Prime Minister Shri Narendra Modi to inaugurate submarine cable connectivity to Andaman & Nicobar Islands on 10th August

High-speed Broadband connectivity for A&N Islands

Undersea cable of nearly 2300 KM length between Chennai-Port Blair and Port Blair & 7 Islands

A big boost to e-governance, tourism and Information Technology

New Delhi, Aug 7 (PIB)

Prime Minister, Shri Narendra Modi will inaugurate the submarine Optical Fibre Cable (OFC) connecting Chennai and Port Blair on 10th August, 2020. The submarine cable will also connect Port Blair to Swaraj Dweep, Little Andaman, Car Nicobar, Kamorta, Great Nicobar, Long Island, and Ratang. This connectivity will enable delivery of faster and more reliable mobile, internet and other services to Andaman & Nicobar Islands, at par with other parts of India. The foundation stone for this project was laid by the Honourable Prime Minister on 30th December 2018 at Port Blair. Once inaugurated, the submarine OFC link will deliver bandwidth of 2x200 Gigabits per second (Gbps) between Chennai and Port Blair, and 2x100 Gbps between Port Blair and the other Islands. Provision of reliable, robust, and high-speed telecom and Broadband facilities in these Islands will be a landmark achievement from the viewpoint of consumers, as well as for strategic and governance reasons. 4G mobile services, which were constrained due to limited backhaul bandwidth provided via satellite will also see a major improvement.

Enhanced telecom and Broadband connectivity will boost tourism and Government of India through video conferencing the Minister of State for Development of North Eastern Region (I/C), Shri Jitendra Singh has also been executed this project while Telecommunications Consultants India Limited (TCIL) are the Technical Consultants. About 2300 Kms of Submarine OFC cable has been laid at a cost of about Rs 1224 Crore, and the project has been completed in time.

Weather Report

Min Temperature (°C) of Date: 28.6
Max Temperature (°C) of Date: 32.3
Relative Humidity(%) on 0830 IST : 69.6
Sunrise time on 08.08.2020 (in IST): 0508
Sunset time on 08.08.2020 (in IST): 1742
Rainfall upto 0830 hrs of date (last 24 hrs) - in mm: 0.0
Minimum Temperature (°C) of Date: 25.3
Relative Humidity(%) on 0830 IST : 92.0
Sunrise time on 08.08.2020 (in IST): 0508
Sunset time on 08.08.2020 (in IST): 1742
Rainfall upto 0830 hrs of date (last 24 hrs) - in mm: 0.0
Minimum Temperature (°C) of Date: 29.1
Relative Humidity(%) on 0830 IST : 81.9
Sunrise time on 08.08.2020 (in IST): 0508
Sunset time on 08.08.2020 (in IST): 1742
Rainfall upto 0830 hrs of date (last 24 hrs) - in mm: 0.0

Adminstrat committed to prevent COVID-19 among Particularly Vulnerable Tribal Groups

Port Blair, Aug 7

The Administration endeavours to protect Particularly Vulnerable Tribal Groups (PVTGs) and the community from COVID-19 pandemic. Keeping this in mind, the Administration has taken a number of proactive steps from the very first day itself to contain spread of COVID-19 infection among the tribes especially Jarawas who are more exposed to non-tribal passing through Andaman Trunk Road (ATR) and fishermen on the coast. The other PVTGs such as Ongers, Shompens are living in isolated settlements where contact with outsiders is very negligible. The Administration has repeatedly conveyed to one and all moving movement of only essential goods carrying vehicles/ambulance/ hearse van and emergency travel on the coast. The Tribal have been sensitised about COVID-19 with pictures/videos in their own language by the field staff and PFI functionaries and villagers of the area adjoining the tribal reserve.

Residents of Containment Zones can contact area in-charges for any assistance

Port Blair, Aug 7

In the wake of rapid increase of COVID-19 cases in the South Andaman District, areas with a cluster of COVID-19 positive cases/significant number of ILL cases have been declared as Containment Zones.

COVID-19: only essential activities allowed in Containment Zones

Residents of Containment Zones can contact area in-charges for any assistance
The cooperation of the residents of the Containment Zones is solicited for containing the spread of COVID-19 in the Containment Zone area and in the district. Strict action will be taken against the violators who venture out of the Containment Zone without the approval of area in-charge through special movement pass, a press release from District Magistrate (SA) said.

The PM said that India has the ability to give solutions of talent and technology to the whole world, and that the National Education Policy addresses this responsibility, which is a new step in our education system. The Prime Minister said that higher education institutions need to be empowered through Autonomy. He said that there are two types of debates about Autonomy. One says that everything should be done strictly under Government control, while the other says that the Ministry of Education should get Autonomy. The Prime Minister said that higher education institutions need to be empowered through Autonomy. He said that there are two types of debates about Autonomy. One says that everything should be done strictly under Government control, while the other says that the Ministry of Education should get Autonomy. The Prime Minister said that higher education institutions need to be empowered through Autonomy. He said that there are two types of debates about Autonomy. One says that everything should be done strictly under Government control, while the other says that the Ministry of Education should get Autonomy.
Social Welfare Deptt. operates One Stop Centre in all Districts. One Stop Centres are functional in all the 3 Districts and they can be contacted as detailed below:

<table>
<thead>
<tr>
<th>Scheme Name</th>
<th>Address</th>
<th>Name of Contact Person</th>
<th>Mobile/Landline No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Stop Centre, South Andaman District</td>
<td>Junglighat, Near Ayush Hospital</td>
<td>Ms. Sunanda Counselor</td>
<td>03192-234221 9840762492</td>
</tr>
<tr>
<td>One Stop Centre, North &amp; Middle Andaman</td>
<td>Old DRDA Office, near State Library Mayabander</td>
<td>Ms. Hemalata, Counselor</td>
<td>03192-273009 9531860556</td>
</tr>
<tr>
<td>One Stop Centre, Nicobar District</td>
<td>Perkar Headquarter, Car Nicobar</td>
<td>Smti. Jeervanti Kujur</td>
<td>03192-265121 9531856023</td>
</tr>
</tbody>
</table>

Women’s Helpline-181 | Junglighat, Near Ayush Hospital | Smti. Vijayalaxmi Senior Call Counselor | 181 9775660749 |

The Anganwadi Workers have also been sensitized to identify persons with mental distress. Persons in need of psychological succor may get in touch with their area Anganwadi Workers and thereafter, the Social Welfare Department will render all necessary assistance to such persons.

To reduce suicides during COVID-19, it is imperative to decrease stress, anxiety, fear and loneliness.

To reduce suicides during COVID-19, it is imperative to decrease stress, anxiety, fear and loneliness.

Worsening of pre-existing symptoms related to stress, anxiety or depression.

Constant obsessive, intrusive thoughts that cannot be controlled or stopped with regards to the virus, like contracting it, getting quarantined, spreading it to others, fear of self or loved ones dying and anxiety about not having access to investigations or treatment.

Severe anxiety symptoms like palpitations, difficulty in breathing or breathlessness, chest pain, headache, blurred vision or tremors.

Feeling of helplessness, hopelessness, worthlessness and mental fatigue.

To reduce suicides during COVID-19, it is imperative to decrease stress, anxiety, fear and loneliness.

What can help:

- Engage in healthy activities that one enjoys and finds relaxing. Listen to music, draw or paint, do yoga or meditate regularly, pursue a hobby, read or write.
- Establish a routine as best as possible and try to see this period as a new experience that can bring health benefits.
- Do not feel helpless or hopeless about this situation and do reach out for mental health assistance if needed.
- Be physically active. Do simple indoor exercises that will keep you fit and feeling fit.
- Sharing in caring. Understand if someone around you needs advice, food or other essentials. Be willing to share.
- Elderly people may feel confused, lost and need help. Offer them help by getting them what they need, their medicines, daily needs etc.
- If you have children at home, keep them busy by allowing them to help in the household chores. Make them feel responsible and acquire new skills.
- Knowledge is power; the more you know about a certain issue, the less fearful you may feel. Make sure to access and believe only the most reliable sources of information for self-protection.
- The symptoms of Corona have been well described. Follow the etiquette of sneezing, coughing avoiding spitting in public places etc.
- What is not advisable:
  - Avoid tobacco, alcohol and other drugs. Use of tobacco or alcohol or other drugs to cope with emotions or boredom can worsen physical, mental health and reduce immunity.
  - Do not show or judge people with COVID infection. While you need to maintain a physical distance and keep yourself safe to prevent such infection, remember they need care and concern.
  - Avoid obsessively watching disturbing news and social media.
  - Establish a routine as best as possible and try to see this period as a new experience that can bring health benefits.
  - Do not feel helpless or hopeless about this situation and do reach out for mental health assistance if needed.
- If you happen to get infected with Corona, remember most people recover. Do not panic. Practice self-isolation and take medications that are advised.

Recommendations of AYUSH for positive cases of COVID-19:

- Food should be freshly cooked, warm, easily digestible, and in suitable quantity as per individual needs. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (coriander), Lahsun (Garlik), Adrak (Ginger), Pippali (Pepper) are recommended in cooking. Warm soups of lentils/pulses/meat can be taken as per preference. Avoid overeating.
- Use warm water for drinking (in optimal quantity at suitable intervals).
- Avoid foods/drinks like curd, banana, cold drinks, ice-cream, refrigerated items; and cold air which may trigger respiratory symptoms.
- AYUSH Kaul:ha: Drink 150 ml of Herbal Tea (decoction made by boiling Tulsi, Dalichi (Cinnamon), Kalimirech, Shanthi (Ginger), Munakka (Raisin) in water) once or twice a day. Jaggery and fresh lemon juice may be added for taste.
- PratimaarshyaNasya: Apply sesame oil /Coconut oil in both nostrils (Twice a day).
- Oil pooling (Gandusha): Gargle with warm water twice a day (a teaspoon full of Sesame oil, half tea spoon Haldi and pinch of common salt may be added to water).
- Steam Inhalation: Thrice a day (Mint leaves or pinch of Ajwain (Carum seeds) may be added to the water in case of congestion).
- Half tea spoon of Clove powder or Licorice powder may be used once or twice a day along with honey for dry cough /sore throat.
- Have adequate sleep, preferably during night hours; avoid day sleep to the extent possible.
- Use warm water for bathing; and dry your hair thoroughly after head-bath.
- Stay calm and stress-free with daily practice of Yogaasana, Pranayama, Meditation.
- Most important, think positive. You will overcome this problem.
- Consult concerned doctors at given numbers if symptoms persist/health condition worsens. (Ayurved Physicians- Dr_Rekha...9932808905 Dr. Smily John -9434277785 )
- Homeopath- Dr MA Jawed- Mob. 9434280366 .Dr. Krishnan Kutty 9933223599).

### Simple Ayurvedic Procedures

#### During dry cough / sore throat

1. Steam inhalation with froth Pudina (Mint) leaves or Aajwin (Caraway seeds) can be practiced once in a day.
2. lævung (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

#### AYUSH Kaadha:

- Drink 150 ml of Herbal Tea /decoction [made by boiling:
  - 1 spoon of Dhanyala (Piper Betle), 1 spoon of Gokala (Eucalyptus) or 1 spoon of Rauha (Clove) or 1 spoon of Swarna Kattha (Aloe vera) in 200 ml of water].
  - Amla (aula) (Amla) or 1 spoon of Neem (Azadirachta indica) or 1 spoon of Kalmiya (Kalimiri) in water].
  - Jaggery and fresh lemon juice may be added for taste.

#### Reducing stress levels with three types of deep breathing

1. **Belb breathing**
   - "This one hand on your chest and one hand in your stomach wherever allows your body to relax. Take a breath in through your nose, move your body's eye through your mouth.

2. **Equal breathing**
   - "Inhale for the same amount of time as you exhale. Use the body breathing technique, place your eyes and palms against your breathing. Then, slowly count 2 3 4 in at your inhale. Through your nose. Breathe in the same order, relax.

3. **Focused breathing**
   - "While you are breathing in and out, slowly count 2 3 4 in at your inhale. Through your nose. Breathe in the same order, relax."
**NOTICE INVITING e-TENDERS**


The Executive Engineer, Construction Division No.1, APWD, Port Blair invites on behalf of the President of India, online for the procurement of (i) 25 KVA Generator (ii) 03 Nos. AC (1.5 Tone) preferably made in India (iii) 06 Nos. Diesel Silent and automatic type Power Back-up (iv) 06 Nos. Cement (v) 06 Nos. Bricks (vi) 06 Nos. Sand (vii) 06 Nos. Crushed Stone (viii) 06 Nos. Blocks (ix) 06 Nos. Black Epoxy Paint (x) 06 Nos. White Epoxy Paint for the following work:-

1. Improvement of Central Acclimation Room at PMU/Mayabunder (A & N) Administration Office.

Tender ID NO. 2020_APWD_629_1.

**DATE & TIME OF OPENING OF QUOTATION:-**

17th August, 2020 at 10.30 AM.

**PLACE OF OPENING:-**

A & N Administration Office, Port Blair.

Tenders are requested to be submitted along with the requisite documents within the tender ID No. 2020_APWD_629_1 at the above mentioned place on or before 17th August, 2020 at 10.30 AM. The claim and suggestions, if any may be submitted to the Director of the Executive Engineer, A & N Islands, Port Blair.

**Duty Secretary (Shopping)**

**DISHOUR & SANITIZATION SERVICES**

**In ever loving memory of our”**

Keep you and your employees protected from nasty germs virus. We serve to all segment the School, Colleges, Hotels, Offices, Houses and more. We also make DDPB approved touchless Hand Sanitizer Machines, Masks, Gloves, Car Spraygun etc.

Contact: 8000128444, 9533005079
Island Trading Agency
Near Carmel School, Phuney Road, Port Blair

**DISCLAIMER**

We reserve the right to refuse at any time to service anyone who we consider to be a threat to our work environment.

**LIST OF WORKS**

- 30 KVA Generator
- 03 Nos. AC (1.5 Tone) preferably made in India
- 06 Nos. Diesel Silent and automatic type Power Back-up
- 06 Nos. Cement
- 06 Nos. Bricks
- 06 Nos. Sand
- 06 Nos. Crushed Stone
- 06 Nos. Blocks
- 06 Nos. Black Epoxy Paint
- 06 Nos. White Epoxy Paint

**Notice Inviting Quotation**

The draft recruitment rules of Group ‘B’ (Non-Gazetted), post of Engineer-in-Chief (Mechanical), A & N Administration is being advertised on the establishment of Directorate of Shipping Services has been hosted in A & N Administration’s website www.aanadministration.gov.in., inviting claims and suggestions of the stakeholders within 30 days of the date of publishing this notice. The claims and suggestions, if any, may be submitted to the Director of Shipping Services, A & N Islands, Port Blair.

**Deputy Secretary (Shipping)**

**HOME SERVICE**

**AC (Air Conditioner), Fridge, Washing Machine, Micro Oven, Deep Fridge etc.**

Contact: 9933208883, 9474219830, 8327355634

**CLASSIFIEDS**

**AYURVEDIC IMMUNITY PROMOTING REMEDIES**

- Take Chyavanprash 100 gms (15g in the morning), diabetes should take sugar free Chyavanprash.
- Drink herbal tea / decoction (made from Tulsi, Bael, Kalmi, Black pepper, Ajwain, LIC) once or twice a day, add Jaggery (natural sugar) and/or fresh lemon juice to your taste, it needed.
- Colden Milk: Half spoon Haldi (honey) to 150 ml hot milk – once or twice a day.

**AFFIDAVIT**

1. Sarika Bis, wife Rajesh Singh, aged 32 years, R/o Chandini Chock, South Port, hereby solemnly states as follows:-
   1. That my son’s name is Shayaan Mondal.
   2. That his name is mentioned as Shayaan Singh in his Aadhaar Card.
   3. That his name is mentioned as Shayaan Singh in his birth certificate.
   4. That I have been mentioned in his all documents and official records.


4. That my daughter’s name is Shruthi (Daughter-in-law), family & friends. Remembered by:

5. S/O Govada Mondal, R/o Garacharma Village, South Andaman District, A&N Islands & 10 Others

WHEREAS, the plaintiffs

Shri Omkar Nath Maurya & Ors.                                ………………………Plaintiffs

To

Shri Santosh Kumar, (Defendant No. 04)

S/o Govada Mondal, R/o Garacharma Village, South Andaman District, A&N Islands & 10 Others

**AFFIDAVIT**

1. Sarika Bis, wife Rajesh Singh, aged 32 years, R/o Chandini Chock, South Port, hereby solemnly states as follows:-
   1. That my son’s name is Shayan Mondal.
   2. That his name is mentioned as Shayan Singh in his Aadhaar Card.
   3. That his name is mentioned as Shayan Singh in his birth certificate.
   4. That I have been mentioned in his all documents and official records.

Shayaan Mondal in his Aadhaar Card.

Shayaan Mondal in his birth certificate.

His birth certificate.

1. That my daughter’s name is Shruthi (Daughter-in-law), family & friends. Remembered by:


1. That my daughter’s name is Shruti (Daughter-in-law), family & friends. Remembered by:


Shruthi (Daughter-in-law), family & friends.

Shruthi (Daughter-in-law), family & friends.

Remembered by:

S/o Govada Mondal, R/o Garacharma Village, South Andaman District, A&N Islands & 10 Others

WHEREAS, the plaintiffs

Shri Omkar Nath Maurya & Ors.                                ………………………Plaintiffs

To

Shri Santosh Kumar, (Defendant No. 04)