



Regn. No. 34190/75

No. 138

Port Blair, Thursday, May 20, 2021

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

Administering "Free of Cost" vaccination to 18 years & above in A&N Islands begins

Beneficiaries express gratitude to Administration for making it 'Free'



Port Blair, May 19
 The vaccination drive for 18 years and above began today in A&N Islands amidst much enthusiasm among the youth to get themselves vaccinated to protect themselves from the deadly corona virus. The drive was conducted in JNRM Centre from 9.30 am in the morning and people were queued

up much before the schedule time to get themselves vaccinated. About 285 registered eligible persons were inoculated at JNRM Vaccination Center today. It may be recalled that, the A&N Administration has announced to provide COVID-19 vaccination to 18+ age group residents of these Islands "Free of Cost". 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 vaccination is being done at JNRM

Vaccination Centre between 9.30 am and 12.30 pm. The general public have been requested to follow Covid Appropriate Behavior at the Vaccination Centre .
 Meanwhile, the vaccination for the beneficiaries of 45+ is continuing and who are yet to receive 1st Dose have been requested to get themselves vaccinated.

For them, the facility of on-site registration is available. Speaking to the DT, few youths who were at JNRM Centre for getting the vaccine stated that they are happy that the drive has begun in the Islands and also expressed their gratitude to the A&N Administration for making it "Free of Cost".

Govt. takes historic pro-farmer decision of hiking fertiliser subsidy

Farmers to get subsidy of Rs 1200 per bag of DAP instead of Rs 500

New Delhi, May 19
 Prime Minister, Shri Narendra Modi chaired a high level meeting on the issue of fertiliser prices. A detailed presentation was given to him on the issue of fertiliser prices. It was discussed that the price of fertilisers is undergoing an increase due to the rising prices of phosphoric acid, ammonia etc internationally. Prime Minister stressed that farmers should get fertilisers at old rates despite the international rise in prices.
 A historic decision was taken to increase the subsidy for DAP fertiliser from Rs. 500 per bag to Rs. 1200 per bag, which is an



increase of 140%. Thus, despite the rise in international market prices of DAP, it has been decided to continue selling it at the older price of Rs.1200 and the Central Government has decided to bear all the burden of price hike. The amount of subsidy per bag has never been increased so much at once. Last year, the actual price of DAP was Rs 1,700 per bag. In which the Central Government was giving a subsidy of Rs. 500 per bag. So the companies were selling fertilizer to farmers for Rs 1200 per bag. Recently, the international prices of phosphoric acid, ammonia etc. used in DAP have gone up by 60% to 70%. So the actual price of a DAP bag is now Rs 2400, which could be sold by Fertilizer companies at Rs 1900 after considering a

(Contd. on last page)

COVID-19: "We shall overcome....."

Candid admission by Isles corona survivor: "My lackadaisical attitude towards COVID Appropriate Behaviour should be blamed for contracting corona"

Port Blair, May 19
 We are fighting an invisible enemy- 'corona' and it is the time how we as an individual and society, stand up and support each other in this hour of pandemic situation. It was nearly a month ago, Praveen Kumar Mishra, R/o Junglighat was struck by COVID-19. Fully recovered from it, in a conversation with DT, he recounts his experience on his contracting the virus

and candid admission how it defeated his notion "I am invincible". On being asked "When you were diagnosed with COVID-19 and any idea how you caught it"? Praveen said I am not sure how I got it but admitted the fact that he flouted the COVID appropriate behavior. It was a lesson for him, and he appealed to everyone to strictly adhere to COVID protocols to protect themselves

from this deadly virus. At times, he did not wear the mask properly. He said, on April 12, he had fever and for 3 days, he took paracetamol. When his fever was showing no sign of abating despite taking medicine for two days, on 15th, he went to conduct RTPCR and in the report, it was diagnosed "corona positive". Following which, he was admitted in Isolation Ward in GB Pant Hospital on the

same day late in the evening. Recollecting the days he spent in Isolation Ward, he mentioned that he could win the battle against the virus successfully only because of the tireless efforts of Doctors, Nurses, Ward Boys and others. He further stated that he is deeply indebted to Dr. Natarajan and Dr. Anuraj of GB Pant Hospital who attended him daily

(Contd. on last page)

Relentless, selfless service of Isles Doctors show visible results

COVID recovery rate in A&N Islands highest in the country with 95.28 %

Port Blair, May 19
 The COVID recovery rate is continuously improving in the country. As per data in this regard released by Ministry of Health & Family Welfare today, the COVID recovery rate in A&N Islands is highest in the country with 95.28 %. The recovery rate in the country also improved to 86.23 per cent. In A&N Islands during the last 24 hours, 35 active new cases have been registered. It is to mention that the country has



registered over two lakh 67 thousand new Covid cases in the last 24 hours. As per health bulletin data released by A&N Administration, 26 patients were discharged during the last 24 hours taking the tally of total number of patients discharged to 1453 during the second wave of Corona virus from March 1, 2021. The rate of testing per million stands at 952133 and around 3,80,853 samples have been tested so

far in A&N Islands. The cumulative beneficiaries (45+) vaccinated with first dose so far has reached 1,00,835 covering 99.24 %. The cumulative beneficiaries vaccinated so far including health care workers, front line workers and others had reached 1,18,189. This has been possible due to the relentless, selfless service of doctors of the Health Department / ANIMS and other paramedical staff.

Media briefed on COVID-19

People urged to help Administration in its fight against COVID-19 by spotting persons violating COVID Appropriate Behavior: Secretary (IP&T)

Port Blair, May 19
 The Secretary, IP&T, Shri Sunil Kumar Singh while addressing a COVID-19 media briefing held in the conference hall of IP&T today, has once again reiterated the need for strictly adhering to COVID-19 protocol and urged the people to follow COVID Appropriate Behavior for their own safety, safety of their family members and the society at large. Following Covid Appropriate Behavior in letter and spirit by



every individual will help the A&N Administration to arrest the spread of corona virus and to minimize the positive cases in A&N Islands, he said. The Secretary further mentioned that the A&N Administration,

doctors and all other stakeholders are putting their best efforts to contain the spread of the virus. The general public should also understand their responsibility and cooperate with the Administration so as to bring down the

number of active cases in our Islands, he said. He once again appealed to the general public to minimize their movement, stay at home, don't move around, don't endanger your life, your family members lives and the lives of others. The Administration is fighting a battle against a pandemic which keeps on changing its character, its impact also varies from time to time and it is unpredictable, he

(Contd. on last page)

Tweets on COVID-19 Management by Administration

Dr. Pandurang V. Thatkar (M.Sc. P.) @pthatkar
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 Good... Since past few days, the number of new Covid-19 cases started decreasing gradually..

SKSSF Andaman @SkssfA
 In continuation of our Support to @Andaman_Admin in #andamanfightscovid19, Today @SkssfA donated water heaters, buckets, dust bins etc for the smooth function of Covid-19 Care centre, Wimberlygunj.

SKSSF Andaman @SkssfA
 Thanks and kudoos to #CovidWarriors of @Andaman_Admin who helped us to distribute the relief kits to the needy families... Convergence of humanity we call it!


Rajeev Mahajan @Rajeev45046715
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 Good thing about this destination that since beginning we kept protocol of Covid negative report mandate to travel.

Siva Lakshmi @shalmi_shalmi_6s
 @Andaman_admin has shown good management of Covid resources here! It is a heartening to see how things are being managed so well so far away from mainland!

Karthi_Sree @KarthiSree271
 The Magnitude of a #ThankYou can and will never equal the magnitude of having one's Life Saved #Divyang Salute to District Administration

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

Immune booster and preventive Homoeopathy Medicine



Arsenic Album 30

Dosage:
Adult: 04 Globules Children: 02 Globules

Daily morning (in empty stomach) for three days, repeat after one month (further doses only on the advice of Homoeopathy practitioner).

Homoeopathy Medicine is Safe and Reliable

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

COVID ALERT

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



- Total number of active cases in India: 3226719
- Deaths in India: 283248
- Single day surge: 2.63,000
- Total no of active cases in Andaman since 1.03.2021: 229
- Total Deaths since 1.03.2021: 33
- Surge in a single day: 35

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

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)
(No. 415/19th May 2021)

COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 19.05.2021

> Status of Cases :

Second Wave since: 01.03.2021	
Active new case in last 24 Hours	35
Discharges in last 24 hours	26
Total confirmed cases	1715
Total Discharges	1453
Total Active case as on date	229
Total Deaths during second wave	33

Cumulative since March 2020			
Details	On 18 th May 2021	On 19 th May 2021	Total
Confirmed Cases	6674	35*	6709
Cured/Discharged from Hospital	6359	26	6385
Death	92	03	95

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	04	282
South Andaman	5583	225	5358
Nicobar	507	00	507
Total	6376	229	6147

Total 15 containment zone formed in South Andaman District

> Status of Sample and Testing:

Total Samples sent till date	380853
Total Reports received till date	380853
Total Pending Reports	0
Rate of Testing Per Million	952133
Test Positivity Rate	1.76%

COWIN 1.0

> Vaccination Status

Total population	4,00,000	--
Target Beneficiaries	1,01,603	--
Cumulative Beneficiaries vaccinated so far	1,18,189	--
Cumulative Beneficiaries vaccinated with 1 st Dose so far	1,00,835	99.24
Cumulative Beneficiaries vaccinated with 2 nd Dose so far	17,354	17.21
% of population vaccinated	--	25.21

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 th May 2020 to 18 th May 2021	On 19 th May 2021	Total
Incoming Passengers			
a) VSI Airport	238803	255	239058
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	250729	300	251029
b) Haddo Wharf	928	0	928

* On 19.05.2021, 246 passengers were retested by RAT at Airport.

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

Likely formation of low pressure area over North Andaman Sea & adjoining eastcentral Bay of Bengal May intensify into a 'Cyclonic Storm'

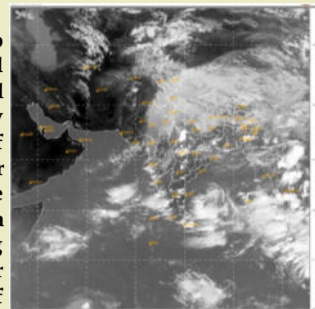
Port Blair, May 19

Southwest monsoon is very likely to advance over south Andaman Sea and adjoining southeast Bay of Bengal around 21st May, in association with the likely strengthening & deepening of southwesterly winds over the region. Other atmospheric & oceanic conditions like conducive environment for convection, Sea surface temperatures are also remaining favourable for persistent cloudiness over Andaman Sea & adjoining areas of eastcentral & southeast Bay of Bengal around 22nd May. Hence, a low pressure area is very likely to form over North Andaman Sea and adjoining eastcentral Bay of Bengal around 22nd May. It is very likely to intensify gradually into a Cyclonic Storm during the subsequent 72 hours. It is very likely to move northwestwards and reach West Bengal - Odisha coasts around 26th May evening.

In view of this, thunderstorm with lightning likely to occur at one or two places over Andaman & Nicobar Islands on May 20. Similarly, heavy rain (7-11cm) likely to occur at one or two places over A&N Islands and thunderstorm with lightning & gusty wind (speed reaching 40-50 kmph) likely to occur over A&N Islands on May 21. According to the Weather Bulletin received from State Control Room, Directorate of Disaster Management, heavy to very heavy rain (7-20) cm likely to occur at one or two places over A&N Islands and thunderstorm with lightning and gusty wind (speed reaching 40-50 kmph) is likely to occur at one or two places over A&N Islands on May 22. Heavy to very heavy rain (7-20) cm is likely to occur at one or two places over A&N Islands and thunderstorm with lightning and gusty wind (speed reaching 45-55 kmph) likely to occur at one or two places over Andaman & Nicobar Islands on 23 May.

Meanwhile, in anticipation of formation of low pressure area over North-Andaman sea and adjoining East-Central Bay of Bengal around May 22, wind is likely to exceed 45 kmph from May 21. Fishermen of Andaman & Nicobar Islands are advised not to venture into the sea from May 21 till further notification.

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, the weather bulletin quoting Indian Metrological Department received from State Control Room Directorate of Disaster Management said.



Fishermen out in deep sea advised to return to coast by 23rd May

Port Blair, May 19

In view of likely formation of a low pressure area over North Andaman Sea and adjoining east central Bay of Bengal around 22nd May and its intensification into a cyclonic storm during the subsequent 72 hours, fishermen have been advised not to venture into Southeast Bay of Bengal & South Andaman Sea from 21st May, 2021 onwards until further advisories. Those who are out in the Deep Sea have been advised to return to the coast by 23rd May, 2021, a press release received from Director of Fisheries said.

Govt. takes historic pro-farmer decision...

(Contd. from page 1)

subsidy of Rs 500. With today's decision, farmers will continue to get a DAP bag for Rs 1200. PM remarked that his Government is committed to the welfare of farmers and will take all efforts to ensure that farmers do not have to face the brunt of price-rise. The Central Government spends about Rs 80,000 crore on subsidies for chemical fertilisers every year. With the increase in subsidy in DAP, Government of India will spend an additional Rs 14,775 crore as subsidy in Kharif season. This is the second major decision in the farmers' interest, after directly transferring Rs. 20,667 crore in Farmers' account under PM-KISAN on the day of Akshay Tritiya.

COVID-19: "We shall overcome....." ...

(Contd. from page 1)

and enquired about his health for 5 to 10 minutes and always motivated him and said "you will be fine.....don't worry". They were also kind enough to give their phone numbers and promptly attended his calls. On recovery, he was discharged from Hospital on April 25.

Praveen also said that the food provided in the Hospital is very good and he use to get nutritional diet. He use to get very good lunch, evening snacks and dinner. He wanted to speak about breakfast and it was clarified to him that now rotis are provided to patients to which he was very happy. He praised the Administration for providing the necessary facilities at GB Pant Hospital for corona patients and went on to say that such facility you won't get even in good city hospitals in mainland. He also had word of praise for the security staff who was also humble in their approach in dealing with patients.

Praveen's message to fellow islander was "if anyone contracts corona virus, one should get treatment for that and should not be scared of it. This can be treated and only thing needed is courage and keep yourself internally strong. There is no need to worry as Doctors of GB Pant are very caring and will take care of you".

Media briefed on COVID-19...

(Contd. from page 1)

said. He informed that some of the doctors are also facing health issues while serving in the COVID wards. They are monitoring the patients 24x7 risking their own life. He complimented the doctors for their selfless service in treating the COVID patients and urged them to be extra guarded while serving the patients as the fight against this deadly virus will go long.

The Secretary further urged the citizens to help Administration in its fight against COVID-19 by spotting persons violating COVID appropriate behaviour. He urged to click pictures of violators who are not wearing face masks, not following social distancing norms and inform through Whatsapp on A&N Police Helpline 3rd Eye mobile no. 9531892228 indicating the area and time of the violation sighted so that stringent action can be taken against the violators.

He informed that 3 flights with 246 passengers arrived today (May, 19) and during the Rapid Antigen Test (RAT) conducted on these passengers, none of them were found positive. He further informed that 85 persons were tested at Ferrargunj, of which 5 persons were found positive.

About vaccination drive, the Secretary informed that it is continuing and today 410 eligible beneficiaries were vaccinated out of which 285 were of 18+ age and rest of them were above 45+ age.

The Deputy Director, G.B. Pant Hospital, Shri Amitabha De said that 12 new COVID patients were admitted today in G.B. Pant Hospital and 8 patients were discharged. With this, the number of corona positive patients in Hospital is 90. Out of this, 70 are on Oxygen support and 3 are on Ventilator. He further said that altogether, 7 patients were admitted at COVID Care Centres, 1 patients was discharged and the number of patients in the COVID Care Centres is 25. He further informed that 2 covid patients were admitted and 2 were discharged from Covid Care Centre Wimberlygunj and 11 patients are still admitted in the Centre, he added.

Responding to a query regarding the severe complications seen during the second wave in patients, the Deputy Director said that the virus which has mutated is causing pneumonia and severely affecting the lungs of the patients.

The Deputy Director, IP, Shri RS Meena also attended the press conference.

IGNOU Online link for Term End Exam June 2021 opens

Port Blair, May 19

The online link to submit exam application form for June-2021 Term-End Examination has been opened now at IGNOU site www.ignou.ac.in. The exam form is to be submitted through Online only. The exam fee per subject (paper) is Rs.200/-. In Andaman & Nicobar Islands, the exam centres are Campbell Bay (0206), Kamorta (0205), Car Nicobar (0204), Hut Bay (0203), Mayabunder (0208) and Port Blair (0201). The last date for filling-up the term end exam form is 15th June 2021 (without late fee). The students may submit the on-line exam form by clicking the online link available at the first page of IGNOU website or by directly visiting the http://exam.ignou.ac.in/. For further query, student may contact on 03192-242888/230111) or email to rportblair@ignou.ac.in, a communication from Regional Centre 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

Let's Promote CHALLENGE To Fight against COVID-19

Follow 3 EASY RULES

Handwash 3 Gargling

Stay Protected! Stay Safe from Coronavirus!

OFFICE OF THE DEPUTY COMMISSIONER South Andaman District



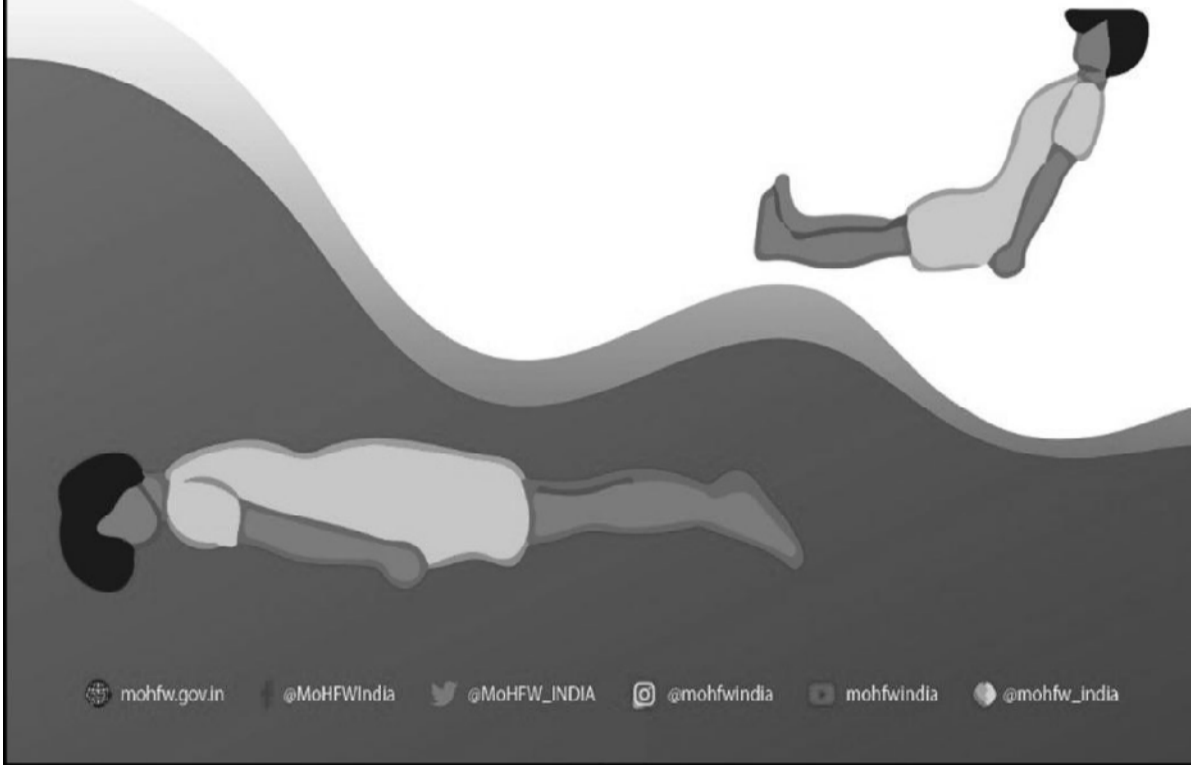
Ministry of Health & Family Welfare
Government of India

Help us to
help you

COVID-19

Proning for Self care

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



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Avoid Proning in conditions like:

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

Non-self pronating patients (in emergency):

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

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

This may need modification with emerging evidence

mohfw.gov.in @MoHFWIndia @MoHFW_INDIA @mohfwindia mohfwindia @mohfw_india



WHEN do you prone?

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

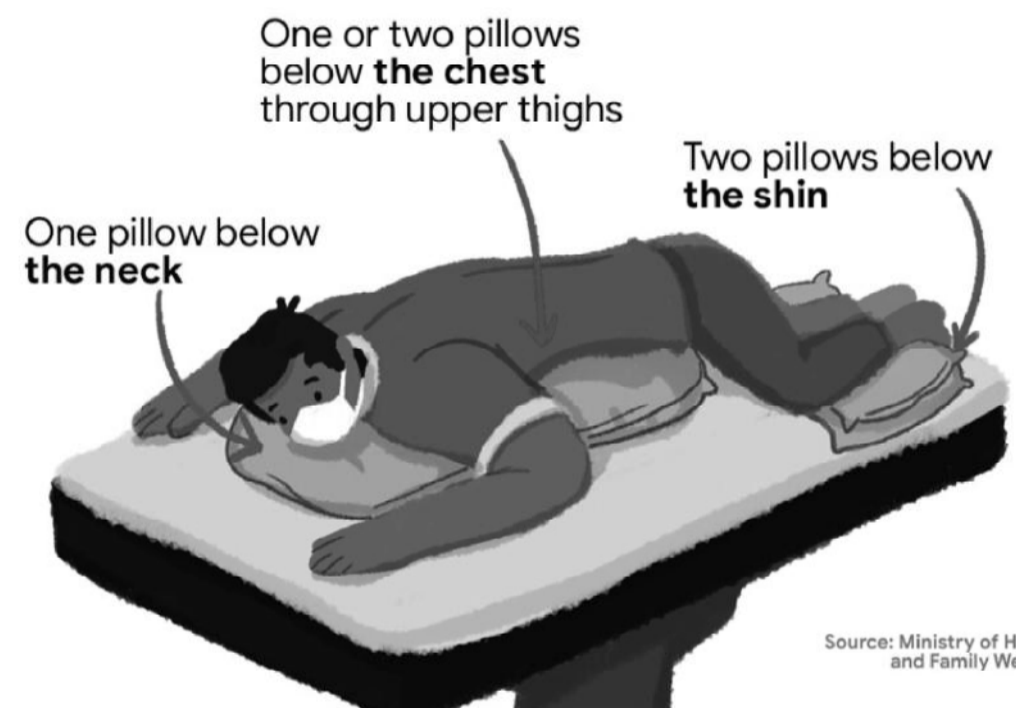


Source: Ministry of Health and Family Welfare



HOW do you prone?

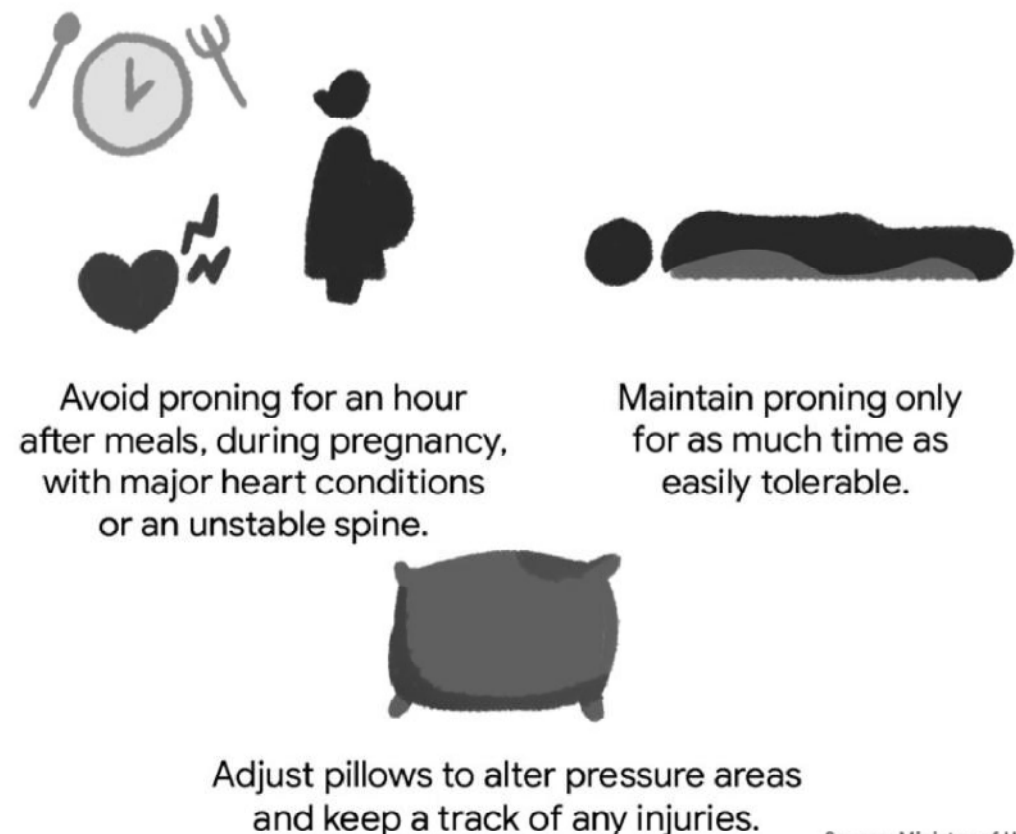
Positioning of the pillow during proning:



Source: Ministry of Health and Family Welfare



Precautions to take while proning:



Source: Ministry of Health and Family Welfare

NOTICE INVITING e-TENDER

No. e-TENDER/DB/NACD/MB/2021-22/2181 dated 17/05/2021
NACD/MB/2021-22/14

The Executive Engineer, North Andaman Construction Division, APWD, Mayabunder invites on behalf of the President of India, online Item Rate bid from Electrical Contractors irrespective of their enlistment in APWD or any other Govt. Department subject to the condition that they have experience on executing the relevant magnitude of work as per CPWD Works Manual and with other Govt. of India Organization in these Islands and do not have any adverse remarks for the following works:-

1) NIT No. 13/EE/NACD/2021-22, Tender ID: 2021_APWD_3086_1
Name of work: Conversion of Sub-Centre Building at Karmatang into RCC with attached Delivery Room under NACD, APWD, Mayabunder.

SW:- Providing IEI.

Estimate Cost: Rs. 2,23,598/- & Time of completion: 30 (thirty) days.
The tender should be filled online upto 3.00 pm on or before 03/06/2021. The tender will be opened on 04/06/2021 at 10.30 am in presence of tenderers or their representative, if any.

The Tender forms and others details can be obtained from the website <https://eprocure.andaman.gov.in>.

Executive Engineer
NACD, APWD, Mayabunder

I.D. No. 7784

NOTICE INVITING e-TENDER

No. e-TENDER/DB/NACD/MB/2021-22/2178 dated 17/05/2021
NACD/MB/2021-22/13

The Executive Engineer, North Andaman Construction Division, APWD, Mayabunder invites on behalf of the President of India, online Item Rate tender from reputed Firms / Agency / Transporters /Water tanker owners for supply of water tanker for following works:- (The agency must also produce documentary evidence for having minimum two tanker with valid permit in his / her name or (lease agreement of the tanker will also be considered as ownership) for each work for the transportation of water, the Registration of the vehicle should be ensured as water tanker and the vehicle should have a valid Public Carrier Permit for water tanker as per the provision of MV Act 1988).

1) NIT No. 12/2021-22/EE/NACD, Tender ID: 2021_APWD_3084_1

Name of work: A/R & M/O Water Supply under Sub-Division No. I, Mayabunder under NACD, APWD, Mayabunder during 2021-22.

SW: Providing the service of water tanker for drinking water supply at Mayabunder area under Water Supply Section, Sub-Division No. I of NACD during 2021-22 as and when required for 35 days till the onset of Monsoon.

Estimate Cost: Rs.12,60,000/- & Time of completion: 35(thirty five) days.

The intended tenderer should produce the proof of having ownership certificate / lease agreement of atleast 02 Nos. water tankers of approximately capacity of 12,000 Litres each.

Additional tanker to be provided as and when required by the Agency.

Documents of already engaged vehicles will not be allowed.

The tender should be filled online upto 3.00 pm on or before 31/05/2021. The tender will be opened on 01/06/2021 at 10.30 am in presence of tenderers or their representative, if any.

The Tender forms and others details can be obtained from the website <https://eprocure.andaman.gov.in>

Executive Engineer
NACD, APWD, Mayabunder

I.D. No. 7783

e-TENDER NOTICE

Online e-tenders are invited for Supply of Bio-Fertilizers for a period of one year from the date of acceptance of the rates on as and when required basis. Interested authorized manufacturers, dealers and suppliers are requested to quote their rates as per the details and quantity given in the e-tender document.

Tender should be filled online up to 03.00 PM on or before 07th June, 2021. The tender will be opened on the same day at 03.30 PM in presence of tenderers or their representative, if any.

Tender documents containing details and terms and conditions along with Price Bid Schedule, Technical Bid Schedule are available in the website <https://eprocure.andaman.gov.in>

(Tender ID- 2021_AGPRO_3083_1)

Sd/-

Assistant Director (Admn.)

F.No. 2-6(1)/DA/PC/BIO-

Fertilizers/2020-21/1182

I.D. No. 7782 Dt 17/05/2021

टीबी हारेगा, देश जीतेगा!
मुफ्त जाँच, मुफ्त इलाज
और पोषण सहायता



टीबी??
यह नौ साल पुरानी बात है !
मैं अब पूरी तरह से स्वस्थ हूँ
और मरीज़ों को अस्पताल पहुँचाने
में उनकी मदद करता हूँ।
दो हफ्तों से ज्यादा खाँसी ?
बलगम की जाँच अवश्य कराएँ!

आओ मिलकर टीबी-मुक्त भारत बनायें

TB Harega, Desh Jeetega!

NATIONAL TUBERCULOSIS ELIMINATION PROGRAMME (NTEP)
DIRECTORATE OF HEALTH SERVICE WITH UT HEALTH MISSION
PORT BLAIR, ANDAMAN & NICOBAR ISLANDS

Parlour Home Service and Stitching Service

*Facial (All Types), Manicure, Pedicures, Hair Spa, Hair Cut, Hair Straightening, Bridal Make-up (All Types).
* Modern Dress Stitching as per your command, Taps, Suit etc.
Ph. 7063924838

COOL & COMFORT HOME SERVICE & REPAIR

Refrigerator, Air-Conditioner, Washing Machine, Micro Oven, Geyser, Visi Cooler, Deep-Freezer etc. Factory Original & Genuine Spare Parts Whole Sale & Retail here (with warranty). Prop. Dulal Dey beside Birdline Ground. Ph. No. 9933203118 / 9474863059

HOME SERVICE

AC, Fridge, Washing Machine, Micro Oven, Deep Fridge, Car AC Gas Fill.

Contact No. 9474219830,
8327355634, 9933230883

B. Venkata Siva Cell: 9933253117
9933260093 9933221383

SEPTIC TANK CLEANING

Private Vehicle
Latest Machine - 24 Hours Service
Only 15 Minutes
Port Blair, Bhatu Basti, Near Naya Parking Place, S. Andaman-744105

20th Death Anniversary of our beloved father Late N. Subbaiah (Subbu Driver) on 20.05.2021



Dear father You were the Power. You were the Peace. You were the pride to all of us.

We lost the Power, Peace and the Pride on the day that you left for the heavenly world.....

We miss you Dears.

Inserted by: Family members

3rd Death Anniversary On 20.05.2021
In loving memory of our beloved mother



Late T YASODA
W/o Shri T. CHIRANJEEVULU,
Retd. Chargeman, Elect. Dept.,
R/o Prem Nagar
"We all miss you"

Inserted by: Laxman, Sony, Tulsi, Mohan, Dhanalakshmi, Murali, Baby, Akash, Kusum, Praveen, Naveen, Likhith, Likhitha, Dharini & all other family members.

OBITUARY



Shri T. RAMU

Aged: 95 years, R/o Manpur

Expired on 19.05.2021

Deeply mourned by:

R. Malaiswamy (Son) & All Family Members

Inserted by: all family members

OBITUARY



Smti. Manju Rani (64 yrs.)

W/o Shri Bhagwan Das

(Retired Principal, Education Deptt.)

R/o Doctor's Colony, Nayagaon

Expired on 16th May, 2021

"We pray the Almighty God to give eternal peace to the departed soul"

Inserted by:

All family members, relatives and friends.

OBITUARY



Shri Swapan Kumar Deb

(DSS Deptt.)

S/o Shri Ramen Deb & Late Konika Deb

R/o Prem Nagar

D.O.B. - 04/12/1962 D.O.D. - 16/05/2021

With deep sorrow from: Shuktara Deb

(Wife), Sourab Deb (Elder Son), Gourab Deb

(Younger Son) and all family members.

DISCLAIMER

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For Self-Proning:

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

1. 30 minutes - 2 hours: lying on your belly



2. 30 minutes - 2 hours: lying on your right side



3. 30 minutes - 2 hours: sitting up



4. 30 minutes - 2 hours: lying on your left side



Then back to Position 1. Lying on your belly!

Self Positioning Guide

Caution:

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