

Shri Amarnathji Yatra 2015

Yatris again advised to follow Health Advisory and Dos and Don'ts issued by the Shri Amarnathji Shrine Board

Srinagar, July 17: - In the first 16 days of Shri Amarnathji Yatra, which commenced on 2nd July 2015, more than 2.3 lakh Yatris paid obeisance at Holy Cave.

15 pilgrims lost their lives in the Yatra area till date, out of whom 13 died due to medical reasons and 2 expired due to an accident and other reasons. In addition, one CRPF personnel died while on duty at the Holy Cave and one porter died after being washed away in Lider river, near Chandanwari.

CEO of the Shrine Board, Sh. P. K. Tripathi disclosed that State Health Department and other organizations have set up 66 medical camps on the Yatra route, at every 2 KMs to provide medical aid. Also the Shrine Board has put in place arrangements for providing immediate help and rescuing Yatris in distress. Six Mountain Rescue Teams (MRTs), each comprising 10 highly trained personnel of the State Police, have been located at various vulnerable places enroute Holy Cave to undertake immediate evacuation of any Yatris in trouble. Critically injured and sick Yatris, Service Providers and others are also assisted by timely evacuation from the higher altitude camps to the lower camps to enable provision of adequate medical attention.

Once again advising all the Yatris to strictly follow the Health Advisory issued by the Shrine Board, the CEO has urged the Yatris to come fully prepared and achieving physical fitness before under taking the pilgrimage; do deep breathing exercises and Yoga,

particularly *Pranayam*, for improving oxygen efficiency of the body; avoid exerting beyond their normal capacity; consume plenty of carbohydrates to reduce fatigue and prevent low blood sugar levels; take time to acclimatize before commencing trekking; stopping and relaxing for a short while on steep inclines and to quickly descend to a lower elevation if they start having symptoms of High Altitude Sickness.

Pointing out that the safety and security of Yatris is of prime concern the CEO stated that as Health Advisory and 'Dos and Don'ts' for the guidance of Yatris have been issued and these have been got printed in English and Hindi on the reverse side of every Yatra Permit. Pamphlets containing Health Advisory and 'Dos and Don'ts' in Hindi, English, Telgue, Marathi, Kannada and Guajarati are being distributed among the Yatris, free of cost, at Base Camps of Baltal and Nunwan and at the On-spot Registration Counters at Jammu and Srinagar. Doordarshan, All India Radio and the print media have also been regularly disseminating these Guidelines for the benefit of the Yatris, to caution them to embark on this arduous Yatra only after full preparation.

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