Activities permitted under Consolidated Revised Guidelines issued by MHA will be applicable only in North & Middle Andaman and Nicobar Districts from 20th April

South Andaman District declared as 'Hotspot District with Clusters'

Port Blair, Apr 19

In pursuance of the announcements of the Hon’ble Prime Minister, Ministry of Home Affairs (MHA) has issued an order extending the lockdown till 3rd May, 2020.

However, it has been decided to allow select additional activities in areas not demarcated as containment zones by States/UT District Administrations from 20th April and consolidated guidelines listing out such activities have been issued.

The objective of the revised guidelines is to consolidate the gains achieved during the 1st phase of lockdown, further slowdown the spread of Covid-19 while at the same time provide relief to farmers, labourers and daily wage earners.

These guidelines however shall be applicable to the Districts of North & Middle Andaman and Nicobar only, activities permitted under the revised guidelines, from 20th April, 2020 will not be allowed in the entire South Andaman District including Shaheed Dweep, Swaraj Dweep and Little Andaman.

The South Andaman District has been declared as a 'Hotspot District' with Clusters by Ministry of Health & Family Welfare to identify new positive cases in 3 areas, hence, no unchecked inward/ outward movement of people shall be allowed, except for maintaining essential services, i.e., medical emergencies, law enforcement, due to lockdown, and government business continuity. Strict vigil will be kept to restrict movement in the containment zone with only essential medical and food supplies being allowed to move, surveillance activities and essential government work. Pharmacies and groceries will be open and will work with social distancing and hygiene practices. All non-emergency movement is strictly prohibited and wearing face mask/cover is essential when stepping out of the house.

Keeping the imperative of containing the spread of COVID-19 in the country, National Directives for COVID-19 management have been laid down, which shall be enforced by the District Magistrates through fines and penal action. The Disaster Management Act, 2005 against all violators of the guidelines. The public is hereby requested to abide by these guidelines, an official release said.

Regn. No. 34190/75
No. 100
Port Blair, Monday April 20, 2020
Web: dl.andaman.gov.in
Rs. 3.00

Fake News

Since 1920s the Oldest Daily...

Daily Telegrams...

...the Largest Circulating Daily of the Islands

Centre allows certain relaxations in notified services in areas without Hotspots

New Delhi, Apr 19

Central Government will allow certain relaxations from tomorrow (April 20) in the notified areas without Hotspots. In the wake of extension of national lockdown till 3rd May, a series of directives have been issued to ensure that stringent measures are taken to control the spread of the COVID-19 virus, workers employed in industry, agriculture, construction and other sectors have moved out of their respective places of work, and are engaged in procurement of essential goods by farmers and farm workers in field, agencies engaged in procurement of agricultural produce, including MSP operations, Mandis, sponsored by Agriculture Produce Market Committee, will procure agricultural produce. All Shoppers and essential government establishments and activities, outside the containment zones, have been allowed to function in a regulated manner.

No decision taken on operations of domestic or international flights yet: Minister

New Delhi, Apr 19

Government has clarified that the operations of domestic or international flights have not been taken on hold. The air ministry has informed that an official will be launched in the near future.

Supply of non-essential goods by e-Commerce companies will remain prohibited during lockdown: MHA

New Delhi, Apr 19

Ministry of Home Affairs today said that supply of non-essential goods by e-Commerce companies from the 20th April onward will remain prohibited during the lockdown. Union Home Secretary, Shiv Aji Bhatta issued an order

No proposal for reduction of pension, says Govt.

New Delhi, Apr 19

It has come to the notice of the Department of Pension & Family Welfare of the Union Ministry of Personnel, Public Grievances and Pension that in the wake of the current pandemic scenario, many pensions are aflame that the Government is contemplated a reduction/stoppage of Pension which has become a source of worry for the pensioners. As clarified earlier, it is being reiterated that there is no such proposal for reduction of pension and no executive order is issued by the Government in this respect. The Government is committed for the welfare and well being of the pensioners.

SOPs for movement of stranded migrant labourers, within States/UTs where they are currently located, in wake of COVID-19 epidemic

New Delhi, Apr 19

No movement of labour to be permitted outside the State/UT where they are currently located.

COVID-19: Education Deptt, creating a paradigm shift in imparting Virtual classes for students of Class X & XII to be broadcast from today to facilitate them with learning activity

Port Blair, Apr 19

An important aspect of the overall strategy of COVID-19 management is to ensure that the school system is delivered to whatever extent possible. The Department of School Education, C&F, has also taken a step towards this by initiating an alternative method to provide essential learning contents to the students of class VIII to XII through cable networks. This activity was initiated under the visionary framework of e-learning, a vital tool to foster the students’ learning activity during the lockdown period.

Students can attend classes through cable network in their respective classrooms or can access study materials at their own pace, and thereafter, students can also access the study materials for self-revise and self-assessment. This activity is an innovative step to provide necessary educational material to students, especially in rural areas, and is being implemented across all the States/UTs.

On the eve of the annual event Teacher’s Day, Doordarshan had initiated an alternative method to provide essential learning contents to the students of class VIII to XII through local cable networks. In continuation of this, Doordarshan has continued this activity, by initiating an alternative method. Students can attend classes through cable network in their respective classrooms or can access study materials at their own pace, and thereafter, students can also access the study materials for self-revise and self-assessment. This activity is an innovative step to provide necessary educational material to students, especially in rural areas, and is being implemented across all the States/UTs.

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The programme will be telecast from 20th April, 2020.

Hence, students should tune in to their respective cable network channels to watch the programme.

Migrant workers in Andaman & Nicobar Islands need to be registered with the State Government to be able to claim their benefits.

New Delhi, Apr 19

The Ministry of Home Affairs through an order dated 30th March, 2020, has notified the mechanism for registration of workers and the set of benefits that these workers could be entitled to. The Ministry of Home Affairs has issued an order extending the deadline for registration of workers from 20th April 2020, and objects have been received from the State/UTs.

The notification also lays down strict guidelines with effect from 21st April 2020. State/UT Governments have also been requested to undertake all necessary steps to ensure that these workers could be registered with the State and these workers could be entitled to the benefits.

COVID-19: Ministry of Home Affairs

Now, Doordarshan (Port Blair) channel is scheduled to telecast daily classes from 07:30 hrs to 15:30 hrs (except Saturdays).

The service is also available on DD National+ channel.

DO NOT PAY HEED TO RUMOURS ON CORONA VIRUS: CLARIFY YOUR DOUBTS BY DIALLING STATE HELPLINE NO: 03192-232102
**Health Bulletin For Containment Of Novel Coronavirus Disease (COVID-19)**
(Nos. 20/19th April 2020)

**COVID-19 STATUS AS ON 19.04.2020**

- **Andaman & Nicobar Islands:**
  - Total Confirmed cases: 15
  - Total Recovered cases: 1
  - Total Deaths: 0
  - Home Quarantine: 50
  - Institutional Quarantine: 04

- **New Delhi, Apr 19**

  Health and Family Welfare Ministry said that spraying of chemical disinfectants on individuals or groups is **physically and psychologically harmful**: Health Ministry has issued an advisory against spraying of disinfectants on people for COVID-19, saying, spraying of chemical disinfectants on individuals or groups was not recommended under any circumstance.

- **Sponsored schemes under all the central government agencies**

  - PM KISAN, beneficiaries.
  - Crore 42 lakh 27,442 crore in the amount disbursed has resulted in a total of 50,32,265 accounts with 26,51,879 women account holder were credited in the PM Garib Kalyan Awas Yojana.
  - Payments were also made under the Prime Minister’s Murali Vandanaya Yojana among others.
  - National Employment Guarantee Scheme, has resulted in disbursement of Rs 9930 crore .
  - 45,008 crore women workers beneficaries till 13th May 2020.

**New Delhi, Apr 19**

Health and Family Welfare Ministry said that spraying of chemical disinfectants on individuals or groups is **physically and psychologically harmful**: Health Ministry has issued an advisory against spraying of disinfectants on people for COVID-19, saying, spraying of chemical disinfectants on individuals or groups was not recommended under any circumstance.

- **Chemicals that destroy the virus causing pathogens or other harmful microorganisms.**

  - Chemical disinfectants are recommended for cleaning and disinfection only of frequently touched areas and surfaces by those who are suspected or confirmed to have coronavirus. Ministry has advised that use of disinfectants is physically and psychologically harmful: Health Ministry has advised that use of disinfectants is physically and psychologically harmful.

  - Health and Family Welfare Ministry has advised that even if a person is potentially exposed with the coronavirus, nothing is brought in from outside to begin in such construction projects where workers are highly packed.

  - The guidelines also stated that work at Containment Zones.

- **Over Rs 36,659 cr transferred using Direct Benefit Transfer in bank accounts of 16.01 crore beneficiaries during lockdown**

  - New Delhi, Apr 19

  More than Rs 36,659 crore have been transferred by using Direct Benefit Transfer in the bank accounts of 16.01 crore beneficiaries during COVID-19 lockdown. Direct Benefit Transfer ensures that cash benefit is directly credited to the account of the beneficiary and eliminates leakage and improves efficiency.

  - The total Direct Benefit Transfer amount disbursed has increased from 22 per cent in 2018-19 to 45 per cent in 2019-20. During the lockdown, the DGT plans under the central sector and centrally sponsored schemes amounted to over Rs 27.442 crore in the accounts of over 11 crore 42 lakh beneficiaries.

  - The schemes include PM KISAN, Mahatma Gandhi National Employment Guarantee Scheme, have resulted in disbursement of Rs 9930 crore .

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**National Employment Guarantee Scheme, has resulted in disbursement of Rs 9930 crore .**

- **24/7 CONTROL ROOM NUMBERS:** 200126253018/1976/3476

- **Home for people suspected or confirmed COVID-19**

  - Take care of yourself and your family.

  - C:
  - N:

**A&N Administration**

- **Number of confirmed positive cases:** 11
- **Number of cases under institutional quarantine:** 359
- **Number of cases under home quarantine:** 736
- **Number of persons put under institutional quarantine till date:** 171
- **Number of persons put under home quarantine till date:** 131
- **Number of persons discharged from home quarantine:** 111
- **Number of persons discharged from institutional quarantine:** 265
- **Number of persons completed 14 days period of institutional quarantine:** 84

**Surveillance Data**

- Contacts put under Home Quarantine till date: 479
- Contacts put under Home Quarantine as on today: 359
- Contacts put under Institutional Quarantine till date: 171
- Contacts put under Institutional Quarantine as on today: 265
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**Coronavirus Disease (COVID-19) Cases in Andaman and Nicobar Islands**

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NOVEL CORONAVIRUS (COVID-19)

Protective measures against Coronavirus

A distance of at least 1 meter is necessary to ensure safety for all

- Wash your hands with soap and water regularly
- If soap and water is not available, use hand sanitizer with at least 60% alcohol
- Wash hands before touching eyes, nose and mouth
- Throw used tissues into closed bins immediately after use
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing
- Avoid mass gathering and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number.

STATE HELPLINE NO: 03192-232102

There is enough of everything, everyday for everyone

Don't Panic | Don't Rush | Don't Overstock

- Maintain at least 1 metre distance in market places, medical stores, hospitals, etc.
- Have patience and keep calm while shopping for essential goods/medical supplies
- Avoid frequent trips to the market to buy groceries/medical supplies
- Avoid shaking hands and hugging as a matter of greeting
- Avoid non-essential social gatherings at home
- Don’t allow visitors at home or visit someone else’s home

Observe social distancing at all times

If you have symptoms like cough, fever or difficulty in breathing, avoid any kind of exposure and immediately call the State Helpline number.

Together we will fight COVID-19

STATE HELPLINE NO: 03192-232102
The Benefits of Papaya

1. Digestion - The enzyme papain present in papaya is known to aid digestion by breaking down proteins and fats in the food. It provides relief from problems like constipation, bloating and acidity.

2. Natural immunity booster - The nutritional content of papaya provides the body with vitamins, minerals and antioxidants, which help to boost immunity and promote a strong bowel movement.

3. Heart Disease and Cancer - Papaya is rich in anti-oxidants and phytochemicals that work upon free radicals and therefore is used to protect the body from possible heart diseases and cancer. The fibre, potassium and vitamin content help ward off the risk of heart diseases.

4. Diabetes - Many researchers have found that the consumption of raw papaya helps stabilize blood sugar level and cholesterol because of the high fibre content, thereby keeping a check on diabetes. According to a study done by the Center of Excellence for Biomedical and Biomedical Research at the McMaster University, green tea and fermented papaya work together as preventive means for diabetes.

5. Immunity - Papaya is a great source of vitamins A, B, C, and K and is known as an excellent immunity booster. It is great for the growth of body tissues, including hair and skin. It helps in maintaining collagen, the structural proteins of connective tissues. It is said that a medium-sized papaya could provide you double your daily requirement of vitamins.

6. Cleansing - Beauty experts too, often suggest using slices of papaya as a natural exfoliator as the active enzymes work wonders to remove impurities.

7. Slices - It is also rich in minerals such as calcium, potassium, manganese and copper. Regular consumption helps in building up the cell tissue in the body and in the long run could help keep a check on arthritis.

8. Dengue - Papaya leaves are commonly used in the treatment of dengue to keep blood clotting and maintaining blood pressure. Dr. Anuj Sood, a Bangont-based nutritionist says, Dengue is an infection which affects the platelets present in the blood. He suggests tracking the platelet count to give a patient a glass of papaya leaf juice. It is prepared by grinding the leaves with a small amount of water to extract the juice. However, dengue can be proven to be fatal once it develops into Dengue Hemorrhagic Fever which shuts down the circulatory system.

9. Fruit - Papaya is rich in vitamins and therefore proves to be the perfect option for breakfast. A serving of 140 grams of the fruit contains only 67 calories, with total fat 0.4 g, no cholesterol, 13.7 g carbohydrate and 2.5 g dietary fibre.