



Hon'ble Lt Governor requests Hon'ble Prime Minister to provide vaccine doses directly by Central Govt. for 18-44 years of age group free of cost

Govt revises guidelines; to provide vaccine doses free of cost for category of 18-44 years of age also

A&N Administration prioritizes groups to be vaccinated in the age group of 18-44 years

Port Blair, June 15

The Hon'ble Lt Governor, A&N Islands had made a request to Hon'ble Prime Minister on 31/05/2021 for providing the vaccine doses directly by the Central Government for the category of 18-44 years of age group as per the earlier system of 45+ age group, free of cost.

Pursuant to the above request of Hon'ble Lt. Governor, A & N Islands, the Govt. of India announced the revised guidelines on 08.06.2021 for implementation of National COVID Vaccination Programme. Under these guidelines, the vaccine doses are to be provided by the Central Government to States/ UTs free of cost for the category of 18-44 years of age also. The revised guidelines have been issued in this regard which state that Government of India will

procure 75% of the vaccine doses being produced by the manufacturers in the country and it will be provided free of cost to States/UTs as has been the case from the commencement of the National Vaccination programme and these doses will be administered by the States/UTs free of cost to all the citizens as per priority through Government Vaccination Centres. The Prioritized groups will be:

- Health Care Workers
- Front Line Workers
- Citizens more than 45 years of age
- Citizens whose second dose has become due
- Citizens 18 years and above

These revised guidelines will come into effect from 21/06/2021 and will be reviewed time to time by the Government of India.

Now, the A&N Administration has decided the following groups will be prioritized in the age group of 18-44 years:

- All Govt. employees serving in Andaman & Nicobar Islands.
- Employees working in public carriage services.
- Persons with Co-morbidity.
- Media personnel.
- Essential commodity suppliers and their staff.
- Any other vulnerable population.

The A&N Administration is working at war footing to vaccinate 100% of its general populace and make this UT a COVID free territory. The kind cooperation from the general public is highly solicited during this pandemic period, a press release from Directorate of Health Services said.

District Administration (SA) adopts 5-fold strategy of COVID Management

Mobile Rapid Antigen Testing team collects samples of suspected ILI/SARI cases

Samples from different villages of Little Andaman taken for RTPCR test



Port Blair, June 15

The South Andaman District Administration is proactively and efficiently carrying out the testing aspect of the 5-fold strategy of COVID Management. The Mobile RAT team is conducting tests at various locations within South Andaman District. Arrangements have also been made for collection of RTPCR samples from Little Andaman.

In order to conduct tests on random samples in the District and also to increase the testing facilities during the lockdown, a Mobile Rapid Antigen Testing team has been started from 20th May, 2021, which visits various locations within the District to collect samples of suspected ILI/SARI cases. The team has so far collected more than 100 random samples each from different areas of South Andaman which include Mannarghat, Jirkatang, Ograbraj, Wandoor, Mathura, Dundus Point, Wimberlygunj, Naya puram, Caddlegunj, Shoal Bay, testing facilities during

(Contd. on last page)

CINCAN addresses all officers of Andaman Nicobar Command Emphasizes on significant role of Indian Armed Forces towards nation building

Port Blair, June 15

Lieutenant General Ajai Singh, AVSM, Commander-in-Chief, Andaman and Nicobar Command (CINCAN) addressed officers of Andaman and Nicobar Command (ANC). During the address, CINCAN complimented all officers of the Command for upholding the highest traditions of Indian Armed Forces including



jointmanship. CINCAN conveyed his vision and goal for the ANC and expressed his thoughts about

Message

We, the people of South Andaman District in remembrance of Mahatma Gandhi Ji, hereby declare that we will leave no stone unturned to make our district free from leprosy. Leprosy is easy to identify and is curable. We will make all efforts to find all leprosy cases as early as possible. We will use all possible resources available in the district, to achieve it. At the same time, we will not discriminate and will not allow others to do any type of discrimination with persons affected by leprosy. We individually and collectively will work on the belief of Babu to end stigma & discrimination against persons affected by leprosy and contribute in their mainstreaming.

Sd/-
(Suneel Anchipaka)
District Magistrate/Deputy Commissioner, SA

(Contd. on last page)

Vaccination-shield against the virus 1,33,595 doses of vaccine administered so far; 14,029 inoculated in the age group of 18 to 44 years

Port Blair, June 15

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 in

(Contd. on last page)

District Magistrate (Nicobars) issues order for strict implementation in Nicobar District

Shops dealing with non-essential items allowed to open on Saturday, Sunday and Monday between 6 am & 10 am

Port Blair, June 15

In partial modification to Office Order No.37 dt. 30th April, 2021 and Office Order No.49 dt. 10 May, 2021, the following directions have been ordered by the District Magistrate, Nicobar District with immediate effect in Nicobars District. Accordingly, godowns and allied establishments which are permitted as per the Order can operate till 6 pm for non-business

(Contd. on last page)

APWD's initiative under 'Jal Shakti Abhiyaan' Launches massive 'Revival & Rejuvenation of Water Sources' in A&N Islands 'Swacch Jal Surakshit Kal'

Port Blair, June 15

Under the Govt. of India's Scheme of Jal Shakti Abhiyaan, A & N Administration launched a 30 days massive 'Revival & Rejuvenation of all Water Sources' in A & N Islands. Under the direction of Chief Secretary, A & N



Administration, APWD launched the programme in all tehsils of A&N Islands.

In line with this, Ms. Veditha Reddy, Secretary (PWD), A & N Administration launched the programme in South Andaman District by cleaning, desilting a water source at Kalatang, Wimberlygunj. The Secretary briefed about the importance of Revival & Rejuvenation of Water Sources in the Islands, which will improve the water availability as well as provision for clean water. She impressed upon all the Engineers to ensure revival of Community/

Public sources that are defunct and put in use of the community. This, she said will ensure additional availability of water, especially during summer time.

Similarly, in the other two districts, the Deputy Commissioner, N & M Andaman, Dr.(Smt) Angel Bhati Chauhan & Shri Yash Choudhary, Deputy Commissioner, Nicobars launched the drive at the respective District headquarters. In Block level, Assistant Commissioner, Diglipur, Shri Ankit Yadav, Assistant Commissioner, Nancowry, Shri

(Contd. on last page)

Media briefed on COVID-19

There is no shortage of essential commodities or cooking gas in A&N Islands: Secretary (IP&T)

PHH & AAY cardholders advised to lift complete entitlement of 12 kg per card in one go before June 30

Port Blair, June 15

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 said that there is no shortage of essential commodities in A&N Islands and it is also being ensured that there is no shortage of



cooking gas and its availability throughout the islands is constantly being monitored and it is further said price

do not go beyond the fixed price. He has urged every individual to follow COVID appropriate behavior in letter and spirit and help A&N Administration to arrest the spread of corona virus, minimize positive cases in A&N Islands.

The Secretary further said that during the RT-

(Contd. on last page)

Tweets on COVID-19 Management by Administration

K.AKASH PRAKASH @SKalidasan7

Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain

Amazing the initiatives ,rules and regulations which are taken by government this made extraordinary situation in our island . It also made decrease in covid case .Soon our island will announced as covid free due to our administration and medical support. Thank you.

Mohammed Iqbal @Mohammed3233441

Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain

The police jawans and officers are doing very hard work. And also the field staff of various departments are also doing splendid job. Big salute to entire police department and our administration.

Shahnaz Haleem @shahnaz_18

"The secret of crisis management is not good vs bad, it's preventing the bad from getting worse." So have full trust on our @Andaman_Admin @DcSouthandaman @MediaRN_ANI & our Islanders plz remember SMS(Sanitization,Mask,SocialDistancing)

Alvin Louis @AlvinLouis9

Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain

हम होंगे कामयाब जी हाँ हम ज़रूर एक दिन इस महामारी से जीत जाएंगे। बस हमें सब से काम करना है, और प्रशासन को अपना योगदान देना है, क्योंकि प्रशासन भी चाहते है कि हम कोविड से जीत जाएं।

Shyam @Shyam12623694

Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain

It shows that no. Of case load declining day by day, thanks@ front liners, police, and others support staff for controlling covid in islands, hats off to all of them,

Mohammed Tabraiz @MohammedTabraiz5

Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain

In pursuit to achieve access to Justice to all and to make the court premises safe and secure the entire legal fraternity was vaccinated today. Thanks to the administration and the entire team.

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोबल कोरोना वायरस रोग (COVID-19)

(No. 441/ 15th June 2021)

COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 15.06.2021

> Status of Cases :

Details of Second Wave since: 01.03.2021

Active new case in last 24 Hours	11
Discharges in last 24 hours	15
Total confirmed cases	2286
Total Discharges	2117
Total Active case as on date	105
Total Deaths	64

Cumulative since March 2020

Details	On 14 th June 2021	On 15 th June 2021	Total
Confirmed Cases	7269	11*	7280
Cured/Discharged from Hospital	7034	15	7049
Death	126	00	126

*Includes 04 Positive from Airport arrival.

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	04	282
South Andaman	5583	101	5482
Nicobar	507	00	507
Total	6376	105	6271

Total 01 containment zone formed in South Andaman District

> Status of Sample and Testing:

Total Samples sent till date	397953
Total Reports received till date	397953
Total Pending Reports	0
Rate of Testing Per Million	994883
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	1,33,595
Cumulative Beneficiaries vaccinated with 1 st Dose so far	1,16,114
Cumulative Beneficiaries vaccinated with 2 nd Dose so far	17,481
% of population vaccinated	29.03

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 th May 2020 to 14 th June 2021	On 15 th June 2021	Total
Incoming Passengers			
a) VSI Airport	246782	295	247077
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	259095	473	259568
b) Haddo Wharf	928	0	928

(On 15.06.2021, 281 passengers were retested by RTPCR at Airport)

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

District Magistrate (Nicobars) issues order for strict ...

(Contd. from page 1)

purposes and should not cater to any customers. Only internal operations, receiving/dispatching of stocks etc. shall be permitted. For any relaxation in case of exigency, prior permission of Assistant Commissioner concerned may be obtained. Establishments violating this provision shall be liable for fine of Rs.25,000/-. Port services will continue to operate as usual and both essential and non-essential cargo can be moved in and out of port, as per requirement for loading/unloading/clearing of cargo and the same shall be permitted till 6 pm only. For any relaxation in case of exigency, prior permission of Assistant Commissioner concerned may be obtained.

Shops dealing with non-essential items shall be allowed to open on Saturday, Sunday and Monday between 6 am and 10 am by observing COVID appropriate behavior. It shall be the sole responsibility of the owner/In-Charge of the shop/business establishment to ensure its compliance, the owner/in-charge shall be held responsible and he shall be liable to be fined to the tune of Rs.50,000/- in addition to sealing of the shop/establishment for a period of 14 days by the Executive Magistrate and shall also be liable for action under DM Act.

The establishments listed above shall strictly follow norms of social distancing by maintaining a distance of at least one meter from a person and not allowing more than 5 persons at a time inside the premises, the order to this effect issued by DM (Nicobars) added.

CINCAN addresses all officers of Andaman ...

(Contd. from page 1)

leadership qualities and maintaining the highest state of operational readiness and functional efficiency. CINCAN further emphasized the important role of Indian Armed Forces towards nation building, a press release from PRO HQANC said.



Police destroys large stocks of Lahan in Kishorinagar Jungle in Diglipur

Port Blair, June 15

Based on the inputs that due to stringent action by the police against illicit liquor, some people might have shifted their fermentation setup in the jungle areas, teams led by SI Suresh (SHO/ Kalighat) have been conducting search in the jungle areas of OP Kishorinagar. In one such search operation, police has found and destroyed about 1000 litres of Lahan in last 3 days. The police officers are aware of the fact that any delay in action on the



information about such activities may lead to supply of illicit liquor to the public, that is why the search is being continued even though the weather is not good. The police officers are also making appeal to general public not to buy or consume such illicit liquor and inform the nearest police station if someone around them is involved in such activities, a press release from SP (N&M) said.

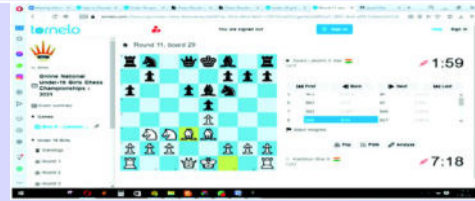
Online National U-16 Open & Girls Chess Championship concludes

Players from A&N Islands enthusiastically participates

Port Blair, June 15

The Online National U-16 Open & Girls Chess Championship 2021 which began on 13th June concluded today. Around 600 players in open & girls sections across India participated in this prestigious event. The Games were held in Rapid format that followed 15 minutes, plus a 10 second increment per move, per player, which held over 11 rounds for three days.

Players from Andaman & Nicobar Islands participated in this online U-16 National Chess Championship 2021 with great enthusiasm. R Kashthuri Bhai from Andaman playing in U-16 Girls section, scored 7 points with 6 wins and two draws, out of 11



eleven rounds and had fared exceptionally well. Jasleen Kaur Bohra scored 4 points with three wins and two draws while K S Sanjhana & Anuva Mazumder scored three points each whereas B Kavya managed to score two & half points with two wins and one draw.

Similarly, in U-16 Open section, D. Dhruva Kumar & M P Sudarsan from Andaman, scored 3.5 points each with three wins & one draw and P. Manvender Rao scored three points with two wins

& two draws in eleven rounds. Meanwhile, K. Harsith, D. Dhruva Kumar, & D Shrestha Vijay, Y Yashwant, A Chirag Kumar and P. Venkata Lagnesh from Andaman & Nicobar Islands are participating in the U-14 Open event which began today.

Earlier, the Vice President of All India Chess Federation (AICF) Dr. Vipnesh Bhardwaj, inaugurated the National Under-14 Open Online Chess Championship 2021 today, a press release from ANCA said.

World Blood Donor Day 2021 observed by ANACS

Port Blair, June 15

Andaman & Nicobar AIDS Control Society observed 'World Blood Donor Day 2021' yesterday by organizing blood donation camp in the Blood Bank (Blood Centre) in the premises of G.B. Pant Hospital. Yuva Bharat Samaj Seva Charitable Trust, A & N Islands participated in the camp. A similar camp was held at CHC Bambooflat, South Andaman which was organized by 'With You', an NGO in coordination with Directorate of Health Services, A & N Administration.

On the occasion, a brief programme was organized to honour and thank the devoted and committed voluntary blood donors by maintaining all the protocols of COVID-19. During this COVID-19 period, access to safe



and timely blood supply to the critical patients is a very important aspect and donors have continued to donate blood and plasma to patients who need urgent transfusion.

The camp was organized under the guidance of Dr M. Joy, Project Director, A & N AIDS Control Society and Director, State Blood Transfusion Council, A & N Islands. The blood donation was facilitated by Dr. N. R. Kodhandram, Deputy Director (Blood Safety)/

Medical Officer incharge, Blood Bank, G.B. Pant Hospital and Dr. R. K. Halder, Chief Medical Officer I/c, CHC Bambooflat.

Later, voluntary donors donated blood and slogan of NBTC was also released as pocket pin - 'Rakt Daan Karke Dekho Accha Lagta Hai'. A total of 84 units of blood were collected during the campaign. 53 units at CHC Bambooflat and 31 units at G.B. Pant Hospital respectively, a press release from ANACS said.

APWD's initiative under 'Jal Shakti...' (Contd. from page 1)

Abhishak Bhukal, Shri N.P Singh, Commanding Officer, ICGS, Little Andaman launched the programme at Diglipur, Kamorta & Little Andaman respectively.

The programme was also launched in other places by Executive Engineers, Medical Officers by cleaning/reviving the water sources. The programme will continue for a month and the water sources of APWD as well as defunct public/community sources will be revived/rejuvenated by the Department. Apart from this, it is also proposed to clean the major storage tanks of the Islands.

The objective of the drive is to increase the availability of water at village level and to provide clean water. It is proposed to revive/rejuvenate around 280 water sources in A & N Islands, a press release from APWD said.

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

PCR conducted on 263 incoming passengers who arrived here yesterday by flight, 4 positive cases have been detected despite carrying RT-PCR report from mainland. He further informed that 3 flights with 281 passengers arrived today and the RT-PCR reports are awaited. He also stated that during the RAT conducted on 133 passengers proceeding to N&M Andaman at Ferrargunj, none of them were found positive. He said, that today till 3 pm, 418 beneficiaries were vaccinated in South Andaman District, out of which, 385 were in the age group of 18-44 and the rest were above 45 plus age group.

The Director, Civil Supplies and Consumer Affairs, Shri Deepak Kumar Pundir who also attended the press conference informed that under the 'Pradhan Mantri Garib Kalyan Anna Yojana (PMGKAY) scheme, all NFSA beneficiaries i.e. PHH & AAY households is entitled to receive rice @ 5 kg per person per month for two months (May & June, 2021) free of cost in one instalment. The Director informed that the distribution of PMGKAY foodgrains has started from May 1, 2021 which will be available up to June 30, 2021. He asked the NFSA beneficiaries not to wait for the last date and urged them to receive their quota from the nearest Fair Price Shop (FPS) at the earliest to avoid lapse of entitlement.

The Director further informed that sugar at subsidized rate of Rs. 30/- per kg (PHH) and Rs. 15/- per kg (AAY) for PHH & AAY cardholders is available in all Fair Price Shops (FPS) in all the three District including N&M Andaman District. He urged all NFSA beneficiaries, i.e. PHH & AAY cardholders to lift the complete entitlement of 12 kg per card in one go before June 30, 2021 from the Fair Price Shops. The Deputy Director, G.B Pant Hospital, Dr. Amitabha De disclosed that 22 COVID positive patients are presently undergoing treatment in the Hospital. Today, one COVID patients was discharged. He said, out of the 22 patients, 13 patients are on Oxygen support and two patients are on ventilator. He further informed that in the three COVID Care Centres functioning in Port Blair, 1 new patient was admitted today and altogether, 11 patients are presently being taken care of in these three COVID Care Centres while in COVID Care Centre Wimberlygunj, altogether 6 patients are admitted, he added.

District Administration (SA) adopts 5-fold ...

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Beachdera, Bengali Basti, Brindaban, Guptapara, Rangachang, Burmanallah, Kodyaghat, Chouldari, Gopal Nagar, Mithakhari, Namunagar, Ranchi Basti, Collinpur, Indira Nagar, Tushnabad, Manglutan, Chidiyatapu, Teylerabad, New Bimblitan, Mile Tilak and Calicut. The results have shown a constant decrease in the number of positive cases and this can be accredited to the lockdown restrictions imposed in the District.

Further in order to have a thorough check of suspected cases, the District Administration has started RTPCR testing in Little Andaman, wherein samples are being collected through helicopter by a special team constituted for this purpose. Today samples from different villages of Little Andaman have been taken and brought for RTPCR test in this regard. The District Administration is reaching out to the remotest locations of the District in every way possible to mitigate the various problems being faced by the general public during this pandemic and lockdown.

Shri Suneel Anchipaka, Deputy Commissioner (SA) reiterated that Testing, Tracing, Treatment, Isolation and Vaccination will be meticulously implemented in the District till this pandemic vanishes from the Island. All required measures to ensure the safety and health of public will be prioritised and for this, DC (SA) also appealed to the general public to maintain social distance, avoid unnecessary movement and follow COVID appropriate behavior, a press release from Deputy Commissioner (SA) said.

Vaccination- shield against the virus...

(Contd. from page 1)

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 1,33,595 beneficiaries have been vaccinated so far in A&N Islands, out of the target beneficiaries of 2,81,603 (approx.). A total of 14,029 eligible people in the age group of 18 to 44 years have been vaccinated till date. A total of 1053 people were vaccinated today in A&N Islands. 636 beneficiaries were vaccinated in South Andaman District, out of which, 572 were in the age group of 18-44 years. In N&M Andaman, 310 beneficiaries were vaccinated, out of which 299 were in the age group of 18-44 years while the remaining were above 45. In Nicobar District, 107 beneficiaries in the age group of 18-44 years were vaccinated.

The online registration for the vaccination is done through CoWIN portal and Aarogya Setu App. Online registration is mandatory and no on-site registration will be done and people have been advised to reach the centres as per the time schedule provided to the beneficiaries through the App. The general public have been requested to follow COVID Appropriate Behaviour while going for vaccination, a press release from DHS said.

Thunderstorm with lightning & gusty wind likely to occur in Isles

Port Blair, June 15

Thunderstorm with lightning and gusty wind (speed reaching 40-50kmph) is likely to occur at one or two places over A&N Islands on June 16. Similarly, on June 17, thunderstorm with lightning and gusty wind (speed reaching 30-40 kmph) is likely to occur at one or two places over A & N Islands. Thunderstorm with lightning likely to occur at one or two places over Andaman & Nicobar Islands on June 18 & 19.

Due to steep pressure gradient over South East Bay of Bengal and adjoining North Andaman Sea, the wind speed is very likely between 40-50 kmph. Fishermen of Andaman and Nicobar coast have been advised not to venture into the sea till June 16, 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 with inputs from IMD said.

Government of India's NAFED launches Fortified Rice Bran Oil to Boost Healthy Living Move to help reduce the country's consumption dependence on imported edible oil in future

New Delhi, June 15 (PIB) Shri Sudhanshu Pandey, Secretary, Department of Food and Public Distribution today E-launched "NAFED Fortified Rice Bran Oil". On the occasion, Shri Sudhanshu Pandey said that this initiative by Nafed will significantly reduce the country's consumption dependence on imported edible oil in future. He also said that this will provide opportunities for Indian edible oil manufacturers further, and also will give an impetus to the Prime Minister's Aatmanirbhar Bharat initiative. This Rice bran oil will be marketed by NAFED (National Agricultural Cooperative Marketing Federation of India Ltd).

Shri Arun Singhal, Chief Executive Officer, Food Safety and Standards Authority of India (FSSAI), Shri Sanjeev Kumar Chaddha, Managing Director, NAFED and Shri Atish Chandra, Chairman & Managing Director, Food Corporation of India (FCI) also present on the E-launch. On this occasion, CMD, FCI informed that recently a MoU has been signed between

NAFED and FCI for the production and marketing of fortified rice kernel.

Regarding this initiative, Shri Sanjeev Kumar Chaddha, Managing Director, NAFED said that this initiative will provide easy access to NAFED (National Agricultural Cooperative Marketing Federation of India Ltd) branded high quality rice bran oil, which will also give a boost to the indigenous oil manufacturing industry.

It may be noted that Rice Bran oil has multiple health benefits, including lowering cholesterol level due to its low trans-fat content and high mono unsaturated and poly unsaturated fat contents. It also acts as a booster and reduces the risk of cancer due to the high amount of Vitamin E it contains. This oil is recommended by The American Heart Association and the World Health Organization (WHO) as one of the best substitutes for other edible oils. Rice Bran oil from NAFED (National Agricultural Cooperative Marketing Federation of India Ltd) will be fortified and it will



be ensured that it will contain additional nutrients and vitamins. According to the FSSAI, fortified oil can help a person fulfil 25-30% of the recommended dietary intake for vitamins A and D. NAFED Fortified Rice Bran Oil will be available at all NAFED Stores and also on various online platforms.

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Patients may experience post-COVID symptoms up to 3-6 months after recovery, do not panic, get conditions evaluated by a physician: Pulmonologist

Consume protein, vegetables, phyto-nutrients, adequate water to help body regenerate in post-COVID period: Clinical Nutritionist

New Delhi/Mumbai, June 15 (PIB)

Does the fight against COVID-19 really end once a negative report comes? What early warning signs to look out for? What sort of food or nutrition should be taken? PIB's Webinar held today (June 15, 2021) had answers to all these questions. Nutritionist Ishi Khosla and Pulmonologist Dr. Nikhil Narayan Bante explained about Post-COVID symptoms, how to tackle it and also how nutritious food can help us to fight COVID and in recovery post-COVID.

Dr. Nikhil Narayan Bante, Lungs and TB Specialist, pointed out that a large number of COVID recovered patients are facing post-COVID-19 syndromes in the second wave of the pandemic. "Around 50%-70% of patients may experience minor or even major symptoms up to 3-6 months after recovering from COVID-19 and is observed more in those patients who had moderate or severe form of the infection", he added

Excerpts from the webinar on post-COVID as explained by Dr. **Nikhil Narayan Bante:**

What is post-COVID-19 Syndrome?

Majority of COVID patients recover in 2 - 4 weeks. However, in some patients, the COVID symptoms persist beyond four weeks - a condition known as Acute Post COVID Syndrome. If the symptoms remain even after 12 months, it is known as **Post COVID Syndrome**

Most common post-COVID-19 symptoms:

- Weakness / fatigue
- Difficulty in breathing
- Palpitation
- High sweating
- Joint and muscle pain
- Loss of taste and smell
- Sleep disturbances

Psychological symptoms post-COVID:

- Depression
- Anxiety

Reasons behind post-COVID-19 symptoms?

There are two major reasons for post-COVID-19 symptoms:

1) **Virus-related:-** Coronavirus affects not only our lungs, but can affect all organs including liver, brain and kidney. So, our body takes time to recover from the infection

2) **Immunity-related:-** Our immune system becomes hyperactive due to the entry of the virus. In the fight between the body and the virus, various chemicals are released which cause inflammation in our organs. In some patients, the inflammation persists for longer duration.

Some common post-covid syndromes:-

Thromboembolism is the most feared post-COVID-19 condition. It is the obstruction

of a blood vessel by blood clots. It can even result in heart attack or stroke, depending on where the clots occur. However, thromboembolism is being observed only in less than 5% of patients recovering from COVID-19.

Pulmonary embolism is a condition in which early signs of blood clot in lungs are shown. Symptoms include difficulty in breathing and fall in blood pressure. Such patients need to be hospitalized immediately and evaluated.

High D-Dimer levels:

Severe to serious patients and those with high D-Dimer levels may require therapeutic anti-coagulants during hospitalization as well as in the post-COVID-19 period for 2-4 weeks. But anti-coagulants should be taken on physician's reference and in a guarded manner.

Chronic Cough:

Another major post-COVID-19 infection is chronic cough or post infection cough. Dry cough can persist after recovery due to infection in our airways and resultant inflammation. Cough can persist also due to stiffness of lungs when recovery process begins. Deep breathing exercises for patients experiencing dry cough is recommended.

Cough Fatigue:

Post-Covid patients often complain about cough fractures. They may feel pain in the rib-cage towards the lower side of chest, due to chronic cough. It is important to evaluate this condition also. Costochondritis or pain in the rib-cage may be caused after recovery due to inflammation during COVID.

Pulmonary fibrosis

Yet another feared post-COVID syndrome which occurs due to scarring which is when lungs recover from COVID. Scarring does not become clinically significant in 90% of the patients. However, 10% of the patients may need long-term supplemental oxygen. "It is more likely to occur in COVID-19 patients whose lungs got damaged to the extent of above 70%. Even among such patients, lung fibrosis is found only in around 1% of them.

Those who had moderate to severe COVID-19 and were on oxygen therapy, may get lung function tested after a month of recovery. To understand whether lung capacity has been fully restored and oxygen extraction capacity has been completely reinstated to previous levels, suggested the chest specialist. He further informed that many patients recovering from COVID-19 experience chest pain and fear they are getting heart attack. But, heart attacks have been observed only in less than 3% of the patients recovering from COVID.

Post-COVID Nutrition Management:

Clinical Nutritionist Ishi Khosla stated that 94% of people who died due to COVID-19 had succumbed because of co-morbidities, which has a common thread of inflammation. Hence, our diet should be anti-inflammatory and we need to eat right, keep our body fit and keep our immune system intact, she suggested.

Sufficiency of Proteins in diet

Proteins should be present in our diet in a focussed manner and, atleast, in two meals, said Ms Khosla. Further, we should pair vegetables with proteins, which will lead to digestion of food in a balanced manner.

Nutritional Supplements

The Clinical Nutritionist cautioned about the usage of nutritional supplements and advised to use it judiciously. "Zinc, Vitamin C and Vitamin D, Vitamin B Complex have gained tremendous importance in these times. These should be taken judiciously and should not be overdone with". These supplements play an important role in the body's regeneration," she advised.

Protective food

These food help in defence mechanism of the body and contain phyto-nutrients and fibres, which are important for the body's recovery. Hence, protective food should also be taken adequately. There are live organisms found in our intestines which determine our health and recovery. If there has been a damage to those microbes, the food which is fibres should be provided to the body so as to make those microbes grow.

Phyto-nutrients, which come in various colours and are also known as rainbow diet, contain information about which genes to make work, which far cells to activate and which are the ones to suppress. These play an even more important role than vitamins and minerals. "Hence, do consume colourful food and dedicate one meal to these protective food", advised Ishi Khosla

Protective food include anti-oxidants, anti-inflammatory food, cold-pressed oils, turmeric, ginger, tea and so on.


Hydration: The nutritionist also specially mentioned about the importance of drinking enough water. Hydration levels should be well-maintained during the illness and also post-illness.

Mental health is also related to our gut which has such a profound effect on our body that scientists are now calling it "second brain". Hence, if our food is not good for body, it also disturbs our mood, apart from our immunity. In short, maintain a healthy diet, take seasonal food and organic food, she concluded.

"Be With Yoga, Be At Home"

Exhale Stress, Inhale Freshness.

Practice Yoga.



**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

COVID-19: Wash your hands regularly using soap and water or an alcohol-based hand rub.

ONCE THEY WERE EMPLOYEES NOW, THEY ARE EMPLOYERS



M/s Sea Bay Cafe,
Prop : Shri P.Godly,
Campbell Bay

M/s Krishna Tourist Fiber Boat,
Prop : Shri Atul Das,
Diglipur

M/s Aup Pick up Van,
Prop : Shri Arup Kumar Sarkar,
Nimbutala, Middle Andaman

M/s R.M.A Stores,
Prop : Shri Gideon,
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Backward & forward linkages such as Training & Marketing assistance for the units being set up in the line of manufacturing of **Handicrafts** under PMEGP scheme

Highlight of the scheme

25-35% margin money (subsidy) for the project cost upto ₹ 25.00 lakh at rural areas

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2nd doze of finance upto ₹ 1.00 crore under manufacturing sector and upto ₹ 25.00 lakh under services sector for those existing successful REGP / PMEGP units who have already repaid their loan in time and whose margin money subsidy have already been adjusted against earlier loan.

For more details, please contact:

A & N ISLANDS KHADI & VILLAGE INDUSTRIES BOARD
UDYOG PARISAR, MIDDLE POINT, PORT BLAIR
Phone & Fax – 03192 – 233301, e-mail : anikivboard@rediffmail.com

Or
District Industries Centre [Ph. – 03192 232601]

Or
Extension office, Industries Department functioning at Diglipur, Bakultala, Hut Bay, Car Nicobar & Campbell Bay

Or
Nearest branch of Public Sector Banks

OFFICE OF THE JOINT SECRETARY (NPCB)
NATIONAL PROGRAMME FOR CONTROL OF BLINDNESS
State Health Society, A&N Islands, UT Health Mission
F. No. 1-21/DHS/NPCB/ProSpectacle/2019/523

Port Blair, dated 31st May, 2021

E-TENDER FOR SUPPLY OF SPECTACLES UNDER NPCB

Sealed quotations are invited for supply of spectacles required for National Programme For Control of Blindness under State Health Society (A&N Islands), Port Blair as and when required basis for a period of **one year** from the date of finalization of the quotation. The registered Optical Shops can participate in the tender and quote their rates. The tender document is available in e-Procurement portal and same can be downloaded from the website (<https://eprocure.gov.in>). The terms and conditions of the quotation are as follows:

S. No.	Name of Item	Specification
1	Spectacle - Uni-focal	- Polyamide Frame (White English), Black / Brown Colour. (Baby and Adult Size)
2	Spectacle - Bi-focal	- The lenses should be white English - The lenses should be free of air bubbles, scratches, waves and irregular shapes. - Power of lenses will be intimated at the time of supply order.

The quotation should indicate the rate per spectacle (including GST, if any), rate for Uni-focal & Bi-focal should be quoted separately. A sample of the frame & glasses may be submitted with quotation addressed to the **Joint Secretary (NPCB & VI), State Health Society –NPCB, Adjacent to Room No. 56, G.B. Pant Hospital, Port Blair 744104** on or before **05/07/2021 BY 3.30 PM** and the quotation will be opened on the same day at **4.00 PM** in the presence of authorized representative of the firms, if any. For any clarification, tenderer can send email to pbnpcb@gmail.com.

Terms & Conditions:

- Quotation should be superscripted "Quotation for supply of Spectacles."
- The quotations should be submit through e-Procurement portal only (<https://eprocure.gov.in>).
- The quotations received after the stipulated date will not be entertained.
- The Earnest Money Deposit (EMD) to the extent of **Rs. 6,000/-** in the form of Call Deposit drawn in any of the nationalized bank in favour of Joint Secretary (NPCB), Port Blair shall accompany the quotation.
- The quotation received without EMD/Call Deposit will not be accepted.
- The supply of Spectacles should be made within 10 days from the date of issue of supply order (along with prescriptions), failing which, LD of 0.5% will be recovered for delay upto 10 days and thereafter LD of 1.0% will recover against the total value of supply order.
- If the L1 bidder not ready to supply the items or not accepted the supply order, EMD of the firm will be forfeited and tender will be treated as cancelled.
- The Spectacles should have 3 months warranty period. The replacement will be made for the defective Spectacles within warranty period on free of cost.
- The Mission Director (NHM) reserves the right to accept or reject any or all quotations without assigning any reason thereof.

ID No. 7835

Joint Secretary (NPCB)

OFFICE OF THE DEPUTY COMMISSIONER & CHAIRMAN
DISTRICT HEALTH SOCIETY (SOUTH ANDAMAN)

NOTICE

The list of eligible candidates for the post of District Programme Coordinator (NTEP) under District Health Society, South Andaman has been displayed in the notice board of District Health Society, South Andaman, room no. 40. Deputy Commissioner's Office (SA) and also on the website of Andaman & Nicobar Administration i.e. www.andaman.gov.in.

All eligible candidates are requested to attend the virtual interview as per the schedule as given below:

Sl. No.	Name of Post	Date and Time	Interview
1.	District Programme Coordinator (NTEP)	23 rd June, 2021 Interview at 10.00 AM	Virtual Interview

The virtual interview link, ID and Password will be shared to the eligible candidates to attend the above interview.

Assistant Commissioner (S/
Vice Chairman, DHS (SA)

: Unite2FightCorona : Wear a Mask : Wash Hands : Follow Social Distancing :
E-TENDER NOTICE

e-Tender ID No. 2021_ED_3185_1

F.No. EE/HQ/Tech/22/NIT-33/2021/1335

Andaman & Nicobar Administration

Office of the Executive Engineer (HQ)

Headquarter Division, Electricity Department, Port Blair

Tel: 03192 232593

E-mail: eehq@rediffmail.com

The Executive Engineer (HQ), Electricity Department, A&N Administration, Port Blair on behalf of the President of India, invites e-tenders in two bid system for hiring of 4MT & 12MT capacity vehicle from Commercial Vehicle Operators in A&N Islands for Store Sub-Division, Headquarter Division, Electricity Department for a period of one year.

Last date of receipt of e-tender- 1100 hrs. on 05.07.2021

The details of e-tender can be downloaded from the website <https://eprocure.andaman.gov.in>

ID No. 7837

Executive Engineer (HQ)

: Practice "Do GajkiDoori" : Together, we will succeed : Together, we will win against COVID-19:

Order Book No. 1069

DESERTION OF:

HC (GD)/021397 Festus while posted at DGP Reserve, Police Line has absented himself unauthorizedly from duty w.e.f 07/04/2021 (A/N) without any intimation / permission from the competent authority. Subsequently, an Absentee Notice No. IRBn/Estt./absent/21/700 dated 21/04/2021 was issued to him through RI, IRBn with the direction to report for duty immediately at IRBn (HQ), Port Mout, which was received by him on 05/05/2021, but despite service of notice neither he reported for duty nor submitted any intimation to his reporting authority.

In terms of DGP's Order No. 2742 dated 25.05.2021, as per provision of Rule 6.19 (a) of A&N Police Manual 1963, if the Battalion official remain absent without leave continuously for 21 days, his name will be struck-off from rolls of India Reserve Battalion, A & N Islands.

HC(GD)/021397 Festus has been absent from duty w.e.f 07/04/2021 (A/N) and accordingly, he has exceeded the unauthorized absence for more than 21 days and thus, declared as deserter under rule 6.19 (a) of A&N Police Manual 1963 and his name is struck-off from the nominal roll of India Reserve Battalion w.e.f 07/04/2021 (A/N).

Further, under rule 6.19 (b) of Andaman and Nicobar Police Manual 1963, HC(GD)/021397 Festus is further given an opportunity to appear before the Commandant, IRBn along with his explanation for re-instatement, if any, within 15 days from the date of publication/receipt of this order, failing which the desertion order will be made absolute and a formal order conforming the dismissal from service of India Reserve Battalion w.e.f. 07/04/2021 (A/N).

Sd./-

Commandant
India Reserve Battalion

MALARIA

Malaria is a communicable diseases caused by a parasite. Malaria may cause anemia and jaundice. In certain cases, if not treated promptly. It may cause kidney failure, coma and death.

Life Cycle of Malaria Parasite

An infected female anopheles mosquito bites a human

Some parasites become gametocytes and are injected into another female anopheles mosquito when it bites the infected human. This mosquito then becomes the carrier of malarial parasite.

The parasites enter liver cell.

The parasites multiply.

The parasites enter red blood cell and multiply until the blood cell explodes. The parasites then infect other RBCs.

Female Gametocyte

Male Gametocyte

Female Anopheles Mosquito

They pass into the bloodstream.

Parasite
Plasmodium

The Carrier
Female Anopheles Mosquito

Symptoms

Nausea & Vomiting Sweating & High fever Fatigue & body ache Shivering chills

Diagnosis & Treatment

Blood test Take medicine on time Blood transfusion (in severe cases)

Prevention

Sleep under mosquito nets Spray insecticides and use mosquito repellents Do not allow water to stagnate and keep the surrounding clean. Keep the water tanks covered.

हमने ठाना है, अंडमान से मलेरिया मिटाना है

Directorate of Health Services, Andaman & Nicobar Administration
NVBCDP Unit, Port Blair

COVID-19: Cover your nose and mouth with your elbow or a tissue while coughing or sneezing.