



Union Council of Ministers expanded; 43 Ministers including 15 Cabinet Ministers take oath following all COVID protocols

New Delhi, July 7

Forty three Ministers were sworn in to the Union Council of Ministers as Prime Minister, Shri Narendra Modi inducted many new faces. They include 15 Cabinet Ministers and 28 Ministers of State. BJP leaders, Shri Narayan Rane, Shri Jyotiraditya Scindia, Shri Sarbananda Sonowal, Dr Virendra Kumar, Shri Ashwini Vaishnaw and Shri Bhupendra Yadav and Shri R C P Singh of JD(U) and Shri Pashupati Kumar Paras of IJP were sworn in as Cabinet Ministers. Union Ministers, Shri Hardeep Singh Puri, Shri Mansukh Mandaviya, Shri Kiren Rijiju, Shri Raj Kumar Singh, Shri G Kishan Reddy, Shri Parshottam Rupala and Shri Anurag Thakur were also elevated to the rank of Cabinet



Ministers. President, Shri Ram Nath Kovind administered the oath of office and Secrecy today at a ceremony organized at the Rashtrapati Bhavan while following all COVID protocols. BJP MPs Shri Pankaj Chaudhury, Shri S P Singh Baghel, Shri Rajeev Chandrasekhar, Ms Sobha Karandlaje, Shri Bhanu Pratap Singh Verma, Ms Darshana Vikram Jardosh, Ms Meenakshi Lekhi, Ms Annapurna Devi, Shri A Narayanaswamy and Shri Kaushal

Venkaiah Naidu, Prime Minister, Shri Narendra Modi, Defence Minister, Shri Rajnath Singh, Home Minister, Shri Amit Shah, BJP President, Shri J P Nadda and several Union Ministers. This is the first Cabinet expansion of the Narendra Modi government in the second tenure. With today's expansion of the Council of Ministers, the Narendra Modi Government has a record representation of OBC, SC and ST communities. 27 OBC Ministers including 5 with Cabinet rank, 12 ministers from Scheduled Caste communities and eight from Scheduled Tribes are now in the Union Council of Ministers. Women representation has also increased with the induction of

The swearing-in ceremony was attended by Vice President, Shri M



Pic shows the Chief Secretary, A&N Administration, Shri Jitendra Narain and other Senior Officers attending the video conference held by Secretary (Power) on Smart Metering rollout other than EESL in UTs (Privatization of Electricity Department/Utilities in UTs of Chandigarh, Lakshadweep and Puducherry) on 07.07.21.



Home Secretary reviewed COVID-19 situation in UTs and North East States with Chief Secretaries/Advisors/Administrators and DGPs of UTs/NE States through video conferencing on 07.07.21. The Chief Secretary, A&N Administration, Shri Jitendra Narain, DGP, Shri Satyendra Garg and other Senior Officers attended the meeting.



The Secretary (Civil Aviation) held meeting through video conferencing with Chief Secretary, A&N Administration, Shri Jitendra Narain and other Senior Officers in the chamber of Chief Secretary on 07.07.21 to discuss issues related to development of water aerodromes in A&N Islands.

Vaccination- shield against the virus Cumulative beneficiaries vaccinated reaches 2,06,308 in Isles



Port Blair, July 7

The safety of the citizens is the foremost priority of the Administration, especially during this pandemic time. To shield its citizens from the corona virus, the vaccination of eligible

beneficiaries is being initiated by the Administration in different parts of the Islands. Accordingly, the vaccination began with administering of COVISHIELD vaccine for Health Care Workers

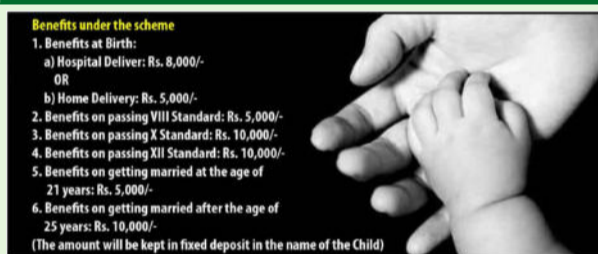
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Providing social & financial security to girl child under Dulari Scheme 26149 beneficiaries registered under the scheme upto June 2021 in A&N Islands

Staff Reporter

Port Blair, July 7

Dulari Scheme was launched on Jan. 26, 2013 in A&N Islands, with the aim to reduce the gap in sex ratio to the replacement level of Net Reproduction Rate (NRR) i.e. 1 by ten years after implementation of the scheme whichever is earlier. The scheme is being implemented as a plan scheme. As per the present scheme, the girl child born on or after 26.01.2013 are eligible to get the benefit under the



scheme for birth incentives and the girl children who are below 13 years of age not registered under the Planned family scheme (old scheme) will also get the benefit of this scheme. The objective of the scheme is to reduce the gap

in sex ratio to a replacement level of NRR, to encourage birth of girl child in A & N Islands, to provide social security to the newly born girl child, for her education and marriage, to adopt delayed marriage practices in respect of girl child

(Contd. on last page)

Govt. creates Ministry of Co-operation for strengthening of cooperatives

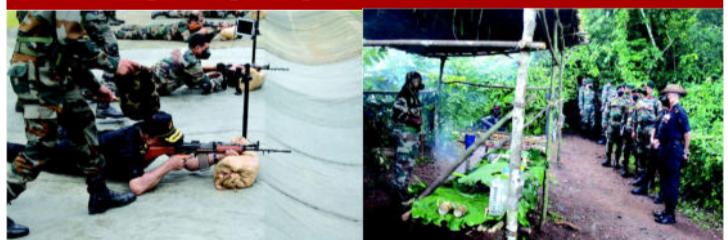
New Delhi, July 7

The Union Government has created a separate Ministry of Co-operation for realizing the vision of 'Sahkar se Samridhhi'. This Ministry will provide a separate administrative, legal and policy

framework for strengthening the cooperative movement in the country. It will help deepen co-operatives as a true people based movement reaching upto the grassroots. A co-operative based

(Contd. on last page)

CINCAN visits Amphibian Brigade of Andaman Nicobar Command Stresses on need to remain ops ready & prepared at all times



Port Blair, July 7

Lieutenant General Ajai Singh, AVSM, Commander-in-Chief Andaman and Nicobar Command (CINCAN) visited the 'Amphibian Brigade' at Birchgunj Military Station on July 6. CINCAN reviewed operations at the Jungle Survival School and partook in various training activities, including driving an ALS through the landing ship ramp simulator at the Wave Generation Training

Facility and baffle range where, with very accurate firing, the CINCAN retained his personnel

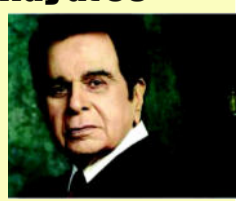
" Marksman ship Standard". Whilst addressing the troops, CINCAN stressed on

(Contd. on last page)

Legendary actor Dilip Kumar passes away at 98

Mumbai, July 7

Legendary actor Dilip Kumar died early on Wednesday after a long and protracted illness in Mumbai. He was 98. He breathed his last at Mumbai's Khar Hinduja Hospital. He is survived by his wife



Saira Banu, a veteran

(Contd. on last page)

District Administration striving to achieve ODF plus status under SBM (G) Orientation prog. for field functionaries of MGNREGA on Grey Water Management organized

Port Blair, July 7

The District Administration in its constant and persistent strive to achieve ODF plus status has been organizing various programmes, one of the parameters for ODF plus is that at least 80% households, all schools, Anganwadis, Panchayat Ghar have arrangement for managing biodegradable waste and liquid waste. For liquid waste management, the rural areas in the Islands are equipped with drainage facilities. However, in order to build additional assets for grey water management, soak pits are being developed under MGNREGA.

In this connection, an orientation programme for the field functionaries of MGNREGA, South Andaman was organized by the District Programme Coordinator/DC (SA), MGNREGA to build up assets for Grey Water Management (SBM-G) Phase-II in convergence with



MGNREGA. The projects have already been identified by the Panchayat Level Assessment Committee in three levels i.e. Individual Soak Pits, Common Soak

Pits & Community Soak Pits.

The Individual Soak Pits shall be constructed under MGNREGA and fund will be utilized from central fund of MGNREGA. The Common and Community Soak Pits shall be constructed under SBM (G) in convergence with MGNREGA.

During the programme, the technical wing of MGNREGA, South Andaman gave hands on training to all the field functionaries of

(Contd. on last page)

#AmritMahotsav - Kala Kendra organizes various virtual programmes as part of 75th Anniversary of India's Independence

Port Blair, July 7

'Azadi Ka Amrit Mahotsav', is a series of celebrations being organized on the directives of Govt. of India to celebrate 75th Anniversary of India's Independence. As part of celebrations of 75th Anniversary of India's Independence, Kala Kendra - A Society under Department of Art & Culture, A&N Administration had

organized various virtual programmes in the month of May & June by involving local Cultural Groups.

In this series, Kala Kendra organized 'Swaranjali'- Patriotic Songs Presentation on last Saturday in virtual mode wherein artists of Baulmon Local Cultural Group paid tribute to our Freedom Fighters & Martyrs through patriotic songs.

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अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)
(No. 464/ 07th July 2021)
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 07.07.2021

> Status of Cases :

| Details of Second Wave since: 01.03.2021 | |
|--|------|
| Active new case in last 24 Hours | 04 |
| Discharges in last 24 hours | 06 |
| Total confirmed cases | 2497 |
| Total Discharges | 2417 |
| Total Active case as on date | 14 |
| Total Deaths | 66 |

Cumulative since March 2020

| Details | On 06 th July 2021 | On 07 th July 2021 | Total |
|--------------------------------|-------------------------------|-------------------------------|-------|
| Confirmed Cases | 7487 | 04 | 7491 |
| Cured/Discharged from Hospital | 7343 | 06 | 7349 |
| Death | 128 | 00 | 128 |

> Clinical Management of Cases :

| Name of District | Isolation Beds Available | Occupied | Vacant |
|------------------------|--------------------------|----------|--------|
| North & Middle Andaman | 286 | 01 | 285 |
| South Andaman | 5583 | 13 | 5570 |
| Nicobar | 507 | 00 | 507 |
| Total | 6376 | 14 | 6362 |

Total 01 containment zone formed in South Andaman District

> Status of Sample and Testing:

| | |
|---|---------|
| Total Samples sent till date | 416065 |
| Total Reports received till date | 416065 |
| Total Pending Reports | 0 |
| Rate of Testing Per Million | 1040163 |
| Cumulative Test Positivity Rate COWIN 1.0 | 1.80% |

> Vaccination Status

| | |
|--|-------------------|
| Total population | 4,00,000 |
| Target Beneficiaries | 2,81,603 (Approx) |
| Cumulative Beneficiaries vaccinated so far | 2,06,308 |
| Cumulative Beneficiaries vaccinated with 1 st Dose so far | 1,60,981 |
| Cumulative Beneficiaries vaccinated with 2 nd Dose so far | 45,327 |
| % of population vaccinated | 40.25 |

> Passengers screened at VSI Airport & Haddo Wharf

| Details | From 25 th May 2020 to 06 th July 2021 | On 07 th July 2021 | Total |
|---------------------|--|-------------------------------|--------|
| Incoming Passengers | | | |
| a) VSI Airport | 254623 | 347 | 254970 |
| b) Haddo Wharf | 1032 | 0 | 1032 |
| Outward Passengers | | | |
| a) VSI Airport | 267345 | 345 | 267690 |
| b) Haddo Wharf | 928 | 0 | 928 |

(On 07.07.2021, 336 passengers were retested by RTPCR at Airport)

24x7 CONTROL ROOM NUMBERS: 240126/ 232102 / 1077/ 1070
(Source: Directorate of Health Services)

Tweets on COVID-19 Management by Administration

Deepak Trikey @DeepakTrikey197
Due to the right decisions of the administration, the spread of covid has been stopped, it is a matter of great happiness for all of us. Heartfelt thanks to our administration....

Sanny Kishan (skp) @Printbook
With the support of Frontline workers Nd our Administration, we r come closer to end of covid cases.we should ensure our support to their efforts..

KAKASH PRAKASH @Skalidasan7
I appreciate our government. Due to extraordinary rules and regulations, which helps to reduce covid cases in our island, please co-operate with our administration to reduce covid cases. Please follow all the norms. Hasttoff of police, administration. THANK YOU

T.Shanmukh Rao @TShanmukhRao4
Andaman and Nicobar Islands reports lowest covid19 active cases in India . Thanks to Administration, Covid19 Warriors, Islanders.

Shlok Lal @shlok_lal
This s just bcos f Love nd support from the administration soon it will b zero Thank you for carrying us day nd night your love is helping us to fight covid 19 @jitendra_narain @satyendragarg62 @SuneelAnchpaka THANK YOU

Union Council of Ministers...

(Contd. from page 1)

new faces. Five leaders of the minority community are now Ministers in the Modi government. Besides, the Cabinet expansion also witnessed a fine balance of young and experienced leaders. In the expanded Council of Ministers, 14 ministers are below the age of 50 years including six Cabinet Ministers. There are 46 leaders with experience of being Ministers in the Central Government and 23 who have been elected to the Parliament three or more times. Professionals with educational and functional experience have also found a place. Meanwhile, the President of India, as advised by the Prime Minister, has accepted the resignation of the following members of the Council of Ministers viz. Shri D.V. Sadananda Gowda, Shri Ravi Shankar Prasad, Shri Thaawarchand Gehlot, Shri Ramesh Pokhriyal 'Nishank', Dr. Harsh Vardhan, Shri Prakash Javadekar, Shri Santosh Kumar Sangwar, Shri Babul Supriyo, Shri Dhore Sanjay Shamrao, Shri Rattan Lal Kataria, Shri Pratap Chandra Sarangi and Sushri Debasree Chaudhuri. (Source:india.gov.in)

Common Eligibility Test to be conducted across the country from early 2022 to screen and shortlist candidates for recruitment to Central Government jobs: Minister

New Delhi, July 7 (PIB) Union Minister of State (Independent Charge) Development of North Eastern Region (DoNER), MoS PMO, Personnel & Training Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh said that a Common Eligibility Test (CET) for job aspirants will be conducted across the country from early 2022. This unique initiative undertaken with the personal intervention of Prime Minister, Shri Narendra Modi to screen and shortlist candidates for recruitment to Central Government jobs was scheduled to take off with the first such test before the end of this year, but is likely to get delayed on account of COVID pandemic, he said.

Speaking after the launch of e-Book Civil List-2021 of IAS officers, Dr Jitendra Singh said, the Common Entrance Test is a path-breaking reform carried out by Department of Personnel & Training (DoPT) to bring about "Ease of Recruitment" for young job aspirants and it will prove to be a major boon for youth, especially those living in far-flung and remote areas. This landmark reform is also a reflection of Prime Minister, Shri Narendra Modi's deep and sensitive concern for the youths and his keenness to provide level playing field and equal opportunity to youth across the country, he added.

The Minister further informed that the National Recruitment Agency (NRA) for conducting Common Eligibility Test has been constituted with the approval of the Union Cabinet. NRA will conduct CET to screen/shortlist candidates for jobs in Government sector for which recruitment is presently carried out through the Staff Selection Commission (SSC), Railway Recruitment Boards (RRBs) and Institute of Banking Personnel Selection (IBPS).

Dr. Jitendra Singh said that the NRA will be a multi-agency body which will conduct the common test to screen and shortlist candidates for Group-'B' and 'C' (non-technical) posts. The most significant feature of this reform is that every district in the country will have at least one Examination Centre which would greatly enhance access to the candidates living in far-flung areas, he added.

Dr. Jitendra Singh said that the historic reform will provide a level playing field to all the candidates, regardless of his or her background or socio-economic status. There will also be a huge benefit to women and Divyang candidates and for those who find it financially unaffordable to appear for multiple tests by travelling to multiple Centres.

Dr. Jitendra Singh said that the push given to DoPT in the last seven years by the Narendra Modi Government resulted in a number of innovations and reforms for the common public good. Referring to a series of out of box decisions since May 2014, he said that the decision to do away with the time old practice of getting documents attested by a gazetted officer and replacing the same with self-attestation, three-month Central Government stint as Assistant Secretaries for IAS officers in the beginning of their career are far reaching in nature.

Vaccination- shield...

(Contd. from page 1)

followed by frontline workers and vulnerable population with com o r b i d i t i e s . Subsequently, the vaccination for 45 and above was initiated followed by 18 to 44 years which is currently underway. As per data available, a total of 2,06,308 beneficiaries have been vaccinated so far in A&N Islands, out of the target beneficiaries of 2,81,603 (approx.). 6970 people were vaccinated today in A&N Islands. A total of 55,811 eligible people in the age group of 18 to 44 years have been vaccinated till date. 4369 beneficiaries were vaccinated in South Andaman District, out of which, 824 were in the age group of 18-44 years. In North & Middle Andaman District, 2259 beneficiaries were vaccinated. In Nicobar District, 342 beneficiaries were vaccinated, out of which, 5 were in the age group of 18-44 years, a press release from DHS said.

Govt. creates Ministry of Co-operation...

(Contd. from page 1)

economic development model is very relevant where each member works with a spirit of responsibility. The new Ministry will work to streamline processes for Ease of Doing Business for co-operatives and enable development of Multi-State Co-operatives. The Central Government has signaled its deep commitment to community-based developmental partnership. The creation of a separate Ministry for Co-operation also fulfils the budget announcement made by the Finance Minister. (Source: india.gov.in)

CINCAN visits Amphibian Brigade ...

(Contd. from page 1)

the need to remain ops ready and prepared at all times. He awarded commendation cards to deserving personnel. The CINCAN advised all personnel to strictly maintain Covid-19 protection measures, a press release from PRO HQANC said.



District Administration striving...

(Contd. from page 1)

MGNREGA for effective & timely execution of works under MGNREGA. The programme was conducted with strict adherence to COVID-19 protocols, a press release from District Programme Coordinator, MGNREGA, South Andaman District said.

Providing social & financial security to ...

(Contd. from page 1)

and to encourage adoption of hospital delivery practices. All the girl born to either of the parents who is/ are a permanent resident of A & N Islands are eligible for availing benefit provided under Dulari scheme viz. Benefits at Birth (Hospital Delivery or Home Delivery) Rs.8,000/- & Rs.5,000/- respectively. Rs.5,000/- will be provided to the girl child on passing VIII standard, Rs.10,000/- on passing X standard & Rs.10,000 on passing XII standard, Rs.5,000/- on getting married after the age of 21 years and Rs.10,000/- on getting married after the age of 25 years. A total of 26149 beneficiaries have been registered upto June 2021.

ONLINE STUDY SCHEDULE ON 08.07.2021

The following study contents is available at Cable TV, Doordarshan as well as in the Education Department's Official You Tube channel "AN Education Dept Andaman"

The students, parents and all stakeholders are hereby requested to make use of this facility to the maximum extent for the benefit of enhancing teaching-learning activity during this lockdown period.

| Class | Subject | Topic | YouTube Link | Media |
|-------|----------------|-----------------------------------|---|--|
| III | EVS | Poonam's Day Out | https://www.youtube.com/watch?v=VwOOpP_DqA4 | All India Radio (9 a.m. to 10 a.m.) |
| V | English | Crying | https://www.youtube.com/watch?v=hSSy215aoh4 | All India Radio (9 a.m. to 10 a.m.) |
| VI | Social Science | What books and burials tell us | https://www.youtube.com/watch?v=T_l6tyTGK0k | All India Radio (9 a.m. to 10 a.m.) |
| VII | English | The Rebel | https://www.youtube.com/watch?v=BUbiWMOOnUJQ | All India Radio (9 a.m. to 10 a.m.) |
| VIII | Social Science | Understanding Laws | https://www.youtube.com/watch?v=2xfD1HELLI8 | Cable TV (City Cable TV) 10 a.m. and 6 p.m. |
| IX | Science | Tissues-2 | https://www.youtube.com/watch?v=Krs1exRIKMY | Cable TV (City Cable TV) 10.30 a.m. and 6.30 p.m. |
| X | English | Grammer Exercises-Cloze Passage-1 | https://www.youtube.com/watch?v=WR_F4LNtBDs | Cable TV (City Cable TV) 11 a.m. and 7 p.m. / DD 4 p.m. |
| XI | English | A Photograph | https://www.youtube.com/watch?v=ARdoS_qLRw | Cable TV (City Cable TV) 11.30 a.m. and 7.30 p.m. |
| XII | Accountancy | Goodwill-2 | https://www.youtube.com/watch?v=b5wRaPV3j8w | Cable TV (City Cable TV) 12 Noon and 8 p.m. / DD 4.30 p.m. |
| XII | History | Bhakti & Sufi traditions-4 | https://www.youtube.com/watch?v=gVsJRMjXN5Q | Cable TV (City Cable TV) 12.30p.m. and 8.30 p.m. |

Students who have missed the classes on Doordarshan/Cable TV can access the same contents on the department's online repository at <https://educationssis.andaman.gov.in/OnlineClass.aspx>

#AmritMahotsav - Kala Kendra organizes ...

(Contd. from page 1)

The programme has been uploaded and can be viewed on the You Tube channel and Facebook page of Kala Kendra in the link https://www.youtube.com/watch?v=MUjX82y_Wcg. All artistes and general public have been requested to join Kala Kendra on Facebook and You Tube and appreciate local talents, a press release from Art & Culture Deptt. said.

Heavy rain to occur in Isles; fishermen advised not to venture into sea till July 11

Port Blair, July 7

Heavy rain (7-11 cm) and thunderstorm with lightning and gusty wind with speed reaching 30-40 kmph is likely to occur at one or two places over A&N Islands on July 8. Similarly, on July 9, heavy rain (7-11cm) and thunderstorm with lightning and gusty wind with speed reaching 40-50 kmph is also likely to occur. On July 10 & 11, heavy to very heavy rain (7-20cm) and thundersquall with wind speed reaching 50-60 kmph is likely to occur at one or two places over A&N Islands.

In anticipation of squally weather with wind speed likely to exceed 45 kmph, fishermen have been advised not to venture into the sea from July 8 to 11. For further enquiries/information contact helpline of State Emergency Operation Centre at Helpline No. 1070 & District Emergency Operation Centre at Helpline No. 1077. For any emergency/assistance at sea, call Coast Guard SAR Agency Toll Free number 1554, a press release from Directorate of Disaster Management said.

Help Administration in its fight against COVID-19

Spot persons violating COVID appropriate behaviour

(Not wearing mask, not following social distancing norms etc.)



Click pictures of violators and inform through WhatsApp on A&N Police Helpline 3rd Eye Mobile no. **9531892228** or District Administration South Andaman **9531888844**

Let's break the chain of transmission

#Together we win battle against COVID-19 pandemic in Isles

A&N Administration

**Andaman and Nicobar Administration
Secretariat.**

Port Blair, dated the 18th June 2021.

CIRCULAR

Subject: Vacancy Circular for appointment of Superintending Engineer (Civil) in Andaman Public Works Department, A&N Administration on deputation (ISTC) basis.

It is proposed to fill up two (02) post of Superintending Engineer (Civil), (General Central Service) Group 'A' Gazetted (Ministerial) carrying the Pay Level - 13 (123100-215900) in the Andaman Public Works Department under A&N Administration on deputation (ISTC) basis from the officers under the Central Govt./State Government/Public Sector undertakings/Semi Govt./autonomous or statutory organization and possessing the following experience and other eligibility conditions of appointment.

Deputation (Including short term contract):

Officers under the Central Government/State Govt./UT Administration/PSUs/ Universities/recognized Research Institutions/Semi-Government or Autonomous Bodies or Statutory Organization:-

a. (i) holding analogous posts on regular basis in the parent cadre/department.

OR

(ii) with five years service in the grade rendered after appointment thereto on a regular basis in Level-12 (Rs.78800-209200) in the Pay Matrix or equivalent in the parent cadre or department; OR

(iii) with ten years service in the grade rendered after appointment thereto on a regular basis in Level-11 (Rs.67700-208700) in the Pay Matrix or equivalent in the parent cadre or department; AND

b. Possessing the following educational qualification and experience

(i) Degree in Civil Engineering of a recognized University/Institute

OR

Having passed Part 'A' & 'B' Examination of the institution of Engineers (India) in Civil Engineering

(ii) 10 years experience in Planning or Execution or Maintenance of Civil Engineering Projects.

The departmental officer in the feeder category who are in the direct line of Promotion will not be eligible for consideration for appointment on deputation. Similarly, Deputationist shall not be eligible for consideration for appointment by promotion.

(Period of Deputation (ISTC) including period of Deputation (ISTC) in another ex-cadre post held immediately preceding this appointment in the same or some other Organization/Department of the Central Govt. shall ordinarily not to exceed five years. The maximum age limit for appointment by Deputation (ISTC) shall be not exceeding 56 years as on the closing date of receipt of applications).

Note: For the purpose of appointment on Deputation basis, the service rendered on regular basis by an officer, prior to 01.01.2016, the date from which the revised pay structures based on the VIIth CPC recommendation has been extended, shall be deemed to be the service rendered in the corresponding Grade Pay/Pay scale extended based on the recommendations of the Pay Commission except where there has been merger of more than one pre-revised Pay Scale of Pay into one Grade with a common Grade Pay/Pay Scale and where this benefit will extend only for the post(s) for which the Grade Pay/Pay scale is the normal replacement grade without any upgradation.

It is requested that the Circular may be given wide publicity by circulating it to eligible officers and applications of such eligible candidate as are desirous of being consider for the aforesaid post and who can be relieved immediately on selection may be forwarded alongwith the bio-data (in duplicate) in the prescribed application form together with the following documents within 31.07.2021.

List of documents to be attached with the nomination:

(i) Statement of Bio-data in the prescribed Profoma (as per Annexure-I) in duplicate duly signed by the Volunteering Officer and forwarded through proper channel.

(ii) Vigilance clearance certificate.

(iii) Integrity certificate.

(iv) Statement of penalty (Major/Minor) imposed if any.

(v) ACR dossier of ACRs for the last five years (it may kindly be noted that in case of photo of ACRs the same should be attested one each page by an officer not below the rank of Under Secretary or equivalent rank).

The application form for this purpose can be obtained from the Office of the Chief Engineer, APWD, Nirman Bhawan, Port Blair, A&N Islands, Pin-744101 upto 15.07.2021. Applications can also be downloaded from the website of the A&N Administration as well as APWD viz. www.and.nic.in or www.apwd.and.nic.in.

The application and the bio-data duly specifying (i) the name (ii) address (iii) date of birth (iv) education qualifications (v) detail of present employees (vi) the details of post presently held (vii) present pay scale (viii) present salary (ix) details of experiences (x) vigilance clearance certificate (xi) Integrity certificate (xii) Statement of penalty (Major/minor) imposes, if any and (xiii) ACRs dossier or ACRs for the last five years and forwarded by the employer should reach the office of the CE, APWD by 31.07.2021.

Incomplete applications and applications forwarded without the complete set of essential documents listed above, shall be rejected. Candidates who apply for the post will not be allowed to withdraw their candidature subsequently.

Sd/-

Assistant Secretary (PWD)

(F.No.2-62/2019-PWD)

ANNEXURE - A

To
The Chief Secretaries / all State Governments to circulate the vacancies among all State Department autonomous / statutory organization public undertaking department.

- | | | |
|---------------------------------|-----------------------------|---|
| 1. Andhra Pradesh (Hyderabad) | 13. Karnataka (Bangalore) | 25. Tamil Nadu (Chennai) |
| 2. Arunachal Pradesh (Itanagar) | 14. Kerala (Trivandrum) | 26. Tirpura (Agartala) |
| 3. Assam (Guwahati) | 15. Madhya Pradesh (Bhopal) | 27. Uttar Pradesh (Lucknow) |
| 4. Bihar (Patna) | 16. Maharashtra (Mumbai) | 28. West Bengal (Kolkata) |
| 5. Chattisgarh (Raipur) | 17. Manipur (Imphal) | 29. Chandigarh |
| 6. Delhi | 18. Meghalaya (Shilong) | 30. Pondicherry |
| 7. Goa (Panaji) | 19. Mizoram (Aizwal) | 31. Daman & Diu |
| 8. Gujarat (Ahmedabad) | 20. Nagaland (Kohima) | 32. Dadara Nagar Haveli & Daman and Diu |
| 9. Haryana (Chandigarh) | 21. Orissa (Cuttack) | 33. Lakshadweep |
| 10. Himachal Pradesh (Shimla) | 22. Punjab (Chandigarh) | 34. Ladakh |
| 11. Jammu & Kashmir (Srinagar) | 23. Rajasthan (Jaipur) | 35. Telengana |
| 12. Jharkhand (Ranchi) | 24. Sikkim (Gangtok) | 36. Uttarakhand |

ANNEXURE - B

The Secretary to the Government of India under various Ministries to circulate the vacancies amongst the eligible candidate for filling up the post of Superintending Engineer (Civil), APWD, A & N Administration.

| | |
|--|---|
| 1. The Secretary Minister of External Affairs, South Block, New Delhi - 110 011 | 2. The Secretary Minister of Rural Development Room No. 48, Krishi Bhawan New Delhi - 110 001 |
| 3. The Secretary Minister of Defence, Room No. 104 South Block, New Delhi - 110 011 | 4. The Secretary Information & Broadcasting, Parliamentary Affairs, Room No. 210, Shram Shakti Bhawan, New Delhi - 110 001. |
| 5. The Secretary Minister of Human Resource Development Room No. 30, 1C-Wing, Shastri Bhawan, New Delhi - 110 001. | 6. The Secretary, Development of North - Eastern Region, Minister of Panchayati Raj, Youth Affairs & Sports, Room No. 201, Shastri Bhawan, New Delhi - 110 001. |
| 7. The Secretary Minister of Agriculture and Minister of Consumer Affairs, Food & Public Distribution, Room No. 120, Krishi Bhawan, New Delhi - 110 001 | 8. The Secretary Minister of Coal, Room No. 353- Wing, Shastri Bhawan, New Delhi - 110 003. |
| 9. The Secretary Minister of Railways, Room No. 239, Rail Bhawan, New Delhi - 110 001. | 10. The Secretary Minister of Social Justice & Empowerment, Room No. 120, Shram Shakti Bhawan, New Delhi - 110001 |
| 11. The Secretary Minister of Home Affairs, Room No. 104, North Block, New Delhi - 110 001. | 12. The Secretary Minister of Labour & Employment Room No. 120, Shram Shakti Bhawan, New Delhi - 110 001. |
| 13. The Secretary Minister of Chemical s & Fertilizers and Minister of Steel, Room No. 192, Udyog Bhawan, New Delhi - 110 011. | 14. The Secretary Minister of Environment & Forests Room No. 423, Paryavaran Bhawan, New Delhi - 110 003. |
| 15. The Secretary Minister of Urban Development, Room No. 106, C-Wing, Nirman Bhawan, New Delhi - 110 011. | 16. The Secretary Minister of Communications & Information Technology, Electronic Niketan Lodhi Road, New Delhi - 110 003 |
| 17. The Secretary Minister of Mines, Room No. 101C, C-Wing, Shastri Bhawan, New Delhi. | 18. The Secretary Minister of Health & Family Welfare, Room No. 150-A Nirman Bhawan, New Delhi - 110 003. |
| 19. The Secretary Minister of Finance, Room No. 134 North Block, New Delhi - 110 001 | 20. The Secretary Minister of Overseas Indian Affairs, Akbar Bhawan, 10 th Floor, Chanakyapuri, New Delhi. |
| 21. The Secretary Minister of Small Scale Industries and Minister of Agro & Rural Industries, Room No. 168, Udyog Bhawan, New Delhi - 110 011. | 22. The Secretary Minister of Petroleum, Room No. 201 Shastri Bhawan, New Delhi - 110 001. |
| 23. The Secretary Minister of Shipping, Road Transport & Highways, Room No.504, Transport Bhawan, New Delhi- 110 001. | 24. The Secretary Minister of Water Resources, Room No. 210, Shram Shakti Bhawan, New Delhi - 110 001. |
| 25. The Secretary Minister of Textiles, Room No. 130 A, Udyog Bhawan, New Delhi - 110 011. | 26. The Secretary Heavy Industries & Public Enterprises, Udyog Bhawan, New Delhi. |
| 27. The Secretary Minister of Commerce & Industry, Udyog Bhawan, New Delhi - 110 011. | 28. The Secretary Company Affairs, Room No. 437, C-Wing, New Delhi. |

| | |
|--|---|
| 29. The Secretary Minister of Law & Justice, Room No. 401, Shastri Bhawan, New Delhi - 110 001 | 30. The Secretary Science & Technology, Ocean Development, CSIR Building, Rafi Marg, New Delhi. |
| 31. The Secretary Minister of Power, Room No. 201, Shram Shakti Bhawan, New Delhi - 110 001. | |

ANNEXURE - C

| Sl. No. | Department |
|---------|--|
| 1. | Chief Engineer, APWD, Nirman Bhawan, A & N Administration, Port Blair. |
| 2. | Director Accounts & Budget, A & N Administration, Port Blair. |
| 3. | Director of Agriculture, A & N Administration, Port Blair. |
| 4. | Director of Animal Husbandry & Veterinary Services, A & N Administration, Port Blair. |
| 5. | Director of Civil Supplies & Consumer Affairs, A & N Administration, Port Blair. |
| 6. | Deputy Commissioner, South Andaman, Port Blair. |
| 7. | Deputy Commissioner, Nicobar, Nicobar District. |
| 8. | Deputy Commissioner, North & Middle Andaman, Mayabunder. |
| 9. | Superintendent of District Jail, A & N Islands, Prothrapur. |
| 10. | Director of Industries, A & N Administration, Port Blair. |
| 11. | Director of Education, A & N Administration, Port Blair. |
| 12. | Superintending Engineer, Electricity Department, A & N Administration, Port Blair. |
| 13. | Director of Employment & Training, A & N Administration, Port Blair. |
| 14. | Director of Fisheries, A & N Administration, Port Blair. |
| 15. | Principal Chief Conservator of Forest & Environment, A & N Administration, Port Blair. |
| 16. | Director of Health Services, A & N Administration, Port Blair. |
| 17. | Director of Information, Publicity & Tourism (Tourism Division), A & N Administration, Port Blair. |
| 18. | Director of Information, Publicity & Tourism (IP Division), A & N Administration, Port Blair. |
| 19. | Principal, JNRM College, Port Blair |
| 20. | Principal, Dr. B. R. Ambedkar Institute of Technology, Dollygunj. |
| 21. | Director General of Police, A & N Islands, Port Blair. |
| 22. | Registrar of Co-operative Societies, A & N Islands, Port Blair |
| 23. | Director of Rural Development, A & N Administration, Port Blair. |
| 24. | Director of Science, Technology & Pollution, Port Blair. |
| 25. | Director of Shipping Services, A & N Administration, Port Blair. |
| 26. | Director of Social Welfare, A & N Administration, Port Blair. |
| 27. | Director of Statistics, A & N Administration, Port Blair. |
| 28. | Director of Transport, A & N Administration, Port Blair. |
| 29. | Director of Tribal Welfare, A & N Administration, Port Blair. |
| 30. | Director of Youth Affairs, Sports & Culture, A & N Administration, Port Blair. |
| 31. | CEO, Zilla Parishad, N & M Andaman, Mayabunder |
| 32. | CEO, Zilla Parishad, South Andaman, Port Blair |
| 33. | Chief Engineer-cum-Chief Administrative Officer, ALHW, Port Blair. |

PROFORMA OF BIO-DATA

| | |
|--|---|
| 1. | Name and address in BLOCK letters |
| 2. | Date of birth (in Christian era) |
| 3. | Date of retirement under Central / State Government Rules |
| 4. | Educational Qualifications |
| 5. | Whether educational and other qualifications required for the post are satisfied (if any qualification has been treated as equivalent to the one prescribed for the post, state the authority for the same) |
| Qualifications / Experience required | |
| Qualifications / Experience possessed by the officer | |
| Essential | (a) (i) |
| | (ii) |
| | (b) (i) |
| | (ii) |
| 6. | Please state clearly whether in the lights of entries made by you above, you meet the requirements of the post |
| 7. | Details of past service in chronological order (please enclosed separate sheet, authenticated by your signature, if required) |

| Name of the Office/Organization | Post held | Period for which post held | | Scale of pay | Nature of duties in brief |
|---------------------------------|-----------|----------------------------|----|--------------|---------------------------|
| | | From | To | | |
| | | | | | |

| | |
|-----|---|
| 8. | Nature of present employment i.e. whether adhoc or regular |
| 9. | In case the present Employment is held on deputation / contract basis, please states: a) The date from which on deputation / contract b) Period of appointment on deputation / contract c) Name of the parent office / organization to which candidate belongs d) Scale of pay in the parent department e) Date from which drawing that scale in the parent department against regular appointment |
| 10. | Additional details about present employment Please State whether working under: - a) Central Government b) State Government c) Autonomous Organizations d) Government undertakings e) Universities |
| 11. | Are you in revised scale of pay? If yes, give the date from which the revision took place and also indicate the pre-revised scale. |
| 12. | Total emoluments per month drawn |
| 13. | Additional information, if any which candidate would like to mention in support of one's suitability for the post. Enclose a separate sheet, if required. |
| 14. | Whether belongs to SC / ST |
| 15. | Remarks |

Signature of the candidate

Dated: _____ Address: _____

VERIFICATION / CERTIFICATE TO BE FURNISHED BY THE EMPLOYER

It is certified that the information furnished by Mr. /Ms. has been checked as per the service record of the individual and found correct.

Records of service of Mr. / Ms. who has applied for post of Superintending Engineer (Civil), APWD, A & N Administration has been carefully examined and it is certified that there is no doubt about his / her integrity.

Neither any disciplinary proceedings are pending nor a decision has been taken to initiate disciplinary proceedings against Mr./ Ms. who has applied for the post of Superintending Engineer (Civil), APWD, A & N Administration.

In the event of his / her selection Mr./Ms. will be relieved of his / her duties in this office.

(Signature with office seal)

Name:
Designation:
Tele. No.

Date :

Note: Incomplete applications or applications not in accordance with the format / particulars will not be entertained.

STATEMENT OF PENALTIES FOR THE LAST TEN YEARS IN RESPECT OF

Mr. / Ms.

| Sl. No. | Name of the penalty | Details of penalty | Period | Remarks |
|---------|---------------------|--------------------|--------|---------|
| | | | | |

(Signature with office seal)

Name:
Designation:
Tele. No.

Dated:

Note: Kindly furnish 'Nil' statement if no penalty has been imposed.

TERMS AND CONDITIONS OF APPOINTMENT

- In addition to pay the selected persons will be entitled to DA as admissible.
- Special compensatory allowance and Island Special Allowance as admissible under rules.
- Rent free unfurnished accommodation subject to general review from time to time.
- Free sea passage once in a year for self and family members while proceeding / returning from leave in accordance with the orders in force from time to time.
- Deputation allowance as admissible under rules.
- Tenure: Initially for a period of 1 (one) year, which may be extended in accordance with the rules.
- They shall be governed by the relevant rules and order in force from time to time in respect of the Government servants of their category serving under the Andaman & Nicobar Administration.
- The officer selected for appointment on deputation basis will have the option either to get his pay fixed in the deputations post or to draw pay of the post held by him in his parent department plus deputation allowances in accordance with and, subject to the condition, as modified from time to time and such other general or special orders issued by the Ministry of Finance.
- The period of deputation / contract of official shall not ordinarily exceed four years. The maximum age limit for appointment by transfer on deputation shall not be exceeding 56 years, as on the closing date of receipt of application.
- The officer once selected shall not be allowed to withdraw or refused to join and it shall be responsibility of sponsoring authority to release the selected officers within a month of the issue of appointment letter / order.

ANDAMAN AND NICOBAR ADMINISTRATION
SECRETARIAT

F. No. 1-2(ID)/CC/2021/150 Port Blair, dated the 06/07/2021.
**APPLICATION INVITED FOR COMMENDATION CERTIFICATE
BY THE HON'BLE LT. GOVERNOR**

Applications are invited from bonafide citizens/organizations of A & N Islands for award of Lt. Governor's Commendation Certificate on the occasion of **Independence Day, 2021**, to persons who have distinguished in the field of Arts, Commerce, Education, Sports, Games & Culture and Social Welfare etc. or have rendered meritorious service of a high order.

Application in the prescribed proforma should reach the Confidential Cell, Secretariat, A & N Administration **latest by 26th July, 2021 alongwith their Vigilance Clearance Certificate. Sponsoring / Nominating of nominees should be done by the Chief Secretary/ PCCF / DGP/ Pr. Secretary/ Commr.-cum-Secretary/ Secretaries and Deputy Commissioners of respective Districts. Other HoDs can recommend through respective Administrative Secretaries only.**

Guidelines for eligibility of Commendation Certificate

The illustrative list of fields which could be covered under this award are as follows:

- Art (such as Popular Arts, Music, Painting, Architecture, Sculpture Photography etc.)
- Social Work.
- Public Affairs (such as law and public life etc.)
- Science, Engineering, Technology and other learned professions
- Literature and Education including Journalism.
- Trade and Industry (such as Banking, Tourism and Handicrafts etc.)
- Civil Service.
- Sports, Athletics and Adventure Sports.
- Protection of Human Right.
- Protection of Environment.
- Any other area considered fit by the Lt. Governor.

Those who have excelled in any one of the above mentioned fields and contributed significantly will be considered for award of Commendation Certificate.

If team is being nominated, role of each member of the team has to be clearly defined and only the one who have shown exemplary work in the team should be sponsored.

Both, official and non-officials are eligible for the award.

Association, institution or organization which are exclusively concerned with a particular religion or cast or creed or ethnic group and whose services are exclusively confined to the activities thereof and whose activities in anyway run counter to the noble objectives of national integration and understanding fellowship and sense of solidarity should not be considered.

PROFORMA

1. Full Name (Roman & Devnagri Script):
2. Father's/ Husband's name:
3. Date of Birth:
4. Profession / Occupation / Designation:
5. Residential Address (alongwith e-mail ID, Aadhaar No., Telephone/Mobile Number):
6. Field of activity & achievement:
7. Name of Nominating authority & Telephone/ Mobile Number.
8. Vigilance Clearance Certificate & Pay Level (for Govt. Servants):
(without vigilance clearance certificate, nominations will not be accepted for consideration)
9. Citation (in 150 words only) along with soft copy:
* All fields are compulsory / mandatory

Applicant / Nominees can send their applications / nominations through email id:hlccani@gmail.com (Incomplete application / Nominations will not be entertained / accepted).

It is also requested, to kindly adhere to the last date i.e. **26th July, 2021** for sending nominations as the cases will be submitted before the Screening Committee immediately thereafter.

*Signature of the Nominating Authority
(with seal)*

I.D. No. 7864

Assistant Secretary (CC)

ICAR-CENTRAL ISLAND
AGRICULTURAL RESEARCH INSTITUTE
GARACHARMA, PORT BLAIR - 744 105
ANDAMAN & NICOBAR ISLANDS

WALK-IN INTERVIEW

The candidates who have required qualification may submit application through online for filling up the position of **Research Fellow** on contractual basis under NABARD - Post Covid-19 Project on or before **15.07.2021**. The detailed advertisement is available on the Institute website <https://ciari.icar.gov.in>.

Assistant Administrative Officer

**Kendriya Vidyalaya
No. 2, Port Blair**

**Admission Notice : 2021-22,
for Vacant seats in Class I
under SC/ST Category**

A few vacancies are existing in Class I (First) in SC (Schedule Caste) & ST (Schedule Tribe) Category only for which registration forms may be obtained from Vidyalaya Office during 08.07.2021 to 12.07.2021

Parents desirous to register for admission (for above Category only) are requested to obtain form from Vidyalaya Office during office hours from 08.07.2021 to 12.07.2021 and submit duly filled-up form to Vidyalaya alongwith the all essential documents on or before 12.07.2021 (1 PM). For more information, parents may contact over Phone No. 03192-225093 during working hours or email to kv2portblair@gmail.com.

VIJAY KUMAR
PRINCIPAL

LOST AND FOUND

A folder containing the sale deed document No. 1052/78 dated 22.03.1978 of Mr. A. Chockalingam, S/o Ayyasamy Mudaliar, Survey No. 148 with area of 2865 Sq. ft. in Visveswarapuram, Pammal Chengalpatu District, Tamil Nadu is lost between Marine Dock and Aberdeen Bazaar on 02.07.2021. Finder may please contact C. Meganathan, Mobile No. 9476031567 / 9531978366

1st HAPPY BIRTHDAY

on 8th July, 2021

"You are our Darling Dear, 1 Year Old Grand-daughter,
more precious to us than the rarest treasure in the world."
You're brave, smart and talented. I'm so lucky to have you in my life."



Today's extra special because you turn One !!!
And the Best thing is - Your's life just Begun....!!!

TO
GAIRIKA MAITI
(D/o Mr. Satyaki Maiti & Mrs. Manjula Metya)
R/o Dairy Farm, A & N Islands.

Best Wishes From :
Sutapa (Dadi), Sajal (Dada)
Dipali (Nani), Asish (Nana)
Suwendu (Mama),
Padmarani (Bari Masi),
Soma (Chhoti Dadi)
& All Family Members.

No.46-77/DC(N&MA)/QP/2021

A&N ADMINISTRATION
OFFICE OF THE DEPUTY COMMISSIONER
NORTH & MIDDLE ANDAMAN DISTRICT
Mayabunder

Cancellation e-auction Notice

This is in continuation to the e-Auction Notice vide F. No. 46-77/DC (N&MA)/QP/2021/1297 dated 31.05.2021 of quarry areas for extraction of minor minerals in North & Middle Andaman District situated at Madhupur village, Shyamnagar village under Diglipur Tehsil, Harinagar village under Mayabunder & Panchawati village under Rangat Tehsil published in "The Daily Telegrams" News Paper on 05.06.2021 and also uploaded in the e-auction portal is hereby cancelled due to Administrative reason. The bidders those applied for the above e-auction are request to collect the documents from the office of the undersigned and request to participate in the fresh e-auction.

Assistant Commissioner (HQ)

I.D. No. 7866

North & Middle Andaman District

**CORRIGENDUM/EXTENSION OF DUE DATE FOR
SUBMISSION OF eTENDER**

No.1-6/Store/22/20/995 Dated 06th July, 2021

This is with reference to e-Tender Notice F.No.1-6/Store/22/20/705 Dated 22nd April, 2021 vide Tender ID: 2021_BRAIT_2984_1 uploaded in eProcurement portal <https://eprocure.andaman.gov.in> for "Purchase of Spare Parts for various models of Vehicles" of Dr. B. R. Ambedkar Institute of Technology, Port Blair. The last date of submission of eTender has been extended upto 14/07/2021.

The details are as under:-

Last date and time of tender submission: 14/07/2021 at 2.00 PM
Date & time for opening of tender: 15/07/2021 at 2.00 PM
All other terms and conditions shall remain unchanged.

PURCHASE SECRETARY

DR.B.R. AMBEDKAR INSTITUTE OF TECHNOLOGY
PAHARGAON
I.D. NO. 7865

**ASHOK CLOTH HOUSE
NEELAM TEXTILES**

Walk-in for Exciting Offers, especially for you 10% OFF on Designer Bedsheets, 10% OFF on Readymade Curtains, Fresh Arrivals of Plazo Sets, Designer Suit Pcs, Designer Sarees, V / H & L / P Shirts & Trousers, Amazing Gifts on Purchases of 10,000/- & Above

FOR SALE

MS Round Stair.
Contact: 7063962408 / 9434265889

FOR SALE

Ford EcoSport (2017) - 4 L, Royal Enfield Classic - 1.45 L, Mahindra XUV 500 - 9.5 L.
Contact: 9933230099

LAND FOR SALE

200 Sq. mtrs. for sale at Teylorabad near main road at 20 Lakh.
Contact: 9679593520 / 9474282723

**COMPUTER INFOTECH
HOME SERVICE**

Computer / Laptop / Printer / UPS Sales & Service, OS & Software Installation, Antivirus (one-year license) are available here.
All at reasonable rates
Ph. 9531864216 Ph. 9775885199

CONSTRUCTION

All kinds of Building Plans & Construction, Extensions & Part Construction, Repair & Maintenance.
M/s NEEV
75, JN Road, Haddo, Port Blair.
Ph. 9733661890, 9434287520

SMARTTECH SOLUTIONS

(Door to Door Service)
Computers, Printers, Laptops, UPS, Biometric, Telephone, Intercom, CCTV Cameras, Invertors, Electrical works & all Electronic works are done at one stop.
Cell No. 9933256565, 9434276276

FOR SALE

Land available for Sale at Ograbraj Village near NH - Road, Beautiful Location, reasonable Price.
Call: 9434283827 / 9933242327

**LAND FOR
IMMEDIATE SALE**

Survey No. 1 / 10 / 7, 331 Sq. mtrs. land at Manglutan, Subhashini Colony, Single Patta, House Site. Fair Price 22 Lakh, negotiable.
Contact No. 9875556567 / 7063903374

DISCLAIMER

Readers are requested to verify and make appropriate enquiries to satisfy themselves about the veracity of an advertisement before responding to any advertisement published in this newspaper.
The publisher of this newspaper, does not vouch for the authenticity of any advertisement or advertiser or for any of the advertisers products and services.
The Owner, Publisher, Printer, Employees of this newspaper shall not be held responsible/liable in any manner whatsoever for any claims and/or damages/consequences for advertisements in this newspaper.

चलती है गाड़ी उड़ती है धूल टीबी के लक्षणों को अनदेखा करने की न करें भूल

टीबी के लक्षण

- 2 हफ्तों से लगातार खांसी
- बुखार
- रात में पसीना आना
- भूख न लगना
- वजन में लगातार गिरावट

टीबी का आधुनिक और सम्पूर्ण उपचार सरकारी स्वास्थ्य केंद्र में बिल्कुल मुफ्त है।

TB Harega, Desh Jeetega!

NATIONAL TUBERCULOSIS ELIMINATION PROGRAMME (NTEP)
DIRECTORATE OF HEALTH SERVICE WITH UT HEALTH MISSION
PORT BLAIR, ANDAMAN & NICOBAR ISLANDS

HIGH BLOOD PRESSURE
CAUSES OF HIGH BLOOD PRESSURE

- HISTORY OF HYPERTENSION IN FAMILY
- OVERWEIGHT OR OBESITY
- EXCESSIVE CONSUMPTION OF ALCOHOL
- RENAL OR KIDNEY DISEASES
- STRESS
- EXCESSIVE INTAKE OF SALT

DO'S AND DON'T'S OF HIGH BLOOD PRESSURE

- MAINTAIN NORMAL BODY WEIGHT
- TAKE MEDICINE BASED ON ADVISED TREATMENT
- INCREASE IN PHYSICAL ACTIVITY
- AVOID INTAKE OF ALCOHOL AND TOBACCO
- BALANCED DIET WITH INCREASED INTAKE OF FRUITS AND VEGETABLES
- AVOID EXCESSIVE STRESS
- REGULAR CHECKUP OF BLOOD PRESSURE
- AVOID EXCESSIVE USE OF OIL, FAT AND SALTS

राष्ट्रीय कैंसर, मधुमेह, हृदय रोग व पक्षाघात बचाव एवं नियंत्रण कार्यक्रम
NATIONAL PROGRAMME FOR PREVENTION & CONTROL OF CANCER, DIABETES, CVDS & STROKE (NPCDCS)
राष्ट्रीय स्वास्थ्य मिशन, अंडमान निकोबार द्वीप समूह
NATIONAL HEALTH MISSION, ANDAMAN & NICOBAR ISLANDS

**6th Death Anniversary
On 08-07-2021**

Late Kishen Chand
S/o Late Hari Kishen
Retd. Asst. Director
(Agriculture)

No Farewell words were spoken no time to say goodbye, you were gone before we knew it, and only god knows why?

Inserted by: Smti. Lucy Chand (Wife), Kaushal Chand (Son), Madhu Rani (Daughter-in-law), Kirti Chand & Uday Chand & all loving family members

**12th Death Anniversary
On 8th July, 2021
In ever loving memory of**

R.V. NAIR
(Retd. Staff Car Driver)
Fondly remembered by :- Smti. Jalaja V. Nair (Wife), V.Vinod & V. Rajesh (Sons), Heera Vinod & Bindu Rajesh (Daughter-in-laws) and Adarsh, Archit & Archita (Grandchildren).

**11th Death Anniversary
on 08/07/2021
In Loving Memory of**

LATE SURESH CH. RAJBANSHI
(Primary School Teacher)
R/o Village Sitanagar, Diglipur
"Your memory has walked beside us for all these years, and it shows paths for every walk of life"
Inserted by:
Sumen Rajbanshi and all family members