



## International Day of Yoga 2021: Prime Minister's address to be the highlight of televised lead event on June 21

### Thanks to digital buzz, the world seems all set to observe yet another Yoga Day

New Delhi, June 19 (PIB) In view of the COVID-19 pandemic and the consequent restrictions in congregational activities, the lead event of the International Day of Yoga (IDY) 2021 will be a televised programme, with the Prime Minister's address being the highlight. Scheduled to start at 6.30 AM on all Doordarshan channels, the event will also include an address by Minister of State for Ayush, Shri Kiren Rijiju and a live Yoga demonstration by the Morarji Desai National Institute of Yoga.



The seventh International Day of Yoga comes up at a time when the world fights COVID-19. But the pandemic doesn't seem to have dampened the enthusiasm for Yoga, going by the buzz observed in the digital space in the last few weeks. The Ministry of Ayush, the nodal Ministry for

IDY, has highlighted the important role of Yoga in one's overall wellbeing, through various activities organised in the run up to the International Day of Yoga (IDY). The main theme of IDY 2021 is "Yoga for Wellness", which is aligned to the current pre-occupations. Numerous digital initiatives taken by the Ministry together with nearly 1000 other stakeholding institutions made the practice of Yoga accessible to the public, despite the restrictions imposed by the pandemic. The

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## Ensuring food security in times of challenging situation

### Administration mulling over planting saplings of fruit bearing trees on sidewalks, parks, offices & other places

#### Turn it into a people's movement with an appeal to "Plant Fruit Trees"

Port Blair, June 19 Planting fruit trees on sidewalks or anywhere is the best option to help the poor and homeless feed themselves from Mother Nature, free of cost. In this regard, the A&N Administration is initiating a noble cause with a vision to plant sapling of fruit bearing trees on a large scale, to bring in food security in times of lockdown and other challenging situation.

To get this mission on ground, a committee will look into it which will be headed by PCCF, Secretary (Agriculture) and Secretary (APWD). All persons getting contract in Port Blair



PBMC plants saplings of cashew, guava, jackfruit, lemon at Mini Children's Park, Junglighat

will have to plant a certain number of fruit bearing trees depending on the size of the contract.

The fruits of these trees will be open for the common man, poorest of the poor and all these are being worked out. By taking advantage of times, the Administration is going to go for plantation of lakhs of saplings of coconut, drum stick, guava, jackfruit, sapota etc. in the Islands. These are the various ideas being mulled around by the Administration.

Further, the Administration will shortly come out with a programme to also make this a people's movement with

the appeal to "Plant Fruit Trees". With this initiative, roadsides, parks, offices, houses or any other places all will have fruit trees of varied kinds, thereby providing food security to needy people.

Meanwhile, responding to the call, the Port Blair Municipal Council has taken the initiative to plant fruit bearing trees in different parts of the city.

To start off with, PBMC planted sapling of cashew, guava, jackfruit, lemon at Mini Children's Park, Junglighat today. The Council has appealed to the people to protect these plants for the future generation.

## Assistance to people during pandemic District Administration distributes ration kits at Hopetown, Calicut and Attampahad in association with Civil Society Organization



Port Blair, June 19 The District Administration continuing with its efforts to provide relief and assistance to the people during the pandemic has taken various pro-active steps to ensure that people feel secure and safe. In this connection, the District Administration distributed ration kits at Hopetown, Calicut and

Attampahad and also took measures to address the problems of general public. Shri Suneel Anchipaka, Deputy Commissioner (SA), SDM (SA) and AC (UT) visited Hopetown and Calicut villages in South Andaman and ration kits were distributed to the needy persons by the District Administration in

association with Civil Society Organization in the community halls at both the places. Further, the officers visited Birs Nagar in Attampahad and distributed ration kits to needy persons as an immediate relief. The DC (SA) also interacted with the people who expressed their grievances regarding various issues. The DC

(SA) gave them a patient hearing and later coordinated with Electricity Department and Civil Supplies Department and assured electricity supply and ration will be supplied regularly in their area. He further ordered an inspection of pollution caused in the area and asked the concerned to submit a

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## 1,37,444 beneficiaries vaccinated with COVISHIELD in A&N Islands

### 1,19,899 inoculated with 1st dose while 17,545 administered both doses 17,578 in the age group of 18 to 44 years vaccinated

Port Blair, June 19

The vaccination drive is continuing smoothly in A&N Islands. As per data available, a total of 1,37,444 beneficiaries have been vaccinated so far in A&N Islands, out of the target beneficiaries of 2, 81,603 (approx.). 1, 19, 899 beneficiaries have been administered 1<sup>st</sup> dose constituting 42.58 % of the target beneficiaries while 17,545 beneficiaries which constitutes 14.63 % have been vaccinated



with 2<sup>nd</sup> dose. Out of the total 4 lakh population, 29.97% of the population have been vaccinated.

A total of 17, 578 eligible

people in the age group of 18 to 44 years have been vaccinated till date. A total of 822 people were vaccinated today in A&N Islands. 403 beneficiaries were vaccinated in South Andaman District, out of which, 329 were in the age group of 18-44 years. In Nicobar District, 419 beneficiaries in the age group of 18-44 years were vaccinated.

The online registration for the vaccination is done through

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## Facilitating seamless payment of wages under MGNREGA

### After long wait and effort Nicobar District makes transition from offline to online mode

Port Blair, June 19 To streamline the reporting and evaluation of MGNREGA Scheme as well as to ensure smooth fund flow mechanism to bring down delay in payment of wages to the beneficiaries, with the continuous efforts of the Directorate of RD, PRIs & ULBs (State Nodal Department of MGNREGA), the Ministry of Rural Development has shifted the Nicobar District from offline mode of MIS (Monitoring and Information System) to online mode.



connectivity in the blocks of Nicobar district has improved and accordingly, all requisite actions were taken to bring the Nicobar District online for seamless wage payment to the beneficiaries. The other two Districts viz. South Andaman and North & Middle Andaman are already functioning in the

online mode since 2018 and the wages to the beneficiaries are being made through eFMS (online) mode.

This process will also reduce the delay in allocation of funds for payment of wages to the Districts and remove parking of funds at various levels. The Administration has been making concerted efforts for improving the timely payment of wages and will result in considerable improvement in the status of timely generation of pay order and leading to improvement in actual time taken to credit wages into the worker's account.

Shri Suneel Anchipaka, Secretary (RD/Panchayat)/ Commissioner (MGNREGA) has

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## Media briefed on COVID-19 Administration constantly monitoring situation in Little Andaman: Secretary (IP&T)

Port Blair, June 19

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 disclosed that during the RT-PCR conducted on 447 incoming passengers who arrived here yesterday by flight, 4 positive cases have been



detected despite passengers arriving carrying RT-PCR report from mainland. He further informed that 3 flights with 349 the RAT conducted on

100 passengers proceeding to N&M Andaman at Ferrargunj, no positive case has been detected. He said, that today till 3 pm, 370 beneficiaries were vaccinated in South Andaman District, out of which, 329 were in the age group of 18-44 and the rest were above 45 plus age group.

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## Tweets on COVID-19 Management by Administration

**KARASH PRAKASH** @KashPrakash7  
 We are very happy because our government is taking very effective initiatives which helps to reduce covid cases in our island. I am sure due to our administration's hard work soon our island will be announced as covid free island. Thank you.

**Mohammed Shahid** @shahidmirates  
 @SuneelAnchipaka Kudos to you and your Hard Work towards the South Andaman District. Thank you is nothing in front of you, Shri. Jitendra Ji its a Proud Feeling Moments when you have Hard Work Officers in your Administration.

**Nurudeenkp** @nurudeenkp  
 Replying to @DcSouthandaman @MediaRN\_ANI and 3 others  
 DC @SuneelAnchipaka along with SDM @hari\_kallickat and Some officials Visited Little Andaman to take stock of the situation and appointed Community Medicine Expert there, it tells how effective the district admin. is playing a role in controlling this pandemic situation.

**Shlok Lal** @shlok\_lal  
 Thank you sir for visiting little Andaman to make it safe sir @SuneelAnchipaka Andaman Administration doing the best under the guidance of shri @jitendra\_narain sir @DcSouthandaman @Andaman\_Admin

**TShamshirao** @TShamshirao  
 Administration is doing good efforts to increase testing & contact so it may be daily new Cases decreasing or increasing...

**Sayid Ashraf** @sayidashraf2  
 In this time of the second outbreak of the covid epidemic, everyone is urged to wear masks, sanitize, maintain social distance and be vaccinated.

**Seema Vinod** @SeemaVinod10  
 Replying to @DcSouthandaman @MediaRN\_ANI and 3 others  
 Great work done by our honourable DC Sir and our administrative staff, good job

अंडमान तथा निकोबार प्रशासन  
ANDAMAN & NICOBAR ADMINISTRATION  
सचिवालय/SECRETARIAT

**Health Bulletin For Containment Of**  
**नोबल कोरोना वायरस रोग (COVID-19)**  
(No. 446/ 19<sup>th</sup> June 2021)  
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 19.06.2021

> Status of Cases :

Details of Second Wave since: 01.03.2021	
Active new case in last 24 Hours	31
Discharges in last 24 hours	34
Total confirmed cases	2400
Total Discharges	2230
Total Active case as on date	105
Total Deaths	65

Cumulative since March 2020

Details	On 18 <sup>th</sup> June 2021	On 19 <sup>th</sup> June 2021	Total
Confirmed Cases	7363	31*	7394
Cured/Discharged from Hospital	7128	34	7162
Death	127	00	127

\*Includes 04 Positives from Airport arrival.  
> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	05	281
South Andaman	5583	100	5483
Nicobar	507	00	507
Total	6376	105	6271

# Total 02 containment zones formed in South Andaman District  
> Status of Sample and Testing:

Total Samples sent till date	400997
Total Reports received till date	400997
Total Pending Reports	0
Rate of Testing Per Million	1002493
Cumulative Test Positivity Rate	1.84%
COWIN 1.0	

> Vaccination Status

Total population	4,00,000
Target Beneficiaries	2,81,603(Aprox)
Cumulative Beneficiaries vaccinated so far	1,37,444
Cumulative Beneficiaries vaccinated with 1 <sup>st</sup> Dose so far	1,19,899
Cumulative Beneficiaries vaccinated with 2 <sup>nd</sup> Dose so far	17,545
% of population vaccinated	29.97

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 <sup>th</sup> May 2020 to 18 <sup>th</sup> June 2021	On 19 <sup>th</sup> June 2021	Total
Incoming Passengers			
a) VSI Airport	248149	354	248503
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	260563	473	261036
b) Haddo Wharf	928	0	928

(On 19.06.2021, 349 passengers were retested by RTPCR at Airport)

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

## Indian sporting icon Milkha Singh passes away; cremated with full state honours in Chandigarh

Chandigarh, June 19  
One of independent India's biggest sporting icons, ace sprinter Milkha Singh, died yesterday after a month-long battle with COVID-19, during which he lost his former national volleyball captain wife Nirmal Kaur to the same ailment. He was cremated with full state honours in Chandigarh. The Padma Shri awardee, who was nicknamed 'The Flying Sikh' for his accomplishments, was 91 and is survived by his golfer son Jeev Milkha Singh and three daughters. Honorary Captain Milkha Singh was an Indian track and field



sprinter who was introduced to the sport while serving in the Indian Army. He was the only athlete to win gold in 400 meters race at the Asian Games as well the Commonwealth Games. He also won gold medals in the 1958 and 1962 Asian Games. The Flying Sikh represented India in the 1956 Summer Olympics in Melbourne, the 1960 Summer Olympics in Rome and the 1964 Summer Olympics in Tokyo. He was awarded the Padma Shri, India's fourth-highest civilian honour, in recognition of his sporting achievements.

## Final of ICC World Test Championship India ends Day 2 at 146/3 against New Zealand

Southampton, June 19  
India were 146/3 when bad light stopped play on the second day of the inaugural World Test Championship (WTC) final against New Zealand at the Rose Bowl Stadium Southampton, England. Skipper Kohli was batting at 44 runs while Rahane was at 29. Virat along with Rahane added more than 50 runs after they lost the crucial wickets of both openers as well as Cheteshwar Pujara. India went to Lunch



on Day 2 with 69 runs at the loss of two wickets. Kyle Jamieson broke the opening stand by dismissing Rohit Sharma for 34 after he and opening partner Shubman Gill got off to a fine start. Then Neil Wagner got Shubman Gill out in his first over. Earlier, New Zealand captain Kane Williamson put India into bat after winning the toss.

## CBSE Class 12 Result: Board develops IT system for calculation of marks

New Delhi, June 19  
The Central Board of Secondary Education, CBSE has written to all the affiliated schools informing them that an IT system is being developed in-house which will be made available to all the concerned schools sponsoring students for Class 12<sup>th</sup> for calculation of results. It said, the system will ease down the calculation work, reduce the time taken and so many other hassles. It also added that this system will also pre-populate marks of Class 10<sup>th</sup> of the students passed from CBSE. Efforts will also be made to take other Boards' Class 10<sup>th</sup> results data. On Thursday, CBSE had issued the Policy for Tabulation of Marks for Class 12<sup>th</sup> Board Examinations and in this regard, CBSE has

decided to assist the Result Committee and Schools in preparation for the result of their schools. CBSE will continuously communicate with schools during the result preparation process and establish a Help Desk to assist schools in preparation of both Class 10<sup>th</sup> and Class 12<sup>th</sup> results from next week. A portal, for updating Class 10<sup>th</sup> data, will be available on 21<sup>st</sup> of this month and after that other modalities of the software will be provided to schools. Frequently asked questions and examples of calculations will also be provided to schools to understand the evaluation policy. The Board said, the schedule for webinar will also be informed shortly. (Source: india.gov.in)

## Assistance to people during pandemic ...



(Contd. from page 1)  
report in this regard at the earliest. The DC (SA) further appealed to the general public for their support and requested them to stay home for the safety of their family and society at large and also sought their co-operation in the fight against COVID-19 pandemic. He further assured the general public that the Administration is fully committed to the welfare of the people and shall take every possible step to ensure the same, a press release from Deputy Commissioner (SA) said.

## 1, 37,444 beneficiaries vaccinated...

(Contd. from page 1)  
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.

## International Day of Yoga 2021: Prime Minister's address...

(Contd. from page 1)  
Missions of India abroad are coordinating various activities in the run up to the 21st June in their respective countries, and as per reports, Yoga Day will be observed in about 190 countries globally.

The observance of Yoga Day is timely as health is foremost in the thoughts of one and all today, following the Covid-19 emergency. It is significant that the key purpose behind the United Nations recognising the 21st of June as the IDY was to underline the potential of Yoga in public health globally. The IDY resolution of the United Nations General Assembly (UNGA) in December 2014, it may be recollected, came at the initiative of the Prime Minister Shri Narendra Modi and was passed by unanimous consent, which was a record in itself. Since 2015, the IDY has evolved into a mass movement for health, around the world.

IDY over the years has not only boosted Yoga's popularity, but also expanded its geographical presence by inspiring its adoption in several new territories. The event has also triggered new advances within the field of Yoga, such as development of universal Yoga protocols for people of all ages, development of specific protocols addressing lifestyle diseases, and research into Yoga's potential as a productivity enhancing tool.

The pandemic experience has made the public more conscious about the health benefits of Yoga, and this experience has duly been accommodated by the Ministry of Ayush in its promotional efforts. The Ministry's advisories on COVID-19 highlighted the importance of regular practice of Yoga to boost the immunity level and combat COVID-19. These advisories were widely publicised through numerous channels of the government and other stakeholders, and were found useful by the public as well as health professionals. Reports from different parts of the country indicate that Yoga practices have been incorporated successfully in many hospitals as supporting procedures in treatment of Covid-19 patients, and that Yoga contributes to faster recovery from this disease.

As in previous years, the IDY observation on 21st June 2021 will consist of individuals participating in large numbers in the harmonious demonstration/performance of Yoga at 7.00 AM. The Common Yoga Protocol (CYP), a specified sequence of Yoga drills of about 45 minutes' duration, will be the vehicle that facilitates such harmony. Lakhs of Yoga lovers have already committed themselves to be a part of this activity, doing Yoga from the safety of their own homes. Those who require guidance for performing CYP are invited to follow the live demonstration from the lead event (televised) on any of the Doordarshan channels. The Yoga demonstration will follow the Prime Minister's address, and will be from 7:00 to 7:45 AM (IST). This live Yoga demonstration will be further followed by messages from 15 spiritual leaders and Yoga Gurus namely: Gurudev Sri Sri Ravishankar, Sadhguru Jaggi Vasudev, Dr. H. R. Nagendra, Shri Kamlesh Patel, Dr. Veerendra Heggde, Dr. Hamsaji Jayadeva, Shri O. P. Tiwari, Swami Chidanand Saraswati, Dr. Chinmay Pandey, Muni Shri Sagar Maharaj, Swami Bharat Bhushan, Dr. Vishwas Mandalik, Sister B.K. Shivani, Shri S. Sridharan and Ms. Antoinette Rozi.

The observation of IDY is a global activity and the preparatory activities normally start 3-4 months prior to the 21st of June. Millions of people are introduced to Yoga in the spirit of a mass movement as part of IDY observation every year.

## Thunderstorm with lightning and gusty wind to occur in Isles

Port Blair, June 19  
Thunderstorm with lightning and gusty wind (speed reaching 30-40 kmph) is likely to occur at one or two places over A & N Islands on June 21. On June 22, heavy rain (07-11 cm) is likely to occur at one or two places over A & N Islands. Thunderstorm with lightning and gusty wind (speed reaching 40-50 kmph) is likely to occur at one or two places over A & N Islands. For further enquiries / information, one may 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.

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

Responding to the queries raised by the scribes, the Secretary said the A&N Administration is constantly monitoring the situation in Little Andaman. The Secretary said that in Port Blair the situation is slightly improving with number of the admitted COVID patients in G. B Pant Hospital and COVID Care Centres functioning in Port Blair and Wimberlygunj is coming down as they are being discharged after recovery. The Director, ANIMS, Dr. A K Mandal informed that 13 COVID positive patients are presently undergoing treatment in the Hospital. Today, 1 COVID patient was discharged. He further disclosed that out of the 13 patients, 9 patients are on Oxygen support and no patient is on ventilator, he said.

The Deputy Director, G.B Pant Hospital, Dr. Amitabha De stated that in the three COVID Care Centres functioning in Port Blair, 1 new patient was admitted today and 4 patients were discharged. Altogether, 5 patients are presently being taken care of in these three COVID Care Centres. In COVID Care Centre at Wimberlygunj, altogether, 4 patients were discharged today and 2 patients are presently being taken care of, he said.

## Facilitating seamless... (Contd. from page 1)

informed that as of now the Nicobar District has come on online mode, very soon the UT of Andaman & Nicobar Islands shall be brought on NeFMS (National electronic Fund Management System) with the support of MoRD, GOI for seamless fund flow for payment of wages under MGNREGA and to bring transparency and accountability in the wage payment architecture, a press release from Secretary (RD) said.

## DDK to telecast live phone in prog. on 'Yoga for well being'

Port Blair, June 19  
The Doordarshan Kendra, Port Blair will telecast a live phone in programme on the occasion of International Yoga Day 'Yoga for well being' on June 21 from 1700 to 1800 hrs. In this Programme, Shri K. Gunashekar, Yoga Instructor AYUSH will be the expert. Viewers can participate in this programme on the topic by dialing 244745 / 9476046367, a press release from DDK said.

**"Be With Yoga, Be At Home"**

**Join us at 7:00 AM on 21<sup>st</sup> June**

**Yoga at Home with Family**

#IDidYogaAtHome

Directorate of Health Services and  
Andaman & Nicobar State AYUSH Society

**ANIIMS for YOU**

**SELF PROTECTION THE WAY TO SURVIVAL**

-Dr.Rinku, Dr.Ruksar, Dr.Vivin Vincent

As COVID-19 is spreading fast, it has become the need of the hour to adhere strictly to the protective measures against the disease transmission particularly since there is no effective treatment or vaccine available against it.

**WHAT IS CORONA VIRUS?...**

A Corona virus is flu like virus that causes an infection in your nose, throat and lungs. COVID-19 is a disease caused by a new type of CORONA virus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel corona virus'. The newly discovered type of CORONA virus (SARS-CoV 2) which affects our breathing passage (respiratory system). The virus outbreak was first identified in Wuhan, China, in December 2019. The WHO declared a Public Health Emergency of International Concern on 30 January and a Pandemic on 11 March 2020.

**HOW DOES THIS VIRUS SPREAD ?..**

The disease spreads primarily from person to person through small droplets (very minute drop of secretion) from the nose or mouth, which are expelled a person with COVID-19 coughs, sneezes or speaks. These droplets are relatively heavy, do not travel far and quickly sink to the ground. People can contract COVID-19 if they inhale in these droplets from a person infected with the virus. That is why it is important to maintain a distance.

When someone with COVID-19 coughs, they send a spray of mucus and saliva droplets flying from their mouths. These tiny, sometimes invisible droplets, measuring between 5-10 micrometers in diameter, contain particles of the virus. These droplets when they get evaporated and they form something called aerosols which contain the virus particles and are smaller in size than droplets. They are able to float through the air for upto half an hour and these are mainly responsible for the so called community transmission, where it becomes difficult to find out the source of infection.

**SURVIVAL OF VIRUS:**

COVID 19 virus can live for hours or days on a surface depending on factors such as sunlight, humidity and the type of surface. It may be possible that a person can get COVID 19 by touching a surface or object that has the virus on it and then touching back in their mouth, nose or eyes.

**Why does CORONA VIRUS has affinity for breathing system (Respiratory system) ?**

Once a person comes in contact with COVID positive patient or an infected person the droplets infected with the virus particles enters the breathing passage of the person and reaches the lungs. In the lungs there are specific areas with cells which have affinity towards this newly discovered CORONA virus. Then the virus keeps on multiplying there and infects other cells also causing predominantly respiratory symptoms that are fever, cough, sore throat, breathing difficulty etc. Later our immune system tries to fight with this virus, releasing many enzymes and chemicals which ends up in destroying human cells itself - leading to further complications.

**PREVENTION**

COVID-19 spread can be prevented by taking some simple precaution which can be remembered as "SMS" SOCIAL DISTANCING, MASK WEARING AND SANITIZING HANDS.

Question is often raised as to what is the need for social distancing and how does it keep us safe??...

**SOCIAL DISTANCING**

Social distancing is a way to slow down or stop the spread of a highly communicable disease by limiting contact between you and other people as this disease is spread by droplets from infected patients.

It is an action taken to minimise contact with other individual it has been suggested that maintaining a distance of approximately 6 feet (2 metres) from another individual result in a marked reduction in transmission of COVID 19.

**Why this distance? How have we come to a conclusion that it has to be 6 feet?..**



Today, social distancing measures are frequently recommended as way to slow the spread of pandemic of COVID-19. COVID 19 spread happens when an infected person cough, sneezes or talks, droplets are released from him which contains the virus and can be inhaled into the lungs and thus resulting in the disease.

As we see in the above picture on DAY 1 if we don't follow social distancing on DAY 30, 406 people are infected with COVID 19 virus, BUT if we follow social distancing there is 75% reduction in the transmission rate. So it is necessary to maintain a distance of atleast 6 feet from a person and avoid crowding and take necessary precautions.

**Methods of Social Distancing**

- ◆ Prohibition of Mass gatherings (Avoiding of event which involve large numbers of people gathering together such as: Sports games, work conferences, cinemas, festivals).

- ◆ Closure of Community facilities (Gyms, Community centres, Swimming pools)

- ◆ Work place closure - Closure of non-essential workplaces , Closure of schools , Closure of colleges and universities

- ◆ In the market place like: Vegetable shop, groceries shop etc, not more than 2-3 people should enter. And even they should maintain atleast 6 feet distance from each others.

**SELF SHIELDING**

Face shield is simply a curved plastic that can be worn over the face to limits face to face contacts. Because they extend down from the head, shields protect the eyes as well as the nose and mouth. The coverage that face shield offer is ideal since the new corona virus can enter the body through those points.

During a pandemic, it will be critical to understand what you may be asked or required to do. It will be important to follow any Public Health Social Distancing instructions or any other instruction or orders that may be given. Social distancing only works if we all participate. We all are responsible for protecting ourselves and others. So let us practice social distancing right now for the safety of our family and our nation.



Regular Fit



(Contributors of this article are Doctors of ANIIMS)

**Social Security Schemes**

For creating a universal social security system for all Indians, especially the poor and the under-privileged the Hon'ble Prime Minister launched three Social Security Schemes in the Insurance and Pension sectors on 9th of May, 2015.

**Pradhan Mantri Jeevan Bima Yojana (PMJJBY)**

The PMJJBY is available to people in the age group of 18 to 50 years having a bank account who give their consent to join / enable auto-debit. Aadhar is the primary KYC for the bank account. The life cover of Rs. 2 lakh is for the one year period stretching from 1st June to 31st May and is renewable. Risk coverage under this scheme is for Rs. 2 lakh in case of death of the insured, due to any reason. The premium is Rs. 330 per annum which is to be auto-debited in one installment from the subscriber's bank account as per the option given by him on or before 31st May of each annual coverage period under the scheme. The scheme is being offered by the Life Insurance Corporation and all other life insurers who are willing to offer the product on similar terms with necessary approvals and tie up with banks for this purpose.

**Pradhan Mantri Suraksha Bima Yojana (PMSBY)**

The Scheme is available to people in the age group 18 to 70 years with a bank account who give their consent to join / enable auto-debit on or before 31st May for the coverage period 1st June to 31st May on an annual renewal basis. Aadhar would be the primary KYC for the bank account. The risk coverage under the scheme is Rs. 2 lakh for accidental death and full disability and Rs. 1 lakh for partial disability. The premium of Rs.12 per annum is to be deducted from the account holder's bank account through 'auto-debit' facility in one instalment. The scheme is being offered by Public Sector General Insurance Companies or any other General Insurance Company who are willing to offer the product on similar terms with necessary approvals and tie up with banks for this purpose.

**Atal Pension Yojana (APY)**

APY was launched on 9th May, 2015 by the Prime Minister. APY is open to all saving bank/post office saving bank account holders in the age group of 18 to 40 years and the contributions differ, based on pension amount chosen. Subscribers would receive the guaranteed minimum monthly pension of Rs. 1,000 or Rs. 2,000 or Rs. 3,000 or Rs. 4,000 or Rs. 5,000 at the age of 60 years. Under APY, the monthly pension would be available to the subscriber, and after him to his spouse and after their death, the pension corpus, as accumulated at age 60 of the subscriber, would be returned to the nominee of the subscriber. The minimum pension would be guaranteed by the Government, i.e., if the accumulated corpus based on contributions earns a lower than estimated return on investment and is inadequate to provide the minimum guaranteed pension, the Central Government would fund such inadequacy. Alternatively, if the returns on investment are higher, the subscribers would get enhanced pensionary benefits.

In the event of pre-mature death of the subscriber, Government has decided to give an option to the spouse of the subscriber to continue contributing to APY account of the subscriber, for the remaining vesting period, till the original subscriber would have attained the age of 60 years. The spouse of the subscriber shall be entitled to receive the same pension amount as that of the subscriber until the death of the spouse. After the death of both the subscriber and the spouse, the nominee of the subscriber shall be entitled to receive the pension wealth, as accumulated till age 60 of the subscriber.

**Pradhan Mantri Mudra Yojana**

The scheme was launched on 8th April 2015. Under the scheme a loan of upto Rs. 50,000 is given under sub-scheme 'Shishu'; between Rs. 50,000 to 5.0 Lakhs under sub-scheme 'Kishore'; and between 5.0 Lakhs to 10.0 Lakhs under sub-scheme 'Tarun'. Loans taken do not require collaterals. These measures are aimed at increasing the confidence of young, educated or skilled workers who would now be able to aspire to become first generation entrepreneurs; existing small businesses, too, will be able to expand their activates.

**Stand Up India Scheme**

Government of India launched the Stand Up India scheme on 5th April, 2016. The Scheme facilitates bank loans between Rs.10 lakh and Rs.1 crore to at least one Scheduled Caste/ Scheduled Tribe borrower and at least one Woman borrower per bank branch for setting up greenfield enterprises. This enterprise may be in manufacturing, services or the trading sector. The scheme which is being implemented through all Scheduled Commercial Banks is to benefit at least 2.5 lakh borrowers. The scheme is operational and the loan is being extended through Scheduled Commercial Banks across the country.

Stand Up India scheme caters to promoting entrepreneurship amongst women, SC & ST category i.e those sections of the population facing significant hurdles due to lack of advice/mentorship as well as inadequate and delayed credit. The scheme intends to leverage the institutional credit structure to reach out to these underserved sectors of the population in starting greenfield enterprises. It caters to both ready and trainee borrowers.

To extend collateral free coverage, Government of India has set up the Credit Guarantee Fund for Stand Up India (CGFSI). Apart from providing credit facility, Stand Up India Scheme also envisages extending handholding support to the potential borrowers. It provides for convergence with Central/State Government schemes. Applications under the scheme can also be made online on the dedicated Stand Up India portal(www.standupmitra.in).

**Pradhan Mantri Vaya Vandana Yojana**

The Pradhan Mantri Vaya Vandana Yojana (PMVVY) has been launched by the Government to protect elderly persons aged 60 years and above against a future fall in their interest income due to uncertain market conditions, as also to provide social security during old age. The scheme is implemented through the Life Insurance Corporation of India (LIC) and open for subscription upto 31st March, 2023.

PMVVY offers an assured rate of return 7.40% per annum for the financial year 2020-21 for policy duration of 10 years. In subsequent years, while the scheme is in operation, there will be annual reset of assured rate of return with effect from April 1st of the financial year in line with applicable rate of return of Senior Citizens Saving Scheme(SCSS) upto a ceiling of 7.75% with fresh appraisal of the scheme on breach of this threshold at any point. Mode of pension payment under the Yojna is on a monthly, quarterly, half-yearly or annual basis depending on the option exercised by the subscriber. Minimum purchase price under the scheme is Rs. 1,62,162/- for a minimum pension of Rs. 1000/- per month and the maximum purchase price is Rs. 15 lakh per senior citizen for getting a pension amount of Rs. 9,250/- per month.

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

**COMMON YOGA PROTOCOL FOR INTERNATIONAL DAY OF YOGA**

Be with Yoga, Be at Home	<b>Loosening Practices</b>	Alert Posture	Forward & Backward Bending	Right and Left bending	Right and Left Twisting	Neck Rotation	Trunk Twisting
	<b>YOGASANAS</b>	Knee Movement	Standing Postures	The Tree Posture	Hands to Feet Posture	Hands to Feet Posture	Half Wheel Posture
	<b>TRIKONASANA</b>	Triangle Posture	Sitting Postures	Auspicious Posture	Vajrasana	Half Camel Posture	Hare Posture
	<b>VAKRASANA</b>	Spinal Twist Posture	Prone Postures	Cobra Posture	Locust Posture	Crocodile Posture	Bridge Posture
	<b>SAVASANA</b>	Dead Body Posture	Kapalabhati	Kriya	Alternate Nostril Breathing	Sukhasana	Meditative Posture
	<b>VAKRASANA</b>	Spinal Twist Posture	Prone Postures	Cobra Posture	Locust Posture	Crocodile Posture	Bridge Posture
<b>SAVASANA</b>	Dead Body Posture	Kapalabhati	Kriya	Alternate Nostril Breathing	Sukhasana	Meditative Posture	

**JOIN US FOR YOGA DEMONSTRATION ON 21<sup>ST</sup> 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**

**Researchers find Therapeutic Effects of Yoga in Depression**

New Delhi, June 19(PIB)  
A new research suggests that Yoga in addition to standard antidepressant treatment can bring relief to patients with Major Depressive Disorder (MDD) both clinically and biologically and can also bring about earlier remission.



The research led by Dr. Muralidharan Kesavan, Professor, Department of Psychiatry, National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore has assessed the therapeutic effects of Yoga in Major Depressive Disorder (MDD) as well as its effect on associated neurobiological underpinnings. This work was supported under the 'Science and Technology of Yoga and Meditation (SATYAM)' Programme of the Department of Science and Technology, GoI and has been published in the 'The Canadian Journal of Psychiatry'.

Earlier studies conducted at NIMHANS, have shown promising results of Yoga in reducing MDD symptoms, associated stress hormone levels and improving levels of inhibitory neurotransmitter called Gamma aminobutyric acid (GABA) in the brain as well as autonomic functioning of the brain. In this research, the team assessed the effectiveness of yoga therapy

on clinical symptoms of depression and its mechanism of action through assessment of various biomarkers associated. They estimated biomarkers like GABA activity (Transcranial magnetic stimulation-TMS), Blood biomarkers (Immune system abnormalities via Interleukin system), emotional processing & brain activity - functional Magnetic Resonance Imaging (fMRI) Autonomic functioning - Heart rate Variability (HRV) on 70 people through 3.5 years.

They also found that early intervention of yoga can lead to good outcomes and better prognosis and also effective as monotherapy in mild to moderate depression. Due to the plausible therapeutic role of yoga in enhancing recovery of patients with depression, the same is being considered for routine recommendation in clinical practice for patients with depression in IP & OP services offered at NIMHANS.

**Education Ministry releases guidelines for parent participation in home-based learning**

New Delhi, June 19  
The Education Ministry has released guidelines for parent participation in home-based learning during school closure and beyond. These guidelines emphasize on the need to create a safe, engaging and a positive learning environment.

Union Education Minister, Shri Ramesh Pokhriyal 'Nishank' said that home is the first school and parents are the first teachers. He said, in this new normal of the pandemic, parents' role is pivotal for children's growth and learning.

He said, these guidelines aim to provide information about participation and engagement with children

during the school closure. These guidelines provide many simple tips for parents and others to facilitate children in Home based learning.

These suggestive activities are in accordance with the various stages of school education as per National Education Policy. Guidelines lay emphasis on improving children's learning by monitoring and addressing their learning gaps. It has been advised to schools to involve parents by providing information and ideas on helping students at home with homework and other curriculum-related activities. (Source: india.gov.in)

**4<sup>th</sup> Death Anniversary**  
On 20<sup>th</sup> June, 2021



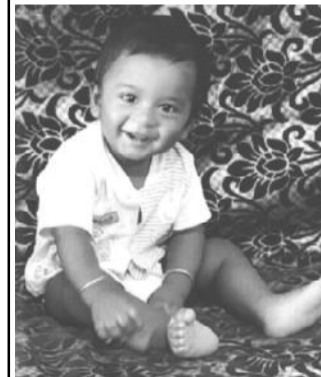
**Late G. SRINIVAS RAO**  
S/o Late G. Samuel  
"Through thick and thin you were always there to guide and protect us. The loss will always sting. But now, everything that we do is in honor of him and celebrates his life."  
Inserted by: Sumita Rao (Wife), Vinita & Vidhisha (Daughters)

**FIRST DEATH ANNIVERSARY**  
ON 20.06.2021



**LATE SHRI. KAMLA PRASAD**  
RETD. PRINCIPAL (EDUCATION DEPT.)  
R/o Deoria Dist., UP  
"Days will pass and turn into years.... but we will Always remember you with silent tears"  
FONDLY REMEMBERED BY ALL FAMILY MEMBERS

**Wish you a 1<sup>st</sup> Happy Birthday**  
On 20-06-2021



**Vihit Kr. Sil**  
S/o Prasanjeet Kr. Sil & Swathi Kumari  
With Happiness  
**Best wishes from:** Papa & Mummy, Dada & Dadi, Nana & Nani, Mama & Mami, Kuhu (Sister), Chachas & Buaa, Maas's and all family members

**VACANCY**

(APT LOGISTICS PVT. LTD.)  
Required: MTS, Qualification: 12<sup>th</sup> Pass, Walk-in with a Resume and ID Proof for Interview, Address: APT Logistics Pvt. Ltd., C/o Amazon, Behind Sandhya Motors, Foreshore Road, Ph. 7063955417 / 8327531847 / 8327531846

**4<sup>th</sup> Death Anniversary**

D.o.D: 20-06-2017  
In Ever Loving Memory of



**Late S. VELLAIAMMAL**  
(Retd. Staff of DHS Office)  
W/o Shri K. Shanmugam  
R/o Kamraj Nagar  
"We miss you more with each passing days, you'll always be in our hearts"  
"We miss you & Love u AMMA"  
**Deeply Missed by:** K. Shanmugam (Husband), S. Siva Kumar, S. Anand Kumar & S. Pratap Kumar (Sons) & all family members.

**OBITUARY**



It is with deep sorrow we share the news about the sad demise of our **AMMA (T. Anandavalli)** who has been taken to heavenly abode on 18<sup>th</sup> June 2021 at time 6:10 PM.  
Let us pray for the departed soul to rest in everlasting peace.  
"From sunrise to sunset every moment would have been more beautiful if you were with us, Your memories will never be forgotten....We miss you AMMA"  
Sorrowing family:  
K. Thankappan - Husband  
Sheela and Sharly- Daughters  
Shaji Kumar, Shubu Kumar and Santosh Kumar- Sons  
Mohan Lal and Sunil- Sons in law  
Phool - Daughter in law  
Shalini, Sneha and Yashh- Grandkids