

## 150 countries to celebrate 'Ayurveda Day 2024' on Oct. 29

# "Ayurveda Innovations for Global Health" gives new dimensions to the contribution of Ayurveda for Humanity: Minister

New Delhi, Oct. 27 (PIB)

The Ministry of Ayush is all set to celebrate 9<sup>th</sup> Ayurveda Day on Oct. 29. This year more than 150 countries across the globe have geared up for Ayurveda Day that is being celebrated around the theme 'Ayurveda Innovations for Global Health'. On this occasion, the Ministry of AYUSH is going to organize a grand event at the All India Institute of Ayurveda (AIIA), New Delhi.

Shri Prataprao Jadhav, Union Minister of State, AYUSH (I/C), Ministry of AYUSH, talked about the

significance of Ayurveda Day and said, "Ayurveda Day has now become a global movement. We are proud to learn that as many as 150 countries are expected to join Ayurveda Day celebrations 2024. He also highlighted the focus of the Ministry while underlining the theme of Ayurveda Day 2024 and added "The theme of this year's Ayurveda Day celebrations gives new dimensions to the contribution of Ayurveda to global health. Our aim is to promote Ayurveda globally as a robust system of medicine for the welfare of public. Under this, the All India Institute



of Ayurveda has initiated a month-long programme

vision of Ministry, Shri Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH said, "Through the Ayurveda Day celebrations, Ayush focuses on integrating Ayurveda with contemporary science to address critical health issues including non-communicable diseases, mental health, antimicrobial resistance, and geriatric care." Talking about the latest initiatives of the Ministry, he further added, "Ayurveda knowledge is made conveniently accessible to public through digital platforms under the umbrella of Ayush

Grid including major initiatives such as Ayurgyan Scheme, Ayush Research Portal, and Namaste Portal." Currently, Ayurveda is recognized in as many as 24 countries across the globe, while Ayurveda products are exported to over 100 countries." This year's celebration will witness significant participation from startups and industry, positioning Ayurveda at the heart of global health innovation. Leading Ayurveda experts have expressed their thoughts and hopes for this important event. Ayush

(Contd. on last page)

## Ministry of Youth Affairs, Sports invites applications for Sports Awards 2024

New Delhi, Oct. 27

The Ministry of Youth Affairs and Sports has invited applications for Sports Awards 2024. Sports Awards are given every year to recognize and reward excellence in sports. The Major Dhyan Chand Khel Ratna Award is given for spectacular and outstanding performance in the field of sports by a sportsperson.

The Arjuna Award is given for consistently outstanding performance by a

sportsperson. The Arjuna Award (Lifetime) has been introduced and will be given for lifetime contribution to sports development. The Dronacharya Award goes to coaches for producing medal winners at prestigious international sports events. The applications of eligible sportspersons, coaches, and entities for the awards must be submitted through online portal dbtyas-sports.gov.in by 14<sup>th</sup> November. (Source: newsonair.gov.in)

## Left out Ration Card beneficiaries urged to update e-KYC by Oct. 31

Sri Vijaya Puram, Oct. 27

The Department of CS &CA had extended the last date for updating e-KYC for the left out Ration Card beneficiaries upto 31.07.2024. However, it has been noticed that in spite of repeated request and

all possible effort, there are considerable number of (APL, AAY & PHH) beneficiaries who have not yet approached their Fair Price Shops or the Department of CS&CA or respective Supply Units functioning in

(Contd. on last page)

## Biannual Coastal Security Exercise "Sagar Kavach-02/24" strengthens inter-agency synergy in A&N region

Sri Vijaya Puram, Oct. 27

The Indian Coast Guard conducted the biannual Coastal Security Exercise "Sagar Kavach-02/24" on Oct. 25 & 26. This large-scale exercise witnessed active participation from key stakeholders, including A&N Administration, Indian Coast Guard, Indian Army, Indian Navy, Indian Air Force, A&N Police, Customs, Fisheries Deptt., Forest Deptt., Port Management Board, Directorate of Shipping Services, SPL Bureau, SIB, DGLL, CISF, and IMMIG.

The exercise



demonstrated the capabilities of these agencies in securing India's coastal boundaries, effectively showcasing the security framework's readiness to counter threats both at sea and on land. Focusing on enhancing inter-agency coordination and collaboration, the exercise highlighted the importance of a unified approach in delivering robust coastal security by

leveraging collective strengths. Conducted from 0600 hrs on 25<sup>th</sup> Oct. to 1800 hrs on 26<sup>th</sup> Oct., the exercise maintained heightened security across the A&N Region. Vigilance and coordinated actions resulted in neutralization of all simulated attacks, offering valuable insights to address security gaps. This successful exercise

(Contd. on last page)

## SVPMC initiates training program on animal handling and dog catching techniques for Sanitary Workers

Sri Vijaya Puram, Oct. 27

The Sri Vijaya Puram Municipal Council (SVPMC) in collaboration with the 'Blue Cross of India,' Chennai, a renowned NGO, has initiated ample training program on animal handling and dog catching techniques for its Sanitary Workers. Under the guidance of Shri Amit Kale, IAS, Secretary SVPMC, the training program commenced on Oct.23, 2024, with the aim of enhancing the efficiency of animal control operations while ensuring strict adherence to Animal



Welfare Laws. The specialized training is being conducted at the parking area of Raj Niwas and is led by Shri Dawn William Glasford and Shri Suriya Murali from the Blue Cross of India, Chennai. The session is taking place in the presence of Dr.

Geeta Gladson, Sr. Veterinary Surgeon, Sanitary Officer and Sr. Sanitary Inspector-V, who oversees the dog catching operations. As part of the Animal Birth Control (ABC) Programme, the primary objective of this training is to

(Contd. on last page)

## Support to rural SHG members 'Deepavali SHG Mela' organized by A&N Islands Rural Livelihood Mission at Marina Park draws good crowd

Sri Vijaya Puram, Oct. 27

A good gathering converged today at the three day Deepavali SHG Mela which got underway yesterday at Marina Park. The Mela is being organised by Andaman and Nicobar Rural Livelihood Mission (ANRLM) attached to Directorate of RD, PRIs and ULBs, A&N Administration. Today being Sunday, people from all ages were seen visiting the stalls put up by the SHG members at the venue. Majority of the visitors were attracted towards the stalls which were selling farm products and eatables. The members of the food stalls also made a



brisk sale of their home made delicacies. The Directorate of RD, PRIs & ULBs, A&N Administration is implementing 'Deepavali Antyodaya Yojana - National Rural Livelihoods Mission' (DAY-NRLM) with the objective to reduce poverty by enabling the poor households to access

gainful self-employment and skilled wage employment opportunities, resulting in an appreciable improvement in their livelihoods on a sustainable basis, through building strong grassroots institutions of the poor. The 'Deepavali SHG Mela' was



inaugurated by Shri. Shiv Singh Meena, Director (RD/Panch.)/ State Mission Director, Andaman and Nicobar Islands Rural Livelihood Mission in the presence of officials of the Rural Development. In the aforesaid Mela, about 80 stalls have been allotted to the rural women i.e. the

members of Self-Help Groups of DAY-NRLM as well as to the SHG Members of Andaman and Nicobar State Cooperative Bank and other NGOs. The SHG members displayed their handmade products, Decorative Door Hangings, Hand Bag made of Pearl, Coir Products, Pickles

(Contd. on last page)

## Andaman and Nicobar Police issues advisory on fake stock market investment website/apps

Sri Vijaya Puram, Oct. 27

Sponsored Advertisements featuring deep fake videos and images of prominent individuals are currently being disseminated across platforms such as Facebook, Instagram, and Google, which are redirecting users to fraudulent WhatsApp/Telegram



groups operated by cyber fraudsters, falsely presented as legitimate trading groups, investment advice platforms, or financial advisors. Within these groups,

(Contd. on last page)

## Training Program on Self-Sufficiency Villages under RGSA conducted at Subhashgram, Diglipur

Sri Vijaya Puram, Oct. 27

A training program on 'Strategic Development and Emerging Initiatives for Self-Sufficiency Villages' was organized by C.D. Block Diglipur at Subhashgram Conference Hall on Oct. 24, 2024. The training was aimed at empowering local leaders to transform



villages into self-sufficient communities through innovative approaches and effective strategies.

The program commenced with an inaugural address by the chief guest, Shri P.R. Singaram,

(Contd. on last page)



Eleven aspiring arbiters qualify for Senior National Arbiter Title

Sri Vijaya Puram, Oct. 27

In a significant achievement for the Andaman & Nicobar Islands, eleven chess enthusiasts from A & N Islands have successfully qualified for the Senior National Arbiter (SNA) title after participating in the Senior National Arbiter Seminar and Examination held on October 12 and 13, 2024 at Sri Vijaya Puram. The seminar was organized by the Andaman Nicobar Chess Association (ANCA) in collaboration with the All India Chess Federation (AICF) and the AICF Arbiters' Commission.

Led by renowned International Arbiter (IA) and FIDE Lecturer, Shri Swapnil Bansod, the



seminar provided participants with an in-depth understanding of the Laws of Chess, Tiebreaks, Swiss Pairings, and various FIDE regulations. After two days of intensive learning, 31 participants undertook an examination, of which eleven participants from A & N Islands achieved the required grades to be awarded the prestigious Senior National Arbiter title, viz Subham Dubey, Sathiya Moorthy, T, Srimannarayana A

K S, Anand V R, Bala Krishna J, Raja, Krishna Moorthy T, Maheswar Rao K, Bhaskar Rao B, Dr. Bency Joy and Moulika K. They are required to be registered with AICF as Arbiter as well as get their FIDE NA License prior to officiating in any FIDE rated event. For further details and assistance one may contact Shri. S Netazi, Senior National Arbiter and the Co-ordinator of the SNA Seminar and Exam at 9434292502, a press release from ANCA said.

Biannual Coastal Security Exercise ...

(Contd. from page 1)

validated existing Standard Operating Procedures (SOPs) and highlighted areas for further improvement.

All stakeholders in the A&N Region remain committed to maintaining the highest security standards for these pristine Islands, reinforcing the role of safety as the foundation for national development, a press release from HQ ANC said.

Andaman and Nicobar Police issues advisory on ...

(Contd. from page 1)

cyber fraudsters disseminate information regarding Stock Market, Stock Tips, Live Classes, and lure citizens to open Institutional Accounts with them to gain maximum profit through confirm Initial Public Offering (IPO) allotments. Cyber criminals share Play store/ Appstore links or apk files of fake trading applications with potential victims for trading purposes. Indian mule bank accounts are given to potential victims for depositing money, initial payouts are made to gain trust, and after a significant amount is deposited, fraudsters stop communication and the citizens become victim of cyber financial fraud.

In this regard, Andaman and Nicobar Police has issued the following advisory to safeguard the citizens against Fake Stock Market Investment:

- > Be extremely cautious of sponsored ads on Facebook, Instagram, or Google promoting investment groups on WhatsApp or Telegram, as these may be fraudulent.
- > Be alert to impersonation by fraudsters as FIIs/FPOs, financial advisors, or reputable institutions.
- > Avoid sharing sensitive financial information like bank details or login credentials with unknown entities.
- > Stay aware of common investment scams and remain sceptical of offers that seem too good to be true like promising unrealistically high returns.

For assistance, information or enquiries, contact: Cyber Crime Police Station, Sri Vijaya Puram, over Cyber Helpline No. 9531856083 or visit cybercrime.gov.in, a press release received from SP (CID) said.



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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.

SRI VIJAYA PURAM – MAYABUNDER & DIGLIPUR							
Sl. No.	Name of the vessel	Date & Time of Sailing	From	To	Date & Time of Return Sailing	From	To
1.	MV Kalighat	01.11.2024 2000 Hrs	Sri Vijaya Puram	Diglipur via Mayabunder	02.11.2024 1500 Hrs	Diglipur	Sri VijayaPuram via Mayabunder
SRI VIJAYA PURAM - LITTLE ANDAMAN							
1.	Nalanda	29.10.2024 2100 Hrs	Sri Vijaya Puram	Little Andaman	30.10.2024 0800 Hrs	Little Andaman	Sri VijayaPuram
2.	Nalanda	01.11.2024 2100 Hrs	Sri Vijaya Puram	Little Andaman	02.11.2024 1000 Hrs	Little Andaman	Sri VijayaPuram
3.	Sindhu	03.11.2024 0800 Hrs	Sri Vijaya Puram	Little Andaman	03.11.2024 2100 Hrs	Little Andaman	Sri VijayaPuram
SRI VIJAYA PURAM – CAR NICOBAR VIA LITTLE ANDAMAN							
Passenger tickets for the sailing schedule on 4 <sup>th</sup> & 20 <sup>th</sup> November onwards will be issued from 01.11.2024 onwards							
1.	MV Kalighat	29.10.2024 1500 Hrs	Sri Vijaya Puram	Car Nicobar	30.10.2024 at 0600 Hrs	Car Nicobar	Sri VijayaPuram
2.	MV Kalighat	04.11.2024 0700 Hrs	Sri Vijaya Puram	Car Nicobar via Little Andaman	05.11.2024 at 800 Hrs	Car Nicobar	Sri VijayaPuram via Little Andaman.
3.	MV Kalighat	20.11.2024 0700 Hrs	Sri Vijaya Puram	Car Nicobar via Little Andaman	21.11.2024 at 800 Hrs	Car Nicobar	Sri VijayaPuram via Little Andaman.
SPECIAL SAILING: SRI VIJAYA PURAM - CAMPBELL BAY VIA CAR NICOBAR							
Passenger tickets for the sailing schedule on 8 <sup>th</sup> November will be issued from 01.11.2024 onwards.							
1.	MV Kalighat	08.11.2024 1500 Hrs	Sri Vijaya Puram	Campbell Bay via Car Nicobar	10.11.2024 0800 Hrs	Campbell Bay	Sri VijayaPuram viaNancowry&Car Nicobar.
SRI VIJAYA PURAM - NANCOWRY VIA LITTLE ANDAMAN, CAR NICOBAR, CHOWRA, TERESSA & KATCHAL							
Passenger tickets for the sailing schedule on 14 <sup>th</sup> November will be issued from 01.11.2024 onwards.							
1.	MV Kalighat	14.11.2024 0700 Hrs	Sri Vijaya Puram	Nancowry via Little Andaman, Car Nicobar, Chowra, Teressa & Katchal	17.11.2024 0500 Hrs	Nancowry	Sri VijayaPuram via Katchal, Teressa, Chowra, Car Nicobar & Little Andaman
SRI VIJAYA PURAM - CAMPBELL BAY & NANCOWRY							
Passenger tickets for the sailing schedule w.e.5 <sup>th</sup> November, 2024 onwards will be issued from 01.11.2024 onwards.							
1.	Sindhu	29.10.2024 0900 Hrs	Sri Vijaya Puram	Campbell Bay via Nancowry	31.10.2024 0800 Hrs	Campbell Bay	Sri VijayaPuram via Nancowry

National Ayurveda Day 2024 celebrated at MGCC; Ayurvedic Medicinal Plants Exhibition-cum-Competition organized

Mayabunder, Oct. 27

As part of the celebration of National Ayurveda Day 2024, the Mahatma Gandhi Govt. College in association withDr. R. P. Hospital, M a y a b u n d e r organized an Ayurvedic Medicinal Plants Exhibition-cum-Competition among the students in the college premises yesterday. It showcased an impressive array of medicinal plants and the traditional use of medicinal plants available in A&N Islands. Altogether,



70 students from the college participated Department wise and individually along with all kinds of medicinal plants available locally.

Dr. B. Praburam, Principal, M.G. Govt. C o l l e g e , Mayabunder, Dr. Priyanka Iqbal (Ayurveda) along with her medical team

visited the exhibition and interacted with the students about the medicinal values of these plants exhibited by them. The event provided a valuable e d u c a t i o n a l experience, fostering awareness on ayurvedic practices, a press release from Principal, MGCC said.

Valedictory prog. of Fast Food Stall Udyami course by RSETI held

Sri Vijaya Puram, Oct. 27

The State Bank of India Rural Self Employment Training Institute (RSETI), Sri Vijaya Puram has s u c c e s s f u l l y completed the 10 days Fast Food Stall Udyami Course with participation of 25 NRLM SHG Women trainees which commenced from Oct.14. The v a l e d i c t o r y programme was held on Oct. 24 in the presence of Smt S. Sunanda Kumari, Faculty DBRAIT and Shri C Raj, Director of SBI- RSETI.



In his address, the Director of SBI-RSETI appreciated the trainees for coming forward to gain information and knowledge in Fast Food Udyami and

also assured the trainees that requisite loan will be extended by the bank, if they intend to set up their own business. Shri Naveen Raj, Faculty of RSETI proposed the vote of thanks, a press release from SBI, RSETI said.

Left out Ration Card beneficiaries urged ...

(Contd. from page 1)

the inter Islands for updating their e-KYC.

Hence, all those left out Ration Card beneficiaries (APL, AAY & PHH) who have not yet updated their e-KYC due to whatsoever reason have once again been requested to contact any of their nearest Fair Price Shop along with their Aadhaar numbers to get e-KYC done latest by 31.10.2024 for all the members listed in the Ration Card, failing which, such members of the Ration Card shall be considered bogus and action shall be taken as per the relevant rules.

The Ration Card beneficiaries can also approach the Directorate of CS&CA, Sri Vijaya Puram at Room No. 20 or their respective Supply Units for updating their e-KYC. The list of left out beneficiaries has been made available in their respective Fair Price Shops also for information.

Further, it is reported that considerable number of AAY & PHH children members between the age of 01 to 17 years are not able to complete their e-KYC as their Aadhaar enrolment was done before the age of 5 years. All such beneficiaries have been requested to update their Aadhaar in the nearest Enrolment Centers immediately. The Department of CS&CA is organizing Aadhaar Camps continuously. Such beneficiaries can approach the Directorate of CS&CA also for Aadhaar updation of children between the age of 1 to 17 years of age. For further details, contact Toll Free No. 03192-230337, a press release from Deptt. of CS&CA said.

Training Program on Self-Sufficiency ...

(Contd. from page 1)

Pradhan of Subhashgram, who underscored the vital role of Gram Panchayats in facilitating sustainable village development. Ms Ranjita Kabiraj, Block Program Manager, extended a warm welcome to all participants, setting a positive tone for the day's proceedings.

Shri Bibhash Mazumdar, Extension Officer, provided a comprehensive overview of the concept of Self-Sufficiency Villages, outlining the key strategies and initiatives that can be employed to achieve this goal.

Shri John James, Assistant Engineer from APWD, highlighted the crucial importance of effective water management in achieving self-sufficiency. His interactive session engaged participants in discussing sustainable water conservation practices, underscoring water's central role in agriculture and community well-being.

Smt. N. Seikeena, Junior Engineer (PRI), addressed the infrastructure requirements necessary for building self-sufficient villages. She detailed how well-planned infrastructure-such as roads, housing, and public facilities-can significantly contribute to the overall development and sustainability of rural communities. Furthermore, Shri Debasis Podder, Cluster Coordinator (NRLM), elaborated on the pivotal role of Self-Help Groups (SHGs) in empowering local economies. He stressed that SHGs are essential in promoting economic independence and fostering a culture of entrepreneurship among villagers.

The training program witnessed active participation from Pradhans, Panchayat Secretaries, and Community Resource Persons (CRPs), who contributed to lively discussions and shared valuable insights.

The event concluded with a vote of thanks delivered by Shri Bibhash Mazumdar, Extension Officer, a press release from Directorate of RD, PRIs and ULBs said.

"Ayurveda Innovations for Global Health" ...

(Contd. from page 1)

professionals are particularly enthusiastic about this year's celebrations on the theme surrounding innovation in Ayurveda.

As the World moves toward Ayurveda Day on 29<sup>th</sup> October, 2024, the Ministry of AYUSH, its partner institutions, professionals, and Ayurveda enthusiasts around the globe are excited for this unique celebration. Through innovation and collaboration, Ayurveda is poised to offer sustainable solutions for global health and well-being.

It is to note that the celebration of Ayurveda Day takes place annually on the auspicious occasion of Dhanvantari Jayanti (Dhanteras). Since inception in 2016, Ayurveda Day has gained global significance. This year's celebrations are filled with energy and enthusiasm, culminating in a closing ceremony on 29<sup>th</sup> October, 2024. Throughout the month, various events and activities are being organised nationwide, highlighting the importance of Ayurveda in health promotion and disease prevention.

'Deepavali SHG Mela' organized by...

(Contd. from page 1)

and other variety of products. The SHG Members expressed their happiness and gratitude to the Department to providing them platform to showcase their home made products in the 'Mela'.

The general public have been requested to visit the 'Deepavali SHG Mela' at Marina Park which will remain open 4 pm to 10 pm tomorrow also (Oct. 28) and support the rural SHG women to earn better source of livelihood, a press release from Directorate of RD, PRIs & ULBs said.

SVPMC initiates training program on ...

(Contd. from page 1)



equip personnel with humane dog catching techniques, including safe handling and transportation methods that minimize stress and harm to the animals. Through this initiative, SVPMC aims not only to enhance the effectiveness of its animal control measures but also to promote the humane treatment of stray animals in accordance with legal requirements. The program further seeks to ensure a safer environment for both the public and animals.

Moreover, it emphasizes SVPMC's commitment to animal welfare, elevating the standards of its ABC Programme and nurturing a positive reputation for its efforts in this vital area. This program will specifically address community concerns about stray animals while ensuring their humane treatment through training and welfare-focused practices, a press release from SVPMC said.

Isles Kudo Team to participate in various tournaments

Sri Vijaya Puram, Oct. 27

A team of 21 students and officials from Mixed Martial Art Kudo Association of Andaman & Nicobar Islands will be participating in the 15<sup>th</sup> Kudo National

Tournament, 05<sup>th</sup> Federation Kudo Cup and 16<sup>th</sup> Akshay Kumar Kudo International Tournament from Nov. 5 to 12, 2024, a press release received here said.

7<sup>th</sup> State Level Speed Skating C'ship to be held from Nov.2

Sri Vijaya Puram, Oct. 27

The Andaman & Nicobar Roller Skating Association will be conducting the 7<sup>th</sup> State Level Roller Skating Championship 2024 on November 2, 3 and 9, 2024 at Marina Park Road, Sri Vijaya Puram from 4 pm to 8 pm. The events will be held (Quad / Inline) Category for various age groups viz. 05 - 07 yrs, 07 - 09

yrs, 09 - 11 yrs, 11 - 14 yrs, 14 - 17 yrs & 17yrs above. The first 3 place winners will be eligible for the forth coming 62<sup>nd</sup> National Roller Skating Championship to be organized by Roller Skating Federation of India at Mysore, Karnataka from Dec. 5 to 15. For more details, one may contact Mob. No. 9531850981, a press release received here said.



9<sup>th</sup> AYURVEDA DAY



Never Suppress Your

NATURAL  
URGES

Attending Natural urges  
appropriately will help you in  
preventing many diseases

न वेगितोऽन्यकार्यः स्यान्नाजित्वा  
साध्यमामयम्।

(Ashtanga hridaya)

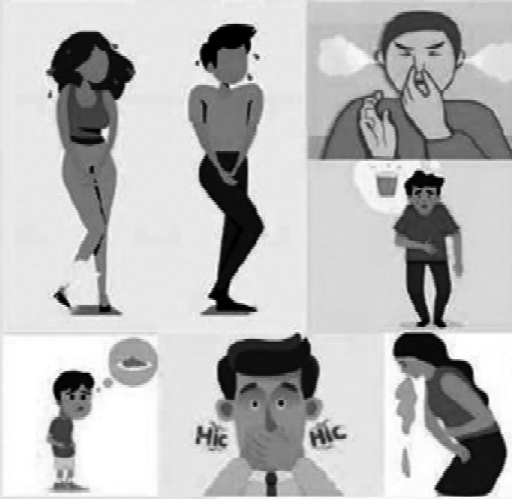


- 1 There are 14 natural  
urges of the body that  
should not be  
supressed
- 2 They are the reflexes  
such as urinary, fecal,  
sneeze, cough, Vomit  
lacrima(due to grief),  
hiccups, thirst, hunger  
etc.
- 3 Researches have  
proved that habitual  
suppression of these  
urges can trigger  
disease pathogenesis
- 4 If you are in a habit of  
holding these back  
(sometimes or  
frequently) then you  
might be risking your  
overall well-being.
- 5 According to Ayurveda,  
the first line of  
treatment in all  
diseases is "avoid the  
cause", so STOP  
suppressing them.

प्राकृतिक वेगों को  
कभी ना रोकें।

प्राकृतिक वेगों को धारण ना करने से  
कई प्रकार की बीमारियों को रोकने में  
मदद मिलती है।

न वेगितोऽन्यकार्यः स्यान्नाजित्वा साध्यमामयम्।  
(अष्टाङ्ग हृदयम्)



- 1 शरीर के 14 प्राकृतिक वेग हैं जिन्हें  
रोका नहीं जाना चाहिए।
- 2 वे वेग हैं जैसे मूत्र, मल, छींक, खांसी,  
उल्टी, अश्रु (दुःख के कारण),  
हिचकी, प्यास, भूख आदि।
- 3 कई अनुसंधानों ने साबित कर दिया  
है कि इन वेगों को आदतन दबाने  
से रोगजनन की प्रक्रिया की गति  
बढ़ती है।
- 4 यदि आपको इन्हें कभी-कभी या  
बार बार दबाने की आदत है तो  
आप अपने समग्र स्वास्थ्य को  
जोखिम में डाल सकते हैं।
- 5 आयुर्वेद के अनुसार, सभी रोगों में  
उपचार का पहला उपाय "कारण  
से बचना" है, इसलिए इन्हें दबाना  
बंद करना चाहिए।

Andaman & Nicobar State AYUSH Society,  
Directorate of Health Services, A & N Administration

ID.NO. 11288

FORM J

[See Rule 135(3)]

(Notice of Mutation to Interested Person)

(1) P. Srilakshmi, W/o Lt. P. Vagish

Notice is hereby given that mutation entry as specified below has  
been made in the Mutation Register of Haddo village, a copy of which  
has been made affixed at Tehsildar Office, Sri Vijaya Puram. You are  
requested to file your objection, if any, to the entry within 15 days of  
the receipt of the Notice.

Particulars of Mutation Entry  
Village: Haddo

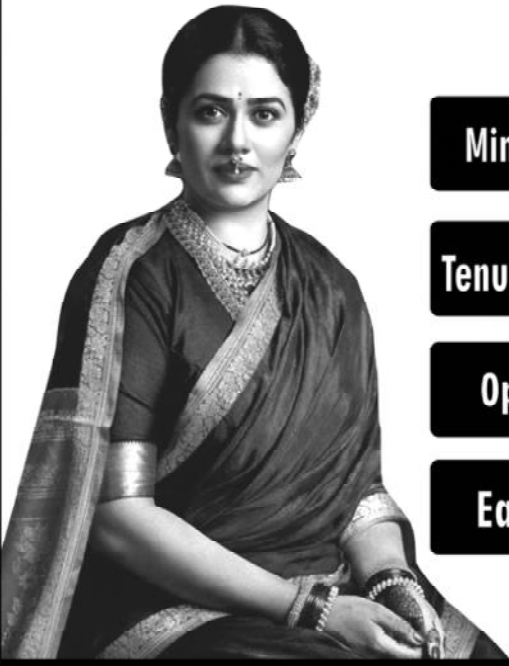
Sl. No. of Entry	Date of Entry	Nature of acquisition of right and its details	Holding affected		
			H. No.	Sy. No.	Area
1414	22/08/20 24	After the death of P. Vagish of landed tenant w.r.t. landed property specified alongside, his wife namely P. Srilakshmi has requested for mutation of the land left by her deceased husband in her sole name. Copy of family member Certificate is attached for perusal.		576/1 (106/ 3)	Share in total area of 3671.36 Sq. mtrs.

Sd./-

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Pay Just The V.A Charge and Own A New Jewellery

Lowest V.A charges (V.A charge is inclusive of all charges)

Do Not Pay any Additional Charges in The Name of Making Charges



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2 BHK Flat (3 Nos.) and 3 BHK Flat (1 No.)  
is available on Monthly Rent Basis at 1<sup>st</sup>  
Street, Chandni Chowk, South Point, Sri  
Vijaya Puram, with Car Parking Interested  
Person May Please Contact Over phone.  
No: 9679579432 / 9531920653

PART TIME JOB

UDYAM-AN-01-0009081



Building Tomorrow's Future

A prominent social organization working in A &  
N Islands for the past 10 years for skill development for  
youths. VYK required part time volunteers for skill survey  
at Bathubasthi Garacharma, Dollygunj school line area.  
Interested college students those who are having two  
wheeler license can apply (work 3.30 AM to 7.30 PM)  
Decent honorarium will be given. please contact in person  
with Resume.

The Director (ADMIN)  
VIDYA YUVAKENDRA FOUNDATION,  
Near Electricity office, Bathubasthi, Sri Vijaya puram.  
Contact office cell : 9679514104 , (call 10 am to 6 pm)



**FLOODS SAFETY TIPS**

Before	During	After
 Stay Informed on Local News	 Turn off electricity and gas	 Avoid contact with flood water & swimming
 Prepare an emergency bag with food, medicine, documents, light etc.	 Don't walk or drive in flooded water	 Don't touch power lines
 Know how to evacuate and safe alternative routes	 Get to a higher ground	 Don't go home or to disaster areas until it is declared safe
 Leave indoor/low-lying area before flooding starts	 Follow evacuation orders	 Communicate to your family that you are safe
 Keep useful items at home (sandbags, ladder, rope)	 Free cattle and lead animals to a safer place	 When back home: clean and disinfect surfaces and items

National Programme on Climate Change and Human Health

(TFG RC. No.1306 /2023)  
Form J  
[See Rule 135 (3)]  
(Notice of Mutation to interested Person)

1. Jay Prakash Narayan  
Notice is hereby given that mutation entry as specified below has been made in the Mutation Register of Village Bindraban, a copy of which has been affixed at Notice Board at Tehsil Office Ferrargunj on 14/05/2024. 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**

Sl. No. of Entry	Date of Entry	Nature of Acquisition of Right and its Details	Holding Affected
			Holding No. Sy. No. Area in Hects.
1	2	3	4 5 6
485	14/05/2024	Applicant Jay Prakash Narayan has Applied for Mutation of Share of Landed Property of Indra Devi (Since Deceased) out of Sy. No. 60, Area 2.3500 Hects. Situated at Bindraban Village.	60 2.3500

Dated: 14/05/2024  
Sd/-  
Patwari  
Circle No. (5)  
Ferrargunj Tehsil.

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<b>CLASS XII</b>	<b>GEOGRAPHY &amp; POLITICAL SCIENCE</b>

9933242606 | 9434297265 | JUNG LIGHAT, SRI VIJAYA PURAM

**e-TENDER NOTICE**

No. M/1074/2024-R&M-PMF-POLICE\_AN/150556/2024 dated 22-10-2024

The Superintendent of Police, Police Marine Force, Sri Vijaya Puram invited short time opening eTender vide No. M/1074/2024/RM/PMF/AN/1109 Dtd. 17/10/2024 and Tender ID 2024\_ANP\_16080\_1 for supply of Miscellaneous Items for the use of MV White Water. The opening date of tender is fixed on 01/11/2024 at 1100 AM. The tender details may be downloaded from the websites of Andaman and Nicobar Administration/Police i.e., <http://eproc.andaman.gov.in> CPP portal.

**Superintendent of Police**  
**Police Marine Force**  
**Sri Vijaya Puram**

I.D. No. 11298

**!! SHRADHANJALI !!**

**Beloved Late KUSUM KUMARI (MUNNI)**  
W/o Hari Kishen (Garacharma)  
D/o Late Prem Lal (Nayagaon)

With profound grief and sorrow we inform the sad demise of our beloved mother who left for her heavenly abode on 18<sup>th</sup> October, 2024.

Shradh Ceremony will be held on 29<sup>th</sup> October, 2024 on Tuesday (Afternoon) at her residence, Garacharma.

**Grief Stricken:** Hari Kishen (Husband), Amit (Son) & Deepika (Daughter) Ph. No. 9679585685

**30th Years of Celebration**  
**RAJESWARI JEWELLERS**  
No. 1, Farzand Ali Market, (Opp. Clock Tower)  
Aberdeen Bazar, Sri Vijaya Puram, Andaman

**Special Offer**  
**HAPPY DURGA PUJA AND HAPPY DIWALI**

From 1st October upto Diwali, for every purchase of Gold Rs.10,000/- above prize coupon will be given for every customer selected customers will get.

**BUY GOLD GET SAME WEIGHT SILVER FREE**

**Monthly Prizes**

1st Prize, Gold Coin 2Gr. Gold
2nd Prize, Gold Coin 1 Gr. Gold
3rd Prize, Silver Coin 10 Gr. Silver 25 Persons

After that every month for the purchase of Rs. 10000/- above Coupon will be purchase Customers will get Lucky Prizes.

**BUMPER PRIZES**

1st Prize Gold Coin 80 Gr.	2nd Prize Gold Coin 40 Gr.	3rd Prize Gold Coin 20 Gr.
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**SAGRITARA SCHOOL**  
Unaided Minority Education Institution, Prem Nagar,  
P.O. Haddo, Sri Vijaya Puram.

**VACANCY**

Applications are invited the following posts:

Name of Post	Qualification
GTT Mathematics	B.Sc., B.ED. in Concerned Subject with CTET. Paper – II
Physical Science	Qualified

- Candidates Must be Fluent in English.
- Candidate Can Submit their Application alongwith Self attested Copies of all the relevant Certificates in the School Office till 8/11/2024 between 9.00 AM & 12.00 Noon.

**Manager**  
Ph No. 03192-202195

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Double Storeyed House for Sale at Rangat Bazar main road side.  
Call: 9496006265 / 9933246231

**TO LET**

1 BHK Fully Tiled 24 hour. Water Supply Near Shiv Mandir, Aberdeen Village.  
Contact: 9474227256

**TO LET**

Room for Rent available at Junglighat, Office & Tuition Purpose, 1<sup>st</sup> Floor Opp. Old CCS. Pls. Contact: 9933260535 / 9933241052

**TO LET**

01 BHK (Semi – RCC) Spacious Room at Deen Street, (Near Rabindra Bangla School). Contact: 8918945224

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CONTACT NO.9932089692

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Showroom No. 2, Middle Point, Opposite Bhangli Club, Road to Hotel Shreegan, Sri Vijaya Puram, South Andaman, Andaman and Nicobar Islands. Tel: 91 98218 20000

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**BABU LINE, (NEAR GANESH TEMPLE),**  
**ABERDEEN BAZAR, SRI VIJAYA PURAM,**  
PH: 03192-237088, 9434263317, 7063960100

**5<sup>th</sup> Death Anniversary**  
On 28-10-2024  
In Loving Memory of

**Late P. SHIBU**  
S/o K. Padmadas  
R/o Prem Nagar, Sri Vijaya Puram  
"You will always be eternal in our hearts forever"

Lovingly remembered by: Sheela Shibu (Wife), Priyanka Shibu (Daughter) and all family members.

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**ORTHO I PHYSIO I DIGITAL X-RAY I LAB I PHARMACY**

**Ph:258222 Regn No: 3564000247**  
HADDO, Sri Vijaya Puram -744102  
Opp. Van Vikas, Haddo Junction,  
Cell: 9933257520, 9933277815  
2.11.24 (Saturday 10am - 8pm)

**CHENNAI MEDICAL CENTER**  
Bambooflat, South Andaman  
Near Rahmaniya Masjid,  
Cell: 9679535333, 9679532353  
3.11.24 (Sunday 10am -3pm)

**TO LET**

1 BHK for Rent at ATR Road, Near Hotel Airport, Dolly Gunj Chowk at Main Road.  
Contact: 9531862638

**TO LET**

2 BHK with attached Bathroom, Rs.10,000/- per month. 1 Room with attached Bathroom Rs.5000/- per month, behind GSS, Dairy Farm.  
Contact: 9566160128 / 9434286559

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