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Transparency & accountability through Project Monitoring Mechanism

Chief Secretary reviews project criticality status pertaining to all Departments

Port Blair, June 13

The A&N Administration has adopted many new initiatives and steps towards effective Governance to bring in transparency and accountability. One such initiative implemented by the Administration is a mechanism through which project criticality can be assessed through three vital stages viz. Tender Criticality Status (TCS), Project Start Status (PSS) and Project Completion Status (PCS).

In line with this, the Chief Secretary, A&N Administration, Shri Jitendra Narain reviewed the progress of various projects implemented by the Departments under this initiative, in a series of meetings held with



Secretaries and Heads of various Departments functioning under A&N Administration.

During the meeting, the Chief Secretary expressed concern over the delay in timely completion of various projects. He also observed that some of the projects which have been initiated earlier and should have been completed

by now are still pending. This, he said, leads to cost overrun due to extended timeline which ultimately results in loss to Govt. exchequer.

It is to mention that this mechanism helps in monitoring criticality of tenders, commencement of projects and its completion within the specified timelines. Precisely, the system enables the Department to avoid time overrun resulting in cost overrun and bring about utmost transparency in tendering process and execution of projects.

Apart from deliberating on TCS, PSS and PCS, the meeting also discussed the past performances of the Departments.

Civil Supplies Deptt. urges beneficiaries under PMGKAY to collect their monthly quota of food grains by June 30

'Free of cost' food grains provided to PHH & AAY cardholders

Port Blair, June 13

While some people are cribbing about no food and other things available, the Civil Supplies Department of A&N Administration is urging people to collect their monthly quota of food grains which is provided free of cost under the scheme 'Pradhan Mantri Garib Kalyan Anna Yojana (PMGKAY)' to all NFSA beneficiaries i.e. PHH & AAY households. Under the scheme, beneficiary is entitled to receive rice @ 5 kg per person per month for two months (May & June, 2021), free of cost in one installment. The distribution of two months i.e. May & June, 2021 under



has started from May 1, 2021 and will continue upto June 30, 2021. In this regard, the NFSA beneficiaries who are yet to avail this scheme have been requested to receive their quota from the nearest Fair Price Shop (FPS), to avoid lapse of the entitlement. In addition to this, the regular entitlement for two months i.e. May & June, 2021 under Targeted Public Distribution System (TPDS) distributed in one go for the NFSA beneficiaries is also available at the nearest FPS. Further, it is brought to the notice of all NFSA beneficiaries i.e. PHH & AAY cardholders that sugar at subsidised rate of Rs. 30/- per kg (PHH) and

(Contd. on last page)

CINCAN visits INS Kardip and Nancowry Island; briefed on various operational aspects of the units

Port Blair, June 13

Lt Gen Ajai Singh, AVSM, Commander-in-Chief Andaman & Nicobar Command (CINCAN) visited INS Kardip and Nancowry Island as part of his operational tour of the outlying units of Andaman and Nicobar Command (ANC). During the visit, CINCAN was briefed on various operational, administrative and support aspects of the units.



CINCAN commended the troops of the TA Battalion who undertake operational patrols and "Jaan Pehchaan" marches at Kardip and the surrounding islands for their preparedness and enthusiasm. He reiterated that whilst

(Contd. on last page)

Combating COVID-19 in A&N Islands Administration giving thrust on five-fold strategy of Testing, Tracing, Treatment, COVID-Appropriate Behaviour & Vaccination

Out of 2267 confirmed cases during second wave of corona, 2093 recovered so far in A&N Islands

3,96,534 samples tested; Rate of Test Per Million stands at 991335

Port Blair, June 13

The Administration is strictly implementing the five-fold strategy of Testing, Tracing, Treatment, COVID-appropriate behaviour and Vaccination in order to safe guard the Islanders and check the spread of the virus. To stop the chain of transmission of virus and reduce the number of positive cases, various steps have been initiated. As per COVID-19 health bulletin data, the new active case in the last 24 hours has been 18 while the total number of active cases during the 2nd wave (since 01.03.2021) as on date is 110 in the entire Islands. Of the total 2267 confirmed cases, 2093 have been discharged during the second wave.

Out of the total, 7261 confirmed cases of COVID since March 2020, 7025 patients have been cured/discharged till date.

To provide treatment to COVID positive patients in A&N Islands, sufficient isolation beds are available in all the three districts of the Islands. As per the health data, as on date, 5583



isolation beds are available in South Andaman District, out of which, 107 are presently occupied while 5476 are vacant. Similarly, in N&M Andaman, out of the 286 isolation beds available, 3 are occupied and 283 are vacant.

It is noteworthy to mention that the Nicobar District is free from corona as on date and 507 isolation beds are available.

In South Andaman District, as on date, a total of 11 Containment Zones have been formed and the Administration is ensuring its strict compliance by making available the required facilities to facilitate the people residing inside

the containment zones. Officers have also been deputed to maintain strict perimeter control and ensure that there is no movement of people in or out of these zones, except for medical emergencies and for maintaining supply of essential goods and services.

Since the outbreak of COVID-19 in A&N Islands, the testing has been augmented manifold and as on date, 3,96,534 samples have been tested in A&N Islands. Further, the Islands Test Per Million (TPM) stands at 991335. Vaccination drive is also being conducted simultaneously and as on date 1,31,428 beneficiaries have been vaccinated in A&N Islands, out of the target beneficiaries i.e. 2,81,603 (approx.).

Apart from this, the District Administration is also conducting mobile RAT testing in rural areas of the District. The incoming flight passengers are also being retested with RTPCR. The District Control

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COVID-19: Containment Zone in and around Haddo (Part) declared over

Port Blair, June 13

The area in and around Haddo (Part) was declared as a Containment Zone in order to prevent the spread of COVID-19. As per the updated Containment Plan for Large Outbreaks of Novel Coronavirus

Disease 2019 issued by the Ministry of Health and Family Welfare, Government of India, the containment operation shall be deemed to be over 14 days from the discharge of last confirmed case (following negative tests as per discharge policy)

from the designated health facility i.e. when the follow up of hospital contacts will be complete.

The health authorities have confirmed that the conditions for removing Containment Area

(Contd. on last page)

Media briefed on COVID-19

We cannot be complacent with the slight dip in cases; says Secretary (IP&T) urging citizens to not let their guard down

Port Blair, June 13

The sudden surge in COVID-19 cases which was primarily due to inter-island movement has slightly come down and hopefully the situation will gradually improve, said the Secretary (IP&T), Shri Sunil Kumar Singh addressing the media persons on COVID-19 status in the Islands held in the conference hall of IP&T here this evening. We cannot be complacent with this slight dip and urged the



citizens to not let their guard down. Regarding lockdown, he said, the Administration will take into consideration all aspects before arriving at a decision. He also urged the people to strictly adhere to COVID Appropriate

Behavior to break the chain of transmission.

The Secretary further disclosed that during the RT-PCR conducted on 536 incoming passengers who arrived here yesterday by flight, the test reports of 12 passengers are positive. He further informed that

4 flights with 344 passengers arrived today and the RT-PCR reports are awaited. He also stated that during the RAT conducted on 98 passengers proceeding to N&M Andaman at Ferrargunj, no positive cases were found.

The Director, ANIIMS, Dr. A K Mandal disclosed that 26 COVID positive patients are presently undergoing treatment in the Hospital. Today, 8

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Tweets on COVID-19 Management by Administration

Deepak Singh @Deepak56471892
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 Great job covid cases are decreasing I tell every islander to please follow covid protocols- wear mask, keep hand sanitiser And do not make crowd at shops

SAGAR @SAGAR04844012
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 If we strictly follow covid19 protocol and cooperation with administration during Lockdown,so administration decision taken to unlock.... Wear Mask... Stay Home.. Stay Safe...

T Laxminarayan @ChiruAndaman
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 Salute & appreciate to A&N police nd health workers for ur gr8 efforts nd put ur life at risk for save to us from covid. Hattsof to @Andaman_Admin for ur whole mangement to prevent d COVID 19.

Shahzad Haleem @shahzad18
 "Now is the time for us to look after the people who work for us. When a company special mention @Andaman_Admin steps up at a time like this, it builds loyalty, commitment, and long-lasting teams." It's our duty to follow all the protocols. Besafe stay@Home

ANVES K @anves_k
 Replying to @MediaRN_ANI @Andaman_Admin and 9 others
 यहाँ निश्चित ही आने वाले समय में अधिक विश्वास कायम करेगा @Andaman_Admin और उसके द्वारा क्रियावित योजना पर @jitendra_narain

BISWAJIT ROY @BROY4U
 Replying to @DcSouthandaman @Andaman_Admin and 3 others
 Jai hind ,good attempt by you sir .Our islands will be strong in medical equipment now

K.KAKASH PRAKASH @SKalidasan7
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 I am very happy because the covid case decreasing in our island . I am glad to say that now our citizens are following the protocol which are set up our administration . I am also giving my level best support to our govt. .This is an indicating that soon island will win covid.

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)
(No. 440/13th June 2021)
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 13.06.2021

> Status of Cases :

Second Wave since: 01.03.2021	
Active new case in last 24 Hours	18
Discharges in last 24 hours	29
Total confirmed cases	2267
Total Discharges	2093
Total Active case as on date	110
Total Deaths	64

Cumulative since March 2020			
Details	On 12 th June 2021	On 13 th June 2021	Total
Confirmed Cases	7243	18*	7261
Cured/Discharged from Hospital	6996	29	7025
Death	126	00	126

*Includes 12 Positive from Airport arrival.

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	03	283
South Andaman	5583	107	5476
Nicobar	507	00	507
Total	6376	110	6266

Total 11 containment zones formed in South Andaman District

> Status of Sample and Testing:

Total Samples sent till date	396534
Total Reports received till date	396534
Total Pending Reports	0
Rate of Testing Per Million	991335
Cumulative Test Positivity Rate	1.83%

COWIN 1.0

> Vaccination Status

Total population	4,00,000
Target Beneficiaries	2,81,603(Approx)
Cumulative Beneficiaries vaccinated so far	1,31,428
Cumulative Beneficiaries vaccinated with 1 st Dose so far	1,13,978
Cumulative Beneficiaries vaccinated with 2 nd Dose so far	17,450
% of population vaccinated	28.49

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 th May 2020 to 12 th June 2021	On 13 th June 2021	Total
Incoming Passengers			
a) VSI Airport	246139	350	246489
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	258398	308	258706
b) Haddo Wharf	928	0	928

(On 13.06.2021, 344 passengers were retested by RTPCR at Airport)

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

COVID ALERT

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



- Total number of active cases in India: 1026159
- Deaths in India: 370384
- Total no of active cases in Andaman since 1.03.2021: 110
- Total Deaths since 1.03.2021: 64
- Surge in a single day: 18

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

COVID-19: Containment Zone in ...
(Contd. from page 1)

restrictions are fulfilled in the case of Haddo (Part). Further, the medical screening of all the residents of the area has already been done and samples of symptomatic persons were collected which were reported negative.

In view of the above, the containment operations in the Containment Area of Haddo (Part) have been declared over. However, the surveillance will continue for ILI/SARI.

The SHO concerned shall keep strict vigil over the above said area to ensure that the instructions issued with regard to lockdown are followed and shall also remove the restrictions on entry and from the above Containment Zone, the Order to this effect issued by DM (SA) has come into force with effect from 13.06.2021.

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

COVID patients have been discharged and 1 new patient has been admitted. He said that the number of patients admitted in GB Pant Hospital has come down to 26 from 35. He also stated that 16 patients are on Oxygen and one patient is on ventilator.

The Deputy Director, G.B Pant Hospital, Dr. Amitabha De informed that in the three COVID Care Centres functioning in Port Blair, no new patient has been admitted nor any patient has been discharged today. Altogether, 9 patients are presently being taken care of in these three COVID Care Centres. Apart from this, 1 new patient has been admitted and presently, 3 patients are being taken care of in the COVID Care Centre at Wimberlygunj.

Civil Supplies Deptt. urges beneficiaries under...
(Contd. from page 1)

Rs. 15/- per kg (AAY) is available in all Fair Price Shops (FPS) including N&M Andaman District of this UT. All NFSA beneficiaries i.e. PHH & AAY cardholders have been advised to lift the complete entitlement of 12 kg per card in one go at the earliest till June 30, 2021 from the Fair Price Shops.

It is once again reiterated that it is the foremost responsibility of concerned FPS Licensees to ensure that social distancing is maintained by the beneficiaries at the time of distribution. Further, all staffs of Licensee present at the shop have to wear face masks (compulsory) at all times as well as ensure proper compliance of 'Covid Appropriate Behaviour' such as wearing proper mask, hand sanitizing, maintaining social distancing ('Do Gaj ki Doori') by the beneficiaries.

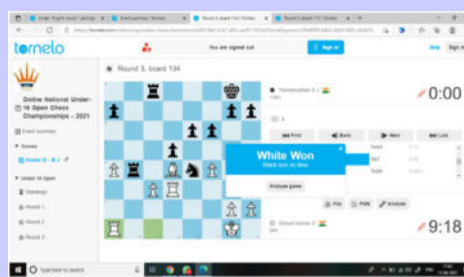
Further, it is also appealed to all the beneficiaries that any enquiry/complaint in this regard, may be brought to notice of the Directorate of Civil Supplies & Consumer Affairs, Port Blair over Telephone No. 03192-230337 or Toll free Phone No. 18003453197 for redressal, a press release from Directorate of CS&CA said.

Online National U-16 Open & Girls Chess Championship Players from A&N Islands participating in this Championship with great zeal

Port Blair, June 13

The Online National U-16 Open & Girls Chess Championship 2021 began today in which around 600 players from open & girls sections across India are participating. The Games are being held in Rapid format that follow 15 minutes, plus a 10 second increment per move, per player which will be held over 11 rounds for three days. 3 rounds on first day and 4 rounds each on second & third day.

Players from Andaman & Nicobar Islands are also participating in this online U-16 National Chess Championship 2021 with great enthusiasm. Altogether



three rounds were played today, in which D. Dhruva Kumar from Andaman, playing in U-16 Open Section has scored 2 points with two wins in three rounds. In both these games, he won which were played against the opponents who are higher rated than him. So these wins over higher rated player will definitely boost his morale. In U-16 Girls Section, R Kashthuri Bhai scored One & Half

point with one win and one draw in three rounds. Similarly, K S Sanjhana Sri and B Kavya have managed to score one point each in three rounds. Four rounds will be played tomorrow. Another four rounds will be played day after tomorrow. The U-16 Chess Championship will conclude with prize distribution ceremony on 15th June, 2021, a press release from ANCA said.

CINCAN visits INS Kardip and...

(Contd. from page 1)

being ambassadors of goodwill towards our citizens, they need to continue to maintain high vigil and look out for illegal activities such as poaching, smuggling and infiltration.

CINCAN undertook review of the Operational Support Facilities for Naval ships and submarines at the Nancowry Harbour. The Indian Navy regularly conducts operational support of platforms at the various bases in ANC towards enhancing operational efficiency of deployed assets.

The CINCAN advised all personnel to continue maintaining strict COVID-19 protection measures, a press release from PRO HQANC said.



Combating COVID-19 in A&N Islands...

(Contd. from page 1)

Room regularly monitors patients who are placed under home isolation by keeping track on the person's health status besides providing the required medicine. Further, to cater to the needs of the people, in view of lockdown, home delivery services have been strengthened and essential commodities are supplied by shopkeepers at the doorsteps of the people.

Implementation of PMGKAY by Deptt. ...

(Contd. from page 1)

who are yet to avail this scheme have been requested to receive their quota from the nearest Fair Price Shop (FPS) to avoid lapse of the entitlement.

In addition to this, the regular entitlement for two months May & June, 2021 under Targeted Public Distribution System (TPDS) distributed in one go for the NFSA beneficiaries is also available at the nearest FPS.

Further, it is brought to the notice of all NFSA beneficiaries i.e. PHH & AAY cardholders that Sugar at subsidised rate of Rs. 30/- per kg (PHH) and Rs. 15/- per kg (AAY) is available in all Fair Price Shops (FPS) including N&M Andaman District of this UT. All NFSA beneficiaries, i.e. PHH & AAY cardholders have been advised to lift the complete entitlement of 12 kg per card in one go at the earliest till June 30, 2021 from the Fair Price Shops.

It is once again been reiterated that it is the foremost responsibility of concerned FPS Licensees to ensure that social distancing is maintained by the beneficiaries at the time of distribution. Further, all staffs of Licensee present at the shop have to wear face masks (compulsory) at all times as well as ensure proper compliance of 'Covid Appropriate Behaviour' such as wearing proper mask, hand sanitizing, maintaining social distancing ('Do Gaj ki Doori') by the beneficiaries.

It is appealed to all the beneficiaries that any enquiry/complaint in this regard may be brought to notice of the Directorate of Civil Supplies & Consumer Affairs, Port Blair over Telephone No. 03192-230337 or Toll free Phone No. 18003453197 for redressal, a press release from Directorate of CS&CA said.

Thunderstorm with lightning likely to occur in Isles

Port Blair, June 13

Thunderstorm with lightning is likely to occur at one or two places over Andaman & Nicobar Islands on June 14. Due to steep pressure gradient the wind speed is very likely to exceed 45 kmph over Southeast Bay of Bengal. Fishermen of Andaman & Nicobar coast have been advised not to venture into the sea till 15th June, 2021.


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 Disaster Management Deptt. with inputs from IMD said.

"Be With Yoga, Be At Home"

INTERNATIONAL DAY OF Yoga

PLAN NOW

JOIN US FOR YOGA DEMONSTRATION ON 21st JUNE, 2021 AT 7:00 AM FROM YOUR HOME WITH FAMILY MEMBERS



Directorate of Health Services and Andaman & Nicobar State AYUSH Society, A & N Administration

Discovery of new species of lesser known genus of the tree (Pyrostria laljii) honoured to Indian Botanical Scientist serving in Islands



Botanical Scientist: Dr. Lal Ji Singh **Tree in A & N Islands: Pyrostria laljii** **Flower: Pyrostria laljii** **Flower: Rivina andamanensis** **Fruit: Rivina andamanensis**

Port Blair, June 13
The team of Philippines and Indian Researchers have discovered the lesser known genus, Pyrostria of this family and add one more genus in Indian Rubiaceae. Most of the species of this genus are endemic to Madagascar, also distributed in Mauritius, Comoros, Réunion, Rodrigues, Socotra, continental Africa and tropical Southeast Asia.
In India this genus has been recorded for the first time with discovery of new species from the tropical zone of Andaman Islands. Botanists from Philippines & India, (Axel H. Arriola from University of the East, Manila Philippines, M.C. Naik from BSI & M. Bheemalingappa from Sri Krishnadevaraya University, Anantapuram) have discovered new species of the genus Pyrostria from the Andaman and Nicobar Islands (published in an international, peer-reviewed journal, Annales Botanici Fennici 57: 335-340, 2020).

The species has named as Pyrostria laljii honoured in the name of an eminent Indian Botanist, Dr. Lal Ji Singh, Joint Director & Head of Office, Andaman and Nicobar regional centre, Botanical survey of India, for his significant contribution to the plant taxonomy. Dr. Singh has been discovered several novelties & botanical curiosities from these Islands. Dr. Singh's devotion and insistence came out with a very interesting an invention of reusable eco-friendly drinking straw, discovery of more than 15 new plant as new to science, various new additions to Indian as well as Islands Flora, occurrence of phloem wedges in roots of some Bignoniaceae Genera, vessels in some pteridophytes and vivipary in some non mangrove plants, recording of phenology of trees of these Islands. His outstanding achievements has also been recognized by many awards such as fellow of the Linnean Society of London (FLS), Indian Botanical Society (FBS), Association of

Plant Taxonomy (FAPT), Andaman Science Association (FASA), South Asia Thematic School (ASIAME), The Orchid Society of India (TOSI) and others..
The new species, Pyrostria laljii representing the first record of the genus for India, M.C. Naik behind this discovery said. Pyrostria laljii is evergreen trees, to 15 m tall, and distinguished from previously known species in having stem shiny, with a whitish coating, oblong-obovate leaves with cuneate base, acuminate apex and very long petiole, dimorphic indumentums, umbellate inflorescence with 8-12 flowers, flowers white to cream, after pollination turning brown, bracteate, subglobose pyrene, fruit drupes, obovoid or subglobose, green to yellow or white, when mature turning pale yellow to brown, seed a single one in each pyrene. The new species, Pyrostria laljii is assessed as 'Critically Endangered based on IUCN Red List criteria and category [CR B1

B2 a, b (iii)]. Besides Pyrostria, the family Rubiaceae represented by several genera in India which have high potential of economic value, e.g., Cinchona, Coffea, Adina, Hamelia, Ixora, Galium, Gardenia, Mussaenda, Rubia, Morinda and many others. Approximately 274 species in about 76 genera are recognized in India. From the point of view of its economic importance, the family is of great value. eg. The famous medicine of malaria, Quinine is obtained from bark of Cinchona sps.; The non-alcoholic beverage "coffee" is obtained from its seeds of Coffea arabica; Adina cordifolia is a beautiful shade giving tree. The wood is used for carvings, construction work, flooring and for railway carriages. The plant possesses antiseptic properties. The members of this family are distributed primarily in tropical areas of the world. Andaman and Nicobar Islands are rich and unique in terms of plant diversity in India where

novelties have been discovered time to time. The islands thrives number of unique taxa, they have great socio-economic significance such as wild species of banana, zingers, orchids, mango, bamboo etc. which might be a choice of genetic base for plant breeders to develop high yielding, disease resistant variety, Dr. Lal Ji Singh, Joint Director & Scientist of Botanical Survey of India, said. In addition to Pyrostria laljii, a new species in Pokeweed family Petiveriaceae have discovered by BSI Scientists.
New Species of Pokeweed, Rivina andamanensis
While inventorying the floristic diversity in Islands a new species of Pokeweed genus Rivina discovered by Dr. Lal Ji Singh and Dr. M.C. Naik. Botanically Rivina is a genus of the family Petiveriaceae and distributed throughout the tropical and subtropical region of the world. In India this family only recorded from various parts of mainland but has so far not been

reported from Andaman and Nicobar Islands. This discovery of new species also representing the first record of the pokeweed family Petiveriaceae in the Andaman and Nicobar Islands and add one more family in Islands flora.
The new species named in honour of the place of discovery; Andaman Islands as Rivina andamanensis and published in an international, peer-reviewed journal, Journal of Asia-Pacific Biodiversity 13: 482-486. Discoverers stated that this new species found growing under large trees shaded places & Rocky areas along with herbs and shrubby plants. Its distribution confined in to a few localities of group of Andaman Islands, Dr. Lal Ji Singh, Scientist behind this discovery told.
Rivina andamanensis is assessed as "data deficient" based on the International Union for Conservation of Nature (IUCN) categories and criteria Dr. Lal Ji Singh said in a press release.



COMMON YOGA PROTOCOL FOR INTERNATIONAL DAY OF YOGA



Be with Yoga, Be at Home	 Alert Posture	 Forward & Backward Bending	 Right and Left bending	 Right and Left Twisting	 Neck Rotation	 Trunk Twisting	
	 Knee Movement	 Standing Postures	 The Tree Posture	 Hands to Feet Posture	 Hands to Feet Posture	 Half Wheel Posture	
	 Triangle Posture	 Auspicious Posture	 Bhadrāsana	 Vajrāsana	 Half Camel Posture	 Hare Posture	
	 Spinal Twist Posture	 Cobra Posture	 Locust Posture	 Crocodile Posture	 Bridge Posture	 Wind Releasing Posture	
	 Dead Body Posture	 Kriya	 Alternate Nostril Breathing	 Sukhasana	 Meditative Posture	 Meditative Posture	

JOIN US FOR YOGA DEMONSTRATION ON 21ST JUNE, 2021 AT 7:00 AM FROM YOUR HOME WITH FAMILY MEMBERS



**Directorate of Health Services and Andaman & Nicobar State AYUSH Society,
Andaman & Nicobar Administration**



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

"World Blood Donor Day" on 14th June 2021

SAFE BLOOD



SAVES LIVES

Theme : "Give blood and keep the world beating"

"RaktDaan Karke
dekho accha lagta hai"



ANDAMAN & NICOBAR AIDS CONTROL SOCIETY

&

ANDAMAN & NICOBAR ISLANDS BLOOD TRANSFUSION COUNCIL



India crosses major landmark of administering over 25 crore Corona Vaccine doses

New Delhi, June 13

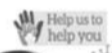
India has crossed a major landmark with administration of more than 25 crore doses of Covid-19 vaccine to the beneficiaries so far. The Health Ministry has informed that more than 34 lakh 84 thousand vaccine doses were given in the country in the last 24 hours. Out of this nearly 31 lakh beneficiaries were vaccinated with the first dose whereas over 3 lakh 80 thousand beneficiaries received their second dose of the vaccine. The cumulative figure of vaccine doses administered under the largest vaccination drive in the country now stands at over 25 crore 31 lakh.

The Health Ministry confirmed that so far over 4 crore doses of the vaccine have been given to people in the age group of 18 to 44 years. Nearly 19 lakh beneficiaries in this age group received their first jabs yesterday whereas over 1 lakh 15 thousand others were given their second dose.

The Ministry said, more than 10 lakh beneficiaries in the age group of 18-44 years have already received their first dose of COVID vaccine in Bihar, Delhi, Gujarat, Haryana, Karnataka, Maharashtra, Madhya Pradesh, Rajasthan, Tamil Nadu, Telangana, Uttar Pradesh, Odisha and West Bengal.



#LargestVaccineDrive



More than **25 crore** vaccine doses administered

India's landmark achievement in its fight against COVID-19

So far, nearly 20 crore 50 lakh people in the country have received their first dose of the COVID vaccine whereas over 4 crore 82 lakh have been fully vaccinated with both the required doses. The Health Ministry said, vaccination is an integral pillar of the comprehensive strategy of the Government for containment and management of the pandemic, along with Test, Track, Treat and COVID Appropriate Behaviour.

The Liberalised and Accelerated Phase-3 Strategy of Covid-19 Vaccination has come into force from 1st of last month.

The number of cumulative COVID-19 testing in the country has so far surpassed the figure of 37 crore 81 lakh. With a special focus on the 5-point principle of 'Test, Track, Treat, Isolate and Vaccinate', the apex

medical research body Indian Council of Medical Research (ICMR) has informed that in the past 24 hours more than 19 lakh samples were tested across the country. As of today, two thousand 642 laboratories are engaged in the work of testing COVID samples in the country which includes one thousand 270 government and one thousand 372 private labs. (Source:india.gov.in)

2nd YEAR REMEMBRANCE On 14.06.2021



LATE T. BHIMA RAO

R/o DSS Jawahar Colony, School Line
You've left us precious memories,
Your love will be our guide
You live on through your children,
And you're always by our side
Fondly remembered by:
T. Lolawathi (Wife), T. Applamma (Mother), T. Sivanand (Son), S. Sneha (Daughter-In-Law), R. Pushpa Latha (Daughter), R. Krishna Rao (Son-In-Law), T. Veer Anand, R. Vanshika, R. Reyansh (Grand Children), all family members, relatives & friends.

Teaching-learning through virtual mode

Schedule of tele-classes for school students announced

Port Blair, June 13

The schedule for the broadcast of tele-classes for the upcoming week (from 14.06.2021 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 is as mentioned below.

SCHEDULE FOR CABLE TV TELECAST (w.e.f. 14.06.2021 to 19.06.2021)						
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
14-06-2021 Monday	ENGLISH	ENGLISH	SCIENCE	MATHS	ECONOMICS	CHEMISTRY
15-06-2021 Tuesday	S/SCIENCE	SCIENCE	MATHS	CHEMISTRY	ACCOUNTANCY	PHYSICS
16-06-2021 Wednesday	MATHS	S/SCIENCE	SCIENCE	B/STUDIES	COMP. SCIENCE	ECONOMICS
17-06-2021 Thursday	SCIENCE	MATHS	MATHS	CHEMISTRY	HISTORY	MATHS
18-06-2021 Friday	ENGLISH	SCIENCE	ENGLISH	BIOLOGY	GEOGRAPHY	ENGLISH
19-06-2021 Saturday	SCIENCE	MATHS	S/SCIENCE	PHYSICS	POL SCIENCE	MATHS

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 (14-06-2021 to 18-06-2021)					
DATE/CLASS/TIME	14-06-2021	15-06-2021	16-06-2021	17-06-2021	18-06-2021
4:00 pm-4:30 pm	X ENGLISH	X SCIENCE	X MATHEMATICS	X SOCIAL SC.	XII ECONOMICS
4:30 pm-5:00 pm	XII PHYSICS	XII ACCOUNTANCY	XII CHEMISTRY	XII MATHEMATICS	XII BIOLOGY

Students and parents have been urged to post their Questions/queries/doubts related to their subjects in the following format viz. 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 mobile phone on 'newsnair' app.

Weekly Schedule of Radio Broadcast (14.06.2021 to 19.06.2021)

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.
14.06.2021 (Monday)	III - EVS	VI - SOCIAL	VII - ENGLISH
15.06.2021 (Tuesday)	IV - HINDI	V - ENGLISH	VI - ENGLISH
16.06.2021 (Wednesday)	III - ENGLISH	V - EVS	VII - HINDI
17.06.2021 (Thursday)	III - HINDI	VI - SCIENCE	VII - SOCIAL
18.06.2021 (Friday)	IV - EVS	V - HINDI	VI - SOCIAL
19.06.2021 (Saturday)	IV - ENGLISH	VI - HINDI	VII - SCIENCE

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 are hereby appealed to make use of this facility to the maximum extent for the benefit of enhancing teaching-learning activity during this period. Parents are 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 from Directorate of Education said.

Ayurveda Preventive Measures for self care during COVID-19 Pandemic

In the wake of current spike in COVID-19 cases, enhancing the body's natural defense system (immunity) is important in maintaining optimum health. The Ministry of Ayush recommends the following self-care guidelines modified as per the available evidence for improving immunity.

Recommended Measures

I. General Measures

1. Drink lukewarm water frequently.
2. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander), Saunth (Dry ginger) and Lahsun (Garlic) are recommended in cooking.
3. Consumption of fresh Amla fruit (Indian gooseberry) or Amla products.
4. Gargling with warm water added with a pinch of turmeric and salt.
5. Food should be freshly prepared, and easily digestible.
6. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by the Ministry of Ayush National Clinical Management Protocol for COVID-19 prophylaxis.
7. Take adequate sleep (7-8 hours) and avoid day time sleep.

II. Ayurvedic Immunity Promoting Measures

Option-1:

1. Consume Chyavanprash 20 gm in divided doses on empty stomach with lukewarm water.
2. Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

Option-2:

1. Take Guduchi GhanVati 500 mg/ Ashwagandha tablet 500 mg twice daily after meals with lukewarm water.
2. Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

Option-3:

1. Drink herbal tea/decoction (Kadha) made from 3 gm powder comprising Tulasi (Basil)-4 part, Dalchini (Cinnamon)-2 part, Shunthi

(Dry Ginger)-2 Kalimirch (Black pepper)-1 part, mixed in 150ml hot boiled water once or twice a day. Add Gud (Jaggery)/Munakka (Raisin)/Choti Elaichi (Cardamom) to improve taste and flavor.

Note: Vasa (Malabar nut), Yashtimadhu (Licorice root), Guduchi (Giloy), may be added as per the Constitution (Prakriti) of individual/ Seasonal changes/ Geographical variation in consultation with Ayurveda Physicians.

2. Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk once or twice a day.

III. Simple Ayurvedic Procedures

1. Nasal application - Apply Sesame oil / Coconut oil/ Cow Ghee or Anu Taila in both the nostrils in morning and evening.
2. Oil pulling therapy- Take 1 table spoon sesame oil or coconut oil in the mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

IV. During dry cough/sore throat

1. Steam inhalation with plain water OR fresh Pudina (Mint) leaves OR Ajwain (Caraway seeds) OR Karpur (Camphor) can be practiced once in a day.

2. Lavang (Clove)/Mulethi (Licorice) powder mixed with natural sugar/honey can be taken 2-3 times a day in case of cough or throat irritation.

* These measures generally treat normal dry cough and sore throat. However, it is best to consult qualified physicians if these symptoms persist.

The above measures can be followed to the extent possible as per an individual's convenience.

Disclaimer: The above advisory does not claim to be treatment for COVID 19.

*These suggested measures are supported by Ayurvedic literature, scientific publications and evidence based on COVID-19 studies undertaken by the Ministry of Ayush.

(Source: Ayush Ministry)

CONDOLENCES



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"YOUR FRIENDSHIP, LOVE AND HUMBLD ATTITUDE WILL FOREVER REMAIN IN OUR HEART". We will always miss you and your smile.. May Your soul rest in peace.. From. Friends and Family..