

**GOVERNMENT OF INDIA
MINISTRY OF INFORMATION & BROADCASTING
'A' WING, SHASTRI BHAWAN,
NEW DELHI – 110 001**

No. 3105/95/2014-BC-III

Dated: 20th June, 2014

Office Memorandum

Subject : Broadcast of Public Interest Messages with regard to Shri Amarnathji Yatra – 2014.

The undersigned is directed to forward herewith Public Interest Messages on Registration of Yatris of Shri Amarnathji Yatra, Dos and Don'ts, Health Advisory for Shri Amarnathji Yatra provided by Shri Amarnathji Shrine Board.

2. You are requested to advise your member channels to provide wide publicity to the same.

Atyant
20/6/14
(Dr. ATYA NAND)
Under Secretary (BC-II)
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Shri Amarnathji Yatra 2014

Procedure for Registration of Yatris through Banks.

(To be telecast/ broadcast upto 27th June, 2014)

1. This year's Shri Amarnathji Yatra will commence on 28th June, 2014, via both the routes Baltal and Pahalgam, and conclude on 10th August, 2014.
2. Registration is necessary for the Yatri.
3. Nobody shall be allowed to undertake the Yatra without Yatra Permit which is valid for the day and route in question.
4. A Yatri can secure his/ her Yatra Permit via selected Bank Branches (87 of J&K Bank, 300 of Punjab National Bank and 38 of YES Bank) located in various States/UTs.
5. The addresses of the selected Bank Branches, for providing Registration are available at Shri Amarnathji Shrine Board's website: www.shriamarnathjishrine.com.
6. The Registration for the Yatra 2014, via selected Bank Branches will commence from 1st March, 2014.
7. For Registration/ obtaining Yatra Permit through designated Banks, an intending Yatri shall have to submit filled-in prescribed Application Form and Compulsory Health Certificate issued by the Authorised Doctor/ Reputed Private Medical Institution.
8. The State-wise lists of Doctors/ reputed private Medical Institutions authorised to issue the prescribed Compulsory Health Certificate are available at Shri Amarnathji Shrine Board's website: www.shriamarnathjishrine.com.
9. The formats of the Application Form and Compulsory Health Certificate are also available at Shri Amarnathji Shrine Board's website: www.shriamarnathjishrine.com.
10. For Yatra 2014, Compulsory Health Certificate issued only after 1st February, 2014, would be valid for the registration purposes.

11. An intending Yatri will be required to pay Rs.50/- as Registration fee, for registration through Bank.
12. A Yatri who travels by Helicopter will not be required to separately register for the Yatra.
13. A Yatri who travels by Helicopter will, however, be required to submit the prescribed Compulsory Health Certificate at the time of boarding the Helicopter.
14. A Yatri should embark on his/ her Yatra only on the day and from the route for which he/ she is registered.
15. Ex-India pilgrims can also register for the Yatra.
16. Please visit Board's website: www.shriamarnathjishrine.com to know how ex-India pilgrims can register for the Yatra.
17. The Group of five Yatris or more can also register themselves through Group Registration Facility.
18. Please visit Board's the website: www.shriamarnathjishrine.com to know how to register through Group Registration Facility.

**SHRI AMARNATHJI YATRA 2014
PUBLIC INTEREST MESSAGES**

Dos and Don'ts

(To be telecast / broadcast from 15th June to 10th August, 2014)

Dos 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. Earth, water, air, fire and sky are integral parts of Lord Shiva. Therefore do respect the environment and do nothing whatsoever to pollute the Yatra area.

Don'ts for the Yatris

1. For ladies: They must not wear saree while trekking during the Yatra. Salwar kameez, pant-shirt or a track suit will be more comfortable for them.
2. **Ladies 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.
5. Don't use slippers because there are steep rises and falls on the route to the Holy Cave. Only wear trekking shoes with laces.
6. Don't attempt any short cuts on the route as doing so would be dangerous.
7. Don't commence journey on an empty stomach. If you do so, you would be prone to attracting a serious medical problem.
8. Don't do anything during the entire Yatra which could cause pollution or disturb the environment of the Yatra area.
9. Don't use polythene as its use is banned in J&K and is punishable under law.

Health Advisory

(To be telecast / broadcast from 15th June to 10th August, 2014)

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 take time to acclimatize- while trekking, relax for a short while on steep inclines.
5. Do avoid exerting beyond your normal capacity.
6. Do check with your physician prior to taking any medications.
7. Do drink lots of water to combat dehydration and headaches – about 5 liters of fluid per day.
8. Do follow the prescribed food menu – available at Shrine Board's website, Shriamarnathjishrine.com – when having food in the Yatra area.

9. Do consume plenty of carbohydrates to reduce fatigue and prevent low blood sugar levels.
10. Do bring portable oxygen with you as it is helpful in case you have difficulty in breathing.
11. Do descend immediately to a lower elevation, if you start having altitude illness symptoms.

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.