



Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Weather Report
 Light to moderate rainfall very likely to occur over Port Blair. Partly cloudy sky.
 Maximum and Minimum temperature will be around 31°C and 26°C respectively on Monday 10/05/2021.
 Maximum Temperature (°C) of Date: 32.2
 Minimum Temperature (°C) of Date: 25.3
 Relative Humidity(%) at 0830 IST : 093
 Relative Humidity(%) at 1730 IST : 093
 Sunrise time on 10.05.2021 (in IST): 0457
 Sunset time on 10.05.2021 (in IST): 1735
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.4
 Rainfall upto 1730 hrs of date in mm: 031.2
 Rainfall (Progressive total from 1st January 21 upto 0830 hrs (of date) in mm: 446.2 mm

Regn. No. 34190/75

No. 128

Port Blair, Monday, May 10, 2021

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

One more unvaccinated person above 45 dies due to COVID-19 at G.B. Pant Hospital

Left over eligible unvaccinated persons urged to get themselves vaccinated to protect themselves from virus

Port Blair, May 9
 The Administration through various modes of communication has been requesting people above 45 to get themselves vaccinated, as a shield against COVID-19. Despite the best efforts, 3087 eligible persons have not yet taken the vaccine. According to Health Department, another person above 45 years who had not taken the vaccine had died today at G.B. Pant Hospital. Vaccination is



shows that about 1,01,603 persons aged above 45 years in A&N Islands are target beneficiaries to be vaccinated and 98,516 beneficiaries have been vaccinated with 1st dose. The remaining 3087 eligible persons in this age group who have still not taken 1st dose of vaccine is a matter of concern despite repeated request. People should realize that their safety is in their hands and taking vaccination will help them in keeping the virus at bay.

reaching out to the eligible beneficiaries through land, air and sea. The official health data reveals that the second wave has taken away 14 lives in A&N Islands so far. The data further

COVID positive cases continues to be more among inter-island bound passengers than flight passengers

4 more Inter-Island bound passengers tested positive taking the total tally to 723

No positive cases detected from incoming flight passengers

Port Blair, May 9

The A&N Administration has made a fervent appeal to all the Islanders to stay home and break the chain of transmission of corona virus. More carelessness would lead to more difficulties and the only way to 'Break the Chain' is to be at home for some days and this will help in flattening the COVID



RAT Test conducted on Inter Island bound Passengers today, 4 passengers out of the 66 passengers tested

were positive. At the same time, the test conducted on 224 flight passengers at ITF ground today, no positive cases have been found. This reveals that today also the number of passengers detected positive among Inter-Island passengers out numbers the flight passengers.

(Contd. on last page)

Violations under national directives for COVID-19 management in A&N Islands

Fine amount of Rs. 61,100/- realized through 258 challans

Port Blair, May 9

Despite the best efforts of the Administration to stop the transmission of the virus, the number of active cases still remains on the higher side. The people of the Islands have been requested many times to follow COVID appropriate behavior and thereby help the Administration in its efforts to check the spread of the disease. The onset of second wave of COVID-19 positive cases has been primarily due to complacency in adhering to COVID Protocols and unnecessary movement.



Police Department reveals that under national directives for COVID-19 management, an amount of Rs. 61,100/- have been realized through 258 challans in A&N Islands on May 8. In South Andaman, 152 chalans were made and an amount of Rs. 36,300/- were realized from the

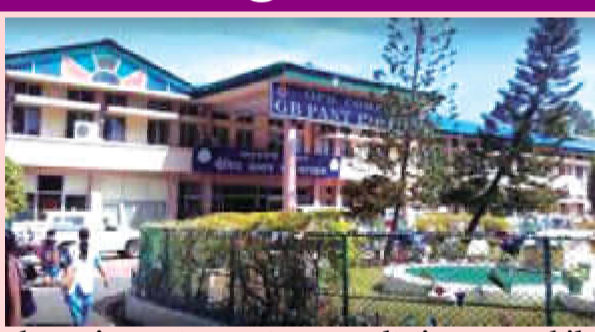
the COVID appropriate behavior as it not only endangers their life but also the life of others. At this juncture, nothing is of greater importance than saving precious human lives. The people of the Islands are appealed to behave like responsible citizens and diligently follow COVID appropriate behaviour, restrict the movement and strictly follow the guidelines issued by the Administration.

Mask is better than Ventilator, Home is better than ICU and the age old adage "Prevention is better than cure" should be practiced.

Counseling for medical assistance

Do not visit GB Pant Hospital for minor ailments; patients advised to utilize services of doctors through tele-consultation

Port Blair, May 9
 It has been observed that a large number of patients are approaching GB Pant Hospital even for minor ailments which create unnecessary crowd at OPD. In view of increase in number of COVID Positive cases such practice invites violation of COVID-19 Protocols. In view of the



above circumstances, to protect the public a panel of Doctors are available for tele-

been advised to utilize services of the doctors for tele-consultation and should come to GB Pant Hospital only when they are advice to come to Hospital by Doctors or when they are seriously ill.

The list of the doctors who can be contacted over telephone for medical advice are as

(Contd. on last page)

DC (SA) and team inspect COVID Care Centres at DBRAIT and ITI Dollygunj

Citizens appealed to report any symptoms to nearest PHCs/CHCs or District Control Room numbers

Port Blair, May 9
 Shri Suneel Anchipaka, Deputy Commissioner (SA) alongwith Shri Hari Kallikkat, SDM (SA) visited and inspected the COVID Care Centres at DBRAIT and ITI, Dollygunj. During the inspection, DC (SA) interacted with the doctors and officials on duty at both the centres and enquired about the



well-being of the patients and the issues if any being faced by them. They also

happiness over the overall arrangements being made in the Centres for the welfare of the patients. He further lauded the efforts of the medical team and all other officials for putting their best foot forward in the fight against COVID.

The DC (SA) further appealed to all citizens to report any symptoms

(Contd. on last page)

Stay safe with age old wisdom of Ayurveda

Steam inhalation, consuming warm water & Ayush Kaadha will help in fighting Corona virus

Port Blair, May 9
 As the country reels under severe COVID pandemic, it is important to keep oneself safe from this dreaded disease. To boost ones immunity, age old home remedies comes handy, especially in this challenging times, said DD AYUSH, Dr. Kalyan Khadbane.



He advised people to take steam inhalation thrice

a day and consume warm water at regular intervals as per individual needs as this will help keep the trachea clean.

He further stated to gargle with warm water twice a day (a teaspoon full of sesame oil, half tea spoon haldi and pinch of common salt

(Contd. on last page)

Media briefed on COVID-19

COVID positive cases in Inter - Island bound passengers outnumbers flight passengers: Secretary (IP&T)

Port Blair, May 9

The Secretary (IP&T), Shri Sunil Kumar Singh briefing media on COVID-19 today said that during the Rapid Antigen Test conducted on flight passengers, no COVID positive cases have been reported. This is the first time, since mandatory RAT conducted on



incoming passengers since April 16, 2021 that out of the 224 passengers tested, no one has been found

passengers, out of the 66 passengers, 4 positive cases were detected, he said. Mentioning that it's a matter of concern, he appealed to the people to minimize their movement to protect themselves and their families from the transmission of the virus.

(Contd. on last page)

Help Administration in its fight against COVID-19

Spot persons violating COVID appropriate behaviour

(Not wearing mask, not following social distancing norms etc.)

Click pictures of violators and inform through WhatsApp on A&N Police Helpline 3rd Eye Mobile no. **9531892228** or District Administration South Andaman **9531888844**

Let's break the chain of transmission

#Together we win battle against COVID-19 pandemic in Isles

A&N Administration

Adopt COVID Appropriate Behaviour: ' Davai Bhi, Kadai Bhi (Yes to medicine and Yes to caution)

COVID ALERT
FOLLOW COVID APPROPRIATE BEHAVIOUR EVERYDAY
AND HELP KEEP COVID-19 AWAY



- Total number of active cases in India: 3736648
- Deaths in India: 242362
- Surge in a single day in India: 4,03,738
- Total no of active cases in A&N Islands: 203
- Total Deaths in A&N Islands: 76
- Surge in a single day in A&N Islands: 26

It is time to be alert & vigilant
Follow COVID appropriate behaviour strictly

Call Control Room number for assistance: 240126, 232102, 1077, 1070
BADALKAR APNA VYAVAHAR, KAREIN CORONA PAR VAAR
Issued in public interest by A&N Administration

V MEKU R FKU DUKU I ZKLU
ANDAMAN & NICOBAR ADMINISTRATION
LEPKY ; /SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)
(No. 405/9th May 2021)

COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 09.05.2021

> Status of Cases :

Second Wave since: 01.03.2021	
Active new case in last 24 Hours	26
Total Active case as on date	203
Total Deaths during second wave	14

Cumulative since March 2020

Details	On 8 th May 2021	On 9 th May 2021	Total
Confirmed Cases	6341	26*	6367
Cured/Discharged from Hospital	6056	32	6088
Death	74	02	76

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	05	281
South Andaman	5583	198	5385
Nicobar	507	00	507
Total	6376	203	6173

Total 14 containment zone formed in South Andaman District

> Status of Sample and Testing:

Total Samples sent till date	376933
Total Reports received till date	376933
Total Pending Reports	0
Rate of Testing Per Million	942333
Test Positivity Rate	1.69%
COWIN 1.0	

> Vaccination Status

Total population	4,00,000	--
Target Beneficiaries	1,01,603	--
Cumulative Beneficiaries vaccinated so far	1,14,275	--
Cumulative Beneficiaries vaccinated with 1 st Dose so far	98,516	96.96
Cumulative Beneficiaries vaccinated with 2 nd Dose so far	15,759	16.00
% of population vaccinated	--	24.63

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 th May 2020 to 8 th May 2021	On 09 th May 2021	Total
Incoming Passengers			
a) VSI Airport	236840	234	237074
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	248386	264	248650
b) Haddo Wharf	928	0	928

* On 09.05.2021, 224 passengers were retested by RAT at Airport.
24x7 CONTROL ROOM NUMBERS: 240126/ 232102 / 1077/ 1070
(Source: Directorate of Health Services)

Stay safe with age old wisdom of Ayurveda...
(Contd. from page 1)

Ayurvedic Immunity Promoting Measures

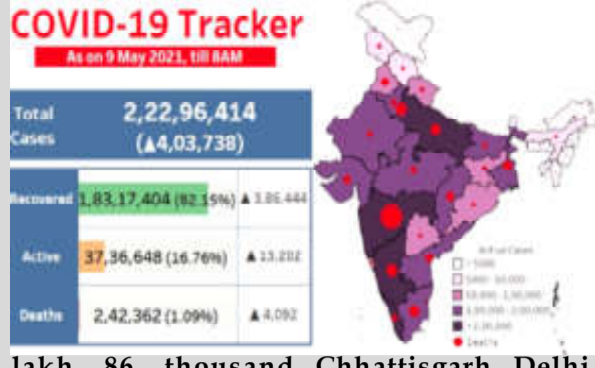
- Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
- Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
- Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.



may be added to water). Steam inhalation thrice a day (Mint leaves or pinch of ajwain (carom seed) may be added to the water in case of congestion). Half tea spoon of clove powder may be used once or twice a day along with honey for dry cough/sore throat. Food should be freshly cooked, warm and easily digestible and in suitable quantity as per individual need. Spices like Haldi (Turmeric), Jeera (Cumin), Dhanya (Coriander), Lahsun (Garlic), Adrak (Ginger), Pippali (Pepper) are recommended in cooking. Warm soups of lentils/pulses / meat can be taken as per preference and avoid overeating. Avoid foods/drinks like curd, banana, cold drinks, ice-cream, refrigerated items; and cold air which may trigger respiratory symptoms. Elaborating on the preparation method of AYUSH Kadha, he said drink 150 ml of herbal tea/decoction made by boiling tulsi (basil), dalchini (cinnamon), kalimirch (black pepper), shunthi (ginger), munakka, (raisin) in water once or twice a day. Jaggery and fresh lemon juice may be added for taste.

Active COVID cases in country decline to nearly 16.76 per cent of total reported cases

New Delhi, May 9
The cumulative share of active COVID cases in the country has declined to comprise nearly 16.76 per cent of the total reported cases. The Health Ministry has said that currently over 37 lakh 36 thousand people are reported to be suffering from the viral pandemic and are either hospitalised or under home isolation. In the last 24 hours, 4 lakh 3 thousand 738 new COVID-19 cases were registered in the country. With this, the recovery rate has further improved to stand at 82.15 per cent. Since yesterday over 3



lakh 86 thousand people were discharged from Hospitals or were reported to have completely recovered. So far, over 1 crore 83 lakh people have recovered from the COVID-19 infection in the country. Ten States including Maharashtra, Chhattisgarh, Delhi, Tamil Nadu, Uttar Pradesh, Punjab, Madhya Pradesh, Gujarat & Kerala continue to be major hotspots of the viral pandemic. Nearly 75 per cent of the new cases have been reported from these states. In the last 24 hours, four thousand 92

Counseling for medical assistance...
(Contd. from page 1)

mentioned below

Sl No	Name of the Doctors	Department	Contact Number
1	Dr. S R Gedella	General Medicine	9476003121
2	Dr. Shiv Shankar Singh	General Medicine	9434282123/ 9933239235
3	Dr. Annu Raj	General Medicine	8764112434
4	Dr. Srikant	General Medicine	9894493658
5	Dr. T. L. Ratnakumari	Pediatrics	9444906642
6	Dr. Pragatesh	Pediatrics	9442034165
7	Dr. SeemaYadav	OBS & GYNEC	9531915157/9933294798
8	Dr. Pinky Jena	OBS & GYNEC	9679504498
9	Dr. Dharmendra Kumar	Orthopedics	9932089796
10	Dr. Gurumani	ENT	9444651172/ 9003965312
11	Dr. MarutiMeena	ENT	9730143462
12	Dr. Sutapa Das	Ophthalmology	8940192097/ 9489265897
13	Dr. Anil Kumar	Anesthesiology	9476068147
14	Dr. Narayanan	Anesthesiology	9434293376
15	Dr. Ajay Verma	Dentistry	9896003101
16	Dr. AnandLingeshwaran	Psychiatry	9443492050
17	Dr. SaijVarghees	Sr. Surgical Specialist	9476021700
18	Dr. Nilesh Patel	Asst. Prof Surgical	7304300503
19	Dr. Mohammed Shameem	Surgical Specialist	9531877000

Teaching learning process through virtual mode; schedule of tele-classes for upcoming week announced

Port Blair, May 9
The schedule for the broadcast of tele-classes for the upcoming week (from 10.05.2021 onwards) for the students of Class III to VII on All India Radio, Port Blair and Class VIII to XII through Local Cable TV Network (City TV, City Plus, City TV HD) and Class X and XII in Doordarshan as mentioned below.

SCHEDULE FOR CABLE TV TELECAST (w.e.f. 10.05.2021 to 15-05-2021)

DATE/TIME	10.00 AM - 10.30 AM	10.30 AM - 11.00 AM	11.00 AM - 11.30 AM	11.30 AM - 12.00 Noon	12.00 Noon - 12.30 P.M.	12.30 P.M. - 01.00 P.M.
REPEAT TELECAST	06.00 PM - 06.30 PM	06.30 PM - 07.00 PM	07.00 PM - 07.30 PM	07.30 PM - 08.00 PM	08.00 PM - 08.30 PM	08.30 PM - 09.00 PM
Class/Date	VIII	IX	X	XII	XII	XII
10-05-2021 Monday	SCIENCE	MATHS	SCIENCE	CHEMISTRY	ACCOUNTANCY	PHYSICS
11-05-2021 Tuesday	S/SCIENCE	SCIENCE	MATHS	PHYSICS	ECONOMICS	MATHS
12-05-2021 Wednesday	ENGLISH	MATHS	ENGLISH	COMP. SC.	POL. SC.	ENGLISH
13-05-2021 Thursday	MATHS	ENGLISH	S/SCIENCE	BIOLOGY	HISTORY	ACCOUNTANCY
14-05-2021 Friday	SCIENCE	S/SCIENCE	SCIENCE	MATHS	B/STUDIES	GEOGRAPHY
15-05-2021 Saturday	MATHS	SCIENCE	MATHS	CHEMISTRY	ECONOMICS	BIOLOGY

Morning telecast on City Plus (705) and repeat telecast on City TV (703) and City TV HD (704) from Monday to Thursday at 6.00 p.m., Friday at 6.30 p.m. and Saturday at 7.00 p.m.

SCHEDULE FOR DD TELECAST (10-05-2021 - 14-05-2021)

DATE/CLASS /TIME	10-05-2021	11-05-2021	12-05-2021	13-05-2021	14-05-2021
4:00 pm- 4:30 pm	X- ENGLISH	X - SCIENCE	X - MATHS	X - SOCIAL SC.	XII - ECONOMICS
4:30 pm- 5:00 pm	XII - PHYSICS	XII - POL. SC.	XII - CHEMISTRY	XII - MATHS	XII - BIOLOGY

Students and parents have been urged to post their Questions related to their subjects in the format Name of the student, Address, Class, Subject, Questions/Query/Doubts, through the mode of SMS or WhatsApp on following mobile numbers -9474210059, 9474210823 or on Email-id -sieandaman@gmail.com. Questions/Query/Doubts received through SMS or Whatsapp shall be clarified by the subject teachers. Students can view the contents online through the Department's YouTube channel at "ANEducationDept Andaman". The Radio broadcast is available in AM684 KHz and your mobile phone on 'newsonair' app.

Weekly Schedule of Radio Broadcast (10.05.2021 to 15.05.2021)

DATE	09.00 A.M. TO 09.20 A.M.	09.20 A.M. TO 09.40 A.M.	09.40 A.M. TO 10.00 A.M.
10.05.2021 (Monday)	IV - EVS	V - ENGLISH	VI - ENGLISH
11.05.2021 (Tuesday)	III - EVS	VI - SCIENCE	VII - ENGLISH
12.05.2021 (Wednesday)	IV - HINDI	VI - HINDI	VII - SCIENCE
13.05.2021 (Thursday)	III - HINDI	VI- SOCIAL	VII - HINDI
14.05.2021 (Friday)	III - ENGLISH	V -HINDI	VI - SCIENCE
15.05.2021 (Saturday)	IV - ENGLISH	V - EVS	VII - SOCIAL

Apart from this, students can access digital contents from Digital Infrastructure for Knowledge Sharing (DIKSHA) <https://diksha.gov.in>, National Repository of Open Educational Resources (NROER) <https://nroer.gov.in> and e-pathshala <https://epathshala.nic.in>. The students, parents and all stakeholders have been appealed to make use of this facility to the maximum extent for the benefit of enhancing teaching-learning activity during this period. Parents have been requested to engage their wards to compulsorily attend the virtual classes as per the schedule and feel free to contact their teachers for any clarification of the content, a press release received from Principal, SIE said here.

Media briefed on COVID-19...
(Contd. from page 1)

The Deputy Director (Health), Dr. Amitabh De stated that a total of 19 new COVID patients were admitted at G.B Pant Hospital taking the total number of corona positive patients admitted in the Hospital to 84. Out of the 84 patients, 49 are on oxygen support and two are on ventilator. He further said 2 patients were admitted at COVID Care Centres and 15 were discharged today. The Director, ANIMS, Dr. A. K. Mandal, the Director, IP&T, Shri Alok Kumar, and the Deputy Director, IP, Shri R.S. Meena also attended the press conference.

DC (SA) and team inspect COVID...
(Contd. from page 1)

and any other queries to the nearest PHCs/CHCs or District Control Room numbers 1077/238881/ 240127 or +919531888844 (whatsapp number) for necessary guidance and further action, a press release received from DC(SA) said.

Over 16,94,00000 doses of COVID-19 vaccine administered in country so far

New Delhi, May 9
India has administered over 16,94,00,000 doses of Covid-19 vaccine in the country so far. These include over 95,39,000 Healthcare Workers who have taken the 1st dose and more than 64 lakh Health care workers who have taken the 2nd dose. Over one crore 39 lakh Frontline Workers have taken the 1st dose and more than 77 lakh front line workers have taken the 2nd dose. Union Health Ministry said that more than 18 lakh 93 thousand beneficiaries were inoculated with Covid-19 vaccine doses yesterday. Out of which seven lakh 83 thousand beneficiaries were vaccinated for 1st dose and more than 11 lakh beneficiaries received 2nd dose of the vaccine. (Source: india.gov.in)

COVID positive cases continues to be...
(Contd. from page 1)

With this, the total positive cases so far detected in A&N Islands goes up to 1347. Out of this, 723 cases detected were of inter-island bound passengers while the positive cases detected among the flight passengers remains at 233 from the period of March 1, 2021 to May 9, 2021.

Let's Promote CHALLENGE
To Fight against COVID-19

Follow 3 EASY RULES

- Handwash
- Gargling
- Steam

Stay Protected! Stay Safe from Coronavirus!

OFFICE OF THE DEPUTY COMMISSIONER
South Andaman District



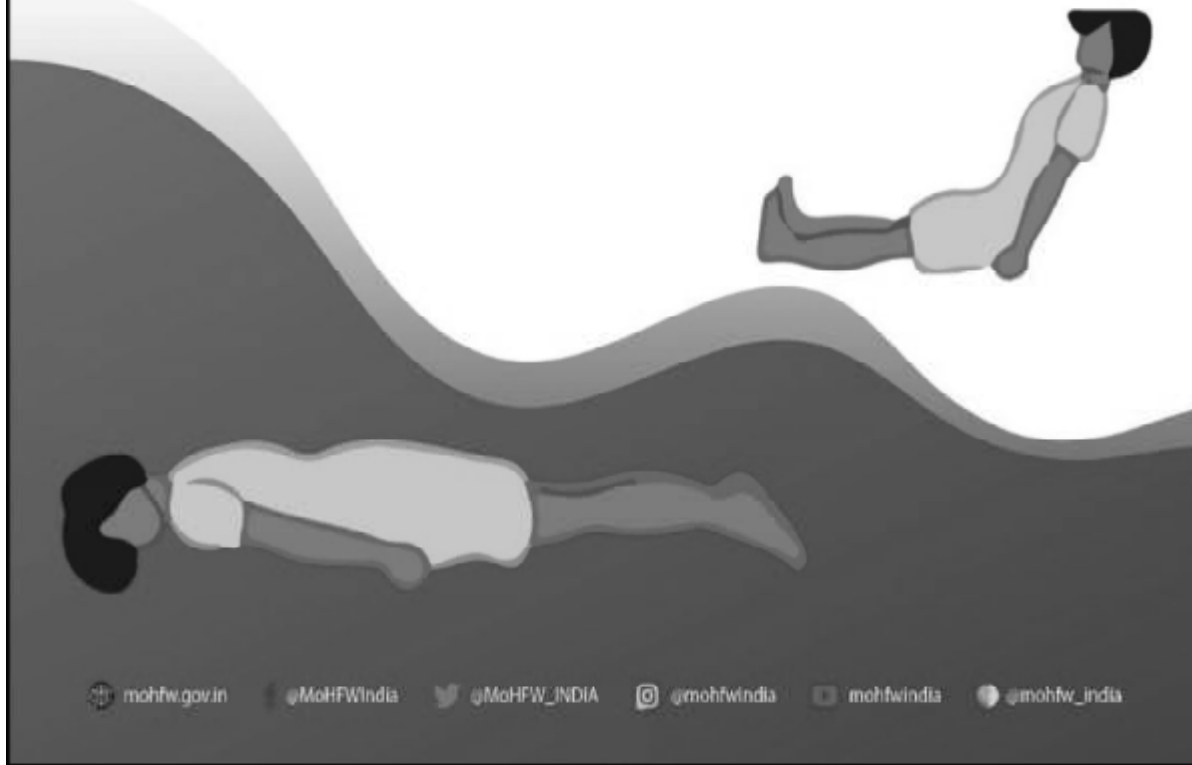
Ministry of Health & Family Welfare
Government of India

Help us to help you

COVID-19

Proning for Self care

- PRONING is the process of turning a patient with precise, safe motions, from their back onto their abdomen (stomach), so the individual is lying face down.
- Proning is a medically accepted position to improve breathing comfort and oxygenation.
- It is extremely beneficial in COVID-19 patients with compromised breathing comfort, especially during home isolation.



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WHEN do you prone?

Proning is required only when the patient feels difficulty breathing and SpO₂ has decreased below 94.



Source: Ministry of Health and Family Welfare

HOW do you prone?

Positioning of the pillow during proning:



Source: Ministry of Health and Family Welfare

Avoid Proning in conditions like:

- Pregnancy
- Deep venous thrombosis (Treated in less than 48 hours)
- Major cardiac conditions
- Unstable spine, femur, or pelvic fractures

Non-self pronating patients (in emergency):

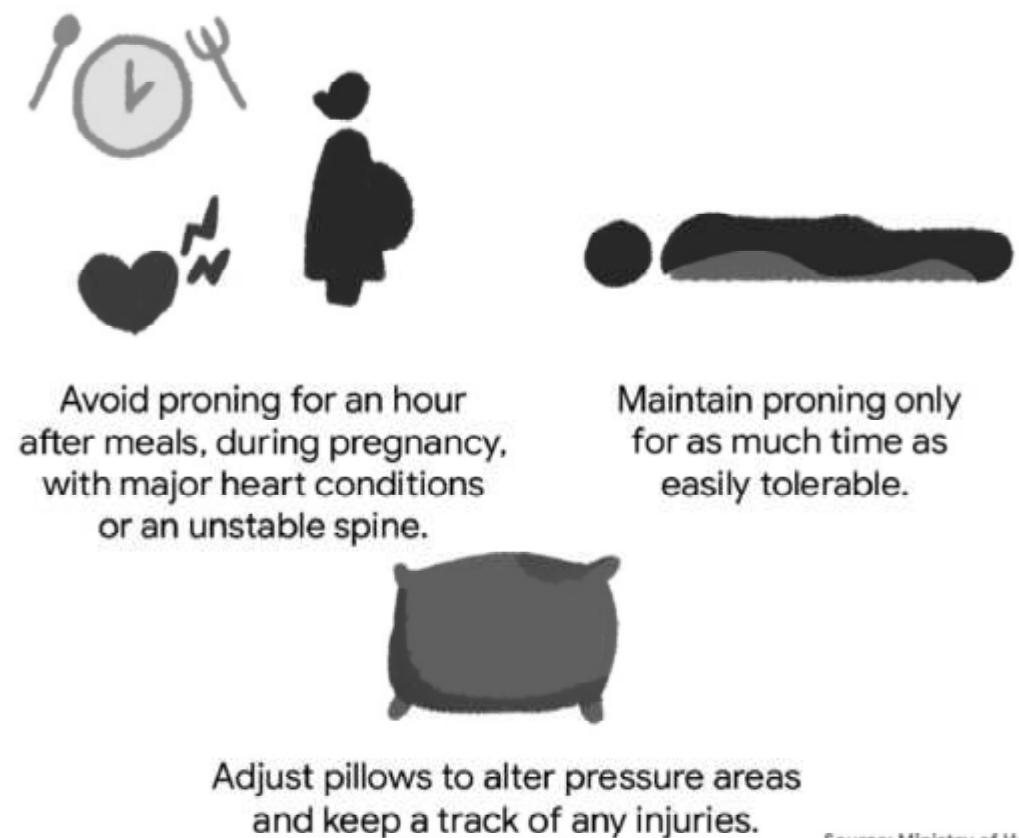
Five-step method to place a patient in the prone position using a regular bed, flat sheet, and family members

- Using a flat sheet, pull the patient to one side of the bed.
- Place the flat sheet around the arm that will pull through (the side you are turning toward).
- A second flat sheet is placed on the bed and tucked under the patient. This sheet will pull through as you are turning the patient.
- Using the sheet, turn the patient over and position the patient prone. The arm and sheet will pull across the bed.
- Pull and center the patient. Discard the sheet that was used to place the patient in the supine position. Straighten lines and tubes.

This may need modification with emerging evidence

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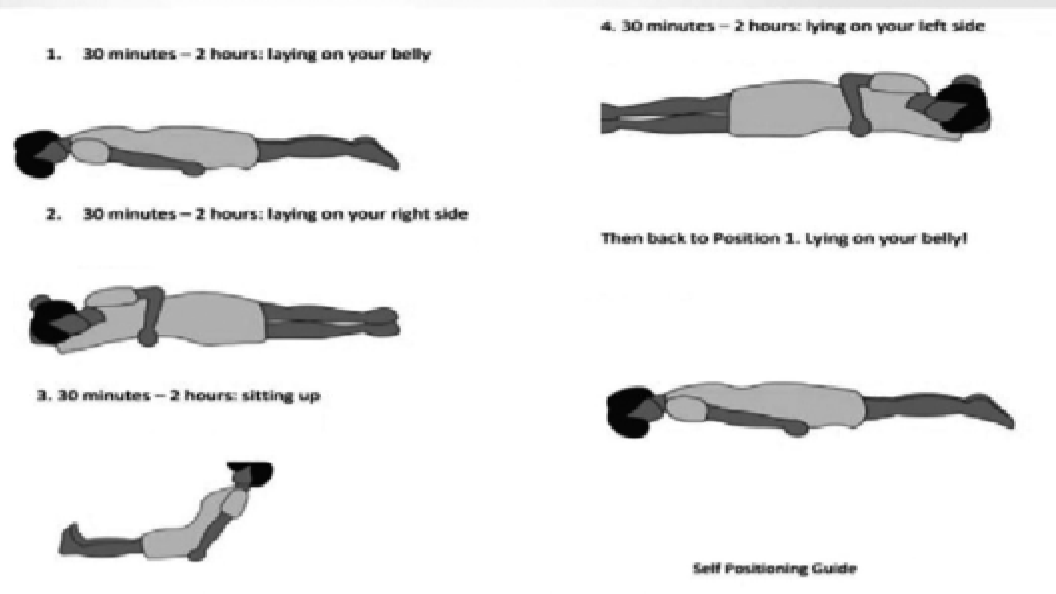
Precautions to take while proning:



Source: Ministry of Health and Family Welfare

For Self-Proning:

- > You will need 4-5 Pillows.
- > Regular alterations in lying position
- > Best is to not spend more than 30 minutes in each position



Caution:

- > Avoid proning for an hour after meals
- > Maintain proning for only as much times as easily tolerable
- > One may prone for up to 16 hours a day, in multiple cycles, as felt comfortable
- > Pillows may be adjusted slightly to alter pressure areas and for comfort
- > Keep a track of any pressure sores or injuries, especially, around bony prominences

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CHAKRABORTY HOSPITAL
HEART CARE CENTRE

Introducing First EECF in Andaman

Enhanced External Counter Pulsation (EECP) Therapy is a safe, simple, non-invasive, affordable and effective treatment which is clinically proven to be highly successful in eliminating or reducing the symptoms of coronary artery disease, high blood pressure, high cholesterol, stroke, diabetes and obesity. EECF is an alternative to surgery and medication. It works by improving circulation throughout your body, helping your blood cleanse and grow new blood vessels naturally. EECF strengthens the cardiovascular system through increased blood flow which help the body repair and heal itself.

Advanced EECF Services for a Healthy Heart

NO Hospitalization NO By-Pass Surgery NO Pain

EECF will benefit patients with...

- Heart Attack
- Stroke/Paralysis
- Breathlessness/Shortness of breath
- Multiple blocks in Angiogram
- Not suitable/willing for bypass Surgery/Angioplasty

Address: Near Dollygunj Junction, Port Blair, South Andaman - 744103
To know more about EECF : 8900957742 | 9679580175
Website: www.chakrabortyhospitalportblair.com
Follow us on Facebook & Instagram @chakrabortyhospital

MATRIMONY

Alliance invited for local Hindu Girl Govt. Servant, 35 years.
Contact: 9474255342 / 9739536219

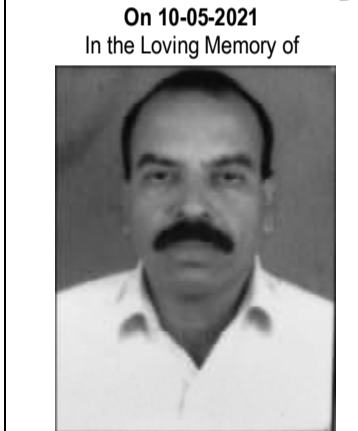
TO LET

1 BHK Flat (furnished with AC, LED TC, Sofa, Sofa-cum-Bed, Dining Table, Double Bed with Mattress etc.) and 1 BHK Flat at Road Side Dolly Gunj with 24 hrs. water parking facility & kids play area) @ Rs.12000/- & 7500/- PM. Contact Cell: 9679561563 / 8327544039

YOGA, NATUROAPY, DORN THERAPY, SIDDHA, ACUPUNCTURE, LM NEURO THERAPY, THAI & VARMA HERBAL MASSAGE, PAST LIFE REGRESSION THERAPY

Relief from pains, Spinal Alignment, Arthritis, joints pains, Neck, Shoulder, Back & Knee Pains, Cervical & Lumbar Spondylitis, Sciatica, Jaundice, Disc compressed, Frozen Shoulder, Stress, Elbow Pain, Depression, Sleeplessness, Cholesterol, Weight Gain, Gastric & Breathing Problems, Cough, Sinusitis, Nasal Polyps, Allergy, Migraine, Headache, Indigestion, Piles, Fistula, Gastro- Intestinal Problems, Constipation, Fatty Liver, Hair Falling, Dandruff, are Controlled & treated.
Organic Foods available. Visit: www.vychealthguru.com
Yoga Classes From 5.00AM to 12.30 PM. Male -Female Yoga Instructor & Neurotherapist available for Home Visit
Govt. Regcognised Courses -1.Diploma in Yoga & Naturopathy, 2.LM Neurotherapy, Pranik Healing & Organic Foods. Home Visit Available.
Vasumathy Yoga Clinic, D. Farm Jn. Cell: 9933220212, 9474234252

3rd Death Anniversary



On 10-05-2021
In the Loving Memory of
Late N. AJAY KUMAR
Ex. Head Clerk, Elect. Deptt.
R/o Atlanta Point
Days May Pass into months and months to years but not a single moment can pass without your remembrance
We Miss U Lot
Inserted by: Smti. P. Anita (Wife), Nitin. A (Son), Nikita. A (Daughter), Ajith Kumar (Son-in-law) and all family members.

WANTED

FAMILY (Husband & Wife) Both should Work For housework (FREE ACCOMMODATION) FULL TIME Starting Salary (Combined) Rs 20000/-PM Contact Immediately: 9933239902 9434281091

Heartfelt Condolence
" PASSED AWAY "



D.O.B :
09/06/1951

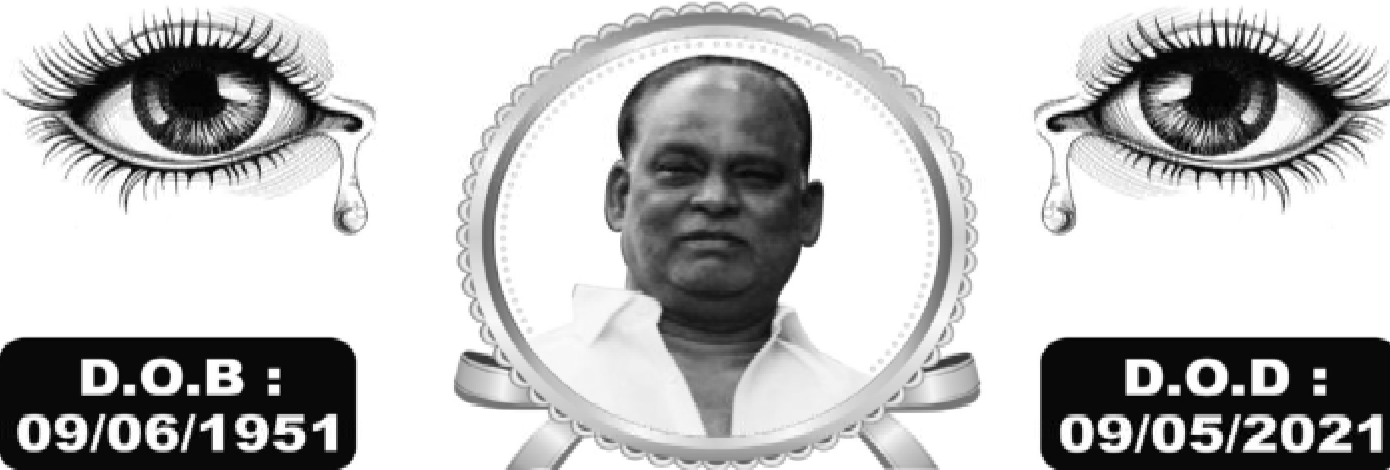
D.O.D :
09/05/2021

RSN FOUNDER
THIRU. R. SADHA (69 Years)

You were a true hero of our ANDAMAN & NICOBAR ISLANDS.
You leave but your legacy will live among us. Rest in peace

Deeply Mourned by **LIONS CLUB PORT BLAIR**

Heartfelt Condolence
" PASSED AWAY "



D.O.B :
09/06/1951

D.O.D :
09/05/2021

RSN FOUNDER
THIRU. R. SADHA (69 Years)

You were a true hero of our ANDAMAN & NICOBAR ISLANDS.
You leave but your legacy will live among us. Rest in peace

Deeply Mourned by **ANDAMAN MUKKULATHOR SANGAM PORT BLAIR**

Heartfelt Condolence



Shri R. Sadha Adhiyamar

Our heartfelt condolence to RSN Group on the sudden death of **Shri Sadha Adhiyamar** (Proprietor) on 9th May, 2021. May his soul rest in peace and may God bless you with strength and courage to cope up in this unfortunate time.

From: Management and Staff of MSS Water Supply

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