

ANDAMAN DAILY

News & Views from Andaman and Nicobar Islands

by **NICOBAR TIMES**

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A&N Administration Celebrates 11th International Day of Yoga with Enthusiasm Across the Islands



Tarun Karthick

**Sri Vijaya Puram,
23 June 2025**

The 11th International Day of Yoga (IDY) 2025 was commemorated with great fervour by the AYUSH Wing of the Directorate of Health Services, A&N Administration, with a central event held at the auditorium of

Government Girls the Hon'ble Prime Senior Secondary Minister of India, Mr. Narendra Modi, addressed the nation with active participation live from dignitaries, government officials, security personnel, and citizens from diverse walks of life.

As part of the nationwide 'Yoga Sangam' initiative launched by the Ministry of AYUSH,

the Hon'ble Prime Minister of India, Mr. Narendra Modi, addressed the nation with active participation live from dignitaries, government officials, security personnel, and citizens from diverse walks of life. The event witnessed active participation live from dignitaries, government officials, security personnel, and citizens from diverse walks of life. His address was streamed at over 10 lakh venues across the country, including multiple locations in the Andaman and Nicobar Islands, promoting synchronized yoga sessions as part of a

[Contd...Pg...3...](#)

ANC Celebrates International Day of Yoga 2025 with Sunrise Session at Indira Point and Coordinated Events Across Multiple Locations



Tarun Karthick

**Sri Vijaya Puram,
23 June 2025**

The Andaman and Nicobar Command (ANC) celebrated the 11th International Day of Yoga (IDY) 2025 with synchronized yoga sessions across the islands, emphasizing unity, wellness, and operational readiness. The highlight of the celebrations was a sunrise yoga session for One Earth, One Health—and southernmost tip of the

Indian Union, led by Lt Gen Dinesh Singh Rana, PVSM, AVSM, YSM, SM, PhD, Commander-in-Chief, ANC.

Set against the serene backdrop of the Indian Ocean, the session at Indira Point witnessed the participation of personnel from the Indian Army, Navy, Air Force, and Coast Guard. The event resonated with the IDY 2025 theme—"Yoga for One Earth, One Health"—and symbolized jointness,

[Contd...Pg...3...](#)



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Contd..Pg1..A&N Administration Celebrates 11th International Day of Yoga with Enthusiasm Across the Islands

collective national mental well-being. the Islands, the department heads, National AYUSH movement. national mental well-being. the Islands, the department heads, National AYUSH Hon'ble Lt. Governor, IRBn personnel, Mission.

He also Admiral D K Joshi, media In his address, the acknowledged the PVSM, AVSM, YSM, representatives, and In addition to the Prime Minister rising global embrace NM, VSM (Retd.), and members of the main venue, Yoga underlined yoga as of yoga and Vice Chairman of the public. Sangam sessions were organised at India's timeless gift to Ayurveda, citing Islands Development Agency, led the The programme more than 125 humanity, initiatives like Spain's celebrations. He was commenced with the locations across all emphasizing its "Somos India," which joined by Mr. Bishnu ceremonial lighting of three districts of the individual wellness participants. He Pada Ray, Hon'ble Territory— and global harmony. encouraged making Member of welcome of the including community Under the theme yoga a part of Parliament; Chief dignitaries. A 45- halls, beaches, "Yoga for One Earth, everyday life and Secretary Dr. minute Common Yoga jetties, parks, One Health", he lauded innovative Chandra Bhushan Protocol session was schools, health introduced the formats such as yoga Kumar, IAS; PCCF conducted by trained centres, and anganwadi centres. concept of "Yoga for chains, sessions at Mr. Sanjay Kumar AYUSH Unit, featuring More than 7,500 Humanity 2.0", iconic sites, corporate Sinha, IFS; DGP Mr. asanas and participants took part highlighting yoga's targeted sessions for Mr. Prakash Adhikari, pranayama in a in the celebrations, role in combating senior citizens, Adhyaksh, Zilla peaceful and underscoring the lifestyle-related pregnant women, Parishad (South invigorating Administration's diseases such as diabetics, and those Andaman); Mr. S environment. The steadfast commitment to heart conditions, obesity, and stress, in de-addiction Shahul Hameed, event was overseen to promoting holistic health and well-being and its benefits in programs. along with other Secretary (Health) through yoga. (Story enhancing immunity, energy, flexibility, and At the main function in senior officers, and Mission Director, Based on PR)

Contd..Pg 1..ANC Celebrates International Day of Yoga 2025 with Sunrise Session at Indira Point and Coordinated Events Across Multiple Locations

harmony with nature, promoting wellness at various forward and event was organized at International Day of and national the nation's strategic remote ANC units, INS Utkrosh, Sri Vijaya Yoga 2025 by ANC not integration. frontier. including Landfall Puram, where over only highlighted yoga's role in building physical resilience and mental strength but also reinforced its value in fostering unity, discipline, and inner stability—qualities integral to military life. By integrating yoga into its core ethos, ANC continues to underscore that wellness and operational preparedness go hand-in-hand. (Story Based on PR)

Led by trained Expanding its reach beyond borders, ANC conducted yoga sessions aboard INS Kamorta at Port Klang, Malaysia, and INS Saryu at Belawan, Indonesia. These events served as instruments of soft power diplomacy and regional maritime cooperation. Simultaneous sessions were also held at A large-scale yoga observance of

INS Utkrosh, Sri Vijaya Puram, where over 900 personnel and family members from all service components participated. The event showcased the enthusiasm and discipline of the forces, with demonstrations of yoga postures and breathing techniques that emphasized physical endurance, mental clarity, and spiritual balance. The widespread hand-in-hand. (Story Based on PR)

Autorickshaw Driver Caught with Cannabis at Tugapur Junction



Tarun Karthick Sri Vijaya Puram, 23 June 2025

In a late-night anti-narcotics operation on 18th June 2025, an autorickshaw driver was apprehended at Tugapur Junction for allegedly transporting hidden cannabis

inside a speaker box in his vehicle. The arrest was made by the Mayabunder Police following a tip-off received. Acting on specific intelligence, Tugapur Junction Inspector Abdul Sajid, House Officer (SHO) of PS

Mayabunder, swiftly constituted a raiding team under the directions of the SDPO of Diglipur. The team included police officers and forensic personnel, who reached the scene and coordinated the interception. Two local residents were enlisted as independent witnesses before the operation commenced. At approximately 8:30 PM, the autorickshaw, which matched the description

provided in the tip-off, was stopped. The driver, a 33-year-old local operator, was informed of his legal rights, including the option to be searched in the presence of a magistrate or gazetted officer. During the search, police discovered two plastic packets concealed inside a speaker. The contents — flowering and fruiting parts of a cannabis plant — were tested on-site using a forensic

drug detection kit and confirmed to be cannabis (ganja). The seized substance weighed approximately 194 grams. All legal formalities were observed during the arrest, and the contraband along with the autorickshaw was seized. The accused was booked under Section 20(b)(ii)(A) of the Narcotic Drugs and Psychotropic Substances (NDPS) Act, 1985.

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Monsoon Book Reading Festival 2025 Concludes with Enthusiastic Participation and Prize Distribution



Highlighting the accessibility of the State Library, he invited students to visit freely, noting that no membership is required to use its resources.

The ceremony began with a warm welcome address by Ms. Archana Singh, Deputy Director of Education (Planning) and Nodal Officer of the State Library. She lauded the dedication shown by students throughout the festival and emphasized the role of reading in shaping thoughtful individuals.

A detailed report on the festival's activities was presented by Mr. Sashi Kumar, In-Charge of the State Library. He shared that, under the guidance of the Director (Education), a diverse range of activities — including storytelling sessions, treasure hunts, quizzes, craft-making, story and slogan writing, and news reading — had been successfully organized. The event saw enthusiastic participation from more than 850 students representing different schools.

Sharing their experiences, Hem Shankar (Class X, VKV School, Lambaline) and Sana Shahid (Class VI, Vitala Public School) expressed that the festival served as a meaningful platform for young minds to grow in confidence and enhance their love for reading.

Parents too were present at the event, celebrating the achievements of their children. The ceremony concluded with a heartfelt vote of thanks delivered by Mr. Suresh J. Panicker, Librarian, State Library, who acknowledged the efforts of educators, organizers, and students in making the festival a resounding success.

The Monsoon Book Reading Festival 2025 stood as a testament to the power of books in nurturing imagination, knowledge, and confidence among the youth of the islands.

Tarun Karthick
Sri Vijaya Puram,
23 June 2025

The week-long Monsoon Book Reading Festival 2025 concluded on a high note with a vibrant valedictory and prize distribution ceremony held at the Conference Hall of the State Library, Sri

Vijaya Puram. Organized by the Education Department, the festival celebrated the literary flair, creativity, and enthusiastic participation of young readers from across various schools in the islands.

Mr. Vikram Singh, Director (Education), graced the occasion as the Chief Guest and felicitated the winners of multiple

competitions conducted during the festival. Engaging with students in a lively interaction, he posed questions related to the rich history and culture of the Andaman & Nicobar Islands, sparking curiosity and active involvement from the audience.

In his address, Mr. Singh urged students to

limit excessive use of mobile phones and instead devote more time to reading and exploring the treasures of the library. "Books open the doors to imagination, and imagination is the beginning of achievement. Let reading be your lifelong companion," he remarked, encouraging students to cultivate a regular reading habit and stay intellectually curious.

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Adverse Weather Alert Issued for Andaman & Nicobar Islands; Fishermen Advised to Stay Ashore



In light of the forecast, fishermen have been strictly advised not to venture into the sea along and off the Andaman Sea and Andaman & Nicobar Islands until June 25.

Additionally, swell waves with heights ranging between 1.8 to 2.0 meters and wave periods of 17 to 18 seconds have been predicted until 8:30 PM on June 24, 2025. Authorities have cautioned that there is a likelihood of wave surges. Boat operators are urged to exercise extreme caution and conduct any recreational activities at sea with due vigilance.

Residents and those involved in maritime activities are requested to stay updated through official bulletins and take all necessary precautions during this period of adverse weather.

Tarun Karthick

Sri Vijaya Puram,
23 June 2025

The authorities have issued a

weather alert warning of the coming days. the Andaman Sea and around the islands till June 25, 2025. The sea condition is expected to remain rough to very rough, posing potential risks to small vessels and fishing boats. weather alert warning of the coming days. the Andaman Sea and around the islands till June 25, 2025. The sea condition is expected to remain rough to very rough, posing potential risks to small vessels and fishing boats. weather alert warning of the coming days. the Andaman Sea and around the islands till June 25, 2025. The sea condition is expected to remain rough to very rough, posing potential risks to small vessels and fishing boats.

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District Planning Committee Meeting Concludes in North & Middle Andaman



Heads of Departments from various plan-implementing sectors including Agriculture, Animal Husbandry & Veterinary Services, Fisheries, Transport, Civil Aviation, Civil Supplies, Tribal Welfare, Electricity, Shipping, Police, APWD, Labour & Employment, Tourism, Industries, Social Welfare, Revenue, Education, Sports, Forest, MGNREGA, and others participated in the deliberations.

Detailed discussions were held on various programmes and schemes proposed under the draft Annual Action Plan. Several recommendations and suggestions were put forth by the Hon'ble MP and DPC members to be incorporated in the final plans of the respective departments to ensure timely and effective implementation.

The meeting concluded with a vote of thanks delivered by Mr. Ashish Joon, CEO, Zilla Parishad and Ex-officio Secretary, DPC, marking the culmination of three days of collaborative planning aimed at shaping the district's development agenda.

Tarun Karthick

Sri Vijaya Puram,

23 June 2025

A three-day District Planning

Committee (DPC) meeting of North & Middle Andaman District was held from June 17 to 19, 2025, at the Conference Hall of Zilla Parishad, North & Middle Andaman. The meeting was chaired by Mr. Shribas Ch.

Das, Adhyaksh, Zilla Parishad, North & Middle Andaman, and attended by Mr. Bishnu Pada Ray, Hon'ble Member of Parliament, A&N Islands, and Ms. Nandini Maharaj, IAS, Deputy Commissioner, along

with other DPC members. The purpose of the meeting was to deliberate on the seven-year development strategy and finalise the draft prioritized Annual Action Plan (2025-26) for the district.



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Health and Wellness Programme for Senior Citizens Held at Ullas Home Under Atal Vayo Abhuday Yojna



Sharmistha from the Brahma Kumaris conducted an engaging session on maintaining mental well-being, emphasizing the importance of emotional, psychological, and social care in day-to-day life. She also led a yoga and meditation session to help participants adopt holistic practices for improved quality of life.

The event was coordinated by Ms. Monalisa Biswas, Supervisor, and Ms. Archana B. Nair, In-charge of Ullas Home for Senior Citizens, under the overall guidance of Ms. Reeta Devi, Nodal Officer (Senior Citizen), Directorate of Social Welfare.

The initiative was well-received by the Senior Citizens, who actively participated in the sessions and appreciated the efforts made to enhance their overall well-being.

Tarun Karthick
Sri Vijaya Puram,
23 June 2025

initiatives under the Atal Vayo Health and Wellness Programme for senior citizens at Ullas Home in Attampahad. The programme focused on

promoting healthy and active ageing by offering insights into physical wellness, mental health, and stress management.

As part of the ongoing

Kumaris, organized a Basic

The programme focused on

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IRCA South Andaman Conducts Awareness Programmes to Mark International Day Against Drug Abuse 2025



welcomed the gathering and appealed to all present to remain vigilant and committed to a life free from addiction.

Dr. M.K. Mahato, Medical Officer, IRCA South Andaman, delivered an insightful address on the harmful effects of alcohol and substance abuse. He also shared practical guidance on how individuals can resist and recover from addiction.

As a symbolic gesture of commitment, all participants took a pledge to abstain from substance abuse and lead healthy, drug-free lives.

Individuals facing issues related to alcohol or drug dependence are encouraged to reach out for help. They may contact Dr.

M.K. Mahato, Medical Officer, DDR/IRCA South Andaman, at 9933274899 or Mr. Rohit Paroi, Project Coordinator, DDR/IRCA South Andaman, at 7063902427.

Tarun Karthick
Sri Vijaya Puram,
23 June 2025

Abuse and Illicit Trafficking cum-Seminars on June 18 and 2025, the Integrated 19, 2025. The sessions were Rehabilitation Centre for held at BRITECH IT Group of Addicts (IRCA), South Institute and Nursery Teacher's Andaman District, organized Training Institute (NTTI), Sri Vijaya Puram, drawing active

participation from a large number of students and faculty members.

Mr. R.C. Das, Chairman and CEO of BRITECH IT and NTTI,

As part of the observance of International Day Against Drug

AATO and India Tourism Celebrate International Day of Yoga at Swaraj Dweep



agents from India and abroad, currently on a familiarisation tour of the islands. Their participation underscored the growing appeal of the Andaman Islands as a destination for wellness and sustainable travel.

Members of AATO, led by President Mr. M. Vinod, took part in large numbers, reaffirming the association's commitment to promoting holistic and eco-friendly tourism practices in the islands.

Mr. Vel Murugan, Assistant Director, India Tourism, lauded the efforts of AATO, the Taj Exotica Resort & Spa team, and all local stakeholders for their prompt cooperation and support in ensuring the success of the event despite the adverse weather conditions.

AATO extended its gratitude to all members and partners who contributed to the celebration, reiterating its dedication to positioning the Andaman Islands as a hub for wellness, sustainability, and transformative travel experiences.

Tarun Karthick

Sri Vijaya Puram,
23 June 2025

In a spirited celebration of the International Day of Yoga, the

Andaman Association of Tour Operators (AATO), in collaboration with India Tourism, Ministry of Tourism, Government of India, organised a vibrant yoga session at Swaraj Dweep on 21st June 2025.

Originally scheduled at the iconic Radhanagar Beach, the venue was shifted to Taj Exotica Resort & Spa due to persistent rainfall. The change in location, however, did little to dampen the enthusiasm of participants.

More than 100 tourism stakeholders—including tour operators, hoteliers, lifeguards, and officials from the tourism department—actively participated in the event. A notable highlight was the presence of 31 travel

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Yoga Day 2025 Celebrated with Zeal at Veer Savarkar International Airport



personnel, airline staff, stakeholders, and even passengers. A certified yoga instructor guided participants through a series of yogasanas, pranayama, and exercises aimed at enhancing physical vitality and fostering environmental harmony.

To raise awareness about the benefits of yoga, digital screens and informational displays throughout the terminal highlighted its global significance and holistic impact.

The programme concluded with a collective pledge by participants to incorporate yoga into their daily lives, recognizing its role in building resilience, promoting inner peace, and encouraging environmental consciousness.

Tarun Karthick

Sri Vijaya Puram, 23 June 2025

Veer Savarkar International Airport joined the global

celebration of the 11th International Day of Yoga on 21st June 2025, with great enthusiasm and community participation, aligning with this year's theme — "Yoga for One Earth, One Health."

The event was led by the Airport Director, who emphasized the deeper meaning of the 2025 theme, underscoring the vital link between individual well-being and planetary health.

The yoga session, conducted in the early morning hours within the airport premises, saw the active participation of Airports Authority of India (AAI) officials, CISF

Veer Savarkar International Airport, under the aegis of AAI, reaffirmed its commitment to sustainability and the holistic well-being of all.

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