

NOVEL CORONAVIRUS DISEASE (COVID-19)



M - Mera
A - Apka
S - Suraksha
K - Kawach

**Always wear Mask
Protect yourself and others**

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Weather Report

Light rainfall likely to occur over Port Blair. Possibility of thunderstorm and lightning. Partly cloudy sky. Maximum and Minimum temperature will be around 31°C and 25°C respectively on Sunday 25/07 2021.

Maximum Temperature (°C) of Date: 29.7
Minimum Temperature (°C) of Date: 25.3
Relative Humidity(%) at 0830 IST: 088
Relative Humidity(%) at 1730 IST: 086
Sunrise time on 25.07.2021 (in IST): 0505
Sunset time on 25.07.2021 (in IST): 1746
Rainfall upto 0830 hrs of date (last 24 hrs) in mm: 006.5
Rainfall upto 1730 hrs of date in mm: 000.1
Rainfall (Progressive total from 1st January 21 upto 0830 hrs (of date) in mm: 1755.4 mm

Regn. No. 34190/75

No. 205

Port Blair, Sunday, July 25, 2021

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

India off to a great start at Tokyo Olympics

Mirabai Chanu bags silver medal in women's 49 Kg weightlifting event

All my hard work rewarded today and my dream has come true: Mirabai

Tokyo, July 24

♦ Mirabai Chanu makes total lifts of 202kg, including 87kg in Snatch and 115kg in Clean & Jerk

♦ Prime Minister expresses happiness at India's medal-winning start and congratulates Chanu for her stupendous performance

Weightlifter Mirabai Chanu won the silver medal in the women's 49 Kg weightlifting event today, winning India's first medal at the Tokyo Olympics. She had total lifts of 202kg, including 87kg in Snatch and 115kg in Clean & Jerk. The 26-year-old from Manipur, nurtured carefully after a back injury in



2018, became the toast of the nation. Prime Minister Shri Narendra Modi, Sports Minister Shri Anurag Thakur and people of India from all corner of the country congratulated Mirabai for her achievement.

Prime Minister, Shri Narendra Modi expressed happiness at India's medal-winning start and congratulated Chanu for her performance. "Could not have asked for a happier start to Tokyo2020! India is elated by Mirabai Chanu's stupendous performance. Congratulations to her for

winning the Silver medal in weightlifting. Her success motivates every Indian," Prime Minister Shri Narendra Modi tweeted with the hashtag Cheer4India.

Congratulating Mirabai Chanu, Sports Minister, Shri Anurag Singh Thakur said, "A big thank you and thank you on behalf of PM Modi and the entire country for bringing a big smile on the faces of 135 crore Indians. First day, first medal; you made the country proud." (Contd. on last page)

India beat New Zealand 3-2 in Pool A opening match in men's hockey campaign

Tokyo, July 24

India started its men's hockey campaign with a win. India beats New Zealand 3-2 in Pool A opening match. Rupinder Pal Singh scored one goal while Harmanpreet Singh scored 2 goals.

It has been over 40 years since the Indian



men claimed the most recent of their incredible eight Olympic hockey gold medals, which arrived at Moscow 1980. (Source: india.gov.in)

PM to share his thoughts in AIR's 'Mann Ki Baat' prog. today

New Delhi, July 24

The Prime Minister, Shri Narendra Modi will share his thoughts with the people in the country and abroad in the Mann Ki Baat programme on All India Radio at 11 AM tomorrow (July 25). This will be the 79th episode of the monthly

radio programme.

It will be broadcast on the entire network of AIR and Doordarshan and also on AIR News website www.newsonair.com and newsonair Mobile App. It will also be streamed live on the YouTube channels of AIR, DD News, PMO

and Information and Broadcasting Ministry. AIR will broadcast the programme in regional languages immediately after the Hindi broadcast. The regional language versions will be repeated at 8 in the evening.

Movement for a cleaner & safer India Success story of beneficiary who constructed IHHL under SBA-G

Port Blair, July 24

Swachh Bharat Mission, one of the vital flagship schemes of the Government and the world's largest behaviour change programme has changed the lifestyle of many rural families in India. It is a movement for a cleaner & safer India. Here is a story of a Shri Sahadev Das, who is a permanent resident of Ward No. 7 of Madhupur village under Diglipur block of North & Middle



Andaman. His family consists of wife, Smt. Anita Bala Das, one daughter of 13 years and a son of 6 years old. They were living without the basic facility of a toilet in their house. While sharing their day to day problems, the wife of Shri Sahadev Das narrated that it was very challenging for

Port Blair, July 24

Whether it is a small one or a bungalow, a home is the ultimate place of security one can have. But with the sky-rocketing real estate prices, there are some sections of the society who cannot even dream of owning a small shed of their own; Probhas Mondal is one of them.

Shri Probhas Mondal, private labour by occupation, resides with his wife and only son at Dharmapur-2, under the Mayabunder block of North & Middle Andaman District. Being a private labour, he works in the fields of others & used to stay in the accommodation provided by them (a small hut/shed). As narrated by



him, it was a miserable life to shift from one accommodation to another frequently as per his place of work.

The flagship scheme of Pradhan Mantri Awas Yojana has made his dream come true & solve the day to day struggle of his life. With the initiative of the Department of RD, PRI, ULBs, Shri Probhas Mondal received financial help

from PMAY to build his own house. Presently, he is happily staying in his own home with his family. He expressed his deep gratitude to the Department of RD for providing him with financial help through the PMAY Scheme.

In the words of Prime Minister, Shri Narendra Modi, the 'Pradhan Mantri Awas Yojana' is a significant step in making the dreams of the poor come true". It aims at providing permanent housing to all sections of society. PMAY aims at providing a pucca house with basic amenities to all householders and those households living in Kutcha and dilapidated house by 2022.

As the nation is celebrating the 75th year of its independence, the A & N

National Lok Adalat held at Diglipur Disposes of 38 pending court & 12 pre-litigation cases

Port Blair, July 24

A National Lok Adalat was organized today by constituting one Bench in the Circuit Court Complex at Diglipur by the Sub-Divisional Legal Services Committee, North & Middle Andaman District, Mayabunder in association with the District Legal Services Authority Andaman &



Nicobar Islands, Port Blair by following SOPs of COVID-19 pandemic. The Bench of the National Lok Adalat was presided by Shri. Jimut Bahan Biswas, Additional District & Sessions Judge, N & M

Port Blair, July 24

The DAY-NRLM is the flagship program of Govt. of India for promoting poverty reduction through building strong institutions of the poor, particularly women, and enabling these institutions to access a range of financial services and livelihoods. Ms Monika Kumari Xalxo an unemployed youth of Calicut village of South Andaman District after completion of her education was struggling to get a job. When she heard about the Self Help Group being formed under the



DAY-NRLM scheme of the Government of India, she was impressed by various activities & training programs for the strengthening of DAY-NRLM SHG members. She joined Praga SHG of her locality, under Sunrise Village Organization.

Being a member of the SHG, Monika received many skill development training under DAY-NRLM, and one such training was about 'Bakery & Food Processing', which was imparted during



December, 2020. It turned out to be a very constructive & beneficial for Ms Monika wherein she learnt about baking cakes, preparing pizzas, pickles etc.

Initially, she started preparing achar and other items on a very small scale. Slowly she started sharing these items with her friends & relatives and gradually, she got recognition & appreciation from everyone for her products. From the last few months, she is taking orders for cakes, pizzas, pickles etc. & earning monthly income.

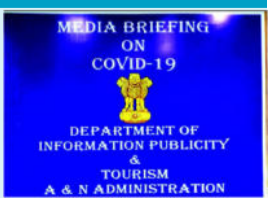
While sharing her experience, Ms Monika revealed that the training imparted by DAY NRLM not only helped her to earn livelihood, but it also gave her recognition in the society. She expressed her deep gratitude towards the Department of Rural Department and A&N Administration for implementing schemes like DAY-NRLM at grass-root level. This is just one of the numerous beneficiaries of the scheme and the scheme is bound to benefit many more.

The Department

Media briefed on COVID-19 No corona patient detected during RT-PCR test conducted on 508 flight passengers: Secretary (IP&T)

Port Blair, July 24

The Secretary (IP&T), Shri Sunil Kumar Singh briefing the media persons on COVID-19 status in the Islands held in the conference hall of IP&T here this evening stated that during the RT-PCR test conducted on 508 passengers who arrived here yesterday, no corona positive case has been detected. He further informed that 303 persons bound for Middle & North Andaman were tested at Ferrargunj and all the reports were



found negative. Today, 2 flights with 331 passengers

Andaman Fights COVID 19 Use face mask & maintain 'do gaz ki doori' - Together we will fight COVID-19

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

अंडमान तथा निकोबार प्रशासन
 ANDAMAN & NICOBAR ADMINISTRATION
 सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)

(No. 481/24th July 2021)
 COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 24.07.2021

> Status of Cases :

Details of Second Wave since: 01.03.2021	
Active new case in last 24 Hours	00
Discharges in last 24 hours	03
Total confirmed cases	2531
Total Discharges	2450
Total Active case as on date	14
Total Deaths	67

Cumulative since March 2020

Details	On 23 rd July 2021	On 24 th July 2021	Total
Confirmed Cases	7525	00	7525
Cured/Discharged from Hospital	7379	03	7382
Death	129	00	129

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	01	285
South Andaman	5583	13	5570
Nicobar	507	00	507
Total	6376	14	6362

Total 01 containment zone formed in South Andaman District

> Status of Sample and Testing:

Total Samples sent till date	432627
Total Reports received till date	432627
Total Pending Reports	0
Rate of Testing Per Million	1081568
Cumulative Test Positivity Rate	1.74%

> Vaccination Status

Total population	4,00,000
Target Beneficiaries	2,81,603 (Approx)
Cumulative Beneficiaries vaccinated so far	2,76,523
Cumulative Beneficiaries vaccinated with 1 st Dose so far	1,87,081
Cumulative Beneficiaries vaccinated with 2 nd Dose so far	89,442
% of population vaccinated	69.13%

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 th May 2020 to 23 rd July 2021	On 24 th July 2021	Total
Incoming Passengers			
a) VSI Airport	260389	337	260726
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	274380	487	274867
b) Haddo Wharf	928	0	928

(On 24.07.2021, 331 passengers were retested by RTPCR at Airport)

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

Senior National Women & National Junior Online Chess C'ship

Port Blair, July 24

The Senior National Women & National Junior Online chess Championship which began on 22nd July, 2021 concluded today. More than 300 players across India participated in the event in which players from Andaman & Nicobar Islands participated. R. Kashthuri Bhai, U -13 girl from Andaman participated in the Senior women category & played exceptionally well. She scored five & a half points with five wins and a draw in eleven rounds. She drew a game against 1800 above rated player from Haryana. Playing with white pieces in round nine, she played exceptionally good game against Smaraki Mohanty who is above 1700 FIDE rating player from Odhisa. In 10th round, she won with black pieces against Rachishnu Datta, higher rated opponent from West Bengal. Similarly Sayansh Jindal played well and scored five points with five wins, MA Dinakar, JS Virat, R Tejass & V Yashwant scored four points each, R Pavan & M P Sudarsan scored 3.5 points each, K Harshit & R Surya scored 3 points each. A Chirag Kumar & scored 2.5 points, V. Amrithavarshini scored 2 points & Rahul Raj Reddy scored 1 point, a press release received from ANCA said.

TEAM INDIA AT TOKYO 2020
 EVENT SCHEDULE
SUNDAY, JULY 25
#Cheer4India

TIME	EVENTS	ATHLETES
05:30 AM IST	Shooting: 10m Air Pistol Women's Qualification	Manu Bhaker & Yashaswini Deswal
06:30 AM IST	Shooting: Skeet Men's Qualification Day 1 Artistic Gymnastics: Women's Qualification	Mairaj Ahmad Khan & Angad Vir Singh Pranati Nayak
06:40 AM IST	Rowing: Lightweight Men's Double Sculls: Repechage Round 2	Arjun Lal Jat/Arvind Singh
07:10 AM IST	Badminton: Women's Singles Group Play Stage	PV Sindhu
07:45 AM IST	Shooting: 10m Air Pistol Women's Final	Subject to Qualification
07:30 AM IST	Tennis: Women's Doubles First Round	Sania Mirza and Anika Raina
08:35 AM IST	Sailing: Women's Laser Radial Race 1	Nethra Kumanan
09:30 AM IST	Shooting: 10m Air Rifle Men's Qualification Sailing: Laser Radial Women's Race 2	Deepak Kumar & Divyansh Singh Panwar Nethra Kumanan
10:30 AM IST	Table Tennis: Men's Singles Round 2	Sathiyuan Gnanasekaran
11:05 AM IST	Sailing: Laser Men's Race 1	Vishnu Saravanan
12:00 PM IST	Table Tennis: Women's Singles Round 2 Sailing: Laser Men's Race 2 Shooting: 10m Air Pistol Men's Final	Manika Batra Vishnu Saravanan Subject to Qualification
01:30 PM IST	Boxing: Prelims- Round of 32 - Women's 51 Kg	MC Mary Kom
03:00 PM IST	Hockey: Men's: India vs Australia Pool A	Team India
03:06 PM IST	Boxing: Prelims- Round of 32 - Men's 63 Kg	Manish Kaushik
03:32 PM IST	Swimming: Women's 100m Backstroke Heat 1	Maana Patel
04:26 PM IST	Swimming: Men's 100m Backstroke Heat 3	Srihari Nataraj

India off to a great start at Tokyo Olympics...

(Contd. from page 1)

Mira started her training at SAI centre in Imphal near her hometown. For the last five year, the genial Mirabai Chanu would have been home in Manipur for a total of five weeks. She remained in her training base at the Netaji Subhas National Institute of Sports, Patiala, taking time off only to travel to Mumbai for rehabilitation of her lower back injury in 2018. She was inducted into the Target Olympic Podium Scheme in 2017.

She travelled to St. Louis, United States of America, with support through the TOP Scheme, where renowned physical therapist, strength and conditioning coach Dr. Aaron Horschig assisted her in improving her technique to prevent the pain that she occasionally felt in her shoulders and back. It helped her establish a Clean & Jerk world record in the Asian Weightlifting Championships in Tashkent in April 2021.

The decision to send Mira to St. Louis was taken within a few hours after it became apparent that US would close down for Indian travellers. She boarded a flight on May 1, a day before the United States of America ruled not to let Indians fly to its country because of the growing Covid-19 incidences in India. There is no doubt that this stint helped Mirabai Chanu immensely.

She had earlier visited the US for rehabilitation and training under Dr. Aaron Horschig in October 2020 to December 2020. (PIB)

A & N Administration in collaboration...

(Contd. from page 1)

Administration, in collaboration with the Department of Rural Development is working hard to provide affordable own houses to all homeless of this UT, especially economically challenged groups and achieve the goal of 'Housing for All', a press release received from Secretary (RD) said.

Movement for a cleaner & safer India...

(Contd. from page 1)

them to lead a life without the primary facility like a toilet at the house, especially for women and teenage girls in the family. He also added that the toilet is a basic need of humans, but it is also allied to the self-respect and dignity of every human being.

Through the Gram Panchayat, this family learned about the scheme and immediately enlisted their name to avail the benefit under the scheme. Subsequently, their application was accepted, and they got a financial help of Rs 12,000/- under the Swachh Bharat Mission - Gramin for Individual Household Latrine (IHHL). Consequently, in January 2021, they have managed to construct a latrine at their house.

While sharing their attainment, Shri & Smti. Sahadev Das happily conveyed that they felt happy and tension-free as they have their toilet at their house. They are now free from open defecation and protected from unhygienic atmosphere and the diseases that may cause infections by using katchha toilet. The family has expressed their immense gratitude to the Government for introducing such advantageous schemes like 'Swachh Bharat Mission -Gramin' and thanked the Department of Rural Development & Andaman & Nicobar Administration for implementing the schemes in rural and remote areas of the Union Territory, a press release received from Secretary (RD) said.

Robust SHG Institutions - hallmark ...

(Contd. from page 1)

of Rural Development focuses on the upliftment and empowerment of rural women by implementing Deendayal Antyodaya Yojana-National Rural Livelihood Mission (DAY-NRLM). With the implementation of this scheme, the Department is working for providing sufficient and requisite training to the SHG members to enable them to become self-employed and empower many more successful women from rural areas as robust SHG Institutions are hallmark for rural development, a press release received from Secretary (RD) said.

First Semester PU Exam to be held at 13 Centres of A&N Islands from July 26

Port Blair, July 24

The first Semester PU Examination March/April 2021 rescheduled w.e.f. 26th July 2021 will be held offline at 13 centres of Andaman & Nicobar Islands for the convenience of the students due to COVID-19 pandemic. The inter island students have been directed to contact the concerned Heads of Department and Centre In-charge designated for various centres for South Andaman District, North and Middle Andaman District and Nicobar District. Students from Port Blair and suburb areas can appear for the exam at JNRM Centre by following all safety precautions/ COVID protocols.

Students will be allowed to appear the scheduled examination on production of hall ticket/ Aadhaar Card/ Fees receipt, a press release received from Principal, JNRM said.

Vaccination- shield against the virus
2,76,523 lakh eligible beneficiaries vaccinated in Isles so far

Port Blair, July 24

The safety of the citizens is the foremost priority of the Administration, especially during this pandemic time. To shield its citizens from the corona virus, the vaccination of eligible beneficiaries is being initiated by the Administration in different parts of the Islands. Accordingly, the vaccination began with administering of COVISHIELD vaccine for Health Care Workers followed by frontline workers and vulnerable population with comorbidities. Subsequently, the vaccination for 45 and above was initiated

which, 1052 were in the age group of 18-44 years which is currently underway. Similarly, 1401 beneficiaries were vaccinated in North & Middle Andaman District, out of which, 1154 were in the age group of 18-44 years. In Nicobar District, 749 beneficiaries were vaccinated, out of which, 531 were in the age group of 18-44 years. A total of 79,346 eligible people in the age group of 18 to 44 years have been vaccinated till date, a press release from DHS said.

South Andaman Police successfully traces out a missing person from Caddlegunj area

Port Blair, July 24

A missing complaint of Khub Singh, S/o Late Ratan Singh (41) yrs, R/o Caddlegunj was reported at PS Ograbraj on July 23. He was missing since July 21. Upon receipt of the complaint, teams from PS Ograbraj, OP Ferrargunj & OP Tirur were constituted immediately for search operation under the head of SHO Ograbraj and with no time they have swung into action alongwith the Dog Squad and few villagers in the forest of Caddlegunj. On July 24, the tireless & rigorous efforts of the team succeeded in tracing out the missing person from the forest of Caddlegunj area. The entire operation was successfully conducted due to the efforts of the team under the supervision of Shri Saurabh Chandra, SDPO Bambooflat, a press release received from SP (SA) said.

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

arrived here and the results of RT-PCR reports are awaited. The District Administration conducted mobile RAT screening at Pema (Calicut) today. The random tests conducted on 46 persons, showed encouraging result as all the samples tested were found negative.

While giving the update about the vaccination drive, the Secretary said that it is continuing smoothly and today till 3 pm 991 beneficiaries were vaccinated at JNRM vaccination centre, out of which, 341 were in the age group of 18-44 and the rest were about 45+. The Secretary, appealed to all the eligible persons to get themselves vaccinated to protect themselves from the virus. He also reiterated the need for strictly adhering to COVID Appropriate Behaviour for their safety.

The Director, ANIMS, Dr. A.K. Mandal informed that the number of corona positive patients admitted in the G. B Pant Hospital is presently 2 and no patient is on Oxygen support. The Deputy Director, GB Pant Hospital, Dr. Amitabha De said that three patients are being taken care of at ITI COVID Care Centre.

National Lok Adalat held at Diglipur ... (Contd. from page 1)

Andaman District, Mayabunder alongwith two members namely Smti. Ranjita Sarkar, Advocate and Shri. Mihir Bairagi, Social Worker, Diglipur. Altogether 116 cases including pending court cases and pre-litigation disputes were placed before the Bench of National Lok Adalat. Out of this, 38 pending court cases under petty offences, 12 pre-litigation cases of loan recovery of SBI, Diglipur & A&N State Cooperative Bank at Diglipur were disposed of. A total amount of Rs. 49,050/- was realized as fine in petty cases from accused persons and Rs. 61,000/- was collected from borrowers by Bank as spot payment in pre-litigation cases, a press release received from Additional District and Sessions Judge, N&M Andaman said.

ANIIMS for YOU

USE OF MASK in COVID-19

- Dr Lena Charlette, Assistant Professor, ANIIMS

Q. Why should we wear masks?

Masks are worn for two reasons in the scenario of a pandemic like COVID i.e for self protection by a healthy person to protect oneself when in contact with an infected individual and as source control by an infected individual to prevent onward transmission to healthy persons.

Use of mask is one of the strategies to protect oneself from acquiring COVID and by itself not sufficient. It has to be used along with other measures like, physical distancing, frequent hand washing, avoiding crowded places, closed settings, close contact settings and following respiratory hygiene. Hence one should not develop a false sense of security by using face masks alone.

Q. What are the different types of face mask available?

There are different types of masks available like the cloth masks, triple layered surgical masks and respirators which include N95, FFP1 etc with or without valves.

Q. When shall I use cloth mask?

Cloth masks are recommended for:

- General population in public settings, such as grocery stores, at work, social gatherings, mass gatherings, closed settings, including schools, churches, mosques, etc.
- People living in cramped conditions, and specific settings such as refugee camps, camp-like settings, slums.



- Using public transportation (e.g., on a bus, plane, trains) and specific working conditions which places the employee in close contact or potential close contact with others e.g., social workers, cashiers and servers

Q. How can I select or make a good cloth mask?

Cloth masks can be made at home and are recommended for healthy individuals outside healthcare settings for source control. In general, it is preferable not to select elastic material for making masks; during wear, the mask material may be stretched over the face, resulting in increased pore size and lower filtration efficiency throughout use. Also, elastic materials may degrade over time and are sensitive to washing at high temperatures. A minimum of three layers is required for non-medical masks, depending on the fabric used. The innermost layer of the mask is in contact with the wearer's face. The outermost layer is exposed to the environment.

The ideal combination of material for non-medical masks should include three layers as follows:

1. An innermost layer of a hydrophilic material (e.g. cotton or cotton blends).
2. An outermost layer made of hydrophobic material (e.g., polypropylene, polyester, or their blends) which may limit external contamination from penetration through to the wearer's nose and mouth.
3. A middle hydrophobic layer of synthetic non-woven material such as polypropylene or a cotton layer which may enhance filtration or retain droplets.

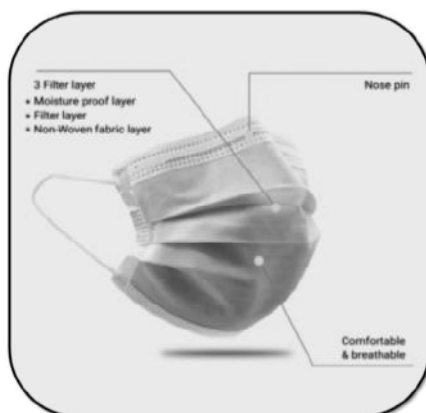
Q. What are the instructions I should follow while using cloth mask?

The face cover should not be shared between individuals. Always remember to thoroughly wash and clean the face cover before wearing it, wash your hands thoroughly before wearing the face cover, and switch to another face cover as soon as the face cover becomes damp or humid. Where hot water is not available, wash mask with soap/detergent at room temperature water, followed by either boiling mask for one minute or soak the mask in 0.1% chlorine for one minute then thoroughly rinse mask with room temperature water, to avoid any toxic residual of chlorine.

When removing the face cover do not touch the front or any other surface of the face cover, handle it only with strings or strap behind. For string face cover, always untie the string below and then the string above. Be careful not to touch your eyes, nose, and mouth when removing and clean your hands with 65% alcohol-based hand sanitizer or with soap and water for 40 seconds.

Q. When shall I use Triple layered surgical masks?

Triple layered surgical masks are generally recommended for use in health care setting, for vulnerable populations like people aged >60 years, people with underlying co-morbidities (cardiovascular disease or diabetes mellitus, chronic lung disease, cancer, cerebrovascular disease, immunosuppression) those with symptoms suggestive of COVID and for care takers of patients with COVID in home care setting.



Q. What is a triple layered surgical mask?

A surgical mask is a loose-fitting, disposable device that creates a physical barrier between the mouth and nose of the wearer and potential contaminants in the immediate environment. The surgical mask's three-ply layers work as follows; the outer layer repels water, blood, and other body fluids, the middle layer filters certain pathogens and the inner layer absorbs moisture and sweat from exhaled air. However, the edges of surgical masks don't form a tight seal around your nose or mouth. Therefore, they can't filter out small airborne particles such as those transmitted by coughing or sneezing.

Q. What are the instructions I should follow while using triple layered surgical mask?

While wearing a triple layered surgical mask, the steps given below needs to be followed. If you do not follow them, you may get infected from the mask itself. These steps are:

- Before putting on the mask, wash your hands.
- Unfold the pleats and make sure that they are facing down. The colored side of the mask should be outward.

- Holding the strings or ear loops, place over nose, mouth and chin.
- Fit flexible nose piece (a metallic strip that can easily be located) over nose-bridge.
- Secure with tie strings (upper string to be tied on top of head above the ears - lower string at the back of the neck). If the mask has ear loops, hold the mask by both ear loops and place one loop over each ear.
- Mold the bendable metallic upper strip to the shape of your nose by pinching and pressing down on it with your fingers.
- Pull the bottom of the mask over your mouth and chin.
- Ensure there are no gaps on either side of the mask, adjust to fit.
- While in use, avoid touching the mask and do not let the mask hanging from the neck. Change the mask after six hours or as soon as they become wet. Disposable masks are never to be reused and should be disposed off.

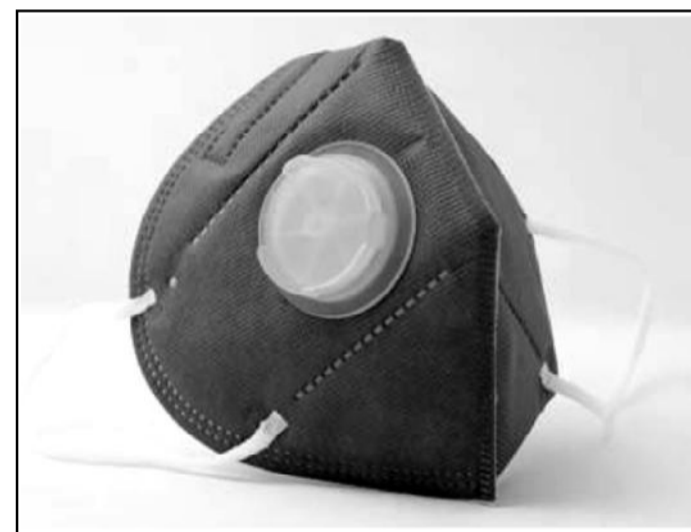
While taking off the mask the following procedure should be followed;

- Wash your hands well or use hand sanitizer.
- Avoid touching the mask itself, as it could be contaminated. Hold it by the loops, ties, or bands only.
- Carefully remove the mask from your face once you unhook both ear loops, or untie the bottom bow first, followed by the top one, or remove the bottom band first by lifting it over your head, then do the same with the top band
- Holding the mask loops, ties, or bands, discard the mask by placing it in a covered trash bin.
- After removing the mask, wash your hands thoroughly or use hand sanitizer.



Q. Should I routinely use N95 masks or other respirator masks?

A respirator is a respiratory protective device designed to achieve a very close facial fit and very efficient filtration of airborne particles. The edges of the respirator are designed to form a seal around the nose and mouth. N95 masks are reserved for health care workers in moderate- high risk areas in hospital settings. Respirators with exhalation valves protect the wearer from SARS-CoV-2, the virus that causes



COVID-19, but may not prevent the virus spreading from the wearer to others (that is, they may not be effective for source control). Hence they are to be avoided.

Q. How do I dispose used masks?

Used mask should be considered as potentially infected. Masks used by patients/ care givers/close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.

Q. I am vaccinated, should I still wear mask?

Vaccination will protect from severe disease but it does not prevent the spread of infection from one to another. Also there is a possibility that vaccines are less effective against new variants of the virus. Hence masks will have to be worn even after receiving two doses of vaccine.

Q. Should people wear masks while exercising outdoors?

It is safe to wear masks while doing mild-moderate exercise outdoors. Cloth masks or masks made of material, such as polyester, can be used. It is important also to maintain distance from others. However, if you have any lung disease or other chronic diseases or while performing vigorous intensity activity, seek advice from your physician on the same.

Q. Should I wear double mask?

Double masking is recommended. For double masking, wear a surgical mask, then wear another tight fitting cloth mask over it. Cloth masks should be washed and sun-dried each day. If surgical mask is not available, two cotton masks can be worn together.

Ideally surgical mask should be used only once, but when pairing, it can be used up to 5 times by leaving it in a dry place for 7 days after one use (ideally give it some sun exposure) and then reused as double layer.

Q. Should children wear masks?

As per DGHS guidelines:

- Children aged 5 years and under should not be required to wear masks
- Children aged 6-11 years may wear a mask depending on the ability of child to use a mask safely and appropriately under direct supervision of parents/guardians
- Children aged 12 years and over should wear a mask under the same conditions as adults.

COVID-19: Wear mask while going out.

PREVENTION OF CHRONIC DISEASES THROUGH EXERCISE

HEART DISEASES
THROUGH ROUTINE EXERCISE
✓ INCREASES EFFICIENCY OF BLOOD VESSELS OF HEART
✓ INCREASES BLOOD CIRCULATION OF HEART
✓ INCREASE IN ENZYME THAT REMOVES CLOT FROM VESSELS

DIABETES
THROUGH ROUTINE EXERCISE
✓ INCREASED USE OF BLOOD GLUCOSE
✓ DECREASE IN LEVEL OF BLOOD CHOLESTROL

OBESITY
THROUGH ROUTINE EXERCISE
✓ INCREASED USE OF ENERGY AND DECREASE OF BODY WEIGHT

INTESTINAL CANCER
THROUGH ROUTINE EXERCISE
✓ INCREASED DIGESTIVE POWER IN INTESTINE
✓ REDUCES RISK OF CANCER THROUGH PROPER DIGESTION

REMEMBER
YOU CAN DECREASE YOUR TREATMENT EXPENDITURE THROUGH ROUTINE EXERCISE

राष्ट्रीय कैंसर, मधुमेह, हृदय रोग व पक्षाघात बचाव एवं नियंत्रण कार्यक्रम
NATIONAL PROGRAMME FOR PREVENTION & CONTROL OF CANCER, DIABETES, CVDS & STROKE (NPCDCS)
राष्ट्रीय स्वास्थ्य मिशन, अंडमान निकोबार द्वीप समूह
NATIONAL HEALTH MISSION, ANDAMAN & NICOBAR ISLANDS

**OFFICE OF THE DIRECTOR (ANIIMS)
ANDAMAN & NICOBAR ISLANDS INSTITUTE OF MEDICAL SCIENCES**
Andaman & Nicobar Administration

F.No:1- 235/ANIIMS/Oxygen Plant/2021

TENDER NOTICE

The Director (ANIIMS), Port Blair on behalf of the President invites sealed quotations for the Supply and Installation of Medical Gas Pipeline (MGPS) from Oxygen Manifold System to the PSA plant at G.B. Pant Hospital from reputed firms, suppliers/manufactures. Quotations should be submitted online only through <https://eproc.andaman.gov.in> by 18.08.2021 by 03.00 PM.

Sl. No.	The details of Tender is as under:	
1.	Estimated Cost	Rs. 5,70,000/- (Rupees Five Lakh Seventy Thousand Only)
2.	Earnest Money Deposit (EMD)	Exempted
3.	Performance Guarantee	03 % of the contract value
4.	Cost of tender Document	NIL
5.	Date of publishing of Tender Notice	24.07.2021
6.	Last Date & Time for submission of tender	18.08.2021 upto 03.00 pm
7. *	Date & Time for opening of Technical bid	18.08.2021 at 3.30 pm in the office of ANIIMS, DHS Annexe building, Port Blair
8. *	Date & Time for opening of Commercial bid	23.08.2021 at 03.30 pm in the office of ANIIMS, DHS Annexe building, Port Blair

In case the dates mentioned above are declared as holidays the tenders will be opened on the next working day.
Tender forms, terms & conditions can be downloaded from the websites <https://eproc.andaman.gov.in>.

I.D. No. 7887 **DIRECTOR, ANIIMS**

4th Happy Birthday 25 JULY-2021
Baby Jenita. P
D/o. Rev. E. Prakash & Mrs. Prithi
R/o. Prothrapur
Best Wishes from...
Shiny & Selwin

DR. RITIKA'S DIAGNOSTIC SOLUTIONS
Garacharma Branch
Announcing 1st Visit
Dr. Ananthakrishnan, Urologist, CURI Hospital, Chennai
Date: 31st July 2021 10.00 AM onwards (Saturday)
During the visit he will see all cases related to kidney, urinary bladder and prostate related problems.
Patients with problems of renal stone and other related problems can take prior appointment.
Contact: 9734681431, 9609690006
Bambooflat: 8001027727

AFFIDAVIT
I, M. KALIYAMOORTHY, S/o V. Muthuraj, R/o Anarkali Basthi, was residing in rented House as a tenant which is owned by Mr. A. Alagu, S/J Arumugam, Port Blair Tehsil, South Andaman District. The house, in which I was residing, fully gutted due to unexpected fire accident on 20.04.2018 at 7.45 to 9.00 AM. No single material could be recovered from my rented home. All the documents (Educational Certificates Mark Sheets, ID Cards etc.) of my family members had been burned in the fire accident.
Original Certificates of mine including Marksheet of 10th (No. 1453880), 12th (No. 197382 & 551381), B.Sc., (182195), M.Sc. (021M0658F00765, 021D0658F00465, 021D08116R00530), M.Phil (000093005 & 000329403), M.A. and M.Phil. Degrees and Provisional of B.Sc., M.Sc., M.Phil. M.A. & M.Phil. Certificate (T.C. 855), Typewriting English Lower & Higher Grade and Tamil Lower Grade, Ph.D Regn. Documents and 20 years Research Experience Certificate.
My daughter Miss. K. DHANASURUDHI's Original Educational Certificates including Mark Sheets (10th No. 0972668, 12th No. 531311 & B.A. 3 Semesters), Certificates (Birth, Pass (No. 160024), Migration (1368928), Duration and TC (No. 1274 / 2015). That this affidavit is made for the purpose of obtaining the duplication Certificates of the same from the competent authority. That all the contents of this affidavit are true to the best of my knowledge and belief.
DEPONENT

AFFIDAVIT
By this deed I, the undersigned SUSHANTO DAS, S/o SUSHIL KUMAR DAS (New Name), previously called SUSHANTO DAS, S/o SUSIL DAS (Old Name), doing STUDENT (give profession or vocation) and resident of GUPTAPARA under FERRARGUNI Tehsil, in the District of SOUTH ANDAMAN (address), solemnly declare:
1. That for and on behalf of myself and my remitter issue wholly renounced / relinquish and abandon the use of my former name / surname of SUSHANTO DAS, S/o SUSIL DAS and in place thereof I do hereby assume from this date the name / surname SUSHANTO DAS, S/o SUSHIL KUMAR DAS and so that I and remitter issue may hereafter be called, known and distinguished not by my former name / surname, but assumed name / surname SUSHANTO DAS, S/o SUSHIL KUMAR DAS.
2. That for the purpose of evidencing such my determination declare that I shall at all times hereafter in all records, deeds and writings and in all proceedings, dealings and transactions, private as well as upon all occasions whatsoever use and sign the name of SUSHANTO DAS, S/o SUSHIL KUMAR DAS as my name / surname in place and in substitution of my former name / surname.
3. That I expressly authorize and request all persons in general and relatives and friends in particular, at all times hereafter to designate and address me, remitter issue by such assumed name / surname of SUSHANTO DAS, S/o SUSHIL KUMAR DAS accordingly.
4. In witness whereof I have hereunto subscribed my former and adopted name / surname SUSHANTO DAS, S/o SUSIL DAS and SUSHANTO DAS, S/o SUSHIL KUMAR DAS and affix my signature and seal, if any, this 20th day of July, 2021.
Deponent

Swadesh Agro Farm
Chouldari
Goat (Bakri and Kids)
Sale for farming
Contact No. 9531976419 / 9531953624
Also available Poultry Feeds, Fish Feeds, Cattle Feeds etc.
We want sub-dealer for Feeds Rangat, Mayabunder, Diglipur, Hut Bay.
For sub-dealer Contact: 9474273077

SITUATION VACANT
Well experienced Salesman or Sales Girl for Aachi Masala Foods and Milky Mist Dairy Products.
Marketing Manager - 2 Nos.
Sales Person - 3 Nos.
Godown In-charge - 2 Nos.
Qualification 10th Pass and above with Driving Licence.
Kindly Contact
M. Sevugaperumal & Sons
No. 6, Babu Lane, Port Blair
Ph. No. 03192-233776, 9609400563, 8015600909

TO LET
2 BHK & 1 BHK room available for rent at Anarkali.
Contact : 9434297290, 9434270687

TO LET
1 BHK and 2 BHK Room fully tiled available at Phoenix Bay.
Contact: 9474216186 / 7063943055

TO LET
Commercial Shop on Ground Floor for immediate Rental Basis at Pathargudda main road near to J. K. Textile.
Contact: 9677015570 / 9679504465

TO LET
2 BHK Rented Room attached bathroom available with Parking Opposite Govt. School Prothrapur.
Contact: 9679517776

AVAILABLE
Rental Room, Rental Shop and Godown available Land Sale and Buying.
Contact Number: 7063910330

PLOT FOR SALE
A Complete Plotting with Survey Pillar Painting, Numbering etc. each Plot having 200 Sq. m. near Tsunami Shelter at Calicut area under Port Blair Tehsil. Genuine Party may Contact Please.
Contact No. 7063952586 / 9474214072

CONDOLANCE



With profound regret, we announce the demise of **Shri Santosh Kumar Dey, (Retd. Head Master)**, R/o Subashnagar, Shadipur, 81 yrs, beloved husband of Bishnupriya Dey and father of Sukumar Dey, Subinoy Dey and Chinmoy Dey, on 23.07.2021 at 2:30 am, G.B Pant hospital. He had served over 40 years in the Education Dept.
Mourning by friends and family.

WANTED
Required Cable TV Worker Skilled and Unskilled Area - Prem Nagar, Surrounding.
Contact No. 9531869473, 9476077505

COOL & COMFORT HOME SERVICE & REPAIR
Refrigerator, Air Conditioner, Geyser, Washing Machine, Deep Freezer, Visi Cooler, Micro Oven etc... Factory original & genuine spare parts available (with Warranty). Shop beside Bird Line Ground, Prop. Dulal Day, Contact Ph. No. 9933203118 / 9474863059

FOR RENT
4 No. commercial shops (10 ft. x 22 ft. each), 100 Mtrs far from Garacharma District Hospital with parking is available Office/Godown/any other suitable purpose. Contact: 8900954583

Ayurveda Preventive Measures for self care during COVID-19 Pandemic

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

Recommended Measures

I. General Measures

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

II. Ayurvedic Immunity Promoting Measures

Option-1:

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

Option-2:

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

Option-3:

1. Drink herbal tea/decoction (Kadha) made from 3 gm powder comprising Tulasi (Basil)-4 part, Dalchini (Cinnamon)-2 part, Shunthi (Dry Ginger)-2 Kalimirch (Black pepper)-1 part, mixed in 150ml hot boiled water once or twice a day. Add Gud (Jaggery)/Munakka (Raisin)/Choti Elaichi (Cardamom) to improve taste and flavor.
Note: Vasa (Malabar nut), Yashtimadhu (Liquorice root), Guduchi (Giloy), may be added as per the Constitution (Prakriti) of individual/Seasonal changes/ Geographical variation in consultation with Ayurveda Physicians.
2. Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk once or twice a day.

III. Simple Ayurvedic Procedures

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

IV. During dry cough/sore throat

1. Steam inhalation with plain water OR fresh Pudina (Mint) leaves OR Ajwain (Caraway seeds) OR Karpur (Camphor) can be practiced once in a day.
2. Lavang (Clove)/Mulethi (Liquorice) powder mixed with natural sugar/honey can be taken 2-3 times a day in case of cough or throat irritation.
* These measures generally treat normal dry cough and sore throat. However, it is best to consult qualified physicians if these symptoms persist.

The above measures can be followed to the extent possible as per an individual's convenience.
Disclaimer: The above advisory does not claim to be treatment for COVID 19.
*These suggested measures are supported by Ayurvedic literature, scientific publications and evidence based on COVID-19 studies undertaken by the Ministry of Ayush.
(Source: Ayush Ministry)


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This compost will provide your plants with nutrients and boost growth of plants. The compost tea is better than fertilizer. Home delivery is also available. For more information e mail us varseedagro01@gmail.com

OBITUARY


The members of Andaman Statistical Cooperative Welfare Society, Port Blair deeply mourn the sudden demise of **Late Joginder Lall**, father of **Shri Shailender Lall**, R/o of Bhatu Basthi, a member of the society on 21.07.2021 at his residence.
We pray the almighty to give strength to the bereaved family to bear the irreparable loss.
May his Soul Rest in Peace.
Secretary

1st DEATH ANNIVERSARY ON 25-07-2021



Late Churchil Lawson
H/o Smti. Abegail
[Ex - Assistant Director, Census Office, P/B]
[Ex - Headman, Malacca village, C/N]
"we feel your presence in each and every moments of our life. You will always remain in our heart even you are away from us"
Inserted by: Abegail (wife), Niconer, Joses, K. Bedy (sons), family, relatives and friends.

6th Death Anniversary
On 25.07.2021
In loving memory of



Late R. Sreedharan
Ex-Chargeman, Electricity Deptt.
R/o Dairy Farm
Inserted by: Smti. J. Vasanthy (Wife) and all family members

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