

NOVEL CORONAVIRUS DISEASE (COVID-19)



M - Mera
A - Apka
S - Suraksha
K - Kawach

**Always wear Mask
Protect yourself and others**

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Light rainfall very likely over Port Blair. Partly cloudy sky. Maximum and Minimum temperature will be around 30°C and 26°C respectively on Sunday 08/08/2021.

Weather Report

Maximum Temperature (°C) of Date: 30.1
Minimum Temperature (°C) of Date: 25.4
Relative Humidity(%) at 0830 IST : 097
Relative Humidity(%) at 1730 IST : 085
Sunrise time on 08.08.2021 (in IST): 0508
Sunset time on 08.08.2021 (in IST): 1742
Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 014.7
Rainfall upto 1730 hrs of date in mm: 001.2
Rainfall (Progressive total from 1st January 21 upto 0830 hrs (of date) in mm: 1876.2 mm

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Port Blair, Sunday, August 08, 2021

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Pages 4

Javelin thrower Neeraj Chopra becomes first Indian to win Olympic Gold in Athletics



New Delhi, Aug. 7 (PIB)

Javelin thrower Neeraj Chopra created history by winning Gold medal in men's javelin throw at Tokyo Olympic today. The 23-year-old Chopra gave his best throw of 87.58 to bag the gold medal. With this, he has become the first Indian athlete to win gold ever and India's second ever individual Olympic gold medalist after shooter Abhinav Bindra, who bagged gold in Beijing 2008. With this outstanding performance, Neeraj also took India's medal haul to seven in the Tokyo Olympics - the country's highest ever, beating the tally of six medals won at the London Games in 2012. President, Shri Ram Nath Kovind, Prime Minister, Shri Narendra Modi, Sports Minister, Shri Anurag Thakur and an absolutely ecstatic India congratulated Neeraj Chopra for making India proud.

An overweight 12-year-old boy from Haryana's Khandra village, who was persistently persuaded by his family members to take up sports. He ultimately gave in to all the badgering and began training at the Shivaji

(Contd. on last page)

Wrestler Bajrang Punia bags bronze medal in men's freestyle 65 kg category

New Delhi, Aug. 7 (PIB)

Wrestler Bajrang Punia won the bronze medal in the men's freestyle 65 Kg category at the Tokyo Olympics 2020 today. He defeated Kazakhstan's Daulet Niyazbekov 8-0 in the bronze medal match. This was India's sixth medal in the Tokyo Olympics thus equaling the London Olympic record of six medals.

Bajrang Punia started wrestling at the age of 7. He belongs to a family of



a rural background in Khudan village of Jhajjar district in the state of Haryana. As Bajrang was not born with a silver spoon so he had to face many hardships during his initial days. However, it was his friend cum guru the famous wrestler Yogeshwar Dutt who has always supported him.

'Azadi Ka Amrit Mahotsav' PBMC launches 'Har Ghar Jhanda' prog. in city



Port Blair, Aug. 7

As part of 'Azadi Ka Amrit Mahotsav', the Port Blair Municipal Council (PBMC) to create awareness about the celebration launched the 'Har Ghar Jhanda' programme. The Swachhta Awareness Team of the Council is driving home the

message of 'Swachh Bharat' by taking the Tri-colour to every home in Port Blair, in preparation for Independence Day. The Tri-colour unites us all into one nation and reminds us of our duty to keep India clean, a press release from PBMC said.

3,02,731 doses of vaccines administered to beneficiaries in Isles so far

97,584 eligible people in the age group of 18 to 44 years inoculated

Port Blair, Aug. 7

As per data available, a total of 3,02,731 doses of vaccines have been administered to beneficiaries so far in A&N Islands, out of the target beneficiaries of 2,81,603 (approx.). A total of 828 people were vaccinated today in A&N Islands. 738 beneficiaries were

vaccinated in South Andaman District, out of which, 424 beneficiaries were in the age group of 18-44 years. Similarly, 21 beneficiaries were vaccinated in North & Middle Andaman District. In Nicobar District, 69 beneficiaries were vaccinated out of which,

(Contd. on last page)

Vision 2047: 'Free food to All' by planting saplings of fruits & vegetables

Chief Secretary visits CIARI Complex, Bathubasti and World Coconut Germplasm Centre, Sippighat

Directs to provide 10 lakh Moringa, 10 lakh Jackfruit and Papaya, Banana, Bhel saplings for planting alongside the roads in A&N Islands

Impart training to field functionaries of Agriculture Department on artificial pollination techniques of Dragon Fruit Instructs to cultivate Andaman Kokum fruit crop to increase income of farmers Farmers should be given training on vermi-compost and seaweed compost so that they can do organic farming 'Spice garden' at World Coconut Germplasm Centre should be developed as tourist destination

Port Blair, Aug 7

The Chief Secretary, A&N Administration, Shri Jitendra Narain today visited CIARI Complex, Bathubasti and World Coconut Germplasm Centre, Sippighat. During his visit to CIARI Complex, the Chief Secretary interacted with the scientists and they briefed about their field of work. He visited the Experimental Plot of Heliconia maintained by Horticulture Department and was apprised of the different varieties of Heliconia family. He directed the staff of Agriculture Department to plant different varieties in the Departmental



Farms. The Director, CIARI was directed to impart weeklong training on scientific planting and maintaining of flower plants to every staff of Agriculture Department. He visited Dragon Fruit Garden where he was briefed about the benefits of dragon fruits & its varieties. He was informed

about how the pollination is being done by hand at night. The Chief Secretary appreciated the work done in this regard by the team and instructed to conduct training programme for the field functionaries of Agriculture Department about artificial pollination techniques.



Thereafter, the Chief Secretary visited the Piggery Farm maintained in the complex by CIARI and was apprised about the different breeds of the pigs being reared which included the Andaman Pig and Nicobari Pig. The scientist described about its advantages over the breeds in mainland.



The Chief Secretary was apprised of the benefits of the Vermicompost and integrated crop management and how the farmers can get income from one or other crop from the integrated crop management system. The Chief Secretary noticed that there is still vacant space available in the area and directed the

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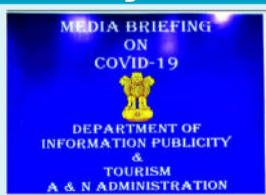
Media briefed on COVID-19

Strictly adhere to COVID appropriate behavior without any slackness to avoid another wave, says Secretary (IP&T)

Port Blair, Aug. 7

The Secretary (IP&T), Shri Sunil Kumar Singh briefing the media persons on COVID-19 status in the Islands held in the conference hall of IP&T here this evening stated that corona positive cases in mainland are going up and we need to be cautious or else we will have another wave. He said people should adhere to COVID appropriate behavior to protect themselves from being infected.

During the RT-PCR test conducted on 331 flight passengers, who arrived here yesterday, one positive case has been detected. RAT test was conducted on 239 passengers bound for North & Middle Andaman at Ferrargunj



and no positive case was found. Today, 2 flights with 346 passengers arrived here and the result of RT-PCR reports are awaited. The mobile testing team conducted random sample tests at Garacharma area today on 56 persons and all the reports were negative.

Speaking about vaccination drive which is being conducted smoothly

(Contd. on last page)

Extending Care & support to children who lost both or either of their parents to COVID-19

DCPU distributes educational kits to children at Dairy Farm

Port Blair, Aug. 7

The District Child Protection Unit, South Andaman under District Administration is working tirelessly in the process of identifying and providing assistance to the children who lost both or either of their parents due to the COVID-19 pandemic post March 2020. As part of this, Shri Suneel Anchipaka, Deputy Commissioner/Chairman District Child Protection Unit, South Andaman distributed educational kits to the needy children in a brief program organised at Municipal Community Hall Dairy Farm.

The District Administration strives to ensure that care and support is provided to all such needy children who lost both or either of the parents due to the pandemic. The Chairman, DCPU has further

(Contd. on last page)



Support to women SHGs formed under DAY-NULM

PBMC launches eco-friendly bamboo straws made by SHG groups

Port Blair, Aug. 7

In order to facilitate handholding support to women SHGs formed under DAY-NULM, Ministry of Housing & Urban Affairs, GoI, the Port Blair Municipal Council today arranged an event of launching the eco-friendly bamboo straws made by the SHG groups. The event was held at the conference hall of PBMC in the presence of Shri. Kishore Kshirsagar Lakshman, Secretary PBMC, team DAY-NULM and members of seven Self Help Groups who had undergone the short-term skill training program on bamboo straw making conducted by PBMC in collaboration with Krishi Vigyan Kendra-CIARI at Sippighat campus.

In that training programme, a total of 25 members from 7 different



women SHG groups namely Indradhanush, APJ Abdul Kalam, Naveen, Udhayam, Shakti, Santoshi Mata, Maruthi, all formed under DAY-NULM scheme by PBMC had participated and successfully completed the training.

The Secretary, PBMC during the event emphasized the importance of eco-friendly bamboo straws in view of ban on single use plastics in the Islands which are hazardous for our environment and opined that the bamboo straw is the best

(Contd. on last page)

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

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)

(No. 495/07th August 2021)

COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 07.08.2021

> Status of Cases :

Details of Second Wave since: 01.03.2021

Active new case in last 24 Hours	03
Discharges in last 24 hours	01
Total confirmed cases	2550
Total Discharges	2477
Total Active case as on date	06
Total Deaths	67

Cumulative since March 2020

Details	On 06 th Aug 2021	On 07 th Aug 2021	Total
Confirmed Cases	7541	03*	7544
Cured/Discharged from Hospital	7408	01	7409
Death	129	00	129

*Includes 01 Positive from Airport arrival.

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Vacant
North & Middle Andaman	286	00	286
South Andaman	5583	06	5577
Nicobar	507	00	507
Total	6376	06	6370

> Status of Sample and Testing:

Total Samples sent till date	450208
Total Reports received till date	450208
Total Pending Reports	0
Rate of Testing Per Million	1125520
Cumulative Test Positivity Rate	1.68%
COWIN 1.0	

> Vaccination Status

Total population	4,00,000
Target Beneficiaries	2,81,603(Aprox)
Cumulative Beneficiaries vaccinated so far	3,02,731
Cumulative Beneficiaries vaccinated with 1 st Dose so far	2,07,268
Cumulative Beneficiaries vaccinated with 2 nd Dose so far	95,463
% of population vaccinated	51.82

> Passengers screened at VSI Airport & Haddo Wharf

Details	From 25 th May 2020 to 06 th Aug 2021	On 07 th Aug 2021	Total
Incoming Passengers			
a) VSI Airport	265439	354	265793
b) Haddo Wharf	1032	0	1032
Outward Passengers			
a) VSI Airport	280425	501	280926
b) Haddo Wharf	928	0	928

(On 07.08.2021, 346 passengers were retested by RTPCR at Airport)

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

Tailoring training prog. for women by SBI RSETI concludes

Port Blair, Aug. 7

The month long women tailoring training programme by SBI RSETI Port Blair concluded today with distribution of course certificates. The programme was attended by officials from ANIRLM, SBI, RBO, Port Blair & staff of RSETI Port Blair. During the programme, the



trainees were of thanks proposed by Smt. Saji Muralidharan, Director, SBI, RSETI Port Blair, a press release from SBI-RSETI said. The importance and purpose of self employment. The valedictory programme concluded with the vote

Vision 2047: 'Free food to All' by planting saplings of fruits ... (Contd. from page 1)

Director, CIARI to utilize the area. He also visited the spices nursery, flower and fruit nursery and was apprised of the different varieties of spices, flowers and fruits which are being maintained at the nursery and that the farmers from different areas are visiting the nursery for their requirement and that they are benefitted from the nursery. CS directed that Andaman Kokum fruit crop should be cultivated in the islands to increase the income of the farmers. The Chief Secretary also enquired about the number of indigenous fruits which can be grown for the benefit of the farmers. He also visited the Saline Water Paddy Crop Management Unit and was apprised of the benefits of the same and how the paddy can be grown in the saline water. This centre is one of the three centre in India where saline water paddy crop cultivation is managed. He advised the CIARI Director to grow algae at the Centre.

Later, the Chief Secretary visited World Coconut Germplasm Centre, Sippighat and planted a coconut palm in the farm premises. During his visit, he was apprised of the 30 different varieties of coconut introduced in the centre. The Chief Secretary appreciated the work done in this regard by CIARI and directed the Director, CIARI to include the recently developed four varieties and also asked to put on the board for the year 2021-22. The Chief Secretary was impressed by the management being done by CIARI in the centre by planting different varieties of flowers, fruits, spices and other crops. He directed Director (RD) to provide support to CIARI for making the Centre, a tourist destination by convergence with Tourism and Rural Development Department. CS directed to name the destination as 'Tour of CIARI Spice Garden'. He asked the Director, CIARI to plant flower trees alongside the roads and naming of the same and creating suitable pathways, planting flowering plants alongside of the pathways, establishing resting point, benches, selfie points, cafeteria etc. He directed the Director, CIARI to complete the work by December, 2021 so that it can be included in the tourism circuit and can start by January, 2022 and the Director, CIARI assured that it will be done. He directed to construct Nicobari huts on two-three points, cafeteria, toilet block alongwith viewpoints & selfie points at different places for the tourists in convergence with Tourism & Rural Development Department. He desired to establish Nakshatra Garden (Astro- themed garden) at the Centre to attract the tourists and local visitors. CS directed the Director CIARI to plant flower trees on the hills on the two sides of the entry gate to give attractive look of the Centre. He also directed to renovate the office building at the entry point to make it attractive.

Further, the Chief Secretary directed the Director, CIARI to provide 10 lakh Moringa saplings, 10 lakh Jackfruit saplings and Papaya saplings, Banana saplings, Bhel saplings for planting alongside the roads in the Islands and the Director assured to provide it. He directed to provide articles on different varieties of fruits and flowers and other crops which are being maintained / innovated by the CIARI for its wider publicity in newspaper for the benefit of the islanders. The article should contain the name and phone number of the Scientist, so that needy person can contact them for their requirement.

Bringing sanitation revolution in Rural Andamans under SBM (G) Beneficiary expresses gratitude for providing financial assistance to construct IHHL

Port Blair, Aug. 7

To accelerate the efforts to achieve universal sanitation, the Government of India launched its flagship programme - Swachh Bharat Mission (Grameen). The world's largest behavioural change programme, the Swachh Bharat Mission (Grameen), is being implemented in the UT by the Directorate of RD, PRIs and ULBs, Andaman & Nicobar Administration.



The aim is to cover the uncovered and left-out beneficiaries for assistance and sanction of Individual Households Latrines (IHHLs). The incentive amount provided under SBM (G) to Below Poverty Line (BPL)/identified APLs households is Rs.12,000 to construct one unit of IHHL. The mission aims to ensure that all rural families have access to safe toilets.

Shri Birsu Baghwar, R/o Village-Bharatpur, Neil Kendra Panchayat, Shaheed Dweep under Prorthrapur Block in the South Andaman district, expresses his happiness, as he is now a proud owner of his toilet. He said earlier his family, including children, had no option but to walk to a field nearby to answer nature's call. These trips could often have to be made either before sunrise or after sunset to have a modicum of privacy. He felt it was highly unsafe to venture out as there was danger of snake and poisonous insect bites. He exclaims that "Life was one big struggle" during that time. He sincerely expressed his gratitude to the UT Administration for assistance through Swachh Bharat Mission (Gramin) scheme to construct his toilet.

Shri Birsu Baghwar says, "I am very thankful to the UT Administration and the Directorate of Rural Development for helping me through and sanctioning the assistance of Rs 12000/- for construction of my toilet and also for generating awareness about maintenance of proper hygiene.

Improving the health of rural Indians should also help them save money. Fewer workdays will be lost to illness, and less money will have to be spent on medicines. This mission ensures health, hygiene and dignity of the rural population, a press release from Secretary (RD) said.

e-prospectus-cum-application forms for admission to Four Years Integrated Prog. in Education Candidates can apply online by accessing the portal

Port Blair, Aug. 7

e-prospectus-cum-application forms for admission to Four Years Integrated Programme in Education viz. B.Sc. B.Ed. Mathematics, B.Sc.B.Ed. Computer Science (Subject to approval by Pondicherry University and NCTE, if no approval is received these students will be considered under Mathematics, if eligible) and B.A.B.Ed. English, Hindi and History for the academic session 2021-22 under revised NCTE Regulation 2014 in Tagore Govt. College of Education, Port Blair is available online at <http://collegeadmissionandaman.gov.in> from 5th August 2021.

Four Years of the course consists of Integrated Courses in studies in the foundations, general and special methodology and a comprehensive programme of internship programme aimed to prepare a competent teachers for school education. Candidates seeking admission to these courses must have passed 10+2 examinations of a recognized Board in the concerned subject. It is of four-year duration organized on the semester pattern with two semesters in each year with total eight semesters. The course of study includes general education consisting of language (Hindi and English) and specialized subjects. The professional part

Candidates desirous of taking admission in these courses can apply online by accessing the portal via URL <http://collegeadmissionandaman.gov.in> upto August 19, 2021, a press release from Principal, TGCE said.

Javelin thrower Neeraj Chopra ... (Contd. from page 1)

Stadium in Panipat. That was until he saw a few seniors throwing javelins at the stadium and decided to try his luck at javelin throw. Fortunately for him, that sport truly captured his fancy as he began training rigorously to get into better shape. He grew up to become India's first ever javelin thrower to win a gold medal at the 2018 Commonwealth Games and 2018 Asian Games.

3,02,731 doses of vaccines ... (Contd. from page 1)

53 were in the age group of 18-44 years. A total of 97,584 eligible people in the age group of 18 to 44 years have been vaccinated till date, a press release from DHS said.

Final year exam for D.El. Ed to begin from Aug. 23

Port Blair, Aug. 7

The Final Year Annual Examination (Theory) for Diploma in Elementary Education of Dr. S. Radhakrishnan in DIET, Garacharam, South Andaman for the session 2020-21 will be conducted from Aug. 23 to Sept.2, 2021. The examination will be held in the area/location of the students concerned by the Centre Superintendents appointed for conducting the Examinations as mentioned below:

Sl. no	Zone	Exam Superintendent & Centre	Contact No.
1	South Andaman	1)Principal, GSSS Boys, Port Blair 2) Principal, GSSS, Swaraj Dweep	9434296945 9474206358
2	Rangat	Principal, GSSS, Rangat	9474214739
3	Mayabunder	Principal, GMSSS, Mayabunder	9434273365
4	Diglipur	Principal, GSSS, Diglipur	9474268112
5	Little Andaman	Principal, GMSSS, Hut Bay	9434283623

The final year students of the respective areas mentioned have been directed to contact the Centre Superintendent on August 16 & 17 along with their recent passport size photograph and Institutional ID Card for obtaining their Hall tickets for appearing the examination. The date sheet for the Examination can be downloaded from announcement column of Education department's website <https://education.andaman.gov.in>. It is further informed that the result of D.El.Ed 1st year will be prepared on the basis of internal marks obtained by the students, a press release from Principal, SIE said.

Support to women SHGs formed... (Contd. from page 1)

replacement of plastic straw and encouraged the SHGs to come up with large scale production to meet the market demand. He also requested the ACCI and Traders Association to use products made by the SHGs and to stock their products in the stores. Further, the Secretary, PBMC assured all the SHG members to provide handholding support for an improved and sustainable livelihood by getting them linked to various stakeholders of this eco-friendly product in the market, a press release from Secretary, PBMC said.

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

in Isles, the Secretary said 341 persons were vaccinated today till 4 pm, out of which, 298 were in the age group of 18-44.

The Deputy Director, GB Pant Hospital, Dr. Amitabha De said one new covid patient has been admitted in GB Pant Hospital while one patient is being taken care of at IIT COVID Care Centre.

Extending Care & support to children... (Contd. from page 1)

urged the Civil Society Organisations to come forward for the help of such children, a press release from Chairman, DCPU said.



Ayurvedic Immunity Promoting Measures

- Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
- 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.
- 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

ANIIMS for YOU

COVID-19 and Your Eyes

-Dr. Shipra Gupta, Assistant Professor, ANIIMS

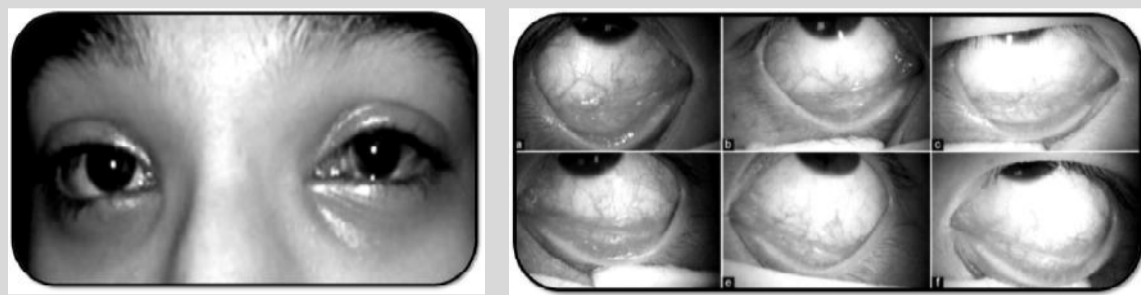
The novel corona virus behind the pandemic causes a respiratory illness called COVID-19. The most common symptoms are fever, coughing, and breathing problems. Many COVID patients reported ocular issues within two weeks of onset of typical COVID symptoms in which conjunctivitis being the commonest. Ophthalmic manifestations may be the presenting feature of COVID-19 infection or they may develop several weeks after recovery. Other symptoms noted are photophobia (light sensitivity), itchy eyes, burning eyes, swollen eyelids.

Symptoms of Conjunctivitis:

Based on data so far, doctors believe that 1%-3% of people with COVID-19 will get conjunctivitis, also called pinkeye or sore eye. It happens when the virus infects a tissue called conjunctiva, which covers the white part of your eye or the inside of your eyelids. Symptoms include:

- Redness
- Watery Discharge
- Swollen eyelids
- Itching

If you have conjunctivitis, it doesn't necessarily mean you have COVID-19. The more likely causes are the many different viruses, bacteria, chemicals, and allergens that can irritate your eyes. Many forms of conjunctivitis go away with treatments in about 1-2 weeks. But if you also have fever, cough, or shortness of breath, ask your doctor what, if anything, you should do. Call before you head to a hospital or a Medical Centre to see if it's safe for you to visit and for any instructions for your arrival.

**Q. How the Infection Spreads?**

If you have conjunctivitis from COVID-19, you may infect others with SARS-CoV-2 if you touch your eyes and then touch people or surfaces without washing or disinfecting your hands. Avoid touching your face, especially the mucous membranes in your mouth, nose, and eyes.

Q. Visiting Your Doctor?

Call or go online to find out whether your doctor's office is accepting routine visits. You should still contact your doctor if you notice eye symptoms, especially if you have:

- Regular eye congestion
- Loss of vision or changes like blank spots or flashes
- Painful or red eyes, headache and vomiting

Contact your doctor if you have any COVID-19 symptoms or if you've had contact with people who are sick. Your doctor may suggest a virtual visit over your computer or smart phone.

Q. Runny eyes and COVID-19

Increased eye secretion has been identified in some studies as a possible COVID-19 symptom. Eye discharge is made up of mucus, oil and skin cells. Eye discharge is found in your eye when you wake up from sleep.

Some eye discharge is normal, in fact, it plays an important part in eye health because it removes debris and helps to keep the eye healthy. But excess eye discharge, or yellowish discharge, can be a sign of conjunctivitis and many types of eye infections.

Q. Is Chemosis a sign of COVID-19?

Chemosis may be a symptom of conjunctivitis. Studies found that some patients with COVID-19 also develop chemosis. Chemosis is the swelling of the conjunctiva, the thin membrane that covers the front of the eye and the insides of the eyelids.

Symptoms of conjunctival chemosis include red eyes, itchy eyes, watery eyes, puffy eyes, swollen eyelids and feeling like you have something in your eye (foreign body sensation). Some patients also have a red or pink "blister" on the white of the eye.

Q. Watery eyes and corona virus?

Some study mentioned that some corona virus patients experience overly watery eyes (epiphora), but wasn't able to definitively conclude it a symptom of corona virus.

If you have epiphora, tears may overflow from your eyes and run down your cheeks. Watery eyes can be caused by a variety of conditions, including bacterial keratitis, corneal ulcers, eye infections, glaucoma and macular degeneration. Excessive tears also are a common symptom of allergies.

Antihistamines, cool compresses, changing contact lenses and taking a break from staring at screens may help resolve watery eyes, visit an eye doctor if the problem persists.

Q. Is eye twitching a symptom of COVID-19?

Eye twitching was not identified as an ocular symptom of COVID-19. However, COVID-19 may cause neurological symptoms in some patients. An eye twitch is an uncontrollable spasm of the eyelid that usually lasts a few minutes but can last longer. Eye twitching (myokymia) may have a variety of possible causes, including allergies, caffeine, dry eyes, stress or nutrition problems. In many cases, it goes away on its own. Patients with persistent eye twitching should see an eye doctor.

Not all eye problems linked to COVID-19!!

Some studies have found that COVID-positive patients report certain eye problems at close to the same rate that patients without coronavirus do. In some cases, COVID-negative patients actually had a higher rate of certain eye problems than those with the virus. This means that some reported eye problems might not be related to coronavirus at all.

In other words, it could just be a coincidence that someone has COVID-19 and an eye issue at the same time. This may be the case with eye flashes and floaters, two common eye issues that have been reported by some coronavirus patients.

Q. How to Protect Your Eyes?

Like everyone, be sure to wash your hands often and stay home whenever you can. If you go out, keep 6 feet away from others and wear a mask.

- Face shields: Use face shields to cover your face and protect your eyes
- Contact lens: There is no evidence wearing contacts puts you at more risk for COVID-19 than those who wear eyeglasses. But you should continue to practice safe hygiene habits for wearing and caring for them. Washing your hands before putting them in, or taking them out.
- Wear glasses. Your glass lenses may help protect your eyes from any respiratory droplets. If you don't wear glasses, try sunglasses. And if you're caring for someone ill, don safety glasses or goggles.
- Stock up eye medications: Check with your insurer to see if you can refill glaucoma drops and other essential prescriptions in advance. You might be able to get a 3-month supply. Ask your doctor or pharmacist for any help.
- Don't rub your eyes. It can be a hard habit to break. Moistening drops may help ease itchiness. Wash your hands for 20 seconds before and after you do it. If you must touch your eyes, use a tissue instead of your fingers.

Minister launches 'PM-DAKSH' Portal and 'PM-DAKSH' Mobile App

Through 'PM-DAKSH' Portal, all information related to skill development are available at one place for SCs, BCs and Safai Karamcharis

New Delhi, Aug. 7 (PIB)

Union Minister for Social Justice and Empowerment, Dr. Virendra Kumar launched 'PM-DAKSH' Portal and 'PM-DAKSH' Mobile App, developed by the Ministry of Social Justice and Empowerment, in collaboration with NeGD, to make the skill development schemes accessible to the target groups. Through these portal and app the youth of the target groups will now be able to avail the benefits of skill development training programmes more easily.

The Pradhan Mantri Dakshta Aur Kushalta Sampann Hitgrahi (PM-DAKSH) Yojana is being implemented by the Ministry of Social Justice and Empowerment from the year 2020-21. Under this Yojana, eligible target group are being provided skill development training programmes on (i) Up-skilling/Re-skilling (ii) Short Term Training Programme (iii) Long Term Training Programme and (iv) Entrepreneurship Development Program (EDP). These training programs are being implemented through Government Training Institutes, Sector Skill Councils constituted by the Ministry of Skill Development and Entrepreneurship and other credible institutions.

Now, any person can get all the information related to skill development training at one place by visiting the 'PM-

DAKSH' Portal. Also, with just one click, one can get information about skill development trainings happening near him/her and he/she can easily register himself/herself for skill training. PM-DAKSH Portal is available at <http://pmdaksh.dosje.gov.in> while 'PM-DAKSH' Mobile App is available in Google play store.

"Today, I am feeling proud to launch this portal and Mobile App for the public use. Keeping in view the usefulness and practicality of any suggestions received related to the implementation of this portal, this Ministry will make necessary improvements so that this portal can become more useful and beneficial for the target groups enabling them to be skilled and become self-reliant by availing opportunities related to self-employment or wage-employment," Union Minister for Social Justice and Empowerment said.

Some of the features of this portal are as follows:

Availability of all information related to skill development at one place for Scheduled Castes, Backward Classes and Safai Karamcharis.

Facility to register for the training institute and program of their interest.

Facility to upload desired documents related to personal information. Facility to register the attendance of the trainees through face and eye scanning during the training period.

Monitoring facility through photo and video clip during training etc.

Under Ministry of Social Justice and Empowerment, three Apex Corporations - National Scheduled Castes Finance and Development Corporation, National Backward Classes Finance and Development Corporation and National Safai Karamcharis Finance and Development Corporation - are functioning. These Corporations are providing loans at concessional interest rates to the target groups of backward classes, scheduled castes and Safai Karamcharis for self-employment. Besides, they are also providing free training for skill development of the target groups.

These Corporations are constantly striving to make the target groups financially and socially self-reliant, both through loans and skill development training. As per the information available, skill development training has been imparted to 2,73,152 persons of target groups in the last five years by these three Apex Corporations, enabling them to support themselves and their families through self-employment and wage-employment. During the year 2021-22, a target has been set to provide skill development training to approximately 50,000 persons of the target groups through the above three Apex Corporations.

Last date for technical training on hand embroidery extended

Port Blair, Aug. 7

The two months technical training on hand embroidery will be conducted at Bukultala, Middle Andaman by Office of the DC (H), Ministry of Textiles, HSC, Port Blair. 20 handicrafts artisans will be trained on Hand Embroidery for two month with stipend of Rs. 300/- per day will be given as stipend to each artisan.

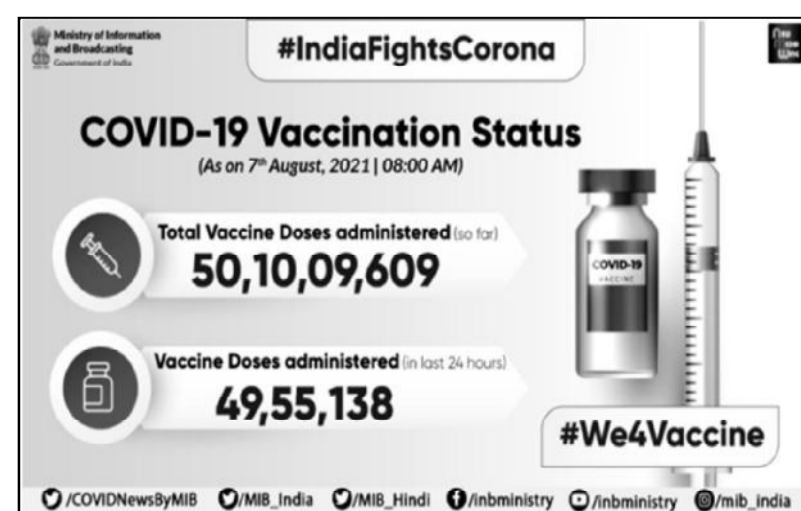
Interested handicrafts artisans those have Artisan I.D. Card may submit their application in person or by post with 2 Passport Size Photo, Aadhar card, Artisan card, copy of ration card to O/O The Assistant Director(H), HSC, C-Block, First Floor, GPOA/ Kendriya Sadan, Lamba Line, Port Blair. Ph.03192-233271, 9933271873 on or before 27-08-2021.

Master Trainer for the above said Technical training is also invited. Honorarium for master trainer will be Rs. 15000/- per month. Interested person with 10 years of experience in conducting training in Hand embroidery can apply to the above said address, a press release from Assistant Director (H) said.

Over 50 crore ten lakh COVID-19 vaccine doses administered in country so far

New Delhi, Aug. 7

Over 50 crore ten lakh COVID-19 vaccine doses have been administered in the country so far under the Nationwide Vaccination Drive. Union Health Ministry said, more than 49 lakh 55 thousand vaccine doses were administered during the last 24 hours. The recovery rate is now at 97.36 percent. More than 40 thousand COVID patients recovered in the last 24 hours. Till now, more than three crores ten lakh people have recovered from COVID-19.



In the last 24 hours, India substantially ramped up in the country and more than 17 lakh 50 thousand tests were conducted yesterday. (Source: india.gov.in)

COVID-19: Maintain safe distance from anyone who is coughing or sneezing.

T.S.G PHARMACEUTICALS

Now Accepting Orders For Home Delivery Of Medicines

From 2nd August!

Within Aberdeen Bazaar Only.

FOR ORDER CALL/WATSAPP ON- 9531978999

Order Timing - Monday to Saturday From 8.30 AM-1.00PM

Unite2FightCorona : Wear a mask : Wash hands : Follow social distancing :

RE-TENDER NOTICE
e-Tender ID No.2021_ED_3185_2
F.No. EE/HQ/Tech/22/NIT-33/2021/1335
Andaman & Nicobar Administration
Office of the Executive Engineer(HQ)
Headquarter Division, Electricity Department, Port Blair
Tel: 03192 232593 E-mail :eehq@rediffmail.com
The Executive Engineer (HQ), Electricity Department, A&N Administration, Port Blair on behalf of the President of India invites e-tenders in two bid system for hiring of 4MT & 12MT capacity vehicle from Commercial vehicle operators in A&N Islands for Store sub division, Headquarter Division, Electricity Department for a period of one year.
Last date of receipt of e-tender- 1100 hrs.on 27.08.2021
The details of e-tender can be downloaded from the website <https://eprocure.andaman.gov.in>.

I.D. No. 7904 Executive Engineer(HQ)
: Practice 'Do GajkiDoori' : Together, we will succeed : Together, we will win against Covid-19:

NOTICE INVITING e-TENDERS
No.TN-I/DB/CD-II/PP/2021-22/494 DATED: 03/08/2021
The Executive Engineer, Construction Division No. II, APWD, Prothrapur invites on behalf of the President of India, online Item Rate tenders (in form of CPWD-8) from the approved and eligible experienced contractors of appropriate class of APWD and Non-APWD Contractors having experience in executing the relevant magnitude of work as per CPWD Works Manual and with other GOI organizations working in these Islands of appropriate class of enlistment in the respective departments.
NIT No. 06/EE/CD-II/2021-22
Name of Work:- Repair, maintenance and sanitary fittings in Type-II Block No.4 (Qtr. No. 19 to 22) at Chakkargaon under Assistant Engineer, SD-IV, CD-II, APWD, Prothrapur.
Estimated Cost : Rs.10,98,409.00
Period of Completion : 01 (One) Month
Bid Document Publishing Date : 06/08/2021 (1600 hrs.)
Bid Document Download/Start Date : 06/08/2021 (1600 hrs.)
Bid Submission Start Date : 06/08/2021 (1600 hrs.)
Bid Submission Closing Date : 18/08/2021 (1000 hrs.)
Bid Opening Date : 18/08/2021 (1030 hrs.)
The Tender forms and other details can be obtained from the website <https://eprocure.andaman.gov.in>

Tender ID: 2021_APWD_3435_1
I.D. No. 7911 Executive Engineer Construction Division No. II APWD, Prothrapur.

CONSTRUCTION WORK
24 Years experienced Contractor
We are undertaking all type of building works including repairing work also Furniture Repairing and Polishing at your door step.
Contact: G P Construction Junglghat, Port Blair Ph. 9434294143

AFFIDAVIT
I, MOHAMMED SHAKEEB, S/o Late C. ZAINUDDIN, R/o 21/44, Rajendra Prasad Road, Near MP House, Port Blair under Port Blair Tehsil in South Andaman District, do hereby solemnly affirm and declare as under:
1. That I am a permanent resident of these Islands and residing at abovementioned address.
2. That the name of my mother is spelled in her Aadhaar Card No. 3298 7176 1611 and her all documents as JAMEELA BIBI.
3. That the name of my mother is spelled in my Aadhaar Card, School Certificate and all other records as ZAMEELA BIBI.
4. That the actual and correct spelling of the name of my mother is JAMEELA BIBI.
5. That the name ZAMEELA BIBI and JAMEELA BIBI is the same identical person and belongs to my mother.
6. That I swearing this affidavit for the purpose to declare my mother's actual and correct name, henceforth, I shall be treated as MOHAMMED SHAKEEB, S/o JAMEELA BIBI for official and non-official purpose.
That the above statements made by me is true and correct to the best of my knowledge and belief.
Place: Port Blair
Date: 06.08.2021 Deponent

FOR IMMEDIATE SALE
A) HOUSE SITE MEASURING 700 SQ MTR SITUATED AT CARBYNS COVE HOUSING SOCIETY, BEHIND PEERLESS RESORT.
B) 8500 SQ MTR BEACH FRONT LAND AT BEACH NO. 5 HAYLOCK (SWARAJ DWEEP).
INTERESTED AND GENUINE PERSONS PLEASE CALL US AT: 9454279434.

DOOR TO DOOR SERVICES
Electrical Work and Repairing, AC, Refrigerator, Washing Machine, Wiring Works and all Electronics. Nayagaon, South Andaman
Cell No. 9476016706 / 9933231299

HOME SERVICE
Electrical Wiring and Maintenance Tower Fan, Mixi, Grinder, Air Cooler, Washing Machine and Induction.
Contact No. 993322531, 9531824131, 9933212531

LOST
I have lost my children's Duration Certificates in between Wimberlygunj and Port Blair. Certificate issued from Govt. Middle School, Ograbraj. 1) S. Sandhya - Class VIth, 2) S. Sanish - Class IVth. Finder pls.
Contact: 9474269268

HOME TUITION
For Class - X - Gen. Science Class XI and XII - Chemistry
Contact: 9679511637

T.V. REPAIRING
Contact: 9434261114 for LED / LCD TV, CRT-TV etc. Condition applied. Only PBMC area.

FOR LEASE
Hotel for lease "HOTEL SHINE VIEW" located at Police Line, VIP Road, Port Blair. For details Contact: 9933207746 / 7063981458

ONE YEAR WITH THE LORD.

U A RAMESH
(Kozhikkode mesthry)

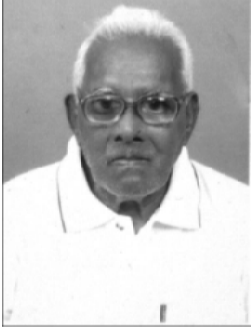
"Those we love, don't go away, They walk besides us every day. Unseen, Unheard but always near. still loved and missed and very Dear."

Eternal rest grant unto him O lord, and let perpetual light shine upon him.

Fondly Remembered and Deeply missed by:
*Sobhana (Wife),
*Jibi, Biju, Molsy (Children),
*Biji, Chandrika (daughter-in-laws),
*Achu, Anu(Grand Children),


***Born: Feb 09, 1957. *Died: Aug 08, 2020**

3rd Death Anniversary
On 8th August, 2021



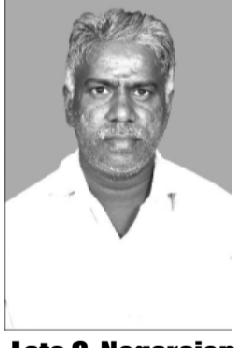
In Loving Memory of
Late Herman Lakra
Inserted by: Silvia Toppo (Wife), Maria Goretti Bara, Damasus Lakra (Son) and Grand Daughters.

16th Death Anniversary
On 08.08.2021



K. DANIEL
R/o CARI Road, Bhatu Basti
Inserted by: Family members

1st Death Anniversary
On 07.08.2021



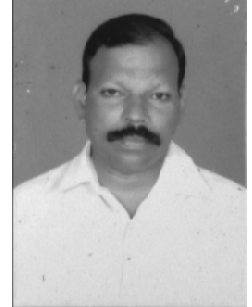
Late C. Nagarajan
D.O.D. 07.08.2020
Remembered by: Family members, relatives and friends

1st Death Anniversary
On 08/08/2021



Late Nishi Punam
"Gone but not forgotten, gone but ever here. No longer living in this World, but always and ever near"
Fondly Remembered by Evita, Nabore and Roma

13th Death Anniversary
On 08.08.2021
In loving memory of my Father




Late N Sisu Kumar
(Ex-Hav Army)
"Dear father, rest in peace wherever you are.
You are missed every single day. We love you and we are always missed you.
You are always in our heart."
Inserted by: S. Sreeja (Daughter), Sreejith S.S. (Son) and Shruthi (Daughter-in-law)

REMEMBRANCE
4th Death Anniversary
On 08.08.2021



NITA ROY
(06.10.1996 - 08.08.2017)
"You had the most angelic soul, One minute you were here and the next minute you weren't.
We Miss you angel".
Inserted by: Baba, Maa, Dada, Boudi and others.

1st Death Anniversary
On 08.08.2021



R. ESWAR RAO, APWD
S/o R. Narayan, R/o Haddo
"Days will pass and turn in years but we will always remember you with silent"
Inserted by: Brothers, Sister and all family members.

LAND FOR SALE
600 Sq. mtrs of land, Single Patta at Near Namunaghar Junction. Rs. 45 lakhs.
Contact No. 8900966336, 7063924994

LAND FOR SALE
150 Sq. m. of Land (single patta) situated at Buniyadabad for immediate sale. Contact No. 9434298892

LAND FOR SALE
200 Sq.m. Land at Kamaraj Nagar with Electrical & Water Connection.
Contact: 9434280106

LAND FOR SALE
Immediate Sale 1350 Sq. mtrs. (1 Bigha) at Diglipur near Primary School, Durgapur, single patta, cheap rate, urgent sale. Other land 200 + 200 = 400 Sq. mtrs. Subashgram Malo Road, near Naresh Malo Building. Distance from Diglipur Bazar less than 1 Km, single patta. Contact No. 9775232011 / 9432560991

KADAKNATH CHIKS AVAILABLE FOR SALE
03 Month Old Kadaknath (Black Chicken, Kala Murgi) available for Sale weight 400 gram to 500 gram. Vaccinated. Contact No. 9476041574 / 9474204874

LAND FOR SALE
Area 1000 Sq. mtrs. located at Teylorabad, Port Blair.
Interested person my Contact: 7339513184 / 9933208620

PLOT FOR SALE
At Calicut village
Each Plot 200 Sq. mtrs. and all Plots are in Residential Zone. Contact: Lokenath Real Estate (P) Ltd. Goalghar (Near: ANIDCO's Petrol Pump), Port Blair.
Contact Ph. No. 8348593925 / 234442 / 9734480888


LAND FOR SALE
Do you need Single Patta 200 Sq. mtrs. at Aniket, Kadakachang & near Chouldari Market / Highway.
Ph. 9933251206, 9933214853

PLOT FOR SALE
Plot measuring 200 Sq. mtrs. (each) for Sale at Tushnabad & Mithakhari village.
Contact: 9434279554 / 9933254076

PLOT FOR SALE
Plot for Sale, available at Namunaghar on main road side each plot 200 Sq. mtr. Hurry up limited plots are available.
Contact: 9933265706 / 9933239188

FOR SALE
House Site, Single Patta, measuring 340 Sq. mtrs. on main road at Ferrargunj.
Please Contact: 9434288950, 9679509053

1st Death Anniversary
On 08.08.2021



Late Abdul Waheed
R/o Behind CHC Hospital Bambooflat, South Andaman
"Your memories will always be in our heart forever, We miss you in every moment"
Inserted By: Family & Friends

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