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places, moving around, accommodation, adventure water sports activities, entertainment, tourist circuit, Dos & Don'ts and emergency services etc. in this Daily Telegrams ...the Largest Circulating Daily of the Islands

two places over Sri Vijaya Puram. Maximum and Weather Minimum temperature will be around 30.0°C and Report 26.5°C respectively on Tuesday 24/12/2024. Maximum Temperature (°C) of Date: 29.9 Minimum Temperature (°C) of Date: 26.3 Relative Humidity (%) at 0830 IST: 070
Relative Humidity (%) at 1730 IST: 071
Sunrise time on 24.12.2024 (in IST): 0536
Sunset time on 24.12.2024 (in IST): 1702 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: Trace Rainfall upto 1730 hrs of date in mm: 000.0 Rainfall (Progressive total from 1st January 2024 upto 0830 hrs (of date) in mm: 3447.4 mm

Sri Vijaya Puram, Tuesday, December 24, 2024 Regn. No. 34190/75

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Rs. 3.00 Pages 4

# **Department of Consumer Affairs to** launch 'Jago Grahak Jago App,' 'Jagriti App,' and 'Jagriti Dashboard' today

**Apps would considerably enhance capability of CCPA** in taking suo moto action against dark patterns

New Delhi, Dec. 23 (PIB)

Department of Consumer Affairs will launch 'Jago Grahak Jago App,' 'Jagriti App,' and 'Jagriti Dashboard" for public use on National Consumers Day 2024 i.e. 24th December, 2024. As part of the Government's broader strategy and ongoing efforts to strengthen consumer protection in the digital era and curb unfair practices in e-commerce and online services, the specified 13 dark switch, Drip Pricing, now also equipped Airawat Protection Authority False urgency, Basket Advertisements and resources to identify the notified Guidelines

Prevention



Regulation of Dark trap, the Sneaking, Confirm Nagging,

Interface forced Wording, SaaS Billing commerce platforms Mission for AI and and action, Subscription and Rogue Malwares. and is soon going to

Department of

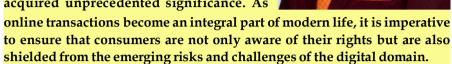
empower consumers with these tools. As part of the intensive research done by students, Prince Aman and Nameet Mishra, NCC LAB, Department **Electronics** of Engineering, IIT(BHU), three apps have been coded, namely; 'Jago Grahak Jago App,' 'Jagriti App,' and 'Jagriti Dashboard'. These are part of an intelligent cyber-physical system, which operates in real-Patterns in 2023 and Interference, Bait and Consumer Affairs is time and runs on the Central Consumer patterns, namely: D i s g u i s e d with means and Supercomputer under **National** Trick dark patterns on e- Supercomputing

(Contd. on last page)

#### **MESSAGE**

I am delighted to learn that the Department of Civil Supplies & Consumer Affairs is observing National Consumer Day in these Islands, in unison with the rest of the nation, on the 24th of December, 2024. This year's theme, "Virtual Hearings and Digital Access to Consumer Justice," is particularly relevant in the context of the dynamic changes brought about by the digital age.

In this era of rapid technological transformation and the exponential growth of e-commerce, consumer protection has acquired unprecedented significance. As



In a world where transactions occur at the speed of a click, our resolve to safeguard consumer interests must remain steadfast. Upholding transparency in digital commerce, implementing robust data protection measures, and fostering fair business practices are essential to cultivating a secure and trustworthy digital marketplace. Equally important is the need to educate consumers about potential risks, including fraudulent practices, and empower them with the tools to navigate the digital economy confidently.

As we collectively strive to build a user-friendly and secure digital environment, let us prioritize innovation and inclusivity. By staying informed, demanding accountability, and advocating for stronger consumer protection mechanisms, we can create a marketplace that not only encourages seamless cashless transactions but also instils confidence and trust among its users.

Empowered consumers are the bedrock of a thriving economy and a progressive society. On this occasion of National Consumer Day, I extend my heartfelt greetings to all the residents of these Islands. I urge everyone to remain vigilant, embrace secure transaction practices, and contribute to the creation of a safe and equitable digital ecosystem.



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

Vice Chairman, Islands Development Agency

## **Aayakar Bhavan & newly renovated Income Tax Guest House inaugurated**



storeyed premises. Aayakar Bhavan and Tajinder Pal Singh, Income the newly renovated IRS. House at VIP Road, Income Sri Vijaya Puram was Kolkata, Shri Anand Dixit, IRS, Principal Income Tax (Admn. the officials for the emphasis of Income Tax, West D e p u t y new

Tax-I, on the occasion.

spacious Islands. He said, the Bengal & Sikkim by Commissioner of building with good construction of the guest went round the unveiling the plaque Income Tax, Circle- working ambiance Guest House has

as the chief guest at a 3(2), Sri Vijaya and appreciated them solved Sri Vijaya Puram, Dec. 23 simple function held Puram, Shri Arnab for ensuring its accommodation Andaman The newly built at the building Sarkar, IRS, Tax timely completion. problems being faced Tax Dixit stated that Staff on duty to A&N Dec. 30 at 6 pm. Principal Department and nature's bounties Islands most sought after by urging the officials Poets from mainland, Shri Addressing the tourist destination. & staff to work inaugurated by Shri Kumar Singh, IRS, gathering, the chief He said, Govt. of dedicatedly for the Mohan Commissioner of guest congratulated India is giving special betterment of the Chief Commissioner & TPS), Kolkata, inauguration of the development of A&N nation as a whole.

on Department and the

(Contd. on last page)

#### 'Hasya Kavi Sammelan' to be held on Dec. 30 as part of ITF 2024

Sri Vijaya Puram, Dec. 23 In the series of programmes to be organized during the Tourism Island Festival-2024, a 'Hasya Kavi Sammelan' will be organized at the ITF Ground by the Official Language the Department, N i c o b a r Shri Rajesh Agarwal, their

In this programme, "Dehalvi", Shri Rajesh "Chetan", "Charchit" will present said.

Smti.

Shri Payers, Officials of Shri Krishna Mohan by the Officials and Administration on Shri Sudeep "Bhola", compositions. General Monika public have been Shri invited to witness this Income Tax Guest Commissioner of others were present make these Islands a concluded his speech well-known Hasya Upendra Pandey, and program, a press release Chetan from OL Department



#### **ITF-2024: Healthy Baby Contest** to be held on Dec. 30

Earlier, the chief | Sri Vijava Puram, Dec. 23 invited to participate in Babies will be done Directorate of Health the ITF Ground. Services and UT Health Baby Contest on Dec.30, below: Categories: 2024 at 9.30 am at the > 1 to 2 years ITF Ground, VIP Road, > 2 to 3 years Sri Vijaya Puram.

Parents have been •

Tourism Festival 2024, Contest with their am. scheduled from Dec. 27 children on 30<sup>th</sup> • Evaluation will be to 31, 2024, the December at 9.30 am at done from 12 noon to 1

The details of the Mission will be Healthy Baby Contest will be held on the same organizing a Healthy are as mentioned day i.e. 30th December

> 3 to 5 years

Registration of

As part of the Island the Healthy Baby from 9.30 am to 10.30

Prize distribution

The required documents verification are Birth (Contd. on last page)

# Workshop on 'Prashashan Gaon Ki Ore' organized by District Administration, SA

Sri Vijaya Puram, Dec. 23 As part of the initiative of the Department Administrative Reforms & Public Grievances (DARPG), Government of India, the District Administration, observing the Good being organized. Governance Week (Sushasan Saptah) a campaign 'Prashasan workshop

Staff Correspondent



Dec. 19 to 24, in D i s t r i c t IAS, events focused on South Andaman in graced by Shri Ram Administration,

South Andaman is closer to the people are Tagore Government gathering focused on College as part of the the In this connection, ongoing campaign. implementation of dissemination The workshop was the campaign. was chaired by Shri Gaon Ki Ore' from organized by the Vinayak Chamadia, Point Presentation multiple Administration, AC(SA) and was of the District

DANICS, Commissioner (S) of A&N Administration. PRIs, general public and officials of Sri Vijava Puram Tehsil participated in the workshop. The successful

A detailed Power ADM(SA)/ was given by officials bringing governance the Conference Hall of Chander, Ex-ADM providing detailed

and Shri Som Naidu, insights into the Ex- objectives, progress, A s s i s t a n t and key initiatives (Contd. on last page)

> Sri Vijaya Puram, Dec. 23 The District Administration, South Andaman has intensified its efforts to address the issue of encroachments through continuous eviction drives across the District. This initiative and



Swift eviction drive by District Administration, SA

restore encroachments by aims to remove Government lands and unscrupulous elements. Bambooflat village in unauthorized structures public spaces from In a recent drive,

revenue officials from Ferrargunj Tehsil removed encroachments involving various plants, including ailing and betelnut saplings, as well as a coconut sapling and banana plantation,

CMYK

(Contd. on last page)

**Tuesday 4 Daily Telegrams December 24, 2024** 

#### **Health Talk on addiction organized by ANIIMS**

Sri Vijaya Puram, Dec. 23 In its continued efforts to promote awareness and wellbeing among the the youth, Department of Community Medicine, ANIIMS has organized a series of health talks on addiction December 20 & 21, 2024. These initiatives aimed addressing the rising delved into the from the students, concerns of substance physiological, who raised pertinent abuse and behavioral addictions among social impacts of their concerns. This adolescents young adults in Sri providing guidance significant Vijaya Puram.

conducted prominent family support. institutions viz. Government Senior utilized interactive Secondary School, Middle Point with Senior Secondary forms of addiction, Community School, Junglighat. including substance Medicine, ANIIMS, sessions abuse comprehensively tobacco, and drugs), health issues in the covered all aspects of internet and gaming community. These addiction, including addiction, and their efforts not only raise its causes, effects, and associated health awareness but also strategies prevention.

College

extending initiative to include prevent addiction. young adults

The interns free lives. Boys' methods to engage campaign underscores for risks. emphasis was placed conducive to the a another session was early identification, of the youth, a press held at the DIET fostering resilience, release from ANIIMS and in and creating

Garacharma, supportive the environment

The sessions were at The discussions active participation psychological and questions and shared and addiction, while also initiative marked a coping towards empowering The first set of mechanisms, the youth with health talks was rehabilitation knowledge and tools on options, and the to make informed December 20 at three importance of peer and decisions and lead healthier, addiction-

The success of this students, the commitment of (alcohol, to addressing critical

#### Workshop on 'Prashashan Gaon Ki Ore' ... (Contd. from page 1)

under the campaign. The session emphasized the importance of governance reforms and efforts aimed at reaching the grassroot level, ensuring effective delivery of services to rural communities.

The workshop provided valuable platform for collaboration among different Departments, fostering a spirit of teamwork to achieve the available for the staff working in IT Department and for the visiting goals of 'Prashasan Gaon Ki Ore' and contribute to better governance, guests. a press release from DC (SA) said.

#### Department of Consumer Affair's to launch...

(Contd. from page 1)

Data Analytics. This innovative system analyses existing text and design elements on e-commerce platforms to determine whether they are being used to influence consumer psychology.

The 'Jago Grahak Jago App,' provides essential e-commerce information about all URLs during a consumer's online activities, alerting them if any URL may be unsafe and requires caution. Meanwhile, the 'Jagriti App,' allows users to report URLs where they suspect the presence of one or more dark patterns declared illegal. These reports are then registered as complaints to the Central Consumer Protection Authority (CCPA) for possible redressal and subsequent action. Additionally, the CCPA is being strengthened with the 'Jagriti Dashboard' which is used to generate real-time reports on e-commerce URLs for the presence of the aforementioned dark patterns, enhancing the capability to monitor and regulate online consumer interactions effectively. This solution will aid the CCPA in identifying dark patterns, speeding up the resolution of consumer disputes and will go a long way in curbing practices that are detrimental to consumer interests.



### SEVA SUCHNAYEI

ALL THE SAILINGS ARE SUBJECT TO WEATHER CONDITIONS NOTE: FOR SHIPPING RELATED QUERIES PLEASE DIAL TO TOLL FREE NUMBER 18003452714.

SHIPPING HELPLINE NO. 245555

Nancowry

Sri Vijaya Puram via

Nancowry

#### **REVISED SEVA SUCHNAYEIN** SRI VLIAVA PURAM - MAYARUNDER & DIGUPUR

SRI VIJATA PURAM – MATABUNDER & DIGLIPUR									
Passenger tickets for the sailing schedule from 23 <sup>rd</sup> December, 2024 onwards is being issued from 20.12.2024.									
SI. No.	Name of the vessel	Date & Time of Sailing	From	То	Date & Time of Return Sailing	From	То		
1.	MV Jolly Buoy	26.12.2024	Sri Vijaya	Diglipur via	27.12.2024	Diglipur	Sri Vijaya Puram via		
		0600 Hrs	Puram	Mayabunder	0600 Hrs		Mayabunder		
2.	Nalanda	28.12.2024	Sri Vijaya	Diglipur via	29.12.2024	Diglipur	Sri Vijaya Puram via		
		2100 Hrs	Puram	Mayabunder	1500 Hrs		Mayabunder		
3.	MV Baratang	31.12.2024	Sri Vijaya	Diglipur via	01.01.2025	Diglipur	Sri Vijaya Puram via		
		0600 Hrs	Puram	Mayabunder	0600 Hrs		Mayabunder		
	SRI VIJAYA PURAM – LITTLE ANDAMAN								
Passenger tickets for the sailing schedule from 24th December, 2024 onwards is being issued from 20.12.2024.									
1.	MV Campbell Bay	24.12.2024		Little Andaman		Little	Sri Vijaya Puram		
		0700 Hrs	Puram			Andaman			
2.	MV Campbell Bay	27.12.2024	Sri Vijaya	Little Andaman		Little	Sri Vijaya Puram		
		2100 Hrs	Puram		1000 Hrs	Andaman			
3.	MV Campbell Bay	29.12.2024	Sri Vijaya	Little Andaman	29.12.2024	Little	Sri Vijaya Puram		
		0800 Hrs	Puram		2100 Hrs	Andaman			
4.	MV Campbell Bay	31.12.2024	Sri Vijaya	Little Andaman	01.01.2025	Little	Sri Vijaya Puram		
		0800 Hrs	Puram		2100 Hrs	Andaman			
SRI VIJAYA PURAM – CAR NICOBAR VIA LITTLE ANDAMAN									
Passenger tickets for the sailing schedule on 27th December, 2024 is being issued from 20.12.2024.									
1.	MV Sentinel	27.12.2024	Sri Vijaya	Car Nicobar via	28.12.2024	Car	Sri Vijaya Puram		
		0700 Hrs		Little Andaman			via Little Andaman.		
SRI VIJAYA PURAM - CAMPBELL BAY & NANCOWRY									
Issuance of passenger tickets for the following schedules is already in progress.									
1.	Nalanda will sail in	24.12.2024	Sri Vijaya	Campbell Bay	26.12.2024	Campbell	Sri Vijaya Puram via		

& Katchal Note: Embarkation of passengers will commence 02 Hours prior to the scheduled departure time of the vessel and boarding will be closed 30 Minutes before departure time. Passengers arriving late will not be allowed to board the vessel. The vessel will sail only after completion of survey procedure which will commence on completion of embarkation of passengers for issuance of 'B' Certificate as per MS Act. Further, with regard to cargo all the consigners are hereby advised to book actual quantity of cargo to be transshipped, as no excess cargo will be

Sri Vijaya

via Nancowr

Campbell Bay

via Nancown

0800 Hrs

0800 Hrs

02.01.2025 Campbel

#### **Temporary closure of road between** Dhanikari Jn. & Manglutan Jn from **Dec. 24 to Jan. 2 for repair work**

Sri Vijaya Puram, Dec. 23 Andaman District has Junction In exercise of notified under M.V. Act 1988 road read

conferred temporary closure of Junction (2.35 Km) (Act No.59 of 1988) Dhanikari Junction to Box culvert of size with Manglutan Junction 1X1m and CC drain Administration's for a period of 10 days for the length of 250 Notification No./2008/ with effect from Dec. mtrs. under Assistant F.No.32-95/2008-TR 24, 2024 to Jan. 2, 2025 Engineer-III, CD-III, dated 10th March, for the periodic Prothrapur, pursuing education. well-received, with 2008, the District renewal of rural road notification issued by Magistrate, South between Manglutan DM (SA) said.

and the Dhanikari between including 01 No.

#### Training prog. on 'Achieving **Nutritional Security for farm families** through Nutri-Garden' organized

A three-day training program on Achieving **Nutritional Security** for Farm Families through Nutri-Garden' was organized by ICAR-KVK, Nimbudera, Government addressing various the Department of from December 16 to 18, 2024. The training Shri was aimed educating

Sri Vijaya Puram, Dec. 23

at Sharma, rural Matter Specialist and the use of youth from the North (SMS) in Home organic amendments Middle Science, provided while Shri Subam Andaman districts insights into the Debroy, on the role of nutri- concepts of food and (Aquaculture), Special foster an environment gardens in ensuring nutritional security, highlighted about balanced diet, the importance of water management On December 21, on the importance of holistic development i m p r o v i n g balanced diets, and practices. household nutrition, the role of nutripromoting gardens in achieving engaged in hands-on sustainable these goals. Shri demonstrations, a agricultural practices. Rakesh Dawar, SMS press

Yatharth improving Subject health, composting,

Participants also During the (Agronomy), shared received from CIARI for said.

#### Aayakar Bhavan & newly renovated ...

technical session, techniques

new Building & Guest House and saw for himself the facilities

In his address, Shri Tajinder Pal Singh, IRS, Principal Commissioner of Income Tax-I, Kolkata described the inauguration of the new building as a momentous occasion and thanked the Principal Chief Commissioner of Income Tax, West Bengal & Sikkim for visiting A&N Islands and inaugurating the much needed new Office Building for the officials & staff working here. He further stated that in A&N Islands, there are 28 thousand Income Tax Assessees, which includes 21,000 Assessees, who are tax payers and salaried ones.

In his brief speech, Shri Anand Kumar Singh, IRS, Commissioner of Income Tax (Admn. & TPS), Kolkata stated that | Certificate of the baby, ANC card of the mother, the Department is working with a motto to create more Immunization Card and Family Planning Adoption infrastructures for the officials & staff and this new building is part of infrastructure development initiative. As per the direction of the Principal Chief Commissioner of Income Tax, West Bengal & Sikkim, the Guest House will be made operational immediately for the benefit of the Officers and staff visiting A&N Islands on

Speaking on the sidelines of the inaugural function, Deputy Commissioner of Income Tax, Circle-3(2), Sri Vijaya Puram, Shri Arnab Sarkar, IRS informed that the newly built triple storeyed Aavkar Bhavan has all basic facilities for the officers and staff and the newly renovated Guest House is having 5 Deluxe Rooms and 2 VIP Suites.

The inaugural function concluded with the vote of thanks proposed by Shri Bikram Panda, OS, Aayakar Bhavan.

#### **C.D Block Diglipur concludes Nayi Chetna** campaign against gender-based violence

Diglipur, Dec. 23

The Nayi Chetna Campaign, a national initiative against Gender-Based Violence by C.DDiglipur Block concluded today. The month-long Campaign, which began on 25<sup>th</sup> November, featured followed awareness programs, addresses of Shri M. Panchayats. enthusiastic Prizes participation from distributed to the involvement women.

NLRM, welcomed the gender equality and Diglipur said.



gathering. This was stand rangoli competitions, Rajendra Kumar, Mazumdar, quizzes and rallies BDO Diglipur, Smt. Extension Officer across various Gram Indira Devi, CDPO and Debasis Poddar, The ICDS and Dr. Shipra Cluster Coordinator, concluding event saw from CHC Diglipur. NLRM, appreciated were the

winners Sanjana Kumari, participants, who a success, a press Cluster Coordinator, pledged to promote release from BDO,

against by violence. Shri Bibhash

community's and making the campaign

#### **Pondicherry University** theory exam rescheduled

Sri Vijaya Puram. Dec. 23 have been hosted in from

As per the the University link communication received https://exam.pondiuni.e Pondicherry du.in/oasis/circulars.htm. University, the university The same has also been theory examinations displayed in the Notice postponed from 03/12/ Board of JNRM and for 2024 to 18/12/2024 has any further information, been re-scheduled to be students may contact held from 06/01/2025 to Examination Section of 20/01/2025. Details of JNRM, a press release re-scheduled dates from JNRM said.

#### Departure timing of MV Nalanda revised

Sri Vijaya Puram, Dec. 23 hrs from Haddo Wharf The passenger/ has been postponed. general public have been Now, the vessel will sail informed that, due to for Nancowry via Little technical reasons, the Andaman & Car Nicobar scheduled departure on the same day at 2100 time of the vessel MV hrs instead of 1100 hrs Nalanda for Nancowry from Haddo Wharf, a via Little Andaman & Car press release from DSS Nicobar on Dec. 27 at 1100 said.

#### **Ration Card holders of various** FPSs advised

Sri Vijaya Puram, Dec. 23

The general public/Ration Card holders have been informed that the following Fair Price Shops as tabulated below at Col. No. 2 have been cancelled with effect from Jan. 1, 2025 onwards:-

SI.	Details of Fair Price Shop	Details of Fair Price Shop to			
No	cancelled	which ration card attached			
(1)	(2)	(3)			
1.	FPS No. 382,	FPS No. 484, P.K. Zainuddin			
	K.P. Maimuna, Kanyapuram	Kanyapuram			
2.	FPS No. 136, L. Bal Raj	FPS No. 127, Rabakkal			
	Kamraj Nagar	Kamraj Nagar			
3.	FPS No. 366,	FPS No. 556, CCS Ltd.,			
	A. Arumugam, Garacharma	Garacharma			
4.	FPS No. 639,	FPS No. 147, T. Mohan Rao,			
	M. Venkatesan, Dairy Farm	Dairy Farm			
5	FPS No. 467, Ammakannu,	FPS No. 257,			
	Doodh Line	T. Bala Krishnan, Doodh Line			
6	FPS No. 481, Kumari Zhalo,	FPS No. 36, Kamachi,			
	Attam Pahad	Dollygunj			
7	FPS No. 536, Imtiaz Ali,	FPS No. 519, C. Valmeeki,			
	South Point	South Point			
8.	FPS No. 152, B. Sarojini	FPS No. 144, Sajid Ali			
	Minnie Bay	Lamba Line			
9.	FPS No. 378, G.J Laxmi Bai,	FPS No. 30, Rajan Store,			
	Dairy Farm	Dairy Farm			
10	FPS No. 499, Naresh	FPS No. 423, K. Balakrishna,			
	Mazumder, Little Andaman	Netaji Nagar, Little Andaman			
11	FPS No. 543, Bibekananda	FPS No. 66, Manager, CCS			
	Roy, Little Andaman	Ltd., Hut Bay, Little Andaman			
_	T 11 (1 T) (1 (				

Hence, all the Ration Card holders registered with FPS No. 382, 136, 366, 639, 467, 481, 536, 152, 378, 499 and 543 have been requested to draw their ration articles from FPS No. 484, 127, 556, 147, 36, 519, 14430, 423 and 66 respectively as indicated at Col. No. 3 from the month of January, 2025 onwards. However, owing to implementation of portability, Ration Card holders are free to collect their ration articles from any Fair Price Shop of their choice, a press release from Directorate of CS & CA said.

#### ITF-2024: Healthy Baby Contest ...

(Contd from page 1)

Document (if applicable).

This event celebrates health and happiness, emphasizing the importance of early childhood wellness. The Directorate of Health Services and UT Health Mission looks forward and welcome all parents with children to this joyful occasion at the ITF Ground on December 30, a press release from DHS said.

#### Swift eviction drive by District...

(Contd. from page 1)



Wimberlygunj. A total area of 500 square meters of Government land has been successfully reclaimed and restored to the Government

The Administration remains vigilant in its efforts to protect Government land from unauthorized constructions, ensuring that such infringements are addressed swiftly and decisively. The reclaimed land is now secured for future development and public welfare projects, ensuring its benefit for the broader community.

The District Administration has urged the public to respect Government property and warns that any attempts at encroachment will result in strict legal action.

Members of the public have been encouraged to report any instances of encroachment or seek further information by contacting the District Control Room at 03192-240127 / 238881 / 1070 or via WhatsApp at 9531888844. The Administration assures that the identity of informants will be kept confidential to ensure their safety, a press release from DC (SA) said.

place of Sindhu

Nalanda

0900 Hrs

31.12.2024

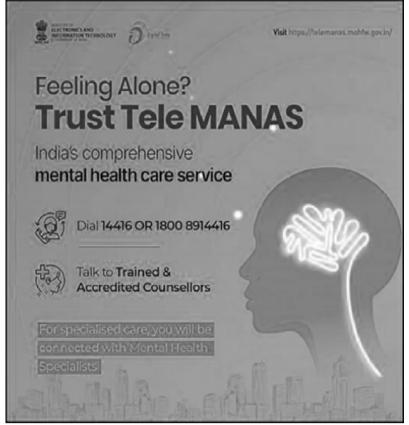
0900 Hrs

Tuesday **Daily Telegrams** December 24, 2024

# Tele MANAS: Revolutionizing Mental Health Care in India

#### **Introduction**

The National Tele Mental Health Programme (NTMHP), launched by the Government of India on October 10, 2022, marks two years of significant contributions to the nation's mental healthcare system. As part of this initiative, Tele MANAS (Tele Mental Health Assistance and Networking Across States) was introduced as a toll-free helpline (14416) available nationwide, offering a wide range of mental health services. Through this digital platform, individuals can access telephone-based counselling. psychotherapy, psychiatric consultations, and referral services, including urgent care, without the barriers of distance or



Tele MANAS has made mental healthcare more accessible to millions across India, ensuring that people, especially in remote areas, receive timely support. The program's ability to deliver mental health services on such a broad scale has drawn praise from global health authorities. The World Health Organization (WHO) hailed Tele MANAS as an innovative and effective model for delivering mental health care.

Dr. Roderico H. Ofrin, WHO Representative to India, congratulated the Ministry of Health for the program's success over the past two years, noting that the WHO's review of Tele MANAS highlighted its potential to significantly improve mental health outcomes. He also emphasized the vital role of primary healthcare centers, particularly Ayushmann Arogya Mandirs, in supporting mental well-being through this initiative, making it a cornerstone of India's public health framework.

As Tele MANAS enters its third year, its achievements reflect a strong commitment to addressing mental health challenges, ensuring that care is available to everyone, no matter where they are in the country.

#### **Need for Tele MANAS**

India, home to 18% of the global population, faces a significant mental health crisis, with mental disorders being the second leading cause of years lived with disability (YLDs) and suicide ranking as the third leading cause of death in many states. National studies reveal that 15% of India's adult population experiences mental health issues requiring intervention, yet the treatment gap ranges from 70-92%, leaving millions without access to care.

Although the Mental Healthcare Act of 2017 enshrines access to mental health as a statutory right, over 11 crore people in India still suffer from mental health disorders, with 80% not seeking help. Each year, more than 1 lakh people die by suicide, while countless others attempt to end their lives, underscoring the urgent need for intervention.

Tele MANAS was established to bridge this gap and make mental healthcare accessible to all. By offering counseling, psychotherapy, and referral services via telephone, the program provides a lifeline to individuals who might otherwise be unable to seek help. Most mental health issues do not require specialized care but can be managed effectively by trained healthcare providers, ensuring that no individual faces discrimination or neglect due to mental illness. Access to mental healthcare is a fundamental human right, and Tele MANAS is a vital step toward realizing that right for millions of people across India.

#### <u> Aim & Objectives</u>

The primary aim of Tele MANAS is to provide universal access to equitable, affordable, and quality mental health care through a 24x7 tele-mental health service, forming a key digital component of the National Mental Health Programme (NMHP). This service is available across all Indian States and Union Territories, with assured linkages to ensure seamless care.

#### Key objectives include:

- Expanding Access: Scaling up the reach of mental health services nationwide, ensuring that MANAS Cells across various anyone across India can access support at any time through dedicated 24x7 tele-mental health facilities in every State and Union Territory.
- ♦ Building a Comprehensive Mental Health Network: Establishing an integrated system that goes ♦ Collaboration with 23 Mentoring beyond counseling by offering medical and psychosocial interventions, video consultations with specialists, e-prescriptions, follow-up care, and connections to in-person services.
- \* Reaching Vulnerable Populations: Prioritizing mental health services for vulnerable and difficult-toreach groups, ensuring no one is left without essential care.

#### **Tele MANAS Services**

Tele MANAS offers 24/7, free mental health support through phone-based services, ensuring that Coordinating Centers to individuals across India can easily access the help they need. The service is structured in a two-tier system to optimize care delivery and enhance support.

#### Tele MANAS: CALLING MECHANISM TIER 2 TIER 1 In-person services HWC, PHC, CHC, SDIL Meatoring utions and Tertiary Care Centers) Caller requires Caller specialized care requires Mental Health in-person Connects with an Counsellors Caller dials Specialists services (Trained and Tele MANAS IVRS based clinical psychologist helpline number system psychiatric social. worker, psychiatric nurse, or a psychiatrist eSanjeevani

Tier 1 comprises state Tele MANAS cells staffed with trained counsellors and mental health specialists. These professionals provide immediate support through:

- \* Tele-Counseling: Counsellors assist individuals dealing with psychological distress, addressing day-to-day challenges such as relationship conflicts, financial stress, workplace pressure, and exam anxiety. This service is available in 20 Indian languages, catering to the diverse cultural and regional needs of the population.
- Tele-Consultation: When necessary, mental health professionals, including psychiatrists and psychologists, provide consultations. They help diagnose and manage conditions such as depression, anxiety, psychosis, addiction, and dementia. This tier also addresses emergency situations requiring immediate intervention, such as individuals experiencing suicidal thoughts or drastic changes in behaviour. Tier 2 comprises specialists from District Mental Health Programme (DMHP) facilities and medical colleges, offering additional resources for physical consultations and audiovisual consultations via e-Sanjeevani. This tier also facilitates in-person services provided by mental health professionals at public health facilities, including DMHP and mentoring institutes. In cases where advanced treatment is needed, Tele MANAS refers individuals to appropriate mental health establishments for further evaluation and care.

In addition to supporting individuals with psychiatric disorders, Tele MANAS focuses on enhancing mental well-being for those facing everyday stressors. It offers guidance on issues like sleep disturbances, technology overuse, substance misuse, and more. Furthermore, it extends support to parents and caregivers of children and adolescents with developmental disorders such as intellectual disabilities, autism, and ADHD.

By offering promotive, preventive, and curative mental health services, Tele MANAS strives to empower individuals to take control of their mental health and break through the barriers of stigma. It ensures that everyone has the right to access affordable, high-quality mental health care, wherever they may be.

# Current Coverage of Tele-MANAS Cells NHSRC (Health Systems Domain) NIMHANS (National Apex IIITB (IT Architecture

#### App and Video Consultations

On World Mental Health Day, October 10, Tele MANAS launched its mobile app and video consultation services to enhance access to mental health support. The Tele MANAS app serves as a comprehensive platform offering mental health resources, including self-care tips, stress management strategies, and tools to recognize early distress signals. It engages users through interactive activities like mind challenges, games, and mindfulness practices, ensuring a user-friendly experience. The app provides free, confidential counseling 24/7, connecting users to trained mental health professionals across India.

Video consultations add another layer to the existing audio call services, allowing mental health professionals to conduct more thorough assessments by observing the caller directly. This feature supports history taking, clarifying concerns, and enables brief physical or Mental State Examinations (MSE) when necessary. Initially, this service is available in Karnataka, Jammu & Kashmir, and Tamil Nadu, with plans for expansion across the country.

#### **Key Achievements**

Tele MANAS has reached a significant milestone by effectively handling calls since its launch, demonstrating its vital role in providing mental health support across India.

#### Key achievements of the program include:

- Establishment of 52 Tele states, ensuring local access to mental health services.
- Institutes that enhance the program's capacity and outreach through expert guidance and support.
- Creation of 5 Regional streamline operations and facilitate coordination among Tele MANAS Cells, ensuring efficient service delivery.

These accomplishments highlight the program's commitment to improving mental health care access and its



#### effectiveness in addressing the needs of individuals seeking support. Conclusion

The National Tele Mental Health Programme, through its initiative Tele MANAS, has made remarkable strides in enhancing mental health care accessibility across India. By leveraging technology and a structured support system, the program has effectively addressed the pressing mental health needs of the population, particularly in underserved areas. The wide array of services offered, including telecounseling, tele-consultation, and referral services, has enabled millions to seek help without barriers of distance or cost. As Tele MANAS continues to evolve with the introduction of the mobile app and video consultations, it is poised to further enrich the mental health landscape in India. The recognition from global health authorities underscores its innovative approach and impact on mental health outcomes. The journey of Tele MANAS exemplifies a commitment to ensuring that mental health care is not just a privilege for some but a fundamental right for all, fostering a healthier and more supportive society. As it enters its third year, the program stands as a testament to the importance of collaborative efforts in addressing mental health challenges and promoting well-being across the nation.

(Source:PIB)

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No. DCS/CS/28/2024/Vol.II/1546 Andaman & Nicobar Administration Directorate of Civil Supplies & Consumer Affairs

Sri Vijaya Puram, dated the 23rd Dec., 2024

#### The prevailing wholesale and Retail Selling Price of Essential Commodities in the local market from 22 12 2024 to 20 12 2024 ie ac undar

	from 23.12.2024 to 29.12.2024 is as under							
SI. No.	ITEM	BRAND & VARIETY	RETAIL PRICE	WHOLESALE PRICE				
4	Disa	Anadlana Danai	(RS.Per KG)	(RS.Per KG)				
1.	Rice	Andhra Ponni	58.00	53.00				
2.	-	Raw Rice	53.00	48.00				
3.	-	Ponni Raw Rice	74.00	67.00				
4.	-	Ponni Boiled Rice	72.00	65.00				
5.	Wheat	-	49.00	45.00				
6.	Atta	Ashirvaad	As per MRP	63.00				
7.	Atta Local	Local	As per MRP	60.00				
8.	Gram Dhal (01 kg)		105.00	95.00				
9.	Tur Dhal (01 kg)	Special	193.00	175.00				
10.	Tur Dhal (01 kg)	Chennai	165.00	150.00				
11.	Moong (01 kg)	Quality 1	127.00	115.00				
12.	Urad Dhal (01 kg)	Quality 1	154.00	140.00				
13.	Urad Dhal (01 kg)	Quality 2	150.00	136.00				
14.	Masur Dhal (01 kg)	Quality 1	96.00	88.00				
15.	White Mutter	-	58.00	53.00				
16.	Sugar	-	52.00	47.00				
17.	Mustard Oil	Netaji	As per MRP	185.00				
18.	Mustard Oil (500 ml)	Mashal	As per MRP	96.00				
19.	Mustard Oil (01 Ltrs)	Mashal	As per MRP	188.00				
20.	Mustard Oil (02 Ltrs)	Mashal	As per MRP	338.00				
21.	Mustard Oil (05 Ltrs)	Mashal	As per MRP	940.00				
22.	Vanaspati	Dalda	As per MRP	170.00				
23.	Sun Flower Oil	Sunland	As per MRP	154.00				
24.	Palm Oil	Roobini	As per MRP	152.00				
25.	Tea	BBT 1 kg Packet	As per MRP	535.00				
26.	Milk	Everyday Powder 1 kg	As per MRP	600.00				
27.	-	Amul Taaza Itr	As per MRP	72.00				
28.	-	Amul Spray Powder	As per MRP	450.00				
29.	-	Good Life Itr	As per MRP	72.00				
30.	Potato	Chennai	80.00	65.00				
31.	Onion	Nasik	90.00	70.00				
32.	Tomato	Chennai	70.00	55.00				
33.	Salt (pack)	I flo	As per MRP	18.50				
34.	-	Saffolo	As per MRP	31.85				
35.	Milk	Go Milk 1 ltr	As per MRP	74.00				
36.	-	Go Milk 200 ml	As per MRP	15.00				
37.	Jaggery	-	76.00	70.00				
38.	Egg	-	8.00	7.50				
39.	Bajra (Whole)	-	As per MRP	-				
40.	Jowar (Whole)	-	As per MRP	-				
41.	Ragi (Whole)	-	As per MRP	-				
42.	Suji (Whole)	-	As per MRP	-				
43.	Maida (Wheat)	-	As per MRP	_				
44.	Besan	-	As per MRP	_				
45.	Desi Ghee	-	As per MRP	-				
46.	Butter (pasteurised)	-	As per MRP	-				
47.	Black Pepper (powder)	-	As per MRP	-				
48.	Corrinder (powder)	-	As per MRP					
49.	Red Chillies (powder)		As per MRP	-				
49. 50.		-						
50. 51.	Cumin Seed (powder)	-	As per MRP	-				
<b>υ</b> 1.	Turmeric (powder)	-	As per MRP	-				

Assistant Director (CS&CA)

#### VACANCY

EXPERIENCED MALE STAFF **REQUIRED FOR** 

- 1. Housekeeper
- 2. Receptionist (Day / Night) 3. Kitchen Helper

**Contact No:** 9775277579 / 9434282067 LOCATION: HOTEL TEJAS, HADDO.

#### JOB **VACANCY**

VMR Shipping Agencies, Babu Line, Near Ganesh Temple, Sri Viiava Puram, -744101 Required Details Below 2 Nos. Experienced Male / **Container Shipping Staff** Contact Info: 7395895673

#### PORT MANAGEMENT BOARD ANDAMAN AND NICOBAR ISLANDS

Sri Vijaya Puram

**Harbour Master** 

#### NOTICE

In connection with the observance of Tsunami anniversary on 26th Dec 2024, all IV boats, plying from Rajiv Gandhi Water Sports Complex are directed to shift from Aberdeen Jetty to Junglighat Jetty on 25th Dec. 2024 positively. No vessel is permitted to Anchor in the area between Netaji Subash Chandra Bose Dweep and Aberdeen jetty off Marina Park on 26th Dec. 2024. Normal ferry service thereafter can be resumed from Aberdeen Jetty on 27th Dec. 2024

All owners of Jetski/ Sport vessels are also directed to park their Jetski / scooters vessels at their designated place by 1700hrs on 25<sup>th</sup> Dec. 2024. No water sports activities will be permitted on 26<sup>th</sup> Dec. 2024 from Aberdeen Jetty.

**Port Management Board** I.D. No. 11390

**SUMMON TO RESPONDENT (P)-51** Common form for (1) ascertaining Contest (2) Settlement of Issues (Order V, Rule 20, 1-A of Code Civil Procedure, 1908)

District: South Andaman IN THE COURT OF HON'BLE DISTRICT JUDGE ANDAMAN & NICOBAR ISLANDS AT PORT BLAIR Estate Appeal No. 09 of 2021

Ganga Ram Horo

The Estate Officer & Ors.

...Appellant ...Respondents

The Divisional Manager (Defendant No. 2) A & N Islands Forests & Plantations

**Development Corporation Limited** 

Whereas, I, Ganga Ram Horo, Late Gagan Horo, R/o Horticulture Road, Anarkali, under Sri Vijaya Puram Tehsil, South Andaman District has filed a appeal under Section 9 (1) of the Public premises (The Eviction of Unauthorized Occupants Act), 1971 vide Eviction Order Dated 02.02.2021 passed by the Estate Officer (ADM) in Eviction Case No. 21/EO(SA)/2020/615 (The Estate Officer & Ors. - Versus -Ganga Ram Horo) and served on 06.02.2021.

You are hereby summoned to appear in the Court in person or by a duly instructed pleader able to answer all material question relating to the matter or, who shall be accompanied by summon able to answer all such question on the 16th day of Jan., 2025 at 9 O clock in the forensic to state whether you contest, or not contest to claim either in part or in full and if contest to receive direction of the Court as to the date of which your written statement is to be filed, the witness upon whose evidence you intend to rely in support of your defence, are to be produced, the document upon which you intend to rely on are to filed, also the date of trial and other matters.

Take notice in the event of your admitting the claim either in full or in part, the Court will forthwith pass judgement accordance with such admission or in the event of the claim not being contested, the same shall be decided at once.

Take notice that in default of your appearance on the date and time above mentioned, the suit will be

Given under my hand and the seal of this Court on this 5th day of Nov., 2024.

By Order of Court Sd./-NAZIR **District & Sessions Court** 

A & N Islands

#### LOST

I, R. Praveen lost my student transfer certificate issued from Govt. Model Sr. Sec. School in between Aberdeen Bazar & Delanipur. Finder may Contact No. 9933268272

#### TO LET

2 BHK & 1 BHK RCC Flat Fully Tiled at a Prime Location is available for Rent with Front Room. Bedroom Attached Bathroom & kitchen with 24 hrs. Water Supply Near Supply lane. Contact Ph No: 9933261808 / 9531937831 / 8900918799

#### FOR SALE

Maruti Swift ZXI, R Serial, Run 50,000 Km good condition with Android Music System, Location: Near Veg Market, Bhatu Basti. Contact No.: 7695093220, 9933276417

#### **WANTED HOME TUTOR**

Wanted a Home Tutor for Teaching Primary Classes at Shiv Colony, Dollygunj Contact No: 8250799760 / 9732470155

#### **FOR RENT**

3 Shop Rooms below HDFC Bank, Garacharma, Contact No. 9933223795 / 9933271709

# 🖸 Garacharma, Sri Vijaya Puram 744105

R.C. No. 426/2024/DC(SA)/2949 OFFICE OF THE DEPUTY COMMISSIONER **SOUTH ANDAMAN DISTRICT** 

#### **PUBLIC NOTICE**

Sri Vijaya Puram, dated the 18th December, 2024. This is for the information of the general public that SMTI. S PUNYAVATHI, W/o DEVA RAJU, R/o Buniyadabad requested the Deputy Commissioner (SA) for correction of her name as "S PUNYAVATHI" instead of "PUNIYAVATHI" in the revenue records in respect of land bearing Sy. No. 175/5 measuring an area of 0.0170 hects., situated at Dollygunj Village under Sri Vijaya Puram Tehsil.

If any person is having any claims or objections in the above subject matter, they shall submit their claims / objections before this Court within 15 days from the date of publication in persor or through authorized agent alongwith all relevant records.

> **Reader to Deputy Commissioner** South Andaman District

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#### **WANTED**

#### MANAGER FOR HOME STAY

Experience: Must be skilled in handling Reservations and managing guest Contact: 9679556599 / 09434261271 requirements.



# 11<sup>th</sup> Death Anniversary



#### Late S.A. RAMASWAMY

(Higher Grade Clerk) APWD 06.02.1934 - 24.12.2013

"Although you may be gone, the love & warmth of your presence are still around us.

We remember you with love & gratitude on this Solemn day"

"In the Depths of our sadness, we find solace in Remembering how beautiful person you were. your memory within us will live on forever.."

Inserted by: Kathirvel & Devarajan Family, Sree Bhuvaneswari Jewellery Staffs. Hotel Honey Hive Staff and All Family Members.

#### Experienced Only Can Apply Share Your Resume with Passport Size Photo EMAIL: roja@naveentravelmake.com

STAFF REQUIREMENT

**TOUR COORDINATOR: 01 (Male Experienced)** Good Communication Skills in Tamil and Hindi.

Experienced Only Can Apply

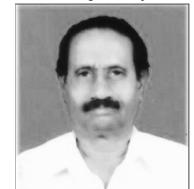
**DRIVER: 02 (Male Experienced)** Good Communication Skills in Tamil and Hindi.

ADDRESS: Shop No. 11, ATS Complex, ATR Road, Garacharma, Near SBI ATM.

WHATSAPP: 9679575801 / 03192-250407

## **10<sup>th</sup> Death Anniversary**

On 24.12.2024 In loving memory of



#### LATE C.M.SUKUMARAN

Retd. SENIOR ACCOUNTS OFFICER, DAB OFFICE, SRI VIJAYA PURAM Inserted by: Smti K.S.Nalini (Wife), S.Rajesh, S.Rateesh & S.Ranish (Sons), V.Leena. K.T Binu & Leena (Daughter-in-laws), R.Aditya, R.Ashwin, R.Anirudh & R.Adhira (Grandsons & Grand Daughter) and all Friends & relatives.

# **OBITUARY**



#### **A.MUTHURAMAN**

Prop. A.Kumarappan & Brothers. Buniyadabad, Sri Vijaya Puram DOD: 21-12-2024

We, the President, Secretary and All members f Grain Dealers and Grocers Association express our deepest condolence on the sudden and untimely demise of A.MUTHURAMAN, age 86 years, proprietor of A. KUMARAPPAN & BROTHERS, Buniyadabad, Sri Vijaya Puram.

We pray the almighty to give courage and strength to the bereaved family members to bear this irreparable loss.

Inserted by: All Members of Grain Dealers and Grocers Association, Sri Vijaya Puram

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