

No.DMHS/YATRA/2013-14/ 4216  
Administration of Daman & Diu  
Directorate of Medical & Health  
Services  
Primary Health Centre, Daman.


Dated: 21/02/2014

To,  
The District Information Officer,  
NIC, Secretariat,  
Moti Daman.

I am enclosing the list of Doctors authorized for medical examination of the pilgrims and issue of Compulsory Health Certificate for Shri Amarnathji Yatra 2014 for UT Administration of Daman & Diu.

Sl. No.	Name of the institution	Name of Doctors	Designation
1.	Government Hospital, Daman	Dr.S.G.Rathod	Medical Officer
2.	Government Hospital, Daman	Dr.Sudhir Nair	Medical Officer
3.	CHC, Daman	Dr.Sangeeta Joshi	Dy. Director, M&HS
4.	CHC, Daman	Dr. H.K.Vaidya	Medical Officer
5.	PHC,Kachigam,Daman	Dr.D.K.Makwana	I/c. Medical Officer
5.	Government Hospital, Diu	Dr.S.S. Sahoo	Medical Officer
6.	CHC,Diu	Dr.M.J.Vaishya	Health Officer
7.	PHC,Vanakbara	Dr.V.M.Vaishya	I/c.PHC Vanakbara

Kindly upload the list of Doctors and enclosed Annexure A,B,C.

  
( Dr. K. Y. Sultan )  
Director  
Medical & Health Services

Encl: as above.



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Note which brings out: (i) difficulties faced by pilgrims while obtaining the Compulsory Health Certificates for Yatra 2013; (ii) suggestions for further improving arrangements regarding issue of CHCs for Yatra 2014.

A) Difficulties faced by Yatris in obtaining Compulsory Health Certificate for Yatra 2013

The difficulties faced by the pilgrims in obtaining CHCs format thereof is (attached as **Annexure A**) for Yatra 2013 are listed below:

- i) At certain locations, particularly in big cities, an insufficient number of Doctors/ Medical Institutions were authorised to issue CHCs, resulting in Yatris having to make multiple visits to the Doctors/ Institutions to obtain their CHCs;
- ii) Some Doctors/ Institutions charged fees for issuing the CHCs; and,
- iii) At certain places, the Doctors prescribed a number of tests/ investigations for issuing the CHC; this caused difficulties for the less advantaged pilgrims who could perhaps be treated free of cost.

B) Suggestions for further improving the arrangements for the timely issue of CHCs in respect of Yatra 2014:

- i) The list of Doctors/ Medical Authorities/ Medical Institutions who are authorised to issue the CHC should be furnished to CEO, SASB, Raj Bhavan, Jammu, J&K, by 25<sup>th</sup> January, 2014 to enable the Shrine Board to upload the aforesaid list on its website and thus assist/ enable the intending Yatris in timely securing registration for Yatra 2014.
- ii) The Authorised Doctors / Medical Institutions should issue CHCs free of cost to the intending Yatris, as directed by the Supreme Court.
- iii) The list of Authorised Doctors / Medical Institutions should be adequately publicised in the State through print and electronic media so that Yatris are timely informed about the office/ station from where they can obtain CHCs.
- iv) The Dos and Don'ts and Health Advisories to be followed by the Yatris should be adequately publicised as this will enable the Yatris to come adequately prepared for undertaking the arduous Yatra, thereby reducing fatalities in the Yatra area. Copies of Dos and Don'ts and Health Advisories are attached as **Annexure B & Annexure C**, respectively.



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Annexure A

# COMPULSORY HEALTH CERTIFICATE FOR SHRI AMARNATHJI YATRA 2014

Affix cross-  
signed  
(by Yatri)  
recent  
photograph

## PART A: (TO BE FILLED BY APPLICANT)

1. Name \_\_\_\_\_ S/o; D/o; W/o \_\_\_\_\_  
Address \_\_\_\_\_

2. Date of Birth \_\_\_\_\_ Identification mark: \_\_\_\_\_ Blood Group: \_\_\_\_\_

### 3. DECLARATION: Have you suffered from or have history of any of the following:

- |                              |  |                                    |  |
|------------------------------|--|------------------------------------|--|
| a) Breathlessness            | <input type="checkbox"/> Yes <input type="checkbox"/> No | b) Diabetes                        | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| c) Respiratory/ lung ailment | <input type="checkbox"/> Yes <input type="checkbox"/> No | d) High Blood pressure             | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| e) Blood disorder            | <input type="checkbox"/> Yes <input type="checkbox"/> No | f) Asthma                          | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| g) Bleeding tendencies       | <input type="checkbox"/> Yes <input type="checkbox"/> No | h) Epilepsy                        | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| i) Heart ailment             | <input type="checkbox"/> Yes <input type="checkbox"/> No | j) Nervous breakdown               | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| k) Joint Pains               | <input type="checkbox"/> Yes <input type="checkbox"/> No | l) High altitude/mountain sickness | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| m) Discharge from ear        | <input type="checkbox"/> Yes <input type="checkbox"/> No | n) History of stroke/ paralysis    | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| o) Are you a smoker          | <input type="checkbox"/> Yes <input type="checkbox"/> No | p) Are you pregnant:               | <input type="checkbox"/> Yes <input type="checkbox"/> No |

(applicable to female Yatris)

q) History of Heart Attack; if yes, please specify \_\_\_\_\_

r) History of sudden death in family members; if yes, please specify \_\_\_\_\_

s) Any major injury in the past; if yes, please specify \_\_\_\_\_

t) Any other ailment; if yes, please specify \_\_\_\_\_

u) History of surgery; if yes, please specify \_\_\_\_\_

v) Are you undergoing under any medication; if yes, please specify \_\_\_\_\_

w) Are you allergic to drugs, foods and chemicals; if yes, please specify \_\_\_\_\_

4. I hereby declare that the particulars given above are true to the best of my knowledge and belief, and nothing has been concealed.

Date \_\_\_\_\_

Signature/ thumb impression of the Applicant)

## PART B: (TO BE FILLED BY AUTHORISED MEDICAL AUTHORITY)

On the basis of information furnished by the applicant, detailed examination and the necessary investigations, it is certified that

Mr/Ms/Mrs \_\_\_\_\_ is fit to undertake the journey to the Shri Amarnathji Holy Cave Shrine.

Details of any specific test conducted before issuing the certificate: \_\_\_\_\_

Name of the Doctor \_\_\_\_\_

Designation: \_\_\_\_\_

Date of issue: \_\_\_\_\_

Signature and seal of Authorized Medical Authority  
MCI/ State Medical Council Registration No: \_\_\_\_\_



## Annexure B

## Dos &amp; Don'ts for Shri Amarnathji Yatra

## Do's

1. Prepare for the Yatra by achieving a high level of Physical Fitness. You are advised to start at least a month prior to the Yatra at least a 4-5 km Morning / Evening walk. For improving the oxygen efficiency of your body, you should start doing deep breathing exercises and Yoga, particularly Pranayam.
2. Your journey shall involve trekking across high mountains, facing strong cold winds. You must carry (i) adequate woollen clothing; (ii) a small umbrella (preferably one which is tied with an elastic band around your head and supported by a strap around the chin); (iii) windcheater; (iv) raincoat; (v) waterproof trekking shoes; (vi) torch; (vii) walking stick; (viii) cap (preferably a monkey cap); (ix) gloves; (x) jacket; (xi) woollen socks; (xii) trousers (preferably a waterproof pair). These items are essential as the climate is highly unpredictable and changes abruptly from sunny weather to rain and snow. The temperature can sometimes abruptly fall to 5 degrees Celsius or lower.
3. For Ladies: saree is not a suitable dress for the Yatra. Salwar Kameez, pant-shirt or a track suit will be better. **Ladies who are more than 6 week pregnant shall not be allowed to undertake the pilgrimage.**
4. Keeping in view the tough nature of the trek, **children below 13 year in age and elderly persons above the age of 75 years shall not be permitted to undertake the pilgrimage.**
5. It would be better if the porter / horses / ponies carrying your luggage travel just in front or behind you, as you may suddenly need something from your baggage.
6. During the Yatra from Pahalgam / Baltal onwards, you should keep spare clothes / eatables in a suitable water proof bag to ensure against their getting wet.
7. Carry a water bottle, dry fruits, roasted grams / channa, toffees / gur (jiggery), chocolates, etc for use during the journey.



8. Carry some cold cream / Vaseline / sunscreen to protect your hands / face against sunburn etc.
9. You should not trek alone. Always travel in a group and ensure that all those comprising the group, walking in front of you or in the rear, always remain in your sight, to ensure against your being separated from them.
10. To enable prompt action being taken in case of any emergency, you should keep in your pocket a note containing the name / addresses / mobile telephone number of a member of your group with whom you are travelling. You must also carry your Yatra Permit and any other identity card.
11. On your return journey, you must leave the Base Camp along with all members of your group. In case any member of your group is missing you must seek immediate assistance of the Police and also have an announcement made on the Public Address System at the Yatra Camp.
12. You should provide all possible help to your fellow Yatris, travelling with you, and perform the pilgrimage with a pious mind.
13. You must strictly follow the instructions issued by the Yatra administration, from time to time.
14. Earth, water, air, fire and sky are integral parts of Lord Shiva. The Base Camp and the entire Yatra routes are the abode of Shri Amarnathji. Throughout your pilgrimage you must respect the environment and do nothing to pollute it.
15. All waste materials must be placed in the nearest dustbin. All organic wastes must be put in the dustbin which is green coloured.
16. Lavatories/ urinals, installed in the Camps and other places enroute the Holy Cave, should be used.



**Don'ts**

1. Don't stop at places which are marked by warning notices. °
2. **Don't use slippers** because there are steep rises and falls on the route to the Holy Cave. Only wear trekking shoes with laces.
3. **Don't attempt any short cuts** on the route as doing so would be dangerous.
4. Do not do anything during your entire forward / return journey which could cause pollution or disturb the environment of the Yatra area.  
**Use of plastics is strictly banned in the State and is punishable under law.**



Annexure CHEALTH ADVISORY FOR PILGRIMAGE TO THE HOLY CAVE OF SHRI AMARNATHJI

The Holy Cave of Shri Amarnathji is situated at 13,500 feet atop the South Kashmir Himalayas. The high altitude trek to the Holy Cave involves exposure to extreme cold, low humidity, increased ultra violet radiations and reduced air pressure. Under these conditions, one of the common risks for the trekkers is the development of acute mountain sickness (AMS). AMS, which affects the brain and lungs, is known to occur when you ascend to altitudes over 8,000 feet (2,500 m). On the icy heights leading to the Holy Cave, you may find yourself being exposed to the following high altitude ailments of varying degrees.

**Acute Mountain Sickness (AMS):** AMS is the most common form of mountain sickness and may occur after you ascend to altitudes above 2,500 m. It is characterized by breathing problems, headache, loss of appetite, nausea, vomiting, fatigue, weakness, dizziness and difficulty in sleeping.

**High Altitude Cerebral Oedema (HACO):** HACO is a severe form of AMS and occurs due to swelling of the brain tissue which may eventually impair the brain. The illness often manifests itself at night and may result in coma / death within hours. Its symptoms include breathing problems, headache, fatigue, visual impairment, bladder dysfunction, bowel dysfunction, disorientation and partial paralysis.

**High Altitude Pulmonary Oedema (HAPO):** HAPO results in respiratory failure due to accumulation of fluid in the lungs. HAPO manifests itself at night (typically the second night of climbing in high altitude areas), progresses rapidly and may lead to fatality within hours. Its symptoms include shortness of breath even when resting, persistent dry cough, bright red stained sputum, weakness, fatigue, drowsiness, chest tightness, congestion and increased heart rate. Younger people are held to be more susceptible to this ailment as, in exuberance, they are inclined to over exert while trekking.



### Do's for prevention of High Altitude Sickness

1. If you suffer from any pre-existing medical condition(s), it is important that you plan your pilgrimage to the Holy Cave only after prior consultation with your doctor.
2. You may be able to avoid high altitude sickness by giving your body adequate time to acclimatize. It is, therefore, advised that you don't over exert during the first 48 hours of arrival in the Yatra area.
3. You are strongly advised to ensure that you do not take any medicine which is not recommended by a qualified physician or doctor. Use of any medicines without proper medical advice can be harmful or even fatal in the high altitude conditions.
4. At higher altitudes, dehydration is common and results in headaches. Consumption of lot of fluids, say about 5 litres of water, juice, herbal tea etc. every day would be advisable.
5. You are advised to eat lot of carbohydrate rich diet during the pilgrimage. Carbohydrate rich food is considered to be a good guard against acute mountain sickness.
6. It is recommended that portable oxygen may also be carried on the pilgrimage; it is extremely beneficial, particularly for those who face difficulty in breathing.
7. If you suddenly develop AMS symptoms during the trekking, you should immediately descend to a lower altitude, to a place where you feel comfortable. You may also promptly put yourself on the prescribed medication and take oxygen. Efforts should also be made to contact the nearest medical practitioner / medical facility, stationed en-route by the Shrine Board, for further medical advice. Your trek should be resumed only on doctor's advice.
8. The mountains must be treated with respect and attempts to 'conquer' mountains or showing off physically fitness must be totally avoided. You are advised to walk at a steady and rhythmic pace, preferably in a group and not alone.



### Don'ts for Prevention of High Altitude Sickness

1. You are advised to immediately acknowledge AMS symptoms, if and when they arise. Disregard of symptoms of any potential ailment, merely to avoid awkwardness with the fellow trekkers, can be lethal.
2. You are advised to avoid alcohol, caffeinated drinks, smoking, sleeping pills and strong painkillers during the trek and particularly ensure against any such consumption after the appearance of any AMS symptom.
3. The altitude at which you sleep on any night should not be at a place which is 300 m or more than the altitude of the place at which you slept on the previous night.
4. Do not fail to consume sufficient food and fluids. As you may suffer from loss of appetite at high altitudes, you should force yourself, if necessary, to consume adequate nourishment.