

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Partly cloudy sky, thundershower likely over port Blair. Maximum and Minimum temperature will be around 33°C and 26°C respectively on Monday 20/04/2020.

Maximum Temperature (°C) of Date: 33.2
 Minimum Temperature (°C) of Date: 26.8
 Relative Humidity(%) at 0830 IST 068
 Relative Humidity(%) at 1730 IST 075
 Sunrise Time for tomorrow (in IST): 0505
 Sunset Time for tomorrow (in IST): 1732
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.1
 Rainfall upto 1730 hrs of date in mm: 000.0
 Rainfall (Progressive total from 1st January 3.6 upto 0830 hrs. of date) in mm

Regn. No. 34190/75

No. 100

Port Blair, Monday April 20, 2020

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

Activities permitted under Consolidated Revised Guidelines issued by MHA will be applicable only in North & Middle Andaman and Nicobar Districts from 20th April

South Andaman District declared as 'Hotspot District' with Clusters

Port Blair, Apr 19

In pursuance of the announcements of the Hon'ble Prime Minister, Ministry of Home Affairs (MHA) had issued an order extending the lockdown in India till May 3rd, 2020.

However, it has been decided to allow select additional activities in areas not demarcated as containment zones by States/UTs/ District Administrations from 20th April and consolidated guidelines listing out all such activities have been issued. The objective of the revised guidelines is to consolidate the gains achieved during the 1st phase of lockdown, further slowdown the spread of Covid-

19 while at the same time provide relief to farmers, labourers and daily wage earners. These guidelines however shall be applicable to the Districts of North & Middle Andaman and Nicobar only. The activities permitted under the revised guidelines, from 20th April, 2020 will not be allowed in the entire South Andaman District including Shaheed Dweep, Swaraj Dweep and Little Andaman.

The South Andaman District has been declared as a 'Hotspot District' with Clusters by Ministry of Health & Family Welfare due to identification of 4 new positive cases in past 3 days. Hence, no unchecked inward/ outward movement of population would be allowed, except for maintaining essential services, i.e., medical emergencies, law & order duties, and government business continuity. Strict vigil will be

kept to restrict movement in the containment zone with only essential medical and food supplies being allowed to move, surveillance activities and essential government work. Pharmacies and groceries will be open and will work with strict social distancing and hygiene practices. All non-emergency movement is strictly prohibited and wearing mask/ face cover is essential when stepping out of the house.

Keeping the imperative of containing the spread of COVID-19 in the country, National Directives for COVID-19 management have been laid down, which shall be enforced by the District Magistrates through fines and penal action as prescribed in the Disaster Management Act, 2005 against all violators of the guidelines. The public is hereby requested to abide by these guidelines, an official release said.

Centre allows certain relaxations in notified services in areas without Hotspots

New Delhi, Apr 19

Central Government will allow certain relaxations from tomorrow (April 20) in the notified services in areas without Hotspots. In the wake of extension of national lockdown till 3rd May, a series of directives have been put in place to ensure a strict compliance of lockdown. However, keeping in mind the current financial situation of low-income earners and farmers, the Centre had said that it will be permitting a few more essential services to function in



areas that are not C O V I D - 1 9 containment zones after April 20. In order to mitigate the hardship to the public, select additional activities will be allowed from tomorrow. These limited exemptions will be operationalized by States, Union

Territories, District Administration based on strict compliance to the existing guidelines. Before allowing the select activities, States, Union Territories, District Administration will ensure that all preparatory arrangements with regard to standard operating procedures for social distancing in

offices, workplaces, factories and establishments and other sectoral requirements are in place. All agricultural and horticultural activities including farming operations by farmers and farm workers in field, agencies engaged in procurement of agriculture products, including MSP operations, Mandis' operated by the Agriculture Produce Market Committee, Shops of agriculture machinery will remain fully functional during this time. Movement of all trucks and other

(Contd. on last page)

SOPs for movement of stranded migrant labourers, within States/UTs where they are currently located, in wake of COVID-19 epidemic

No movement of labour to be permitted outside the State/UT where they are currently located

New Delhi, Apr 19

Due to the spread of COVID-19 virus, workers employed in industry, agriculture, construction and other sectors have moved from their respective places of work, and are housed in relief/ shelter camps being run by State/ UT Governments. Since additional new activities, outside the containment zones, have been permitted in the consolidated revised

guidelines with effect from 20th April 2020, these workers could be engaged in industrial, manufacturing, construction, farming and MNREGA works. In continuation of Ministry of Home Affairs's earlier Orders dated 29th March, 2020, 15th April, 2020 and 16th April 2020, a Standard Operating Protocol (SOP), for movement of stranded labour within the State/UTs has been

issued to Ministries/ Departments of Government of India, State/Union Territory Governments and State/ Union Territory Authorities, with the directions for its strict implementation. In order to facilitate their movement within the State/UT, the following guidelines may be followed: The migrant labourers currently residing in relief/ shelter

camps in States/UTs should be registered with the concerned local Authority and their skill mapping be carried out to find out their suitability for various kinds of works. In the event, that a group of migrants wish to return to their places of work, within the State where they are presently located, they would be screened and those who are asymptomatic would

(Contd. on last page)

No decision taken on operations of domestic or international flights yet: Minister

New Delhi, Apr 19

Government has clarified that no decision has been taken on operations of domestic or international flights so far. In a tweet, Civil Aviation Minister, Shri Hardeep Singh Puri advised the airlines to open their bookings only after a decision in this

regard is taken by the government. This came after Air India, yesterday, announced that it will resume bookings for international flights with travel date from 1st of June following a travel ban on all flights due to COVID-19 lockdown.

Supply of non-essential goods by e-Commerce companies will remain prohibited during lockdown: MHA

New Delhi, Apr 19

Home Ministry today said that supply of non-essential goods by e-Commerce companies will remain prohibited during lockdown. Union Home Secretary, Shri Ajay Bhalla issued an order

excluding the non-essential items from sale by the e-commerce companies from the consolidated revised guidelines, which listed the exemption given to the services and people from the purview of the lockdown.

No proposal for reduction of pension, says Govt.



New Delhi, Apr 19

Pension which has become a source of worry for the Pensioners. As clarified earlier, it is being reiterated that there is no such proposal for reduction of pension and no action is contemplated by the Government in this respect. Instead, the Government is committed for the welfare and well being of the pensioners.

Pension which has become a source of worry for the Pensioners. As clarified earlier, it is being reiterated that there is no such proposal for reduction of pension and no action is contemplated by the Government in this respect. Instead, the Government is committed for the welfare and well being of the pensioners.

COVID-19: Education Deptt. creating a paradigm shift in imparting education

Virtual classes for students of Class X & XII to be broadcast from today to facilitate them with learning activity

Port Blair, Apr 19

An important aspect of coping with COVID-19 is to ensure that services are being delivered to whatever extent possible. But students have had to make far bigger adjustments as learning has always been in classrooms which they can't go at present. Here, the Digital India vision of the Government is emerging as a vital instrument for solving the present crisis due to C O V I D - 1 9 . Reaching out to students during the lockdown, the

Directorate of Education, A&N Administration has initiated an alternative method to provide learning contents to the students of Class VIII to XII at their home through local Doordarshan channel, cable network in order to facilitate the students with learning activity during the lockdown period. The classes for the subjects such as English, Social Science, Mathematics and Science for the students of class VIII to IX taken by the teachers of the

Education Department are being broadcast for class X and XII from Apr.16 in South Andaman Urban and Rural areas. Now, Doordarshan (Port Blair) channel is scheduled to telecast and Sundays).

the learning contents throughout the Islands from tomorrow (April 20) onwards from 5.15 pm to 6.15 pm on all days (except Saturdays and Sundays).

Days	Broadcast through Doordarshan (Timing: 5.15p.m. to 6.15 p.m.)	
	X	XII
20.04.2020	English	Physics
21.04.2020	Mathematics	English
22.04.2020	Social Science	Accountancy
23.04.2020	Science	Geography
24.04.2020	English	Chemistry
27.04.2020	Mathematics	Economics
28.04.2020	Social Science	Mathematics
29.04.2020	Science	Business Studies
30.04.2020	Mathematics	Biology

DO NOT PAY HEED TO RUMOURS ON CORONA VIRUS: CLARIFY YOUR DOUBTS BY DIALING STATE HELPLINE NO: 03192-232102

Health Bulletin For Containment Of Novel Coronavirus Disease (COVID-19)

(No. 20/ 19th April 2020)

COVID-19 STATUS AS ON 19.04.2020

Andaman & Nicobar Islands:

Total Confirmed cases	15
Cured/Discharged from Hospital	11
Death	00
Admitted at Hospital	04
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	04	04

* No cases are admitted at Private Hospital.
* The Health Condition of all +Ve cases are Normal and Stable.

Status of Sample Testing:

Total Samples sent till date	1932
Total Reports received till date	1609
Total Pending Reports	323

- > House to House surveillance in Containment Zone i.e. Atlanta Point, Round Basti, Sisti Nagar, Mohanpura, Dignabad, Biggiline and Bambooflat area are conducted by District Administration with the help of Health Workers.
- > 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 - 231 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.
- > 11 COVID-19 patient cured and now under observation.
- > 736 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.

SURVEILLANCE DATA

Contacts put under Home Quarantine till date	470
Contacts under Home Quarantine as on today	359
Contacts completed 14 days period of Home Quarantine	111
Persons under Institutional Quarantine as on today	471 **
Persons completed 14 days period of Institutional Quarantine	265
Passengers completed 14 days period of Quarantine	1812

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

Share facts **Not fear**

We all are together in this fight against COVID-19

Together we will fight COVID-19

24x7 CONTROL ROOM NUMBERS: 240126/232102/1077/1070

(Source: Principal Secretary (Health), A&N Administration)

Over Rs 36,659 cr transferred using Direct Benefit Transfer in bank accounts of 16.01 cr beneficiaries during lockdown

New Delhi, Apr 19

More than Rs 36,659 crore have been transferred by using Direct Benefit Transfer in the bank accounts of 16.01 crore beneficiaries during COVID-19 lockdown. Direct Benefit Transfer ensures that cash benefit is directly credited to the account of the beneficiary and eliminates leakage and improves efficiency.



National Employment Guarantee Scheme, Prime Minister's Matru Vandana Yojana among others. Payments were also made under the PM Garib Kalyan Yojana and Rs 500 were credited in the women account holder of Jan-Dhan accounts. There were 19.86 crore women beneficiaries till 13th of this month. This has resulted in disbursement of Rs 9930 crore. Many state governments like Uttar Pradesh, Bihar, Madhya Pradesh, Tripura and others have used DBT to transfer cash in bank of Jan-Dhan accounts through 180 welfare schemes to over 4 crore 50 lakh beneficiaries.

The total Direct Benefit Transfer amount disbursed has increased from 22 per cent in 2018-19 to 45 per cent in 2019-20. During the lockdown, the DBT payments under all the central sector and centrally sponsored schemes amounted to over Rs 27,442 crore in the accounts of over 11 crore 42 lakh beneficiaries.

The schemes include PM KISAN, Mahatma Gandhi

Spraying chemical disinfectants on individual or group is physically and psychologically harmful: Health Ministry

New Delhi, Apr 19

Health and Family Welfare Ministry has said that spraying of chemical disinfectants on individual or group is physically and psychologically harmful. Health Ministry has issued an advisory against spraying of disinfectant on people for COVID-19 management, saying, spraying of chemical disinfectants on individuals or groups were not recommended under any circumstances. Health and Family Welfare has received many queries regarding the efficacy of use of disinfectants such as sodium hypochlorite spray used over the individuals to disinfect them. Ministry said that inhalation of sodium hypochlorite can lead to irritation of mucous membranes of nose, throat, respiratory tract and may also cause bronchospasm. Disinfectants are



chemicals that destroy disease causing pathogens or other harmful microorganisms. Chemical disinfectants are recommended for cleaning and disinfection only of frequently touched areas and surfaces by those who are suspected or confirmed to have corona virus. Ministry has advised that precautionary measures are to be adopted while using disinfectants. The Health and Family Welfare Ministry has advised that even if a person is potentially exposed with the corona virus,

effective even in disinfecting the outer clothing and body in an effective manner. Spraying of chlorine on individuals can lead to irritation in eyes and skin and also cause nausea and vomiting. Ministry has also advised that use of such measures may in fact lead to a false sense of disinfection and safety and actually hamper public observance to hand washing and social distancing measures.

SOPs for movement...
(Contd. from page 1)
be transported to their respective places of work. It may be noted that there shall be no movement of labour outside the State/UT where they are currently located. During the journey by bus, it would be ensured that safe social distancing norms are followed and the buses used for transport are sanitized as per the guidelines of the Health authorities. The National Directives for COVID-19 Management issued under the consolidated revised guidelines dated 15th April 2020 shall be strictly followed. The local authorities shall also provide for food and water etc., for the duration of their journey.

Centre allows...
(Contd. from page 1)

goods carrier vehicles with two drivers and one helper subject to the driver carrying a valid driving license including an empty truck to be allowed to ply after the delivery of goods or for pick up of goods. In addition, all finance related institutions and health related services will remain fully functional.

In a major relaxation, services provided by self-employed persons like electrician, IT repairs, plumbers, motor mechanics and carpenters will also be allowed to operate in all such areas which are not demarcated as Containment Zones.

The guidelines also stated that work at construction projects where workers are available on site and no workers are required to be brought in from outside to begin in such municipalities or municipal corporations. Private vehicles for emergency services, including medical and veterinary care, and for procuring essential commodities would also be allowed. Industries operating in rural areas and outside the limits of municipal corporations and municipalities and manufacturing and other industrial establishments with access control in Special Economic Zones and Export Oriented Units, industrial estates and industrial townships will be allowed to function. Courier services, cold storage, private security services, hotels accommodating people stranded due to lockdown have been allowed to operate.

Tapping into Age-old Wisdom of AYURVEDA DURING COVID-19

While there is no medicine for COVID-19, taking measures to boost our immunity is important

Ayurveda's preventive care derives from concepts of Dinacharya - daily regimes & Ritucharya - seasonal regimes for maintaining a healthy lifestyle

GENERAL MEASURES TO ENHANCE IMMUNITY

- Drink warm water throughout the day
- Daily practice of Yoga, Pranayama & meditation for at least 30 minutes
- Use Turmeric, Cumin, Coriander & Garlic in cooking

Handwashing is critical in our fight against COVID-19

#IndiaFightsCorona

World Health Organization Home care for people with suspected or confirmed COVID-19
Take care of yourself and your family

For ill people

- If you are ill with fever and cough: Clean hands frequently with soap and water or with alcohol-based hand rub.
- Stay at home; do not attend work, school or public places. Rest, drink plenty of fluids and eat nutritious food.
- Stay in a separate room from other family members, but if not possible wear a medical mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well-ventilated and if possible use a dedicated bathroom.
- When coughing or sneezing, cover mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing, call your health care facility immediately.

EPI-WIN www.who.int/covid-19

World Health Organization Home care for people with suspected or confirmed COVID-19
Take care of yourself and your family

For caregivers

- Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.
- Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.
- Frequently clean hands with soap and water or alcohol-based rub, especially:
 - after any type of contact with the ill person or their surroundings
 - before, during and after preparing food
 - before eating
 - after using the toilet
- Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.
- Identify frequently touched surfaces by the ill person and clean and disinfect them daily.
- Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.

EPI-WIN www.who.int/covid-19

World Health Organization Home care for people with suspected or confirmed COVID-19
Take care of yourself and your family

All members of the household

- Wash hands with soap and water regularly, especially:
 - after coughing or sneezing
 - before, during and after you prepare food
 - before eating
 - after using the toilet
 - before and after caring for the ill person
 - when hands are visibly dirty
- Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.
- When coughing or sneezing, cover mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.
- Monitor everyone's health for symptoms such as fever, cough and if difficult breathing appear, call your health care facility immediately.

EPI-WIN www.who.int/covid-19



Ministry of Health & Family Welfare Government of India

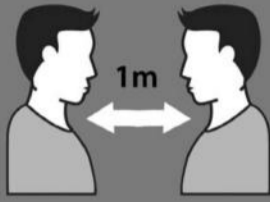


Help us to help you



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



Ministry of Health and Family Welfare Government of India

NOVEL CORONAVIRUS (COVID-19)



Help us to help you

**There is enough of everything, everyday for everyone
Don't Panic | Don't Rush | Don't Overstock**



Maintain at least 1 metre distance in market places, medical stores, hospitals, etc.



Have patience and keep calm while shopping for essential goods/medical supplies



Avoid frequent trips to the market to buy groceries/medical supplies



Avoid shaking hands and hugging as a matter of greeting



Avoid non-essential social gatherings at home



Don't allow visitors at home or visit someone else's home

Observe social distancing at all times

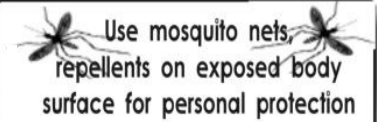
If you have symptoms like cough, fever or difficulty in breathing, avoid any kind of exposure and immediately call the State Helpline number.

Together we will fight COVID-19

For information related to COVID-19

STATE HELPLINE NO: 03192-232102

Magazine



Use mosquito nets, repellents on exposed body surface for personal protection




KIDS' CORNER

Creative DIY Crafts for kids

Silly riddles

How to make Paper Rose

What You Need:

* Several sheets of colorful paper (12" x 12"), * scissors
* pen or pencil, * hot glue gun and sticks, * paper floral stem wire, * 1 can of spray paint (optional!)

What You Do:

↓ Take your scissors, and starting at the outside edge of the paper, cut in a swirly fashion (technical term) towards the center of the sheet. Move the scissors in a back and forth motion as you cut so the edges aren't perfectly round and smooth.

↓ Once you get to the center, cut a few strips halfway down the center to create "fringe".

↓ Take the pen or pencil and slightly roll the edges around it to help give the flower "petals" some shape.

↓ Starting at the center of the swirl (again, technical term), begin to roll the paper into a rose-like shape. Take the hot glue gun and place small dots of glue to help keep the rose together. Be sure to hold the hot glued sections together until the glue has cooled and set.

↓ Continue to roll and glue until you've come to the outside edge of the paper.

↓ Once you've reached the end of the paper swirl, place a small dollop of hot glue on the end and tuck it inside the bottom of the rose. You can see what the back of the rose looks like in the photo above. The hot glue is necessary to keep the paper in place and give the rose its floral shape.

↓ Attach the floral stem wire by putting a small dot of hot glue on one end and sticking it into the center of the rose on the backside. ❖



Q: Why was the young ant confused?

A: mainly because all his uncles were "ants" (aunts)

Q: What is on the ground and at the same time 100 feet in the air?

A: A "centipede on its back"

Q: What is the similarity between a baseball player and a spider?

A: Both catch fly-ers (fliers)

Q: Which animal goes 99 thump... 99 thump?

A: A centipede with a false wooden leg.

Q: Which is the simple method to make a dog stop barking from the back seat of a vehicle?

A: Simply put him in the front seat next to the driver. ❖

Learn Some Idioms & its usage

- Cross that bridge when you come to it- Deal with a problem if and when it becomes necessary, not before.
- Cry over spilt milk- When you complain about a loss from the past.
- Curiosity killed the cat- Being Inquisitive can lead you into an unpleasant situation.
- Cut corners- When something is done badly to save money.
- Plum job- Desirable position which is well-paid and considered relatively easy.
- Don't count your chickens before the eggs have hatched- This idiom is used to express "Don't make plans for something that might not happen". ❖

Benefits of Papaya for Health and Skin



The Benefits of Papaya

1. Digestion - The enzyme papain present in papaya is known to aid digestion by breaking down proteins. Therefore, a glass of papaya juice is often recommended as a home remedy for digestion-related problems or constipation. Papaya is also high in fibre and water content, both of which help to prevent constipation and promote a smooth bowel movement.

2. Anti-inflammatory - Apart from papain, papaya also contains other effective enzymes that help against inflammation and promote healing of burns. Papayas have high digestive enzymes; they help in supporting your digestive fire or agni.

3. Heart Disease and Cancer - Papaya is rich in anti-oxidants and phyto-nutrients that work against free radicals and therefore is said to protect the body from possible heart diseases and cancer. The fibre, potassium and vitamin content help ward off the risk of heart diseases. Including more papaya in your diet can help keep your heart safe.

4. Diabetes - Many researchers have found that the consumption of raw papaya could help maintain blood sugar level and cholesterol because of the high fiber content, thereby keeping a check on diabetes. According to a study done by the Centre of Excellence for Biomedical and Biomaterials Research at the Mauritius University, green tea and fermented papaya work together as preventive means for diabetes. In some parts of India, especially the North East, papaya flowers are locally used as a preventive measure against diabetes. The bitter flowers are lightly sautéed in a little oil and consumed as a side to rice on a regular basis.

5. Immunity - Papaya is a great source of vitamin A, B, C, and K and is known as an excellent immunity booster. It is great for the growth of body tissues, including hair and skin. It helps in maintaining collagen, the structural protein of connective tissues. It is said that a medium-sized papaya could provide you double your daily requirement of vitamins.

6. Cleansing - Beauty experts too, often suggest using slices of papaya as a natural skin cleanser as the active enzymes work wonders to remove impurities.

7. Arthritis - It is also rich in minerals such as calcium, potassium, magnesium and copper. Regular consumption helps in building up the calcium bank in the body and in the long run could help keep a check on arthritis.

8. Dengue - Papaya leaves are commonly used in the treatment of dengue to help boost up the count of platelets. Dr. Anju Sood, a Bangalore-based nutritionist says, "Dengue is an infection which affects the blood platelets massively. A simple remedy to get back the platelets count is to give the patient a glass of papaya leaf juice. It is prepared by grinding the leaves with a small amount of water to extract the juice." However, dengue can prove to be fatal once it develops into Dengue Hemorrhagic Fever which shuts down the circulatory system.

9. Weight Loss - papaya is low in calories and therefore proves to be the perfect option for breakfast. A serving of 140 grams of the fruit contains only 60 calories, with total fat 0.4 gram, no cholesterol, 15.7 gram carbohydrates and 2.5 gram dietary fiber.

Recipe of Dal Dhokli

It is a traditional dish of Gujarati cuisine generally prepared with dals (lentils) and wheat flour as base ingredients. It has soft textured dhokli submerged in semi thick dal like lentil gravy and has mild sweet and spicy taste of aromatic spices and crunchy peanuts. Apart from being easy to prepare, healthy and stomach filling, this dal dhokli is capable of carrying entire meal on its own, which means that it can be served all by itself and one wouldn't care for anything in accompaniment. Delicious!

Ingredients needed:

* 1/2 cup Toovar Dal (split pigeon peas), 3 tablespoons Peanuts, 1/2 cup Wheat Flour + for dusting
1/2 teaspoon Carom Seeds (ajwain) (optional), 1 tablespoon Chickpea Flour (gram flour), 1/4 teaspoon + 1/4 teaspoon Turmeric Powder, 1/2 teaspoon + 1/2 teaspoon Red Chilli Powder, 1/2 teaspoon Coriander Powder, 1/2 teaspoon Mustard Seeds, 1 teaspoon Cumin Seeds, A pinch of Asafoetida, 1 Dry Red Chilli, broken into two pieces, 1 sprig Curry Leaves, 3 teaspoons Lemon Juice, 2-2½ teaspoons Sugar, 3 teaspoons Oil, 1½ cups + 3 cups Water, Salt, 2 tablespoons chopped Coriander Leaves, for garnishing.

Method:

1. Rinse toovar dal in running water and add it in the 3/4 liter steel or aluminum pressure cooker. Add 1½ cups water and salt in it. Take peanuts in a small steel bowl and place it on the dal in a cooker. Close the lid and pressure-cook it over medium flame for 3-whistles. Remove cooker from flame and let it stand idle until pressure subsides naturally for approx. 5-7 minutes.

2. While dal is cooking, prepare dough for dhokli. Take 1/2 cup wheat flour, chickpea flour, carom seeds, 1/4 teaspoon turmeric powder, 1/2 teaspoon red chilli powder, 1/2 teaspoon coriander powder, 1-teaspoon oil and salt in a wide mouthed bowl. Add water as required in small quantities and knead a little stiff but smooth dough (like paratha dough). Cover with a cloth and let it settle for 10 minutes.

3. Open the lid of pressure cooker, remove the bowl having peanuts and keep it aside.

4. Transfer dal to a deep bowl or just keep it inside the cooker and blend it into smooth puree using hand blender. Add 2-cups water and blend again for 5-10 seconds.

5. Heat 2-teaspoons oil in a large kadai or pan over medium flame. Add mustard seeds and allow them to splutter. Add cumin seeds, asafoetida, dry red chilli and curry leaves and allow cumin seeds to sizzle. Add 1/4 teaspoon turmeric powder and 1/2 teaspoon red chilli powder and mix well.

6. Add pureed dal, 1-cup water, boiled peanuts, lemon juice, sugar and salt. Bring it to boil over medium flame and then reduce flame/heat to low and cook for 5-7 minutes.

7. Meanwhile, divide dough into 4-equal portions and give them a round shape. Take one dough ball, give it a shape like pattie and put it over rolling board. Dust little flour, roll it out into a thin circle of 7-8 inch diameter and transfer to a plate. Repeat the step for remaining dough balls.

8. Take one rolled circle over rolling board and cut it into multiple small diamond shapes using knife or cutter. These pieces are known as "Dhokli".

9. Slowly add all diamond shaped pieces (12-14 pieces at a time) into boiling dal and increase flame to medium and cook for a minute or two. Add next batch of diamond shaped pieces after 1-2 minutes. Stir occasionally in between.

10. Repeat the process with remaining rolled circles, cut them into pieces and add into dal. After adding all pieces, cook them over medium flame until dhokli does not taste raw, about 8-10 minutes. Stir occasionally in between.

11. Turn off flame and transfer it to a serving bowl or deep serving plate. Garnish with fresh coriander leaves and serve hot or warm. ❖

Quotable quotes

- * Only I can change my life. No one can do it for me.
Carol Burnett
- * Life is 10% what happens to you and 90% how you react to it.
Charles R. Swindoll
- * Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
Helen Keller
- * Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.
Thomas A. Edison
- * It always seems impossible until it's done.
Nelson Mandela
- * Always do your best. What you plant now, you will harvest later.
Og Mandino
- * It does not matter how slowly you go as long as you do not stop.
Confucius
- * Keep your eyes on the stars, and your feet on the ground.
Theodore Roosevelt
- * You can't cross the sea merely by standing and staring at the water.
Rabindranath Tagore

Amazing Facts about Owls

- ✓ Many owl species have asymmetrical ears. When located at different heights on the owl's head, their ears are able to pinpoint the location of sounds in multiple dimensions. Ready, aim, strike.
- ✓ The eyes of an owl are not true "eyeballs." Their tube-shaped eyes are completely immobile, providing binocular vision which fully focuses on their prey and boosts depth perception.
- ✓ Its eyes and ears are relatively small.
- ✓ Owls can rotate their necks 270 degrees. A blood-pooling system collects blood to power their brains and eyes when neck movement cuts off circulation.
- ✓ A group of owls is called a parliament. This originates from C.S. Lewis' description of a meeting of owls in The Chronicles of Narnia.
- ✓ Owls hunt other owls. Great Horned Owls are the top predator of the smaller Barred Owl.
- ✓ In fact, owls are insanely good hunters.
- ✓ The tiniest owl in the world is the Elf Owl, which is 5 - 6 inches tall and weighs about 1 ½ ounces. The largest North American owl, in appearance, is the Great Gray Owl, which is up to 32 inches tall.
- ✓ The Northern Hawk Owl can detect-primarily by sight-a vole to eat up to a half a mile away.
- ✓ In fat years when mice are plentiful, usually monogamous Boreal Owls are apt to be promiscuous. Because easy prey means less work for parents feeding their young, males have been caught mating with up to three females, while females have been seen with at least one beau on the side.
- ✓ Barn Owls swallow their prey whole-skin, bones, and all-and they eat up to 1,000 mice each year. ❖

Kitchen tips

- ☞ Retain the white color of cauliflower - Add a tbsp of milk while cooking cauliflower
- ☞ How to preserve lemon juice - When you have excess lemons, freeze lemon juice in ice cube trays and use it whenever needed in your recipes. It stays good for 15-20 days.
- ☞ To break coconut exactly into 2 equal halves - wet the coconut and draw an imaginary line around the mid riff of the coconut with your fingers and then try breaking it. You will be surprised to find the coconut in exact 2 halves.
- ☞ To get fluffy rice - Add a tbsp of fresh lemon juice when cooking rice to get fluffy and whiter grains.
- ☞ Fried onions for biryanis, pulaos - Add a pinch of sugar while frying onions for garnishing biryanis and pulaos, so that they will brown faster.
- ☞ To prevent dal from frothing - Add a tsp of oil when cooking dals to prevent it from frothing and spilling all over. Another trick is to place a wooden ladle over the top of the pan to prevent water from boiling over.
- ☞ To thicken kootus and other gravies - Add rice flour or powdered fried gram (pottukadalai mavu, dalia) to thicken kootus.
- ☞ To thicken gravies with onion tomato base - Grind 5-6 soaked cashew nuts or blanched almonds to a fine paste and add it to gravies. Then cook for a few minutes.
- ☞ How to fix excess water in gravies - Roast 11/2 tsp of poppy seeds and grind it to a paste. Add it to the watery gravy and boil it on medium flame.
- ☞ Roast 1 tbsp of groundnuts and 1 tbsp sesame seeds, grind it to a paste and add it to thicken gravies.
- ☞ To make crispier pooris - When kneading wheat flour dough for making pooris, add a tbsp of rava or a little rice flour to the wheat flour.