

F.No. M/20/2024-CMSJ&E/SUP(OH)-SW-SW\_AN/ 2077

अंडमान तथा निकोबार प्रशासन  
ANDAMAN & NICOBAR ADMINISTRATION  
समाज कल्याण निदेशालय  
DIRECTORATE OF SOCIAL WELFARE  
गोलघर, श्री विजय पुरम  
GOALGHAR, SRI VIJAYA PURAM

\*\*\*

Dated: 4 July, 2025

**PRESS RELEASE**

As a part of ongoing activities under Atal Vayo Abhuday Yojna, the Directorate of Social Welfare in coordination with Brahma Kumaris organized a Basic Health and Wellness program for Senior Citizens residing at Basanti Puja Hall, Guptapara Panchayat.

The program aimed to promote healthy and active ageing by imparting essential Knowledge on physical wellness, mental health and stress management techniques. Sister Sharmistha from the Brahma Kumaris dwelt on length regarding maintaining mental health which is an ongoing process which involves taking care of one's emotional, psychological and social well-being. A session on Yoga and meditation was also organized by Sister Sharmistha.

The program was coordinated by Smti. Monalisa Biswas, Supervisor under the overall guidance of Mr. Ravinder Kumar, Director (SW) and Ms. Reeta Devi, Nodal Officer(Senior Citizen).

  
Nodal Officer (Senior Citizen)

Copy to:

1. The Chief Editor, The Daily Telegram Sri Vijaya Puram, with the request to publish this press release.
2. The News Editor, AIR, Sri Vijaya Puram, with the request to broadcast this news.
3. The Station Director, Doordarshan, Sri Vijaya Puram, with the request to telecast this news.
4. Smti. Hema Basu, Sr. Computer Analyst (SW), with the direction to upload this press release on the website of A&N Administration for wide publicity.

  
Nodal Officer (Senior Citizen)