

Ministry of Home Affairs issues Order to extend lockdown for two weeks from May 4

Issues new guidelines to regulate different activities based on risk profiling of districts into Red (Hotspot), Green & Orange Zones

New Delhi, May 1

The Centre today decided to extend the ongoing lockdown by two weeks from 4th of this month. The Ministry of Home Affairs issued an order under the Disaster Management Act, 2005, to further extend the lockdown. Home Ministry said, the decision has been taken after a comprehensive review of the COVID-19 situation.

The Ministry also issued new guidelines to regulate different activities in this period, based on the risk profiling of the districts of the country into Red, Green and Orange Zones. The guidelines have permitted considerable relaxations in the districts falling in the Green and Orange Zones. The Green Zones will be districts with either zero confirmed cases till date; or no confirmed case in the last 21 days. The classification of districts as Red Zones will take into account the total number of active cases, doubling rate of confirmed

cases, extent of testing and surveillance feedback from the districts. Those districts, which are neither defined as Red nor Green, shall be classified as Orange zones.

The prohibited activities include travel by air, rail, metro and inter-state movement by road, running of schools, colleges, and other educational and training hospitality services, cinema halls, malls, gymnasiums, sports complexes. All social, political, cultural and other kinds of gatherings and religious places or places of worship for public will also remain shut. Movement of persons by air, rail and road is allowed for select purposes and for purposes as permitted by MHA.

Outside the containment zone falling within Red Zones, certain activities are prohibited in addition to those prohibited throughout the country which includes plying of cycle rickshaws and auto-rickshaws, running of taxis and cab aggregators, intra-district and inter-district

plying of buses, and barber shops, spas and saloons.

However, some activities have been allowed in the Red Zones with restrictions that includes movement of individuals and vehicles is allowed only for permitted activities with a maximum of two persons besides the driver in four-wheeler vehicles and with no pillion rider in the case of two-wheelers. Industrial establishments in urban areas including Special Economic Zones, Export Oriented Units, industrial estates and industrial townships with access control have been permitted. Construction activities in urban areas have been limited to in-situ construction where workers are available on site and no workers are required to be brought in from outside and construction of renewable energy projects.

E-Commerce activities in the Red Zones are permitted only in respect of essential goods. Private offices can operate with up

to 33 per cent strength as per requirement, with the remaining persons working from home. All government offices shall function with senior officers of the level of Deputy Secretary and above at full strength and the remaining staff attending up to 33 per cent as per requirement. Most of the commercial and private establishments have been allowed in the Red Zones which includes print and electronic media, IT and IT-enabled services, data and call centres, cold storage and warehousing services, private security and facility management services and services provided by self-employed persons except for barbers. In the Green Zones, all activities are permitted except the limited number of activities which are prohibited throughout the country, irrespective of the Zone. However, buses can operate with up to 50 per cent seating capacity and bus depots can operate with up to 50 per cent capacity. (Source: india.gov.in)

Ensuring safety & health of children DCPU (SA) inspects & monitors Child Care Institutions during lockdown

Port Blair, May 1

In order to strictly monitor and take utmost care about the safety and health concerns of all the children of Child Care Institutions (CCIs) of South Andaman, the District Child Protection Unit (DCPU) under the Chairmanship of its Chairman/Deputy



Commissioner (S/A), visits throughout the lockdown days. Shri Abhishek Dev is paying continuous

(Contd. on last page)

Lockdown extension

A&N Administration to continue strict surveillance in Containment Zones

- Strict control over movement of people
- All residents urged to install Aarogya Setu App

Port Blair, May 1

Ministry of Home Affairs has issued Orders to extend the nationwide lockdown for a further period of 2 weeks with effect from 4th May, 2020. New guidelines have been publicized which will be applicable based on the risk profiling of the districts into RED (Hotspot), GREEN and ORANGE zones.

As per the list circulated today by Ministry of Health and Family Welfare, South Andaman district falls under the Red Zone while North and Middle Andaman and Nicobar Districts are in the Green Zone.

The Red Zone district is further divided into Containment Zones and Non-Containment Zones. As on 1st May, South Andaman has following areas in the Containment Zones:-

- Zone 1: Dignabad, Round Basti, Atlanta Point, Sisty Nagar, Mohanpura.
- Zone 2: Biggi Line.
- Zone 3: Bambooflat, Wimberlygunj, Stewartgunj, Kanyapuram, Nayapuram, Hope Town, Shore Point, Govind Puram, Mannarghat.
- Zone 4: Teylerabad (Part), Calicut.

Intensive surveillance will be undertaken in these areas and all residents are requested to install Aarogya Setu

App. There will be strict control over movement of people in and out of the Containment Zones. OPD and medical clinics within these will also be closed.

In the remaining areas of the district South Andaman, movement of taxis and opening of barber shops, spa and salons will not be allowed. Permitted activities in the urban areas include; select category of industrial activity in urban areas, in-situ construction activities, shops and market complexes selling essential goods, all standalone and neighbourhood shops, private and Govt. Offices with 33% strength. It may be noted that all industrial, construction activities and all essential and non-essential shops will remain open in rural areas. OPD and Medical clinics can also operate outside Containment Zones.

In the Green Zone districts and Island of Swaraj Dweep, Shaheed Dweep, Rutland and Little Andaman, all activities are permitted except those specifically mentioned below.

Certain activities are however prohibited across the zones; all domestic and foreign air travel, all educational institutes (online learning permitted), hospitality services, cinema halls, shopping malls, gymnasiums, sports complexes etc; all social/political/

sports/entertainment/academic/cultural/religious gathering; all religious places will be closed.

All movement between 7 pm to 7 am is strictly prohibited. Elderly (>65yrs), pregnant women, people with co-morbidities and children below age of 10 years to move out of homes only in emergencies.

It is re-emphasised that all activities will be

Enforcing Prohibitory Order in letter & spirit South Andaman Police takes strict legal actions against illegal sale of liquor

Port Blair, May 1

In its endeavor to enforce Prohibitory Orders in letter and spirit, the South Andaman District Police is persistently conducting surveillance and collecting secret information as well as keeping vigil over all illegal activities. On April 30, on receipt of credible secret



information regarding illegal sale of IMFL at Nakshatra Bar in violation of the Prohibitory Orders, immediately a raiding team

comprising of SI P. Jeevan, HC/Sunil Singh Yadav, PCs Suresh Kumar, Nilkateshwar Rao & Vinod Liniya under the leadership of Insp. Sanjay Kumar, SHO PS Aberdeen was constituted and conducted raid.

During the raid, it was found that the staff of the Bar have

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People from all walks of life generously donating to Lt Governor's Relief Fund



Port Blair, May 1

People from all walks of life are generously donating to Lt Governor's Relief Fund to help A&N Islands fight against COVID-19. The following contributions towards the Lt Governor's Relief Fund, Andaman & Nicobar Islands, were received today (May 1) at Raj Niwas:

- ★ Sai Yoga Education & Charitable Trust, Port Blair- Rs. 25000/-.
 - ★ Smti. Lilly Heaven (Daughter-in-law) presented cheque on behalf of Shri N. Muralidharan Nair, Ward
 - Member, Lalpahar, Chouldhari Gram Panchayat - Rs. 11,000/-.
 - ★ Shri Gyan Singh, R/o Junglighat (171 MG Road) - Rs. 11,500/-
- The cheques were presented to Shri N. Shri Kulanand Joshi, Secretary to Lt Governor, A&N Islands.

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)

(No. 32/ 01st May 2020)
COVID-19 STATUS AS ON 01.05.2020

> **Andaman & Nicobar Islands:**

Total Confirmed cases	33
Cured/Discharged from Hospital	16
Death	00
Admitted at Hospital	17
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	17	17

* 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	3754
Total Reports received till date	3555
Total Pending Reports	199

> House to House surveillance in Containment Zone i.e. Atlanta Point, Dignabad, Round Basti, Sisti Nagar, Mohanpura, Biggiline, Bambooflat, Shorepoint, Hopetown, Stewartgunj, Wimberlygunj, Kanyapuram, Nayapuram, Mannarghat, Calicut and Teylerabad area are being conducted by District Administration with the help of Health Workers. 167401 population surveyed daily in these Zones.

> 17 (Seventeen) Active cases in the Islands.

> 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 - 340 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.

> 16 (Sixteen) COVID-19 patient cured and now under observation.

> 1199 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.

SURVEILLANCE DATA

Contacts put under Home Quarantine till date	1010
Contacts under Home Quarantine as on today	807
Contacts completed 14 days period of Home Quarantine	203
Persons under Institutional Quarantine as on today	643**
Persons completed 14 days period of Institutional Quarantine	556
Passengers completed 14 days period of Quarantine	1812

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

M A S K
Mera Apka Suraksha Kawach
Always wear Mask
24x7 CONTROL ROOM NUMBERS: 240126/232102/1077/1070
(Source: Principal Secretary (Health), A&N Administration)

A&N Administration to continue strict
(Contd. from page 1)

subject to compliance of strict social distancing norms, wearing of masks/covering the face and maintaining good personal hygiene practices. National directives for the public places and work places have to be strictly followed and any violation will invoke penal provisions of the Disaster Management Act, an official release from Office of Disaster Management said here today.

MINISTRY OF AYUSH | Help us to Help you | myGov

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

Recovery rate of COVID-19 rises to 25%; doubling rate improves to 11 days: Health Ministry

New Delhi, May 1
A total of 35,043 COVID-19 cases have been reported in the country so far. As per the Health Ministry, 8889 patients have recovered after treatment and discharged from the hospitals, while 1147 patients have died.



rate is between 20 to 40 days include Karnataka, Ladakh, Haryana, Uttarakhand, and Kerala. Assam, Telangana, Chattisgarh, and Himachal Pradesh have doubling rate of above 40 days. The doubling rate is now 11 days compared to 3.4 days before lockdown. States whose doubling rate is better than national average and is between 11 to 20 days are Delhi, Uttar Pradesh, Jammu and Kashmir, Odisha, Rajasthan, Tamil Nadu and Punjab. States whose doubling

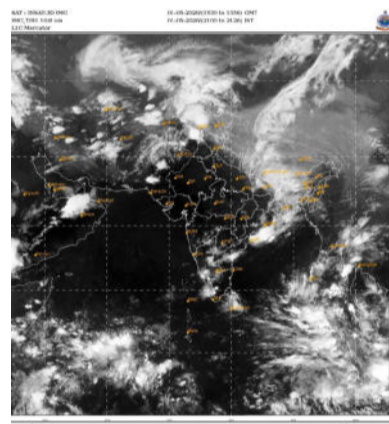
Briefing media in New Delhi on Thursday, a Health Ministry official said recovery rate has improved from 13.06 per cent to above 25

percent in 14 days which is a positive sign. The doubling rate of Novel Coronavirus is now 11 days compared to 3.4 days before lockdown. States whose doubling rate is better than national average and is between 11 to 20 days are Delhi, Uttar Pradesh, Jammu and Kashmir, Odisha, Rajasthan, Tamil Nadu and Punjab. States whose doubling

The fatality rate is 3.2 percent and comorbidities was found in 78 percent of the deaths. (Source: india.gov.in)

Fishermen & public advised Low Pressure area over South Andaman Sea & adjoining Southeast Bay of Bengal

Port Blair, May 1
According to the Cyclone Warning Division of the India Meteorological Department, a Low Pressure area has formed over South Andaman Sea and adjoining Southeast Bay of Bengal in the morning hours of today, the 1st May 2020. Its intensification is expected to be slow and delayed.



of Andaman & Nicobar Islands have been advised not to venture into South Andaman Sea and Southeast Bay of Bengal on May 2 & 3, 2020 and over Andaman Sea & adjoining Southeast Bay of Bengal on May 4 & 5, 2020.

Accordingly, it is likely to become more marked over the same region during the next 48 hours, concentrate into a Depression over Andaman Sea and adjoining Southeast Bay of Bengal during the subsequent 48 hours and intensify further thereafter. It is very likely to move North-westwards gradually until May 5.

Warning: Heavy rain (07-11) cm is likely to occur at one or two places over Nicobar on May 2. On May 3, thunderstorm, lightning, gusty wind (40-50) kmph is likely to occur at one or two places over A & N Islands and heavy rain (07-11) cm likely to occur at one or two places over Nicobar Islands.

For further enquiries/information, one may contact the helpline of State Emergency Operation Centre at Helpline No. 1077 & District Emergency Operation Centre at Helpline No. 1070, State Control Room: 03192-238880 (Tele-Fax), 1077(Helpline), District Control Room: 03192-238881, 1070(Helpline), EOC (Campbell Bay): 03193-264020, EOC (Kamorta): 03193-263222, EOC (N&M): 03192-262960, EOC (Hut Bay): 03192-284014, EOC (Car Nicobar): 03193-265241, EOC (Swaraj Dweep): 03192-282030 and EOC (Ferrargunj): 03192-266527, a press release from Directorate of Disaster Management quoting bulletin from IMD Kolkata said.

Under its influence, the following adverse weather is likely over South Andaman Sea and adjoining Southeast Bay of Bengal and Andaman & Nicobar Islands during the next 4 days.

Similarly, on May 4, thunderstorm, lightning, gusty wind (40-50) kmph is likely to occur at one or two places over A & N Islands and heavy to very heavy rain (07-20) cm likely to occur over A & N Islands. On May 5, thunderstorm, lightning, gusty wind (40-50) kmph is likely to occur at one or two places over A & N Islands and heavy to very heavy rain (07-20) cm likely to occur at one or two places over Andaman & Nicobar Islands. Meanwhile, due to the formation of low-pressure area, the fishermen

Tele-classes for students through DD, Local Cable TV & AIR Opportunity for students to clarify doubts through SMS/Whatsapp/E-mail

Port Blair, May 1
In continuation to the telecast/broadcast of tele-classes for the students of various classes through Doordarshan, Local Cable TV and All India Radio, Port Blair, the Department of Education will be providing an opportunity to the students to clarify their queries and doubts with the subject experts for the subject contents already broadcast. The students have been urged to post their queries in the format (Name of the

student, address, Email id: Saturday from 9 a.m. to 10 am from 9th class, subject, query/ doubt) through the The reply on the May, 2020 onwards. mode of SMS, selected queries The details of the WhatsApp on shall be addressed by classes for the following Phone the concerned subject upcoming week (04.05.2020 to N u m b e r s : teachers and will to 08.05.2020) will be as 9 9 3 3 2 2 7 6 7 6 , broadcast through 9 4 7 4 2 1 0 0 5 9 , All India Radio, Port per the given 9474210823 or on Blair on every schedule.

Days	Broadcast through All India Radio, Port Blair Centre in entire Andaman & Nicobar Islands (Timings: 09.00 AM to 10.00 AM)			
04.05.2020	V - EVS	VII - English	VI - Social Science	VII Hindi
05.05.2020	V English	VI - Social Science	V - Hindi	VII - Science
06.05.2020	VII - Science	V - EVS	VII - Hindi	VI - English
07.05.2020	VI - Science	V - EVS	VII - English	V - Hindi
08.05.2020	VI - Hindi	VI - Science	VII - Hindi	VII - English

The tele-class contents which have already been broadcast through the local cable channel have also been uploaded on the Education Department's Youtube channel "AN Education Dept Andaman" for the benefit of the students. All the parents and students have been requested to visit the said YouTube channel and watch the contents online, a press release from Directorate of Education said here today.

DCPU (SA) inspects....
(Contd. from page 1)

During the visits, the inmates of all the Child Care Institutions and their Incharges were enlightened with all norms and guidelines issued by the Union Ministry of Women and Child Development as well as the directives of Hon'ble Apex Court in this regard.

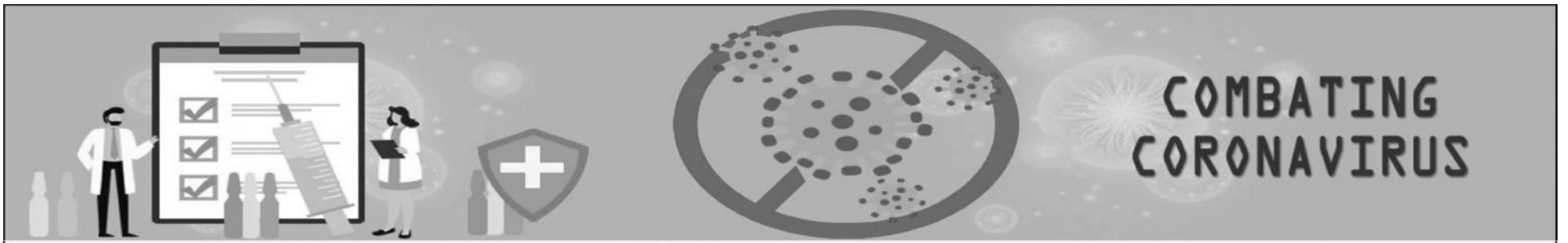
The team is also regularly and specifically inspecting as to whether the CCI's are strictly adhering to the directions given by the Ministry as well as the Hon'ble Courts in this regard. All the children and staff of CCIs were provided with face masks of sufficient numbers by DCPU (S/A). The visit of the doctors are ensured by a specific order issued in this regard by the DC (S/A). The DCPU team have also assured isolated rooms/sick room in all the CCIs for quarantine purpose.

The daily reports are being collected telephonically as well as through personal visits in order to ascertain the health concerns of the children. It is pertinent to mention here that, the Hon'ble High Court had also in a Writ Petition appreciated the sincere efforts taken by the Andaman & Nicobar Administration in this regard, an official release from DCPU (S/A) said here today.

South Andaman ...
(Contd. from page 1)

indulged themselves in illegal sale of IMFL bottles to the public. Accordingly, the team seized 168 Nos. 750ml IMFL bottles, 90 Nos. 375ml IMFL bottles & 120 Nos. Beer from the spot and after observing codal formalities, accused persons namely Laxmi Kant, S/o Vital (34) yrs, R/o Goal Ghar & Pintu Das, S/o Uttam Das (32) yrs, R/o Goal Ghar were arrested and a case was registered under relevant section of IPC, DM Act and Excise Regulation.

The entire operation took place under SDPO South Andaman and under the overall direction and supervision of Shri. Manoj C., Superintendent of Police, South Andaman District. The general public have been requested to share information pertaining to any crime or other illegal activities to Police at 112, 03192-232100 & 03192-233077. The identity of the informant will be kept secret, a press release from SP (SA) said here today.



COMBATING CORONAVIRUS

SYMPTOMS

HOW IT SPREADS

PREVENTION

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

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

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

Help us to help you

NOVEL CORONAVIRUS DISEASE (COVID-19)

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

Together we will fight COVID-19

SPITTING RELEASES SALIVA IN THE AIR AND ON THE GROUND

Increasing the risk of spread of COVID-19

DO NOT SPIT IN PUBLIC

Be a responsible citizen

Together we will fight COVID-19

4th Death Anniversary

G Surendran Pillai
R/o Dollygunj
Inserted by family members

SOME HELPLINE NUMBERS

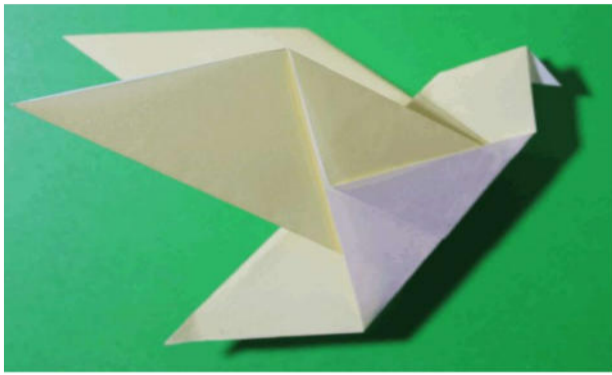
Police Control room : 100
Fire Service : 101
Coastal Security : 1093
PBMC Control Room : 245798
State control Room: 1077/234287
Extn : 328 / 231179

Magazine

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



KIDS' CORNER
Creative DIY Crafts for kids
How to make Paper Bird
Silly riddles



Materials needed

Paper

Method

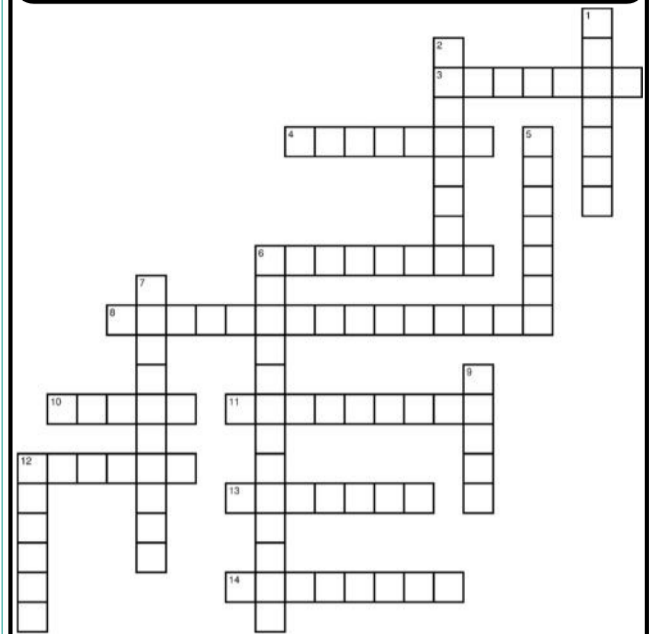
- ♣ Start with a square piece of origami paper. If you only have regular 8.5x11 paper, follow these instructions to make a square sheet. You can also use these colorful Printable Origami Paper.
- ♣ Fold the paper in half by folding the top corner to the bottom corner. You should have an upside down triangle.
- ♣ Fold part of the top down so that the edge is about halfway down. Don't make this flap too thin because this will become the wings.
- ♣ Turn the paper over.
- ♣ Take the bottom corner of the top layer and fold it up like this.
- ♣ Fold the figure in half by folding the left side over to the right.
- ♣ Now fold that same flap back like this to make one of the wings.
- ♣ Fold the other wing back also.
- ♣ Push the center of the head in and flatten. This is called an inside reverse fold.
- ♣ And tada! You have yourself a bird. ❖

- Q. What runs but never walks?
A. Water.
- Q. What is a dog that sneezes?
A. Achoowawa!
- Q. How do you stop a mouse from squealing?
A. Oil it.
- Q. What do you call a shark that swallowed a bunch of keys?
A. Lockjaw.
- Q. What do you call a bear with no ears?
A. B.❖

Learn Some Idioms & its usage

- Tricks of the trade
Meaning: It is a clever or expert way of doing something.
- Live in an ivory tower
Meaning: This means living a lifestyle that saves you from the real world problems.
- Acid test
Meaning: It means as Acid test proves the effectiveness of something.
- Whole bag of tricks
Meaning: This means trying all the clever means to achieve something.
- Fine-tooth comb
Meaning: This means of examining something carefully so as not to miss out any details.❖

Crossword Puzzle: Connections



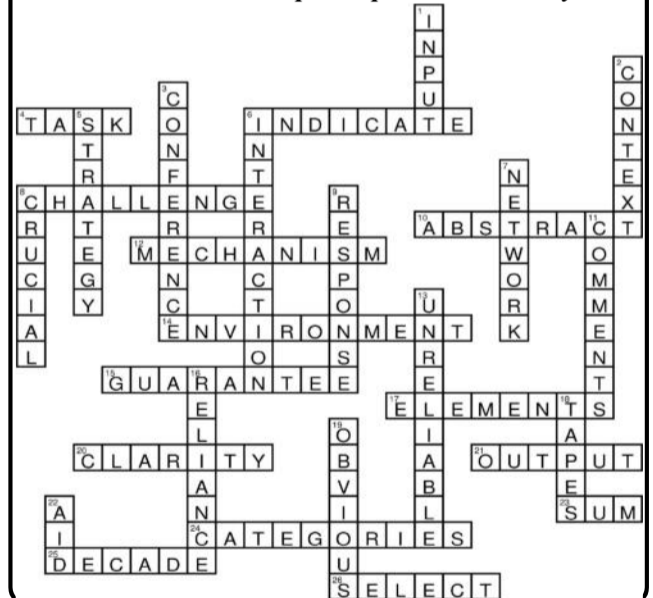
Across

- 3. immediate cause
- 4. very little
- 6. to happen at the same time
- 8. separation according to differences
- 10. a stage of a process
- 11. confidence, or a message meant to give confidence
- 12. a wound or hurt
- 13. to hinder, restrain, or slow something down
- 14. all belonging together, a necessary part of the whole

Down

- 1. to partially cover or coincide
- 2. connected
- 5. a part of something (or the part belonging to one person)
- 6. similar to something else in function
- 7. common, distributed over a large area
- 9. to stop
- 12. to cause or persuade

Answers to cross word puzzle published on May 01



Health Benefits of Drumstick

Drumsticks are packed with valuable minerals and proteins. They are commonly used in the preparation of sambar and can also be cooked with other vegetables and lentils.



- *It builds strong bones:** Consumption of drumsticks is beneficial for strengthening bones as they contain high amounts of calcium, iron and other essential vitamins.
- It promotes blood purification:** The leaves and pods of drumsticks not only help in purifying blood but also act as a strong antibiotic agent. Consumption of this green vegetable on a regular basis reduces risk for acne and other skin related problems.
- *Lowers blood sugar levels:** Drumstick leaves can significantly reduce blood glucose levels and help in controlling diabetes. Consumption of drumsticks either in the form of soup or juices can enhance gall bladder function, which in turn reduces sugar levels.
- *Relieves respiratory problems:** Drumsticks can also help with respiratory problems such as sore throat, asthma, bronchitis, tuberculosis and cough or congestion. They have anti-inflammatory properties that can effectively provide relief by flushing out toxic content.
- *Protects against infections:** Antibacterial agents present in leaves and flowers of drumsticks prevent throat and skin infections. They also contain high levels of vitamin C, which boosts the immune system and eliminates harmful free radicals from the body.
- *Improves digestion:** Leaves and pods of drumsticks are loaded with vitamin B complexes which play a vital role in digestion. These vitamins are known to regulate the digestive process by breaking down complex carbohydrates, proteins and fats into simpler forms. ❖

Amazing Facts about Seahorse

- ✓ **They may not look like it, but they're technically fish:** Due to their unique anatomical shape and lack of scales, many people may not consider seahorses 'fish' at first, but they are indeed! Possessing swim bladders to remain buoyant in the water and utilizing gills to breathe, these fish also thrive in a strong suit of sturdy armor-like plates.
- ✓ **Males take the lead when it comes to the labor of childbirth:** Seahorse ladies need not fret when it comes to gestation and childbirth. Perhaps one of their most distinctive traits, the Syngnathidae family (which includes both seahorses and their cousins, pipefishes and seadragons) stands remarkably unique in that it's the males that carry the burden of pregnancy, not the females.
- ✓ **Seahorses are infamously awful swimmers:** Seahorses aren't just different from other fish in their external appearance, either: they're also ridiculously poor swimmers. They are the slowest-moving of all fish species because of an impeccably tiny fin in the middle of their backs being the only way to propel themselves.
- ✓ **Seahorses are crazy dexterous:** While they do struggle when it comes to speed, that doesn't mean this species isn't athletic! Their tails are quite flexible for a reason, enabling them to anchor themselves to coral or seaweed when they're in need of a rest.
- ✓ **Seahorses follow a strict diet, and the goal is to eat-constantly:** Since they don't have teeth or even a stomach at all like other marine species do, the structure of a seahorse digestive system is also markedly unique. This makeup results in a digestive process that functions with extraordinary rapidity, requiring the animals to feast constantly on a carnivorous diet of tiny fish and planktonic copepods. ❖

Recipe for Dal Kachori



- Ingredients**
1/2 Cup arhar ki daal (husked pigeon peas/yellow lentils, soaked for 5-6 hours), 2 tsp vegetable oil, 1 tsp jeera (cumin seeds), 1 1/2 tsp salt, 1/8 tsp heeng (asafoetida) powder, 2 tsp green chillies, 1 tsp chilli powder, 2 tsp tamarind pulp, 2 tsp sugar, Ginger, Garam masala & Coconut.
- For outer covering:**
1 cup maida (refined flour), 3 tsp ghee/oil, 1/4 tsp baking powder, 1/2 tsp salt, Oil (for deep frying).
- How to Make Dal Kachori**
- ✓ Drain dal and grind coarsely.
 - ✓ Heat oil and add jeera. When it splutters, add ginger, heeng, green chillies and saute till the color changes a bit.
 - ✓ Add dal, salt, garam masala, chilli powder, coconut and saute till it's 'fried'. Add about 1/4 cup water and cook till dal is cooked through. Mix in the tamarind and sugar and keep aside.
 - ✓ Mix baking powder and salt into the maida. Rub ghee/oil into the maida, add water and knead into stiff dough. Rest, cover for 15 minutes.
 - ✓ Make walnut sized rounds of the dal mixture.
 - ✓ Break pieces of dough and roll into walnut sized rounds. Roll these flat into 1/4 inch rounds and pinch about 1/2 of the edge all around, leaving the centre thicker.
 - ✓ Now wet the pressed edges, and place a ball of the filling in the centre. Bring the wet edges together, covering the filling completely, and pinch together to seal.
 - ✓ Heat oil and deep-fry the kachoris, first over high heat, then over medium heat so that it cook's through, and browns evenly. ❖

Animal Riddles

- Q: What do dogs, chocolate, and trees have in common?
A: Bark
- Q: I have wings, I can fly, I'm not a bird yet I soar through the sky. What am I?
A: Airplane
- Q: A duck walked into a bar and watched a stand-up comedian. The duck couldn't stop laughing, but managed to say one thing to the comedian between chuckles. What did the duck say?
A: You quack me up
- Q: A sick bird walked into a hospital. What did it ask for from the doctor?
A: A tweetment
- Q: How many berries does the skunk want to eat?
A: A "phew"
- Q: What animal should you never trust?
A: A cheetah❖

Quotable quotes

- * "It's not whether you get knocked down, it's whether you get up."
Vince Lombardi
- * "Failure will never overtake me if my determination to succeed is strong enough."
Og Mandino
- * "We may encounter many defeats but we must not be defeated."
Maya Angelou
- * "Knowing is not enough; we must apply. Wishing is not enough; we must do."
Johann Wolfgang Von Goethe
- * "The only limit to our realization of tomorrow will be our doubts of today."
Franklin D. Roosevelt
- * "Creativity is intelligence having fun."
Albert Einstein
- * "Do what you can with all you have, wherever you are."
Theodore Roosevelt
- * "You are never too old to set another goal or to dream a new dream."
C.S. Lewis