Since 1920s the Oldest Daily... Daily Telegrams ...The Largest Circulating Daily of the Islands

Swachh Survekshan Ranking 2020 announced
Indore creates record by winning ‘Title of Cleanest City’ fourth time in a row

New Delhi, Aug 20 (PIB) Shri Hardeep S Puri, MoS (I/C) Ministry of Housing and Urban Affairs has stated that Swachh Bharat Mission Urban (SBM-U), while providing a comprehensive roadmap to institutionalize the concept of total Swachhata among all our mega cities, the performance of cities righteous show, we are on well on our way to creating not just a ‘Swachh’ (clean) but a ‘Swasth’ (healthy), S a a b a k t i (powerful), S a m p a n n (prosperous) and Aattmanirbhar (self-reliant) New India! he added! He gave the awards for Swachh Survekshana 2020, the fifth edition of the annual cleanliness urban survey conducted by the Ministry of Housing and Urban Affairs.

Our medical fraternity made the nation proud: Minister

New Delhi, Aug 20 (PIB) The Commerce and Industry Minister, Shri Piyush Goyal has said that India’s medical fraternity have made the nation proud and shown the world that India can be a trusted partner when it comes to global engagement and trade. Speaking at the inauguration of CIID’s 12th MedTech Global Summit here today, he said that the pandemic has made the world realize the critical segment that was previously not recognized. The medical devices industry laboured and helped us indispensably produce products required to fight COVID-19. Our doctors, paramedics & medical fraternity have made the nation proud by serving the common man through relentless efforts in their commitment to ensure the safety & well-being of India.

NCCSM Chennai submits draft Island Coastal Regulation Zone & Coastal Land use Maps for Great Nicobar Island

Suggestions invited from general public & stakeholders

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MoU for skill development in Port & Maritime sector signed between Ministry of Shipping & Ministry of Skill Development

Aims at skilling, re-skilling & up-skilling manpower

New Delhi, Aug 20 (PIB) To map the benefit for vast employment opportunities in the maritime sector, a Memorandum of Understanding (MoU) was signed between Ministry of Shipping and Ministry of Skill Development and Entrepreneurship today. An MoU was signed in the presence of Minister of Shipping, and

Fishing license of 2 boats suspended for fishing in tribal area

Port Blair, Aug 20

Online application date for admission to Andaman Law College extended

Port Blair, Aug 20

Relative Humidity(%) at 0830 IST: 076
Rainfall (Progressive total from 1st January 2020 upto 1730 hrs of date) in mm: 000.0
Minimum Temperature (°C) of Date: 26.2
Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.0
Dry weather very likely over Port Blair.

"The weak can never forgive. Forgive is the triumph of the strong."

Weather Report

Dry weather very likely over Port Blair. Minimum Temperature (°C) of Date is 25.9 & Maximum (°C) is 31.2. Relative Humidity (%) of Date is 83.3. Relative Humidity (%) at 0830 IST is 77.5. Barometer trend is static. Winds are light NE. Barometer trend is static. Winds are light SE. 1730 IST: Relative Humidity(%) of Date is 79.0. Relative Humidity(%) at 0830 IST is 87.8. Winds are light SE. 2300 IST: Relative Humidity(%) of Date is 78.6. Relative Humidity(%) at 0830 IST is 87.9. Winds are light SE. 0200 IST: Relative Humidity(%) of Date is 78.5. Relative Humidity(%) at 0830 IST is 87.9. Winds are light SE. 0100 IST: Relative Humidity(%) of Date is 78.6. Relative Humidity(%) at 0830 IST is 87.9. Winds are light SE.

"Use face mask & maintain 'do gaz ki doori' - Together we will fight COVID-19"
Prime Minister describes cricketer MS Dhoni as one of important illustrations of spirit of New India

Prime Minister, Shri Narendra Modi today paid a glowing tribute to former cricketer and Hon'ble Minister for MSME, Shri Mahendra Singh Dhoni who is planning to retire from international cricket this year. Dhoni, who skewed his debut on this day, 10 years ago, received a rousing reception from the Prime Minister.

The Prime Minister said, "MS Dhoni is one of the most successful and winning heroes of cricket as he was able to make the team not only make young citizens national heroes but also make young generation of Indians take up cricket as a sport. He made cricket a household name, and it has become a part of our national identity. Dhoni made India proud.

The Prime Minister urged the cricketers of the country to emulate Dhoni's spirit of courage and determination, which is as old as our heritage, and build a path for generations to come. He further highlighted the spirit of taking on challenges and not making any easy decisions, which made Dhoni an example of the patriotic spirit of our country.

The Prime Minister also appreciated Dhoni for his role in setting up a solid waste management system as part of Swachh Bharat Abhiyan. Dhoni has been a part of the campaign from the very beginning and has worked hard to make India clean and beautiful.

The Prime Minister said, "Dhoni has been an inspiration to all of us. His contribution to the nation is immense. He has always been a part of the Swachh Bharat Abhiyan campaign and has helped in the development of the country. Dhoni has been an example of the patriotic spirit of our country."
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 (coriander), Lahasun (Garlic), 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- Dr Rekha-9434299977 Dr. Smily John -9434277885 ; Homeopath- Dr MA Jawed-Mob. 9434280366 , Dr. Krishnan Kutty 9933223599).