PM dedicates Rashtriya Swachhata Kendra as a permanent tribute to Mahatma Gandhi

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 next page)
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 the ICC Men’s T20 World Cup 2020 that was postponed due to COVID-19 will be held in Australia in 2021. ICC will host the ICC Men’s T20 World Cup 2021 as planned. Cricket governing’s 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 of the COVID-19 pandemic has on cricket globally.

The format of the ICC Men’s T20 World Cup 2021 will remain as it was for 2020 and all teams will qualify for that event which 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 2021 will now be held in 2021.

After ICC’s decision to postpone the T20 World Cup, BCCI decided to conduct the T20 World Cup in India which is scheduled to commence from November 2021.

The original global qualification event to 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 conducted in India in 2021.

Once the match is completed, if any team player shows symptoms of COVID-19, they will be immediately isolated based on the medical advice and the players will be allowed to continue playing only after the test reports are negative.

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 Sports Stadium from 14 August to 20 August. The team of 11 athletes, 4 coaches, support staff and security personnel have arrived. The tests reports confirm that all of them are COVID negative.

COVID Warriors’ exemplary... (From page 2)

The students and parents have been urged to post their questions/query/doubts related to their subjects in the given format-Name of the student, 2. Address, 3. Class, 4. Subject, 5. Questions/Query/Doubt, through the mode of SMS or WhatsApp in the given mobile numbers - 9434282647, 9933222576, 9472410059, 9472410825 or on email-id: nirmisch.edu@nand.nic.in. Queries / question/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.

The schedule for broadcast/telecast of the classes already telecast due to technical reason:

<table>
<thead>
<tr>
<th>Date</th>
<th>Subject</th>
<th>Class</th>
<th>Telecom Channel</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.08.2020</td>
<td>SCIENCE</td>
<td>XII</td>
<td>DD2</td>
<td>08.00 PM</td>
</tr>
<tr>
<td>12.08.2020</td>
<td>ENGLISH</td>
<td>XII</td>
<td>DD2</td>
<td>09.00 PM</td>
</tr>
<tr>
<td>11.08.2020</td>
<td>POL. SCIENCE</td>
<td>X</td>
<td>DD2</td>
<td>08.00 PM</td>
</tr>
<tr>
<td>11.08.2020</td>
<td>ECONOMICS</td>
<td>X</td>
<td>DD2</td>
<td>09.00 PM</td>
</tr>
</tbody>
</table>

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 experience in the given period.

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.

Covid-19 updates in Islands today:

New Delhi, Aug 8

The National Cycling Camp will begin from August 14 at the Sports Authority of India’s Indira Gandhi National Sports Stadium. The camp will continue till August 20. The team of 11 athletes, 4 coaches, support staff and security personnel have arrived. The tests reports confirm that all of them are COVID negative.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

Heavy rain to occur in Isles today

Port Blair, Aug 8

Heavy rain (7-11) cm is likely to occur at one or two places over Andaman Islands on August 9 and may cause moderate to heavy rain at one or two places over Andaman Islands. The IMD has advised the people to take necessary precautions to avoid any loss.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.

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 adheres the indomitable spirit of all its frontline warriors.

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 experience in the given period.
**Silly Riddles**

Q1: 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.

Q2: I never ask questions, but always answered. What am I?
A: Doorbell.

Q3: If was born big, but as the day passes, as I get older, I become small. What am I?
A: Candle.

Q4: I will always come, never arrive today. What am I?
A: Tomorrow.

**Learn some Idioms & its meaning**

**Sit up a horns nest**

Meaning: To provoke trouble.

**Back against the wall**

Meaning: Be in a difficult situation from where escape is difficult.

**Upset someone’s applecart**

Meaning: If you upset someone’s applecart, 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.

---

**Recipe for Thandai Barfi**

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

**Method:**
1. Take full fat milk in thick bottom pan, add sugar, and start boiling it.
2. Stir well on slow flame so that it doesn’t burn from bottom.
3. Stir till it becomes thick like milk solid called mava.
4. Add thandai syrup, chopped pistachio and saffron.
5. Flatten the hot barfi on greased aluminum tray.
7. 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 300 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.
- 90,000 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 hiccups for a total of 68 years.

---

**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!
**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)*