



Yoga and meditation in early life cut health care cost

Exchange Rates	
<b>RBI Reference Rate</b>	<b>Capital Market</b>
INR / 1 USD : 66.4235	BSE Sensex : 25803.78*
INR / 1 Euro : 72.1359	S&P CNX Nifty : 7844.35*
INR / 100 YEN : 54.4800	*as on previous day
INR / 1 GBP : 99.1703	<b>Bullion Rate</b>
	22ct Gold per 10 gram 23820
	Silver per 1 kg 39000

## Knowledge is ultimate power & currency of present century: President



Shri Pranab Mukherjee  
Hon'ble President of India

Secundrabad, Dec 19

President, Shri Pranab Mukherjee has stressed the need for constant efforts to upgrade Defence Technologies with the latest technical breakthroughs to enhance Defence capabilities of the country. Shri Mukherjee who is in Hyderabad on Southern Sojourn today, delivered the Convocation address at the Military College of Electronics and Mechanical Engineering in Secundrabad.

The President also asked young technocrats, who passed out 96th Degree Engineering and 24th Technical Entry Scheme, to continue to adapt modern and latest technologies for the benefit of military use. Stating that knowledge is ultimate power and currency of the present century, the

President said the nation looks for innovations and greater technical idea for the benefit of the military use. He asked the young officers to accept the technical challenges and overcome them to reach country's Defence goals.

## Govt. to install ATMs & micro ATMs at over 1.25 lakh post offices: Minister

New Delhi, Dec 19

Government has said that the work is on to install ATMs and micro ATMs at over 1.25 lakh Post Offices across the country to help people living in far-flung areas to withdraw money. Minister of State for Finance, Shri Jayant Sinha told Lok Sabha that bank mitra, people hired temporarily at branches with inadequate staff, will also be of a big help in this regard. Replying to a question about vacancies in public sector banks, he said that all the backlog vacancies are being



filled. Mr Sinha said, over 60,000 people have been recruited against the retirement of 38,000.

## Sonia, Rahul get bail in Herald case

New Delhi, Dec 19

Congress President, Smt. Sonia Gandhi and her son Shri Rahul today sought and got bail in the National Herald case after a local court rejected complainant Shri Subramanian Swamy's opposition to the relief for them on the ground they are influential and can flee the country.

## All transport class vehicle should carry valid certificate of fitness

Port Blair, Dec. 19

As per provision of Section 56(1), Section 59 and Section 60 of M.V.Act,1988, all transport class vehicle should carry with them valid certificate of fitness for their vehicle. All the newly registered transport class vehicles are allowed fitness validity for a period of 2 years and thereafter it is mandatory to produce the vehicle before MVI of Transport department annually. Before producing the vehicle for fitness, the vehicle owners are required to ensure that they possess a valid PUC Certificate for their vehicle. The PUC Certificates issued by pollution testing centres remain valid for a period of six months from the date of its issue. The fitness of vehicles

## Former Defence Secretary appointed CIC



New Delhi, Dec 19

Former Defence Secretary Shri R.K. Mathur has been appointed the Chief Information Commissioner (CIC), breaking away from the convention of appointing the head from among the serving Information Commissioners.

The post had fallen vacant after Vijai Sharma completed his tenure on December 1, 2015.

## More tertiary health care centers would be established: Health Minister

Guntur (AP), Dec 19

Union Health Minister, Shri J P Nadda today said more tertiary health care centers would soon be established all over the country. He was speaking after laying the foundation stone for the All India Institute of Medical Sciences (AIIMS) at Mangalagiri in Guntur district of Andhra Pradesh today. Shri Nadda said in a span of 18 months, the NDA government at the Centre has decided to establish 10 AIIMS in various parts of the country to take super specialty healthcare services closer to common people. He said Prime Minister Shri Narendra Modi wants that modern and advanced healthcare system be made available to the people across the country. By



establishing 10 All India Institute of Medical Sciences, a total of 16,300 more beds would be added under super-specialty hospitals. He said the Centre has also plans to upgrade 70 medical colleges into Super Speciality and 58 district hospitals to medical colleges

in the country.

Shri Nadda said the Centre is setting up two Regional Cancer Centres at Jajihar (Haryana) and Kolkata, while 20 modern cancer treatment centers would be coming up in other parts of the country including Andhra Pradesh.

## CBSE books to be made available online for free: HRD Minister

New Delhi, Dec 19

All CBSE books and learning material will be made available online for free as part of the Centre's good governance efforts, HRD Minister, Smt. Smriti Irani said here today. At a function organised at a Kendriya Vidyalaya in east Delhi, she also said that initiatives would be undertaken to ensure holistic nurturing and improve learning outcomes at these schools. "We made NCERT books available online for free through e-books and mobile applications a month-and-a-half ago. We are similarly going to make CBSE books available online along with additional learning material and videos as part of our good governance efforts," Smt. Irani said at the inauguration of a new building of the school in Khichripur.

Smt. Irani also reiterated that the Centre will launch 'Shaala Darpan' and 'Saransh' services (for Class I to Class XII students) in Kendriya Vidyalayas in the next academic year.

The 'Shaala Darpan' service is aimed at using SMSes to keep parents informed about their wards' attendance, time table and marks in exams while 'Saransh' will help parents compare the subject-wise learning outcomes of their children, with others at the district, state and national levels.

## Eye operations need to be done only in fixed operation theatres: DRA

Port Blair, Dec. 19

All Clinical Establishments, NGOs and Volunteer organizations have been informed that eye operations are to be done only in fixed operation theatres exclusive for eye surgeries. Camps are permitted only for screening of patients and bringing them to the base hospital for eye surgeries. All NGOs and voluntary organizations

approved under NPCB need to sign a MoU with the authority as per the Guidelines issued under NPCB, which are available on the website www.npcb.nic.in. "Guidelines for Eye Surgery" and "Guidelines for Eye OT".

In this regard, all organizations operating, but not registered under NPCB are required to obtain necessary permission from the State

Health Authority for approval of hospital for OPD work and operation theatre for conducting eye surgery.

In case of any negligence on the part of Clinical Establishments, NGOs and Voluntary organizations, appropriate penal action will be initiated against them, a communication from the District Coordinator, District Registering Authority(DRA) said.

## Fire mishap at DC Office; destroys files



Port Blair, Dec. 19

A fire accident took place at the Centralized Diary Section of District Commissioner's Office in the afternoon today. The A&N Fire Service personnel immediately swung in action following a call and completely doused the fire. The fire is reported to have occurred due to short circuit in a wall mounted fan. The fire engulfed a nearby wooden almirah and GI sheet almirah destroying few files, records and register of the section, the

Fire Service sources informed. A financial loss of Rs.40000/- is stated to have occurred due to the mishap.

## Rabi campaign conducted

Rangat, Dec. 19

Rabi campaign was conducted at Sigmandera, Long Island by the Department of Agriculture in association with Union Territory Agricultural Technology Management Agency recently.

(Contd. on last page)

## Interactive session with Secretary Education held Challenges faced by respective schools highlighted

Port Blair, Dec. 19

A meeting was organised with the Secretary Education, Smt. Tanvi Garg in the auditorium of Govt. Model Sr. Sec. School, Port Blair today to interact with the heads of schools, SMC members, students and PRI members from 20 schools of South Andaman District, regarding the functioning of schools, school activities and level of education.

During the interactive session, the Heads of Schools, PRI and SMC Members came up with the various challenges faced by their respective schools especially lack of infrastructure like insufficient classrooms, school fencing, playground, auditorium, science labs, sports facilities, night watchman and provision of traffic police during school hours. Some of the parents came with the positive suggestions of organising



counselling session for parents which would help them in handing the challenges of their wards and the suggestions was appreciated by the Secretary Education.

In her address, the Secretary Education said that her team is committed to

## DIC conducts motivation campaign on self employment

Port Blair, Dec. 19

Self employment is the need of the hour and it is essential that the spirit of entrepreneurship and the desire to be self reliant is inculcated among the youths of the islands. To make things

are then carried out by MVIs of Transport Department in a stringent manner which comprises of checking of functioning of all its vital components like steering, brake, suspension, light and signal system, body condition, condition of tyres, painting etc. Only those vehicles are issued a certificate of fitness which clears the fitness test.

It is further for information of general public that the speed limit of stage carriage buses is notified as 40 KM per hour and STA issue stagewise timing for plying the stage carriage buses with due consideration to the notified speed limit of the buses, a communication from the Registering Authority, A&N Administration said here today.

## KV teacher receives Regional Incentive Award

Port Blair, Dec. 19

Smt. Jiji Elizabeth Sam, Primary Teacher of Kendriya Vidyalaya No.1 Port Blair received the Kendriya Vidyalaya Sangathan Regional Incentive Award for the year 2015 in recognition of her dedicated, sincere and meritorious service towards the cause of education. She has been rendering her services in the Vidyalaya for the last 23 years grooming students in their formative years towards achieving the goals of education.

## In-service training for Science teachers held

Port Blair, Dec. 19

A 5 days In-Service Teachers Training Programme' under RMSA 2015-16 for GTTs (Science) and SSCTs was organized by Block Resource Centre, Wimberlygunj at the conference hall of DEO's Office from Dec. 14 to 18. Altogether 20 Teachers teaching Science under Wimberlygunj Educational Zone have attended the training programme. Shri. Shah Nawaz Khan, Principal, Shri Rishi Prasad

Pandey, VP, Shri Bikash Sadhu Kahan, PGT and Shri. Dinesh Prasad PGT emphasized innovative instinct in teaching Physics and Chemistry. Shri. P T Rajan imparted the importance of the flora and fauna of these Islands correlating them with Swatch Bharat Abhiyan. Shri Joju Alappatt gave a brief and detailed concept on content enrichment in Biology. The Block Coordinator, Shri.Gyan Sheel Dubey (Contd. on last page)

Ways to segregate waste materials:		
ORGANIC WASTE	DRY WASTE	SANITARY WASTE
Kitchen Waste	Plastics	Sanitary Napkins/Diapers
Garden Waste	Paper	Bandages
	Metal	Needles
	Glass	Expired Medicines
		Sharps Used
		Razors Used
		Syringes
		Other Inert
		Paints
		Solids
		Plastic

SPORTS

XIX State School Games & IV State Level Competition for CWSN 2015

Port Blair zone tops medals tally; followed by Car Nicobar & Wimberlygunj



Port Blair, Dec. 19  
Port Blair Zone with 18 gold, 5 silver and 2 bronze medals lead the medals tally in the XIX State School Games and IV State Level Competition for CWSN 2015 currently being held at Netaji Stadium. Car Nicobar with 6 gold, 5 silver and 5 bronze is in second position. The result of events played on Dec. 18 & 19 is as follows:

ZONE	GOLD			SILVER			BRONZE			POSITION
	B	G	T	B	G	T	B	G	T	
PORT BLAIR	11	7	18	2	3	5	2	--	2	--
CAR NICOBAR	3	3	6	3	2	5	2	3	5	--
RANGAT	--	2	2	3	4	7	3	--	3	--
NANCONWRIE	1	3	4	4	-	4	1	3	4	--
WIMBERLYGUNJ	2	2	4	4	3	7	1	2	3	--
DIGLIPUR	--	1	1	--	5	5	2	6	8	--
MAYABUNDER	--	--	--	1	2	3	3	3	6	--
CAMPBELL BAY	--	--	--	1	--	1	1	--	1	--
L/ANDAMAN	--	1	1	1	1	2	2	1	3	--
TOTAL EDALS	19	20	39	19	20	39	17	18	35	--

ZONE	GOLD			SILVER			BRONZE			POSITION
	B	G	T	B	G	T	B	G	T	
DIGLIPUR	--	1	1	1	--	1	--	1	1	--
WIMBERLYGUNJ	1	1	2	--	1	1	--	1	1	--
PORT BLAIR	1	1	2	1	--	1	1	1	2	--
RANGAT	--	--	--	--	1	1	--	--	--	--
L/ANDAMAN	--	--	--	--	1	1	--	--	--	--
CAR NICOBAR	--	--	--	--	--	--	1	--	1	--
NANCONWRIE	--	--	--	--	--	--	--	--	--	--
MAYABUNDER	--	--	--	1	--	1	--	--	--	--
CAMPBELL BAY	1	--	1	--	--	--	1	--	1	--
TOTAL MEDALS	03	03	06	03	03	06	03	03	06	--

WEATHER

Partly cloudy sky with possibility of rain at isolated places. Maximum and minimum temperature will be around 31°C and 25°C respectively on Sunday 20/12/2015  
**Observational data for Port Blair in last 24 hours**  
 Maximum Temperature (°C): 31.2  
 Minimum Temperature (°C): 26.0  
 Relative Humidity (%) at 0830 IST: 068  
 Relative Humidity (%) at 1730 IST: 088  
 Sunrise Time for tomorrow (in IST): 0534  
 Sunset Time for tomorrow (in IST): 1701  
 Rainfall upto 0830 hrs of date (last 24 hrs) in mm: 000.7  
 Rainfall upto 1730 hrs of date in mm: 000.0  
 Rainfall (Progressive total from 1st January 15: 2878.8 upto 0830 hrs (of date) in mm

CINEMA

**DIVIYUM TALKIES**  
**Following is the Schedule for Week Dec 18 - 24**  
 Dilwale - ( Hindi UA )  
 12:30 PM, 4:00 PM & 7:30 PM  
 Bajirao Mastani - ( Hindi U )  
 12:00 PM, 3:30 PM & 7:00 PM  
 Online booking at www.ticketnew.com  
 For queries only 8373010002

SEVA SUCHNAYEIN

ALL THE SAILINGS ARE SUBJECT TO WEATHER CONDITIONS

20.12.2015 (SUNDAY)  
 HAVELOCK & NEIL ISLAND  
 MV Bambooka will sail for Havelock on 20.12.2015 (Sun) at 0620 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0900 Hrs from Havelock.  
 MV Jolly Buoy will sail for Neil Island on 20.12.2015 (Sun) at 0630 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 0845 Hrs from Neil Island.  
 MV Jolly Buoy will sail for Neil Island on 20.12.2015 (Sun) at 1100 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1600 Hrs from Neil Island.  
 MV Jolly Buoy will sail for Havelock on 20.12.2015 (Sun) at 1300 Hrs from Neil Island Jetty and will sail back to Neil Island on the same day at 1445 Hrs from Havelock.  
 MV Kamorta will sail for Neil Island on 20.12.2015 (Sun) at 1300 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1515 Hrs from Neil Island. (Additional Service).  
 MV Bambooka will sail for Havelock on 20.12.2015 (Sun) at 1400 Hrs from Phoenix Bay Jetty and will sail for Port Blair on the same day at 1630 Hrs from Havelock.

India's ODI squad for Australia tour announced

Southpaw Yuvraj, Shami, Jadeja return to squad; Raina left out

New Delhi, Dec. 19  
 Dashing southpaw Yuvraj Singh, Pacer Mohammed Shami and all-rounder Ravindra Jadeja made a comeback to the India squad for the ODI and T20 series in Australia. India will play five ODIs and three T20s against Australia starting January 12.  
 Suresh Raina has surprisingly been left out for the ODI series while the left-hander found a place for the T20 matches against Australia.  
 Yuvraj Singh has also been rewarded for his outstanding performance in the Vijay Hazare Trophy as the southpaw included in the T20 squad.  
 Young Punjab left-arm seamer Brainder Sran has been given the maiden ODI call up. Sran has played just one IPL game for Rajasthan Royals to go with his 34 wickets from 11 first-class games and 14 wickets in six matches in



the ongoing Vijay Hazare Trophy. Shami, who was India's second-highest wicket-taker at the World Cup with 17 scalps, has not played international cricket since then. Shami recently returned to competitive cricket after missing

the IPL and the start of the domestic season. Having fully recovered from the knee injury sustained in Australia a year ago, the 25-year-old has featured in two of Bengal's five matches in Vijay Hazare Trophy, with returns of

three wickets an average of 30.66 apiece, a strike-rate of 36 and economy rate of 5.11 from 18 overs bowled. Jadeja's stupendous show against the recently concluded home Test series against South Africa which India

won 3-0, earned him a place in the squad. However, he was dropped for the ODI series in Zimbabwe and against South Africa.  
**India ODI Squad: Shikhar, Rohit, Virat, Rahane, Manish, MSD (C), Ashwin, Jadeja, Mohd.**

**Shami, Axar, Ishant, Umesh, Gurkeerat, Rishi, Sran India T20 Squad: Shikhar, Rohit, Virat, Rahane, Yuvraj, MSD (C), Raina, Ashwin, Jadeja, Mohd Shami, Harbhajan, Umesh, Hardik, Bhuvni, Nehra**

New District Office of Patanjali Yog Samity opens



Port Blair, Dec. 19  
 A new district office of Patanjali Yog Samity and Bharat Swabiman (Nyas) Andaman & Nicobar Islands was inaugurated by Kendriya Prabhari Shri Subrata Mukherjee, Patanjali Yog Peeth (Trust) Haridwar at Rangat, North & Middle Andaman recently. Shri Shib Shankar Biswas,

Rajya Prabhari, A& N Islands and Shri V S Senthil, Zilla Prabhari, Bharat Swabiman (Nyas), North & Middle Andaman were among others who were present on the occasion. The District Office will help in promoting Yog and related services of the Patanjali Yog Peeth (Trust), a communication said.

Power break

Port Blair, Dec. 19  
 The power supply will remain suspended in connection with charging of newly constructed 33 KV line for Kamsarat Nallah Dam from 8 am to 12 noon on Dec. 21, 2015. The areas to be affected are Bambooflat, Nayabasthi, Stewartgunj, Wimberlygunj, Shoalbay, Ferrargunj, Caddlegunj and Jirkatang, a communication said.

In-service training ... (Contd. from page 1)



stressed on the importance of in-service trainings. Shri. M Sailabdeen, Vice Principal and the chief guest on the valedictory function asked the teachers to utilize the knowledge gained through the training to improve the quality of education and work for the betterment of students. Certificates were presented to the participants. The Programme Coordinator Shri. S Murugesan, BRP proposed the vote of thanks.

DIC conducts motivation ...

(Contd. from page 1)  
 Generation Programme'. In this connection, an Industrial Motivation Programme was organized by DIC in association with Vidya Yuvakendra Foundation (NGO) at the Conference Hall of Vidya Yuvakendra Foundation yesterday.

Shri J. Mohanraamkumar, Director, Vidya Yuvakendra Foundation welcomed the gathering and requested the participants to get the benefit of PMEGP scheme and other govt. sponsored schemes. Shri Gautam Mandal, Functional Manager (Credit), DIC, encouraged the participants to come forward and avail the opportunities available under various developmental schemes of the Administration and PMEGP.

Challenges faced ... (Contd. from page 1)

the Education Department to visit the schools with challenges of infrastructure and submit report immediately so that the problems could be addressed as soon as possible. She requested the Principals to include their challenges in the school action plan and also suggested that they should seek the support of local agencies, PRIs and parent in overcoming the challenges like night watch facilities, school fencing, construction of toilet blocks, providing sports facilities etc.

Earlier, the Principal, GMSSS, Dr. Dheeraj Kumar briefed about the schools action plan submitted by various schools and said that this interaction session with the Secretary Education would enhance the quality of education in schools.

The meeting came to an end with the vote of thanks proposed by Smt. Sangeeta Chand, Principal, Govt. Girls Sr. Sec. School.