

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Light rain fall very likely over Port Blair. Cloudy sky. Maximum and Minimum temperature will be around 33°C and 26°C respectively on Friday 01/05/2020. Maximum Temperature (°C) of Date: 33.0 Minimum Temperature (°C) of Date: 25.8 Relative Humidity(%) at 0830 IST 073 Relative Humidity(%) at 1730 IST 079 Sunrise Time for tomorrow (in IST): 0500 Sunset Time for tomorrow (in IST): 1733 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.6 Rainfall upto 1730 hrs of date in mm: 000.0 Rainfall (Progressive total from 1st January 11.1 upto 0830 hrs (of date) in mm

Regn. No. 34190/75

No. 111

Port Blair, Friday May 01, 2020

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

Prime Minister holds comprehensive meeting to discuss strategies on boosting investment in India

PIB
New Delhi, Apr 30
Prime Minister, Shri Narendra Modi today held a comprehensive meeting to discuss strategies to attract more foreign investments into India as well as to promote local investments in order to give a boost to the economy against the backdrop of the COVID-19 Pandemic.



It was discussed that a scheme should be developed to promote more plug and play infrastructure in the existing industrial lands/

plots/estates in the country and provide necessary financing support. During the meeting, the Prime Minister directed that the action should be taken for a more proactive approach to handhold the investors, to

(Contd. on last page)

Bank of Schemes, Ideas, Innovation & Research Portal on MSMEs launched

PIB
New Delhi, Apr 30
Union Minister of Road transport & Highways and MSME, Shri Nitin Gadkari today launched Bank of Schemes, Ideas, Innovation and Research Portal (<http://ideas.msme.gov.in/>) on MSMEs through Video Conference from Nagpur in the presence of Shri Pratap Chandra Sarangi, MoS for MSME along with Secretary, MSME, Dr Arun Kumar Panda and DC, MSME, Shri Ram Mohan Mishra and others Senior Officers. The Portal gives access to all Schemes of Union, State and UT Governments. It has the provision for uploading Ideas, Innovations & Researches in the

has unique features of not only crowd sourcing of Ideas, but also evaluation and rating the ideas by crowd sourcing. It can also facilitate inflow of venture capital, foreign collaboration etc. Speaking about the importance of the Portal, Shri Gadkari said that this portal will prove to be of great transformational

(Contd. on last page)

Veteran Bollywood actor Rishi Kapoor passes away

New Delhi, Apr 30

Veteran actor Rishi Kapoor passed away in Mumbai today. He was 67. He made his first screen appearance as a child artist in his father Raj Kapoor's film 'Shri 420', where he appeared in the song "Pyaar hua ekraar hua." He received the National Film Award as a child artist for 'Mera Naam Joker'. But it was in 1973, with the blockbuster 'Bobby,' again



directed by his father, that he made his debut as a bollywood hero. He continued to be a favourite hero for almost three decades. His notable films as a hero includes 'Laila Majnu', 'Rafoo Chakkar', 'Karz', 'Chandni', 'Heena' and 'Saagar'. He was honoured with the Filmfare Lifetime Achievement Award in 2008. He won the

(Contd. on last page)

Administration decides to scale down operation of Containment Zones in Atlanta Point, Dignabad, Round Basti, Sisti Nagar, Mohanpura and Biggiline South Andaman District to remain as 'RED ZONE'

Port Blair, Apr 30

The UT Administration of A&N Islands has decided to scale down operation of the Containment Zones in Atlanta Point, Dignabad, Round Basti, Sisti Nagar, Mohanpura and Biggiline. Presently, the South Andaman District is under Red Zone and having the following containment zones:

- Containment Zone 1:** Atlanta Point, Dignabad, Round Basti, Sisti Nagar, Mohanpura
- Containment Zone 2:** Biggiline
- Containment Zone 3:** Bambooffat, Shorepoint, Hopetown, Stewartgunj, Wimberlygunj, Kanyapuram, Nayapuram, Mannarghat
- Containment Zone 4:** Teylerabad and Calicut.

The Ministry in a video conference held on 30.04.2020 with Cabinet Secretary has clarified that if no fresh COVID-19 case has been detected in the past 21 days, then the categorization of that area may be reduced by one level i.e. from Red Zone to

Orange Zone or from Orange Zone to Green Zone.

It is pertinent to mention that there are no COVID-19 cases after 29.03.2020 in Atlanta Point, Dignabad, Round Basti, Sisti Nagar and Mohanpura and in Biggiline area after 08.04.2020. Therefore, the Administration has decided to scale down operation of Containment Zone 1 and Containment Zone 2. However, the categorization of South Andaman District will remain as RED ZONE as it still has 02 (Two) operational Containment Zones.

The Administration will however closely monitor these areas up to 15.05.2020. The District Administration and Health Department will continue to carry out surveillance of ILI/SARI cases in these areas along with other areas of South Andaman District. The people should also meticulously follow the lockdown provisions as per the orders issued by the Administration, an official press release said here today.

Contribution to Lt Governor's Relief Fund



Port Blair, Apr 30

In the wake of COVID-19, more contributions have been received towards the Lt Governor's Relief Fund, Andaman & Nicobar Islands today (April 30). The persons who have contributed towards Lt Governor's Relief Fund are as follows:

- > The Managing Committee, Sri Radhakrishna Temple Committee, Junglighat, Port Blair represented by Shri Prem Singh (General Secretary), contributed a sum of Rupees Fifty One Thousand.
- > Shri Sambhu Murthy, Police Constable-2794, Police Department contributed a sum of Rupees Twenty One Thousand Eight Hundred and Thirty Five, being his half month's salary towards the fund.
- > Shri Pushkar Anand, Hotel Driftwood, Haddo contributed Rupees Eleven Thousand.

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

A&N Islands gears up to facilitate movement of stranded people Transportation of Stranded Passengers by DSS Vessel on 'ONE TIME, ONE WAY' basis

Port Blair, Apr 30

The Government of India vide MHA Order No. 40-3/2020-DM-I (A) dated 29th April 2020 has permitted movement of stranded migrant workers, pilgrims, tourists, students and others. Accordingly, the A&N Administration is planning to schedule suitable vessels for transportation of passengers stranded both ways i.e. from Port Blair to Chennai and from Chennai to Port Blair.

The transportation of such passengers shall be on 'ONE TIME, ONE WAY' basis only. Further, a

detailed protocol in accordance with the guidelines issued by the MHA and Ministry of Health is also being prepared and will be promulgated suitably.

Primarily, only asymptomatic passengers who clear the screening process will be allowed to board the ship. Further, all personnel arriving at Port Blair shall mandatorily undergo a home/institutional quarantine and all passengers would be required to give an undertaking to this effect before boarding. Meanwhile, all stranded passengers have been requested to register

(Contd. on last page)

Civic body undertakes various initiatives in city

Port Blair, Apr 30

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 by the civic body are:

- > **Distribution of food items to Sanitary Workers:** In collaboration with Civil Society Organization, breakfast was served to the Safai Karamcharies at Community Hall, Buniyadabad, Ward No.8. Similarly, in association with Indigo Airlines, food items were distributed to the needy people at Japan Nallah, Prothrapur, Ward No.24.



Tyres used as social distancing markers at Mini Stadium Dollygunj

- > **Earmarking places for vegetable vendors:** Social distancing plays an

(Contd. on last page)

#AndamanFightsCOVID19 Do not pay heed to rumours: Dial State Helpline No. 03192-232102

CMYK

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)

(No. 31/ 30th April 2020)

COVID-19 STATUS AS ON 30.04.2020

> 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	3554
Total Reports received till date	3411
Total Pending Reports	143

> 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. 165518 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 - 330 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.
- > 1189 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.

SURVEILLANCE DATA

Contacts put under Home Quarantine till date	981
Contacts under Home Quarantine as on today	779
Contacts completed 14 days period of Home Quarantine	202
Persons under Institutional Quarantine as on today	729**
Persons completed 14 days period of Institutional Quarantine	460
Passengers completed 14 days period of Quarantine	1812

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



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

Veteran Bollywood actor Rishi Kapoor....

(Contd. from page 1)

Filmfare Critics Award for Best Actor in 2011 for his performance in 'Do Dooni Chaar' and for his role in 'Kapoor & Sons', he won the Filmfare Award for Best Supporting Actor in 2017. (Source: india.gov.in)

Civic body undertakes various initiatives

(Contd. from page 1)

important role to prevent COVID-19. In order to achieve this, PBMC utilized waste tyres to mark the distance of placement of people at Dollygunj Mini Stadium. Vegetable vendors of Bhatubasti



PBMC team inspecting water level at Dhanikari Dam

Vegetable Market will be accommodated at the Mini Stadium, Dollygunj. In a similar manner, the vegetable vendors of Ratnam Market will be accommodated at the parking shed earmarked by PBMC in the premises of Govt. Bus Terminus, Mohanpura & Tiranga Park.

> **Inspection of Water Treatment Plant (Ward No. 18) and Dhanikhari Dam:** Due to failure in North East Monsoon, water source has depleted drastically at Dhanikari Dam. PBMC team led by Shri N.K.Udhaya Kumar, Chairperson, Secretary, Smti Sheela Singh, Sub Committee Chairperson (Water), Ward Councillors, Ward No.17 & 18, Members of Water Sub Committee and Officials of PBMC visited Water Treatment Plant at Garacharma (Ward No.18), and ascertained first hand information of meager water supply. Thereafter, the entire team inspected Dhanikhari Dam. Shri N.K.Udhaya Kumar, Chairperson requested PWD Secretary-cum-Commissioner and Shipping Secretary, A&N Administration to engage barges in night time so as to draw more water from Rutland Island, a press release from PBMC said.

Prime Minister holds comprehensive

(Contd. from page 1)

look into their problems and help them in getting all the necessary Central and State clearances in a time bound manner. Various strategies to bring investments into India in a fast-track mode and to promote Indian domestic sectors were discussed. Detailed discussions were held on guiding States to evolve their strategies & be more proactive in attracting investments. It was also discussed that the reform initiatives undertaken by the various Ministries should continue unabated and action should be taken in a time bound manner to remove any obstacles which impede promotion of investment and industrial growth. The meeting was attended by the Finance Minister, the Home Minister, the Minister for Commerce & Industries, MoS (Finance) along with senior officials of the Government of India.

Bank of Schemes, Ideas, Innovation

(Contd. from page 1)

significance to the MSMEs in particular and the economy in general. This is a very good beginning, Shri Gadkari added. He also suggested that category-wise classification and analysis of information and the achievements which may be published so that others learn/take lessons from successful experiences. Shri Gadkari advised that the Portal should be handled by quality professionals to keep it updated on sustained basis. He stressed upon the need for conversion of knowledge into wealth. Shri Gadkari also said that there is a need for greater work on Research, Technology, Innovation which can bring down cost and improve quality.

Shri Pratap Chandra Sarangi, MoS for MSME said, this portal will help the MSMEs in a big way through information sharing. He also said that this will help in the research activities. Similarly it can assist the farmers in planning, production, storage and marketing of their produce.

Users who have idea, innovation or research with him/her can share it on this platform which will be reviewed by the concerned Officer and publish them for public view. Registered users can rate these ideas (Crowd sourcing) and venture capitalist can connect with user having idea, innovation and research.

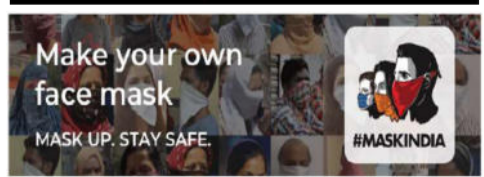
The online forms for Idea, innovation and research can be easily filled in 5-6 Minutes. Person can choose from areas such as (Credit/Finance, Human Capital Development, Technology, Infrastructure, Marketing, Policy, etc).



MINISTRY OF AYUSH Help us to Help you myGov

TAPPING INTO AGE-OLD WISDOM OF AYURVEDA DURING COVID-19
Natural Ways to Boost the Immune System

- Take Chyawanprash 10gm (1tsp) in the morning (sugar free Chyawanprash for Diabetics)
- Golden Milk- 1/2 Tsp turmeric powder in 150 ml hot milk (once or twice a day)
- Drink herbal tea made from Basil, Cinnamon, Black pepper, Dry Ginger & Raisin (once or twice a day)



UGC releases guidelines on Exams & Academic Calendar for Universities

New Delhi, Apr 30 University Grants Commission, UGC has released guidelines on Examinations and Academic Calendar for the Universities in view of COVID-19 pandemic and lockdown.



The academic session 2020-21 may commence from the 1st of August for old students and from the 1st of September for fresh students. Intermediate semester students will be graded based on internal

assessment of the present and previous semester.

In states where COVID-19 situation has normalised, there will be exams in July. For Terminal Semester Students, exams will be held in July.

A COVID-19 cell will be constituted in every university which will be empowered to solve the issues of students related to academic calendar and examinations. A COVID-19 cell will be created in UGC for faster decision making. (Source: india.gov.in)

Rain with thunderstorm likely to occur in A&N Islands: IMD

Port Blair, Apr 30

Thunderstorm, lightning, gusty wind (40-50) kmph is likely to occur at one or two places over A&N Islands tomorrow (May 1). Heavy rain (07-11) cm is likely to occur at one or two places over Nicobar Islands.

On May 2, thunderstorm, lightning, gusty wind (40-50) kmph is likely to occur at one or two places over Andaman & Nicobar Islands. Heavy to very heavy rain (07-20) cm is likely to occur over Nicobar Islands and heavy rain (07-11) cm is likely to occur at one or two places over Andaman Islands.

On May 3, thunderstorm, lightning, gusty wind (40-50) kmph is likely to occur at one or two places over A&N Islands. Heavy to very heavy rain (07-20) cm is likely to occur over Nicobar Islands and heavy rain (07-11) cm is likely to occur at one or two places over Andaman Islands.

On May 4, thunderstorm, lightning, gusty wind (40-50) kmph is likely to occur at one or two places over A&N Islands. Heavy to very heavy rain (07-20) cm is likely to occur over Nicobar Islands and heavy rain (07-11) cm is likely to occur at one or two places over Andaman Islands.

heavy rain (07-20) cm is likely to occur over A&N Islands.

On May 4, thunderstorm, lightning, gusty wind (40-50) kmph is likely to occur at one or two places over A&N Islands. Heavy to very heavy rain (07-20) cm likely to occur over Andaman Islands and Heavy rain (07-11) cm likely to occur at one or two places over Nicobar Islands.

Fisherman Warning: Fishermen have been advised not to venture into the South Andaman sea and adjoining areas of South East Bay of Bengal on 1st & 2nd May, 2020 and thereafter

not to venture into the Andaman sea & adjoining Southeast Bay of Bengal on 3rd May & 4th May, 2020. For further enquiries /

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

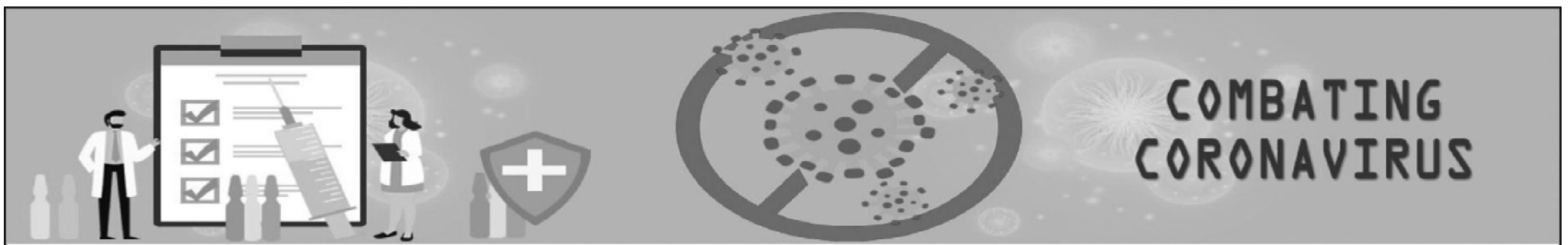
Transportation of Stranded Passengers

(Contd. from page 1)

themselves via SMS only latest by 5 pm on 2nd May, 2020 with the following authorities as per the format below:

OUTBOUND/ INBOUND REGISTRATION FORMAT	
A & N Islands to Chennai / Chennai to A & N Islands	
1. Name	
2. Age	
3. Sex	
4. Present Location	
5. Final Destination	
6. Mobile Number	
Contact personnel:	
1. Asst. Marine Engineer For travel between A & N Islands to Chennai	Tel: 03192-238017 For enquiry - 10 AM to 5 PM, all days Mob: 9932080480/9150572319 (SMS ONLY)
2. Asst Director (Shipping Services), Chennai For travel between Chennai to A & N Islands	Tel: 044 - 25226873 / 25220841 For enquiry - 10 AM to 5 PM, all days Mob: 9434272187 (SMS ONLY)

Based on the data of stranded passengers, sailings will be scheduled in the near future and announced accordingly. The stranded passengers will be required to reach Port Blair and Chennai Port at 1 pm on the scheduled dates of sailing, an official press release from the Directorate of Shipping Services said here today.



SYMPTOMS

DRY COUGH

HIGH FEVER

SORE THROAT

DIFFICULTY IN BREATHING

HOW IT SPREADS

AIR BY COUGH OR SNEEZE

PERSONAL CONTACT

CONTAMINATED OBJECTS

MASS GATHERING

PREVENTION

WASH YOUR HANDS OFTEN

WEAR A FACE MASK

AVOID CONTACT WITH SICK PEOPLE

ALWAYS COVER YOUR COUGH OR SNEEZE

अपने हाथ बार-बार धोएं

एल्कोहल आधारित सेनिटाइजर का प्रयोग करें

सोशल डिस्टेंसिंग अपनाएं

घर पर रहें, जीवन बचाएं

घबराहट में खरीददारी न करें

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

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

ANDAMAN AND NICOBAR ADMINISTRATION
OFFICE OF THE CHIEF ENGINEER
ANDAMAN PUBLIC WORKS DEPARTMENT
NIRMAN BHAWAN

NOTICE

Whereas an Inquiry was conducted against Shri K. Amose, Draughtsman Grade- II (civil) with respect to Memorandum issued by the Disciplinary authority vide No. 16-93/2019-PWD/708 dated 04/04/2019 for furnishing false date of birth at the time of appointment and submitting fake diploma certificate.

Whereas Shri K. Amose, Draughtsman Grade- II (civil), CD-I, Rangat, APWD was placed under suspension by the competent authority vide Order No. 1268 dated 06th May 2019 with immediate effect.

The Inquiry was concluded and the charges framed in the Memorandum were found to be proved.

Accordingly the Disciplinary authority has imposed major penalty of "Dismissal from Service" vide Order No. 924 dated 28th April 2020 with immediate effect.

The order was sent to Executive Engineer, CD-I, APWD, Rangat for serving him but Executive Engineer, CD-I, Rangat has informed vide letter No. 4-486/CD-I/Rgt/2020-21/1189 dated 29th April 2020 and even No. 1199 dated 30/04/2020 that Shri K. Amose is not present in his allotted quarter at Rangat. Subsequently he has sent one copy of order by post and one copy has been pasted in the front door of his house in presence of two witnesses.

On receipt of information from Executive Engineer, CD-I, Rangat one copy of order is sent to his permanent residence at Shoal Bay. But his family members have informed that Shri K. Amose is not present in house and refused to receive the order on his behalf.

Now it is hereby published for information that Shri K. Amose, Draughtsman Grade- II (Civil), CD-I, APWD, Rangat has been imposed with major penalty of "Dismissal from Service" by the competent authority of Administration w.e.f 28/04/2020.

**Engineer Officer
to Chief Engineer**

e-TENDER NOTICE

No. DB-56/Labour/WSD/2020-21/818 dt.03/04/2020

The Executive Engineer, Workshop Division, APWD, Port Blair invites on behalf of President of India, online Item Rate tenders from **Enlisted contractor of APWD and Non APWD Contractors** irrespective of their enlistment subject to the condition that they have experience of having successfully completed of work dealing with Providing Services to drive vehicle's in the Andaman & Nicobar Islands with Govt. Organizations & do not have any adverse remarks registered labour contractors/ Agencies for providing services to drive Heavy Vehicles with those who have professional driving license for the under mentioned work.

- Name of Work:-**R&M of 12 Nos. Ashok Leyland Truck procured under MOT fund During 2020-2021. **SW:-** Providing services to Drive Heavy Vehicles under Transport Sub-Division. **Estimate Cost Put To Tender:-Rs. 28,47,488/- Earnest Money:- Rs. 57,570/- & Time of Completion:- 06 Months**
TENDER ID: 2020_APWD_70_1
- Name of Work:-** R&M/o 6nos. Maruty Gypsy King, 06 Nos. Maruti Gypsy, 02 Nos. Maruti Omni and 07 Nos. Commander Jeep under Workshop Sub-Division, during 2020-2021. **SW:-**Providing services to Drive Light Vehicles. **Estimate Cost Put To Tender:- Rs. 19,18,992/- Earnest Money:- Rs. 38,380/- & Time of Completion :- 06 Months**
TENDER ID:2020_APWD_73_1& last time & date of Submission of bid: 06/05/2020 (15:00 hrs).

The Tender forms and other details can be obtained from the web site eprocure.andaman.gov.in.

**Executive Engineer
Workshop Division
APWD, Port Blair**

ID No. 6530

Share facts 😊

Not fear 😞

We all are together in this fight against COVID-19

Together we will fight COVID-19

Nationwide lockdown is necessary to break the chain of COVID-19 infections

Stay home, stay safe

SAD DEMISE

D.O.D 28-04-2020

DR. E. ASIRVATHAM
RETIRED ASSOCIATE PROF, JNRM
FORMER PRESIDENT CATHOLIC ASSOCIATION, A&N ISLANDS
FORMER SECRETARY, ANDAMAN TAMILZHAR SANGAM
MAN IS MORTAL BUT THE LOVE FOR THEM IS IMMORTAL
THROUGH YOU ARE NOT PRESENT HERE WITH ALL OF US BUT
YOUR MEMORY IS STORED ON OUR MIND.
REST PEACEFULLY IN HEAVEN!!!
DEEPLY MOURNED BY:-
WIFE, SON, DAUGHTER, BROTHER'S FAMILY & RELATIVES

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 basket

Materials needed
Paper (newspaper, brown paper, colored paper, magazine paper), scissor, glue, tape, cardboard or thick paper.

Method

- First, you have to cut the papers into strips of 1.5 inch width. Then fold them into half inch width and keep the length about 12 inches or more. Make as many as you can.
- First, take 16 strips and divide them into half. Lay out 8 strips vertically and 8 strips horizontally. Tighten the weave carefully to make sure that all the sides are even. Now build up the sides. Take a strip and go around the sides. Keep about half to 1 inch of the strip to fold at the end. While folding the remaining part of the strip use tape or glue to make sure they don't come out. The square paper basket is ready!
- You'll need cardboard or thick paper to make a round figure (to make the base of the basket) and of course, paper strips. Take 8 paper strips. At first take 2 strips and glue them at the middle, which forms a cross. Now, do the same with the rest of the strips and make sure to glue them at the middle. After laying all the 8 strips together they should look like a star.
- To make this basket you'll need a round piece cut out from cardboard and strips of 0.5 cm width. Use super glue to stick 12 strips with the round cardboard plate. Now hold few strips up. Take another strip and start weaving by circling around. Keep weaving around the basket, but keep about half to 1 inch of the strips at the end.
- Take even number of strips to make this basket, it makes it easier. Lay out 4 vertically and 4 strips horizontally. Tighten the weave carefully and make sure the strips are even.
- Stick all the remaining strips together vertically with glue or scotch tape.
- Cut out an oval shape from cardboard or thick paper. Now take the strip and glue it with the oval shaped cardboard plate. Start coiling up carefully and continue gluing the strip until its finish.



Silly riddles

Q. What can you put in a freezer that's hot and will always come out hot?
A. Hot sauce.

Q. What is red and has fangs?
A. An apple. I lied about the fangs!

Q. What does a triceratops sit on?
A. It's tricerat-bottom!

Q. Why did the turkey cross the road?
A. Because it was the chicken's day off!

Q. What do babies and basketball players have in common?
A. They dribble.

Q. Which day is mostly avoided by fish?
A. FRYday!

Q. What is black, white and red?
A. A panda with a rash!

Q. Where do ghosts buy their food?
A. At the GHOSTery Store.

Learn Some Idioms & its usage

- Whole nine yards**
Meaning: Everything. All of it.
- Wouldn't be caught dead**
Meaning: Would never like to do something
- Your guess is as good as mine**
Meaning: To have no idea, do not know the answer to a question
- Plum job**
Meaning - Desirable position which is well-paid and considered relatively easy.
- Golden handshake**
Meaning - Big sum of money given to a person when they leave a company or retire.

Health Benefits of Papaya



- Delicious and Loaded With Nutrients:** Papaya is the fruit of the *Carica papaya* plant. Papaya contains an enzyme called papain, which can break down the tough protein chains found in muscle meat. Because of this, people have used papaya to tenderize meat for thousands of years.
- Has Powerful Antioxidant Effects:** Free radicals are reactive molecules created during your body's metabolism. They can promote oxidative stress, which can lead to disease. Antioxidants, including the carotenoids found in papayas, can neutralize free radicals.
- Has Anticancer Properties:** Research suggests that the lycopene in papaya can reduce cancer risk. It may also be beneficial for people who are being treated for cancer. Papaya may work by reducing free radicals that contribute to cancer.
- May Improve Heart Health:** Adding more papaya to your diet may boost your heart health. Studies show that fruits high in lycopene and vitamin C may help prevent heart disease.
- May Fight Inflammation:** Chronic inflammation is at the root of many diseases, and unhealthy foods and lifestyle choices can drive the inflammatory process. Studies show that antioxidant-rich fruits and vegetables like papaya help reduce inflammatory markers.
- May Improve Digestion:** The papain enzyme in papaya can make protein easier to digest. People in the tropics consider papaya to be a remedy for constipation and other symptoms of irritable bowel syndrome.
- Protects Against Skin Damage:** In addition to keeping your body healthy, papaya can also help your skin look more toned and youthful. Excessive free radical activity is believed to be responsible for much of the wrinkling, sagging and other skin damage that occurs with age.

Amazing Facts about Mushrooms

- A mushroom is neither a fruit nor a vegetable; technically mushrooms aren't even plants.
- Mushrooms are a type of fungi; Fungi are living organisms that are distantly related to plants, and more closely related to animals, but rather different from either of those groups.
- All mushrooms are fungi, but not all fungi are mushrooms.
- A mushroom is the reproductive structure produced by some fungi. It is somewhat like the fruit of a plant, except that the "seeds" it produces are in fact millions of microscopic spores that form in the gills or pores underneath the mushroom's cap.
- Mushrooms grow throughout the year but are most plentiful in autumn. While cultivated mushrooms may be available anytime, most wild mushrooms only appear in autumn.
- Many mushroom species are important decomposers, metabolizing non living organic matter. This means they break down and "eat" dead plants. However, many species have a special, symbiotic, "mycorrhizal" relationship with particular species of plants. Often, neither the mushroom nor the plant will grow without a mycorrhizal partner.
- No one knows how many types of mushrooms exist in nature. There are about 10,000 described species known from North America, but everyone agrees that there are undiscovered species. Depending on who you believe, the known species are a third to a fifth of what's really out there.

Kitchen Tips

- Paint the bottom ring of your shaving cream cans with clear nail polish, and they won't leave rust rings in your bathroom.
- If your microwave is really dirty, put a damp cloth in there for about 30-45 seconds, let it sit (to cool down) then use it to wipe it down. The steam releases all the stuck-on food, like the dried-up stuff you would end up scraping off.
- You can also microwave a cup full of vinegar-water solution.
- Microfiber cloths are excellent for cleaning. They can clean anything with just a little water. Mirrors, glass, appliances...heck they can even take off the soap scum on shower walls (although that takes a bit of elbow grease). Using damp microfiber cloths is a great way to cut down on the paper towel and chemical use when you clean.
- The best way to peel hard-boiled eggs is under running water. Makes them peel great every time without mutilating the eggs.

Enrich your vocabulary

- Covet** - wish, long, or crave for.
- Cupidity** - extreme greed for material wealth.
- Dearth** - an insufficient quantity or number.
- Debacle** - a sudden and complete disaster.
- Debunk** - expose while ridiculing.
- Defunct** - no longer in force or use; inactive.
- Demagogue** - a leader who seeks support by appealing to popular passions.
- Denigrate** - attack the good name and reputation of someone.
- Derivative** - a compound obtained from another compound.
- Despot** - a cruel and oppressive dictator.
- Diaphanous** - so thin as to transmit light.
- Didactic** - instructive, especially excessively.
- Dirge** - a song or hymn of mourning as a memorial to a dead person.
- Disaffected** - discontented as toward authority.
- Discomfit** - cause to lose one's composure.

Animal Riddles

Q: What animal is the best cricket player?
A: A bat

Q: Where do rabbits go to enjoy their breakfast, lunch and dinner?
A: IHOP

Q: Why did the chicken, the pheasant, turkey, duck and goose get in trouble?
A: Because of their fowl language

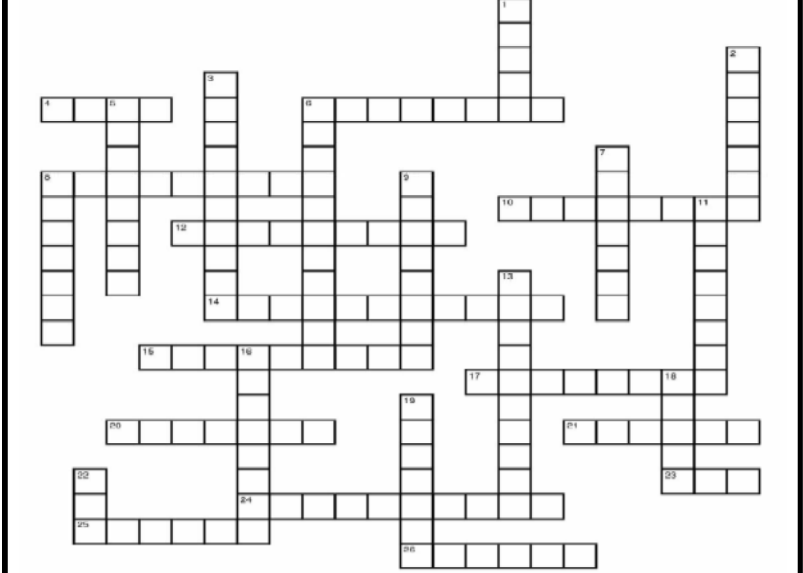
Q: What kind of mouse do cats dislike eating?
A: A computer mouse

Q: I can jump, I can swim, I swing from tree to tree and I make a house much bigger than myself. What am I?
A: Spider

Q: Mama bear asked Teddy bear why he wasn't eating his dinner? What was his reply?
A: Because he was stuffed

Q: What is the smartest insect?
A: A spelling bee.

Crossword Puzzle: Collaborative Thinking



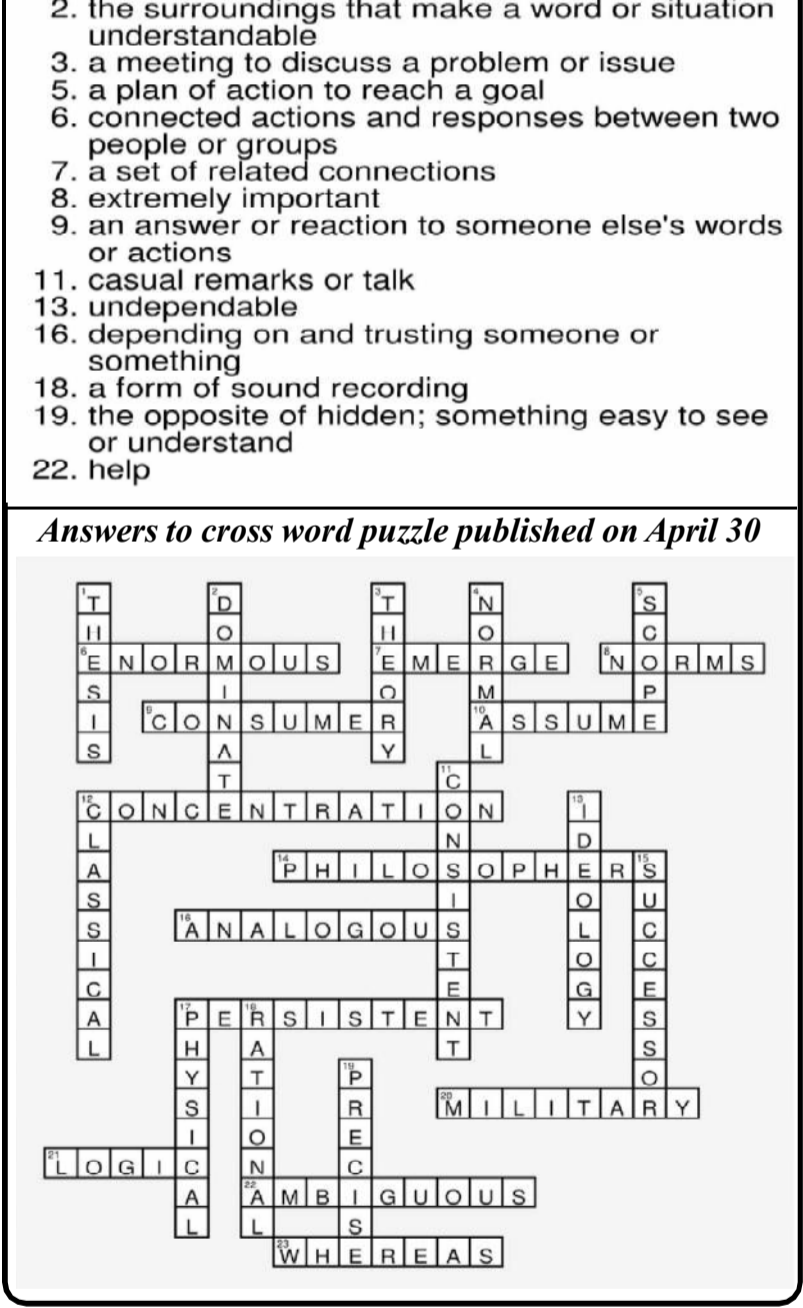
Across

- a job; work that needs doing
- to point out or show
- a call to compete or to special effort;
- not physical; a concept like time or justice
- a mechanical device or group of moving parts. Also, a method for making something work
- the conditions in which people or other species live-- everything around them
- a promise that something will work (or else will be replaced at no extra charge)
- the parts of something (also, the most basic parts substances can be broken into using chemistry.)
- the quality of being clear or easy to understand
- the product (or information) produced
- the total of things added together
- groups of related things
- a period of ten years
- to choose

Down

- information provided to start a process (often the data put into a machine)
- the surroundings that make a word or situation understandable
- a meeting to discuss a problem or issue
- a plan of action to reach a goal
- connected actions and responses between two people or groups
- a set of related connections
- extremely important
- an answer or reaction to someone else's words or actions
- casual remarks or talk
- undependable
- depending on and trusting someone or something
- a form of sound recording
- the opposite of hidden; something easy to see or understand
- help

Answers to cross word puzzle published on April 30



Quotable quotes

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it."
Henry Ford

"Without an open-minded mind, you can never be a great success."
Martha Stewart

"Rock bottom became the solid foundation on which I rebuilt my life"
J.K Rowling

"Success is going from failure to failure without losing your enthusiasm."
Winston Churchill

"Choose a job you love, and you will never have to work a day in your life."
Confucius

"The best way to predict the future is to create it."
Abraham Lincoln

"Nothing is impossible, the word itself says 'I'm possible'!"
Audrey Hepburn

"Being ignorant is not so much a shame as being unwilling to learn."
Benjamin Franklin