


**LIST OF DOCTORS AUTHORIZED FOR ISSUE
COMPULSORY HEALTH CERTIFICATE FOR SHRI AMARNATHJI YATRA
2022
IN UT OF DADRA & NAGAR HAVELI AND DAMAN & DIU**

Sr. No.	District	Institution	Designation
1	-	Directorate of Medical & Health Services, CHC Campus, Moti Daman	Director / Nodal Officer
2	Dadra & Nagar Haveli	Shri Vinoba Bhave Civil Hospital, Silvassa	Physician
3		Shri Vinoba Bhave Civil Hospital, Silvassa	Surgeon
4		Shri Vinoba Bhave Civil Hospital, Silvassa	Ophthalmologist
5		Shri Vinoba Bhave Civil Hospital, Silvassa	Orthopaedics Surgeon
6		1) Shri Vinoba Bhave Civil Hospital, Silvassa 2) Sub District Hospital, Khanvel	Medical Officer
7		Daman	Government Hospital, Marwad, Nani Daman
8	Government Hospital, Marwad, Nani Daman		Surgeon
9	Government Hospital, Marwad, Nani Daman		Ophthalmologist
10	Government Hospital, Marwad, Nani Daman		Orthopaedics Surgeon
11	1) Government Hospital, Marwad, Nani Daman 2) Community Health Centre, Moti Daman 3) Primary Health Centre, Kachigam, Nani Daman		Medical Officer
12	Diu		1) Government Hospital, Diu 2) Community Health Centre, Ghoghla-Diu 3) Primary Health Centre, Vanakbara, Diu


 Director, M&HS
 DNH & DD



COMPULSORY HEALTH CERTIFICATE FOR SHRI AMARNATHJI YATRA 2023

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PART A: (TO BE FILLED BY APPLICANT)

1. Name: _____ S/O, D/O, W/O: _____
2. Address: _____
3. Date of Birth: ____/____/____ Aadhaar No.: ____/____/____ Blood Group: _____
4. Identification Mark: _____

Age limit:

a) For Yatri: Should not be less than 13 Years or more than 70 Years old.

b) Women with pregnancy should not be pregnant for more than 6 weeks, are allowed to perform Yatra Pilgrimage.

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

S. No	Condition	Yes	No	S. No	Condition	Yes	No
A)	Breathlessness			B)	Diabetes		
C)	Respiratory/Lung ailment			D)	High Blood Pressure		
E)	Blood disorder			F)	Asthma		
G)	Bleeding tendencies			H)	Epilepsy		
I)	Heart ailment			J)	Nervous breakdown		
K)	Joint Pains			L)	High altitude/mountain Sickness		
M)	Discharge from ear			N)	History of stroke/ paralysis		
O)	Are you a smoker			P)	Are you pregnant (Applicable to female Yatris)		

- History of Heart Attack, if yes please specify _____
- History of sudden death in family member, if yes please specify _____
- Any major injury in the past, if yes please specify _____
- Any other ailment, if yes please specify _____
- History of surgery, if yes please specify _____
- Are you under any medication, if yes please specify _____
- Are you allergic to drugs, foods and chemicals, if yes please specify _____

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 Yatri)

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:

SHRI AMARNATHJI YATRA 2023

Health Advisory

1. The Pilgrimage to Holy Cave of Shri Amarnathji involves trekking at altitudes as high as 12,800 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, www.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 high 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.

Dos regarding COVID -19.

1. In view of COVID-19 pandemic, the yatris are advised to get themselves vaccinated for COVID -19.
2. Yatris must maintain a distance of 6 feet in public places
3. Use of face cover /mask to be mandatory
4. Practice frequent hand washing with soap (for atleast 40-60 seconds) even when hands are not visibly dirty.
5. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing /sneezing with a tissue handkerchief/ flexed elbow and disposing of used tissues properly.
6. Self monitoring of health by all and reporting any illness at the earliest to the nearest medical centre.
7. Spitting should be strictly prohibited
8. Installation and use of Aarogya Setu App is advise to all.

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 2023
PUBLIC INTEREST MESSAGES**

Do's and Don'ts

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 and at Bhagwati Nagar, Jammu and Lakhanpur.
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 70 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 late evening darshans are not recommended.
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 0191-2503399 and 0191-2555662 (Jammu) 0194-2313146, 0194-2313147-49 (Srinagar), Toll Free Number :- 180018071987, 18001807199 and website: www.shriamarnathjishrine.com, <https://jksasb.nic.in>. The Yatris can also get Yatra related information by downloading Shrine Board's Android and iOS Application "**Shri Amarnathji Yatra**".