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## Education Minister approves release of Performance Grading Index (PGI) 2019-20 for States and UTs

### A&N Islands occupies highest grade (Grade A++) for 2019-20

- Shows improvement by 10% (8 points) or more in PGI domain: Access
- Shows improvement by 20% or more in PGI domain: Infrastructure & Facilities
- Shows improvement by at least 20% in PGI domain: Governance Process

New Delhi, June 6 (PIB)

Union Education Minister, Shri Ramesh Pokhriyal 'Nishank' approved the release of Performance Grading Index (PGI) 2019-20 for States and Union Territories of India today. The Government has introduced the Performance Grading Index with a set of 70 parameters to catalyse transformational change in the field of school education.

The PGI for States and Union Territories was first published in 2019 with reference year 2017-18. The PGI: States/UTs for 2019-20 is the third publication in this series. The PGI exercise envisages that the index would propel States and UTs towards undertaking multi-pronged interventions that will that



will bring about the much-desired optimal education

outcomes. The PGI helps the States/UTs to pinpoint the gaps

and accordingly prioritise areas for intervention to ensure that the school education system is robust at every level.

Punjab, Chandigarh, Tamil Nadu, Andaman & Nicobar Islands and Kerala occupy the highest grade (Grade A++) for 2019-20.

Most of the States/UTs have improved their grade in PGI 2019-20 compared to the earlier years. Andaman & Nicobar Islands, Arunachal Pradesh, Manipur, Puducherry, Punjab and Tamil Nadu have improved overall PGI score by 10%, i.e., 100 or more points.

Andaman & Nicobar Islands, Lakshadweep and (Contd. on last page)

## Income Tax Department to launch its new e-filing portal today

New Delhi, June 6

Income Tax Department will launch its new e-filing portal www.incometax.gov.in tomorrow. The new e-filing portal is aimed at providing convenience and a modern, seamless experience to taxpayers. Finance Ministry said, the new taxpayer friendly portal integrated with immediate processing of Income Tax Returns and quick refunds to



taxpayers.

All interactions and uploads or pending actions will be displayed on a single dashboard for follow-up action by taxpayer. It said, free of cost ITR preparation software available with interactive questions

(Contd. on last page)

## EPF members can avail facility of second COVID advance

Port Blair, June 6

EPFO always stand for the welfare of the subscribers/members covered under the Employees' Provident Fund & Miscellaneous Provisions Act, 1952 through its social security schemes.

Now, 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, EPFO said.

## COVID-19: Administration strictly implementing five-fold strategy of Testing, Tracing, Treatment, COVID-appropriate behaviour and Vaccination in A&N Islands

### 3,90,574 samples tested in A&N Islands; Rate of Test Per Million stands at 976435

Staff Reporter

Port Blair, June 6

Elaborate arrangement has been made by A&N Administration to effectively deal with any situation arising during the pandemic.

The Administration is strictly implementing the five-fold strategy of Testing, Tracing, Treatment, COVID-appropriate behaviour and Vaccination in order to safeguard the Islanders and check the spread of the virus. To stop the chain of transmission of virus and reduce the number of positive cases particularly in South Andaman District, Administration is yielding result lockdown has been and to a certain extent, the number imposed while ensuring of positive cases which was high



COVID Ward at GB Pant Hospital

Random mobile RAT test conducted at Tylerabad area

the normal functioning of essential services for the convenience of public with relaxation of two hours from 6 am to 8 am. This timely initiative by the District in South Andaman District, Administration is yielding result lockdown has been and to a certain extent, the number imposed while ensuring of positive cases which was high

before lockdown has come down. The new active case in the last 24 hours is 14 while the total number of active cases during the 2<sup>nd</sup> wave (since 01.03.2021) as on date is 103 in the entire Islands. It may be recalled that on May 23<sup>rd</sup>, 2021, the total number of active cases

during the 2<sup>nd</sup> wave (since 01.03.2021) was 268.

Out of the total, 7119 confirmed cases of COVID since March 2020, 6894 patients have been cured / discharged till date.

To provide treatment to COVID positive patients in A&N Islands, sufficient number of isolation beds have been made available in all the three districts of the Islands. As per the health data, as on date, 5583 isolation beds are available in South Andaman District, out of which, 97 are presently occupied while 5486 are unoccupied. Similarly, in N&M Andaman, out of the 286

(Contd. on last page)

## Shielding islanders through vaccination

### 1,27,970 doses of vaccines administered; 1,10,576 beneficiaries inoculated with 1<sup>st</sup> dose

### 17,394 cumulative beneficiaries vaccinated with 2<sup>nd</sup> dose

Staff Reporter

Port Blair, June 6

The Administration is ever committed for the welfare of the Islanders and during this pandemic time, to shield its citizens from the dreaded virus, it has initiated vaccination drive in the Islands. The vaccination began with administering of COVISHIELD vaccine for Health Care Workers followed by frontline workers and vulnerable population with co-morbidities. Subsequently, the vaccination for 45 and above was initiated followed by 18 to 44 years which is currently underway. As per data available, a total of 1,27,970 beneficiaries have been vaccinated so far in A&N Islands, out of the target beneficiaries of 2,81,603 (approx.). The data further reveals that 1,10,576 beneficiaries have been vaccinated with 1<sup>st</sup> dose as on date. Similarly, 17,394



beneficiaries have been vaccinated with 2<sup>nd</sup> dose so far. With this, 27.64 % of the population have been vaccinated in A&N Islands.

Meanwhile, the vaccination drive is continuing smoothly in A&N Islands and as on date, a total of 8,944 eligible people in the age group of 18 to 44 years have been vaccinated till date. The online registration for the vaccination is done through CoWIN portal and Aarogya Setu 2, 81, 603 (approx.). The data also reveals that 1,10,576 people have been advised to reach the centres as per the time schedule provided date. Similarly, 17,394 of the beneficiaries (Contd. on last page)

## Media briefed on COVID-19 situation in Isles COVID appropriate behaviour violation still persists despite repeated appeals: Secretary (IP&T) 144 violators challaned

Port Blair, June 6

The Secretary (IP&T), Shri Sunil Kumar Singh addressing the routine press conference on COVID-19 and the steps initiated by A&N Administration in protecting its citizens stated that about 144 challans pertaining to violation of COVID appropriate behaviour were made yesterday and this shows that people are still not



serious about the well as the family members and the society at large. The Secretary further said that during the RT-

PCR conducted on 332 incoming passengers who arrived here yesterday, 2 positive cases have been detected despite them carrying RT-PCR report from mainland. He further disclosed that 4 flights with 400 passengers arrived today and the RT-PCR reports are awaited. He also stated that during the RAT conducted on 77 passengers (Contd. on last page)

## Tweets on COVID-19 Management by Administration

**Jacob dz'zza** @uzza\_dz  
 Replying to @Andaman\_Admin @MediaRN\_ANI and @jitendra\_narain  
 Very very thanks to the @andaman admin for making strict lockdown. And thanks to police, doctors and social worker for helping us.

**Jagi Shesha Giri** @GiriJagi  
 Replying to @Andaman\_Admin @MediaRN\_ANI and @jitendra\_narain  
 Vegetables r vital essentials of every household n high market prices due to current situation effecting poor ppl which leads to skip vegetables from their daily diet.. Appreciable efforts by CS dept... ppl want to see more efforts to curb da prices..Hope da pandemic end soon

**T Laxminarayan** @ChIRUAndaman  
 Replying to @Andaman\_Admin @MediaRN\_ANI and @jitendra\_narain  
 During dis pandemic @Andaman\_admin has taken continous efforts to save us from covid like #grocery/medicines online service#ration distribution#telemedicine#mobile testing#sanitation#quarantine#health service#L&O etc.Thankful to admin to ur tireless efforts to prevent d Covid 19.

**PRIVA\_Pro** @CallmePro6  
 Replying to @Andaman\_Admin @MediaRN\_ANI and @jitendra\_narain  
 Good progress...Active cases Rate is gradually decreasing...

**Sayyid Asharaf** @SayyidAsharaf2  
 Replying to @Andaman\_Admin @MediaRN\_ANI and @jitendra\_narain  
 During this time of the Covid epidemic, it is imperative that we make changes in our lifestyle.Wear a mask,keep a social distance, and avoid unnecessary trips,When you go out and come back home, clean your hands and feet with soap.

**Robbie\_varghese** @Robbie5821568  
 Replying to @Andaman\_Admin @MediaRN\_ANI and @jitendra\_narain  
 Lockdown has helped to bring down the new cases and active cases, implementation of lockdown at correct time was a perfect call by the administration. And all credits goes to the frontline warriors, who works day & night to save us from this invisible enemy.



### 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

## Social Welfare Deptt. urges beneficiaries to submit Life Certificate for availing assistance

Last date for submission is June 30

Port Blair, June 6

The Department of Social Welfare is providing pensions/financial assistance to senior citizens, widows, Destitute women and Divyangjan @ Rs.2500/- and Rs.3000/- to the senior citizens above the age of 80 years. As per the Notification of A & N Administration, all the beneficiaries belonging to above category are required to furnish Life Certificate once in a year for continuation of their financial assistance to be credited in their Aadhaar based bank account.

Therefore, all the above beneficiaries have been advised to furnish their Life Certificate along with the additional information as mentioned at Part A & B of the Life Certificate format.

The format of the Life Certificate is available with all Anganwadi Workers, Office of the Assistant Commissioner (Campbell Bay, Nancowry, Mayabunder), Office of the CDPOs of Urban (Dollygunj), Ferrargunj, Rangat, Diglipur and Car Nicobar. Considering the COVID-19 pandemic scenario, the beneficiaries are further informed to submit Life Certificate and sign in presence of the nearby Anganwadi Worker and handover to the Anganwadi worker for onward submission to CDPO Office through the Mukhya Sevika of concerned area. Hence, the beneficiaries are not required to visit any of the offices other than the nearby Anganwadi Centre for submission of self signed Life Certificate along with the format.

The Care-givers/guardians of those who are bed-ridden or unable to visit the Anganwadi Centre due to locomotor disabilities may inform the same to Anganwadi Worker so that the representative of Department can visit the home of such persons to collect Life Certificate.

The last date for submission of Life Certificate to Anganwadi worker by the beneficiary on or before June 30, 2021. Thereafter, the pension benefit will be stopped if Life Certificate is not received, a press release from Directorate of Social Welfare said.

## Income Tax Department to launch...

(Contd. from page 1)

to help taxpayers.

The Ministry said, taxpayers will be able to proactively update their profile to provide certain details of income including salary, house property and profession which will be used in pre-filling their ITR.

The Finance Ministry said, the new tax payment system will be launched on 18<sup>th</sup> June after the advance tax instalment date to avoid any taxpayer inconvenience. The mobile app will also be released subsequent to the initial launch of the portal, to enable taxpayers to get familiar with the various features. (Source: india.gov.in)

## Education Minister approves release...

(Contd. from page 1)

Punjab have shown improvement by 10% (8 points) or more in the PGI domain: Access.

As many as thirteen States and UTs have shown improvement by 10% (15 points) or more in the PGI domain: Infrastructure and Facilities. Andaman & Nicobar Islands and Odisha have shown improvement by 20% or more.

Arunachal Pradesh, Manipur and Odisha have shown more than 10% improvement in the PGI domain: Equity.

Nineteen States and UTs have shown improvement by 10% (36 points) or more in the PGI domain: Governance Process. Andaman & Nicobar Islands, Andhra Pradesh, Arunachal Pradesh, Manipur, Punjab, Rajasthan and West Bengal have shown improvement by at least 20% (72 points or more).

## Media briefed on COVID-19 situation in...

(Contd. from page 1)

proceeding to N&M Andaman at Ferrargunj, all were found negative.

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

The Director, ANIMS, Dr. AK Mandal disclosed that 42 COVID positive patients are presently undergoing treatment in the Hospital. Today, 5 COVID patients were discharged and 4 new patients have been admitted. He said, out of the 42 patients, 30 patients are on Oxygen and one patient is on ventilator.

The Deputy Director, G.B. Pant Hospital, Dr. Amitabha De said that in the three COVID Care Centres functioning in Port Blair, 10 patients are presently being taken care of in these three COVID Care Centres and no new cases have been admitted today. Apart from this, 4 patients are being taken care of at Wimberlygunj COVID Care Centre.

## Heavy rain to occur in Isles for next four days

Port Blair, June 6

The Southwest monsoon has set in A&N Islands. With this, heavy rainfall is being witnessed in various parts of the Islands. As per the IMD bulletin for the next 5 days, heavy rain (7- 11 cm) is likely to occur at one or two places over A & N Islands on June 7, 8, 9 & 10. Thunderstorm with lightning and gusty wind (wind speed reaching 30-40kmph) is also likely to occur at one or two places over A & N Islands on June 7. Similarly, on June 8, 9 & 10, thunderstorm with lightning and squall (wind speed reaching 40-50kmph) is also likely to occur at one or two places over A & N Islands.

Due to strong southwest monsoon current over Andaman Sea and neighbourhood the wind speed is likely to exceed 45 KMPH over the region. Fishermen have been advised not to venture into the Andaman Sea and neighborhood from 8-10 June, 2021.

For further enquiries/information contact helpline of State Emergency Operation Centre at Helpline No. 1070 & District Emergency Operation Centre at Helpline No. 1077.

For any emergency/assistance at sea, one may call Coast Guard SAR Agency at Toll Free number 1554, the press release from Directorate of Disaster Management quoting IMD added.



Pic shows Diglipur drenched in heavy downpour on June 6

अंडमान तथा निकोबार प्रशासन  
ANDAMAN & NICOBAR ADMINISTRATION  
सचिवालय/SECRETARIAT

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

(No. 433/06<sup>th</sup> June 2021)  
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 06.06.2021

> Status of Cases :

Second Wave since: 01.03.2021	
Active new case in last 24 Hours	14
Discharges in last 24 hours	18
Total confirmed cases	2125
Total Discharges	1962
Total Active case as on date	103
Total Deaths	60

Cumulative since March 2020

Details	On 05 <sup>th</sup> June 2021	On 06 <sup>th</sup> June 2021	Total
Confirmed Cases	7105	14*	7119
Cured/Discharged from Hospital	6876	18	6894
Death	122	00	122

\*Includes 02 positives from Airport arrival.

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	06	280
South Andaman	5583	97	5486
Nicobar	507	00	507
Total	6376	103	6273

# Total 14 containment zones formed in South Andaman District

> Status of Sample and Testing:

Total Samples sent till date	390574
Total Reports received till date	390574
Total Pending Reports	0
Rate of Testing Per Million	976435
Cumulative Test Positivity Rate	1.82%

COWIN 1.0

> Vaccination Status

Total population	4,00,000
Target Beneficiaries	2,81,603(Aprox)
Cumulative Beneficiaries vaccinated so far	1,27,970
Cumulative Beneficiaries vaccinated with 1 <sup>st</sup> Dose so far	1,10,576
Cumulative Beneficiaries vaccinated with 2 <sup>nd</sup> Dose so far	17,394
% of population vaccinated	27.64

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 <sup>th</sup> May 2020 to 05 <sup>th</sup> June 2021	On 06 <sup>th</sup> June 2021	Total
Incoming Passengers			
a) VSI Airport	243535	407	243942
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	255607	422	256029
b) Haddo Wharf	928	0	928

(On 06.06.2021, 400 passengers were retested by RTPCR at Airport)

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

## Shielding islanders through vaccination...

(Contd. from page 1)



through the App. In South Andaman, the vaccination is being done at JNRM Vaccination Centre between 9.30 am and 12.30 pm. The general public have been requested to follow COVID Appropriate Behaviour while going for vaccination.

## COVID-19: Administration strictly...

(Contd. from page 1)

isolation beds available, 6 are occupied and 280 are vacant. It is noteworthy to mention that the Nicobar District is free from corona as on date and so, all the 507 isolation beds are vacant.

In South Andaman District, as on date, a total of 14 Containment Zones have been formed and the Administration is ensuring its strict compliance by making available the required facilities to facilitate the people residing inside the containment zones. Officers have also been deputed to maintain strict perimeter control and ensure that there is no movement of people in or out of these zones, except for medical emergencies and for maintaining supply of essential goods and services.

Since the outbreak of COVID-19 in A&N Islands, the testing has been augmented manifold and as on date, 3,90,574 samples have been tested in A&N Islands. Further, the Islands Test Per Million (TPM) stands at 976435, which is one of the highest in the country with an average of 869 tests being done per day. Vaccination drive is also being conducted simultaneously and as on date 1,27,970 beneficiaries have been vaccinated in A&N Islands, out of the total population of 4 lakhs.

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

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



## COVID ALERT

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



- Total number of active cases in India: 1477799
- Deaths in India: 346759
- Total no of active cases in Andaman since 1.03.2021: 103
- Total Deaths since 1.03.2021: 60
- Surge in a single day: 14

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

## Let's Promote CHALLENGE

To Fight against COVID-19



Follow 3 EASY RULES

Handwash, Gargling, Steam, Stay Protected!

OFFICE OF THE DEPUTY COMMISSIONER  
South Andaman District

## GARBAGE COMPLAINT 24X7

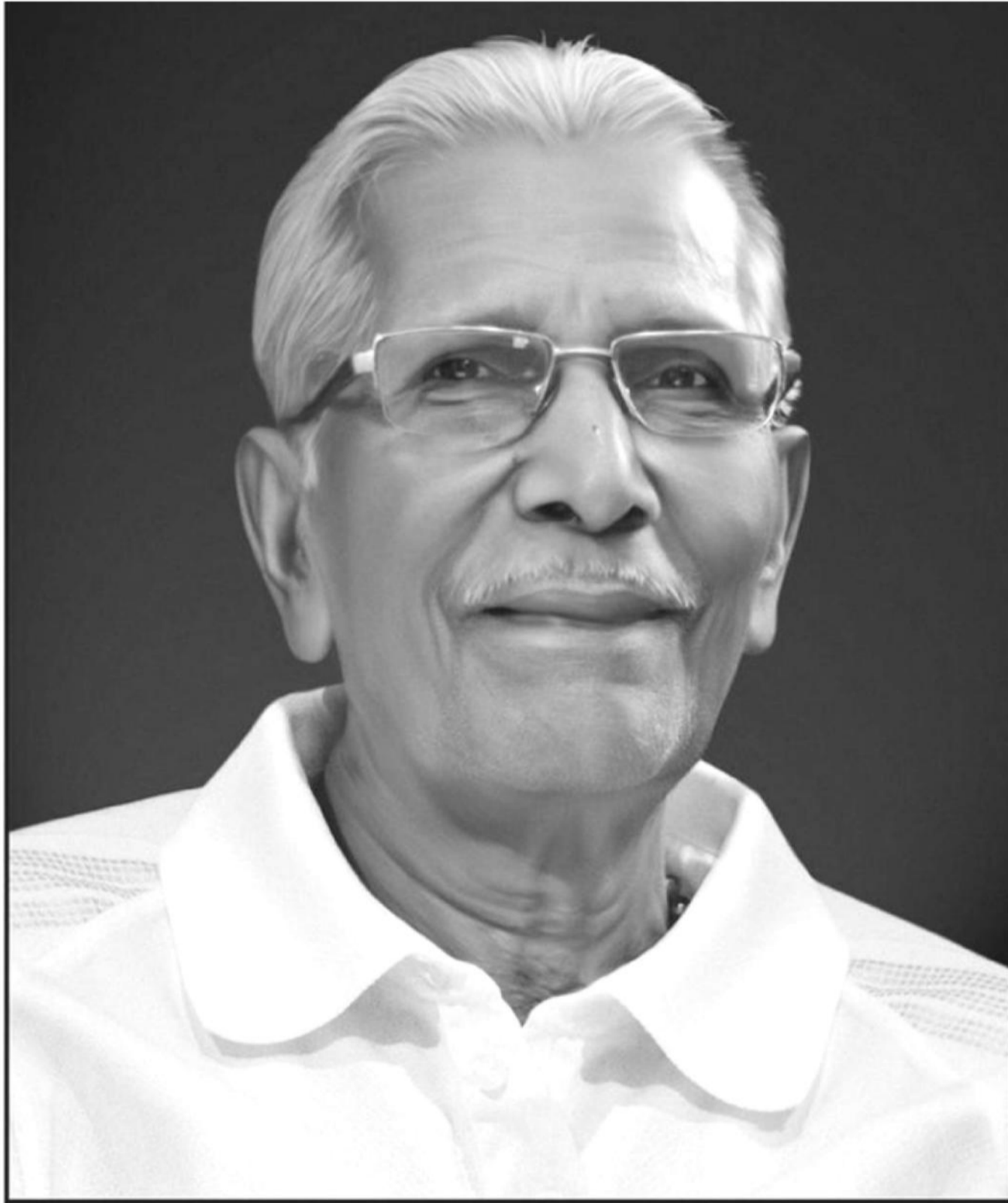
CALL NOW 03192-231179  
PBMC CONTROL ROOM



# SHRADHANJALI



" Pappa, our fairy gift, our heritage"



## Late Shri. R. Sreedharan

(12<sup>th</sup> January 1926 - 07<sup>th</sup> June 2016)

*Loving, divine, sacrificing, such was our patriarch.  
He was the baton of honour who led us through the dark.  
His handsome smile could span any distance, near or far.  
He was the fiery, blazing idol, we called a star.  
As a mentor, he favoured sports over books, for he knew,  
life is gauged by moments and not by pages.  
From being Sulekha's love, Beena's strength, Sunil's rock and Lata's devotion;  
To Deepti's courage, Divya's power, Suparn's virtue and Shradha's every emotion;  
He has lived among us like the air we breathe.  
He now abodes in Darsh's might, Mishita's fierceness and Raghavan's generosity.  
No one else could be so special and wonderful as you were.  
You were one in a million and you truly were the BEST.  
Our Hero, Pappa will never cease to live within us eternally.*

Fondly remembered by: Sulekha, Beena, Sunil, Lata, Deepti, Divya, Suparn and Shraddha.

# Cumulative COVID-19 vaccination coverage exceeds 23 crore doses in country

New Delhi, June 6

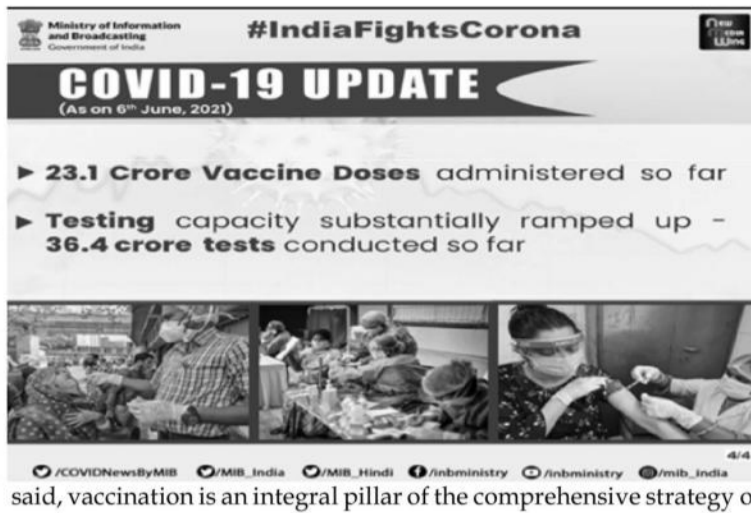
India has crossed a major landmark with administration of more than 23 crore Covid Vaccine doses to the beneficiaries so far. The Union Health Ministry has informed that more than 33 lakh 53 thousand vaccine doses were given in the country in the last 24 hours. Out of this nearly 30 lakh beneficiaries were vaccinated the 1st dose whereas around 3 lakh 53 thousand beneficiaries received their 2nd dose of the vaccine. The cumulative figure of vaccine doses administered under the largest vaccination drive in the world now stands at over 23 crore 13 lakh.

The Health Ministry confirmed that so far over 2 crore 77 lakh doses of the vaccine has been given to people in the age group of 18 to 44 years. Nearly 17 lakh beneficiaries in this age group received their first jabs in the last 24 hours whereas around 50 thousand others were given their second dose. The Ministry said, more than 10 lakh beneficiaries in the age group of 18-44 years have already received their first dose of COVID vaccine in the States of Bihar, Delhi, Gujarat, Haryana, Karnataka, Maharashtra, Madhya Pradesh, Rajasthan,

Tamil Nadu, Uttar Pradesh and West Bengal.

So far nearly 18 crore 50 lakh people in the country have received their first dose of the COVID vaccine whereas over 4 crore 60 lakh have been fully vaccinated with both the required doses. Union Health Ministry

said, vaccination is an integral pillar of the comprehensive strategy of



## National recovery rate improves to 93.67 per cent

New Delhi, June 6

Nation continues to march strongly on its path of COVID recovery with gradual decrease in total number of active cases. For the 10th consecutive day today, the number of new daily cases remained much below the 2 lakh figure. In the past 24 hours, over 1 lakh 89 thousand COVID patients successfully recovered from the disease whereas in the same time span 1 lakh 14 thousand 460 fresh cases were recorded nationwide. The number of fresh cases reported is the lowest in the last around 2 months. With this the recovery rate in the country has further improved to stand at 93.67 per cent. The cumulative share of

active COVID cases in the country continues to witness consistent decline and comprises nearly 5.13 per cent of the total reported cases. The Health Ministry has informed that currently nearly 14 lakh 77 thousand people are reported to be suffering from the viral pandemic and are either hospitalised or are under home isolation. The daily positivity rate also remained at around 5.62 per cent and much below the 10 per cent mark for the 13th consecutive day. The Ministry added that so far, over 2 crore 69 lakh people have recovered from the COVID-19 infection in the country. The Health Ministry has informed that two thousand 677 COVID related deaths were reported in the last 24 hours taking the cumulative

toll to 3 lakh 46 thousand 759.

With a special focus on the 5-point principle of 'Test, Track, Treat, Isolate & Vaccinate', the number of cumulative COVID-19 testing reported by Indian Council of Medical Research, ICMR has surpassed the figure of 36 crore 47 lakh. The apex medical research body has informed that in the past 24 hours another milestone in terms of daily testing was achieved with more than 20 lakh 36 thousand samples being tested across the country. As of today, two thousand 624 laboratories are engaged in the work of testing COVID samples across the country which includes one thousand 268 government and one thousand 356 private labs. (Source:india.gov.in)

the Government for containment and management of the pandemic, along with Test, Track, Treat and COVID Appropriate Behaviour. The Liberalised and Accelerated Phase-3 Strategy of Covid-19 Vaccination has come into force from 1st of last month. (Source: india.gov.in)

### 29th Happy Birthday

On 07.06.2021



**S. Karuppiah**  
R/o Calicut  
Best wishes from:  
Papa, Mummy, Bhai, Bhavi & all my friends, Ph. 9679570434

## 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.

## OBITUARY

You will always be part of us in our hearts and our prayers, we will miss you and fondly remember you in every moment of our life



**DOB : 29/9/1933 DOD: 4/6/2021**  
With profound grief it is to inform the sad demise of my beloved husband **Shri Sohan Lall, Retired Assistant Director (Administration), A & N Administration, S/o Late Mohan Lall, R/o Dairy Farm.** His demise is great loss to our family. May his soul rest in peace  
**Inserted by:** Smti. Kamini Kumari (Wife) and all family members & relatives.

**"Though nobody can go back and make a new beginning... Anyone can start over and make a new ending."**

I want you to know that my journey to recovery would have been incomplete without your support. It would have been impossible to remain positive had you not given me hope through these tough times.

Thanks to my daughter Maunasree, all family members, friends, colleagues, PBMC staff and IP&T staff for always being along with me and giving strength during my treatment and also filling my absence amidst untimely demise of my beloved wife G. Susheela, TSM, IP&T on 18/05/2021.



**"Susheela (Bujji), Never truth in life are hard to accept. Your memories will never be forgotten! Those will always remain with us forever."**

Finally, countless thanks to the entire Medical Team who are working day and night for keeping us safe. I appreciate your bravery for risking your life during this pandemic. Wishing them heartiest gratitude for their greatest contribution.

Venket Raman  
Work Assistant, PBMC

## 6th Death Anniversary of our beloved mother



**Smti. K.G Anandavally**  
on 07.06.2021

*I truly never learned what the words "I miss you" were Until I reached for my mom's hand and it wasn't there.*  
**"Miss you mom".**

**Fondly remembered by:** Prameela, Preeti (Daughters), Sangeet, Sree Kumar and Sree Valsan (Sons), Daughter-in-laws and Grand Children.

## 3rd Death Anniversary



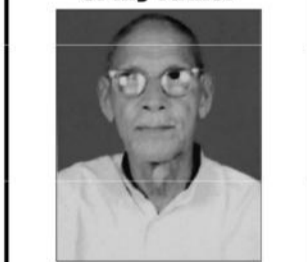
**Late Gujju Sridhar**

D.o.B: 15.06.1989 D.o.D: 07.06.2018

*To Live in the hearts of those we love is never to Die*

**Fondly Remembered by:** Family Members & Relatives

## Fifth Death Anniversary of my Father

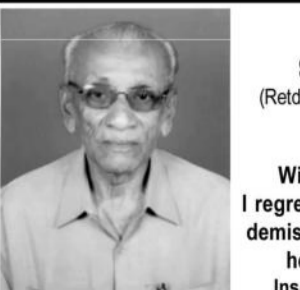


**Late Pandit RAGHUBANS SHARMA (Retd. Sub Inspector),** Andaman & Nicobar Police Deptt., the following message from my family.

*"We never lose the people we love, even to death. A father may pass on, but his thoughts, hopes and dreams live on in us".*  
*"You will live in our hearts forever. May God give you eternal rest"*

**Fondly remembered by:** Rawali Devi (Wife), Rajeshwar Sharma (Son) & all family members, Shadipur

## OBITUARY



**Shri Sohan Lall,** aged 88 yrs. (Retd. Asstt. Director, Education Department) H/o Smti Kamini Kumari R/o Dairy Farm, Near PS Mill

**With profound grief and sorrow, I regret to inform the sad and untimely demise of my grandfather who left for heavenly abode on 4.06.2021.**

Inserted by: Manish Lall (Grandson)