

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Weather

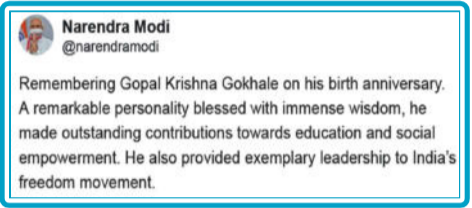
Lightrain with thunderstorm. Maximum and Minimum temperature will be around 33°C and 26°C respectively on Sunday 10/05/2020.

Maximum Temperature (°C) of Date: 33.9
 Minimum Temperature (°C) of Date: 26.9
 Relative Humidity(%) at 0830 IST: 071
 Relative Humidity(%) at 1730 IST: 082
 Sunrise Time for tomorrow (in IST): 0457
 Sunset Time for tomorrow (in IST): 1735
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 004.4
 Rainfall upto 1730 hrs of date in mm: 048.8
 Rainfall (Progressive total from 1st January 35.2 upto 0830 hrs (of date) in mm

Regn. No. 34190/75 No. 120 Port Blair, Sunday May 10, 2020 Web: dt.andaman.gov.in Rs. 3.00 Pages 4

PM pays tributes to Gopal Krishna Gokhale on his birth anniversary

PIB
 New Delhi, May 9
 Prime Minister, Shri Narendra Modi on Saturday remembered reformer Gopal Krishna Gokhale on his birth anniversary, recalling his contribution towards education and social empowerment.



Gokhale was born on May 9 in 1866 at erstwhile Bombay Presidency. "Remembering Gopal Krishna Gokhale on his birth anniversary. A remarkable personality blessed with immense wisdom, he made outstanding contributions towards education and social empowerment. He also

Finance Ministry announces relief for NRIs, foreign visitors on residency status amid lockdown



New Delhi, May 9 Finance Minister, Union Government Smt. Nirmala Sitharaman has allowed discounting of prolonged stay period in India for the purpose of determining residency status. The CBDT has decided that for the purposes of determining the residential status during the previous year 2019-20 in respect of an individual who has come to India on a visit before 22nd March, 2020 and were unable to leave India on or before 31st March 2020, his period of stay in India from 22nd March to 31st March shall not be taken into account. (Source: india.gov.in)

Seizure of illicit handiya by South Andaman Police

Port Blair, May 9 today. A Police team was constituted and conducted raid. During the search operation, huge quantity of Illicit Handia of approx. Tikery, Hut Bay



Gopal Krishna Gokhale provided exemplary leadership to India's freedom movement", Prime Minister wrote on Twitter.

HM chairs Review Meeting of Directors General of All Central Armed Police Forces

PIB
 New Delhi, May 9 Union Minister for Home Affairs, Shri Amit Shah chaired a review meeting of Directors General of All Central Armed Police Forces today. He appreciated the commendable work being done by our CAPFs in this difficult situation of C O V I D - 1 9 management. Shri Shah said that Modi Government is not



only concerned over well-being of all security personnel spread of COVID-19 but is making all out efforts to ensure safety, security and regarding the (Contd. on last page)

Protecting interest of Students, Parents & Staff

Education Department issues directives to private unaided schools of A&N Islands

- Shall charge no fee, except tuition fee
- Fee shall be collected on monthly basis only

Port Blair, May 9 The Department of Education, A & N Administration has endeavoured to provide educational support to the students through digital platform during lockdown period through Doordarshan Kendra, Port Blair, Local Cable TV Networks and All India Radio, Port Blair as an alternative to formal teaching-learning across the Islands. In remote areas where network facilities are not available, educational contents are being provided to the students at their doorsteps through CD and pendrive. The Department of Education has also made elaborate arrangement to deliver free text books to the eligible students at their doorsteps for the new academic session.

In the meantime, it has been communicated to the Department by some students, parents, teaching/non-teaching staff and public representatives that some private unaided schools are not supporting the students to maintain their continuity in educational activities during the lockdown. Parents working in private sectors have informed that they are unable to pay the fee on quarterly basis due to closure of business activities. Similarly teaching and non-teaching staff have also highlighted their grievances and financial crisis due to non-payment of salary by the school management. Taking into consideration, all the grievances being faced by students, parents and staff of private unaided schools during the lockdown period, the Department of Education has issued an order, under relevant rule provisions, to all private unaided schools functioning in A & N Islands, to protect the interest of students, parents and staff.

It is for information of the general public, as per the order, that the private unaided schools in A & N Islands:

- ❖ Shall charge no fee, except tuition fee, from the parents/ students till further order.
- ❖ Heads of schools / Managers shall not demand and collect the tuition fee from the parents / students on quarterly basis. The fee shall be collected on monthly basis only.
- ❖ Not to increase any fee in the academic session 2020-2021 till further directions.
- ❖ Shall ensure to provide access of digital education facilities / materials / classes to all the students, without any discrimination.
- ❖ Heads of the schools shall, in no case, deny digital education facilities /materials / classes to those students who are unable to pay the school fee due to financial crisis arising out of closure of business activities in the ongoing lockdown condition.
- ❖ Managing Committee of the school / Heads of Schools shall not put extra financial burden by creating any new head of fee.
- ❖ Shall neither stop payment of monthly salary nor reduce the existing total emoluments to teaching and non-teaching staff of their schools in the name of non-availability of funds and arrange the funds in case of any shortfalls from the Society / Trust running the school.

All the private unaided schools of A & N Islands have been directed to adhere to the instruction of this order. Further, it is informed to the general public that failure to adherence to the instruction of this order by private unaided schools can invite action against them under Indian Penal Code (IPC) and Section 51(b) of Disaster Management Act, 2005, a press release from Directorate of Education said.

Citizen centric initiatives by PBMC

2631 tons of water transported from Hutbay so far; disinfection of Wards by Sanitary Workers

Port Blair, May 9 Since the outbreak of COVID -19, PBMC with the active participation of Elected Representatives of Port Blair Municipal Council has been taking various initiatives including welfare measures for the Front Line Workers.



Disinfection carried out at Ward No. 11 further to different Plants/ CWR in Port Blair Municipal Area. On May 6, another 185 tons of water was transported from Hutbay by M.V.Campbell Bay. As on date, a total of 2631 tons of water has been transported from Hutbay Island (Contd. on last page)

Humble Appeal to Citizens

With relaxation in Lockdown, don't relax too much, follow Social Distancing & guidelines

Issued in public interest by A&N Administration

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)
(No. 40/ 09th May 2020)
COVID-19 STATUS AS ON 09.05.2020

> Andaman & Nicobar Islands:

Total Confirmed cases	33
Cured/Discharged from Hospital	33
Death	00
Admitted at Hospital	00
Migrated out of Country	00
Outside Resident	00

> Status of Hospitals:

Name of Hospital	Isolation Beds Available	Occupied	Positive Cases Admitted
G B Pant Hospital, Port Blair	50	00	00

* No cases are admitted at Private Hospital.

> Status of Sample Testing:

Total Samples sent till date	5156
Total Reports received till date	4731
Total Pending Reports	425

> House to House surveillance throughout South Andaman District including all Containment Zones are being conducted by District Administration with the help of Health Workers. 185640 population surveyed daily in these Zones.

> **All COVID-19 patient cured and now under observation. Recovery Rate 100%**

> Intensive awareness is continued through print and electronic media.

> 2020 passengers screened at VSI Airport till 24.03.2020 by medical teams.

> Calls received at 102 - 417 calls.

> 15 lines are activated in State Head Quarter Control Room and District Headquarter Control Room also set up at North & Middle Andaman District and Nicobar District.

> 1215 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.

SURVEILLANCE DATA

Contacts put under Home Quarantine till date	1096
Contacts under Home Quarantine as on today	828
Contacts completed 14 days period of Home Quarantine	268
Persons under Institutional Quarantine as on today	117**
Persons completed 14 days period of Institutional Quarantine	1098
Passengers completed 14 days period of Quarantine	1812

** The figure contains institutional Quarantine persons from passengers as well as contacts both.

Humble Appeal to Citizens

With relaxation in Lockdown, don't relax too much, follow Social Distancing & guidelines strictly

24x7 CONTROL ROOM NUMBERS: 240126/232102/1077/1070
(Source: Principal Secretary (Health), A&N Administration)

HM chairs Review Meeting of Directors ...

(Contd. from page 1)

cases that are found to be asymptomatic.

During the meeting, the innovative measures taken by each of the CAPFs in order to contain the disease were also discussed. The suggestions ranged from providing awareness and training about precautions; changing the arrangements in Mess and staying facilities in barracks; boosting immunity as per Ministry of AYUSH guidelines; and, ensuring proper personnel management, keeping in view the age of the security personnel and their health history.

Acknowledging efforts of CAPFs personnel in fight against COVID-19, Shri Shah asked the Senior Officers to ensure important things like timely payment of terminal dues, including ex-gratia, insurance etc., in case of casualty; being in touch with affected personnel and their families; proper arrangements for their health check up and treatment, including establishment of a dedicated hospital/facility for COVID-19 affected CAPF personnel and also increasing effective tracing and testing facilities.

The Minister has also suggested that there should be sharing of best practices among the CAPFs and also laying down the Standard Operating Procedure for health related as well as management issues, like sanitization and ensuring the use of appropriate protective gear by the personnel etc. The meeting was attended by MoS (Home Affairs), Shri Nityanand Rai, along with DGs of CAPFs and other Senior Officers of the Ministry.

2631 tons of water transported from Hutbay so far; disinfection

(Contd. from page 1)

through vessels.

> Welfare measures:

In order to upkeep the morale of Sanitary Workers and to acknowledge their contribution, PBMC in collaboration with Civil Society Organization distributed refreshment / breakfast to them. The Sanitary Workers of Ward No. 9 and Ward No. 14 were provided breakfast on May 7. PBMC in collaboration with volunteers provided lunch across 24 wards for COVID -19 Sanitary Workers. Apart from this, in various wards, the Elected Representatives have been distributing masks to the general public and creating awareness among the masses.

> Disinfection process:

PBMC in its continuous efforts sanitized Sanitary Site Office (Ward No. 10, Ward No.12 at Gandhi Park) and also the entire area of Ward No.11. Further, PBMC collects the garbage from quarantine institutions / hotels and are also redressing citizens grievances in a timely manner, a press release from Secretary (PBMC) said.



Breakfast distributed to Sanitary Workers of Ward No. 09 and Ward No. 14



Lunch provided to Sanitary Workers



Creating awareness and distribution of face mask

Seizure of illicit handiya... (Contd. from page 1)

+ 233 kgs were recovered from the possession of accused namely Smti. Baby, W/o Tobias Tete (62) yrs, R/o Kichad Nallah, Hut Bay. Accordingly, seizure was made on the spot and the accused was arrested. The entire operation was conducted under the overall direction and supervision of Shri. Manoj C, Superintendent of Police, South Andaman District. The general public have been requested to share information pertaining to any crime or other illegal activities to Police at 112, 03192-232100 & 03192-233077. The identity of the informant will be kept secret, a press release from SP (SA) said.

Ministry of Health & Family Welfare
Government of India

NOVEL CORONAVIRUS DISEASE (COVID-19)

Your safety is in your hands

Home Quarantine is essential to protect yourself from COVID-19

Do your bit to help prevent the spread of COVID-19

Support the patients who have recovered Don't stigmatize them

Stay healthy, stay safe

Together we will fight COVID-19

Dial State Helpline No. 03192- 232102

Help us to help you

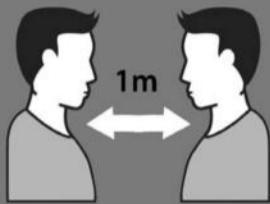


Ministry of Health & Family Welfare
Government of India

Help us to
help you

NOVEL CORONAVIRUS (COVID-19)

Protective measures against Coronavirus



A distance of at least 1 meter is necessary to ensure safety for all



Wash your hands with soap and water regularly



If soap and water is not available, use hand sanitizer with at least 60% alcohol



Wash hands before touching eyes, nose and mouth



Throw used tissues into closed bins immediately after use



Cover your nose and mouth with handkerchief/tissue while sneezing and coughing



Avoid mass gathering and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number.

STATE HELPLINE NO: 03192-232102

NOVEL CORONAVIRUS DISEASE (COVID-19)

Telephonic Survey on COVID-19

Citizens will get calls on their mobile phones by NIC by the number **1921**

Participate in good measure to enable proper feedback of the prevalence and distribution of COVID-19 symptoms

Together we will fight COVID-19

Share facts 😊 **Not fear** 😞

We all are together in this fight against COVID-19

Together we will fight COVID-19

Andaman & Nicobar Administration
Dr B R Ambedkar Institute of Technology
Port Blair
VACANCY NOTICE

Civil Engineering Department of Dr B R Ambedkar Institute of Technology, Pahargaan shall be undertaking the Research related to Water Resource availability and its augmentation in various Panchayats in Andaman and Nicobar Islands. To carry out the above task Research Assistants shall be recruited on short term contract. The details are as under: -

S.N.	Name of the Post	No of Post	Type of Employment	Date of Contract	Consolidated Salary
1	Research Assistant	02	Contract	6 months (Extendable upto 2 years)	Rs. 20,000/- per month

NOTE:

- Traveling allowance shall be provided during the field visit as per norms.
- Date & Time of Telephonic / Skype Interview: 12.05.2020 at 10.00 am**
- Essential Qualifications:**
 - Candidates should be Diploma or Degree in Civil Engineering with 1 or 2 years experience.
 - Knowledge in GIS is essential.

Interested candidates may submit their resumes along with their mobile number by email to tpo4dbrait@gmail.com on or before 11/05/2020

Sd/-
Project Officer

**दो गज की दूरी
बेहद जरूरी
पर अमल करें**

दो गज

2nd Death Anniversary
On 10.05.2020
In ever loving memory of

Late Dulari Devi
The Pain of losing you is immeasurable. We know the biggest star in the sky that is shining the most is you. We hope you are living well in the world of the creator.

Inserted by:
Mega Engineers & Builders Family

SOME HELPLINE NUMBERS

Police Control room : 100
Fire Service : 101
Coastal Security : 1093
PBM Control Room : 245798
State control Room : 1077/234287
Extn : 328 / 231179

Magazine

Stop Global Warming
Protect future generations from the harmful effects of global warming by reducing emissions from power plants, cars, factories and other sources
You too can help!!



KIDS' CORNER

Creative DIY Crafts for kids
How to weave a Plastic Bottle Basket

Material required:

Empty oil bottle, yarn (colorful), knife, glue.

Method

Use a large vegetable oil bottle. It will be even better if you have one with a wider base. Besides an egg basket can also serve as a flowerpot noider, it has a bottom, it doesn't leak, and it's pretty.



- ♣ Cut the bottle in two and discard the upper half.
- ♣ Snip the sides of the lower half into an even number of strips. This will help interweave the yarn layers.
- ♣ Thick yarn yields the best results. Weave it through the strips - in front of one strip, then behind the next one.
- ♣ Only the end is a little trickier.
- ♣ Fold the ends in and drive them through the weaved yarn. It's not too delicate, so you may want to line the inside and fold the lining fabric over the edge.
- ♣ Place some flowers inside the weaved bottle and you get your beautiful flower vase. ❖

Silly Riddles

Q. A cloud is my mother, the wind is my father, my son is the cool stream, and my daughter is the fruit of the land. A rainbow is my bed, the earth my final resting place, and I am the torment of man.

A. Rain

Q. What belongs to you but others use it more than you do?

A. Your name.

Q. I am taken from a mine and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?

A. Pencil lead.

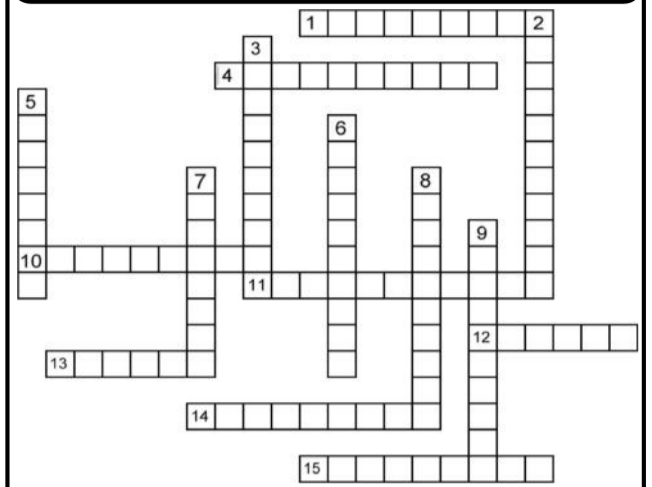
Q. What goes up the chimney when down, but cannot go down the chimney when up?

A. An umbrella. ❖

Learn Some Idioms & its usage

- Burning bridges
Meaning: Damaging a relationship beyond repair.
- Every dog has his day
Meaning: Everyone gets their chance to do something big.
- Fit as a fiddle
Meaning: Excellent health.
- Go down in flames
Meaning: To fail in a spectacular manner.
- Getting a second wind
Meaning: Having energy again after being tired or worn out. ❖

Crossword Puzzle: Leadership Qualities



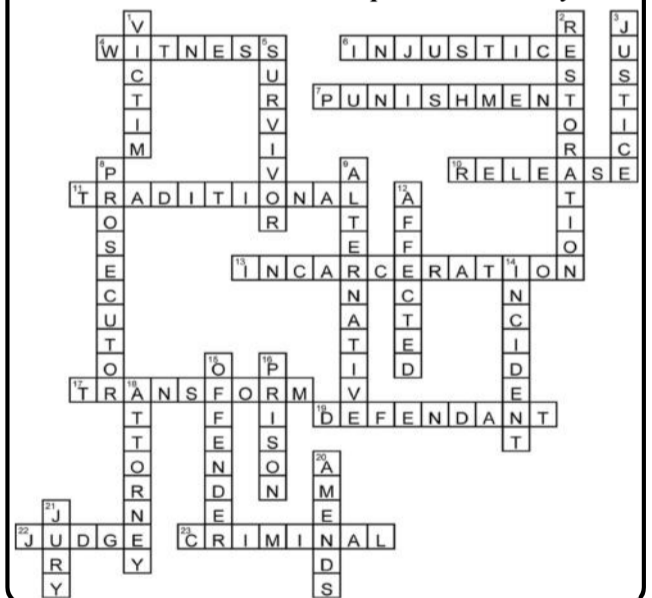
Across

1. person who starts something new
4. a new project, or the ability and willingness to begin a project; the quality of seeing a need and taking action without being pushed or directed by someone else
10. feeling able to handle difficulties; unafraid to try new activities
11. beyond the ordinary
12. a strong effect on something; the effect of being hit hard
13. to do well, grow and prosper
14. acting before a problem develops, not just reacting afterwards
15. a person who assigns work to others

Down

2. able to find ways to solve problems
3. consider beforehand or look forward to (often but not always with pleasure)
5. reactions or response to an idea or process that can be used to improve it
6. brave; willing to take necessary risks
7. to assign parts of a job to other people. (As a noun, this word means a person sent to represent an organization or another person)
8. trust that a person is dependable and able to do what is needed
9. remaining the same over time; acting the same way in many situations

Answers to Crossword Puzzle published on May 09



Health benefits of Brinjal (Eggplant)

***May Promote Heart Health:**

Eggplants are said to possess antioxidant properties that may help promote heart health. A study conducted by the University of Connecticut School of Medicine found that raw and cooked eggplant had cardio protective properties. Nasunin, a polyphenolic component in eggplant, is beneficial for the heart.



*** Control Blood Sugar Levels:**

Eggplant is a rich source of fiber and low in soluble carbohydrates. It can help regulate blood sugar levels and control the absorption of glucose. In vitro studies of eggplant found that the phenolics in this vegetable act as inhibitors of enzymes involved with type 2 diabetes.

*** Reduce Cancer Risk:** Extracts found in the eggplant peel are rich in solasodine rhamnosyl glycosides (SRGs). These compounds have cancer-fighting properties and may help treat skin cancer. A study conducted by the Australasian Medical Research found that the SRGs may induce cancer cell death.

*** Improve Cognitive Function:** The phytonutrients in eggplants may protect the brain cell membranes from damage. They can also facilitate message transfer from one cell to another, thus preserving memory function.

*** Aid Weight Loss:** Eggplant has a high water content and is low in calories. This makes it ideal for people who want to reduce weight. The spongy texture of the vegetable facilitates these characteristics.

*** Enhance Bone Health:** Eggplant may help improve bone mineral density and reduce the risk of osteoporosis. This vegetable contains nutrients like calcium, magnesium, and potassium that help promote bone strength.

*** Improve Skin Health:** Eggplants are rich in vitamins, minerals, anthocyanins (natural plant compounds), and antioxidants. Anecdotal evidence suggests that these may help improve skin glow and help slow down aging. However, there is no scientific evidence to prove this claim. ❖

Amazing Facts about Deer

✓ **Deers' eyes are on the side of the head:** This gives deer a wide vision angle of 310 and degrees making it almost impossible to focus on a focal point. They, however, have impressive night vision, which is essential during their feeding time and escape from predators.

✓ **Deer have great hearing senses:** Deer can move their ears and make them face different directions without moving their head because of the muscles it possesses. It also picks up sound frequencies higher than humans.

✓ **Great sense of smell:** Their sense of smell picks up predators from far distances. They keep their noises moist by licking them which sticks odor and improves their smelling ability.

✓ **Deer walk in groups called herds, they are social animals:** They can walk in sexes or have a dominant male leader. A male herd can watch over female herds. The herd could have up to 100,000 members.

✓ **Deer have special ways of communication:** They communicate through visual, vocal, and chemical means. They have a scent produced in various parts of the body that gives important information such as physique, sex, social status, and whether there is danger looming in an area.

✓ **Deer were part of the cave paintings:** Paleontologists found deer as part of the artwork in the caves and they have been a great part of that history.

✓ **The reindeer is the only domestic deer:** Most of the deer species primarily live in the wild for the entirety of their lifespan, the reindeer is the only domesticated species and it can coexist with humans. ❖

Recipe for Jeera Rice



Ingredients: 1 cup rice, 2 cups water + extra for soaking, 1 tablespoon ghee, 1 Bayleaf, 1 inch Cinnamon Stick, 4-5 Cloves, 1 teaspoon Jeera (Cumin Seeds), 1 Green Chilli, chopped finely, 1/2 teaspoon Salt, 2 tablespoons chopped Coriander for topping.

Method

- ✓ Soak the rice (Basmati/pooni/any rice) in water for 30 min.
- ✓ When you are ready to cook, drain all the water from the rice and set the rice aside.
- ✓ Heat ghee in a pot and add the whole spices and cumin seeds to it.
- ✓ Once the cumin seeds start spluttering, add the chopped green chilli and drained rice to it. Saute the rice in the pan for two minutes on a medium flame. This helps add more flavor to the rice.
- ✓ Add two cups water and salt to the rice and mix well. Bring the rice to a quick boil, and then reduce the heat to a simmer. Cover and cook for approximately five to six minutes, till all the water has evaporated and the rice is cooked through. Top with chopped coriander and serve hot.

Enrich your vocabulary

- ✓ **Inimical-** not friendly.
- ✓ **Injunction-** a judicial remedy to prohibit a party from doing something.
- ✓ **Inoculate-** inject or treat with the germ of a disease to render immune.
- ✓ **Insidious-** working or spreading in a hidden and usually injurious way.
- ✓ **Instigate-** provoke or stir up.
- ✓ **Interlocutor-** a person who takes part in a conversation.
- ✓ **Intimation-** a slight suggestion or vague understanding.
- ✓ **Inure-** cause to accept or become hardened to.
- ✓ **Invective-** abusive language used to express blame or censure.
- ✓ **Intransigent-** impervious to pleas, persuasion, requests, or reason.
- ✓ **Irreverence-** a mental attitude showing lack of due respect. ❖

Quotable quotes

- * "You can do anything, but not everything".
David Allen
- * "Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away".
Antoine de Saint-Exupéry
- * "Courage is not the absence of fear, but rather the judgement that something else is more important than fear".
Ambrose Redmoon
- * "To the man who only has a hammer, everything he encounters begins to look like a nail".
Abraham Maslow
- * "We are what we repeatedly do; excellence, then, is not an act but a habit".
Aristotle
- * "Everyone is a genius at least once a year. The real geniuses simply have their bright ideas closer together".
Georg Christoph Lichtenberg