Several steps taken to prevent spread of COVID-19 in N&M Andaman District

68 surveillance teams constituted Tehsil wise to closely monitor & supervise those under quarantine

Number of isolation beds increased from 23 to 123

The Department of Bio-Chemistry, ANMDS will also undertake this week, a sero-prevalence study for the frontline and healthcare workers with ELISA based test kits to monitor the trend and prevalence of the virus.

The A&N Administration appeals to all citizens to strictly follow prescribed protocols of social distancing, wear face masks all the time when stepping out of their homes and maintain personal hygiene like washing of hands regularly, covering face and mouth while sneezing or coughing, a press release from Health Department said.

Over 26 vaccine candidates around the world have entered clinical trial phases. In India, the work is currently progressing in a hundred plus, dozens of candidates, of which, three vaccine candidates are in first, second and third phases.* Head of the Vaccine Task Force on COVID-19, Dr VK Paul said, the vaccine candidates will be made available to the public in the third phase has yielded encouraging results. The third phase of its trial. (Source: india.gov.in)

**Steps taken to mitigate spread of COVID-19 in Andaman and Nicobar Island**

Since 1920s the Oldest Daily...
Scheduled for broadcast/telecast of tec-classes for the week announced

Port Blair, Aug 23
The schedule for the broadcast of tec-classes for the upcoming week (from 24.08.2020 onwards for class IX to XII) on All India Radio, Port Blair and Class VIII to XII through Local Cable TV Network (City TV, City Plus, City TV HD) and Doordarshan is as mentioned below:

SCHEDULE FOR CABLE TV TELECAST (w.e.f. 24-08-2020)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time (Hrs)</th>
<th>Class/Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>24-08-2020</td>
<td>10.00 AM - 11.00 AM</td>
<td>SCIENCE</td>
</tr>
<tr>
<td>24-08-2020</td>
<td>11.00 AM - 12.00 Noon</td>
<td>MATHEMATICS</td>
</tr>
<tr>
<td>24-08-2020</td>
<td>01.00 PM - 02.00 PM</td>
<td>ACCOUNTANCY</td>
</tr>
<tr>
<td>24-08-2020</td>
<td>02.00 PM - 03.00 PM</td>
<td>POL. SCIENCE</td>
</tr>
<tr>
<td>24-08-2020</td>
<td>03.00 PM - 04.00 PM</td>
<td>LIFE SCIENCE</td>
</tr>
<tr>
<td>24-08-2020</td>
<td>04.00 PM - 05.00 PM</td>
<td>BIOLOGY</td>
</tr>
<tr>
<td>24-08-2020</td>
<td>05.00 PM - 06.00 PM</td>
<td>PHYSICS</td>
</tr>
<tr>
<td>24-08-2020</td>
<td>06.00 PM - 07.00 PM</td>
<td>CHEMISTRY</td>
</tr>
<tr>
<td>24-08-2020</td>
<td>07.00 PM - 08.00 PM</td>
<td>HISTORY</td>
</tr>
<tr>
<td>24-08-2020</td>
<td>08.00 PM - 09.00 PM</td>
<td>ECONOMICS</td>
</tr>
</tbody>
</table>

Note: The live telecast of the previous day’s class will be telecast on the next day from 4.00 PM to 5.00 PM.

The broadcast is for the benefit of enhancing teaching-learning activity during this period. Parents have been requested to engage their children in these classes.

For the authorized persons of interested Coaching Centres have been advised to closely monitor their students’ willingness along with details and other COVID-19 protocols by the organization to the Director (Social Welfare), Government of India, Port Blair within 30 days.

For further details OBC Cell of Directorate of Social Welfare at Coal Gate may be contacted or visit the URL: http://socialwelfare.nic.in/ schemeList/Send/ 96mid=32549, a press release from Directorate of Social Welfare said.
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), Lahsun (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).
A Loving Husband, a Caring Father and a Doting Grand Father. Yes, he was an Angel in disguise.

For whether we live, we live unto the Lord; and whether we die, we die unto the Lord. Whether we live therefore or die, we are the Lord’s.

Death Anniversary

10th Death Anniversary

LATE. ADHIR KUMAR SARKAR

The Tender forms and other details can be obtained from the website

ID No. 6843

SHRADH CEREMONY

BRAHMBHOG
Late N. SATYANARAYAN
S/o Late N. Subbaradu (Civil Supply MTS Staff)
(30/12/1965 - 12/08/2020)

It is time to express our heartfelt gratitude to our relatives, friends, and well-wishers, who stood with us at the unimpaired and sad demise of my beloved one Late N. SATYANARAYAN who left for heavenly abode on 12/08/2020 at his residence Mahaveer Nagar, Prothrapur, Port Blair.

As a Part of His last rites, I along with my family members, relatives and friends cordially invite you to attend his *SHRADH CEREMONY* on Monday (24/08/2020) from 12:00 noon to 3:00 pm at our residence at Mahaveer Nagar, Prothrapur.

Inserted by: N. Pallavrana (Wife), N. Mamtha (Daughter), Srinu (Son), Somasi (Daughter in Law) and all Family Members

On 24-08-2020

LATE. ADHIR KUMAR SARKAR

THIRD DEATH ANNIVERSARY

LATE. CH. SRI HARI

GTT

DOD-03/08/2020

We, the family members, deeply mourn the sad demise of Late. CH. SRI HARI. GTT (GSSB Bambooflat), who expired on 03/08/2020.

Aged 52 years. R/o Mahaveer Nagar, Birdline, Port Blair.

Shradh Ceremony will be performed on Monday (24/08/2020) at 12:00 noon in our residence, Birdline, Port Blair.

Inserted by: CH.Rukmani (Wife), CH.Sanjana(X), CH.Samarth(Son) and all Family Members

OFFICE OF THE EXECUTIVE ENGINEER
PUBLIC HEALTH ENGINEERING DIVISION
A.P.W.D., PORT BLAIR

NOTICE INVITING E-TENDER

The Executive Engineer, PHED, APWD, Port Blair invites on behalf of President of India, online item Rate tenders from the approved and eligible contractors of appropriate class of APWD and Non APWD Contractors irrespective of their enlistment subject to the condition that they have experience on executing the relevant magnitude of work as per CPWD Works Manual and with other GOI organisations in these Islands and do not have any adverse remarks for the below mentioned work.

Bid opening date :- 28.08.2020   1000hrs
Bid submission start date  :- 21.08.2020   0900hrs
Bid submission end date :- 28.08.2020                0900hrs
Bid document publishing date                        :- 19.08.2020   1400hrs
Tender ID NO- 2020_APWD_726_1

Name of work
Construction of 1 no RCC ring well dyke
Estimate cost
Rs.54,87,782/-
Earnest Money
Rs.1,09,756/-
Time of completion
08(Eight) Months

To automate data on surveillance & control of the community, to prevent the spread of COVID 19

On 24-08-2020

LATE ADHIR KUMAR SARKAR

Readers are requested to verify and make appropriate enquiries to satisfy themselves about the veracity of an advertisement before responding to any advertisement published in this newspaper. The publisher of this newspaper does not vouch for the authenticity of any advertisement or advertiser or for any of the advertisements products and services. The Owner, Publisher, Printer, Employees of this newspaper shall not be held responsible/liable in any manner whatsoever for any claims and/or damages/consequences for advertisements in this newspaper.