where they lived and their

authoritarian attitudes the degree to which they endorsed conformity and obedience to authority.

We were curious as to whether high risk of infection would activate the behavioural immune system in ways that promoted authoritarian beliefs. We made sure to measure authoritarianism in a politically neutral way, to avoid our results reflecting people's religious beliefs or commitments to certain political parties.

We found a clear relationship between people's authoritarian attitudes and their region's levels of infectious diseases: areas with a higher prevalence of infectious diseases had more authoritarian citizens. Additionally, areas with high infection rates tended to vote conservatively and were governed by more authoritarian laws that are imposed on some members of society but not all. Examples of authoritarian laws include legal restrictions surrounding LGBT civil liberties or extreme criminal punishments. Infection rates were specifically related to these vertical hierarchical laws, and not horizontal laws that affect all citizens equally suggesting rates of infectious disease uniquely affect people's preferences for hierarchical power

structures. Strikingly, the pattern of results was consistent when comparing the 47 countries as well as US states and US metropolitan regions and cities. These effects persisted even after accounting for regional demographic variables such as educational attainment, wealth and inequalities, suggesting direct and significant relationships between infectious diseases and authoritarian beliefs and behaviours. We further discovered that the relationship between infection rates and authoritarianism was specific to infections that can be acquired from other humans, such as measles or cholera. The effect was absent for infectious diseases that can only be acquired from nonhuman species, such as rabies or Lyme disease.

These results support the idea that there is a social and behavioural mechanism connecting infection risk and authoritarianism. A high prevalence of human-to-human infections appears to lead to conformist and obedient social arrangements that potentially reduce the risk of people being infected by those who do not conform or resemble the majority. Social diseases like COVID-19 may therefore sculpt social ideologies and institutions. In the COVID-19 era, we have

all been living with over activated behavioural immune systems. We have changed how we socialise and relate to other people; who we allow to enter our countries; and how we calculate the balance between personal freedom and collective safety. What does this mean for our political futures? Will the fear of COVID-19 push us towards living in more authoritarian societies? How do we restore a psychological balance and preference for political anti-authoritarianism without endangering ourselves and others? The first inevitable step is to decrease real infection risks. Without a reduction in real health risks through effective vaccination programmes and health policies, our all-too-human bodies will naturally tend towards defensiveness, conformity and an aversion to threat. Indeed, COVID-19 has brought about a global wave of authoritarian policies that have justified the tightening of national borders and limitations of everyday rights. In our study, we found that even historical infection rates from decades earlier predicted what citizens believe, who they vote for and how they are governed today. Pandemics may have long-lasting and profound ramifications for politics. However, while our instincts to

avoid infection are inbuilt the behavioural immune system has been documented in species as varied as mice, frogs and chimpanzees humans are endowed with magnificent mental capacities to overcome biases and flexibly adapt to change. If it is our highly evolved imagination that facilitates the behavioural immune system, then it is also our rich and compassionate imagination that can pull us out of toxic side-effects.

Safe contact with those who we are instructed to avoid even imaginary, intellectual or virtual contact, through film or literature or news or friends is a powerful antidote to the xenophobia that can emerge when we fear infection. These forms of nonphysical touch can remind us of all we have in common and allow us to lose if we shut contact and care. Perhaps the way forward lies in adopting anti-authoritarian stances that champion openness, inclusion and scientific reasoning rather than mythical, ideological or conspiratorial thinking. Overcoming the COVID-19 pandemic and the contagious divisions within our politics may thus be intertwined tasks. The health of society the collective body politic requires the health and resilience of our bodies and minds. Immunity is fundamentally political.

Iran makes more 20 per cent enriched uranium than watchdog reported



Iran has produced more than 120 kilograms (265 pounds) of 20% enriched uranium, the country's nuclear chief said, far more than what the UN nuclear watchdog reported last month.

Mohammad Eslami said in an interview with state TV late Saturday that under the 2015 nuclear deal with world powers the other signatories were to provide Iran with 20 per cent enriched uranium needed for its research reactor. "But it was not delivered," he said. "If we did not produce it by ourselves this would have turned into one of our problems."

Under the terms of the nuclear deal, Iran was prohibited from enriching uranium above 3.67 per cent with the exception of its research reactor activities. Enriched uranium above 90 per cent can be used in a nuclear weapon.

In September, the International Atomic Energy Agency said Iran's stockpile of uranium enriched to up to 20 per cent fissile purity was estimated at 84.3 kilograms (185 pounds) up from 62.8 kilograms (138 pounds) three months earlier.

Scientists estimate that at least 170 kilograms (375 pounds) of 20 per cent enriched uranium is needed to make a bomb.

The nuclear deal known as the Joint Comprehensive Plan of Action, or JCPOA, promises Iran economic incentives in exchange for limits on its nuclear program, and is meant to prevent Tehran from developing a nuclear bomb.

The US unilaterally pulled out of the deal in 2018 under then-President Donald Trump, but Britain, France, Germany, China and Russia have tried to preserve the accord. Tehran's strategy of deliberately violating the deal is seen as an attempt to put pressure on Europe to provide it with incentives to offset crippling American sanctions imposed after the US pullout. President Joe Biden has said he is open to rejoining the pact. The last round of talks in Vienna ended in June without a clear result.

CORONAVIRUS MUST KNOW FACTS

South Western Railway Recruitment 2021, 904 Apprentice Vacancies, Apply Online @ www.swr.indianrailways.gov.in

South Western Railway Recruitment 2021 | Apprentice | 904 Vacancies | Last Date: 03.11.2021 | RRC Hubli Job Notification @ www.swr.indianrailways.gov.in

South Western Railway Recruitment 2021: South Western Railway - Railway Recruitment Cell, Hubli has released the notification for engagement of Apprentices for the year 2021-2022. SWR invites application to fill up 904 vacancies under the Apprentices Act, 1961. Candidates who are searching for Railway job may apply for this SWR Apprentice vacancy. Applicants are instructed to apply via online from 04.10.2021 @ www.rchubli.in. They will hire candidates on basis of merit list for apprenticeship training. Deadline to make a registration for this RRC SWR Apprentice recruitment 2021 is 03.11.2021.

Candidates who had passed Class 10th are eligible to apply for this South Western Railway Hubli recruitment. Diploma/ Engineering degree holders are not capable to apply for this SWR Apprentice jobs. Aspirants must bring a valid email id, mobile number, aadhar account & self bank account at time of online application process & keep it active throughout the recruitment process. Training will be provided at Divisions/ Workshops/ Units of South Western Railway. More details of South Western railway jobs, admit card, merit list, upcoming RRC Hubli vacancies & results will be uploaded at official website.

Visit official website to get more career opportunity @ RRC SWR. Educational qualification, age limit, selection process, apply mode, fee details & steps to apply are provided above. For latest updates, visit www.dailyrecruitment.in.

ESIC Recruitment 2021, Walk-in for Tutor Vacancies @ esic.nic.in

ESIC Recruitment 2021 | Tutor | 21 Vacancies | Walk-in Interview Date: 21.10.2021 to 22.10.2021 | ESIC Job Notification @ esic.nic.in

ESIC Recruitment 2021: Employee State Insurance Corporation (ESIC) invites application for the post of Tutor posts. As per ESIC recruitment 2021 notification, totally 21 vacancies are announced as vacant. Candidates who are searching for Central Government jobs can use this opportunity to join in ESIC jobs. They will conduct the written test & walk-in interview to fill up these advertised vacancies. Candidates should read the notification to check the terms & conditions. Walk-in interview will be conducted on 21.10.2021 to 22.10.2021. ESIC recruitment 2021 notification & application form are active @ www.esic.nic.in.

ESIC is going to hire candidates on contract basis. Applicants should hold BDS degree from recognized university. ESIC recruitment 2021 notification has been released on 29.09.2021. Tenure is 1 year. Candidates are instructed to fill the application form carefully. Incomplete application will be rejected. Aspirants must pay a fee through prescribed mode. No TA/ DA will be paid to attend the interview or joining. Candidates may appear for more than one post. More details of ESIC recruitment like selection list, merit list, results & upcoming job notices will be uploaded at official website.

ESIC Recruitment 2021 | Senior Resident, Assistant Professor & Other Posts | 82 Vacancies | Last Date: 26.09.2021 | ESIC Awar Recruitment Notification @ www.esic.nic.in ESIC Recruitment 2021: Employees State Insurance Corporation has initiated the recruitment process for the following post such as Professor, Assistant Professor, Associate Professor & Senior Resident. As per ESIC recruitment 2021 notification (Advertisement No. 09/2021), there are 82 vacancies will be filled on contract basis. Applicants who willing to work under Central Government may use this chance to join in ESIC vacancy 2021. Candidates need to submit the filled form via email (dean-awar.rj@esic.in) or on before 26.09.2021. Interview will be conducted on 28.09.2021.

Applicants who had completed MBBS/ PG Degree/ PG Diploma are eligible to apply for this ESIC Awar recruitment 2021. Candidates should submit the filled application form along with following supporting documents like age proof, educational qualification, experience certificates, etc. ESIC recruitment 2021 notification & application form are available from 21.09.2021 @ www.esic.nic.in. Applicants must have a registered their qualification in MC/ State Medical Council. More details of ESIC Hospital recruitment, selection list, results, merit list & upcoming ESIC notification will be uploaded at official website.

India Post Office Recruitment 2021, Apply for 266 GDS Vacancies @ indiapost.gov.in

India Post Office Recruitment 2021 | GDS Vacancy | Total Vacancies 266 | Last Date: 29.10.2021 | India Postal Circle Recruitment Apply online @ www.indiapost.gov.in

India Post Office Recruitment 2021: Applications are invited via online mode by the respective recruiting authorities from eligible candidates for the selection and engagement to the following posts of Gramin Dak Sevaks. India Post is going to fill up 266 vacancies in Jammu & Kashmir. It has recently published the recruitment notification for 266 vacancies and these vacancies are assigned for GDS Vacancy. India Post Office invites online application from 10th passed candidates to fill up India Postal Vacancy 2021. Applicants who are looking for 10th Std jobs in central govt can make the India Post online registration from 30.09.2021 to 29.10.2021. India Postal Circle recruitment notification pdf & apply online link is available @ www.indiapost.gov.in.

Candidates can submit India Post Recruitment Application form 30.09.2021. Applicants should pass 10th Std and age limit should be 18 to 40 years. Contenders have to pay required fee and make the payment via either online or offline. India Post Office will recruit the aspirants on Academic Background/ Interview/ Written Test/ Merit. Shortlisted candidates will be appointed in Jammu & Kashmir. Incomplete application & application after the due date will be rejected. More details of Post Office Jobs in Jammu & Kashmir, upcoming JK Post jobs notices, merit list, selection list, admit card, result, upcoming India Post notifications and etc. will be uploaded on official website.

India Postal Circle Department India Post is a government of India agency, executing postal services in India. It has been functioning since 1854. Headquarter is located in Sansad Marg, New Delhi until now. They provide services such as letter post, parcel services, EMS, delivery, freight forwarding, third-party logistics and also deposit account. Presently, there are 22 postal circles in India and it has more than 4 lakhs employees are working in this department. Postal Circles are J&K Postal Circle, Punjab Postal Circle, Uttarakhand Postal Circle, West Bengal Postal Circle, North Eastern Postal Circle and Kerala Postal Circle.

Here you will get details of Branch Postmaster (BPM), Assistant Branch Postmaster (ABPM) and Dak Sevak posts like educational qualification, age limit, application mode, fee and how to apply. Keep check Daily Recruitment regularly to get latest government exams.

Census of India Recruitment 2021, Apply 84 Executive Officer & Other Vacancies @ censusindia.gov.in

Census of India Recruitment 2021 | Executive Officer, Map Officer & Other Posts | 84 Vacancies | Last Date: Within 60 Days | Census of India Job Notification @ censusindia.gov.in

Census of India Recruitment 2021: Census of India has announced 84 vacancies for the post of Technical Director, Joint Director of Census Operations, Joint Director, Deputy Director, Map Officer, Assistant Director of Census Operations, Assistant Director, Research Officer, Senior Geographer & Executive Officer posts. Applicants who are searching for Central Government jobs may apply for this Census of India Recruitment. Employees of Census of India Government/ PSU/ Autonomous Organizations who met the qualification must submit the application form within 60 days from the date of publication of Employment News.

Eligible and willing candidates may download the job notification & apply online @ censusindia.gov.in or www.censusindia.gov.in. Applicants should hold an analogous post to apply for this Census of India jobs. Aspirants need to forward the application form along with needed documents like Biodata, cadre clearance certificates, etc. Appointments are purely on deputation basis. Tenure is 3 years. Selected candidates will be placed in the Office of the Registrar General, India (ORG), New Delhi. Above discussed details are taken from the Census of India recruitment 2021 notification that dated on 23.09.2021.

Applicants need to visit www.censusindia.gov.in to get more career opportunities at Census of India. Here we have prescribed educational qualification, age limit, selection process, apply mode, fee details & steps to apply. Keep looking at www.dailyrecruitment.in to know latest job updates.

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ABSENTEE NOTICE

Shri Bedford, Daftary, Port Blair working as Daftary in this Directorate of Shipping Services, Port Blair is absconding himself from Govt. duties without any intimation or permission of the competent authority since 19.09.2012 and his whereabouts is not known to this Directorate.

Shri Bedford, Daftary is therefore directed to report for duty immediately along with valid explanation if any in support of his absence within 15 days from the publication of this office failing which appropriate action will be taken against him as per rule in force

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IN CONVERSATION

ANXIETY OF SOCIALISATION CAN BE CAUSE OF CONCERN FOR STUDENTS RETURNING TO SCHOOLS

Noting that the Covid pandemic has severely affected the mental health of children, healthcare experts have said that anxiety of socialisation can be a cause of concern for students returning to schools as they were physically away from their friends and teachers for a prolonged period.

On the occasion of World Mental Health Day on Sunday, the healthcare experts said children might face anxiety returning back to schools and advised their parents and teachers to watch out for warning signs such as lack of concentration and sudden anger among children since reopening of the schools.

Schools are reopening in several states and Union Territories after remaining shut for months due to the pandemic.

The experts believe that anxiety of socialisation can be a cause of concern for students returning to schools as children were physically away from their friends and teachers for a prolonged period due to the pandemic. Gracy Andrew, vice president and country director for India of NGO CorStone, advised parents to

acknowledge and allow their children to express their fear.

"Very often parents will negate the feelings by saying 'don't be scared' or 'don't be silly', there is nothing to be scared' - instead it is important to let children express their fears and acknowledge that it is natural to feel anxious. Next is to really probe about what is making them scared? Is it just being with other children or is it fear of getting Covid... then provide them with information about safety and the low risk of children getting severely sick even if they get infected. Parents can support children by just being there for them as they go back to school," she told PTL.

Andrew said teachers too can let children express their fears that can be done in classrooms through activities depending on the developmental age/level.

"Providing them with information about the virus so they have the knowledge and most important is to let attendance not be compulsory - letting children have a choice of going for a few days a week in the beginning and then may be increasing the pace as they

settle in," she said.

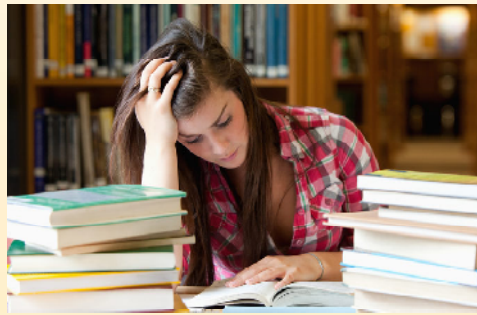
Dr Jyoti Kapoor, senior psychiatrist, Paras Hospital in Gurgaon said parents can play an important role in helping children get back to normal.

"The pandemic has severely affected the mental health of children like never before. Anxiety of socialisation is one of the most prominent aspects as children were physically away from their friends and teachers for a prolonged period. Parents play an important role in helping children get back to normal. Watch out for warning signs such as lack of concentration, sudden anger, etc," she said.

But most importantly, parents must get completely vaccinated as a first step to address their anxiety. They must also teach children how to maintain mask and hand hygiene. Games and activities like cycling and kabaddi that promote interaction without getting too close to partners are also a good way to address their anxiety," Kapoor told PTL.

Dr Anant Bhan, researcher of Global Health, Bioethics and Health Policy, said it is important for the school management and the government to reassure parents about the steps being taken to minimise the risk for infection spread.

"Children need to be counselled about the risk for caution, there needs to be a focus on ensuring ventilation, and encouraging complete vaccination for all adults who the kids will interact with (teachers, school staff, school transport staff, as well as members of their own families), usage of masks as per age criteria. It's also crucial to remember that there are advantages to opening schools and to socialising with other kids of their age, and this could be a vital component of the all round growth and development of our next generation," Bhan said.



Best Wishes from...

Mr. K. Ganeshan, Ex. Chairperson - PBMC & Mrs. Laxmi Ganeshan, Chief Editor, Andaman Kural



Priyanka, Staff Nurse G.B.P.H (ANIIMS)

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ELECTRICALS, ELECTRONICS AND HOME APPLIANCES



Opp. Directorate of Social Welfare
Goal Ghar, Port Blair - 744 102, S/Andaman



OPEN SECRET

"Golupooja" 4th day celebration at Sree Muthu Mariamman Temple-Buniyadabad

Port Blair, Oct 10: Golupooja 4th day celebration at Sree Muthu Mariamman Temple-Buniyadabad. As part of the celebration, "Annadanam" and Special Poojai was held on today. Large number of people took part in the event with enthusiasm and religious fervor. In connection with Golupooja, various social and cultural events will be organised by and for devotees. Utmost care and concern is being observed by temple committee and devotees towards adherence of COVID appropriate behaviour.



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