

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Weather

Dry weather most likely over port Blair. Maximum and Minimum temperature will be around 34°C and 28°C respectively on Thursday 23/04/2020.

Maximum Temperature (°C) of Date: 33.5
 Minimum Temperature (°C) of Date: 28.2
 Relative Humidity(%) at 0830 IST 066
 Relative Humidity(%) at 1730 IST 073
 Sunrise Time for tomorrow (in IST): 0504
 Sunset Time for tomorrow (in IST): 1732
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.0
 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. 103

Port Blair, Thursday April 23, 2020

Web: dt.andaman.gov.in

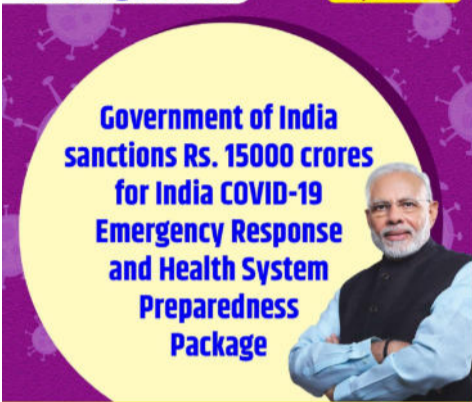
Rs. 3.00

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Prime Minister chairs meeting of Union Cabinet Rs. 15,000 crore approved for 'India COVID-19 Emergency Response and Health System Preparedness Package'

#IndiaFightsCorona

COVID19



New Delhi, Apr 22

The Union Cabinet chaired by the Prime Minister, Shri Narendra Modi has approved significant investments to the tune of Rs. 15,000 crore for 'India COVID-19 Emergency Response and Health System Preparedness Package'. The funds sanctioned will be utilized in 3 Phases and for immediate COVID-19 Emergency Response (an amount

of Rs. 7,774 Crore) has been provisioned and rest for medium-term support (1-4 years) to be provided under mission mode approach.

The key objectives of the package include mounting emergency response to slow and limit COVID-19 in India through the development of diagnostics and COVID-dedicated treatment facilities, centralize

procurement of essential medical equipment and drugs required for treatment of infected patients, strengthen and build resilient National and State health systems to support prevention and preparedness for future disease outbreaks, setting up of laboratories and bolster surveillance activities, bio-security preparedness, pandemic research and proactively engage communities and conduct risk communication activities. These interventions and initiatives would be implemented under the overall umbrella of the Ministry of Health and Family Welfare.

In Phase 1, the Ministry of Health & Family Welfare with the support of all the other line Ministries has already

undertaken several activities like:

* Additional funds to the tune of Rs 3,000 Cr have been released under the Package to State/UTs, for strengthening of existing health facilities as COVID

(Contd. on last page)

COVID-19: Lt Governor, A&N Islands decides to undertake 30% voluntary cut in his salary for one year

Port Blair, Apr 22

In view of ongoing struggle for combating/containment of COVID-19 and efforts for relief being undertaken at all levels, Admiral D K Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.), Hon'ble Lt Governor, A & N Islands and Vice-Chairman, Islands Development Agency, as mark of his individual contribution, has decided to undertake 30% voluntary cut in his salary for a period of one year i.e. during the current Financial Year from 01.04.2020 to 31.03.2021.

It may be recalled that on 03.04.2020 Hon'ble Lt Governor had also contributed his one-month salary to PM-CARES for the purpose.

Calcutta High Court appreciates steps taken by A&N Administration in preventing contagion of COVID-19 Virus in Children Protection Homes

Port Blair, Apr 22

In a significant judgment, in Writ Petition No. 5327 (W) of 2020, the double bench of High Court at Calcutta, comprising of Justice Mr. Harish Tandon and Justice Mr. Soumen Sen have applauded the efforts taken by the Andaman & Nicobar Administration in preventing the infection of COVID-19 virus in Children Protection Homes.

The Court in its judgment commented, "we have gone through the comprehensive report with regard to steps taken by the Andaman & Nicobar Administration in terms of our direction. In paragraph 15 of the said report, it has been stated that the Superintendent of each Home is monitoring the health of each child regularly. The Superintendents have been properly instructed to isolate the children with any symptoms of COVID-19, and thereafter, to ensure examination of the child clinically and pathologically including testing of COVID-19 and the suspected cases to be taken to the facilities of the U.T. Administration. In our earlier direction, we have emphasized the role of the Superintendents in this regard and we reiterate that the procedure followed by the Superintendents of the Child Care Institutions in the Andaman & Nicobar shall be replicated in all the Homes in West Bengal".



Picture of girls performing yoga at Balika Niketan, a Department-run Child Care Institution, at Attam Pahad, Port Blair.



Sanitization of Observation Home by PBMC workers in progress, in the presence of Home incharge.

Making of Face Mask: An initiative by DBRAIT

4675 Face Masks made & distributed to Islanders

Port Blair, Apr 22

The trainers and trainees of Fashion & Apparel Design (FAD) course under Skill Development Programme of Dr B R Ambedkar Institute of Technology have proactively participated in making Face Masks for the Govt officials as well as general public of these Islands. Immediately after the declaration of Lockdown by the Prime Minister, the trainers of FAD have decided to make face mask in fight against COVID-19, which have been supported by the respective Districts



Administration approached the Project Officer (SDP), DBRAIT to operationalize other Skill Development Centres during the lockdown period for making Face Mask with the help of trainers and trainees of SDP Centre, Mayabunder to start the work of making face masks. Similarly, the officials of other Districts/ Tehsils have

The Deputy Commissioner, N&M Andaman District immediately, issued the movement passes to the Instructor and trainees of SDP Centre, Mayabunder to start the work of making face masks. Similarly, the officials of other Districts/ Tehsils have

In order to prevent the outbreak of COVID-19 in Port Blair City, the PBMC has been taking various initiatives with the active participation of elected representatives. As part of the initiative and to monitor the progress of the work, the Chairperson, PBMC, Shri N.K.Udhaya

(Contd. on last page)

COVID-19: Citizen centric initiatives by PBMC Field inspections conducted at various locations

Port Blair, Apr 22

In order to prevent the outbreak of COVID-19 in Port Blair City, the PBMC has been taking various initiatives with the active participation of elected representatives. As part of the initiative and to monitor the progress of the work, the Chairperson, PBMC, Shri N.K.Udhaya



Kumar inspected various sites as mentioned below.

* **Water works:** Restoration of damaged main loading pipeline leading to New Pahargaon. On April 22, PBMC has taken up the repair works and the water supply has been restored immediately.

* **Disinfection at Wards:** PBMC has been sanitizing all 24 wards in a phased manner. As a part of disinfection was also carried out at the Road and its adjoining area in Ward No. 24, Bhatubasti was sanitized besides



* **Providing breakfast to Sanitary Workers:** PBMC has been providing breakfast to Sanitary Workers in a phased manner. As a part of disinfection was also carried out at the Road and its adjoining area in Ward No. 24, Bhatubasti was sanitized besides

Contribution to Lt. Governor's Relief Fund to help fight against COVID-19



Port Blair, Apr 22 In wake of COVID-19, more contributions were received towards

'Lt. Governor's Relief Fund Andaman and Nicobar Islands' today (April 22). The

persons who have contributed towards 'Lt. Governor's Relief Fund are as follows:

Shri Abdul Aleem Pesh Iman and Shri K. Haja Mohideen,

(Contd. on last page)

Alternative mode of teaching-learning process Virtual & audio classes benefit students of A&N Islands

Staff Reporter

Port Blair, Apr 22

Reaching out to students during lockdown, the Directorate of Education has initiated an alternative method to provide learning



contents to the Doordarshan channel, Blair and cable students of Class VIII AIR and Cable Network are to XII at their home Network. The broadcasting virtual through local Doordarshan, Port

(Contd. on last page)

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

(No. 23/ 22th April 2020)

COVID-19 STATUS AS ON 22.04.2020

| Andaman & Nicobar Islands: | | | |
|---|--------------------------|----------|-------------------------|
| Total Confirmed cases | 18 | | |
| Cured/Discharged from Hospital | 11 | | |
| Death | 00 | | |
| Admitted at Hospital | 07 | | |
| 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 | 07 | 07 |
| * 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 | 2304 | | |
| Total Reports received till date | 2189 | | |
| Total Pending Reports | 115 | | |
| > House to House surveillance in Containment Zone i.e. Atlanta Point, Round Basti, Sisti Nagar, Mohanpura, Dignabad, Biggiline, Bambooflat and Teylerabad area are being conducted by District Administration with the help of Health Workers. As on today 129689 population surveyed in these Zones. > There are 07 (Seven) Active cases in the Islands, out of which 05 (Five) are from one family and 02 (Two) are the contacts of that family. Two members of these families have history of travelling Chennai. > 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 - 255 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. > 880 persons put under Institutional Quarantine as on today which includes passengers as well as contacts. | | | |
| SURVEILLANCE DATA | | | |
| Contacts put under Home Quarantine till date | 600 | | |
| Contacts under Home Quarantine as on today | 418 | | |
| Contacts completed 14 days period of Home Quarantine | 182 | | |
| Persons under Institutional Quarantine as on today | 533 ** | | |
| Persons completed 14 days period of Institutional Quarantine | 347 | | |
| Passengers completed 14 days period of Quarantine | 1812 | | |
| ** The figure contains institutional Quarantine persons from passengers as well as contacts both. | | | |

Telephonic Survey on COVID-19

Citizens will get calls on their mobile phones by NIC by the number **1921** Participate in good measure to enable proper feedback of the prevalence and distribution of COVID-19 symptoms

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

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

Virtual & audio classes benefit students....

(Contd. from page 1)

classes through their regional channels.

The Doordarshan Kendra Port Blair today broadcast Special Educational Programme titled DD Classroom in which the teachers of Education Department taught subjects such as Social Science for Class X and Accountancy for Class XII.

As all the schools across the Islands are closed, these virtual classes, being conducted to facilitate the students with learning activity during the lockdown period, is helping several students. The virtual learning through DD and Cable network include curriculum-based classes for middle and high school level students.

Meanwhile, audio classes by teachers of Education Department for students of Class V to VII is being broadcast from 9 am to 10 am through All India Radio for the benefit of the students.

4675 Face Masks made & distributed to Islanders....

(Contd. from page 1)

at Diglipur, Mayabunder, Rangat, Ferrargunj, Attam Pahar and Car Nicobar have also been activated to make Face Mask as per the demand of the respective Districts Administration. As on date, the Face Mask made by different Skill Development Centres are as hereunder:

| Sl No. | Name of SDP Centre | No of Face Mask made |
|--------|----------------------|----------------------|
| 1 | Mayabunder | 1410 |
| 2 | Rangat | 1080 |
| 3 | Diglipur | 950 |
| 4 | Ferrargunj | 525 |
| 5 | Main Centre (DBRAIT) | 600 |
| 6 | Car Nicobar | 110 |
| Total | | 4675 |

In addition to Face Mask, the SDP Centre, Mayabunder has made around 700 cloth bags on the demand made by the Deputy Commissioner, N&M Andaman District which has been used to distribute essential commodities to the poor & families. The instructors, trainees and pass out trainees of previous batches of FAD course have also come forward to meet the demands of Face Mask, Hand Gloves, Cloth Bags etc to counter the spread of COVID-19 in these Islands, a press release from the Project Officer (SDP), DBRAIT said.

Rs. 15,000 crore approved for 'India COVID-19...

(Contd. from page 1)

Dedicated Hospitals, Dedicated COVID Health Center and Dedicated COVID Care Centers. Detailed guidelines, protocols and advisory for quarantine, isolation, testing, treatment, disease containment, decontamination, social distancing and surveillance. Hotspots have been identified and appropriate containment strategies are being implemented.

Diagnostics laboratories network has been expanded and our testing capacity increasing every day. In fact, leveraging on the existing multi-disease testing platforms under National TB Elimination Programme, orders for procurement of 13 lakhs diagnostic kits have been placed to augment COVID 19 testing.

All health workers including Community Health Volunteers (ASHAs) have been covered with insurance under the 'Pradhan Mantri Garib Kalyan Package: Insurance Scheme for Health Workers lighting COVID-19'. Personal Protection Equipment (PPE), N95 masks and ventilators, testing kits and drugs for treatment are being procured centrally.

The major share of the expenditure will be used for mounting robust emergency response, strengthening National and State health systems followed by strengthening pandemic research and multi-sector national institutions and platforms for One-Health, community engagement and risk communications and implementation, management, capacity building, monitoring and evaluation component. M/o Health & Family Welfare has been authorized to re-appropriate resources among components of the package and among the various implementation agencies (National Health Mission, Central Procurement, Railways, Dept. of Health Research/ICMR, National Centre for Disease Control) as per the evolving emergent situation.

Contribution to Lt. Governor's Relief Fund

(Contd. from page 1)

Secretary, Al Noor Masjid, Phoenix Bay presented cheques totaling Rupees One Lakh Eighty Five Thousand towards LG's Relief Fund which included contributions from Haji A Mohamed Ali (Ali Stores), Haji Shaul Hameed & Shri S K Usman, Haji S Kadar Bawa (SKB Jewellery), Haji S Jamal Mohamed (Jamal Traders), Haji Khaja Mohideen, Minie Bay (S Kader Bawa Stores), Shri S Y Mohamed Mohideen (Development Officer LIC), Haji T Alvi (Retd. Research Officer), Shri S S N Mohamed Ibrahim, Shri S Sayed Ibramsa (Bismi Traders), Shri Haja Mohideen & Sima Asif (Janata Bakery), Shri S G P Khadiri, Shri Mohamed Aslam, Shri S K Siraj Ali and Shri Mohammed Ahmed.

Shri C.B.Nachappa, Secretary and Smti Geetha Naveen Bhat, President on behalf of Kannada Sangha, A&N Islands handed over a cheque of Rupees One Lakh towards LG's Relief Fund.

The above cheques were received by Shri Kulanand Joshi, Secretary to the Lt Governor, A&N Islands.

Field inspections conducted at various locations ...

(Contd. from page 1)

On April 22, PBMC in association with Civil Society Organizations provided free breakfast to the Sanitary Workers, who are the Frontline Warriors.

Inspection of well: The existing wells at Ward No. 12 was inspected by Chairperson, PBMC, Shri N. K. Udhaya Kumar along with Secretary, PBMC, Shri Suneel Anchipaka, Shri S.N.N.Gregory, Sub Committee Chairperson (PH & S), Shri Dharmendra Narayan, Councilor Ward No.17 and officials of the Council. Being a dry source, PBMC has provided raw water in the well for the benefit of the local people.

Collection and disposal of wastes generated at Quarantine Hotels/Guest Houses: PBMC has been continuously collecting waste generated at 28 hotels/ guest houses, earmarked for 'Quarantine Centers' located at various places in the city. Initially, the wastes are properly sanitized and then collected by the Sanitary Staff wearing personal protection equipments and processed according to Govt. of India protocols, an official release received from Secretary, PBMC said here.



FCI moves two vessels to A&N Islands to maintain food grain supply during lockdown

About 6500 MT food grains sent to A&N Islands, more than double the monthly average

New Delhi, Apr 22 (PIB)

During these difficult times, when logistics of essential goods has become a major challenge to all stakeholders, FCI has ensured that sufficient quantity of food grains are made available in the remotest Islands of the country by putting to use all available resources and modes of transport.

Maintaining continuous supply of food grains to the Islands of Andaman & Nicobar as well as Lakshadweep during the lockdown period is being handled by Food Corporation of India (FCI) with full vigor over the last 28 days. Due to its difficult topography and limited access, it takes herculean efforts to maintain the logistical operations ensuring uninterrupted supply of grains under Public Distribution System (PDS) to the Islands. Considering the high dependence on PDS in these Islands, it is of utmost importance to ensure that food grains reach every Island well in time. FCI moved 2 vessels to A&N Islands and 7 smaller vessels to Lakshadweep Islands during the 28 days of countrywide lockdown, which is more than double the monthly average movement of vessels to the Islands.

The Islands of Andaman & Nicobar and Lakshadweep have very unique logistical challenges as these areas are not having access by road/rail from mainland and sea route is the only option for movement of food grains. FCI is having one depot each in the islands of Andaman & Nicobar and Lakshadweep, having capacity of 7080 MT at Port Blair and 2500 MT at Androth respectively. In addition to moving stocks to its main depot at Port Blair, FCI ensures supply of food grains for PDS throughout the A&N Islands by moving food grains directly to 12 Principal Distribution Centres (PDC's) through vessel movement from Kakinada Port (Andhra Pradesh). The PDS requirement of the Lakshadweep Islands is being met from 2500 MT FCI Godown at Androth. The food grains are moved to FCI Androth through vessel from Mangalore Port (Karnataka) and UT Administration undertakes further movement to the smaller Islands from Androth.

During the 28 days of lockdown, about 1750 MT food grain has been moved to Lakshadweep from Mangalore Port which is almost 3 times the normal monthly average of 600 MT. Similarly, a quantity of about 6500 MT has been moved from Kakinada Port to Port Blair and different PDCs situated at different Islands of A&N, which is more than double the normal monthly average of 3000 MT.

Continuous supply of food grains could be ensured in these Islands against all constraints posed due to countrywide lockdown and a quantity of around 1100 MT of food grains have been distributed in Lakshadweep Islands and around 5500 MT in A&N Islands in 27 days of lockdown, including additional allocation under PM Garib Kalyan Ann Yojana (PMGKAY). Lakshadweep has already lifted its quota of 3 Months allocation under PMGKAY, whereas A&N Islands has lifted its quota of more than 2 Months under the same scheme.



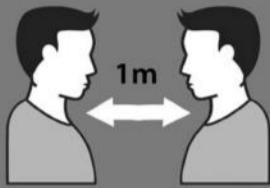
Ministry of Health & Family Welfare
Government of India



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



I'm pregnant. How can I protect myself against COVID-19?



Wash your hands frequently



Avoid touching your eyes, nose and mouth



Put space between yourself and others



Cough or sneeze into your bent elbow or a tissue

If you have fever, cough or difficulty breathing, seek care early. Call beforehand, and follow medical advice.



World Health Organization

#COVID19 #CORONAVIRUS

Be INFORMED
Be PREPARED
Be SMART
Be SAFE

Be READY to fight
#COVID19

For the latest health advice, go to:
www.who.int/COVID-19



UNITED NATIONS



World Health Organization

Protect yourself and others from getting sick

Wash your hands

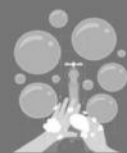
- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health Organization

Wash your hands

Wash your hands with soap and running water when hands are visibly dirty



If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water

World Health Organization

**Andaman & Nicobar Administration
Directorate of Health Services
CORRIGENDUM**

F.No. CMS/1-1/Proc/Lab Reagent/Consumable/2019-20/105
Dt 21st April, 2020

Supply of Laboratory Reagents and Consumables items for Directorate of Health Services. published vide "CMS/1-1/Proc/Lab Reagent/Consumable /2019-20/1611 dated 06/03/2020 Ref DHS ID No. 2020_DHS_65_1a corrigendum has been uploaded in the e-Procurement Portal (<https://eprocure.andaman.gov.in>) on 20/04/2020.

Director of Health Services

SOME HELPLINE NUMBERS

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

Magazine

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



KIDS' CORNER

Creative DIY Crafts for kids
How to Make Thread Painting

What You Need:
● Sewing thread,
Water colors,
Coloring brush,
Color mixing plate, Drawing sheet.



How to Make a Handprint Penguin:

- ✓ Take the mixing plate and add some water color to it using the brush.
- ✓ Now cut the thread equal to 2.5 times the length of thread pattern you want to draw.
- ✓ Fold the thread so that the effective length now becomes 1.25 times the length of the page. Hold one end of the folded thread and put the other end onto the water color in the mixing plate. Add more color to it so that entire thread (apart from the length which you are holding) is colored properly. Take your time to do so. The thread may entangle during this activity and that's completely fine.
- ✓ Once you are done with coloring it, stretch it up so as to un-tangle it.
- ✓ Fold the drawing sheet into two (Along the length or breadth). Put the thread on the drawing sheet on one half of the sheet in the similar pattern as shown in the picture. You may randomize the design as you like to realize new patterns. Make sure to keep the uncolored end of the thread out of the paper.
- ✓ Now fold the other half of the sheet and press on it with your hand. With one hand pressing the paper, use the thread to stretch the other end while moving it in a zig-zag pattern. Do it continuously until the entire thread is out.
- ✓ Unfold the paper and see the amazing designs. ❖

Silly riddles

Q: Which month has 28 days?
A: All of them, of course
Q: Three men were in a boat. It capsized, but only two got their hair wet. Why?
A: One was bald
Q: What is the difference between a jeweler and a jailer?
A: A jeweler sells watches. A jailer watches cells.
Q: Bobby throws a ball as hard as he can. It comes back to him, even though nothing and nobody touches it. How?
A: He throws it straight up.
Q: When is a door not a door?
A: When it is a jar ❖

Learn Some Idioms & its usage

- Blessing in disguise
Meaning: Something good that isn't recognized at first.
- Burn the midnight oil
Meaning: To work late into the night, alluding to the time before electric lighting.
- Can't judge a book by its cover
Meaning: Cannot judge something primarily on appearance.
- Caught between two stools
Meaning: When someone finds it difficult to choose between two alternatives.
- Costs an arm and a leg
Meaning: This idiom is used when something is very expensive. ❖

Quotable quotes

- * "It's fun to do the impossible."
Walt Disney
- * "Quality is never an accident. It is always the result of intelligent effort."
John Ruskin
- * "You put your intention and your attention on what it is that you want to shift and change."
Wayne Dyer
- * "No one is useless in this world who lightens the burden of it to anyone else."
Charles Dickens
- * "To reach a port, we must sail - sail, not tie at anchor - sail, not drift."
Franklin Roosevelt
- * "Your brain is the most important organ in your body, and what happens in it determines what you think and feel, say and do."
Rick Hanson
- * "We tend to get what we expect."
Norman Vincent Peale

Amazing Facts about Dugong

✓ **Dugong Species:** There are 4 species in the dugong family, 3 out of the 4 are manatees and only 1 is dugong: "Dugong dugon", is the species found in North Sulawesi. The only other true species of dugong (*Hydrodamalis gigas*) was hunted to extinction in 1767, just 36 years after its discovery. They were similar in appearance to Dugong dugon but substantially bigger with a body length of a massive 7 - 10 meters and weighing in at between 4,500 - 5,900 kilograms!

✓ **Appearance:** Dugongs are often referred to as "sea cows" due to their heavy, solid looking bodies. They are a greyish brown color and range in length from 2.4 meters up to 4 meters and adults weigh from between 230 - 400 kilograms. They have short, paddle-like front flipper fins and a straight tail, which they use for propulsion through the water. The tail is the feature which distinguishes them from manatees, which have a paddle shaped tail, whereas the dugongs is similar to that of a whale. Dugong's ears are barely visible but they are thought to be extremely sensitive and compensate for their poor eyesight. Dugongs have tusks but they are only visible in mature males and extremely old females - did you know that the dugong is actually related to the elephant?

✓ **Behavior:** Dugongs are a social species and found in groups which can vary in size from just 2 to 200 individuals. Pairs of dugongs found together are often mother and calf pairs. Dugongs are semi-nomadic; some will migrate long distances while others will reside around the same area for life. Their travelling is driven entirely by the availability of food.

✓ **Feeding :** Dugongs are the only completely herbivorous marine mammal on the planet and their diet consists entirely of sea grass. They use their upper lips to uproot the entire sea grass plant rather than eating only the leaves - this leads to dugong "trails" which are like sandy pathways through sea grass beds. They have very slow metabolic rates and when sea grass is scarce they will also eat algae. ❖

Health Benefit of Bitter Gourd



Bitter gourd or Momordica charantia - is a tropical vine that belongs to the gourd family and is closely related to zucchini, squash, pumpkin, and cucumber. It is cultivated around the world for its edible fruit, which is considered a staple in many types of Asian cuisine.

- * **Packs Several Important Nutrients**
Bitter melon is a great source of several key nutrients. Bitter melon is especially rich in vitamin C, an important micronutrient involved in disease prevention, bone formation, and wound healing. It's also high in vitamin A, a fat-soluble vitamin that promotes skin health and proper vision. It provides folate, which is essential for growth and development, as well as smaller amounts of potassium, zinc, and iron.
- * **Can Help Reduce Blood Sugar**
Thanks to its potent medicinal properties, bitter melon has long been used by indigenous populations around the world to help treat diabetes-related conditions. In recent years, several studies confirmed the fruit's role in blood sugar control. A 3-month study in 24 adults with diabetes showed that taking 2,000 mg of bitter melon daily decreased blood sugar and hemoglobin A1c, a test used to measure blood sugar control over three months.
- * **May Have Cancer-Fighting Properties**
Research suggests that bitter melon contains certain compounds with cancer-fighting properties. For example, one test-tube study showed that bitter melon extract was effective at killing cancer cells of the stomach, colon, lung, and nasopharynx - the area located behind the nose at the back of your throat. Another test-tube study had similar findings, reporting that bitter melon extract was able to block the growth and spread of breast cancer cells while also promoting cancer cell death.
- * **Could Decrease Cholesterol Levels**
High levels of cholesterol can cause fatty plaque to build up in your arteries, forcing your heart to work harder to pump blood and increasing your risk of heart disease. Several animal studies found that bitter melon may decrease cholesterol levels to support overall heart health.
- * **May Aid Weight Loss**
Bitter melon makes an excellent addition to a weight loss diet, as it is low in calories yet high in fiber. It contains approximately 2 grams of fiber in each one-cup (94-gram) serving. ❖

Recipe of Dhal Makhani

If you are also a fan of Dal Makhni, then here is an easy way to make it. It's a creamy-rich dal that's prepared using kidney beans and black whole urad dal. To increase its flavour, some people even use homemade cream for the richness along with butter. Ideally enjoyed with butter roti, you can also enjoy this delicacy with steamed rice as well.



Ingredients :
* 2 tablespoon soaked overnight kidney beans, 1 teaspoon red chilli powder, 4 tablespoon butter, 1 large chopped onion, 1/2 cup tomato puree, 1/2 cup fresh cream, 1/2 teaspoon ginger paste, 1 pinch salt, 2 inch chopped ginger, 1 tablespoon sunflower oil, 2 medium sliced & slit green chilli, 1 teaspoon garam masala powder, 1/2 cup soaked overnight urad dal, 1/2 teaspoon garlic paste

Method of preparation:
✓ **Step 1:** To prepare this popular dish, soak sabut urad and rajma overnight in three cups of water. Drain it and pressure cook in 4 cups of water with a pinch of salt. This makes the rajma and dal soft.
✓ **Step 2:** Take a kadhai on medium flame, then heat the oil and add some cumin seeds. Once the cumin seeds crackle you can add half ginger-garlic paste and stir for sometime. Then you can add some onions, chopped green chillies and tomato puree, fry until the mix turns golden. You can accentuate the taste of this recipe by adding one tablespoon almond paste, which you can prepare with soaked almond. This will make the recipe more creamy. If you are someone who loves the authentic style of Dal Makhani, then use ghee instead of using sunflower oil.
✓ **Step 3:** Once the bhuna masala is ready you can add the pressure cooked Rajma and dal, and bring to boil. If you want your Dal Makhani to be smooth, you can grind the masala first and then add the dal and Rajma.
✓ **Step 4:** Then add some garam masala and salt as per your taste. Stir well and bring to boil, if you think that the paste is too thick you can add some water. Then add some fresh cream to this recipe and stir well. This will make your Dal Makhani creamy and delicious. Garnish this recipe with fresh cream and freshly chopped coriander leaves. You can serve this indulgent recipe with jeera rice and butter roti. ❖

Tongue Twister

- ☞ Yally Bally had a jolly golliwog. Feeling folly, Yally Bally Bought his jolly golli' a dollie made of holly! The golli', feeling jolly, named the holly dollie, Polly. So Yally Bally's jolly golli's holly dollie Polly's also jolly!
- ☞ Birdie birdie in the sky laid a turdie in my eye. If cows could fly I'd have a cow pie in my eye.
- ☞ How much ground would a groundhog hog, if a groundhog could hog ground? A groundhog would hog all the ground he could hog, if a groundhog could hog ground.
- ☞ Yellow butter, purple jelly, red jam, black bread. Spread it thick, say it quick!
Yellow butter, purple jelly, red jam, black bread. Spread it thicker, say it quicker!
Yellow butter, purple jelly, red jam, black bread. Don't eat with your mouth full! ❖

Enrich your vocabulary

- ✓ Ambivalent -uncertain or unable to decide about what course to follow.
- ✓ Amenable -disposed or willing to comply.
- ✓ Amorphous-having no definite form or distinct shape.
- ✓ Anachronistic -chronologically misplaced.
- ✓ Arcane -requiring secret or mysterious knowledge
- ✓ Archetypal- of an original type after which other things are patterned.
- ✓ Annex -attach to.
- ✓ Antiseptic -thoroughly clean and free of disease-causing organisms.
- ✓ Apathetic -showing little or no emotion or animation.
- ✓ Antithesis -exact opposite. ❖

Animal Riddles

Q: I have no sword, I have no spear, yet rule a horde which many fear, my soldiers fight with wicked sting, I rule with might, yet am no king. What am I?
A: A queen bee
Q: A warrior amongst the flowers, He bears a thrusting sword. Able and ready to use, To guard his golden hoard.
A: Bee
Q: Stealthy as a shadow in the dead of night, cunning but affectionate if given a bite. Never owned but often loved. At my sport considered cruel but that's because you never know me at all. What am I?
A: Cat ❖

Kitchen Tips

- ✓ **Scooping Up a Broken Shell:** Instead of fishing around with your finger to dig them out of your bowl, use one of the egg shell halves to scoop it out!
- ✓ **Egg Freshness Test:** Eggshells are porous, allowing air to slowly get in over time. As more air enters the egg, it gets lighter and lighter, which explains why it will eventually float.
- ✓ **Freeze Ice Pops The Smart Way :** Place upright before freezing and guarantee a clean cut.
- ✓ **How To Peel An Orange :** This tip is especially useful for those of you that don't have any nails to dig into the tough skin of an orange. With a few clever cuts of a knife, you can peel an orange and eat it without juice dripping all over your hands.
- ✓ **Freeze Leftover Sauce:** Essentially you could do this with homemade sauces as well as anything canned that you don't use up. Simply freeze leftovers in an ice cube tray, and then once it's frozen, transfer the cubes into a freezer safe bag. ❖