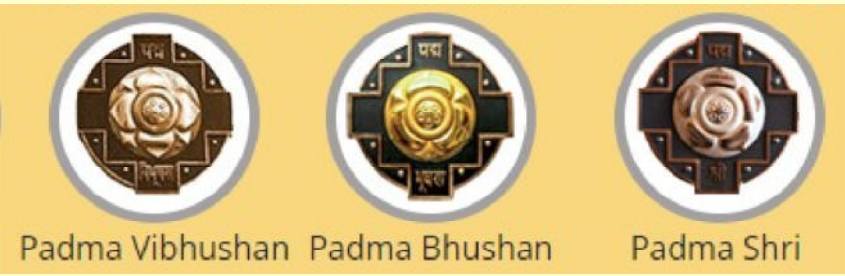


Online nomination for Padma Awards-2025 begins; last date for receiving nomination is Sept. 15

New Delhi, May 5 (PIB)

Online nominations/recommendations for the Padma Awards 2025 to be announced on the occasion of Republic Day, 2025 have



begun and the last date for receiving nominations is 15th September, 2024. The nominations/recommendations for Padma Awards will be received online on the Rashtriya Puraskar Portal (<https://awards.gov.in>).

The Padma Awards, namely, Padma Vibhushan, Padma Bhushan and Padma Shri, are amongst the highest civilian awards of the country. Instituted in 1954, these Awards are announced on the occasion of the Republic Day every year. The award seeks to recognize 'work of distinction' and is given for distinguished and exceptional achievements/service in all fields/disciplines, such as, Art, Literature and Education, Sports, Medicine, Social Work, Science and Engineering, Public Affairs, Civil Service, Trade and Industry etc. All persons without distinction of race, occupation, position or sex are eligible for these Awards. Government servants including those working with PSUs, except Doctors and Scientists, are not eligible for Padma Awards.

The Government is committed to transform Padma Awards into "People's Padma". All citizens are, therefore, requested to make nominations/recommendations, including self-nomination. Concerted efforts may be made to identify talented persons whose excellence and achievements really deserve

(Contd. on last page)

Largest ever global delegation to witness India's General Election

Contribution of the Indian electoral space, process, and capacity it generates, creates huge 'democratic surpluses' for the world: CEC



New Delhi, May 5 (PIB)

In keeping with the tradition of the Election Commission of India (ECI) to foster a culture of transparency and reiterate its commitment to high standards of electoral practices amidst the democratic nations, 75 delegates representing 23 countries are in India to witness the Indian

General Elections as part of the International Election Visitors' Programme (IEVP). The event today was inaugurated in the presence of CEC, Shri Rajiv Kumar and ECs, Shri Gyanesh Kumar and Shri Sukhbir Singh Sandhu at New Delhi.

Chief Election Commissioner, Shri Rajiv Kumar while

addressing the delegates, remarked that the contribution of the Indian electoral space and work done by the Election Commission of India, holds a significant portion of the world democratic space. In terms of process and capacity it generates, what can be legitimately called, 'democratic surpluses' is of a huge significance in the

otherwise growing concerns of shrinkage of or decline of democratic spaces worldwide.

Shri Kumar further said that the Indian elections space is unique, as neither electoral registration is compulsory nor voting is mandatory. Therefore, the ECI is required to operate in an entirely

(Contd. on last page)

ECI prohibits conducting & publishing of Exit Poll till 6.30 pm on 1st June, 2024

Electorates under ANIPC cautioned for any kind of act in contravention of the provisions envisaged under the statute

Port Blair, May 5

All concerned have been informed that the Election Commission of India has notified the period between 7 am on 19th April, 2024 (Friday) and 6.30 pm on 1st June, 2024 (Saturday) as the period during which conducting and publishing or publicising exit poll

by means of the print or electronic media in manner whatsoever, the result of any exit poll in connection with the General Elections-2024, shall be prohibited.

Furthermore, displaying any election matter including results of any opinion poll or any other poll

survey, in any electronic media, would be prohibited during the period of 48 hours ending with the hours fixed for the conclusion of the poll. Moreover, adequate provisions are available under the Representation of People Act, 1951 for any contravention. All the

electorates under the Andaman & Nicobar Islands Parliamentary Constituency have been appealed to be informed citizens and to be cautioned for any kind of act in contravention of the provisions envisaged under the statute, a press release from RO, ANIPC said.

Promoting physical & mental wellbeing among general public

AYUSH to organize Summer Yoga Camp from May 6 to 31

Port Blair, May 5

Summer Yoga Camp is being organized by AYUSH Wing of DHS to enhance healthy lifestyle and to promote physical & mental well being among the general public including children (age group of 6-12 years) of the Islands from May 6 to 31, 2024. All interested participants have been requested to join the classes in the respective location as mentioned below.

Sl.No	Scheduled Activities	Time& Date	Venue
1.	Yoga Protocol Practice for Children	10 am – 11 am 06 th May to 31 st May, 2024	Yoga Hall, AYUSH Hospital, Junglighat
2.	Yoga Protocol Practice for General Public	11 am – 12 pm 06 th May to 31 st May, 2024	

For further queries, Dr. Nandini, GDMO (Yoga & Naturopathy), AYUSH Hospital can be contacted over mobile no. 9449117606, a press release from AYUSH said.

Road closure

Port Blair, May 5

The general public have been informed that the section of Mahavir Singh Road spanning from Girls School Point to Dharamshala Point will be temporarily closed from 0700 hrs to 1100 hrs starting from 06/05/2024 to 18/05/2024. This closure is necessary to facilitate a two-week tactical driving course for drivers of the A & N Police, a press release from SP (Traffic) said.

DHS to provide family planning sterilization service at Swaraj Dweep from May 6 to 9

Port Blair, May 5

Under National Family Welfare Programme, a family planning sterilization service will be provided by Directorate of Health Services in association with Union Territory Health Mission at PHC Swaraj Dweep from May 6 to 9, 2024. The sterilization team will be headed by Dr. M.K Saha, Professor (O&G), ANIIMS, Dr.

Narayanan Rajaram, Grade-I Anaesthetist (HOD), GBPH, Port Blair and other supporting staff.

Eligible couples willing for sterilisation operation have been requested to utilize this opportunity and contact the Medical Officer I/c, PHC Swaraj Dweep to register their names for the screening, a press release from DHS said.

per annum or less will be eligible to apply under this scheme and to enable them to appear in competitive examinations conducted by Staff Selection Commission (SSC), various Railway Recruitment Boards (RRBs), Banking/ Insurance/PSU/CLAT to succeed in obtaining an appropriate job in Government/Public/Private sector.

In this regard, CRC-A&N Islands has invited applications from the students with

Intellec

Disabilities (ID), Autism Spectrum Disorder (ASD), Specific Learning Disabilities (SLD), Mental Illness (MI), and Multiple Disabilities (MD) who are interested in availing the benefits of the scheme from

CRC-A&N Islands, Brookshabad. The documents to be submitted along with the application include SSC/HSC/Degree Certificate, UDID/Enrollment Number, Aadhaar Card, Caste Certificate,

(Contd. on last page)

1024 students appeared for NEET (UG) exam in Isles

Port Blair, May 5

The NEET (UG) - 2024 Examination was conducted successfully in Andaman & Nicobar Islands today at three Centers. Out of total registered 1070

students, 1024 appeared in the examination. The total percentage of attendance was 95.7%, a press release from City Coordinator, NEET (UG) said.

A&N Police issues advisory on fraudsters posing as Law Enforcement Authorities

General public advised not to respond to such calls

Port Blair, May 5

In recent times, there has been a concerning surge in fraudulent activities targeting individuals through calls over WhatsApp and other sources. Fraudsters, posing as representatives of Law Enforcement Agencies such as CID, CBI, or similar bodies, are resorting to deceitful tactics to extort money from unsuspecting victims.

These fraudulent callers are falsely informing individuals that

their son or daughter has been implicated in serious legal matters, such as rape cases/abetment to suicide cases/ involving in Drugs and Narcotics cases etc. Exploiting the emotional vulnerability of parents, they demand gratification for the release of their children. Additionally, instances of college students being kidnapped and ransom demands made have also been reported. The fraudulent

calls often originate from numbers with the country code +92. General public have been strongly advised not to respond to such calls and to exercise caution, especially when receiving international WhatsApp calls from unknown numbers.

In order to tackle this threat and safeguard citizens from becoming victims of such schemes, the A&N Police encourages individuals to take

(Contd. on last page)

Left out Ration Card beneficiaries urged to get e-KYC done for all members before May 15

Port Blair, May 5

The Department of CS&CA has extended the last date for doing e-KYC for FIC holders upto 31st March. However, it is noticed that despite repeated request and all possible effort, there are considerable number of beneficiaries who have not yet approached their Fair Price Shops or the Department of CS&CA

respective Supply Units functioning in the Inter Islands for updating their e-KYC.

Hence, all those left out Ration Card beneficiaries (APL/ PHH & AAY) who have not yet updated their e-KYC due to whatsoever reason have been once again requested to contact any of their nearest Fair Price Shops along with their Aadhaar numbers to get the e-KYC done

for all the members listed in the Ration Card.

The Ration Card beneficiaries can also approach the Directorate of CS&CA, Port Blair at Room No. 20 or their respective Supply Units for updating their e-KYC before 15.05.2024 without fail. The list of left out beneficiaries has been made available in their respective Fair Price Shops for

(Contd. on last page)



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

**SHIPPING
HELPLINE
NO. 2453555**

Passenger tickets for Foreshore sector vessels scheduled from 6th May, 2024 onwards will be issued to the general public from 03.05.2024 (Friday). Similarly issuance of passenger tickets for other schedules is already in progress.

Passengers may book their tickets from DSS e-ticketing portal (<https://dss.andaman.gov.in/eticketing>) on all days from 09.00 AM to 04.00 PM and from STARS Ticketing Counter in all working days from 9.00 AM to 04.00 PM, except on Saturday from 09.00 AM to 12.00 PM.

PORT BLAIR – MAYABUNDER & DIGLIPUR							
Passenger tickets for the following sailing schedules will be issued to the general public from 03.05.2024 onwards.							
Sl. No.	Name of the vessel	Date & Time of Sailing	From	To	Date & Time of Return Sailing	From	To
1.	MV Bharat Seema	06.05.2024 2100 Hrs	Port Blair	Diglipur via Mayabunder	07.05.2024 1400 Hrs	Diglipur	Port Blair via Mayabunder
PORT BLAIR - NANCOWRY via LITTLE ANDAMAN, CAR NICOBAR, CHOWRA, TERESSA & KATCHAL							
2.	MV Bharat Seema	09.05.2024 0700 Hrs	Port Blair	Nancowry via Little Andaman, Car Nicobar, Chowra, Teressa & Katchal	12.05.2024 0500 Hrs	Nancowry	Port Blair via Katchal, Teressa, Chowra, Car Nicobar & Little Andaman
3.	MV Bharat Seema	23.05.2024 0700 Hrs	Port Blair	Nancowry via Little Andaman, Car Nicobar, Chowra, Teressa & Katchal	26.05.2024 0500 Hrs	Nancowry	Port Blair via Katchal, Teressa, Chowra, Car Nicobar & Little Andaman
PORT BLAIR - CAMPBELL BAY VIA NANCOWRY & KATCHAL							
1.	Sindhuwill sail in place of Nalanda	07.05.2024 0900 Hrs	Port Blair	Campbell Bay via Nancowry	09.05.2024 0800 Hrs	Campbell Bay	Port Blair via Nancowry
2.	Sindhuwill sail in place of Nalanda	14.05.2024 0900 Hrs	Port Blair	Campbell Bay via Nancowry Katchal	16.05.2024 0800 Hrs	Campbell Bay	Port Blair via Nancowry
3.	MV Campbell Bay	21.05.2024 0900 Hrs	Port Blair	Campbell Bay via Nancowry	23.05.2024 0800 Hrs	Campbell Bay	Port Blair via Nancowry
4.	Nalandawill sail in place of Sindhu	28.05.2024 0900 Hrs	Port Blair	Campbell Bay via Nancowry & Katchal	30.05.2024 0800 Hrs	Campbell Bay	Port Blair via Nancowry
Note: Embarkation of passengers will commence 02 Hours prior to the scheduled departure time of the vessel and boarding will be closed 30 Minutes before departure time. Passengers arriving late will not be allowed to board the vessel. The vessel will sail only after completion of survey procedure which will commence on completion of embarkation of passengers for issuance of 'B' Certificate as per MS Act.							
FORESHORE SECTOR: 06.05.2024 (MONDAY)							
1.	MV Long Island	06.05.2024 0530 Hrs	Port Blair	Rangat via Swaraj Dweep, & Long Island	06.05.2024 1200 Hrs	Rangat	Port Blair via Long Island & Swaraj Dweep
2.	MV Jolly Buoy	06.05.2024 0630 Hrs	Port Blair	Swaraj Dweep	06.05.2024 0900 Hrs	Swaraj Dweep	Port Blair
3.	MV Chouldari	06.05.2024 0630 Hrs	Port Blair	Shaheed Dweep	06.05.2024 0845 Hrs	Shaheed Dweep	Port Blair
4.	MV Chouldari	06.05.2024 1100 Hrs	Port Blair	Shaheed Dweep	06.05.2024 1300 Hrs	Shaheed Dweep	Swaraj Dweep
		--	--	--	06.05.2024 1430 Hrs	Swaraj Dweep	Port Blair
5.	MV Kamorta	06.05.2024 1130 Hrs	Port Blair	Swaraj Dweep	06.05.2024 1400 Hrs	Swaraj Dweep	Shaheed Dweep
		--	--	--	06.05.2024 1530 Hrs	Shaheed Dweep	Port Blair
6.	MV Jolly Buoy	06.05.2024 1700 Hrs	Port Blair	Swaraj Dweep	07.04.2024 0530 Hrs	Swaraj Dweep	Port Blair via Shaheed Dweep
07.05.2024 (TUESDAY)							
1.	MV Kamorta	07.05.2024 0530 Hrs	Port Blair	Rangat via Swaraj Dweep & Long Island	07.05.2024 1200 Hrs	Rangat	Port Blair via Long Island & Swaraj Dweep
2.	MV Chouldari	07.05.2024 0630 Hrs	Port Blair	Swaraj Dweep	07.05.2024 0900 Hrs	Swaraj Dweep	Port Blair
3.	MV Long Island	07.05.2024 0630 Hrs	Port Blair	Shaheed Dweep	07.05.2024 0845 Hrs	Shaheed Dweep	Port Blair
4.	MV Baratang	07.05.2024 1100 Hrs	Port Blair	Shaheed Dweep	07.05.2024 1300 Hrs	Shaheed Dweep	Swaraj Dweep
		--	--	--	07.05.2024 1430 Hrs	Swaraj Dweep	Port Blair
5.	MV Jolly Buoy	07.05.2024 1130 Hrs	Port Blair	Swaraj Dweep	07.05.2024 1400 Hrs	Swaraj Dweep	Shaheed Dweep
		--	--	--	07.05.2024 1530 Hrs	Shaheed Dweep	Port Blair
6.	MV Long Island	07.05.2024 1700 Hrs	Port Blair	Swaraj Dweep	08.05.2024 0530 Hrs	Swaraj Dweep	Port Blair via Shaheed Dweep
08.05.2024 (WEDNESDAY)							
1.	MV Baratang	08.05.2024 0530 Hrs	Port Blair	Rangat via Swaraj Dweep & Long Island	08.05.2024 1200 Hrs	Rangat	Port Blair via Long Island & Swaraj Dweep
2.	MV Jolly Buoy	08.05.2024 0630 Hrs	Port Blair	Swaraj Dweep	08.05.2024 0900 Hrs	Swaraj Dweep	Port Blair
3.	MV Chouldari	08.05.2024 0630 Hrs	Port Blair	Shaheed Dweep	08.05.2024 0845 Hrs	Shaheed Dweep	Port Blair
4.	MV Kamorta	08.05.2024 0700 Hrs	Port Blair	Rangat via Shaheed Dweep, Swaraj Dweep, Strait Island, Kadamtala & Long Island	09.05.2024 0700 Hrs	Rangat	Port Blair via Long Island, Kadamtala, Strait Island, Swaraj Dweep, Shaheed Dweep
		--	--	--	08.05.2024 1430 Hrs	Swaraj Dweep	Port Blair
6.	MV Long Island	08.05.2024 1130 Hrs	Port Blair	Swaraj Dweep	08.05.2024 1400 Hrs	Swaraj Dweep	Shaheed Dweep
		--	--	--	08.05.2024 1530 Hrs	Shaheed Dweep	Port Blair
7.	MV Jolly Buoy	08.05.2024 1700 Hrs	Port Blair	Swaraj Dweep	09.05.2024 0530 Hrs	Swaraj Dweep	Port Blair via Shaheed Dweep
09.05.2024 (THURSDAY)							
	MV Chouldari	09.05.2024 0530 Hrs	Port Blair	Rangat via Swaraj Dweep & Long Island	09.05.2024 1200 Hrs	Rangat	Port Blair via Long Island & Swaraj Dweep
1.	MV Long Island	09.05.2024 0630 Hrs	Port Blair	Swaraj Dweep	09.05.2024 0900 Hrs	Swaraj Dweep	Port Blair
2.	MV Baratang	09.05.2024 0630 Hrs	Port Blair	Shaheed Dweep	09.05.2024 0845 Hrs	Shaheed Dweep	Port Blair
3.	MV Long Island	09.05.2024 1100 Hrs	Port Blair	Shaheed Dweep	09.05.2024 1300 Hrs	Shaheed Dweep	Swaraj Dweep
		--	--	--	09.05.2024 1430 Hrs	Swaraj Dweep	Port Blair
4.	MV Jolly Buoy	09.05.2024 1130 Hrs	Port Blair	Swaraj Dweep	09.05.2024 1400 Hrs	Swaraj Dweep	Shaheed Dweep
		--	--	--	09.05.2024 1530 Hrs	Shaheed Dweep	Port Blair
5.	MV Baratang	09.05.2024 1700 Hrs	Port Blair	Swaraj Dweep	10.05.2024 0530 Hrs	Swaraj Dweep	Port Blair via Shaheed Dweep
10.05.2024 (FRIDAY)							
1.	MV Jolly Buoy	10.05.2024 0530 Hrs	Port Blair	Rangat via Swaraj Dweep & Long Island	10.05.2024 1200 Hrs	Rangat	Port Blair via Long Island & Swaraj Dweep
2.	MV Long Island	10.05.2024 0630 Hrs	Port Blair	Swaraj Dweep	10.05.2024 0900 Hrs	Swaraj Dweep	Port Blair
3.	MV Chouldari	10.05.2024 0630 Hrs	Port Blair	Shaheed Dweep	10.05.2024 0845 Hrs	Shaheed Dweep	Port Blair
4.	MV Kamorta	10.05.2024 1100 Hrs	Port Blair	Shaheed Dweep	10.05.2024 1300 Hrs	Shaheed Dweep	Swaraj Dweep
		--	--	--	10.05.2024 1430 Hrs	Swaraj Dweep	Port Blair
5.	MV Baratang	10.05.2024 1130 Hrs	Port Blair	Swaraj Dweep	10.05.2024 1400 Hrs	Swaraj Dweep	Shaheed Dweep
		--	--	--	10.05.2024 1530 Hrs	Shaheed Dweep	Port Blair

Tejaswin Shankar clinches Gold in high jump at USATF Festival

New Delhi, May 5

India's Tejaswin Shankar clinched victory in the men's High Jump event at the USATF Festival in Tucson, Arizona, USA on Sunday. The National record holder Tejaswin cleared 2.23 metres in his first attempt to secure the top spot at the World Athletics Continental Tour - Silver event. With this jump, he equaled his season-best effort. Earnie Sears of USA finished second, while Roberto Vilches of Mexico was third. Another Indian athlete, Sarvesh Kushare cleared 2.13m to finish fifth.



Contribution of the Indian electoral space, ...

(Contd. from page 1)

persuasive space, inviting the citizens to volunteer to become part of electoral roll and, thereafter, through systematic voter awareness programme, to motivate them to exercise their franchise. He said "It would be axiomatic to say that the credibility of the processes that we undertake is validated through the sheer turnout at elections and the near saturation of electoral rolls in terms of Elector-population ratio."

Commenting on the scale of the electoral exercise in India, he said that a 970 million strong electorate will be welcomed by over 15 million polling personnel at over 1 million Polling Stations spread across the country. Shri Kumar added that diversity of the nation's electorate can be witnessed in its full expression by the visiting delegates at the Polling Stations. He added that India is a country of festivals and invited the delegates to experience the festival of democracy first-hand.

On the sidelines of the event, the Commission also held bilateral interactions with the Chief Election Commissioners of Kazakhstan, Uzbekistan, and Nepal along with their delegation.

Earlier, in the day delegates were briefed on various aspects of Indian General Elections 2024 including EVM-VVPAT, IT initiatives, role of media and social media. The briefing session chaired by Senior Deputy Election Commissioner, Shri Dharmendra Sharma included an overview of Elections by Shri R.K. Gupta, Deputy Election Commissioner followed by a presentation on EVM-VVPAT by Shri Nitesh Kumar, Sr. Deputy Election Commissioner. A presentation on the IT Initiatives of the ECI by Ms. Neeta Verma, Director General (IT) and Media and social media by Shri Anuj Chandak, Joint Director (Media) was part of the session.

The delegates will split into groups to visit six States- Maharashtra, Goa, Gujarat, Karnataka, Madhya Pradesh, and Uttar Pradesh to observe polls and related preparedness in various constituencies. The programme will end on the 9th of May, 2024. The program will familiarise foreign EMB delegates with the nuances of India's electoral system as well as the best practices in Indian election.

This year, commensurate to the scale and stature of the on-going Lok Sabha Elections 2024, the largest ever delegation representing various Election Management Bodies (EMBs) and organisations from 23 countries namely - Bhutan, Mongolia, Australia, Madagascar, Fiji, Kyrgyz Republic, Russia, Moldova, Tunisia, Seychelles, Cambodia, Nepal, The Philippines, Sri Lanka, Zimbabwe, Bangladesh, Kazakhstan, Georgia, Chile, Uzbekistan, Maldives, Papua New Guinea and Namibia are taking part in the event. Members from the International Foundation for Electoral Systems (IFES), and media teams from Bhutan and Israel are also participating.

CRC-A&N Islands invites applications ...

(Contd. from page 1)

Bank Details, Income Certificate, Nativity Certificate, Photos -2.

Applications on plain paper along with the required documents have to be submitted by 30th May, 2024 to CRC-A&N Islands.

For details, one may contact Shri Ashok.G, Vocational Instructor, CRC-A&N Islands, Opp. to Pondicherry University, Brookshabad, Port Blair over phone nos. 8939113294/9363495886, a press release from CRC-A&N Islands said.

A&N Police issues advisory on fraudsters...

(Contd. from page 1)

proactive steps:

- ◆ Remain vigilant and cautious when receiving unsolicited calls or messages, especially from unknown international numbers via WhatsApp.
- ◆ Refrain from engaging with individuals claiming to be from Law Enforcement Agencies who ask for money or personal information over phone.
- ◆ Utilize the 'Chakshu-Report Suspected Fraud Communications' facility available on the Sanchar Saathi portal (www.sancharsaathi.gov.in) to report fraudulent activities.
- ◆ Regularly check and verify mobile connections associated with your name using the 'Know Your Mobile Connections' feature on the Sanchar Saathi portal (www.sancharsaathi.gov.in). Report any unauthorized connections immediately.
- ◆ Go to WhatsApp settings → Privacy → calls → Silence unknown callers.
- ◆ Talk to your children/other relative/friend, directly on his/her mobile numbers, who is reportedly under distress, in order to verify.

The Andaman & Nicobar Police has urged citizens to remain vigilant and proactive in safeguarding themselves and their loved ones against such fraudulent activities. By staying informed and taking necessary precautions, together, we can combat cyber-crime and ensure the safety and security of our communities.

For assistance, information or enquiries, contact: Cyber Crime Police Station, A&N Islands, over National Helpline No. 1930 and A&N Police Helpline No. 9531856083 or visit cybercrime.gov.in, a press release from SP (CID) said.

Public Health Advisory: Extreme Heat/Heat wave

Do's

For general population

Stay hydrated:

Drink sufficient water whenever possible, even if you are not thirsty.

Thirst is not a good indicator of dehydration.

- ◆ Carry drinking water when travelling.
- ◆ Use Oral Rehydration Solution (ORS), and consume homemade drinks like lemon water, buttermilk/lassi, fruit juices with some added salt.
- ◆ Eat seasonal fruits and vegetables with high water content like watermelon, musk melon, orange, grapes, pineapple, cucumber, lettuce or other locally available fruits and vegetables.

Stay covered:

- ◆ Wear thin loose, cotton garments preferably light coloured.
- ◆ Cover your head: use an umbrella, hat, cap, towel and other traditional head gears during exposure to direct sunlight.
- ◆ Wear shoes or chappals while going out in the sun.

Stay alert:

- ◆ Listen to the Radio; watch TV; read the Newspaper for local weather news.
- ◆ Get the latest update on weather on India Meteorological Department (IMD) website at <https://mausam.imd.gov.in>.

Stay indoors/in the shade as much as possible:

- ◆ In well-ventilated and cool places.
 - ◆ Block direct sunlight and heat waves: Keep windows and curtains closed during the day, especially on the sunny side of your house. Open them up at night to let cooler air in.
- If going outdoors, limit your outdoor activity to cooler times of the day i.e., morning and evening. Reschedule or plan outdoor activities during cooler parts of the day.

Don'ts

Avoid getting out in the sun, especially between 12:00 noon and 03:00 pm. Avoid strenuous activities when outside in the afternoon. Do not go out barefoot. Avoid cooking during peak summer hours. Open doors and windows to ventilate the cooking area adequately. Avoid alcohol, tea, coffee and carbonated soft drinks or drinks with large amounts of sugar- as these actually, lead to loss of more body fluid or may cause stomach cramps. Avoid high-protein food and do not eat stale food. Do not leave children or pets in parked vehicles. The temperature inside a vehicle could get dangerous. (Source: State Health Society, UTHM)

Online nomination for Padma Awards...

(Contd. from page 1)

to be recognized from amongst women, weaker sections of the society, SCs & STs, divyang persons and who are doing selfless service to the society.

The nominations/recommendations should contain all relevant details specified in the format available on the mentioned Portal, including a citation in narrative form (maximum 800 words), clearly bringing out the distinguished and exceptional achievements/service of the person recommended in her/his respective field/discipline.

Details in this regard are also available under the heading 'Awards and Medals' on the website of Ministry of Home Affairs (<https://mha.gov.in>) and on the Padma Awards Portal (<https://padmaawards.gov.in>). The statutes and rules relating to these awards are available on the website with the link <https://padmaawards.gov.in/AboutAwards.aspx>.

Left out Ration Card beneficiaries urged...

(Contd. from page 1)

information.

Further, it is also reported that some of the beneficiaries are not able to update their e-KYC as the device is unable to read their finger prints due to old age, or any other reason. Hence, they have been requested to get their Aadhaar biometric updated at the Aadhaar Enrolment Center in Directorate of Civil Supplies & Consumer Affairs, Port Blair or any Aadhaar Enrolment Center in their respective Tehsils considering this as the final opportunity to update their e-KYC of their respective Ration Cards. For further details, one may contact Toll Free No. 03192-230337, a press release from Directorate of CS&CA said.

Ensuring a Strong Foundation for a Great IT - Career



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MIT GOVT. OF INDIA

SOFTWARE COURSES

- ADCST = 1YEAR ■ TALLY WITH GST= 3 MONTHS
- DATA ENTRY OPERATOR COURSE = 3 MONTHS

COMPUTER APPRECIATION COURSE=60 DAYS

WINSTAR COMPUTER CENTRE



Licensee: ET&T Under Ministry of IT, Govt. Of India
Supply Lane, Port Blair-744101, Tel: 241484, Mob.# 9933241114

TO LET

Space for Office, Bank, Shop, 90 Sq. mtrs. on main ATR Road, Opposite to Garacharma Primary School.
Contact: K. Markandayan, Mob. 9531812158

TO LET

1 No. 2 BHK Residential Room, Fully Tiled at Bhatu Basti Housing Co-op. Society, Bhatu Basti.
Contact: 9963526198

TO LET

3 Nos. Single Room attached Bathroom and Kitchen at Cosmos Colony, Dollygunj, 24 hrs. water supply.
Contact No. 9907631698

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We are dedicated to providing patient with a remarkable and intimate experience through our state-of-the-art ultrasound services.

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- Renal ultrasound
- Breast ultrasound
- Doppler studies
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22YRS EXPERIENCE

CONTACT US 9933219444
8900914124

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Admission is Going on

Duration : 2 Month
From : 2nd May to 25th June
For Class : IIIrd to VIIIth Std
Batch : (9.00 a.m. to 12.00 Noon)

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COME & ENJOY
Your Vacation**

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Spelling & Word Meaning
Hand Writing Improvement | Hindi
Computer Class | Spoken English

Creative Activities :
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Fun Game | Puzzles | Abacus
Science Experiments | Quiz

Personality Development Programme
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Practice Good Habits & Good Manners
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For Admission Contact :
9434263520 / 9933290980

**MIOT HOSPITALS
OUTREACH CLINIC
PORT BLAIR**

**GET EXPERT OPINION
ON BONE & JOINT PROBLEMS**

As the pioneers of orthopaedic care in India are visiting Andaman & Nicobar Islands

MIOT Hospitals Outreach Clinic, the gateway to world-class healthcare, is flying in a **Senior Orthopaedic Specialist** from MIOT International (Chennai) to spearhead the Orthopaedics Consultation Clinic at Port Blair. Thousands of people from all over the world with fractures, arthritis, failed surgeries, back pain, congenital and spinal deformities have benefitted from MIOT's skill and experience. With over 3 decades of experience, MIOT's expertise in orthopaedics is unmatched.

The unmatched MIOT Advantage:

- No.1 orthopaedic hospital by Outlook Health magazine
- Over three decades of experience
- 40,000+ successful joint replacement surgeries
- Global referral centre for revision surgeries of the hip

**Orthopaedics Consultation Clinic
@ MIOT Hospitals Outreach Clinic, Port Blair**

10th & 11th May 2024

Visiting Orthopaedic Specialist:
Dr. V. Velarasan MBBS, MS (Ortho)
Orthopaedic Surgeon

The 2-day clinic will cover the following specialities:
**Deformities (Paediatric & Accidents),
Joint Replacement (Shoulder, Elbow, Hip & Knee),
Sports Medicine, Degenerative Bone and
Bone-related Tumours, Spine Disorders**

For appointments*:
+91 89009 85211, 77080 21483, 03192 295383

Consultation Fee: Rs.800/- *Prior appointment mandatory. Please bring previous medical records, if any.
The clinic is also open to those considering getting a second opinion.

MIOT Hospitals Outreach Clinic: Ward No. 4, Near Dignabad School, Aberdeen Village Post, Aberdeen Bazar, Port Blair, Andaman and Nicobar Islands - 744 101. Tel: 0319 2295 383 | Email: mhoc-portblair@miotinternational.com | www.miotinternational.com

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