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Regn. No. 34190/47

No. 126

Port Blair, Monday, May 09, 2016

Web: dt.andaman.gov.in

Rs. 3.00

6 Pages

PBMC Chairperson calls on Prime Minister; raises issues concerning Isles PM promises to visit Islands soon

Port Blair, May 08

The Chairperson, PBMC, Smt. Sheela Singh called on Hon'ble Prime Minister of India, Shri Narendra Modi on 5th May 2016 at New Delhi. The Chairperson invited Hon'ble PM to visit Andaman & Nicobar Islands and Hon'ble PM has promised that he will be visiting the Islands soon. Further, the Chairperson also raised the issue of Devolution of Powers to PRIs and acceptance of Recommendations of 4th Finance Commission in letter & spirit by Government of India. Prime Minister assured that he will look into both the issues for early resolution of the matter.

Later, Smt Singh also met Hon'ble Home Minister, Shri Rajnath Singh and appealed to him to consider her demands for greater autonomy and devolution of powers to PRIs. Home Minister confirmed early consideration of the issues.

The PBMC Chairperson also had a meeting with Joint Secretary, Shri Hitesh Makwana, Ministry of Home Affairs. The Jt. Secretary assured that all the stake holders will be heard before accepting the recommendations of 4th Finance Commission. He also said that he will be visiting the Islands soon to take stock of



various issues and demands of the PRIs, a communication from PBMC said here today.

156th Birthday of Rabindranath Tagore beffittingly celebrated in Isles



Port Blair, May 8
156th birthday of Biswakabi Rabindranath Thakur was celebrated in a beffitting manner all over the islands today. Various organisations observed the day by conducting cultural programmes to pay tribute to the noted poet. The Andaman Sangeet Academy (ASA), Junglighat celebrated the day by organising a programme titled 'musical fly' to celebrate the day. The Adhyaksha, Zilla Parishad, South Andaman, Smt. Minati Biswas as the chief guest garlanded the portrait of Tagore and

lighted the traditional oil lamp which marked the starting of the cultural evening in the auditorium of Anthropological Survey of India. Speaking on occasion, The Adhyaksha Smt. Biswas appreciated the effort made by the Academy to celebrate the day in an enthusiastic manner involving children of different age group. She also had a word of praise for the impressive cultural show put up by the children during the hour long cultural evening. She further urged the Academy to propagate Rabindra



Sangeet throughout the Islands. She also handed over small gift to the participant students of the cultural show. The students of the

Academy put up a great show which included music and dances much to the delight of the audience present in the auditorium. (Contd. on last page)

Inducing child to consume tobacco is punishable

New Delhi, May 8

Women and Child Development minister Smti Maneka Gandhi has written to Health Minister Shri J P Nadda drawing his attention to the Juvenile Justice (Care and Protection of Children) Act, 2015, which has a penal provision about inducement of children for tobacco consumption. She said she wants this statutory warning to be printed on tobacco products. She said while inserting the use of tobacco as one of the offences under the Act, she was conscious of the sinister designs of the tobacco industry to target vulnerable children as their new consumers.

Smti Gandhi said, this insertion in the Act is a path-breaking anti-tobacco measure taken by any country in the world. She has informed Smti Nadda that she has also requested state governments and the police authorities to pay attention to the relevant section of the Act. Smti Maneka Gandhi also directed the National Commission for Protection of Child Rights to undertake extensive outreach activities in this direction.

Section 77 of the Act reads that if a person gives or causes to be given, to any child any intoxicating liquor

Final assessment test for Travel & Tourism training on May 12

Port Blair, May 8

The candidates who have undergone free training in Travel & Tourism Sector Module TRV 601 Tickets Reservation Assistant under Modular Employable Skills. Skills Development Initiative of the Government of India will be tested by the Assessment Body on 12th May 2016. All trainees should report at the Training Center at 0830 hrs on the given date and time.

All the trainee those who have completed their training batch on 31st

January 2016 and 31st March 2016 have been advised to contact the representative of Trade Wings Institute of Management, Port Blair between 1000-1300 hrs on or before 11th May 2016 to sign the Admit Card essential to appear the final assessment test on 12th May 2016.

Trainees who don't possess the admit card are not entitled to appear the final assessment test, said a communication from the representative of the Vocational Training Center.

Available strength of IAF pilots sufficient to meet requirements: Minister

New Delhi, May 8

Defence Minister Shri Manohar Parrikar said that the available strength of pilots in Indian Air Force (IAF) is sufficient to meet the current operational requirements. Replying to questions in the Lok Sabha, Shri Parrikar said all pilots of IAF undergo basic survival training, which is conducted periodically. He said, the government has accorded approval for women to join as Short Service Commission officers in the



fighter stream of the IAF on experimental basis for a period of five years. The Defence minister said as per the scheme, women

trainees undergoing stage one training at Air Force academy are required to be assessed for their suitability for entry into

fighter stream. Shri Parrikar said, based on the suitability and willingness, three women trainees have been selected for stage two training. The minister said, overall shortage of pilots in IAF has been reduced to 164 as on February 1st of this year. He said, this shortage of 164 pilots is likely to be made good in next two years at the current induction rate.

Shri Parrikar also said that Indian Air Force derives numerous operational (Contd. on last page)

South Andaman District Administration achieves milestone First ever digitalised sketch map of Andaman & Nicobar Islands issued

Port Blair, May 08

Taking cue from the vision of Hon'ble Prime Minister on "Less Government and more governance", the District Administration, South Andaman has taken up the initiative of digitalisation of the record entry and sketch maps pertaining to the land records of the tenants of Andaman and Nicobar Islands.

The Ferrargunj Tehsil which was adopted as a pilot Tehsil for digitalisation of the land records and maps, has been fully digitalized and the record of rights and sketch maps have been hoisted in the website of the District Administration, Andaman and Nicobar Administration URL <http://db.and.nic.in/dchome/dchomenew.htm>. The first ever digitalised sketch map of Andaman & Nicobar Islands was issued on 7th May 2016 by Shri Vijay Kumar Bidhuri, Deputy Commissioner, South Andaman in the presence of PRI members and local residents at the Tehsil Office Ferrargunj.

By this way the District Administration, South Andaman has achieved another milestone and is moving in line with the road map of Govt of India, i.e. "DIGITAL INDIA".

During a solemn function at Ferrargunj Tehsil Office, the Deputy Commissioner, South Andaman informed that the digitalisation of land records is a part of the Administration's efforts for providing better and effective services to the residents. Initially the sketch map of Ferrargunj Tehsil has been completely digitalized and that



of Port Blair Tehsil and Little Andaman Tehsil, sketch map are being digitalized, as per framed timeline by the District Administration, to achieve the target of 100% digitalization of sketch Map. The District NIC centre, Port Blair has developed the software called "BHOORAKSHA" for Digitalization of sketch map. After the digitalisation of all maps of South Andaman District, in near future, the data will be hosted in the State Data Centre by which any citizen can access the maps from their respective "Common Service Centre" instead of approaching the respective Tehsil Office.

Earlier, the general public had to make two-three visits to the Tehsil Office for getting the Record of Rights and map of their respective

landed property. Keeping in view the hardships faced by the residents, the District Administration, South Andaman had digitalised the Record of Rights of South Andaman District which is now being issued by the Common Service Centres. With the update of the digitalised maps of the South Andaman District, the residents can now obtain their respective record of rights and maps collectively from the Common Service Centre in near future.

The Deputy Commissioner, South Andaman also informed that it is a part of the Administration's efforts for providing better and effective services to residents of Andaman and Nicobar Islands for a transparent governance in a speedy manner at their door steps, a communication said.

Extended Havelock jetty by ALHW can facilitate berthing of 5 vessels at a time

Staff Reporter

Port Blair, May 08

The extension work of the RCC berthing jetty at Havelock has been completed. The size of berthing jetty has been extended by 100 mtrs with existing width of 20mtrs along the existing alignment taking the total length up to 184mtrs with width of 20mtr. The extension of the jetty at Havelock, a favorite tourist destination in A&N Islands, was of great necessary due to the increased number of vessels of govt. and private plying between Port Blair and Havelock.

Giving information about the work, Sources from the Engineering Wing of ALHW informed that the existing jetty has been extended to improve the efficiency of public service and to accommodate vessels having draft up to 5 mtr such as all speed boats, inter island vessels like M.V. Sentinel, M.V.



Chowra & M.V Campbell Bay etc. The project has been executed by the Andaman Lakshadweep Harbour Works and the fund amounting Rs. 1156.00 Lakhs for the project was provided by A & N Administration under State Sector Plan Scheme of Port Management Board. At present about 4 to 5 vessels are calling at Havelock Jetty on a daily basis with average passengers between 800 to 1000 and cargo on an

average 150MT per day is handled. Apart from this, the number of ships plying between Port Blair and Havelock has increased many folds and often ships have to wait for berthing or have to go out of the jetty to allow other vessel to utilize the berth. The extension work of the Jetty has not only facilitated the commuters but the vessels calling at Havelock Port, Sources added. Earlier only two speed boats can be

accommodated at a time. But with the extension of the Jetty it can now facilitate the berthing of 5 speed boats at a time. This will further contribute in many fronts which includes adequate berthing space, better connectivity, tourism infrastructure development, medical facility, education, employment, social and cultural development, etc. which in turn multiply the economy of the area in the coming years.



The birth anniversary of poet Rabindranath Tagore was celebrated on May 8, 2016 by Bangla Sanskriti Parishad. Floral tributes were paid at the bust of Rabindranath Tagore at Marina Park.

62.21% polling recorded for election to Hut Bay Gram Panchayat

Port Blair, May 08

Bye Election to fill up the vacancy caused in Gram Panchayat Member Constituency, Hut Bay-12 of Hut Bay Gram Panchayat under Little Andaman Tehsil were held today from 0800 hrs to 1700 hrs. The Polled Boxes and Materials are kept in the strong Room of Police Station, Hut Bay with police security and the entire polling process was

held in a free, fair and peaceful manner. The poll percentage for Gram Panchayat member Constituency, Hut Bay-12 of Hut Bay Gram Panchayat under Little Andaman Tehsil was 62.21%. The counting of votes of this constituency shall be held at Conference Hall of EOC, Tehsil Office Complex, Hut Bay on 09/05/2016 at 10.30 AM, a communication said.

SPORTS

India slips in latest ICC ODI, T20 rankings

Mumbai, May 8
The Indian cricket team was dislodged as the top Twenty20 side and also dropped a rung to fourth in the ODI charts of the latest ICC rankings following the annual update. India are now second in the Twenty20 charts, behind New Zealand. Australia and New Zealand have retained the top two positions on the ODI rankings. Results from 2012-13 have been dropped, while results from 2014-15 have been reduced to a weighting of 50 per cent. Australia, who won their fifth World Cup title in Melbourne last year, are now sitting on 124 points after dropping two points to lead New Zealand by 11 points. South Africa have swapped places with India to move into third position, while the West Indies have exchanged places with Pakistan to push the 1992 World Cup winners out of the top eight. Other sides to gain following the annual update include sixth-ranked England (103, up two), seventh-ranked



Bangladesh (98, up one), eighth-ranked West Indies (88, up two), 10th-ranked Afghanistan (51, up four) and 11th-ranked Zimbabwe (47, up two). A significant date on the ICC events calendar is 30 September 2017, which is the rankings cut-off date for the ICC Cricket World Cup 2019. The host, England, and the seven next highest-ranked sides on the MRF Tyres ICC ODI Team Rankings on September next year will qualify directly for cricket's biggest event, while the bottom four ODI ranked sides will join

in the middle of the table will have to win as many matches as possible in the forthcoming season, knowing it will help ensure direct qualification for the ICC Cricket World Cup 2019, which will be staged from May 30 to July 15 in the United Kingdom. In the T20I update, Kane Williamson's New Zealand have gained 12 points following the annual update and consequently vaulted two places to join India on 132 points. However, when the ratings are calculated beyond the decimal point, then New Zealand are ahead of Mahendra Singh Dhoni's side by +0.21. ICC World Twenty20 2016 champions West Indies have slipped to third after conceding three points. The main reason for the West Indies' slip is that their results from the 2012-13 season, which includes victory in the ICC World Twenty20 Sri Lanka 2012, have now been dropped.

Points Table of IPL 2016

	P	W	L	NR	Pts.	NRR
Kolkata Knight Riders	9	6	3	0	12	+0.359
Gujarat Lions	10	6	4	0	12	-0.267
Delhi Daredevils	9	5	4	0	10	+0.309
Sunrisers Hyderabad	9	5	3	0	12	+0.115
Mumbai Indians	10	5	4	0	10	-0.009
Rising Pune Supergiants	10	3	7	0	6	+0.027
Royal Challengers Bangalore	8	3	5	0	6	+0.027
Kings XI Punjab	9	3	6	0	6	-0.622

Haryana to enact Sports Council Act

New Delhi, May 8
Haryana Health Minister Anil Vij has said that State government would enact State Sports Council Act to accord statutory status to the Sports Council and further promote sports activities in the state. Mr Vij, who was addressing the media persons in Meet the Press programme organized at Chandigarh Press Club said that after the enactment of the Act, there would be a sports body at state, district and sub-division level which would coordinate and maintain all affairs of sports in the state. He said that sports activities in the state are being promoted in a big way. He said that Sports Authority of Haryana has been set up on the pattern of Sport Authority of India. In addition, Adventure Sports Academy has been set up to promote adventure sports in the state. He said that government has decided to organize national wrestling championship on March 23 every year to

Rio Olympics 2016: New round of tickets on sale

New Delhi, May 8
A new round of tickets has been put on sale for Olympic gymnastics, canoeing and rowing. An unspecified number of tickets in all price categories will be available on via the official Rio 2016 website. The Rio 2016 organizing committee has said it will put tickets on sale every Thursday for sessions there were previously unavailable. Fans residing outside of Brazil may buy tickets from authorized resellers in their countries. More than one million tickets will be made available in the coming weeks as seating plans for venues are confirmed.

BWF rankings: Srikanth slips to World No. 12, Jwala-Ashwini rises to 14th

New Delhi, May 8
Olympic-bound men's singles shuttler K Srikanth of India slipped a place to be ranked World No. 12 in the latest Badminton World Federation, BWF, rankings issued. 2010 Commonwealth Games champion duo of Jwala Gutta and Ashwini Ponappa, who made the cut for their second

Olympics, rose one rung to be World No. 14 in women's doubles. In women's singles, Saina Nehwal and P V Sindhu, who will be representing India at the Rio Games, were static at No. 8 and No. 10. Manu Attri and B Sumeeth Reddy, who became the first Indian men's doubles pair to play in the Olympics, slipped a

spot to be positioned at the 20th spot. Among others, H S Prannoy jumped two places to reach the 25th spot, while Ajay Jayaram lost a spot to be placed 21st in the men's singles rankings which is topped by China's Chen Long. There are no Indians in the top 25 in mixed doubles.

With Sagarmala project, Govt hopes to modernise India's ports and Islands

New Delhi, May 8
Keen on promoting water transport to propel economic growth, the NDA government has adopted various measures both to attract investment as well as leverage the huge land and sea resources. Port-led development has been among the top priority areas. Among the ambitious projects for port-development, is the Sagarmala project, which envisages development of major and non-major ports, enabling them to become drivers of economic development. Ports in the public sector need to both attract such investment as well as leverage the huge land resources lying unused with them. Ever since the NDA government came to

power, port-led development has been among the top priority areas for government for catalysing public investments. As a result of initiatives undertaken by the government, Cargo traffic recorded 871 million metric tonnes growth in 2014-15. Among the most ambitious project is Sagarmala project which envisages development of major and non-major ports, enabling them to become drivers of economic development, developing new linkages for transport, setting up of logistics hubs, and establishment of industries and manufacturing centres. With Sagarmala project, the government hopes to modernise India's ports and Islands, and help set up

156th Birthday of (Contd. from page 1)



Earlier, the President, Andaman Sangeet Academy, Shri Shyamalendu Goswami welcomed the gathering while the Secretary Shri Soumen Coudhary proposed the vote of thanks.

Available strength (Contd. from page 1)

lessons by participating in exercises with friendly foreign countries including USA. Replying to a question in the Lok Sabha today, Shri Parrikar said the IAF is participating in Ex Red Flag 16-1 at Alaska, USA from April 30th. He said, the exercise will be over on 13th of this month. The minister informed the House that four Sukhoi-30MKI, Four jaguars, two XIL18 aircraft, two c-17 aircraft are participating in the exercise. Shri Parrikar said, the objectives of the exercise are to evaluate capabilities of platforms in a multi sensor environment and gain experience in complex mission planning and execution. He said, earlier IAF has conducted five joint air exercises with US Air force. The defence minister said these exercises have provided exposure to IAF personnel to realistic, combined and composite training in mission planning and execution in a high threat combat environment.

Inducing child (Contd. from page 1)

or any narcotic drug or tobacco products or psychotropic substances, he shall be punishable with rigorous imprisonment which may extend up to seven years and shall also be liable to a fine of upto one lakh rupees.

WEATHER

Partly cloudy sky with possibility of rain/thunderstorm at isolated places. Maximum and minimum temperature will be around 34°C and 27°C respectively on Sunday 08/05/2016
Observational data for Port Blair in last 24 hours
Maximum Temperature (°C): 34.4
Minimum Temperature (°C): 26.9
Relative Humidity (%) at 0830 IST: 066
Relative Humidity (%) at 1730 IST: 075
Sunrise Time for tomorrow (in IST): 04:58
Sunset Time for tomorrow (in IST): 17:34
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 16: 107.4 upto 0830 hrs (of date) in mm

CINEMA

DIVIYUM TALKIES
Following is the Schedule for Week May 6-12
Captain America - (Civil War) - (Hin UA) - 1:15 PM
Captain America - (Civil War) - (Eng UA) - 7:45 PM
24 - (Tam U) - 12:00 PM & 7:00 PM
Baaghi - (Hin UA) - 3:30 PM & 4:30 PM
The Jungle Book - (Hin UA) - 10:30 AM
www.ticketnew.com
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SEVA SUCHNAYEIN

09.05.2016 (MONDAY)
HAVELOCK & NEIL ISLAND
MV Bambooka will sail for Havelock on 09.05.2016 (Mon) at 0620 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0900 Hrs from Havelock.
MV Kamorta will sail for Neil Island on 09.05.2016 (Mon) at 0630 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0845 Hrs from Neil Island.
MV Kamorta will sail for Neil Island on 09.05.2016 (Mon) at 1100 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1600 Hrs from Neil Island.
MV Kamorta will sail for Havelock on 09.05.2016 (Mon) at 1300 Hrs from Neil Island Jetty and will sail back to Neil Island on the same day at 1445 Hrs from Havelock.
MV Bambooka will sail for Havelock on 09.05.2016 (Mon) at 1400 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1630 Hrs from Havelock.
HUT BAY
MV North Passage will sail for Hut Bay on 09.05.2016 (Mon) at 0615 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1300 Hrs from Hut Bay. Passenger tickets for the above sailing will be issued to the general public on 07.05.2016 at STARS Ticketing Counters. RANGAT, MAYABUNDER & DIGLIPUR
MV Rani Lakshmi will sail for Rangat via Neil, Havelock, Kadamtala and Long Island on 09.05.2016 (Mon) at 0615 Hrs from Phoenix Bay Jetty and will sail for Port Blair on 10.05.2016 (Tue) at 0615 Hrs from Rangat via same route.
10.05.2016 (TUESDAY)
HAVELOCK & NEIL ISLAND
MV North Passage will sail for Havelock on 10.05.2016 (Tue) at 0620 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0900 Hrs from Havelock.
MV Kamorta will sail for Neil Island on 10.05.2016 (Tue) at 0630 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0845 Hrs from Neil Island.
MV Kamorta will sail for Neil Island on 10.05.2016 (Tue) at 1100 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1600 Hrs from Neil Island.
MV Kamorta will sail for Havelock on 10.05.2016 (Tue) at 1300 Hrs from Neil Island Jetty and will sail back to Neil Island on the same day at 1445 Hrs from Havelock.
MV North Passage will sail for Havelock on 10.05.2016 (Tue) at 1400 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1630 Hrs from Havelock.
HUT BAY
MV Bambooka will sail for Hut Bay on 10.05.2016 (Tue) at 0615 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1300 Hrs from Hut Bay. Passenger tickets for the above sailing will be issued to the general public on 09.05.2016 at STARS Ticketing Counters.
11.05.2016 (WEDNESDAY)
HAVELOCK & NEIL ISLAND
MV Bambooka will sail for Havelock on 11.05.2016 (Wed) at 0620 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0900 Hrs from Havelock.
MV North Passage will sail for Neil Island on 11.05.2016 (Wed) at 0630 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0845 Hrs from Neil Island.
MV North Passage will sail for Neil Island on 11.05.2016 (Wed) at 1100 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1600 Hrs from Neil Island.
MV North Passage will sail for Havelock on 11.05.2016 (Wed) at 1300 Hrs from Neil Island Jetty and will sail back to Neil Island on the same day at 1445 Hrs from Havelock.
MV Bambooka will sail for Havelock on 11.05.2016 (Wed) at 1400 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1630 Hrs from Havelock.
RANGAT & DIGLIPUR
MV Rani Lakshmi will sail for Rangat via Neil, Havelock, Strait Island and Long Island on 11.05.2016 (Wed) at 0615 Hrs from Phoenix Bay Jetty and will sail for Port Blair on 12.05.2016 (Thu) at 0615 Hrs from Rangat via same route.
MV Kamorta will sail for Diglipur on 11.05.2016 (Wed) a 0700 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 2100 Hrs from Diglipur. Cargo booking will commence from 09.05.2016 onwards at Commercial Wing. All the consignors are advised to book actual quantity of cargo to be transhipped, as no excess cargo will be allowed.
12.05.2016 (THURSDAY)
HAVELOCK & NEIL ISLAND
MV North Passage will sail for Havelock on 12.05.2016 (Thu) at 0620 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0900 Hrs from Havelock.
MV Kamorta will sail for Neil Island on 12.05.2016 (Thu) at 0630 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0845 Hrs from Neil Island.
MV Kamorta will sail for Neil Island on 12.05.2016 (Thu) at 1100 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1600 Hrs from Neil Island.
MV Kamorta will sail for Havelock on 12.05.2016 (Thu) at 1300 Hrs from Neil Island Jetty and will sail back to Neil Island on the same day at 1445 Hrs from Havelock.
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HUT BAY
MV Bambooka will sail for Hut Bay on 12.05.2016 (Thu) at 0615 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1300 Hrs from Hut Bay. Passenger tickets for the above sailing will be issued to the general public on 10.05.2016 at STARS Ticketing Counters.
13.05.2016 (FRIDAY)
HAVELOCK & NEIL ISLAND
MV Bambooka will sail for Havelock on 13.05.2016 (Fri) at 0620 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0900 Hrs from Havelock.
MV Kamorta will sail for Neil Island on 13.05.2016 (Fri) at 0630 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0845 Hrs from Neil Island.

Govt undertake initiatives to empower the dignity of women

New Delhi, May 8
Government has taken several initiatives to empower and protect the dignity of women. Panic button on mobiles for women's safety, launch of online marketing platform for women "Mahila e-Haat" are among

few initiatives for women across the country, as part of 'Digital India' and 'Stand Up India' initiatives. Besides, government is making every possible effort to check human trafficking of women and children. Government is also

focusing on those areas which should have been corrected much before. Union Women and Child Development Minister recently laid foundation stones for construction of one of the largest homes for widows in Vrindavan.

Do's and Dont's

- DO's**
- Listen to Radio, watch TV, read Newspaper for local weather forecast to know if a heat wave is on the way
 - Drink sufficient water and as often as possible, even if not thirsty
 - Wear lightweight, light-coloured, loose, and porous cotton clothes. Use protective goggles, umbrella/hat, shoes or chappals while going out in sun.
 - While travelling, carry water with you.
 - If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs.
 - Use ORS, homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. which help to re-hydrate the body.
 - Recognize the signs of heat stroke, heat rash or heat cramps such as weakness, dizziness, headache, nausea, sweating and seizures. If you feel faint or ill, see a doctor immediately.
 - Keep animals in shade and give them plenty of water to drink.
 - Keep your home cool, use curtains, shutters or sunshade and open windows at night.
 - Use fans, damp clothing and take bath in cold water frequently.
 - Provide cool drinking water near work place.
 - Caution workers to avoid direct sunlight.
 - Schedule strenuous jobs to cooler times of the day.
 - Increasing the frequency and length of rest breaks for outdoor activities.
 - Pregnant workers and workers with a medical condition should be given additional Attention.
- DONT's**
- Do not leave children or pets in parked vehicles.
 - Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
 - Avoid wearing dark, heavy or tight clothing.
 - Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 3 p.m.
 - Avoid cooking during peak hours. Open doors and windows to ventilate cooking area adequately.
 - Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body.
 - Avoid high-protein food and do not eat stale food.

- Safety Tips:**
- Install temporary window reflectors such as Aluminium Foil Covered Cardboard to reflect back outside.
 - Cover window that receive morning and afternoon sun with drapes shades.
 - Listen to local weather forecast and make your selves aware of upcoming temperature changes.
 - Know those in your neighbourhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
 - Get trained in first aid to learn how to treat heat related emergencies.
 - Never leave children or pets alone in closed vehicles. Stay indoors as much as possible and limit exposure to the sun.
 - Stay on the lowest floor out of the sunshine.
 - Eat well balanced diet and regular meals.
 - Drink plenty of water even if you do not feel thirsty.
 - Persons with epilepsy of heart, kidney or liver disease are on fluids restricted diets or have problem with fluid retention should consult a doctor before increasing liquid intake.
 - Protect face and head by wearing a hat or cloth.
- "Save trees, save earth and avoid global warming"**