

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Weather Report
Light to Moderate rainfall very likely over Port Blair. Maximum and Minimum temperature will be around 29°C and 25°C respectively on Saturday 08/08/2020.
Maximum Temperature (°C) of Date: 28.6
Minimum Temperature (°C) of Date: 25.3
Relative Humidity(%) at 0830 IST : 092
Relative Humidity(%) at 1730 IST : 095
Sunrise time on 08.08.2020 (in IST): 0508
Sunset time on 08.08.2020 (in IST): 1742
Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 004.0
Rainfall upto 1730 hrs of date in mm: 010.8
Rainfall (Progressive total from 1st January 20 upto 0830 hrs (of date) in mm: 1466.7 mm

Regn. No. 34190/75

No. 211

Port Blair, Saturday, August 08, 2020

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

Prime Minister Shri Narendra Modi to inaugurate submarine cable connectivity to Andaman & Nicobar Islands on 10th August

High-speed Broadband connectivity for A&N Islands Undersea cable of nearly 2300 KM length between Chennai-Port Blair and Port Blair & 7 Islands A big boost to e-governance, tourism and Information Technology

New Delhi, Aug 7 (PIB)

Prime Minister, Shri Narendra Modi will inaugurate and dedicate to the Nation through video conferencing the submarine Optical Fibre Cable (OFC) connecting Chennai and Port Blair on 10th August, 2020. The submarine cable will also connect Port Blair to Swaraj Dweep, Little Andaman, Car Nicobar, Kamorta, Great Nicobar, Long Island, and Rangat. This connectivity will enable delivery of faster and more reliable mobile and landline telecom services to Andaman & Nicobar Islands, at par with other parts of India. The foundation stone for this project was laid by the

Hon'ble Prime Minister on 30th December 2018 at Port Blair.

Once inaugurated, the submarine OFC link will deliver bandwidth of 2x200 Gigabits per second (Gbps) between Chennai and Port Blair, and 2x100 Gbps between Port Blair and the other Islands. Provision of reliable, robust, and high-speed telecom and Broadband facilities in these Islands will be a landmark achievement from the viewpoint of consumers, as well as for strategic and governance reasons. 4G mobile services, which were constrained due to limited backhaul bandwidth provided via satellite will also see a major

improvement.

Enhanced telecom and Broadband connectivity will boost tourism and employment generation in the Islands, give an impetus to the economy and raise standards of living. Better connectivity will also facilitate delivery of e-Governance services such as telemedicine and tele-education. Small enterprises will benefit from opportunities in e-commerce, while educational institutions will utilize the enhanced availability of bandwidth for e-learning and knowledge sharing. Business Process Outsourcing services and other medium and large enterprises

will also reap the benefits of better connectivity.

The project is funded by the Government of India through the Universal Service Obligation Fund (USOF) under the Department of Telecommunications, Ministry of Communications. Bharat Sanchar Nigam Limited (BSNL) executed this project while Telecommunications Consultants India Limited (TCIL) are the Technical Consultants. About 2300 Kms of Submarine OFC cable has been laid at a cost of about Rs 1224 Crore, and the project has been completed in time.

PM delivers inaugural address at the Higher Education Conclave

National Education Policy aims to keep the current and future generations - Future Ready: PM Policy lays the foundation of the New India

New Delhi, Aug 7 (PIB)

Prime Minister, Shri Narendra Modi delivered the inaugural address at the Higher Education Conclave. Prime Minister mentioned that the National Education Policy was approved after extensive deliberations over 3-4 years and brainstorming over lakhs of suggestions. He noted that health debate and discussions are taking place on National Education Policy across the country.

National Education Policy aims at making the youth Future Ready while focussing on the National Values and National Goals. Shri Narendra Modi said that the policy lays the foundation of the New India, the 21st Century India, the education and skills needed for the youth to strengthen India, to advance it to new heights of development and to further empower the



citizens of India to make them suitable for maximum opportunities.

The Prime Minister said that for

years our education system remained unchanged leading to lopsided priorities where people were focussing on either becoming a doctor, an engineer or a lawyer. He said there was no mapping of the Interest, Ability and

(Contd. on last page)

Supply of piped water once in 3 days in urban areas

Citizens advised to adopt best water conservation measures

Port Blair, Aug 7

Due to sufficient rainfall in the catchment and surrounding areas of Dhanikhari dam during the past few days, the level of water in the dam has reached 59.65 metres as on 07.08.2020. According to the rainfall data, there has been 1100 mm of rainfall between 3rd July, 2020 to 6th August, as a result of which, the water level in the dam after meeting the daily drawl has gone up by 11.28 metres (from 48.37 metres to 59.65 metres). It is also to mention that the present



level of water in the Dhanikhari dam is still 4.18 metres below the corresponding level in 2019.

As the water level in the Dhanikhari dam has reached 59.65 metres and some more rains are expected in the coming days, it has been decided to commence once in 3

(Contd. on last page)

Administration committed to prevent COVID-19 among Particularly Vulnerable Tribal Groups

Port Blair, Aug 7

The Administration endeavours to protect Particularly Vulnerable Tribal Groups (PVTGs) and keep them safe from COVID-19 pandemic. Keeping this in mind, the Administration has taken a number of proactive steps from March, 2020 itself, to contain spread of COVID-19 infection among the tribes

especially Jarawa who are more exposed to non-tribal passing through Andaman Trunk Road (ATR) and fishermen on the west coast. The other PVTGs such as Onges, Andamanese and Shompen are living in isolated settlements where contact with outsiders is very negligible.

The Administration has restricted convoy to one

and allowing movement of only essential goods carrying vehicles/ ambulance/ hearse van and emergency travel of public on the ATR. The Tribal have been sensitized about COVID -19 with pictures/videos in their own language by the field staff. All the field staff and PRI functionaries and villagers of the area adjoining the tribal reserve

have been sensitized with Do's & Don'ts and Standard Operating Protocol (SOP) for COVID-19. Hoardings containing Do's & Don'ts have been put in place in Jirkatang and Middle Strait for information of the general public travelling on the ATR passing through Jarawa Tribal Reserve.

Prior to the spread of (Contd. on last page)

Providing psychological succour

Social Welfare Deptt. operates One Stop Centre in all three Districts to provide counseling service to persons suffering from psychological trauma

Port Blair, Aug 7

WHO has declared the outbreak of COVID-19 as a pandemic. The COVID-19 outbreak and social distancing has led to social isolation, anxiety, fear of contagion, uncertainty and economic difficulties which have led to development or exacerbation of stress related disorders and suicide, particularly in individuals with pre-existing psychiatric disorders, low resilience

or whose family member or friend has died of COVID-19.

COVID-19 survivors are at an elevated suicide risk. Stressful experiences such as learning about the diagnosis of COVID-19, fear of infecting others, symptoms of the illness, hospitalization and loss of income may lead to the development of anxiety, depression and post-traumatic stress disorder. Neurological disorders such as headache and

seizure are also associated with suicidal behavior.

This is the time when we need to take charge of ourselves and be a support for our family, co-workers and our community by focusing on the positives. These Islands have a close knit social system, strong family ties and excellent health infrastructure. Apart from the '102' Helpline of Health Department, telemedicine

services are being provided by the specialists of GB Pant Hospital.

Social Welfare Department, A & N Administration is committed to providing all necessary assistance to any person suffering from anxiety, depression and distress. The One Stop Centre/Women's Helpline under Department of Social Welfare have trained counselors available 24x7 to provide (Contd. on page 2)

COVID-19: Only essential activities allowed in Containment Zones

Residents of Containment Zones can contact area in-charges for any assistance

Port Blair, Aug 7

In the wake of rapid increase of COVID-19 cases in the South Andaman District, areas with a cluster of COVID-19 positive cases/significant number of ILI cases have been declared as Containment Zones.

(Contd. on last page)

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

CMYK

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)

(No. 130/ 07th August 2020)

COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON

07.08.2020

> Status of COVID-19 Cases :

Total Confirmed cases	1222
Cured/Discharged from Hospital	425
Death	19
Active Cases	778

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Positive Cases Admitted
North & Middle Andaman	123	16	16
South Andaman	367	259	259
Nicobar	26	00	00
Home Isolation	00	503	503

* No cases are admitted at Private Hospital.

> Status of Sample and Testing for COVID 19:

Total Samples sent till date	26915
Total Reports received till date	25443
Total Pending Reports	1472
Rate of Testing Per Million	63608

> House to House surveillance throughout South Andaman District including Containment Zones (Shorepoint, Prem Nagar, Garacharma, Bathu Basti, Dairy Farm, Phoenix Bay, Junglighat, Aberdeen and Haddo) are being conducted by District Administration with the help of Health Workers. 68086 population is being surveyed daily.

> Intensive awareness is continued through print and electronic media.

> 17816 Incoming Passengers screened at VSI Airport and 871 screened at Haddo Wharf by medical teams since 25.05.2020.

> 22092 Outward Passengers screened at VSI Airport and 928 screened at Haddo Wharf by medical teams since 25.05.2020.

> 8883 samples of vulnerable passengers (Persons of the age of 65 years and above, persons with co-morbidity, children age below 10 years, pregnant women, persons coming from mainland after treatment alongwith their attendant and persons who are destined to tribal areas of Islands) collected at VSI Airport/Harbour since 30.05.2020.

> 12692 Calls received by Health Department through Helpline 102 till date to avail health services.

SURVEILLANCE DATA (w.e.f 25.05.2020)

1.	Asymptomatic Passengers (Flight) under Self-Monitoring for 14 days till Date	2185
2.	Asymptomatic Passengers (Flight) completed 14 Days Self-Monitoring	15568
3.	Asymptomatic Passengers (Ship) in isolation in Govt. Facilities.	NIL
4.	Asymptomatic Passengers (Ship) put in Home Quarantine as on date	625
5.	Asymptomatic Passengers (Ship) completed 14 days Quarantine inclusive of journey period/isolation period	727
6.	Symptomatic Persons isolated in Health facility as on date	66
7.	Symptomatic Persons under Home Isolation as on date	00
8.	Symptomatic Persons completed 07 days in Home Isolation	11
9.	Contacts put under Home Quarantine till date	3115
10.	Contacts completed 14 days period of Home Quarantine	1219
11.	Contacts (Symptomatic) put under Isolation in Government Facilities	01
12.	No. of Passengers (Flight) of Outlying areas quarantined in Govt. Facilities as on today	08
13.	No. of Passengers (Flight) of Outlying areas released from quarantined after they tested Negative as on today	284

24x7 CONTROL ROOM NUMBERS: 240126/ 232102 / 1077/ 1070

(Source: Principal Secretary (Health), A&N Administration)

Residents of Containment Zones can

(Contd. from page 1)

The details of these areas are as under:

Sr. No.	Containment Zone Area	Officer In-charge	Contact No.
1.	Shore point	Rajendra Pal, BDO(Ferrargunj)	9434270703
2.	Prem Nagar (Part)	Kamal, Patwari	9474275727
3.	Bathu Basti (Part)-Garacharma (Part)	Prabhakar Rao, Tehsildar (Sett.)	9474211000
4.	Junglighat (P)-Dairy Farm (P)	Prem Singh Meena, AC (Sett.)	9531972861
5.	Phoenix Bay(Part- Behind Murugan Medical)	Jayanto Chakraborty, Revenue Inspector	9531823898
6.	Haddo Ward-2 (Part-Area around Tirupati Temple)	Murugan, Surveyor	9531926577
7.	Aberdeen Bazaar (Part- Behind Ratnam Market)	Omprakash, Revenue Inspector	9434262043

In the Containment Zones, only essential activities are allowed. Strict perimeter control is being maintained in the Containment Zone area to ensure that there is no unauthorized movement of residents outside the containment zones and no unchecked influx of population is allowed. Special movement passes are however being issued for medical emergencies and for maintaining essential supplies of goods and services inside the containment zone area. A record of movement of persons in/out of the containment zones is being maintained and there is regular sanitization inside the containment zone areas. Regular patrolling of the area is being done by the police/ area in-charges to ensure strict observance of the National directives on COVID-19 and to check non-essential/non-emergency movement of people inside the Containment Zones.

The District Administration alongwith line departments are ensuring that essential services and requirements of the people living in these Containment Zones are being met. Volunteers have been appointed in the Containment Zones to assist/point out needy cases and to help in home delivery of essentials and medicines. In the larger Containment Zone areas of Bathubasti (Part)-Garacharma (Part), Junglighat (Part)-Dairy Farm (Part) and Shorepoint village, dedicated vehicles have been placed at the disposal of the Containment Zone in-charges for the movement of medical cases to the Hospital/Health Centre. The residents of the Containment Zones can contact the area in-charges for any assistance/need.

The cooperation of the residents of the Containment Zones is solicited for containing the spread of COVID-19 in the Containment Zone area and in the district. Strict action as per law is being taken against the violators/those who venture out of the Containment Zone without the approval of area in-charge through special movement pass, a press release from District Magistrate (SA) said.

National Education Policy aims to keep the current and future

(Contd. from page 1)

Demand. The Prime Minister questioned how could critical thinking and innovative thinking develop in the youth, unless there is passion in our education, philosophy of education, purpose of education.

The Prime Minister said National Education Policy also reflects the ideals of Guru Rabindranath on Education, which aims at bringing our lives in harmony with all the existence. He said, a holistic approach was needed, which the National Education Policy has achieved successfully. He said, the Policy was formulated keeping in mind two biggest questions: Whether our education system motivates our youth for Creative, Curiosity and Commitment Driven Life? And whether our education system empowers our youth, helps in building an Empowered Society in the country? On this, he expressed satisfaction that National Education Policy takes care of these pertinent issues.

The Prime Minister said that India's education system needs to change according to the changing times. The new structure of a 5 + 3 + 3 + 4 curriculum is a step in this direction, he added. He said that we have to ensure that our students become Global Citizens and also remain connected to their roots.

The PM said the New Education Policy stresses on 'How to think'. He said the emphasis on inquiry-based, discovery-based, discussion based, and analysis based learning methods for children will enhance their urge to learn and participate in the classes.

The PM urged that every student should get the opportunity to follow his passion. It often happens that when a student goes for a job after doing a course, he finds that what he has studied does not meet the requirement of the job. He said that many students also leave the course. He said in order to take care of the needs of all such students, the option of multiple entry-exit has been provided in the New Education Policy.

PM said the New Education Policy provides for a Credit Bank so that students can have the freedom to leave a course in between and utilise them later when they want to resume their courses. He said that we are moving towards an era where a person will have to constantly re-skill and up-skill himself. The PM said that the dignity of every section of society plays a big role in the development of any country. Therefore, a lot of attention has been given to student education and dignity of labor in National Education Policy.

PM said that India has the ability to give solutions of talent and technology to the whole world, and that the National Education Policy also addresses this responsibility, which aims at developing many technology-based content and courses. He said that concepts like virtual labs are going to carry the dream of better education to millions of peers who could not read such subjects before, which required Lab Experiment. National Education Policy is also going to play an important role in ending the gap of research and education in our country.

The PM said that National Education Policy can be implemented more effectively and at a faster pace only when these reforms would be reflected in institutions and infrastructure. He said that the need of the hour is to build the values of innovation and adaptation in society and this should start from the institutions of our country. The Prime Minister said that higher education institutions need to be empowered through Autonomy. He said that there are two types of debates about Autonomy. One says that everything should be done strictly under Government control, while the other says that all institutions should get Autonomy by default. He said that the first opinion comes out of a mistrust towards non-government institutions while Autonomy is treated as an entitlement in the second approach. He said the path to Good Quality Education lies somewhere in the middle of these 2 opinions.

He felt the institute that does more work for quality education should be rewarded with more freedom. This will provide encouragement to quality and will also give incentive to everyone to grow. He wished that as the National Education Policy expands, the autonomy of education institutions will also get faster.

Quoting former President of the country, Dr. APJ Abdul Kalam "The purpose of education is to make good human beings with skill and expertise. Enlightened human beings can be created by teachers." The Prime Minister said that the Policy focuses on developing a strong teaching system where teachers can in turn produce good professionals and good citizens. There is a great emphasis on teacher training in National Education Policy, they are constantly updating their skills, there is a lot of emphasis on this.

Air India Express flight skids off runway while landing at Kozhikode

Kozhikode, Aug 07 The plane after skidding from runway crash landed and spilt into two passengers including Rescue crew members on board operations are on full swing. Heavy rain is continuing in the region. Passengers are being shifted to nearby hospitals. (india.gov.in)

General public appealed to adhere to SWM protocols
City dwellers urged to hand over segregated waste to Frontline Sanitary workers

Port Blair, Aug 7

In view of increasing number of containment zones as well as COVID-19 patients, the Frontline Sanitary workers are also being affected due to handling over of non-segregated wastes by the citizens. As per Solid Waste Management SWM Rules, the Waste Management is everyone's responsibility and PBMC has appealed to its citizen to segregate wet/ dry waste at their



household level. It has also appeal to use the organic waste by using earth pit with stabilizers such as earthworms/cow dung slurry, in a pit of size 1'(length), 1'(width) & depth of 2, this will

deep burial system under the supervision of Sanitary Inspectors with proper PPE kits as per Govt. of India protocols.

It is further requested that, before handing over dry waste to sanitary workers, it should be properly washed / sanitized, a press release from PBMC said.

Supply of piped water once in 3 days

(Contd. from page 1)

to adopt best water conservation measures and harvest rainwater for domestic use. Further, the citizens have been encouraged to initiate construction of rainwater harvesting structure in every dwelling unit for better water conservation management, a press release from APWD said.

Administration committed to prevent ...

(Contd. from page 1)

COVID-19 pandemic in the Islands, the Administration shifted all Jarawa tribe to west coast as a containment measure, where there is minimal possibility of interaction with outsiders. Administration is providing some food articles as supplementary nutrition so as to reduce their tendency to return to ATR. Intensified patrolling has been put in place on the west coast to prevent any contact of fishermen/ poachers with Jarawa with the help of Police and Fisheries Departments.

The officials of Police, Health, Electricity and Education Departments are being screened/tested before entry into the tribal settlements at Strait Island and Dugong Creek.

AAJVS has reduced the number of field workers engaged for the welfare and protection of Jarawa tribe and coming directly in contact with Jarawa to minimum. Moreover, these workers are regularly sensitized to interact with tribal with face mask, gloves and from a distance, so as to avoid any contact with tribal.

Further, in view of surging COVID-19 cases in the Islands, the Administration as a proactive measure has decided to test all the field functionaries for COVID-19 when a few AAJVS workers were found positive. These workers were not deputed for duty for about a fortnight before as they are residents of densely populated areas and they have been isolated. As a preventive measure, the Administration had been conducting thermal screening from March end and now started Rapid Antigen testing of crew of commercial vehicles and travellers passing through ATR at Ferrargunj. Till date all the PVTGs are safe and the Administration is committed to protect our human heritage, a press release from Secretary (Tribal Welfare) said.

PBMC carries out sanitization in city areas to prevent spread of COVID-19



Port Blair, Aug 7

To prevent the spread of COVID-19, the Port Blair Municipal Council (PBMC) has deployed dedicated teams to carry out sanitization at various parts of the city to contain the spread of the pandemic. The PBMC

also carries out sanitization in the containment areas, quarantine homes/ institutions and vulnerable areas. The sanitization is carried out in addition to the routine work of cleaning and collecting garbage.

enforcement on violation of safety guidelines like not wearing mask, not maintaining social distancing and littering in public places are also being carried out by PBMC by imposing fines, a press release from PBMC said.

Social Welfare Deptt. operates One Stop Centre in all....

(Contd. from page 1)

counseling services and other necessary support. One Stop Centres are functional in all the 3 Districts and they can be contacted as detailed below:

Scheme Name	Address	Name of Contact Person	Mobile/Landline No.
One Stop Centre, South Andaman District	Junglight, Near Ayush Hospital	Ms. Sunanda Counselor	03192-234221 9840762492
One Stop Centre, North & Middle Andaman	Old DRDA Office, near State Library Mayabunder	Ms. Hemalata, Counselor	03192-273009 9531860556
One Stop Centre, Nicobar District	Perka Headquarter, Car Nicobar	Smti. Jeevanti Kujur	03192-265121 9531856023
Women's Helpline-181	Junglight, Near Ayush Hospital	Smti. Vijayalaxmi Senior Call Repondent	181 9775660749

The Anganwadi Workers have also been sensitized to identify persons with mental distress. Persons in need of psychological succor may get in touch with their area Anganwadi Worker and thereafter, the Social Welfare Department will render all necessary assistance to such persons.

To reduce suicides during COVID-19, it is imperative to decrease stress, anxiety, fear and loneliness.

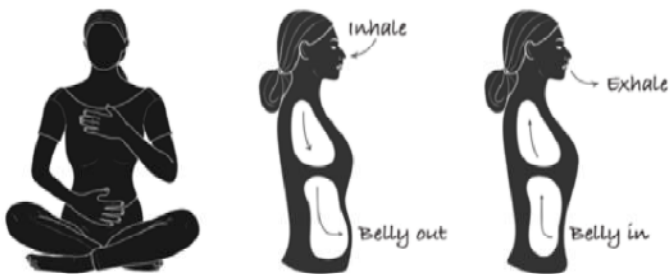
The red flags signs of suicidality include:-

- Worsening of pre-existing symptoms related to stress, anxiety or depression.
- Constant obsessive, intrusive thoughts that cannot be controlled or stopped with regards to the virus, like contracting it, getting quarantined, spreading it to others, fear of self or loved ones dying and anxiety about not having access to investigations or treatment.
- Severe anxiety symptoms like palpitations, difficulty in breathing or breathlessness, chest pain, headache, blurred vision or tremors.
- Feeling of helplessness, hopelessness, worthlessness and mental fatigue.

What can help:

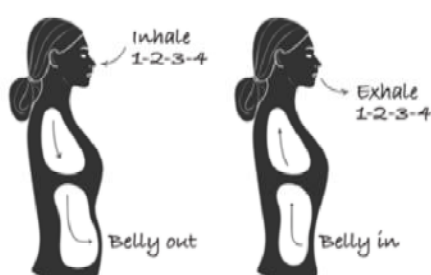
- Remember that this is a temporary period of isolation to slow the spread of the virus. There are teams of professionals trying to fight this out.
 - Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.
 - Engage in healthy activities that one enjoys and finds relaxing. Listen to music, draw or paint, do yoga or mediate regularly, pursue a hobby, read or write.
 - Maintain a regular sleep routine, eat healthy foods and maintain a balanced diet. Avoid binge-eating.
 - For those working from home, try to maintain a healthy balance by allocating specific work hours, taking regular breaks and establishing a schedule.
 - Avoid obsessively watching disturbing news and social media.
 - Establish a routine as best as possible and try to see this period as a new experience that can bring health benefits.
 - Do not feel helpless or hopeless about this situation and do reach out for mental health assistance if needed.
 - Be physically active. Do simple indoor exercises that will keep you fit and feeling fit.
 - Sharing in caring. Understand if someone around you needs advice, food or other essentials. Be willing to share.
 - Elderly people may feel confused, lost and need help. Offer them help by getting them what they need, their medicines, daily needs etc.
 - If you have children at home, keep them busy by allowing them to help in the household chores-make them feel responsible and acquire new skills.
 - Knowledge is power; the more you know about a certain issue, the less fearful you may feel. Make sure to access and believe only the most reliable sources of information for self-protection.
 - The symptoms of Corona have been well described. Follow the etiquette of sneezing, coughing avoiding spitting in public places etc.
- What is not advisable:**
- Avoid tobacco, alcohol and other drugs. Use of tobacco or alcohol or other drugs to cope with emotions or boredom can worsen physical, mental health and reduce immunity
 - Do not shun or judge people with COVID infection. While you need to maintain a physical distance and keep yourself safe to prevent such infection, remember they need care and concern.
 - If you happen to get infected with Corona, remember most people recover. Do not panic. Practice self-isolation and take medications that are advised.

Reduce stress levels with three types of deep breathing



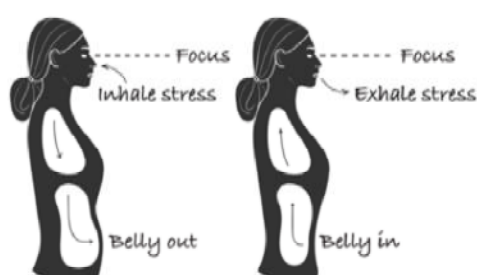
Belly breathing

Place one hand on your chest and one hand on your stomach somewhere above your belly button. Breathe in through your nose. Purse your lips and exhale through your mouth.



Equal breathing

Inhale for the same amount of time as you exhale. Using the belly breathing technique above, shut your eyes and pay attention to your breathing. Then, slowly count 1-2-3-4 as you inhale through your nose. Exhale for the same count. Repeat.



Focused breathing

While slowly inhaling and exhaling, choose a word to focus on, like "safe" and "calm." Using the belly breathing technique, do this for several minutes. Imagine yourself inhaling negative thoughts you might be carrying, then exhaling, or washing those negative thoughts away.

Recommendations of AYUSH for positive cases of COVID-19:

- Food should be freshly cooked, warm, easily digestible, and in suitable quantity as per individual needs. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (corander), Lahsun (Garlik), Adrak (Ginger), Pippali (Pepper) are recommended in cooking. Warm soups of lentils /pulses / meat can be taken as per preference. Avoid overeating.
- Use warm water for drinking (in optimal quantity at suitable intervals).
- Avoid foods/drinks like curd, banana, cold drinks, ice-cream, refrigerated items; and cold air which may trigger respiratory symptoms.
- AYUSH Kaadha:** Drink 150 ml of Herbal Tea /decoction [made by boiling Tulsi (basil), Dalchini (Cinnamon), Kalimirch, Shunthi (Ginger), Munakka (Raisin) in water] once or twice a day. Jaggery and fresh lemon juice may be added for taste.
- PratimaarshyaNasya:** Apply sesame oil /Coconut oil in both nostrils (Twice a day).
- Oil pooling (Gandusha):** Gargle with warm water twice a day (a tea-spoon full of Sesame oil, half tea spoon Haldi and pinch of common salt may be added to water).
- Steam Inhalation:** Thrice a day (Mint leaves or pinch of Ajwain (Carum seeds) may be added to the water in case of congestion)
- Half tea spoon of Clove powder or Licorice powder may be used once or twice a day along with honey for dry cough /sore throat.
- Have adequate sleep, preferably during night hours; avoid day sleep to the extent possible.
- Use warm water for bathing; and dry your hair thoroughly after head-bath.
- Stay calm and stress-free with daily practice of Yogasana, Pranayama, Meditation.
- Most important, think positive. You will overcome this problem.
- Consult concerned doctors at given numbers if symptoms persist/health condition worsens. (Ayurved Physicians- DrRekha...9932080905 Dr. Smily John -9434277885 ; Homeopath- Dr MA Jawed- Mob. 9434280366 .Dr. Krishnan Kutty 9933223599).



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



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



SOME HELPLINE NUMBERS

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

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

Classifieds

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





Ayurvedic Immunity Promoting Measures

1.  Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2.  Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3.  Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.



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

AFFIDAVIT
I, Salma Bibi, W/o Rajesh Singh, aged 32 years, R/o Chandini Chock, South Point, do hereby solemnly states and declares as follows :-
1. That my son's name is Shayaan Mondal.
2. That his name is mentioned as Harish Singh alias Shayaan Mondal in his birth certificate.
3. That his name is mentioned as Shayaan Mondal in his Aadhaar Card.
4. That I intend that henceforth his name should be read as Shayaan Mondal in all his documents and official records.
DEPONENT

AFFIDAVIT
I, Salma Bibi, W/o Rajesh Singh, aged 32 years, R/o Chandini Chock, South Point, do hereby solemnly states and declares as follows:-
1. That my daughter's name is Shaista Mondal.
2. That her name is mentioned as Kritika Singh alias Shaista Mondal in her Birth Certificate.
3. That her name is mentioned as Shaista Mondal in her Aadhaar Card.
4. That I intend that henceforth her name should be read as Shaista Mondal in all her documents and official purposes.
DEPONENT

AFFIDAVIT
I, Salma Bibi, W/o Rajesh Singh, aged 32 years, R/o Chandini Chock, South Point, do hereby solemnly states and declares as follows:-
1. That my son's name is Suhaan Mondal.
2. That his name is mentioned as Santosh Singh alias Suhaan Mondal in his birth Certificate.
3. That his name is mentioned as Suhaan Mondal in his AADHAAR Card.
4. That I intend that henceforth his name should be read as Suhaan Mondal in all his documents and official records.
DEPONENT

HOME SERVICE
AC (Air Conditioner), Fridge, Washing Machine, Micro Oven, Deep Fridge etc.
Contact: 9933230883, 9474219830, 8327355634


Read
Daily Telegrams

NOTICE
"The Draft Recruitment Rules of Group 'B' (Non-Gazetted), posts of **Foreman (Machine Shop), Foreman (Fitting Shop), Foreman (Plater Shop) & Foreman (Electrical Shop)** in Pay Level-6 Rs. 35400-112400/-, borne in the establishment of Directorate of Shipping Services has been hosted in A & N Administration's website www.andaman.gov.in for inviting claims and suggestions of the stakeholders within 30 days from the date of publishing this Notice. The claims and suggestions, if any may be submitted to the Director of Shipping Services, A & N Islands, Port Blair."
Deputy Secretary (Shipping)

NOTICE INVITING e- TENDERS
No. DB-TN/CD/CB/2019-20/1700 Dated the 30th July, 2020.
The Executive Engineer, Construction Division, APWD, Campbell Bay invites on behalf of the President of India, online Item Rate tenders from experienced and eligible Contractors having valid GST Registration and requisite experience of having successfully completed similar work(s) in terms of cost dealing with Civil works with any of the Govt. Organizations in the Andaman & Nicobar Islands for the following work:-
1. NIT No. 02/NIT (CB)/SE/CN/2020-21 Name of work: Construction of Marine Operational Centre Building at Campbell Bay. Estimated Cost: Rs. 1,74,82,770/-, Earnest Money: Rs. 3,49,655/- Period of Completion: 12 (Twelve) Months & last time & date of submission of bid: **13-08-2020 (10.00 hrs)**, Tender ID NO. 2020_APWD_629_1.
The Tender forms and other details can be obtained from the website eprocure.andaman.gov.in
Executive Engineer, Construction Division, APWD, Campbell Bay
ID No. 6817

ACKNOWLEDGEMENT
It is with the deepest sense of gratitude that I confer our earnest and sincere thanks to **Shri N. K. Udaya Kumar, Chairperson**, Municipal Council for inauguration of A & N Cargo Auto's and Pickup Van Association parking space at Dollygunj Junction on 28th June, 2020 at 10.30 AM.
I want to send my heartfelt thanks to Smti. S Usha, Councilor, Ward No. 16 for arrangement of inauguration function.
I also convey my loveable thanks to Shri P. Kumaresan, State President & Shri Dharma Raj, State General Secretary, All India Human Rights Protection, A & N Islands for their presence in the function
I sincerely thanks to all who are directly supported us.
Sd/- President (A & N Cargo Auto's & Pickup Van Association)

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Cleaning of Corona Virus.
Keep you and your employees protected from nasty germs virus. We serve to all segment like School, Colleges, Hotels, Offices, Houses and more.
We also deals with DRDO approved touchless Hand Sanitizer Machines, Masks, Gloves, Car Spraygun etc.
Contact@: 8001128444, 9933505707
Island Trading Agency
Near Carmel School, Phoenix Bay, Port Blair



(NIQ) NOTICE INVITING QUOTATION
NAME OF WORK: 25KVA GENERATOR, 03 Nos. Air Conditioner (AC) 1.5 Tone Each (I/C)/INSTALLATION PMU/MAYABUNDER (A&N)

Quotationer invited for procurement of (i) 25KVa Generator (Installation and maintenance, Diesel Silent and automatic type preferably made in India(ii) 03 Nos. AC (1.5 Tone) preferably made in India at PMU, NHIDCL, Mayabunder, at Vill-Lucknow, 2nd Floor, Above ICICI Bank, P.O-Webi, Mayabunder.

Quotation may be submitted **on or before 14.08.2020**. Installation place at PMU, Mayabunder, Vill-Lucknow, 2nd Floor, Above ICICI Bank, P.O-Webi.

- Sealed quotations are invited from established, experienced & reputed agencies having adequate experience in the work mentioned above.
- Vendor should supply the silent DG Set of 25 KVA, 3 Phase of ISI make with all the essential accessories, instruments etc. and install the same at the designated place in the PMU, Mayabunder, Vill-Lucknow, P.O-Webi. (However, all the wiring arrangements including provision, procurement and installation of the changeover switches, conduit pipes, electric wires etc. as well as the earth wire connection arrangements from the ground level upto the Site of Installation level shall be executed by vendor), and provide testing certificate by the vendor.
- Annual maintenance will be done by vendor, with well-trained mechanic from time to time, on need basis, for carrying out periodic service and for rectifying any defect in the DG set / AC as may be required.
- The duly filled quotation in sealed envelope shall be submitted in the PMU, Mayabunder, Vill-Lucknow, P.O-Webi / Site Office, NHIDCL, APWD, CE office, Nirman Bhawan, Port Blair up to **1500 Hrs on 14/08/2020** in envelope. The quotation will be opened on **17/08/2020 at 1600 hrs** by Quotation Evaluation Committee constituted for this purpose in the presence of intending Quotationer.
National Highways Infrastructure & Development Corporation Limited Branch office Address:
General Manager (P) NHIDCL, PMU, Mayabunder, Vill-Lucknow, P.O-Webi Pin Code: 744402 Ph: (O)273188/240517 9531849622

Ordinary Cycle Gear Cycle
at
Andaman Trade Syndicate
.22 Church Lane opp. Bishop's House near Hotel Nakstra Inn (Carmel School Road), Port Blair.

TO LET
2 BHK for Rent at Junglighthat @ Rs. 10000/- only.
Contact: 9434262446

TO LET
2 BHK & 1 BHK at Prothrapur, Near Hanuman Temple.
Phone No. 9474293239, 9932606861

e- TENDER NOTICE
CD-I/20-21/03
F.No. 37-DB/TN/CDI/PB/20-21/863 dt.29.07.2020
The Executive Engineer, Construction Division No-I, APWD, Port Blair invites on behalf of President of India, online Item Rate e-tenders (in form of CPWD-8) from the approved and eligible Contractors of APWD and non APWD contractors irrespective of their enlistment subject to the condition that they have experience of having successfully completed similar nature of work in terms of cost in any of the government department in A&N Islands and they should not have any adverse remarks for following work:
1. NIT No. :- 03/NIT/DB/CD-I/PB/20-21, Name of work: Addition and Alteration works in the Auditorium building at DBRAIT campus Dollygunj to make accessible for Divyang as per Access audit report under CD-I, APWD, Port Blair. Estimated Cost :Rs.77,68,636/- Earnest Money : Rs.1,55,373/- Cost of Tender Documents: Rs. 1,000/- & Time of completion:-06 [Six]Months [Tender ID No. 2020_APWD_646_1]
Tender should be filled on line upto **3.00 PM on or before 17.08.2020**. The tender will be opened on the same day at **03.30 PM** in presence of tenderers representative if any.
The tender forms and other details can be obtained from the website <https://eprocure.andaman.gov.in>
Executive Engineer Construction Division-I A.P.W.D., Port Blair
Tender ID No.2020_APWD_646_1

YOGA, ACUPUNTURE, NEUROTERAPY, GUASA & Varma Herbal Massage, LM-Neurotherapy & Yoga Courses
Increase your Immunity Power against Viral infections and reverse your Chronic Diseases by practicing regular Yoga & Drugless Naturopathy Therapies.
Quick relief from all pains Neurological Problems, B.P., all joints pains, Paralysis, Arthritis, Cervical & Lumbar Spondylitis, Stress, Disc compressed, Back Pains, Stress, Depression, Asthma, Sleeplessness, PCOD, Fibroids, Thyroids, Obesity, Diabetes, Cholesterol, Sinusitis, Kidney & Gall Bladder Stones, RA, Fatty Liver, Piles, Constipation, Gynace & Hormonal Problems, all Heart & Kidney Problems are treated. Organic Foods Available.
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Vasumathy Yoga Clinic, D.Farm Jn.. Cell: 9474234252, 9933220212

HIGH COURT FORM NO. (P) 5
(ORDER 5, RULE 20 (1 A) Code of Civil Procedure, 1908)
DISTRICT: SOUTH ANDAMAN
IN THE COURT OF THE JOINT CIVIL JUDGE SENIOR DIVISION
PORT BLAIR
Title Suit No. 06 of 2019

In the matter of:
Shri Omkar Nath Maurya & Ors. Plaintiffs
-Versus-
Smti. Sumitra Devi Defendants
To
1. Shri Dasarath Mondal, (Defendant No. 03)
S/o Govada Mondal, R/o Garacharma Village, Port Blair Tehsil, South Andaman District, Andaman & Nicobar Islands.
2. Shri Santosh Kumar, (Defendant No. 04)
S/o P. Lal, R/o Garacharma Village, Port Blair Tehsil, South Andaman District, Andaman & Nicobar Islands.


WHEREAS, the plaintiffs Shri Omkar Nath Maurya, S/o Lalta Ram Maurya, R/o Garacharma Village under Port Blair Tehsil, South Andaman District, Andaman & Nicobar Islands & 10 Others has instituted a suit against you for partition of the Landed Property bearing its Survey No. 122 / p, measuring an area of 0.37 Hectares i.e. 3700 Sq. Mtrs. situated at Garacharma Village under Port Blair Tehsil, South Andaman District, Andaman and Nicobar Islands.

(1) You are hereby summoned to appear in this Court in person or by a pleader duly instructed and able to answer all material questions relating to the suit (or who shall be accompanied by some person able to answer all such questions) on the 18th day of August, 2020 at 09.00 (A.M.) the forenoon.

(2) To state whether you contest or do not contest the claim either in whole or in part and if you contest to receive directions of the Court as to the date to which you written statement is to be filed, the witness or witnesses upon whose evidence you intend to rely in support of your defense are to be produced, the documents(s) upon which you intend rely are to be filed, also the date of trial and other matters; take notice that in the event of your admitting the claim either in whole or in part the court will forth with pass judgment in accordance with such admission, or in the event of the claim not being contested the suit shall be decided at once.


Take notice that, in default or your appearance on the day before mentioned, the suit will be heard and determined in your absence.
Given under my hand and the seal of the Court, this 24th Day of July, 2020.
Sd/- Seal Joint Civil Judge Senior Division At Port Blair.

12th Death Anniversary
On 08.08.2020



Late M. Sisu Kumar
R/o Buniyadabad
"Words cannot express our feelings of losing you. We remember you each moment with utmost respect and love in our hearts. Time can never erase your presence in our lives."
Remembered by: S. Sreeja (Daughter), Sreejith S.S (Son), Shruthi (Daughter-in-law), family & friends.

3rd Death Anniversary
On 08.08.2020



Late Nita Roy
"In ever loving memory of our beloved flower."
Remembered by: Mummy, Papa, Masi, Bhaiya, Bhabi and friends.

TO LET
New constructed 01 No. Double Bedroom and 02 Nos. Single Bedroom, 24 hours water supply available near SL Hotel, Prothrapur. Contact: 9933274893 / 9434261556

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