



Prime Minister interacts with students & parents to address their worries at CBSE virtual session

New Delhi, June 3 Prime Minister, Shri Narendra Modi interacted with students and their parents today and asked them how they felt after hearing about cancellation of Class XII exams. He asked how they will spend time post exam cancellation and whether they will watch IPL, Champions League or wait for the Olympics. He told



them that they tense about exams, cancel exams was should never be and the decision to taken in their

interest. He also said health is wealth and asked them what they do to remain physically fit. The Prime Minister surprised CBSE students and their parents when he joined a virtual session organized by the Education Ministry. He heard the issues and concerns of the students and their parents. (Source: india.gov.in)

Vaccination drive in A&N Islands

8,306 beneficiaries in the age group of 18-44 years inoculated; cumulative doses of vaccines administered reaches 1,27,229

Port Blair, June 3

The vaccination drive is continuing smoothly in A&N Islands and so far, a total of 8,306 eligible people in the age group of 18 to 44 years have been vaccinated till date. As per the data available, altogether, 413 persons in the age group of 18 to 44 years were vaccinated in South Andaman District today. With this, a total of 507 beneficiaries both in the age group of 18-44 years and 45-59 years of age



were vaccinated today in South Andaman District. A total of 1,27,229 doses of vaccines have been administered in A&N Islands till date. Meanwhile, the online registration for the vaccination is being done through CoWIN portal and Aarogya Setu App. Online registration is mandatory and no on-site registration will be done and people have been advised to reach the centres as per the time schedule provided to the beneficiaries through the App. In South Andaman, the vaccination is being done at JNRM

(Contd. on last page)

Virtual Yoga Classes by AYUSH Unit evokes good response

170+ registration done within 3 days; people starts practicing Yoga during the Session being held in the evening

Persons willing to participate may register their names

Staff Reporter

Port Blair, June 3

Undoubtedly, yoga is very beneficial for your body. It is a spiritual, mental and physical practice that has been around since ages. It continues to gain popularity as it helps increase flexibility, strengthen and tones your muscles, improves circulatory health, and promotes deeper breathing patterns. The COVID-19 pandemic has significantly changed the landscape of the yoga world. But what if you can't make it to the Yoga Centres? Virtual Yoga Classes help develop core strength, increase flexibility, improve posture, boost energy, and increase the mind-body connection. The good part is regardless of your fitness level-beginner, intermediate, or fitness enthusiast-there's a mat waiting for you in the online classes.

As part of this initiative, the AYUSH Unit, Health and Wellness Centre Garacharma has started conducting Free Online Yoga Session in Google Meet application from 1st of June, 2021 in the evening from 5 pm to 5.45 pm. Sessions on topics like breathing practices, Yoga for post Covid rehabilitation, Mental Health, non communicable diseases etc are taken up for the benefit of general public. Sessions are lead by Yoga Instructor under the supervision of Medical Officer (Homoeo).

The initiative has attracted good number of people of the Islands. People from all walks of life are participating in this Online Yoga Session. It is heartening to note that within 3 days from the launch of this online service, about 170 + registration has already been done. On the first day, 100 people participated in the session. Persons willing to participate may register their names by sending Whatsapp Message "YOGA" on 9679511644/ 9476096964.



CINCAN visits Units of ANC in Nicobar Group of Islands

Encourages personnel to maintain high vigil during his interaction with troops at INS Baaz - southernmost military airfield of India

Port Blair, June 3

Lt Gen Ajai Singh, A V S M, Commander-in-Chief Andaman & Nicobar Command visited the Military Units and formations in the Nicobar Group of Islands today. Towards reinforcing operational readiness and preparedness, Naval Air Station Baaz, Campbell Bay and Air Force Station Car Nicobar, briefed



CINCAN during the visit. Whilst visiting INS Baaz, the southernmost military airfield of India and the

appreciated their dedication. At Car Nicobar, he honoured the personnel and families of the Air Force Station who had lost their lives during the Tsunami on 26th Dec, 2004 by laying a wreath in their memory at the Tsunami Memorial there.

During his interaction with troops of the Army, Navy, Air Force, Coast Guard, DSC

(Contd. on last page)



Mobile Rapid Antigen Testing team regularly conducts test of symptomatic & ILI/ SARI/suspect cases in South Andaman District: Pic shows the team conducting random testing at Manglutan

Media briefed on COVID-19 situation in Isles No positive cases detected during Test conducted on 100 passengers proceeding to N&M Andaman: Secretary (IP&T)

Port Blair, June 3

The Secretary (IP&T), Shri Sunil Kumar Singh addressing the media persons on COVID-19 situation in the Islands and steps initiated by the Administration to protect its citizens today has once again requested the general public to follow COVID Appropriate Behaviour so as to break the chain of transmission of the virus. He said that during the RT-PCR conducted on 330 incoming passengers



who arrived here yesterday, 5 positive cases have been detected despite their carrying RT-PCR report from mainland. He further disclosed that today, 2 flights with 289 passengers arrived and the RT-PCR report is

Andaman District, out of which 348 were in the age group of 18-44 while 31 were above 45 (As per data available at the time of press conference).

The Secretary also addressed the queries raised by media persons on various issues pertaining to COVID management and other issues concerning the people.

The Deputy Director, G.B. Pant Hospital, Dr. Amitabha De said that 53 COVID positive

(Contd. on last page)

Tweets on COVID-19 Management by Administration

lets stay indoor @sumaa1482
@Andaman_admin @jitendra_narain @pbmc_ani
Saw the sanitation workers working hard early in the morning. Hats off to their service during these tough times.

Sayyid Asharaf @SayyidAsharaf2
Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
We now have the result of strong government action against covid in our islands. Thanks to Administration, Police, Doctors, Nurses & Health Workers.

Tarun Singh @Tarun_andnic
Bang on...!!! Grt step as we usually see many ppl spitting on roads. We all must appreciate this effort of @Andaman_Admin, @DcSouthandaman

Shree Kumar @ShreeKumarH
Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
Even after all efforts by local Administration the cases are on higher side when compared with local population and available medical facility. People need to understand that lockdown was enforced for a better tomorrow. Police and law enforcement bodies are doing their best.

Mustaq Ahmed @Mustaq57028338
Replying to @Andaman_Admin @MediaRN_ANI and @jitendra_narain
Cases reducing its a good news but we have to follow all the SOPs. People making crowding in large place and going here & there for no reason only for 10days co-operate to Administration we definitely relize from lockdown. #maskupandaman

Shasi Kumar @shasi92
Most needed one, considering the present situation...
At least for one month, we will be saved frm so called Spitting Cobra's...
Commendable job by @SuneelAnchipaka sir, @DcSouthandaman @Andaman_Admin

COVID ALERT

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



- Total number of active cases in India: 1713413
- Deaths in India: 337989
- Total no of active cases in Andaman since 1.03.2021: 131
- Total Deaths since 1.03.2021: 57
- Surge in a single day: 27


It is time to be alert & vigilant Follow COVID appropriate behaviour strictly

• Call Control Room number for assistance: 240126, 232102, 1077, 1070

BADALKAR APNA VYAVAHAR, KAREIN CORONA PAR VAAR

Issued in public interest by A&N Administration

CINCAN visits Units of ANC in Nicobar Group ... (Contd. from page 1)



and GREF as well as Defence civilians stationed at Campbell Bay and Car Nicobar, CINCAN complimented all ranks for their performance and exhorted them to continue the good work and maintain a high state of alertness and operational readiness in the prevailing security situation. The CINCAN also advised personnel to continue strict protective measures against the second phase of COVID-19 pandemic, a press release from HQANC said.

Vaccination drive in A&N Islands ... (Contd. from page 1)



Vaccination Centre between 9.30 am and 12.30 pm. The general public have been requested to follow COVID Appropriate Behavior while going for vaccination, a press release from DHS said.

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)
(No. 430/03rd June 2021)

COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 03.06.2021

> Status of Cases :

Second Wave since: 01.03.2021	
Active new case in last 24 Hours	27
Discharges in last 24 hours	39
Total confirmed cases	2076
Total Discharges	1888
Total Active case as on date	131
Total Deaths	57

Cumulative since March 2020

Details	On 02 nd June 2021	On 03 rd June 2021	Total
Confirmed Cases	7043	27*	7070
Cured/Discharged from Hospital	6781	39	6820
Death	119	00	119

*Includes 05 positives from Airport arrival.

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	07	279
South Andaman	5583	124	5459
Nicobar	507	00	507
Total	6376	131	6245

Total 13 containment zones formed in South Andaman District

> Status of Sample and Testing:

Total Samples sent till date	388486
Total Reports received till date	388486
Total Pending Reports	0
Rate of Testing Per Million	971215
Cumulative Test Positivity Rate	1.82%
COWIN 1.0	

> Vaccination Status

Total population	4,00,000
Target Beneficiaries	2,81,603 (Approx)
Cumulative Beneficiaries vaccinated so far	1,27,229
Cumulative Beneficiaries vaccinated with 1 st Dose so far	1,09,844
Cumulative Beneficiaries vaccinated with 2 nd Dose so far	17,385
% of population vaccinated	27.46

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 th May 2020 to 2 nd June 2021	On 03 rd June 2021	Total
Incoming Passengers			
a) VSI Airport	242485	295	242780
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	254373	367	254740
b) Haddo Wharf	928	0	928

(On 03.06.2021, 289 passengers were retested by RTPCR at Airport)

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

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

patients are presently undergoing treatment in the Hospital. Today, 6 COVID patients were discharged and 5 new patients have been admitted. He said, out of the 53 patients, 40 patients are on Oxygen and 1 is on ventilator. He further said that in the three COVID Care Centres functioning in Port Blair, 6 new cases have been admitted while 4 patients have been discharged today. Presently, 15 patients are being taken care of in these three COVID Care Centres. Apart from this, 1 corona patients has been transferred from Wimberlygunj COVID Care Centre to GB Pant Hospital and presently, 4 patients are being taken care of in this Centre.

Validity period of Teachers Eligibility Test qualifying certificate extended from 7 years to lifetime

New Delhi, June 3 (PIB) Union Education Minister, Shri Ramesh Pokhriyal 'Nishank' announced that Government has decided to extend the validity period of Teachers Eligibility Test qualifying certificate from 7 years to lifetime with retrospective effect from 2011. The respective State Govts./UTs will take necessary action to revalidate/

issue fresh TET certificates to those candidates whose period of 7 years has already elapsed, he added. Shri Pokhriyal said this will be a positive step in increasing the employment opportunities for candidates aspiring to make a career in the teaching field. Teachers Eligibility Test is one of the essential qualifications for a person to be eligible for appointment as a teacher in schools. The Guidelines dated 11th February 2011 of the National Council for Teacher Education (NCTE) laid down that TET would be conducted by the State Governments and the validity of the TET Certificate was 7 years from the date of passing TET.

Tariff for S&L Show at Cellular Jail & NSCB Island revised

Port Blair, June 3 Jail will be Rs. 300/- while for children (below 12 years) it will be Rs. 150/- (for all shows). Similarly, the fare for National Memorial Sound & Light Show at Cellular Jail and Netaji Subhash Chandra Bose NSCB Island will be Rs. 300/- for adult and Rs. 75/- for children (below 12 years), a press release from Director (IP&T) said.

COVID Pandemic: EPF members can avail facility of second COVID advance

Port Blair, June 3 security schemes. Now, EPFO always in view of the COVID pandemic, the EPF members can avail the facility of second COVID advance from their respective PF accounts, a press release from Regional Office, through its social EPFO said.

Chief Economic Advisor asserts, country's economy will start recovering from next month

New Delhi, June 3 said, the economy will start recovering and India will be able to achieve vaccination for all by December this year. The Chief Economic Advisor said, COVID-19 is not going to impact the country's fiscal deficit target and disinvestment target. Shri Subramanian (Source: india.gov.in)

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

Ministry of Ayush Government of India | Help us to Help you | myGov

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

Let's Promote CHALLENGE

To Fight against COVID-19

Follow **3** EASY RULES

- Handwash
- Gargling
- Steam

Stay Protected!
Stay Safe from Coronavirus!

OFFICE OF THE DEPUTY COMMISSIONER
South Andaman District

GARBAGE COMPLAINT 24X7
CALL NOW 03192-231179
PBMC CONTROL ROOM

NOVEL CORONAVIRUS DISEASE (COVID-19)

Ministry of Health & Family Welfare Government of India

FOLLOW COVID Appropriate Behaviours

Hand wash



Hands-free greetings





Face-cover/mask



No spitting

Badalkar Apna Vyavahar, Karein Corona Par Vaar

PIB Webinar: Doctors throw light on Mucormycosis and its prevention**"Mucormycosis mostly seen in people with decreased immunity, diabetes"****"Not observing good oral hygiene increases chances of catching Mucormycosis"****Self-Medication and taking unnecessary medicines are a strict no-no****"If you get COVID-19 after vaccination, it will be mild in vast majority of cases"**

The cases of Mucormycosis we are witnessing are a tiny fraction of COVID-19 cases, informed Gastroenterologist Dr. Rajeev Jayadevan during a webinar on 'Mucormycosis and Dental Health in relation to COVID-19', organized by the Press Information Bureau today. The other expert panelist in the webinar was Prosthodontist Dr. Neeta Rana. The doctors' advice and knowledge imparted in the webinar are presented in form of key points below.

What makes people prone to Mucormycosis?

Explaining what makes COVID-19 patients prone to mucormycosis, Dr. Jayadevan said, "Having COVID-19 in the background of diabetes and steroid use, is a classic setting for triple immune suppression. COVID-19 affects many segments of our body, including our immune system". Stating that there is a link between diabetes and mucormycosis, the doctor informed, "Many people in our country have diabetes. Given this and our population, the number of people who fall sick is higher than in any other country. So, it is understandable that some of them will catch Mucormycosis."

Dr. Jayadevan, who has written several articles for doctors, policy makers and the general public during the pandemic, opined, "The way I see it, a tiny proportion of the large number of people getting infected with COVID-19 are getting infected with mucormycosis, so this proportion becomes a large number".

The doctor further explained:

"Mucormycosis cases have been seen in people with decreased immunity, predominantly either due to

diabetes or after some organ transplant. In the last month or two, we have seen a rise in mucormycosis in those without these conditions. It is a new development. But we need studies need to confirm reasons for increased cases in those without traditional risk factors."

Diabetes and Mucormycosis

Dr. Jayadevan says, "For diabetic patients, when the blood glucose of sugars cannot be controlled, the immune system is not able to work properly. In case of severe diabetes, the function of pathogen-fighting cells like neutrophils gets impaired. Factors such as this make us prone to contracting mucormycosis. High sugar level in itself is conducive to fungal growth. Fungus loves sugar, it loves trace metals like zinc, it also grows on dead tissue and until the body repairs the dead tissue, fungus may grow on it".

In the next stage, "The fungus invades our blood cells, our tissues don't get oxygen supply and die, and when the tissues die, they become black in colour. This is the reason why the name black fungus is used for Mucormycosis", explained the gastroenterologist in simple terms for the benefit of lay people.

Dental Health and Mucormycosis

The dental expert Dr. Neeta Rana explains, "There is definitely a link between good dental health and COVID-19 infection. When teeth, gums and palette are maintained well, naturally present microorganisms will function well and viral infection is less likely to occur. If wound after tooth-extraction is not maintained well, if good oral hygiene is not observed, then we increase

chances of catching Mucormycosis".

Brushing of teeth, flossing, mouth-washing and rinsing will also help in maintaining good dental health, advised Dr. Neeta.

Vaccination and Mucormycosis

Dr. Jayadevan says, "If you get COVID-19 after vaccination, it will be mild in vast majority of cases". The doctor further suggested that medicines are not necessary in mild cases of COVID. Hence, in cases of mild COVID-19, the chance of catching steroid-related mucormycosis will be low, opined the doctor. "But if instead of letting the mild COVID case cure by itself, if the person starts self-medication, taking medicines which are not required, it may set the stage for a fungal infection that would have never happened in the first place", he cautioned.

Post-COVID and Mucormycosis

Dr. Jayadevan says, "Effects of immuno-suppression and COVID-19 treatment will remain in body for some time, just like we see ripples in a river, long after a boat goes through the river". Hence, his advice is to 'Remain Vigilant for a few weeks after recovering and not do anything adventurous or experimental with your body'. In the context of immuno-suppression causing patients to become prone to Mucormycosis,

Dr. Jayadevan informs, "So many studies have conclusively shown that good healthy

bacteria living in our body improve our body's defence against invading bad bacteria. So, prolonged and unnecessary use of antibiotics is a strong risk factor for fungal and bacterial infections". In this connection, Dr. Jayadevan reflected that vast majority of people in our country engage in some form of self-treatment. The doctor strongly discouraged this practice. His advice in this regard: "Just follow the basic instructions given by the doctor you are in touch with and stay away from unnecessary medicines".

Whether Mucormycosis infection comes from surroundings?

Dra. Jayadevan says, "Fungus is there all around us. Do not be excessively scared of venturing out due to fear of catching fungal

infection. Fungi have existed for centuries, and Mucormycosis is a rare infection, occurring in very few cases".

Dental Care in times of a pandemic

Dr. Neeta advises, "Be in touch with your dental doctor, teleconsultation will help in many cases. If guidelines are followed at dental clinics, there should not be reason for fear of catching any infection, but Follow doctor's advice about physical visit to a dental clinic".

How long vaccines can provide immunity against COVID-19?

Dr. Jayadevan explains, "When we encounter repeat infection or infection after vaccination, memory cells introduced in previous infection will swing into

action immediately. Studies show that memory cells last at least an year". Explaining the function of vaccines, the doctor said, "What vaccines do predominantly is to prevent severe disease or death on getting infected; a good number of scientists believe that immunity from vaccination is reasonably long-lasting, likely to protect us for many years".

Advice for those exposed to COVID-19

Dr. Jayadevan says, "Never take it lightly. There is no need to panic. But, after 5-6 days, if your symptoms are worsening, if you are getting tired, short of breath, unable to eat, chest pain or simply not feeling well, then go to a hospital and see a doctor. Alternatively, you can do teleconsultation with a doctor also".

(Source: PIB)

NASA announces two new missions to Venus

NASA has announced that it is sending two new missions to Venus in order to examine the planet's atmosphere and geological features. The missions, which have each been awarded \$500m in funding, are due to launch between 2028 and 2030.

NASA administrator Bill Nelson said the missions would offer the chance to investigate a planet they haven't been to in more than 30 years.

The last probe to visit the planet was the Magellan orbiter in 1990. However other vessels have made fly-bys since then. The missions

were picked following a peer-review process and were chosen based on their potential scientific value and the feasibility of their development plans.

Venus is the second planet from the sun and the hottest planet in the solar system with a surface temperature of 500C - hot enough to melt lead.

The Davinci Deep Atmosphere Venus Investigation of Noble gases, Chemistry, and Imaging mission will measure the planet's atmosphere to gain insight into how it formed and evolved. It will also aim to determine whether Venus

ever had an ocean.

Davinci is expected to return the first high resolution images of the planet's tesserae, geological features. Scientists believe these features could be comparable to continents on Earth and could suggest that Venus has plate tectonics.

The second mission, Veritas (Venus Emissivity, Radio Science, InSAR, Topography, and Spectroscopy), will map the planet's surface to understand its geologic history and investigate how it developed so differently than Earth. (Source: india.gov.in)

Researchers track reason behind decline in star formation activity 8 billion years ago

Astronomers tracking star formation activity of the young Universe billions of years ago have long been intrigued by the fact that star formation in galaxies which was at its highest about 8-10 billion years ago, had declined steadily thereafter. Searching for the reason behind this, they have found that the likely cause for the decline is that galaxies were running out of fuel.

The fuel critical to hydrogen formation is atomic hydrogen gas content of galaxies. Two studies that measured the atomic hydrogen content 9 billion years ago and 8 billion years ago, respectively, have helped them come to this conclusion.

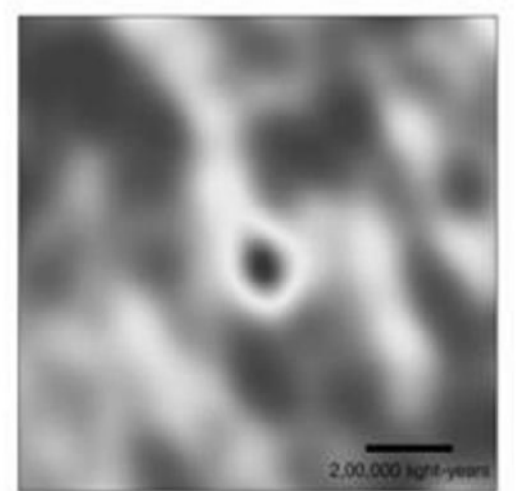
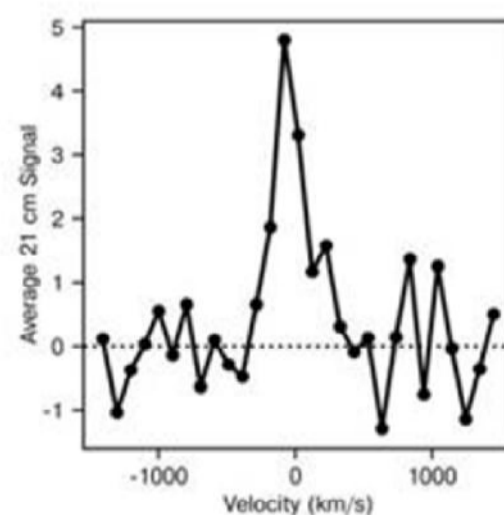
A team of astronomers from the National Centre for Radio Astrophysics (NCRA-TIFR) in Pune, and the Raman Research Institute (RRI), Bangalore, an

autonomous institute of the Department of Science and Technology, used the Giant Metrewave Radio Telescope (GMRT) to measure the atomic hydrogen gas content of galaxies 9 billion years ago. This is the earliest epoch in the universe for which there is a measurement of the atomic hydrogen content of galaxies. The new result is a crucial confirmation of the group's earlier result, where they had

measured the atomic hydrogen content of galaxies 8 billion years ago and pushes our understanding of galaxies to even earlier in the universe. The new research has been published in the 2 June 2021 issue of The Astrophysical Journal Letters.

Aditya Chowdhury, a Ph.D. student at NCRA-TIFR and the lead author of both the new study and 2020 one, said, "Our new results are for

galaxies at even earlier times, but still towards the end of the epoch of maximum star-formation activity. We find that galaxies 9 billion years ago were rich in an atomic gas, with nearly three times as much mass in atomic gas as in stars. This is very different from galaxies today like the Milky Way, where the gas mass is nearly ten times smaller than the mass in

**Government constitute Expert Group on Fixation of Minimum Wages and National Floor Wages**

New Delhi, June 3 (PIB)

The Ministry of Labour & Employment Government issued an order and has constituted the Expert Group to provide technical inputs and recommendations on fixation of Minimum Wages and National Floor Minimum Wages. The Group has been constituted for a period of three years from the date of notification.

The Expert Group is chaired by Prof Ajit Mishra, Director, Institute of Economic Growth. Prof Tarika Chakraborty, IIM Calcutta, Dr Anushree Sinha, Senior Fellow, NCAER, Ms Vibha

Bhalla, Joint Secretary, Dr H. Srinivas, Director General, VGNLI are the members of the Expert Group and Shri D.P.S. Negi, Senior Labour & Employment Advisor, Ministry of Labour & Employment is the Member Secretary.

The Expert group will give recommendations to the Government on Minimum Wages and National Floor Wage. To arrive at the wage rates, the group will look into the international best practices on the wages and evolve a scientific criteria and methodology for fixation of wages.

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

(Contd. on page 03)

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 (Licorice 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 (Licorice) 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.

NITI Aayog Releases SDG India Index and Dashboard 2020-21

New Delhi, June 3 (PIB)

The third edition of the SDG India Index and Dashboard 2020-21 was released by NITI Aayog today. Since its inaugural launch in 2018, the index has been comprehensively documenting and ranking the progress made by States and Union Territories towards achieving the Sustainable Development Goals. Now in its third year, the index has become the primary tool for monitoring progress on the SDGs in the country and has simultaneously fostered competition among the States and Union Territories.

NITI Aayog Vice Chairperson Dr Rajiv Kumar launched the report titled, SDG India Index and Dashboard 2020-21: Partnerships in the Decade of Action, in the presence of Dr Vinod Paul, Member (Health), NITI Aayog, Shri Amitabh Kant, CEO, NITI Aayog, and Ms. Sanyukta Samaddar, Adviser (SDGs), NITI Aayog. Designed and developed by NITI Aayog, the preparation of the index followed extensive consultations with the primary stakeholders - the States and Union

Territories; the UN agencies led by United Nations in India; Ministry of Statistics and Programme Implementation (MoSPI), and the key Union Ministries.

"Our effort of monitoring SDGs through the SDG India Index & Dashboard continues to be widely noticed and applauded around the world. It remains a rare data-driven initiative to rank our States and Union Territories by computing a composite index on the SDGs. We are confident that it will remain a matter of aspiration and emulation and help propel monitoring efforts at the international level," Dr. Rajiv Kumar, Vice Chairman, NITI Aayog said during the launch.

With one-third of the journey towards achieving the 2030 Agenda behind us, this edition of the index report focuses on the significance of partnerships as its theme. Shri Amitabh Kant, CEO, NITI Aayog said, "The report reflects on the partnerships we have built and strengthened during our SDG efforts. The narrative throws light on how collaborative initiatives can result in better outcomes and greater impacts."

55 crore beneficiaries in May and about 2.6 crore beneficiaries in June received the free food grains under PMGKAY

New Delhi, June 3 (PIB)

The Secretary, Department of Food & Public Distribution, Shri Sudhanshu Pandey today briefed the media persons about the progress of food grains distribution under PMGKAY-III and One Nation One Ration Card scheme. Speaking about the "Pradhan Mantri Garib Kalyan Anna Yojana" (PMGKAY III), the Secretary said that more than 63.67 Lakh MT foodgrains (i.e. around 80 % of total PMGKAY allocation for May & June 2021) have been lifted by States/UTs from FCI depot. Around 28 Lakh MT foodgrains have been distributed by 34 States/UTs to around 55 Crore NFSA beneficiaries for May 2021 and around 1.3 Lakh MT foodgrains have been distributed to around 2.6 Crore NFSA beneficiaries for June 2021, after following due COVID protocols.



Furthermore, he added that as on 03.06.2021, under National Food

Security act, foodgrains have been distributed to around 90% & 12 % of NFSA beneficiaries for May and June 2021, respectively, incurring a food subsidy of more than Rs. 13,000 Crore for May and June 2021. The food subsidy incurred for PMGKAY, so far, is more than Rs. 9,200 Crore for May and June 2021.

Shri Pandey said that the Department is continuously reviewing the scheme and pursuing with States/UTs who are taking steps to give wide publicity about PMGKAY III through publicity in print/electronic media & display of banners at Fair Price Shop etc.

Emphasising the importance of 'One Nation One Ration Card' (ONORC), Secretary, DFPD shared that it is an ambitious plan and endeavour of the Department to introduce the nation-wide portability of ration cards under the National Food Security Act, 2013 (NFSA).

Happy Birthday *Wish you a many more Happy returns of the day*

Best wishes from,
MOM & DAD (Mr.S. Velu & Mrs. V.Dhanalakshmi)
Mr.Nadeem Akthar,
Mr.Naseem Abdullah,
Mr. Abdul Majeed,
Mr.Jerrom Kullu,
Mr. Kumar Pandliyan (MEO),
Mr. G Gopi, Mr. B.Godan Rao.

Mr. V Navneetha Krishnan,
State Finance Consultant (NHM)

India reports 1.34 lakh new Covid -19 cases in last 24 hours

New Delhi, June 3

Over 22.10 Crore Vaccine Doses have been administered so far under Nationwide Vaccination Drive. More than 22 Lakh doses were administered in the last 24 hours. Health Ministry said, on a steady and continued downward trajectory, India's Active Caseload further declined to 17 lakh 13 thousand 413. Active cases decreased by 80 thousand 232 in last 24 hours. India reported 1.34 lakh Daily New Cases in last 24 hours. There is continued decrease in Daily New Cases reported in the country. 2.64 crore persons have recovered from COVID19 across the country so far. In the last 24 hours,

more than 2 lakh 11 thousand patients recovered from Covid-19. Health Ministry said, there are more daily recoveries than the Daily New Cases for 21 consecutive days. Following a steady growth, recovery rate increased to 92.79 per cent. Weekly Positivity Rate is currently at 7.66 per cent. Daily positivity rate is at 6.21 per cent, less than 10 per cent for 10 successive days. 2 thousand 887 deaths reported in 24 hours. Death toll due to Coronavirus has reached 3 lakh 37 thousand 989. Testing capacity substantially ramped up and a total of 35.3 crore tests conducted so far. (Source: india.gov.in)

Researchers track reason behind decline....

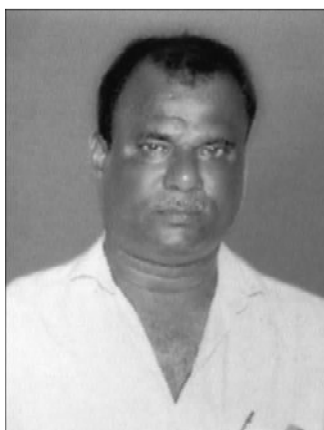
(Contd. from page 02)

stars." The measurement of the atomic hydrogen gas mass was done by using the GMRT to search for a spectral line in atomic hydrogen, which can only be detected with radio telescopes.



"The observations of our study were carried out around 5 years ago, before the GMRT was upgraded in 2018. We used the original receivers and electronics chain of the GMRT before its upgrade," said Nissim Kanekar of NCRA-TIFR, a co-author of the study. Barnali Das, another Ph.D. student of NCRA-TIFR, added, "However, we increased our sensitivity by observing for longer, with nearly 400 hours of observations generating large volume of data." "The star formation in these early galaxies was so intense that they would consume their atomic gas in just two billion years. And, if the galaxies could not acquire more gas, their star formation activity would decline and finally cease," said Chowdhury. "It thus appears likely that the cause of the declining star-formation in the Universe is simply that galaxies were not able to replenish their gas reservoirs after some epoch, probably because there wasn't enough gas available in their environments," headed. "With the present result, using a completely different set of receivers and electronics, we now have two independent measurements of the atomic hydrogen gas mass in these early galaxies," Kanekar pointed out. K.S. Dwarakanath of RRI, who along with Shiv Sethi, were co-authors of the study, stressed, "Detecting the 21 cm signal from distant galaxies was the main original goal of the GMRT and continues to be a key science driver for building even more powerful telescopes like the Square Kilometre Array. These results are extremely important for our understanding of galaxy evolution." The research was funded by the Department of Atomic Energy, India, and the Department of Science and Technology, India. (Source: PIB)

OBITUARY



Shri Late Malang Bawa

Rtd. Elect. Deptt., Port Blair
Expired on 1st June 2021
at G.B Pant Hospital
H/o Smti. Ashiya Bibi
Rtd. Govt. Press

We pray almight to give eternal peace to the departed soul.

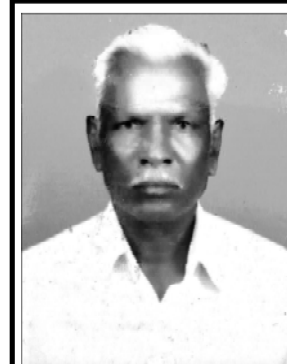
Inserted by:

Wife, sons & all family members.

CONDOLENCE

The Vicar, Assistant Vicar and all the members of the St. Mary's Orthodox Cathedral Mohanpura deeply mourn the sad demise of Mr. Biju Thomas Jacob (48), S/o Mr. K.A. Jacob, an active member of St. Mary's Orthodox Cathedral Mohanpura, Port Blair on May 31, 2021 at Chennai. We express our heartfelt condolence to the bereaved family members.

May his soul rest in peace.



Death Anniversary on 04.06.2021

G. DAVID

R/O : SIPPIGHAT

Inserted By:

D Simon raj & Family members

COVID-19: Cover your nose and mouth with your elbow or a tissue while coughing or sneezing.