



# The Daily Telegrams

The Largest Circulating Daily of A&N Islands

EXCHANGE RATES	
<b>RBI Reference Rate</b>	<b>Capital Market</b>
INR / 1 USD : 67.4767	S&P BSE Sensex : 26866.92*
INR / 1 Euro : 76.4511	Nifty 50 : 8238.50*
INR / 100 YEN : 64.5900	* as on previous day
INR / 1 GBP : 99.2582	
	<b>Bullion Rate</b>
	22ct Gold per 10 gram : 3850
	Silver per 1 kg 48000

Regn. No. 34190/47

No. 163

Port Blair, Wednesday, June 22, 2016

Web: dt.andaman.gov.in

Rs. 3.00

4 Pages

## Intl Yoga Day celebrated worldwide; PM urges to take Yoga as part of life and beyond religion

Chandigarh, Jun 21  
The second International Day of Yoga was celebrated across the globe today. The theme for this year was 'Connect the Youth'. Millions of people today performed yoga across the country. President Shri Pranab Mukherjee and Prime Minister Shri Narendra Modi led the nation in celebrating second International Yoga day. The main event in India was held at the Capitol Complex in Chandigarh. Prime Minister Shri Narendra Modi today joined the mass yoga demonstration at the main function of International Yoga Day in Chandigarh. In his address, Shri Modi said, yoga is not religious in nature and people must embrace it for better mental and physical health. He



said, yoga is science and it is for both believers and atheists. The Prime Minister also advocated for popularization of the practice of yoga across the world and desired for more Yoga teachers to be produced from India. He said, yoga is also turning into a profession and is providing employment to many. The Prime Minister urged people to make Yoga a part of their life saying that it

(Contd. on last page)

## International Day of Yoga celebrated in Isles

# LG, others participate in yoga demonstrations

Port Blair, Jun 21  
The 2nd International Day of Yoga was celebrated today throughout the country, in various part of the world and in these Islands as well. It was on December 11, 2014, the 193 member United Nations General Assembly approved the proposal of the Govt. of India by consensus, with 177 co-sponsoring countries, a resolution to establish 21st June as International Day of Yoga, which ultimately led to its first ever celebration last year. As many as 21 centers in South Andaman District witnessed yoga practices, with hundreds and hundreds of people from all corners of the District participating in this year's Yoga Day celebration here this morning.



The Lt. Governor, Lt. Gen. A K Singh (Retd.) participated in a yoga demonstration in the Multipurpose Hall, Netaji Stadium here this morning. Kumari V Sandhya, a student of GSS Juglghat guided the demonstration for 30 yoga protocols to about 130 participants, including senior officers of the Administration, students, SAI sports person and general public. Common yoga protocols, including v r i k s h a s a n a , padahasthasana, uttana

(Contd. on last page)

## 'Sangam'- a blend of classical & contemporary dances, Sufi music delights audience at DBRAIT

Port Blair, June 21  
It was indeed a blissful evening at DBRAIT auditorium when the artists of various cultural organisations from Islands as well as mainland, performed classical and contemporary dances at their best and drew loud applause from the audience present at the auditorium. The cultural evening titled 'Sangam', was a confluence of yoga, rich culture and cherished heritage of our country. The Lt. Governor, Lt Gen AK Singh (Retd) as the chief guest of the function lighted the traditional oil lamp which marked the commencement of the cultural evening. The Lt. Governor alongwith the Chief Secretary i/c, Shri Raajiv Yaduvanshi, the Chairperson PBMC, Smt. Sheela Singh and senior officers from Defence and Civil Administration witnessed the presentations.



The cultural evening was organised by the Department of Art & Culture, A&N Administration on the auspicious occasion of the second International Yoga Day, which was celebrated throughout the World today with befitting programmes. The cultural evening where classical met the contemporary; unfolded with the soulful presentation of Sufi song by Ms Rene Singh, vocal artist from 'Sleepwell Foundation'. Ms Singh who presented songs on the poetry of Amir Khusro; impressed the audience with her melodious voice; sans the support of musical instruments. Ms Singh said, she was happy to visit this beautiful Islands and perform on a day when the second International day for Yoga was being celebrated all over the World. The highlight of the cultural evening was the Kathak dance presentation in relation to yoga by Kathak dancers from the Natya STEM Dance Kampni, Bangalore, deputed by South Zone Cultural Centre. The team headed by Ms Ramya Nagraj; accompanied by her fellow artistes' Ms Divya Bhatt and Tejesh Kumar presented skilful

(Contd. on last page)

## LG inaugurates 'Arunodaya'- Centre for Holistic Wellness -cum- Crisis Response for Women

# Calls upon people for self introspection and spreading happiness

Toll free numbers 3195 & 230504 for assistance

Port Blair, Jun 21  
A Centre for Holistic Wellness including Crisis Response Centre for Women- 'Arunodaya', located at Qtr No. JG 6, Type-V, Junglghat has become functional with its inauguration by the Lt. Governor, A&N Islands, Lt. Gen A.K.Singh (Retd) here this morning. Soon after inaugurating the 'Centre for Holistic Wellness; including Crisis Response Centre for Women', the Lt. Governor went round the place, inspected the facilities provided at the Centre and offered valuable suggestions in improving the Centre further.



The Chief Secretary, (i/c), Shri Raajiv Yaduvanshi, Adhyaksha, Zilla Parishad, South Andaman, Smti Minati Biswas, Chairperson, PBMC, Smti Sheela Singh, Deputy Commissioner, South Andaman, Shri Vijay Kumar Bidhuri and other Senior officers of the Administration besides Ms. Namita Gautam of Sleepwell Foundation, New Delhi were among those who attended the programme.



Dedicating the Centre to the people of A&N Islands, the Lt. Governor, while addressing the gathering on the occasion, firstly thanked the Hon'ble Prime Minister, Shri Narendra Modi for his concern towards the Islands as well as the Islanders and under whose guidance and blessings; these Islands are marching forward on the path of further progress. He also hailed the Prime Minister for bringing Yoga on to the world stage and said, due to the efforts of the Prime Minister, today, the day is being

celebrated as 'International Day of Yoga' across the globe in great fervor. Talking about 'Arunodaya'- Centre for Holistic Wellness including Crisis Response Centre for Women', the Lt. Governor said, the centre is 'by the people and for the people' of the Islands and stressed that people should make best use of the facilities in mitigating their social issues. "With the coming together of many institutions besides the Social Welfare Department in shaping this Centre, it will become a comprehensive centre", said the Lt. Governor, directing the Social Welfare Department to reach out to all the far-flung Islands and expressed hope that the present team of Social Welfare Department and the Police will be able to do it successfully. Speaking about purpose of life, the Lt. Governor called upon the people to indulge in a little introspection and to know their inner self and the purpose of life. "If you experience happiness, don't confine it to yourself, share it with others. Evolve yourself by firstly understanding yourself and accordingly contribute in other people's lives", he said. Acknowledging the extraordinary contribution

(Contd. on last page)

## LG visits Long Island, reviews development works

Port Blair, June 21  
The Lt Governor, Lt Gen A K Singh (Retd), visited Long Island on 19th June 2016, and held a meeting with the PRI members, all executive agencies and general public. The meeting was convened by the DC (N&MA) and held at Forest Guest House of Long Island. At the outset, the issues raised in the previous meeting held in January 2016 were reviewed and discussed. Issues related to Shipping Department, Education Department and Tourism Department were flagged by the PRIs and general public. Accordingly, the DC & AC were directed to coordinate with DSS to resolve the issues pertaining to Shipping Department whereas, the DEO, Rangat was directed to provide computers and computer education to the GSSS Long Island. The Lt Governor expressed satisfaction over the progress; however directed the Executive Engineer, APWD to



complete the remaining cricket kits to the PRIs and youth. The Lt Governor later inspected Helipad at Long Island by 10th of July 2016. At the end, he distributed complete the remaining work of construction of accommodation and approach path by November, 2016. Officials to complete the work of tented accommodation and approach path by November, 2016.

More local news

ANC celebrates International Day for Yoga  
Setting up of Atal Tinkering Laboratories; application invited from schools



Port Blair, June 21  
As part of the International Day For Yoga celebrations of the Andaman and Nicobar Command, a 75 Km 'Yoga Awareness Campaign Cycle Rally' was conducted by the Territorial Army (Island Terriers) on June 20 from Port Blair (Birchgunj Military Station) to Ferrargunj and back to spread the message of physical and mental well-being through Yoga amongst the masses.  
This was followed by Yoga sessions that were conducted at INHS Dhanvantari & NSRY here this morning. The yoga sessions at these locations were attended by all ranks, including senior officers and troops of Army, Navy and Air force. They were joined by ladies and children in large numbers.  
Services of Patanjali certified Yoga experts were taken in order to derive maximum benefit from these events. The experts were assisted by trained

armed forces personnel, many of whom had received training in a Yoga Capsule run by Civil Administration earlier. The enthusiastic response of the ladies and children in particular was the result of wide publicity given to the event in all fora and encouragement from all ranks to their families.

The Yoga sessions included talks by experts, discussion on health issues, demonstrations before practicing various asanas, and meditation therapy. Major General P S Sai, Chief of Staff and other senior officers of Headquarters Andaman and Nicobar Command attended the Yoga Sessions with all ranks.

Soft Skill Training for B.Tech students of BRAIT

Port Blair, June 21  
A Soft Skill Training (SST) will be organised for the B.Tech students of BRAIT from June 25 to July 4, 2016, for ten days (inclusive of all weekends) by experts visiting from M/s C CAT, Chennai. The SST will commence with Bench Mark Test and thereby modules will be conducted for Aptitude, Mathematical and Communication Skill to sharpen the Soft Skill of Students.  
Since this training is an essential component for various recruitment process and will help the

students to sharpen their Aptitude quotient and confidence in competitive exams therefore all the present second year B.Tech (4th Semester Civil, ECE and CSE) students are requested to attend the same positively. This training is compulsory for them. All 4th Semester students are requested to register their names with TPO on 25th June 2016 at 9 a.m. before the commencement of the training, a communication from the Training & Placement Officer said here today.

Port Blair, June 21  
The Government of India has setup the 'Atal Innovation Mission' (AIM) at NITI Aayog with an aim to promote a culture of innovation and entrepreneurship in India.  
To foster creativity and scientific temper in students, Atal Innovation Mission will establish 500 Atal Tinkering Laboratories (ATL) in schools and one time establishment grant-in-aid of Rs.10 lakh will be provided for its establishment. Further, an amount of Rs.10 lakh would be provided for each

ATL over a period of 5 years to meet operational expenses. Thus, an amount of Rs.20 lakh per Atal Tinkering Laboratory in each selected school will be spent. Young children will get a chance to work with tools and equipment to understand the concepts of STEM (Science, Technology, Engineering and Math) and also give shape to their creativity. The schools having grade VI - XII managed by Government (State Government, Local Body (Zilla Parishad/Municipal) or Private Trust/Society, Kendriya Vidyalaya

Sangathan and Navodaya Vidyalaya are eligible to setup ATL. The NITI Aayog is seeking application from schools desirous of applying under the scheme. The last date of submission of online applications is extended up to 17th July, 2016.

For further details on the scheme; the implementation guidelines along with application may be downloaded from <http://initi.gov.in/content/atal-tinkering-laboratories>.

The Department of Education, A & N Administration hereby informs all Government, Local Body or Private Trusts/Society schools of this territory to utilise this opportunity to establish ATL in their respective schools for facilitating the students.

Foundation day celebration of ICAR-CIARI

Port Blair, June 21  
The ICAR-Central Island Agricultural Research Institute (ICAR-CIARI) will be celebrating its 38th foundation day on June 23, 2016 from 10.30 am to 12.30 pm at its Garacharma Research Complex, Port Blair. The Secretary, Agriculture, Animal Husbandry & Veterinary Science & Fisheries, A & N Administration, Smt. R. Menaka will be the chief guest and Dr. C. Raghunathan, Officer-in-Charge, ZSI, Port Blair will be the guest of honour & deliver the foundation day lecture. Dr. S. Dam Roy, Director, ICAR-CIARI will preside over the function.



Bundela said that the programme organised on the occasion of second International Day for Yoga was dedicated to yog, culture and heritage. The function concluded with the vote of thanks proposed by the Director Art & Culture, Dr. R Devdas.

High wave warning

Port Blair, June 21  
High waves in the range of 3.0-3.1 meters have been forecasted in Andaman till June 23, 2016 along the west coast of Andaman Islands between Ten Degree Channel to Coco Channel. Current speeds vary between 61 - 78 cm/sec. Meanwhile, Similar, high waves have also been forecasted in Nicobar till June 23 along the west coast of Nicobar Islands between Ten Degree Channel to Great Channel. Current speeds vary between 60 - 73 cm/sec. Fishermen are advised to be cautious while venturing into the sea. The general public have been advised to take precautionary measures and in case of any emergency they may contact phone numbers of State Control Room, District Control Room and Emergency Operation Centres viz. State Control Room: 03192-238880 (Tele-Fax), 1077(Helpline), District Control Room: 03192-238881, EOC (Campbell Bay): 03193-264020, EOC (Kamorta): 03193-263222, EOC (N&M): 03192-262960, EOC (Hut Bay): 03192-284014, EOC (Car Nicobar): 03193-265241, EOC (Havelock): 03192-282030 and EOC (Ferrargunj): 03192-266527.

LG, others participate ...



which 100 participants, including National Cadet Corps, students and general public took part. Yoga Instructor, AYUSH Hospital, Port Blair, Shri Ajit Kumar Das guided the yoga practices of different yogasana, briefing about the benefits of each yogasana to the participants. Similar yoga practices were also held in around 30 yoga centers across the Islands, where large number of people from all walks of life took part.

LG inaugurates 'Arunodaya'...

He also appealed that the society should take charge of the alcoholism issue. People also must educate and regulate themselves and move forward in the right direction, said the Lt. Governor.  
The Chief Secretary (i/c), Shri Raajiv Yaduvanshi, while speaking, said, the Department of Social Welfare is the most responsible one in terms of taking care of social issues. The Social Welfare Department has to approach the targeted people in an extremely sensitive manner with great empathy and humane touch. This centre will go a long way, in helping the needy women, he said.  
Speaking on the occasion, the Adhyaksha, Zilla Parishad, South Andaman, Smt. Minati Biswas said that the centre is the result of the efforts of the Lt. Governor who, guided by the Hon'ble Prime Minister, has initiated the establishment of this centre. She lauded the efforts of the Secretary, Social Welfare in all her efforts in various social welfare activities. She also drew the attention of the Administration towards the problem of alcoholism in A&N Islands and suggested some measures to address the issue.  
The PBMC Chairperson, Smt. Sheela Singh, while speaking, expressed great joy that such a centre has been made available by the Social Welfare Department of A&N Administration. This one stop centre will extend medical, legal, counseling as well as shelter to the affected women and take care of their welfare, she said, also stressing for more awareness generation among the masses so that women get their due respect and right in the society. She also called upon women to avail the benefits of all schemes being implemented by the Govt. The people's representatives have a great role in bringing awareness among women; she said and called upon people to change their attitude towards women too.  
Swami Shudhanandaji, Resident Acharya, Chinmaya Mission also expressed his views on this occasion and appreciated the opening of the Centre for the welfare of the targeted group and others. He also enlightened the gathering about the meaning and benefits of yoga. "Renunciation and service are the twin idea of India and this should be the aim for society to progress", he said urging the senior citizens and parents to lead an ideal life to imbibe good moral values and character in the children. He assured of all help to Social Welfare Department in its endeavours.  
Corporate Trainer and Psychotherapist, Ms. Arvinder J. Singh spoke on 'Insight into wellness'. She explained how to deal with agony and troubles of the mind through practicing yoga which strengthens the mind too. She urged the women to take benefit of the counseling centre that will function in 'Arunodaya'. She also gave useful tips on how to recognize a person in stress and urged the gathering to take the first step in helping that person.  
In her welcome address, the Secretary, Social Welfare, Smt. Rashmi Singh said, 'Arunodaya'- Centre for Holistic Wellness including Crisis Response Centre for Women is one of the response of dealing with people in need. Explaining about the facilities offered, she said, the Centre shall provide services of Counselors, Nutritionist and other referral services by tying up with a pool of resource agencies which can support different intervention intended through the centre for physical, emotional and mental well being. The centre would also offer counseling for individual cases, besides group activities. The centre has toll free numbers 3195 & 230504 and people who need counseling and emotional support can either call directly or be referred by friends/family/other acquaintances, she said. Similarly, outreach and extension services would be conducted from time to time in association with organizations like Chinmaya Mission, Alcohol Anonymous, AYUSH Hospital/other experts, DHS, Komal Slim Sutras and Counselors of Social Welfare Department. 'Arunodaya' will also serve the needs of women including girls below 18 years who are affected by violence, she said. The centre has provision of short stay for such women and will facilitate transportation, medical assistance, police help, legal aid, counseling, she said adding that Institutions established under Juvenile Justice (Care and Protection of Children) ACT, 2000 and Protection of Children from Sexual Offences Act, 2012 will be linked with the Wellness Centre.  
Earlier, Ms Rene Singh, a vocalist from New Delhi presented a melodious 'vandanda' invoking the blessings of the Almighty on the occasion. The programme concluded with the vote of thanks proposed by the Director, Social Welfare Department, Shri M.N. Murali. Ex-Chairpersons of Social Welfare Board, Smti. Shanta Laxman Singh and Smti Ratna Kannan, Members, UTCCPCR, Smti Rubina Siddique, Ms Kiran Tigga, Smti Geeta Raj, Padmashri Naresh Chander Lal, guests from Delhi besides a large number of Anganwadi workers, staff of Social Welfare Department, PRI Members and fisherwomen also attended this programme.



Published by IP Division, Directorate of IP & T and printed by Manager, Govt. Press, Chief Editor(i/c): Kanak Radha Chatterjee, Ph- 229217, 227201 Fax: 03192-227719 E-mail: thedailytelegrams@gmail.com  
For distribution /advertisement queries contact Manager, Govt. Press : 229216

WEATHER

Partly cloudy sky with possibility of heavy rain at many places. Maximum and minimum temperature will be around 30°C and 24°C respectively on Wednesday 22/06/2016  
Observational data for Port Blair in last 24 hours  
Maximum Temperature (°C): 31.1  
Minimum Temperature (°C): 25.2  
Relative Humidity (%) at 0830 IST: 087  
Relative Humidity (%) at 1730 IST: 083  
Sunrise Time for tomorrow (in IST): 0457  
Sunset Time for tomorrow (in IST): 1746  
Rainfall upto 0830 hrs of date (last 24 hrs) in mm: 002.0  
Rainfall upto 1730 hrs of date in mm: 000.0  
Rainfall (Progressive total from 1st January 16: 803.8 upto 0830 hrs (of date) in mm

CINEMA

DIVIYUM TALKIES  
Following is the Schedule for Week June 17 - 23  
Uda Punjab - (Hin A) - 12:00 PM, 3:30 PM & 7:00 PM  
Finding Dory - (Hin U) - 7:30 PM  
Finding Dory - (Eng U) - 4:30 PM  
Housefull 3 - (Hin UA) - 1:30 PM  
www.ticketnew.com  
For queries only 8373010002

SEVA SUCHNAYEIN

MV Chowra will sail for Campbell Bay via Nancowry on 23.06.2016 at 0800 Hrs from Haddo Wharf and will sail for Port Blair on 25.06.2016 at 2000 Hrs from Campbell Bay via Nancowry. Passenger tickets for the above sailing will be issued to the general public on 22.06.2016 from 0900 Hrs onwards at STARS Ticketing Counters. Similarly booking of cargo tickets will commence from 22.06.2016 between 0900 Hrs to 1300 Hrs at Commercial Wing. All the consigners are advised to book actual quantity of cargo to be transhipped, as no excess cargo will be allowed.  
Due to administrative reasons the scheduled sailing of MV Rani Lakshmi for Rangat via Neil, Havelock, Strait Island and Long Island on 22.06.2016 from Port Blair and back on 23.06.2016 from Rangat via same route has been cancelled. Inconvenience caused is regretted.  
MV Sentinel will sail for Hut Bay on 23.06.2016 (Thu) at 0700 Hrs from Haddo Wharf and will sail for Port Blair on the same day at 2000 Hrs from Hut Bay. Passenger tickets for the above sailing will be issued to the general public on 22.06.2016 from 1400 Hrs onwards at STARS Ticketing Counters.  
MV Sentinel will sail for Hut Bay on 24.06.2016 (Fri) at 2000 Hrs from Haddo Wharf and will sail for Port Blair on 25.06.2016 (Wed) at 0800 Hrs from Hut Bay. Passenger tickets for the above sailing will be issued to the general public on 22.06.2016 from 1400 Hrs onwards at STARS Ticketing Counters.  
MV Chowra will sail for Hut Bay on 23.06.2016 (Thu) at 0700 Hrs from Haddo Wharf and will sail for Port Blair on the same day at 2000 Hrs from Hut Bay.  
MV Chowra will sail for Hut Bay on 24.06.2016 (Fri) at 2000 Hrs from Haddo Wharf and will sail for Port Blair on 25.06.2016 (Sat) at 0800 Hrs from Hut Bay.  
Note : Passenger tickets for the above sailings i.e. for 23rd & 24th June, 2016 will be issued to the general public on 22.06.2016 from 1400 Hrs onwards at STARS Ticketing Counters.

Intl Yoga Day celebrated...

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everyone is so busy. He said, Yoga is not just about getting rid of diseases and ailments but it is a guarantee of wellness.  
The Prime Minister also asked to focus on how to mitigate diabetes through Yoga. He said, yoga has become a people's mass movement and people in all parts of the nation have been connected to Yoga. Shri Modi said, Yoga is not about what one will get, it is about what one can give up. He said, the whole world supported the idea of International Day of Yoga and all sections of society came together in this endeavour. He said, the International Yoga Day had become a mass movement like no other in the world. On the occasion, the Prime Minister also announced two awards for the Yoga Day celebrations next year, one at the national level and the other at the international level for popularizing yoga. Governor of Punjab and Haryana Shri Kaptaan Singh Solanki, Chief Minister of Punjab Shri Parkash Singh Badal, Haryana Chief Minister Shri Manohar Lal Khattar, Minister for AYUSH Shri Shirpad Nayak, Union Minister Shri Vijay Sampla, Chandigarh MP Smti. Kirron Kher and spiritual leaders were present on the occasion. Over 96 thousand people had registered themselves to take part in the event in Chandigarh. Of this, over 30 thousand were picked, including 10 thousand each from Chandigarh, Punjab and Haryana. Yoga day was also held at 100 other locations across Chandigarh with the participation of more than 10 thousand people. This year focus was on the participation

of differently abled persons (Divyangs), Youths and Weaker section of the society.  
After his speech Shri Modi greeted and interacted with 150 Divyangs who participated in the event. Apart from this, 23 sculptures made from waste, depicting yoga asanas, were installed at Capitol Complex for the Yoga Day celebrations. It was made by Anuj Saini, son of late Nek Chand, the creator of the iconic Rock Garden of the city. The sculptures have been made from waste material like ceramic tiles, broken crockery which have been the highlight of Rock garden.

Repairing of pipe line

Port Blair, June 21  
Due to repairing of gravity pipe line from Dhanikhari Dam, the residents of Ward No.18, 19, 23, 24 will be provided with potable water for two or three days, a communication from the Executive Engineer (Water Works), Municipal Council said here today.