



Ripples

Makruzz:
A Decade of
Preferrying Excellence

The Great Andamanese:
*Eulogizing the demise of the
islands Original Inhabitants*

The Leatherbacks:
*Insight into Andamans
most frequent visitors*





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☎ **+91 9679587575, 9531907002**

Welcome.

EDITOR

Ms. Zeenat Jadwet

DESIGN

Ms. Tanisha Singh

MANAGEMENT TEAM

Mr. Sumit Lall
Mr. Zabeer Khan
Mrs. Delocin Banerjee
Mrs. Bindu Nair

PUBLISHER

MAK Logistics Pvt. Ltd.

CONTRIBUTORS

Ms. Tanvi Thakkar
Ms. Myra Khanna
Mr. Adith Swaminathan
Mr. Sukesh Viswanath



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It's reflection time. Coming into 2020, we introspect at not just the year, but also the decade gone by- the good, the bad, and the beautiful.

For Team Makruzz, It has been a remarkable journey sailing through the sometimes-tumultuous waters of the Andaman Sea.

As I sit on my desk, I look at the stack of letters from our dear travellers sharing their memorable Makruzz stories and photos. It's truly heart-warming and humbling to know that we could be a part of your happiness. Alongside of course, are the sporadic moments where we have let you down, and these are where our learnings lie. You, our travellers, inspire us to better ourselves.

It's no secret that Makruzz was a pioneer in this industry, but as we sail into our tenth year, we want our par excellence distinction to be set forth. This my dear guest, is our new decades' resolution, of always Preferring excellence, in all our endeavours. As we continue to densify our network, increase our fleet size, introduce new destinations and commit to sustainability, we are also simultaneously intent on honing and enhancing our on and off board relationship with you.

The magazine 'Ripples' was thought into existence to enthrall our readers with engaging and captivating stories, that gives an insight about the uniqueness of Andamans and the people that call it home. In this edition, have a read about one of the islands most frequent visitor, the leatherbacks and the research done for their conversation, glance through the pages to learn about how you can be a more responsible tourist and be sure to read about Makruzz's wondrous decade of existence.

As we venture into this new year, we thank you for believing in our brand and for making us an integral part of your holiday experience in the islands. Until we meet again, with new resolutions and renewed promises, Team Makruzz wishes you a very Happy New Year.

Mohamed H Jadwet
Director
Makruzz



About MAK.

MAK Logistics Private Limited, founded by influential local businessmen Mr. Mohammed H Jadwet, CS Ashok and Krishnendu Kundu, was floated on 27th February 2003 as MAK Lines and later converted to MAK LOGISTICS (P) Ltd in 2007. The company commenced operations with 3 cargo vessels, for the purpose of inter-island trade. These vessels regularly operate between Port Blair and Nicobar group of islands carrying construction material, essential commodities, petroleum products, heavy, machinery, vehicles and other miscellaneous items for government departments as well as private firms.

As a means of diversification and to cater to the burgeoning tourism sector, in the year 2009, the Company took a pioneering initiative to enter into the field of passenger service by acquiring a high speed catamaran ferry from Singapore, anointed "**M.V MAKRUZZ**". It was first of its kind from the private sector in the islands, as prior to this the Government predominantly controlled the passenger movement.

The introduction of this ferry was a pivotal moment for the tourism sector in the island, paving the way for other entrepreneurs while setting superlative standards of service, which were worth emulating. Being one of the fastest ferries in India whilst offering exemplary comfort and a hassle-free experience, has heralded M.V MAKRUZZ to the 4th position among the 36 attractions in Andaman and Nicobar Islands as enumerated by Trip Advisor. The professionalized service coupled with luxurious interiors and fastest travel time has made M.V MAKRUZZ, a favourite and the first choice of tourists and islanders alike, despite the presence of increased competition over the years. On its initiation, the passenger ferry was dedicated to the tourism industry by the then Hon'ble Lt. Governor of Andaman & Nicobar Islands, Lt. Gen Bhopinder Singh, PVSM, AVSM. The owners and the staff continue to dedicate immense efforts to improve user experience and aid the growth of Brand Andaman. Today, M.V MAKRUZZ remains not only a top attraction but also a vital infrastructure in the tourism industry of the islands. With the success and grandeur acquired by M.V. MAKRUZZ, MAK in lieu of increasing demands, has inducted two more ferries viz. M.V Makruzz Gold and M.V Makruzz Pearl to its fleet, making it the largest private ferry service provider in the islands.

Brand Makruzz truly personifies the beauty and friendliness of the Dolphin, its mascot, and is synonymous to gracious hospitality, panoramic view, plush interiors and unmatched speed.

MAK Logistics (P) Ltd. is focussed on retaining values and ethics in all its endeavours to ensure that it maintains the goodwill that it has acquired over the years. The Company advocates high service standards and will continue to raise the bar in the coming years, so as to set benchmarks for all local entrepreneurs to mirror. MAK is also committed to its Corporate Social Responsibility which is evidenced by its continued efforts for the holistic development of the islands and the islanders. The company recognizes its inherent dependence on Brand Andaman and hence, vows to promote and propagate a sustainable yet a thriving model of development for the tourism sector in the islands.



Makruzz Holidays

Introduced in 2011, Makruzz Holidays, an IATA accredited agency, offers personalised and customizable travel options for individuals, groups and corporates. The professional, yet amicable approach enables guests to have a enjoyable and hassle-free Andaman experience. Our expertise lies in creative programming, efficient logistics and competitive pricing.

The customer centric approach ensures that all needs of the guests are met and exceeded, consistently. We are passionate about travel and sharing the islands wonders on the leisure travel side, and providing corporate travelers hi-touch services to facilitate their business travel needs.

Our team of highly experienced travel designers have sought out the most exceptional, exclusive, and exciting (or laidback, depending on your preference) activities to keep you entertained whilst on your trip to the Andamans.

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Where We Sail.

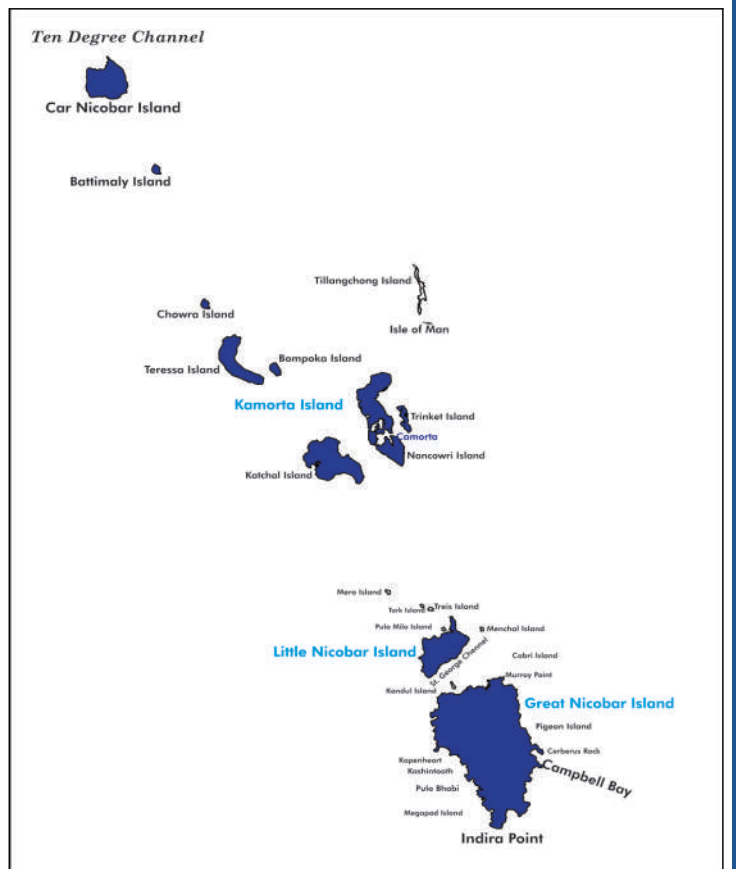
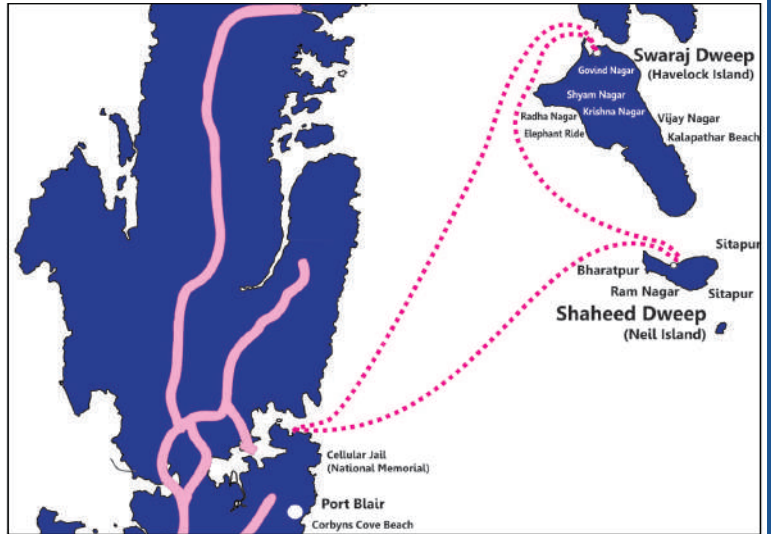
An Outline map showcasing all our beautiful destinations



Bay of Bengal

KEY

MAKRUZZ ROUTE



Meet the Team.

Captain Mrityunjay Singh
Master, Makruzz Gold

1) What name/nickname do you prefer to be called?

Jay

2) What is your motto or personal mantra?

Trust the wait

3) What do you enjoy about the work you do?

The challenges I face handling the vessel during odds, like choppy sea state

4) If you could switch jobs with someone, who would it be?

No One

5) What is on your wish list for your next five years here?

To keep going stable in life like Makruzz making its way at sea

6) What do you like most about your job?

Discipline

7) What advice would you give to recent new entrants?

Be focused on what you do , success will hug you like your spouse

8) What do you enjoy doing when you are not working?

Love to hangout with family and friends

9) What is your favourite book, song and movie?

Not fond of reading books, I have a great interest in watching movies & listening to songs, will have to attach extra page to complete the list!



Lakshmanan Maneykandan
Technical Superintendent, Extra First Class Marine
Engineer, Ex-IRS Surveyor

1. What name/nickname do you prefer to be called?

Maney

2. What is your motto or personal mantra?

Knowledge is Power

3. What do you enjoy about the work you do?

Executing the work as planned gives me immense joy

4. If you could switch jobs with someone, who would it be?

I would like to go back to surveyor's job if at all I leave MAK

5. What is on your wish list for the next five years here?

I wish to manage at least two foreign going vessel with MAK in the coming years

6. What do you like most about your job?

Efficient management of vessel without compromising the safety is what I like most in my job

7. What advice would you give new entrants?

"Continuous monitoring" of ship's data and "long term cost effective planning" hold the key for successful ship management

8. What do you enjoy doing when you are not working?

Spending time with my family

9. What is your favorite book, song and movie?

Book- "The monk who sold his Ferrari"

Song- "Vellai pookal" by A.R. Rehman

Movie - "Rendition"

Responsible Tourism.

With an onslaught of the culture of traveling and exploring the unknown, comes the threat of ruining the vast ecosystem that defines the balance on planet Earth. With the ongoing trend of wanderlust, it's essential to think about how you can be a responsible traveller to reduce your negative impact on the beautiful places you visit. After all, we all want Andaman Islands to remain as pristine as it is today.

But fear not, there's simple things you can do to travel more responsibly

Watch your WASTE!

Not only does garbage on the beach (and in the water) look unappealing, but it's incredibly harmful to the environment.

Avoid plastic as much as possible: Now, it can be hard to eliminate plastic while travelling, but use substitutes wherever possible. Pack a couple of reusable cloth bags and reusable water bottles, and avoid plastic straws as much as possible.

Participate in clean-ups: A great way to help out with waste is to partake in beach clean-ups or other trash programs. Ask our onboard staff for the next coastal event.



Leave no Trace!

Whether you're exploring the back country, a rainforest or a city – the leave no trace mantra applies.

Walk On The Path: Unless you are creating new trekking trails in a sustainable way, always stay on the well-trodden path to avoid damaging any of the flora around you.

Carry in and Out: Whatever waste you bring into the forest or natural environment, make sure you pack it out with you. This includes wrappers, other packaging and cigarette buds. Dispose these items only in garbage cans.

Leave it Alone: Don't bring shells back from the beach, or plants and animals from the forest.

Respect Wildlife: If you're going scuba diving, ensure that the company doesn't touch or feed the marine life. If game fishing, ensure that no endangered species are harmed in any way.

Don't Deface Property: Whether man made or natural, do not carve your name or write anything – anywhere.

Use natural sunscreen or cover up: Sunscreen has proven to be especially damaging for our oceans and reefs, so please try to buy natural sunscreen as much as possible. If not, avoid sunscreen by wearing a hat, light scarf and lightweight long layers.



With a little bit of effort, we can all be Responsible Travellers



Be mindful of your **CARBON FOOTPRINT**

Travel Light: If you fly only with carry-on luggage, you will be bringing less weight onboard and thus, the plane and the ferries will use less fuel.

Use public transport: Once you arrive at your destination, taking a bus is a much greener way to get around than taking a taxi. Better yet, if you can, opt to walk or cycle. If you must take a taxi, try to share the ride with someone else.

Be mindful of depleting water reserves: take shorter showers. Also, keep in mind that a lot of water is consumed to launder sheets and towels. These do not need to be changed daily. Hang your towels as a sign that they don't need washing, or tell the receptionist and cleaning staff.

Locally Sourced Food: when devouring any of the yummy food on the island, ask if it is locally and sustainably grown/-caught.

Respect Others!

There's being a responsible traveller in terms of eco-sustainability, but it's also important to respect the locals and other tourists travelling to the islands.

Please allow individuals relaxing on beaches, their privacy. No one likes a prying eye.

We share this amazing islands with so many people, please ensure that while on public places, you maintain soft tones so you can hear the chirping of

birds and the crashing of the waves.

If passing through any tribal areas, do not under any circumstance, attempt to take pictures of indigenous people or initiate any interaction with them.

Keep Sustainability in mind!

There's endless choices in terms of tour operators and hotels. Do your research, google if the staff is local, food is locally grown, their use of single-use plastics, whether sewage is treated in-house, rain water is harvested. Book those, that make obvious their intent on sustainability.

The Great Andamanese: Eulogizing the demise of a society

The Great Andamanese tribe, a century ago, roamed the vast jungles of the Andamans, thousands strong. Today, they remain confined to Strait Island with a population dwindled to mere double digits. As they stand at the brink of extinction, we look back upon their rich, yet disheartening 65,000 year-old history.

Among the Andaman Negroite tribes, like the Onges and Jarawas, the Great Andamanese, as they are collectively called, were formerly ten distinct tribes, such as the Jeru, Bea, Bo, Khora and Pucikwar. Each had its own language, customs and beliefs. From the sparse knowledge available about them, it appears that they believed in different groups of spirit living in the sky, the earth, and in the sea. They considered the sun, the wife of the moon and the stars, their children. Concepts of God, heaven or hell, morality, were absent among these tribes. Attempts at understanding and documenting their language, led to a comprehensive dictionary, but with the passing of all native speakers, only two of the varieties remain.

Their geographic isolation from the world meant that very little was known about them prior to the British arrival in the 18th century. This didn't evade from the fact that they were scandalously written about from as early as 2nd Century BC claiming "the people on this coast eat raw human flesh, their complexion is black, their hair frizzled, their countenance and eyes frightful; their feet quite large-almost a cubit in length; and they go quite naked" Marco Polo made a similar description comparing the tribes to "big mastiff dogs" despite having never set foot on the islands.

When the early colonists arrived, they reported around 5000 people living as hunter-gatherers, but the Great Andamanese fiercely resented the 'Lao'(colourless ghosts as the Great Andamanese called the Britishers) and conducted frequent raids murdering convicts and plundering the settlement. Each of the ten tribes came together to plan a major attack on the intruders, which is now known as the 'Battle of Aberdeen'. Much like in mainland India, where the first war of independence was being waged by freedom fighters, the Great Andamanese in 1859, attacked a British post in Port Blair. Their attack was thwarted owing to an escaped Indian convict befriended by them, snitching to the British about their plans, leading to the Great Andamanese being ravaged mercilessly by a barrage of British bullets.

To contain this hostility, the Britishers chose a pacifist approach to assimilate the Great Andamanese. To 'civilize' them, the tribal children were placed in "Andaman Homes", under supervision of convicts, where they were provided shelter, food and medicine. Subsequently, even a school and orphanage was set up solely to educate and modernize the young Andamanese, alter their lifestyles and introduce fixed agriculture. The schooling was inherently insensitive to the needs of these children, leading to an erosion of indigenous knowledge and their proximity to convicts invariably led to their exploitation. They became heavily addicted to alcohol and tobacco and report of sexual abuse became common.



The great Andamanese in yesteryears

Source: Abhisekh Antans

The story of 'Kiddy Boy' and 'Topsy' is truly representative of the Great Andamanese misfortune. In 1867, at the request of then Barrack Master of Fort William in Calcutta, the officer in charge of the Andamanese, sent two boys to Calcutta to be educated as interpreters. His intentions soon came to light, as the kids started to be displayed to the public and in meetings as 'curiosities'. One such recorded meeting was that of the Asiatic Society. While it was attempted to give them a proper education, a 'gentleman' enticed them into showcasing their diving skills in a tank and liquored them up post the demonstration. When the boys were ultimately found, they were inebriated, lying in damp clothes, resultant of which, both contracted inflammation of lungs. Topsy passed soon after, while Kiddy recovered only to die a year later.

As Edward Horace Man noted: "The interesting Negrito race inhabiting the Andaman Islands is doomed to early extinction". The ominous prediction came true as the numbers consistently dwindled, from 600 in 1901, to 23 in 1951. While hundreds were killed defending their territories from invasion, thousands more were decimated in the British introduced epidemics of measles, influenza and syphilis.

In 1970, the Indian authorities displaced the remaining few to Strait Island. While their population has since increased to 50s, they live completely dependent on government subsidies. They barely have any knowledge of their ancestors, their practices and children under the age of 16 don't speak or understand their heritage language.

The passing of Boa Sr., the last known speaker of Bo, in 2010 was a bleak reminder that 700 centuries of unique experience were terminated in just two, highlighting the urgent need to conserve the remaining tribes of the A&N Islands.



Generation z of great andamanese

Source: Alok Das



from left to right; Neremo and his late father Noa Junior

Source: Alok Das



Boa Sr

Source: Abhishek Avtans

Sea Kart

Andaman Islands has yet another nation exclusive offering for all its visitors. Seakart Adventure is a brand new water sports activity located at Corbyn's Cove Beach, Port Blair, for you to enjoy during your holiday in Andamans. Get ready to drive your very own Seakart with friends, family or your better half for 30 minutes non-stop from Corbyn's Cove Beach till near Ross Island and back. But what is Seakart? Let's find out!

Seakart:

Seakart is a state of the art water sports craft. Bearing resemblance to a go-kart, the Seakart is 3.5 m long and 2 m wide and offers great stability and comfort to the patrons onboard. With a steering wheel, a paddle accelerator attached to the right of the steering that simply needs to be lift up to accelerate, push button engine on/off, the Seakart is extremely easy to drive. A Seakart can seat 3 people. One seat will be occupied by our licensed instructor while the other two can be opted for by patrons. The licensed instructor will serve as a guide and supervisor whilst you drive your own Seakart.

Seakart Adventure Centre:

The Seakart Adventure activity is a complete world class experience. The uniqueness offered at sea via our exclusive activity is paralleled with our hospitality offered at our Centre located right at Corbyn's Cove Beach. With facilities for lounging, classroom with audio/visual aid, changing rooms, lockers & shower rooms exclusively for Seakart Adventure guests, we strive to see off our customers more than satisfied.

Seakart Adventure - the activity:

Seakart Adventure is the first of its kind in India and Andamans is the third destination in the world after Mauritius & Dubai to call Seakart their home. It involves the experience of driving your very own Seakart. With seating for 2 people, you can drive at ease along the coasts of Port Blair. It is incredibly easy to drive and an extremely safe activity. At Seakart Adventure Andamans, you get 30 minutes of excursion time starting from Corbyn's Cove Beach till near Ross Island & back. A long route gives you and your companion ample time to drive, enjoy and explore the magnificent coasts of Port Blair.



Limitations:

The minimum age for driving Seakart is 18 years and maximum age is 60 years. However, children aged 6-17 years can sit on Seakart and participate as a joy ride along with a parent/guardian.

The Guests should be in good physical health and free from any serious ailments/medical conditions. Seakart Adventure is a must do activity on your holiday in Andamans.

In no case shall pregnant women, physically/mentally challenged persons, children below 6 years and adults above the age of 60 be allowed to participate.

So revise your bucket list and book your Seakart driving experience now!!

Call: +91 9932080017/+91 9932080505

Email: bookings@seakartadventure.in

Web: www.seakartadventure.in



Entertainment.

Book Of The Month

Red, White and Royal Blue



Red, White and Royal Blue is about love: glorious and profound love that rearranges the world around you. But more so, it's about dreams – the dreams you allow yourself, the ones that feel out of reach, or the ones you don't yet know how to dream. It's about legacies that you're proud to represent but you can't escape, and it's about those chance melding of fate and free will. It is about the world watching as history is made in the name of love.

Movie Of The Month

Hellaro



Universally acclaimed by the critics, Hellaro is a regional period drama film. The story was inspired from folklore of the Vrajvani village in Kutch and real life instances of patriarchy. The film questions the existence of a long prevalent male-dominated society while celebrating the colours and culture of smaller ethnic groups of Gujarat. Hellaro draws its central conflict about subjugated women meeting a drummer in secret and dancing to their heart's content. The commentary is not just limited to the horrors of patriarchy but also examines caste-based violence, trauma and blind-faith. Hellaro won the National Award for Best Feature Film (the first Gujarati film to do so) and even saw the 13 leading women winning a Special Jury Award.

TV Series Of The Month

Dear White People



Dear White People is not about white people. The show, Netflix's adaptation of Justin Simien's 2014 critically acclaimed film of the same name, is in some ways both a continuation of the source material and a radical departure. With some holdovers from the original cast, the first few episodes of the show reconstruct the party and backlash that ended the film, and begin a story on a campus. The original film's satirical portrayal of race relations and black identity followed a group of black students and a budding campaign against the predominantly white humour magazine that culminates in a blackface party and minor race riot.

Andaman and Nicobar Islands – A haven for leatherback turtles?

Adith Swaminathan, MSc. Marine Environment Management, and base manager at Andaman Nicobar Environment Team (ANET), pens his experience working with leatherback turtles in the Andaman and Nicobar Islands

I was introduced to the world of sea turtles at the age of ten by Students' Sea Turtle Conservation Network (SSTCN), an NGO working towards the conservation of olive ridley turtles in Chennai. Everyone in India is familiar with olive ridley sea turtles as they have been covered extensively by the media and are also the most abundant of sea turtles. Three other species of sea turtles (green, hawksbill and leatherback turtles) nest in India but are restricted to a few sites.

In 2010, after almost 15 years of working with olive ridley turtles, I got the opportunity to work with leatherback sea turtles in Andaman and Nicobar Islands. Leatherback turtles, which grow over 6 feet in length, are the largest of all seven species of sea turtles and the only living species in the genus *Dermochelys*. Though leatherback turtles were found on the mainland coast of India, consumption of adult leatherbacks and their eggs may have resulted in their local extinction. Currently they are restricted to Andaman and Nicobar Islands

The long-term monitoring project on leatherback sea turtles in Little Andaman Island, lying at the southern end of the Andaman group of islands, began in 2008. This project was initiated by Dakshin Foundation, in collaboration with Andaman and Nicobar Forest Department, Madras Crocodile Bank Trust (MCBT), Indian Institute of Science, Bangalore, and Andaman Nicobar Environment Team (ANET). During each nesting season, we spend over two and a half months between November and March in the remote beaches of South and West Bay of Little Andaman collecting biological data on nesting females.

As sea turtles are slow maturing and long-lived species, one-time surveys do not provide a comprehensive understanding of their population dynamics. Lessons from sea turtles programmes across the globe emphasize the need for long-term commitment to monitor nesting beaches and implement conservation actions to recover reduced

Leatherback turtle returning to the sea after she nests through sunrise.



The leatherback turtles, averaging over 100 nests a season, in Little Andaman indicate that the nesting population is stable and increasing. Little Andaman is the only island in the Andaman group to receive such intense nesting. However further south of the archipelago, separated by the ten-degree channel, the Nicobar Islands have leatherback turtles nesting in much higher numbers.

Before the 2004 tsunami, there were records of large numbers of leatherback turtles nesting across the Nicobar Islands. Monitoring in Galathea (2001 to 2004) and surveys by ANET and MCBT (1980 to 2006) had established Galathea, Alexandria and Dagmar in Great Nicobar Island, and Kiyang and Bahua in Little Nicobar Island as prime nesting sites. In 2000-01, 1672 nests were recorded in Galathea, Alexandria and Dagmar in Great Nicobar Island, the highest number of nests for all three nesting sites recorded till today.

The tsunami adversely impacted and altered the coastlines of Great and Little Nicobar Islands, making it hard to carry out surveys in subsequent years. As a result, there was no nesting recorded between 2005 and 2006. After many years, in 2010, a survey of Galathea revealed that the beach had partially reformed and 146 nests were recorded.

In 2012, I had the opportunity to survey Great and Little Nicobar Island with Dr. Manish Chandi, who was visiting the islands for his field work. On the first day of our survey, while surveying Galathea, there was an earthquake and tidal wave, resulting in abandonment of the survey.

A little over a decade after the tsunami, in 2016, we conducted an island-wide survey of the Nicobar group of islands and the survey revealed that these two islands constituted 94 percent of the leatherback nests encountered.

In addition, this year, after record nesting in Little Andaman, we conducted rapid surveys of Great and Little Nicobar Islands to explore if the high nesting levels extend to the Nicobar Islands as well. In March 2019, I joined a team of three others to conduct a survey across fourteen nesting sites—ten sites in Great Nicobar and four sites in Little Nicobar respectively. Each of the nesting sites were surveyed on foot covering over 25-30 kms a day. Our main focus was to record evidence of the nesting from recent months.

We recorded over 850 nests across the two islands. Compared to 2016, the number of nests observed had slightly reduced in Great Nicobar island, from 759 to 616 nests, whereas in Little Nicobar Island, numbers remained similar.

The beaches destroyed in 2004 have reformed. Though the profile of these beaches has changed, they still seem to be favorable for leatherback nesting. As a result, nesting numbers from our recent surveys match the records from the pre-tsunami era. While this population was once considered to be declining, we observe a stable trend in the nest numbers, with some annual variation.

The Northeast Indian Ocean leatherback population comprises nesting populations from Sri Lanka, Indonesia, Thailand and India. It is still unclear if the population nesting in Sri Lanka has recovered since 2004 tsunami. Indonesia and Thailand have a few nesting beaches that have some historic records of nesting and leatherbacks continue to nest in small numbers. The population nesting in the Andaman and Nicobar Islands, specifically Great Nicobar, Little Nicobar and Little Andaman Islands, is the only remaining population with over 1000 nests per season in the Northeast Indian Ocean region.

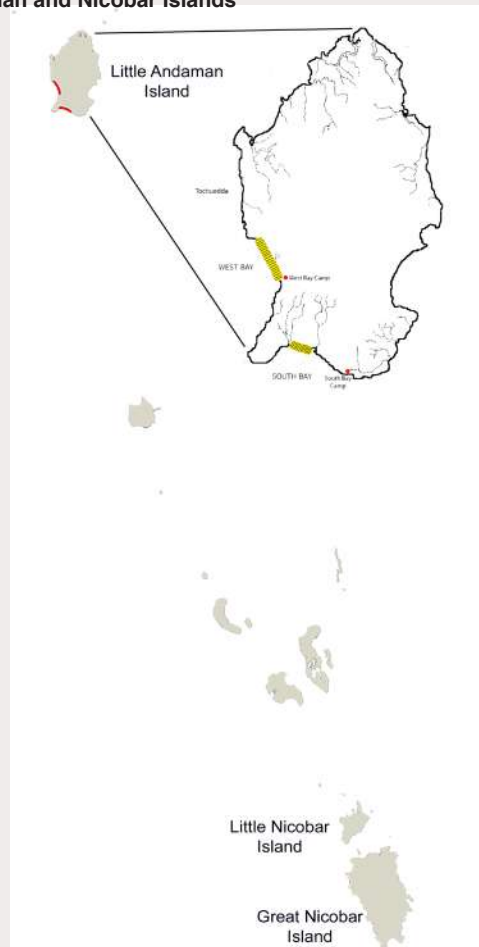
Camp site in West Bay, Little Andaman



Several beaches of the west coast of Great Nicobar Island still have dead trees and tree debris as a result of the 2004 tsunami.



Map of Little Andaman and Nicobar Islands



Challenges ahead

In 2018, the Government of India proposed to open up select islands of the Andaman and Nicobar archipelago for tourism and is evaluating the potential of development of Little Andaman and Great Nicobar Island. A few preliminary feasibility studies have been conducted and the west coast of Great Nicobar Island, hosting several prime leatherback nesting sites, has been identified as a suitable investment site for tourism.

Earlier this year, the Port Management Board (Andaman and Nicobar Islands) proposed to establish a transshipment port in Galathea Bay, which is part of the Great Nicobar Biosphere Reserve and Galathea National Park. It is chosen as it is a strategic location for ships passing from East Asia to Africa or the Americas. Feasibility studies indicate a natural depth of 20m one nautical mile from the beach, therefore will require minimal dredging.

Leatherbacks from this region have substantially recovered since 2004 and show resilience to cope with temporary changes. However, permanent alterations to their nesting sites and the surrounding waters may impact their populations and lead to a decline in this important population.

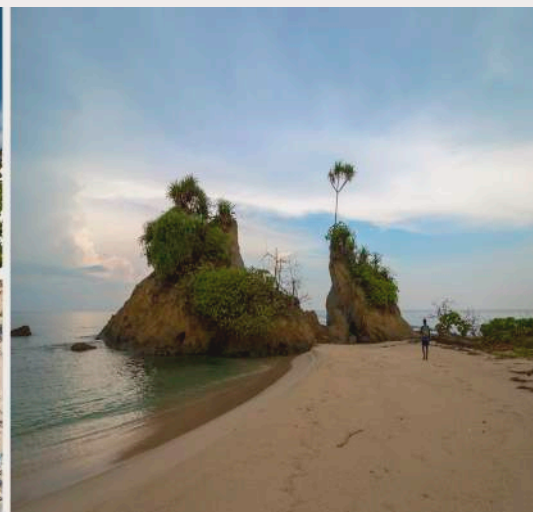
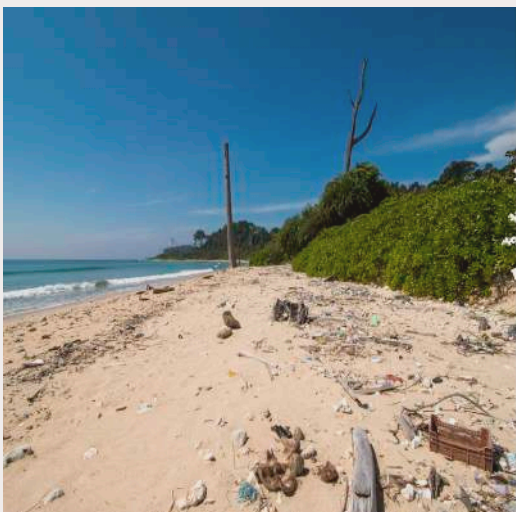
Predation of sea turtle eggs by monitor lizards is a common sight in Little Andaman as well as the Nicobar Islands.



Outreach programme conducted for Middle and Senior school students of Campbell Bay, Great Nicobar Island. The students were sensitized about the global and regional importance of the beaches that they share with the leatherback sea turtles.



The colourful coastlines of Great and Little Nicobar Island.





Myra

My Journey to Self-Discovery through Yoga

Myra Khanna, writes of her sojourn into becoming a yoga practitioner and aspiring teacher

Movement, rhythm, form and fluidity have been a part of who I identify myself as. Starting out as a Kathak dancer, moving onto gliding underwater as a diver and now, trying out new postures and testing my strength on my yoga mat; my physical body, the way it looks and moves, has always been crucial for me.

I discovered the practice of yoga only a year ago when I was in search for a “form of exercise” that didn’t require a trainer, equipment and had minimal chances of injury. I lived in the Andamans for three and a half years and after parting ways with dance, I began to feel my flexibility and strength dissipating. Based on recommendations, I found myself in a school in Mysore with no knowledge of this practice but with a “goal” engraved in my mind – I wanted to be able to do splits and comfortably stand on my head by the end of the month. When I expressed this to my teacher, he gave me a calm, unenthusiastic yet serene and accepting smile – an expression that was going to show up on his face very often for the year to come.

Looking back as I introspect the start of my practice, I can affirm that this wasn’t the beginning of a journey because journeys are meant to be *eagerly looking out of the bus window waiting for the destination to arrive kind of exciting*. This was not a journey; this was the beginning of a battle that I was going to fight with and against myself for the coming few months. The joy of achieving a new asana didn’t last half as long as the disappointment of not being able to do one. I was disheartened more than I was satisfied because I developed an unsatiated addiction towards “conquering” postures.

For a body that trained for 11 years to move to beats, rhythm and music and then dance with the ebbs and flows of the ocean, it couldn’t fathom waking up sore every day, aches and pains in muscles that it didn’t even know existed. As expected, I ended up injuring my left shoulder and hamstring. To be very honest, I wouldn’t have it any other way.

Yoga is derived from the Sanskrit root “yuj” which means to connect, join or balance. Ironically, I spent two months creating nothing but imbalances and disharmony. It was almost like my teacher knew all along exactly where I would end up but he wanted me to experience this fight. One doesn’t cherish what they have if it’s come easy – I didn’t stop for a second to appreciate my body or my mind, I only abused it, hurt it and cursed it. *Where do we draw the line?*

Yoga is meant to be practiced off the mat as much as it is on the mat. The union yoga refers to is not our fingers touching our toes or nose reaching our knees. It is a deeper understanding of our emotions, thoughts, reactions and fluctuations. I started asking myself questions that I earlier never stopped to ponder over. Why do I experience anger and jealousy? Why does my heart rate increase and breath shorten when I’m frustrated? Where do my insecurities stem from? Where do temptations arise from?

All these questions got answered in the subtlest of ways as I began observing my practice on the mat. The more I breathed into a posture the more comfortable I felt in it, this slowly led to my breath getting longer and deeper. Postures that were a struggle for me earlier didn’t feel so challenging anymore. The biggest reward was translating this off the mat, which is going to be a work-in-progress for many years to come. But that is the beauty of this practice and the beauty of us humans – we are both evolving, growing, changing and transforming. Now, I use yoga to uplift and celebrate myself, rather than using it to bring myself down. I try not to obsess over postures my body can’t do, instead I reflect upon days where I helped a student achieve something, upon nights I had a sound sleep, I reflect upon meals that made my body feel nourished and the fleeting moments I feel completely present and at peace.

The demanding beginning was imperative to the journey I set upon, and I still have got a long way to go.

Explore the City: Port Blair

Port Blair is the best introduction to the Andaman Islands that one could hope for. Surrounded by tropical forest and rugged coastline, the Andamans' lively provincial capital, Port Blair, is a vibrant mix of beauty and rich ingrained history that the islands have to offer. Go exploring the many museums, discover the flora and fauna or simply take a stroll at Marina Park to enjoy the sweet sea breeze and be familiarized with the land's rich culture and diversity.

What to see?

The Flag Point: The flag point is of great historical significance since Netaji Subash Chandra Bose hoisted the Indian flag for the first time in Indian soil on the 30th December 1943 in the Andaman Islands. Today, at an altitude of 150 feet in the South point area in Port Blair stands a flagpole that is visible from the Rajiv Gandhi Water sports complex. This flagpole stands proud and tall, with the Indian flag atop, fluttering gracefully.

The Museum Tour: Go museum hopping and get a sneak-peek into the unique history, culture, flora and fauna of the Andaman and Nicobar group of islands and its people.

- * Samudrika Marine Museum
- * Anthropological Museum
- * Zoological Survey Museum
- * Kaalapani Museum

The Deers at Ross Island: An administrative headquarters under the colonial era, Ross Island is now a major tourist attraction, owing to the dilapidated ruins of the erstwhile British buildings. The island is now home to several hundred deers, peacocks and rabbits, who can be found lazily grazing across the island. Be sure to say hello to the famed guide, Ms Anuradha Rao who has the uncanny ability to talk to the animals residing at Ross!



Where to eat?

Light House Restaurant: Do drop in this eatery for a delicious and fresh seafood galore if you are looking for one on your trip to the islands. This pocket-friendly restaurant is a highly recommended place for all visitors on the Andamans.



Bella Bay cruise: If you're looking for a night to remember, Bella Bay is the place to be. With a DJ, singer, and performers on board, you're sure to have a fun filled evening, while cruising through the Port Blair harbour. Ofcourse, droolworthy dishes and drinks are a given.



Where to Stay?

Keys hotel: Located at a stone's throw distance from Veer Savarkar International Airport, Keys Select Hotel Aqua Green makes traveling hassle-free. The hotel, along with the convenience of a central location, provides all amenities and services to ensure that your stay in Port Blair is comfortable.



Noble Home Stay: Expect a very warm Parsi family to welcome you in their cosy house that they have slowly built over time witnessing some of the major evolution on the islands. The Nobles will surely make you feel at home with their great hospitality and their scrumptious Parsi fare, super unique and the only ones to offer so on the island.



What to do?

Relax at Qua Spa: Qua Spa provides a serene and truly unforgettable experience of pure pampering and relaxation in beautiful surroundings, using holistic. This is a must after a long day of activities in the islands.



Feel the thrill with Sea Kart Adventures: Sea Kart Adventures conduct the exclusive water sports activity of driving your own sea kart, being launched for the first time in India. This is a must for the adventure seekers and would add an unforgettable experience in your travel journal for Andamans.



What to shop?

Coconut carved home décor: Since coconuts are found in plenty, they are repurposed by locals. Find several variants of adornments made out of coconuts, including coconut lamps, coconut shaped mugs, etc. These lamps emanating a warm light creates an ethnic look for your patio, creating a relaxing ambience.



Source: Pinterest.com

Did you know?

If you've spent any time snorkelling or scuba diving in the Islands, you don't need to be told that exploring the underwater world can be an extraordinary adventure. Here are fascinating facts about coral reefs of the Andamans that you might not know:

There are three types of reefs, and one often gets mistaken for an island- Barrier reefs, fringing reefs and atolls. In the A&N Islands, fringing reefs are found on the eastern side, and barrier reefs on the western side.



Coral reefs cover less than 1% of the ocean floor, worldwide. Here in the islands, total area covered by reefs is approx. 2000 sq. km. which is 6% of the continental shelf of the islands.



A coral reef is actually not one thing. It is a host of species living together as a community in one location and can primarily be divided into two – reef builders and reef dwellers.



The reefs that line the east coast of A&N Islands, form the largest continuous area of reefs in South Asia.



The Department of Environment & Forests, A&N Administration looks after conservation and management of corals. Collection and destruction of corals and reefs is an offence under Wildlife (Protection) Act, 1972, punishable with minimum three years of jail time and a fine of ten thousand rupees.

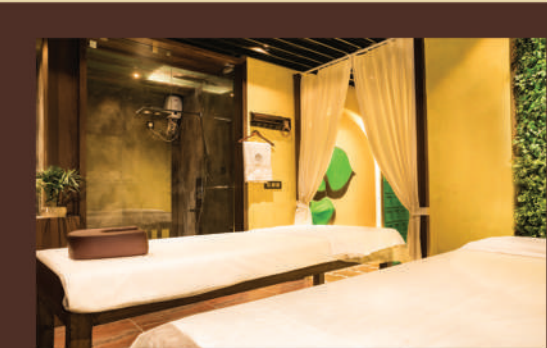




Your place to relax & rejuvenate, is here! The perfect retreat for your Andaman getaway

Step into a space where tranquility encompasses you, wellness surrounds you, time stands still, and a sense of deep relaxation washes over. Enveloped in a haven of serenity, This is the place to rejuvenate in Port Blair, after the tiring sessions on the beautiful beaches. The spa's calm & meditative setting allows you to embark on a personalized journey towards relaxation. We welcome you to **Qua Spa**. Port Blair's first and only luxury Spa offering you with a wide range of deep & relaxing massaging sessions to revitalize your senses.

We specialize in Thai Massage | Swedish Massage | Ballinese Massage | Foot & Hand Reflexology | Aromatherapy massage
Abhyangam Ayurvedic massage | Dr. Fish & more



Enjoy free
pick-up & drop
facility



10% Discount when
you show your
Makruzz Ticket



Packing List.

Think of a summer island paradise – an island far away from civilisation, dotted with gorgeous huts and palm trees, and surrounded by turquoise water. This is exactly how the Andamans are going to be. A dreamy holiday spot straight out of a picture-postcard where you can look forward to crisp white coconut flesh, sparkling sun, tall palms and fun.

Go, dig out your summer best from the depths of your wardrobe and let in the onset of what I like to call 'Island Fever'. Symptoms include an incurable attraction to hammocks and an overwhelming need to prance around to one's favourite songs on the beach and everywhere else.

This packing guide is an ode to sun-drenched days and all that comes with it – laughing and playing in the sparkling ocean, bare feet on sand, sipping on coconut water, and reading on golden beaches. Hope it whisks you to the tropical paradise of your dreams.



Source: freepik.com

Beach wear essentials



Black and White Houndstooth Cut Out Swimsuit
Top Shop
3000 INR



Deep Sea Beach Sandal
Billabong
2500 INR



Design Maxi Dress with Long Sleeve and Circle Trim in Tropical Print
ASOS
2200 INR



Clubmaster 51mm Gradient Sunglasses
Ray Ban
11000 INR



Shell Embellished Leather Anklet
www.matchesfashion.com
3000 INR



Set of Beaded Coin Necklace
H&M
1050 INR



Boyfriend Denim Shorts
H&M
2500 INR



Neon Embroidered Maxi Beach Kaftan
Boohoo
2500 INR



Makruzz-

A Decade of Preferrying Excellence

10

Andaman and Nicobar Islands, nestled in the seams of Bay of Bengal and Andaman Sea, is indisputably one of India's most beloved destinations. Over the years, the Islands have enraptured and amazed many a-tourists with its pearly-white sand beaches, sapphire seas and emerald forests. While romance is the undertone of the destination, yet it harbours a special something for every traveller who sets foot on this Eden.

The Andamans, a decade ago, was in its nascent stages, and consequently there was a dearth of tourism infrastructure. The problem was amplified owing to the fact that accessibility to destinations like Havelock and Neil, was arduous, and seemingly impossible. This invariably, deterred growth of tourism in the isles. But this was all to change with the introduction of Makruzz. Standing at the juncture of our 10 year anniversary begets a trip down memory lane.

The fated day was 7th of November, 2009, when the, first-ever, privately owned Catamaran passenger ferry, Makruzz, sailed onward from Port Blair, on her maiden voyage to Swaraj Dweep (previously Havelock). Upon her initiation, the state-of-the-art craft was dedicated to the tourism industry by the then Lt. Governor Bhopinder Singh, in the august gathering of the erstwhile Cincan and current Lt. Governor, Admiral DK Joshi and the then Chief Secretary Vivek Rae. The scene was abuzz that a world-class product, had made its way to the Andaman archipelago. Everyone envisaged that this would be a shot in the arm for the tourism industry, and would set superlative standards for the hospitality sector in the islands, and that she did. The travelers experience of the high seas was transformed, with panoramic views, plush interiors,



Makruzz inauguration on 7/11/2009

the 'fly by sea' speed, seamless and reliable connectivity, and professionalism in the provision of services that was unbeknownst before Makruzz. The whirlwind that was the first year of Makruzz, had its own set of cynics and skeptics, who were proved wrong, when with only one round trip a day, Makruzz carried 50,000 passengers during the course of the season. The founders, were hailed as pioneers and pathbreakers, who would revolutionize the industry.

Ten years hence, the success of Makruzz need not be narrated but is evident. It has added two more ships to its remarkable fleet, becoming the largest private ferry service provider in India - a



them such as hotels, water sports activities, restaurants etc. Makruzz has ferried over 15 lakh happy travelers aboard its three ships, making it an integral infrastructure within the tourism industry. This despite the fact, that people continue to consider it an attraction of itself which is why it consistently ranks at no. 4 among the top 10 enlisted attractions on TripAdvisor in Andamans and is a favorite of tourists and islanders alike. But most importantly, the coming of Makruzz gave birth to a flourishing sector which directly employs hundreds, and has far reaching positive impacts on the social and economic fabric of the islands.

Makruzz and the decade of its existence, truly epitomizes the continuous bid to achieve excellence in ferrying.

The directors with Hon'ble LG Bhopinder Singh dedicating Makruzz to the Andaman Tourism Industry



matter of pride for all islanders. The two sister ships, Makruzz Gold and Makruzz Pearl, all are as glorious as the other, offering the same exemplary ferrying experience across. The destinations it connects. Swaraj and Shaheed Dweep, have undergone a drastic transformation in the tourism landscape. With connectivity to the destinations increasing to 4 times a day, the islands have seen an increase in the influx of tourists, and viz. the infrastructure to accommodate



Recipe Of Andamans



Daab Chingri

Method

Step 1

Cut off an inch from the top of the tender coconut, drain the water and scoop out the flesh. Retain the top to act as a lid.

Step 2

Preheat oven to 220°C. Add salt and turmeric powder to the prawns. Mix and set aside. Heat mustard oil to smoking point. Cool slightly and add paanch phoron.

Step 3

When the seeds splutter add onions and sauté. Add ginger and garlic pastes, green chillies and coconut and continue to sauté for two minutes.

Step 4

Add one cup of water and stir. Add prawns and stir. Add coconut flesh and adjust salt. Transfer the mixture into tender coconut shell. Cover with the lid and seal with dough.

Step 5

Place in the preheated oven and cook for about twenty minutes.

Step 6

Open the lid and serve hot.

Prep Time : 26-30 minutes

Cook time : 31-40 minutes

Serve : 4

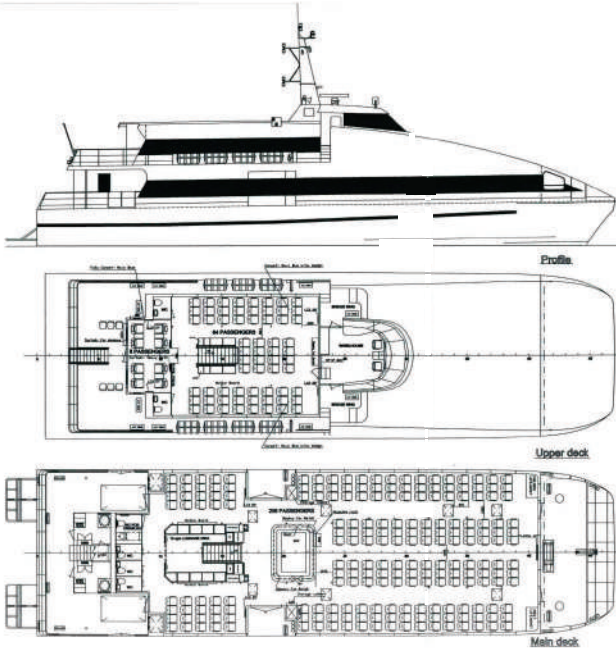
Level Of Cooking : Moderate

Taste : Mild

Ingredients for Daab Chingri Recipe

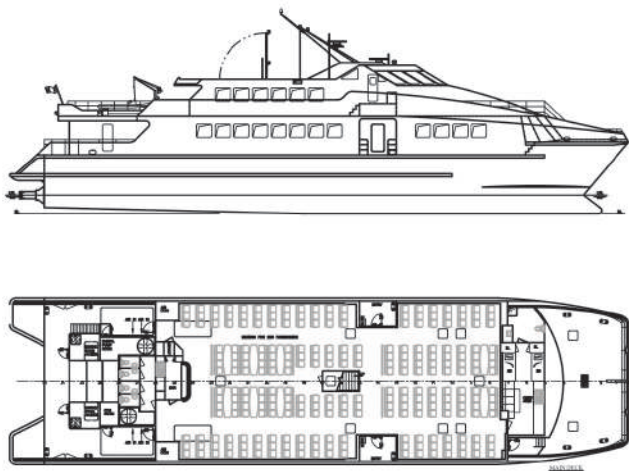
- o Prawns peeled and deveined 1 cup
- o Tender Coconut
- o Tender coconut 1 small
- o Salt to taste
- o Turmeric powder 1/4 teaspoon
- o Mustard oil 1 tablespoon
- o Panch phoran 1/2 teaspoon
- o Onions sliced 2 medium
- o Ginger paste 1/2 teaspoon
- o Garlic paste 1 1/2 teaspoons
- o Green chillies slit 4-5
- o Coconut scraped 1/4 cup
- o Tender coconut flesh (malai) chopped 1/4 cup
- o Whole wheat flour (atta) dough as required

Our Fleet.



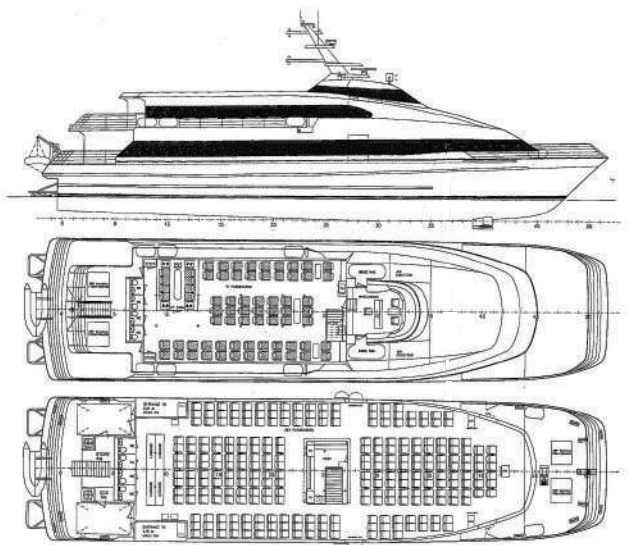
Makruzz

Deck	-	2
Capacity	-	280
Class	-	3
Premium	-	208
Deluxe	-	64
Royal	-	8



Makruzz Pearl

Deck	-	2
Capacity	-	250
Premium	-	250



Makruzz Gold

Deck	-	2
Capacity	-	333
Class	-	3
Premium	-	262
Deluxe	-	63
Royal	-	8

Testimonials.

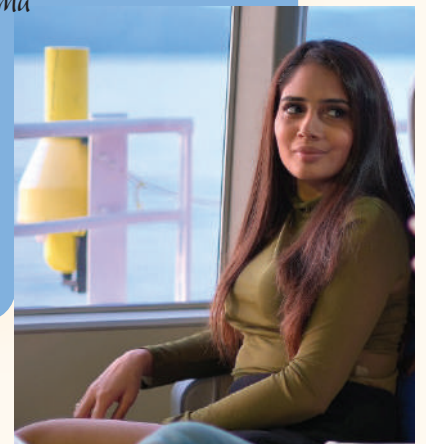
What our Passengers Are Saying About Us.

"Hi, I've been meaning to write in to say that it was a pleasure to travel on Makruzz from Port Blair – Havelock and back. My friends and I, were on the Makruzz Gold, and must say the ferry is exquisite! We have to compliment you on the staff looking after us on the ferry – they were professional, very efficient and super friendly, even better than cabin staff on board airlines! The seats in the deluxe class were uber comfortable and extremely luxurious, with ample amount of leg room. It was great laying back, and taking a quick nap on board as we were cruising through the Andaman Sea. For most of the time though, we were just gazing wide-eyed outside at the beautiful sea. On our return journey, specifically, we could see a glorious and dazzling sunset. Again, let me reiterate – We loved travelling on Makruzz. We will definitely recommend Makruzz to all our friends and families who are looking to visit the islands and we will always travel by the Makruzz whenever we are in the Andamans!" – Nikita Datta



"I travelled with friends on Makruzz whilst hopping between the islands and the journey was extremely comfortable. What separates Makruzz from the other available options is their overall quality, maintenance and service. Service, especially is where I thought Makruzz excelled. Their entire crew was very courteous and accommodating from the time we got on, up until disembarkation. Even the Chief Officer came out and spent time talking to a few passengers. He spoke to us and gave us so much information about the things that we could do and the places we must visit while in the Andamans.

Makruzz should definitely be your choice of sea travel between the islands." – Charu Sharma



Games corner



BEACH BOARDWALK WORD SEARCH

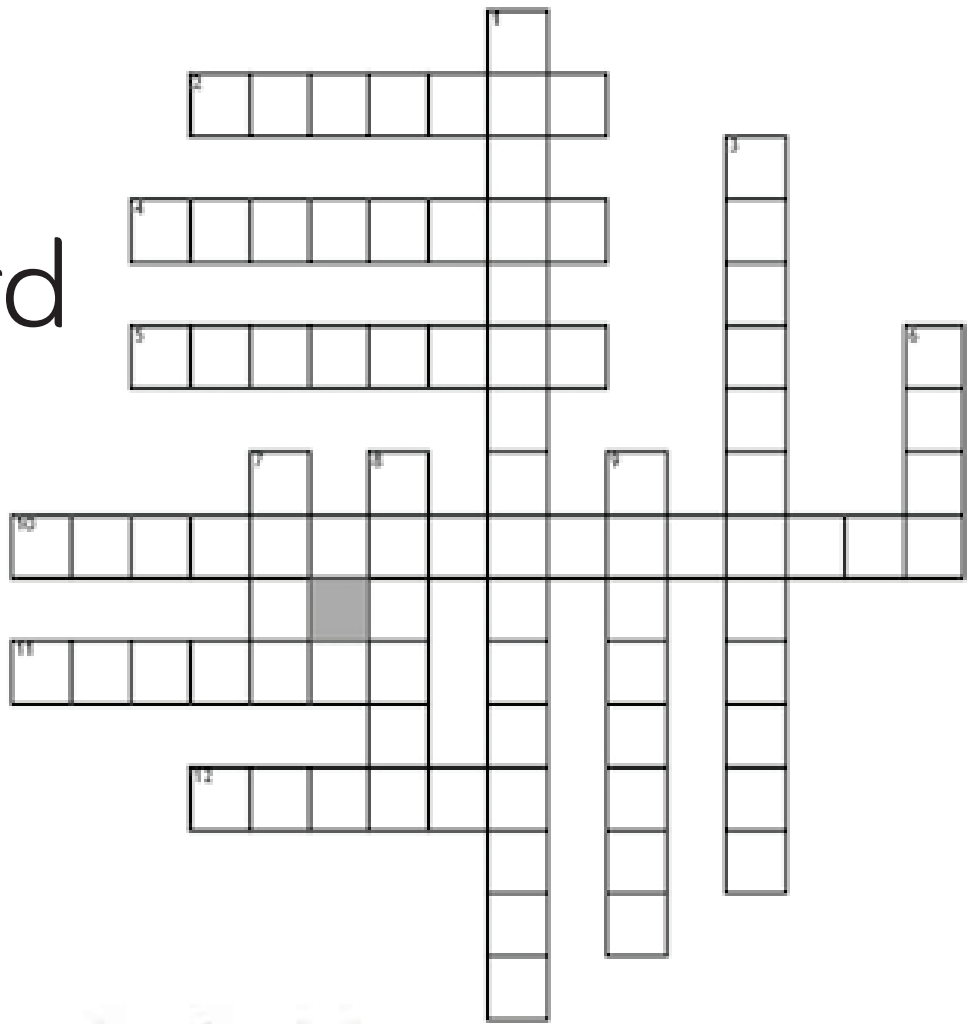
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C	G	W	L	N	F	G	A	D	F	Z	P	G	S
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R	W	O	O	R	E	E	W	F	R	R	C	E	B
S	A	S	A	N	D	C	A	S	T	L	E	K	O
N	V	S	F	R	O	S	V	N	K	G	A	R	A
O	E	P	M	N	O	Q	E	S	P	L	N	O	T
E	E	C	A	E	B	N	S	A	C	J	N	N	H
F	E	R	R	I	S	W	E	E	E	L	Y	E	Z

Words will appear horizontally, vertically, diagonally and backwards.

- Ocean
- Waves
- Surfing
- Sail Boat
- Surf Board
- Sun Tan
- Pier
- Sand Castle
- Ferris Wheel
- Beach

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Crossword Puzzle



Down

1. What is the part of the ocean that starts at the coastline and ends at the sloping part of the ocean floor?
3. What is the flat region on the ocean floor called?
6. What is energy that moves through a body of water?
7. What is the daily rise and fall of ocean water called?
8. What are the active swimmers in a body of water called?
9. What are the tiny organisms called that drift in the ocean?

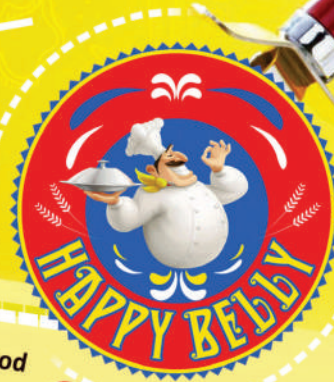
Across

2. What is a community of organisms that live on or near a "Benthic Zone?"
4. What is the salt content of water called?
5. What is an underwater mountain called?
10. What is the slope that connects the continental shelf and the abyssal plain called?
11. What is a large stream of moving water through the oceans called?
12. What is a deep valley on the ocean floor called?

Answer Key

ContinentalShelf
Benthos
AbyssalPlain
Salinity
Seamount
Wave
Tide
Nekton
Plankton
ContinentalSlope
Trench

Full menu available on [f /happybellyfoodtrucks](https://www.facebook.com/happybellyfoodtrucks)



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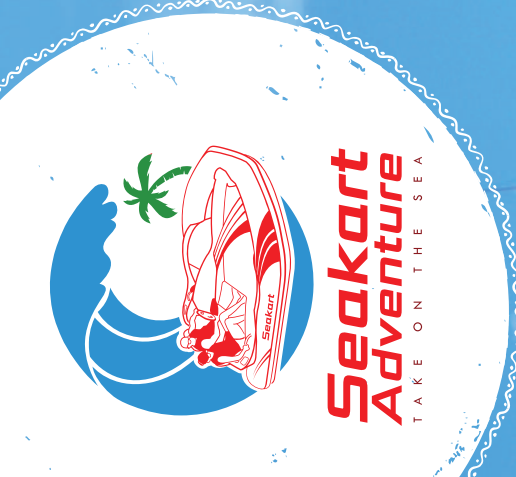
#5 Vijay Nagar, Havelock Island
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