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Daily Telegrams

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Weather

Dry weather most likely to prevail over Port Blair. Maximum and Minimum temperature will be around 32°C and 24°C respectively on Saturday 04/04/2020.

Maximum Temperature (°C) of Date: 32.0
 Minimum Temperature (°C) of Date: 25.2
 Relative Humidity(%) at 0830 IST 069
 Relative Humidity(%) at 1730 IST 065
 Sunrise Time for tomorrow (in IST): 0514
 Sunset Time for tomorrow (in IST): 1731
 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 1.3 upto 0830 hrs (of date) in mm

Regn. No. 34190/75

No. 85

Port Blair, Saturday April 04, 2020

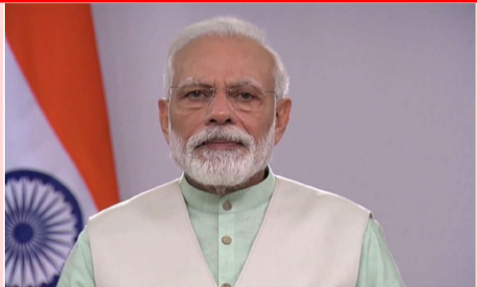
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Rs. 3.00

Pages 4

PM Modi urges people to light candles on Sunday evening to display collective spirit to defeat COVID-19

New Delhi, Apr 3 Prime Minister Shri Narendra Modi has urged the countrymen to switch off lights of their homes on Sunday at 9 PM for nine minutes and light up diyas, candles or mobile flashlights to display the nation's collective spirit to defeat coronavirus.



they are not alone as collective strength of entire country is with each one of them.

Shri Modi also said, the way people paid gratitude to those fighting against COVID-19 on 22nd of last month has become a model that is being emulated by other countries. He added that Janata Curfew and ringing of bells have made people of the country aware of their unity amid this challenging time.

In a video message this morning, the Prime Minister said, people should maintain social distancing, stay indoors and not form groups

while lighting up lamps. Shri Modi said, people displayed unprecedented discipline and sense of service during the ongoing nationwide coronavirus lockdown.

He said, the country has to move towards light from the darkness created by coronavirus. The Prime Minister said, people are at home during lockdown, but

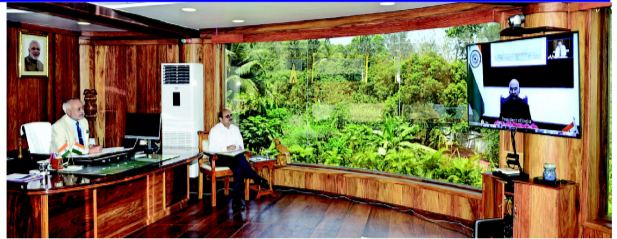
President & Vice President hold discussions with Governors, LGs & Administrators of States and UTs on COVID-19 response

Lt Governor, A&N Islands also attended the Video Conference

New Delhi, Apr 3

Affirming that people of the country have set an example by showing exemplary courage, discipline and solidarity in the fight against the Covid-19 pandemic, President Shri Ram Nath Kovind has expressed concern over two incidents, the gathering of migrant workers in Anand Vihar and the congregation of Tablighi Jamaat in Nizamuddin, both in Delhi, that caused a setback to the efforts.

The President, along with the Vice President, Shri M. Venkaiah Naidu, today held a video-conference with the Governors, Lieutenant Governors and Administrators of States/UTs and discussed ways to contribute to the measures taken by the Government of India and the State Governments in response to the outbreak of COVID-19. The President emphasized the need to ensure that no one remains hungry during the nationwide lockdown. Today's conference was a sequel to the video conference held on March 27 with the Governors/LGs of select States/UTs on the issue. The Governors and LGs of 15 States/UTs had apprised the President and Vice-President about the situation in their States/UTs in the conference held on March 27. Today, the Governors/LGs/Administrators of 21 remaining States/UTs briefed the President and Vice-President on COVID-19 related efforts.



Admiral D K Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.), the Lt Governor, A&N Islands and Vice-Chairman, Islands Development Agency, alongwith Shri Kulanand Joshi, Secretary to LG attended the Video Conference taken by Shri Ram Nath Kovind, the President of India and Shri M Venkaiah Naidu, the Vice President to review measures taken to combat COVID-19 and share best practices with Governors, Lt Governors and Administrators of all States/UTs.

The Lt Governor, Andaman & Nicobar Islands & Vice Chairman, Islands Development Agency, Admiral D K Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.) said that 10 positive Covid-19 cases were related to Tablighi Jamaat. All those who participated in the Tablighi Jamaat event are quarantined after identifying them.

In the conference there was unanimity that there is no scope for laxity or complacency in fighting the invisible enemy. In this context, the President noted with concern the incidents of attacks on doctors, (Contd. on last page)

Lt. Governor interacts with Religious/Spiritual leaders, donates one month salary to PM-CARES Fund

Port Blair, Apr 3

Admiral D K Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.), the Lt Governor, A&N Islands and Vice-Chairman, Islands Development Agency interacted with prominent religious leaders of the A&N Islands and highlighted the gravity of COVID-19 pandemic across our country and the World, containment of which is most challenging. The treatment protocols are under determination/standardization and essential medical equipments are under testing/manufacturing phase. It was highlighted that the battle against COVID-19 will be long-haul and will require continuous social support, across all sections of the society.



He appealed all present to maintain and strengthen the existing communal harmony in the Islands, as COVID-19 has victims across Nations, religious groups, income groups, ethnicity and doesn't differentiate between any of them. These difficult times require immense tolerance ("सहस्रशीलता"), from all and not only religious but in all walks of life, as all our established comforts are under challenge. This is time to adhere strictly to Social Distancing and personal hygiene.

While appreciating the spirit of NGOs/Civil society/Volunteers to contribute for society, it was highlighted that COVID-19 is unlike any other natural disaster whose impact is often sudden and requires immediate full-scale recovery/rehabilitation efforts for instant relief. Our fight against COVID-19 will require long-

term continuous support of all the Islanders. However, all help/support may not be required at every moment. It was necessary to keep up the spirits and don't let fatigue set in this long-haul battle. As such, all have been requested to channelize this spirit of service and solidarity for common good under guidance of the Administration. These extremely challenging times demand collective efforts towards adherence to "Lakshman Rekha", Social Distancing and ensuring

personal hygiene with utmost precaution. The Lt Governor solicited support of all religious/spiritual leaders who were present and also requested to communicate to others for their support in our collective action in fight against COVID-19.

Subsequently, the Lt Governor also contributed his one-month salary to PM-CARES Fund towards combating, containment and relief efforts against COVID-19 outbreak. (Contd. on last page)

Chief Secretary reviews situation on COVID-19 in A&N Islands; issues directions

● Strict implementation of lockdown ● Select public places to be disinfected ● Facilitation of movement of farmers produces to markets ● Safety of tribals to be ensured ● Strict action against those circulating fake news on social media

Port Blair, Apr 3

A meeting was held under the chairmanship of the Chief Secretary, A&N Administration, Shri Chetan B. Sanghi, to discuss on the COVID-19 actions and follow up in the A&N Islands, in the conference hall of the Secretariat today.

At the outset, the Chief Secretary conveyed the message of the Prime Minister that the 'war has just begun and that we need to prepare for a long haul'. He also conveyed the appreciation of the Lt Governor for the hard/dedicated work being put in by all in combating COVID 19 and that we must guard against fatigue.

After reviewing the situation and obtaining feedback, a number of decisions were taken. These include:

- ❖ Select public places will be disinfected through coordinated efforts.
- ❖ Agencies involved in essential supplies to be properly assessed and bare minimum movement passes issued by respective DCs.
- ❖ Movement of farmers produce to markets will be facilitated.
- ❖ Directions were issued for streamlining of control

rooms in the Isles.

❖ Strict implementation of the lockdown will be ensured. Violators will be booked under the relevant provisions of Disaster Management Act 2005.

❖ Police Dept. to continue vibrant mechanisms to ensure crowd control and social distancing.

❖ Thermal screening devices will be made available to District Administration for screening of labors in dense pockets.

❖ Tribal Welfare Department asked to closely monitor safety of tribals.

❖ Strict action to be taken against those circulating fake news on social media.

❖ Labour Department asked to device vibrant mechanism to reach dry ration to needy migrant labours at doorsteps.

❖ The Chief Secretary also directed for constituting two sub-groups to craft out:

- Seamless system of social distancing and related arrangements to fight COVID 19 post lock down scenario.
- 100 days action plan for kick starting the local economy, especially in sectors like tourism, fisheries, trading, etc.

COVID-19-Strengthening of immune system AYUSH Hospital to provide consultation & required formulations to public

Port Blair, Apr 3

The Prime Minister while addressing all the States/UTs heads on April 2, 2020 emphasized on the need of improving our body's natural defense system (immunity) to defeat the infection of COVID-19. He pointed out that in AYUSH systems various time tested methods have been provided to strengthen our immune system. Though these are not cures for COVID-19 disease, the measures will help to boost one's immunity and keep the infection of virus away. The following system wise approach is recommended in AYUSH to strengthen our immune system.

I. Homoeopathy System:

ArsenicumAlbum30, 04 pills for adults and 02 pills for children daily once in empty stomach is recommended for three days. The dose should be repeated after one month by following the same schedule till Corona virus infections prevalent in the community.

II. Ayurveda System:

* General Measures:

1. The diet should be fresh, warm, easy to digest, containing whole cereals, seasonal vegetables etc.
2. Drink warm water throughout the day.
3. Daily practice of Yogasana, Pranayama and Meditation

for at least 30minutes as advised by Ministry of AYUSH (#YOGAatHome, #StayHome#StaySafe).

4. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

* Immunity Promoting PreventiveMeasures:

1. Samshamani Vati/Giloy Ghanvati 500 mg. twice a day with warm water for 15 days. The medicine contains aqueous extract of Giloy (Tinosporacordifolia).
2. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
3. Frequent sipping of water boiled with Tulsi leaves, crushed ginger, Kalimirch (Black pepper), Dalchini (Cinnamon), Munakka (Raisin)and turmeric would be beneficial. Honey with a pinch of pepper powder is also beneficial in case of cough.
4. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk once or twice a day.
5. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
6. Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth

(Contd. on last page)

Team constituted to detect circulation of fake news in Isles Strict action to be taken against violators

Port Blair, Apr 3

In the endeavor to contain the spread of Corona Virus Disease in the Islands, the Administration that some elements in the society are spreading misinformation and fake news on the impact of the COVID-19.

The issue has also been highlighted by the Supreme Court of India in its orders dated 31.03.2020 in which it has stated that it is not possible to overlook the menace of fake news either by print, electronic or social media. However, it has come to the notice of the Governments at center,

State level and all public authorities to take appropriate actions to curb the menace.

In order to keep a track of misinformation and fake news, the Secretary IP&T has constituted a fake news detection team which shall keep track of all print, electronic and social media on regular basis and report any instances of fake news on regular basis. The team will include Smti. Asha Chaudhary

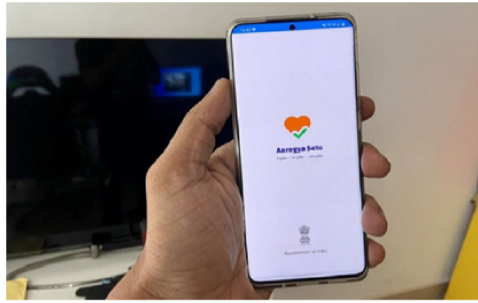
Malhotra, the Deputy Director (IP), Shri Navneet Singh, Sr. Manager (Projects) and two others.

The instances of fake news will then be forwarded to the concerned authorities who shall take action under various penal provisions like Section 54 of the Disaster Management Act 2005 and Section 188 of the Indian Penal Code IPC. Such (Contd. on last page)

DO NOT PAY HEED TO RUMOURS ON CORONA VIRUS: CLARIFY YOUR DOUBTS BY DIALING STATE HELPLINE NO: 03192-232102

Government launches 'AarogyaSetu' mobile app: COVID-19

New Delhi, Apr 3
The Government on Thursday launched a mobile app developed in public-private partnership to bring the people of India together in a resolute fight against COVID-19. The App, called 'AarogyaSetu' joins Digital India for the health and well-being of every Indian. The App will enable people to assess themselves the risk for their catching the Coronavirus infection. It will calculate this based on their interaction with others, using cutting edge Bluetooth technology, algorithms and artificial intelligence. Once installed in a smartphone through an easy and user-friendly process, the app detects other devices with AarogyaSetu installed that come in the proximity of that phone. The app can then calculate



the risk of infection based on sophisticated parameters if any of these contacts is tested positive. The App will help the Government take necessary timely steps for assessing risk of spread of COVID-19 infection, and ensuring isolation where required. The App's design ensures privacy-first. The personal data collected by the App is encrypted using state-of-the-art technology and stays secure on the phone till it is needed for facilitating medical intervention.


architecture. This app is a unique example of the nation's young talent coming together and pooling resources and efforts to respond to a global crisis. It is at once a bridge between public and private sectors, digital technology and health services delivery and the potential of young India with a disease-free and healthy future of the nation.

Lt. Governor interacts with ...


(Contd. from page 1)

Religious Heads who interacted with the Lt Governor	
1.	Haji Alimuddin, Religious Head
2.	Shri Siddiqui, Secretary, Mosque Comm.
3.	Father Abraham Thomas, President, Marthoma Church
4.	Father Selvaraj, Administrator, Port Blair Catholic Church
5.	Shri Balwinder Singh, Police Gurudwara
6.	Shri Prem Singh, Secretary, Radha Govind Temple, Junglighat
7.	Shri Naveen, Secretary, Bahai Spiritual Centre
8.	Father Biju Mathai, Orthodox Head
9.	Head Priest, Police Temple


Be **KIND** to address fear during #coronavirus



Show empathy with those affected




Learn about the disease to assess the risks




Adopt practical measures to stay safe

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



UNITED NATIONS



World Health Organization



Teams of sanitary workers of the Deptt. of Health Services carried out de-contamination and disinfection works in various parts of Atlanta Point and Mohanpura as per the COVID-19 protocol.

COVID-19-Strengthening ...

(Contd. from page 1)
for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.
*** Measures for dry cough / sore throat:**
1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day.
The above measures can be followed to the extent possible as per an individual's convenience and body type. However, it is best to consult doctors if these symptoms persist.
The AYUSH Hospital Janglighat will provide all required formulations including consultation to public. Strengthening the immune system along with social distancing norms will go a long way to keep the Islanders away from the infection of COVID-19.

President & Vice President...

(Contd. from page 1)
health workers and police personnel in some parts of the country. He wholeheartedly endorsed the Prime Minister's appeal today to all citizens to switch off lights in homes at 9 P.M. on Sunday and instead switch on their mobile flashlights, torches or lamps in an expression of people's solidarity to fight against Coronavirus. He, however, cautioned people not to let their guard down and steadfastly adhere to the practice of social distancing.

Team constituted ...

(Contd. from page 1)
mechanism has been formulated to ensure that the media (print, electronic & social) and citizens shall maintain strong sense of responsibility and ensure that unverified news capable of causing panic is not disseminated. Such a mechanism has also been designed to encourage people to only trust official and authentic sources of information and not indiscriminately forward unverified news/information thus avoiding unnecessary panic situations. Citizens are requested to forward any suspected instance of fake news alongwith details (screenshots, etc) on the numbers i.e. 9434262609/9531808988, a communication from the Secretary (IP&T) said here today.


Ministry of Health & Family Welfare
Government of India



Help us to help you



NOVEL CORONAVIRUS (COVID-19)

When to wear a Mask?

Everyone NEED NOT WEAR a mask!

Only wear a mask if

- You have symptoms (Cough, fever or difficulty in breathing)
- You are **caring for** a COVID-19 suspect/confirmed patient
- You are a **health-worker** attending to patients with respiratory symptoms

While wearing a mask, make sure you:



Unfold the pleats of the mask; make sure that they are facing down.



Place the mask over your nose, mouth and chin and ensure there are no gaps on either side of the mask, adjust to fit.



Avoid touching the mask, while using it.



Do not leave the mask hanging from the neck.



Change the mask after six hours or as soon as they become wet.



Never reuse disposable masks and dispose the used masks into closed bins after disinfecting them.



Do not touch the potentially contaminated outer surface of the mask, while removing it.



After removal of mask, clean your hands with soap and water or use alcohol-based hand rub disinfectant.

Together we can fight COVID-19!

1075 (Toll Free) | 011-23978046

Email at ncov2019@gmail.com

mohfw.gov.in

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For further information call
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24X7 control room number

Published by IP Division, Directorate of IP & T and printed by Manager, Govt. Press, Chief Editor: Kanak Radha Chatterjee, Ph- 229217, 227201 Fax: 03192-227719 E-mail: thedailytelegrams@gmail.com
For distribution /advertisement queries contact Manager, Govt. Press : 229465

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