

Volume I Number 1

December 2025

# VASUNDHARA

**Annual e-Magazine of the P.G. Department of Geography  
JNRM, Sri Vijaya Puram**



**Welcome to the first edition of our e-magazine!**

The P.G. Department of Geography is pleased to bring you the latest updates, insights, and highlights of our department during the year 2025. Whether it's our activities, upcoming events, or useful resources, there's something here for everyone — let's dwell into the arena of geographer's and their role in the society!

## Message from the Principal



Education is not an act of acquiring knowledge but learning a skill to lead life and shaping of personality. I can boldly say that we have excelled in every initiative that we undertook and we have stood together in facing the challenges, in realizing quality education in these islands. Our focus is on discovering, developing and bringing out the hidden talents and to provide them a springboard and achieve success in life. From academics to co-curricular activities, perseverance and never-say-die spirit are entrenched in the hearts of every student which not only makes them a good citizen but also a brilliant human beings.

I extend a warm welcome to the first edition of e-magazine, *Vasundhara*, published by the P.G. Department of Geography, JNRM. This publication serves as a vibrant platform to showcase the diverse talent, academic achievements and spirited activities that define our institution.

This e-magazine is more than just the collection of articles; it's a testimony to the continuous process of learning, collaboration, and growth that thrives within our college. It is a platform where we can celebrate our accomplishments, share our experiences and inspire one another to reach new heights.

I encourage you to explore the diverse content within these pages of *Vasundhara*. Right from academic articles to students achievements and faculty contribution, there is something for everyone. Lets use this as a tool to foster a sense of community engagement, promote intellectual curiosity and celebrate the unique talents of the P.G. Department of Geography.

With Best Wishes,  
**Dr. H.K. Sharma**  
(Associate Professor)

## Message from the Head of the Department



***"Success comes to those who work hard and stays with those who don't rest on the laurels of the past"***

Education is not merely acquirement of facts but also of values which help us improve the different facets of mankind. It ensures that we leave the world a far better place than we found it. A pivotal role of education lies in shaping the personality of a student into a healthy mind and happy soul who is not only equipped with 21st century skills and aptitude required for academic excellence, but helping to face the challenges of life in a balanced and harmonious ways. Therefore, the system of education should work as a catalyst in making each student a balanced human being by inculcating the core strengths embedded in the learning experience.

In this pursuit of excellence, I appreciate the relentless efforts of our faculty members in giving their best to bring out the hidden potential of our students.

I compliment and congratulate the entire staff and students on the release of the first edition of e-magazine *Vasundhara*, published by P.G. Department of Geography, JNRM which is a milestone that marks growth, unfolds our imagination and gives wings to the ideas and aspirations to keep getting better all the time. It unleashes a wide spectrum of creative skill. I once again congratulate the entire editorial team for their hard work and dedication in making this possible and finally the launch of this e-magazine, *Vasundhara* 2025.

With Best Wishes,  
**Dr. Pearl Devdas**  
(Associate Professor)

## Message from Editor's Desk

It gives me immense pleasure to present this edition of our departmental e-magazine, *Vasundhara*. Geography, as a discipline, continues to bridge the gap between the natural and human worlds, offering insights into the complex interactions that shape our planet. This issue reflects that spirit of exploration and inquiry. The contributions in this edition represent a diverse range of themes — from physical landscapes and environmental challenges to cultural patterns and sustainable development. Each article, map, and photograph is a testament to the enthusiasm and creativity of our contributors, who have captured the essence of geography in its many dimensions.



In an era marked by rapid urbanization, climate change, and technological transformation, geography reminds us to look at the world holistically — to understand not only where things are, but why they are there and how they are changing. It is this perspective that makes our subject ever relevant and deeply human.

I extend my heartfelt gratitude to all authors, mentors, and the editorial team for their dedication and support in bringing this magazine to life. I also thank our readers for their continued encouragement, which inspires us to strive for higher standards of creativity and scholarship.

Happy reading — may this issue ignite curiosity and deepen our collective understanding of the world we inhabit.

Warm regards,

**Dr. K.C. Joshi**

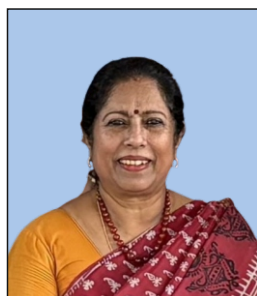
(Associate Professor)

Chief Editor, *Vasundhara*

P.G. Department of Geography

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Galathea Bay, Great Nicobar Island - Photographed by Dr. Punam Tripathi, Faculty



Mud Volcano, Shayamnagar, Diglipur, North Andaman Island - Photographed by Dr. Punam Tripathi Faculty

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Painting by Murad Islam, B.Sc. GEOGRAPHY 2<sup>nd</sup> Year

## ‘मेरे मार्गदर्शक’

सुनेना लकड़ा, स्नातकोत्तर, द्वितीय वर्ष

जिनके साथ कुछ खट्टे-मीठे वक्त बिताए,  
कभी नाराज़गी, तो कभी प्यार है जताए।

भर दे जो अपने ज्ञान से प्रकाश,  
दूर हो जाए हर अज्ञानी रूपी अंधेरे का वास।

गुरु और शिष्य का रिश्ता होता है अनमोल,  
होना नहीं इसका कोई भी तोल।

कामयाबी से पहले,  
एक अच्छा इंसान बनना सिखाएं,  
और, गलत राह जिनको कभी न भाए,  
वही मेरे मार्गदर्शक कहलाए।



Indira Point Lighthouse, Great Nicobar Island -  
Photographed by Dr. Punam Tripathi, Faculty

# **A Perspective on the Changing Relationship of Teacher and Student with the Advent of AI**

*Dr Pearl Devdas, Associate Professor & Head*

*"Guru Brahma, Guru Vishnu, Guru Devo Maheshwara, Guru Sakshat Parabrahma, Tasmai Shree Guruve Namaha"*

This devotional chant recognizes the Guru (teacher) as Brahma (the creator), Vishnu (the preserver), and Maheshwara (Shiva, the destroyer), and ultimately as the Supreme Being (Parabrahma).

The role of a teacher and the student can never diminish, come what may, and this has been proved since ancient times. The bonding between a teacher and a student has always been considered the most sacred, pious and meaningful in shaping a progressive society.

In Ancient India, Gurus were not only a source of knowledge but also mentors, guiding students to develop critical thinking, discipline, and moral values to lead a harmonious life. In many ancient traditions, like India's Gurukul system, the teacher (or guru) held a prestigious and holistic role. Today, the role of a teacher is defined by formal institutions, technological integration, and a focus on 21st-century skills. In ancient times the teachers evaluated the students by personal observation and assessed a student's readiness to complete their studies, whereas in modern times, the evaluation pattern is done by a Standardized testing and structured, data-driven assessment.

However, with the advent of Artificial Intelligence (AI), this relationship has undergone a significant transformation. AI-powered tools, such as virtual classrooms, intelligent tutoring systems, and adaptive learning platforms, have made education more accessible and personalized. Students can now access a vast amount of information, practice problem-solving, and receive instant feedback without the physical presence of a teacher. Despite these advancements, AI cannot replace the emotional, ethical, and human aspects of the teacher-student bond.

While AI can provide accurate information and data-driven insights, it lacks empathy, compassion, and human touch and also the ability to nurture a student's character. Teachers play a vital role in motivating learners, understanding their personal struggles, and instilling values such as honesty, respect, reliability and responsibility. AI can support teachers by handling repetitive tasks like grading or providing additional learning resources, but it cannot replicate the personal care and affection, wisdom and guidance a teacher can offer.

The future of modern day education lies in mutual interplay between teachers and AI as a tool. Teachers can use AI to track student performance, identify areas of improvement, and design customized teaching strategies. Students, in turn, can use AI to enhance their understanding of subjects and develop new skills. This collaboration allows teachers to focus on creativity, ethical, moral and emotional aspects of education, while AI manages the technical side. Therefore, the teacher-student relationship in the age of AI enabled Education is not about competition, but about coexistence - where technology serves as a tool and the teacher remains as the guiding light in a student's intellectual, moral and Overall Development.

# My Journey with JNRM: Three Decades of Learning and Service

*Dr K C Joshi, Associate Professor*

When I joined Jawaharlal Nehru Rajkeeya Mahavidyalaya (JNRM), Port Blair in 1991, I carried with me the enthusiasm of youth, the determination to serve, and the curiosity to explore the world of academics. At that time, I could not have imagined that this institution would become such an enduring part of my life, shaping not only my professional path but also my personal growth. Today, as I look back on more than three decades of service, I feel a deep sense of pride, gratitude, and belonging.

The early years were both challenging and exciting. JNRM, already a premier institution in the Andaman and Nicobar Islands, was steadily growing but faced its share of limitations. Resources were modest, and technology was yet to play a significant role in education. It was in this environment that I learned the value of commitment, patience, and teamwork. Every lecture delivered, every interaction with students, and every contribution to academic activities added to my understanding of the noble responsibility that comes with being part of an educational institution.

Over the years, I have had the privilege of teaching and guiding countless students from diverse backgrounds. Each of them carried different dreams, and it was my responsibility to nurture their potential. Seeing them transform into confident, capable individuals who went on to serve society in various fields has been one of the most fulfilling aspects of my journey. Their achievements near and far, serve as constant reminders of the impact education can have on young minds. To me, every student's success is a collective achievement of the JNRM community.

The institution itself has undergone remarkable changes during these decades. From the addition of new courses and expansion of infrastructure to the adoption of modern teaching methodologies, JNRM has kept pace with the evolving demands of higher education. The introduction of digital learning tools, research opportunities, and extracurricular platforms has made the college not only a centre of academic learning but also a cradle of holistic development. Students here are encouraged to explore culture, sports, and social responsibility alongside their studies, which makes JNRM truly special.

For me personally, JNRM has been more than a workplace — it has been a second home. The camaraderie with colleagues, the support of staff, and the vibrant energy of students have enriched my days and filled them with meaning. Each milestone the college achieved felt like a personal accomplishment, and each challenge overcome strengthened my bond with the institution.

As I reflect on my thirty years at JNRM, I see not just a timeline of service but a journey of shared growth. I have given my dedication and effort, but in return, the institution has given me knowledge, friendships, respect, and a sense of purpose that I will always cherish. My association with JNRM is a story of belonging and fulfilment, and I look forward with hope that the institution continues to inspire generations to come, just as it has inspired me throughout my journey.



JNRM College, Sri Vijaya Puram. Photographed by Murad Islam, B.Sc. GEOGRAPHY 2<sup>nd</sup> Year

# मॉरीशस में भारतीय संस्कृति की पहचान : गंगा तालाब

डॉ. अनिल कुमार, आचार्य

गंगा तालाब मॉरीशस के दक्षिण में स्थित सवाना जिले में है। यह तालाब 20°25' 5" दक्षिण 57°29' 31" पूर्व में स्थित है इसकी उंचाई समुद्र तल से 550 मी (1800) ऊपर है। यह तालाब मॉरीशस के हृदय में स्थित है। इस तालाब पर प्रथम तीर्थ यात्रियों का समुह त्रिवलेट गाँव से गिरी गोशाई के नेतृत्व में 1898 में गया था। गंगा तालाब का पानी भी गंगा नदी से निकलने वाले पानी जैसा शुद्ध है। यह पानी भारत में गंगोत्री से निकलने वाले पानी जैसा ही शुद्ध एवं पवित्र है। इस तालाब का पानी भी जाँचा जा चुका है। इस कारण भी इसकी तुलना भारत की सांस्कृतिक नदी गंगा के पानी से की जाता है। इसका पानी मधुर, पारदर्शी और शुद्ध है। गंगा तालाब पहाड़ी पर स्थित है जहाँ मानव आबादी कम है। जिससे यह प्रदूषण मुक्त एवं शांति प्रदान करने वाली जगह है। भारत में जैसे पहाड़ों पर देवी देवता एवं ऋषियों के पवित्र स्थान हैं वैसे यहाँ भी है, जिससे इसकी पवित्रता और पूजा-पाठ एवं श्रद्धा के लिए अति उत्तम है एवं अन्य देवी देवताओं के लिए समर्पित है।



स्रोत: स्वयं द्वारा, अगस्त, 2018

हरे-भरे और पहाड़ियों के बीच मनोहर दृश्यों से घिरी हुई लगभग 1800 फुट ऊँची समतल भूमि पर अवस्थित मॉरीशस के मनोरम पावन और विशालतम सरोवर ग्रां बासे जिसे परितालाब भी कहा जाता है, एक अदभूत भारतीय संस्कृति की पहचान है। यह तालाब प्राकृतिक रूप से ज्वालामुखी निर्मित तालाब है। कैसे भौगोलिक चिन्ह सांस्कृतिक रूप में परिवर्तित हो जाता है के रूप में भी देखा जा सकता है? मॉरीशस में मुख्य रूप से पांच प्राकृतिक तालाब व जालाशय स्थित हैं, जो ला निकोलियेर, टू कानाका, मार ओ, वाल्या पितो जूमिलिए, एवं ग्रां बासे हैं। जिसमें प्रमुख एवं बड़ा ग्रा बासे ही है। ग्रां बासे एक फ्रांसीसी नाम है। ग्रां बासे का भारतीय संस्कृति से जुड़ाव एवं पहचान के कारण इसका नाम गंगा तालाब रखा गया है। ग्रां बासे, परितालाब एवं गंगा तालाब तीनों नामों से जाना जाता है। इसका अब भारतीय संस्कृति की पहचान के रूप में गंगा तालाब ही ज्यादा प्रचलित है।

आज यह एक छोटा सा देश मॉरीशस जो एक विशाल हिन्द महासागर में अपनी उपस्थिति को दर्ज करा रहा है तो इसकी वजह भारत से सर्वाधिक मात्रा में अपने सुंदर भविष्य की तलाश में गए गिरमिटिया मजदूरों (अनुबंध श्रमिकों) एवं उनके वंशजों की देन है। मॉरीशस ज्वालामुखी निर्मित द्वीपीय देश है। मॉरीशस को चारों तरफ से पहाड़ों एवं समुन्द्र के द्वारा प्राकृतिक सुन्दरता प्रदान की जाती है। मॉरीशस के चारों कोनों में भारतीय संस्कृति को देखा जा सकता है। वहाँ के गाँव में भी भारतीय गाँव की झलक दिखाई पड़ती है। भारतीय पर्व त्यौहार, होली, दिवाली, महाशिवरात्री बहुत धूम-धाम से मनाया जाता है। महाशिवरात्री मॉरीशस का राष्ट्रीय पर्व है। इसे पूरे मॉरीशस में बहुत धूम-धाम से मनाया जाता है। महाशिवरात्री में पूरा मॉरीशस ही शिवमय हो जाता है। शिव के पोस्टरों से मॉरीशस की सड़कें और रास्ते पट से जाते हैं। मॉरीशस के चारों कोनों से कावरीयें जल गंगा तलाव से ले जाकर अपने घरों एवं गांव शहर के शिवालों में चढ़ाते हैं। गंगा तालाब के पानी को यहाँ के लोग अपने घरों में भी रखते हैं जिसे पवित्र त्यौहारों में अपने घर के मंदिरों में चढ़ाते हैं। मॉरीशस में विद्यमान संस्कृति के भिन्न-भिन्न रूपों को जैसे सांस्कृतिक अस्मिता, सांस्कृतिक धरोहर और भौगोलिक चिन्ह में प्रदर्शित भारतीयता को देखा जा सकता है।

यह तीर्थस्थान ( तीर्थराज) केवल मॉरीशस में ही नहीं बल्कि पूरे दक्षिणी गोलार्ध में एक हिन्दुओं का तीर्थ स्थल है। मॉरीशस के शहर, गाँव के सभी व्यक्ति गंगा तालाब जाने की इच्छा रखते हैं और शिवरात्री के दिन सभी लोग इस तालाब के दर्शन करते हैं। शिवरात्री में जो भी भक्त गंगा तालाब जाता है वह अपने साथ गंगा तालाब से जल लाता है जिसे अपने घर पर या नजदीकी शिवालय पर इस गंगा जल को चढ़ाता है यही वहाँ की परंपरा है। गंगा तालाब की पहचान मॉरीशस में ही नहीं बल्कि पूरे विश्व में भारतीय संस्कृति के रूप में है।



A view of Sri Vijaya Puram - Photographed by Murad Islam, B.Sc. 2<sup>nd</sup> Year

## "The Mute Witness"

*Asifa Azad, B.Sc. 2<sup>nd</sup> Year*

I embedded my roots on a paradise land,  
Where sea shines like a beautiful lamp,  
I grow upon an island drenched so green, I felt  
so happy with each blowing breeze.

Until I saw the heartbreaking scenes  
Each body covered in striking scars,  
Their legs, hands bored in tougher chains  
I still remember the day, it all begin.

Their blood, sweat, tears scattered, in  
my roots, each souls pleasing to Feel the blue,  
every night spends in darken cells, this is the  
place they call the kala paani jail.

I can't walk like beings, I don't have  
Vision to watch things,  
but still i have witness scenes, that one's eyes  
have never seen  
The day I die, will bring,  
An end to my stories,  
But the freedom struggle,  
Will always be in glory.

## हिन्दी बोलो, खुशियाँ घोलो

डाॅ. पूनम त्रिपाठी, आचार्य

मीठी- मीठी बातें कर लो  
हिन्दी बोलो खुशियाँ घोलो।

चुन्नू आओ..... मुन्नू आओ  
वीरू आओ..... शेरू आओ  
सब मिल जुल कर धूम मचा लो  
अपने मन की बातें बोलो  
बंद किवाड़ों को तुम खोलो  
कानों में मिश्री तुम घोलो।  
मीठी-मीठी बातें कर लो  
हिन्दी बोलो खुशियाँ घोलो।

हिन्दी अपनी बड़ी सुरीली  
ऐसा कहती- मेरी नानी  
हिन्द देश की भाषा न्यारी  
देखो इसकी शान निराली।  
आओ सब इसको अपना लो  
सुन- सुन कर इसको तुम गा लो।  
मीठी-मीठी बातें कर लो  
हिन्दी बोलो खुशियाँ घोलो।

## **A City by Many Names: The Journey from Port Cornwallis to Sri Vijaya Puram**

*Dr. Punam Tripathi, Faculty*

The present day city of Sri Vijaya Puram got its latest name on 13th September 2024. This geographical space has witnessed many name changes. The present name change is the fourth one.

Before the British arrived at the Andaman Islands, this place was inhabited by the Áka-Béa-da sub-tribe of the Great Andamanese. What did they call this place is not known as the British did not make any effort to know the actual name. When Lieutenant Archibald Blair took possession of this harbour in September 1789, he christened it as “Port Cornwallis” after the then Governor-General of India, Charles Cornwallis. This was the first name change. This name continued until 1792. On the 16th October, 1792, the orders were issued for the removal of the Settlement from “Port Cornwallis” and its transfer to a new harbour located in the North Andaman Island. This new harbour was given the name “Port Cornwallis” and the erstwhile “Port Cornwallis” came to be known as “Old Harbour/ Southern Harbour”. This was the second name change.

The new settlement could not survive climate of North Andaman. As the cost of maintenance of this settlement was more than the returns, the high sickness and death rates compelled the British to abandon the settlement in May 1796. Even though Andaman Islands remained in possession of the British, there were no colonies here from 1796 till 1858. The 1857 Revolt forced the British to re-look at these islands. The mass uprising created massive crunch of space to keep prisoners of war. The revolt had also jolted the British government and they wanted to give strict punishment so that there were no more such uprisings. Banishment was thought of as the best punishment. Thus in 1857, after the revolt, the British decided to set up a penal colony in the Andaman for the convicts. In November, the government appointed the Andaman Committee, under Dr Frederic John Mouat, surgeon of the Bengal Army, with Dr G.R. Playfair and Lieutenant J.A. Heathcote, to examine and recommend the best site for a penal settlement in Andaman Island. After an extensive survey in November and December 1857, it submitted its report in January 1858. The committee recommended the Old Harbour as the most suitable site for the settlement. The Old Harbour was renamed as Port Blair in honour of its first founder in 1858. This name change was the third name change.

The name Port Blair for the harbour, penal colony and the settlement continued till 1947. As India gained Independence, the penal colony was abolished. In 1951, Port Blair became the first urban centre of Andaman and Nicobar Islands and served as its headquarters. The 2011 Census of India reported a total population of 108,058, thereby making it a Class I urban area.

However, continuing the “shed the colonial legacy” policy, the present government changed the name of Port Blair to Sri Vijaya Puram on 13th September 2024. This was the fourth time that this place witnessed name change.

It was argued that “the name Sri Vijaya Puram symbolises the victory achieved in our freedom struggle and the Andaman and Nicobar Islands' unique role in it”. But, the earlier name too reflected the geography and the history of the place. It indicated that it is a “Port” and the name “Blair” honours the person who discovered and identified this valuable harbour. The current name, “Sri Vijaya Puram” lacks any such resonance.

Of all the names that this place has, “Port Blair” has been the longest - 166 years, 8 months and 13 days – by which this place is known as. It is a name that reflects is geography and history. Even though officially the name has changed, yet the place remains “Port Blair” in the hearts of the islanders.

# Twinkling Stars of the Island

*Naw Jocelyn, Faculty*

Andaman is a beautiful island  
Island have a beautiful people  
People have a beautiful culture  
Culture reflects simple community  
That is called Karen community.

They are very simple people  
They love loyalty and simplicity  
They love peace and trust  
They love to do hardwork  
And that people are called Karen People.

They came from North Eastern Coast of India.  
But now they exist in Andaman  
In Andaman they live in village  
Because they love to interact with nature.  
Both the places are our paradise on the Earth.



The Karens of Andaman Islands



The Karens children in traditional attire



Barren Island at Sunrise. Photographed by Dr. Punam Tripathi, Faculty

# Coastal Pollution in South Andaman

*Dr. G. Narshimulu, Faculty*

The South Andaman region, part of the Andaman and Nicobar Islands in the Bay of Bengal, is renowned for its pristine beaches, rich marine biodiversity, and vibrant coral reefs. However, in recent years, the region has witnessed growing concerns over coastal pollution. This environmental issue poses as serious threat to marine ecosystems, local fisheries and livelihoods of coastal communities.

Coastal pollution in South Andaman arises from a variety of sources including untreated sewage discharge, plastic waste, oil spillage, tourism-related activities, and port operations. The capital city, Sri Vijaya Puram, acts as a major hub for administrative, commercial, and tourist activities, leading to increased pressure on coastal resources. Additionally, inadequate waste management infrastructure exacerbates the issue, allowing pollutants to enter the sea and disturb the ecological processes.

Growing population aggravates the situation further. As per estimates, the population of South Andaman Island has increased by 44% since 2011 census. The maximum increase of population has taken place in Sri Vijaya Puram. Adding to it are large floating population of tourists and labourers. Population increase adds to coastal pollution by generating waste and sewage. To accommodate the growing population, there has been growth of infrastructure. These expanding infrastructure harms the natural filters and has weakened the natural ecosystems that absorbs pollutants.

The impact of this pollution are far-reaching, affecting coral reefs, mangroves, and sea grass beds that are crucial for maintaining ecological balance. As South Andaman continues to develop, it becomes imperative to adopt sustainable practices, strengthen regulations, and enhance community awareness to protect its fragile coastal environment.



The coast of South Andaman is strewn with plastics and wastes thereby polluting the seas.

# The Burning Island in the Lap of Nature

*Dr. Manju Nair, Associate Professor*

The Andaman and Nicobar Islands — jewels of the Bay of Bengal — are a paradise for nature lovers. I take pride in being born here, surrounded by lush greenery, calm blue seas, and air so pure it feels untouched by time. These islands are among the world's most beautiful creations of nature — each unique, each alive with its own story.

Yet, among these 572 islands, there exists one that burns — a mysterious island where fire meets the sea. Known as Barren Island, it is India's only active volcano, a place that reveals the fiery soul of the Earth.

Located about 135 kilometers northeast of Port Blair, at 12°25' North and 92°89' East, Barren Island rises silently from the Andaman Sea. To the east of Middle Andaman's Rangat, Mayabunder, and Baratang islands, it stands — dark, rugged, and alive. No one lives here. The island remains uninhabited, an untouched masterpiece sculpted by nature's most powerful forces.

The journey from Port Blair takes about six to seven hours by ship. Most trips begin at night, so travelers arrive by dawn to witness the island at sunrise. My voyage began in such a way. The night was peaceful, the sea calm, and my heart raced with excitement at the thought of seeing a volcano awaken.

As dawn approached, the ship came alive with murmurs and anticipation. Passengers gathered at the deck, watching tiny coral formations glimmer beneath the first rays of sunlight. Dolphins danced in the waves, and colorful plankton sparkled like scattered lights beneath the ship. The air was cool and salty — the calm before the spectacle.

Soon, a dark silhouette appeared on the horizon. It was Barren Island. From a distance, we could see wisps of smoke rising from its peak, tinted pink by the morning sun. Its cone-shaped form stood proud and solitary, surrounded by green ridges shaped by ancient eruptions.

The ship anchored about a hundred meters away, as the surrounding waters were shallow and hot from geothermal activity. Our captain, a seasoned sailor, explained that going too close would endanger both marine life and the ship itself. Small lifeboats ferried passengers in small groups toward the shore, each journey filled with a mix of fear and thrill.

Setting foot on the island felt like stepping into another world. The ground beneath was not golden sand but dark, dusty lava. The air shimmered with heat, and waves of vapor rose from cracks in the rocks. Solidified lava formed jagged ridges, 5-6 meters high, spreading over nearly 1,600 square miles. At the center lay a deep crater surrounded by sulfur deposits that glowed faintly under the sun.



India's lone active volcano - Barren  
Barren Island volcano with its Lapilli Splash  
Eruption: September 2025

Though harsh and fiery, the island hosts life. A few thick-leaved trees grow stubbornly against the heat, and goats — known as Barren Goats — roam freely, feeding on dust-covered plants and drinking saline water. Frogs, rats, snakes, and birds have adapted here too, proving that life endures even in the most extreme places.

Today, Barren Island is a Wildlife Sanctuary is under the Government of India. Due to frequent eruptions, visitors are allowed only to view it from the sea. The volcano remains under constant observation, as tremors and explosions are part of its restless rhythm. And indeed, the volcano has come alive once again. According to recent geological observations (2025), Barren Island experienced mild eruptions in September 2025. The Indian Coast Guard and the National Centre for Seismology reported visible steam plumes, glowing lava fragments, and minor ash emissions. Though no threat has been reported to nearby islands, the region remains under careful monitoring — a reminder that deep beneath the calm Andaman waters, the Earth is still breathing fire.

Every Friday, ships sail from Port Blair toward Barren Island, circling it to offer travelers rare glimpses of glowing lava and the thrill of standing close to Earth's raw power. It is an experience unlike any other — humbling, unforgettable, and deeply moving. Barren Island stands as a living monument of geological wonder, a blazing reminder of nature's might and mystery. Amid the emerald serenity of the Andamans, this burning island continues to tell its story — of fire, life, and the eternal heartbeat of the planet.

## **Impact of Geo-politics on Global Changes**

*Dr. Satya Prakash, Assistant Professor*

### **Global Change and Geo-Politics**

Global change and geo-politics are concepts that are understood differently by different scholars, because they encompass diverse physical, social, and political processes. Global change refers to transformations in the Earth's physical environment including the social and economic impacts of these changes across different regions of the world. These transformations directly affect the sustainability of natural systems and long-term prospects of human development.

As the world undergoes rapid transformations, the relevance of geo-politics has become more pronounced. The late 20th century saw the emergence of a geo-political imagination that sought to interpret global environmental challenges—such as global warming, environmental degradation, climate change, and the transformation of agricultural systems, particularly in vulnerable coastal areas. These issues illustrate the deep interconnectedness between environmental change and political dynamics.

### **Global Issues: How Do Global Changes Influence Geo-Politics?**

Understanding global challenges requires examining how environmental changes shape the factors that influence foreign policy and international relations. Variations in climate patterns, resource availability, ecological stress, and environmental risks affect how nations formulate strategies, build alliances, negotiate boundaries, or engage in conflicts. In this way, global environmental change becomes a key driver of geo-political behaviour.

The term geo-politics was first introduced in 1899 by Swedish political scientist Rudolf Kjellén. He described it as the “politics of the natural environment,” emphasizing the ways in which geographical conditions influence international boundaries and state actions.

### **A Contemporary Perspective**

A modern approach to the field prompts a crucial question: How do global environmental changes shape political processes within geography? Addressing this question requires analysing how shifts in the natural environment—whether climatic, ecological, or resource-based—affect power relations, territorial strategies, patterns of cooperation and conflict, and the broader geo-political landscape.

# Dark Secret Behind 7 Wings: The Cellular Jail

Priyanka Chowdhary and Ankita Yadav, B.Sc. 2<sup>nd</sup> Year

Our first visit to the Cellular Jail in adulthood was an overwhelming experience, filled with deep emotions. Standing before this historic monument, we were reminded of the immense sacrifices made by Indian freedom fighters who courageously opposed British rule and endured the harsh punishments of the dreaded “Kala Pani.” As we entered the jail, a sudden silence surrounded us. The massive iron gates and the long rows of narrow, dark cells immediately evoked the unimaginable suffering faced by those imprisoned here. Walking through the corridors, we reflected on how freedom fighters like Veer Savarkar endured solitary confinement, completely isolated from the outside world.

Delving into its history, I learned that the Cellular Jail was earlier known as Kala Pani. Following the revolt of 1857, the British recognized the need for a remote, high-security prison to detain political prisoners and revolutionaries. Construction of the Cellular Jail commenced in 1896 and was completed in 1906 at Port Blair (now Sri Vijaya Puram). Designed in a radial pattern with seven wings and more than 600 solitary cells, it was intended not for reform but for punishment. Its very architecture aimed to break the spirit of the prisoners through complete isolation. This fact has always disturbed us, whenever we studied India’s freedom struggle.

Many renowned revolutionaries, including Veer Savarkar and Batukeshwar Dutt, were imprisoned here, subjected to hard labor, and brutally tortured. The thought of surviving in such dark and suffocating cells filled me with both sorrow and pride—sorrow for the cruelty inflicted upon them, and pride in the resilience with which they bore it for the nation’s freedom. As we touched the walls of the cells, we felt as though we had become a witness to history itself, experiencing the pain, sacrifices, and unwavering courage of our freedom fighters.

Today, the Cellular Jail stands as a National Memorial. To us, it represents far more than just a historical structure; it is a solemn reminder of sacrifice, resilience, and the indomitable spirit of those who fought for India’s independence. Each time we recall our visit, we are filled with profound gratitude to the brave souls who endured immense suffering so that future generations could live in freedom.

*“Every cell of Kala Pani breathes the courage of freedom.”*



## संघर्ष

लक्ष्मी कुमारी, स्नातकोत्तर, द्वितीय वर्ष

जीवन का एक भाग होता है संघर्ष  
जीवन के अनेक हैं रूप  
जीवन में अनेक हैं पड़ाव  
हर मनुष्य को करना पड़ता है पड़ाव का  
सामना  
लोगों की भिन्न-भिन्न रहती है कामना

चलो इस संघर्ष से जीतते हैं  
सारी मुश्किलों को हराते हैं  
जीवन को बेहतर बनाते हैं  
चलो जीवन में लाते हैं उत्कर्ष  
जीवन का एक भाग ही है संघर्ष

बेटियों की है अलग दुविधा  
नहीं मिल पाती थी सारी सुविधा  
अब बेटियाँ भी आगे बढ़ रही हैं  
सारी मुश्किलों का सामना कर रही हैं  
इनके संघर्ष का करते हैं सम्मान  
करते हैं इनके हौसलों का गुनगान

बेटों के भी कई हैं परेशानियाँ  
उन्हें महसूस होती हैं उनकी सारी खामियाँ  
बेटियों से ज़्यादा बेटों पर डाला जाता है रोज़गार का भार  
संघर्ष है जीवन का छोटा-सा सार

इनके संघर्ष का रखते हैं मान  
बेटा-बेटी एक समान

विद्यार्थियों की हैं अनेक मुश्किलें  
चिंतित रहते हैं सब भविष्य के लिए  
उन्हें अपने माता-पिता का उठाना है नाम  
उन्हें तो कुछ करके ही दिखाना है काम

चलो उनके हृदय में भरते हैं विश्वास  
छोटी-छोटी खुशियों से भरते हैं किवास  
मन को रखते हैं शांत  
चलो जीवन में लाते हैं उत्कर्ष  
जीवन का एक भाग ही है संघर्ष



Photographed by Murad Islam, B.Sc. GEOGRAPHY 2<sup>nd</sup> Year

## **Eco-Tourism in A & N Islands**

### **Balancing Beauty and Conservation Aspects**

*Muthu Selvi, Faculty*

The Andaman and Nicobar Islands are a group of more than 572 islands, of which only 38 are inhabited located in the Bay of Bengal, about 1,200 km away from mainland India. They form a Union Territory of India, with Sri Vijayapuram as the capital city.

The Andaman and Nicobar Islands, often called the “Emerald Isles of India” are famous for their crystal-clear water, beautiful beaches, coral reefs, Lime stone Caves, Active Volcano, Evergreen tropical Rainforest and utmost important of freedom fighters memorial found here and more than Thousands of tourists visit every year to amusement of enjoy the islands are a natural paradise that attracts tourists from around the world but tourism can harm the fragile environment if not managed carefully.

Here, moreover population is a mix of settlers from different parts of India as well as known a MINI INDIA and here also found an Indigenous tribes like the Jarwas, Onge, Great Andamanese, Nicobarese, and Sentinelese tribes have unique traditions and many still live in isolation of an In-situ.

However, balancing tourism and conservation is not without challenges. Eco-tourism is a way to enjoy nature while protecting it otherwise careless waste disposal can harm coral reefs, forests and endangered species important for conservation.

In the Andaman and Nicobar Islands, this includes activities like snorkeling, scuba diving, mangrove kayaking, Endemic species, and staying in eco-friendly homestays and Local communities also benefit, as eco-tourism supports jobs and preserves culture.

To prevent this, the government has created protected areas like Great Nicobar Biosphere Reserve and restricted access to tribal regions, and promoted eco-friendly resorts. Tourists can help by avoiding plastic, respect local communities and following rules.

Eco-tourism allows people to enjoy the island's beauty without harming nature. By balancing tourism and conservation, the Andaman and Nicobar Islands can remain a paradise for visitors while protecting their forests, beaches, and wildlife for the future.



Mangroves of Baratang Island - Photographed by Dr. Punam Tripathi, Faculty

## एकमेवास्मिता

डा॰. राम गोपाल सिंह बघेल , सह-आचार्य

आकाश सा विशाल हृदयाकाश,  
शुभेत्तर शुभेत्तम सद्य एक आश।  
मिलते न अमूल्य रत्न कभी  
कदाचित सतत सत्प्रयास,  
सुनो हे अमर्त्यपुत्र!  
गुनो तुम समर्थपुत्र !  
हर हृदय आली!  
सद् प्रारब्धात तु  
सुक्रियमाणात या,  
त्वमेक सहस्रेषु:  
अतिभाग्यशाली।  
अहम् अनेकेषु:  
सौभाग्यशाली,  
वयम् वैविध्येषु:

## आस

डा॰.मंजू नायर, सह-आचार्य

हर अंधेरे के बाद उजाला  
हर तूफ़ान के बाद सन्नाटा,  
हर मेहनत की सुखद सफलता  
हर शाम की रुपहली सुबह।  
  
हर शोर के बाद शांति का साम्राज्य  
हर दुःख के बाद सुख का साथ,  
हर त्रासदी का एक सिला  
हर वृत्तांत का एक सार।  
  
हर दूरी का एक सामीप्य  
हर निराशा की एक आस  
हर सब्र का मीठा-सा प्रतिफल  
हर जीवन का एक ही अंत।



B-Quarry Beach, Campbell Bay, Great Nicobar Island - Photographed by Dr. Punam Tripathi, Faculty

# Geography and Society

*Dr. K.C. Joshi, Associate Professor*

Geography and society are deeply interlinked, shaping one another in countless ways. Geography, the study of the Earth's landscapes, environments, and spatial patterns, is not only about physical features such as mountains, rivers, and climate but also about human interactions with these elements. Society, on the other hand, consists of the communities, cultures, economies, and political systems formed by people. Together, geography and society demonstrate how the physical world influences human life and how human activity, in turn, transforms the natural environment.

One of the most fundamental connections between geography and society lies in settlement patterns. From ancient civilizations to modern urban centres, societies have often developed near rivers, fertile plains, or coastal areas. For instance, the Indus Valley Civilization thrived along the Indus River, benefiting from its fertile soil and water supply. Similarly, cities such as London, New York, and Mumbai grew around waterways that supported trade, transportation, and communication. Geography determines not only where societies begin but also how they expand and interact with their surroundings.

Climate plays a crucial role in shaping societies as well. Regions with moderate climates and fertile soil have historically supported large populations, while harsh climates such as deserts or Polar Regions limit human habitation. For example, agriculture, the backbone of early societies, was largely dependent on favourable climatic conditions. Even today, climate affects food security, economic stability, and lifestyle choices. Societies in tropical regions may focus on crops like rice or sugarcane, while temperate regions grow wheat or maize. In addition, modern issues such as global warming and changing weather patterns highlight how climate continues to influence social and economic structures worldwide.

Geography also contributes to cultural diversity. The isolation created by mountains, seas, or deserts has historically led to the development of distinct languages, traditions, and customs. On the other hand, geographical features that encourage mobility—such as open plains or navigable rivers—have facilitated cultural exchange and trade. The Silk Road is a classic example where geography enabled societies from Europe, Asia, and Africa to interact, leading to the sharing of goods, ideas, and cultures.

Economic activities are another dimension where geography and society intersect. Natural resources such as minerals, forests, or oil deposits often determine the prosperity and power of a society. Countries rich in resources tend to have stronger economies, though resource management and equitable distribution remain major challenges. Furthermore, geography influences industries: fishing communities develop along coastlines, while mining towns emerge near mineral-rich areas. With globalization, economic geography has taken new forms, but the role of physical space in shaping opportunities remains central.

In today's world, human society also impacts geography. Rapid urbanization, deforestation, industrialization, and technological advancements are transforming landscapes at an unprecedented rate. Issues like soil erosion, desertification, and climate change show how human activities can disrupt natural systems. This creates a two-way relationship: while geography shapes society, society also reshapes geography, often with long-term consequences.

In conclusion, the study of geography and society reveals an inseparable bond between the environment and human life. Geography provides the stage on which societies emerge, grow, and interact, while society continuously modifies and adapts to this stage. Understanding this dynamic relationship is essential in addressing global challenges such as climate change, resource management, and sustainable development. By appreciating the ties between geography and society, humanity can work towards building a future that harmonizes natural systems with social progress.

## Ethereal Andaman

*Dr. Manju Nair, Associate Professor*

If you seek peace, serenity, and moments of joy in the lap of nature, the Andaman and Nicobar Islands are nothing less than a paradise for you.

Today, when people head towards destinations like the Maldives, Thailand, Malaysia, and Indonesia in search of tranquillity, the Andaman and Nicobar Islands not only let you experience the beauty of all these countries but also allow you to feel the soul of Indian culture and values.

Nestled in the Bay of Bengal amidst the blue waves of the Indian Ocean, this island group is adorned with golden rays of the sun and evergreen landscapes. The cool sea breeze here refreshes the soul, while dense forests, lush valleys, and pristine beaches fill life with new energy.

The coastal views, the dance of waves, and the gentle breeze teach us the truth of life – that just as waves rise and fall, so do life's experiences bring us completeness and beauty.

Coconut, bamboo, teak, papaya, medicinal plants, and mangroves add a unique charm to the natural beauty of the islands. This diversity conveys the message that despite differences, true beauty and harmony lie in unity.

From a historical and cultural perspective, these islands are also highly significant. From the tale of the Sanjeevani herb mentioned in the Ramayana to the Cellular Jail of India's freedom struggle—every corner of the Andaman and Nicobar Islands narrates stories of bravery and sacrifice.

Today, this island group is not only a treasure of natural and historical heritage but also a rare blend of tourism, adventure, and spiritual peace.

So, take a pause from your busy life and embark on a journey to this heavenly island located to the south of India's mainland. So, once your life time plan a visit to these picturesque island Archipelago of Incredible India – Vibrant, Serene and Scenic.

This journey will not just be about travel, but will also bring new energy, joy, and hope into your life.

*Andaman & Nicobar: Nature's Gift, India's Pride.*



At Leisure - Tourists in Swaraj Dweep (Havelock Island) - Photographed by Dr. Manju Nair, Associate Professor

# **Understanding the Climate Change and Its Impact on the Recent Cloud Bursts in Uttarakhand, Himachal Pradesh and Jammu & Kashmir**

*Dr. Pearl Devdas, Associate Professor and Head*

Climate change, development and vulnerability have become the most talked about issues in recent years across the world and also in the Indian subcontinent. Climate change is causing rising temperatures, altered precipitation patterns, and an increase in extreme weather events in the Himalayan states of Uttarakhand, Himachal Pradesh, and Jammu and Kashmir.

Climate change is one of the most pressing challenges of our times. These changes are driving a cascade of impacts, including glacier retreat, disruptions to agriculture and water resources, and an escalation of natural disasters.

More so, with the rapid growth of population, urbanization and also increase in global temperatures due to greenhouse gas emissions, which has led to unpredictable change in weather patterns, melting of glaciers, rising of sea levels, and more frequent extremities of weather events such as cloud burst, flash floods, landslides, avalanching and also drought in some regions. India, with its vast diversity in geographical location is particularly vulnerable to the impacts of climate changes.

Recently, the northern Himalayan states of Uttarakhand, Himachal Pradesh, and Jammu & Kashmir have witnessed a series of devastating cloud bursts and flash floods. A cloud burst occurs when there is sudden, intense rainfall in a small area, leading to landslides, where in there is overflowing of rivers, and destruction of infrastructure, loss of human life, flora and fauna as well. In 2025, several districts in these states experienced heavy rains far beyond normal levels, causing loss of lives, damage to property, disruption of transport systems and displacement of people and also their livelihoods.

Unregulated urban expansion, road construction, and hydropower projects exacerbate the environmental damage and increase vulnerability to climate hazards. Experts across the world are linking these incidents to the broader effects of climate change. Rising global temperatures have increased the capacity of the atmosphere to hold moisture, resulting in heavier and more sudden downpours.

Rapid urbanization, deforestation, and unplanned construction of roads, hotels, multi-storied buildings in fragile mountain regions with no proper care to drainage systems have worsened the situation by reducing the land's natural ability to absorb rainwater.

To address and also curb these challenging issues, which have triggered unimaginable loss of human life, damage to infrastructure and destruction to the ecological biodiversity of the Himalayan region, there is an urgent need to find immediate measures to contain climatic vulnerabilities in these areas.

Kerala too had to face a similar situation in Vyanad, devastated parts of Meppadi panchayat, including villages like Punjiirimattom, Mundakkai, and Chooralmala. where Landslides caused immense destruction, burying homes, businesses, and infrastructure, leading to significant loss of life and displacement of people and the entire topography of the region changed due to the sudden cloud burst. This disaster was one of the deadliest in Kerala's history, with reports of 254 fatalities, 397 injuries, and 118 people missing.

Some measure which can be adopted to check such climatic adversity are afforestation, sustainable tourism, strict building regulations in hilly areas, improved and proper construction of drainage systems for regulating the rain water, improved early warning systems, and global efforts to cut carbon emissions. Improving early warning systems with Doppler radars and real-time data,

implementing nature-based solutions like afforestation and wetland protection, and enhancing community-level preparedness through education and local disaster management plans enforcing building codes in vulnerable areas.

Local area support can also be enhanced by Public awareness and community participation is equally vital to minimize risks. While climate change is not just a global issue, but more emphasis should be given to local and regional areas for better management of such climatic debacles in future. Local or regional actions like conservation of forests, reducing plastic waste, and adopting renewable energy can significantly reduce its impact, if each and every individual join hands to curb these issues in future. There must be a shift from merely responding to natural disaster but to preventing and mitigating their impact through better planning technology and community engagements.



Sunset at Junglighat Murda Khari. Photographed by Murad Islam, B.Sc. GEOGRAPHY 2<sup>nd</sup> Year

## **Emerald Dreams of the Bay**

*Mousumi Mondal, B.Sc. 2<sup>nd</sup> Year*

Far away in the sapphire stretch of the Bay of Bengal lie the Andaman and Nicobar Islands a string of emerald jewels chain glistening under the sun. The Andaman and Nicobar Islands are not just a chain of islands but they are a living poetry, where nature and history meet.

Many roots of Mangroves walk on water not like some ordinary trees, but like a forest of green dancers balancing on stilts above the tide and the shelter for crabs, young fish and shy crocodiles.

The coral reefs bloom like underwater gardens, they feed the fish, soften the storms and keep the sea alive with hidden music.

The beaches shimmer like molten gold, that kissed by a sky of midnight silk.

The sea waves sing lullabies and at dusk the water catches fire in rivers of copper and gold.

The fresh air carries the scent of earth and rain that feels like home.

No one leaves untouched, whoever steps ashore departs with salt on their skin and a piece of the archipelago beating quietly in their heart.

# Glimpses of North and Middle Andaman District

*Dr. Ratan Mazumdar, Associate Professor*

As I reflect upon my journey across the Andaman Islands, I am reminded of how geography, ecology, and culture intertwine to form a landscape unlike any other. The Andamans are not merely a tourist destination; they are a living laboratory—an ecosystem where time appears to move at its own deliberate pace. From the crystal-clear waters that wash over undisturbed shorelines to the dense tropical forests resonating with the calls of endemic species, the archipelago presents an environment of profound scientific and aesthetic value.

The public perception of Andaman Islands is limited to its southern region that includes the well known attractions such as the Cellular Jail, Netaji Subhas Chandra Bose Island (Ross Island), Corbyn's Cove beach, Wandoor beach, Chidiyatapu, to name a few.

Yet, beyond these celebrated landmarks lies a lesser-known but equally significant expanse—the North and Middle Andaman districts. These regions, comparatively remote, offer valuable insights into ecological resilience, coastal geomorphology, and the human–environment relationship.

## Humphrey Strait Bridge

Traversing northwards, one encounters the region's emerging infrastructure, most notably the Humphrey Strait Bridge—the longest bridge in the Andaman Islands. This structure stands not only as a feat of contemporary engineering but also as an emblem of enhanced inter-island connectivity. By linking Middle Andaman with North Andaman, the bridge has facilitated socio-economic development, reduced travel time, and broadened access to essential services. The panoramic view it provides of the strait below is a reminder of the delicate balance between natural landscapes and human intervention.



The Azad Hind Fauj Setu (Humphrey Strait Bridge) connects Baratang Island to Middle Andaman Island - Photographed by Dr. Ratan Mazumdar, Associate Professor

### **Yerata Mangrove Walk**

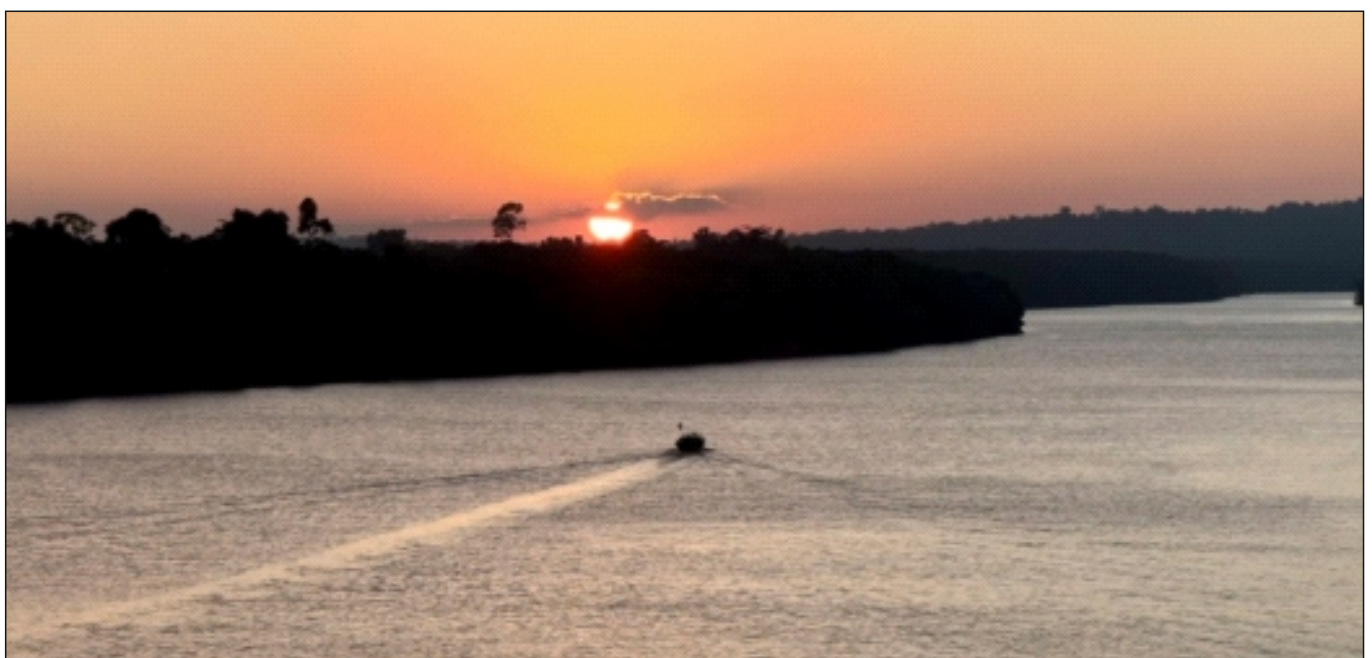
The Yerata Mangrove Walk in Rangat offers a compelling field experience for anyone studying coastal ecosystems. The elevated boardwalk, constructed through a dense mangrove forest, enables close observation of species that play a critical role in shoreline protection, carbon sequestration, and biodiversity conservation. The quiet ambience—defined by subtle tidal movements and distant avian calls—creates an environment ideal for both ecological study and reflective observation. In many ways, Yerata represents one of the finest examples of community-based eco-tourism in the region.



The Yerrata Mangrove Walk, Middle Andaman Island - Photographed by Dr. Ratan Mazumdar, Associate Professor

### **Austin Jetty**

The Austin Jetty in Mayabunder provides an exceptional vantage point for studying tidal dynamics and coastal coloration during dusk. The sunsets here, marked by shifting hues across the horizon, offer not only aesthetic beauty but also opportunities to observe atmospheric variations that influence local climatic patterns.



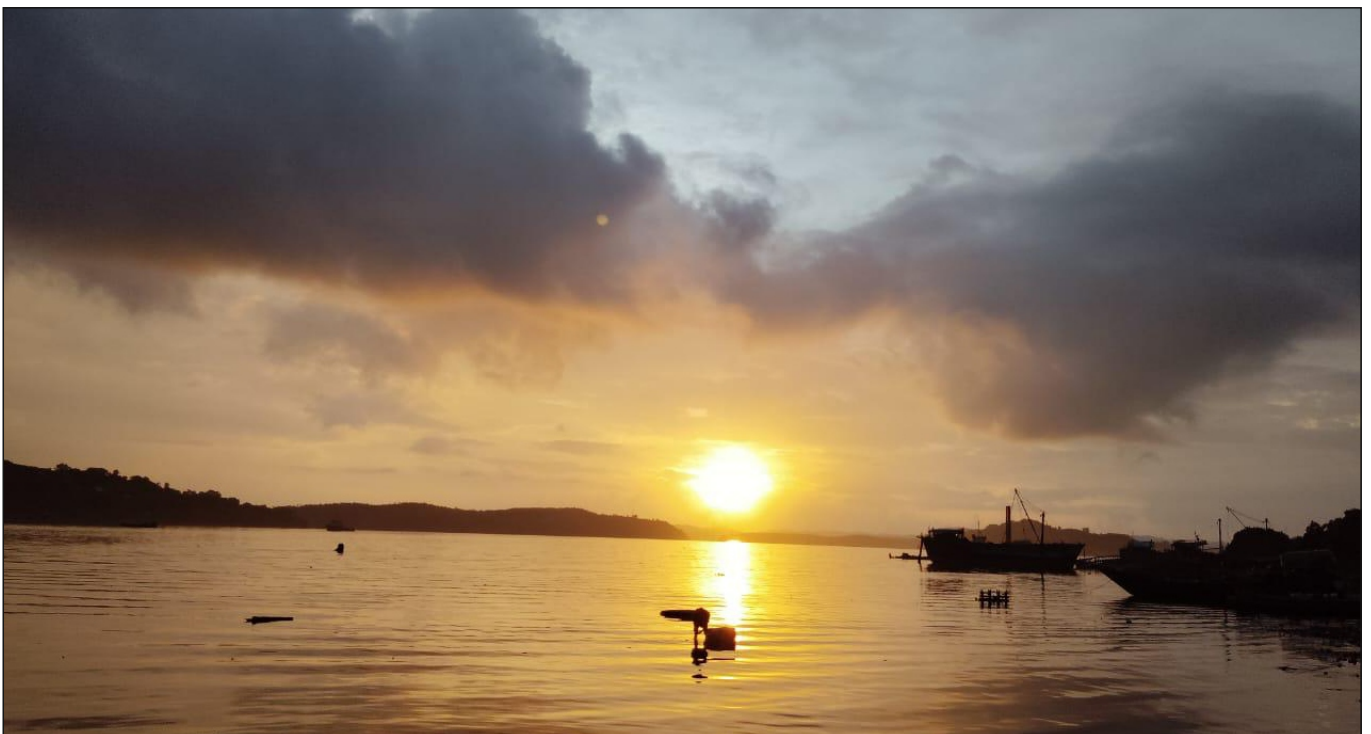
Sunset at Austin Jetty, Middle Andaman Island - Photographed by Dr. Ratan Mazumdar, Associate Professor

### **Ross & Smith Islands**

Finally there is the Ross and Smith Islands – two landmasses connected by a naturally occurring sandbar that emerges and recedes with the tides. This unique geomorphological feature serves as a striking example of coastal sediment dynamics and marine ecosystem interaction. The islands' clear waters, rich biota, and relative isolation make them ideal for ecological surveys and environmental research. For the traveller, however, they present a moment of profound stillness – a space where one may briefly perceive the Andaman Islands in their most pristine form.



The sandbar connecting the Ross Island and Smith Island, North Andaman Island - Photographed by Dr. Ratan Mazumdar, Associate Professor



Sunset from Junglighat Jetty, Sri Vijaya Puram - Photographed by Dr. G. Narshimulu, Faculty

# Digital Age and Modern Family: The Changing Landscape of Human Life

*Ajeet Kumar Singh, Faculty*

Human life in today's digital era experiences profound transformation shaped by technological advancement, evolving family structures, and socio-economic pressures. The once vibrant childhood and close-knit family environment now face unprecedented challenges due to shifting lifestyles and pervasive digital engagement.

## **Family Dynamics: From Joint to Nuclear and Emotional Disconnect**

India exemplifies a prominent shift from traditional joint families towards nuclear households. Recent data reveal that nuclear families constitute approximately 50–66% of Indian households nationally, a trend accelerating with urbanization, rising living costs, women's participation in the workforce, and altered social attitudes. This shift leads to physical proximity but emotional distance – family members living under the same roof are often engaged in parallel lives, spending significant time on digital devices rather than nurturing interpersonal bonds.

Couples, despite financial stability, exhibit weakened emotional connectivity. Stress from economic demands and living expenses exacerbates irritability, undermining peaceful coexistence and meaningful interactions. Children growing up in such environments show altered behavioural patterns, reduced spontaneity, and declining emotional sensitivity due to fragmented attention and parental impatience.

## **The Dominance of Screens and Mental Health Consequences**

Smartphones and digital screens serve as ubiquitous "blue screens" that monopolize daily life, with average usage often exceeding 8–9 hours. Though offering fleeting amusement and connectivity, this digital immersion frequently leads to social isolation, loneliness, and diminished family cohesion.

Research highlights the negative implications on children's cognitive and social development, including reduced attention spans, speech delays, and weakened face-to-face communication skills. Prolonged screen exposure links with mental fatigue, disrupted sleep, and increased risks of depression and anxiety.

Elderly members face growing neglect amid the breakdown of joint family norms. Social isolation affects over one-third of Indian seniors, with loneliness prevalent in more than half. This demographic shift demands attention to inclusive caregiving solutions amid rising divorce rates and broader societal fragmentation.

## **Macro-Level Stressors: Climate Change and Public Mental Health**

At the national and global levels, external stressors such as climate change introduce additional layers of uncertainty and strain. Rising temperatures correlate with increased mental health emergencies, anxiety, and even suicide rates. These environmental factors compound personal and familial stresses, challenging societal resilience.

## **Government and Social Initiatives: Towards Restoring Ethical and Family Values**

The Indian government and social organizations have recognized these multifaceted challenges and launched significant initiatives:

1- Family Welfare Programmes under the National Health Mission promote population control, reproductive health, and family planning, encouraging stable family units through informed choices.

2 - Mental Health Initiatives aim to bridge the treatment gap for common mental disorders with expanded healthcare access and public awareness campaigns.

3 - Programs like the RSS's Kutumb Prabodhan (Family Awakening) work at the community level to revive traditional family bonds and cultural values through workshops, community events, and spiritual education. Success stories across various Indian states attest to the positive impact of such efforts.

4 - Efforts to incorporate age-friendly infrastructure and social inclusion are underway to reduce elderly loneliness and improve their quality of life.

5 - There is growing emphasis on balancing digital engagement with real-world connections and promoting outdoor activities to reduce screen-induced stress.

### **The Way Forward: Redefining Human Connection**

To counter the erosion of emotional intimacy and societal wellbeing, a multi-layered approach is essential:

**Strengthen Family Bonds:** Encourage joint and extended family living arrangements or close intergenerational relations to provide emotional support and practical caregiving.

**Cultivate Emotional Intelligence:** Prioritize empathy, emotional regulation, and patient communication at home and in communities.

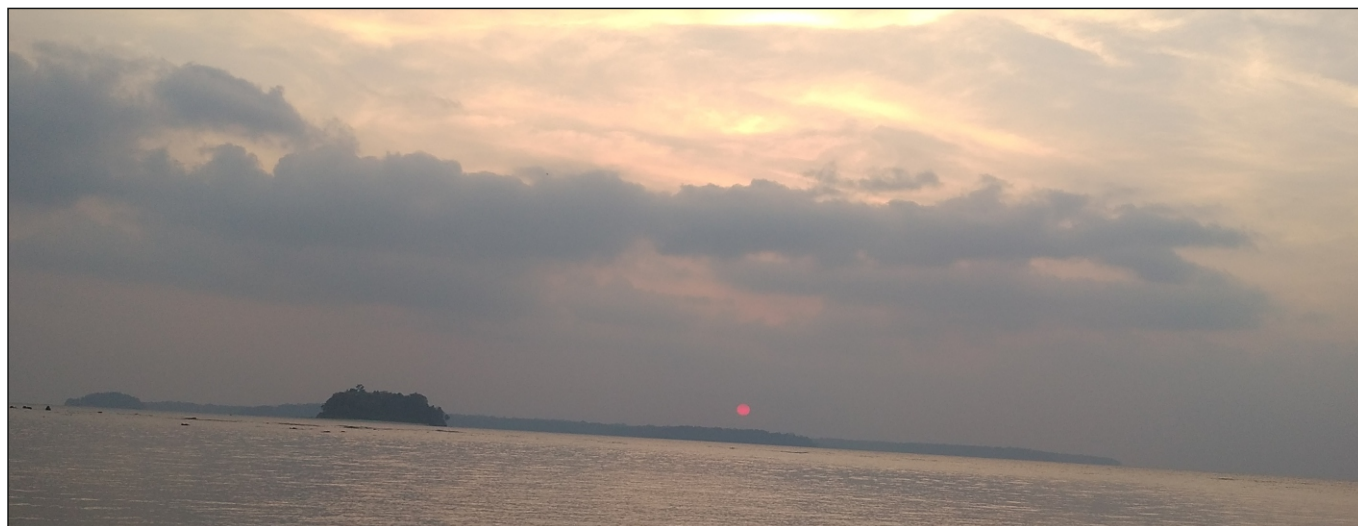
**Balance Technology Use:** Advocate for mindful screen time, especially among children, harmonizing digital benefits with natural outdoor engagement.

**Prioritize Authentic Relationships:** Foster genuine conversations, shared meals, and community participation to restore social cohesion.

**Support Elderly Inclusion:** Respect and involve older populations to enhance family values and social wisdom. **Promote Holistic Well-being:** Encourage healthy diets, regular rest, and mental health care as foundations for sustainable happiness.

### **Conclusion**

While technology and economic progress characterize the modern era, the diminishing emotional fabric of human life poses critical challenges. India's socio-cultural transitions demand conscious efforts to reunite families, nurture mental health, and restore traditional values combined with innovative government and community programs. By integrating macro-level public health strategies with micro-level family care and emotional nurturing, society can transform from a “blue screen” dominated existence to one enriched with empathy, genuine connection, and shared joy.



Sunset, Wandoor Beach, South Andaman Island - Photographed by Dr. Punam Tripathi, Faculty

# PHOTO GALLERY

Showcasing the activities of  
the P.G. Department of Geography

## Geography Awareness Week

18.11.2024 to 22.11.2024



## Teacher's Day Celebration, 2025



## Field Work



Advance Surveying using Total Station Survey by M.Sc. II (2023-24 batch)



Surveying by M.Sc. Final Year students (2022-23 and 2024-25 Batch) taught and led by Dr. R.G.S. Baghel, Associate Professor



## Study Tour



M.Sc. Final Year students (2023-24 Batch) visited Indira Point Light House and the Government Senior Secondary School, Gandhi Nagar during their field tour to Campbell Bay



B.Sc. Final Year students (2023-24 Batch) of Island Studies paper visited ANET, Wandoor

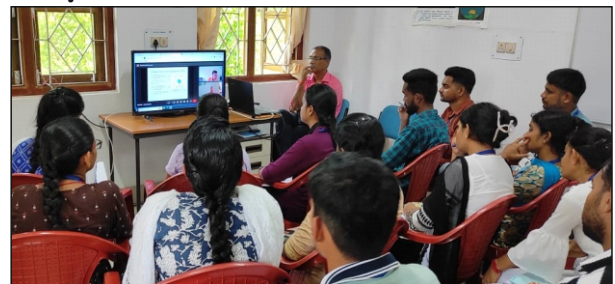


M.Sc. Final Year students (2023-24 Batch) visited Guptapara for Community Service

## Internship



M.Sc. Geography Final Year students (2024-25 batch) visited the Indian Institute of Geomagnetism (IIG) at Multiparametric Geophysical Observatory (MPGO) at Shoal Bay-8, South Andaman for Internship training program, from 16th August 2024 to 3rd September 2024.



# Community Extension Service - Winter Project

December 2024

As part of their Winter Project, the B.Sc. Second Year Geography students went to Kanyapuram Panchayat and Beadonabad Panchayat for Community Service.



## Other Activities

### Self-composed Poem Recitation Competition



To celebrate the Hindi Pakhwada, the P.G. Department of Geography organized an inter-departmental 'KAVI SAMMELAN' on 23rd September 2024, in which the students presented their self-composed poems

### Blood Donation



Sri Sarada Sangha, Port Blair organized a blood donation camp on 11th March 2025 at Ramakrishna Mission, Sri Vijaya Puram. More than 30 students from the P.G. Department of Geography participated in it and 15 donated blood.

### Participation in Competitions



Students participated and won at various inter-college and intra-college competitions

## Farewell Party



Farewell Party of Shri Ajay Chakravarti – 30.07.2025.

## Achievements by Students



B.Sc. Third Year students **Ashok Kumar** and **Sanjith Ram** have won many awards as Digital Influencers for their online channels. They are popularly known as *Sanju-Ziggu*

University Gold Medalist of the Department		
Year	B.Sc. Geography	M.Sc. Geography
2013	Gaurab Dhali	Jyotsna Das
2014	Saranika Roy	Kannagi
2015	Sandeep Sarkar	Karuna Tirkey
2016	Dipankar Mondal	Saranika Roy
2017	Abhaya Halder	Anuradha Mondal
2018	Nag Raj	Sushmita Baroi
2019	Payal Magato	
2020	Priya Kerketta (17GP0054)	
2021	Karthika S (18GP0031)	Kanupriya Nag (19PGP006)
2022	Nikita Tigga (19GP0041)	Baby Das (20PGP004)
2023	Reeshma R (20GP0062)	Kunal Kirtonia (21PGP011)
2024		Preeti Soy (22PGP015)

Pondicherry University Gold Medalists in Geography from our Department



Ms. Priya Kerketta (17GP0054) receiving Gold Medal from the Principal and HOD, JNRM



STANDING (L-R): Dr. G. Narshimulu; Dr. Anil Kumar; Mr. Arun Kumar Yadav; Ms. Sairoan Bara; Dr. Punam Tripathi; Ms. Muthu Selvi; Mrs. Naw Jocelyn; Mrs. Amreen; Mr. Ajeet Kumar Singh and Mr. Venkat

SITTING (L-R): Dr. R. Mazumdar, Dr. Manju Nair, Dr. K.C. Joshi; Dr. Pearl Devdas (HOD); Dr. R.G.S. Baghel; Dr. Satya Prakash and Dr. S.C. Chaturvedi

# EXPRESSIONS

Paintings, Sketches and Photographs by *Murad Islam, B.Sc. 2<sup>nd</sup> Year*

