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# Daily Telegrams

...the Largest Circulating Daily of the Islands

**Weather Report**  
 Light rainfall very likely over Port Blair. Parity cloudy weather likely to prevail. Maximum and Minimum temperature will be around 29°C and 25°C respectively on Sunday 09/08/2020.  
 Maximum Temperature (°C) of Date: 29.9  
 Minimum Temperature (°C) of Date: 24.3  
 Relative Humidity(%) at 0830 IST: 095  
 Relative Humidity(%) at 1730 IST: 092  
 Sunrise time on 09.08.2020 (in IST): 0508  
 Sunset time on 09.08.2020 (in IST): 1742  
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 017.5  
 Rainfall upto 1730 hrs of date in mm: 009.1  
 Rainfall (Progressive total from 1st January 20 upto 0830 hrs (of date) in mm: 1484.2 mm

Regn. No. 34190/75

No. 212

Port Blair, Sunday, August 09, 2020

Web: dt.andaman.gov.in

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## PM dedicates Rashtriya Swachhata Kendra as a permanent tribute to Mahatma Gandhi Lauds people of India for making 'Swachhata a Jan Andolan'

New Delhi, Aug 8 (PIB)

Prime Minister, Shri Narendra Modi today inaugurated the Rashtriya Swachhata Kendra - an interactive experience centre on the Swachh Bharat Mission, at the Gandhi Smriti and Darshan Samiti at Rajghat, New Delhi. A tribute to Mahatma Gandhi, the Rashtriya Swachhata Kendra (RSK) was first announced by the Prime Minister on 10th April, 2017, on the occasion of the centenary celebrations of Gandhiji's Champaran Satyagraha. Shri Gajendra Singh Shekhawat, Minister, Jal Shakti and Shri Rattan Lal Kataria, Minister of State, Jal Shakti were present on the occasion.

The RSK has a balanced mix of digital and outdoor installations tracking India's transformation from having over 50 crore people defecating in the open in 2014 to becoming open defecation free in 2019. The Prime Minister took a tour of the three distinct sections of the RSK. After taking a tour of



the entire RSK, the Prime Minister briefly visited the RSK souvenir centre. He then interacted with 36 school students from Delhi, representing all States and Union Territories of India at the amphitheatre of the RSK, adhering to social distancing protocols.

After interacting with the children, the Prime Minister in his address reminisced the journey of the Swachh Bharat (Contd. on last page)

## Administration takes proactive steps to procure sufficient number of medical supplies to control COVID-19 pandemic in Isles

Port Blair, Aug 8

The A&N Islands Administration has taken several proactive steps to procure sufficient number of medical supplies to control the COVID-19 pandemic. In line with this effort, the Health Department has made an elaborate assessment taking into account, the daily consumption pattern, the future requirement etc. The Department has placed orders for procurement of sufficient number of TrueNat testing kits, Rapid Antigen testing kits and other essential items. Similarly, the Disaster Management Department of the A&N Administration has placed an order for supply of face mask, sufficient number of patient beds, bedsheets, face shields, Viral Transport Medium (VTM) testing kits, RNA testing kits etc.

Despite logistic constraints during the COVID-19 pandemic, the A&N Administration is making sincere efforts to ensure that these items reach the Islands at the earliest. The Civil Aviation Department and Shipping Department of the Administration are in constant touch with the Airlines and Shipping Companies for facilitating smooth and timely transportation of the medical supplies. Administration has ensured regular supply of these items in the past and there will be adequate uninterrupted supplies of these items in the future also.

Administration appeals to the Islanders to cooperate with the Administration by adhering to the safety guidelines issued by the Ministry of Health viz. maintain social distancing in public and market places, wear mask, follow sneezing and coughing etiquettes etc., a press release from Secretary, Disaster Management said.

## Health Deptt. taking all precautionary measures for Infection Prevention and Control (IPC) of COVID-19 disease

### Ensures regular sanitation & disinfection in Health Care Setup & COVID Care Centres

Port Blair, Aug 8

The UT Administration of Andaman & Nicobar Islands has made elaborate arrangements to keep & treat symptomatic suspect cases and confirmed COVID-19 cases. Besides regular facilities at G B Pant Hospital and Dhanvantri Hospital, additional facilities have been created at four Government Guest Houses, ITI Campus Dollygunj, DBRAIT Campus & Pillar Hospital. A total of 386 beds have



been created, which is being extended to 900 beds. These additional facilities are being provided with all basic facilities including regular sanitation & disinfection. As on date, 147 beds are occupied in the 5 COVID Care Centres.

In order to give impetus to the existing system of sanitation and hygiene, the Administration has increased the manpower for sanitation and disinfection and additional 50 persons have been recruited for this purpose. The Administration also ensures that sanitation and disinfection are carried out in all wards and corridors on daily basis simultaneously. The team of people engaged in carrying out the disinfection process are well trained.

A wide range of chemicals are being used for the disinfection process ranging from hypochlorite solution with 1% strength being used for individual spaces and for the community spray. The floors are being mopped with hypochlorite solutions and Lysol. The furniture and the doors are being sanitized with spirit or detergent intermittently. Apart from this, the costly instruments and vehicles are being sanitized with surgical spirit and few cases with glutaraldehyde solution also.

The Health Department is taking utmost precautions for the Infection Prevention and Control (IPC) in the health care setup

including all COVID Care Centres (CCC). Due to increase in caseload, additional

personnel for sanitation & disinfection have (Contd. on last page)

## G C Murmu takes over as C&AG of India

New Delhi, Aug 8 (PIB)

Shri Girish Chandra Murmu assumed office as the Comptroller and Auditor General of India here today. He belongs to Indian Administrative Service of Gujarat cadre (1985 batch). Shri Murmu succeeds Shri Rajiv Mehrishi, who demitted office on Friday. Prior to this, Shri Murmu was the first Lieutenant Governor of Union Territory of Jammu & Kashmir.

## PBMC carries out sanitization in wards to prevent spread of COVID-19

Port Blair, Aug 8

The Port Blair Municipal Council (PBMC) in its continuing efforts to contain the spread of COVID-19 pandemic has intensified the disinfection process across 24 Wards by deploying its dedicated sanitization teams. The sanitization process has also covered the containment areas/quarantine homes/institutions, vulnerable

areas like market places, bus stand, etc. Apart from this, PBMC has also cleared up the garbage dumped across the city, particularly from the containment zones.

Considering the increasing cases of COVID-19 patients and to combat the spread of the pandemic and break its chain, the field staff/teams of PBMC are checking violation of (Contd. on last page)

## COVID Warriors' exemplary contribution in fight against the pandemic

Port Blair, Aug 8

With the rise in the number of COVID-19 cases, the Administration has made elaborate arrangements for addition of COVID Care facilities in the Islands. In the fight against COVID 19, the frontline workers of Andaman & Nicobar Administration have been providing yeoman service at these facilities. They have been serving round the clock tirelessly to man & manage various COVID Care facilities.



Doctors, nurses, sanitary staff and many other health workers covered in protective gears are seen working round the clock, according to utmost importance to the health & wellbeing of their patients.

"We have been working for several weeks on rotation basis in COVID wards. Sometimes we choose to stay away from our homes to protect our families in line of our duty. We hope that people understand the seriousness of the issue and take all precautions that the Administration has been appealing for so many months now", said a staff nurse after attending to her shift.



Several others have been contributing to this fight against the pandemic in other capacities. The District Administration of South Andaman has been running a Call Centre for tracking cases of Influenza Like Illness (ILI) in coordination with field surveillance staff. In the last two days, they have delivered over 550 medical kits, free of cost to patients who are

under home isolation.



The kit contains a prescription slip with dosage details, 2 Nos. of bio-degradable garbage bags in addition to one set of pulse oximeter (with 2 AAA batteries) which is returnable at the time of discharge. Two (Contd. on last page)

# Andaman Fights COVID 19 Use face mask & maintain 'do gaz ki doori' - Together we will fight COVID-19

अंडमान तथा निकोबार प्रशासन  
ANDAMAN & NICOBAR ADMINISTRATION  
सचिवालय/SECRETARIAT

**Health Bulletin For Containment Of**

**नोवल कोरोना वायरस रोग (COVID-19)**

(No. 131/08<sup>th</sup> August 2020)  
COVID-19 STATUS OF ANDAMAN & NICOBAR ISLANDS AS ON  
08.08.2020

> Status of COVID-19 Cases :

Total Confirmed cases	1351
Cured/Discharged from Hospital	500
Death	20
Active Cases	831

> Clinical Management of Cases :

Name of District	Isolation Beds Available	Occupied	Positive Cases Admitted
North & Middle Andaman	123	11	11
South Andaman	367	252	252
Nicobar	26	00	00
Home Isolation	00	568*	578*

\* Includes seven cases of Nicobar District.

> Status of Sample and Testing for COVID 19:

Total Samples sent till date	27073
Total Reports received till date	25865
Total Pending Reports	1208
Rate of Testing Per Million	64663

> House to House surveillance throughout South Andaman District including Containment Zones (Shorepoint, Prem Nagar, Garacharma, Bathu Basti, Dairy Farm, Phoenix Bay, Junglighat, Aberdeen and Haddo) are being conducted by District Administration with the help of Health Workers. 49345 population is being surveyed daily.

> Intensive awareness is continued through print and electronic media.

> 17978 Incoming Passengers screened at VSI Airport and 871 screened at Haddo Wharf by medical teams since 25.05.2020.

> 22350 Outward Passengers screened at VSI Airport and 928 screened at Haddo Wharf by medical teams since 25.05.2020.

> 9046 samples of vulnerable passengers (Persons of the age of 65 years and above, persons with co-morbidity, children age below 10 years, pregnant women, persons coming from mainland after treatment alongwith their attendant and persons who are destined to tribal areas of Islands) collected at VSI Airport/Harbour since 30.05.2020.

> 12839 Calls received by Health Department through Helpline 102 till date to avail health services.

**SURVEILLANCE DATA (w.e.f 25.05.2020)**

1.	Asymptomatic Passengers (Flight) under Self-Monitoring for 14 days till Date	2190
2.	Asymptomatic Passengers (Flight) completed 14 Days Self-Monitoring	15725
3.	Asymptomatic Passengers (Ship) in isolation in Govt. Facilities.	NIL
4.	Asymptomatic Passengers (Ship) put in Home Quarantine as on date	625
5.	Asymptomatic Passengers (Ship) completed 14 days Quarantine inclusive of journey period/isolation period	727
6.	Symptomatic Persons isolated in Health facility as on date	70
7.	Symptomatic Persons under Home Isolation as on date	00
8.	Symptomatic Persons completed 07 days in Home Isolation	11
9.	Contacts put under Home Quarantine till date	3123
10.	Contacts completed 14 days period of Home Quarantine	1768
11.	Contacts (Symptomatic) put under Isolation in Government Facilities	01
12.	No. of Passengers (Flight) of Outlying areas quarantined in Govt. Facilities as on today	08
13.	No. of Passengers (Flight) of Outlying areas released from quarantined after they tested Negative as on today	284

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

**PM dedicates Rashtriya Swachhata Kendra....**

(Contd. from page 1)

Mission and dedicated the RSK as a permanent tribute to Mahatma Gandhi. He lauded the people of India for making swachhata a jan andolan and urged them to continue to do so in the future. He reiterated the importance of swachhata in our daily lives, especially during our fight against the coronavirus. On this occasion, the Prime Minister also launched 'Gandagi Mukh Bharat', a special week long campaign for swachhata in the run up to Independence Day, during which each day till 15th August will have special swachhata initiatives in urban and rural India to re-enforce the jan andolan for swachhata.

The Rashtriya Swachhata Kendra will be open to the public from 9th August from 8 am to 5 pm, in accordance with the prescribed guidelines for social distancing and hygiene. As the number of people who may visit the RSK at a given point in time will have to be limited, no tours will be organized for students in the short term. However, virtual tours of the RSK will also be organized till such time as physical tours are possible. The first such virtual tour will be organized on 13th August with Minister for Jal Shakti, Shri Gajendra Singh Shekhawat. For ticket bookings and more information on the RSK, one may log on to rsk.ddws.gov.in.

**PBMC carries out sanitization....**

(Contd. from page 1)

safety guidelines like not wearing mask, not maintaining social distancing and littering in public places and imposing fines. PBMC has also appealed to the general public to adhere to the guidelines issued by the Administration in true letter and spirit, a press release from PBMC said.



**India to host ICC Men's T-20 World Cup next year; Women's T-20 postponed till 2022**

New Delhi, Aug 8

International Cricket Council has confirmed that the ICC Men's T20 World Cup 2020 that was postponed due to COVID-19 will be held in Australia in 2022. India will host the ICC Men's T20 World Cup 2021 as planned. Cricket's governing body has also decided to postpone the ICC Women's Cricket World Cup 2021 in New Zealand till February - March 2022 because of the impact the COVID-19 pandemic has had on cricket globally.



The format of the ICC Men's T20 World Cup 2021 will remain as it was for 2020 and all teams that qualified for that event will now participate in India in 2021. A new qualification process will be run for the ICC Men's T20 World Cup 2022. The format of the postponed ICC Women's Cricket World Cup will remain as it was for 2021. Five teams have already qualified for the event and that will stand for 2022.

determine the final three teams to contest the ICC Women's Cricket World Cup was scheduled to be held in Sri Lanka in July 2020, but this was postponed due to COVID-19. The qualification event will now be held in 2021.

After ICC's decision to postpone the T20 World Cup, BCCI decided to use the vacant window to announce the dates for the Indian Premier League. The IPL will be held in the UAE from September 19 to November 10. India will be touring Australia after the completion of the IPL. (Source: india.gov.in)

**Schedule for broadcast/telecast of tele-classes for students**

Port Blair, Aug 8

The schedule for the broadcast of tele-classes for the upcoming week (from 10.08.2020 onwards) for the students of Class II to VII on All India Radio, Port Blair and Class VIII to XII through Local Cable TV Network (City TV, City Plus, City TV HD) and Doordarshan is as mentioned below.

**SCHEDULE FOR CABLE TV TELECAST (w.e.f. 10-08-2020)**  
(Re-telecast of the classes already telecast due to technical reason)

DATE/TIME	10.00 AM - 10.30 AM	10.30 AM - 11.00 AM	11.00 AM - 11.30 AM	11.30 AM - 12.00 Noon	12.00 Noon - 12.30 P.M.	12.30 P.M. - 01.00 P.M.
REPEAT TELECAST	06.00 PM - 06.30 PM	06.30 PM - 07.00 PM	07.00 PM - 07.30 PM	07.30 PM - 08.00 PM	08.00 PM - 08.30 PM	08.30 PM - 09.00 PM
CLASS	VIII	IX	X	XI	XII	XII
10.08.2020	ENGLISH	S/SCIENCE	MATHS	PHYSICS	GEOGRAPHY	CHEMISTRY
11.08.2020	MATHS	ENGLISH	S/SCIENCE	COMP. SC.	ECONOMICS	MATHS
12.08.2020	SCIENCE	MATHS	ENGLISH	ENGLISH	HISTORY	ACCOUNTANCY
13.08.2020	S/SCIENCE	SCIENCE	MATHS	CHEMISTRY	POL. SCIENCE	BIOLOGY
14.08.2020	MATHS	ENGLISH	SCIENCE	MATHS	B/STUDIES	PHYSICS
15.08.2020	SCIENCE	MATHS	ENGLISH	ACCOUNTANCY	BIOLOGY	ECONOMICS

Morning telecast on City Plus (705) and repeat telecast on City TV (703) and City TV HD (704) from 6:00 pm from Monday to Friday. Repeat telecast in above channels on Saturday from 7:00 pm.

**Schedule for Telecast DD (w.e.f. 10-08-2020) (4.00 p.m. to 4.30 p.m.)**  
(Repeat telecast of classes already telecasted due to technical reason)

Date	10.08.2020	11.08.2020	12.08.2020	13.08.2020	14.08.2020
Class/subject	XII COMPUTER SC.	X ENGLISH	XII MATHEMATICS	XII B/STUDIES	X SCIENCE

Note: The repeat telecast of the previous day's class will be shown the next day from 4.30 p.m. to 5.00 p.m.

Students and parents have been urged to post their questions/queries/doubts related to their subjects in the given format-1. Name of the student, 2. Address, 3. Class, 4. Subject, 5. Questions/Query/Doubts, through the mode of SMS or WhatsApp in the given mobile numbers - 9434282647, 9933227676, 9474210059, 9474210823 or on email-id - itmiscell.edn@and.nic.in. Questions / query/doubts received through SMS or Whatsapp shall be clarified by the subject teachers on every Saturday from 9 am to 10 am through All India Radio. Students can view the contents online through the Department's YouTube channel at 'ANEducation Dept Andaman'. The Radio broadcast is available on FM100.9 MHz., AM684 KHz. and your mobile phone on 'newsonair' app.

Days	Broadcast through All India Radio, Port Blair Centre in entire Andaman & Nicobar Islands (Timings: 09.00 AM to 10.00 AM) (Re-broadcast of the classes already broadcast through All India Radio)					
10.08.2020	II-ENGLISH	III-HINDI	V-HINDI	VI-SCIENCE	VII-SCIENCE	
11.08.2020	II-HINDI	IV-EVS	V-ENGLISH	VI-HINDI	VII-ENGLISH	
12.08.2020	II-ENGLISH	III-ENGLISH	V-EVS	VI-ENGLISH	VII-SOCIAL	
13.08.2020	II-HINDI	IV-HINDI	V-ENGLISH	VI-SCIENCE	VII-SCIENCE	
14.08.2020	III-ENGLISH	IV-HINDI	V-EVS	VI-ENGLISH	VII-HINDI	
15.08.2020	Doubt clearing Session कितना से परे की रोचक दुनिया					

The students, parents and all stakeholders have been advised to make use of this facility to the maximum extent for the benefit of enhancing teaching-learning activity during this period. Parents have also been requested to engage their wards to compulsorily attend the virtual classes as per the schedule and feel free to contact their teachers for any clarification of the content, a press release from the Directorate of Education said.

**Health Deptt. taking all precautionary measures....**

(Contd. from page 1)

been hired. A team of workers are also ensuring daily clearing of infected waste to the incinerator for treatment.



The testing teams also are well trained in terms of IPC and the sampling waste is also discarded as per the guidelines in the incinerator, a press release from Principal Secretary, Health said.

**National Cycling Camp to begin from August 14**



New Delhi, Aug 8

The National Cycling Camp will begin at Sports Authority of India's Indira Gandhi National Stadium, New Delhi, from August 14, 2020. The team of 11 athletes, 4 coaches and 16 support staff have already reported to the camp and are undergoing mandatory quarantine. As a proactive, mandatory step SAI has administered the COVID test to all participants, including athletes, coaches, support staff (sporting and non-sporting such as housekeeping, cooks etc) on arrival. The test reports confirm that all of them are COVID negative. (Source: india.gov.in)

**COVID Warriors' exemplary ....**



dedicated vehicles and nearly 250 staff deployed ensures that no COVID positive patients who are under Home Isolation are not left out from getting the medical kit. Besides this, 54 medical kits have also been supplied to COVID positive patients quarantined onboard the Ship.

A press release from Principal Secretary (Health) said that the A & N Administration is taking all suitable steps to curb the spread of COVID-19 in the Islands and with strict adherence to the COVID-19 rules and guidelines laid out by the Administration/GOI from time to time, the pandemic can surely be contained. The Administration salutes the indomitable spirit of all its frontline warriors!

**Heavy rain to occur in Isles today**

Port Blair, Aug 8 State Control Room: Heavy rain (7-11) cm is likely to occur at one or two places over Andaman Islands on August 9. For any emergency/assistance at sea, call Coast Guard SAR Agency at Toll Free number 1554. For further enquiries/information, one may contact helpline of State Emergency Operation Centre at Helpline No. 1077 & District Emergency Operation Centre at Helpline No. 1070 viz. 03192-238880 (Tele-Fax), 1077 (Helpline), District Control Room: 03192-238881, 1070 (Helpline), EOC (Campbell Bay): 03193-264020, EOC SAR Agency at Toll Free number 1554. For further enquiries/information, one may contact helpline of State Emergency Operation Centre at Helpline No. 1077 & District Emergency Operation Centre at Helpline No. 1070 viz. 03192-238880 (Tele-Fax), 1077 (Helpline), District Control Room: 03192-238881, 1070 (Helpline), EOC (Campbell Bay): 03193-264020, EOC SAR Agency at Toll Free number 1554. 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**KIDS' CORNER**

**Creative DIY (Do It Yourself) Crafts for kids**  
**How to make Painted Rock Bugs**

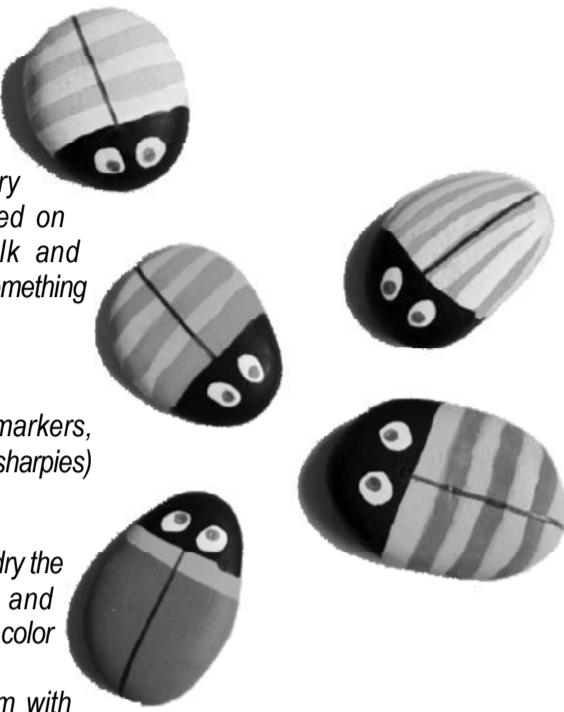
Transform ordinary stones to cute painted rock bugs! Rock crafts can be really fun, take one ordinary rock you gathered on your nature walk and transform it into something adorable.

**What you need:**

- \* Rocks
- \* Paints (chalk markers, acrylic paint and sharpies)
- \* Brush

**Method:**

- ♣ First wash and dry the rocks to get dirt and dust of them. Now color like crazy!
- ♣ First color them with chalk markers - they are easy to paint with and the colors are so lively (if you'll showcase your rocks outside though you'll need to protect them with varnish to make them waterproof).
- ♣ First do one layer of colors, let them dry completely and then draw on other colorful details.
- ♣ Once all the colors are dry, color the head with black paint. Let dry. Draw eyes with white chalk marker and let dry.
- ♣ Draw a line through the back of the bug with a black marker and draw two black dots in the eyes.
- ♣ There you have your beautiful painted rocks for display.❖



**Silly Riddles**

*Q: I have rivers but do not have water. I have dense forests, but no trees and animals. And, I have cities, but no people live in those cities. What am I?*

*A: Map.*

*Q: I never ask questions, but always answered. What am I?*

*A: Doorbell.*

*Q: I was born big, but as the day passes, as I get older, I become small. What am I?*

*A: Candle.*

*Q: I will always come, never arrive today. What am I?*

*A: Tomorrow.❖*

**Learn Some Idioms & its meaning**

- Stir up a hornets' nest

**Meaning** -Provoke trouble

- Back against the wall

**Meaning** -Be in a difficult situation from where escape is difficult

- Upset someone's appplecart

**Meaning** -If you upset someone's appplecart, you do something that causes a plan to go wrong.

- Up in arms

**Meaning** -Angry about something

- Drive a hard bargain

**Meaning** -If you drive a hard bargain, you argue hard to get a favorable deal.❖

**Quotable quotes**

"Swaraj is my birthright, and I shall have it!"

**Bal Gangadhar Tilak**

"Life is about making right things and going on."

**R.K. Narayan**

"That's the thing about books. They let you travel without moving your feet".

**Jhumpa Lahiri**

"This is the world. Half of it is lit by the sun and the other half remains in darkness. It is the same with life. There is good and bad and it's our duty to remain in the light, be good".

**Anita Nair**

"Forgiving doesn't make the person who hurt you feel better, it makes you feel better".

**Chetan Bhagat**

**Health benefits of Fish**



Fatty fish may include commonly enjoyed fish such as salmon, tuna, tilapia and mackerel. These are known to contain fatty acids that protect and promote your overall health. Fatty fish store oil in their tissues and even in their belly. This oil is rich in Omega-3 fatty acids which makes them the healthiest food of the sea. Omega-3 fatty acids are known to promote heart health and brain health.

\* **Good for your heart:** A study published in the American Journal of Clinical Nutrition shows that regular consumption of fatty fish lowered triglycerides by 25 to 30 per cent. Studies have also shown that consumption of fatty fish may help in lowering the risk of heart attack and stroke.

\* **High in nutrients:** Fatty fish is high in important nutrients such as Vitamin D and protein. In fact, they are one of the few natural food sources of Vitamin D which is mostly derived from sun's exposure. Not to miss, the Omega-3 fatty acids those are essential for your brain and body to function optimally.

\* **Protects your brain:** Consumption of fatty fish may protect your brain from age-related diseases such as Alzheimer's disease and dementia. It is known to slower rates of cognitive decline. Certain studies have shown that people who eat fish regularly have more grey matter in their brain centers that control emotions and memory.

\* **Boosts mood and keeps depression at bay:** Omega-3 fatty acids in these kinds of fish are known to boost your mood and keep the risk of depression at bay. Fatty fish have the feel good factor that leaves you happy and satisfied. Some studies have shown that people who eat fatty fish or consume Omega-3 fatty acids regularly may be less likely to get depressed.

\* **Reduces risk of autoimmune diseases:** Autoimmune diseases are those where the body starts mistakenly attacking healthy cells and tissues. ❖ (Source: NDTV Food)

**Recipe for Thandai Barfi**



**Ingredients :**

- \* 1.5 Litre milk
- \* 150 sugar
- \* 50 pistachio
- \* 0.2 saffron
- \* 50 thandai syrup

**Method:**

- ✓ Take full fat milk in thick bottom pan, add sugar, and start boiling it.
- ✓ Stir well on slow flame so that in doesn't burn from bottom.
- ✓ Stir till it becomes thick like milk solid called mawa.
- ✓ Add thandai syrup, chopped pistachio and saffron.
- ✓ Flatten the hot barfi on greased aluminium tray.
- ✓ Garnish barfi with saffron.
- ✓ Cut into 1 inch squares and serve cold.❖

**Amazing facts about Human**

✓ The only part of the body that has no blood supply is the cornea of the eye. It receives oxygen directly from the air.

✓ The human brain has a memory capacity which is the equivalent of more than four terabytes on a hard drive.

✓ A newborn child can breathe and swallow at the same time for up to seven months.

✓ Your skull is made up of 29 different bones.

✓ Nerve impulses sent from the brain move at a speed of 274 km/h.

✓ A single human brain generates more electrical impulses in a day than all the telephones of the world combined.

✓ The average human body contains enough sulphur to kill all the fleas on the average dog, enough carbon to make 900 pencils, enough potassium to fire a toy cannon, enough fat to make seven bars of soap and enough water to fill a 50-litre barrel.

✓ The human heart pumps 182 million litres of blood during the average lifetime.

✓ 50,000 cells in your body died and were replaced by new ones while you were reading this sentence.

✓ The human embryo acquires fingerprints within three months of conception.

✓ Women's hearts beat faster than men's.

✓ A man named Charles Osborne hiccupped for a total of 68 years.❖

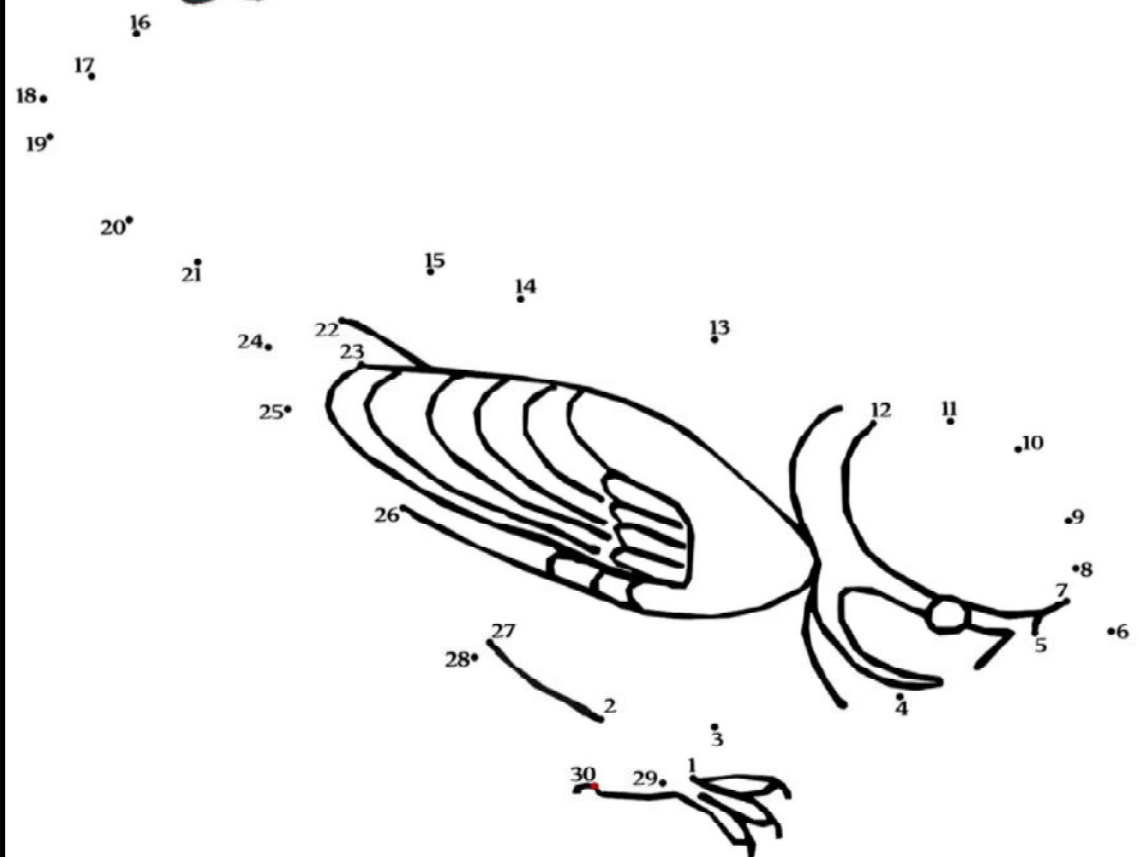
**Kitchen Tips**

✓ **Keep potatoes white:** Cover shredded or diced potatoes with cold water before cooking to prevent the spuds from turning that gross grayish/brown caused by the release of a starch that makes them oxidize.

✓ **Slow down rotting:** Store tomatoes stem end down to keep them from spoiling as quickly. This prevents air from entering and moisture from exiting the scar where the tomato once attached to the vine. Storing them at room temperature rather than in the fridge also makes them last longer.

✓ **Give bananas a longer life:** Keep bananas fresher, longer by wrapping the end of the bunch with plastic wrap. better yet, separate each banana. The plastic wrap blocks ethylene gases from releasing out of the stem, consequently ripening the fruit too fast.❖

**Connect the Dots**



Connect Dot to Dot Worksheets are fun, but they also help kids develop many important skills. These skills, eye-hand coordination, color concepts, picture and number comprehension, form the foundation for early learning success. Enjoy the Connect Dot to Dot Worksheet!

**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

Shipping : 245555  
Women : 1091  
Children : 1098  
Coast Guard (Search & Rescue) : 1554  
District Control Room : 1070 / 238881  
Ambulance : 102

# Classifieds

**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!!**



## Recommendations of AYUSH for positive cases of COVID-19:

- Food should be freshly cooked, warm, easily digestible, and in suitable quantity as per individual needs. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (corander), Lahsun (Garlik), Adrak (Ginger), Pippali (Pepper) are recommended in cooking. Warm soups of lentils / pulses / meat can be taken as per preference. Avoid overeating.
- Use warm water for drinking (in optimal quantity at suitable intervals).
- Avoid foods/drinks like curd, banana, cold drinks, ice-cream, refrigerated items; and cold air which may trigger respiratory symptoms.
- AYUSH Kaadha: Drink 150 ml of Herbal Tea / decoction [made by boiling Tulsi (basil), Dalchini (Cinnamon), Kalimirch, Shunthi (Ginger), Munakka (Raisin) in water] once or twice a day. Jaggery and fresh lemon juice may be added for taste.
- PratimaarshyaNasya: Apply sesame oil /Coconut oil in both nostrils (Twice a day).
- Oil pooling (Gandusha): Gargle with warm water twice a day (a tea-spoon full of Sesame oil, half tea spoon Haldi and pinch of common salt may be added to water).
- Steam Inhalation: Thrice a day (Mint leaves or pinch of Ajwain (Carum seeds) may be added to the water in case of congestion)
- Half tea spoon of Clove powder or Licorice powder may be used once or twice a day along with honey for dry cough /sore throat.
- Have adequate sleep, preferably during night hours; avoid day sleep to the extent possible.
- Use warm water for bathing; and dry your hair thoroughly after head-bath.
- Stay calm and stress-free with daily practice of Yogasana, Pranayama, Meditation.
- Most important, think positive. You will overcome this problem.
- Consult concerned doctors at given numbers if symptoms persist/health condition worsens.

(Ayurved Physicians- Dr Rekha-9434299977  
Dr. Smily John -9434277885 ; Homeopath- Dr MA Jawed- Mob. 9434280366 . Dr. Krishnan Kutty 9933223599).

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

Immune booster and preventive Homoeopathy Medicine



Arsenic Album 30

**Dosage:**

**Adult: 04 Globules Children: 02 Globules**

Daily morning (in empty stomach) for three days, repeat after one month (further doses only on the advice of Homoeopathy practitioner).

Homoeopathy Medicine is Safe and Reliable



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



आयुष मंत्रालय  
MINISTRY OF AYUSH



my GOV  
मेरी सरकार

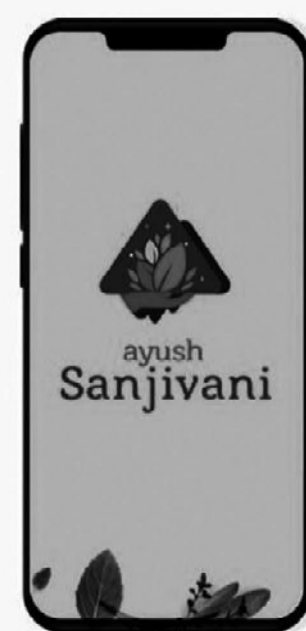
Expanding Horizons of Age-Old Traditional Knowledge of Ayurveda with  
**AYUSH Sanjivani App**



To generate data on acceptance & usage of AYUSH measures & its impact on prevention of COVID-19



Promote AYUSH knowledge for larger good of the global community



Provide AYUSH advisories related to immunity boosting measures



To develop AYUSH interventions & solutions; to reach out to target of 50 lakh people



Download Now!



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



**R. Yesu Das** D.O.B- 11/04/2007

**1st Death Anniversary**  
**On 09/08/2020**



**R. Joshua** D.O.B- 03/02/2011

R/o Nagaon, Medical College Pahad, Nepali Basti  
Inserted by: D. Rajesh (Father), C. Chitra Davi (Mother), Ayyanar, Kalidas and Ramesh (Mamas) and all family members

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