



VACCINES FOR ALL FREE FOR ALL

WORLD'S LARGEST FREE VACCINATION CAMPAIGN

Thank You PM Modi!

So far, free vaccines were available for people above 45 years of age. From June 21st, free vaccines available for everyone above 18 years in government centres. Visit cowin.gov.in to register and find vaccination centres near you!

WORLD'S LARGEST FREE VACCINATION CAMPAIGN

Vaccines For All - Free For All By The Central Government

Corona Will Lose, India Will Win

- Free COVID-19 vaccination for everyone above 18 years of age begins in India today
- So far, vaccines were free for people of 45 years age and above
- Vaccines will be available free of cost in government-run vaccination centres
- Government of India is providing free vaccines to all states
- Central government has provided 30 crore vaccine doses so far
- Three vaccines approved in India so far, several new vaccines in approval process

Get Vaccinated, Stay Safe

- Vaccines are safe, ignore rumours
- Visit www.cowin.gov.in to register and get full details on vaccination centres and vaccines
- Follow COVID-appropriate behaviour even after vaccination

Central Government is beginning the Free Vaccination For All campaign for every Indian from today. The biggest beneficiary of this phase of India's vaccination drive shall be the poor, the middle class and the youth of the country. All of us should pledge to get ourselves vaccinated. Together we will defeat COVID-19.

Prime Minister Narendra Modi

TOGETHER LET US DEFEAT COVID-19, GET YOURSELF VACCINATED AS PER YOUR TURN

International Day of Yoga to be observed in a non-congregative manner today

People urged to join CYP drill with the message 'Be with Yoga, Be at Home'

New Delhi/Port Blair, June 20
 Together with the rest of the country, the 7th International Day of Yoga will be observed in A&N Islands too tomorrow (June 21). The main theme of International Day of Yoga, 2021 is -Yoga for Wellness, which is aligned to the current pre-occupations. Yoga Day will be observed in about 190 countries globally.

In view of the COVID-19 pandemic and the consequent restrictions in congregational activities, the lead event of the International Day of Yoga will be a televised programme, with the Prime Minister, Shri Narendra Modi'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.

In view of pandemic, this year IDY will be observed in a non-congregative manner. In this regard, the Islanders including all employees of organization/Dept. along with families have been requested to join thousands of (Contd. on last page)

MESSAGE

Dear Islanders,

Yoga is an invaluable gift to the world from our ancestors with numerous benefits to both physical and mental health. 21st June has been recognised as the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in December, 2014 at the initiative of Hon'ble Prime Minister of India. Since then, IDY has been an occasion which is observed around the world with great enthusiasm and fervour.

The Common Yoga Protocol (CYP) has been developed by the Ministry of AYUSH, Govt. of India to facilitate harmony in the observation of IDY. Necessary care needs to be taken while following the CYP. Individuals facing health issues are advised to consult a physician/Yoga expert before taking up Yoga practice.

Given the context of the current COVID-19 pandemic situation in the country, the benefits offered by Yoga have become even more important for physical and mental well-being. However, it will not be advisable to organise events that require congregation of people for observing the 7th IDY.

Therefore, the islanders are appealed to observe 7th IDY this year with practice of 45-minutes CYP drill at home with their families with the message "Be with Yoga, Be at Home" on 21st June, 2021 at 7:00 AM.

Jai Hind!

(Admiral D K Joshi)
 PVSM, AVSM, YSM, NM, VSM (Retd.)
 Lieutenant Governor, Andaman & Nicobar Islands &
 Vice Chairman, Islands Development Agency

Centre asks States, UTs to take strict action against those who assault healthcare professionals

New Delhi, June 20
 Centre has asked States and UTs to take strict action against those who assault healthcare professionals. It has told them to register Institutional FIRs against assaulters and fast track such cases.

In a letter to State Chief Secretaries and Administrators of UTs, Union Home Secretary, Shri Ajay Bhalla asked them to invoke provisions of the Epidemic Diseases Act, where applicable to check the incident of threat or assault on doctors and healthcare professionals.

He also reiterated that a close watch be kept on any objectionable content in social media which may exacerbate such situations. Referring to earlier advisories to ensure safety of healthcare establishments and professionals, the Home Secretary said, various remedial measures were (Contd. on last page)

'Urjapay Portal' - a boon for islanders to make hassle free payment of electricity bill during this pandemic time

63048 consumers make payment of bills through the portal; registered users increases to 8076

Staff Reporter
 Port Blair, June 20
 The digital payment facility of electricity bill through <https://urjapay.andaman.gov.in> anytime anywhere has become a boon for islanders residing in Port Blair particularly during this pandemic period. The launch of this facility has made life much easier for people as facilitated more number of users to access to facilities are just a click register themselves for paying their away. This is evident from the bill without queuing up at the billing number of users registered. As on centers for hours. The Digital India June 17, 2021, a total of 8076 users initiative of A&N Administration has have been registered under the portal while a total of 63048 consumers had carried out online payment of bills. A total transaction amount of Rs. 6,20,99,043/- has been made through this facility.

Consumers have been encouraged to make use of this facility by visiting the website <https://urjapay.andaman.gov.in>. The consumers have two options for making the payment viz. by registering (Contd. on last page)

Persistent efforts by Administration to control corona virus in Isles

Rate of Test Per Million in A&N Islands crosses 1 lakh mark

4,01,769 samples tested for COVID -19 so far

Port Blair, June 20
 The A&N Administration to control the spread of the virus in the Islands has taken many proactive steps. It is strictly implementing the five-fold strategy of Testing, Tracing, Treatment, COVID-appropriate behaviour and Vaccination as safety measures for the Islanders and also to check the spread of the virus. To reduce the number of positive South Andaman cases particularly in District, lockdown has been imposed while ensuring the normal functioning of essential services for the convenience of the public with relaxation of four hours from 6 am to 10 am. Apart from this non essential services have been allowed to open on Saturday, Sunday & Monday from 6 am to 10 am.

As per COVID-19 health bulletin (Contd. on last page)



District Administration conducting random mobile RAT test in rural areas: Around 100 random samples being tested on daily basis

Media briefed on COVID-19

Centre to begin free distribution of COVID vaccines to all States & Union Territories from June 21: Secretary (IP&T)

Port Blair, June 20
 The Centre will begin the free distribution of COVID vaccines to all the States & Union Territories from tomorrow. This includes vaccines for beneficiaries of all age group including those between 18 to 44 years, said the Secretary (IP&T), Shri Sunil Kumar Singh addressing the media persons on COVID-19 status in the Islands held in the conference hall of IP&T here

He further disclosed that during the RT-PCR conducted on 349 incoming passengers who arrived here yesterday by flight, two positive cases were detected. He informed that 4 flights with 489 passengers arrived today and the RT-PCR reports are awaited. He also stated that during the RAT conducted on 143 passengers proceeding to N&M Andaman at (Contd. on last page)



Tweets on COVID-19 Management by Administration

A.Sherif @sharif_andaman
 Replying to @DcSouthandaman @MediaRN_ANI and 3 others
 Most of our high officials are young and very capable, whatever they have done so far has proved to be very commendable decisions, and I am sure that soon Hutbay will also be conquered without any loss, I Proud... 🙌

Saraswati Narayan @SaraswatiNarayan9
 Replying to @DcSouthandaman @SuneelAnchpaka and 3 others
 Right decision by DC S.Andaman at much needed movement.Residents of little Andaman will very soon overcome from this panic situation by following the direction given by administration

SAGAR @SAGAR04844012
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 Once again Cases increasing... If we strictly follow covid19 protocol and cooperation with administration during Lockdown,so administration decision taken more relaxation to unlock..... Wear Mask... Get Vaccine... Stay Home.. Stay Safe...

Deepak Singh @Deepak566471892
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 Covid cases are increasing but not worries. Because when our good administration and islander follow covid protocols then all our islander will fight covid 19

@ihbond007
 Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
 Good approach to catch annoying people who misuse there pass.....

Deepak Ram @Deepak183424856
 It is inspiring to see administration working tirelessly against COVID. Well done. Jai Hind! 🙌

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

**Health Bulletin For Containment Of
नोवल कोरोना वायरस रोग (COVID-19)**

(No. 447/20th June 2021)
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 20.06.2021

> Status of Cases :

Details of Second Wave since: 01.03.2021	
Active new case in last 24 Hours	12
Discharges in last 24 hours	15
Total confirmed cases	2412
Total Discharges	2245
Total Active case as on date	102
Total Deaths	65

Cumulative since March 2020			
Details	On 19 th June 2021	On 20 th June 2021	Total
Confirmed Cases	7394	12*	7406
Cured/Discharged from Hospital	7162	15	7177
Death	127	00	127

*Includes 02 Positives from Airport arrival.

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	04	282
South Andaman	5583	98	5485
Nicobar	507	00	507
Total	6376	102	6274

Total 02 containment zones formed in South Andaman District

> Status of Sample and Testing:

Total Samples sent till date	401769
Total Reports received till date	401769
Total Pending Reports	0
Rate of Testing Per Million	1004423
Cumulative Test Positivity Rate	1.84%
COWIN 1.0	

> Vaccination Status

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

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 th May 2020 to 19 th June 2021	On 20 th June 2021	Total
Incoming Passengers			
a) VSI Airport	248503	489	248992
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	261036	453	261489
b) Haddo Wharf	928	0	928

(On 20.06.2021, 489 passengers were retested by RTPCR at Airport)

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

Centre asks States, UTs to take...
(Contd. from page 1)

suggested to check recurrence of such incidents including adequate security at healthcare facilities, especially at COVID-19 designated hospitals along with controlled and restricted access to the premises, deployment of quick response police teams at vulnerable locations and effective local level medical intervention.

Shri Bhalla said, concerted efforts should be made through posters in hospitals and social media to emphasize the valuable contribution being made by doctors and other healthcare personnel in the fight against COVID-19.

He stressed that any incident of threat or assault on doctors or healthcare professionals may dampen their morale and create a sense of insecurity amongst them.


This may adversely affect the healthcare response system. Central Government also urged that States and Union Territories to take these measures on priority and proactively engage with members of medical fraternity to a s s u a g e their concerns.
(Source:india.gov.in)

"Be With Yoga, Be At Home"

INTERNATIONAL DAY OF Yoga

PLAN NOW

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



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

COVID ALERT

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



- Total number of active cases in India: 729243
- Deaths in India: 386713
- Total no of active cases in Andaman since 1.03.2021: 102
- Total Deaths since 1.03.2021: 65
- Surge in a single day: 12

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

Persistent efforts by Administration...
(Contd. from page 1)

(20.06.2021), the new active case in the last 24 hours has been 12 while the total number of active cases during the 2nd wave (since 01.03.2021) as on date is 102 in the entire Islands. Of the total 2412 confirmed cases, 2245 have been discharged from hospital during the second wave.

Out of the total, 7394 confirmed cases of COVID since March 2020, 7162 patients have been cured/ discharged till date.

To provide treatment to COVID positive patients in A&N Islands, sufficient isolation beds are available in all the three districts of the Islands. As per the health data, as on date, 5583 isolation beds are available in South Andaman District, out of which, 98 are presently occupied while 5485 are vacant.

Similarly, in N&M Andaman, out of the 286 isolation beds available, 4 are occupied and 282 are vacant. It is noteworthy to mention that the Nicobar District is free from corona as on date. 507 isolation beds are available.

In South Andaman District, as on date, a total of 2 Containment Zones have been formed and the Administration is ensuring its strict compliance by making available the required facilities to facilitate the people residing inside the containment zones. Officers have also been deputed to maintain strict perimeter control and ensure that there is no movement of people in or out of these zones, except for medical emergencies and for maintaining supply of essential goods and services.

Since the outbreak of COVID-19 in A&N Islands, the testing has been augmented manifold and as on date, 401769 samples have been tested in A&N Islands. Further, the Islands Test Per Million (TPM) stands at 1004423. Vaccination drive is also being conducted simultaneously and as on date 1,37,444 beneficiaries have been vaccinated in A&N Islands, out of the target beneficiaries i.e. 2, 81, 603 (approx.).

Apart from this, the District Administration is also conducting mobile RAT testing in rural areas of the District. Around 100 random samples being tested on daily basis. The incoming flight passengers are also being retested with RTPCR. The District Control Room regularly monitors patients who are placed under home isolation by keeping track on the person's health status besides providing the required medicine.

Further, to cater to the needs of the people, in view of lockdown, home delivery services have been strengthened and essential commodities are supplied by shopkeepers at the doorsteps of the people.



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

Ferrargunj, all were found negative.

The Director, ANIIMS, Dr. A K Mandal informed that 15 COVID positive patients are presently undergoing treatment in the Hospital. Today, 2 new COVID patients have been admitted. He further disclosed that out of the 15 patients, 10 patients are on Oxygen support, he said.

The Deputy Director, G.B Pant Hospital, Dr. Amitabha De stated that in the three COVID Care Centres functioning in Port Blair, altogether, 5 patients are presently being taken care of in these three COVID Care Centres.

International Day of Yoga...
(Contd. from page 1)

others on this day from their respective homes by doing the 45- minute long CYP drill at 7 am on 21st June, 2021 with the message 'Be with Yoga, Be at Home'.

The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY. Over the last few years, it has become one of the most popular Yoga programmes in the world. It is designed to be easily adoptable by the majority of the people irrespective of age and gender, which can be learnt through simple training sessions, even through online classes (individuals facing health issues are advised to consult a physician/Yoga expert before taking up Yoga practice).

'Urjapay Portal' - a boon for... (Contd. from page 1)

themselves on the website- The registered user can add multiple accounts besides they will be provided with a dashboard to view the details of previous transactions of all accounts including the due amount and make payment and by using quick pay option-the consumers can now make the payment by entering the consumer number.

Thunderstorm with lightning and gusty wind likely to occur in Isles

Port Blair, June 20
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 also likely to occur at one or two places over A&N Islands on June 22 & 23.

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.

National School Online Chess Championship to be held from July 5

Interested players/students may register by June 29

Port Blair, June 20
The National School Online Chess Championship 2021 will be organized by All India Chess Federation (AICF) from 5th July to 16th July 2021. The tentative schedule are as under:

- Under-17 Open & Girls : 05th - 06th July 2021
- Under-15 Open & Girls : 07th - 08th July 2021
- Under-13 Open & Girls : 09th - 10th July 2021
- Under-11 Open & Girls : 11th - 12th July 2021
- Under-09 Open & Girls : 13th - 14th July 2021
- Under-07 Open & Girls : 15th - 16th July 2021

The games will be played in Rapid mode.

Each player shall have 15 minutes for the game with the addition of 10 seconds per move starting from the first move. The Championship will be played under Fide Online Chess Regulation and the Swiss system. Total nine rounds shall be played. Only Individuals who are school students and who are Indian Nationals are eligible to participate in this Championship. Players who are foreign nationals and who have PIO or OCI card cannot participate. Only laptop or desktop computer (Only Windows OS will be allowed) are only allowed as playing device. (Mobile phones and tabs are strictly not allowed.) Internet connectivity is the player's responsibility; ensure you have a reliable connection which you trust. A functioning webcam is mandatory so that arbiters can comfortably see you and your surroundings. Players must be able to scan their playing area using their webcam. The Virtual playing venue of the championship is located on the online chess server at <https://www.tornelo.com>. in which zoom is already integrated. The players will be watched by the arbiters through zoom. A working microphone & speakers are mandatory. You must be able to hear arbiters. Each State Association may enter any number of players in each of the 6 age groups. The players should be a bonafide student of a school (any syllabus). Interested players / students may register their names on or before 29th June, 2021. For Registration and further details contact General Secretary, Andaman Nicobar Chess Association @9434293379 or email : anchessassociation@gmail.com or visit www.anchessassociation.com, a press release from ANCA said.

WTC Final: New Zealand 101 for 2 at stumps on days 3; India all out for 217 in 1st innings

Southampton, June 20
In Men's Cricket, New Zealand were 101 for 2 at close of play on the third day of the World Test Championship final at Southampton. Earlier, India were all out for 217 in their first innings. One-off match marks the culmination of a two-year cycle of the inaugural WTC, launched in 2019.

International Yoga Day observance today

An insight into yoga and its benefits for a healthy living

The concepts and practices of Yoga originated in India about several thousand years ago. Its founders were great Saints and Sages. The great Yogis presented rational interpretation of their experiences of Yoga and brought about a practical and scientifically sound method within every one's reach. Yoga today, is no longer restricted to hermits, saints, and sages; it has entered into our everyday lives and has aroused a worldwide awakening and acceptance in the last few decades. The science of Yoga and its techniques have now been reoriented to suit modern sociological needs and lifestyles. Experts of various branches of medicine including modern medical sciences are realizing the role of these techniques in the prevention and mitigation of diseases and promotion of health.

Yoga is one of the six systems of Vedic philosophy. Maharishi Patanjali, rightly called "The Father of Yoga" compiled and refined various aspects of Yoga systematically in his "Yoga Sutras" (aphorisms). He advocated the eight folds path of Yoga, popularly known as "Ashtanga Yoga" for all-round development of human beings. They are:- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. These components advocate certain restraints and observances, physical discipline, breath regulations, restraining the sense organs, contemplation, meditation and samadhi. These steps are believed to have a potential for improvement of physical health by enhancing circulation of oxygenated blood in the body, retraining the sense organs thereby inducing tranquility and serenity of mind. The practice of Yoga prevents psychosomatic disorders and improves an individual's resistance and ability to endure stressful situations.

Definition of Yoga

Yoga is a discipline to improve or develop one's inherent power in a balanced manner. It offers the means to attain complete self-realization. The literal meaning of the Sanskrit word Yoga is 'Yoke'. Yoga can therefore be defined as a means of uniting the individual spirit with the universal spirit of God. According to Maharishi Patanjali, Yoga is the suppression of modifications of the mind.

Yoga a universal practical discipline

Yoga is universal in character for practice and application irrespective of culture, nationality, race, caste, creed, sex, age and physical condition. Neither by reading the texts nor by



wearing the garb of an ascetic, one can become an accomplished Yogi. Without practice, no one can experience the utility of Yogic techniques nor can realize of its inherent potential. Only regular practice (sadhana) creates a pattern in body and mind to uplift them. It requires keen desire on the part of the practitioner to experience the higher states of consciousness through training the mind and refining the gross consciousness.

Yoga as evolutionary process

Yoga is an evolutionary process in the development of human consciousness. Evolution of total consciousness does not necessarily begin in any particular man rather it begins only if one chooses it to begin. The vices like use of alcohol and drugs, working exhaustively, indulging too much in sex and other stimulation is to seek oblivion, a return to unconsciousness. Indian yogis begin from the point where western psychology end. If Freud's psychology is the psychology of disease and Maslow's psychology is the psychology of the healthy man

then Indian psychology is the psychology of enlightenment. In Yoga, it is not a question of psychology of man rather it is a question of higher consciousness. It is not also the question of mental health, rather, it is question of spiritual growth.

Yoga as soul therapy

All paths of Yoga (Japa, Karma, Bhakti etc.) have healing potential to shelter out the effects of pains. However, one especially needs proper guidance from an accomplished exponent, who has already treaded the same track to reach the ultimate goal. The particular path is to be chosen very cautiously in view of his aptitude either with the help of a competent counselor or consulting an accomplished Yogi.

Types of yoga

Japa Yoga

To concentrate one's mind on divine name or holy syllable, mantra etc. like 'OM', 'Rama', 'Allah', 'God', 'Vahe Guru' etc. through repeated recitation or remembrance.

Karma Yoga

Teaches us to perform all actions without having any desire for their fruit. In this sadhana, a Yogi considers his duty as divine action, perform it with whole-hearted dedication but shuns away all desires.

Gyana Yoga

Teaches us to discriminate between self and non-self and to acquire the knowledge of one's spiritual entity through the study of scriptures, company of Saints and practices of meditation.

Bhakti Yoga

Bhakti Yoga, a system of intense devotion with emphasis on complete surrender to divine will. The true follower of Bhakti Yoga is free from egoism remains humble and unaffected by the dualities of the world.

Raja Yoga

Raja Yoga popularly known as "Ashtanga Yoga" is for all-round development of human beings. These are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Swara Yoga

Swara Yoga is the Science which is about the realization of cosmic consciousness, through the awareness/ observation then control/ manipulation of the flow of breath in the nostrils.

(Contd. on page 3)

Over 60 thousand new cases reported in last 24 hours; National Recovery Rate touches 96.16 per cent

New Delhi, June 20
India's active COVID caseload has further declined and it has now reached seven lakh 60 thousand and 19. The active caseload is less than eight lakh after 74 days. Health Ministry said, India reported 60 thousand 753 new cases during the last 24 hours. A total of 97 thousand 743 patients recovered during last

24 hours. This has taken the total recoveries across the country so far to over two crore 86 lakh 78 thousand. The National Recovery Rate now stands at 96.16 per cent and daily recoveries continue to outnumber the daily new cases for the 37th consecutive day.

Weekly Positivity Rate remains below five per cent and is currently at 3.58 per cent. Daily

positivity rate is at 2.98 per cent, which is less than five per cent for 12 consecutive days. A total of 1,647 deaths were reported in the last 24 hours taking the death toll to over three lakh 85 thousand. The testing capacity has been substantially ramped up and 38.92 crore tests have been conducted so far. (Source:india.gov.in)

More than 18 lakh 11 thousand samples tested for COVID-19 across country in last 24 hours

New Delhi, June 20
Isolate & Vaccinate', the apex COVID-19 testing in the country surpassed another milestone with cumulative testing figure crossing the mark of 39 crore 10 lakh. With a special focus on the 5-point principle of 'Test, Track, Treat,

As of today, two thousand

661 laboratories are engaged in the work of testing COVID samples in the country which includes one thousand 271 government and one thousand 390 private labs. (Source:india.gov.in)

Country's foreign exchange reserve rose by US 103 Billion in last one year

New Delhi, June 20
Reserve Bank of India has said that, Foreign exchange reserves of country reached an all-time high of US\$ 605.0 billion on June 4, 2021. In last one year, country's foreign exchange reserve rose by US\$ 103 Billion.

RBI says, India is the 5th largest reserve holding country in the world, the 12th largest foreign holder of US

treasury securities and the 10th largest in terms of gold reserves. RBI estimated that, In terms of projected imports for 2021-22, the current level of reserves provides cover for less than 15 months. At present Switzerland's reserves are sufficient for import upto 39 months; Japan's upto 22 months; Russia's reserves upto 20 months and China's reserves

are sufficient for import upto 16 months.

In the foreign exchange market, the Indian rupee appreciated against the US dollar in May 2021 and gained further in June. In terms of the 40-currency real effective exchange rate index, the Indian Rupee appreciated by 2.0 per cent in May 2021 over its level a month ago. (Source:india.gov.in)

Schedule of tele-classes for school students

Port Blair, June 20

The schedule for the broadcast of tele-classes for the upcoming week (from 21.06.2021 onwards) for the students of Class III to VII on All India Radio, Port Blair and Class VIII to XII through Local Cable TV Network (City TV, City Plus, City TV HD) and Class X and XII in Doordarshan is as mentioned below.

SCHEDULE FOR CABLE T V TELECAST (w.e.f. 21.06.2021 to 26.06.2021)						
DATE/TIME	10.00 AM - 10.30 AM	10.30 AM - 11.00 AM	11.00 AM - 11.30 AM	11.30 AM - 12.00 Noon	12.00 Noon - 12.30 P.M	12.30 P.M. - 01.00 P.M.
REPEAT TELECAST	06.00 PM - 06.30 PM	06.30 PM - 07.00 PM	07.00 PM - 07.30 PM	07.30 PM - 08.00 PM	08.00 PM - 08.30 PM	08.30 PM - 09.00 PM
Class/Date	VIII	IX	X	XII	XII	XII
21-06-2021 Monday	MATHS	ENGLISH	MATHS	ECONOMICS	BIOLOGY	ACCOUNTANCY
22-06-2021 Tuesday	SCIENCE	S/SCIENCE	ENGLISH	MATHS	B/STUDIES	CHEMISTRY
23-06-2021 Wednesday	S/SCIENCE	ENGLISH	SCIENCE	C/SCIENCE	HISTORY	PHYSICS
24-06-2021 Thursday	ENGLISH	MATHS	S/SCIENCE	CHEMISTRY	GEOGRAPHY	BIOLOGY
25-06-2021 Friday	MATHS	SCIENCE	MATHS	ECONOMICS	PHYSICS	ACCOUNTANCY
26-06-2021 Saturday	SCIENCE	MATHS	SCIENCE	ENGLISH	MATHS	POL SCIENCE

Morning telecast on City Plus (705) and repeat telecast on City TV (703) and City TV HD (704) from Monday to Thursday at 6.00 p.m., Friday at 6.30 p.m. and Saturday at 7.00 p.m.

SCHEDULE FOR DD TELECAST (21-06-2021 to 25-06-2021)					
DATE/CLASS/TIME	21-06-2021	22-06-2021	23-06-2021	24-06-2021	25-06-2021
4:00 pm-4:30 pm	X MATHEMATICS	X S/SCIENCE	X SCIENCE	X ENGLISH	XII CHEMISTRY
4:30 pm-5:00 pm	XII ACCOUNTANCY	XII B/STUDIES	XII BIOLOGY	XII MATHEMATICS	XII PHYSICS

Students and parents are urged to post their Questions/queries/doubts related to their subjects in the following format - 1.Name of the student, 2.Address, 3.Class, 4.Subject, 5. Questions/Query/Doubts, through the mode of SMS or WhatsApp on following mobile numbers -9474210059, 9474210823 or on Email-id - sieandaman@gmail.com. Questions / Query / Doubts received through SMS or Whatsapp shall be clarified by the subject teachers. Students can view the contents online through the Department's YouTube channel at "ANEducationDeptAndaman". The Radio broadcast is available in AM684 KHz and your phone on 'newsosaur' app.

Weekly Schedule of Radio Broadcast (21.06.2021 to 26.06.2021)

DATE	LOCAL BROADCAST (SIE, Port Blair)		
	09.00 A.M. TO 09.20 A.M.	09.20 A.M. TO 09.40 A.M.	09.40 A.M. TO 10.00 A.M.
21.06.2021 (Monday)	III - ENGLISH	V - EVS	VI - ENGLISH
22.06.2021 (Tuesday)	IV - EVS	V - ENGLISH	VI - SOCIAL
23.06.2021 (Wednesday)	III - EVS	VI - SCIENCE	VII - SCIENCE
24.06.2021 (Thursday)	IV - ENGLISH	VI - SOCIAL	VII - SOCIAL
25.06.2021 (Friday)	IV - HINDI	VI - HINDI	VII - HINDI
26.06.2021 (Saturday)	III - HINDI	V - HINDI	VII - ENGLISH

The CIET-NCERT has also started the broadcast of stage-wise (Primary, Upper Primary and Secondary) educational programs through 132 All India Radio stations throughout the country. This programme will be broadcast on the primary channel of AIR, Port Blair on 684 KHz from Monday to Friday as per the below mentioned schedule.

SCHEDULE OF CIET-NCERT Broadcast on AIR, Port Blair (AM 684 KHz.)					
DATE/ TIME	21-06-2021	22-06-2021	23-06-2021	24-06-2021	25-06-2021
11:00 am to 11:30am	TAJMAHAL KARISHMA-E- KARIGARI	BHAAP KA ENGINE + LIGHTNING BUG + SIJANSHEEL HAI BACHCHA	CAPTAIN VIKRAM BATRA + LITTLE BULLY	ASMANI DOST + FLYING TOGETHER + NA ANKON KI DOD	ANNA DEVTA + SABZI MANDI + LIGHT

Apart from this, students can access digital contents from Digital Infrastructure for Knowledge Sharing (DIKSHA) <https://diksha.gov.in>, National Repository of Open Educational Resources (NROER) <https://nroer.gov.in> and e-pathshala <https://epathshala.nic.in>.

The students, parents and all stakeholders have been appealed to make use of this facility to the maximum extent for the benefit of enhancing teaching-learning activity during this period. Parents are requested to engage their wards to compulsorily attend the virtual classes as per the schedule and feel free to contact their teachers for any clarification of the content, a press release from Directorate of Education, said.

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

COMMON YOGA PROTOCOL FOR INTERNATIONAL DAY OF 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,
Andaman & Nicobar Administration**

International Yoga Day observance

(Contd. from page 2)
Swara Yoga involves the systematic study of the breath flowing through the nostril (or Swara) in relation to the prevailing phases of the Sun, Moon, time of day and direction. It is the association of the breath in relation to the activities or phases or positions of the Sun, Moon, Planets, Seasons, Time of day, with the physical and mental conditions of the individual and then taking the appropriate action according to these subtle relations.

Kundalini

Kundalini Yoga is a part of Tantric Tradition. Since the dawn of creation, the Tantrics and yogis have realised that in this physical body, there is a potential force residing in Muladhara Chakra, the first of seven Chakras. The seat of Kundalini is a small gland at the base of the spinal cord. In the masculine body it is in the perineum between the urinary and excretory organs. In the female body its location is at the root of the uterus in the cervix. Those people who have awakened this supernatural force have been called Rishis, Prophets, Yogis, Siddhas and other names according to the time, tradition and culture.

To awaken the Kundalini, you must prepare yourself through yogic techniques such as Shatkriya, Asana, Pranayama, Bandha, Mudra and Meditation. Awakening of Kundalini results in an explosion in the brain as the dormant or sleeping areas start blossoming like flowers.

Nadi

As described by Yogic texts, Nadis are flow of energy which we can visualize at the psychic level as having distinct channels, light, colour, sound and other characteristics. The entire network of nadis is so vast that even yogic texts differ in their calculations of the exact number. Reference in the Goraksha Sataka or Goraksh Samhita and Hatha Yoga Pradipika place their number at 72,000; emerged from the navel center- the Manipuri Chakra. Of all the thousands of nadis, Susumna is said to be the most important. The Shiva Swarodaya enumerates ten major nadis which connect to the 'doorways' leading in and out of the body. Of these ten, Ida, Pingala and Sushumna are the most important, they are the high voltage wires which conduct the energy to the substations or Chakras situated along the spinal column. (Source: Ministry of AYUSH)

2nd Death Anniversary
On 21.06.2021

Late MINCENT DUNG DUNG
R/o Dignabad
"Your life was a blessing, your memory a treasure; you are loved beyond words and missed beyond measures"
Loving Tribute from: Asrita Dung Dung (Wife), Nikita, Namita (Daughters) & family.

Tata Memorial Centre Publishes First of its Kind Study on the Cost of Illness and Treatment of Oral Cancer In India

India spent approximately Rs. 2,386 crores in 2020 on oral cancer treatment

Mumbai, June 20 (PIB)
According to the World Health Organization (WHO), cancer is the second leading cause of death globally, with approximately 70% cancer cases occurring in low and middle-income countries. India's cancer scenario is burdened with oral cavity cancer being the most common among men. In fact, India accounted for almost a third of the global incidence in 2020.
Dr RA Badwe, Director, Tata Memorial Center said "As per the GLOBOCAN statistics, the rate of new cases being diagnosed has increased by a staggering 68% in the past two decades alone, making it a real public health crisis. To add to this, accessibility to health services is low, which coupled with poor health literacy results in a majority of cases presenting with advanced stage disease that is often difficult to treat." Approximately, 10% of the patients have progressive disease that makes them untreatable and can only be offered supportive care for their symptoms. Most of those who do receive some forms of treatment are left unemployed and become an economic burden on their friends and family. Even patients with health insurance and/or government aid, typically seen as immune to the cost of healthcare, face serious challenges as most schemes do not provide the actual amount needed for treatment. This eventually increases their out-of-pocket expenses, pushing a significant proportion of the patients themselves and their families into a never-ending cycle of debt. To tackle these issues, a Tata Memorial Centre team, headed by Dr. Pankaj Chaturvedi, set out to conduct a cost of illness analysis that would provide invaluable information for policy makers that make appropriate allocation of resources towards cancer. This is the first such study in India and among a handful globally, whose estimates were calculated, utilizing a bottom-up approach where data was collected prospectively for each service as it was used. This enormous data collection has resulted in determining the direct healthcare costs of treating oral cancer, that is, the per patient cost borne by a healthcare provider that are directly attributable to treating oral cancer.

Dr Arjun Singh, Research Fellow at Tata Memorial Hospital and the lead author of the study said that the unit cost of treating advanced stages (Rs. 2,02,892/-) was found to be 42% greater than early stages (Rs. 1,17,135/-). At the same time, there was an average reduction of 11% in the unit costs, as socio-economic status increased. Medical equipment accounted for 97.8% of capital costs, with the highest contributor being the radiology services that included CT, MRI and PET scan. Variable costs that included consumables for surgery in advanced stages were 1.4 times higher than early stages. With the addition of additional chemo and radiotherapy to surgery, the average cost of treatment increased by 44.6%.

About 60-80% of the cases of oral cancer visit their specialist oncologists at advanced stages. Multiplying the cost per unit of early and advanced cancer as per the study's results, India spent approximately Rs. 2,386 crores in 2020 on oral cancer treatment, paid for by insurance schemes, government and private sector spending, out of pocket payments and charitable donations or a combination of these. This is a significant portion of the healthcare budget allocation the government made in 2019-20, towards a single disease. Without any inflation in costs, this will result in an economic burden on the country of 23,724 crores over the next ten years. This straining economic impact of treating oral cancer treatment, strongly suggests that prevention must be one of the key mitigation strategies for addressing affordability. Almost all oral cancers are caused by some form of tobacco and areca nut use, either direct or as a secondhand intake. It is very important for our country to take adequate measures to curb this menace and mitigate the economic burden caused by just one of the hundreds of diseases caused by tobacco consumption. Early detection strategies leading to just 20% reduction in advanced stage disease could save almost 250 crores annually. Physicians, dentists and all healthcare workers are the first line of detection where opportunistic screening of high risk individuals such as tobacco and areca nut users can be performed. Institutions also play a key role by following up screened patients, implementing tobacco de-addiction strategies and providing timely care and support. At the administration and government level, stronger reforms can strengthen the existing policies around the prohibition of cancer-causing substances, building infrastructure and access for patients, and providing evidence based insurances and reimbursements for those in need.

For more information: ecancer.org/en/journal/article/1252-a-prospective-study-to-determine-the-cost-of-illness-for-oral-cancer-in-india/abstract

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