

PM dedicates renovated complex of Jallianwala Bagh Smarak to the nation

Dreams of the innocent boys and girls are still visible in the bullet marks in the walls of Jallianwala Bagh: PM



New Delhi, Aug. 28 (PIB)

Prime Minister, Shri Narendra Modi dedicated the renovated complex of Jallianwala Bagh Smarak to the nation through video conference. During the event, he also inaugurated the Museum Galleries at the Smarak. The event showcased the multiple development initiatives taken by the Government to upgrade the complex.

The Prime Minister bowed to the brave land of Punjab and to the holy soil of Jallianwala Bagh. He also saluted those children of Mother Bharati who were subjected to unprecedented inhumanity just to extinguish the flame of freedom.

Addressing the gathering, the Prime Minister said the dreams of the innocent boys and girls, of the sisters and brothers are still visible in the bullet marks in the walls of Jallianwala Bagh. He added that today, we are remembering the love and lives

of countless mothers and sisters which were snatched away in that Shaheedi well.

The Prime Minister remarked that Jallianwala Bagh is the place which inspired countless revolutionaries and fighters like Sardar Udham Singh, Sardar Bhagat Singh to die for the freedom of India. He added that those 10 minutes of April 13, 1919, became the immortal story of our freedom struggle, due to which we are able to celebrate the Amrit Mahotsav of freedom today. On such an occasion, dedication of Jallianwala Bagh Memorial in the modern version in the 75 year of independence, is an opportunity of great inspiration for all of us, he said.

The Prime Minister remembered that before the Jallianwala Bagh Massacre, fairs of holy Baisakhi used to be held in this place. Guru Gobind Singh Ji Khalsa Panth with the spirit of 'Sarbat da Bhala' was also founded on the same day. He said on the 75th year of our Independence, this renovated Jallianwala Bagh will remind the new generation about the history of

this holy place and will inspire to learn a lot about its past.

The Prime Minister noted that it is the responsibility of every nation to preserve its history as it teaches us and gives us the direction to move forward. He added that it is not right for any country to ignore such horrors of its past. Therefore, he said, that India has decided to observe 14th August every year as 'Partition Horrors

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Ensuring safety & well being of expectant mother and child in times of COVID

553 pregnant women vaccinated in A&N Islands till date

Staff Reporter
Port Blair, Aug. 28

The Ministry of Health and Family Welfare (MoHFW) approved the vaccination of pregnant women against COVID-19 in the month of July based on recommendations from National Technical Advisory Group on Immunization (NTAGI). The choice on taking the COVID vaccination. Accordingly, the A&N Administration decision empowered pregnant women to also initiated the vaccination for pregnant women too in A&N Islands in the month of



An expectant mother being administered COVISHIELD vaccine at CHC Rangat

July itself. As per the data received from the Health Department, altogether, 553 pregnant women have been vaccinated in A&N Islands till date viz. 241 in South Andaman, 155 in North & Middle Andaman & 157 in Nicobar District. Prior to vaccination, the expectant mothers are briefed by the Health Staff in the designated Vaccination Centres on the safety aspects of vaccination both for the expectant mother and

(Contd. on last page)

Towards delivering better services to citizens in Transport sector through digital mode

Transport Deptt. witnesses encouraging response from public with 29,581 transactions amounting to Rs. 1.09 Cr made for various services since launch of Vahan 4.0

Facilities to make online payment for various services extended

Port Blair, Aug. 28

A & N Administration endeavours to deliver better quality of services to the citizens at their doorstep and continuously improve it for enhancing the quality of lives. In order to provide quick service in a transparent manner, the Transport Department made the services online by implementing National software Vahan 4.0 on 15.08.2020. In a further step towards adoption of e-Governance, the services related to Driving Licence have also been made online



on 20.05.2021. A total of 29,581 transactions amounting to Rs. 1.09 Cr have been made by the citizen to avail various services of Motor Vehicle Department during the period 15.08.2020 to 17.08.2021. Encouraging responses are being received from the general public with more people opting for the online services.

Further, to minimize personal visits to RTO Office especially during the ongoing pandemic situation, some of the services have been made completely faceless and

at the same time, fee payment process for all the other transactions related to Driving License and Registration of Motor Vehicles has also been made online by the Transport Department. The services which have been made online (faceless) are Road Tax, Advance Booking of Registration Marks of vehicle (Fancy & Choice), Motor Vehicle Fitness Renewal and slot booking, New Registration of Motor Vehicle & Renewal

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Keeping COVID-19 at bay through vaccination

3,59,749 doses of vaccine administered to beneficiaries in Isles; 1,43,126 inoculated in the age group of 18 to 44 years

Port Blair, Aug. 28

Vaccination drive is continuing in isles smoothly and more and more people are turning up at the vaccination centre for getting their jab since the launch of vaccination drive against COVID-19. The inoculation numbers are picking up with each passing day and so far a total of 1,43,126 eligible people in the age group of 18 to 44 years have been vaccinated till date. As per the data available, 3,59,749 doses of vaccine



have been administered to beneficiaries in these Islands so far, out of the target beneficiaries of 2,81,603 (approx.)

Meanwhile, a total of 4366 people were

(Contd. on last page)

GREETINGS

On the occasion of National Sports Day, I extend my heartiest congratulations to all state, national and international sportspersons and also to sports lovers of Andaman and Nicobar Islands. I offer my tributes to the extraordinary hockey player, Major Dhyan Chand ji on his birth anniversary. Major Dhyan Chand ji's dedication to the game and the spirit of patriotism is inspiring for the entire country. The qualities of leadership, dedication, discipline develop in sportspersons from sports, these qualities should be in youth to succeed in every sphere of life along with sports.

I urge all youths of these Islands to give priority to sports and fitness related activities, which will contribute towards a healthier India.

I salute all sportspersons of Andaman and Nicobar Islands, who have represented this UT and India in various sporting events.

Sd/-
(Kuldeep Rai Sharma)
Member of Parliament, A & N Islands

Governing Body meeting of District Health Society of South Andaman held

Chairman emphasizes on providing Mobile Unit for elderly bed ridden patients

Port Blair, Aug. 28

The Executive Committee and Governing Body meeting of the District Health Society, South Andaman was held under the chairmanship of the Deputy Commissioner, South Andaman, Shri Suneel Anchipaka, wherein the approved

budget / records of the proceedings for Financial Year 2021-22 and its expenditure on the vertical programmes were discussed.

The DC (SA)/ Chairman, DHS (SA) directed to implement the approved activities in a time bound manner. He further focused on the

current requirements of the health centres and instructed to disburse the funds to Rogi Kalayan Samities of Health Centres as per their requirements. He also emphasized that the proposal for Mobile Unit for elderly bed ridden patients has to be

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'Azadi Ka Amrit Mahotsav' - commemoration of 75 years of India's Independence

School students enlightened on rich history of the Islands & freedom movement

Port Blair, Aug. 28

The Department of Art and Culture & Kala Kendra Society, A&N Administration have undertaken a number of programmes as part of nationwide celebration of Azadi Ka Amrit Mahotsav - commemoration of 75 years of India's Independence, to create heritage awareness through various



programmes. As part of this initiative, a heritage awareness lecture was organized by the Department of Art and Culture in Museum Shri Mageshwar Lall while collaboration with the Department of Education

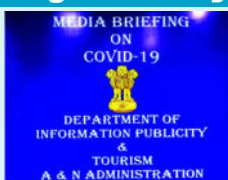
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Media briefed on COVID-19

People should be cautious & adhere to COVID appropriate behavior as cases in mainland are increasing: Secretary (IP&T)

Port Blair, Aug. 28

The Secretary (IP&T), Shri Sunil Kumar Singh briefing media persons on COVID-19 in the conference hall of IP&T here this evening stated that corona cases in mainland are increasing and people should be cautious. He urged the general public to adhere to



COVID appropriate behavior as the virus is still prevalent. Giving details about the test being done to check the spread of the virus, he said, during the RT-

PCR test conducted on 635 passengers who arrived here yesterday, no positive case was detected. Today, 4 flights with 684 passengers arrived and the RT-PCR reports are awaited. He further disclosed that RAT was conducted on 283 passengers bound for North & Middle

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Express Bus Service between Port Blair & Nimbudera and Bambooflat & Rangat resumes

Port Blair, Aug. 28

In view of the restrictions imposed by the District Administration on Inter-District movement of passengers due to COVID-19 pandemic, the Express Bus Service from Bambooflat to Rangat and Port Blair to Nimbudera were suspended. For movement of stranded passengers between the two districts, Express

bus services were resumed by connecting Diglipur, Mayabunder, Rangat and Baratang with Port Blair.

Now, to facilitate travel of more stranded passengers, Express Bus Service between Port Blair & Nimbudera and Bambooflat & Rangat have been resumed w.e.f Aug. 27, 2021. Accordingly, the departure timing of the

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Community Garden inaugurated at ANCOL under 'Save Seeds, Plant Trees'- Vision 2047 Campaign

Port Blair, Aug. 28

As part of 'Save Seeds, Plant Trees'- Vision 2047 campaign, a Community Garden was inaugurated by Smt. Anjali Sehrawat, Secretary, Education, A & N Administration at ANCOL campus by planting a sapling. This was followed by planting of more than 50 saplings of fruits, vegetables and flower



plants in the campus by the Principal, Faculty in the college and the Staff of the college. The Secretary also

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PM dedicates renovated complex of Jallianwala Bagh ...

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Remembrance Day'. India witnessed horrors like Jallianwala Bagh during the partition of India. He said that people of Punjab have been the biggest victims of Partition. He added that we still feel the pain of what happened at the time of Partition in every corner of India and especially in the families of Punjab.

The Prime Minister remarked that this Amrit Kaal of our Independence is very important for the whole country. In this Amrit Kaal, he urged everyone to carry forward both heritage and development. He said the land of Punjab has always inspired us and today it is necessary that Punjab makes progress at every level and in every direction. For this, he urged everyone to work together with the spirit of 'Sabka Saath, Sabka Vikas'. He wished this land of Jallianwala Bagh to continue to give continuous energy for the resolutions to make the country fulfill its goals soon.

Towards delivering better services to citizens... (Contd. from page 1)

of Registration.

Similarly, the process of online fee payment for services related to Registration of Vehicle are Duplicate Fitness Certificate for Motor vehicle, Hypothecation Addition, Hypothecation continuation, Hypothecation Termination, Transfer of Ownership, Change of Address, Duplicate RC, Issue of NOC for Motor vehicle, Conversion of Vehicle, Alteration of Vehicle, Issue of Temporary Registration Certificate, Issue of Trade certificate & Duplicate Trade certificate.

The process of online fee payment for services related to Driving License include Issue of New LL, Issue of Duplicate LL, Change of Address in LL, Change of name in LL, Issue of DL, Add COV to DL, Issue of Duplicate DL, Renewal of DL, Change of Address in DL, Replacement of DL, Endorsement to Drive in Hazardous material, Issue of International Driving Permit, Change of name in DL, Change of Biometrics in DL, Surrender of COVs in DL, Issue of NOC for DL, Cancellation of NOC for DL, LL application Edit, Endorsement in LL, DL Club, Issue of Driving School License, Issue of Duplicate Driving School License & Renewal of Driving School License.

All the applicants have been requested to avail the above online services related to DL & RC by visiting the url <https://parivahan.gov.in>. However, the above services shall also be optionally available in the RTO Office for the Computer illiterate applicants and those who do not have internet access, a press release from Registering & Licensing Authority, A & N Islands said.

Keeping COVID-19 at bay through vaccination ... (Contd. from page 1)

vaccinated today in A&N Islands. 3565 beneficiaries were vaccinated in South Andaman District, out of which, 2764 were in the age group of 18-44 years. 801 beneficiaries were vaccinated in North & Middle Andaman District, out of which, 653 were in the age group of 18-44 years, a press release from DHS said.

Help Administration in its fight against COVID-19

Spot persons violating COVID appropriate behaviour

(Not wearing mask, not following social distancing norms etc.)

Click pictures of violators and inform through WhatsApp on A&N Police Helpline 3rd Eye Mobile no. **9531892228** or District Administration South Andaman **9531888844**

Let's break the chain of transmission

#Together we win battle against COVID-19 pandemic in Isles

A&N Administration

अंडमान तथा निकोबार प्रशासन ANDAMAN & NICOBAR ADMINISTRATION सचिवालय/SECRETARIAT				
Health Bulletin For Containment Of				
नोवल कोरोना वायरस रोग (COVID-19)				
(No. 516/28 th August 2021)				
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON 28.08.2021				
> Status of Cases :				
Details of Second Wave since: 01.03.2021				
Active new case in last 24 Hours				00
Discharges in last 24 hours				00
Total confirmed cases				2566
Total Discharges				2496
Total Active case as on date				03
Total Deaths				67
Cumulative since March 2020				
Details	On 27 th Aug 2021	On 28 th Aug 2021		Total
Confirmed Cases	7560	00		7560
Cured/Discharged from Hospital	7428	00		7428
Death	129	00		129
> Clinical Management of Cases :				
Name of District	Isolation Beds Available	Occupied		Vacant
North & Middle Andaman	286	00		286
South Andaman	5583	03		5580
Nicobar	507	00		507
Total	6376	03		6373
> Status of Sample and Testing:				
Total Samples sent till date				484869
Total Reports received till date				484869
Total Pending Reports				0
Rate of Testing Per Million				1212173
Cumulative Test Positivity Rate				1.56%
COWIN 1.0				
> Vaccination Status				
Total population				4,00,000
Target Beneficiaries				2,81,603(Approx)
Cumulative Beneficiaries vaccinated so far		3,59,749		--
Cumulative Beneficiaries vaccinated with 1 st Dose so far		2,54,821		90.49
Cumulative Beneficiaries vaccinated with 2 nd Dose so far		1,04,928		41.18
% of population vaccinated		--		63.71
> Passengers screened at VSI Airport & Haddo Wharf				
Details	From 25 th May 2020 to 27 th Aug 2021	On 28 th Aug 2021		Total
Incoming Passengers				
a) VSI Airport	277427	698		278125
b) Haddo Wharf	1032	0		1032
Outward Passengers				
a) VSI Airport	292051	671		292722
b) Haddo Wharf	928	0		928

(On 28.08.2021, 684 passengers were retested by RTPCR at Airport)

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

(Source: Directorate of Health Services)

PMEGP Scheme- where dreams are made a reality
Beneficiary becomes self employed through assistance from the scheme

Port Blair, Aug. 28

PMEGP scheme has turned around life for many who had the spark to set sailing on the journey of self employment ventures. The scheme has provided many rural people, the platform and courage to transform their dream into a full fledged vocation. This scheme has enabled many people from A&N Islands to embark on the journey of self employment and one such beneficiary is Shri Mohammed Salim, who had seen hard days before embarking on a self employment venture.

Unfortunately, he couldn't pursue his education beyond class XII due to financial problems at home. Being a child of a single parent having lost his father at a tender age, he had to face a lot of difficulties in leading a normal life in his childhood. But, even at a very young age, he decided to work



in order to earn money for the family where he has the responsibility of his siblings on his shoulders.

The necessity to earn his own living was realized when one of his friends, who is a PMEGP beneficiary introduced him to the scheme. Subsequently, he learned auto driving, obtained license and NOC from the RTO Department. With all the

requisite documents, he went to the financing bank and met the Branch Manager and put forth his proposal to avail a loan for purchase and ply of auto rickshaw. The Branch Manager was generous enough to guide him about the PMEGP scheme and its benefits. He was asked to meet the KVIB office and ensue with the loan application formalities.

On recommendation by the DLTF, the loan proposal of Shri Salim was forwarded to the financing bank who sanctioned him an amount of Rs. 2,76,450/-. As on date, Mohd. Salim is a successful entrepreneur who earns nearly Rs. 18,000/- a month and is managing his family without any disruption. He is now in search of a good land for purchase with his savings for construction of his own house someday. (Source: ANIKVIB)

Ensuring safety ...

(Contd. from page 1)

child.

The National COVID Vaccination has been expanded to pregnant women in the world's largest immunization drive as pregnant women with COVID-19 infection are at an increased risk for preterm birth and other adverse pregnancy outcomes including higher chances of neonatal morbidity.

Admission to UG courses in JNRM

Port Blair, Aug. 28

Keeping in view the difficulties faced by the students and parents due to COVID-19, the last date of admission for various undergraduate courses in JNRM, Port Blair has been extended upto 3rd September, 2021 for the session 2021-22, a press release received from Principal, JNRM said.

ANC hands over Swarnim Vijay Varsh Victory Flame to Eastern Naval Command

Port Blair, Aug. 28

The Swarnim Vijay Varsh Victory Flame symbolising the gallant saga of India's victory in the 1971 Indo-Pak War was handed over by Andaman and Nicobar Command (ANC) to Commanding Officer Sumitra on behalf of Eastern Naval Command (ENC) with full military honours in a solemn ceremony held at Birchgunj Military Station today. Rear Admiral Dalbir S Gujral, NM, Chief of Staff (COS), ANC was the chief guest for the occasion.

COS addressed all ranks and elucidated the efforts of India's war heroes during the 1971 War. He also exhorted upon the responsibility of ANC to honour the trust bestowed by the



countrymen for safeguarding the frontiers. The Admiral on behalf of Lieutenant General Ajai Singh, AVSM, Commander-in-Chief, Andaman and Nicobar Command (C I N C A N), complimented all components of ANC for the efforts taken during the 'Swarnim Vijay Varsh' celebrations and congratulated them for being part of the nationwide commemoration of this golden episode in India's history. The event marked the culmination of month long 'Swarnim Vijay Varsh' celebrations in ANC which included various activities such as a cycling expedition, ceremonial function at the National Memorial Cellular Jail and display of the Victory Flame at all the military and important civil establishments in Port Blair, North and Middle Andaman Islands as well as far flung villages of Great Nicobar Island, a press release from ANCHQ said.

'Azadi Ka Amrit Mahotsav': Fit India Run organized for NCC Cadets

Port Blair, Aug. 28

As part of the celebration of Azadi Ka Amrit Mahotsav, a Fit India Run program was organized for NCC Cadets today at Mayabunder and Port Blair. The event was carried out under the guidance of Capt (IN) VK Trivedi CO 1 (AN) NU NCC and Col Vivekanand CO 1 (AN) Independent Infantry Company. The program was coordinated by ANO SLt (Dr.) Satyam Setia of JNRM College, CTs Dr. Shashi Kumar Singh



of MGG College and Shri Ratan Sarkar of GSS School, Mayabunder. Cadets were sensitized on

benefits of physical activities, a press release from Captain (IN), Commanding Officer, NCC said.

Express Bus Service between Port Blair & Nimbudera...

(Contd. from page 1)

Express Bus Service from Port Blair to Nimbudera for onward journey will be at 7 am and the return journey will be at 8 am while from Bambooflat to Rangat, the departure timing of the bus is 6 am and return journey is 7 am. The general public have been requested to avail the services and follow COVID appropriate behavior, a press release from Transport Deptt. said.

Media briefed on COVID-19...

(Contd. from page 1)

Andaman at Ferrargunj and all the tests were found negative. During the RAT conducted at Phoenix Bay Jetty on 196 passengers, all were found negative. At Mohanpura Bus Terminus, 196 passengers were tested and all the reports were negative. At Helipad, 6 persons were tested and all were found negative. Today till 3.30 pm, 411 beneficiaries were vaccinated, out of which, 300 were in the age group of 18-44.

The Director, ANIIMS, Dr. AK Mandal informed that one COVID positive patient has been admitted in GB Pant Hospital.

The Deputy Director, GB Pant Hospital, Dr. Amitabha De was also present during the press briefing.

Fish seed distributed to fish farmers

Port Blair, Aug. 28

The Department of Fisheries in association with Krishi Vigyan Kendra (KVK) Sippighat yesterday distributed fish seeds

produced locally at Fish Seed Farm, Nayagaon to the fish farmers identified by KVK, a press release from Fisheries Deptt. said.

Missing report registered at PS Chatham

Port Blair, Aug. 28

A written report was received from Smti Zaida Bibi, W/o Shri Sarafat Hussain, R/o PS Aberdeen quarter behind PS Aberdeen on Aug. 22, 2021 regarding missing of her husband namely Shri Sarafat Hussain, S/o Late Dildar Hussain, 47 yrs since 21/08/2021. She further stated that her husband works in A&N Police Department as Follower Sweeper and regularly goes to fishing near seashore road Haddo. On 21/08/2021, at about 1430 hrs, he went for fishing near Seashore road, Haddo, carrying fishing net, but didn't return home till date.

The descriptive roll of missing person is height - 5.5',



complexion-shallow, wearing apparel-grey colour half sleeve round neck T-shirt & black colour half pant. Based on the complaint, a missing report has been registered at PS Chatham. Intensive search is in progress. General public have been requested to report any information about the missing persons if found/noticed, to 100, 112, 03192-233077 or to PS Chatham on 03192-232232/9474246869, a press release from SP (SA) said.

Governing Body meeting of District...

(Contd. from page 1)

initiated at the earliest in the District. He further directed the concerned to submit the Utilization Certificate well in time for release of balance funds from State Unit.

It was decided that Rogi Kalayan Samities may conduct their respective Executive Committee & Governing Body meeting by next week to identify the priorities of their work and accordingly utilize the allocated funds, a press release received from Chairman, District Health Society (SA) said.

'Azadi Ka Amrit Mahotsav'...

(Contd. from page 1)

interacting with the students of Govt. SSS Model, Govt. SSS Girls and Govt. SSS Boys highlighted about the rich history of the Islands and freedom struggle.

Later, the students also went round the National Memorial Cellular Jail to acquaint themselves with the rich history of the National Memorial, a press release from Deptt. of Art & Culture said.

Community Garden inaugurated...

(Contd. from page 1)

Girl's Hostel Building which is under construction and stressed on timely completion of the building to facilitate inter-island students pursuing their higher education in ANCOL, a press release from Principal, Andaman College said.

ANIIMS for YOU

COVID-19 & Asthma: Facts you need to know

-Sourav Ghoshal (MBBS Final Yr.), ANIIMS

Q. What is asthma?

Asthma is a chronic condition that affects the airways. It causes wheezing and can make it hard to breathe. Some triggers include exposure to an allergen or irritant, viruses, exercise, emotional stress, and other factors.

Q. What's the Connection between Corona virus and Asthma?

COVID-19 is a respiratory disease caused by a corona virus. That means it can affect your lungs, throat, and nose. For people who have asthma, infection with the virus could lead to an asthmatic attack, pneumonia, or other serious lung disease.

One small study shows that asthma doesn't raise your chances of getting infected with the corona virus that causes COVID-19. But if you do get sick, your symptoms could be worse than other people's because you already have trouble in breathing. People with conditions such as asthma are encouraged to get the COVID-19 vaccine as early as possible. There's no treatment for COVID-19. But there are steps you can take to protect yourself and your loved ones including getting vaccinated.

Common COVID-19 symptoms include:

- ▶ Fever
- ▶ Fatigue
- ▶ A dry cough
- ▶ Loss of appetite
- ▶ Body aches
- ▶ Shortness of breath
- ▶ Headache
- ▶ Loss or taste or smell
- ▶ Sore throat
- ▶ Congestion or runny nose
- ▶ Nausea or vomiting
- ▶ Diarrhoea

A person with asthma may experience:

- ▶ tightness in the chest
- ▶ wheezing
- ▶ breathlessness
- ▶ coughing
- ▶ increased mucus production

Causes and triggers of Asthma

1. Environmental factors
 - ▶ Mold
 - ▶ Dust
 - ▶ animal hair and dander
 - ▶ feathers
 - ▶ fumes from household cleaners and paints
2. Allergies
3. Obesity
4. Smoking tobacco
5. Stress
6. Genetic factors

The COVID-19 virus can be particularly troubling for those with asthma. It's important for asthma sufferers to know that they are not at a higher risk for contracting corona virus.

Q. How to Prepare?

Get vaccinated when it becomes available to you. The vaccine will help prevent infection. Keep taking your asthma medicine. Stay home as much as possible. That lowers your chance of coming into contact with the virus. It's a good idea to have a 30-day supply of food, non prescription drugs, and other household goods on hand.

Your doctor, pharmacist, and insurance company can help you figure out what you need for an emergency supply of prescription medication. Here are some other tips:

- Know how to use your inhaler.
- Clean your nebulizer well.
- Stay away from asthma triggers such as smoke, allergens, and air pollution.
- Don't take cruises or unnecessary flights.
- Avoid close contact with people (stay 6 feet away from others).
- Avoid crowds and people who are sick.
- Don't share cups, eating utensils, or towels.
- If you're mildly sick, stay home. Always use a tissue to cover your cough or sneeze. Throw that tissue away after you use it.
- Stay away from people in your house who are sick. If possible, they should stay in a separate room and use another bathroom until they're better. If they can't, disinfect any common spaces the ill person uses. You should both wear masks when around each other.

Preventing Complications of Corona virus and Asthma:

1. Wash your hands often for at least 20 seconds. That includes your knuckles, thumbs, fingernails, and wrists. If you don't have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol.
2. Wash your hands after you go out in public, touch a new surface, blow your nose, cough, or sneeze
3. Dry your hands completely after you wash them. And always wash your hands before you touch your eyes, nose, or mouth. You can transfer the virus from your hands to your face.
4. Disinfect anything that's touched a lot. COVID-19 can live a while on certain surfaces. Studies show that it can stick to plastic and stainless steel for up to 3 days. Try to avoid disinfectant that might trigger your asthma. Items you should regularly disinfect include:
 - Tables and countertops
 - Doorknobs
 - Light switches
 - Phones and desks
 - Keyboards
 - Anything in a bathroom (toilet, faucet, sink)
 - Your lips or face are blue.
5. **Wear a mask when you are out in public, especially important to wear a mask if:**
 - you are coughing or have other new respiratory symptoms
 - you have been exposed to someone who may have COVID-19
 - you have a household member who is sick
 - you are a health care worker

Keeping the immune system strong:

A person needs a healthy immune system to fight any type of infection, especially COVID-19. Adopting these healthy habits can help strengthen the immune system:

1. strive for at least 7 hours sleep per night
2. reduce stress levels as much as possible
3. eat a diet rich in fruits and vegetables

4. get regular exercise
5. maintain a healthy weight

Treating Asthma during Corona virus:

Corticosteroid drugs can slow your immune system. But experts say the benefits outweigh any risks for people who have asthma. The most important thing is to keep control of your condition. Keep taking your medicine. Never stop or change medications without talking to your doctor first.

Rescue drugs like bronchodilators don't affect your immune system. If you have an asthma flare and need to use medicine, an inhaler is best. A nebulizer might spread the virus through the air if you use it while you're sick. If you must use a nebulizer, do it in a room by yourself.

Corona virus and Kids with Asthma:

- Children who have asthma may be more likely to have more severe symptoms of any respiratory infection, including COVID-19.
- Keep your child at home, have them wear masks (if they are over the age of 2) in public, and limit their contact with other people. Remind them to wash their hands often. Help them keep toys and electronics clean.
- Keep an eye on your child's symptoms, and call their doctor if you have concerns.

Prognosis:

Most people who develop COVID-19 get better at home with no additional medical treatment. People with severe symptoms or other health problems may require hospital care. Keeping asthma well controlled is vital in achieving a good outcome after developing COVID-19.

According to the AAFA, uncontrolled asthma is a much higher risk to people than COVID-19.

People with moderate to severe asthma who develop COVID-19 may be at more risk of complications from the disease, although evidence is still limited.

Research into COVID-19 is constantly evolving. More data will provide a greater understanding of how COVID-19 may affect people with asthma.

Summary

A person with asthma can reduce their chances of developing severe illness from COVID-19 by keeping their asthma under control, practicing physical distancing, and following infection prevention guidelines.

People with asthma may not be at a higher risk of contracting COVID-19, but they may be at higher risk of complications if they do develop it.

At present, there is no evidence indicating that people with asthma are experiencing more severe complications than those who do not have asthma.

People with asthma must continue taking their asthma medication as their doctor prescribes. Uncontrolled asthma can put people more at risk of respiratory problems and complications from COVID-19.

F.No. 4-6/TR/DHS/J7319/14-15/
ANDAMAN AND NICOBAR ADMINISTRATION
Directorate of Health Services

E-TENDER NOTICE

The Directorate of Health Services, A&N Administration, Port Blair invites online e-tender from local reputed firms for repairing of vehicle.

S.N	Tender Enquiry No.	Brief Description	Due date
1.	4-6/TR/DHS/J7319/14-15/2456 dated:18 th August, 2021	Repairing of Vehicle bearing Regn. No. AN 01 J 7319- Tata Truck LPT 909	07/09/2021 at 3.00PM

Complete tender documents are available in the E-tender Portal (<https://eprocure.andaman.gov.in>). The tender should be submitted online as per the tender documents. For the further details please contact over Phone No. 9434285855 for assistance.
Tender ID No.2021_DHS_3551_1

I.D. No. 7972

Nodal Officer (TR)
Directorate of Health Services

F.No. 4-6/TR/DHS/L8274/16-17/
ANDAMAN AND NICOBAR ADMINISTRATION
Directorate of Health Services

E-TENDER NOTICE

The Directorate of Health Services, A&N Administration, and Port Blair invites online e-tender from local reputed firms forrepairing of vehicle.

S.N	Tender Enquiry No.	Brief Description	Due date
1.	4-6/TR/DHS/L8274/16-17/2468 dated 20 th August, 2021	Repairing of Vehicle Regn. No. AN 01 L 8274- Sumo Gold BS4 PS EX Ambulance	09/09/2021 at 3.00 PM

Complete tender documents are available in the E-tender Portal (<https://eprocure.andaman.gov.in>). The tender should be submitted online as per the tender documents. For the further details please contact over Phone No.9434269563 for assistance.
Tender ID No.2021_DHS_3567_1

I.D. No. 7973

Nodal Officer (TR)
Directorate of Health Services

NOTICE INVITING e-TENDERS
No. TN-1/DB/CD-II/PP/2021-22/626 Dated: 26/08/2021
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. 11/EE/CD-II/2021-22
Name of Work: Construction of Road side drain from Cargo complex to INS UTKROSH VVIP Arrival Point September, 2021.

Estimated Cost	: Rs. 42,07,635.00
Period of Completion	: 15 (Fifteen) Days
Bid Document Publishing Date	: 27/08/2021 (1600 hrs.)
Bid Document Download/Start Date	: 27/08/2021 (1600 hrs.)
Bid Submission Start Date	: 27/08/2021 (1600 hrs.)
Bid Submission Closing Date	: 02/09/2021 (1000 hrs.)
Bid Opening Date	: 02/09/2021 (1030 hrs.)

The Tender forms and other details can be obtained from the website <https://eprocure.andaman.gov.in> .

Executive Engineer
Tender ID: 2021_APWD_3610_1
I.D. No. 7971
Construction Division No. II
APWD, Prothrapur.

TO LET

02 BHK Flat, 24 hrs. water supply available on rent in Kripa Anand Colony, School Line.
Contact No. 9679586996

TO LET

01 BHK Room available for rent @ 6000/- (Family person) at Austinabad, near Dog's Squad. **Contact**
Ph.9434279554/9933254076

TO LET

02 Nos. 2 BHK newly furnished with Master Bedroom available for Rent at Phoenix Bay, Port Blair, 24x7 water supply. **Ph. No. 9474202065 / 9474232576 / 9679502065 / 7063910775**

LAND FOR SALE

200 Sq. mtrs. land situated at Nimbutala Jetty, STS Work Shop, Rangat. Contact No. **9933288787**

FOR SALE

ALTO – LXI
2008 Model
Ph. 9474212309 / 7063962920

FOR SALE

Nissan Sunny
Model XL Deisel (M Series)
Single Hand Drive
Excellent Condition
Only 19,000 KM Running
Call: 9933220768 / 9474226589

PUBLIC NOTICE

It is for general information that I, NITIN KEWALRAM MESHARAM, S/o Kewalram Shivaji Meshram, residing at Lamba Line, C/o Uvraj Das, Near Anjali Driving School, Port Blair- 744103, South Andaman, Andaman and Nicobar Islands declare that name of mine has been wrongly written as NITIN MESHARAM in my Passport No. J1742260. The actual name of mine is NITIN KEWALRAM MESHARAM respectively which may be amended accordingly.
It is certified that I have complied with other legal requirements in this connection.
The abovesaid paras are true and correct to the best of my knowledge and belief.
DEPONENT

AFFIDAVIT

I, "DURGA NAIDU", S/o Late R. SURYA NARAYANA, R/o Calicut, Port Blair Tehsil under South Andaman District, do hereby solemnly affirm that as follows:
1. That my mother's actual name is R. Achiamma, W/o Late R. Surya Narayana, but in her Aadhaar Card, her name is entered without initial (i.e. "R") as "Achiamma" and my father name is "Surya Narayan".
2. That from the abovesaid name her initial may be read / treated as Rapeti instead of "R".
3. That the abovesaid names Achiamma, R. Achiamma and Rapeti Achiamma are belonging to one and same identical person.
4. Hence, I have made this affidavit for my mother's name correction and consideration as Rapeti Achiamma, W/o Late Rapeti Surya Narayana in her Death Certificate and in all aspects in future.
Verified on this 23rd day of August, 2021 that the contents of my above affidavit are true, correct to the best of my knowledge and belief.
DEPONENT

COVID-19: *Wear mask while going out.*

SHORT e-TENDER NOTICE

No. DB/23-2/Tender Notice/PBND/2020-21/3164 dated: 24-08-2021
The Executive Engineer, PBND, APWD, Port Blair on behalf of the President of India invites online item rate tenders (In form of CPWD-8) from all contractors irrespective of their enlistment in APWD or any other Govt. Department subject to the condition that they have experience on executing the relevant magnitude of work as per CPWD Works Manual and with other GOI organizations in these islands & do not have any adverse remarks for the undermentioned work(s):

1. NIT No. 07/EE/PBND/2021-22, Name of work: A/R & M/O residential buildings under SD-I, PBND, APWD, Port Blair during 2020-21. SW: Renovation of Qtr No. JG-170 Type-IV at Junglighat, Port Blair, Estimate cost: Rs. 28,67,953/- & Time of Completion: 03 (Three) Months. (Tender ID: 2021_APWD_3591_1)

The last date of bid submission will be **02.09.2021 upto 1500 hours**. The e-tender form and other details/information can be seen on website <https://eprocure.andaman.gov.in>.

Executive Engineer
PBND, APWD, Port Blair
I.D. No. 7964

NOTICE INVITING E-TENDERS

No. 130-DB/RCD/e-tender/2021-22/ 2290 Wimberly Gunj Dt. 23/08/2021
The Executive Engineer, Road Construction Division, A.P.W.D., WimberlyGunj invites on behalf of the President of India online item rate tenders from contractors open for all irrespective of their enlistment in APWD or any other Govt. Department subject to the condition that they have experience on executing the relevant magnitude of work as per CPWD works manual and with other GOI Organizations in these Island and do not have any adverse remarks:

1. NIT No. 52/EE/RCD/APWD/WG/21-22 (Tender ID: 2021_APWD_3581_1).
Construction of Ramp at Administrative Building to main road of MPGO-IIG at Shoal Bay-8. Estimate Cost: Rs. 7,62,694/-,
Time of completion: 02 (Two) Months.

2. NIT No. 53/EE/RCD/APWD/WG/21-22 (Tender ID: 2021_APWD_3583_1).
Construction of CC and RCC Retaining wall/Toe walls wherever required to the sides of road from Shoal Bay-15 to Shoal Bay-19.
Estimate Cost: Rs. 20,47,328/-, Time of completion: 02 (Two) Months.

3. NIT No. 56/EE/RCD/APWD/WG/21-22 (Tender ID: 2021_APWD_3587_1).
Construction of Culvert in Main Road near Dilip Biswas House at Templeyo. Estimate Cost: Rs. 38,76,866/-,
Time of completion: 03 (Three) Months.

4. NIT No. 59/EE/RCD/APWD/WG/21-22 (Tender ID: 2021_APWD_3580_1).
Alteration of existing Compound wall with ACC Block, Tie beam and Coping of Absolute, Variometer and ICM Rooms at MPGO-IIG at Shoal Bay-8 under APWD, RCD, Wimberly Gunj.
Estimate Cost: Rs. 20,53,180/-, Time of completion: 03 (Three) Months.

5. NIT No. 60/EE/RCD/APWD/WG/21-22 (Tender ID: 2021_APWD_3582_1).
Repair and Renovation of Storage godown at Stewart Gunj under Bambooflat Sub Division, RCD, Wimberly Gunj.
Estimate Cost: Rs. 58,88,788/-, Time of completion: 04 (Four) Months.
Last date of Submission: 15/09/2021 at 3.00 PM and
Opening date : 17/09/2021 at 10.00 AM

The bid forms and other details can be obtained from the [website](https://eprocure.andaman.gov.in/nicep/app)
<https://eprocure.andaman.gov.in/nicep/app>.

Executive Engineer,
Road Construction Division,
A.P.W.D., Wimberlygunj
I.D. No. 7965

TO LET

01 BHK Flat for Rent Rs.6,500 &
02 BHK Flat for Rent Rs.9,000
available at Shadipur.
Contact: 9933263544 / 8074193841

TO LET

2 BHK Flat at Lokenath Colony beside SR
Castle Hotel, Dolly Gunj, fully tiled, 24 hrs.
water facility with car parking, rent Rs. 9000
PM. Contact No. 9474248142 / 7063939168

TO LET

1 BHK Rent Rooms available, fully tiled
with 24 hours water supply at Prothrapur
near Vivekanand Colony. Please
Contact: 9531896267 / 9531844034

TO LET

A 2 BHK Flat Near Junglighat
Community Hall.
Contact: 9476068635

TO LET

Double bedroom, semi furnished
at third floor, 24x7 water supply.
Rent- Rs. 15000/- per month at
Gurudwara Line, Aberdeen,
Port Blair. Call: 7063913606

**4TH DEATH ANNIVERSARY
ON 29.08.2021**

In loving Memory of



LATE P. PURUSHOTHAMAN PILLAI
R/O NAYASAHAR, PORT BLAIR

*Though a year has
passed but we miss your
presence every moment in
our lives.*

Inserted by:

Smt. Baby (Wife) & all family members

**Third Death Anniversary
On 29-08-2021**

Elizabeth Philip

*"Those we love don't go away,
they walk beside us every day,
unseen, unheard, but always
near, still loved, still missed and
very dear,*

*with love in our hearts, you
walk with us forever.
Our lives go without you, but
nothing is the same.*

*Memories come flooding back,
when someone speaks your
name."*

Fondly Remembered by: Sons and Daughters-in-Law, Daughters and
Sons-in-Law, Grand Children, Great Grand Children and all Relatives.

**WANTED
DISTRIBUTION STAFF****Qualification Required**

- ❖ **Min 1Year Experience in Distribution FMCG / Any Other Field**
- ❖ **English / Tamil & Hindi Speaking**
- ❖ **Should Have Two Wheeler Licence**
- ❖ **Monthly Salary Rs.12000 + Incentive**

FARMERS MAKE

Freshly India, Andaman.

info@freshlyindia.com www.freshlyindia.com

CONTACT

94342 80666 / 98845 80626

LIGHTHOUSE RESIDENCY

Aberdeen Bazaar, Beside Devraj Clinic, Port Blair.

Grand Re-Opening

On 29-08-2021

Rooftop Restaurant

- **Party Hall**
- **A/C Restaurant** Call : 7063907564
- **A/C Bar**
- **A/C Rooms**
- **Rooftop Restaurant**

Special Discount of 10% On Weekends.

PUBLIC NOTICE

This is the information of general public that my client Shri Mohammed Alamgir, S/o Late M. Shafi, R/o Pahargaon Village, Port Blair Tehsil, South Andaman, had entered into a Sale Agreement with one Shri Parimal Das, S/o Narayan Ch. Das, R/o Radhanagar, Havelock for purchase of 1.100 Hects. of land out of landed properties bearing Survey No. 43, 45/1 and 45/2 situated at Havelock. That the aforesaid Sale Agreement executed between my client and aforesaid Shri Parimal Das is in existence and valid. After entering into Sale Agreement Shri Parimal Das as also received advance consideration amount from my client.

In view of the above, I therefore, through the notice warn the general public not to deal with Shri Parimal Das with respect to the landed property mentioned above, inspite of the same, if any person is dealing with him shall be doing the same at his own risk and further have to face the legal consequences before the appropriate Court of Law




Sd./

Signature of my client
Shri Mohammed Alamgir

Sd./


Advocate

District & Sessions Court


DIABETES

PRIMARY PREVENTION




MAINTAIN IDEAL BODY WEIGHT
INTAKE HEALTHY FOOD
REGULAR EXERCISE LIKE WALKING AND RUNNING
AVOID INTAKE OF ALCOHOL AND TOBACCO

SPECIFIC PREVENTION



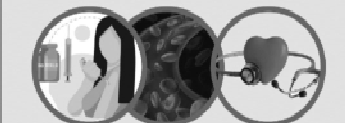
MAINTAIN YOUR NORMAL BLOOD PRESSURE.
MAINTAIN YOUR NORMAL BLOOD GLUCOSE LEVEL.
KEEP IDEAL BODY WEIGHT
REGULAR CHECK UP OF EYES AND LEGS

SYMPTOMS OF DIABETES



FREQUENT URINATION
LOSS OF WEIGHT.
EXCESSIVE THIRST.
WEAKNESS OR TIREDNESS.

HOW EXERCISE HELPS IN MAINTAINING BLOOD GLUCOSE LEVELS.



REDUCES THE GLUCOSE LEVEL IN BLOOD.
IMPROVES INSULIN LEVEL IN BODY
HELPS TO CONTROL OVER DIABETES
PREVENTS FROM HEART DISEASES

NOTE: REGULARLY CHECK YOUR BLOOD PRESSURE AND BLOOD GLUCOSE LEVELS FROM YOUR NEAREST HEALTH CENTRE. IF FOUND POSITIVE FOR DIABETES, CONTINUE ROUTINE ACTIVITIES WITH REGULAR MEDICATIONS.

Healthy Habits Healthy Life Healthy India

राष्ट्रीय कैंसर, मधुमेह, हृदय रोग व पक्षाघात बचाव एवं नियंत्रण कार्यक्रम
NATIONAL PROGRAMME FOR PREVENTION & CONTROL OF CANCER, DIABETES, CVDs & STROKE (NPCDCS)
राष्ट्रीय स्वास्थ्य मिशन, अंडमन निकोबार द्वीप समूह
NATIONAL HEALTH MISSION, ANDAMAN & NICOBAR ISLANDS

LOST

I have lost my Transfer Certificate issued from GSS, Port Mout School in between Namunagar and Dundas Point Bearing Reg. No. 2184 / 93, Admission No. 2618 Dated: 09/07/1992 Certificate Holder Name: Raju, S/o Karapa Swamy, R/o Namunagar. **Contact No. 9933278100**

LOST

I have lost my 08th Mark Sheet issued from GSS, Namunagar in between Namunagar and Dundas Point Bearing Sl. No. 2618. Certificate Holder Name: Raju, S/o Karapa Swamy, R/o Namunagar. **Contact No. 9933278100**

AFFIDAVIT

I, Suniti Bairagi, W/o Shri Kishore Bairagi, R/o Profullow Nagar, Nimbudera within P/S Billiground, do hereby solemnly affirm and declare as follows:-

- That prior to my marriage I used to write my name Suniti Roy, D/o Shri Biren Roy (Father) and Smt. Pushpa Rani Roy (Mother), R/o Swaragram, Diglipur.
- That after my marriage with Kishore Kr. Bairagi I have changed my name from Suniti Roy to Suniti Bairagi.
- That Suniti Roy and Suniti Bairagi is the same and identical person.
- That the abovementioned facts are correct to the best of my knowledge and belief.

DEPONENT

Annexure "II"
FOR CHANGE OF NAME AND DATE OF BIRTH OR WIDOWS OF DECEASED SOLDIERS AND CHANGE OF NAME AND DATE OF BIRTH OF WIVES OR VETERANS AND SERVING SOLDIERS!
I, K M KHATJIA, spouse of ABDUL SALAM, resident of Vill.-Mannarghat, P.O. Wimberlygunj, City-Port Blair, A&N Islands-744206 have changed my name from K M KHATJIA BIBI to P. KHATEEJA vide Affidavit dated 26/08/2021 before District Court, Port Blair.
Deponent

AFFIDAVIT

FOR CHANGE OF NAME AND DATE OF BIRTH OF MOTHER OF NO. 13995168L, HAV / AMB ASSTT NAVNITA KRISHNAN
I, Rajalakshmi, Mother of No. 13995168L, Hav/Amb. Asstt., Navnita Krishnan residing at Village: Prothrapur, Post: Brighgunj, Tehsil: Port Blair, Police Station: Pahargaon, District: South Andaman, State / UT: Andaman & Nicobar Islands, PIN: 744103, do hereby affirm state on oath as following:
(a) That, I have changed my name from T.Rajlakshmi to "Rajalakshmi" and date of birth from 01.07.1956 to "07.02.1955" due to wrong publication of Part-II orders. My actual name is "Rajalakshmi" and date of birth is "07.02.1955".
(b) That, I am producing this affidavit for the purpose of evidence for my name and date of birth.
(c) That both name and date of birth of T.Rajlakshmi, 01.07.1956 and Rajalakshmi, 07.02.1955 pertains to one and the same person.
(d) That I shall at all times thereafter in all records deeds and writing and in all proceeding dealing with transaction, private as well as under all occasions whatsoever be known as only name as "Rajalakshmi" and date of birth as "07.02.1955".
(e) That what is stated above is true and correct to the best of my knowledge, information and belief nothing material has been concealed therefrom.
Dated: 24/08/2021
DEPONENT

VERIFICATION

I, the deponent above name, do hereby solemnly declare and verify that the contents of all above Affidavit are true to the best of my knowledge and belief and nothing has been concealed or suppressed therefrom.
DEPONENT

HOME SERVICE

AC (Air Conditioner),
Refrigerator, Washing Machine,
Micro Oven, Deep Fridge etc.
Contact No. 9531885814 / 7063929534 / 9933230883

DISCLAIMER

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 advertisers 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.

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(A GATED COMMUNITY WITH AMENITIES LIKE BLACKTOP ROAD,
ELECTRICITY & WATER CONNECTIONS, CHILDREN'S PARK,
JOGGING TRACK, OPEN GYM & MORE*)

**OWN YOUR DREAMLAND IN HAVELOCK
(SWARAJ DWEEP)
AT RS.15,000/- PER SQ. MTR.***

*NEGOTIABLE WITH TERMS & CONDITIONS APPLIED

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CONTACT US AT : 03192-222525, 03192-222575
EMAIL ID : CONTACT@NIDEJAPROPERTIES.COM



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RERA NO. TN/A&N/AGENT/0001/2020
DATED 19.10.2020

When you close your eyes in final rest, Know that two others will open in wonder at the world around them