

Date: 04-06-2021

## Health Bulletin

Time: 6:30PM

### ब्लैक फंगस का खतरा कोरोना मरीजों को रिकवरी के बाद भी हो सकता है जब इम्युनिटी बेहद कमजोर होती है.. तब इनके लक्षणों को नजरअंदाज न करें



कोरोना से ठीक होने के 20-30 दिनों के भीतर कुछ लोगों में म्यूकरमाइकोसिस यानी ब्लैक फंगस के लक्षण जैसे नाक के पास लालिमा, चेहरे पर एक तरफा सूजन, बुखार, सिर दर्द, सांस लेने में तकलीफ या दर्द, खून की उल्टी अथवा मानसिक स्थिति में बदलाव की स्थितियां आ सकती हैं।

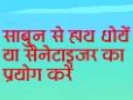
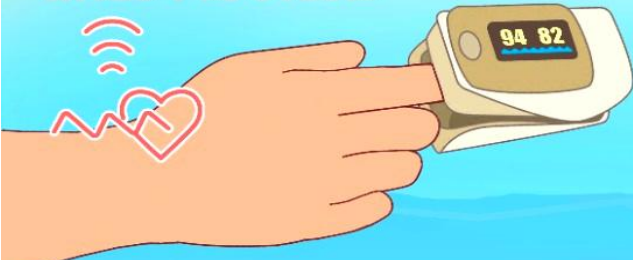
आपको डायबिटीज है या उपचार हेतु अस्पताल में भर्ती होना पड़ा हो, स्टेरॉयड दवाइयां या ऑक्सीजन थेरेपी ली हो अथवा आईसीयू में भर्ती रहें हो, किडनी या कैंसर रोग का उपचार ले रहे हैं, तो आप अधिक सतर्क रहें...



**सतर्कता ही बचाव है!**

### देरी कभी भी घातक हो सकती है..

अगर ऑक्सीजन का स्तर 94 से कम आता है तब हमारे हेल्प लाइन नम्बरस 104 व ईं संजीवनी एप के माध्यम से ऑनलाईन रजिस्टर करके जरूरी डाक्टरी सलाह प्राप्त करें या स्वयं को किसी अस्पताल में भर्ती करवायें ...



दवाई भी.. कड़ाई भी



**सतर्कता ही बचाव है!**



**ई संजीवनी एप** के द्वारा अर्हता धारक डाक्टर से  
लें अपनी बीमारी के लिये सही परामर्श

राज्य के योग्य डाक्टरों की टीम  
आनलाईन मुफ्त ईलाज के  
लिये आपके ही मोबाईल पर  
सेवा में तत्पर है ..

मोबाईल या डेस्कटाप कम्प्यूटर पर रोगी को  
उपचार हेतु घर बैठे ऑनलाईन सलाह दी जाती है  
परीक्षण के उपरान्त दवा व सलाह लिखित  
रूप में रोगी pdf फाईल के फारमेट में  
डाउनलोड कर सकते हैं

प्रतिदिन सुबह 9 बजे से सांय 8 बजे तक

9412080703, 9412080554

9412080686 Toll Free No.104



ई संजीवनी एप को क्यू आर कोड को स्कैन  
करके भी डाउनलोड कर सकते हैं

[www.esanjeevaniopd.in/Register](http://www.esanjeevaniopd.in/Register)

COVID-19  
Uttarakhand State Control Room



**सही से मास्क न पहनना घातक है आपके लिये...**  
**और आपके परिवार के लिये**

COVID-19  
Uttarakhand State Control Room



**वया मास्क पहनना आपके लिये मात्र शीपचारिविषया भर है...**



## भीड़ भाड़ से बचें ! आवश्यक होने पर ही यात्रा करें



मास्क का प्रयोग करें



साबुन से हाथ धोयें या सैनेटाइजर का प्रयोग करें



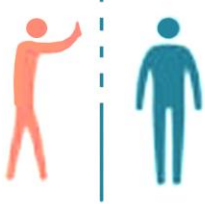
5 FEET परस्पर दूरी है जरूरी

**सतर्कता ही बचाव है!**

अगर आप **कोविड-19** से संक्रमित हैं या परिवार में संक्रमित लोग हैं.. तो आप खुद सावधानी बरतिये ताकि कोई दूसरा संक्रमित न हो!



घर में रहें



दूसरों के सम्पर्क में न आयें



खांसते समय अपने मुंह व नाक को ढकें

इस्तेमाल के बाद व्यर्थ सामग्री को कूड़ेदान में डालें और हाथों को अच्छी तरह साफ करें!



सरफेस एरिया को साफ रखें





## कोविड-19 से सम्बन्धित महत्वपूर्ण सूचनाओं की जानकारी के लिये दिये गये लिंक पर क्लिक करें

<u>Covid-19 Telephone/ Mobile Directory</u>	<a href="https://health.uk.gov.in/pages/display/140-novel-coronavirus-guidelines-and-advisory-">https://health.uk.gov.in/pages/display/140-novel-coronavirus-guidelines-and-advisory-</a>
<u>Sample Collection Centers</u>	<a href="https://covid19.uk.gov.in/map/sccLocation.aspx">https://covid19.uk.gov.in/map/sccLocation.aspx</a>
<u>Availability of Beds</u>	<a href="https://covid19.uk.gov.in/bedsummary.aspx">https://covid19.uk.gov.in/bedsummary.aspx</a>
<u>Covid-19 Vaccination Sites</u>	<a href="http://www.cowin.gov.in">www.cowin.gov.in</a>
<u>RT – PCR Testing Report</u>	<a href="https://covid19.uk.gov.in/">https://covid19.uk.gov.in/</a>
<u>To get Medical assistant and Doctor's consultation: Free Consultation from Esanjeevani</u>	<a href="http://www.esanjeevaniopd.in/Register">http://www.esanjeevaniopd.in/Register</a> <b>Download app:</b> <a href="https://play.google.com/store/apps/details?id=in.hied.esanjeevaniopd&amp;hl=en_US">https://play.google.com/store/apps/details?id=in.hied.esanjeevaniopd&amp;hl=en_US</a> <b>Or call: 9412080703, 9412080622, 9412080686</b>
<u>Home Isolation Registration</u>	<a href="https://dsclservices.org.in/self-isolation.php">https://dsclservices.org.in/self-isolation.php</a>
<u>Home Isolation Booklet(Do's &amp;Don'ts)</u>	<a href="https://health.uk.gov.in/files/Covid-19-Directory/Home Isolation booklet.pdf">https://health.uk.gov.in/files/Covid-19-Directory/Home Isolation booklet.pdf</a>
<u>Vaccination (Self Registration)</u>	<a href="https://selfregistration.cowin.gov.in/">https://selfregistration.cowin.gov.in/</a> <a href="http://www.cowin.gov.in">www.cowin.gov.in</a>
<u>Standard Operating Procedure for issue of TOCILIZUMAB AMPHOTERICIN B</u>	<a href="https://health.uk.gov.in/pages/view/146-tocilizumab-amphotericin--procedure">https://health.uk.gov.in/pages/view/146-tocilizumab-amphotericin--procedure</a>
<u>Daily Bulletin</u>	<a href="https://health.uk.gov.in/pages/display/140-novel-coronavirus-guidelines-and-advisory-">https://health.uk.gov.in/pages/display/140-novel-coronavirus-guidelines-and-advisory-</a>
<u>Travelling to/from Uttarakhand Registration</u>	<a href="https://dsclservices.org.in/apply.php">https://dsclservices.org.in/apply.php</a>
<u>Any other Help</u>	<b>Call 104 (24X7) / State Control Room 0135-2609500/ District Control Rooms of respective district for any other help and assistance.</b>
<u>for any queries and suggestions</u>	<a href="mailto:covid19statewarroomuk@gmail.com">covid19statewarroomuk@gmail.com</a> <b>Toll Free Number 104 State Covid-19 Control Room 0135 2609500</b>

For complaints regarding black marketing of medicines, oxygen and other malpractices related to covid-19 in Uttarakhand

**Landline No. 0135-2656202 and Mobile: 9412029536**

Date: 04-06-2021

## Health Bulletin

Time: 6:30PM



Positive Today: **892**



Recovered Today: **4006**



Death Today: **43**



Active Cases: **19283**

**S<sup>+vty</sup>**

Sample Positivity: **6.78%**

**R%**

Recovery Percentage: **90.44%**

1. Total cumulative Positive COVID-19 detected: **332959**
2. Total Number (%) of COVID-19 Patients Treated/ Cured: **301128 (90.44%)**
3. Total Number (%) of COVID-19 patients migrated out of state: **5917 (1.78%)**
4. Total Number (%) of COVID-19 Deaths: **6631\* (1.99%)**
5. Number of samples found negative for COVID-19 today: **25940**
6. Total number of samples sent for COVID-19 testing today: **24172**
7. Total number of cumulative samples found negative: **4580225**
8. Total number of samples result awaited: **5873**

\*Deaths reported from previous date added in cumulative figure (details on page 8). These deaths were reflected in district reports/daily bulletin, but not submitted timely to State COVID-19 Control Room.

# बहुत हो गया! बेपरवाही और मनमानी अब और नहीं ..

जिनके परिवार में कोविड संक्रमित लोग हैं खुद के लक्षण न होने पर

भी टेस्ट करायें! ?? अब यह समझ लेना जरूरी है

कि मास्क क्यों और कैसे लगाते हैं!

लाकडाउन खुलने पर सारी हर्दें

न पार कर जायें!!!

संक्रमितों की संख्या में कमी आपके  
जागरूक होने पर आयेगी...



## Detailed Status of Sample Tested

Districts	Samples Sent to Labs Today	Negative		Positive		Cumulative Samples Tested	Results Awaited (including sample sent to labs today)
		Negative in last 24 hours	Negative Cumulative (including Pvt. Lab)	Positive in last 24 hours	Positive Cumulative (including Pvt. Lab)		
Almora	532	970	140637	96	11367	152004	136
Bageshwar	809	921	113160	15	5479	118639	202
Chamoli	845	1134	148395	54	11771	160166	206
Champawat	695	628	138567	23	7244	145811	502
Dehradun	6556	6321	873260	203	109317	982577	1831
Haridwar	5902	5970	1437778	112	50029	1487807	407
Nainital	1528	1888	337650	127	38169	375819	527
Pauri Garhwal	767	895	227255	44	17209	244464	294
Pithoragarh	1054	1531	125524	51	9430	134954	419
Rudraprayag	585	551	90701	33	8415	99116	178
Tehri Garhwal	1889	2208	172015	46	15395	187410	348
US Nagar	2501	2133	586983	76	37131	624114	644
Uttarkashi	509	790	188300	12	12003	200303	179
<b>Total</b>	<b>24172</b>	<b>25940</b>	<b>4580225</b>	<b>892</b>	<b>332959</b>	<b>4913184</b>	<b>5873</b>

## Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated/ Others
Almora	11367	9593	1062	136	576
Bageshwar	5479	4339	1069	46	25
Chamoli	11771	9272	2252	55	192
Champawat	7244	6252	775	53	164
Dehradun	109317	103641	1825	3270	581
Haridwar	50029	44610	3344	860	1215
Nainital	38169	35698	1452	892	127
Pauri Garhwal	17209	14569	1708	262	670
Pithoragarh	9430	7577	1725	116	12
Rudraprayag	8415	7468	755	75	117
Tehri Garhwal	15395	12901	1537	70	887
U.S. Nagar	37131	34249	1136	723	1023
Uttarkashi	12003	10959	643	73	328
<b>Total</b>	<b>332959</b>	<b>301128</b>	<b>19283</b>	<b>6631</b>	<b>5917</b>



## Details of Patients Treated & Cured

DISTRICT NAME	Treated & Cured in last 24 hrs
ALMORA	159
BAGESHWAR	0
CHAMOLI	0
CHAMPAWAT	0
DEHRADUN	596
HARIDWAR	1287
NAINITAL	114
PAURI GARHWAL	392
PITHORAGARH	222
RUDRA PRAYAG	181
TEHRI GARHWAL	45
UDAM SINGH NAGAR	931
UTTAR KASHI	79
<b>Total</b>	<b>4006</b>

## कोविड को हराने के लिये सावधान रहने के अलावा शरीर की रोग प्रतिरोधकता को बढ़ाना भी जरूरी है-

- + ताजा, गर्म, शीघ्र पचने वाला हल्का भोजन करें.
- + यथासंभव गर्म पानी का सेवन करें.
- + चीनी से बने पदार्थों का सेवन कम से कम करें.
- + प्रतिदिन एक चम्मच च्यवनप्राश का प्रयोग करें.
- + तुलसी, दालचीनी, कालीमिर्च व सोंठ 1/2 चम्मच मुनक्का से निर्मित आयुष पेय/हर्बल चाय का स्वादानुसार नींबू/गुड़ आदि को मिलाकर दिन में 1-2 बार सेवन करें.
- + हल्दी, धनिया, जीरा, लहसुन आदि व अन्य मसालों का भोजन में नियमित प्रयोग करें.
- + प्रतिदिन 10 से 45 मिनट कामेन रोग प्रोटोकाल का अभ्यास करें.
- + धूम्रपान, तम्बाकू, गुटका, शराब आदि का पूर्णतः परित्याग करें।



च्यवनप्राश



## Hospital Wise Death

District	Cumulative Deaths	Name of The Hospital	No. of Deaths
Dehradun	3270*(A)	Aarogyadham Hospital, Dehradun	1
		AIIMS Rishikesh, Dehradun	13
		Govt.Doon Medical College, Dehradun	3
		Himalayan Hospital, Dehradun	1
		Kailash Hospital, Dehradun	1
		Lehman Hospital, Dehradun	1
		Max Hospital, Dehradun	2
		MH, Dehradun	2
		Shri Mahant Indiresh Hospital, Dehradun	3
		Subharti Hospital, Dehradun	3
		Synergy Hospita, Dehradun	1
Haridwar	860	Ram Krishna Mission Sewashrama, Haridwar	1
Nainital	892	Dr. Susheela Tiwari Govt. Hospital Haldwani, Nainital	3
Rudraprayag	75*(B)	Other than Hospital	1
US Nagar	723	Futela Hospital, U S Nagar	2
		Sanjeevani Hospital Kashipur, US Nagar	4
		The Medicity Hospital Rudrapur, US Nagar	1
<b>Total</b>		<b>Grand Total</b>	<b>43</b>

**\*Note:** Deaths reported from previous date added in cumulative figure. These deaths were reflected in district reports/daily bulletin, but not submitted timely to State COVID-19 Control Room.

**\*(A) DEHRADUN (12):**

**CMI Hospital (11)-** 26 April 2021 (4), 28 April 2021 (1), 2 May 2021 (1), 10 May 2021 (1), 12 May 2021 (1), 17 May 2021 (1), 25 May 2021 (1), 30 May 2021 (1)

**Subharti Hospital (1)-** 31 May 2021 (1)

**\*(B)RUDRAPRAYAG (03):**

**Other Than Hospital (03)-** 15 May 2021 (1), 17 May 2021 (1), 25 May 2021 (1)



## Mucormycosis Cases and Deaths - Uttarakhand as on 04.06.2021

S.No.	District	Hospital Name	Total No. of cases	Death	Discharge
1	Udham Singh Nagar	JLN District Hospital, Rudrapur	1	1	0
2	Dehradun	City Heart Hospital	1	0	0
		AIIMS Rishikesh	156	20	4
		Max Hospital	9	1	3
		Doon Medical College	12	0	3
		Sri Mahant Indresh Hospital	24	3	0
		HIHT Joly Grant	26	5	6
		Aarogyadham Hospital	2	0	0
		ONGC Hospital	1	0	0
		Synergy Hospital	1	1	0
3	Nainital	Krishna Hospital, Haldwani	3	1	0
		Dr. Susheela Tiwari Govt. Hospital, Haldwani	22	4	0
		Tiwari Nursing Home	1	0	0
4	Uttarkashi	District Hospital	1	0	0
<b>Total</b>			<b>260</b>	<b>36</b>	<b>16</b>

## Details of State Control Room

E-mail: [covid19statewarroomuk@gmail.com](mailto:covid19statewarroomuk@gmail.com), [idsputtarakhand@gmail.com](mailto:idsputtarakhand@gmail.com)

Toll free No: 104/01352609500

 Whatsapp No. 9412080544

## Details of District Control Rooms

Districts	District Control Room Number
Almora	05962-237874
Bageshwar	05963-221822
Chamoli	7617429778, 9068787120, 7830839443, 01372-252187
Champawat	05965-230943, 05965-230819
Dehradun	0135-2724506
Haridwar	01334-239072
Nainital	05946-281234
Paurigarhwal	01368-222213
Pithoragarh	05964-297551
TehriGarhwal	01376-234793
Rudraprayag	01364-233727
U.S. Nagar	05944-246590,05944-250250
Uttarkashi	01374-222641,7417162869

**PREVENTION IS BETTER THAN CURE**  
for your own safety



**Cover cough and sneeze**



**WEAR MASK**



**QUARANTINE**



**DISINFECT HANDS**



**NO FACE TOUCH**



**WEAR GLOVES OUTSIDE**



**KEEP DISTANCE 2 m**

**COVID-19**  
Uttarakhand State Control Room



## COVID-19 Vaccination

**4<sup>th</sup> June 2021**

☀ Sessions Held Today :	<b>354</b>
☀ Number of Beneficiaries Vaccinated Today :	<b>24941</b>
☀ Number of Beneficiaries Partially Vaccinated:	<b>2296460</b>
☀ Number of Beneficiaries Fully Vaccinated:	<b>686315</b>
☀ Total 18-44 years beneficiaries Vaccinated:	<b>293417</b>

### Details of Beneficiaries Vaccinated in Uttarakhand

Districts	Citizen				Health Care Worker			Front Line Worker		
	Last 24 hrs	>45 Partially Vaccinated (1st Dose Coverage)	>45 Fully Vaccinated (Both Dose Coverage)	Partially vaccinated (more than 18 to <45 years)	Last 24 hrs	Partially Vaccinated (1st Dose Coverage)	Fully Vaccinated (Both Dose Coverage)	Last 24 hrs	Partially Vaccinated (1st Dose Coverage)	Fully Vaccinated (Both Dose Coverage)
Almora	912	129176	36,301	15,432	6	5,928	4,815	197	9,273	3,089
Bageshwar	382	60446	23,160	15,043	2	2,436	2,261	4	2,291	1,404
Chamoli	154	90179	30,288	15,404	1	3,983	3,703	9	6,446	4,257
Champawat	156	55542	14,183	15,272	0	2,208	1,853	50	6,616	3,361
Dehradun	7,525	360790	114,229	54,195	68	35,983	26,167	201	27,657	15,559
Haridwar	2,318	223130	49,010	33,855	67	17,281	11,870	87	48,066	29,989
Nainital	817	168179	51,699	30,772	17	13,818	9,937	319	16,767	6,159
Pauri	1,276	138974	36,355	16,263	2	7,777	6,229	5	6,871	3,933
Pithoragarh	1,524	76126	20,188	15,431	3	4,031	3,389	45	7,984	5,076
Rudraprayag	933	53595	16,436	16,524	1	2,419	1,956	4	2,625	1,329
Tehri	1,130	109411	32,809	15,278	1	6,144	5,297	8	4,842	3,028
US Nagar	5,822	175237	46,047	34,771	18	11,866	8,073	676	26,624	8,139
Uttarkashi	194	73963	38,317	15,177	0	3,433	3,082	7	4,926	3,338
<b>Total</b>	<b>23,143</b>	<b>1714748</b>	<b>509,022</b>	<b>293,417</b>	<b>186</b>	<b>117,307</b>	<b>88,632</b>	<b>1,612</b>	<b>170,988</b>	<b>88,661</b>

Date: 04-06-2021

### District-wise Hotspots/ Containment Zones

DISTRICT NAME	Number Of Active Containment Zone
ALMORA	06
BAGESHWAR	0
CHAMOLI	11
CHAMPAWAT	15
DEHRADUN	42
HARIDWAR	21
NAINITAL	08
PAURI GARHWAL	12
PITHORAGARH	05
RUDRA PRAYAG	22
TEHRI GARHWAL	28
UDAM SINGH NAGAR	15
UTTAR KASHI	10
<b>Total</b>	<b>195</b>

## Avoid crowded places for your own safety



avoid close contact  
with people





# Uttarakhand State Control Room

## COVID-19



### Integrated Disease Surveillance Programme

Directorate of Medical Health & Family Welfare, Uttarakhand, Dehradun

उत्तराखण्ड शासन

S.No	District Name	Total	Detail of District-Wise Hotspots/ Containment Zones
1	Dehradun	42	<p><b>Dehradun (21)</b></p> <ol style="list-style-type: none"> <li>Anarwala Vijay purGopiwala (14-05-2021)</li> <li>Doon Site View, Cottage Police chownki, Chandal Garhi (14-05-2021)</li> <li>PradhanacharyaAwasi, CST Happy Valley (16-05-2021)</li> <li>Green Valley Housing Rajpur Road (16-05-2021)</li> <li>Gram Tarlanagal (16-05-2021)</li> <li>49 Mohini Road, Near control shop (16-05-2021)</li> <li>Cross -08, House No- 19, Tapovan enclave AamwalaTarla (16-05-2021)</li> <li>C block , Race Course, Near Banshilal Shop (16-05-2021)</li> <li>219- Rajpur Road (16-05-2021)</li> <li>Vijay Colony Hathibarkala (16-05-2021)</li> <li>Laxman puri, LandourCant (15-05-2021)</li> <li>Tunwala (Raipur Tunwala Marg) (15-05-2021)</li> <li>PaschamiPatelnagar, Dehrakhas (15-05-2021)</li> <li>Christian Village Center George School Barloganj (16-05-2021)</li> <li>Hathibarkala, New Cantt Road (17-05-2021)</li> <li>Kehri Gaon, Thakurpur Road (18-05-2021)</li> <li>Shiv Shakti Colony ,Nathuwala (20-05-2021)</li> <li>Kaleshwar Vihar , Aamwala Tarla (29-05-2021)</li> <li>Karamchari Awasi DLF Basi Estate (29-05-2021)</li> <li>Kuladi (31-05-2021)</li> <li>Sunny Lodge Estate, kigrain Picture Palace Marg (01-06-2021)</li> </ol> <p><b>Chakrata (02)</b></p> <ol style="list-style-type: none"> <li>Gram Meharwala (24-05-2021)</li> <li>Gram Matiyawa (26-05-2021)</li> </ol>
			<p><b>Vikas Nagar (05)</b></p> <ol style="list-style-type: none"> <li>Gram ChotuwaalaBadamwala (16-05-2021)</li> <li>Gram Shaspur Teachers Colony (17-05-2021)</li> <li>Ward No-13, Gram Nawabgarh Majra Chiranjpur Amar Vihar (17-05-2021)</li> <li>Moja Dumet (18-05-2021)</li> <li>Gram Jhajramauja Dhulkot, Tibbeti School (21-05-2021)</li> </ol> <p><b>Kalsi (3)</b></p> <ol style="list-style-type: none"> <li>Gram Datanu khat SiliGothan (16-05-2021)</li> <li>Gram Hariapur (Near Yamuna River) (16-05-2021)</li> <li>Gram Dhara Khadar (17-05-2021)</li> </ol> <p><b>Tyuni (09)</b></p> <ol style="list-style-type: none"> <li>TaunsRiver ,Purva Disha (10-05-2021)</li> <li>Gram MandrathKheda(19-05-2021)</li> <li>Gram Mandrath (22-05-2021)</li> <li>Gram Baghi (21-05-2021)</li> <li>Gram Ragi (24-05-2021)</li> <li>Gram Shediya (24-05-2021)</li> <li>Gram Chausal I (24-05-2021)</li> <li>Gram Chausal II (24-05-2021)</li> <li>Gram Tayutatd (26-05-2021)</li> </ol> <p><b>Doiwala (02)</b></p> <ol style="list-style-type: none"> <li>Ward no-10 , Kailash Kunj Gali No-07, Bhaniyawala(26-05-2021)</li> <li>Ward No-10, Kailash Kunj Gali no-07,Bhaniyawala (26-05-2021)</li> </ol>
2	Haridwar	21	<p><b>Haridwar (02)</b></p> <ol style="list-style-type: none"> <li>RasoolpurMeethiberi, MajraChoota, Rasoolpur Pargana Najibabad (24-05-2021)</li> <li>Opposite St. Merry School , Paschim Nathannagar (24-05-2021)</li> </ol> <p><b>Laksar (07)</b></p> <ol style="list-style-type: none"> <li>Gram Khanpur, Brhampur (17-05-2021)</li> <li>Gram Alwalpur (18-05-2021)</li> <li>Gram Lalbandawa, Ward No-02 (20-05-2021)</li> <li>Ward No.09 Padowali (22-05-2021)</li> <li>Gram Kalsiya, Ward No-11 (24-05-2021)</li> <li>Gram Kabulpuri, Raighati (25-05-2021)</li> <li>Gram Sherpubela (26-05-2021)</li> </ol>
			<p><b>Roorkee (12)</b></p> <ol style="list-style-type: none"> <li>H No. 501 , 502 Awasi Vikas Colony, Nagar Nigam (15-05-2021)</li> <li>Gram Thaska Pargana Mangalore (15-05-2021)</li> <li>Gali no-11, Krishna Nagar Salempur ,Rajputaan Nagar Nigam (17-05-2021)</li> <li>Gram Libarhedi, Pargana Mangalore (18-05-2021)</li> <li>Block B, Ashok Nagar , Gram dhandera Pargana (20-05-2021)</li> <li>Gram MakanpurDevpur ParganaBhagwanpur (21-05-2021)</li> <li>ShyamnagarGali No-03, Sunhara (21-05-2021)</li> <li>Gram Daulatpur Pargana (22-05-2021)</li> <li>Gram Thaska Pargana Mangalore (23-05-2021)</li> <li>H.NO. 173, block C , Shivaji Nagar Gram Dhandera Pargana (25-05-2021)</li> <li>Gram Nasirpur Afzalpur Pargana, Mangalore (02-06-2021)</li> <li>Gram Dhanori (03-06-2021)</li> </ol>

3	Nainital	08	<p><b><u>KaushyaKutoli (08)</u></b></p> <ol style="list-style-type: none"> <li>1- Gram Dhadima Tok Ratoda (15-05-2021)</li> <li>2- Gram Torad Tok, Nagir Gaon (15-05-2021)</li> <li>3- Gram Halso Patti MallaKaushya (21-05-2021)</li> <li>4- Gram Torad Patti Betalghat (21-05-2021)</li> <li>5- Gram Joshikhola (21-05-2021)</li> <li>6- Gram Ghiroli Patti Mallipali (23-05-2021)</li> <li>7- Gram Kharali Bunga Patti Unchakot (23-05-2021)</li> <li>8- Gram Gajar Patti Bargal (23-05-2021)</li> </ol>
4	Pauri	12	<p><b><u>Kotdwar (03)</u></b></p> <ol style="list-style-type: none"> <li>1- Subhash Bazar, Duggada (18-05-2021)</li> <li>2- Gram Umraila ,Talla Vikas khand, Dugadda (18-05-2021)</li> <li>3- Gram Kholkandi, Vikas Khand Duggada (18-05-2021)</li> </ol> <p><b><u>Lansdowne (03)</u></b></p> <ol style="list-style-type: none"> <li>1- Gram Jyual Gaon (15-05-2021)</li> <li>2- Gram Dewrari (15-05-2021)</li> <li>3- Gram Bagankhola (22-05-2021)</li> </ol> <p><b><u>Srinagar (03)</u></b></p> <ol style="list-style-type: none"> <li>1- Gram GhadBasalyupattichalansayu (22-05-2021)</li> <li>2- Gram Suralgaon Patti Chalansayu (24-05-2021)</li> <li>3- Gram Chamrada , Patti Katalsayu (01-06-2021)</li> </ol> <p><b><u>Pauri (01)</u></b></p> <ol style="list-style-type: none"> <li>1- Gram Dadhogi (17-05-2021)</li> </ol> <p><b><u>Yamkeshwar (02)</u></b></p> <ol style="list-style-type: none"> <li>1- Gram Sirasu (19-05-2021)</li> <li>2- Gram NandMalla (19-05-2021)</li> </ol>
5	Uttarkashi	10	<p><b><u>Bhatwari (02)</u></b></p> <ol style="list-style-type: none"> <li>1- Gram Silla Patti, NaldKathur (24-05-2021)</li> <li>2- Gram Belatipari, Patti NaldKathud (27-05-2021)</li> </ol> <p><b><u>Purola (02)</u></b></p> <ol style="list-style-type: none"> <li>1- Gram Dhoni (09-05-2021)</li> <li>2- Gram Thathung (24-05-2021)</li> </ol> <p><b><u>Chinvalisaur (01)</u></b></p> <ol style="list-style-type: none"> <li>1- Gram New Khalsi Patti Dashagi (09-05-2021)</li> </ol> <p><b><u>Barkot (04)</u></b></p> <ol style="list-style-type: none"> <li>1- Nagar Panchayat Naugaon Ward No-05 (05-05-2021)</li> <li>2- Nagar Panchayat Naugaon , Ward No-04 (06-05-2021)</li> <li>3- Gram Kawadi (09-05-2021)</li> <li>4- Gram Sina Patti (23-05-2021)</li> </ol> <p><b><u>Mori (01)</u></b></p> <ol style="list-style-type: none"> <li>1- Badau (31-05-2021)</li> </ol>
6	UdhamSingh	15	<p><b><u>Jaspur (09)</u></b></p> <ol style="list-style-type: none"> <li>1- Mohalla Natha singh (20-05-2021 to 06-06-2021)</li> <li>2- Gram Halduwashu (25-05-2021 to 06-06-2021)</li> <li>3- Gram Talabpur (25-05-2021 to 06-06-2021)</li> <li>4- Gram Kasampur (25-05-2021 to 06-06-2021)</li> <li>5- Kaliyawala I (29-05-2021 to 09-06-2021)</li> <li>6- Kaliyawala II (29-05-2021 to 09-06-2021)</li> <li>7- Gram Rajpur(29-05-2021 to 09-06-2021)</li> <li>8- Gandhi Park (29-05-2021 to 09-06-2021)</li> <li>9- Gulargojhi (29-05-2021 to 09-06-2021)</li> </ol> <p><b><u>Gadarpur (03)</u></b></p> <ol style="list-style-type: none"> <li>1. Gram Bhajpuri (25-05-2021 to 07-06-2021)</li> <li>2. Gram Khempur (PalkaChaud) (25-05-2021 to 07-06-2021)</li> <li>3. Gularbhoj Colony Ward No- 02 (27-05-2021 to 09-06-2021)</li> </ol> <p><b><u>Sitargani (03)</u></b></p> <ol style="list-style-type: none"> <li>1- Gram Bihi (27-05-2021 to 06-06-2021)</li> <li>2- Gram Chatuakheda(27-05-2021 to 06-06-2021)</li> <li>3- Gram Achenta (27-05-2021 to 06-06-2021)</li> </ol>



7	Champawat	15	<p><b>Champawat (11)</b></p> <ol style="list-style-type: none"> <li>1- Narsingh Danda (19-05-2021)</li> <li>2- Bastiyagunth (19-05-2021)</li> <li>3- Chauradumkhuri (19-05-2021)</li> <li>4- Goli (20-05-2021)</li> <li>5- Bhanoli (Tok Bilaspur) (15-05-2021)</li> <li>6- Kanda (Tok Amodi) (15-05-2021)</li> <li>7- Kanda (17-05-2021)</li> <li>8- Gram Adi Dubchoda (27-05-2021)</li> <li>9- Gram diguroli (27-05-2021)</li> <li>10- Gram Bungakhyali (27-05-2021)</li> <li>11- Gram Chaudkhyali (27-05-2021)</li> </ol>	<p><b>Tanakpur (04)</b></p> <ol style="list-style-type: none"> <li>1- Hari Garden (06-05-2021)</li> <li>2- Bamanpuri, Banbasa (06-05-2021)</li> <li>3- PachPakaria ,Banbasa (06-05-2021)</li> <li>4- Nayakgoath (11-05-2021)</li> </ol>
8	Chamoli	11	<p><b>Ghat (02)</b></p> <ol style="list-style-type: none"> <li>1- Gram Vijar (21-05-2021)</li> <li>2- Gram Kundi (25-05-2021)</li> </ol> <p><b>Karanprayag (02)</b></p> <ol style="list-style-type: none"> <li>1- Gram Jasyara (17-05-2021)</li> <li>2- Gram Kandara (17-05-2021)</li> </ol> <p><b>Gairsain (02)</b></p> <ol style="list-style-type: none"> <li>1- Gram Ramda (17-05-2021)</li> <li>2- Gram Jingaud (17-05-2021)</li> </ol>	<p><b>Joshimath (04)</b></p> <ol style="list-style-type: none"> <li>1- J.P. Company Lambagad (16-05-2021)</li> <li>2- Hanumanchatti (18-05-2021)</li> <li>3- Singdharkekhadhar Tok (18-05-2021)</li> <li>4- Gram RanniPalli (21-05-2021)</li> </ol> <p><b>Chamoli (01)</b></p> <ol style="list-style-type: none"> <li>1- Nagar Panchayat, Pipalkoti Ward No-02, Agethala, Kisan Nagar (27-05-2021)</li> </ol>
9	Tehri	28	<p><b>Tehri Gharwal (05)</b></p> <ol style="list-style-type: none"> <li>1- Gram Mad Bhanali, Patti Bhamund(14-05-2021)</li> <li>2- Gram Khand ke Chopidya&amp;Anujati Basti (15-05-2021)</li> <li>3- Gram Dabri (21-05-2021)</li> <li>4- Gram Manda (27-05-2021)</li> <li>5- Gram Jugad Gaon (28-05-2021)</li> </ol> <p><b>Ghansali (1)</b></p> <ol style="list-style-type: none"> <li>1- Gram Behada, Patti Nalchami, Madya Ardhagi (16-05-2021)</li> </ol> <p><b>Devprayag (03)</b></p> <ol style="list-style-type: none"> <li>1- Gram Palethi (25-05-2021)</li> <li>2- Gram Kunadi (27-05-2021)</li> <li>3- Gram Arota (29-05-2021)</li> </ol> <p><b>Narendranagar (03)</b></p> <ol style="list-style-type: none"> <li>1- Gram Kot Patti (11-05-2021)</li> <li>2- Gram Banskatal Patti (21-05-2021)</li> <li>3- Vichalaya Tok (25-05-2021)</li> </ol>	<p><b>Jakhnidhar (06)</b></p> <ol style="list-style-type: none"> <li>1- Gram Ganwali Patti Khas (15-05-2021)</li> <li>2- Gram Ratoli Patti Khas (22-05-2021)</li> <li>3- Gram SandhanaKot (23-05-2021)</li> <li>4- Gram DobhNauli (25-05-2021)</li> <li>5- Gram Jagdhar (25-05-2021)</li> <li>6- Gram Kolakandi (25-05-2021)</li> </ol> <p><b>Kirti Nagar (10)</b></p> <ol style="list-style-type: none"> <li>1- Gram Thati (08-05-2021)</li> <li>2- Gram Sabha Devgadi (09-05-2021)</li> <li>3- Gram Jakhand (09-05-2021)</li> <li>4- Gram Bhagwan (15-05-2021)</li> <li>5- Gram Maletha (16-05-2021)</li> <li>6- Gram Nandi (19-05-2021)</li> <li>7- Gram Pandula (19-05-2021)</li> <li>8- Gram Muthadgaon (20-05-2021)</li> <li>9- Gram Dharkot (22-05-2021)</li> <li>10- Gram Panchayat Badola , Gram Urman (22-05-2021)</li> </ol>
10	Rudraprayag	22	<p><b>Rudraprayag (08)</b></p> <ol style="list-style-type: none"> <li>1- Gram Hitdang (08-05-2021)</li> <li>2- Gram Malkhi (08-05-2021)</li> <li>3- Gram Bhatwari (08-05-2021)</li> <li>4- Gram Saurakhal (11-05-2021)</li> <li>5- Gram Kottalla (12-05-2021)</li> <li>6- Gram Madhgaon (14-05-2021)</li> <li>7- Gram Gwefur, Tilni (16-05-2021)</li> <li>8- Gram Naari, Satarekhal (16-05-2021)</li> </ol> <p><b>Jhakholi (02)</b></p> <ol style="list-style-type: none"> <li>1- Gram Bajira (10-05-2021)</li> <li>2- Gram Chopda (10-05-2021)</li> </ol>	<p><b>Ukhimath (12)</b></p> <ol style="list-style-type: none"> <li>1- Gram Sabha Rampur(12-05-2021)</li> <li>2- Gram Sabha Rudrapur (12-05-2021)</li> <li>3- Gram Sabha Kunjethi (15-05-2021)</li> <li>4- Gram Sabha Parkandi (17-05-2021)</li> <li>5- Gram Sabha Raulank (17-05-2021)</li> <li>6- Gram Sabha Jalai (21-05-2021)</li> <li>7- Gram Sabha Ghad (21-05-2021)</li> <li>8- Gram Sabha Sari (21-05-2021)</li> <li>9- Gram Sabha Daula Kanyas Bhatwarisunhar (21-05-2021)</li> <li>10- Gram Sabha Sitapur (21-05-2021)</li> <li>11- Gram Sabha khumera (24-05-2021)</li> <li>12- Gram Sabha Pav – Jagpuda (24-05-2021)</li> </ol>

11	Pithoragarh	05	<b>Berinag (01)</b> 1- Gram RithaRetoil (20-05-2021)	<b>Kanalichinna (01)</b> 1- Khawakot (20-05-2021)
			<b>Badalu (02)</b> 1- Kashani (20-05-2021) 2- Aathgaon (20-05-2021)	<b>Didihat (01)</b> 1- Baakhu (20-05-2021)
12	Almora	06	<b>Almora (01)</b> 1- Gram Gadhali (24-05-2021)	<b>Dwarahat (02)</b> 1- Gram MalliBitholi (21-05-2021) 2- Gram Ghanoli (03-06-2021)
			<b>Bhanoli (01)</b> 1- Gram Belak (26-05-2021)	<b>Syaldey (02)</b> 1- Bajarkhoda (Sarikhet) (21-05-2021) 2- Gram Bharsoli Vikas Khand Syaldey (25-05-2021)
<b>Total</b>		<b>195</b>		



**SOCIAL DISTANCING**  
**is for your own Safety**