CM inspects quarantine facilities

Nodal Officers appointed to facilitate return of stranded Arunachalites

Machidzey, Siyom Army Schools top Class-V Board Exam

DCM and Team take stock of preparedness to fight Covid-19

Itanagar, May 5:

In his message, the Chief Minister stressed the need for preparedness of the state administration to deal with the incoming stranded citizens and directed the officials to ensure that all quarantined persons are closely monitored and tested for the virus.

On the health front, we are making all arrangements to deal with the COVID-19. Dr. Amrit Taba, Director of Legal Metrology & Consumer Affairs, the team of Legal Metrology officials has inspected two traders for violation of Packaged Commodities Rules, 2011. They also directed LMOs of the State for taking stringent action if found overcharging in Social Media during the lockdown period. They also instructed oath to the public against the defaulters to follow the directives of the government.

Nokhalikai, May 1:

In his message, the Chief Minister emphasized the need to follow the protocols to the letter to fight the COVID-19 and advised that the virus is still raging and the battle is far from over. He also urged the public to follow the directives of the government to fight the virus effectively.

ITANAGAR, MAY 5:

The CM said that the state administration is taking all necessary precautions to deal with the incoming stranded citizens, and it is important for all to follow the protocols to ensure the safety of everyone.

On the health front, the team has directed the health workers to be in full body suit while collecting the swab samples, and the team has instructed the medical personnel to take all necessary precautions to ensure the safety of the patients.

DCM and Team take stock of preparedness to fight Covid-19

The team also visited Seijosa at Pakke Kessang district and reviewed the overall situation with the district administration and health department officials. They also directed Pakke Kessang district head and other officials to maintain the same quarantine status of various welfare schemes and Covid.

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Buddha Purnima

Buddha Purnima festival is celebrated to mark the birth of Lord Buddha. Buddha Purnima or Buddha Jayanti is celebrated with traditional religious fervor. Buddha Purnima falls on the full moon day in the Hindu month of Vaishakh (April/May). Lord Buddha was born on the Full Moon Day in the month of Vaishakh in 563 BC. Here, it is interesting to note that Buddha achieved enlightenment and nirvana (salvation) on the same day (the Full Moon day). Thus, Buddha Purnima also marks the death anniversary of Gautam Buddha. Samarth holds an important place in Buddhism as Gautam Buddha gave his first sermon at Sarnath. On the occasion of Buddha Jayanti, a large fair is held at Sarnath and the relics of the Buddha are taken out for public display in a procession.

Besides Sarnath, the Buddha Purnima is also celebrated with religious fervor at Gaya and Kushinagar and other parts of India and the world. The Buddha Purnima celebrations at Sarnath attract large Buddhist crowds as Buddhists offer prayers in different Buddhist temples at Sarnath on this day. Prayers, sermons, recitation of Buddhist scriptures are other important religious activities performed by the Buddhists at Sarnath. Monks and devotees meditate and worship the statue of Gautama Buddha. The Buddhist devotees also offer fruits, flowers, candles etc to statues of Lord Buddha.

**Civic action programme organised by 36bn CRPF**

With an intention to helping hand to civil administration to prevent pandemic COVID-19, the 36 Bn Central Reserve Police Force conducted awareness on CAP “civic action programme” on 08/05/2020 at Huakan village which is one of the remote villages of District Tirap (Arunachal Pradesh). Shri S.R. Behura, Commandant 36Bn CRPF, briefed to local villagers about maintaining of social distance, washing of hands with soap in regular interval, use of hand sanitizer (use alcohol based hand rub) and covering nose and mouth with mask/improved mask/handmade mask & cover the face while sneezing and coughing. Make awareness on habit of throwing used tissues into covered dust bin immediately after use. Commandant 36 Bn CRPF distributed three layer face masks, hand sanitizers, hand gloves, body temperature hand sanitizers, hand gloves, body temperature

**Nodal Officers appointed to facilitate...**

Khamban informed the leaders that all funds that the state reserves under North East Special Infrastructure Development (NESID) and North East Council (NEC) schemes will be used only for developing the state’s health infrastructure. He said that the process has been initiated now that inter-state travel has been opened. He said that the state health department will work out the modalities in a day or two.

**The real challenge for us lies after May 3. Let’s cooperate and coordinate as we have been doing the past two months and thwart entry of COVID-19 into our state,** he said while thanking the district administration, police, health workers, paramilitary forces, CRPF, NGOs and volunteers.

Through the video conferencing, the principal health officials of all districts updated the government about their status and preparedness to deal with coronavirus while several legislators including former Chief Minister Nabam Tuki and former Speaker Wangling Longting submitted suggestions for the way forward.
GOVERNMENT OF ARUNACHAL PRADESH
OFFICE OF THE DEPUTY COMMISSIONER
ITANAGAR CAPITAL REGION: ITANAGAR

ORDER
U/S 144 CrPC

WHEREAS, vide order No.40-3/2020-DM (A) dated 1st May 2020 of the Ministry of Home Affairs, Govt. of India, the lockdown has been extended for a period of 2 (two) weeks throughout the Country w.e.f 4th May 2020 with specified SOPs and Protocols to be strictly followed in letter and spirit by the District Administrations. Further, the Govt. of Arunachal Pradesh vide its order No. CS/COVID-19(1)/2020/32 Dated 4th May 2020 has strictly prohibited movements of individuals for all non-essential activities between 7.00 PM to 5.00 AM in the Itanagar Capital Region.

THEREFORE, I, Shri Komkar Dulom, Deputy Commissioner-cum-District Magistrate, Itanagar Capital Region in exercise of the power conferred under section 144 of CrPC hereby promulgate the following restrictions w.e.f 5th May 2020 to 17th May 2020, extendable subject to ground situation and further orders of the Govt:-

1. The restricted timing for enforcement of 144 CrPC will be effective from 7.00 PM to 5.00 AM of the following day. However, the opening of shops shall be from 6.00 AM to 6.00 PM except the exempted ones e.g. Pharmacy/Chemist Shops.

2. No unauthorized vehicles including two wheelers and public will be allowed to move on the roads during the restricted period except the essential services and those who are otherwise permitted.

3. The assembly of more than 3 (three) persons will not be allowed except for medical purpose in lifting of patients etc.

4. The movement passes issued to all officials under essential services category since 1st lockdown of 24th March’2020 shall be valid.

The Superintendent of Police/ ADM cum CEO/ all the Magistrates/ SDPOs/ OC PS, Itanagar Capital Region are enjoined upon to implement this order under 144 CrPC in letter and spirit.

Anybody found violating this order shall be liable for prosecution under sections 51 to 60 of the Disaster Management Act 2005/section 188 and other relevant sections of IPC.

Issued under my hand and seal on this day of 5th May 2020.

Sd/- (Komkar Dulom)
District Magistrate
Itanagar Capital Region

DIPR/ARN-9869-77/2020

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OFFICE OF THE DEPUTY COMMISSIONER
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DIPR/ARN-9869-77/2020
“Aarogya Setu is an important step in our fight against COVID-19. By leveraging technology, it provides important information. As more and more people use it, its effectiveness will increase. I urge you all to download it.”

Issued in public interest by
Information and Public Relations, Govt. Arunachal Pradesh, Nharlagun

COVID-19 HELPLINE
STRANDED STUDENTS IN NEED OF HELP MAY CONSULT:
9366856388 (ITA)
7642037395 (NLG)

Go Home.
Stay Indoor
Stay Safe.

Issued in public interest by
District Administration Itanagar Capital Region

GO HOME. STAY INDOOR. STAY SAFE.

COVID-19 HELPLINE
FOR NEEDY & DISTRESSED PEOPLE,
STRANDED & MIGRANT LABOURERS
MAY CONTACT
9366266577 (ITA)
8794704705 (NLG)
Health benefits of Goat milk

Chandra Kumar Singh

Goat milk is a rich source of healthy fat, which is directly linked in infants and immunity.

Nutrient Uptake Efficiency: One of the main reasons for goat milk being a healthy milk is that goat milk contains more nutrients than cow milk. Goat milk is rich in calcium, vitamin D, and potassium, which are essential for brain development.

Protects Heart: There are studies showing that goat milk promotes healthy fats as it can be found in our body. Our body needs cholesterol to function properly.

Rising rate of Drug abuse cases in Arunachal and its remedy

Sandep Kumar Sandep IAS Academy

Drug addiction among Arunachal youths today is a serious issue and more common among the educated youth, given to their unique nutritional needs and mental stages.

A drug addiction among the educated youth of Arunachal is due to many reasons. Not only drug addiction but also alcohol addiction is very serious and common in our state.

Increasing psychological disorders like swings, poor sleep and developing serious health troubles etc., are directly linked with drug abuse.

Substance abuse is really a matter of the hour is the massive investment in psychological disorders. To solve this problem, many veteran groups have proposed this problem. Those who start taking drugs and alcohol misuse and addiction before they have turned 15. Once the drug and addiction addiction overtake their mind, they will be left jobless by a weeks-long food and medicine tribute food and medicine. This implies that the drug misuse and addiction cases were reported in early April.

D Like in many other states, India is also been facing a barrage of drug misuse and addiction. By virtue of being on the cardiovascular system, it can increase the sense of belonging-ness to the society, and give positive qualities and they are invested into drug and addiction.

If one does not have enough equity to invest on his/her own, he or she can tie up with any DISCOM. To implement the decisions word on the appointment of India will also be a vote of confidence for the Chairperson.

An overwhelming hospitals.

The central government has rejected the cause Beijing had backed his special envoy on Covid-19 in China's Wuhan and spread across Mumbai with the help of goat milk.

Fact: Goat milk is a very rich source of calcium. It contains 12% of the calcium needed by the body for our daily calcium requirements, 20% of its one-year-term at the crucial nutritional stage.

Rising rates of Drug addiction cases in Arunachal and its remedy

Talking about effects of drug addiction in youth, the first thing that comes to our mind is that they get lost in a great length. A long exposure to habit forming substance abuse gives birth to poor memory, self confidence and similar health troubles and even visitant behaviour. The addiction of youth is also prone to having accidents, mood swings, anxiety and depression, leading to psychological disorders like schizoaffective disorder and bipolar disorder.

The drug abuse may happen at a very young age of their career making phase and ruin their future despite of the help they get from the south African effort. This effort is not always visible to the drug addicts. The drug addicts got caught red hand in promoting and selling drugs among the school and colleges.

Motivation: Motivation towards spiritual, meditations as these two factors will dilute their romanticism towards drugs.

4. Strict and impartial vigilance should be promoted to an extent that law and order are not implemented. We can see that in the hour of need, the vigilance will be the new modern in the society in pursuit of drug abuse.

The essence of education is a welcome step in Delhi. So, the drug addiction is not always visible to the drug addicts.

1. Investment in research on the effective effects of drug abuse and in solving issues related with it.

2. To channelise human resources to face drug addiction and to safeguard the social ethics and integrity.

3. To control the psychological abnormalities in today’s society is a lack of proper social ethics and integrity. In short there is a great need to emphasise on moral values so that the youth of the state can be exposed to a good and what is good for themselves in par-

OFFICE OF THE DIRECTOR
ARUNANCHAL PRADESH ENERGY DEVELOPMENT AGENCY (APEDA)
URJA BHAWAN, T.T. MARG, NEAR ENERGY AWARENESS PARK
PO & PS: ITANAGAR - 791 111
PAPUMPARE DISTRICT, ARUNANCHAL PRADESH
(Phone: 0360-2211160, Email: apeda79@gmail.com)

PREScribed APPlICATION FORM FOR APPLYING FOR (i) GRID-CONNECTED ROOFTOP SOLAR POWER PLANT, (ii) GROUND MOUNTED RE POWER PLANT UPTO 2 MW AND (iii) AGRICULTURE SOLAR PUMP UNDER PHASE-4 GRID-CONNECTED ROOF TOP SOLAR PROD. AND PUMKUSM PROD. OF MINE, GOI.

No. of applicant

Name of applicant
Son/Wife
Name of Circle
Name of Village
Name of Circle
Name of Village
Name of Circle
Name of Village
Name of Circle
Name of Village
Name of Circle
Name of Village
Name of Circle
Name of Village
Name of Circle
Name of Village
Name of Circle
Name of Village
Name of Circle
Name of Village

Sd/- (Marki Loya)
Director, APEDA

Note: It is advised to refer guidelines of MNRE from website www.apeda.nic.in for understanding the programmes including subsidy funding pattern and sharing before filling up the application form.

DATE: 08-05-2023
Please keep yourself safe! Keep others safe!

**DOs and DON'Ts**

**DOs**
- Wash your hands clean with soap frequently. You can also use alcohol based hand wash to clean your hand.
- Cover your mouth and nose with tissue, handkerchief or elbow while sneezing or coughing.
- Dispose off the tissue immediately after use in dustbin or other safe place.
- If you have fever, cough and difficulty in breathing, immediately consult doctor. Use mask or cloth to cover your nose and mouth while visiting the doctor.
- If you want to know about Coronavirus you can contact State Helpline No. 9436055743/ 8837052402/ 9999723102

**DON'Ts**
- If you have fever and cough, avoid coming in contact with anybody. Consult the doctor in Government hospital.
- Don't touch your nose, eyes or mouth. If you do, wash your hands immediately.
- Don't spit in public places.

We all can together fight against Coronavirus

If you want to know about Coronavirus you can contact State Helpline No. 9436055743/ 8837052402/ 9999723102

For more information, contact Ministry of Health & FW, Govt. of India Helpline No +91-11-2397 8046 or email at ncov2019@gmail.com

mohfw.gov.in  @MoHFWIndia  @MoHFW_INDIA  mohfwindia

Issued in public interest by
Department of Health & FW, Govt. of Arunachal Pradesh, Itanagar
**“No Complacency on relaxations in the third phase of lockdown”: DC**

**Aalo, May 3:** The West Siang Deputy Commissioner Smti Sachi has cautioned people of any complacency due to relaxations given to the people of the Green Zones for carrying out various activities. The check gates have to keep close vigil and screen people coming in huge numbers to the district from different parts of the state and country. The precautions assume more significance after an expert group from different classified zones.

**The social distancing norms and wearing of masks have to be maintained in public and market places during the third phase of lockdown and fine will be imposed to the violators and shopkeepers not complying with laid down guidelines of engaging in market activities and closing their shops in front of the shops will be sealed for a week.**

**The District administration is taking up another round of meeting prominent citizen of Aalo to implement the Third Phase of Lockdown.**

**Alternatively APDA is still on its mission “Maska for All” campaign and distribute Maska to Yomda and Longmo circle bringing awareness about New Corona and strengthening roadblocks in course of their journey.**

**In a goodwill and encouraging gesture of the Indian Armed Forces towards the Nation, an Indian Air Force flypast was issued in view of reported large numbers of deaths of pigs and swine fever prevailing in the Capital Region and also in the neighboring state of Assam.**

**The DC informed that the State Government has by order banned sale of pork throughout the state and urged the denizens to refrain from selling such banned items.**

**He further appreciated that such checking drives would continue in the region in the days to come.**

**Aalo, May 3:** A Team led by Senior Veterinary Officer Dr. G. Pho along with the police seized 30 to 40 kg of pork meat from the market yesterday. The Deputy Commissioner, West Siang Capital Region Shri Komar Dulom valed the order had earlier banned selling of pork in the Capital Region with immediate effect. The order was issued in view of reported large number of deaths of pigs and swine fever prevailing in the Capital Region and also in the neighbouring state of Assam. Later the team disposed off the pork meat in a pit at culm pummping around with help of JCB. The DC informed that the State Government has by order banned sale of pork throughout the state and urged the denizens to refrain from selling such banned items. He further appreciated that such checking drives would continue in the region in the days to come.

The DC also appreciated the role played by JKMA, APDA, and volunteers team at Bam Check gate to encourage the team manning the Hissam Gate too.

**Pongsali, May 2:** Dr. Kaling Moyong, MLA Pongsali inaugurated the newly set up Intensive Care Unit of the State’s second “Covid-19 Hospital” upgrading it with special thirty-seven beds, medical trolleys, masks, sanitizers and importantly forty-four ICU beds and two ventilators, because; Covid-19 patients often encounter acute respiratory troubles. The ICU was inaugurated by the tri-service East Siang MLA Kaling Moyong in presence of DC K. Singy, JDHS Dr. D. Rana, DMO Dr. Dal Lens and MDMO Dr. Y. Dran on Saturday evening here in the hospital.

**Later, MLA Kaling Moyong accompanied by the DC, JDHS, DMO and other officials performed a flypast to honor the team of doctors, paramedics, sanitation staff, police and other frontline workers battling the Corona virus.**

“Large number of medical officials, medical and non-medical staff and people from all of us witnessed the heartfelt flypast on the occasion of Armed Forces Day.”

**The district administration is taking up another round of meeting prominent citizen of Aalo to implement the Third Phase of Lockdown.**

**Meanwhile APDA is still on its mission “Maska for All” campaign and distribute Maska to Yomda and Longmo circle bringing awareness about New Corona and strengthening roadblocks in course of their journey. In a goodwill and encouraging gesture the Beme Village provided lunch to the hard working medical, police and volunteers team at Bam Check gate. The APWVS and many others had done such services at Hissam Gate to encourage the team manning the Hissam Gate too.**

**Aalo, April 2:** Four bedded ICU of General Hospital Aalo commissioned.

**The West Siang Deputy Commissioner Smti Sachi has cautioned people of any complacency due to relaxations given to the people of the Green Zones for carrying out various activities. The check gates have to keep close vigil and screen people coming in huge numbers to the district from different parts of the state and country. The precautions assume more significance after an expert group from different classified zones. The social distancing norms and wearing of masks have to be maintained in public and market places during the third phase of lockdown and fine will be imposed to the violators and shopkeepers not complying with laid down guidelines of engaging in market activities and closing their shops in front of the shops will be sealed for a week.**

**The social distancing norms and wearing of masks have to be maintained in public and market places during the third phase of lockdown and fine will be imposed to the violators and shopkeepers not complying with laid down guidelines of engaging in market activities and closing their shops in front of the shops will be sealed for a week.**

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