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Directorate of Tourism
Andaman and Nicobar Administration
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Since 1920s the Oldest Daily...


The Daily Telegrams

...the Largest Circulating Daily of the Islands

Mainly clear sky likely over Port Blair. Maximum and Minimum temperature will be around 32°C and 25°C respectively on Monday 11/03/2024.

Weather Report

Maximum Temperature (°C) of Date: 32.5
Minimum Temperature (°C) of Date: 24.6
Relative Humidity (%) at 0830 IST : 070
Relative Humidity (%) at 1730 IST : 073
Sunrise time on 11.03.2024 (in IST): 0529
Sunset time on 11.03.2024 (in IST): 1730
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 1st January 2024 upto 0830 hrs (of date) in mm: 147.0 mm



Regn. No. 34190/75

No. 69

Port Blair, Monday, March 11, 2024

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

Hon'ble Union Minister of Earth Sciences to arrive on visit to A&N Islands today

Port Blair, Mar. 10

The Hon'ble Union Minister of Earth Sciences, Shri Kiren Rijiju will be arriving here tomorrow (Mar. 11). The Union Minister will lay Foundation Stone for Marine Fish Rearing Facility at Atal Centre for Ocean Science and Technology for Islands (ACOSTI), NIOT, Dollygunj tomorrow. Thereafter, the Union Minister will lay Foundation Stone for New Office Building of Meteorological Centre at Port Blair. On completion of visit, the Union Minister will depart for mainland on March 12.



Solemn function to commemorate the arrival of first batch of freedom fighters to the Islands held at Chatham Memorial

Chief Secretary led Islanders in paying rich tributes to 'Heroes of First War of Independence'



Staff Correspondent

Port Blair, Mar. 10

A solemn function was organised today at the 'Chatham Memorial' to commemorate the anniversary of the arrival of first batch of freedom fighters at Port Blair. The Chief



Secretary, A&N Administration, Shri Keshav Chandra, IAS, led the Islanders in paying rich tributes to the heroes of First War of Independence. The Chief Secretary laid wreath at the Memorial as a mark of respect to the Freedom Fighters. Floral tributes were also offered by the senior Officers of the A&N Administration, members of

Local Born Association besides old inhabitants of these Islands and others at the Memorial.

This day (March 10) commemorates the arrival of the First Batch of Freedom Fighters of 1857 to these Islands. The programme was organized by the Directorate of Art & Culture.

Indian CG - US CG strengthens ties through visit of USCG Cutter Bertholf to Port Blair

Port Blair, Mar. 10

The United States Coast Guard Cutter Bertholf departed from Port Blair, India yesterday, after a successful visit strengthening the partnership between the USCG and Indian Coast Guard (ICG). The four-day visit was aimed to enhance maritime cooperation and interoperability between the two forces.

The visit was marked by a series of engaging harbour activities and sea exercise designed to foster collaboration. The



activities included cross-visits, where crew members from both the Bertholf and ICG had the opportunity to tour each other's ships, gaining valuable insights into their capabilities and

procedures. A friendly badminton competition was also organised, which provided a light hearted opportunity for crews to interact and build camaraderie outside a professional setting.

The center piece of the visit was a comprehensive sea exercise code named "Sea Defenders-2024." This exercise focused on critical maritime security issues and included a variety of scenarios including Pollution Response Demonstration, in which Indian Coast Guard ships and aircraft showcased their expertise in responding to oil spills and other environmental hazards at sea. The exercise also simulated Visit Board Search and

(Contd. on last page)

First round training for election personnel of Ferrargunj Tehsil held at DBRAIT

CEO briefs about roles & responsibilities of personnel engaged in election duty for smooth conduct of elections

Staff Correspondent

Port Blair, Mar.10

As part of the preparations for the ensuing General Elections -2024, the Election Department, A&N Islands is organising series of training programmes for the personnel engaged in Election Duty. In this connection, the first round training for personnel engaged in election duty for Ferrargunj Tehsil was organised today at the DBRAIT auditorium for the Sector Officers, Presiding Officers, First, Second, Third Polling Officials & Polling Assistants. About 440 participants attended the training. The Chief Electoral Officer, A&N Islands Parliamentary Constituency (ANIPC), Shri B S Jaglan, IAS visited the training centre and reviewed the arrangements at Election



Training Centre at DBRAIT Auditorium.

Addressing the trainees on the occasion, the Chief Electoral Officer, reiterated that all personnel engaged in election duty irrespective of their assigned duties have to play a vital role in the smooth conduct of polling on the day of poll. The CEO said, the officials manning the Polling Booth have to complete all the election procedures step by step before the start of the Polling on the Poll day. The Presiding Officers has to maintain the two hourly

poll percentages of their respective Polling Booths which will be collected by the RO Office.

The trainees have to take up the training seriously for the smooth conduct of polling at their respective booth to avoid any hiccups on the poll day, he said. The Chief Electoral Officer sought the cooperation and active involvement of all officials involved in the election process in the conduct of smooth, free, fair & transparent elections in A&N Islands Parliamentary

Constituency. He appreciated the arrangements made by Returning Officer, ANIPC/DC(SA), Shri Arjun Sharma, IAS and Assistant Returning Officer/AC (Settlement), Shri Anand Vardhan Mishra, DANICS. CEO also interacted with the trainers and participants.

In his address, the Returning Officer, ANIPC, Shri Arjun Sharma, IAS said, it is very important for the officials engaged in Election Duty to set up their respective polling booth in a proper manner taking extra care for the VVPAT machine for the smooth conduct of the Election on the poll day. He said, mock polls have to be conducted without fail in the presence of the contesting candidate/agent to the extent possible. The RO further stated that

(Contd. on last page)

Port Blair, Mar. 10

Taking note of the various trends and cases of plummeting levels of political campaign discourse in recently held elections, the Election Commission of India has issued further advisory to all political parties to maintain decorum and utmost restraint in public campaigning and raise the level of election campaigning to "issue" based debate.

The Commission has also put the Star Campaigners and candidates on a 'notice' in case of violations that followed the previously known methodologies during elections to avoid MCC. The Election Commission will assess any indirect MCC violations as per advisory as a fair basis to re-work the notices to be given in terms of time and content in issue in the forthcoming elections. For the General Election to Lok Sabha and General Election to four State Legislative Assemblies, all phases and geographical area of elections shall be the basis to determine "repeat" offences.

While acknowledging the need to keep a balance between the freedom of

expression and level playing field, the advisory noted that the Commission has been following a self-restrained approach since the previous few rounds of elections, presuming that its notice would serve as a moral censure to the candidate or star campaigner. Orders issued by the Commission are carefully crafted to ensure minimal disruption to campaigning activities than outright prohibitions. However, the objective to check on the level of discourse, using MCC notices in a judicious way, akin to a moral censure, may not be misunderstood and repeated in the next election cycle. Additionally, advisory has acknowledged the evolving landscape of information technology and social media platforms has blurred the lines between pre-MCC and the 48-hour silence period, leading to persistent circulation of content across multiple phases of campaigning and even unrelated elections.

Advisory to Political Parties, candidates, and Star Campaigners:



➤ No appeal shall be made on the basis of caste/communal feelings of the electors. No activity, which may aggravate existing differences or create mutual hatred or cause tension between different castes/communities/religious/

(Contd. on last page)

Marathon on the theme 'Votathon' organized as part of SVEEP activity in N&M Andaman District

Mayabunder, Mar. 10

In view of the ensuing General Election to Lok Sabha -2024, as part of SVEEP activity of General Elections to Lok Sabha 2024, a Marathon on the theme 'Votathon' was organized today from Webi School Junction to Netaji Sports Complex, Mayabunder.

The Votathon was flagged off by Shri C.S. Pillai, Tehsildar/AERO, Mayabunder. The official staff of DC's office, staff and students from MGG



College, Mayabunder and participated in the various schools under Votathon. The objective of organizing the votathon was to encourage the voters to participate in the

(Contd. on last page)

MP inaugurates Multi Gym at Humfrygunj Panchayat Complex constructed under MPLADS fund

Port Blair, Mar. 10

The Member of Parliament of Andaman Nicobar Islands, Shri Kuldeep Rai Sharma yesterday inaugurated a new multi-gym facility at the Humfrygunj Panchayat Complex, which was constructed under MPLADS fund. The multi-gym facility was sanctioned by the Member of Parliament after demands raised by youth of the area. Constructed at a cost of 10 lakh rupees, the multi-gym is poised to serve the youth of



Humfrygunj, Wandoor, Hasmatatabad, Chouldari and nearby regions. The facility is expected to cater to the fitness needs of

individuals seeking a healthier lifestyle.

Addressing the gathering, the Member of

(Contd. on last page)

Empowering wellness: Hasgulla Club under Directorate of Social Welfare leading the way to a drug-free society



Port Blair, Mar. 10

The Directorate of Social Welfare remains dedicated to promoting a healthy and drug-free society through its innovative initiative, the Awareness cum Fitness

Programme, commonly referred to as the Hasgulla Club, as part of the "Nasha Mukta Bharat Abhiyaan" (Drug-Free India Campaign). The 29th Awareness Cum Fitness

(Contd. on last page)

Adhyaksh, ZPSA lays foundation stone for two rural roads and inaugurates Vegetable Market at Ferrargunj

Port Blair, Mar. 10

The Adhyaksh, Zilla Parishad South Andaman, Shri. Sanjay Kumar Singh on Mar. 8 laid foundation stones for two rural road works viz. 'Repair & Maintenance of Rural Road from Muthuswamy Pan Shop to New Bimblitan main road at Bimblitan 02 & 04 under Sippighat Panchayat' and 'Construction of Black Top Road from ATR to paddy land culvert at



Caddlegunj, Ward No. 02 Vegetable Market at Ferrargunj on Mar. 8 inaugurated the renovated

(Contd. on last page)

CEO briefs about roles & responsibilities of ...

(Contd. from page 1)

polling kits will be issued to the Polling Teams from Netaji Stadium and they have to check whether all the items are available inside the kit before they leave for their respective Polling Stations.

Initiating the training, the Resource Person, Shri Som Naidu, DANICS (Retd.), through a power point presentation briefed about the roles and responsibilities of the Presiding Officers and the other officials engaged in Election Duty pertaining to conduct of elections in the UTs. He stated that Presiding Officer is the main person from the Commission point of view during the election, particularly on the day of polling for the smooth conduct of voting. As per the election manual, Presiding Officer is the key officer at their respective polling booths where he/she has to oversee the entire arrangement inside the booth. Shri Som Naidu further stated that the polling should start in all the polling booths sharp at 7 AM without fail for which all the Polling Officials have to be in their respective booths early so



as to complete all the formalities including mock polls for the smooth start of the voting on the day of poll.

Shri Amar Kumar Singh, enlightened the participants about Cvigil app which is a mobile application developed by the Election Commission of India (ECI) to enable citizens to report violations of the Model Code of Conduct (MCC) during elections. To report a violation, users simply need to open the app, select the type of violation, and provide details of the incident, including location, time, and photographs or videos. The app also allows users to track the progress of their complaints, he said.

Later, a hands on training on EVM and VVPAT machine was carried out by the Master Trainer, Shri M. Papa Rao. The Presiding Officers and other polling personnel witnessed the demonstration of EVM & VVPAT and also engaged themselves on hands on training for better familiarization with it.

Similar trainings will be held at following centres for AEROs, Master trainers, Sector Officers, Model Code of Conduct teams, FST & SST teams, polling personnel :-

Sl.No.	Date	Location of Training
1.	12.03.2024, (Tuesday) 09.00 AM to 0500 PM	Public Library, Car Nicobar
2.	14.03.2024, (Thursday) 09.00 AM to 0500 PM	Nancowry
3.	17.03.2024, (Sunday) 09.00 AM to 0500 PM	Campbell Bay
4.	21.03.2024, (Thursday) 09.00 AM to 0500 PM	Mayabunder
5.	24.03.2024, (Sunday) (Tentative), 09.00 AM to 0500 PM (Second Round Training)	DBRAIT, Port Blair
6.	26.03.2024, (Tuesday) (Tentative), 0900 AM to 0500 PM (Second Round Training)	DBRAIT, Port Blair

Election Commission of India issues advisory...

(Contd. from page 1)

linguistic groups, shall be attempted.

- The political parties and leaders shall not make false statements, utterances without factual basis aimed at misleading the voters. Criticism of other parties or their workers on the basis of unverified allegations or on distortions shall be avoided.
- No aspect of the private life, not connected with the public activities, of the leaders or workers of other parties is to be criticised. Low level personal attacks to insult the rivals shall not be made.
- No Temples/Mosques/Churches/Gurudwaras or any places of worship are to be used for election propaganda or electioneering. References which ridicule the relations between devotee and deity or suggestions of divine censure shall not be made.
- The political parties and candidates to refrain from any deeds/action/utterances that may be construed as being repugnant to the honour and dignity of women.
- Unverified and misleading advertisements are not to be given in the media.
- Advertisements masquerading as news items are not to be given.
- Social media posts vilifying and insulting the rivals or posts which are in bad taste or which are below dignity are not to be posted or shared.

The Commission has urged all the political parties, their leaders, and the contesting candidates to remain within the confines of the Model Code of Conduct and the legal framework. It has been emphasised that any genres of surrogate or indirect violation of MCC and surrogate means to plumate level of election campaign will be dealt with stern action by the Commission.

Some genres of indirect/surrogate MCC violations as noticed during previous elections are enumerated for ready reference and record:

- Use of inappropriate, abusive at times, vocabulary against star campaigners of other political party(ies).
- False, unquantifiable, unsubstantiated, incorrect, and unverified allegations.
- Slangs conveying divine censure/personal vilification.
- Use of vilifying and demeaning social media posts/ caricature crossing fine line of satire.
- Presenting social media posts out of the context, often to spread misinformation or disinformation.
- Misleading advertisements in garb of news items potent with disturbing level playing field just before days of voting.
- Personal attack on political rivals and ridiculing the candidates of rival parties.
- State Government publishing their welfare schemes in the neighbouring poll going States at opportune time.
- Attempts to lure voters, by luring registration for delivery of promises under nonexistent schemes which is often akin to bribery of voters through false promises.
- Use of name of the candidate to make generalised comments against a group of voters.

Background: Political party leaders designated as "star campaigners" under Section 77 of the Representation of the People Act, 1951, deliver speeches during significant political rallies. It is essential to interpret this within the framework of harmonious and purposive construction, as the Model Code of Conduct (MCC) and statutory provisions of the Act complement each other. Therefore, while enjoying the privileges granted by Section 77, star campaigners also bear the responsibility of upholding the highest ethical standards during election campaigns.

The Chief Electoral Officer, Andaman & Nicobar Islands, Shri B S Jaglan, IAS, has requested the Political Parties, prospective candidates and star campaigners to maintain the above advisory in view of the upcoming General Election to Lok Sabha - 2024 in this UT, a press release from CEO, A&N Islands said.

8th Inter College Youth Festival-'ANCO-Fest SPARDHA 2K24' to begin today

Port Blair, Mar. 10

The 8th Inter College Youth Festival 'ANCO-Fest SPARDHA 2K24' will kick start tomorrow (Mar. 11) wherein more than 4000 students shall be competing for 40 events broadly classified under environmental related activities, painting, entertainment, poetry, photography, cooking and building spirit of

Nationalism. Higher educational institutes of A&N Islands namely JNRM, TGCE, DBRAIT, ANCOL, ANIMS, ALC, DIET and ITI is jointly organizing this mega event. All the institutes shall be hosting the assigned activities in their respective premises by inviting the participants from other colleges.

The festival will begin

with volleyball tournament for boys and girls to be held in the morning followed by other events namely sculpture with waste material, short film & reel making on the theme of 'Save Andaman, Save Beach' and technical poster presentation on the scope of renewable energy & its adoption in rural areas, a press release from DBRAIT said.

Indian CG - US CG strengthens ties through visit...

(Contd. from page 1)

Seizure (VBSS) Operations for inspecting vessels suspected of illegal activity.

During the exercise, Indian Coast Guard helicopter and Dornier aircraft conducted Search & Rescue and Pollution Response demonstrations, showcasing ICG ability in undertaking aerial surveillance and rescue missions. The exercise also included practice to neutralize asymmetric threats, akin to drone attacks on commercial merchant traffic. The exercise also provided a platform for both USCG and ICG personnel to hone their fire fighting and



damage control skills through a simulated scenario, where DCFE teams showcased capabilities to combat shipboard emergencies.

These joint exercises provide valuable training opportunities for both Coast Guards, allowing them to refine their skills and improve their ability to work together in a coordinated manner. The visit of the USCGC Bertholf to Port Blair serves as a powerful symbol of the growing partnership between the US and Indian Coast Guard. Through collaborative efforts, both nations are working towards a safer and secure maritime environment, a press release from ICG said.

Training on 'First Aid Fire Fighting & Disaster Preparedness' conducted at Fire Service Training Centre

Pot Blair, Mar. 10

A three days training programme on 'First Aid Fire Fighting & Disaster Preparedness' was conducted at Fire Service Training Centre, Fire & Emergency Service (HQ) from Mar. 6 to 8 to sensitize Hoteliers and general public. The participants were made aware of various activities of Andaman & Nicobar Fire and Emergency Services i.e Fire Control Room, operational techniques of Water Tender, Rescue Tender & Disaster Management equipments i.e Search & Rescue equipments, Chain Saw, Concrete Cutter, Air Lifting Bag, Combi Tools etc.

A live demonstration on fire fighting by using various fire extinguishers on different types of fire was



also conducted at Fire & Emergency Service (HQ) by involving the participants on the concluding day.

Shri Manjeet, IPS, Superintendent of Police (Fire and Emergency) briefed about the importance of fire safety awareness to the participants. The participants were urged to share/ disseminate knowledge gained through this training programme and take fire safety precautions. The Course Certificates were also

handed over to the participants at the valediction program. The participants appreciated the endeavor of A&N Fire and Emergency Services in capacity building of stakeholders to respond in case of any fire exigency.

Altogether 77 persons participated in the training session. The participants appreciated and expressed their gratitude for building capacity of the individuals to respond any emergency as first line responders, a press release from SP (Fire and Emergency) said.

Empowering wellness: Hasgulla Club under...

(Contd. from page 1)

Program was held at Jogger's Park today, extending a warm invitation to locals for an invigorating morning routine. Guided by Shihan M.S Murgan, an expert in physical fitness and mental health, the session successfully engaged over 20 participants.

A participant shared their experience, expressing appreciation for the Hasgulla Club's positive influence in promoting a healthy society. They specifically noted that the laughter session infused them with positive energy, enhancing their overall sense of well-being.

Dr. Nitin Shakya, Director (Social Welfare), shared profound insights during the event, highlighting the initiative in building a healthy and drug-free society. He also emphasized the transformative power of exercise and meditation helps guide individuals away from drugs while promoting physical and mental well-being.

The Directorate of Social Welfare has invited all interested individuals to join the transformative "Hasgulla Club" program. This initiative provides a unique opportunity to participate in fitness and awareness activities, contributing to a healthier and drug-free lifestyle. The Drug Awareness cum Fitness program is held on every Saturday and Sunday at Jogger's Park, from 6 AM to 7.30 AM, and is open to the general public until the end of March.

For additional information about the Hasgulla Club, individuals who are interested are encouraged to contact Nodal Officer (Prohibition) at Department of Social Welfare by calling 03192-244386 or 9933248717, a press release from Directorate of Social Welfare said.

Marathon on the theme 'Votathon' ...

(Contd. from page 1)

whole electioneering process and to come forward in large numbers to exercise suffrage on the poll day for the General Election to Lok- Sabha-2024.

The Tehsildar/AERO, Mayabunder addressing the gathering emphasized upon the importance of ethical & well informed voting. He informed that elaborate arrangements are being made by the Election Commission of India (ECI) & District



Election Officer, N&M Andaman for making the election accessible for the Persons with Disabilities (PwDs) and appealed to the public at large to participate in the whole electioneering process and to cast their vote in ensuing General Election to Lok-Sabha-2024.

The 1st, 2nd, 3rd and consolation prize winners of Votathon were awarded with cash prizes and certificates, a press release from DC (N&MA) said.

ICDS project Rangat celebrated 'International Women's Day'



Rangat, Mar. 10

International Women's Day 2024 was celebrated by ICDS Project, Rangat on Mar. 8, with great enthusiasm highlighting the theme 'Invest in Women: Accelerate Progress'. The event, organised by the ICDS Rangat, featured a series of engaging activities aimed at honouring and empowering women. Participants engaged in discussion focusing on gender equality, women's rights, and the importance of women empowerment to drive socio-economic progress.

The celebration included cultural

performance, showcasing the talents and achievements of women in the community, through songs, dance, inspirational speeches and rally.

Addressing the gathering, CDPO Rangat underscored the significance of recognizing and uplifting women, not just on International Women's Day but every day. She also highlighted the ICDS commitment to promoting women's empowerment through various programs and initiatives aimed for enhancing their well-being and socio-economic status, a press release from CDPO Rangat said.

MP inaugurates Multi Gym at Humfrygunj ...

(Contd. from page 1)

Parliament urged the youth of the region to make maximum use of the new facility and he also urged them to stay away from any kind of drug or other addictions.

During the inauguration ceremony, Shri Palani Kumar, the Pradhan of Humfrygunj Panchayat, former Pradhan of Humfrygunj Panchayat, Smti. Sahay Mary and other distinguished guests were present, a press release from MP Office said.

Adhyaksh, ZPSA lays foundation stone for...

(Contd. from page 1)



the presence of Shri. Boominathan, Up-Adhyaksh, ZPSA, Ms. Sarika Devi, Shri. Abdul Bashir, other ZPMs and PSMs, Pradhans and other members of the PRIs and local people.

The combined project cost of the rural roads comes to Rs. 87.00 lakh and the Vegetable Market that has been handed over by the Agriculture Department to the ZPSA recently has been renovated and will be put to auction for the vegetable vendors of Ferrargunj Panchayat. The general public and PRIs appreciated and expressed their gratitude to the Adhyaksh, ZPSA for taking up the developmental activities in the rural areas of South Andaman, a press release from ZPSA said.

IGNOU online Exam Form submission for June - 2024 session

Port Blair, Mar. 10

IGNOU has proposed to conduct Term-End Exam (TEE) from 01st June, 2024 onwards. The online link for submission of the Examination form for Term-End Examination June, 2024 session is open now. For convenient to the learners, Regional Centre Port Blair has proposed to conduct TEE June, 2024 exam at 7 centres i.e. JNRM, Hut Bay, Car Nicobar, Kamorta, Campbell Bay, Diglipur and Mayabunder. All eligible learners are requested to submit the exam form by clicking the

link <https://exam.ignou.ac.in/> and choose the nearest exam centre for upcoming exam TEE-June, 2024. Last date for online submission of Examination form is upto 31st March, 2024 without late fee. Thereafter from 1st April to 30th April, the late fee will be Rs. 1100/-. For more details, visit IGNOU Website - www.ignou.ac.in or contact IGNOU Regional Centre, Port Blair over Phone: 03192-242888, 03192-230111 or Email: reportblair@ignou.ac.in, a press release from IGNOU said.

Awareness prog. on MSME Competitive (Lean) Scheme on Mar. 12 & 13

Port Blair, Mar. 10

The (Branch) MSME Development & Facilitation Office, Port Blair will be organizing an awareness program on MSME Competitive (Lean) Scheme at Port Blair on Mar. 12 & 13. The objective of the program is to make MSMEs aware about various Lean techniques that help in increasing the competitiveness of MSMEs and also to provide information on

Government assistance available in the scheme. MSMEs having UDYAM Registration Certificate will be eligible to participate in the programme. For pre-registration and programme details, MSMEs can contact over phone number 03192-259305 or visit Br. MSME-DFO, Industrial Estate, Dollygunj during working hours, a press release from Br. MSME-DFO said.

Management of Insomnia through Homoeopathy

Insomnia is a common sleep disorder. We may have trouble falling asleep, staying asleep, or getting quality sleep even if we have the right environment to sleep. Insomnia can get in the way of our daily activities and may make feel sleepy during day.

Short term insomnia may be caused by stress or changes in schedule or environment, may last for few day or week. Chronic insomnia occurs 3 or more night a week and may last more than three months

Human spend about one third of their lives asleep. There are two types of sleep.

i) NREM (Non rapid eye movement)

ii) REM (Rapid Eye Movement)

NREM has four stagesit constitutes 75-80 % of total time spent in sleep. REM sleep constitutes the remaining (20-25%). The average length of NREM to REM sleep cycles is 70-100 minutes. The second and later cycles are longer lasting (90-120 minutes). In normal adult REM sleep increases as night progresses and is longest in the last one third of the sleep episode, as the sleep episode progressesstage 2begins to account for the majority of NREM sleep and stage 3 & 4 may sometime disappear.

REM sleep period may last 1 -5 minutes. It becomes progressively prolonged as the sleep episode progresses. REM is essential to alleviate the fatiquity.

Sleep and Wakefulness are governed by two systems:Arousal and sleep system, for sleep to occur the arousal system must subside and allow sleep to take over.

Some people awake refreshed even after 4-5 hours of sleep whereas some people only after having8 hours of sleep gets refreshed. Sleep time may not then be equated with good sleep.

Common causes of insomnia are stress, travel or work schedule, poor sleep habit, eating too much late, mental health disorders, medical conditions like diabetes, hypertension, asthma, GERD.parkinsonism etc. Alcohol may help fall asleep but it prevents deeper stages of sleep and often results in waking up in the middle of the night.

Treatment of insomnia affords cure through homoeopathic medicines based on the characteristic symptoms of individual patient. Some homoeopathic remedies useful for insomnia are:-

1) Cocculusindicia: it is a top grade remedy used in insomnia after jet lag or change of shifts at night or night watching .

2) Ignatia: if Insomnia occurs from grief or disappointment then this remedy is excellent.

3) Kali Phos: is marked especially during the laterpart of night.

4) Nux Vomica: Insomnia due to strain of modern life,abuse of drug, coffee, alcohol, tobacco Etc.

5) Opium: is a wonderful remedy in patients who are hypersensitive even tothe distant noises.

6) passifloraincarnata works wonders for people suffering from insomnia when mental irritation, over work or painful headache are the cause.

However, avoid indulging in self-medication.

Advices:

Resort to a natural diet of fresh fruit and vegetables.

Avoid consuming heavily spiced food, meal etc.

A cup of warm water or a tumbler of hot milk by going to bed is useful.

Ensure regular bed times and waking times.

Positive attitude towards life proves to be a good tonic for a full night sleep.

Cut down on alcohol, smoking, chocolates, coffee, tea & soft drinks, (it takes 6 hours for caffeine to clean our body).

Use of tranquilizers regularly to induce sleep should be avoided , may create complications, they can make an addict.

Good sleep hygiene:

Exposure to natural light helps neutralize the body's production of melatonin (the sleep hormone) this will regulate body's internal biological check.

Turn off the computers, TV, phones,keep bedroom cool & comfortable, listening to relaxing music will help good sleep.

Pranayam and Yoga therapy is the best medicines.



Dr. Manabika Dutta
MO (Homoeo)
AYUSH Hospital
Port Blair

DO YOU
KNOW?

ANOMALY
SCAN

TO RULE OUT
ANY BIRTH DEFECTS
SHOULD BE DONE
BETWEEN
19 TO 24 WEEKS
OF PREGNANCY

4D

HEALTH 4U

ULTRASOUND SCANS

THE excitement and happiness of
the expectant mother cannot be
measured but can be shared
between her and family through
ultrasound examination

03192-230653

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THE DIFFERENCE
WILL AMAZE YOU!

SEEING YOUR BABY JUST
TOOK A WHOLE NEW LEVEL
OF DETAIL

Dr. NOBY KURIAN

SENIOR RADIOLOGIST

25 YEARS EXPERIENCE

AFFIDAVIT

I, PRASHENJEET PAL, D/o Bomkim Pal & Smti. Menoka Pal, R/o Brichgunj Village under Port Blair Tehsil, South Andaman District, Andaman and Nicobar Islands, do hereby solemnly affirm and declare as follows:

1. That I am a resident of these Islands and residing at abovementioned address.

2. That my mother's actual and correct name is MENOKA PAL as recorded in her Ration Card bearing No.353000138963.

3. That I am working in Indian Army.

4. That in my mother's name has been entered in my Educational Documents as well as in my Service Records as MENEKA PAL instead of her actual name MENOKA PAL.

5. That the above said name MENEKA PAL and MENOKA PAL are belongs to one and the same identical person.

6. That I swear this affidavit for the purpose to declaring my mother's actual and correct name for correction the same in my service records, henceforth my name shall be treated as PRASHENJEET PAL, S/o Smti. MENOKA PAL for all official and non-official purpose.

That the abovementioned statement made by me is true and correct to the best of my knowledge and belief.

Place: Port Blair

Date: 06-03-2024

DEPONENT

Office of the Project Director
Andaman & Nicobar AIDS Control Society (ANACS)
National AIDS Control Organization (NACO)

Toll Free 1950

F.No. 1-4/ANACS/Appt./Facility level/2023/1659

Dated 08.03.2024

VACANCY NOTICE

Applications are invited for the following posts purely on contractual basis in the Andaman & Nicobar AIDS Control Society (ANACS). The interested eligible candidates may apply to the Project Director, Andaman&NicobarAIDS Control Society, Red Ribbon Building, Atlanta Point, Port Blair in the prescribed format mentioning the post applying. (Annexure). After scrutiny of the application the eligible candidates will be called for the interview.

Sl. No.	Name of the vacant posts	No. of posts	Nature of Appointment	Salary
1.	Medical Officer (FI-ART Centre)	1	Contractual	72,000
2.	Lab Technician	1	Contractual	21, 000
3.	Counselor	2	Contractual	21, 000

The detail in respect of the post Educational qualification, Eligibility Criteria and other instructions are as follows:-

Position	Essential Qualification	Essential Experience	Desirable
Medical Officer (FI-ART Centre)	MBBS with valid registration from the respective State Medical Council/NMC	6 months works experience. Post Graduates from Clinical Discipline will also be consider. Good working knowledge of Computer, MS Office.	Work experience in HIV/AIDS Programme in the field settings. Those with MD Medicine/Diploma in Medicine will be preferred.
Lab Technician	B.Sc in Medical Laboratory Technology (BMLT)/ BMLS OR Diploma in Medical Laboratory Technology (DMLT)/ DMLS with the course durationof at least 2 years recognised by State Government/ Central Government	1) Two years of experience of working in diagnostic laboratory for those with B.Sc/ Diploma in Medical Laboratory Technology(course duration of 2 years) 2) One year experience for those working in diagnostic laboratory for candidates having M.Sc in Medical Laboratory Technology 3) Candidates with experience of working in accredited labs or those labs who have applied for accreditation will be preferred.	M. Sc in Medical Laboratory Technology/MMLS
Counselor	Graduate degree holder in Psychology/Social Work/Sociology/ Anthropology/Human development/Nursing with 3 years of experience in counseling/educating under National Health programme OR, Post-graduate in Psychology/Social Work/Sociology/ Anthropology/Human development /Nursing if candidate is a person living with HIV/AIDS (PLHIV), Graduate degree holder in Psychology/Social Work/Sociology/ Anthropology/Human development /Nursing with 1 years of experience in counseling/educating under National Health Programmes	1. Candidate should be computer literate with working knowledge of MS office, usage of internet & electronic mail. 2. Familiarity with government health policies and related programmes. 3. Ability to work in teams, and flexibel ways of working as per the need of programme.	Experience of working under the National AIDS & STD Control Programme (NACP) facility or community settings.

TERMS AND CONDITIONS

1. Candidates should submit all the relevant documents with self-attested copies in the given prescribed format and affix a passport size photograph in the application format. Any information without a document proof attached will not be considered.

2. Last date for submission of application by 04:00 PM of 01.04.2024or 21 days from the date of publication at A&N AIDS Control Society (ANACS), Red Ribbon Building, Atlanta Point, Port Blair.

3. The post of Counselor is exclusively for ICTC Nancowry and ICTC Campbell Bay.

4. The Post Lab Technician, that he/she may be required to serve in any Territorial part of UT of A & N Islands where ICTC are located.

5. Those candidates applying for the multiple posts they may apply separately mentioning the post in the prescribed format.

6. The upper age limit will be 60 years.

7. The candidate should have knowledge in computer application for online reporting.

8. The contractual Service shall be on probation for 03 months, which may be extended further on annual basis based on good conduct and satisfactory performance and subject to requirement of the Project.

9. The engagement is purely contractual nature and co-terminus with the project and no other regular service benefits will be admissible. The candidate does not confer any right for regularization or permanent absorption.

10. The candidate will be required to conform to the rules and regulations of NACO/ANACS in force from time to time and follow the discipline rules of the NACO/ANACS failing which the contract may be withdrawn at any point of time.

11. All educational, professional and technical qualifications should be from a recognized Board/ University.

12. No TA/DA will be paid for appearing in the interview.

13. Before applying, candidates should ensure that they fulfill all the eligibility criteria mentioned in the advertisement.

14. Mere fulfillment of the minimum prescribed qualification and experience will not vest any right on a candidate for being called for the selection process. Only the candidates shortlisted by a duly constituted Screening Committee will be called. The decision of the Competent Authority of ANACS in this regard will be final. No interim inquiries in this regard will be entertained.

15. The candidate will be entitled for leave as admissible to the contractual staff of NACO/ANACS. The un-availed leave from the previous year cannot be carried forward or encashed.

16. Candidate canvassing/giving incorrect information/violating norms in any kind, detected at any stage, before or after the selection will be disqualified with immediate/retrospective effect, as the case may be.

17. The list of eligible candidates and interview dates will be available in the notice board of this office and will also be available in the Official website of ANACS-<https://anacs.andaman.gov.in>.

18. This office reserves the right to reject any applications and postpone/cancel the interview process without assigning any reason thereof.

19. For any query/clarification kindly contact Administrative Officer, ANACS-03192-231176 between 9.00 am to 4.00 pm on all working days.

This issue with approval of the Competent Authority.

Administrative Officer
A&N AIDS Control Society

Recent Passport size
Self attested photograph

APPLICATION FOR THE POST OF

(i)	Name (in BLOCK LETTERS)			
(ii)	Father's/ Husband's Name			
(iii)	Male/Female/Other's			
(iv)	Date of birth	Date	Month	Year
(v)	Nationality			
(vi)	Educational Qualification			
(vii)	Details of the experience			
(viii)	Postal address for communication with mobile no. & email address	Mobile:	Email:	
(ix)	Any other relevant information			

I do hereby declare that the particulars furnished above by me are correct and nothing has been concealed. If information furnished above is found to be false at any stage, my candidature/selection for the above mention post is liable to be cancelled.

Place:

Date:

I.D. N o. 10962

Signature

VACANCY NOTICE

1	Samagra Shiksha, UT Mission Authority, Andaman & Nicobar Islands invites applications from the eligible candidates in the prescribed format for the post of Special Educator (S) purely on contract basis for the academic session 2023-24														
2	Particulars Vacancy : 11 Age limit : 40 years Consolidated pay: Rs. 15000/- per month Category : General Tenure : Contract basis upto 31 st March, 2024	Qualification Essential Qualification: 01. Graduation in any stream. 02. B.Ed. in Special Edn from a RCI approved institute and possess a valid RCI CRR number OR B.Ed. with recognized qualification (Certificate / Diploma) from an RCI approved institution equivalent to B.Ed in Special Education and possess a valid RCI CRR number 03. Knowledge of Hindi (The candidate should have passed Hindi as one of the language in class 8 th or 10 th standard) Desirable Qualification: 1 Post-Graduation in any stream 2 IT as a vocational subject in Class XII/01 year diploma certificate in Computer 3 Teaching Experience in relevant field in recognized schools.	Nature of Duty <ul style="list-style-type: none">Developing annual/monthly calendar of activities for inclusion.Co-planning of lessons and providing tips for teaching children with disabilities implementation of IEPs.Arranging for celebrations and workshops such as poster competitions, show casing success stories and films glorifying abilities children with disabilities for awareness and empowerment.Working with school council/ SMDC/SMC for inclusive education, community and parent volunteering activities.Ascertaining felt needs of teachers, develop checklist of inclusion, experiential workshops disability sensitization etiquettes , family fair and 'Inclusion Mela'.Teaching the CwSN students for Senior Secondary Schools and also provide support to the subject teachers to tackle the CwSN students.												
3	Issue of Application Form : The application forms along with instruction may be downloaded from the departmental website (https://education.andaman.gov.in/tops/login.aspx). The application for the post should be filled in the prescribed form, which can be obtained free of cost from the State Project Office, Port Blair and Block Project Offices / Zonal Offices viz (BPO Little Andaman, Diglipur, Mayabunder, Rangat, Car Nicobar, Nancowrie, Campbell Bay) on any working days from 09.00 am to 04.30 pm as per the following schedule. <table><tr><th>S.No</th><th>Particulars</th><th>Scheduled Date *</th></tr><tr><td>1.</td><td>Issue and Receipt of application forms</td><td>11-03-2024.</td></tr><tr><td>2.</td><td>Display of list of eligible and ineligible candidates at State Project Office and all Block Project Offices</td><td>26-03-2024</td></tr><tr><td>3.</td><td>Last date for submission of claims and Objections and verification of Original Certificates</td><td>28-03-2024</td></tr></table> *Candidates follow the schedule date and time as mentioned above.			S.No	Particulars	Scheduled Date *	1.	Issue and Receipt of application forms	11-03-2024.	2.	Display of list of eligible and ineligible candidates at State Project Office and all Block Project Offices	26-03-2024	3.	Last date for submission of claims and Objections and verification of Original Certificates	28-03-2024
S.No	Particulars	Scheduled Date *													
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2.	Display of list of eligible and ineligible candidates at State Project Office and all Block Project Offices	26-03-2024													
3.	Last date for submission of claims and Objections and verification of Original Certificates	28-03-2024													
4	Submission of Application Form : The filled in application form along with photocopy of all certificates in support of educational qualification, experience and other supporting documents must be self attested and submitted at the designated places as mentioned in serial number 3on or before 20-03-2024 by 05.00 pm . The candidate will bring the original certificates / testimonials for verification while submitting the application. The candidates will submit only one application form in any one of the designated place as mentioned at serial number 3. Submission of more than one form from different designated places will lead to cancellation of his / her candidature.														
5	The number of vacancy indicated above is only tentative, subject to approval of competent authority. The number of vacancies may increase or decrease at the time of preparation of panel for engagement and no claims or objection shall be entertained.														
State Project Officer (Samagra Shiksha)															

UMMAT PUBLIC SCHOOL AUSTINABAD & MIDDLE POINT, PORT BLAIR SITUATION VACANT 2024-25		
Sl. No	Name of the Post	Qualification
1.	PST	D.El.Ed. with CTET Paper I Qualified and fluency in English is must.
2.	GTT (MATHEMATICS)	B.Sc. (Mathematics) with B.Ed. with CTET Paper II Qualified and fluency in English is must.
3.	PET	B.P.Ed. /M.P.Ed. (Male) B.P.Ed. /M.P.Ed. (Female) and fluency in English is must.
4.	PGT (CHEMISTRY)	Master's Degree in Chemistry with B.Ed. and fluency in English is must.
5.	PGT (ECONOMICS)	Master's Degree in Economics or related subjects with B.Ed. and fluency in English is must.
6.	PGT (POLITICAL SCIENCE)	Master's Degree in Political Science or related subjects with B.Ed. and fluency in English is must.
7.	PGT (HINDI)	Master's Degree in Hindi with B.Ed.
8.	LAB ASSISTANT	Graduate/Diploma
9.	ISLAMIYAT TEACHER	Graduate in Islamic Studies/equivalent qualification in English Medium and should posses D.Ed. /B.Ed. & Fluency in English is must.
<ul style="list-style-type: none">Degree/ Post Graduate must be in English Medium.SAtleast 2 years experience from a recognized School. (Desirable)Eligible candidates can submit their resume with self attested copies of all relevant Certificates for the above post in School Office at Ummat Public School,Austinabad between 9:00 am and 2:00 pm latest by 15-03-2024. <div>Principal 9933212968</div>		


R.C. No. 75/2024/DC(SA)/512 OFFICE OF THE DEPUTY COMMISSIONER SOUTH ANDAMANDISTRICT <i>Port Blair, dated the 20th February, 2024</i>
PUBLIC NOTICE <p>This is for the information of the general public that V ELANGO, S/O S. VELU, R/o Garacharma, requested the Deputy Commissioner (SA) for correction of his father's name as “V ELANGO, S/O S. VELU” instead of “V ELANGO, S/O V ADHAMMAI” in the revenue records in respect of land bearing Survey No. 440 measuring an area of 0.034 hectcs., situated Garacharma Village under Port Blair Tehsil;</p> <p>If any person is having any claims or objection in the above subject matter, they shall submit his claims/ objections before this court within 15 days from the date of publication in person or through authorized agent along with all relevant records.</p> <div>Reader to Deputy Commissioner South Andaman District</div>

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IN LOVING REMEMBRANCE ON 11-03-2024 OF OUR

FATHER

LATE K. JANARDHANAN PILLAI
FIRST DEATH ANNIVERSARY
ON 11TH MARCH 2024
R/o KERALAPURAM, DIGLIPUR
Inserted by- All Family members

MOTHER

LATE RAJAMMATWELFTH
DEATH ANNIVERSARY
ON 19TH MARCH 2024

FORM J [See Rule 135(3)] (Notice of Mutation to Interested Person)					
1. Manju Roy 2. Naresh Roy 3. Saraswati Roy 4. Laxmi Mondal 5. Sunita Mondal Notice is hereby given that mutation entry as specified below has been made in the Mutation Register of Village Chouldari a copy of which has been affixed at Patwarkhana Chouldari on 24/02/2024. You are requested to file your objection, if any to the entry within 15 days of the publication of the Notice.					
PARTICULARS OF MUTATION ENTRY VILLAGE: CHOULDARI					
Sl. No. of Entry	Date of Entry	Nature of acquisition of right and its details	Holding affected		
86	24/02/2024	The applicant Smti. Manju Roy, R/o Chouldari has requested for mutation of land bearing Sy. No.564 area 0.02 Hects. classified as House Site situated at Chouldari village. As per the land records the land bearing Sy. No.564 area 0.02 Hects. classified as House-Site situated at Chouldari village stands recorded in favour of Sudhir Kumar Roy, S/o B. K. Roy. During the local enquiry, it is found that the Sudhir Kumar Roy had gone for fishing alongwith 2 others persons namely Bhagat Ram and Bhugen Chandra Nath on 26/08/1990 and did not return till date. The copy of GD entry dated 21/08/1991 is enclosed for kind perusal. The letter from Shri Nirmal Kumar Halder, Ex-Pradhan, Gram Panchayat, Chouldari, Smti. Parmila Kumari, Zilla Parishad, Chouldari, Smti. Chaitali Roy, Panchayat Samiti Member, Gram Panchayat, Chouldari confirming the same is enclosed for kind perusal. Manju Roy requested to mutate in favour of legal heirs of Late Sudhir Kumar Roy, S/o B. K. Roy are:- 1. Manju Roy – Wife 2. Naresh Roy – Son 3. Saraswati – Daughter 4. Laxmi Mondal – Daughter 5. Sunita Mondal – Daughter	Holdi ng No.	Sy. No.	Area in Hects.
			-	564	0.02
Dated: 15/02/2024 <div>Sd./- Patwari Circle No.10 Ferrargunj Tehsil</div>					


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HIGH COURT FORM NO. (P) 5 (Order 5, Rule 20 (1A) Code of Civil Procedure)		
District: South Andaman IN THE COURT OF THE JOINT CIVIL JUDGE SENIOR DIVISION AT PORT BLAIR M.J. Case No.10 of 2023		
S. Rajendran	-Versus- Petitioner
Indira and Ors.	 Respondent
To, Sangeeta Mondal, Ankita Mondal, Ashish Mondal, W/o Late Vijay Kumar, D/o Late Vijay Kumar, S/o Late Vijay Kumar, R/o Happy Colony, R/o Happy Colony, R/o Happy Colony, Dollygunj, Port Blair Dollygunj, Port Blair Dollygunj, Port Blair South Andaman South Andaman South Andaman		
WHEREAS, the petitioners S. Rajendran and Ors. has filed an application for restoration of the suit and setting aside the order dated 25.02.2022 under O. 9 R.9 read with S. 151 of CPC. (1) You are hereby summoned to appear in this Court in person or by a pleader duly instructed and able to answer all material questions relating to the suit (or who shall be accompanied by some person able to answer all such questions) on the 25 th day of April, 2024 at 9 'O' Clock in the forenoon. (2) To state whether you contest or do not contest the claim either in whole or in part and if you contest to receive directions of the Court as to the date on which you written statement is be filed, the witness or witnesses upon whose evidence you intend to rely in support of your defense are to be produced, the document(s) upon which you intend rely are to be filed, also the date of trial and other matters; take notice that in the event of your admitting the claim either in whole or in part the Court will forthwith pass judgment in accordance with such admissions, or in the event of the claim not being contested the suit shall be decided at once; Take notice that, in default of your appearance on the day before mentioned, the suit will be heard and determined in your absence. Given under my hand and the seal of the Court, this the 27 th day of February, 2024. Seal of the Court <div>Sd./- Joint Civil Judge Senior Division Andaman & Nicobar Islands At Port Blair</div>		

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NOTICE INVITING e-TENDER
No. e-tender-DB/CD/DP/2024/ 1114 Diglipur, dated: 08-03-2024
The Executive Engineer, Construction Division, APWD, Diglipur invites on behalf of the President of India, online Item Rate Tender from the approved and eligible contractors of the Andaman PWD or all contractors irrespective of their enlistment in APWD or any other Govt. Department subject to the condition that they have experience on executing the relevant magnitude of work as per CPWD Works Manual and with other GOI organizations in these islands and do not have any adverse remarks.
1.NIT No. 152/EE/CD/APWD/DP/2023-24 Name of work:-Improvement of Pipe Line at Sagar Dweep Smith Island under SD-I, APWD, Diglipur, North Andaman. Estimated cost: Rs.53,86,822/- Earnest Money: Rs.1,07,736/- time of completion: 06 months.
(Tender ID: 2024_APWD_13903_1).
The e-tender form and other details can be downloaded from the website. The last date of bid submission will be 26-03-2024upto 1500 hours. Other details/information can be seen on website eprocure.and.gov.in.
EE, CD, APWD,Diglipur
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R.C. No. 72/2024/DC(SA)/505
OFFICE OF THE DEPUTY COMMISSIONER
SOUTH ANDAMANDISTRICT
Port Blair, dated the 20th February, 2024
PUBLIC NOTICE

This is for the information of the general public that V SHIV SHANKAR, S/O S. VELU, R/o Garacharma, requested the Deputy Commissioner (SA) for correction of his name and his father's name as “**V SHIV SHANKAR, S/O S. VELU**” instead of “V SHIVA SANKAR, S/O V ADHAMMAI” in the revenue records in respect of land bearing Survey No. 440 measuring an area of 0.034 hectcs., situated Garacharma Village under Port Blair Tehsil;

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

Reader to Deputy Commissioner
South Andaman District

R.C. No. 76/2024/DC(SA)/506
OFFICE OF THE DEPUTY COMMISSIONER
SOUTH ANDAMANDISTRICT
Port Blair, dated the 20th February, 2024
PUBLIC NOTICE

This is for the information of the general public that V MUTHAMIL, S/O S. VELU, R/o Garacharma, requested the Deputy Commissioner (SA) for correction of his father's name as “**V MUTHAMIL, S/O S. VELU**” instead of “V MUTHAMIL, S/o V ADHAMMAI” in the revenue records in respect of land bearing Survey No. 440 measuring an area of 0.0340 hectcs., situated Garacharma Village under Port Blair Tehsil;

If any person is having any claims or objection in the above subject matter, they shall submit his claims/ objections before this court within 15 days from the date of publication in person or through authorized agent along with all relevant records.

Reader to Deputy Commissioner
South Andaman District

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