

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Partly cloudy sky. Light Rainfall very likely over Port Blair. Maximum and Minimum temperature will be around 33°C and 26°C respectively on Sunday 17/05/2020.

Maximum Temperature (°C) of Date: 32.3
 Minimum Temperature (°C) of Date: 25.7
 Relative Humidity(%) at 0830 IST 080
 Relative Humidity(%) at 1730 IST 082
 Sunrise Time for tomorrow (in IST): 0455
 Sunset Time for tomorrow (in IST): 1736
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 005.8
 Rainfall upto 1730 hrs of date in mm: 000.0
 Rainfall (Progressive total from 1st January 196.5 upto 0830 hrs (of date) in mm

Finance Minister announces new horizons of growth; structural reforms across Eight Sectors paving way for Aatma Nirbhar Bharat

««KEY HIGHLIGHTS»»

- > Commercial Mining introduced in Coal Sector > Diversified Opportunities in Coal Sector > Liberalised Regime in Coal Sector
- > Enhancing Private Investments and Policy Reforms in Mineral Sector
- > Enhancing Self Reliance in Defence Production > Policy Reforms in Defence Production > Efficient Airspace Management for Civil Aviation
- > More World-Class Airports through PPP > India to become a global hub for Aircraft Maintenance, Repair and Overhaul (MRO) > Tariff Policy Reform in Power Sector; Privatization of Distribution in UTs
- > Boosting private sector investment through revamped Viability Gap Funding Scheme in Social Sector > Boosting private participation in space activities > Reforms in Atomic Energy Sector



Smt. Sitharaman also announced that a scheme will be implemented in States through challenge mode for Industrial Cluster Upgradation of common infrastructure facilities and connectivity. There will be availability of industrial land/land banks for promoting new investments and making information available on Industrial Information System (IIS) with GIS mapping. 3376 Industrial Parks/ Estates/SEZs in five lakh hectares are mapped on IIS. All Industrial Parks will be ranked during 2020-21.

New Delhi, May 16 (PIB)

Hon'ble Prime Minister, Shri Narendra Modi announced a Special economic and comprehensive package of Rs 20 lakh crore - equivalent to 10% of India's GDP on 12th May, 2020. He gave a clarion call for आत्मनिर्भर भारत अभियान or Self-Reliant India Movement. He also outlined five pillars of Aatmanirbhar Bharat - Economy, Infrastructure, System, Vibrant Demography and Demand.

In her opening remarks, the Union Finance & Corporate Affairs Minister, Smt. Nirmala Sitharaman said that structural reforms are the focus for today's press conference. She said that many sectors need policy simplification, to make it simpler for people to understand what sector can give, participate in activities & bring transparency. Once we decongest the sectors, we can boost the sector, for growth, the Finance Minister added.

The Finance Minister further said that Prime Minister, Shri Narendra Modi has very strong record in taking up deep systemic reforms citing Direct Benefit Transfer enabled giving money directly to people, GST brought in One Nation, One Market, Insolvency & Bankruptcy Code (IBC) resolved insolvency issues and steps taken for Ease of Doing Business.

During her press conference, Smt. Sitharaman outlined the need for Policy reforms to fast track investments and the steps taken by the Government in this regard. She stated that fast track clearance is being done through Empowered Group of Secretaries, a Project Development Cell would be set up in each Ministry to prepare investable projects and coordinate with investors and Central and State governments.

The Finance Minister announced following policy reforms to fast track investment in an effort towards Aatma Nirbhar Bharat:

- There will be fast tracking of investment clearance through Empowered Group of Secretaries.
- Project Development Cell will be constituted in each Ministry to prepare investible projects, coordinate with investors and Central/State Governments.
- There will be ranking of States on investment attractiveness to compete for new investment.
- Incentive schemes for promotion of new champion sectors will be launched in sectors such as solar PV manufacturing; advanced cell battery storage etc.

The Finance Minister today announced the following structural reforms in the eight sectors of Coal, Minerals, Defence production, Civil Aviation, Power Sector, Social Infrastructure, Space and Atomic energy.

DEFENCE SECTOR

Enhancing Self Reliance in Defence Production

○ 'Make in India' for Self-Reliance in Defence Production will be promoted by notifying a list of weapons/platforms for ban on import with year wise timelines, Indigenisation of imported spares, and separate budget provisioning for domestic capital procurement. This will help reduce huge Defence import bill.

○ Improve autonomy, accountability and efficiency in Ordnance Supplies by Corporatisation of Ordnance Factory Board.

Policy Reforms in Defence Production

○ FDI limit in the Defence manufacturing under automatic route will be raised from 49% to 74%.

○ There will be time-bound defence procurement process and faster decision making will be ushered in by setting up of a Project Management Unit (PMU) to support contract management; Realistic setting of General Staff Qualitative Requirements (GSQRs) of weapons/platforms and overhauling Trial and Testing procedures.

CIVIL AVIATION SECTOR

1. Efficient Airspace Management for Civil Aviation

Restrictions on utilisation of the Indian Air Space will be eased so that civilian flying becomes more efficient. This will bring a total benefit of about Rs 1,000 crore per year for the aviation sector. This will lead to optimal utilization of airspace; reduction in fuel use, time and will have positive environmental impact.

2. More World-Class Airports through PPP

6 more airports have been identified for 2nd round bidding for Operation and Maintenance on Public-Private Partnership (PPP) basis. Additional Investment by private players in 12 airports in 1st and 2nd rounds is expected to bring around Rs. 13,000 crore. Another 6 airports will be put out for the third round of bidding.

3. India to become a global hub for Aircraft Maintenance, Repair and Overhaul (MRO)

Tax regime for MRO ecosystem has been rationalized. Aircraft component repairs and airframe maintenance to increase from Rs 800 crore to Rs 2,000 crore in three years. It is expected that major engine

(Contd. on last page)

Cabinet Secretary chairs NCMC meeting to review preparedness for the impending Cyclone in Bay of Bengal

(PIB)

New Delhi, May 16 A meeting of the National Crisis Management Committee (NCMC), chaired by the Cabinet Secretary, Shri Rajiv Gauba, was held today to review the preparations for the impending cyclone over the Bay of Bengal.

Bay of Bengal, is likely to intensify into a Cyclonic storm and is likely to cross Odisha and West Bengal coasts by May 20, 2020. Heavy to extremely heavy rainfall, accompanied by high speed winds and tidal waves are expected.

During the meeting, officers of the concerned State Governments confirmed their preparedness to deal with any emerging situation arising out of the cyclonic storm. Further, the State Governments have adequately warned fishermen not to venture into the sea. Cyclone shelters have been readied and areas requiring evacuation of people identified.

NDRF, Armed Forces and the Indian Coast Guard have been put on alert and are coordinating with State Government Authorities. They are prepositioning themselves adequately. MHA is also in continuous touch with the State Governments and concerned Central Agencies

Cabinet Secretary took stock of the current situation and preparedness for (Contd. on last page)

Calcutta High Court disposes of petition regarding COVID-19 and commends the Administration's action in controlling the crisis caused by outbreak of COVID-19

Port Blair, May 16

The Double Bench of High Court at Calcutta comprising of Chief Justice Thottathil B. Radhakrishnan and Justice Arijit Banerjee, disposed of the Writ Petition regarding COVID-19- relief and services at Andaman and Nicobar Islands on 15th May, 2020. The Court has commended the multipronged efforts made by the Andaman and Nicobar Administration to control the crisis caused by the outbreak of the COVID-19 and fully satisfied with series of action taken by the Administration.

Earlier in the above matter, the Hon'ble Court on 01st April, 2020 and 8th April, 2020 had appreciated the efforts in containing the spread of COVID-19 as well as maintenance of supplies of essential commodities.

Further, the Hon'ble Calcutta High Court in Writ Petition No. 5327(W) of 2020 on 21st April, 2020 had also appreciated preventing contagion of COVID-19 in children protection homes and directed that the procedure followed by the Child Care Institutions in Andaman and Nicobar Islands shall be replicated in all such Homes in West Bengal.

District Administration provided relief kits to needy people residing in South Andaman District

Port Blair, May 16

The District Administration South Andaman undertook the task of providing relief material to the needy people residing in the district, primarily those of whom who were not covered under the PDS system and were thus adversely affected by the lockdown due to COVID-19. These primarily included stranded migrants, casual labourers, tribals, divyang persons, widows, persons in extreme distress due to loss of livelihood on account of lockdown, especially in the containment zones.

The beneficiaries were identified on the basis of requests/ submission of lists of such needy persons by the Pradhans/ Ward Councillors, calls received on helpline numbers of the Labour Department / District Control Room, needy persons identified by the NGOs/social workers. After the receipt of the information, field verification of the genuineness of the persons, is carried out by

the field staff of the District Administration and the relief material is thereafter distributed to the needy.

The relief items in the kits primarily contain rice and atta supplemented by items like onions and potatoes /dal, salt and sugar. In this effort, the District Administration was supported by various civil society organizations like ACCI, SKSSF, Surabhi, Voice of Christ, Sant Nirankari Mission, AR Square, ISM, Society of Pillar, Island Islamic Foundation, Pankh etc. The distribution of relief kits was done throughout the district in both urban and rural areas and also in the Islands of Swaraj Dweep, Shaheed Dweep & Rutland. Efforts have been made to cover all the needy persons in all the areas of the district so that no needy person is left out. Till date, more than 7000 relief kits have been distributed by the District Administration alone and also relief kits in (Contd. on last page)

District Administration meticulously planned various measures alongwith line Departments in Containment Zones Essential services & requirements of people adequately met

Port Blair, May 16

In the wake of outbreak of COVID-19 in the South Andaman District, a few areas were required to be declared as Containment Zones in the district as per the guidelines of the Ministry of Health & Family Welfare, GOI. Till date, a total of four Containment Zones were identified and containment operations were carried out:

Containment Zone	Area	Population	Status
01	Round Basti, Dignabad, Atlanta Point, Sisty Nagar, Mohanpura	9463	Containment operations are declared over
02	Biggi Line	111	Containment operations are declared over
03	Bambooflat, Stewartgunj, Wimberlygunj(Part), Hope Town, Kanyapuram, Nayapuram, Govindpuram Shorepoint, Kadkachang	16500	Containment operations continuing
04	Teylerabad (Part), Calicut	5635	Containment operations continuing

The District Administration alongwith line departments ensured that the essential services and requirements of the people living in these containment zones were met. The District Administration meticulously planned various measures with the line departments for delivery of essential commodities, water, medicines, requirements of patients etc. For Containment Zone-3, special ferries were also arranged for the dialysis/serious patients.

stakeholders including public representatives. For ensuring the supply chain of essential commodities and home delivery of essentials, public utility services etc within the Containment Zone, special passes were issued.

Till date, the above arrangement has functioned adequately with containment operations in two zones already over. This has been possible due to the cooperation of the local residents and all the stakeholders, a press release from the Deputy Commissioner, South Andaman said.

Various activities in the containment zones were planned in consultation with all the local

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)
(No. 47/16th May 2020)
COVID-19 STATUS AS ON 16.05.2020

> **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
INHS, Dhanvantri, Minnie Bay, Port Blair	48	00	00

* No cases are admitted at Private Hospital.

> **Status of Sample Testing:**

Total Samples sent till date	6677
Total Reports received till date	6541
Total Pending Reports	136

> House to House surveillance throughout South Andaman District including all Containment Zones are being conducted by District Administration with the help of Health Workers. 137613 population being 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.

> Calls received at 102 - 471 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	1493
Contacts under Home Quarantine as on today	451
Contacts completed 14 days period of Home Quarantine	1042
Persons under Institutional Quarantine as on today	19
Persons completed 14 days period of Institutional Quarantine	1196
Passengers completed 14 days period of Quarantine	1812

एक दूसरे से उचित दूरी, सबकी सुरक्षा के लिए ज़रूरी

उचित दूरी बनाकर रखें
हम मिलकर COVID-19 से लड़ना है

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

Cabinet Secretary...
(Contd. from page 1)

rescue and relief operations and directed that immediate assistance, as required, be provided.

Senior officials of the Ministries of Home, Defence, as well as those from IMD, NDMA and NDRF, attended the meeting. Chief Secretaries and other senior officers from the State Governments participated in the meeting through Video Conference.

Primarily focused...
(Contd. from page 1)

excess of 8000 have been distributed by the various NGOs/ community groups, to the needy.

Apart from the above, cooked meals are also being distributed two times a day by the District Administration to the needy persons. In this initiative the District Administration has been supported by the ANIIDCO. Apart from this, major contribution in this endeavor has also been provided by Civil Society organizations like the Rajasthan Manch, Minnie Bay Gurudwara, Vegetable Vendors Association of Bathubasti etc.

The distribution process till date has been smooth due to the close coordination and support of all the stakeholders, a press release from the Deputy Commissioner (SA) said.

Start your week with YOGA at Home

Face the challenges of today with a positive frame of mind.

Stay Positive - De Stress - Rejuvenate

Directorate of Health Services
Andaman & Nicobar State AYUSH Society, A & N Administration

Teaching-learning activity during lockdown period
Virtual classes schedule for upcoming week through Cable TV/AIR

Port Blair, May 16

The schedule for the broadcast of tele-classes for the upcoming week (from 18.05.2020 onwards) for the students of Class II to VII through the All India Radio, Port Blair and Class VIII to XII through Local Cable TV Network is as mentioned below.

SCHEDULE FOR CABLE TV TELECAST (w.e.f. 18-05-2020)

DATE/TIME	10.00 AM - 10.30 AM	10.30 AM - 11.00 AM	11.00 AM - 11.30 AM	11.30 AM - 12.00 Noon	12.00 Noon - 12.30 P.M.	12.30 P.M. - 01.00 P.M.
REPEAT TELECAST	06.00 PM - 06.30 PM	06.30 PM - 07.00 PM	07.00 PM - 07.30 PM	07.30 PM - 08.00 PM	08.00 PM - 08.30 PM	08.30 PM - 09.00 PM
CLASS	VIII	IX	X	XII	XII	XII
18-05-2020	English	Maths	Science	Physics	Pol. Science	Maths
19-05-2020	Maths	English	S/ science	Economics	Accountancy	Biology
20-05-2020	Science	Science	Maths	Maths	Geography	History
21-05-2020	Social Science	Social Science	English	Biology	Business Studies	Chemistry
22-05-2020	English	Maths	Science	English	Comp.science	Physics
23-05-2020	Science	English	S/ science	Chemistry	Economics	Accountancy

Students and parents have been urged to post their Questions/ queries/ doubts related to their subjects in the following format - (1) Name of the student (2) Address (3) Class (4) Subject (5) Questions/ Query/ Doubts, through the mode of SMS or WhatsApp in the given mobile numbers - 9434282647, 9933227676, 9474210059, 9474210823 or on Email-id - itmiscell.edn@and.nic.in . Questions / Query / Doubts received through SMS or Whatsapp shall be clarified by the subject teachers on every Saturday from 9 am to 10 am through All India Radio.

Broadcast through All India Radio, Port Blair Centre in entire Andaman & Nicobar Islands (Timings: 09.00 AM to 10.00 AM)

Days	II - English	III - EVS	IV - Hindi	V - Hindi	VI - Hindi	VII - English
18.05.2020	II - English	III - EVS	IV - Hindi	V - Hindi	VI - Hindi	VII - English
19.05.2020	V - English	VII - Hindi	III - Hindi	IV - English	VI - Science	
20.05.2020	VII - Science	IV - Hindi	II - English	V - Hindi	VI - English	
21.05.2020	IV - EVS	III - Hindi	II - Hindi	VI - Science	V - EVS	
22.05.2020	III - English	V - English	VII - Hindi	IV - EVS	VI - Social	
23.05.2020	Doubts clearing session on the queries raised by the students through Phone, SMS, WhatsApp or Email					

The students, parents and all stakeholders have been appealed to make use of this facility to the maximum extent for the benefit of enhancing teaching-learning activity during this lockdown period. Parents have also been requested to engage their wards to compulsorily attend the virtual classes as per the schedule and feel free to contact their teachers for any clarification of the content, a press release from the Directorate of Education said.

Depression over South East Bay of Bengal; likely to intensify into cyclonic storm

Port Blair, May 16

Thunderstorm, lighting, gusty wind (40-50) kmph is likely to occur at one or two places over Andaman & Nicobar Islands tomorrow (May 17). On Monday & Tuesday, thunderstorm, lightning, gusty wind (30-40) kmph is likely to occur at one or two places over Andaman & Nicobar Islands. **Fisherman warning:** Under the influence of depression over South East Bay of Bengal and its very likely intensification into a cyclonic storm and movement towards North Bay of Bengal, the fishermen have been advised not to venture into the sea along & off West Bengal - Odisha coast from 18th May, 2020 onwards. Those who are out at deep sea are advised to return to coasts by 17th May. **Port warning:** Local Cautionary Signal No.III has been kept hoisted at Port Blair port. For further enquiries / information contact helpline of State Emergency Operation Centre at Helpline No. 1077 & District Emergency Operation Centre at Helpline No. 1070 viz. State Control Room: 03192- 238880 (Tele-Fax), 1077(Helpline), District Control Room: 0 3 1 9 2 - 2 3 8 8 8 1 , 1070(Helpline), EOC (Campbell Bay): 03193- 264020, EOC (Kamorta): 03193- 263222, EOC (N&M): 03192-262960, EOC (Hut Bay): 03192-284014, EOC (Car Nicobar): 03193-265241, EOC (Swaraj Dweep): 03192- 282030 and EOC (Ferrargunj): 03192- 266527. For any emergency/ assistance at sea, call Coast Guard SAR Agency at Toll Free number 1554, a press release from the Directorate of Disaster Management said.

Tribal Council condoles death

Port Blair, May 16

The Vice-Chairman and the Executive Committee Members of Tribal Council, Car Nicobar have mourned the demise of Chamberlain Robert, Executive Committee Member of Malacca Village Council who breathed his last today at Bishop John Richardson, Hospital, Car Nicobar. He was 75 and survived by his wife, two daughters and son. He served the A&N Police Department as Head Constable and superannuated in April, 2002, a press release from the Tribal Council, Car Nicobar said.

Finance Minister announces new horizons...

(Contd. from page 1)

manufacturers in the world would set up engine repair facilities in India in the coming year. Convergence between Defence sector and the civil MROs will be established to create economies of scale. This will lead to maintenance cost of airlines to come down.

POWER SECTOR

1. Tariff Policy Reform

Tariff Policy laying out the following reforms will be released:

(i) **Consumer Rights**

- DISCOM inefficiencies not to burden consumers
- Standards of Service and associated penalties for DISCOMs
- DISCOMs to ensure adequate power; load-shedding to be penalized

(ii) **Promote Industry**

- Progressive reduction in cross subsidies
- Time bound grant of open access
- Generation and transmission project developers to be selected competitively

(iii) **Sustainability of Sector**

- No Regulatory Assets
- Timely payment of Gencos
- DBT for subsidy; Smart prepaid meters

2. Privatization of Distribution in UTs

Power Departments / Utilities in Union Territories will be privatised. This will lead to better service to consumers and improvement in operational and financial efficiency in Distribution. This will also provide a model for emulation by other Utilities across the country.

SOCIAL INFRASTRUCTURE: BOOSTING PRIVATE SECTOR INVESTMENT THROUGH REVAMPED VIABILITY GAP FUNDING SCHEME - Rs 8,100 CRORE

The Government will enhance the quantum of Viability Gap Funding (VGF) upto 30% each of Total Project Cost as VGF by the Centre and State/ Statutory Bodies. For other sectors, VGF existing support of 20 % each from Government of India and States/Statutory Bodies shall continue. Total outlay is Rs. 8,100 crore. Projects shall be proposed by Central Ministries/ State Government/ Statutory entities.

Aarogya Setu App
COVID-19 Tracker launched to alert you and keep you safe!

DOWNLOAD NOW

my GOV
मेरी सरकार

With Aarogya Setu, you can protect yourself, your family and friends, and help our country in the effort to fight COVID-19. If we are safe, India is safe.

OFFICE OF THE DEPUTY COMMISSIONER
SOUTH ANDAMAN DISTRICT
Port Blair dated 16th May 2020

ORDER NO 499

In partial modification of this office order No. 477 dt 03rd May 2020 and No. 492 dt. 09th May 2020, regarding the appointment of Area Incident Commanders for enforcement of lockdown measures and for the issuance of passes for enabling movement of permitted activities, the following changes with respect to the area allocated against the undermentioned Areas Incident Commanders is hereby ordered with immediate effect.

Sl No.	Name of the Officer	Area	Office Location
01.	Shri Rajendra Pal, BDO	Shoal Bay, Wimberlygunj (Part), Mannarghat, Wright Myo, Kalatang & Malapuram	Patwarkhana, Wimberlygunj
02.	Shri Nazar, RI	Bambooflat, Kanyapuram, Shorepoint, Hopetown, Nayapuram, Wimberlygunj (Part), Kadkachang, Govindapuram & Stewartgunj	Patwarkhana, Wimberlygunj
03.	Shri Sunil Kumar, Tehsildar	Remaining villages of Ferrargunj Tehsil not mentioned in Sl No. 1&2 above.	Morning shift Tehsil Office, Ferrargunj Evening Shift Patwarkhana, Guptapara

The staffs attached with the officers will continue to be work at their respective place irrespective of this order.

Sd/-
(ABHISHEK DEV, IAS)
District Magistrate
South Andaman District

COMBATING CORONAVIRUS

SYMPTOMS

- DRY COUGH
- HIGH FEVER
- SORE THROAT
- DIFFICULTY IN BREATHING

HOW IT SPREADS

- AIR BY COUGH OR SNEEZE
- PERSONAL CONTACT
- CONTAMINATED OBJECTS
- MASS GATHERING

PREVENTION

- WASH YOUR HANDS OFTEN
- WEAR A FACE MASK
- AVOID CONTACT WITH SICK PEOPLE
- ALWAYS COVER YOUR COUGH OR SNEEZE

SPITTING RELEASES SALIVA IN THE AIR AND ON THE GROUND
Increasing the risk of spread of COVID-19

DO NOT SPIT IN PUBLIC

Be a responsible citizen
Together we will fight COVID-19

S - Self isolate
T - To fight the virus
A - And protect
Y - Yourself and your family

HOME


Break the Stigma
Let us all do our bit to protect each other

दो गज की दूरी
बेहद जरूरी
पर अमल करें

दो गज

WE SALUTE OUR
DOCTORS, NURSES, PARAMEDICAL STAFFS,
CLEANING STAFFS, POLICE AND OTHER PEACE
KEEPING FORCES
FOR THEIR SACRIFICING AND SELFLESS SERVICE
DURING COVID-19 EPIDEMIC PERIOD
BY: YESHIVA INSTITUTE OF HEALTH SCIENCES, PORT BLAIR


OBITUARY



Shri Antony Prasad, S/o Late Shri Ram Prasad took his last breathe on 13th May, 2020 in G. B. Pant Hospital, Port Blair. He was 62. The pain of losing him is immeasurable. He will always remain in our heart.
Inserted by: Smti. Lata Hegde Prasad and Family.


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Readers are requested to verify and make appropriate enquiries to satisfy themselves about the veracity of an advertisement before responding to any advertisement published in this newspaper.
The publisher of this newspaper, does not vouch for the authenticity of any advertisement or advertiser or for any of the advertisers products and services.
The Owner, Publisher, Printer, Employees of this newspaper shall not be held responsible/liable in any manner whatsoever for any claims and/or damages/consequences for advertisements in this newspaper.

1st Happy Birthday To




MANVI (Pari)
D/o Shri Gyaneshwar Ram & Smti. Minakshee Dey
On 17-05-2020
"You came into this world exactly 365 days ago and since then our world has revolved only around you. You made our life perfect".
With best compliments from: Dada, Dadi, Nana, Nani, Badi Bua, Chhoti Bua, Mama & all relatives and friends.

1st Happy Birthday On 17.05.2020
To our little Angel




RUCHIKA SINGH
(D/o Maheshwar Singh & Manju Singh) And
"Manju Singh" (Her Mom)
"You have graced our lives for a full year, thank you for all that you have given to us"
Happy Birthday both of too!!!
Best wishes from: Anku, Riya, Vicky, Mama, Mami, Bamma, Bada Papa & all family members

2nd DEATH ANNIVERSARY
On 17-05-2020



LATE T. PAPA RAO
"Death leaves a heartache no one can heal, love leaves a memory no one can heal. It's hard to wake up early morning knowing that you are not with us anymore. Our world is incomplete without you. Your guiding hand on my shoulder will remain with us forever. You may not be with us anymore but our love for you will never die. Wherever you are, you are gone but you will never be forgotten. Missing you a lot"
Inserted by: Wife (Sundari), Daughters- Dimpi, Choti and all family members.

In Loving Memory of my beloved Son
My heart has been left broken since the day you had to go and the memories I treasure dearly are in the tears that still flow. You're in my thoughts everyday and that's how it will always be for you may be up in the heaven now but you'll always be with me.



Late T.K. RANJEEB
D.O.D: 17.05.2019
HGC, DEO Office, Rangat
S/o Late T.K. KUTTAPPAN
R/o Betapur No. 2

Inserted by: Smti. S. Lalitha (Mother) and all family members

SOME HELPLINE NUMBERS

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

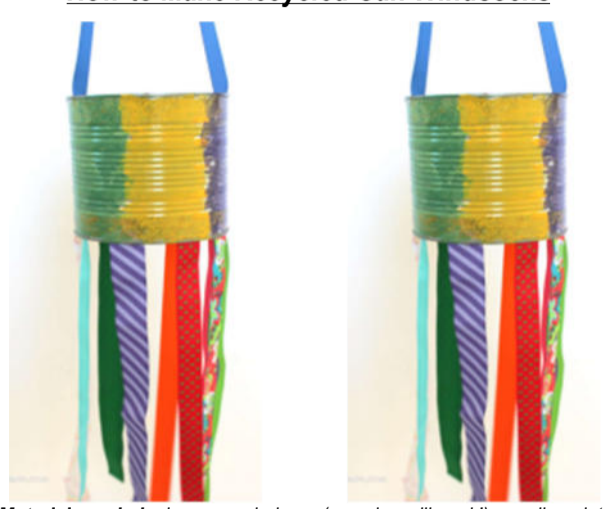
Magazine

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 (Do It Yourself) Crafts for kids
How to Make Recycled Can Windsocks



Material needed: clean recycled can (any size will work!), acrylic paint & paint brushes, glue, assorted ribbons (you could also use yarn, colored paper, etc.), optional embellishments like glitter, stickers, gemstones, sequins, etc. as desired, tape.

Method:

- Start by painting the can in colors of your choice.
- You can use rainbow color scheme over here, but you can also use any colors that you prefer!
- After the paint is dry, use glue to attach colorful ribbons to the bottom rim of the can. You can also add ribbon to the top of the can for hanging.
- These recycled can windsocks would make a great addition to your yard or garden! ❖

Silly Riddles

Q. How can a rose ride a bike?
A It uses its petals!

Q. What did the scientist say to the hydrogen atom that claimed it lost an electron?
A "Are you positive?"

Q. Have you heard the joke about the bed?
A It hasn't been made yet!

Q. What is the only question you can never answer honestly with a yes?
A "Are you asleep?"

Q. What did the bread say to the man?
A Nothing, bread can't talk. ❖

Learn Some Idioms & its meaning

- Better Late Than Never**
Meaning: It's better to do something late than not at all.
- Between A Rock And A Hard Place**
Meaning: To be in a difficult situation where both options are bad.
- Bite off more than one can chew**
Meaning: To do too much or take something on that is too difficult.
- Bite The Bullet**
Meaning: To decide to do something that is difficult or unpleasant, but necessary.
- Blow Off Steam**
Meaning: To do something that helps you get rid of stress, energy or anger. ❖

Health benefits of Cardamom



- Cures cough and cold:** Cardamom is packed with antioxidants. There are two kinds of cardamoms, green and black. Black cardamoms help in curing colds and cough and certain respiratory problems.
- Prevents bad breath:** The floral and sweet aroma of cardamoms makes it a natural breath freshener. A major component of cardamom oil called cineole is known for its antimicrobial properties that promote oral hygiene and it also fights bacteria that cause bad breath.
- Boosts blood circulation:** Cardamom is known to increase the blood circulation in your body and especially to your lungs and so, is often used as a natural remedy for respiratory disorders. It maintains vitality and keeps your energy levels up.
- Regulates your blood sugar levels:** Black cardamom is often touted as an effective remedy for treating high blood sugar levels. Cardamom is rich in manganese which helps in controlling blood sugar levels in the body.
- Supports weight loss:** Cardamom boosts energy metabolism and helps the body burn more fat efficiently.
- Treats sleep trouble:** Inhaling the sweet and soothing aroma of cardamom essential oil may help in treating sleep issues such as insomnia, restlessness, and anxiety.
- Aids digestion:** Cardamom is good for curing stomach problems like indigestion, gas and constipation. Cardamom contains chemicals that are known to increase the movement of food through the intestine. ❖

Amazing facts about Dogs

- Your dog is as smart as a 2-year-old toddler:** There's a reason your tot and your pup get along so well: they speak the same language. Or at least, they likely understand roughly the same number of words and gestures - 250!
- Dogs and cats both slurp water the same way:** This may be hard to believe since dogs are such messy drinkers, but just like cats, our canine friends bend the tip of their tongue and raise liquid in a column up to their mouths.
- Your dog does have a sense of time - and misses you when you're gone:** If you think your dog knows when it's time for dinner or a walk, you're right! Dogs pick up on our routines and habits, and they also sense how much time has passed. One study showed how dogs responded differently to their owners being gone for different lengths of time.
- Your dog's whiskers help him "see" in the dark:** Okay, it's not quite night-vision or a super power, but those whiskers pick up on even subtle changes in air currents, providing your pup with information about the size, shape, and speed of things nearby. This allows your dog to better sense approaching dangers or prey - even at night.
- Dogs only have sweat glands in their paw:** More specifically, they are found between their paw pads. That's why it can help to wet the bottom of their feet on a hot day, and it's also why dogs rely on panting as a means of cooling down. ❖

Recipe for Sago Halwa



Ingredients:

- Sago / Sabudana / Javarisi - ½ cup.
- Sugar - ¾ cup.
- Water - 1 cup.
- Ghee - ¼ cup.
- Food Colour - a pinch.
- Cardamom Powder - ½ tsp.
- Cashews - 2 tblsp chopped.

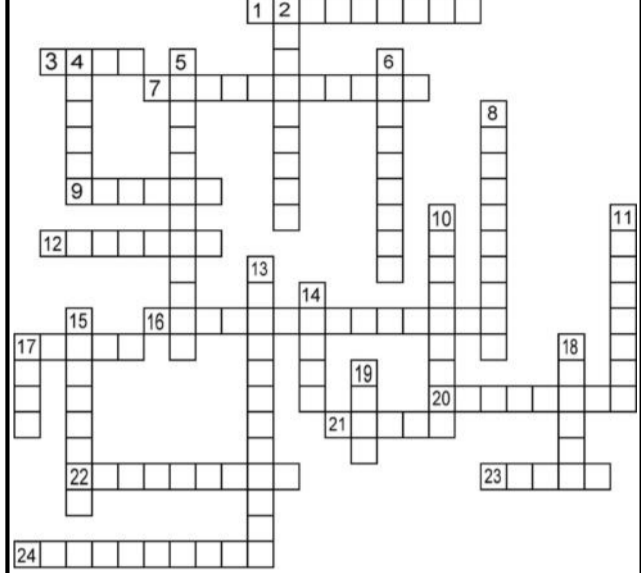
Method

- Soak sago in water for 2 hours.
- Drain and take it in a pan, add water and bring it to a boil.
- Cover and simmer the flame.
- Cook on low heat for 10 mins until sago is soft. Keep mixing often.
- Now Add sugar and mix well.
- Add food colour and mix well.
- Add ghee little by little and keep cooking.
- Add cardamom powder and cashews, mix well.
- Continue cooking till it thickens and leaves the sides of the pan in one mass.
- Once cooled, invert and slice it and serve. ❖

Enrich your vocabulary

- Punctilious** - marked by precise accordance with details.
- Quaint** - attractively old-fashioned.
- Quixotic** - not sensible about practical matters.
- Quandary** - state of uncertainty in a choice between unfavorable options.
- Relegate** - assign to a lower position.
- Remiss** - failing in what duty requires.
- Rescind** - cancel officially.
- Rife** - excessively abundant
- Sanguine** - confidently optimistic and cheerful. ❖

Crossword Puzzle: Language of Research



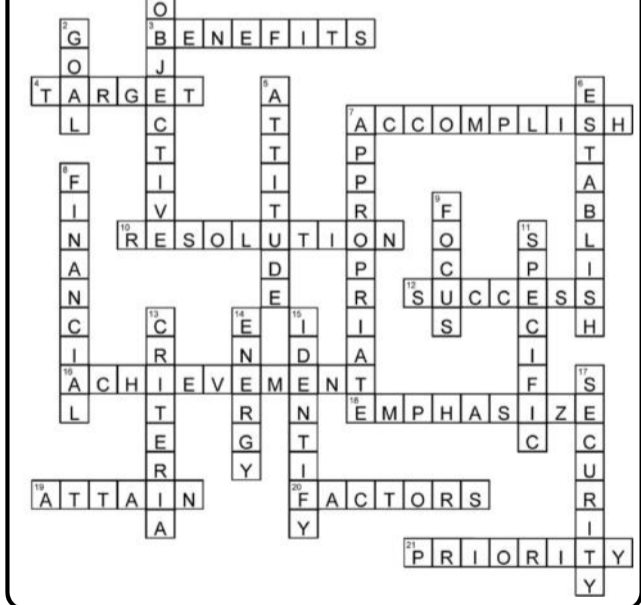
Across

- incorrect or wrong
- information collected by research
- a connection or relationship between things that happen
- asking questions of a large group to learn common opinions or information
- an inert substance used in drug trials as a control (to compare with the drug being tested)
- explaining the meaning of facts or observations
- a freak or accidental, one-time result
- facts or information to show if something is true
- true and relevant
- based on evidence, not theory or logic
- standards for what is appropriate or usual
- a scientific guess to prove or disprove

Down

- get the same results when you test something again
- to study something carefully to determine its value
- an experiment in which neither researcher nor participants know which group of participants is receiving the experimental treatment and which group are "controls" who do not receive the new treatment but a placebo.
- general agreement
- a test to see if a hypothesis is correct or not
- written work distributed as books or articles
- careful and exact
- people involved in a project or activity
- deliberate deception
- results
- an imperfection or error in design
- by chance
- an expectation or prejudice that prevents objectivity & slants your view

Answers to Crossword Puzzle published on May 16



Quotable quotes

- "Education is the manifestation of perfection already in a man."
Swami Vivekananda
- "Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky."
Rabindranath Tagore
- "Slowly, slowly, O mind, everything happens at its own pace, the gardener may water with a hundred pots of water, but the fruit only arrives in its season."
Saint Kabir
- "Blaming your faults on your nature does not change the nature of your faults."
Indian proverb
- "Imparting Education not only enlightens the giver-the teacher, the parents, the friends."
Amartya Sen