



**GOVT. OF KERALA**

**INFORMATION & PUBLIC RELATIONS DEPARTMENT**

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**PRESS RELEASE**

PHONE : 04735-202664

[www.prd.kerala.gov.in](http://www.prd.kerala.gov.in), [prdsannidanam@gmail.com](mailto:prdsannidanam@gmail.com)

### **Fine for over-charging:**

A squad led by Nilakkal executive officer K.K.Divakaran levied a fine of Rs.5,000 from toilet contractor Ajeesh (No.288) for collecting Rs.5 against the prescribed charge of Rs.3 from pilgrims for using toilet. Deputy Tehslidar Jose K.Eapen, Somaraj, Dinesh Kumar and Manoj were also members of the squad.:

### **Elaborate arrangements for health and safety**

Travancore Devaswom Board and various departments have jointly taken a series of steps to ensure the health and safety of the Sabarimala pilgrims between Pamba and Sannidanam. Hospitals and dispensaries are functioning at Pamba, Neelimala, Apachimedu, with cardiology, modern medicine, ayurveda and homoeopathy branches. Nahas Cardiology Hospital, NSS Hopsital, Ayyappa Seva Sanghom Dispensary are functioning at Sannidanam. Amritha and Appolo Hospitals too are functioning at Pamba. Emergency medical care facilities too have been provided. For emergency care contact 04735-202080.

### **Health tips:**

Cardiology Chief Medical Officer O.Vasudev has cautioned diabetes, heart and respiratory disease patients to exercise caution while adhering to the customary vrutham and also while ascending the hills. Those having insulin and other medicines will have to regulate the dose. Before starting the vrutham, they should consult a doctor and strictly abide by their advice. Medicines should not be avoided. Fluctuation in sugar levels will reflect in blood pressure too. Same is true of asthma patients too. While on vrutham, pilgrims should do exercise too. Those who had experienced nausea while travelling should have medicines for that too and take it at least 30 minutes before the start of the journey.

Tips to remember

1 Weight of the Irumudi should be reduced to the bare minimum to make climbing easy

2 Have only light food before climbing

3 If there are children in the team, a tag comprising full address, contact numbers and names of elders of the team should be tied on their hands

4 On feeling any uneasiness consult a doctor and seek his advice. Those under medication should meet a doctor at Pamba and also check the pressure and sugar levels.

5 Do not leave the children alone

6 While relaxing, drink water in abundance. Warm water is ideal.

7 On feeling any uneasiness, either contact the medical centre through the toll-free number or emergency medical care before proceeding.

8 Those having knee pain should wear a knee cap

On reaching Sannidanam, take a medical advice if needed, If someone feels a chest pain, weariness or dizziness, do not ignore and stand in the queue for darshan, as it would prove to be serious. Rush to the cardiology care at Thirumottam for medical care.

## Drunken pilgrims held

Eight persons from Kolam and Pathanamthitta districts were held by the police at Nadapanthal in an inebriated state. Strong action would be taken against those visiting the temple in such a state, SI Aswith S.Karanmayil said.

Health check on

Health authorities have started check up of migrant workers engaged in hotels. Their blood samples are being subjected to clinical tests to find out whether they have malaria or other diseases. As many as 86 persons have

been checked so far .No cases have been detected, Health Inspector K.K.Santhosh said.

### Ayurveda gains popularity

As many as 8331 pilgrims turned up at the ayurveda hospital at Sannidanam for allergy ailments like cough, sprain and such others. The hospital provides inhalation, infrared and manipulative therapy, and marma treatment, among others. Charge medical officer Dr.R.Anil Kumar, Dr.Ramachandran, Dr.Suresh, Dr.Harikumar, Dr.Sindhul form the team. They also have the support of therapists and para-medical facilities.

### Information Office:

The Devaswom Information Office at Sannidanam is functioning round-the-clock offering all details about the festival and temple for pilgrims such as poojas, offerings, facilities at Pamba and Sanndanam and such others.

Public announcements are being made in Tamil, Telugu, English and Hindi from time to time. Devotionals such as `Vande Vigneswaram...` `Sreekovil nada thuranna.....` and `Hari Varansanam...` respectively are being played by the centre once the sanctum sanctorum opens at dawn and closes at night. Benglauru native Sreenivas makes the announcements in Tamil, Telugu, Hindi and Kannada Gopalakrishnan does the Malayalam announcements. TDB Public Relations Officer Murali Kottakkakom is in charge of the office at Ndapanthal. Sivakumar and Manoj are the assistant special officers. A publicity office is functioning at Pamba too.

New cleaning drive; As part of the Punyam Poonkavanam project, the Rapid Action Force for cleaning has launched a new project. A 100-member team would reach the Sannidanam on all Saturdays and would clean the precincts for 4 hours from 3 .m. on Sunday. Kopra Kalam, Bailey Bridge areas were cleaned up by the team on Sunday, RAF Deputy Commandant Madhu G.Nair said.

### Trickster held:

Achiraju, a native of Kakkinada was held by the police for illegally collecting money from pilgrims near Malikappuram after sporting a banner on the premise for conducting annadanam, poojas and other offerings. He will be produced in court.

### Seeks treatment:

As many as 117 persons sought treatment at Nahas Cardiology Centre

till 12 midnight yesterday, Chief Medical Officer O.Vasudev said. This included 110 men and seven women



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