



Vaccination- shield against the virus

2,25,809 eligible beneficiaries administered vaccine in Isles so far; 58,552 persons in the age group of 18-44 years vaccinated

Port Blair, July 10

The safety of the citizens is the foremost priority of the Administration, especially during this pandemic time. To shield its citizens from the corona virus, the vaccination of eligible beneficiaries is being initiated by the Administration in different parts of the Islands. Accordingly, the vaccination began with administering of COVISHIELD vaccine



for Health Care Workers followed by frontline workers and vulnerable population with comorbidities. Subsequently, the

vaccination for 45 and above was initiated followed by 18 to 44 years which is currently underway. Meanwhile, the

vaccination drive is continuing smoothly in A&N Islands. As per data available, a total of 2,25,809 beneficiaries have been vaccinated so far in A&N Islands, out of the target beneficiaries of 2, 81, 603 (approx.). A total of 6961 people were vaccinated today in A&N Islands. 58,552 eligible people in the age group of 18 to 44 years have been vaccinated till date.

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District Administration meticulously implementing five-fold strategy of Testing, Tracing, Treatment, Isolation & Vaccination

Special vaccination camp organized at Shoal Bay; 620 persons vaccinated



Port Blair, July 10

The District Administration in its efforts towards containment of COVID-19 is meticulously implementing the five-fold strategy of Testing, Tracing, Treatment, Isolation and

Vaccination in the District. The vaccination camps are being held frequently in far flung areas of the District. Till date, in the jurisdiction of Wimberlygunj Health and Wellness Centre area around 2260

persons in the age group of 45 and above have been vaccinated, out of which, 850 persons have also got their second dose. Further, around 1416 persons in the age group of 18-44 have been provided with their first dose of the vaccine.

Taking into consideration the demands of the villagers of Shoal Bay, the farthest and remotest village in South Andaman Administration

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Secretary (Fisheries) visits seaweed cultivation site at Hathi Tappu

Villagers urged to take part in seaweed cultivation for livelihood



Port Blair, July 10

Ms. Veditha Reddy, Secretary (Fisheries), A&N Administration along with Director of Fisheries visited the new site at Hathi Tappu (near Jetty) identified by CSIR-CSMCRI yesterday for establishment of Seed Bank for Seaweed Culture Project. The pilot project on establishment of seed

bank and demonstration of seaweed cultivation is implemented by Central Salt and Marine Chemical Research Institute (CSMCRI), Wandoor to Hathi Tappu due to some technical reasons. Eleven Seaweed seeded Bamboo rafts have already been installed at the site. During the visit, Secretary (Fisheries)

of Fisheries, Animal Husbandry & Dairying, Government of India. The CSMCRI has shifted their Seed bank facility from Old Gujarat based on the project proposal of Department of Fisheries, A&N Administration with financial support of Rs. 82.74 Lakhs under PMMSY by the Ministry

interacted with the local fishers, ex-PRI members and explained the benefits of the pilot project of Seaweed farming under Pradhan Mantri Matsya Sampada Yojana (PMMSY). She appealed to the villagers to take active part in the seaweed cultivation project for their livelihood. Local Fishers

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National Lok Adalat organized by DLSA

settles many cases including pre-litigation



Port Blair, July 10

The District Legal Services Authority, Andaman & Nicobar Islands held National Lok Adalats in the District Court Building, Port Blair, ADR centre-'PRAYAS', Port Blair and District Court Building at Mayabunder today by adopting all COVID SOP issued by the MHA from time to time. Out of the total 52 pre-litigation bank recovery cases, 25 pre-litigation BSNL recovery cases and 1023 cases pending in different Courts at Port Blair were referred to the National Lok Adalat. Out of this, 20 pre-

litigation bank recovery cases and 848 Criminal cases pending in courts have been settled and finally disposed of by the National Lok Adalat at Port Blair. Disposing of 20 bank recovery cases, the involved amount of Rs. 57,95,022/- have been settled at

Rs. 41,47,807/- thus paving a benefit of Rs. 16,47,215/- to the bank loan customers. A sum of Rs. 18,000/- was realized on the spot. One Money Suit pending before the Court was settled at Rs. 10,000/- and disposed, in which Rs. 2,000/- was

deposited by the respondent on the spot. Disposing of 848 Criminal cases, a sum of Rs. 59,820/- was realized as fine amount. In Mayabunder, one bench was constituted and 21 pre-

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Media briefed on COVID-19

Drop in positive cases should not make us complacent in our fight against the pandemic: Secretary (Health)

Port Blair, July 10

The Secretary (Health), Shri Ram Niwas Sharma while addressing a COVID-19 media briefing held in the conference hall of IP&T here today stated that with the number of cases coming down in Isles, we should not be complacent and let our guard down in our fight against this pandemic. He once again reiterated the need for strictly adhering to COVID Appropriate Behavior to protect oneself from the virus. The Secretary also urged the 45 plus left out beneficiaries, if any, to come forward and get themselves vaccinated and those due for taking second dose must take it as per their due date.

Giving information on COVID status in isles, the Secretary said that during the RTPCR test conducted on 156 passengers who arrived here yesterday, no corona positive case has been detected.

Similarly, 198 persons bound for Middle & North Andaman were tested at Ferrargunj and no cases were detected. Apart from this, no positive case was detected during the test conducted on 106

persons by mobile testing team at Valluvar Nagar (Bambooflat). The test report of 6 persons who were tested at Helipad were also negative. He said, 2 flights with 337

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District Administration tracking COVID in rural areas through RAT

Conducts random RAT test on 106 persons at Valluvar Nagar; all samples found negative

Port Blair, July 10

The District Administration, South Andaman is making Rapid Antigen Test (RAT) - a pillar to track COVID in rural areas, thereby making testing easier, faster and accessible to people. The District Administration has set a target to conduct more than 100 random RAT tests in rural areas on a daily basis.



Administration conducted mobile RAT screening at Valluvar Nagar

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Tweets on COVID-19 Management by Administration

K.AKASH PRAKASH @SaKalidasan7
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 We are very happy because our government is taking very effective initiatives which helps to reduce covid cases in our island. I am sure due to our administration's hard work soon our island will be announced as covid free island. Thank you.

Shyam @Shyam12623694
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 Good to see total new cases Zero, great job from healthcare workers and others related with covid.

Deepak Tirkey @Deepak108895197
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 @Andaman_Admin Now almost slowly the coronavirus is slowly decreasing in our island, this is happening due to the right decisions of the admin administration I want to thank my administration wholeheartedly now people... 🙏

Sayyid Asharaf @SayyidAsharaf2
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 During this time of the second outbreak of the covid epidemic, we were able to defeat the epidemic as everyone was ready to wear masks, sanitize, maintain social distance and get vaccinated. We must not give up vigilance. Thanks to all.

T.Shanmukh Rao @TShanmukhRao4
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 Active cases gradually decrease... Thanks to Administration, Covid19 Warriors.

Sunny Kishan (skp) @PrinthosK
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 It seems we r very near to become covid free island. Need to encourage people for vaccination and to follow all covid protocols. It's my request to all islanders, kindly spread awareness. So that it's all become normal..

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)
(No. 467/ 10th July 2021)
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 10.07.2021

> Status of Cases :

Details of Second Wave since: 01.03.2021	
Active new case in last 24 Hours	00
Discharges in last 24 hours	00
Total confirmed cases	2498
Total Discharges	2420
Total Active case as on date	11
Total Deaths	67

Cumulative since March 2020			
Details	On 09 th July 2021	On 10 th July 2021	Total
Confirmed Cases	7492	00	7492
Cured/Discharged from Hospital	7352	00	7352
Death	128	01	129

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	00	286
South Andaman	5583	11	5572
Nicobar	507	00	507
Total	6376	11	6365

Total 01 containment zone formed in South Andaman District

> Status of Sample and Testing:

Total Samples sent till date	418550
Total Reports received till date	418550
Total Pending Reports	0
Rate of Testing Per Million	1046375
Cumulative Test Positivity Rate	1.79%
COWIN 1.0	

> Vaccination Status

Total population	4,00,000
Target Beneficiaries	2,81,603(Approx)
Cumulative Beneficiaries vaccinated so far	2,25,809
Cumulative Beneficiaries vaccinated with 1 st Dose so far	1,64,207
Cumulative Beneficiaries vaccinated with 2 nd Dose so far	61,602
% of population vaccinated	41.05

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 th May 2020 to 09 th July 2021	On 10 th July 2021	Total
Incoming Passengers			
a) VSI Airport	255503	352	255855
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	268361	547	268908
b) Haddo Wharf	928	0	928

(On 10.07.2021, 337 passengers were retested by RTPCR at Airport)

24x7 CONTROL ROOM NUMBERS: 240126/ 232102 / 1077/ 1070
(Source: Directorate of Health Services)

Media briefed on COVID-19 ...

(Contd. from page 1)

passengers arrived today and their RTPCR reports are awaited.

About corona positive patients admitted in GB Pant Hospital, the Secretary disclosed that two patients who are on oxygen support are being treated there. As on date, 12 corona active cases are in South Andaman District while North & Middle Andaman and Nicobar District have no corona cases, he added.

The Secretary further disclosed that 40.58% population have been vaccinated with first dose of Covishield till yesterday, out of the total population of 4,00,000. Till yesterday, 2,18,848 doses of vaccine have been administered to the beneficiaries in Isles against the target beneficiaries of 2,81,603. He said, of the target population, 1,62,321 beneficiaries have been given the first dose and the percentage of which stands at 57.62. The second dose have been given to 56,527 beneficiaries covering 34.82 percent, the Secretary said adding that number of second doses being administered to the beneficiaries are also increasing day by day. The number of eligible persons who have been inoculated with first dose in the age group of 45 plus are 1,05,484 and has almost reached saturation. He said that the target beneficiaries in the age group of 18-44 is 1,75,000 and so far, 56,837 eligible beneficiaries of 18-44 years have been vaccinated with first dose till yesterday.

The Secretary also said that the vaccination drive is continuing smoothly and till 3 pm today, 1207 beneficiaries were vaccinated in JNRM vaccination centre, out of which, 332 persons were in the age group of 18-44 and remaining were 45 plus.

The Director, ANIIMS, Dr. AK Mandal, the Deputy Director (IP), Shri RS Meena and the Deputy Director, G.B Pant Hospital, Dr. Amitabha De were also present during the media briefing.

Heavy to very heavy rain likely to occur in Isles
Squally weather over Andaman Sea; fishermen urged not to venture into sea

Port Blair, July 10

Heavy to very heavy rain (7-20cm) and thunderstorm with lightning and gusty wind (speed reaching 30-40 kmph) is likely to occur. On July 14, thunderstorm with lightning and gusty wind (speed reaching 30-40 kmph) is likely to occur at one or two places over A & N Islands on July 11. Heavy rain (7-11cm) and thunderstorm with lightning and gusty wind (speed reaching 40-50 kmph) is also likely to occur at one or two places on July 12. Similarly, on July 13, heavy rain (7-11 cm) and thunderstorm with lightning and gusty wind (speed reaching 30-40 kmph) is likely to occur. On July 14, thunderstorm with lightning and gusty wind (speed reaching 30-40 kmph) is likely to occur at one or two places. Meanwhile, due to squally weather over Andaman Sea and adjoining South Bay of Bengal, wind speed is likely to reach 45 -55 kmph gusting to 65 kmph. Fishermen have been advised not to venture into the Sea till July 12. For further enquiries/information, contact helpline of State Emergency Operation Centre at Helpline No. 1070 & District Emergency Operation Centre at Helpline No. 1077. For any emergency/assistance at sea, call Coast Guard SAR Agency at Toll Free number 1554, a press release from Directorate of Disaster Management said.

U-11 National School Online Chess Championship

Port Blair, July 10

The U-11 National School Online Chess Championship-2021 will begin from tomorrow and serve as selection event for the Asian School Online Chess Championship schedule to be held in the last week of July 2021. The Games will be held in Rapid format that follow 15 minutes, plus a 10 second increment per move, per player which will be held over 9 rounds for



two days on 11th & 12th July 2021. The Tournament is being played at Torno platform under video supervision where the players are being watched by the arbiters through zoom. Fifteen players / school students from various schools of these Islands will be participating in the event, a press release from ANCA said.

'National Fish Farmers Day' observed by ICAR- CIARI

Port Blair, July 10

ICAR-Central Island Agricultural Research Institute (CIARI), Port Blair under the Government's flagship initiative 'Bharat Ka Amrut Mahotsav' conducted a virtual webinar on the occasion of National Fish Farmers Day - 2021 today. While wishing the farmers, Dr. Eaknath B. Chakurkar, Director, ICAR-CIARI recalled the significant contributions of Indian

Scientists, Dr K.H. Alikunhi and Dr H.L. Chaudhury on their successful demonstration of the technology of induced breeding (Hypophysation) in Indian Major Carps on 10th July, 1957.

The Director emphasized the need to promote systematic fish farming practices and also urged the need to promote ornamental fish culture enterprise for the benefit of local stakeholders towards providing livelihood and employment. He also advised the scientists and extension functionaries to take necessary initiatives in providing manpower training and technical support to the needful stakeholders. A total of 37 participants including the fish farmers and other stakeholders participated in the virtual event, a press release from CIARI said.

National Lok Adalat organized by DLSA ...

(Contd. from page 1)

litigation cases were taken up, out of which, 12 were disposed and settled at Rs. 14,22,000/- out of which Rs. 26,000/- was paid as spot payment. 60 cases pending in different courts were taken up out of which 24 were disposed and fine amount of Rs. 28,000/- was realized.

The District Legal Services Authority has constituted four benches at Port Blair and one Bench at Mayabunder. The Benches at Port Blair were presided over by Shri Raja Chatterjee, Additional District and Sessions Judge, Port Blair, Shri Prasanta Kumar Sil, Judge, Family Court, Port Blair, Shri. Md. Nurjaman Khan, Judicial Magistrate First Class-I, Port Blair and Shri. Tanumoy Karmakar, Judicial Magistrate First Class-II, Port Blair sitting with Ms. Uma Sundari Baby, Advocate, Ms. Tasneem Abid, Advocate, Ms. Babita Das, Advocate and Shri. Siddharth Singha, Advocate, Smt. Ratna Kannan, Social Worker, Smt. Rubana Aziz, ex- Councillor, Ward 18, Shri Eswar Rao, Social Worker and Smti. Sampa Banerjee, Member UTCPDR. The bench at Mayabunder was presided over by Shri. Raj Kumar Naiya, Chief Judicial Magistrate, North & Middle Andaman, Mayabunder.

In the National Lok Adalat held at Port Blair, Shri Soundara Pandian, Principal, Andaman Law College alongwith faculty members and students of Andaman Law College were present.

Shri. Sudipta Kumar De, Secretary (Law), A&N Administration was also present on the occasion and the entire programme was under the supervision and guidance of Shri. Subhash Kumar Kar, Chairman, DLSA -cum- District and Sessions Judge, A&N Islands, a press release from Secretary, District Legal Services Authority said.

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

AnSI observes 72nd Van Mahotsav

Port Blair, July 10

The Anthropological Survey of India, A&N Regional Centre, Port Blair as part of 72nd Van Mahotsav 2021 planted saplings today at its office premises in collaboration with Forest Extension and Publicity Division, Department of Environment and Forest, A&N Administration. Dr. Nilanjan Khatua, Head of Office, AnSI



and Shri Ayub Hasan & Forest Department DFO, Forest Extension and Publicity Division and other staff of AnSI planted saplings on the occasion, a press release received here said.

Nominations for Vayoshreshtha Samman (National Award)-2021 extended upto July 15

New Delhi, July 10

The Centre has extended the closing date for receipt of nominations for Vayoshreshtha Samman (National Award)-2021 upto 15th of this month. These Awards are for institutions involved in rendering distinguished service for the cause of elderly persons and eminent senior citizens in recognition of their service and achievements. Detailed eligibility criteria, proforma for nomination for the Awards and the procedure for nominations are available on the Department of Social Justice and Empowerment's website. (Source:india.gov.in)

Vaccination- shield against...

(Contd. from page 1)

Today, 3277 beneficiaries were vaccinated in South Andaman District, out of which, 475 were in the age group of 18-44 years. In North & Middle Andaman District, 3471 beneficiaries were vaccinated, out of which, 1240 were in the age group of 18-44 years. In Nicobar District, 213 beneficiaries were vaccinated, a press release from DHS said.

District Administration meticulously ...

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arranged a special vaccination camp in coordination with the Health Department in the Community Hall of Gram Panchayat, Shoal Bay-12, for the benefits of the local populace. Taking advantage of the camp, the local populace from Shoal Bay-8 to 19 came in large numbers for availing the benefits. Around 620 persons were vaccinated, out of which, 520 were in the age group of 18 -44 and 100 were in the age group of 45 and above.

Shri Suneel Anchipaka, Deputy Commissioner (SA) stated that Testing, Tracing, Treatment, Isolation and Vaccination will be meticulously implemented in the District till this pandemic vanishes from the island. He further reiterated that all required measures to ensure the safety and health of public will be prioritized and for that, he also appealed to the general public to maintain social distancing, avoid unnecessary movement and follow COVID Appropriate Behavior, a press release from Deputy Commissioner (SA) said.

Secretary (Fisheries) visits seaweed ...

(Contd. from page 1)



and PRI members expressed their willingness to adopt the Seaweed cultivation activity with necessary support from the Administration for the training and marketing of the produce. She assured that A&N Administration would explore possibilities to tie up with mainland-based firms for the marketing of the produce and also for establishment of seaweed processing unit in the Islands itself on availability of required production of seaweed. The villagers were also shown different types of seaweeds being used in the project for seed bank development and cultivation. The Secretary (Fisheries) advised the CSMCRI team to identify more suitable sites (at least 2-3) for Seaweed farming and to demonstrate the activity to the selected beneficiaries of respective areas.

The Director of Fisheries informed about the Government support available under Pradhan Mantri Matsya Sampada Yojana for seaweed cultivation. Individual beneficiaries would be able to avail financial assistance to the tune of Rs. 600/- in case of General beneficiary and Rs. 900/- in case of women beneficiary per raft for establishment of maximum 15 rafts per individual, whereas group of fishers, cooperatives, Self Help Groups, JLGs can avail assistance for establishment of 500 rafts under the scheme. He also explained about the marketing potential of seaweed and assured all support from the A&N Administration for procurement and marketing of the produce. He appealed to the participants to take active part in the project for gaining the required hands-on training before taking up seaweed cultivation. The Director of Fisheries also requested the ex-PRI members to motivate the villagers to take up seaweed cultivation in their respective areas. The ex-Pradhan, Sarpanch, Samiti members and 15-20 villagers were present during the visit, a press release from Directorate of Fisheries said.

District Administration tracking...

(Contd. from page 1)

(Bambooflat) today and it is encouraging to note that the all the random test conducted on 106 persons turned out to be negative, a press release from DC (SA) said.

ANIIMS for YOU

SAFETY OF CHILDREN DURING COVID-19 PANDEMIC

-Dr.Ritu Singh, Assistant Professor, Paediatrics

The pandemic of the novel corona virus, also known as COVID-19 is a major source of psychosocial stress and economical constraints for families and children across the world. Families are struggling to cope up with the impact of pandemic, concerns about preventing virus infection and most of all about the physical ailment it causes. Lack of school and child care, and other changes in much-needed services not only causes stress to parents but also to the children. Even though the mortality rate, due to COVID-19, remains relatively low, children continue to feel the impact of the pandemic in various ways. The children get emotionally affected when parents, caregivers or family members become ill. It is vital to bear in mind the vulnerability of children and be extra vigilant to safeguard them from possible harm.

To help parents, below are a set of practical approaches that can easily be applied for the benefit of their children.

Take good care of your children's health

Eat healthy

Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections.

Tips for maintaining a healthy diet:

- **Eat a variety of food, including fruits and vegetables**

Every day, eat a mix of whole grains(preferably unprocessed)like wheat, maize and rice, legumes like lentils and beans, plenty of fresh fruit and vegetables , with some foods from animal sources (e.g. meat, fish, eggs and milk).For snacks, choose raw vegetables, fresh fruit, and unsalted nuts. Certain vitamins and minerals (e.g., Vitamins C and D, zinc) may have effects on how our immune system works to fight off infections, as well as inflammation and swelling. The best way to obtain these nutrients is through foods: Vitamin C in fruits and vegetables, Vitamin D in low-fat milk, fortified milk alternatives, and seafood, and zinc in lean meat, seafood, legumes, nuts, and seeds.

- **Cut back on salt:** Limit salt intake to 5 grams (equivalent to a teaspoon) a day

- **Eat moderate amounts of fats and oils**

Replace butter and ghee with healthier fats like olive, soy, sunflower oil when cooking. Choose white meats like poultry and fish which are generally lower in fats than red meat; trim meat of visible fat and limit the consumption of processed meats. Select low-fat or reduced-fat versions of milk and dairy products. Avoid processed, baked and fried foods that contain industrially produced trans-fat. Try steaming or boiling instead of frying food when cooking.



BALANCED DIET

- **Limit sugar intake**

Limit intake of sweets and sugary drinks such as fizzy drinks, fruit juices and juice drinks, liquid and powder concentrates, flavoured water, energy and sports drinks, ready-to-drink tea and coffee and flavoured milk drinks. Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate. Avoid giving sugary foods to children.

- **Stay hydrated: Drink enough water**

Good hydration is crucial for optimal health. Drinking water instead of sugar-sweetened beverages is a simple way to limit your intake of sugar and excess calories.



TAKE PLENTY OF LIQUIDS

- **Breastfeed babies and young children**

Breast milk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Babies should be breastfed exclusively during the first 6 months of life, as breast milk provides all the nutrients and fluids they need.

From 6 months of age, breast milk should be complemented with a variety of adequate, safe and nutrient-dense foods. Breastfeeding should continue under babies at 2 years of age or beyond.

If lactating mother becomes COVID -19 positive and is not sick, she can continue breast feeding while following COVID appropriate behaviour(regular sanitization measures, wear double mask). All parents of infants and young children must take COVID-19 vaccine compulsorily.

- **Help your child stay active**

During this time, children may get easily bored. Involve them in indoor games like Ludo, chess etc. to cut down the boredom. Children must be helped to keep physically active either by allowing them to safely play outside the house or engaging in physical exercises as is appropriate but without compromising their protection from getting infected or infecting others. Do healthy and fun activities together -make their learning fun by giving them puzzles to solve and teaching them crafts. Encourage them to pick up a hobby. Involve the children indoors in some stretching exercises, skipping, yoga or dancing which they will enjoy. You can also involve them in doing simple household activities to keep them engaged



EXERCISE REGULARLY

- **Help your child stay socially connected**

Physical distancing from friends can be a cause of distress for the children. Encourage them to talk to their friends, cousins, and loved ones by calling them up or through video calls. You can also involve your children and their friends in some fun activities which they can do together by staying connected virtually.



DANCING, JOGGING, SKIPPING



SOCIALLY CONNECTED (Supervised)

- **Teach and reinforce everyday preventive actions (COVID APPROPRIATE BEHAVIOR) to reduce the spread of germs.**

The children ought to understand the fact that they are equally vulnerable to the coronavirus infection and that they can also infect others. Parents and caretakers play an important role in teaching children to:



REGULAR HANDWASHING WITH SOAP & WATER

- ✓ Wash hands often with soap and water for at least 20 seconds.
- ✓ Use a 70 percent sanitizer, making sure the whole surface of hands is covered
- ✓ Cover cough or sneeze with a tissue, throw the tissue away in a closed bin, and then wash hands. Resort to coughing into your elbow (COUGH ETIQUETTE) if a tissue is not available.
- ✓ Never cough into your hands or open air. Always turn your face away from people around you when coughing or sneezing.
- ✓ Avoid touching the eyes, nose, and mouth.
- ✓ STAY more than six feet (2 gaj) from others when we can; And WEAR face coverings in public when we can't.



USE SANITIZER APPROPRIATELY



COUGH ETIQUETTE



COUGH HYGIENE WITH TISSUE PAPER (DEMONSTRATION)



WEAR MASK WHEN OUTSIDE (All children above 5years)



- ✓ Clean and disinfect frequently touched objects or surfaces such as remote controls and doorknobs.
- ✓ Avoid close contact with people who are sick.
- ✓ Stay home if you are sick.
- ✓ Avoid attending public functions, avoid social gatherings, and avoid group play.

- 1. Get structured and make a routine of learning at home**

Create a flexible but consistent daily routine and encourage children to try to keep up with regular routines. Since schools are closed, create a schedule for learning activities and relaxing or fun activities. Ensure that they have a regular habit of studying by giving them small assignment related to their lessons. Check the assignments to understand their progress and assure that children maintain a bedtime and get adequate sleep. Remember to keep the kid's morale high by praising them from time to time for their good work.

- 2. Manage your child's anxiety**

It is normal for your child to become anxious at this time. Look out for the emotional cues in your child and talk to them regarding the same. Avoid being judgemental when they express their feelings. Do not avoid their questions related to COVID or talk to them harshly. Provide information that is truthful and appropriate for the age and developmental level of the child. You can make the explanations creative through pictures and drawings. Reassure children that they are safe. Listen to what they are sad or worried about, giving them space to talk. Limit your family's exposure to news coverage of the event, including social media.

COVID-19 pandemic increases the risk of abuse faced by children due to a disruption in the normal functioning of the family and community. Parents, guardians and caregivers must be extra cautious to always ensure that their children are supervised and well-protected whether at home or in the neighbourhood.

- 4. Help your child cope with stress**

The fact is that everyone reacts differently to a stressful situation, and children and teens may respond more strongly to the stress of a crisis. Watch for signs of stress or behavioural changes, which include:

- Excessive worry or sadness
- Unhealthy eating or sleeping habit
- Excessive crying or irritation in younger children
- Returning to behaviours they have outgrown (for example, toileting accidents or bedwetting)
- Irritability and "acting out" behaviours in teens
- Poor school performance or avoiding schoolwork
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco or other drugs

Remember, parents can offer the best support for their kids when they deal with a crisis calmly and confidently. Seek medical care, if required.

- 5. Keep children safe online and follow 'Screen time'**

It's important to monitor what the child does online, the content they consume and the time spent. Create healthy and safe online habits. Use tech fixes like parental control, safe browser, strict privacy settings on online apps and games to keep them safe online. Help your children learn how to keep personal information private, especially from strangers. Spend time with your child or teen online-Explore websites, social media, games, and apps together. Talk to your teen on how to report inappropriate content

Create device-free spaces and times in your house (i.e. not to use gadgets while eating, sleeping, playing and during schoolwork). 'Screen time' is the amount of time spent interacting with TVs, computers, smart phones, digital tablets and video games. As per the guidelines issued by the World Health Organization, infants under 1 year old should not be exposed to electronic screens and that children between the ages of 2 and 4 should not have more than one hour of "sedentary screen time" each day. For older children and teens, no more than two hours of screen time per day is recommended. Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members

The parents should take advantage of this rare opportunity not only to spend time with their children but really spend quality time with them.

COVID-19: Maintain safe distance from anyone who is coughing or sneezing.

Star Jasmine (*Jasminum nitidum*): A potential loose flower for commercial exploitation in A & N Islands



Jasminum nitidum (Star Jasmine) in bloom and bud stage

Flowers form an integral part of almost all religious, social and cultural activities of Indian society. Both traditional and cut flowers have huge demand in commercial floriculture industry. The Andaman and Nicobar Islands demands the use of loose flowers like marigold, Jasmine, crossandra and chrysanthemum throughout the year. Jasmine is one of the most significant loose flowers as they are highly preferred in religious and social functions. Jasmine flowers are used for various purposes like garlands, adorning hair of women, religious offerings and for concrete extraction. The essential oil of jasmine is highly preferred in perfumery and cosmetic industries. Jasmine flowers are also used in aromatherapy as the fragrance from flowers is effective in treating depression, nervous exhaustion and stress related conditions. There are about 42 species of Jasmine reported in Indian sub-continent. However only three species, *J. sambac*, *J. grandiflorum* and *J. auriculatum* are cultivated for commercial exploitation. But one of the serious limiting factors which affects both jasmine flower growers and the consumers, is that the flowering of all the *Jasminum* sp is seasonal. There are peak and lean productive seasons with consequent glut and scarcity which affect the price trends greatly. To overcome the scarcity of flower availability of Jasmine during particular months of a year, a new species called *Jasminum nitidum* identified which produces flowering throughout the year in different agro-climatic regions of the country. In Andaman and Nicobar Islands, *J. sambac* is grown mostly and flowering is observed only for two months in a year due to the prevailing climatic condition. The existing demand for jasmine is mainly met by the import of flowers from mainland. An alternative to this is the identified underexploited jasmine species which is commonly known as star jasmine or shiny jasmine (*Jasminum nitidum*). The origin of this species is Admiralty Islands of Papua

New Guinea. Since the geographical origin of the species is from Island, this is well adapted to grow in Andaman and Nicobar Islands. The three-year evaluation trial conducted at ICAR-CIARI showed good performance of star jasmine and flowering was observed for almost 10 months in a year. The plants, have long woody stem and bold buds. Leaves are smooth, leathery, simple (not divided), lanceolate (broad at center) with opposite arrangement and dark glossy green which in addition makes the plant attractive. The buds are tubular shaped at both the ends and resembles the species, *Jasminum grandiflorum*. The flowers are very attractive, mild fragrant and produced in clusters. The flower buds are dark purplish in colour when immature and the colour changes to pinkish purple as they mature. Opened flowers are snow white and star shaped flower with 10 petals which are leaner, longer and spread out. Open sunny situation is best for cultivation of this flower crop for quality flower production. This crop can be grown in open field and also in pots. The spacing to be adopted is 75 cm between plants and 1.0 m between rows. The plant is propagated through air layering and cuttings. Air layering done during June to October gave maximum success percentage of 80-90%. For propagation through cuttings, semi hard wood cuttings of size 15-20 cm are planted in polybags filled with potting media. After 45-60 days of planting the rooted cuttings may be planted in pots or in main field. Though *J. nitidum* can be propagated throughout the year using cuttings, success percentage (92-95%) is maximum during June -November months. After planting in main field life irrigation is to be given for initial establishment of the crop. Irrigation is not required during rainy season, however during prolonged dry period, weekly irrigation is essential. Flower buds will initiate six months after planting, however, the economic yield will be obtained from second year onwards. During initial



Profuse rooting in air layers of *Jasminum nitidum*

period of crop establishment proper training is needed to maintain the plant as a shrub. Good quality FYM or compost can be applied @ 5 kg per plant per year in two splits, one before monsoon and one after monsoon (In December, one week after light pruning of the plant). Flowers are borne in new flush of shoots. In a cyme, 08-14 flowers are observed. The yield per plant is 2-2.5 Kg per plant (two years after planting). Heavy bloom is produced during summer in Island conditions. The flowers bloom at night. The harvesting stage is the matured bold bud stage with pink tinge. The buds are bold and easy to pluck, with its long corolla tube. Due to the length of the corolla, it is easier to string the flowers for various value-added utilities. The flowers will not droop for four to five hours. Under refrigerated condition, the flowers can be stored for 2 to 2.5 days. *Jasminum nitidum* is a versatile crop with wide commercial utilities and hence will be one of the potential crop to exploit in the Island. The star jasmine can be cultivated for aesthetic purpose in pots for home gardens and also to develop as a commercial venture with planting in large field area. (By V. Baskaran*, K. Abirami and Augustine B. Jerard, ICAR-(CIARI), Port Blair)

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On 11.07.2021
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In Ever Loving Memory of
Late A. MUMTAZ BEGUM & A. MOHSHIN ALIYAR
5TH DEATH ANNIVERSARY
ON 20-07-2021 (TUESDAY)



DOB : 29-01-1994
DOD : 20-07-2016



DOB : 01-03-1964
DOD : 11-07-2015

*"Every time we think of you, Our heart still fills with pride
Though we All always Miss you, We know you are by our side
In laughter and in sorrow, In sunshine and through rain
We know you are watching over us, Until we meet again"*
MISS YOU FOREVER

Inserted By :
1. Mr. A. MOHAMMED ALIYAR (Husband) 9434267764-9679539768, Pahargaon
2. Mrs. A. MEHABOOB NISHA (Daughter), LGC, Electricity Office, Rangat Bay
3. Mr. HAMID KHAN (Son-in-Law), Access Infotech, (Mohshin Travels) Rangat Bazar, N & M Andaman, PIN Code 744205
4. RIZA KHAN (Kutiamma) (Grand Daughter), all other Relatives, Friends and Well Wishers.

3rd Death Anniversary of
S. Kamalam
Ex-Mate Carpenter (HS - II) GE- I, Haddo, M.E.S. Department
R/o DDK Colony, Delanipur
On 11.07.2021



*"A Family is a circle of love not broken by a loss
But made stronger by the memories
We are forever blessed that God has connected
us to you."*

Inserted by: S. Santhosam (Son), S. Dhanam (Daughter-in-law), S. S. Dhinakaran (Grandson), S. Saroja (Grand Daughter), Arun S. Kumar (Grandson-in-law), A. Adam Gilchrist Richardson (Great Grandson), relatives and friends.

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World Population Day on 11th July, 2021

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“सक्षम राष्ट्र और परिवार की पूरी जिम्मेदारी”
पहले एक के स्कूल जाने की तैयारी,
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