

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Light Rainfall likely over Port Blair. Maximum and Minimum temperature will be around 32°C and 27°C respectively on Tuesday 19/05/2020.

Maximum Temperature (°C) of Date: 31.7
 Minimum Temperature (°C) of Date: 27.8
 Relative Humidity(%) at 0830 IST: 073
 Relative Humidity(%) at 1730 IST: 088
 Sunrise Time for tomorrow (in IST): 0455
 Sunset Time for tomorrow (in IST): 1737
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.0
 Rainfall upto 1730 hrs of date in mm: 002.4
 Rainfall (Progressive total from 1st January 196.5 upto 0830 hrs (of date) in mm

Prime Minister reviews preparedness as Super Cyclonic Storm 'AMPHAN' set to make landfall on 20th May

25 NDRF teams deployed on ground to manage the situation

PIB
 New Delhi, May 18
 Cyclone 'AMPHAN' has developed into a super cyclone in the Bay of Bengal today. Prime Minister Shri Narendra Modi reviewed the preparedness of States and Central Ministries/Agencies concerned to deal with the situation arising out of the Super Cyclonic Storm 'AMPHAN'. Union Minister for Home Affairs, Shri Amit Shah was present, along with senior officers of Government of India and officers of IMD.

The India Meteorological Department (IMD) has informed that the Super Cyclone is expected to make a landfall on West Bengal coast in the afternoon of 20th May as an extremely severe cyclonic storm with wind speeds



The Prime Minister, Shri Narendra Modi chairing a high-level meeting to review the response measures against cyclone 'AMPHAN' developing in the Bay of Bengal, in New Delhi on 18.05.2020. (Photo: PIB)

ranging up to 195 kmph. It would be causing heavy to extremely heavy rainfall in the coastal districts of the State. In West Bengal, districts of East Medinipur, South & North 24 Parganas, Howrah, Hooghly, and Kolkata are likely to be worst affected. The storm is also likely to impact coastal districts of North Odisha including Jagatsinghpur, Kendrapada, Bhadrak and Balasore. IMD has warned of storm surge of about 4-5 meters height above the astronomical tide, which would inundate low lying coastal areas of South & North 24 Parganas, and 3-4 meters height in East Medinipur, districts of West Bengal at the time of landfall. The cyclone has the potential to cause extensive damage in the Coastal Districts of West Bengal. Prime Minister has directed that all necessary measures be taken to complete evacuation of people from areas in cyclone path and maintain adequate quantities of essential supplies. All concerned have been advised to make adequate preparations to ensure maintenance of essential services such as Power, Telecommunications in the event of damages caused to them and also to review their preparedness well in time and ensure quick resumption of services in the event of any disruption. Indian Coast Guard and the Navy have deployed ships and helicopters for relief

(Contd. on last page)

Prime Minister invites ideas & inputs for 'Mann Ki Baat' prog. on May 31



New Delhi, May 18
 Prime Minister, Shri Narendra Modi will share his thoughts with the people in the country and abroad in his 'Mann Ki Baat' programme on All India Radio on 31st of this month. It will be the 65th episode of the monthly radio programme. Shri Modi has invited people to share their ideas.

People can dial 1800-11-7800 to record their message and can write on the NaMo App Open Forum or on MyGov. People can also give a missed call on 1922 and follow the link received in SMS to directly give their suggestions. People can share their ideas on topics till 25th May. (Source: india.gov.in)

Containment operations scaled down in Containment Zone of Teylerabad (Part) and Calicut

Port Blair, May 18
 The areas of Teylerabad (Part) and Calicut were designated as Containment Zone in order to prevent the spread of COVID-19 in the District. As per the Updated Containment Plan for Large Outbreaks, Novel Coronavirus Disease 2019, issued by the Ministry of Health and Family Welfare, Government of India, the area on 20th April, 2020. Hence, the District Magistrate, South Andaman District has issued order stating that containment operations shall hereby be scaled down in Containment Zone of Teylerabad (Part) and Calicut from the midnight of 18th of May 2020, the order to this effect was detected from said.

CBSE announces datesheet for remaining Class X & XII board exams



New Delhi, May 18
 The Central Board of Secondary Education today released date sheet for Class 12th board examinations for the remaining papers. It also released date sheet for the re-scheduled board examinations of Class 10th for North-East Delhi. The examinations will be conducted between 1st of July to 15th July this year.

The CBSE has also issued instructions asking students to carry their own sanitizer bottles and wear mask and follow social distancing norms during the examinations. Parents will ensure that their ward is not sick. The Class 10th examinations were postponed in North Eastern part of National Capital and Class 12th examinations in view of the lockdown imposed in the country to combat COVID-19. For Class 12, the Home Science exam will be held on 1st of July, followed by both courses of Hindi the next day. On 7th July, exams for Informatics Prac. (New), Computer Science (New), Informatics Prac. (Old), Computer Science (Old) & Information Tech will be held. The Class 12 Business Studies exam has been scheduled for 9th July, followed by Biotechnology on 10th and Geography on 11th of July. The Class 10 exams will be staggered on

(Contd. on last page)

Restoration of public bus transport for commuters in South Andaman with adequate safety measures



Port Blair, May 18
 Public bus transport was discontinued in the UT after the announcement of Lockdown from 25.03.2020 to contain the spread of COVID-19. Now in view of the relaxations announced by the Government of India in Lockdown 4.0 and subsequent notification issued by Andaman & Nicobar Administration vide O/o 500 and 501 dated 17.05.2020, the Transport Department has now decided to restart the public bus transport service in the South Andaman District. Adequate safety measures will be observed while operating

the public bus transport service which will be strictly as per the following guidelines:

Standard Operating Procedure (SOP) for operation of bus service to General Public

- All buses to be sanitized before commencement of the trip. The crew should ensure that a certificate to this effect is always kept in the bus.
 - Thermal Scanning of all passengers to be mandatorily done before boarding by the duty bus conductor. After completion of duty the Bus Conductor should hand over the Thermal Scanner to the next Bus conductor/Enquiry Incharge. Persons whose temperature exceeds 38 °C shall not be allowed to travel in bus.
 - Social distancing to be maintained. At no point of time more than two passengers will be allowed to sit in a three seater seat and more than one passenger will be allowed to sit in a two seater seat.
 - Passengers as well as bus drivers and bus conductors while on duty should always wear face mask/cover.
 - Bus conductors should always wear hand gloves while on duty.
 - Cashless transaction to be promoted. Affordable and attractive bus pass to be introduced.
 - No Bus services will be available between 07.00 pm & 7.00 am.
 - No persons above 65 years of age and below the age of 10 years will be permitted to travel in buses except for health and essential purposes.
- (Contd. on last page)

अंडमान तथा निकोबार प्रशासन ANDAMAN & NICOBAR ADMINISTRATION सचिवालय/SECRETARIAT			
Health Bulletin For Containment Of			
नोबल कोरोना वायरस रोग (COVID-19)			
(No. 48/ 18 th May 2020)			
COVID-19 STATUS AS ON 18.05.2020			
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	6859		
Total Reports received till date	6683		
Total Pending Reports	176		
> House to House surveillance throughout South Andaman District including all Containment Zones are being conducted by District Administration with the help of Health Workers. 129821 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 - 477 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	1526		
Contacts under Home Quarantine as on today	433		
Contacts completed 14 days period of Home Quarantine	1093		
Persons under Institutional Quarantine as on today	02		
Persons completed 14 days period of Institutional Quarantine	1213		
Passengers completed 14 days period of Quarantine	1812		

इन आदतों को अपनाएं

आइये, हम हाथ मिलाने, गले लगने और हाई-फाइव को न करें

आपस में उचित दूरी रखते हुए एक दूसरे का अभिवादन करें

हमें डिस्कर COVID-19 से कड़वा है

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

Prime Minister reviews preparedness as Super Cyclonic Storm...
(Contd. from page 1)

and rescue operations. Army and Air Force units in these States have also been put on standby. NDRF has deployed 25 teams in Odisha and West Bengal. Additionally 12 teams have been kept on standby. The teams are equipped with the requisite materials like boats, tree cutters, telecom equipment etc. IMD has been issuing regular bulletins with latest forecast to all the concerned States. MHA is also in continuous touch with the State Government.

CBSE announces datesheet for remaining Class...
(Contd. from page 1)

four dates, starting 1st July. The first paper will be of Social Sciences, while the next day students will be required to appear for Science exam. On 10th of July, exams will be conducted for both courses of Hindi and on 15th of July for both courses of English.

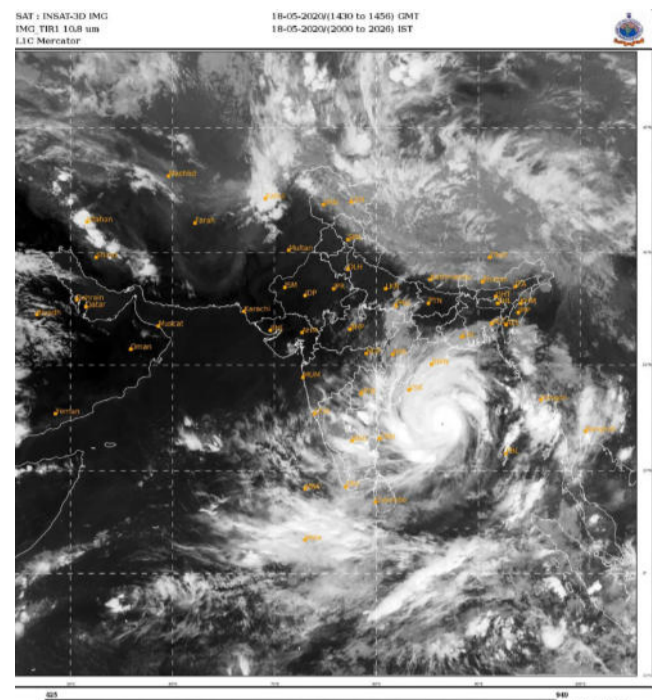
WEAR A MASK
when you are out in
Public Places, Public Transport
even if you are not sick to protect yourself and others

घर पर रहें
खुद को, अपने परिवार को और दूसरों को सुरक्षित रखें

Severe cyclonic storm 'AMPHAN' over West Central & adjoining South Bay of Bengal

Fishermen advised not to venture into sea

Port Blair, May 18
Thunderstorm, lightning, gusty wind (30-40) kmph is likely to occur at one or two places over Andaman & Nicobar Islands on Tuesday, Wednesday & Thursday.
Fisherman warning: Under the influence of severe cyclonic storm AMPHAN over west central and adjoining South Bay of Bengal, fishermen have been advised not to venture into the sea till further information.
Port warning: Local Cautionary Signal No-III 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: 03192-238881, 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 Directorate of



Disaster Management said.

Restoration of public bus transport for commuters in South Andaman

(Contd. from page 1)

Bus Services shall be operated as per the following bus schedule w.e.f. 19.05.2020

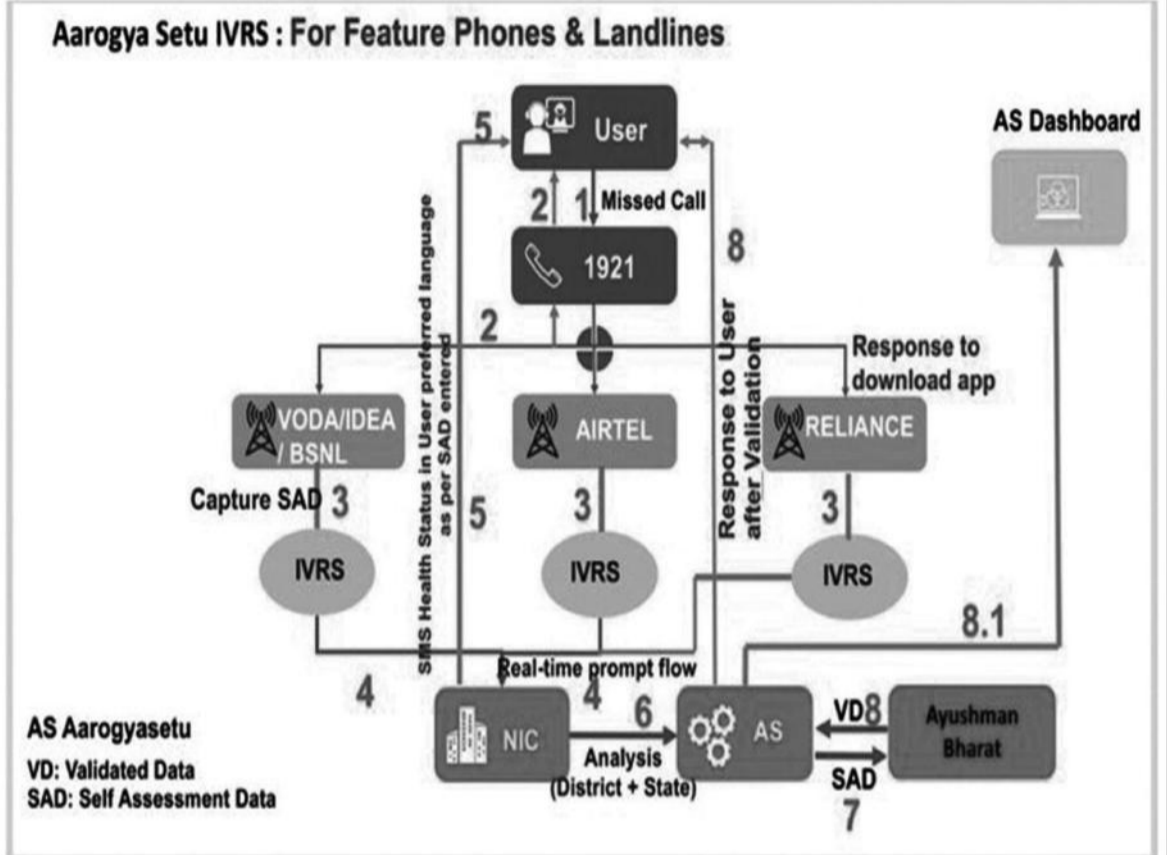
Sl no.	Route No	Destination	1	2	3	4	5	6	7	8	9	10
1	6 A	Bus Terminus to Attam Pahad	6.00 am	8.00 am	9.40 am	11.00 am	1.00 pm	2.40 pm	4.00 pm	6.00 pm		
		Attam Pahad to Bus Terminus	6.30 am	8.30 am	10.10 am	11.30 am	1.30 pm	3.10 pm	4.30 pm	6.30 pm		
2	7 A	Bus Terminus to New Pahad Goan	05.00 am	06.20 am	07.35 am	09.25 am	12.00	01.30 pm	3.00 pm	05.30 pm		
3		New Pahad Goan to Bus Terminus	05.30 am	06.50 am	08.05 am	9.55 am	12.30 pm	2.00 pm	3.30 pm	6.0 pm		
4	8 A	Bus Terminus to Brichgunj	05.00 am	06.40 am	08.30 am	10.30 am	12.10 pm	01.40 pm	03.15 pm	05.30 pm		
5		Brichgunj to Bus Terminus	5.40 am	7.20 am	9.10 am	11.10 am	12.50 pm	2.20 pm	4.00 pm	6.10 pm		
6	9 A	Bus Terminus to Kamaraj Nagar	05.00am	07.30 am	10.00 am	12.30 pm	02.00 pm	03.30 pm	05.30 pm			
7		Kamaraj Nagar to Bus Terminus	05.40 am	8.10 am	10.40 am	1.10 pm	2.40 pm	4.10 pm	6.10 pm			
8	9 C	Bus Terminus to Macca Pahad	06.00 am	08.30 am	11.00 am	01.30 pm	04.30 pm	06.30 pm				
9		Macca Pahad to Bus Terminus	7.00 am	9.30 am	12.00	2.30 pm	5.30 pm	7.30 pm				
10	10 A	Bus Terminus to Chidiyatapu	06.30 am	11.00 am	5.30 am							
11		Chidiyatapu to Bus Terminus	05.00 am	7.30 am	12.00							
12	10 E	Bus Terminus to Chidiyatapu	06.00 am	08.15 am	10.45 am							
13		Chidiyatapu to Bus Terminus	07.00 am	09.15 am	11.45 am							
14	11 C	Bus Terminus to Garacharama	06.00 am	07.00 am	09.15 am	11.00 am	01.30 pm	03.00 pm	05.00 pm	06.30 pm		
15		Garacharama to Bus Terminus	06.30 am	7.30 am	9.45 am	11.30 am	2.00 pm	3.30 pm	5.30 pm	7.0 pm		
16	12 A	Bus Terminus to Manjery via. N/Shehar	06.00 am	08.30 am	11.00 am	1.30 pm	03.30 pm	05.30 pm				
17		Manjery to Bus Terminus via. N/Shehar	7.00 am	9.30 am	12.00	2.30 pm	4.30 pm	6.30 pm				
18	12 E	Bus Terminus to Indranagar	05.00 am	07.10 am	09.45 am	01.30 pm	04.00 pm	06.30 pm				
19		Indranagar to Bus Terminus	6.00 am	8.10 am	10.45 am	2.30 pm	5.00 pm	7.30 pm				
20	13 A	Bus Terminus to Wandoor via. D/Khari	05.00 am	07.30 am	09.50 am	12.00	03.00 pm	05.30 pm				
21		Wandoor to Bus Terminus via. D/Khari	06.10 am	8.40 am	10.10 am	1.10 pm	4.10 pm	6.40 pm				
22	13 C	Bus Terminus to Wandoor via. N/Shehar	06.10 am	09.00 am	01.40 pm	04.45 pm						
23		Wandoor to Bus Terminus via. N/Shehar	7.20 am	10.10 am	2.50 pm	5.55 pm						
24	14 A	Bus Terminus to Namunaghar	05.15 am	08.30 am	12.00 pm	5.00 pm						
25		Namunaghar to Bus Terminus	6.30 am	9.45 am	01.00 pm	6.00 pm						
26	14 E	Bus Terminus to Gopal Nagar	04.50 am	06.40 am	09.30 am	01.30 pm	04.30 pm	07.00 pm				
27		Gopal Nagar to Bus Terminus	5.50 am	7.40 am	10.30 am	2.30 pm	5.30 pm	8.00 pm				
28	15 A	Bus Terminus to Tirur	05.00 am	08.30 am	1.00 pm	4.00 pm						
29		Tirur to Bus Terminus	6.30 am	10.00	2.30 pm	5.30 pm						
30	16E	Tirur	06.00 am	10.00 am	12.00 pm	5.00 pm						
31			7.30 am	11.30 am	1.30 pm	6.30 pm						
32	16A/C	Bus Terminus to Tirur	06.30 am	11.00 am	4.30 pm							
33		Tirur to Bus Terminus	04.15 am	8.00 am	12.30 pm							
34	16B/D	Bus Terminus to Tirur	07.30 am	01.30 pm	05.30pm							
35		Tirur to Bus Terminus	05.15 am	9.00 am	3.00 pm							
36	SIA	Bus Terminus to Bus Terminus Via Shadipur	05.00 am	06.30 am	08.30 am	11.00 am	12.00 pm	01.30 pm	02.45 pm	05.0 pm		
37	SII C	Bus Terminus to Bus Terminus Via Bhatu Basti	05.00 am	07.20 am	09.00 am	11.15 am	01.30 pm	03.00 pm	04.15 pm	05.30 pm		
38	Special	Bus Terminus to Garacharama	05.00 am	06.30 am	08.30 am	10.00 am	12.15 pm	01.45 pm	03.00 pm	04.30 pm	5.45 pm	
39		Garacharama to Bus Terminus	5.30 am	7.00 am	9.00 am	10.30 am	12.45 pm	2.15 pm	3.30 pm	5.00 pm	6.15 pm	
40	Special	Bus Terminus to Garacharama	05.30 am	07.30 am	09.30 am	11.30 am	12.30 pm	02.00 pm	03.30 pm	05.30 pm		
41		Garacharama to Bus Terminus	6.00 am	8.00 am	10.00 am	12.00 pm	1.00 pm	2.30 pm	4.00 pm	6.00 pm		
42	Special	Bus Terminus to Chatham	05.00 am	07.00 am	08.30 am	09.30 am	11.00 am	12.30 pm	02.00 pm	03.30 pm	4.30 pm	5.30 pm
43		Chatham to Bus Terminus	5.20 am	7.20 am	8.40 am	9.50 am	11.20 am	12.50 pm	2.20 pm	3.50 pm	4.50 pm	5.50 pm
44	Special	Bus Terminus to Chatham	05.30 am	07.30 am	09.00 am	10.15 am	11.30 am	01.00 pm	02.30 pm	04.30 pm	6.0 pm	
45		Chatham to Bus Terminus	5.50 am	7.50 am	9.20 am	10.35 am	11.50 am	1.20 pm	2.50 pm	4.50 pm	6.20 pm	
46	Special	Bus Terminus to Sippighat	06.00 am	08.15 am	10.00 am	12.00 pm	1.15pm	3.15 pm	4.15pm	06.0 pm		
47		Sippighat to Bus Terminus	6.40 am	8.55 am	10.40 am	12.40 pm	1.55 pm	3.55 pm	4.55 pm	6.40 pm		

Aarogya Setu IVRS : For Feature Phones & Landlines



- Feature phone & landline users** can now check their health status free of cost
- Give a missed call on 1921** & get a call back asking you the same questions that Aarogya Setu app does while registering
- Based on the info received, user will be responded in real time over an SMS **indicating his health status**
- Available in 11 regional languages** & SMS is sent to user in the same language he has shared his info
- User to receive alerts** on the action to be taken to ensure his/her safety

Dated: 4 May, 2020



Ayurvedic Immunity Promoting Measures

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.



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

1st Happy Birthday On 19.05.2020

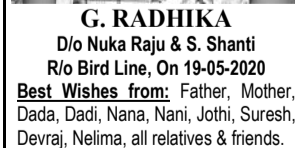
To
A.V. Namish Rao
(Ansh)
S/o Srikant Rao & Binitha
R/o Dollygunj



Best Wishes from: Mummy, Papa and all family members.

Radhe Radhe 11th Happy Birthday

To
G. RADHIKA
D/o Nuka Raju & S. Shanti
R/o Bird Line, On 19-05-2020
Best Wishes from: Father, Mother, Dada, Dadi, Nana, Nani, Jothi, Suresh, Devraj, Nelima, all relatives & friends.



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1st Marriage Anniversary On 19-05-2020

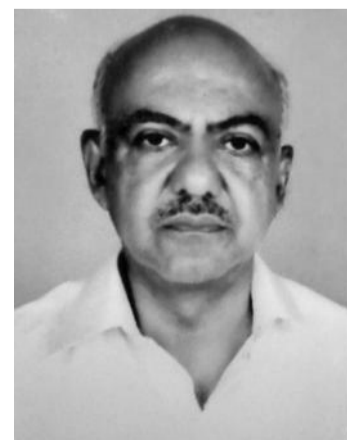


Dr. Shrey Jaytay & Dr. Vishnu TM
'May you have many more to come!'
"Wish you a long and happy married life"
Best wishes from:
All family members and friends.

OBITUARY

With deep sorrow we inform the sad demise of my beloved father **Shri. CHAMBERLANE ROBERT**, S/o. Late. ROBERT, R/o. Cochin-Tuhet, Malacca Village, Car Nicobar. He breathed his last at B.J.R. Hospital, Car Nicobar on 16/05/2020 at 00:42A.M. (Midnight). He served in the A & N Police Department & Retired as Head Constable - Band Master (Police Band). He was 77 years old. He is survived by his Wife Smti. Kathleen and 03 Children.
INSERTED BY: SMTI. KATHLEEN (WIFE), SMTI. DOROTHY AND SMTI. MARGRET (DAUGHTERS) & SHRI. SAMUEL (SON) & ALL OTHER FAMILY MEMBERS.

OBITUARY



Late T. P. BHARATHAN
78 yrs., M/s. Bharath & Bros, Middle Point, R/o Prem Nagar
Expired on 17-05-2020 at G. B. Pant Hospital, Port Blair
Funeral took place on 17-05-2020
Inserted by: Family Members

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 (Do It Yourself) Crafts for kids

How to Make a Button Art Tree with Multi-Colored Buttons

Material needed:

Buttons, paper, paint, paint brush, colours, thread

Method:

♣ Begin by choosing your design and painting an image on to a blank paper .

♣ Tree trunk and limbs painted on canvas for button art

♣ You can use a bare tree for the basic shape, but it would also be fun to fill a solid shape with buttons as well (a giant button heart, for example, would be really cute too!).

♣ Pile of multi color and sizes of buttons for creating button art.

♣ Collect your buttons and put them into a large pile. This step can also serve as a fantastic lesson about sorting by shape, size and color for younger children.

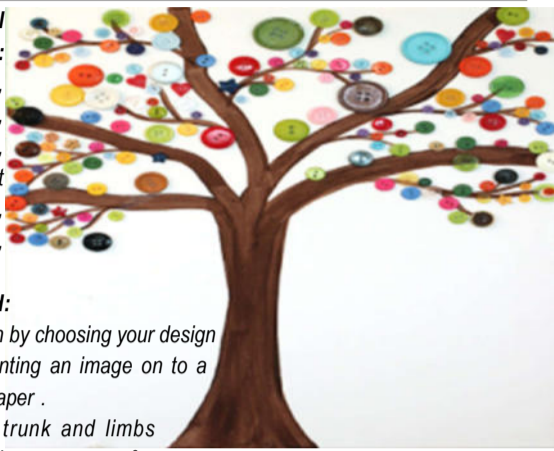
♣ Setting buttons on canvas with tacky glue.

♣ Use a small amount of Glue to attach the buttons to the canvas.

♣ Continue adding buttons until you are satisfied with the way it looks.

♣ You can even choose to layer buttons upon buttons for extra dimension!

♣ Allow glue to dry thoroughly before hanging.♣



Silly Riddles

Q. What do you get when you cross a ball and a cat?

A. A furball.

Q. What has the fur of a cat, the whiskers of a cat, ears of a car, a tail of a cat, but is not a cat?

A. A kitten.

Q. What do you get when you cross a parrot and a caterpillar?

A. A walkie talkie.

Q. I am found on land and in the sea but I don't walk or swim. I travel by foot but I'm toeless. No matter where I go I'm never far from home. Who am I?

A. A snail.♣

Learn Some Idioms & its meaning

• Chip on one's shoulder

Meaning: To hold a grudge/be angry about something that happened in the past, or to be arrogant and think too highly of oneself.

• Clam Up

Meaning: To become silent or stop talking.

• Cold Feet

Meaning: To get nervous or to have second thoughts about doing something.

• (The) Cold Shoulder

Meaning: To deliberately ignore someone.

• Cost A Bomb

Meaning: When something is very expensive.♣

Amazing facts about Ants

✓ **Colonies are bigger than the average ant farm:** Ant colonies come in literally all shapes and sizes. A few species live in colonies of only a few dozen ants; however, the average ant colony contains thousands of individual ants. Smaller colonies live in natural crevices or openings while larger colonies create vast nests and forage for supplies and food. There are also super colonies around the world that can contain more than 300 million individuals.

✓ **Ants have specific jobs:** Ants are very social insects, and they divide jobs among different types of ants in each colony. The queen or queens have only one job - to lay eggs. All other female ants are workers; they feed the larvae, take out the colony's trash, forage for food and supplies, or defend the nest.

✓ **Ants don't have ears:** Instead of hearing through auditory canals, ants "hear" by feeling vibrations in the ground. Special sensors on their feet and on their knees help ants interpret signals from their surroundings. They also use their antennae and the hairs on their body to feel around while foraging for food.

✓ **One ant species is exclusively female:** Researchers have yet to find a male of the species *M. smithii*. The queen ant reproduces asexually, so all offspring are clones of the queen. This species is found in several countries of Central America and most countries of South America.

✓ **Ants can become zombies:** Perhaps the strangest ant fact, there is a species of fungus that infects ants and takes control of their bodies. The fungus finds its way underneath the ant's exoskeleton and begins to consume soft tissue. Shortly after, by unknown mechanisms, it causes the ant to leave its colony. The ant then finds a leaf, bites it with a "death grip," and dies. A few days later, the fungus releases spores to infect more ants. Some ant species have learned to recognize infected colony mates and will carry them far away to protect the rest of the colony.♣

Recipe for Sweet Kachoris

Ingredients: flour, besan, ghee, water (for kneading), oil (for deep frying), castor sugar, khoya, dried fruits, green cardamom seeds, sugar, water, saffron strands (soaked in 1 tbsp water).

For filling: 100 gms castor sugar, 150 gms khoya, 100 gms dried fruits, chopped
1/4 tsp green cardamom seeds.

For saffron syrup: 250 gms sugar, 250 ml water, 1/2 tsp saffron strands (soaked in 1 tbsp water).

Method

✓ Sieve the flour and besan into a bowl. Rub ghee into the flour with fingertips. Put some water and knead well until dough is smooth.

✓ Cover and keep it to cool for fifteen minutes. Mix all filling ingredients together.

✓ For the syrup, dissolve the sugar in the water. Boil for five minutes. Stir in saffron and liquid.

✓ Roll out dough into flat discs about 4" in diameter. Put the filling in the center and seal the roll with a little water on its edges.

✓ Fry kachoris over a slow flame in hot oil. When it turns golden brown take it out carefully and drain the excess oil.

✓ Break the top of the kachoris and pour in 1 big spoon of saffron syrup before serving.♣



Health benefits of Nutmeg

* **Relives Pain:** Nutmeg contains many essential volatile oils such as myristicin, elemicin, eugenol and safrole. Its (nutmeg) volatile oils have anti-inflammatory properties that make it useful for treating joint and muscle pain.

* **Helps Treat**

Insomnia: Nutmeg

has a calming effect when consumed in smaller doses. Various ancient medicinal practices credit it for its sleep inducing and de-stressing effects. According to Ayurveda, you should add a pinch of nutmeg to a glass of warm milk and have it before sleeping. You can also add in some almonds and a pinch of cardamom for added benefits.

* **Helps Digestion:** Nutmeg contains essential oils which have a carminative effect on our system. So if you are suffering from digestive issues such as diarrhoea, constipation, bloating or gas, a home remedy is to grate a pinch of nutmeg in your soups and stews, and have it. It will help in the secretion of digestive enzymes, bringing about relief, whereas the fiber content in nutmeg will help in bowel movement. It also helps in removing excessive gas from the system.

* **Brain Health:** Nutmeg is an aphrodisiac, stimulating the nerves in the brain. It was commonly used as a brain tonic by the Greek and Romans during the ancient times. It is known to be an effective ingredient for treating depression and anxiety as its essential oil tend to ease fatigue and stress.

* **Treat Bad Breath:** Bad breath could be a sign of toxicity in your system. Unhealthy lifestyle and improper diet can build up toxins in your organs. Nutmeg is touted to help in detoxifying the body, clearing out toxins from the liver and kidneys. Since its essential oils have anti-bacterial properties, it helps in removing bacteria from the mouth which are responsible for causing bad breath.

* **Gorgeous Skin:** Nutmeg is a good ingredient for skincare because of its anti-microbial and anti-inflammatory properties as well as its ability to remove blackheads, treat acne and clogged pores. A common home remedy is to mix equal parts of ground nutmeg and honey, make a paste and apply it on pimples. Leave it for 20 minutes, and then wash with cold warm.

* **Blood Pressure and Circulation:** Its high mineral content makes nutmeg a good ingredient for regulating blood circulation and pressure. It contains calcium, iron, potassium, manganese, etc., which are all essential for various functions in the body. Its stress reducing properties help in relaxing the blood vessels while keeping the heart functioning efficiently.♣



Enrich your vocabulary

✓ **Surreptitious:** marked by quiet and caution and secrecy.

✓ **Tangential:** of superficial relevance if any.

✓ **Tome:** a large and scholarly book.

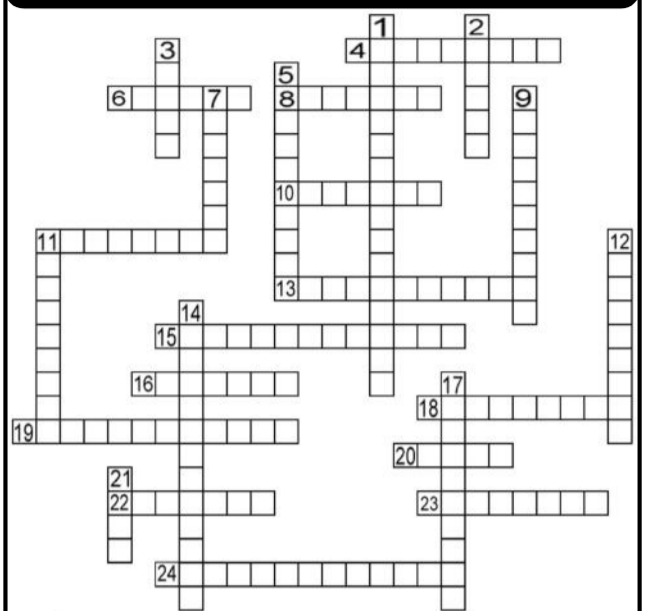
✓ **Toady:** a person who tries to please someone to gain an advantage.

✓ **Torpid:** in a condition of biological rest or suspended animation.

✓ **Travesty:** a composition that imitates or misrepresents a style.

✓ **Trenchant:** having keenness and forcefulness and penetration in thought.♣

Crossword Puzzle: Skills & Traits for Success



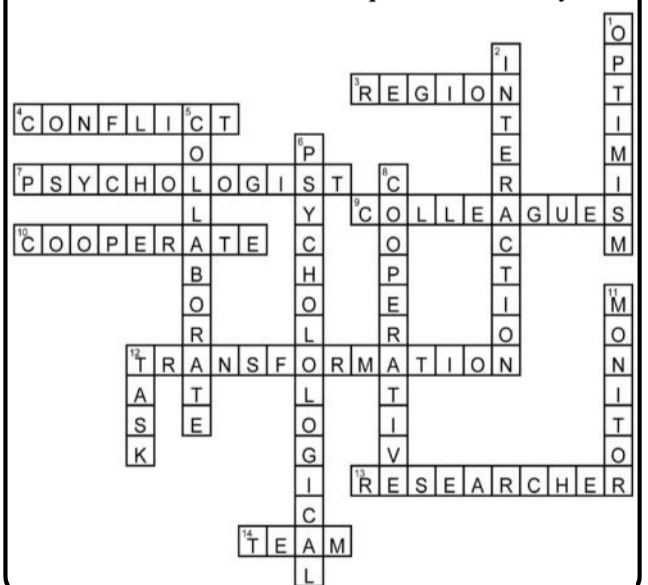
Across

- 4. keeping things in order
- 6. balanced and not easily changed or upset, calm under stress
- 8. a group of inter-connected people or computers
- 10. to examine by looking closely at all the pieces of a problem
- 11. using judgment; giving a detailed evaluation (can also mean very important)
- 13. the process of bringing people who want different things to an agreement
- 15. careful to fulfill duties and do good work
- 16. complicated; with many different sides
- 18. relating to money
- 19. self-disciplined; able to control one's impulses
- 20. concentration
- 22. not tense
- 23. a positive attitude; expectation that things will work out all right in the end
- 24. working together

Down

- 1. deciding what is most important and what to do first
- 2. connected
- 3. conscious of (knowing about) something
- 5. developing new ideas or products
- 7. well-reasoned
- 9. capable, very good at something
- 11. a problem or difficulty to overcome
- 12. able to change and adapt to new situations
- 14. sharing thoughts with others: speaking, writing, and signs
- 17. guidance and correction to help a person do better
- 21. determination to continue despite obstacles

Answers to Crossword Puzzle published on May 18



Quotable quotes

* "Man needs his difficulties because they are necessary to enjoy success."

Dr. A.P.J. Abdul Kalam

* "Happiness will never come to those who fail to appreciate what they already have."

Gautama Buddha

* "You become writer by writing. It is a yoga."

R.K. Narayan

* "The quickest way may not necessarily be the best."

Kalpna Chawla

* "Once you start succeeding, you start dreaming big. For me, it was that way."

Kiran Mazumdar-Shaw