



गोंयचीं ल्हारां

मुर्गांव पत्तन न्यास की ई-मैगझीन

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अंतर्राष्ट्रीय योग दिवस समारोह

21 जून, 2018 को पतन अस्पताल में अंतर्राष्ट्रीय योग दिवस मनाते हुए मुरगांव पतन न्यास वैश्विक समुदाय में शामिल हो गया। हाल के वर्षों में योग दुनिया भर में स्वीकृति प्राप्त कर रहा है और अधिकाधिक लोग रोग-मुक्त जीवन जीने के लिए योग करते हैं। पतन अपने कर्मचारियों के लिए योग को दिन-प्रतिदिन के जीवन का एक हिस्सा बनाने के लिए सभी सुविधाएं और प्रोत्साहन देता है।

डॉ. निमिष वी. पिल्लै मुख्य चिकित्सा अधिकारी, एमपीटी अस्पताल ने डॉ. रेश्मा बाळे, विजिटिंग आयुर्वेदिक चिकित्सक, डॉ. ज्योति पंचवाड़कर, वरिष्ठ चिकित्सा अधिकारी, श्री एस. वेर्णेकर, उप वस्तु प्रबंधक, श्रीमती सुहासिनी सी. कोलंबकर, नर्सिंग अधीक्षक, और अन्य अधिकारी और पतन के कर्मचारियों की उपस्थिति में परंपरागत दीप प्रज्वलित कर अंतर्राष्ट्रीय योग दिवस समारोह का उद्घाटन किया।

उपस्थितों को संबोधित करते हुए मुख्य चिकित्सा अधिकारी ने कहा कि 'योग शरीर, मन और आत्मा के बीच सामंजस्य पैदा करता है। गलत आदतों के कारण जीवनशैली संबंधित रोग जैसे कि हाइपरटेंशन, मधुमेह, डिप्रेशन आदि बढ़ रहे हैं। ऐसी जीवनशैली से उपजे रोगों के लिए योग एक पूरक उपचार साबित हुआ है। योग स्वास्थ्य लाभ के साथ मन को शांत रखने में मदद करता है। नियमित आधार पर योग का अभ्यास करने से शरीर में लचीलापन और मानसिक कार्यों में सुधार दिखाई देता है। योग किसी एक धर्म तक सीमित नहीं है और उसे वैश्विक स्वीकृति मिली है। योग युवाओं के साथ-साथ वयस्कों में समग्र एकाग्रता और स्फूर्ति लाता है। योग से छात्रों के शैक्षिक स्तर में काफी सुधार हुआ है। यह युवा पीढ़ी के जीवन में स्थिरता लाता है जिसके कारण दिन-प्रतिदिन की चुनौतियों का सामना करने में भी मदद मिलती है और तनाव और अन्य संबंधित मुद्दों से निपटने के लिए एक निश्चित उपाय है। हमें योग का अभ्यास करना चाहिए और अधिकतम स्वास्थ्य लाभ प्राप्त करने के लिए दूसरों को योग शिविरों में शामिल होने के लिए प्रोत्साहित करना चाहिए।

डॉ. रेश्मा बाळे ने योग के विभिन्न लाभों पर चर्चा करते हुए सभी उपस्थित अधिकारियों व कर्मचारियों से योग आसन करवाएं और इसे अपने जीवन की दिनचर्या बनाने की सलाह दी।

कार्यक्रम की शुरुआत में श्रीमती सुहासिनी सी. कोलंबकर, नर्सिंग अधीक्षक ने उपस्थितों का स्वागत किया और पतन में और चिकित्सा वर्ग के बीच योग को बढ़ावा देने हेतु उनके मार्गदर्शन और प्रोत्साहन के लिए सीएमओ का अभिनंदन किया। डॉ. रेश्मा बाळे के धन्यवाद ज्ञापन के साथ कार्यक्रम समाप्त हुआ।

INTERNATIONAL YOGA DAY CELEBRATIONS

Mormugao Port Trust joined the global community in celebrating the International Yoga Day on 21st June 2018 at the Port hospital. In recent years Yoga is receiving worldwide acceptance and more and more people are seen practicing yoga for a disease free life. The Port extends all facilities and encouragement for its employees to make Yoga a part of their day to day living.

Dr. Nimish V. Pillai, the Chief Medical Officer, MPT Hospital, inaugurated the International Yoga Day Celebrations by lighting the traditional Brass lamp in the presence of Dr. Reshma Bale, Visiting Ayurvedic Physician, Dr. Jyoti Panchwadkar, Sr. Medical Officer, Shri S. Vernekar, Dy. Materials Manager, Smt. Suhasini C. Kolambkar Nursing Superintendent, and other officers and port employees and staff.

Addressing the participants, the Chief Medical Officer said “Yoga brings about harmony of body, mind and soul. Due to wrong habits, we see a rise in lifestyle diseases like Hypertension, diabetes, depression etc. Yoga has proved to be a complimentary therapy for such lifestyle diseases. Yoga helps to keep the mind calm and peaceful thereby bringing health benefits. Practicing Yoga on a regular basis has shown improvement in flexibility and improvement of mental functions. Yoga has no religious connotations and has received global acceptance. Yoga improves overall concentration and alertness levels in the young as well as the old. Yoga has shown tremendous improvements in the academic performances of the youth. It also helps the younger generation to face the day to day challenges on account of calm composure and is a sure remedy to deal with stress and other related issues. We should practice Yoga and encourage others to join yoga camps to derive maximum health benefits”.

Dr. Reshma Bale, delivered a informative talk on the various benefits of Yoga and later gave a demonstration on the Yoga Asanas. She lead the group of officers and employees of the Port who were present at the celebrations to practice various yoga asanas.

Earlier Smt. Suhasini C. Kolambkar, Nursing Superintendent, welcomed the gathering and complemented the CMO for his guidance and encouragement for promoting Yoga in the Port and amongst the medical fraternity. Dr. Reshma Bale proposed a vote of thanks.



MPT HOSPITAL CELEBRATES NATIONAL DOCTOR'S DAY

The Medical fraternity of the Mormugao Port Trust Hospital under the leadership and guidance of their dynamic Chief Medical Officer Dr. Nimish V. Pillai celebrated National Doctor's Day with great fervor remembering the legendary Physician Dr. Bidhan Chandra Roy. 1st July is being celebrated all over the country to recognize the services and sacrifices of doctors towards the community. The celebrations began with the lighting of the traditional brass lamp at the hands of Dr. Nimish Pillai, CMO, Dr. J.S.N. Ravi Krishna, Sr. Dy. CMO, Dr. N. S. Parulekar, Surgeon (Visiting), Dr. Rita Sequeira Dy. CMO (Specialist) and other dignitaries. All the doctors present at the celebrations came together to recite a prayer song to set the tone for a lively celebration.



Dr. Paresh Mahabal, gave an enlightening brief on the significance of observing the National Doctor's Day in India and the contribution of Dr. Bidhan Chandra Roy to the community. Challenges faced by doctors in their professional life were highlighted through a short video clip. The doctors and the medical staff presented two lively skits interlaced with humour on the occasion focusing on the doctor's day to day struggles and challenges while the other one highlighted the importance of protecting Mother Nature by discarding plastics in our daily life. Both the skits received tremendous response from the audience. Dr. Sabrina Vaz Pereira, and Daniel F. de Souza recited English poems highlighting the sacrifices in the life of doctors.



Addressing the gathering of doctors and other medical fraternity on the occasion, the Chief Medical Officer stated “The life of a doctor is one of struggle, pain and sacrifices. But our greatest satisfaction lies in seeing the patient smile and free from the ailment. In a changing scenario, the doctor's profession is no longer an easy one. Today the evil of litigation stares a doctor at every step of his professional practice and have made inroads into the medical corridors. One should remember that a Doctor is not a God, but he goes that extra mile only to see the sick and suffering are restored back to good health”.

Further advising the fraternity of doctors present, the Chief Medical Officer said “Life brings us both bouquets as well as brickbats in equal measure. Be well prepared to accept both by keeping your smiles intact. Do not let your emotions take charge over you, but keep them under control”. He winded his speech by rendering a meaningful Hindi song befitting the occasion.

Dr. N. S. Parulekar, also addressed the gathering. Dr. Salisha Baptista, compered the function while Dr. Savio Paes proposed the vote of thanks. Lot many surprises and prizes were offered to the audience by way of spot prizes and the same was conducted by Dr. Ravi Krishna, Sr. Dy. Chief Medical Officer MPT hospital. The function was well attended by the staff of the Medical department and other invitees.

MPT OBSERVES WORLD ENVIRONMENT DAY

Mormugao Port Trust administration has always contributed towards environmental protection by initiating various steps to increase the green cover in and around the port, its operational areas, around its residential complexes, and educational institutions too. On the World Environment Day Shri G.P. Rai, Dy. Chairman, MPT, along with the Heads of Department and other senior executives of the port undertook a tree plantation drive at Headland Sada near the MPTES run Deep Vihar Primary School. Several tree saplings were planted by the Dy. Chairman Shri Rai and he exhorted the officers present at the tree plantation drive to plant more trees to increase the green cover and protect the environment.



INTERNATIONAL NURSE'S DAY CELEBRATIONS

International Nurse's Day 2018 was celebrated on 15th May 2018, by the Nurses, doctors and staff of the Port hospital. The celebrations began with the lighting of the traditional brass lamp followed by the invocation song. Dr. Nimish V. Pillai, Chief Medical Officer, MPT Hospital, was the Chief Guest at the function and later addressed the gathering.

Smt. Suhasini C Kolambkar, Nursing Superintendent, MPT Hospital spoke on the theme 'Nurses – A voice to lead – Health is a Human Right'. In her address she presented the universal health coverage and emphasized that nursing is people centered care. She further stressed on the necessity for a positive working environment for the nursing staff to provide improved quality and safety to the patients. This she said 'also includes right to safe working environment, remuneration, access to resources and education'.



The Chief Guest, Dr. Nimish V. Pillai, while addressing the gathering showered praises on the nursing staff of the Port hospital for their excellent services, which he said could be evaluated on the basis of the 'Customer satisfaction feedback'. He also advised them to take care of their own health too.

The Nursing staff on their part presented an entertainment programme consisting of skit, and dance performances to mark the celebrations thereby exhibiting their talents. Smt. Rose Moraes, OTS, compered the programme and later proposed the vote of thanks.



MAIDEN CALL OF CRUISE LINER M.V. VIKING SUN

Luxury cruise liner M.V. VIKING SUN of Viking Ocean Cruises paid a maiden visit to Mormugao Port under the command of Capt. Atle Haakon Knutsen. The cruise liner arrived with 668 guests and 465 crew members. Being it's maiden visit to the Port, Shri G.P. Rai, Dy. Chairman MPT along with senior executives of the port Shri Vinayaka Rao FA&CAO, Smt. L.A. Mathew Chief Engineer, Shri S.K.S. Hegde CME I/C, Shri Mohan Kumar Secretary I/C, Shri Jerome Clement Sr. Dy. Traffic Manager, Shri Prema Kumar Dy. Chief Engineer, Shri D. Nirwadekar, ATM Gr. I, visited the cruise ship and extended a warm welcome to Capt. Atle Haakon Knutsen, Officers and the crew members.

Welcoming the Master of the visiting cruise ship, the Dy. Chairman Shri G.P. Rai briefed him on the facilities and infrastructure available at Mormugao Port for smooth handling of cruise ships. Master of the cruise liner Capt. Knutsen and Shri G.P. Rai, Dy. Chairman MPT, exchanged commemorative plaques on its maiden visit as a gesture of goodwill and friendship.



BIGGEST CRUISE SHIP M.S. MARINER OF THE SEAS VISITS MORMUGAO

Mormugao Port played host to one of the biggest cruise ships M.S. MARINER OF THE SEAS of the Royal Caribbean International, with a LOA of 311 metres during the cruise season. The cruise ship visited the port on 17th April 2018 from Cochin port with 2682 guests and a crew compliment of 1238 members. M/s. J. M. Baxi & Co, Vasco da Gama, were the Ship Agents for the cruise liner and assisted in all the Ship logistics. The visiting guests hailed from USA (936), Great Britain (553), Austria (341), and Canada (392). The officials of the Goa Tourism Department, Government of Goa, were present at the Port to welcome the state guests and extended a warm welcome to them on their arrival with colorful cultural pageantry.



LUXURY CRUISE LINER SEASON COMES TO AN END

Luxury cruise liner MV SEVEN SEAS VOYAGER which arrived at Mormugao Port on 5th May 2018, with 600 guests and 450 crew members from Mangalore port was the last official cruise ship to visit Mormugao Port for the season. The cruise ship later sailed to Mumbai on its onward voyage. The luxury cruise liner season which commenced on 14-11-2017 with the arrival of the first cruise ship MV NAUTICA came to a close on a high note with 30 Luxury cruise ships visiting the Mormugao port during the season giving impetus to luxury cruise tourism in the State of Goa.

The Port Management extended all logistics support to all the visiting cruise liners providing state of the art infrastructure facilities at the cruise terminal at Mormugao. The setting up of the Immigration counters at the terminal for faster immigration clearances to the visiting guests, providing e-Visa facilities, Foreign exchange counter, and providing Pre-paid Tourists Taxi counter facilities at the cruise terminal for the visitors came in for praise from all the stake holders in the tourism industry. The family members of the Goan crew working onboard the cruise liners were also extended dock entry permits to enter the cruise terminal to meet the crew members.



Mormugao Port played a crucial role in supporting the cruise tourism industry in Goa and the efforts of Ministry of Tourism, Government of India, and Goa Government in enhancing the robust growth of this sector. The arrival of cruise ships with thousands of guests and an equal number of crew translates into steady revenue earnings to the state in foreign exchange as well as earnings to all the stakeholders connected with cruise tourism. The Port Management is confident that the luxury cruise tourism in the state will see further growth in the future and assures all support to the Ministry of Tourism, Government of India, Government of Goa and the cruise tourism industry in the state.

DPG ADVISORY


भारत सरकार

मंत्रिमंडल सचिवालय लोक शिकायत निदेशालय

क्या आप अनसुलझी शिकायतों से परेशान हैं ?

अपने लोक शिकायत निदेशालय के कार्य क्षेत्र के अंतर्गत मंत्रालयों/विभागों और संगठनों से संबंधित शिकायतों के समाधान के लिए लोक शिकायत निदेशालय की सहायता ले सकते हैं। पिछले कुछ वर्षों में, इस निदेशालय द्वारा उठाई गई लगभग नब्बे प्रतिशत शिकायतों का संतोखजनक समाधान किया गया है।

अपनी शिकायत दर्ज कराने से पहले कृपया नीचे दी गई बातों को ध्यानपूर्वक पढ़ें :-

- आपकी अपनी शिकायतों को सम्बंधित विभाग के समक्ष समाधान हेतु प्रस्तुत कर दिया हो।
- आपकी शिकायत सेवा मामले (ग्रेजुएट, पोस्टग्रेजुएट/डिप्लोमा के प्रवेश के अभाव), संबंधित विभाग के मंत्री के स्तर पर निपटारा गए मामले, सामंजसिक अनुबंध, व्यापारी मामले, ऐसे मामले जहाँ निर्णय लेने के लिए अर्द्धन्यायिक प्रक्रिया और अन्तरिम प्रक्रियाएं निर्धारित की गई हैं, आर्टीकल 32 मामले, कॉर्पोरेट मामलों से संबंधित न होना।
- किसी भी प्रकार के दुरुपयोग को शिकायत के रूप में नहीं माना जाएगा।

लोक शिकायत निदेशालय के कार्यक्षेत्र के अंतर्गत आने वाले मंत्रालयों/विभागों/संगठनों की सूची

(क) रेल मंत्रालय	(ख) सार्वजनिक क्षेत्र के बैंक
(ख) अन्न विभाग	(ग) सार्वजनिक क्षेत्र की वीमा कंपनियां
(ग) बीएसएनएल और एनटीएनएल सहित दूरसंचार विभाग	(घ) वित्त मंत्रालय की राष्ट्रीय बचत स्कीम
(घ) दिल्ली विकास प्राधिकरण, पुणे और विकास प्राधिकरण, सीपीएमडी और राष्ट्रीय निदेशालय सहित शहरी विकास मंत्रालय	(ङ) श्रम और रोजगार मंत्रालय के अंतर्गत कार्यकारी राज्य बीमा निगम निश्चित ईएकआई अस्पताल और औद्योगिक
(ङ) पेट्रोलियम और प्राकृतिक गैस मंत्रालय, इसके सार्वजनिक क्षेत्र के उपक्रम सहित	(च) कर्मचारी अधिकार विधि संगठन
(च) भारतीय विमानवाहन प्राधिकरण और एयर इंडिया सहित नागर विमानन मंत्रालय	(छ) विदेश मंत्रालय के अंतर्गत क्षेत्रीय फ्लाईट - प्राधिकरण
(छ) केंद्रीय न्यायिक शिक्षा बोर्ड, केंद्रीय विद्यालय संगठन, राष्ट्रीय मुक्त विद्यालयीय संस्थान, नवोदय विद्यालय समिति, केंद्रीय विश्वविद्यालय सम्प्रदाय (केंद्रीय) और मानव संसाधन विकास मंत्रालय की छात्रवृत्ति स्कीम	(ज) स्वास्थ्य और परिवार कल्याण मंत्रालय के अंतर्गत केंद्रीय सरकार स्वास्थ्य योजना
	(झ) पर्यटन मंत्रालय
	(ञ) मुक्त कार्यजन मंत्रालय
	(ट) पोत परिवहन, श्रद्धा परिवहन और वाहन मंत्रालय

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हमसे संपर्क करें :-
सचिव,
लोक शिकायत निदेशालय,
दूसरा तल, सचिवरी बिल्डिंग भवन, संसद भवन, नई दिल्ली - 110001
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(e) Ministry of Petroleum and Natural Gas including its Public Sector Undertakings	(m) Employees' Provident Fund Organization
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