

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Weather

Dry weather most likely over Port Blair. Maximum and Minimum temperature will be around 33°C and 27°C respectively on Thursday 07/05/2020.

Maximum Temperature (°C) of Date: 33.1
 Minimum Temperature (°C) of Date: 26.8
 Relative Humidity(%) at 0830 IST: 63
 Relative Humidity(%) at 1730 IST: 67
 Sunrise Time for tomorrow (in IST): 0458
 Sunset Time for tomorrow (in IST): 1734
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.0
 Rainfall upto 1730 hrs of date in mm: 000.0
 Rainfall (Progressive total from 1st January 18.6 upto 0830 hrs (of date) in mm

PM chairs meeting of Task Force on Corona Vaccine Development, Drug Discovery, Diagnosis & Testing

Scientific coming together of Computer Science, Chemistry & Biotechnology in drug discovery appreciated

PIB
 New Delhi, May 6
 The Prime Minister, Shri Narendra Modi took a detailed review of the current status of India's efforts in vaccine development, drug discovery, diagnosis and testing.



The review by the Prime Minister took note of the extraordinary coming together of academia, industry and government, regulatory process. The Prime Minister desired that such coordination and speed should be embedded into a standard operating procedure. He emphasized that what is possible in a crisis should be a part of our routine way of scientific functioning.

Appreciating the scientific coming together of Computer Science, Chemistry and Biotechnology in drug discovery, the Prime Minister suggested that a hackathon be held

(Contd. on last page)

GREETINGS

On the auspicious occasion of "Buddha Purnima", I extend my warm greetings to the people of Andaman and Nicobar Islands.

The teachings of Mahatma Buddha inspire us to maintain the peace, non-violence and mutually fraternity. On this auspicious occasion, all of us shall come together for maintenance of peace and harmony prevailing in the Island and become part of the progress of these Islands.

On this joyous occasion, I wish that happiness and prosperity continue to enlighten lives of all the residents.



Admiral D K Joshi
 PVSM, AVSM, YSM, NM, VSM (Retd.)
 Lieutenant Governor
 Andaman & Nicobar Islands &
 Vice Chairman
 Islands Development Agency

Pradhan Mantri Garib Kalyan Anna Yojana A&N Administration garners appreciation from Govt. of India for timely distribution of three months quota of free rice & dal to 61,000 beneficiaries

Port Blair, May 6

As per the decision of the Ministry of Consumer Affairs, Food & Public Distribution, GoI, in the wake of the COVID-19 pandemic, A&N Administration distributed three months quota of rice and pulses to the poor people under Pradhan Mantri Garib Kalyan Anna Yojana (PM-GKAY) free of cost.

In a video conference held by the Secretary, Ministry of Consumer Affairs, Food & Public Distribution, GoI to review the progress of the scheme, it emerged that Andaman and Nicobar Administration has become the first among the States and UTs to cover 99% beneficiaries by distributing three months quota of Rice and Dal to such needy persons despite the tough geographical locations of the Islands and extremely difficult transportation challenges.

The Ministry has expressed happiness and satisfaction on the achievement made by the UT Administration and also admired being among the top leading States/UT in the implementation of PM-GKAY, a press release from Directorate of CS&CA said.

Administration issues instructions on functioning of banks/ATMs

General public can register grievances of non-availability of cash or non-functioning of ATMs

Port Blair, May 6

The General Public are being informed that various instructions have been issued by the A&N Administration on functioning of banks/ATMs in view of COVID-19 wherein it has been emphasized that ATMs should be kept filled with cash, functional at all times and sanitized from time to time. However, in case of non-availability of cash or non-functioning of ATMs, the public can register their grievances through the helpline number 192.

(Contd. on last page)

Containment area restrictions in Round Basti, Dignabad, Atlanta Point, Mohanpura & Sisty Nagar removed; surveillance to continue

Containment operations in Biggiline scaled down

Port Blair, May 6

The area constituting Round Basti, Dignabad, Atlanta Point, Mohanpura and Sisty Nagar was constituted as a Containment Area in order to prevent the spread of COVID-19. The last positive case for COVID-19 was detected on 30th March, 2020 in the aforementioned Containment Area following which, containment operations were directed to be scaled down.

As per the Updated Containment Plan for Large Outbreaks Novel Coronavirus Disease 2019 issued by the Ministry of Health and Family Welfare, Government of India, the containment operation shall be deemed to be over 28 days from the discharge of last confirmed case (following negative tests as per discharge policy) from the designated health facility i.e. when the follow up of hospital contacts will be complete.

The health authorities have confirmed that the conditions for

removing Containment Area restrictions are fulfilled in the case of Round Basti, Dignabad, Atlanta Point, Mohanpura and Sisty Nagar. Further, the medical screening of all the residents of the area has already been done and samples of symptomatic persons were collected which were reported negative. Further, the last patient from the aforementioned Containment Area tested negative on 09.04.2020.

Now therefore, in view of the above, the containment operations in the Containment Area comprising Round Basti, Dignabad, Atlanta Point, Mohanpura and Sisty Nagar have been declared over. However, the surveillance will continue for ILI/SARI.

The following directions are further being issued by the Deputy Commissioner South Andaman for strict compliance by the officers concerned: -

★ The SHO concerned shall keep strict vigil in the above said area to

ensure that the instructions issued with regard to lockdown are being followed and shall also remove the restrictions on entry into and exit from the above Containment Area.

★ Further, every person of aforesaid area will maintain social distancing and no such person will come outside the house in any case without covering their face with 3-ply mask or handmade washable cloth mask.

★ Further, all the vendors, hawkers etc. will have to maintain proper hygiene and ensure social distancing.

★ Local persons/ establishment may apply for movement permits from the Tehsildar, Port Blair.

All other directions issued from time to time by the Govt. of India and the A&N Administration related to lockdown and social distance measures, shall be complied with scrupulously in their real terms and intent. This order shall come in force w.e.f. midnight of 06.05.2020.

(Contd. on last page)

COVID-19: Citizen centric efforts by PBMC Sanitary Workers of PBMC shows exemplary service ethos

Port Blair, May 6

Port Blair Municipal Council for the welfare of its citizens is undertaking a number of initiatives. During this hour of crisis, it is worth mentioning that the Sanitary Workers of PBMC is exhibiting exemplary service ethos by not only keeping the city spic & span but also attending garbage in all quarantine institutions / hotels, sanitizing and

redressing citizen grievances in a timely manner.

Since the outbreak of COVID-19, PBMC with the active participation of Elected Representatives to Port Blair City has taken

(Contd. on last page)

Contribution to Lt. Governor's Relief Fund

Port Blair, May 6

All staff of Head Quarter, Andaman & Nicobar Command has contributed a sum of Rupees Two Lakhs to the Lt. Governor's Relief Fund towards COVID-19 management/containment and in solidarity with the residents of A&N Islands.

Apart from this, M.E.S School, Stewartgunj has also contributed an amount of Rupees One Lakh Twenty Nine Thousand Nine Hundred Seventy Two towards the Lt. Governor's Relief Fund, Andaman & Nicobar Islands.

Residents of Shelter Camp for stranded migrant labourers & workers at GSS Bathubasti shows outstanding dedication



Port Blair, May 6

As per the directives, issued by the Ministry of Home Affairs from time to time for providing food, shelter and basic amenities to the stranded migrant labourers and workers and the needy people who got stranded in the district due to lockdown, the A&N Administration has set up shelter camps at various places in the South Andaman District.

The Govt. Sr. Secondary School, Bathubasti is one of the shelter camps in the South Andaman District, which caters 110 workers. In the shelter camps, the residents are being provided with all the essential facilities by the District Administration. Mattresses with

(Contd. on last page)

Transportation of Stranded Personnel Registration to re-open for Kolkata & Vizag sectors today

Register passengers name via SMS

Port Blair, May 6

To facilitate movement of stranded migrant workers, pilgrims, tourists, students, patients and other person(s) in distress, registration shall re-open from 1100 hrs on 7th May, 2020 for Kolkata and Vizag sectors. All stranded

(Contd. on last page)



Breakfast provided to Sanitary Workers

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

**Health Bulletin For Containment Of
नोवल कोरोना वायरस रोग (COVID-19)**

(No. 37/ 06th May 2020)
COVID-19 STATUS AS ON 06.05.2020

Andaman & Nicobar Islands:			
Total Confirmed cases			33
Cured/Discharged from Hospital			32
Death			00
Admitted at Hospital			01
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	01	01

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

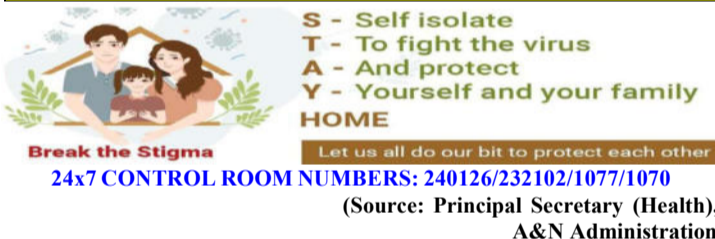
> Status of Sample Testing:	
Total Samples sent till date	4530
Total Reports received till date	4270
Total Pending Reports	260

> 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. 182472 population surveyed daily in these Zones.

- > **01 (One)** Active case 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 - 394 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.
- > **32 (Thirty Two)** COVID-19 patient cured and now under observation.
- > 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	1056
Contacts under Home Quarantine as on today	800
Contacts completed 14 days period of Home Quarantine	256
Persons under Institutional Quarantine as on today	335**
Persons completed 14 days period of Institutional Quarantine	880
Passengers completed 14 days period of Quarantine	1812

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



Govt. extends time limit for annual GST returns till 30th September

New Delhi, May 6
Government has announced further relaxations for filing of Annual returns for Goods and Services Tax (GST) and movement of goods in the country. The Central Board of Indirect Taxes and Customs (CBIC) has extended the time limit for furnishing of the annual return and GST audit for the financial year 2018-2019, till 30 September, 2020.

Government has also given an extension till 31st May for all the e-way bills generated on or

Residents of Shelter Camp
(Contd. from page 1)

bedsheets were given to all residents and only four people were accommodated in a room by following social distancing and COVID-19 protocol. Cooked food, drinking water are being provided regularly. Cleaning staff from PBMC have been engaged, toiletries have been provided to the residents. A separate team sanitizes the area at prescribed intervals. Milk and other essential nutrients are being supplied as and when needed.

The residents of the shelter camp have shown their outstanding dedication by taking care of the Eco-

before March 24, whose validity were to expire between March 20th and April 15th. This relaxation will allow seamless movement of goods and supplies through road transport carriers ensuring availability of supplies across the county. (Source: india.gov.in)

Club Garden in the school. Besides this, the residents have painted the black boards of all the class rooms of the School showing their industrious attitude during the lockdown period. While performing the above task, residents maintained the social distancing



norms and followed the COVID-19 protocol. Their dedication and spirit in the up-keep and also for improving the beauty of school during this critical period and their cooperation in following the directions of the authorities during the lockdown period has been appreciated by the District Administration, a press release issued by Deputy Commissioner (SA) said.

Administration issues instructions....

(Contd. from page 1)
functioning of an ATM, the General Public may contact Shri Vijay Rao, Lead District Manager in his mobile No.09434283189 and email-ldmport.blair@sbi.co.in and inform their grievance, an official press release from A&N Administration received here said.

Registration to re-open for Kolkata & Vizag sectors....

(Contd. from page 1)
personnel have been requested to register themselves via SMS only as per the format below, from 1100 hrs on 7th May, 2020 onwards till 2100 hrs on 8th May, 2020.

OUTBOUND / INBOUND REGISTRATON FORMAT	
A&N Islands to Mainland (Kolkata / Vizag) / Mainland (Kolkata / Vizag to A&N Islands)	
1.	Name -
2.	Age-
3.	Sex -
4.	Present Location-
5.	Final Destination(Dist and State)- via Kolkata/Vizag
6.	Mobile No-
7.	Purpose of movement (in detail)-
Contact personnel :	
1.	Assistant Director (Commercial), DSS
	For enquiry- 09 AM to 07PM on all days contact Tel : 03192-238017. For Registration send only SMS to
	1. Port Blair to Kolkata : 9150572319
	2. Kolkata to Port Blair : 9476039684
	3. Port Blair to Vizag : 9531907570
	4. Vizag to Port Blair : 9679506033

Based on the data of stranded personnel, transportation will be scheduled and announced accordingly. Personnel those who have already registered earlier with this Directorate through SMS for transportation, are not required to Register again.

It is, further clarified that, the above arrangement is meant to facilitate movement of migrant workers, students, patients and other distressed persons who had moved from their native places/ workplaces, just before the lockdown period, but could not return to their native places/ workplaces on account of restriction placed on movement of persons and vehicles as part of lockdown measures. The facilitation envisaged is meant for such distressed persons, but does not extend to those categories of persons, who are otherwise residing normally at places, other than the native places for purposes of work etc., and who wish to visit their native places in normal course.

The dates and schedules of transportation shall be communicated to all as and when finalized, a press release from Directorate of Shipping Services said.

Burglary case solved by Ograbraj Police

Port Blair, May 6
A burglary case of Office furniture & other articles from Agriculture Tourism Farm, Flat Bay, Chouldari has been worked out and busted within 12 hours by the team of Police Station Ograbraj leading to a r r e s t of one accused person alongwith full recovery of stolen articles. On receipt of complaint from Shri. Ritik Baroi, namely M. Karthick, S/o Shri. Mritunjoy S/o Shri K. Baroi (39)yrs, Malaikannan 35 (yrs.), Private Driver, Flat Bay R/o Lal Pahad, Chouldari has confessed his guilt and arrested. Further, all stolen properties were recovered & seized by the police team. Thereafter, the accused person was produced before the Hon'ble Court of CJM, Port Blair, a course of press release from SP (SA), Shri Manoj C said.

Sanitary Workers of PBMC shows

(Contd. from page 1)
various initiatives:

Disinfection process: Consequent on declaring COVID-19 as a pandemic followed by issuance of directives by Govt. of India, PBMC has been working relentlessly to disinfect wards, quarantine institutions / hotels, Labour Shelters, public places including market places, containment zones and other places to defeat the spread of corona virus. Continuing its service further, PBMC has disinfected places at Ward No. 06 and Ward No. 10.

Welfare measures : In collaboration with Civil Society Organization, PBMC served breakfast to the Sanitary Workers in Ward No.5 and Ward No. 6.

Rejuvenation of water source: An inspection was carried out by Chairperson, Secretary, and Officials of PBMC, at Pathergudda Ward No. 19 to explore water sources. It was found that the pond at Ward No. 19 will be beneficial for the general public and therefore it was decided to rejuvenate / restore by PBMC.

On May 4, PBMC cleaned / restored two more wells at Ward No. 23 and 24. PBMC has appealed to all citizens of Port Blair to use water judiciously. The Council said that community

PM chairs meeting of Task Force on

(Contd. from page 1)
on this subject, linking Computer Science to synthesis and testing in the laboratory. The successful candidates from the hackathon could be taken up by the start-ups for further development and scaling up. The Prime Minister added that the innovative and original manner in which Indian scientists, from basic to applied Sciences, have come together with industry is heartening. This kind of pride, originality and sense of purpose should dominate our approach going ahead. It is only then that we can be amongst the best in the world and not followers, in Science. In diagnosis and testing, several academic research institutions and start-ups have developed new tests, both for the RT-PCR approach and for the antibody detection. In addition, by linking laboratories all over the country, capacity for both these kinds of tests have been enormously scaled up. The problem of importing reagents for testing has been addressed by consortia of Indian start-ups and industry, meeting current requirements. The current thrust also holds promise for the development of a robust long-term industry in this area.

Indian vaccine companies are well known for their quality, manufacturing capacity and global presence. Today in addition, they have come across as innovators in early stage vaccine development research. Similarly, Indian academia and start-ups have also pioneered in this area. Over 30 Indian vaccines are in different stages of corona vaccine development, with a few going on to the trial stages.

Similarly, in drug development three approaches are being taken. First, the repurposing of existing drugs. At least four drugs are undergoing synthesis and examination in this category. Secondly, the development of new candidate drugs and molecules are being driven by linking high performance computational approached with laboratory verification. Thirdly, plant extracts and products are being examined for general anti-viral properties.

Containment area restrictions in

(Contd. from page 1)
Meanwhile, the area Biggi Line was constituted as Containment Area in order to prevent the spread of COVID-19. As per the Updated Containment Plan for Large Outbreaks Novel Coronavirus Disease 2019 issued by the Ministry of Health and Family Welfare, Government of India, containment operation will be scaled down, if no secondary laboratory confirmed COVID-19 case is reported from geographic quarantine zone for at least four weeks after the last confirmed test has been isolated and all his contacts have been followed up for 28 days.

The last positive case for COVID-19 was detected on 8th April, 2020 in the aforementioned Containment Area. Hence, the containment operations have been scaled down in Containment Area Biggi Line, Orders issued in this regard by the Deputy Commissioner (SA)/District Magistrate South Andaman District said.

participation plays a pivotal role in water conservation / preservation.



Wells cleaned in various wards


Social distancing in markets : Social distancing plays an important role to prevent COVID-19. In order to achieve the above, PBMC has earmarked places for vegetable vendors and general public at Ratnam Market and Dollygunj Mini Stadium.


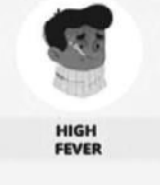
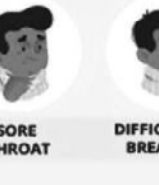
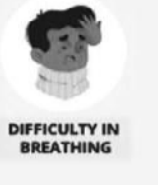


Social distancing at Ratnam Market





COMBATING CORONAVIRUS

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

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

दो गज की दूरी बेहद जरूरी पर अमल करें

दो गज



Happy Retired Life

Date of Superannuation 30.04.2020

Smti. R. Bhagya Laxmi

(Headmistress)
W/o K. Satyanarayan
Govt. Middle School, Aberdeen
Directorate of Education,
Port Blair, Andaman

On the eve of retirement from your long dedicated about 37 years of service hereinafter we wish you to burn more, eat less, smother your life with happiness, chill out and read more, be active and keep busy, do a little of everything pick a happy and enjoy your retirement to every bit.

CONGRATULATIONS !

From ever loving family members: Shri K.Satyanarayan Dr. Snehaa & Shri Anurag Singh, Kr. K. Krishna Narayan, Smti. K. Nagamani, Shri Reddy Shaker Rao, Smti. S. Bhawani & Shri Sanjeev Reddy, Smti. Uma Savitri & Shri S.P. Velchezhan, Shri Yamuna Prasad & Smti. Durga Madhavi, Smti. Bhu Bharthy & Shri D.J. Venkatesh, Shri K. Srinivas, Smti. Bhargavi, Kr. V. Sailesh, Kr. V. Sarvesh, Kr. D. Novesh, Kumari Tanishka, Master Rudransh Krishna and Master Pehalaj Singh (Vian)

ANDAMAN & NICOBAR ADMINISTRATION

Office of the Medical Superintendent G.B.Pant Hospital

NOTICE

The following unknown dead bodies are lying in the Cold Mortuary of the GB Pant Hospital, Port Blair as per details given below:-

I.

1.	Name	Bijay Mazumdar	
2.	Age	70 years, male	
3.	Residential address	Junglighat	
4.	Date of admission	15.03.2020	
5.	Date of death	17.03.2020	

II.

1.	Name	S Raju	
2.	Age	68 years, male	
3.	Residential address	Dairy Farm	
4.	Date of admission	26.02.2020	
5.	Date of death	06.03.2020	

III.

1.	Name	Unknown	
2.	Age	70 years	
3.	Residential address	Unknown	
4.	Date of admission	26.02.2020	
5.	Date of death	08.03.2020	

No relatives have come forward to claim above named dead bodies kept in the mortuary till date. The general public is hereby informed that any persons/relatives have claim over the above deceased may come and receive the dead body for doing last rites. If no claim is received within seven days from the date of publication of this notice, the Medical Superintendent, GB Pant Hospital shall have right to dispose the above dead bodies as per norms.

**Sd/-
Medical Superintendent
G. B. Pant Hospital**

PMU-Mayabunder National Highways & Infrastructure Development Corporation Limited Notice Inviting Quotation

NHIDCL/B.O/A&N/Package/VIII/N41/2019-20 Date: 06.05.2020

1. National Highways and Infrastructure Development Corporation Ltd. (hereinafter called "the Employer") invites sealed bids in single stage two cover system i.e. the Technical and Financial Bids on item rate basis for the following works from the experienced Road/Bridge Contractors/firms/organizations excluding those firms who have been declared as blacklisted/debarred for specified period by MoRT&H/NHAI/NHIDCL :-

Sr. No.	Name of work/Contract Package	Length (km)	Estimated Civil Cost Put to Tender (Rs. In Lakhs)	Bids Security (Rs. In Lakhs)	Time of Completion	Eligibility Criteria Average annual turnover for last 5 Years (Rs. In Lakhs)	Eligibility Criteria as Completed work of similar nature (During last 5 Years (Rs. In Lakhs)
1	Urgent maintenance of existing NH 04 portion from Kalara Junction Ch. 298+000 Km to Lamiya bay Ch. 330.662 Km - Retender	32.662	81.66	1.63	2 Months	81.66	One similar Completed work not less than the amount equal to 40% of the total value of contract. (Rs. 135.78 Lakhs)

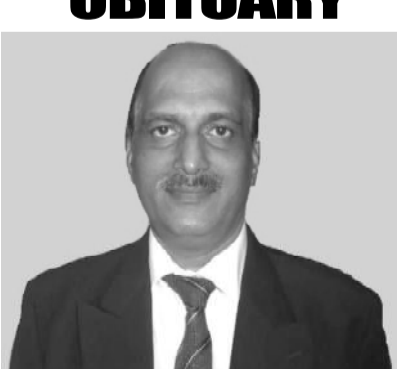
Cost of Bid Documents : Rs. 5,000/- in the form of DD in favour of **The General Manager (Projects), NHIDCL, Mayabunder payable at Port Blair (Non- Refundable)**

- Date of Publishing is from 07.05.2020
- The complete BID document can be obtained from the PMU, Mayabunder/Port Blair from 18.03.2020 (09.30 Hours) to 21.05.2020 (11.00 Hours).
- Bidder must submit its Technical Bid and Financial bid on or before 21.05.2020 at 03.00 hours IST. Bids received shall be opened on the next day 22.05.2020 (at 0400 hours IST).
- Bid documents contain qualifying criteria for bidder, specification, bill of quantities, conditions and other details.
- The site for the work is available.
- Bidder shall submit the following documents.
 - Copy of PAN Card
 - Demand Draft for cost of documents
 - Demand Draft/Bank Guarantee for Bid Security
- Bids will be opened manually as per time schedule mentioned at Sr. No. 04.
- Before submission of bids, bidder must ensure that copy of all the necessary documents have been attached with bid.
- The department will not be responsible for delay in submission of bids whatsoever reasons may be.
- All the required information for bid must be filled and submitted to PMU, Mayabunder/Port Blair.
- Bidders should get ready with the all copies of cost of documents & Bid Security as specified in the tender documents. The original instruments in respect of cost of documents, Bid Security and relevant documents will be submitted to the Tenders Inviting Authority by hand as per time schedule specified.
- Bidders can contact the undersigned for any guidance for getting any other relevant details in respect of inviting quotation.

Date: 06.05.2020

**Sd/-
General Manager (P)
National Highways & Infrastructure Development Corporation Limited.
PMU, Mayabunder-744402.
e-mail: Andaman.nhidcl@gmail.com
land line-03192-240517**

OBITUARY



The Faculty, Staff, Scholars and Students of Department of Ocean Studies and Marine Biology, Pondicherry University, Port Blair Campus deeply mourn the sudden demise of **Prof. Jayant Kumar Mishra**, Department of Ocean Studies and Marine Biology, Pondicherry University, Port Blair who left for heavenly abode on 05/05/2020. We pray to the almighty to give strength and courage to the bereaved family to bear irreparable loss. 'May his soul rest in peace'.

9th DEATH ANNIVERSARY



LATE CHANDRAWATI
W/o Late Tek Raj, Lambaline

"Bachhpann ki wo baatey yaad aati hai MAA... Teri Aanchal may bitaaye Din aur Raatey yaad aati hai MAA... Kyu door chale jaate hai humse hamey chahne waale... Sar par hath ferkar hamey manane waale... Taqleef bahut hoti hai jab teri zaroorat hoti hai... Na paakar tujhe harbaar ye jazbaatey rula jaati hai MAA....."

Inserted by :- Daughters, Son-in-laws, Grand children and 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 a Paper Mask

Materials required:

Cardboard, paper, pencil, glue, colours

Method :

♣ **Designing Your Mask:**

Choose your material. Cardstock is going to be the best material to use for your paper mask, but you can also use heavy cardboard or even a sturdy paper plate. Choose any color you'd like and decide what shape you want.



♣ **Draw the shape:** You can make a mask to cover your eyes, half your face or the entire thing. Decide what shape best fits the occasion and draw it on the cardstock. To make your mask symmetrical, fold your paper in half and draw half of the mask. Place it up to the window and trace the shape on the other half of your paper. You can also cut out the half-shape while your mask is still folded, just be sure that the center is along the fold or you'll end up with two separate halves.

♣ **Draw eye holes and, if necessary, a mouth hole:** To make sure the eye holes are in the right place, first hold the mask in front of your face, then use a pencil to make a small mark on the area in front of your eyes. You can then draw the eyes around the mark. Do the same for the mouth if making a full-face mask. Cut out the eyes. Use a knife or a razor blade.

♣ **Decorate your mask as per your choice:** you can color your mask with markers, crayons and paint. ❖

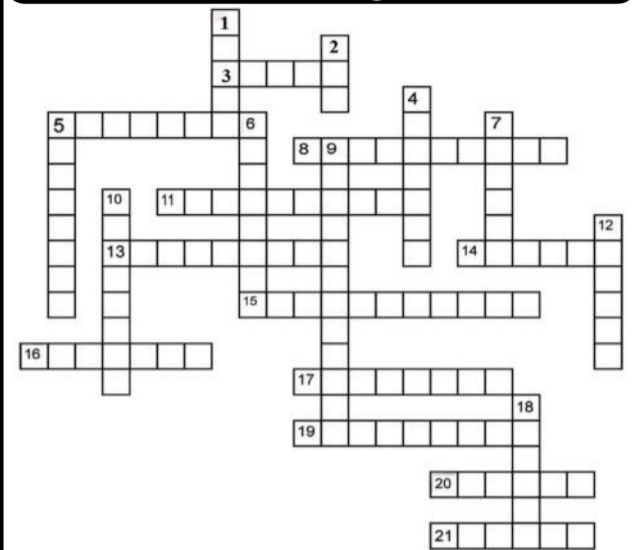
Silly riddles

- Q. What is a snake's favourite subject?
A. HISStory!
- Q. What has 6 eyes but cannot see?
A. Three blind mice.
- Q. What is the quickest way to double your money?
A. Fold it in half!
- Q. What is the easiest way to be on TV?
A. Sit on it!
- Q. What did the little light bulb say to its mum?
A. "I wuv you watts and watts!"
- Q. What did the father buffalo say to his son when he left for school?
A. Bison!
- Q. What is the laziest mountain in the world?
A. Mount Ever-rest. ❖

Learn Some Idioms & its usage

- A bird in the hand is worth two in the bush
Meaning: What you have is worth more than what you might have later.
- A penny for your thoughts
Meaning: Tell me what you're thinking.
- A perfect storm
Meaning: the worst possible situation.
- A picture is worth 1000 words
Meaning : Better to show than tell.
- Actions speak louder than words
Meaning: Believe what people do and not what they say. ❖

Crossword Puzzle: Frugal Innovations



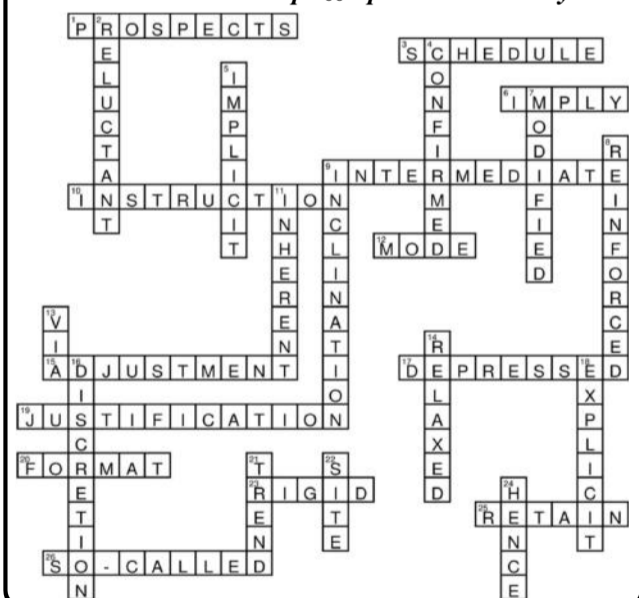
Across

- to find an answer or solution to a problem
- person interested in buying from a company
- the practical application of science
- developing new ways to do things
- can be found and used, accessible
- a major part or division (ex: of the economy)
- wasteful, spending far beyond what is necessary
- a new idea or product
- a supply of certain materials or people available for a company or country to use when needed
- guideline or basic rule
- to plan (or a plan for) the appearance and use of something before making it
- ability to reach or enter

Down

- to not make good use of limited resources
- money charged for a service
- to provide funding for a business
- imaginative, able to come up with new ideas
- to remodel or renew
- origin, or place to get something
- new business or start-up founder and owner
- special qualities or characteristics of a product
- careful with money, living simply
- mechanical or electronic instrument with a specific function (designed to do one thing)

Answers to cross word puzzle published on May 06



Quotable quotes

- * "If you do what you've always done, you'll get what you've always gotten."
Tony Robbins
- * "When I let go of what I am, I become what I might be."
Lao Tzu
- * "I am thankful for all of those who said NO to me. It's because of them I'm doing it myself."
Albert Einstein
- * "You get what you settle for."
Thelma and Louise
- * "Only those who will risk going too far can possibly find out how far one can go."
T. S. Eliot
- * "Don't judge each day by the harvest you reap but by the seeds that you plant."
Robert Louis Stevenson
- * "May you live all the days of your life."
Jonathan Swift
- * "Life itself is the most wonderful fairy tale."
Hans Christian Andersen
- * "Do not let making a living prevent you from making a life."
John Wooden

Health benefits of Ivy Gourd (Kundru)



***Regulates Blood Sugar Levels:** Ivy gourd is used in Ayurvedic medicines to treat diabetes. The stems of this climber plant and the leaves are cooked and consumed or added to soups. The raw leaves of this vegetable have shown successful results in increasing glucose tolerance.

***Prevents Obesity:** Research indicates that ivy gourd has anti-obesity properties. What it does is that it prevents the pre-adipocytes from converting to fat cells.

***Fatigue:** Iron is an essential element for the optimal bodily functions. Including iron-rich food in the diet is the key to avoiding fatigue. Anemia is often caused by iron deficiency in the body. Ivy gourd has 1.4mg of iron and thus is a valuable source of iron. This vegetable will keep you energized, healthy and fit.

***Defends Nervous System:** Like watermelon, ivy gourd has water-soluble vitamins like B2. This vitamin plays a big role in maintaining your energy levels.

***Increased Metabolism:** Thiamine is a nutrient that converts carbohydrates into glucose, which keeps the energy levels in the body high, and regulates metabolism.

***Improved Digestion:** Ivy gourd facilitates digestion. It contains fiber that aids in digestion. This vegetable thus adds roughage to the stool and enables smooth bulk elimination. ❖

Enrich your vocabulary

- ✓ **Fallacious** - containing or based on incorrect reasoning.
- ✓ **Fatuous** - devoid of intelligence.
- ✓ **Fetter** - a shackle for the ankles or feet.
- ✓ **Flagrant** - conspicuously and outrageously bad or reprehensible.
- ✓ **Foil** - hinder or prevent, as an effort, plan, or desire.
- ✓ **Forbearance** - good-natured tolerance of delay or incompetence.
- ✓ **Fortuitous** - lucky; occurring by happy chance.
- ✓ **Fractious** - easily irritated or annoyed.
- ✓ **Garrulous** - full of trivial conversation.
- ✓ **Gourmand** - a person who is devoted to eating and drinking to excess.
- ✓ **Grandiloquent** - lofty in style.
- ✓ **Gratuitous** - unnecessary and unwarranted. ❖

Little-Known Facts about Tea

✓ **The Discovery:** Originally used for medicinal purposes such as detoxification, it was often chewed rather than being drunk from pretty painted china cups. According to folklore, the beverage was first discovered when the leaves from some tea bushes blew into the water that servants were boiling, to purify it for Emperor Shen Nong to drink. The leaves went unnoticed and the water was served to the emperor, who was also a herbalist. Upon drinking this accidental brew, which he very much enjoyed, the concept of drinking tea was born.

✓ **They Are All One:** There are several different types including black, oolong, green, and white. They all come from the same plant, *Camellia sinensis*, but the difference lies in how the leaves are treated after they are harvested.

✓ **The Champagne of Tea:** Grown in Darjeeling, India, the type of the same name is often referred to as the champagne of teas. It is a widely accepted belief that this particular black variety is the best of the best.

✓ **Most Expensive Cup:** While Darjeeling can be quite expensive, it is not actually the most costly type to brew. That prize goes to a rare Chinese variety called Tieguanyin.

✓ **Green Tea as a Super Food:** In addition to external healing properties, green tea is known as a super food when it's consumed. ❖

Recipe for Egg & Garlic Fried Rice



Ingredients:

2 Tbsp oil, 1 tsp garlic, chopped, 2 tsp coriander, chopped, 1 tsp ginger, chopped, 1 red chilli, chopped
1 Egg, 2 cups cooked rice, 1 tsp salt, 1 tsp black pepper powder, 1 tsp soya sauce.

Method:

- ✓ Heat oil in a pan on medium flame and add the chopped garlic to it. Cook until light golden.
- ✓ Now add a teaspoon of coriander, ginger and red chilli. Saute for a minute.
- ✓ Break an egg in the pan. Mix and cook until scrambled.
- ✓ Then pour the cooked rice and combine well with the ingredients with light hands.
- ✓ Add salt and black pepper powder and mix thoroughly pouring soya sauce over the rice.
- ✓ Again add a teaspoon of coriander to the rice and stir fry for a minute.
- ✓ Transfer the tasty fried rice in a bowl and serve hot garnished with chopped coriander. ❖