

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 24°C respectively on Friday 22/05/2020.

Maximum Temperature (°C) of Date: 32.2
 Minimum Temperature (°C) of Date: 25.5
 Relative Humidity(%) at 0830 IST 078
 Relative Humidity(%) at 1730 IST 095
 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: 005.4
 Rainfall upto 1730 hrs of date in mm: 006.6
 Rainfall (Progressive total from 1st January 2019 upto 0830 hrs (of date) in mm

Super cyclonic storm 'AMPHAN' causes havoc in parts of WB, Odisha

"No stone will be left unturned in helping the affected"; PM tweets

PIB
 New Delhi, May 21
 The Prime Minister, Shri Narendra Modi said, "No stone will be left unturned in helping the affected". In a series of tweets, he said, "My thoughts are with the people of Odisha as the state bravely battles the effects of Cyclone AMPHAN. Authorities are working on the ground to ensure all possible assistance to those affected. I pray that the situation normalises at the earliest", Prime Minister said. Seeing the visuals on devastation caused by Cyclone AMPHAN, PM wished that situation normalises in



West Bengal & Odisha at the earliest. NDRF teams are working in the cyclone affected parts. Top officials are closely monitoring the situation and also working in close coordination with the West Bengal government.

Meanwhile, the severe cyclonic storm AMPHAN has caused extensive damage to the four coastal districts of Odisha- Bhadrak, Balasore, Kendrapada and Jagatsingpur. The State Government has asked the Collectors of the four districts to submit a report within 48 hours regarding the damages caused by AMPHAN.

Some parts of coastal Odisha experienced heavy to heavy rainfall with speedy wind. Several trees were uprooted, roofs of kutch houses blown away, and power infrastructure suffered damaged in these four districts as maximum wind speed crossed 100 km

(Contd. on last page)

Domestic Civil Aviation operations to restart from May 25 in a calibrated manner: Civil Aviation Minister

New Delhi, May 21
 Civil Aviation Minister, Shri Hardeep Singh Puri has announced that domestic Civil Aviation operations will restart from May 25 in a calibrated manner. The flight operations were suspended from 25th of March due to the imposition of lockdown. Addressing media in New Delhi, Shri Puri said, the domestic flight operation will resume to a limited extent of required and approved

summer schedule. The Minister said, for a journey between 90 to 120 minutes, the minimum fare will be 3,500 rupees and maximum would be 10,000 rupees. He said, in case of Delhi-Mumbai flight, 3,500 rupees will be the minimum fare and maximum will be 10,000 rupees which will be operative till 11:59 PM on August 24. The Minister said, there will be no physical check-in at airport and

only web check-in will be allowed. He said, a self-declaration or Aarogya Setu App status on a compatible device would be obtained to ensure that a passenger is free of COVID-19 symptoms. He said, passengers with red status on Aarogya Setu App will not be allowed to travel. Passengers will have to wear face mask and carry sanitizer bottles. The Minister said, for flight operations, one-

(Contd. on last page)

Railways to start ticket booking at 1.7 lakh Common Service Centres from today: Minister

New Delhi, May 21
 Railway Minister, Shri Piyush Goyal today said booking of train tickets will resume at around 1.7 lakh Common Service Centres across the country by tomorrow.

He said, people who are in remote locations where the availability of computers and internet is negligible or absent can also access it. The Minister also said bookings will also resume at counters at

specific railway stations over the next two to three days. Earlier, Railways announced the operation of 200 trains from 1st June of which booking started at 10 AM today.

The Minister said the railways which started the Shramik Special trains from May 1st has run 2,050 such trains since then, ferrying around 30 lakh migrants, students and

(Contd. on last page)

BSNL services affected in A&N Islands due to Super Cyclone 'AMPHAN' impact in West Bengal

All efforts on in restoring satellite links

Port Blair, May 21
 All major communication links between Port Blair and Kolkata were interrupted due to the damage caused by Super Cyclone AMPHAN on 20th May, 2020, said a press release from BSNL, A&N Telecom Circle.

Port Blair Telephone Exchange from Kolkata Telephone Exchange is through ISRO's satellites. The satellite links at Kolkata are connected through Kulpi Earth Station. The Optical Fiber links connected through Kolkata Telephone Exchange via Satellite Earth

Station at Kulpi are extensively damaged at several locations alongwith acute power failures at transmission hubs along the route which is around 30 km apart. The Eastern Telecom Region Wing of BSNL at Kolkata has begun the restoration work

from early morning of 21st May, 2020. As the roads are having several hindrances due to blockages caused by debris thrown by cyclone, hence the restoration takes time. However, local calls to & from landline as well as to

(Contd. on last page)

Fishing vessels registered with Department of Fisheries asked to abide by provisions of A&N Islands Marine Fishing Rules

Port Blair, May 21
 Instances have come to the notice of Department of Fisheries that, some of the fishing vessels registered with the Department of Fisheries are not abiding by the Provisions of A & N Islands Marine Fishing Rules. Serious action has been initiated recently by the competent authority including Department of Fisheries for violation of rules by the fishers.

Registration Number and fly the National flag at all the time. The fishermen are also advised to carry valid fishermen identity cards, Registration Certificates and Fishing License while venturing into sea.

Fishing vessel shall not be engaged for or utilised for gain in such a manner which is not connected with fishing activity. They shall maintain social distancing and wear face cover/masks,

gloves etc. as per the COVID-19 guidelines. The fishing vessel should be sanitized before and after each fishing voyage. The vessel owner shall also maintain social distancing while

(Contd. on last page)

Staff of Raj Niwas administered Anti-Terrorism Day Pledge

Port Blair, May 21
 Anti-Terrorism Day was observed today at Lt. Governor's Secretariat, Raj Niwas, Port Blair. All staff of Raj Niwas were administered the pledge by Shri Kulanand Joshi, Secretary to Lt. Governor, which expressed the resolve to



oppose all forms of terrorism and violence and to promote 'peace, social harmony and understanding' amongst fellow citizens.

10 minutes is all it takes to get coronavirus infection : Research

Story is based on research that determines how long does it takes for a healthy person to contract infection from a Covid-19 patient

New Delhi, May 21
 This story will leave no doubt in your mind about why staying at home is the best preventive measure against the novel coronavirus. The story is based on research that determines how long does it takes for a healthy person to get a novel coronavirus infection from a Covid-19 patient.



The novel coronavirus spreads through body fluids coming out of the nose and mouth of an infected person. (File photo: PTI)

spreads through body fluids coming out of the nose and mouth of an infected person. Acts of breathing, speaking, coughing and sneezing release loads of virus particles into the air. Besides, humans have the habit of spitting and blowing their noses.

But how long should you be exposed to an

(Contd. on last page)

PBMC takes up various initiatives to keep the city spic & span



(De-Silting of major drain at Haddo, Ward No. 1)



Providing breakfast to sanitary workers

Port Blair, May 21

In order to prevent the outbreak of COVID-19 in Port Blair City, PBMC has been taking various initiatives with the active participation of Elected Representatives. The works undertaken are:

Sanitation Works:

Desilting of major drains:

Before the onset of Monsoon, PBMC has engaged its sanitation workers and machineries to desilt all major and minor drains across 24 wards. Desilting of drains is a crucial aspect of monsoon preparedness to arrest overflow of drains.

Welfare measures:

Even during the crisis period, Sanitary Mazdoors have been attending the sanitation works with a

motto of fighting against the COVID -19 and ensure 'A Spic & Span Port Blair City'. PBMC in collaboration with Civil Society Organizations has been arranging breakfast for these Frontline Heroes to acknowledge their services. As a part of this, breakfast was arranged for the Sanitary Mazdoors of Ward No. 1,2,3,6,7 & 8 at Delanipur Site Office and various site offices.

Disinfection:

Sanitary Mazdoors of PBMC has been regularly attending the quarantine institutions for disinfection and collection of garbage. As a part of this task, garbage was lifted and disposed of from Hornbill nest as per GOI protocols.

(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. 52/ 21st May 2020)

COVID-19 STATUS AS ON 21.05.2020

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	7167
Total Reports received till date	7082
Total Pending Reports	85

> House to House surveillance throughout South Andaman District including all Containment Zones are being conducted by District Administration with the help of Health Workers. 139750 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 - 478 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	1661
Contacts under Home Quarantine as on today	485
Contacts completed 14 days period of Home Quarantine	1176
Persons under Institutional Quarantine as on today	Nil
Persons completed 14 days period of Institutional Quarantine	1215
Passengers completed 14 days period of Quarantine	1812

Super cyclonic storm 'AMPHAN' causes havoc
(Contd. from page 1)

per hour in some places. Standing paddy crops also suffered extensive damage in these areas.

Rescue and relief operations and repair works have been undertaken on a war footing basis. The super cyclonic storm has caused havoc in North and South 24 Paraganas, Howrah, Hooghly, Nadia, East and West Midnapur districts including Kolkata. West Bengal Governor, Shri Jagdeep Dhankhar termed the devastation as furious in recent past centuries. The devastation caused by the super cyclonic Storm AMPHAN is unprecedented in the history of the State. Most of the river embankments in different districts including vast areas of Sundarbans have been breached. Different agencies including NDRF, SDRF, Civic bodies, Fire Brigade have started relief and restoration work on work footing.

Cabinet Secretary, Shri Rajiv Gauba today reviewed the situation in the 'AMPHAN' cyclone affected areas of Odisha and West Bengal in the meeting of the National Crisis Management Committee.

BSNL services affected in A&N Islands
(Contd. from page 1)

and from mobile are working, though mobile data will be available intermittently based on the link up/down's. The inconvenience cause is regretted. The BSNL is putting all efforts in restoring the satellite links as early as possible, the press release added.

10 minutes is all it takes to get
(Contd. from page 1)

infected person to get enough novel coronavirus particles to turn yourself into a Covid-19 patient?

Comparative Immunologist Erin Bromage of University of Massachusetts Dartmouth conducted a study to theorise a formula of coronavirus infection: "Successful Infection = Exposure to Virus x Time". He has calculated time of exposure for a successful infection in the cases of simple breathing and normal conversation wherein one healthy person shares air space with an infected person. In a single breath, a person releases 50-50,000 droplets and aerosols. We don't usually realise that breathing releases so much of fluid in air. Those wearing specs must have noticed vapour condensing on their eye glasses while wearing a mask -- that's the released fluid at work.

Under normal weather conditions, most of these droplets quickly fall to the ground under the force of gravity. Some remain suspended for some time. There is no study on how many novel coronavirus particles come out with every breath an infected person exhales but this study on influenza virus puts the number at 20-33 per minute.

Assuming 20 particles per minute as the rate of release, Bromage said an infected person would release 1,000 novel coronavirus particles - enough viral load to infect a healthy person who breathes in the same air - in 50 minutes. But if the infected person is in conversation with the healthy person, the infection dynamics changes quickly. Speaking releases 10 times more droplets into air. It means a talking person would release more than 200 virus particles into air every minute. So, a Covid-19 patient would release 1,000 novel coronavirus into the air in just five minutes while speaking. If all these virus particles are inhaled by a healthy person, five minutes is enough exposure time to catch a coronavirus infection. But the chances are still high of inhaling a large dose of released viruses, as a recent study has found that SARS-CoV-2 droplets stay in air for up to 14 minutes.

Using his "exposure to virus x time" formula, Bromage says, "Anyone you [Covid-19 patient] spend greater than 10 minutes with in a face-to-face situation is potentially infected. Anyone who shares a space with you (say an office) for an extended period is potentially infected."

Domestic Civil Aviation operations
(Contd. from page 1)

third capacity of approved summer schedule 2020 will be allowed to operate. Shri Hardeep Singh Puri said, the Ministry has divided the air routes in 7 sections based on flight duration.

Civil Aviation Minister also said, the evacuation of stranded Indian from various countries under the Vande Bharat Mission is going on smoothly. He said, the Government of India has brought back more than 20,000 of Indian citizens from various countries. He said, priority is being given to evacuate those who are stranded genuinely or in distress.

(Source: india.gov.in)

Railways to start ticket booking....
(Contd. from page 1)

other stranded people.

Shri Goyal credited Prime Minister, Shri Narendra Modi for conceptualising the railways' isolation coaches for coronavirus patients. He informed, Railways so far has converted around 5,000 coaches into Covid-care centres which will be deployed at 225 stations.

He also said within 2.5 hours of opening bookings for the 100 pairs of special trains today, four lakh passengers booked tickets. Shri Goyal said, people have also started reverse bookings to come back to work. Railway Minister said that Railways is taking strict action against agents who use software to book tickets. In a series of tweets today, he said, if an agent approaches a passenger and offers to book tickets, the passenger is requested to complain against the agent using Complaint Number - 138.

(Source: india.gov.in)

Fishing vessels registered with
(Contd. from page 1)

landing and selling / disposal of their catch.

If any fishing boat is found violating the terms and conditions specified, would be dealt strictly as per A & N Marine Fishing Rules and National Disaster Management Act 2005, a press release from Directorate of Fisheries said.

State Transport Authority to resume
(Contd. from page 1)

driving/learner's license.

> All transactions for registration of New Motor Vehicles. The general public can avail the facility on all working days from 9 am to 5 pm, a press release from Directorate of Transport said.

PBMC takes up various initiatives....
(Contd. from page 1)

Clearing of choked community toilet:

To defeat Open defecation, PBMC constructed several Community Toilets and Public Toilets at various wards for the convenience of general public. In view of severe blockage of Septic Tank at Haddo Community Toilet, an inspection was carried out by Chairman, Secretary, Councillor and blockage was cleared immediately.

Enforcement of social distancing norms:



In view of instructions issued by the A & N Administration directing PBMC to levy fines upon the violators (viz non wearing of face mask, violation of social distancing norms by individual (s) in public places, work places and transport etc, violation of social distancing norms by shop owners in their establishments), PBMC has constituted Special Task Force teams across all the wards and levied penalty of Rs. 62,350 from 136 violators for the last 3 days.

Installation of hand sanitizer:



Keeping in view, the safety measures of Office staff and visitors, PBMC has installed a sensor based Sanitizer Machine at the Main Office premises. It will be replicated across all site offices of PBMC.

The New Normal
Wash hands frequently with soap and water or use an alcohol-based hand sanitizer
Together we will fight COVID-19

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

Ministry of Health & Family Welfare
Government of India


NOVEL CORONAVIRUS DISEASE (COVID-19)

Help us to help you

DON'T LET COVID-19 STRIKE YOU

Maintain physical distance
Together we will fight COVID-19

FOR MORE INFORMATION RELATED TO COVID-19
CALL STATE HELPLINE NO.: 03192-232102



General Measures

- Drink warm water throughout the day.
- Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

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

ANDAMAN AND NICOBAR ADMINISTRATION
SECRETARIAT
Port Blair, dated the 20th May, 2020.

VACANCY NOTICE

Applications are invited in the prescribed format from eligible candidates who possess the requisite eligibility criteria and experience for filling up the following vacancies for Police Compliant Authority, A&N Administration, Port Blair. The eligibility criteria and the terms and conditions are as under:-

- A retired High Court/District Judge or retired Civil Service Officer of the rank of Secretary.
- A person having 10 years of experience in law, either as Judicial Officer, Public Prosecutor, Lawyer or Professor of Law.
- A person of repute and stature from civil society.
- A retired Officer with experience in Public Administration.
- A retired Police Officer of appropriate rank.

As per the guidelines of MHA, the Chairman is to be selected from Category (a) to (e) and for member from category (b) to (e).

The terms of the office of the Chairperson and the Members will be for three years.

Total No. of vacancy are as follows:-

(1) Chairman	- 01
(2) Members – 02 (two)	- 01 Lady Member - 01 Male Member

Terms and conditions:-

The terms and conditions of the office of the Chairperson and the Members will be for three years and they may be entitled to the following remunerations:

- Chairperson** – Rs.4000/- per sitting (without exceeding prescribed limit of 10 meetings in a month and
- Members** – Rs.3500/- per sitting, (without exceeding prescribed limit of 10 meetings in a month.

The eligible candidates may submit their application in the prescribed format along with self-attested copies of certificates/other documents with regard to Educational qualification, Experience Certificate etc. to the Assistant Secretary (Home), A&N Administration, Secretariat on or before 15.06.2020.

Sd/-
Assistant Secretary (Home)
A&N Administration
Secretariat

APPLICATION FORM

Affixed self-attested photograph

Name	:	
Date of Birth	:	
Educational Qualification	:	
Address for communication	:	
Residential Address	:	
Phone & Email	:	
Experience, if any	:	
Place:		
Date:		

Signature

ANDAMAN & NICOBAR ADMINISTRATION
DIRECTORATE OF SOCIAL WELFARE
GOALGHAR
F.No-4-197/DSW/All Pension/Corr/2019-20/1533 Port Blair, dated the 18th May, 2020

NOTICE

The Department of Social Welfare is providing financial assistance by way of pension/ allowance in the category of Old Age, Widows, Destitute Women and Divyang as per the notified eligibility criteria. Since payment is made through PFMS mode Aadhar Number is mandatory. Efforts are regularly being made to contact the beneficiaries to register them under Aadhar but the Department of Social Welfare has not been able to ascertain the whereabouts of the following beneficiaries viz:

- Old Age Pensioner, Shri. Biku Ram, S/o Late Ramdir, R/o Caddle Gunj, Ferrargunj.
- Old Age Pensioner, Smti. B Maha Laxmi, W/o Late B Satya Narayan, Port Blair.
- Widow Pensioner, Smti Usha Rana, W/o Late Gour Chandra, R/o Dignabad. ~

If anybody is aware of their whereabouts, he/she may please inform the Mukhya Sevika at Ph: 9476020638/9476009777 or Anganwadi worker of the area, failing which the name of the pensioner will be struck off from the beneficiaries list of Pension Scheme from July 2020 onwards.

Sd/-
Director (SW)

OFFICE OF THE AREA COMMANDANT
A&N HOME GUARD ORGANISATION
Port Blair, dated 11th April, 2020

ABSENTEE NOTICE

WHEREAS, HG(R)/314 D.L.Deepu posted at P.S. Mayabunder is unauthorisedly absenting himself from duties w.e.f. 18.12.2019 without any intimation or prior permission of the Competent Authority. Accordingly an absentee Notice No. AC/HGO/HG(R)/314/2020/16 dated 04.01.2020 followed by a reminder Notice No. AC/HGO/HG(R)/314/2020/113 dated 10.02.2020 was issued upon him with the direction to report for duty immediately and sent to SHO PS Mayabunder for service. But the said absentee notice were returned by the SHO PS Mayabunder with the remarks that HG(R)/314 D.L.Deepu has not been located from the jurisdiction of PS Mayabunder as well as PS Billiground.

NOW, THEREFORE, HG(R)/314 D.L.Deepu is hereby directed to report for duty along with explanation for his unauthorised absent from duty with supporting documents, if any, within 07 days from the date of publication of the Absentee Notice, failing which disciplinary action will be initiated against him as per Rule.


Sd/-
Area Commandant (HG)
A & N Home Guard Organization

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.

For information related to COVID-19
STATE HELPLINE NO: 03192-232102

Together we will fight COVID-19

OBITUARY

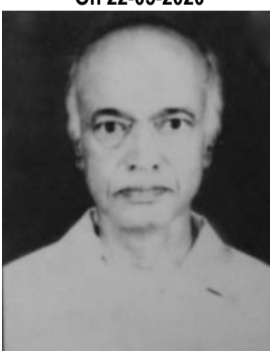
The Chief Engineer, APWD, A&N Administration and Staff of APWD, Port Blair deeply mourn the sudden and untimely demise of **Shri Sukh Paramanik, Junior Engineer (Civil), APWD**, who expired on 19.05.2020 at Kadamtala. He was 56 years of age. He left behind his wife and three children. He was a sincere and dedicated Staff of this department.

We convey our heartfelt condolence to the bereaved family and pray the Almighty to give enough strength to the members of the family to bear this irreparable loss.

"MAY HIS SOUL REST IN PEACE"


Chief Engineer
APWD, Port Blair

23rd Death Anniversary
On 22-05-2020



LATE NARAYAN BEHARI
Inserted by: Kokila Devi (Wife)
and all family members

My beloved Maa



GEETA RANI SANYAL
(Retd. L.H.V. G. B. Pant)
DOD: 22-04-2020

*One Month passed but your presence is still felt within me;
Your Supreme Love & Sacrifices will remain eternal,
We really miss you MAA, every moment.*

Inserted by:
Gaitry Sanyal (Roy) and family member.

**Read
Daily Telegrams**

DISCLAIMER

Readers are requested to verify and make appropriate enquiries to satisfy themselves about the veracity of an advertisement before responding to any advertisement published in this newspaper.

The publisher of this newspaper, does not vouch for the authenticity of any advertisement or advertiser or for any of the advertisers products and services.

The Owner, Publisher, Printer, Employees of this newspaper shall not be held responsible/liable in any manner whatsoever for any claims and/or damages/consequences for advertisements in this newspaper.

SOME HELPLINE NUMBERS

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

Magazine

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



KIDS' CORNER

Creative DIY (Do It Yourself) Crafts for kids

How to Make Recycled Can Lid Plant Markers

Material needed: Can lids, forks (new, used or antique), hammer, pliers, masking tape (optional), permanent marker, baby wipe, stamping set.



Method:

- ♣ Place your can lid on a stable surface. Then you just grab a letter stamp and start whacking away.
- ♣ Once you're done, remove the tape and admire your work. You could leave it as is.
- ♣ First off, make sure you have a baby wipe handy. Then, take a permanent black sharpie pen and color over your stamped letters. Really get the ink down into the grooves. Before the ink has a chance to dry, wipe across the letters with the baby wipe. This will remove all of the markers except for what is trapped in the indentations and will give your letters more definition.
- ♣ Now it's onto the fork. If you've got some extra ones lying around the house, or one that's been mangled in the dishwasher then this is the perfect use for it.
- ♣ Take your pliers and bend the two middle tines back and away from the rest of the fork. Then bend the tips of them back up. You'll probably have to play with it to get it in the shape you want.
- ♣ There just needs to be enough gap for the can lid to fit snugly. You might also have to bend/adjust the angle of the fork handle as well so that your plant marker will stand up nice and straight and tall.
- ♣ And there you have it. A cute and quick recycle project for the garden!

Silly Riddles

- Q. What did the cow say to the other cow?
A "MOOve over!"
- Q. What do you call a deer with no eyes?
A No idea. (No eye deer)
- Q. What do you get when you cross a bird, a car, and a dog?
A Aflying carpet.
- Q. What are a shark's favorite games?
A Swallow the Leader and Go Fish!
- Q. What do you get when you cross a monkey and a pansy?
A Achimpansey. ❖

Learn Some Idioms & its meaning

- Don't Give Up The Day Job
Meaning: Used in a humorous way to tell someone they're not very good at something.
- Don't Put All Your Eggs In One Basket
Meaning: A warning not to put all your resources or efforts into just one thing.
- Don't Run Before You Can Walk
Meaning: A warning not to try something difficult before you understand the basics.
- Desperate Times Call For Desperate Measures
Meaning: In a very challenging situation you need to take extreme actions. ❖

Health benefits of Ridge Gourd



* **Helps in reducing inflammation:** All you need to know about clean eating. The leaves of the ridge gourd are very effective in reducing inflammations when applied externally. The vegetable can be consumed to reduce internal inflammations and to alleviate cough and reduce swelling of the lymph glands.

* **Ideal for weight loss:** Ridge gourd is rich in dietary fibre which takes time to be absorbed in the body thus making you feel full for a longer time. It is also low in calories and high in water content making it an ideal option for weight loss.

* **Helps in controlling diabetes:** The low-calorie count and the antioxidant properties of ridge gourd make it a good option for a diabetic diet. Moreover, it is hypoglycemic and hence helps in the controlling the blood sugar levels, thereby keeping diabetes in check.

* **Reducing heat in the body:** The mineral rich ridge gourd produces an alkaline effect in the body, thereby reducing signs of acidity and providing a cooling effect. Its alkaline nature also helps in reducing the burning sensation while urinating and prevents ulcers and excessive heat.

* **Prevents premature greying and hair fall:** Dried ridge gourd, when mixed in coconut oil, can be used to avoid premature greying. The nutrients in this vegetable help in restoring the pigments and making the roots stronger, thereby reducing hair fall.

* **Reduce skin infections and prevents skin diseases:** Ridge gourd aids blood purification which is important for preventing pimples, acne and skin breakouts. Thus, incorporating ridge gourd in your diet 1-2 times a week can help cleanse the blood of all the impurities and ward off skin diseases or infections. ❖

Enrich your vocabulary

- ✓ **X-Axis:** the horizontal axis in a plane coordinate system.
- ✓ **Wonky:** turned or twisted toward one side.
- ✓ **Vermillion:** of a vivid red to reddish-orange color.
- ✓ **Vague:** lacking clarity or distinctness.
- ✓ **Unique:** the single one of its kind.
- ✓ **Uncanny:** surpassing the ordinary or normal.
- ✓ **Tenacious:** stubbornly unyielding.
- ✓ **Tangible:** perceptible by the senses, especially the sense of touch.
- ✓ **Serene:** not agitated. ❖

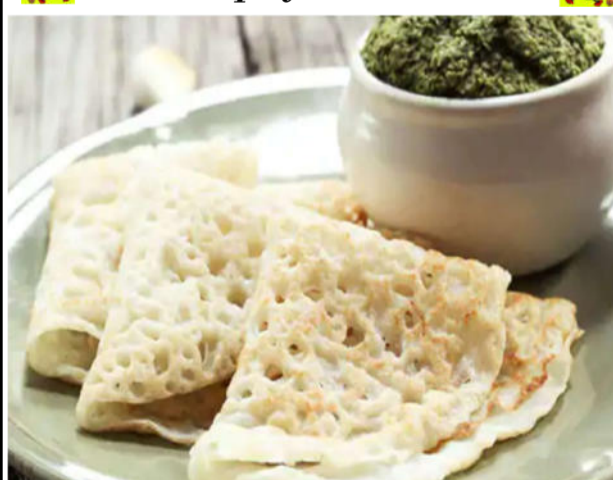
Amazing facts about Fireflies

- ✓ Fireflies, also called lightning bugs, are neither flies nor bugs.
- ✓ Fireflies are the world's most efficient light producers.
- ✓ Fireflies "talk" to each other using light signals.
- ✓ Fireflies are bioluminescent throughout their life cycles.
- ✓ Not all adult fireflies flash.
- ✓ Firefly larvae feed on snails.
- ✓ Some fireflies are cannibals.
- ✓ Female fireflies sometimes mimic the flashes of other species.
- ✓ Firefly luciferase is used in all kinds of medical research.
- ✓ Some fireflies synchronize their flash signals. ❖

Kitchen Tips

- ✓ Shaving cream will get liquid foundation out of clothing.
- ✓ To keep brown sugar soft, put a slice of bread in the same container as the sugar. The sugar will pull the moisture from the bread and stay soft.
- ✓ When squeezing lemons, microwave it for 15 sec then roll it around on the counter. You will get much more juice out of it.
- ✓ Clean windows with damp newspaper. It doesn't leave any streaks or little bits of paper like paper towels.
- ✓ Coca-Cola (or Pepsi): The general-purpose rust remover/cleaner.
- ✓ Simmering a small pot full of water, cinnamon, and cloves (you can even throw in some orange peel if you have it) makes for a great and very cheap air freshener.
- ✓ Make your rooms smell good by using 1 or 2 dryer sheets in your vacuum cleaners air filter.
- ✓ Use an onion to clean the grate on your grill.
- ✓ Hairspray removes ink from fabric.
- ✓ Used tea bags sprinkled on rose plants will make them blossom faster with more vibrant colors. ❖

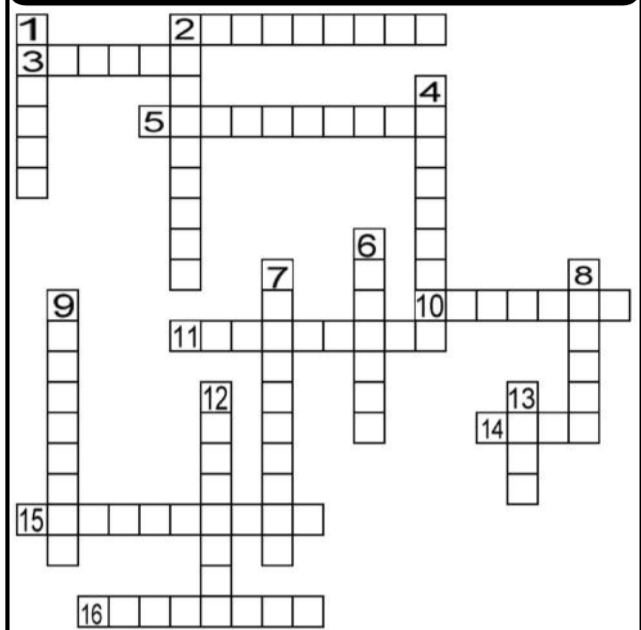
Recipe for Ghavan



Ingredients: 330 gms raw rice, 160 gms salt, Oil (as needed)
Method:

- ✓ Soak rice in water for 5 hours.
- ✓ Grind the rice to a paste, add salt and water to make a slightly watery batter.
- ✓ Heat a non-stick tawa and add the batter from the edge of the tawa and slowly move to the centre.
- ✓ Spread evenly and reduce the heat.
- ✓ Remove from pan once cooked and serve with a choice of curry. ❖

Crossword Puzzle: Algorithmic Inferences



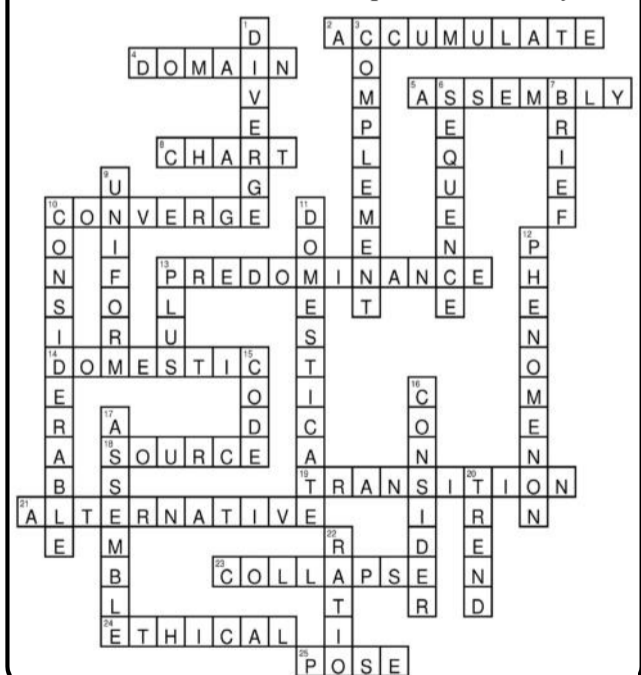
Across

- 2. a programmed code that sorts data & suggests the best answer to a problem
- 3. what someone is aiming at
- 5. making known something that was hidden
- 10. very complicated
- 11. without bias; opposite of subjective
- 14. very large
- 15. based on personal feelings or individual judgment
- 16. thoughtful examination of a problem

Down

- 1. standards of what is right or wrong
- 2. focusing on something
- 4. figuring out that something is likely from the evidence for it
- 6. feeling worried or stressed
- 7. able to suggest what the future will be
- 8. find that something is present
- 9. a way of doing something
- 12. to recognize something (or someone); determine who or what it is
- 13. a large amount of information

Answers to Crossword Puzzle published on May 21



Quotable quotes

- * "Let your life lightly dance on the edges of Time like dew on the tip of a leaf."
Rabindranath Tagore
- * "No one ever accepts criticism so cheerfully. Neither the man who utters it nor the man who invites it really means it."
R.K. Narayan
- * "He who can listen to the music in the midst of noise can achieve great things."
Dr. Vikram Sarabhai
- * "The journey matters as much as the goal."
Kalpna Chawla
- * "Need is not transitive. One may need without oneself being needed."
Amitav Ghosh