



OFFICE OF DISTRICT MAGISTRATE, AMRITSAR
(COVID-19 CONTROL ROOM)

ORDER

1. Whereas, in exercise of powers under the Epidemic Diseases Act, 1897, the Government of Punjab has already issued the Punjab Epidemic Disease, COVID-19 Regulations, 2020 for the containment and prevention of the spread of COVID-19.

2. Whereas latest guidelines have been received regarding opening of Yoga Institutes and Gymnasiums vide SOP of the Govt. of Punjab, Department of Home Affairs & Justice, Chandigarh vide letter no. SS/SCSH/2020/569 dated 04.08.2020.

3. Whereas it is imperative to put in strict measures of isolation and social distancing to contain the spread of COVID-19 in the district.

4. Whereas, in continuation of the orders issued by the undersigned vide order no.3005-3014 dated 01.08.2020 and in exercise of powers conferred under the Rule 12 of the Punjab Epidemic Disease, COVID-19 Regulations, 2020, and section 144 of Cr. P.C., 1973, I, Gurpreet Singh Khaira, IAS, District Magistrate, Amritsar, hereby issue this order within the territorial jurisdiction of Amritsar:-

The following restrictions shall be in place:-

Yoga institutes and Gymnasiums are allowed to start functioning w.e.f the 5th August 2020 subject to their complying strictly with the guidelines dated 3rd August 2020 of MoHF, Gol. The salient points of the guidelines are:-

- (i) Minimise physical contact between all the staff members and visitors and maintain at least 6 feet social distance.
- (ii) All Yoga Institutes and Gymnasiums in Containment Zones shall continue to remain shut.
- (iii) Persons above 65 years of age, persons with co-morbidity, pregnant women and children below the age of 10 years are advised not to use gyms in closed spaces.
- (iv) Use of face masks would be mandatory at all times. However, during yoga exercises or exercising in gymnasiums, as far as possible only a visor may be used.
- (v) Before opening the gymnasiums and yoga institutes, their managements would calculate the capacity of the place based on criteria of 4 sq. meter i.e. about 40 sq. feet per person. For example, if the size of the exercise room is 1,000 sq. feet, then not more than 25 persons would be permitted at one time. The exercise arrangement should be such made that at least 6 feet distance is maintained between 2 persons.

- (vi) For air-conditioning/ventilation, the guidelines of CPWD shall be followed as per which the room temperature should be in the range of 24 to 30 degree and intake of fresh air should be as much as possible and cross-ventilation should be adequate.
- (vii) Spas, sauna, steam bath and swimming pool (weather applicable) shall remain closed.

These orders shall take immediate effect and will be applicable till further orders

-sk
District Magistrate,
Amritsar.

Endst No. COVID-19/ 3073-90

Dated 4-8-2020

A copy is forwarded to the:

1. Chief Secretary, Government of Punjab, Chandigarh.
 2. Additional Chief Secretary, Department of Home Affairs and Justice, Government of Punjab, Chandigarh,
 3. Director General of Police, Punjab, Chandigarh,
 4. Commissioner, Jalandhar Division, Jalandhar,
 5. Mission Director, National Health Mission, Punjab,
 6. Addl. Director General of Police, CID, Punjab, Chandigarh,
 7. Addl. Director General of Police, Counter Intelligence, Punjab, Chandigarh,
 8. District & Session Judge, Amritsar,
 9. Commissioner of Police, Amritsar (City),
 10. Senior Superintendent of Police, Amritsar (Rural),
 11. Additional District Magistrate, Amritsar,
 12. Chief Judicial Magistrate, Amritsar,
 13. Station Commander, Amritsar Cantt,
 14. All SDMs/Tehsildar/Naib Tehsildar, District Amritsar,
 15. All Executive Magistrates, Amritsar,
 16. All District Head Offices, Amritsar,
 17. DPRO, Amritsar,
 18. CEO, Amritsar Cantonment
- for information and necessary action.


District Magistrate,
Amritsar.