

## ICAR-NRCY, Dirang Arunachal Pradesh

### Comprehensive report on Advisory issued by the Institute to contain COVID-19 outbreak

#### Institute Advisory for Office:

- **Minimizing of Institute staff:** Complying to the guidelines on the measures to contain COVID-19 outbreak issued by the Ministry of Home Affairs in view of the declaration of National Lockdown for 21days, the Institute is functioning with minimal number of employees by maintaining staffroaster through engaging the staff residing in the Institute residential complex. However, rest staff are advised to work from home.
- **Thermal scanning:** Everybody should get thermal scanned daily at the entry gates for attending essential duties at office.



- **Hand cleaning facilities at entry gates:** Soap and water are kept for hand cleaning at all entry gates to the Institute and everybody should use it before entering the Office.
- **Sensitization of Institute premises:**The Institute premises is sanitized with bleaching power and inside the building surface sanitizer are used for disinfection of floors and working areas.
- **Restricted the entry of visitors:** The entry of the visitors to the Institute premises is completely restricted.
- **Movement of vehicles restricted:** Only one vehicle is allowed for movement to perform all essential duties including the purchase and supply of ration to the campus residential staff.

- **Transportation and proper disposal of garbage:** Institute shall be collecting garbage from the complex for its proper disposal twice a week.
- **The extension and outreach activities of the Institute** involving mass interaction is temporary ceased. However, necessary advisories to farmers and other stakeholders are advocated through telephone or e-mails.
- **Extending help to the needytribal livestock farmers during the lockdown:** Institute has handed over some essential veterinary medicines and feed supplements to the Office of Additional Deputy Commissioner, West Kameng District, Dirang sub-division for further distribution among the livestock farmers through the constituted Board for verification and distribution of relief items during the lockdown.
- **Awareness of staff for strict implementation:**Staffs are made aware about the symptoms of COVID-19 and preventive measure to be taken to contain its spread/ outbreak.

<b>Symptoms of COVID-19</b>
<b>Most common:</b> Fever, Cough
<b>Somewhat common:</b> Sore throat, shortness of breath, headache, fatigue, aches and pains
<b>Rare:</b> Diarrhoea, runny nose

- **Preventive measures:**
- Cover mouth and nose with face mask {Due to non-availability of the face masks at market, the Institute is making own cloth masks through voluntary contribution from the staff}.
- Maintain personal hygiene and a safe distance (atleast 4 feet apart) from persons while working and interacting.
- Limit the contact (donot shake hands).
- Avoid touching of eyes, mouth and nose.
- Advised for frequent washing of hands with soap or sanitizing with hand sanitizer
- Prefer to discuss and communicate through either phone or e-mail.
- Donot spit here and there.
- Cover nose and mouth with tissue or elbow while sneezing and coughing.
- Donot participate in gatherings, including sitting in groups.

#### **Institute Advisory for while going back Home:**

- Ring up home when you start from office.
- Wash hands with soap at residential complex entry gate and outside the respective home.
- After entering you house without touching anything, put off your clothes and soak them in warm water with soap.
- Take whole body bath with soap.
- Wash your cloths and put to dry in direct sunlight.

### **Institute Advisory for all Institute Residents in Home:**

- All the residents in Institute residential complex are advised to stay home.
- Maintain personal hygiene and a safe distance (atleast 4 feet apart) from persons while interacting.
- Limit the contact (donot shake hands).
- Advised for frequent washing of hands with soap or sanitizing with hand sanitizer
- Donot spit here and there.
- Entry of outsiders to the Institute residential complex is restricted.
- Soap and water are kept for hand cleaning at all entry gates to the Institute residential complex and everybody are advised to use it before entering the complex.
- Entry of house hold helpers from outside the Institute is restricted and staff are requested to pay them during this crisis.

### **General measures to be taken for immunity boosting for selfcare during COVID-19 crisis:**

- The message of DG, ICAR for Installation of **Arogya Setu App** and Other preventive measures recommended by the Ministry of AYUSH for self-care guidelines on preventive health measures and boosting immunity is forwarded to the all staff for their and their family care during this pandemic Corona crisis.

### **The following measures are advised to practice:**

- Drink warm water throughout the day
- Daily practice of Yagasana, Pranayama and meditation for at least 30 minutes.
- Use of species like Turmeric, Cumin, Coriander and Garlic in cooking.
- Take Chyavanprash 10g in the morning
- Drink herbal tea
- Golden milk – half tea spoon once or twice a day

### **Institute Farm Advisory:**

1. Strict restriction on the visitors to the Institute farm
2. Farm staff minimized: Maintaining duty roaster of the farm labourers by reducing 50% workers in duty
3. Daily Thermal Scanning farm workers before entry in the farm premises for their essential farm duties to maintain the institute yak herd. Mr. Nawang Tsering is entrusted to report

on day to day activities and eventuality, if any to the farm in-charge and institute disaster management officer.

4. Facilities for hand sanitization with soap/sanitizers at farm entry gate and different locations in the farm complex is provided and workers are advised to sanitize their hands time to time
5. Facility for foot bath/wet gunny bags emerged with sanitizing solutions like Dettol/Phenol/KMNO<sub>4</sub> solutions are provided at entry gate and entry point of animal shed.
6. All workers are advised to strictly use masks and maintain social distancing keeping at least 4-5 feet while performing different farm activities
7. Use of gloves is also advised to the animal handlers during their works.
8. Farm animal produced are processed, preserved and sold to consumers following the recommended preventive guidelines of COVID-19
9. Use of gumboots during farm works is restricted for farm work only, accordingly the farm workers are informed to use and leave the gumboots at entry point during entry and leaving the farm respectively. The farm in-charge will make availability of the gum boots putting new proposal for C.A.'s approval, if there is any shortage of the same. For further precautionary measures the permitted visitors have to follow the preventive measures i.e. wearing of masks, gumboots, sanitizers etc on payment with a minimum charge of Rs. 20/- per head.
10. Farm Staffs residing within farm campus are advised to strictly follow the measures like-
  - a) Stay home quarantine to safe from Covid-19
  - b) Regular checking of temperature
  - c) Advised to use masks to the suffers of cold, cough, flu etc and use handkerchief during coughing and sneezing.
  - d) Frequent hand washing using soap and application of hand sanitizers
11. To mitigating the shortage of feed/fodder requirements of the farm animals following measures were discussed-
  - a) As there is no restriction in Government of Assam for transport of Agricultural products including livestock feed, Administrative Officer in-charge is advised to talk with the supplier for immediate supply of the demanded feed ingredients including the paddy straws
  - b) The animals feed already ordered which could not reach the farm because of strict restriction of Govt. of Assam and Arunachal Pradesh on vehicle movement due to lock down problem relating Covid-19 it is decided that the animals need will be managed with existing feed, fodder, concentrates and locally available resources till the ordered items reach the farm. Administrative Officer in-charge is advised to take suitable step in consultation with district administration and the concerned firms to supply the items at the earliest.

In the event of demanding situation, the animals may be reared on restricted grazing so that the animals get their minimum maintenance requirements.

12. The food and other essential requirements of the Nyukmadung Farm residents will be estimated and try to be arranged through district administration shortly.
13. For community relief relating Covid-19 lockdown; 500kgs of chelated mineral mixture powder will be donated to tribal livestock farmers through district administration from TSP of the institute. The items shall be handed over to Mr. N. Khochilu and he shall subsequently submit the list of beneficiaries to the Nodal Officer, TSP
14. ICAR's advisory notes for farmers of Arunachal Pradesh will widely be circulated through Covid-19 Relief Committee.



**ICAR-NATIONAL RESEARCH CENTRE ON YAK**  
**DIRANG 790 101, WEST KAMENG DISTRICT**  
**ARUNACHAL PRADESH**



**ICAR Guidelines and Advisory to the farmers of Arunachal Pradesh**

The guidelines of GoI are followed in the state. Safety measures and social distancing to followed in all agricultural operations.

- In Jhum farming, its right time for the sowing of rice and maize by engaging family labour
- In maize, deep ploughing and adoption of intercropping with black gram / green gram is advised and installation of pheromone trap @ 5/acre immediately after germination is advised for management of fall army worm
- Store potato in cool, ventilated bamboo structures with no windows on 3 to 4 inch layer of dry sand. Additional storage can be created in kitchens with false ceiling made of bamboo.
- Foliar sprays in vegetable crops such as bhendi and bitter gourd to be taken up against leaf spots and fusarium wilt. Hand glove and mask should always be worn during the spraying of fungicides and insecticides in the field and equipment should be washed properly before and after use.
- Among the vegetable crops, Cauliflower, Cabbage, beans and other cucurbits, green coriander, spinach etc. are in harvesting/picking stage and suppling to market with the help of FPO/FPC and SHGs as per the demands.

Agricultural operations should be done with machine driven equipment as much as possible. Sanitize the equipment with soap water at least 3 times a day, when handmade cutting equipment is used.