

# Sahyog

Issue 13

July 2021

Quarterly E-Newsletter

## Highlights April 2021-June 2021

NCDC has sanctioned and released financial assistance of ₹3240.92 crore and ₹8571.35 crore respectively during the 1<sup>st</sup> quarter of FY 2021-22.

### NCDC BOM MEETING

The 216<sup>th</sup> Meeting of Board of Management, NCDC was held on 4 June 2021.

### NCDC JAI Sahakar Programs

NCDC inked an agreement with Deutsche Bank and secured a loan of Rs.600 Crore from the German Bank for onward lending to cooperatives in the country and entered into an MoU with the Indian Chamber of Commerce in the presence of Hon'ble Union Minister for Agriculture and Farmers Welfare, Shri Narendra Singh Tomar, Union State Ministers and Managing Director NCDC on 13 April 2021. The MoU with Indian Chamber of Commerce with NCDC will boost farmers' linkages with the market.



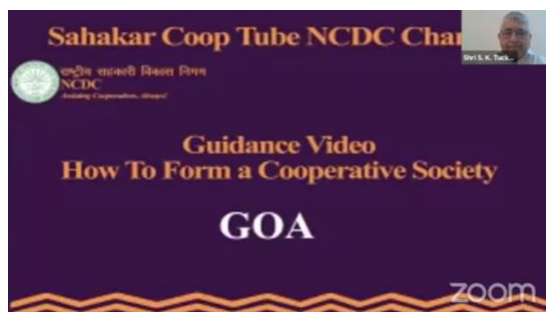
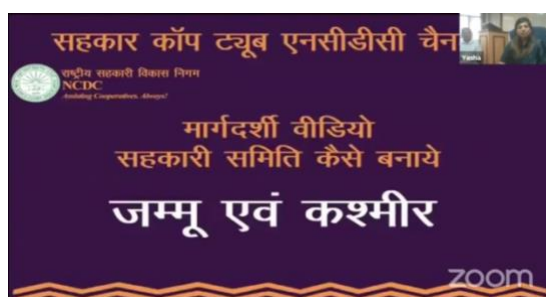
➤ MD, NCDC inaugurated the new premises of NCDC's owned Regional Office at Raipur, Chhattisgarh on 1 April 2021.



➤ NCDC participated in Keynote Coop talk organized by NEDAC on 24 May 2021 in which Dr. Houguo Xu, Senior Researcher, Yellow Sea Fisheries Research Institute (YSRI), Chinese Academy of Fisheries Sciences (CAFS), China spoke on “Fish feed Business – updates on the Aqua feed industry in China”.

➤ NCDC has uploaded three guidance videos on “Formation and Registration of Cooperatives” on SAHAKAR COOPTUBE channel:

- i. Guidance video in Telugu language specific to Andhra Pradesh was launched online on 27 May 2021 by Dr. K. Rajeswara Rao, IAS, Special Secretary, NITI Aayog.
- ii. Guidance video in Dogri language specific to UT of Jammu & Kashmir was launched online on 25 June 2021 by Ms. Yasha Mudgul, IAS, Secretary (Cooperation), UT Administration of Jammu & Kashmir.
- iii. Guidance video in Konkani language specific to Goa was launched online on 30 June 2021 by Shri Chokhram Garg, IAS, Commissioner and Secretary (Cooperation), Goa.



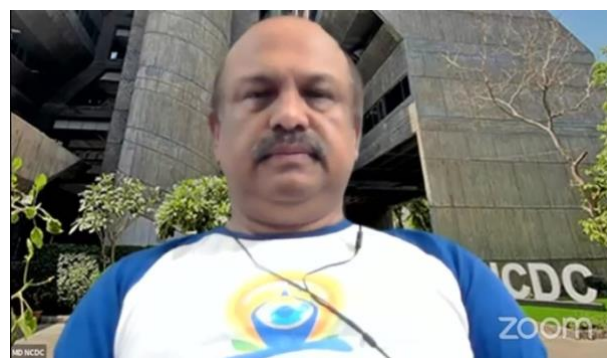


- As a part of the NCDC Health Talk series, NCDC organised a health talk on 'Covid and Mental Health' on 04 June 2021 by Prof. Nand Kumar, Department of Psychiatry AIIMS, New Delhi. The talk was informative and delved on how to cope with the Covid pandemic, post-Covid physiological problems and mechanism to address stress. The highlight of the session was the interactive "Question & Answer session" through YouTube chat box which were immediately answered by Dr. Nand Kumar. The talk was well received and benefited NCDC employees and co-operators by clearing their doubts, queries and myths related to management of covid, post-covid side effects, concerns about families and children and the benefits of vaccination.



- As an initiative under AYUSHMAN SAHAKAR, NCDC has launched a two-month long, online yoga programme, thrice-a-week from 14 June 2021 to 14 August 2021 for its employees, their families and members of cooperatives across the country. The yoga sessions are conducted by a yoga expert from Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru. The sessions are streamed live on NCDC Sahakar CoopTube Channel and NCDC Facebook (NCDC India).

- NCDC celebrated the 7th International Day of Yoga on 21 June 2021 online on zoom. The event was also streamed live on NCDC SAHAKAR COOPTUBE Channel. The event was inaugurated by Sh. Narendra Singh Tomar, Hon'ble Union Minister for Agriculture & Farmers Welfare. The programme was graced by the presence of Padma Shri Dr. H R Nagendra, Hon'ble Chancellor, Swami Vivekananda Yoga Anusandhan Samsthana (S-VYASA) University, Bengaluru who addressed the gathering. This was followed by address of MD, NCDC and yoga session conducted by yoga therapist, S-VYASA.





- Computer Based Test was conducted on 26 and 27 June 2021 in 6 shifts at various centres across the country for filling up 30 vacant posts in NCDC under direct recruitment.

### **Memorandum of Understanding (MoU) Signed**

- NCDC has signed an MoU with PHD Chamber of Commerce and Industry, New Delhi on 07.04.2021 intending to build mutual cooperation between NCDC and PHDCCI so as to learn, assimilate and develop further on the core strengths, experience and institutional objectives of the respective parties in the interest of cooperatives including FPO (coops) for advancement of capacity development training, market linkage, exports promotion, supply chains, cooperative-corporate-collaboration (3C), technology applications etc. in the areas related to agriculture and allied sectors and the activities notified under the NCDC Act by the Government of India.
- NCDC has signed an MoU with Indian Institute of Technology, Kharagpur on 12.04.2021 which is intended to build mutual cooperation between NCDC and IIT Kharagpur so as to learn, assimilate and develop further on the core strengths, experience and institutional objectives of the respective parties in the public interest of advancement of training, action research, studies, policy analysis, policy advice, consultancy, monitoring, evaluation, system development and technology development in issues and areas related to development of cooperatives, the agriculture and allied sectors and for the holistic approach on sustainable development.

## **HIGHLIGHTS- MINISTRY OF AGRICULTURE AND FARMERS WELFARE**

Union Minister for Agriculture and Farmers' Welfare Shri Narendra Singh Tomar launched “मधुक्रान्तिपोर्टल” and Honey Corners of NAFED on 07.04.2021 in New Delhi.

“मधुक्रान्तिपोर्टल” is an initiative of National Bee Board (NBB), Ministry of Agriculture and Farmers Welfare under National Beekeeping & Honey Mission (NBHM). This portal is being developed for online registration to achieve traceability source of Honey and other beehive products on a digital platform.

To ensure holistic growth of horticulture, Union Minister for Agriculture and Farmers' Welfare, Shri Narendra Singh Tomar virtually launched the Horticulture Cluster Development Programme (CDP) on 31 May 2021. In a pilot phase, the programme will be implemented in 12 horticulture clusters out of the total 53 clusters selected for the programme. CDP aims at growing and developing identified horticulture clusters to make them globally competitive.

Israel and India have agreed to enhance their cooperation in agriculture and signed a three-year work program agreement for development in Agriculture cooperation. India and Israel are implementing the “INDO-ISRAEL Agricultural Project Centres of Excellence” and “INDO-ISRAEL Villages of Excellence”. MIDH Division of Ministry of Agriculture & Farmer's Welfare, Government of India and MASHAV - Israel's Agency for International Development Cooperation - are leading Israel's largest G2G cooperation, with 29 operational Centres of Excellence (COEs) across India in 12 States, implementing advanced Israeli Agro-Technology tailored to local conditions.

The Cabinet Committee on Economic Affairs, chaired by the Prime Minister, Shri Narendra Modi has approved the increase in the Minimum Support Prices (MSPs) for all mandated Kharif crops for marketing season 2021-22 to ensure remunerative prices to the growers for their produce.

Resultant to the collaboration of The National Bamboo Mission and the Government e-Marketplace (GeM), a dedicated window on the GeM portal for marketing of the Bamboo Goods (Bamboo based products & Quality Planting Materials) “The Green Gold Collection” for bamboo products was launched by the Union Minister of State for Agriculture, Shri Parshottam Rupala during a virtual event on 3rd June, 2021

National Bamboo Mission has launched an MIS (Management Information Systems) based reporting platform for agarbatti stick production to collate the locations of stick making units, availability of raw material, functioning of the units, production capacity, marketing, etc. With the help of this module, the linkages with the industry will be synergised better to enable seamlessly procurement from production units and information gaps can be plugged.



# ACTIVITIES OF LAXMANRAO INAMDAR NATIONAL ACADEMY FOR COOPERATIVE RESEARCH AND DEVELOPMENT (LINAC)

## International Online Training Programs

An international online training program on "Adopting Area Based Integrated Approach for Cooperative Development – An Experience of NCDC's ICDP Scheme in Indian Context" for member institutions of Centre for International Cooperation and Training in Agricultural Banking (CICTAB) in SAARC Region was organized during 26 - 30 April, 2021. Seventeen participants from different cooperative organizations of Bhutan, Nepal, Sri Lanka and India attended the program.



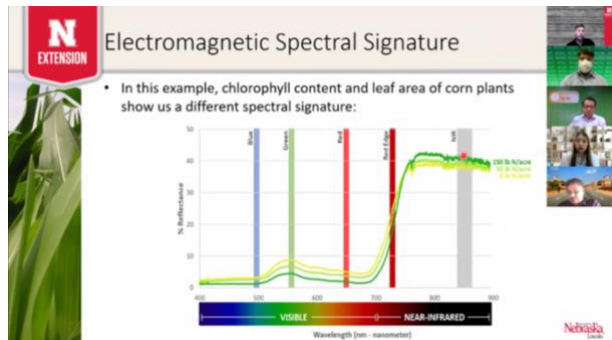
An international online training program on "Developing Managerial Skills for Agricultural Cooperatives and Rural Financing Institutions" for member institutions of CICTAB in SAARC Region was organized during 10– 13 and 17 May, 2021. Fifteen participants from different cooperative organizations of Nepal, Sri Lanka and India attended the program.

## Online Training Program on Emerging Technologies in Agriculture and Allied Sectors for Cooperatives



of University of Nebraska, Lincoln, USA, IIT, Kharagpur, India, NEDAC, Bangkok, Thailand and LINAC-NCDC. The training program was inaugurated by Ambassador Renu Pall, Additional Secretary, Ministry of External Affairs, Government of India and the closing session was graced by Shri S.K.

An Online Training Program on Emerging Technologies in Agriculture and Allied Sectors for Cooperatives was jointly organized by NEDAC Training Centre, Bangkok (NTCB) and LINAC-NCDC during 29-30 June, 2021. A total of 31 participants from India, Iran, Philippines, Bangladesh and Nepal attended the session. Six sessions were facilitated from the faculties



Varhney, Head of Scientific Division, International Cooperation (Bilateral), Department of Science and Technology, Government of India.

### **Workshop on Marketing of NCDC Schemes**



A workshop on Marketing of NCDC Schemes for Regional Directors and Officials of Regional Offices (ROs) was organized on 9<sup>th</sup> April, 2021. A total of 78 officials from the 18 ROs of NCDC participated in the workshop. The workshop was organized to discuss and share the marketing strategies adopted by the RO-Thiruvananthapuram, RO-Pune and RO-Gandhinagar.

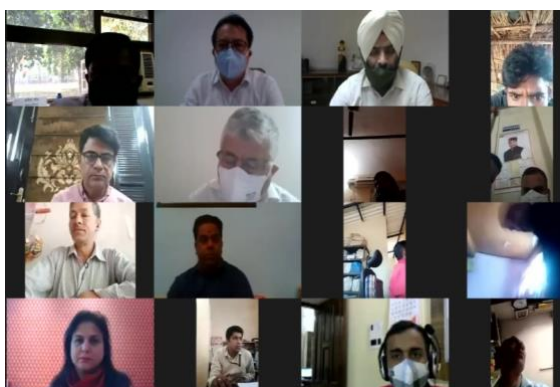
### **LINAC Regional Training Centre (RTC) BHOPAL**

A two days online training program on General Management for officials of Primary Level Cooperative Societies in the state of Madhya Pradesh was organised on 14 and 15 June 2021 by RTC Bhopal. A total of 71 participants attended the online training program comprising of four sessions of 60 minutes each. Chief Guest Shri BS Shukla, Joint Commissioner cooperative and Registrar cooperative societies Madhya Pradesh inaugurated the online training program.

### **LINAC Regional Training Centre (RTC) SHIMLA**

A two days online training program on general management for officials of Primary Level Cooperative Societies in the state of Himachal Pradesh was organised on 17 and 18 June 2021 by RTC Shimla. A total of 26 participants attended the online training program comprising of four sessions of 60 minutes each.

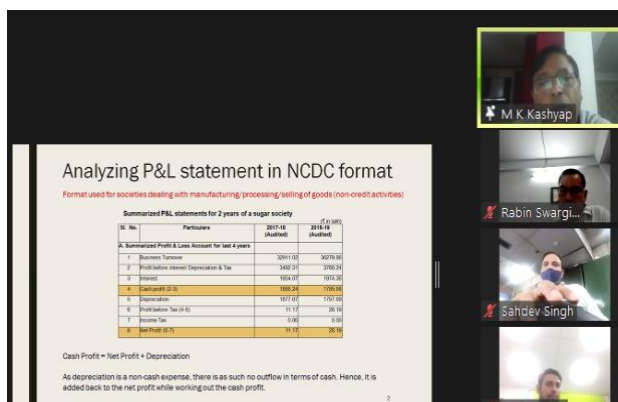
### **Online Orientation Program on Basic of Exports of Agro Products for Cooperatives of Northern Region**



LINAC jointly with Agriculture Produce Export Development Authority (APEDA) organized an online Orientation Program for Cooperatives of Northern Region on 28 April, 2021. A total of 49 cooperative personnel from the states of Gujarat, Rajasthan, Uttarakhand, Himachal Pradesh, UT of Jammu and Kashmir and UT of Ladakh participated in the program. The objective of the training program was to acquaint the participants with export scenario of Agro

Exports, export of fresh and processed food products, financial assistance schemes of APEDA and market promotion facilities for exporters. Dr. Madhaiyaan Angamuthu, IAS, Chairman, APEDA inaugurated the program.

## Training Program on Understanding and interpretation of Financial Statements



**Analyzing P&L statement in NCDC format**  
Format used for societies dealing with manufacturing/processing/selling of goods (non-credit activities)

Summarized P&L statements for 2 years of a sugar society

Sl. No.	Particulars	2017-18 (Actuals)	2018-19 (Actuals)
<b>A. Summarized Profit &amp; Loss Account for last 4 years</b>			
1	Business Turnover	50617.02	90791.00
2	Provisional Interest/Depreciation & Tax	2469.91	2989.54
3	Expense	3022.07	1932.34
4	Cash Profit (2-3)	1805.04	7769.12
5	Depreciation	1817.00	1747.00
6	Provisional Tax (2-5)	11.17	26.14
7	Income Tax	0.00	0.00
8	Net Profit (2-5)	1815.87	7816.08

Cash Profit = Net Profit + Depreciation

As depreciation is a non-cash expense, there is as such no outflow in terms of cash. Hence, it is added back to the net profit while working out the cash profit.

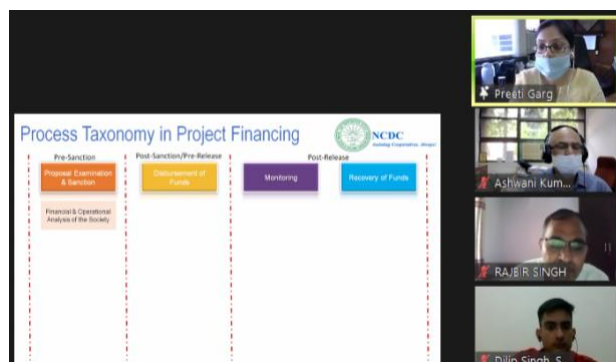
Online training programs on Understanding and Interpretation of Financial Statements were conducted for officials of NCDC in three different batches of 20 participants each during 4–7 May 2021, 10-13 May, 2021 and 18-21 May 2021. The objectives of the training programs were to acquaint the participants with the concept and techniques of financial statements, their analysis and interpretation.

## Online Training Programs on Project Formulation and Appraisal Techniques

Online Training Programs on Project Formulation and Appraisal Techniques for the officials of state cooperative banks were conducted in two batches during 17 to 24 May, 2021 and 25 May to 2 June, 2021. The programs were attended by a total fifty participants from ten member State Cooperative Banks of NAFSCOB namely Nagaland, Goa, Bihar, Andhra Pradesh, Telangana, Jharkhand, Kerala, Tripura, Punjab and Gujarat.

## Online Training Program on Strengthening Internal Audit Capabilities

A one day online training program on Strengthening Internal Audit Capabilities was conducted on 4 June, 2021 for the 20 officials of NCDC. The program was conducted with the objective to enable the participants to describe improvement areas in pre-sanction and post sanction audit review & pre release and post release audit review, state glitches in technology that are being used in sanction/release processes, delineate appraisal guidelines and finance division's circulars required updation and explain the scope of work of Internal Audit Cell of NCDC.



Online training programs on Strengthening Internal Audit Capabilities were conducted for officials of NCDC in three different batches of 20 participants each during 4–7 May 2021, 10-13 May, 2021 and 18-21 May 2021. The objectives of the training programs were to acquaint the participants with the concept and techniques of financial statements, their analysis and interpretation.

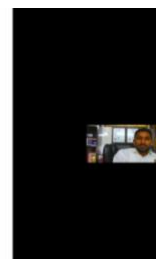


## Online Training Program on GST: Key Aspects and Compliance

An Online Training Program on GST : Key Aspects and Compliance for officials of NCDC and other organisations was organised during 7 – 9 June, 2021. A total of 27 participants from NCDC (25), TRIFED (1), MPEDA (1) attended the program. The objectives of the training program was to impart the concept, practices, processes and compliance of GST.

### GST Based on Principle of destination concept

- GST is a destination based tax, i.e., the goods/services will be taxed at the place where they are consumed and not at the origin. So, the state where they are consumed will have the right to collect GST.
- Therefore, place of supply is crucial under GST as all the provisions of GST revolve around it. Place of supply of goods under GST defines whether the transaction will be counted as intrastate or interstate, and accordingly levy of SGST, CGST & IGST will be determined.



## Online Training program on Warehouse Management and Scientific Storage

An online training program on Warehouse Management and Scientific Storage was conducted in collaboration with Warehousing Development and Regulatory Authority (WDRA) for In-charges/ Managers/ Supervisors/ Representatives of Warehouseman of the PACS during 21 - 25 June, 2021. A total of 40 participants from various districts of Tamil Nadu attended the program. Shri Harpreet Singh, Member and Chairman (I/C), WDRA inaugurated the program.



## Online Training Program on Strengthening Primaries under ICDPs—A Refresher Course

An online training program on Strengthening Primaries under ICDPs – A Refresher Course, was conducted during 21 – 25 June, 2021 for the Development Officers/ General Managers of ICDPs. The program was attended by 40 participants from various ICDPs of Madhya Pradesh and Uttar Pradesh. Shri J. P. Meena, Former Secretary, MoFPI, GoI and Senior Advisor, NCDC inaugurated the program.

## Online Training Program on Development of Business Opportunities, Required Mechanisms and Management in MARKFEDs.

An online training program on Development of Business Opportunities, Required Mechanisms and Management in MARKFEDs was organized during 21-25 June, 2021. Twenty one officials of Bihar State Cooperative Marketing Union Ltd. (BISCOMAUN) attended the program. The objective of the program was to acquaint the participants with the paddy procurement policies and procedure of financial planning methods, national policy on storage in India, e-warehouse receipt, management of rice mill and cyber security for cooperatives.

## REGIONAL OFFICES- IMPORTANT ACTIVITIES

कोरोना की दूसरी लहर  
(हिंदी कार्यशाला में चर्चा)

कोरोना वायरस (COVID-19) का संक्रमण रोज़ाना बढ़ता जा रहा है। भारत में कोविड-19 के संक्रमण में बीते महीनों से बड़ा इज़ाफ़ा देखने को मिल रहा है। इस ट्रेंड लोग भारत में कोरोना की दूसरी लहर के रूप में देख रहे हैं। भारत में कोरोना वायरस की दूसरी लहर आ चुकी है और कोरोना के मामले तेज़ी से बढ़ रहे हैं। भारत में विभिन्न आवासीय स्थानों पर लोगों की गतिविधियां लगातार बढ़ रही है। वर्तमान समय में कोरोना संक्रमण के मामलों में आई बढ़त कई राज्यों में बड़े संक्रमण का नतीजा है। महाराष्ट्र राज्य संक्रमण के मामले में सबसे आगे है व इसके अतिरिक्त पांच राज्यों - कर्नाटक, पंजाब, छत्तीसगढ़, गुजरात और मध्य प्रदेश जैसे राज्यों में भी कोरोना के केस तेज़ी से बढ़ रहे हैं।

उपरोक्त विषय पर आयोजित कार्यशाला में कार्यालय के सभी सदस्यों ने अपने-अपने विचार प्रकट किये। सभी सदस्यों का एक मत था कि लापरवाही के कारण ही देश में कोरोना के मामले बढ़ने लगे हैं। सामाजिक दूरी

और मास्क लगाने जैसे एहतियाती उपायों का लोग ठीक तरह से पालन नहीं कर रहे हैं। जिसका खामियाजा सभी को भुगतना पड़ सकता है।

कार्यशाला में उपस्थित कुछ सदस्यों का कहना था कि कई राज्यों में कोरोना संक्रमण परीक्षण नहीं हो पा रहे हैं, अतः संक्रमितों की संख्या मौजूदा आंकड़ों से कई गुणा ज्यादा है। कुछ सदस्यों ने वैक्सीन पर भी सवाल उठाये - उनका कहना था कि कोविड-19 के वैक्सीनेशन को लेकर ज़्यादातर लोगों के ज़ेहन में आजकल एक ही सवाल है, कि क्या कोविड-19 के खिलाफ़ वैक्सीनेशन पूरी तरह से सुरक्षित है या नहीं, क्योंकि ऐसा देखा गया है, कि वैक्सीनेशन के दो खुराक लेने के बाद भी कई लोग कोरोना पॉजिटिव पाये गए हैं। कुछ सदस्यों के अनुसार सरकार द्वारा प्रतिबंधों में ज्यादा ढील दिए जाने, व हवाईअड्डों में यात्रियों की कोरोना वायरस की जांच में कमी किये जाने से मामलों में वृद्धि हुई है। फिर भी, ऐसे वक़्त में भी, जब टीकाकरण कार्यक्रम अभी प्रारंभिक चरण में है, कई सदस्यों ने कोरोना दिशा-

निर्देशों के पालन में हिमाचल सरकार के प्रयासों की सराहना की ।

अंत में अध्यक्ष श्री राकेश वर्मा, क्षेत्रीय निदेशक महोदय ने कहा, कि हमें स्वयं ही जागरूक रहने की आवश्यकता है । अतः कोरोना संक्रमण से बचने के लिए स्वच्छता व सफाई का ध्यान रखना है और भीड़भाड़ वाले स्थानों पर बेवजह

जाने से बचना है । गलत एवं झूठी अफवाओं पर ध्यान न देकर सरकारी नियमों / निर्देशों का पालन करना है ।

**-क्षेत्रीय कार्यालय, शिमला**

A meeting on PMMSY and Livestock held on 7.06.2021 with Sh. Virender Kanwar, Hon'ble Rural Development, AH & Fisheries Minister, Govt. of Himachal Pradesh. Favourable outcome is expected in due course.



### **Awareness-cum-Training programme on PRADHAN MANTRI MATSYA SAMPADA YOJANA (PMMSY) held at Mangaluru on 15/04/2021**

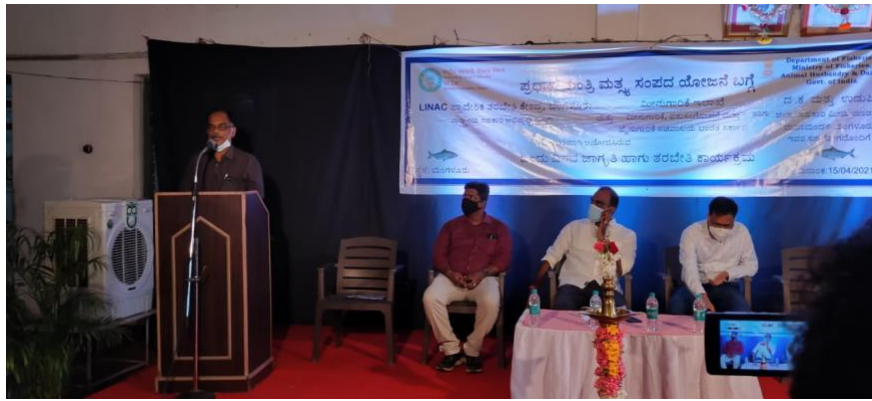
An Awareness-cum-Training programme on Pradhan Mantri Matsya Sampada Yojana (PMMSY) for the Dakshin Kannada & Udupi Districts was held at Mangaluru on 15<sup>th</sup> April 2021. The Programme was jointly organized by LINAC Regional Training Centre, NCDC, Bengaluru and Department of Fisheries, Ministry of Fisheries, Animal Husbandry and Dairy, Government of India with collaboration of SK and Udupi District Fish Marketing Federation, Mangaluru.



The objective of the training programme was to create awareness about the Pradhan Mantri Matsya Sampada Yojana (PMMSY), the new flagship scheme under Atmanirbhar Bharat by Govt. of India, with a vision to bring about ecologically healthy, economically viable and socially inclusive development of the Fishery Sector of India. 141 participants including



Officials/Board Directors of Primary Level Fishery cooperative, Officials of Fisheries Department, Costal Development Authority, Mangaluru and Directors/ officials of SK and Udupi District Fish Marketing Federation attended the programme.



Welcome address by RD, NCDC

Shri Sreedharan K.N. Regional Director, NCDC, Bengaluru welcomed all the esteemed guests, Participants and speakers, briefed about NCDC activities and PMMSY. The programme was inaugurated by Shri Yashpal Suvarna, President of SK & Udupi Fish Marketing Federation by lighting of lamp. The Director of fisheries during his address explained fisheries programmes under implementation in the state under central/ State plan and briefly explained the PMMSY. The Member Secretary of the Costal Development Authority in his address explained about the services extended to Fisheries cooperatives by the authority



Inauguration by lighting the lamp



Shri Yashpal Suvarna, President delivering inaugural speech

The training session on the scheme was facilitated by Shri. J.P. Subramanya, Consultant (RTC) NCDC, Bengaluru with Power Point Presentation (PPT) in local language. The programme ended with a vote of thanks by Shri Harish Kumar, Managing Director, SK and Udupi District Fish Marketing Federation, Mangaluru.

## **From Rs.153 crore to Rs.1633 crore in 2 years in Bihar**

The last two financial years have been the two successive years of highest ever achievements in Bihar by NCDC. During the year 2019-20, an assistance of Rs.454.40 crore was released for the cooperative projects in the State of Bihar which was till then the highest ever assistance provided to Bihar in a year by the NCDC since its inception. However, the achievement has been further improved during the Financial Year 2020-21 by releasing an assistance of Rs.1633.60 crore by NCDC for strengthening the Cooperative Movement in Bihar. The assistance is about 3.6 times the releases of 2019-20 and is more than 10.6 times the releases achieved by NCDC in 2018-19. Incidentally, the assistance of Rs.2088 crore released to Bihar during the last two financial years, i.e., 2019-20 and 2020-21 is higher than the assistance of Rs.1703.41 crore provided by NCDC since its inception and up to the year 2018-19.

2. Major portion of assistance has been provided under Farm Mechanization Project, ICDP, to COMFED for dairy projects and to Bihar State Cooperative Bank Ltd. to enable PACS in undertaking paddy procurement. These projects are not for the benefit of any single cooperative but all of them involve promotion, development and assistance of several PACS, primary dairy cooperatives and allied sector cooperatives. Thus, these projects are likely to cover and benefit the entire cooperative movement in Bihar.

3. During the year 2021-22, focus of RO, Patna is going to be on implementation of 12 new ICDPs in the State, PMMSY, promotion and formation of FPOs, Beekeeping Project (if the block level registration of primary beekeeping societies is completed by the State Government) and tapping the potential of small agro-based primary level cooperatives in the State, will continue as before.

## EMPLOYEES' CORNER

### MY COVID STORY

By means of sharing my story, I want to put down here my experience and learning of COVID so far. I wish I knew these things before so that we could have managed it better. Access to right information around COVID, which I gained through experience, is important because if you understand it correctly, you can manage it better. It is very important for you to be serious towards this disease from the beginning.

The purpose of writing this is to create awareness about how to go about handling COVID, if you have it. Since I am not from the medical field, therefore, I cannot claim it to be 100% correct. But it will definitely give you a good understanding. Take it as a guidance and personal experience of a patient and start treatment without delay on the advice of your doctor.

If you understand the disease, its process and its stages, then it will be easier for you to fight this battle. First of all, if you have fever, cough, body pain at this time, then immediately assume that you have corona because most people continue to live in denial for a long time. The symptoms of corona range from the second day to the fifth day of infection.

Start counting days of infection from the first day of symptoms. This is the day when the virus completes its incubation period in your body and starts spreading. Get an RT-PCR test done immediately if you have symptoms but start treatment without waiting for the report. Continue treatment even if the reports are negative because the new corona strain is showing a negative result in many RT-PCR tests.

The first three days of symptoms are important. During this period, you can try to eliminate the virus in the nose and sinuses and not let it get into your lungs by taking plenty of steam and warm water. If your symptoms are mild or your taste and smell has gone, you may have mild COVID. If you have high fever and body pain, it will probably be moderate or severe COVID.

If your reports come positive, and symptoms are mild, most common antiviral treatment is given by physicians. The day I was detected positive, in the evening my younger brother passed away due to COVID complications. This was very shocking news for our family. Since I was detected with COVID, I had to keep the sorrow aside and focus on myself & family's health. My elder son had 2 surgeries during our quarantine period. It was totally unpredictable situation for me.

My whole family tested Covid positive. Three of us who tested positive were able to recover at home due to timely diagnosis. My wife started having breathlessness after 6 days. We got her HRCT done immediately and score came 12/25 indicating significant lung involvement. We immediately consulted doctors & got to know that it's a normal course of disease where HRCT score increases from 6/25 to 12/25 in six days. Eating timely & taking enough rest was the suggestion by doctors. Also to improve the functioning of lungs my wife did lungs exercise with the help of spirometer.

If you lax and the battle with virus goes on longer than 9 days, it can cause so much damage to your lungs that you might end up in ICU or ventilator (as I saw with many who ignored initial symptoms, did not see a doctor or undertook tests)



During these black days of my life I had a major support from my NCDC seniors Sh. Sundeep Kumar Nayak, MD Sir, Col. Vinit Narayan, CD Sir, Sh. A.C. Khade and many more. My other family members were continuously in touch over the phone or video calls which gave us courage to fight against this situation.

I believe that, if you stay alert and run ahead of the disease, 99% chances are that you will win against the disease. 85% of the cases are mild and hence are cured by normal treatment. Therefore, there is no need to be afraid but to be alert and aware. Because you do not know if you are in 85% or 15%. You can only make sure that you do not

reach the next 15% line by being alert at every stage and taking action on time.

If you lag behind in the race, you might still win, but only with the help of doctors, hospitals and God.

The above points are based on my experience and what I learnt in the meantime. I hope it gives you awareness about the virus and helps you win over it.

Take care, stay safe.

**S.P.Gadekar**  
**Assistant Director,**  
**NCDC, RO Pune**

### **This too shall pass**

Right now we might get undermined by the brutal times as the days are rough and tough,

But just like the scorching heat in a sultry summer afternoon, this too shall pass.

We might feel prolonged heartaches as melancholy sinks in ripping us away,

But just like the lightening of a fiery thunderstorm, this too shall pass.

We might get pangs of anxiety to stay put as we relentlessly strive to meet both ends,

But just like the down fall of dry leaves in autumn, this too shall pass.

We might feel empty as our arms don't get to embrace the near ones,

But just like the heavy downpour flooding the thoroughfares, this too shall pass.

We might fear to stumble in the blind untraversed path of life as the nights are long and dark,

But just like the murky black moonless night, this too shall pass.

We might find our hopes waning as the dark clouds of misery start showing up,

But just like the flames of fire striking the woods, this too shall pass.

We might think our resilience is disrupted as we grapple to overcome the difficulties,

But just like the hurling waves on a restless ocean floor, this too shall pass.

To all those brave hearts fighting still, with sheer resolve and will;

Trust in the benevolence of God as the ambience of despair is transitory

And this too shall pass...

**Aratrika Dutta,**  
**Junior Assistant,**  
**Regional Office Bhubaneswar**

**PROMOTIONS DURING THE PERIOD APRIL 2021 TO JUNE 2021**

<b>S. No.</b>	<b>Name of the Employee</b>	<b>Date of Assumption of Charge</b>
<b>Promotion from Deputy Director to Director</b>		
1	Sh. Atar Singh Meena	01.04.2021
2	Smt. Minesh Tuteja	01.04.2021
3	Ms. Mamta Rani Ahuja	01.04.2021
4	Sh. Sudarshan Biswas	01.04.2021
5	Sh. Dinesh Kumar Mehta	03.05.2021
<b>Promotion from Assistant Director to Deputy Director</b>		
1	Sh. Anugrah Kerketta	01.04.2021
2	Sh. Sharafat Ullah	01.04.2021
3	Sh. Shinde Sunil Uttam	01.04.2021
4	Sh. Tarun Kr. Kuberdas Solanki	01.04.2021
5	Sh. Gopi Swargiary	01.04.2021
6	Sh. Sathees Kumar A.V.	01.04.2021
7	Sh. U.K. Sharma	01.04.2021
8	Sh. Devassy C.A.	01.04.2021
<b>Promotion from Programme Officer to Assistant Director</b>		
1	Sh. Janagaon Sreenivasulu	01.04.2021
2	Sh. Rajeshwar Kumar Ram	01.04.2021
3	Smt. Amrit Kaur	01.04.2021
4	Sh. Raghunandan Sharma	01.04.2021
5	Sh. Suresh Pandurang Gadekar	01.04.2021
<b>Promotion from Senior Assistant to Programme Officer</b>		
1.	Smt. Sampda Babbar	16.04.2021
<b>Promotion from Private Secretary to Senior Private Secretary</b>		
1	Sh. Vikas Kumar Dhirai	01.04.2021
<b>Promotion from Senior Personal Assistant to Private Secretary</b>		
1	Smt. Sarita Khetarpal	01.04.2021

**RETIREMENTS DURING THE PERIOD APRIL 2021 TO JUNE 2021**

Following employees have retired from the services of the Corporation during April, 2021 to June, 2021

<b>S. No.</b>	<b>Name</b>	<b>Designation</b>	<b>Posting at the time of Retirement</b>	<b>Date of Retirement</b>
1.	Sh. Mahesh Kumar Manutal	Deputy Director	RO, Dehradun	30-04-2021
2.	Sh. Sanjeev Chopra	Private Secretary	LINAC, Gurugram	30-04-2021
3.	Sh. Dinesh Kumar Mehta	Director	HO, New Delhi	31-05-2021
4.	Sh. Surender Singh	Programme Officer	-do-	31-05-2021
5.	Smt. Meharbathi	MTS	-do-	31-05-2021

## Obituary



**Shri Raj Naresh Gopal**  
23.05.1977- 28.05.2021  
Dy. Director, NCDC:  
Period: 06.05.2016- 28.05.2021



**Smt . K.Thejovathy**  
26.08.1967-05.06.2021  
Chief Director in NCDC(on Deputation)  
Period: 14.05.2015-13.05.2021

NCDC family expresses their grief on the sad demise of Shri Raj Naresh Gopal and Smt. K. Thejovathy and extend their heartfelt condolences to the bereaved family members.

*"May Almighty rest the departed souls in peace"*

\* \* \*

### **Editorial Team :**

**Chief Editor:** Lt.Col. Baljit Singh, Chief Director

**Associate Editor:** Smt. Tanisha Lal, Dy. Director

**Sub Editors :** Shri Kulkarni Abhijeet Dattatraya, Asstt. Director & Shri Randhir Kumar Singh, Asstt. Director

**Designing:** Shri Ankur Loonia, Sr. Assistant

**Coordination:** Shri Sankarnarayanan S., Programme Officer

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