

Government of West Bengal
Directorate of Health Services
PH & CD Branch
Swasthya Bhawan (Wing-B, 1st Floor)
Block-GN, No.-29, Sector-V, Salt Lake, Kolkata-700 091

Memo No. HPH/4V-2-2012/Pt-1/ 1038


Dated : Kolkata, the 13/12/ 2018.

CIRCULAR

In reference to the Do No/SASB/897/2018/3049, dated 24.10.18 of the Chief Executive Officer, Shri Amarnathji Shrine Board an updated list of Medical Superintendent-cum-Vice Principal/Superintendent of district /Sub-divisional/SG Hospital along with Official Designation and Official Telephone numbers are enclosed herewith for information.

Medical Superintendent-cum-Vice Principal (MSVP) of all Medical Colleges and Superintendent of all district, Sub-divisional and some SG Hospitals has already been declared as Authorized Persons to issue Compulsory Health Certificate to Pilgrims for holy Amarnathji Yatra in the Prescribed Format free of Cost to those desirous of going on holy Amarnathji Yatra . It is stressed that every care has to be taken to mention the MCI/State Medical Council Regd. No in the Compulsory Health Certificate to be issued. They may also be asked to ensure that CHC is not issued to any person below the age of 13 years and above the age of 75 years .

Whenever Pilgrims for holy Amarnathji Yatra report to the above mentioned Health Institutes, a Committee is to be formed including specialist/faculty members of Medicine/Chest Medicine and Anaesthesia for medical examination of the pilgrims. Based on the report Authorised Persons will issue Compulsory Health Certificate in prescribed format. Details of such Certificate issued by the Unit to be maintained in a separate Register for future use.


Director of Health Services
West Bengal.

Memo No. HPH/4V-2-2012/Pt-1/1038/1(132) Dated : Kolkata, the 13/12/ 2018

Copy forwarded for information & necessary action to:-

1. Sr. P.A. to the Principal Secretary, Deptt. of Health & Family Welfare, West Bengal.
2. Chief Executive Officer, Shri Amarnathji Shrine Board, Srinagar; Rajbhawan; Srinagar-190 001.
3. Dy. DHS(Admn.), Swasthya Bhawan, West Bengal.
4. Jt. DHS(PH & CD), Swastbhay Bhawan, West Bengal.
5. ADHS(EC, NC & ES), Swasthya Bhawan, West Bengal.
- 6-30. Chief Medical Officer of Health(all).
- 31-55. Dy. CMOH-II(all).
- 56-68. Medical Superintendent-cum-Vice PrincipalMCH (all).
The list & the proforma for certificate enclosed.
- 69-132. SuperintendentDistrict Hospital/SDH/SGH
133. IT Co-ordinator, Swasthya Bhawan, for hoisting the same in the website of Department.

The list & proforma for Certificate enclosed along with reference Guidelines for Doctors/Medical Institutions authorized to issue Compulsory Health Certificates (Yatra -2019) and Do:s & Donot to be followed by Yatris .


Director of Health Services
West Bengal.

**Name designation & contact number of Authorised persons
to issue CHC for Holy Amarnath Yatra -2019**

Sl. No.	Official Designation	Phone No
1	MSVP Medical College, Kolkata	033-22551501
2	MSVP, NRSMCH, Kolkata	033-22658610
3	MSVP, RG Kar MCH, Kolkata 033	033-25558618
4	MSVP, CNMCH, Kolkata	033-22897424
5	MSVP, IPGME&R, Kolkata	033-22041102
6	MSVP, MMCH, Pashim Midnapore	03222-275503
7	MSVP, BMCH, Bardhaman	0342-2665228
8	MSVP, BSMCH, Bankura	03242-250981
9	MSVP, NBMCH, Siliguri, Darjeeling	0353-2481342
10	MSVP, Murshidabad MCH, Baharampur	03482-252039
11	MSVP, Malda MCH, Malda	03512-252480
12	MSVP, College of Medicine & Sagar Dutta Hospital	033-25834277
13	Supdt, Darjeeling District hospital	0354-2256790
14	Supdt. Kurseong SD Hospital	8927315151
15	Supdt Kalimpong SD Hospital	03552-255633
16	Supdt Siliguri District hospital	0353-2436526
17	Supdt, Kochbihar District hospital	8001937278
18	Supdt, Dinhata SD Hospital, Kochbihar	035181-256002
19	Supdt Mathabhanga SD hospital kochbihar-9932994560	03583-255261
20	Supdt Mekhligunj SD hospital Kochbihar-9433943383	9433943383
21	Supdt Tufangung SD hospital Kochbihar-9476359226	03582-244775
22	Supdt Jalpaiguri Dist Hospital, Jalpaiguri-9733506827	03561-232001
23	Supdt Malbazar SD Hospital Jalpaiguri	03562-256087
24	Supdt Alipurduar SD Hospital Jalpaiguri	03564-258538
25	Supdt Raigung Dist Hospital Uttar Dinajpur	03522-255641
26	Supdt Islampur SD hospital Uttar Dinajpur-	03526-256912
27	Supdt D Dinajpur Dist Hospital Balurghat	8768327985
28	Supdt Gangarampur SD Hospital D Dinajpur	9434170737
29	Supdt Domkal SD Hospital Murshidabad	03481-231190
30	Supdt Lalbag SD Hospital Murshidabad	9433196337
31	Supdt Kandi SD Hospital Murshidabad	9734492021
32	Supdt Jangipur SD Hospital Murshidabad	9433332101
33	Supdt Purulia Dist Hospital Purulia	0352-222200
34	Supdt Raghunathpur SD Hospital Purulia-9434385559	03251-255207
35	Supdt Jhargram Dist Hospital	03221-255145
36	Supdt Ghatal SD Hospital	03225-255064
37	Supdt Kharagpur SD Hospital Pas Midnapore	32220259125
38	Supdt Tamluk Dist hospital Purba midnapore	03228-263140
39	Supdt Egra SD hospital Purba midnapore	9126241505
40	Supdt Haldia SD hospital Purba midnapore	03224-278112
41	Supdt Contai SD hospital Purba midnapore	03220-257661
42	Supdt Durgapur SD hospital Burdwan	0343-2534153

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43	Supdt Asansol Dist hospital Burdwan	03412-302388
44	Supdt Katwa SD hospital Burdwan	03454-255052
45	Supdt Kalna SD hospital Burdwan	03454-255052
46	Supdt Dist Hospital Hoogly, Chinsura	033-26802293
47	Supdt Chandannagar SD hospital Hoogly	033-26835398
48	Supdt Sreerampur SD hospital Hoogly	033-26626055
49	Supdt Arambag SD hospital Hoogly	03211-255095
50	Supdt Bishnupur Dist Hospital Bankura	03244-252065
51	Supdt Khatra SD hospital Bankura	03453-255060
52	Supdr Birbhum Dist Hospital Suri	03462-255783
53	Supdt Bolepur SD hospital Birbhum	03463-221350
54	Supdt Rampurhat Dist Hospital Birbhum-9800964110	03461-255285
55	Supdt Howrah Dist Hospital Howrah-8334900993	033-26418818
56	Supdt Uluberia SD hospital Howrah	033-26610098
57	Supdt Krishnanagar Dist Hospital Nadia	03472-252850
58	Supdt Ranaghat SD hospital Nadia	03473-210015
59	Supdt Barasat Dist Hospital 24 Pargs North	033-25523228
60	Supdt B N Bose SD hospital 24 Pargs North	033-25921212
61	Supdt Bongaon SD hospital 24 Pargs North	03215-255776
62	Supdt Basirhat SD hospital 24 Pargs North	03217-266197
63	Supdt Salt Lake SD hospital 24 Pargs North-	033-23373953
64	Supdt M R Bangur Hospital 24 Pargs South-	9477328216
65	Supdt Canning SD Hospital 24 Pargs South	9732770718
66	Supdt. Kakdwip SD Hospital	0321-025322
67	Supdt Diamond Harbour Dist Hospital 24 Pargs South	03174-255442
68	Supdt Baruipur SD Hospital 24 Pargs South	033-24335303
69	Supdt Baghajatin S G Hospital	033-24297077
70	Supdt Lady Dufferine Victoria hospital	033-23500766
71	Supdt. Bijoygarh Hospital	033-24126833
72	Supdt Barranagar SG Hospital	033-25315921
73	Spudt North Suburban Hospital	033-25574200
75	Supdt. Tehatta SD Hospital	03471-250247
76	Supdt. Chakdaha SG Hospital	03473-242500
77	Supdt. Santipur SG	03472-278057
78	Supdt Nabadwip SG HOSPITAL-	03472-239585

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Annexure I

**COMPULSORY HEALTH CERTIFICATE FOR
SHRI AMARNATHJI YATRA 2019**

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: _____

- iv) **Profile of Yatris:** Very old men and women, adolescents and people already suffering from ailments are high risk and prone to losing life during the Yatra which involves climbing in a high Altitude difficult area and sudden changes in weather conditions.
- 1.4 The SHPC in its Report has made more than 20 recommendations dealing with different aspects of Medical Care facilities to be provided to the Yatris during Yatra 2013 and beyond, all of which are being implemented by the Union Government, J&K Government and the Shri Amarnathji Shrine Board. One of the recommendations of the SHPC was that all Yatris should continue to furnish Compulsory Health Certificates while seeking registration for the pilgrimage. The SHPC further recommended constitution of an Expert Medical Committee to review the format of Compulsory Health Certificate (CHC) and suggest suitable modifications. The SHPC also recommended that the Compulsory Health Certificate shall not be issued by an RMP (as was prescribed for Yatra-2012) but by the Doctors/ Medical Institutes who are specifically authorised by the State Governments to issue Compulsory Health Certificate.
- 1.5 The members of the Medical Expert Committee (three nominated by Union Health Secretary and one nominated by State Health Secretary) deliberated on various health related issues which the Yatris have to face during this arduous Yatra and prescribed a revised CHC [containing part (A) and part (B)], a copy of which is enclosed as an **Annexure- I** to these Guidelines.
- 1.6 Considering the advice of National Disaster Management Authority (NDMA), Shri Amarnathji Shrine Board in its meeting, held on 31st January, 2013 has decided that **no one below the age of 13 years or above the age of 75 years and no lady with 6 week's pregnancy should be allowed to undertake Yatra."**
- 2.0 **GUIDELINES FOR DOCTORS / INSTITUTIONS FOR ISSUING COMPULSORY HEALTH CERTIFICATE**
- 2.1 Each applicant shall provide information to the Authorised Doctor/ Institution about his/her health status, past medical history and various ailments from he/she may be suffering or may have suffered as prescribed in part (A) of the Compulsory Health Certificate.
- 2.2 The Authorised Doctors/ Institutions shall issue the prescribed Compulsory Health Certificate [in part (B) of the format] after **detailed examination of**

the applicant and necessary investigation(s) / test(s), if needed, and having satisfied himself / herself as to the fitness of the applicant to undertake this arduous Yatra.

- 2.3 The Authorised Doctors/ Institutions shall not issue Compulsory Health Certificate to any applicant who is below the age of 13 years or above the age of 75 years and to pregnant lady with 6 weeks pregnancy.
- 2.4 For Yatra 2019 the Authorised Doctors/ Institutions shall issue the Compulsory Health Certificates from 15th February, 2019. The CHCs issued before 15th February, 2019 would not be valid for the Registration purposes.
- 2.5 All the doctors/ Health Institutions authorised by the State Governments/ UTs shall appropriately evaluate the health conditions of the applicant, [keeping in view the high altitude of the Yatra route (as high as 14,500 ft), temperature variation (the temperature goes as low as 5 degree Celsius in case of bad weather), level of oxygen in the Yatra area, difficult terrain, steep ascent in the Yatra route at high altitude] and after careful examination/ investigation ensure that Compulsory Health certificate is issued to medically fit applicants only.
- 2.6 The nominated Doctors shall ensure that the applicant who had undergone **bypass surgery** or even had **implanted stents** are not issued CHC facilitating them to get YPF in view of the high altitude of the Yatra route level of oxygen in the Yatra area, difficult terrain, steep ascend in the Yatra route at high altitude.
- 2.7 The nominated Doctors shall indicate their 'MCI Registration Number' and "name" at the appropriate places indicated in Part (B) of the enclosed CHC at **Annexure-I** while issuing the Compulsory Health Certificates. The nominated Doctors shall not leave any place blank in Part (B) of the CHC while signing the CHC
- 2.8 The authorised doctors shall maintain proper record of the issuance of CHC so that the database so generated could be analysed for bringing about further improvements in the health care facilities in the Yatra area and /or for making further changes in the format of CHC.

SHRI AMARNATHJI YATRA 2019

Health Advisory

1. The Pilgrimage to Holy Cave of Shri Amarnathji involves trekking at altitudes as high as 14000 feet.
2. Yatris may develop High Altitude Sickness with following symptoms: loss of appetite, nausea, vomiting, fatigue, weakness, dizziness, lightheadedness and difficulty in sleeping, visual impairment, bladder dysfunction, bowel dysfunction, loss of coordination of movements, paralysis on one side of the body, gradual loss of consciousness and mental status changes, drowsiness, chest tightness, fullness, congestion, fast breathing and increased heart rate.
3. If high altitude sickness is not treated timely, it may be lethal in a matter of hours.

Dos for prevention of High Altitude Sickness.

1. Do prepare for the Yatra by achieving Physical Fitness – it is advisable to start a preparatory Morning/ Evening walk, about 4-5 km per day, at least a month prior to the Yatra.
2. Start deep breathing exercise and Yoga, particularly pranayam for improving oxygen efficiency of the body.
3. Do check with your physician prior to travelling to higher elevations, if you have any existing pre-existing medical conditions.
4. Do walk slowly while ascending and take time to acclimatize- relax for a short while on steep inclines.
5. Do avoid exerting beyond your normal capacity.
6. Do take compulsory rest at various locations and ensure time logging and take ideal walking time mentioned on the display boards while moving towards next location.
7. Do check with your physician prior to taking any medications.
8. Do drink lots of water to combat dehydration and headaches – about 5 liters of fluid per day.

9. Do follow the prescribed food menu – available at Shrine Board's website, Shriamarnathjishrine.com – when having food in the Yatra area.
10. Do consume plenty of carbohydrates to reduce fatigue and prevent low blood sugar levels.
11. Do bring portable oxygen with you as it is helpful in case you have difficulty in breathing.
12. Do descend immediately to a lower elevation, if you start having altitude illness symptoms.
13. In case there is any change in the status of your health after having obtained Compulsory Health Certificate some weeks earlier, do consult your doctor before embarking on the pilgrimage.
14. In case of any signs of high altitude sickness or any other discomfort, immediately contact the nearest medical facility located at every 2 kms.

Don'ts for prevention of High Altitude Illness.

1. Don't ignore the symptoms of high altitude illness.
2. Don't drink alcohol, caffeinated drink, or smoke.
3. Don't ascend any further if you have altitude illness. Instead, descend immediately to an elevation where you can acclimatize.
4. Don't accept everything a sick Yatri says since his/ her judgment is impaired.

SHRI AMARNATHJI YATRA 2019

Annexure-B

Do's and Don'ts to be followed by the Yatris

Do's for the Yatris

1. Do carry sufficient woolen clothing as the temperature may sometimes abruptly fall to below 5 degree Celsius.
2. Do carry umbrella, wind cheater, raincoat, and waterproof shoes as the weather in the Yatra area is unpredictable.
3. Do keep your clothes and eatables in a suitable water proof bag to avoid your belongings getting wet.
4. Do keep in your pocket a note containing the name / address, mobile telephone number of any Yatri proceeding for Darshan on the same date as you are doing, for emergency purposes.
5. Do carry your identity card / driving license and Yatra permit with you.
6. Do travel in a group, with porters / horses / ponies carrying your luggage.
7. Do ensure that all those comprising the group remain in your sight, lest you are separated from your group.
8. On your journey home, you must leave the Base Camps along with all other members of your group.
9. Do seek immediate assistance of the Police in case any member of your group is missing. Also have an announcement made on the Public Address System at the Yatra Camp.
10. Do help your fellow Yatris travelling with you and perform Yatra with a pious mind.
11. Do strictly follow the instructions issued by the Yatra Administration, from time to time.
12. For any assistance, contact SASB Camp Directors / nearest Yatra Control room.

13. In case of any accident or emergent situation, immediately contact the nearest Camp Director / Mountain Rescue Teams (MRTs) deployed at various locations.
14. The gates of Access Control at Domel and Chandanwari open at 05.00 am and close at 11.00 am. Reach the gates on time. No Yatri shall be allowed to undertake pilgrimage after the closure of the Gate.
15. Free food facility is available in the entire Yatra area at the Langars.
16. Do follow the prescribed Food Menu available on the Board's website: www.shriamarnathjishrine.com while having food in the Yatra area.
17. Pre-paid SIM Cards from other States shall not work in J&K and Yatra area. Yatris can purchase pre-activated SIM Cards at the Base Camps of Baltal and Nunwan.
18. Earth, water, air, fire and sky are integral parts of Lord Shiva. Therefore respect the environment and do nothing whatsoever to pollute the Yatra area.

Don'ts for the Yatris

1. For women Yatris: They must not wear sarees during the Yatra. Salwar kameez, pant-shirt or a track suit is advisable.
2. **Women who are more than 6 week pregnant shall not be allowed to undertake the pilgrimage.**
3. **Children below 13 years in age and elderly persons above the age of 75 years shall not be permitted to undertake the pilgrimage.**
4. Don't stop at places which are marked by warning notices. Walk only on the tracks.
5. Don't walk barefoot or be without woolen clothing at any time as the temperature in the Yatra area remains low and changes abruptly.
6. Don't use slippers because there are steep rises and falls on the route to the Holy Cave. Only wear trekking shoes with laces.
7. Don't attempt any short cuts on the route as doing so is dangerous.

8. Don't commence journey on an empty stomach. If you do so, you may attract a serious medical problem.
9. Don't do anything during the entire Yatra which could cause pollution or disturb the environment of the area.
10. Do not bring with you any polythene material as its use is banned in J&K and is punishable under law.
11. Avoid throwing coins, currency notes, decorative chunnis, brass lotas or any other material towards the Shivlingam while having Darshans at the Holy Cave.
12. Do not stay at Holy Cave overnight in view of high altitude and harsh and unpredictable weather conditions.
13. Do not leave Panjtarni Camp towards Holy Cave after 3.00 PM as no darshan is allowed at Holy Cave after 6.00 PM.
14. Please visit the website of the Shri Amarnathji Shrine Board and watch the informative Video documentary to get familiarized with the difficulties to be faced on the Yatra route.
15. In case of any query related to Yatra, please contact us at 01912503399 and 01912555662 (Jammu) 01942313146, 019423(Srinagar) and website: www.shriamarnathjishrine.com.