

**Health Advisory**  
Use less oil for a healthier heart

Since 1920s the Oldest Daily...

# The Daily Telegrams

...the Largest Circulating Daily of the Islands

Partly cloudy sky and dry weather is likely over Sri Vijaya Puram. Maximum and Minimum temperature will be around 31.2°C and 25.7°C respectively on Tuesday 11/02/2025.  
Maximum Temperature (°C) of Date: 31.0  
Minimum Temperature (°C) of Date: 25.8  
Relative Humidity (%) at 0830 IST : 071  
Relative Humidity (%) at 1730 IST : 070  
Sunrise time on 11.02.2025 (in IST): 0542  
Sunset time on 11.02.2025 (in IST): 1725  
Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.0  
Rainfall upto 1730 hrs of date in mm: 000.0  
Rainfall (Progressive total from 1<sup>st</sup> January 2025 upto 0830 hrs (of date) in mm: 074.2 mm



Regn. No. 34190/75

No. 41

Sri Vijaya Puram, Tuesday, February 11, 2025

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

## Prime Minister Shri Narendra Modi interacts with students during Pariksha Pe Charcha 2025

### Students are not robots, studies are for holistic development, they should have freedom to explore their passions: PM

### Exams are not everything, knowledge and exams are not the same thing

New Delhi, Feb. 10 (PIB)

The Prime Minister, Shri Narendra Modi interacted with students at Sunder Nursery, New Delhi today during the 8<sup>th</sup> edition of Pariksha Pe Charcha (PPC). The Prime Minister in an informal interaction with the students from across the country discussed a host of topics. He distributed sweets made of Til (sesame) which is traditionally served during winters to keep the body warm.

#### Nourish to Flourish

On the topic of Nutrition, Shri Modi remarked that the United Nations had declared 2023 as the 'International Year of Millets' and promoted it across the world on a proposal from India. He added that the Government of India strongly urged that there should be a lot of awareness regarding nutrition, as proper nutrition helps prevent many diseases. The



Prime Minister highlighted that Millets were known as a superfood in India. He added that in India, most things like crops, fruits were linked to our heritage and cited an example where every new crop or season was dedicated to God and festivals were celebrated in most places across India. He further mentioned that the offerings to the God were distributed as Prasad. Shri Modi urged the children to eat seasonal fruits. He encouraged the children to avoid Junk food, oily food and food products made of Maida. Touching upon the importance of how to eat food correctly, the Prime Minister encouraged the children to chew their food at least 32 times before swallowing. He also shared tips to the children to take small sips of water and savor its taste, whenever they drink water. On the topic of eating the right food at the right time, Shri Modi citing the example of farmers, said that they had a hearty breakfast in the morning before going to the fields and completed their supper before the sunset. He

encouraged the students to follow similar healthy habits.

#### Nutrition and Wellness

Discussing Wellness, the Prime Minister underlined that absence of wellness does not mean that one is healthy, and urged the children to focus on wellness. He added that the right amount of sleep was important to ensure the fitness and wellness of the body. He mentioned that there were many research projects being conducted on the importance of sleep in human wellness. Shri Modi, stressing on the importance of sunlight for the human body, encouraged the children to cultivate a daily habit of soaking in the morning sunlight for a few minutes. He also told them to take deep breaths standing under a tree right after the sunrise. The Prime Minister summed it up by informing that for an individual to progress in life, the importance of nutrition lies in what, when, how and why one eats.



should not be swayed by daily external influences like newspapers or TV, but rather should be steadily cultivated over time. The Prime Minister pointed out that many people often let their minds wander without direction. He advised them not to be frivolous in their decisions and make up their mind to find stillness on something which will help them to tackle the challenges.

#### The Art of Leadership

On being asked by a student to share tips on effective leadership, Shri Modi said that outer appearance does not define a leader but a leader is one who leads by setting an example for others. To achieve this, he said that individuals must change themselves, and their behavior should reflect this change. "Leadership is not imposed, but accepted by those around you", said the Prime Minister. He remarked that

(Contd. on Page 2)

#### Mastering Pressure

On the topic of Mastering Pressure, the Prime Minister remarked that it is unfortunate how our society has ingrained the idea that not scoring high marks in school exams like 10<sup>th</sup> or 12<sup>th</sup> means life is ruined. This, he said, added to the pressure on the children. Citing a reference to the batsman's concentration on the ball in a cricket match, Shri Modi encouraged the children to evade the outside pressure like the batsman and focus and concentrate on their studies only which would help them overcome the pressure.

#### Challenge Yourself

Asking the students to be well prepared and keep challenging themselves every time, the Prime Minister remarked that many people do not fight their own battles against themselves. He remarked on the importance of self-reflection, urging individuals to frequently ask themselves what they can become, achieve, and what actions will bring them satisfaction. He highlighted that one's focus

## 5<sup>th</sup> Finance Commission to UT of A&N Islands holds meeting with elected representatives of Swaraj Dweep



Sri Vijaya Puram, Feb. 10  
The 5<sup>th</sup> Finance Commission to UT of A&N Islands led by its Chairman, Shri Anil Kumar Jha, currently on visit to A&N Islands, today held meeting with the elected representatives of Swaraj Dweep in the Conference Hall of Dolphin Resort, to discuss about various developmental issues in the Islands and role of Panchayati Raj Institutions in the development works of the area.  
After the meeting, the

Finance Commission visited Govt. Sr. Secondary School Swaraj Dweep, Health and Wellness Centre, Swaraj Dweep,



ANIIDCO Ice Plant and Water Treatment Plants near Primary School Kalapathar, Govind Nagar and one near

PMAY-G Cluster at Shyam Nagar. Tomorrow (Feb.11), the Commission will hold meeting with PRIs at Shaheed Dweep.

## Kriti Craft Exhibition to be organized at TGCE Hall on Feb.11 & 12

Sri Vijaya Puram, Feb. 10  
Celebrating the craftsmanship of local youth, Dr. B. R. Ambedkar Institute of Technology (DBRAIT) is organizing a Craft Bazaar named 'Kriti',

showcasing the creative talents of Skill Development Program (SDP) Trainees of Fashion and Apparel Designing Course on 11<sup>th</sup> & 12<sup>th</sup> February, 2025 from 3 pm to 7 pm at TGCE Hall, Middle

Point.  
Ms. Smitha R, IAS, Secretary (Power), A&N Administration will inaugurate the Exhibition-cum-Bazaar at 3 pm tomorrow. The exhibition will

(Contd. on last page)

## 'Pariksha Pe Charcha' prog. screened live at DBRAIT

Programme screened in all Schools across A&N Islands



Sri Vijaya Puram, Feb. 10  
The 'Pariksha Pe Charcha' - 2025 programme was screened live in the conference hall of DBRAIT, Sri Vijaya Puram today by the Education Department of A&N Administration. School students from different schools of town witnessed the live 'Pariksha Pe Charcha' programme, drawing inspiration from the

motivational words of the Hon'ble Prime Minister. About 300 students of class 10<sup>th</sup> and 12<sup>th</sup> from various schools of Sri Vijaya Puram who will be appearing for the board exams witnessed the programme and were motivated through the enriching words of our Hon'ble Prime Minister.

The highlight of this years'



programme was Ms. Akshara J Nair from PM SHRI, School Campbell Bay interacting with the Hon'ble Prime Minister at Sunder

Nursery, New Delhi along with 35 students selected across India.

Two students each namely Ms. S. Varsha Rani of Govt.

(Contd. on last page)

## Circuit Court from Feb.17 to March 3

Sri Vijaya Puram, Feb. 10

Hon'ble Justice Aniruddha Roy and Hon'ble Justice Bibhas Ranjan De, Judges of the Calcutta High Court shall be sitting/holding Circuit Court at Port Blair from 17-02-2025 to 03-03-2025 (both days inclusive), a press release from Registrar said.

**Leprosy is not a sin, it is a Bacterial disease**



# Prime Minister Shri Narendra Modi interacts with students during Pariksha Pe Charcha 2025.....

(Contd. from Page 01)

preaching to others will not earn acceptance; it is one's behavior that is accepted. He cited an example, noting that if one gives a speech on cleanliness but does not practice it, they cannot be a leader. Shri Modi emphasised that teamwork and patience are essential for leadership. He underlined that when delegating tasks, it is important to understand the challenges faced by the team members and helping them through difficulties will build their confidence and trust in leadership. The Prime Minister illustrated this by sharing a childhood story about a child holding a parent's hand at a fair. The child preferred the parent to hold their hand, ensuring a sense of security and trust. This trust is a significant strength in leadership, he emphasised.

### Beyond Books - 360° Growth

On the topic of balancing hobbies with studies, while the general belief is that academics is the only path to success, the Prime Minister stated that students are not robots and emphasized the importance of holistic development. He noted that education is not solely for advancing to the next class but for comprehensive personal growth. Reflecting on the past, he highlighted how the lessons from early schooling like gardening might have seemed irrelevant, but they contribute to overall development. The Prime Minister urged parents and teachers not to confine children to a rigid academic environment, as this stunts their growth. He added that children need an open environment and activities they enjoy, which in turn enhances their studies. He emphasized that exams are not everything in life, and told students that adopting this mindset will help convince families and teachers. The Prime Minister also clarified that he is not advocating against reading books; rather, he emphasized the importance of acquiring as much knowledge as possible. He remarked that exams are not everything and that knowledge and exams are two different things.

### Finding Positives

The Prime Minister remarked that people often question advice given to them, wondering why it was said and if it reflects a flaw in them. This mentality hinders one's ability to help others. Instead, he advised identifying the good qualities in others, such as singing well or dressing neatly, and discussing these positive traits. This approach shows genuine interest and builds rapport. He further suggested offering assistance by inviting others to study together. The Prime Minister also highlighted the importance of developing the habit of writing. He noted that those who develop the habit of writing would capture their thoughts effectively.

### Find your Uniqueness

Recounting an incident in Ahmedabad where a child was about to be expelled from school for lack of attention, the Prime Minister said however, the child excelled in a tinkering lab and won a robotics competition, showcasing unique strengths. The Prime Minister emphasized that it is the teacher's role to recognize and nurture unique talents and strengths of children. Shri Modi proposed an experiment for self-reflection and understanding relationships. He suggested recalling 25-30 childhood friends and writing their full names, including their parents' names. This exercise often reveals how little we know about those we consider close friends. The Prime Minister encouraged identifying positive traits in people and cultivating the habit of finding positivity in others. This practice, he noted, would be beneficial for personal growth.

### Master your time, Master your life

On being asked by a student about time management, Shri Modi pointed out that everyone has 24 hours in a day, yet some people accomplish a lot while others feel nothing is achieved. He highlighted the importance of time management, noting that many lack an understanding of how to utilize their time effectively. The Prime Minister advised being mindful of time, setting specific tasks, and reviewing progress daily. He also emphasized the importance of focusing on subjects that are challenging rather than avoiding them. He cited an example of how to take up the subject which one feels difficult first and tackle it head on. By taking on these challenges with determination, individuals can overcome obstacles and achieve success. Addressing the issue of distractions caused by various ideas, possibilities, and questions during exam time, the Prime Minister remarked that students often do not truly know themselves and engage in conversations with friends, making excuses for not studying. He noted that common excuses include being too tired or not in the mood. The Prime Minister highlighted that such distractions, including those from phones, hinder focus and academic performance.

### Live in the moment

The Prime Minister emphasized that the most valuable thing is the present moment. Once it passes, it is gone, but if lived fully, it becomes a part of life. He highlighted the importance of being mindful and appreciating the moment, such as noticing a gentle breeze.

### The Power of Sharing

On the topic of coping with anxiety and depression while managing their studies, Shri Modi said the issue of depression often starts with feeling disconnected from family and gradually withdrawing from social interactions. He emphasized the importance of expressing inner dilemmas openly to prevent them from escalating. The Prime Minister highlighted the traditional family structure, where open communication with family members acted as a pressure release valve, preventing emotional build-up. He reflected on how his teachers worked hard to improve his handwriting, which deeply touched him and emphasized the impact of genuine care from educators. The Prime Minister noted that this care and attention can greatly influence a student's well-being and academic performance.

### Follow your interests

Shri Modi addressed parental pressure on children to choose certain careers. He remarked that parents' expectations often stem from comparing their children to others, which can hurt their ego and social status. He advised parents not to showcase their children as models everywhere, but to love and accept their strengths. He cited the previous example of a child who excelled in robotics after being on the verge of expulsion from school, illustrating that every child has unique talents. He also cited the example of cricket legend Sachin Tendulkar. The Prime Minister encouraged parents to recognize and nurture their children's strengths, even if they are not academically inclined. He emphasized the importance of skill development and mentioned that he would have chosen the Skill Development Department if he were not the Prime Minister. By focusing on their children's abilities, parents can reduce the pressure and help them thrive.

### Pause, Reflect, Reset

The Prime Minister illustrated how focusing on identifying different sounds can help in concentrating. He shared that practicing breathing exercises, such as Pranayama, can generate a different kind of energy, helping to manage anxiety. The Prime Minister provided a technique to balance breathing through both nostrils, which can bring the body under control in seconds. He mentioned how learning about meditation and breath control can alleviate stress and help maintain focus.

### Realising your potential, Achieving targets

Addressing the concern of staying positive and finding happiness in small victories, Shri Modi highlighted that sometimes people become negative due to their own thoughts or the influence of others. Interacting with a student who aimed for 95% in the 10<sup>th</sup> grade but achieved 93%, which led to disappointment, the Prime Minister considered this a success and congratulated the student for setting a higher target. He emphasized that targets should be ambitious yet realistic. Shri Modi encouraged viewing achievements from a positive perspective, understanding one's strengths, and appreciating the effort put into reaching close to the target.

### Every Child is Unique

On the topic of maintaining good health during exams, the Prime Minister remarked that the primary issue lies less with students and more with their families. He highlighted that many parents pressure their children to pursue specific careers, like engineering or medicine, despite the child's interests in fields like art. This constant pressure leads to a life of stress for

the child. He urged parents to understand and recognize their children's abilities and interests, monitor their progress, and provide support. For instance, if a child shows interest in sports, parents should encourage and motivate them by taking them to watch sports events. The Prime Minister also addressed teachers, urging them to avoid creating an environment where only top-performing students receive attention while others are neglected. He emphasized the importance of not comparing students and encouraging each child's unique abilities. He reminded the students to strive for improvement and perform well, but also recognize that academics is not everything in life.

### Self - Motivation

On the topic of self- motivation, the Prime Minister advised never to isolate oneself and emphasized the importance of sharing thoughts and seeking motivation from family or seniors. He suggested challenging oneself with small goals, such as cycling 10 kilometers, to build confidence and enjoy the sense of accomplishment. Shri Modi highlighted that these small experiments with oneself help overcome personal limitations and live in the present, allowing the past to remain in the past. The Prime Minister stated that he finds motivation from the people - 140 crore Indians. He shared that while he authored "Pariksha Pe Charcha," individuals like Ajay in their villages are transforming it into their poetry. This makes him feel that he should continue such work, as there are many sources of motivation around us. On being asked about Internalising things, Shri Modi advised that merely contemplating advice, such as waking up early, is not enough without implementation. He emphasized the importance of applying learned principles practically and refining oneself through personal experimentation. The Prime Minister illustrated that by making oneself a laboratory and testing these principles, one can truly assimilate and benefit from them. Shri Modi highlighted that most people compete with others rather than themselves, often comparing themselves to those who may be less capable, which leads to disappointment. He emphasized that self-competition builds unwavering confidence, whereas comparing oneself to others can cause discouragement.

### Failure as fuel

On the topic of how to overcome failure, Shri Modi remarked that even if 30-40% of students fail in their 10<sup>th</sup> or 12<sup>th</sup> grades, life does not come to an end. He emphasized the importance of deciding whether to succeed in life or only in academics. He advised making failures one's teacher, using cricket as an example where players review their mistakes and strive for improvement. The Prime Minister urged viewing life holistically, not just through the lens of exams. He highlighted that differently-abled individuals often possess extraordinary strengths and that everyone has unique capabilities. He stressed the importance of working on these strengths rather than focusing solely on academic achievements. He stated that in the long run, it is one's life and abilities that speak for success, not just academic marks.

### Mastering Tech

Emphasising that we are all fortunate, and especially so in an era where technology is widespread and impactful, the Prime Minister remarked that there is no need to shy away from technology, but instead, individuals should determine whether they spend their time on non-productive activities or delve deeper into their interests. By doing so, technology will become a strength rather than a destructive force. Shri Modi highlighted that researchers and innovators develop technology for the betterment of society. He urged people to understand and optimally utilize technology.

On being asked how to give one's best in any task, Shri Modi emphasized the importance of continuous improvement, stating that the first condition for doing one's best is to strive to be better than yesterday.

### How to Convince Your parents?

Addressing the dilemma of choosing between following family advice or personal interests, Shri Modi remarked that it's important to acknowledge family suggestions and then persuade them by asking how to proceed with their advice and seeking their assistance. By showing genuine interest and discussing alternative options respectfully, families may gradually understand and support one's aspirations.

### Dealing with Exam Pressure

Discussing the common issue of students not finishing their exam papers on time, leading to stress and pressure, the Prime Minister advised thorough practice with previous exam papers to learn how to write concise answers and manage time effectively. He highlighted the importance of focusing on questions that require more effort and not spending too much time on questions that are difficult or unfamiliar. He emphasized that regular practice helps in better time management during exams.

### Caring for Nature

The Prime Minister addressed climate change and commended the young generation for their concern about it. He noted that much of the development in the world has led to a culture of exploitation, where people prioritize personal gain over environmental protection. Shri Modi mentioned Mission LiFE (Lifestyle for Environment), which promotes a lifestyle that protects and nurtures nature. He shared cultural practices in India, such as apologizing to Mother Earth and worshipping trees and rivers, which demonstrate respect for nature. He also highlighted the campaign "Ek Ped Maa ke Naam," encouraging people to plant trees in memory of their mothers. This initiative fosters a sense of attachment and ownership, leading to the protection of nature.

### Growing your own Green Paradise

Shri Modi encouraged the students to plant their own trees and suggested practical tips for watering them. He advised placing a clay pot filled with water next to the tree and refilling it once a month. This method helps the tree grow quickly with minimal water usage. The Prime Minister congratulated everyone and expressed his gratitude for their participation.

### Health Advisory for Reduction in Edible Oil Consumption

To maintain a healthy lifestyle and reduce health risks, follow these simple tips for consuming edible oils



Buy Edible Oil in fixed and limited quantity



Use Measuring Spoons



Rotate Different Oils



Avoid Reusing Oil



Limit Butter and Ghee



Eat healthy Stay healthy





No. DCS/CS/28/2024/Vol.II/222 Andaman & Nicobar Administration Directorate of Civil Supplies & Consumer Affairs ***** Sri Vijaya Puram, dated the 10 <sup>th</sup> Feb.,2025				
The prevailing wholesale and Retail Selling Price of Essential Commodities in the local market from 10.02.2025 to 16.02.2025 is as under:-				
Sl. No.	ITEM	BRAND & VARIETY	RETAIL PRICE (RS.Per KG)	WHOLESALE PRICE (RS.Per KG)
1.	Rice	Andhra Ponni Cycle Brand	55.00	50.00
2.	-	Raw Rice Tajmahal/Apple	50.00	45.00
3.	Rice	Ponni Raw Rice Shivaji Brand(VST/LST/SST)	75.00	68.00
4.	Rice	Ponni boil Rice Shivaji Brand (VST/LST/SSLT)	70.00	64.00
5.	-	Ponni Raw Rice VKR Shivaji Brand	96.00	87.00
6.	-	Ponni Boiled Rice VKR Shivaji Brand	94.00	85.00
7.	Wheat Loose	-	49.00	45.00
8.	Atta	Ashirvaad	As per MRP	63.00
9.	Atta Local	KVR	As per MRP	60.00
10.	Atta	Fortune	As per MRP	56.00
11.	Gram Dhal (01 kg)	Loose	99.00	90.00
12.	Tur Dhal (01 kg)	Special	144.00	131.00
13.	Tur Dhal (01 kg)	Chennai	133.00	121.00
14.	Moong Dhal (01 kg)	Quality 1	125.00	114.00
15.	Urad Dhal (01 kg)	Quality 1	146.00	133.00
16.	Urad Dhal (01 kg)	Quality 2	145.00	132.00
17.	Masur Dhal (01 kg)	Quality 1	98.00	89.00
18.	White Muttar (1 kg)	Loose	56.00	51.00
19.	Sugar (1 kg)	Loose	55.00	50.00
20.	Mustard Oil 1 ltrs	Netaji	As per MRP	185.00
21.	Mustard Oil 500ml	Mashal	As per MRP	96.00
22.	Mustard Oil 1 ltrs	Mashal	As per MRP	188.00
23.	Mustard Oil (02 Ltrs)	Mashal	As per MRP	388.00
24.	Mustard Oil (05 Ltrs	Mashal	As per MRP	940.00
25.	Mustard Oil (500 ml)	Shalimar	As per MRP	81.00
26.	Mustard Oil 1 ltrs	Shalimar	As per MRP	160.00
27.	Mustard Oil (02 Ltrs)	Shalimar	As per MRP	320.00
28.	Mustard Oil (05 Ltrs	Shalimar	As per MRP	800.00
29.	Vanaspati Per Ltr	Dalda	As per MRP	170.00
30.	Sunflower Oil Per Ltr	Dalda	As per MRP	147.00
31.	Sunflower Oil Per Ltr	Sunland	As per MRP	150.00
32.	Palm Oil Per Ltr	Roobini	As per MRP	146.00
33.	Mustard Oil 500ml	Fortune	As per MRP	87.00
34.	Mustard Oil 1 ltrs	Fortune	As per MRP	165.00
35.	Mustard Oil 5 ltrs	Fortune	As per MRP	800.00
36.	Tea	BBT 1 kg Packet	As per MRP	535.00
37.	Milk	Everyday Powder 1 kg	As per MRP	600.00
38.	-	Amul Taaza 1 ltr	As per MRP	72.00
39.	-	Amulspray Powder 1 kg	As per MRP	450.00
40.	-	Good Life 1 ltr	As per MRP	72.00
41.	Potato	Chennai	60.00	40.00
42.	Onion	Nasik	70.00	50.00
43.	Tomato	Chennai	80.00	60.00
44.	Salt (Pack)	Saffola 1 kg	As per MRP	31.85
45.	Milk	Go Milk 1 ltr	As per MRP	74.00
46.	-	Go Milk 200 ml	As per MRP	15.00
47.	Jaggery	Loose	76.00	70.00
48.	Egg	-	8.00	7.50
49.	Bajra (Whole) ½ Kg pkt	Loose	As per MRP	-
50.	Jowar (Whole) ½ Kg pkt	Loose	As per MRP	-
51.	Ragi (Whole) ½ Kg pkt	Loose	As per MRP	-
52.	Suji (Whole) ½ Kg pkt	Silver coin	As per MRP	-
53.	Maida (Wheat) ½ Kg pkt	Silver coin	As per MRP	-
54.	Besan½ Kg Pkt	Number One/ Fortune	As per MRP	-
55.	Cow Ghee	Amul/RVC	As per MRP	-
56.	Butter (pasteurised)	-	As per MRP	-
57.	Black Pepper(powder) 0.50grm Pkt	Sakthi/Aachi	As per MRP	-
58.	Coriander (powder) 100grm	Sakthi / Aachi	As per MRP	-
59.	Red Chillies (powder) 100 grm	Sakthi / Aachi	As per MRP	-
60.	Cummin Seed(powder) 0.50 grm	Sakthi / Aachi	As per MRP	-
61.	Turmeric (powder). 100 grm	Sakthi / Aachi	As per MRP	-
The rates of the Local Vegetables of the market at Sri Vijaya Puram is uploaded on the website <a href="https://dcsca.andaman.gov.in/">https://dcsca.andaman.gov.in/</a> on a Daily basis.				
Assistant Director (CS&CA)				

### SHRAADH CEREMONY



**DOB-01/01/1955**  
**DOD-02/02/2025**

I express my sincere thanks with gratitude to my relatives, friends and well wisher who stood with me and paid condolence at the time of sad demise of my father **LATE K APPA RAO, Agriculture Asst. (Retd.)** on 02/02/2025 . Kindly treat this as personal invitation to participate in the **SHRAADH CEREMONY** on 12th February 2025 at Municipal Community Hall , near JK Textiles , Pathergudda, Sri Vijaya Puram and pray for his departed soul.


**TIME: 12.00 PM ONWARDS**

**K.MAHENDER (SON)**  
**POLICE RADIO**

### First Death Anniversary

On 11-02-2025 @ Panchang!

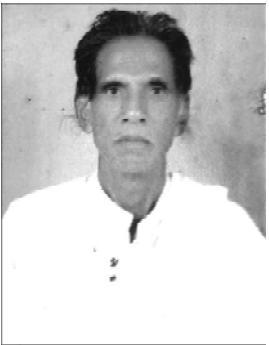
You shall always be remembered



In loving memory of  
**Late SUJEET KUMAR FALIA**  
(10-03-1987 to 23-02-2024) A year has passed, but your love and memories remain forever in our hearts.  
**Fondly remembered by your father, relatives & friends.**

### 3<sup>rd</sup> Death Anniversary

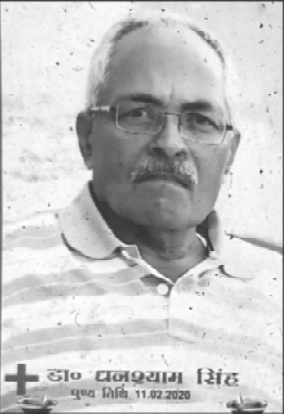
On 11-02-2025



**Late D. NAYAKANNA**  
R/o Bambooflat  
DOB: 01-01-1942 DOD: 11-02-2022  
(Village) Guddi Bhadra  
(Distt.) Srikakulam, Andhra Pradesh  
"Your memories will never fade from our Hearts"  
**Inserted by:** (Wife) Smti. D. Shakuntala, (Sons) D. Thirupathi Rao, D. Yogeswara Rao (Yadav), (Son-in-Laws) T. Bheema Rao, Late G. Vallabha Rao, (Daughters) T. Krishnaveni, G. Padmavathi, all Grandsons and Grand Daughters.

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

On 11<sup>th</sup> February, 2025



**Late Dr. Ghanshyam Singh**  
"Days will pass and turn into years, but you are there in our life in every moment and will remember you with silent tears."  
**Remembered by:**  
Dhanvati Devi (Wife), Vivek (Son), Shivani (Daughter) and all family members.

### 1<sup>st</sup> DEATH ANNIVERSARY


On 11.02.2025

In Loving Memory of

**LATE. K. C. NARAYANAN**  
(R/o CARI Road, Bathu Basthi)

With profound love and deep respect, we remember our beloved father who left us for his heavenly abode on 11.02.2024. Though a year has passed, your love, guidance and cherished memories continue to live in our hearts every day. Your presence is deeply missed, but your blessings and values remain with us forever.  
**Fondly remembered by:** K.C. Savitri (Wife) & all family members.

## SHRADH



With deep reverence and heavy heart, we cordially invite you to join us for the Shradh ceremony of our beloved father **LATE JAGDISH NARAYAN** (Retd. H.T Master, D.S.S) who left for his heavenly abode on 30<sup>th</sup> January,2025 (Thursday).  
The ceremony will be held on 12<sup>th</sup> February,2025 (Wednesday) at his residence Dollygunj, Shiv Colony Junction starting from 12 noon onwards.  
We request you to join us in offering prayer for the peace of the departed soul.  
**Inserted by : Mr. & Mrs. Deep Narayan, Mr. & Mrs. Sandeep Narayan and all family members.**

## 164<sup>th</sup>, URS Celebration

of  
**Hazrat Allama Fazal -E- HAQ Khairabadi (R.A)**  
(Mazar Baba)

will be celebrated at MAZAR PAHAR DARGAH, South Point, Sri Vijaya Puram, Andaman Islands

**on 12<sup>th</sup> February 2025**

**A) Quaran Tilawat from = 7:00 am to 8:30 am**  
**B) Maulood Sharif from = 9:30 am to 10:30 am**  
**C) Lunch from = 11:30 am onwards**

*All are invited to this programme and success on the occasion*

**Inserted by: C. Shajahan Chekku, Goal Ghar, Phone : 8900929796**

## CELEBRATING 22<sup>ND</sup> ANNIVERSARY

Valid From 10<sup>th</sup> Feb to 15<sup>th</sup> Feb

**FLAT 20 % OFF\***  
on wastage charges (V.A) on gold ornaments

**GET 100 % EXCHANGE VALUE**  
on 22ct (91.6)old gold brought from any jewellery

**₹ 3000 LESS PER CARAT**  
ON certified DIAMOND JEWELLERY (EF-IF | VVS1)

## Sree Bhuvaneshwari Jewellery

100 % BIS 916 HALLMARK SHOWROOM

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**From:** Diploma Engineers Welfare Association.

### Happy Superannuation

**Smti. J. Mariamma**  
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5 Myanmarese nationals and 2 engine dinghies engaged in illegal poaching apprehended

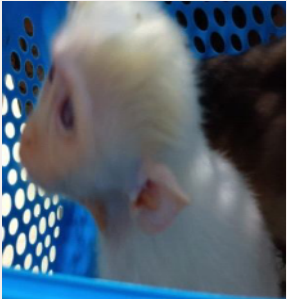
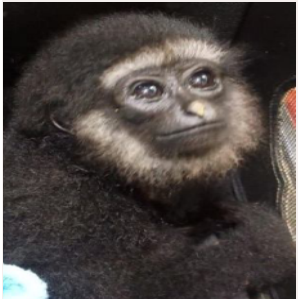
Mayabunder, Feb. 10  
Acting on the credible information regarding illegal poaching activities in Landfall Island, a joint Anti-poaching operation was launched by North & Middle Andaman District and A&N Command with the personnel of LOP East Island, IRBn, PS Diglipur, Indian Coast Guard and Forest. During the operation, initially one Myanmarese engine dinghy was sighted in the creeks of the Landfall Island, the northern most Islands of A&N Islands. Acting swiftly, the team apprehended 1 Myanmarese national who was found to be engaged in poaching activities along with the said engine dinghy. It was inferred that more poachers would be in the jungles and an extensive jungle combing exercise was launched. Subsequently, a thorough jungle search operation was conducted by the joint team of LOP East Island and IRBn at Landfall Island. A sustained search operation led to the



apprehension of 4 more Myanmarese nationals along with 1 more engine dinghy. The team showcased indomitable courage and alertness leading to the apprehension of 5 Myanmarese and 2 dinghies with substantial amount of Sea Cucumber along with Deer Skin and other survival articles like Diving tube, Diesel, Solar Pannel & battery, Mobile Phone, Compass etc. Legal action is being taken in PS Crime & Economic Offences, Sri Vijaya Puram. Search Operation is still going on in the jungles of Landfall Island. The operation stands a testimony to seamless coordination between A&N Police, A&N Command and other agencies. From A&N

Police, the exercise took place under the command of Shri Ankesh Yadav, SDPO Diglipur and overall supervision of Ms. Shweta K Sugathan, IPS, Superintendent of Police, N & M Andaman District. Together, they are committed to protect and safeguard the Islands and its resources from the threats of illegal elements. The general public have been requested to pass and share any credible information pertaining to any crime or illegal activities to their nearest Police Station or over phone No.100, 112 & 03192-273344. The identity of the informers will be kept secret and will also be suitably rewarded, a press release from SP (N&MA) said.

Forest and Custom Officials apprehend two Singapore Nationals for transportation of wildlife species at VSI Airport



Sri Vijaya Puram, Feb. 10  
The Forest Officials with the support of officials of the customs, Veer Savarkar International Airport & Staff of Air Asia, Sri Vijaya Puram detected a wildlife offence at Veer Savarkar International Airport on Feb.8, 2025, wherein two Singapore Nationals involved in transportation of four Nos. Agile Gibbon (infants) & four Nos. Pig

Tale Macaque (infants) were apprehended. As the foreign Nationals had violated the Endangered Species Act (ESA), 1973 & as well as Convention of International Trade & Endangered Species (CITES) and Schedule IV of Wildlife (Protection) Act, 1972 as such, the wildlife articles were seized and the Foreign Nationals have been arrested.

The seized wildlife species have been sent to Animal Quarantine facility at Biological Park, Chidiyatapu. Information with regards to illicit trade, if any, may be brought to the notice of the Deputy Conservator of Forests, Wildlife Division, Haddo over phone 03192-245229, a press release DCF, Wildlife Division said.

Training prog. on scientific bee keeping being organized at Diglipur

Diglipur, Feb. 10  
The Zonal Agriculture Office Diglipur, Department of Agriculture, A&N Administration in collaboration with the National Bee Board, Department of Agriculture & Farmers Welfare, New Delhi is organizing a two-days District Level Training Programme on 'Scientific Bee Keeping- Role of Bees in Agriculture and its Economics' from today at Diglipur. The programme was inaugurated by the chief guest, Shri Vasant Prasad Dabholkar, IAS (P) Assistant Commissioner, Diglipur in the presence of guest of honour, Shri Dipankar Mistry, Pramukh, Panchayat Samiti in the Conference Hall of GPOA Building, Diglipur today. In his address, the chief guest, emphasized on the vast rich bio-diversity available in the Islands with extensive forest



cover and favorable climatic conditions, offering a great scope for exploring on this aspect. The guest of honour shared his insights with the participants and emphasized on preservation of honey bees for increased agricultural production. Smti Shirley Thomas, Joint Director (Agri), N & M Andaman briefed about Beekeeping, Dr. V. Damodaran, Sr. Scientist and Head KVK, North & Middle Andaman also spoke on the occasion. Smti Anita Mondal, Pradhan, Keralapuram Gram Panchayat and Shri Swapan Kumar Das, Pradhan, Gandhinagar also participated in the program.

Earlier, welcoming the gathering, Smti Arti Singh, Assistant Director (Agri) Diglipur briefed the participants about the objective of the training. Altogether, 109 participants, including Progressive Farmers, SHG members and Departmental extension functionaries of N & M Andaman District actively participated in the training programme, gaining valuable insights into scientific beekeeping techniques. The programme ended with vote of thanks proposed by Smti Seena Pillai S. J, Agriculture Officer (I/c), a press release from Agriculture Department said.

National De-worming Day observed in Isles

Sri Vijaya Puram, Feb. 10  
National De-worming Day was observed in all the Schools including Private Schools and Anganwadi Centers across the Union Territory today. To mark the event, a State Level Program was organized by the Directorate of Health Services in association with UT Health Mission and in close coordination with Directorate of Social Welfare, Directorate of Education today in the Conference Hall of Govt. Senior Secondary School, Mohanpura with the ultimate aim to cover children between the age of 01 to 19 years through schools and Anganwadi centers as a fixed day approach. Dr. Anil Agarwal, Secretary (Health)/Mission Director (NHM) graced the occasion as chief guest while the Director of Education was the



guest of honor. In his address, Dr. Anil Agarwal emphasized on monitoring personal hygiene, washing hand before eating and after defecation with soap and water, wearing shoes/slippers, washing fruits and vegetables to prevent worm infestation and also the need for the students, teachers and parents to understand the importance of this program. During the program, Dr. Avijit Roy, Joint Secretary (RCH-II) in-charge, delivered the keynote address. Dr. H.M. Siddaraju, Director of Health Services (i/c) expressed his views about the importance of

the day along with efficacy of tab Albendazole without serious side effect. Children were administered with the tablet Albendazole by the guests to mark the start of the program. The program was attended by the Programme Officers of DHS, Medical Officers of RBSK Team, Health Educators, ANMs, AWWs, Mukhya Sevikas, Teachers and students of Govt. Senior Secondary School, Mohanpura. The program concluded with vote of thanks by Shri P. Yusuf, Health Educator, DHS, a press release from DHS said.

Admission to 1<sup>st</sup> Year B.Sc in Hospitality & Hotel Administration course reserved for A&N Islands students at IHM Chennai

Sri Vijaya Puram, Feb. 10  
The Principal, Institute of Hotel Management Catering Technology & Applied Nutrition (IHM), IV Cross Street, CIT Campus, TTTI-Taramani, Chennai vide letter dated 06.02.2025 has informed that National Council for Hotel Management and Catering Technology (NCHMCT), the umbrella organization of Ministry of Tourism, GoI, Noida, UP has reserved 10 seats for the Academic Year 2025-26 for admission to 1<sup>st</sup> Year B.Sc in Hospitality & Hotel Administration programme in IHM, Chennai especially for the students belonging to Andaman & Nicobar Islands. The above degree is being awarded by Jawaharlal Nehru University (JNU), New Delhi. As per the guidelines of JNU, all candidates are required to appear for the National Council for Hotel Management Joint Entrance Examination (NCHM JEE-2025) to be conducted by National Testing Agency (NTA) from the Academic Year 2025-26.

The schedule of NCHM-JEE 2025 are as follows:		
a)	Link for submission of online applications	<a href="https://exams.nta.ac.in/NCHM/">https://exams.nta.ac.in/NCHM/</a>
b)	Closing date of submission of Online Applications	15.02.2025 (Upto 05:00 PM)
c)	Last date of successful fee transaction	15.02.2025 (Upto 11:50 PM)
d)	Correction in the particulars of Application Form Online only	17.02.2025 to 20.02.2025
e)	Date of examination	27.04.2025 (Sunday)
f)	Visit Website	<a href="http://www.ihmchennai.org">www.ihmchennai.org</a> / <a href="http://www.nta.ac.in">www.nta.ac.in</a>

Hence, all the students of the UT of Andaman and Nicobar Islands those who are interested for admission to 1<sup>st</sup> Year B.Sc in Hospitality & Hotel Administration programme reserved at Institute of Hotel Management Catering Technology & Applied Nutrition (IHM), CIT Campus, TTI-Taramani, Chennai for the academic session 2025-2026 will have to appear for the National Council for Hotel Management Joint Entrance Examination (NCHM JEE-2025) to be conducted by National Testing Agency (NTA). From the Academic Session 2025-26 onwards, the 10 seats in B.Sc in Hospitality & Hotel Administration course reserved at IHM, Chennai will be allotted by the Administration to the candidates based on the merit of National Council for Hotel Management Joint Entrance Examination (NCHM JEE-2025) conducted by National Testing Agency (NTA) and as per the distribution criteria/formula fixed by the Govt. of India, Ministry of Home Affairs.

The details such as eligibility/duration/timings/medium/fee of examination/exam cities/important dates/Information Bulletin etc. relating to NCHM JEE-2025 exam are available on the website <https://exams.nta.ac.in/NCHM/> and [www.nta.ac.in](http://www.nta.ac.in), a press release from Assistant Secretary (Hr Edn) said.

Mini Reproductive & Child Health Camp organized at Rutland

Specialists rendered services to needy patients; more than 110 patients benefited from the camp

Sri Vijaya Puram, Feb. 10  
Under RCH-II Programme, a Mini Reproductive & Child Health Camp was organized at Bada Khadi, Rutland Island under PHC Manglutan on Feb.8, 2025 by the Union Territory Health Mission, A&N Islands in association with the Directorate of Health Services, A&N Administration & ANIIMS. During the Camp, Specialists viz. Dr. Sanjiv Chand (Joint Secretary NOHP), Dr. Bibin George (Medical Specialist), Dr. Krishna Raj (Ortho Surgeon), Dr. Reema Dakua (Pediatrician), Dr. Raju (Gynecologist), Dr.



Sattien (ENT Specialist), Dr. Shebin, JR (Ophthalmology), Dr. Annie Das provided their services to the villagers. Similarly, Dr. Shalini Lall and Dr. Vandana Kumari Singh created awareness on iodine deficiency and iron deficiency disorders. Dr. Bibin George highlighted about the health risk of excessive oil intake,

obesity and cardio vascular diseases. OAE (Hearing) test was conducted for the children. Haemoglobin and blood sugar test was done for all the participants. IEC materials on various health topics were also distributed to the villagers. More than 110 patients were benefited during the camp, a press release from DHS said.

'Pariksha Pe Charcha' prog. screened...

(Contd. from page 1)

Girls Sr. Sec. School, Sri Vijaya Puram and Mr Mohd. Ayaan of Govt. Model Sr. Sec. School Aberdeen had attended in the 6<sup>th</sup> session at Mumbai and two students namely Ms. Akshara J Nair from PM SHRI, School Campbell Bay and Mr. G. Tejeesh of Nirmala Sr. Sec School were selected for the final session for 8<sup>th</sup> Edition of PPC-2025 at New Delhi to participate in the Pariksha Pe Charcha-2025 at New Delhi. These students had the privilege of witnessing the Republic Day Parade at Kartavya Path at New Delhi on January 26, 2025.

While interacting with the students, Principal SIE & Nodal Officer, 'Pariksha Pe Charcha', Smt. Sangeeta Chand said that it's a privilege that in A&N Islands, 90 % of the students had registered for the 8<sup>th</sup> edition of 'Pariksha Pe Charcha' due to which, four students, two each were selected to travel to Mumbai & Delhi.

An online interaction with Ms. Akshara J Nair from PM SHRI, School Campbell Bay was also arranged for the benefit of the students present in the Conference Hall, wherein Ms Akshara shared her experience meeting & interacting with Hon'ble PM Modi Ji along with other students. She also interacted with the students and answered queries raised by the students present in the Conference Hall.

Simultaneously, elaborate arrangements were also made by the Education Department for the live screening of the programme in all the Schools spread across the Islands. Altogether, 37702 participated including Students, Parents and Teachers from Schools of A & N Islands witnessed the live streaming of 'Pariksha Pe Charcha' 2025, a press release from Principal, SIE said.

Kriti Craft Exhibition to be organized at...

(Contd. from page 1)

showcase a diverse range of handmade garments, Handicraft and Artworks comprising intricate and exquisite pieces of stylish and vibrant garments. The Craft Bazaar will be open for general public for witnessing the treasure of unique, handcrafted creations by the talented trainees of SDP, a press release from DBRAIT said.

Power suspension in city area

Sri Vijaya Puram, Feb. 10

Electricity consumer and general public have been informed that power supply will remain suspended in the following area on 12.02.2025 and 15.02.2025 from 0700 hrs to 1200 hrs in connection with replacement of rusted channels of electric poles near Maruti Workshop at Garacharma. The Panther-I and Panther-2 transmission lines, along with the Garacharma and Dollygunj feeders will be shut down during the above mentioned work.

Date	Area affected	Timing	
		From	To
12.02.2025 (Wednesday) and 15.02.2025 (Saturday)	Agency House, Garacharma complete & 5 MW Solar Power Plant area, Part of Garacharma, Dollygunj, Attam Pahad, Old Pahargaon, ICMR Colony area, part of Minnie Bay.	0700 Hrs.	1200 Hrs.

The aforementioned time is tentative. If the work is completed before the scheduled time, the feeder/line will be recharged accordingly.

For further inquiries, visit the Electricity Department's website at <https://vidyut.andaman.gov.in>. Consumers facing any issues related to power supply may call the Toll-Free Number 1800-345-1111 to register their complaints, a press release from Electricity Department said.

Firing practice by Coast Guard

Sri Vijaya Puram, Feb. 10

Firing practice will be carried out by Coast Guard at Chinthe Long Range on Feb. 13 and 20, 2025 from 9.30 am to 5 pm. All concerned have been warned to keep themselves and their vehicle and livestock away from the firing area during the mentioned date and time, a press release from ICG said.

XXVI Vice President of India Cup Soccer Championship 2024-25

Car Nicobar, Feb. 10

The XXVI Vice President of India Cup Soccer Championship 2024-25 is underway at the BJR Stadium, Tamaloo, Car Nicobar. The opening match was played today between Chowra and Nancowrie which ended in 1-1 draw. The second match, between Little Andaman and Rangat, also ended in a goalless (0-0) draw. The third match of the day, between Sri Vijaya Puram and Mayabunder, was an exciting encounter, with Sri Vijaya Puram emerging victorious by 6-1.

Tomorrow (Feb.11), Chowra will play against Campbell Bay at 1.30 pm and Car Nicobar will play against Diglipur at 3.30 pm, a press release from Education Office, Car Nicobar said.