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# Daily Telegrams

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**Weather Report**  
 Dry weather very likely over Port Blair. Maximum and Minimum temperature will be around 31°C and 26°C respectively on Wednesday 26/08/2020.  
 Maximum Temperature (°C) of Date: 31.7  
 Minimum Temperature (°C) of Date: 25.7  
 Relative Humidity(%) at 0830 IST: 077  
 Relative Humidity(%) at 1730 IST: 080  
 Sunrise time on 26.08.2020 (in IST): 0509  
 Sunset time on 26.08.2020 (in IST): 1733  
 Rainfall upto 0830 hrs of date (last 24 hrs) in mm: 000.0  
 Rainfall upto 1730 hrs of date in mm: 000.0  
 Rainfall (Progressive total from 1st January 20 upto 0830 hrs (of date) in mm: 1563.7 mm

Regn. No. 34190/75

No. 228

Port Blair, Wednesday, August 26, 2020

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

## Proactive steps taken by District Administration to fight COVID-19 Containment Zones in South Andaman District reduced from macro to micro

Port Blair, Aug 25

With the aim to combat the spread of COVID-19 in A&N Islands, the District Administration has taken various steps to ensure that proper arrangements are in place in health sector, containment zones and at airport by following all COVID-19 protocols.

Announcements are being made for the passengers in the flight before landing and on arrival at VSI Airport, Port Blair. In this regard, several proactive steps have been taken by the Administration such as mandatory testing of all the incoming passengers at the Airport, arrangement for transportation of passengers through State Transport buses, facility for contactless payment by using POS Machines and smooth functioning of COVID-19 test facilities. The entire arrangements have simplified the procedure & streamlined the process.

Further, the Containment Zones in South Andaman District has been reduced from Macro to Micro to facilitate public convenience. The total area of Garacharma, Bathubasti, Dairy Farm, Aberdeen, Round Basti & ABC colony Containment Zones have been reduced.

The Deputy Commissioner, South Andaman along with the P BMC Chairperson and SDM (South Andaman) visited Bathubasti and Garacharma Containment Zones. Grocery, medical, bakery and vegetable shops are allowed to



COVID-19 test being done for incoming passengers at VSI Airport while maintaining social distancing



New COVID Care Centre with required amenities to come up at JNRM

function and home delivery is being encouraged within the containment zones.

The Deputy Commissioner

(Contd. on last page)



## NCSCM Chennai submits draft executive summary, ICRZ plan & Coastal Land use Maps for Little Andaman Island

Suggestions invited from general public & stakeholders

Port Blair, Aug 25

The National Centre for Sustainable Coastal Management (NCSCM), Chennai has submitted the draft executive summary, Island Coastal Regulation Zone (ICRZ) plan & Coastal Land use Maps (11 Sheets each) for Little Andaman Island inviting general public and all stakeholders. It may be recalled that a Notice was published in newspapers, inviting Stakeholder data for Preparation/ Revision/ Updation of Coastal Zone Management Plans (CZMPs) in accordance with the provision of Coastal Regulation Zone (CRZ) CRZ Notification, 2019 for 14 Islands already framed under IPZ Notification, 2011 by NCSCM, Chennai.

These maps and draft executive summary have been uploaded on the website andaman.gov.in of A&N Administration and forest.and.nic.in or Island.nic.in/ doef of Department of Environment & Forest, A & N Administration. While submitting suggestions & comments on these draft executive summary, ICRZ & Coastal Land use Maps provisions of Island Coastal Regulation Zone

Notification, 2019 may be referred to. The CRZ Notification, 2019 may be seen at andaman.gov.in of A & N Administration and forest.and.nic.in or Island.nic.in/ doef of Department of Environment & Forest.

Any existing/proposed Projects/ Master Plans of present and future development within frame of 10 years that has to be included in the draft ICRZ plan Map and Coastal land use map may be submitted in geo referenced and digitized soft copy (ArcGIS/ Shapefile/KML format) for incorporating them in the revised/ final ICRZ and Coastal Land use Map.

Further, considering the various measures and direction issued by the GoI and A & N Administration for management and containment of COVID-19 for public and work places, only soft copies of the executive summary and Maps have been made available in the Office of Chairman, ANCZMA (Chief Secretary, A & N Administration), Member Secretary, ANCZMA [PCCF (CRZ & FC)], Van Sadan, Haddo, Deputy Commissioner (South

(Contd. on last page)

## Administration committed towards ensuring supply of essential commodities at regulated price; sufficient stock available

Civil Supplies Deptt. urges people to refrain from panic purchasing  
 Wholesaler/retailer/vendor found indulging in any kind of malpractice shall be penalized

Port Blair, Aug 25

The Andaman & Nicobar Administration is fully committed to ensure that the citizens of this UT get the essential commodities in time and at regulated price. The Department of Civil Supplies & Consumer Affairs is closely monitoring the availability and price of all essential commodities to avoid any scarcity in any part of this UT. It is assured to the general public that there is sufficient stock of all Essential Commodities in open market and replenishment of the existing stock is also in the pipeline in a scheduled manner. As such, there is no cause to worry as the position of PDS items in the UT has sufficient stock in all Civil Supplies godowns which can cater to the need for four months. Similarly, the stock position of all POL products including LPG is healthy and scheduled replenishment is in transit. Availability of Essential Commodities and POL in the UT is as under:

PDS Buffer Stock			
Item	Monthly Requirement (in MT)	Stock Available (in MT)	
		With UT Administration	With FCI
Rice	1686	4384	3533
Wheat	650	2258	2292
Essential Commodities with Wholesaler (Buffer Stock)			
Sl No.	Item	Stock	
1.	Rice	300 MT	
2.	Atta	100 MT	
3.	Sugar	110 MT	
4.	Edible Oil	190 MT	
5.	Pulses	180 MT	
6.	Onion	20 MT	
7.	Potato	5 MT	
8.	Vegetable	15 MT	
9.	Salt	150 MT	
POL Products			
Item	Monthly Requirement	Stock Available	Remarks
LPG	1100 MT	800 MT	Replenished every 20 days
MS (Petrol)	2025 KL	2500 KL	
HSD (Diesel)	10000 KL	6000 KL	

The general public have been advised not to pay heed to rumors related to scarcity and resorting to panic buying. If any wholesaler/retailer/vendor is found indulging in any kind of malpractice such as black marketing, hoarding, overcharging etc. then stringent legal action without any excuse shall be initiated against them as per the various provisions under the relevant legal provisions.

The consumers have been requested to bring any kind of fraudulent practice to the notice of the Department of Civil Supplies & Consumer Affairs over Toll Free No. 18003453197 or Telephone No. 03192-234062, a press release from Directorate of CS&CA said.

## Thousands of employees to get benefit under Employees State Insurance Scheme in A&N Islands Scheme to facilitate medical care and other social security benefits to insured persons & families

Port Blair, Aug 25

The Labour and Employment Department of A&N Administration has sent its consent for the Notification to be issued by the Government of India under the Employees State Insurance Act, 1948. The Notification will facilitate the implementation of ESI Scheme to provide and settle necessary arrangement for delivery of medical care and other social security benefits to the insured persons and their families. To bring more beneficiaries under its umbrella, the UT Administration has given the consent to Govt. of India for extension of its provisions for more establishments in the A&N Islands.

The list of establishments which has been sent for consent

to GOI by the A&N Administration includes Shops, Hotels, Restaurants, Road Motor Transport Establishments, Cinemas including preview theatres, Newspaper establishments as defined in section 2(d) of the Working Journalists and other Newspaper Employees (Conditions of Service) Miscellaneous Provisions Act, 1955 (45 of 1955), Educational Institutions (including private, aided and partially aided run by individuals, trustees, societies or by other organizations), Medical Institutions (including corporate, joint sector, trust, charitable and private ownership hospitals, nursing homes, diagnostic centres, pathological labs and Security and manpower outsource agency.

Consequently, the employees

employed in all aforesaid establishments shall be eligible to get the various social security benefits as envisaged under the Employees State Insurance Act, 1948 in the A&N Islands. The social security benefits include **Medical Benefit:** Full medical care

(Contd. on last page)

**Last date for receipt of online application for allotment of seats to various courses at mainland institution extended**

Port Blair, Aug 25

In view of persistent demand from the parents and students and due to extension of lockdown to contain the spread of COVID-19 in the UT of A&N Islands, the last date of receipt of online application through the portal <http://colletheadmission.andaman.gov.in>

(Contd. on last page)

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

V MEKU RFK RUD KSKU I ZKLU  
ANDAMAN & NICOBAR ADMINISTRATION  
L P O K V ; /SECRETARIAT  
**Health Bulletin For Containment Of**  
**नोवल कोरोना वायरस रोग (COVID-19)**  
(No. 148/ 25<sup>th</sup> August 2020)  
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON  
25.08.2020

> Status of COVID-19 Cases :

Total Confirmed cases	2945
Cured/Discharged from Hospital	2231
Death	37
Active Cases	677

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Positive Cases Admitted
North & Middle Andaman	123	10	10
South Andaman	890	264	264
Nicobar	26	00	00
Home Isolation	00	403*	403*

\* Includes Seven cases of Nicobar District.

> Status of Sample and Testing for COVID 19:

Total Samples sent till date	31082
Total Reports received till date	30693
Total Pending Reports	389
Rate of Testing Per Million	76733

- > House to House surveillance throughout South Andaman District including Containment Zones (Garacharma, Bathu Basti, Dairy Farm, Junglighat, Phoenix Bay, Haddo, Aberdeen Bazaar, Round Basti) are being conducted by District Administration with the help of Health Workers. 73387 population is being surveyed daily.
- > Intensive awareness is continued through print and electronic media.
- > 19890 incoming Passengers screened at VSI Airport and 871 screened at Haddo Wharf by medical teams since 25.05.2020.
- > 25235 outward Passengers screened at VSI Airport and 928 screened at Haddo Wharf by medical teams since 25.05.2020.
- > 9729 samples of vulnerable passengers (Persons of the age of 65 years and above, persons with co-morbidity, children age below 10 years, pregnant women, persons coming from mainland after treatment alongwith their attendant and persons who are destined to tribal areas of Islands) collected at VSI Airport/Harbour since 30.05.2020.
- > 14626 Calls received by Health Department through Helpline 102 till date to avail health services.
- > Tab Azithromycin 39450 Nos. and Tab HCQs 90140 Nos. are available in stock of G B Pant Hospital

**SURVEILLANCE DATA (w.e.f 25.05.2020)**

1.	Asymptomatic Passengers (Flight) under Self-Monitoring for 14 days till Date	1693
2.	Asymptomatic Passengers (Flight) completed 14 Days Self-Monitoring	18078
3.	Asymptomatic Passengers (Ship) in isolation in Govt. Facilities.	00
4.	Asymptomatic Passengers (Ship) put in Home Quarantine as on date	625
5.	Asymptomatic Passengers (Ship) completed 14 days Quarantine inclusive of journey period/isolation period	1075
6.	Symptomatic Persons isolated in Health facility as on date	78
7.	Symptomatic Persons under Home Isolation as on date	00
8.	Symptomatic Persons completed 07 days in Home Isolation	11
9.	Contacts put under Home Quarantine till date	4493
10.	Contacts completed 14 days period of Home Quarantine	3273
11.	Contacts (Symptomatic) put under Isolation in Government Facilities	00
12.	No. of Passengers (Flight) of Outlying areas quarantined in Govt. Facilities as on today	10
13.	No. of Passengers (Flight) of Outlying areas released from quarantined after they tested Negative as on today	309

24x7 CONTROL ROOM NUMBERS: 240126/ 232102 / 1077/ 1070  
(Source: Commissioner-cum-Secretary (Health))

**NCSCM Chennai submits draft executive ...**  
(Contd. from page 1)

Andaman), Adhyaksh Zilla Parishad, South Andaman, Member Secretary (Pollution Control Committee), Director (Tribal Welfare), Divisional Forest Officer (Little Andaman Division), Tehsildar (Hutbay) and Range Officer (Hutbay) for the public and suggestions have been invited from the public and other stakeholders within a period of 30 days from the date of publication. The suggestion/comments and all required information in digital format as mentioned above may be submitted to the Office of PCCF (CRZ &FC), Van Sadan, Haddo, Port Blair through e-mail apccf.crzfc@gmail.com, a press release from PCCF (CZ&FC) said.

**Containment Zones in South Andaman ....**  
(Contd. from page 1)

during his visit to PHC Tushnabad, along with Adhyaksh, ZP (SA) and other Officials of the District Administration inspected and interacted with the Medical Staff, PRI members and community representatives. The Deputy Commissioner enquired about sanitization, disposal of bio-medical wastes, water supply and availability of staff. Issues like BSNL connectivity, condition of ambulance, movement of staff, availability of oxymeters, generator set, availability of technicians were highlighted and taken note of. Taking cognizance of the issues highlighted, the Deputy Commissioner directed for immediate repair of the Ambulance which was sent to STS Workshop, Ferrargunj. Oxymeters were also provided to the PHC. BSNL connectivity issue will also be restored, the Deputy Commissioner assured.

Further, efforts are on to prepare a COVID Care Centre on war footing at JNRM and Govt. Girls Senior Secondary



2020-8-24 19:42

**Social Welfare Deptt. invites online ....**  
(Contd. from page 1)

given by the Ministry of Minority Affairs, Government of India for the schemes viz. Pre-Matric Scholarship, Post-Matric Scholarship and Merit-cum-Means-Scholarship.

The last date of submission of online application for fresh scholarship (first time applicant) and Renewal scholarship (applicant who has got scholarship during 2019-20) by students is 31st October, 2020.

The eligibility criteria for availing the scholarships are the applicant should be a student of the notified minority communities (Jain, Buddhist, Sikh, Zoroastrian (Parsis), Muslim and Christian); should be pursuing studies in India in a Government or recognized Private University/ Institute/College/School; the course being pursued should be of minimum one year duration should have secured 50% marks in the last annual Board/Class examination.

Only online applications under the above schemes will be accepted. Applicants have been advised to apply online against any one of the scholarship schemes on the website of National Scholarship Portal at www.scholarships.gov.in (a link to the site is also available at www.minorityaffairs.gov.in) or Mobile App- National Scholarships (NSP). Detailed Instructions' for filling in online application and 'Frequently Asked Questions (FAQs)' are available on the National Scholarship Portal homepage. Applicants have been advised to give only the bank account detail which remains in active mode or compliant as per bank's instructions so that payment of Scholarship does not fail.

All Universities/ Institutes/Colleges/Schools, where a minority student is studying, should get themselves registered (if not earlier) on National Scholarship Portal at the earliest, a press release from Directorate of Social Welfare said.

**Govt. announces tax exemptions for businesses with annual turnover of up to Rs 40 lakh**

New Delhi, Aug 25  
The Ministry of Finance on Monday said that businesses with an annual turnover of up to Rs 40 lakh are GST exempt. Initially, this limit was Rs 20 lakh. In a tweet, the Finance Ministry said, additionally those with a turnover up to Rs 1.5 crore can opt for the Composition Scheme and pay only 1 per cent tax.

It said, once GST was implemented, the tax rate on a large number of items was brought down. As of now, the 28 per cent rate is almost solely restricted to sin and luxury items. Out of a total of about 230 items in the 28 per cent slab, about 200 items have been shifted to lower slabs.

The Ministry also informed that significant reliefs have been extended to the construction sector, particularly the housing sector which has been placed at the 5 per cent tax rate. GST on affordable housing has been reduced to 1 per cent. It said that the taxpayer base has almost doubled since the rollout of GST. The numbers of assessee covered by the GST at the time of its inception were about 65 lakh and now the assessee base exceeds 1.24 crore.

The Finance Ministry said, all processes in GST have been fully automated and till now 50 crore returns have been filed online. 131 crore e-way bills have been generated since the launch of the system, of which about 40 per cent are for the interstate transport of goods. The number of e-waybills generated has been growing steadily, with the highest single-day generation of more than 25 lakhs bill taking place on 29th February this year. (Source: india. gov.in)

**Last date for receipt..**  
(Contd. from page 1)

For allotment of seats to various professional/technical/non-technical courses at mainland institution for the academic year 2020-21 has been extended upto 31.08.2020, a press release from Deputy Secretary (Hr. Edn) said here today.

**CCS raids Bamba Nallah jungle, Sippighat; seizes 710 liters spirituous illicit liquor**

Port Blair, Aug 25  
The Central Crime Station police conducted a jungle search operation at Bamba Nallah, Sippighat area, in which two persons who were making some beverage with bhatti and other equipments were caught. The team encircled them and overpowered them as they tried to flee from the spot. The accused persons identified themselves as P. Devasitham, R/o Sippighat near Community Hall and S.Thomas, R/o Bamba Nallah, Sippighat. They admitted to making alcoholic beverage, locally known as 'Junglee'.

The raiding team seized 1 plastic jerrican containing 10 liters of spurious illicit liquor 'Junglee' from the spot. Bhatti and other articles were also seized and 4 drums containing around 700 liters of fermented wash (Lahan) were destroyed on the spot. Such alcoholic beverage made under unlicensed condition is illegal and can be highly toxic. A case under section 188/34 IPC r.w.s 32 Reg. IIIrd of 1876 & 51(b) of DM Act 2005 has been registered at PS CCS.

Meanwhile, the Andaman & Nicobar Police is taking all possible steps in making these Islands free from anti-social activities and keeping strict vigil over gamblers, smuggling and proliferation of narcotics substances in these Islands. General Public have been requested to pass on credible information on narcotics substances, illegal sale of liquor, gambling or any illegal activity on the telephone numbers: 233307, 232586, 100, & 9474233832. The identity of the informer will be kept secret, a press release from SP (CID) said.

**Thousands of employees...**  
(Contd. from page 1)

is provided to an insured person and his family members from the day he enters insurable employment; **Sickness Benefit:** Sickness benefit in the form of cash compensation at the rate of 70 per cent of wages is payable to insured workers during the periods of certified sickness for a maximum of 91 days in a year; **Maternity Benefit:** Maternity benefit for confinement/ pregnancy is payable for 26 weeks, which is extendable by further one month on medical advice at the rate of full wage subject to contribution for 70 days in the preceding Two Contribution Periods; **Disablement Benefit:** Temporary disablement benefit (TDB): From day one of entering insurable employment & irrespective of having paid any contribution in case of employment injury. Temporary Disablement Benefit at the rate of 90% of wage is payable so long as disability continues; **Permanent Disablement Benefit (PDB):** The benefit is paid at the rate of 90% of wage in the form of monthly payment depending upon the extent of loss of earning capacity as certified by a Medical Board; **Dependants Benefit (DB):** DB paid at the rate of 90% of wage in the form of monthly payment to the dependants of a deceased insured person in cases where death occurs due to employment injury or occupational hazards. **Funeral Expenses:** An amount of Rs.15,000/- is payable to the dependents or to the person who performs last rites from day one of entering insurable employment.

The notification would benefit nearly 10000 employees of these establishments, and will solve the long pending issue of funding of the ESI Dispensary in the Islands, a press release from Secretary, Labour & Employment said.

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Help us to help you



# NOVEL CORONAVIRUS (COVID-19)

**AAROGYA SETU**  
A COLLECTIVE INITIATIVE TO FIGHT AGAINST COVID-19 IN INDIA



Ensure Aarogya Setu App Is Installed And Is Active In Your Smart Phone. Keep On Your Bluetooth.

Remain Alert For Respiratory Symptoms (cough or Shortness of Breath) And Fever



**1. WASH HANDS, WEAR MASKS AND MAINTAIN SOCIAL DISTANCING, STEP OUT OF HOME ONLY IF URGENT**

**2. IF YOU HAVE INFLUENZA LIKE SYMPTOMS THEN CONTACT MEDICAL SPECIALISTS FOR TELECONSULTATION**

**3. MEDICINES WILL BE DISPATCHED FOR DELIVERY AT YOUR DOOR**

**4. COVID 19 TEST AS PER ASSESSMENT OF SYMPTOMS AND FOLLOW UP BY MEDICAL TEAM**

**5. HOME ISOLATION OR ADMISSION TO COVID CARE FACILITY AS PER NEED ASSESSMENT**



CALL ON HELPLINE NUMBERS : 03192-232102 / 1077 FOR ANY QUERIES

**“STAY HOME STAY SAFE”**

**UNION TERRITORY HEALTH MISSION & DIRECTORATE OF HEALTH SERVICES  
ANDAMAN & NICOBAR ADMINISTRATION, PORT BLAIR**



## Recommendations of AYUSH for positive cases of COVID-19:

- Food should be freshly cooked, warm, easily digestible, and in suitable quantity as per individual needs. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (coriander), Lahsun (Garlic), Adrak (Ginger), Pippali (Pepper) are recommended in cooking. Warm soups of lentils /pulses / meat can be taken as per preference. Avoid overeating.
- Use warm water for drinking (in optimal quantity at suitable intervals).
- Avoid foods/drinks like curd, banana, cold drinks, ice-cream, refrigerated items; and cold air which may trigger respiratory symptoms.
- AYUSH Kaadha: Drink 150 ml of Herbal Tea /decoction [made by boiling Tulsi (basil), Dalchini (Cinnamon), Kalimirch, Shunthi (Ginger), Munakka (Raisin) in water] once or twice a day. Jaggery and fresh lemon juice may be added for taste.
- PratimaarshyaNasya: Apply sesame oil /Coconut oil in both nostrils (Twice a day).
- Oil pooling (Gandusha): Gargle with warm water twice a day (a tea-spoon full of Sesame oil, half tea spoon Haldi and pinch of common salt may be added to water).
- Steam Inhalation: Thrice a day (Mint leaves or pinch of Ajwain (Carum seeds) may be added to the water in case of congestion)
- Half tea spoon of Clove powder or Licorice powder may be used once or twice a day along with honey for dry cough /sore throat.
- Have adequate sleep, preferably during night hours; avoid day sleep to the extent possible.
- Use warm water for bathing; and dry your hair thoroughly after head-bath.
- Stay calm and stress-free with daily practice of Yogasana, Pranayama, Meditation.
- Most important, think positive. You will overcome this problem.
- Consult concerned doctors at given numbers if symptoms persist/health condition worsens.

(Ayurved Physicians- Dr Rekha-9434299977 Dr. Smily John -9434277885 ; Homeopath- Dr MA Jawed- Mob. 9434280366. Dr. Krishnan Kutty 9933223599).



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



**SOME HELPLINE NUMBERS**

Police Control room : 100  
Fire Service : 101  
Coastal Security : 1093  
PBMC Control Room : 245798  
State control Room: 1077/234287  
Extn : 328 / 231179

Shipping : 245555  
Women : 1091  
Children : 1098  
Coast Guard (Search & Rescue) : 1554  
District Control Room : 1070 / 238881  
Ambulance : 102

**Classifieds**

**Stop Global Warming**  
Protect future generations from the harmful effects of global warming by reducing emissions from power plants, cars, factories and other sources  
**You too can help!!**



Ministry of Ayush Government of India | Help us to Help you | my GOV मेरी सरकार

**STAY SAFE WITH AGE OLD WISDOM OF AYURVEDA**

**AYUSH Home Remedies for Dry Cough/Sore Throat**

Steam inhalation with fresh Mint leaves/caraway seeds can be practiced once in a day

Clove powder mixed with natural sugar/honey can be taken two to three times a day

Consult a Doctor if the symptoms persist

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

Start your week with **YOGA** at **Home**

Face the challenges of today with a positive frame of mind.

Stay Positive - De Stress - Rejuvenate

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

**LOST**  
I have lost my certificates of 10<sup>th</sup> & 12<sup>th</sup> pass and Mark sheet issued by CBSE including Local Certificate, Employment card, OBC Certificate Birth Certificate CDC, COC, INDOS, Certificate STCW Certificate. Lost in between Delanipur To Aberdeen Bazar on In the Name of K KARTHICK S/o Late. V KITTUSWAMY R/o Anarkali Village, Haddo Post Port Blair. Finder may plz contact to 8900934700

**OBITUARY**

WE DEEPLY MOURN THE UNTIMELY DEMISE OF **Mr. EMMANUEL**, WHO EXPIRED ON 22.08.2020 AT G.B. PANT HOSPITAL PORT BLAIR. (Ex. Inspector CISF), FORMER INDIAN FOOTBALLER, R/O ARONG VILLAGE CAR NICOBAR. DOB: 17-02-1969 TO DOD: 22-08-2020  
MAY HIS SOUL REST IN PEACE.

**Inserted by:** Beloved Wife (Flowrina), Son(Emerson), Daughter (Farena), Family and Friends and Members of United Sporting Club.

**MAID WANTED**  
Wanted a full time maid (Female only). To stay at our home in Port Blair City). Boarding / Lodging Free. Call: 8902121231, 8900911677 for details

**SHRADH CEREMONY**  
**Late T. RAJA RAO**  
S/o Late T. PAPA RAO (HADDO WARD NO-01) (01/06/1962 - 13/08/2020)

We, the family members, deeply mourn the sad demise of **Late. T. RAJA RAO** (Chatham Saw Mill Division) who expired on 13/08/2020.  
Kindly join in **Shradh Ceremony** to pray for the departed soul on 26/08/2020 (Wednesday) at our residence -Haddo Ward No-01 (Beside Ganesh Temple) between 11.00 am to 3.00. pm  
**Interested By** - All family members

**5<sup>th</sup> Death Anniversary On 26-08-2020**  
In loving memory of

**Late Rajesh Lakra**  
SI Police Wireless, R/o Dairy Farm  
DOB: 11-02-1968 DOD: 26-08-2015  
**Fondly remembered by:**  
Prema (Wife), Shubham, (Son) & All family.

**Simple Ayurvedic Procedures**

- Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- Oil pulling therapy - Take 1 table spoon sesame or coconut oil in 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.

**During dry cough / sore throat**

- Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
- Lavang (Clove) 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 doctors if these symptoms persist.

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

**OBITUARY**

**LATE A. S. JALALUDEEN**  
Date of Death: 17/08/2020  
Age: 85 Years  
(Retired official of Naval Service "CIVILIAN", B.V. Yard. INS Jarawa, INSRV)  
R/o New Pahar Gaon  
**Inserted by:**  
Wife, Sons, Daughters, Son-in-laws, Daughter-in-laws, Grand Sons, Grand Daughters, Relatives and Friends.

**OBITUARY**

**SRI KRISHNA FOUNDATION, A&N ISLANDS, PORT BLAIR DEEPLY MOURN THE DEMISE OF MR. A. RAJAGOPAL**, S/O LATE. ARJUNAN AGE 67 YRS. R/O PONGYCHAYUNG, PHOENIX BAY, ONE OF THE FOUNDING MEMBERS & TREASURER OF SRI KRISHNA FOUNDATION WHO BREATHED HIS LAST ON 23.8.2020 AT G.B.PANT HOSPITAL. HE LEFT BEHIND HIS WIFE, SON AND DAUGHTER. WE PRAY THE ALMIGHTY TO GIVE STRENGTH TO THE BEREAVED FAMILY MEMBERS TO BEAR THE IRREPARABLE LOSS.

**SHRI RVK YADAV, PRESIDENT SRI KRISHNA FOUNDATION**

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