



The lockdown to contain the coronavirus outbreak has disrupted supply chains. One crucial chain is delivery of information and insight – news and analysis that is fair and accurate and reliably reported from across a nation in quarantine.

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INDIAN
EXPRESS
GROUP



INNER, VILLAGE ROADS SEALED AFTER COVID SPIKE Fresh curbs by Haryana in 4 districts near Delhi

EXPRESS NEWS SERVICE CHANDIGARH, MAY 28

IN THE wake of increasing Covid-19 cases in districts bordering Delhi — Gurgaon, Faridabad, Sonapat and Jhajjar — the Haryana government has decided to completely seal even village roads and inner roads connecting these districts with the national capital.



Borders were sealed in Gurgaon earlier. 70% of Haryana's cases are in Gurgaon, Faridabad, Sonapat and Jhajjar. Archive

Faridabad (18) and Sonapat (6). In the last one week, Haryana saw 98 fresh cases in Faridabad, 111 in Gurgaon, six in Jhajjar and 27 in Sonapat, all with a Delhi connection. Over 70% of the total cases in Haryana are in these four districts.

households falling in containment zones. Health teams conducting screening/ scanning have been asked to sanitise gates/door knobs of households. "Movement of inhabitants of containment zones shall be restricted, other than for essential services and emergency... The entire containment zone shall be sealed by deployment of adequate police force... Further, all SDMs in coordination with ACP/SHOs concerned shall identify boundaries of containment area immediately, along with entry and exit points, and shall also ensure all necessary essential services/emergency movements/authorised pass movement may be facilitated," said the DM's order.

2 activists in judicial custody till June 11

New Delhi: A Delhi court Thursday sent two members of Pinjra Tod, a women's student organisation, to judicial custody till June 11. In his order, Duty Magistrate Kapil Kumar wrote, "Investigation is pending. Grounds of arrest have been examined. There were sufficient grounds for arrest of the accused persons. Keeping in view

the nature of these allegations, accused persons are remanded to judicial custody and to be produced on 11.06.2020." Natasha Narwal (32) and Devganga Kalita (30) were arrested on May 24 in connection with their alleged role in the February anti-CAA Jafabad sit-in protest. The sit-in had prompted

Domestic helps at Noida societies cut off by employers, some forced to beg

ASHNA BUTANI NEW DELHI, MAY 28

AFTER BEING promised a higher pay, Anju Bibi (32), a domestic help, left her job at one of the houses in Noida's Sector 50 and took up work at a house in Prateek Wisteria in Sector 77. Fifteen days later, she was fired by her new employer.

"When the lockdown was implemented, I was given Rs 1,600 and told to leave. Now, no one is hiring... we do not know when we will get jobs again," said Bibi, who used to work at four houses but was only paid her dues by two employers.

Bibi lives in Sarfabad Village in Sector 75, where most of the women work as domestic helps in nearby housing societies. Since the lockdown, most have left, with a majority leaving on May 27 for their hometowns in West Bengal via Shramik Special trains.



Women who work as domestic helps in nearby housing societies at Sarfabad village. Abhinav Saha

Among the few still in the village is Rehela Parveen (31), who said she has been calling her former employer 8-10 times a day for her dues. "One of my employers owes me Rs 5,000 for March. They can send it to me on Paytm

but they keep cutting my call or switch off their phones," she said. "The societies don't let us enter. If they do, we aren't permitted to work in more than one house. Our employers call us and tell us to return to our villages. If I

leave, I won't come back," she said. Many are waiting for the lockdown to end so they can find new jobs. But the going has been tough and a few have resorted to begging for food. "Someone suggested this a

month ago. This has become my livelihood now," said Poonam Posaha (57), who waited for a helping hand outside Jal Vayu Vihar market in Sector 25.

Posaha said she had worked at a house in Sector 40 for over four years: "I am getting old and I have a back injury. I had a feeling my employers would get rid of me sooner or later... If nothing works out, I will continue asking for money and food on the roads."

A similar situation prevails in Delhi as well. "I worked at two homes in Lajpat Nagar. While one pays me every month, the other fired me. They are very affluent but they paid me only Rs 2,000 for March. My husband got dengue and I got him admitted to a private hospital as government hospitals are dealing with coronavirus. I borrowed money from acquaintances to pay the hospital charge of Rs 20,000. I have also been unable to pay rent of Rs 6,000," said Rinku Devi (33).

HC nod to shift 955 foreign Tablighis to other accommodations

New Delhi: The Delhi High Court Thursday allowed shifting of 955 foreign nationals, who participated in Nizamuddin Markaz event in March, from institutional quarantine centres to nine alternate places of accommodation. A bench of Justices Vipin Sanghi and Rajnish Bhatnagar allowed shifting of the foreign nationals to eight facilities, and to Hotel Smart Plaza at Mahipalpur for Malaysian nationals. It said the "petitioners and respondents shall coordinate so that complete log is maintained of each foreign national regarding the facilities to which they are shifted".

Rebecca John, said the foreign nationals shall continue to remain at the facilities to which they are shifted and shall not shift their location without prior permission. The counsel for other petitioners also agreed to the arrangement. "... We make it clear our order shall merge in the order the learned Magistrate may pass, before whom chargesheets would be filed, in case the said foreign nationals approach the Magistrate concerned for bail," the court said. The HC gave the order after the Centre, Delhi Police, Delhi government did not object to senior advocate John's suggestion that foreign nationals be moved to better facilities. ENS

MCDs to offer wood-based cremation for Covid cases

EXPRESS NEWS SERVICE NEW DELHI, MAY 28

WITH INCREASING pressure on CNG-based cremation facilities, the three civic bodies have started the option of wood-based cremation for Covid cases at its facilities. Only CNG cremation facilities were allowed to function till earlier this week, but it was leading to longer waiting time for families of those who had died and either tested positive for Covid or were suspected to have the virus. A circular issued by the office of the municipal health officer, North MCD, said the competent authority had allowed inclusion of wood-based cremation in these grounds. It lists four sites—

Nigambodh Ghat, P K Road cremation ground on Rani Jhansi Road, Karkardooma cremation ground and Punjabi Bagh cremation ground — where wood-based cremation will be allowed. Only Punjabi Bagh and Nigambodh Ghat have CNG furnaces as well. At Nigambodh Ghat, a few bodies could not be cremated a few days ago. Officials said problems arose due to lack of adequate infrastructure and staff, along with the detailed protocol and social distancing norms to be followed to cremate Covid patients. The Director, Press and Information of the North body, said, "There were some issues on Wednesday but they have been addressed." The South MCD spokesperson also said there was an in-

creased rush at the Punjabi Bagh crematorium as well, and wood-based cremation was allowed to accommodate more people. Delhi had seen 316 Covid deaths till Thursday. At cremation and burial grounds, both Covid confirmed and suspected bodies are laid to rest as per the Covid protocol. Three CNG furnaces out of six at Nigambodh Ghat have not been functional for a while. There are four CNG furnaces at Punjabi Bagh which too have reported technical snags in the past. East MCD spokesperson Arun Kumar said only wood-based cremations are possible at the Karkardooma ground: "It was earlier not on the list of Covid designated cremation grounds but had to be included later."

SALUTE THE SOLDIER. A section honoring soldiers with portraits and names of S. AMONGBA SANGTAM, THANGKHOLOIAN VAIPHAH, P. ROBI SINGH, H. LAKSHAB SINGH, and KRISHNA BDR. CHETRY.

कार्यालय नगर निगम (उत्तर/दक्षिण), कोटा (राज.) website: www.kotamc.org. A notice regarding COVID-19 containment zones and public health measures.

GOVERNMENT OF ODISHA OFFICE OF THE SUPERINTENDING ENGINEER, NORTHERN (R&B) CIRCLE : SAMBALPUR e-Procurement BID IDENTIFICATION No SENC (R&B)/02/2020-21 No. 1410 Dtd. 20.05.2020

KONKAN RAILWAY CORPORATION LTD. (A Government of India Undertaking) Head Office, Udhampur-Srinagar-Baramulla Rail Link Project, Sanyam Complex, Marble Market, Greater Kailash, P. O. Sainik Colony, Jammu - 180 011, Jammu & Kashmir.

OPEN e-TENDER Tender Notice No. : KR/PD/JK/ELT-2/2020 Dated 26/05/2020 Konkan Railway Corporation Ltd. invites "Open e-Tender" in Two Packet System from experienced contractors for "Provision of E&M system which includes Supply, Erection, Testing and Commissioning of 33kV AND 11kV HT Power Cable Network, GIS substation, DG Sets, Tunnel Ventilation System, Tunnel Lighting, SCADA System and Firefighting System etc. for Tunnel T-8/9 & T-10 (NR) and T-1 & T-2 (KRCL) between KMS 25 TO 39 on Katra-Dharam Section of Udhampur-Srinagar-Baramulla Rail Link Project".

RAJASTHAN RAJYA VIDYUT UTPADAN NIGAM LIMITED CHHABRA SUPERCRITICAL THERMAL POWER PROJECT, CHHABRA NOTICE INVITING E-TENDER No.17(RVU2021WL0800200)

NORTHERN RAILWAY ENGAGEMENT OF SENIOR RESIDENTS Applications are invited from eligible candidates for engagement to the post of Senior Resident under Senior Residency Scheme at Northern Railway Central Hospital, New Delhi.

PSPCL Punjab State Power Corporation Limited Regd. Office: PSEB Head Office, The Mall, Patiala-147001 CIN: U40109PB2010SGC033813; Website: www.pspcl.in

OFFICE OF THE CHIEF ENGINEER WATER RESOURCES, ZONE, JODHPUR Lal Sagar, Kishore Bagh Jodhpur (Rajasthan) 342304 Tel. 0291-2570681 (O) Email : acejdr.wr@rajasthan.gov.in, acejdr.wr@gmail.com

NOTICE INVITING BIDS NIB No. 01/2020-21 Date 18.05.2020 WBN: WRU 2021 WLOB 0005 Single Stage Two- Envelopes unconditional covered bids are invited electronically on e-procurement portal, http://eproc.rajasthan.gov.in

HIMACHAL PRADESH HORTICULTURAL PRODUCE MARKETING & PROCESSING CORPORATION LIMITED (A state govt. undertaking) Head Office: Nigam Vihar, Shimla - 171 002 (HP)

INDIRA GANDHI INSTITUTE OF CHILD HEALTH AUTONOMOUS INSTITUTE Established by Govt. of Karnataka (A Postgraduate Institute of Higher Medical Sciences)

No. IGICH/JOURNALS/01/2020-21 Date: 28-05-2020 e-PROCUREMENT TENDER NOTIFICATION Two Cover Tenders are invited for the procurement of the following through the e-Procurement period.

GOVERNMENT OF MEGHALAYA STATE PROJECT MONITORING UNIT, NATIONAL HYDROLOGY PROJECT OFFICE OF THE CHIEF ENGINEER, WATER RESOURCES DEPARTMENT MEGHALAYA, SHILLONG.

NOTICE INVITING E-BIDDING The Chief Engineer, Water Resources Department, Meghalaya invites online bids for The Supply of Portable Multiparameter Water Quality Meters in Meghalaya under the World Bank funded 'National Hydrology Project'.

CENTRAL WAREHOUSING CORPORATION (A Govt. of India Undertaking) ENGINEERING SECTION, REGIONAL OFFICE: DELHI Scope Minar, Core-3, 1st Floor, Laxmi Nagar Distt. Centre, Delhi-110092. Ph: 011-22443370, 22444334. Fax: 22444375

TROPICAL FOREST RESEARCH INSTITUTE उष्णकटिबंधीय वन अनुसंधान संस्थान Indian Council of Forestry Research & Education भारतीय वानिकी अनुसंधान एवं शिक्षा परिषद् (An Autonomous Council under the Ministry of Environment & Forests Govt. of India)

IRCON INTERNATIONAL LTD. (A Govt. of India Undertaking) e-Procurement Notice

The Brihanmumbai Electric Supply & Transport Undertaking (BEST) TENDER NOTICE

EAST CENTRAL RAILWAY OPEN TENDER

कार्यालय आयुक्त, नगर निगम, गुरुग्राम नीलामी सूचना

NORTH WESTERN RAILWAY CORRIGENDUM

M.P. STATE LIVESTOCK & POULTRY DEVELOPMENT CORPORATION NOTICE INVITING E-TENDER

NORTHERN RAILWAY TENDER NOTICE

दक्षिणांचल वि. आगरा ई-अयुक्तता निर्दिष्ट सूचना

GOVERNMENT OF HARYANA EXCISE & TAXATION DEPARTMENT

WESTERN RAILWAY PROVIDING GLUED JOINTS

भारतीय खाद्य संस्थान CORPORATION OF INDIA

APPEAL FOR IDENTIFICATION

दक्षिणांचल वि. आगरा ई-अयुक्तता निर्दिष्ट सूचना

GOVERNMENT OF HARYANA EXCISE & TAXATION DEPARTMENT

WESTERN RAILWAY PROVIDING GLUED JOINTS

CANTONMENT BOARD MATHURA INVITATION OF E-TENDERS (DUAL BID SYSTEM)

ANNUAL MAINTENANCE CONTRACT

"IMPORTANT"

Western Railway logo and contact info

RAILWAY ELECTRIFICATION, AMBALA CANTT

NORTHERN RAILWAY TENDER NOTICE

Office of B.R.D. Medical College & Nehru Chikitsalaya

Western Railway logo and contact info

HIMACHAL PRADESH PUBLIC WORKS DEPARTMENT e-Procurement Notice

Jharkhand Urja Sancharan Nigam Ltd. 1st CORRIGENDUM-cum-PRE BID MEETING NOTICE

Govt. of Bihar BIHAR URBAN INFRASTRUCTURE DEVELOPMENT CORPORATION LTD

Western Railway logo and contact info

16 SPORT

National Games postponed indefinitely

The much-delayed 36th National Games, scheduled for October-November in Goa, was on Thursday postponed indefinitely due to the COVID-19 pandemic.

Treadmill world champion

With all outdoor events postponed, American ultra runner Zach Bitter took to the fitness machine to break 100-mile record

NIHAL KOSHIE NEW DELHI, MAY 28

AN AIR-CONDITIONER humming non-stop, a fan whirling for over half a day, two treadmills placed side-by-side with one running constantly at any given time, two cameras for streaming, litres of hydrating fluid, a bag of potato chips for a quick snack, classic rock playing almost continuously.

A fortnight ago, ultra marathon runner Zach, 34, was on a treadmill for 12 hours, 9 minutes and 15 seconds - the fastest any human being has covered 100 miles on the fitness machine - to set one of the lesser-known, but gruelling, marks in endurance running.

At the 'finish line', he touched a 'tape' made out of toilet paper by wife Nicole, the only bit of improvisation in an otherwise exhausting day on which he started running at 7 am.

He had woken up two hours earlier, drank a cup of coffee and had a protein bar before jumping onto the treadmill.

Like most others around the world, Zach was stuck at home for a few months. Mid-March's Ultra London, an event he had set his sights on, was postponed, but Zach was in the shape of his life.

My events that I originally started training for were cancelled. The ultra event was on a 400 metre track and the treadmill didn't feel too far away from a mechanical standpoint.

palatable I would say," Zach told The Indian Express from Phoenix, Arizona.

He has completed over 50 ultra events, yet going long distances on the treadmill was uncharted territory for the experienced endurance athlete.

It took him 11 hours 19 minutes and 13 seconds. The average temperature there was 15 degree Celsius. Zach expected it to be as cool in his room at home when he attempted to break the treadmill record.

Rising temperature

An unexpected rise in temperature meant Zach needed more fluids when running on the treadmill than when on the track, something he didn't foresee.

"I basically underestimated how much water I was going to need relative to what I have in other events. In August, I was taking about 25 ounces (730 ml) an hour whereas on the treadmill I was going through 40 to 50 ounces per hour (1.1 litres to 1.4)." Zach says.

"It (heat) was a product of running in a stationary motion and not creating a little bit of breeze like when you are running around the track. So, I was kind of running with the body heat stagnant around me. There was also heat coming off the motor of the treadmill. So it created a micro climate around you, which is warmer than the rest of the room."

At one point, the air-conditioner stopped working and the display on the treadmill blanked out briefly because the room was drawing too much power with multiple appliances and devices running - treadmills, fan, AC, camera set-up. Fortunately, using an extension cord to



Ultra runner Zach Bitter during his successful attempt to break the 100-mile treadmill record.

connect to another room solved the issue. Zach took 50 minutes more to complete 100 miles on the machine than he took on the track.

On May 16, he switched treadmills 10 times, each change costing him 20 seconds, to ensure the machines didn't burn out. In addition to this, he took five bathroom breaks, including one at 87 miles during which he ate potato chips for energy.

Is 100 miles an official record?

EXPLAINED The 100-mile treadmill record is listed in the Guinness Book of World Records, while the 100-mile track record which Zach Bitter broke last August is ratified by USA Track and Field (USATF), the governing body for the sport in the country.

Monotony of a machine

Being on a machine for hours can be mentally exhausting, Zach says. Switching treadmills helped him take micro-breaks and allowed his mind to switch off and on. "For a lot of people who are doing more ultra marathons on trails, the lack of scenery and change will be a huge challenge to get over.

India poised to play first overseas D/N Test at Adelaide Oval

SHAMIK CHAKRABARTY KOLKATA, MAY 28

ADELAIDE OVAL will host a day-night, pink-ball Test match when India tour Australia in December-January. On Thursday, Cricket Australia (CA) released the 2020-21 men's and women's international schedule.

CA confirmed that the second Test from December 11-15 would be a day-night affair. "The Test at the SCG is the traditional Jane McGrath Foundation Pink Test which is a day Test. Adelaide is a day-night Test with a pink ball," a CA spokesperson communicated in an e-mail.

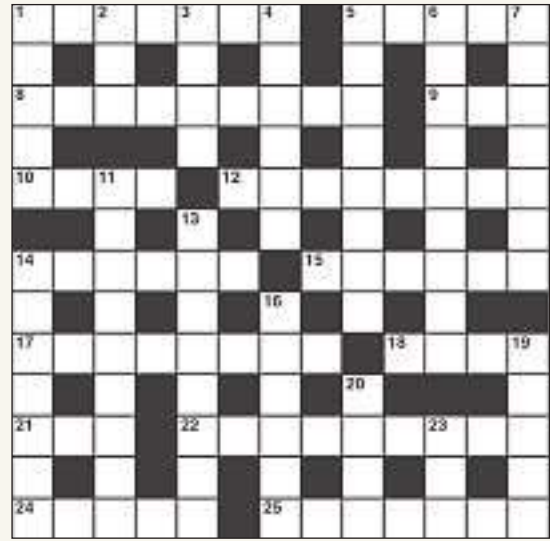
As per the itinerary, the Test series starts at the Gabba, Brisbane on December 3, while Melbourne will host the Boxing Day Test on December 26 followed by the fourth Test at Sydney from January 3.

The BCCI has agreed to tour Australia for the Test series, but with the Covid-19 pandemic providing the backdrop, the Indian board will go by the Government of India's directive with regards to foreign travel.

CA wants to host India for a Test series which is reportedly worth \$300 million including broadcast rights. With their finances taking a Covid-induced hit, the India series is considered to be Australian cricket's monetary redemption.

The three T20Is against India, at Brisbane, Canberra and Adelaide on October 11, 14 and 17 respectively, appear to be a precursor to the T20 World Cup, scheduled to be held in Australia in October-November.

CROSSWORD 4130



- ACROSS 1. Exacts payment for those in one's care (7) 5. Memento from more licentious times (5) 8. Deficiency that should break no bones (9) 10. Unmarried sister (3) 11. Uninspiring call for help comes to nothing (2-2) 12. Stop or start playing snooker (5,3) 14. It's said to be articulated (6) 15. More eager to be a mourner (6) 17. Drink to the end of the rooster? (8) 18. Sort of saw for pine (4) 21. A sucker for honey? (3) 22. Wild lamenting - what a row! (9) 24. X is about right as a sign (5) 25. Witty saying has some point with farm animals (7)

Solutions Crossword 4129: Across: 1 Chancery, 5 Alas, 9 Fatal, 10 Mahatma, 11 Takes the lead, 13 Treats, 14 Slogan, 17 Perambulator, 20 Against, 21 Evoke, 22 Site, 23 Presides. Down: 1 Cuff, 2 Actuate, 3 Called to mind, 4 Remote, 6 Lath, 7 Standing, 8 Cheerleaders, 12 Stoppages, 15 Grow old, 16 Butter, 18 React, 19 Pats.

OVER THE HEDGE by Michael Fry & T Lewis



CALVIN & HOBBES by Bill Watterson



MARVIN by Tom Armstrong



JUMBLLED WORDS

Given below are four jumbled words. Solve the jumbles to make proper words and move them to the respective squares below. Select the letters in the shaded squares and jumble them to get the answer for the given quip.

Word puzzles: LVEEE, EOIRRT, ASARR, AHODSW

SOLUTION: LVEEE-LEVEE, ARBAS, ROTIES, SHADOW

SUDOKU 4123

Difficulty Level 2s Instructions To solve a Sudoku puzzle, every digit from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Sudoku grid with numbers and empty cells.

Difficulty Level 1s = Very easy; 2s = Easy; 3s = Medium; 4s = Hard; 5s = Very Hard; 6s = Genius

SOLUTION SUDOKU 4122

Solved Sudoku grid.

DAY TODAY

BY PETER VIDAL

ARIES (Mar 21 - Apr 20) There is still time to pick up the pieces and carry on as if nothing has happened.

LIBRA (Sep 24 - Oct 23) Changes at home or in the family seem to be of far greater long-term significance than those at work.

TAURUS (Apr 21 - May 21) Your position is still strong, so I have every confidence that a current challenge is about to be overcome.

SCORPIO (Oct 24 - Nov 23) A discussion may have created more confusion than it resolved.

GEMINI (May 22 - June 21) The emphasis still falls on monetary affairs, but the psychological picture shows the deeper situation.

SAGITTARIUS (Nov 24 - Dec 22) Control over domestic spending may have been taken out of your hands by events beyond your control.

CANCER (June 22 - July 23) You may be a little surprised by what someone has said or done, and a good thing too.

CAPRICORN (Dec 23 - Jan 20) You may have stamped too hard on someone else's aspirations.

LEO (July 24 - Aug 23) This looks like a busy day, although it will be very annoying indeed if all your efforts are directed into compensating for someone else's mistakes or inefficiency.

AQUARIUS (Jan 21 - Feb 19) You still don't know what's going on, at least not in the real world.

VIRGO (Aug 24 - Sep 23) Quite aside from the fact that any younger people in your care still seem to be rather demanding, this is a fine time to enjoy yourself.

PISCES (Feb 20 - Mar 20) Devote a great deal more thought to developing your creative talents, especially if you didn't receive the encouragement you deserved when you were younger.

