Proactive steps taken by District Administration to fight COVID-19

Containment Zones in South Andaman District reduced from macro to micro

Port Blair, Aug 25

With the aim to combat the spread of COVID-19 in A&N Islands, the District Administration has taken a decision to ensure that proper arrangements are in place in health sector, containment zones and at airport by following all COVID-19 protocols.

Announcements are being made for the passengers in the flight before landing and on arrival at VSI Airport, Port Blair. In this regard, several proactive steps have been taken by the Administration such as:

- A Notice was published in newspapers, inviting Stakeholder data for Preparatory Revision/Updation of Containment Zone Management Plan (CCMP) in accordance with the provision of Coastal Regulation Zone (CRZ) CRZ Notification, 2019 for 14 Islands already framed under CRZ Notification, 2011 by NCSCM, Chennai.

These maps and draft executive summary have been uploaded on the website goa.nic.in of the Ministry of A&N Administration and forest and.nic.in of the Ministry of Environment & Forest, & A N Administration has invited comments & suggestions on these draft executive summary, ICZC & Coastal Administration, Ministry of Environment & Forest.

Further, considering the various measures and direction issued by the Govt of A & N Administration, the District Administration has taken various steps to ensure that the citizens of this UT get the essentials commodities in time and at regulated price. The Department of Civil Supplies & Consumer Affairs has taken by the Administration such as:

- Administrative briefing of stock position of all POL products including LPG is no cause to worry as the position of PDS items in the UT has sufficient stock in all Civil Supplies godowns which can cater to the need for four months. Similarly, the stock position of all POL products including LPG is healthy and scheduled replenishment is in transit. Availability of Essential Commodities and POL in the UT is as under:

<table>
<thead>
<tr>
<th>Item</th>
<th>Stock Available (in MT)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td>4384</td>
</tr>
<tr>
<td>Sugar</td>
<td>1686</td>
</tr>
<tr>
<td>Edible Oil</td>
<td>110 MT</td>
</tr>
<tr>
<td>Onions</td>
<td>30 MT</td>
</tr>
<tr>
<td>Vegetables</td>
<td>15 MT</td>
</tr>
<tr>
<td>Salt</td>
<td>30 MT</td>
</tr>
</tbody>
</table>

The Consumers have been requested to bring any kind of complaints related to scarcity and resorting to panic buying. If any wholesalers/retailers found indulging in any kind of malpractice such as black market, hoarding, overcharging etc. they stringent legal action without any excuse shall be initiated against them as per the various regulations under the relevant legal provisions.

The general public have been advised not to pay heed to rumors related to scarcity and resorting to panic buying. If any wholesalers/retailers found indulging in any kind of malpractice such as black market, hoarding, overcharging etc. they stringent legal action without any excuse shall be initiated against them as per the various regulations under the relevant legal provisions.

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Govt. announces tax exemptions for businesses with annual turnover of up to Rs 40 lakh

New Delhi, Aug 25

The Ministry of Finance on Monday said that businesses with an annual turnover of up to Rs 40 lakh are GST exempt. This limit was Rs 20 lakh. In a tweet, the Finance Minister said, "Tax exemption limit of GST is Rs 40L. For the small business, the move is a huge relief."

The move is expected to benefit the small and medium enterprises (SMEs) and the informal sector.

The GST Council, in its 34th meeting held on July 27, recommended the increase in the turnover limit from Rs 20 lakh to Rs 40 lakh for small businesses.

CSS raids Bamba Nallah jungle, Sippighat; seizes 710 liters spirituous illicit liquor

Port Blair, Aug 25

The Central Crime Station police conducted a jungle search operation at Bamba Nallah, Sippighat, in which two persons were making some beverage with buffalo and other equipments were also found. The team enriched them and overpowered them as they tried to flee from the spot. The accused persons identified as T.B. and M.B. were sent to the nearest police station near Community Hall and S.Thomas, R/o Bamba Nallah, Sippighat. They admitted their crime and overwhelmed on being questioned.

The crime has been registered under section 188 and 34 IPC at the nearest police station.

Social Welfare Dept. invites online application forms for Pre-Matric Scholarship, Post-Matric Scholarship and Merit-cum-Means Scholarship.

Given by the Ministry of Minority Affairs, Government of India for the schemes viz. Pre-Matric Scholarship, Post-Matric Scholarship and Merit-cum-Means Scholarship.

The last date for submission of the online application (both Pre matric and Post matric) is 20th November, 2020.

The eligibility criteria for availing the scholarships are the applicant should be a student of the notified minority communities (Jain, Buddhist, Sikh, Zoroastrian ( Parsi), Muslim and Catholic). The Government recognizes Private University/Institute/College/School, where the course pursued being, should get themselves registered (if not earlier) on National Scholarship Portal at the earliest, a press release from Directorate of Social Welfare was issued.

Thousands of cases of COVID-19 (Contd. from page 1)

The notification will be circulated to the concerned officials of the Ministry to inform the concerned employees of these highlights. Further, a press release will be issued from the Research, Secretariat, Labour & Employmentедакtor.
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.

- PratimarsyaNasya: 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).
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!!

OBITUARY

WE DEEPLY MOURN THE UNTIMELY DEMISE OF Mr. EMMANUEL WHO EXPIRED ON 22.08.2020 AT G.B. PANT HOSPITAL PORT BLAIR. (Ex. Inspector CISF), FORMER INDIAN FOOTBALLER, R/O ARONG VILLAGE CAR NICOBAR. DOB: 17-02-1969 TO DOD: 22-08-2020

SHRI RVK YADAV,
PRESIDENT
SRI KRISHNA FOUNDATION

OBITUARY


MAID WANTED

We deeply mourn the lost of Mr. A. R. RAJAGOPAL, S/O LATE. ARJUNAN AGE 67 YRS. R/O PONGYCHUNG, PHOENIX BAY, ONE OF THE FOUNDING MEMBERS & TREASURER OF SRI KRISHNA FOUNDATION WHO BREATHED HIS LAST ON 23.8.2020 AT G.B.PANT HOSPITAL. He left behind his wife, son and daughter. We pray the Almighty to give strength to the bereaved family members to bear the irreparable loss.

We deeply mourn the untimely demise of Mr. EMMANUEL who expired on 22.08.2020 at G.B. PANT HOSPITAL PORT BLAIR. (Ex. Inspector CISF), Former Indian Footballer, R/O Arong Village Car Nicobar, DOB: 17-02-1969 to DOD: 22-08-2020.

We deeply mourn the untimely demise of Mr. A. S. JALALUDEEN, (Retired official of Naval Service “CIVILIAN”, B.V. Yard. INS Jarawa, INSRY) who expired on 17/08/2020. Kindly join us in the Shradh Ceremony to pray for the departed soul on 26/08/2020 at our residence - Haddo Ward No-01 (Beside Ganesh Temple) between 11.00 am to 3.00 pm. Interested By – All family members.

Simple Ayurvedic Procedures

1. Navel application - Apply sesame oil / coconut oil or Chie in both the nostrils (Pradmarah Nasya) in morning and evening.
2. 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.
3. Steam inhalation with fresh Peppermint (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
4. Lemon (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
5. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

Classifieds

Staying Safe with Age Old Wisdom of Ayurveda

Ayush Home Remedies for Dry Cough / Sore Throat

Steam inhalation with fresh mint leaves / caraway seeds can be practiced once in a day.

Lose powder mixed with natural sugar / honey can be taken two to three times a day.

Consult a doctor if the symptoms persist.

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

MAID WANTED

Wanted a full time maid (Female only). To stay at our home in Port Blair City. Boarding / Lodging Free. Call: 8902121231, 8900911677 for details.

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

Obituary

Late Rajesh Lakra
SI Police (Wireless) R/O Dairy Farm
DOB: 11-02-1968 DOD: 26-08-2015

Fondly remembered by:
Prema (Wife), Shubham, (Son) & All Family.

In loving memory of

Later A. S. Jalaludeen
Date of Death: 17/08/2020
Age: 85 Years

(Retired official of Naval Service “CIVILIAN”, B.V. Yard, Jarawa, INSRY)
R/O New Pahar Gaon

Inserted by:

Obituary

Sri Krishna Foundation, A&N Islands, Port Blair Deeply Mourn the Demise of Mr. A. Rajagopal, S/O Late Arjunan Age 67 Yrs. R/O Pongychung, Phoenix Bay, One of the Founding Members & Treasurer of Sri Krishna Foundation who breathed his last on 23.8.2020 at G.B. Pant Hospital. He left behind his wife, son and daughter. We pray the Almighty to give strength to the bereaved family members to bear the irreparable loss.

Shri Rvk Yadav, President
Sri Krishna Foundation

Obituary

Lost

I have lost my certificates of 10th & 12th pass and mark sheet issued by CBSE including Local Certificate, Employment card, OBC Certificate, CDC, COC, INDOS Certificate, STCW Certificate. Lost in between Delanipur to Aberdeen Bazar on In the name of K Karthick S/o Late. V Kittuswamy R/o Anarkali Village, Haddo Post Port Blair. Finder may please contact to 8900934700