



SummitTIMES

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ON TOP OF THE NEWS

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SDF likely to nominate Hishey Lachungpa again for Rajya Sabha

SUMMIT REPORT

GANGTOK, 02 JAN:

Sikkim Democratic Front, in all likelihood, will be nominating Hishey Lachungpa again for Rajya Sabha MP election. Mr Lachungpa is the sitting Rajya Sabha MP and his tenure will come to an end on 23 Feb.

The Election Commission has decided to hold elections for the lone seat of the Upper House of the Parliament on 16 Jan. The last date for filing of nomination is

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Parliament passes Insolvency & Bankruptcy Code Amendment Bill

NEW DELHI, JAN 2 (PTI):

Finance Minister Arun Jaitley today said the government has entered into an uncharted territory as far as bankruptcy and insolvency Code is concerned and would continue to modify the law dealing with the issue.

"Insolvency and bankruptcy is an area in which it is only in the recent years that we have chartered into. It is a learning experience," the Minister said while winding up a debate on the Insolvency and Bankruptcy Code Amendment Bill, which was later approved by the Rajya Sabha through a voice vote.

The Insolvency and Bankruptcy Code (Amendment) Ordinance, 2017 Bill was passed by the Lok Sabha last week.

The government, Jaitley said, has been encountering situations which were not anticipated earlier and assured the House that it would continue to take corrective action.

The bill seeks to replace an ordinance which was promulgated in November to prevent unscrupulous persons from misusing or vitiating the provisions of the Insolvency and Bankruptcy Code (IBC).

The ineligible persons turn to pg02

CM ushers in New Year with visits to STNM and CRH

GANGTOK, 02 JAN [IPR]: Chief Minister Pawan Chamling in a series of visits in the State capital visited STNM Hospital on 01 Jan and Central Referral Hospital, Tadong today. He interacted with the patients of the hospitals and asked about their well being and conditions.

The CM further informed about various schemes and programmes of the State government in the holistic development of their overall being. He spoke about the provisions of the State government in the health sector and further clarified that cases which are more serious can be referred out-



side the State and all the cost will be borne by the state government.

He also instructed all the doctors to be extra serious in their work

since they have a huge role in saving lives.

"I consider human

life to be the most precious and therefore, human life should be valued

above everything else. My love and respect for all human beings stems

from this belief, and I will go to all extents to protect and save any life. Hence, I wanted to start the New Year by being of some help and solace to the sick and the needy. During my interaction with the patients in the Hospitals in the last two days, I met them not as the Chief Minister but as a fellow human being. I must say that whenever I help people in any way, I do it without any kind of expectations in return. It is my sheer love and respect for humanity that propels me to give selfless service and endless love to my fellow beings," the CM has said on his Facebook page.

Water Management Committee to address irrigation issues in dry season

GANGTOK, 02 JAN [IPR]: Minister for Agriculture, Horticulture, Animal Husbandry & Water Resources Department, Somnath Poudyal, chaired a coordination meeting of all senior officers of Agriculture Horticulture, Water Resources and concerned departments today to address the immediate need for water to irrigate agricultural fields in the dry [Rabi] season.

Secretary, Agriculture & Horticulture, Khorlo Bhutia, in his opening remarks stressed on the urgent need to take necessary steps through coordinated effort of all concerned departments to improve irrigation facilities for agriculture, especially during the winter [dry] season to achieve the larger objective of making Sikkim self-sufficient in perishable vegetables.

Officers of various departments placed before



the meeting irrigation related activities being implemented by them and also put forth suggestions to improve upon the existing irrigation facilities.

A presentation of the District Irrigation Plan [DIP] from the ward and district level for irrigation in the State was made by officials of the agriculture and horticulture departments. This is a comprehensive 5-year project but is subject to provision of fund from

the Government of India. The project contains comprehensive data of requirement of water for irrigation duly taking the consumption pattern into consideration.

Mr Poudyal called for concerted and coordinated efforts from all the Departments working in convergence with the Agriculture and Horticulture Departments to ensure adequate water for cultivation of vegetables. He shared the challenges

faced by farmers during this lean season due to shortage of water.

The depleting water sources and the lack of cooperation from land owners to lay water pipes and tanks in their land has posed serious challenges before the Agriculture, Horticulture and the Water Resource Development Departments, he added.

He, however, stated that activities concerning irrigation being im-

plemented by various departments in isolation can be carried out in close coordination for better quality and coverage.

The Minister referred to the directives of the Chief Minister on the occasion of Government Formation Day 2017 for coordinated efforts of agriculture and allied departments to ensure that the farmers have adequate water in their fields, and the produc-

turn to pg02

RS creates record, takes up all listed questions after 15 yrs

NEW DELHI, JAN 2 (PTI):

In sharp contrast to the noisy start to the Winter Session, the Rajya Sabha today set a record after 15 years by taking up all the 15 listed starred questions during the Question Hour, while 18 members spoke on issues of public importance during the Zero Hour.

The last time all listed starred questions were taken up was in 2002 during the 197th Session of the Upper House, officials in the Rajya Sabha secretariat said.

This was made possible as 10 of 20 members in whose names questions were listed were absent from the House, but the Chairman allowed many members to ask supplementary questions.

At the end of Question Hour, Chairman M Venkaiah Naidu said, "So, all questions are completed today."

During the Zero Hour, members raise issues of

public importance, while they question the government on various issues during the Question Hour.

Earlier, when a number of members asking questions were found absent, he said "Something special is happening!"

On seeing many members absent during Question Hour, the chairman also said that surprisingly, five or six members who had questions listed against their names did not turn up.

"They have the liberty. I don't question them. At the same time, we have a responsibility. If you file a question, so much time, energy and resources are spent. Not coming to the House is not a good practice. Keep that in mind," he said.

When some members complimented the Chairman for smooth conduct of business, Naidu returned the compliment

turn to pg02

Healthcare services partially disrupted in doctors' strike

NEW DELHI/THIRUVANANTHAPURAM, JAN 2 (PTI): Healthcare services at multiple hospitals across the country were partially disrupted today when doctors went on a strike in protest against the controversial National Medical Commission Bill.

The emergency and critical care departments at the hospitals, however, functioned normally, according to reports from the states.

The reports also said that doctors at several hospitals wore black badges at work.

The situation eased later in the day when the 12-hour nationwide stir called by the Indian Medical Association (IMA) from 6 am was called off after the Centre agreed to refer the proposed legislation to a parliamentary standing committee.

The bill had triggered wide protests from doctors as also the opposition parties.

The National Medical Commission (NMC) Bill, which was tabled in Parliament on Friday, seeks to replace the Medical Council of India

(MCI) and also proposes allowing practitioners of alternative medicines, such as homoeopathy and ayurveda, practise allopathy after completing a "bridge course".

"We called off our strike as the Bill has been referred to a Parliamentary Standing Committee which has members from diverse fields and there should now be a fruitful discussion," said IMA's KK Aggarwal, who was spearheading the stir.

Terming the Bill as "anti-people and anti-patient", the IMA has stated that the bill purported to eradicate corruption is "designed to open the floodgates of corruption."

Earlier in the day, Union Health Minister J P Nadda said in Parliament that talks were on with the IMA to clear their doubts.

"Talks are on. We have heard them (the doctors) and also presented our views," he said.

"This (Bill) is beneficial to the medical profession," Nadda said in the Rajya Sabha after the members raised the issue of strike by the doctors across the country.

The strike by doctors in Kerala caused immense hardship to those visiting hospitals across the state.

While doctors in government and medical college hospitals boycotted out-patient services for one hour in the morning, the strike was observed for a longer duration in private hospitals.

The doctors, however, attended emergency cases and those admitted in hospitals.

Expressing anger over the stir, a 60-year old man told a television channel that it was irresponsible on the part of doctors to go on strike causing hardship to patients.

Similar sentiments were echoed by several patients from different hospitals across the state.

Healthcare services were partially affected in parts of Odisha as doctors joined the strike.

A protest rally organised from Power House Chhak to Raj Bhavan in Bhubaneswar saw the participation of medical students and doctors in

large numbers.

Dhananjay Das, a senior doctor at government-run Capital Hospital in Bhubaneswar, said the bill, if passed, will upset the medical fraternity in the country.

"The bill will bring down the standards of medical education in the country. It will be a big blow to the entire medical fraternity," he said.

The general secretary of the Odisha chapter of the IMA, Janmejaya Mohapatra, said the strike has affected healthcare services in outpatient departments of a few government and private hospitals, but the emergency and critical departments were functioning normally.

West Bengal Medical Council (WBMC) chairman Dr Nirmal Maji said healthcare services remained largely normal across the state.

"This is a Tughlaqi decision. This is a dangerous move and may ruin the medical system in the country. The bill will be a boost for quack doctors," Maji told PTI.

"I have spoken to Chief Minister

Mamata Banerjee this morning and she has given instructions for ensuring normal services. And our doctors, unlike some other states, are not skipping work. They are wearing black badges to work as a mark of protest," Maji said.

A protest rally, organised in Kolkata after OPD hours, witnessed the participation of doctors affiliated to the IMA's state unit and WBMC in large numbers.

Earlier in the day, patients visiting the city from the suburban areas complained that they were made to wait for long hours.

"I have come all the way from Sundarbans for an appointment with a cardiologist. I collected my ticket as early as 9.30 am but was made to wait for several hours," 73-year-old cardiac patient Pritilata Samadhar told PTI outside NRS Medical College and Hospital.

The scene was similar at other city hospitals this morning, where patients were seen queuing up outside the orthopaedic department.

SPCC to work with other parties except SDF & BJP

**SUMMIT REPORT
GANGTOK, 02 JAN:**

Sikkim Pradesh Congress Committee convened a meeting at the party head-office today here in Tadong which was chaired by its vice-president, Dorjee Wangdi Bhutia. The first meeting of the party this year discussed various issues and took important decisions to carry forward the organisational works of the party, informs an SPCC press release.

The release informs that the meeting discussed strategies and role of the party for the upcoming general election. It is informed that the meeting also supported the desire of the people of Sikkim on the unification of opposition parties. It has been decided that except BJP and SDF, SPCC will work along with other parties in the State.

The release informs that the meeting also decided to meet AICC president, Rahul Gandhi, in the near future to apprise him about the decision of the meeting and other issues of the State.

Water Management Committee to address irrigation issues in dry season

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tion of vegetables is increased to meet the demands of the State. This was in line with the decision of the Government to put a ban on import of certain vegetables from outside the State from 31 March 2018.

A Water Management Committee headed by Secretary, Agriculture & Horticulture was constituted comprising of senior officers of relevant Departments. The Committee will make a detailed study of the existing DIP and prepare a comprehensive proposal to be submitted to the Government by 20 Jan, 2018. This Committee will ensure urgent redressal of the shortage of water for irrigation.

The meeting was attended by senior officers of the Agriculture & Horticulture Departments, Water Resources Department, Rural Management & Development Department, Social Welfare Department and Forest Department.

Roads Minister bats for local contractors for National Highway Projects

ASSAM, 02 JAN [IPR]: Minister for Roads & Bridges Department, GM Gurung, attended a Review Meeting of National Highways Projects of North Eastern States with CMs and PWD Ministers and Officials of NER/State PWDs including Sikkim at Kaziranga National Park, Assam on 29 Dec 2017 chaired by Minister, Road Transport & Highway, Government of India, Nitin Gadkari.

The Union Minister emphasized on gearing up the projects for providing better connectivity in all the North Eastern States including Sikkim. He said that the Union Government has given top priority for development and prosperity of North Eastern States by improving its road conditions.

State Minister for Roads & Bridges Department, Mr Gurung, raised various issues pertaining to Sikkim in the meeting.



He placed the proposals for consideration of State PMGSY Contractors and State PWD Class-1 Contractors for tender of works under Ministry of Roads Transport & Highways, Government of India being executed through

agencies like NHIDCL, NHAI and State PWD.

The proposal was submitted so that people of Sikkim could participate in National level tenders. The Union Minister readily accepted the proposal and asked the

Ministry officials to suitably change the bid qualification criteria.

Mr Gurung further urged for immediate sanction and tender for two lane Gangtok bypass road from Ranipool to Burtuk and construction of alter-

nate highway of NH-10 from Melli to Singtam. The Union Minister directed for immediate consideration of proposals.

Mr Gurung was accompanied by Chief Engineer and Divisional Engineer [NH] Sikkim, PWD [R&B].

Singtam worried about ban on import of veggies

**YOGEN THATAL
SINGTAM, 02 JAN:**

The announcement made by Chief Minister Pawan Chamling regarding the ban on import of vegetables from outside the State has become a topic for debate among people here in Singtam as some are worried about meeting their daily requirements. Even farmers from various villages in and around Singtam purchase vegetables from Friday Haat at Singtam Bazaar which has raised concerns about the ban among them too. More than 15 trucks packed with vegetables and

other essential items from Mandi Bazaar in Siliguri arrive at Singtam every day.

"The announcement made by the CM is a good approach. But how will the State fulfill the requirement of vegetables and other necessary commodities which are produced outside the State? Further, some of the cultivable lands are still barren and farmers from villages come here to purchase vegetables and commodities imported from Siliguri as they are cheaper than organic vegetables of Sikkim," shared a vegetable vendor from Singtam.

TRI Director thanks all for success of Tribal Festival 2017

**SUMMIT REPORT
GANGTOK, 02 JAN:**

On behalf of Tribal Research Institute, under Social Justice, Empowerment & Welfare Department, TRI Director, KL Lepcha, has extended gratitude to Namprikdang Namsong Mela Committee for successfully organizing the four-day State level Tribal Festival 2017.

In a press release, the TRI Director has also thanked all the participants from different tribal community organizations of the State for showcasing their culture and displaying tradition-

al food items during the festival.

The TRI Director has further expressed gratitude to Deputy Speaker, SLA-cum-area MLA, Sonam Gyatso Lepcha, and the District Administration North for providing overall support in organizing the festival in a grand manner.

"Last but not the least, I would like to express my deepest gratitude to all the press and media personnel who have given wide coverage in the media on the daily activities of the festival," the TRI Director states in the release.

RS creates record, takes up all listed questions...

contd from pg01

saying, "Your cooperation is good, so my operation was very smooth... that's why the House was able to set this record."

Members sought government's responses on several major issues including GST filing, poor rating of Indian Renewable Energy Companies, regulation of cryptocurrencies like bitcoin, non-performing assets, clinical trial of drugs and Air India's operating losses.

As many as 11 members were allowed to speak on issues of public importance during Zero Hour, while another eight were allowed to read out the text of their special mentions.

Due to disruptions and scarcity of time, texts

of Special Mentions are usually laid on the table of the House towards the end of the day but the chairman has suggested that they be taken up in the pre-lunch period.

"The Rajya Sabha today made history. For the first time, all Zero Hour submissions, all Special Mentions were fully completed," said Naidu amid thumping of desks by members in the House of Elders.

The Chairman expressed hope that in future too, the members would not waste time and stick to the schedule.

Uproarious scenes and adjournments have been witnessed on several occasions in the past two weeks for various reasons during the Winter Session of Parliament.

SSLA team leaves for National Championship

**SUMMIT REPORT
GANGTOK, 02 JAN:**

A 36-member team of Sikkim Strength Lifting Association [SSLA] has left for the 25th edition of National Strength Lifting & Inclined Bench Press Championship 2017-18 to be held from 04-07 Jan in Maharashtra. The State team consists of 09 women and 27 men lifters.

The SSLA contingent is led by international strength lifter, Pema Dorjee Bhutia, as the coach. He mentioned that the team mem-

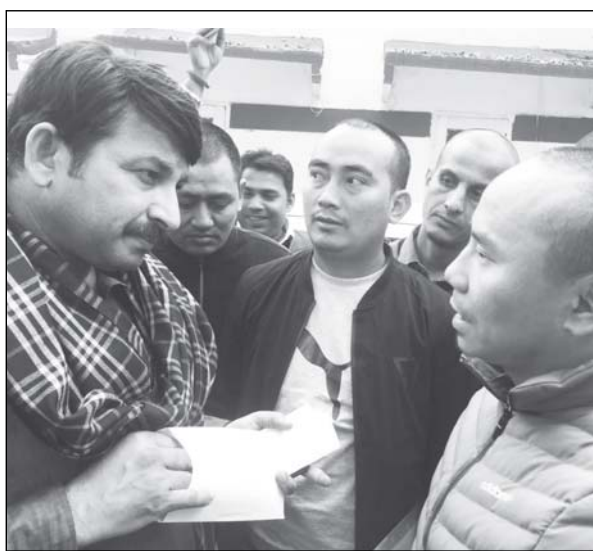


bers have undergone rigorous training for

the championship. He expressed that the

State lifters will return home with medals and

laurels for the State like previous years.



JAP YOUTH MEET BJP DELHI PRESIDENT

KALIMPONG, 02 JAN: JAP youth leader meets president of Delhi BJP, Manoj Tiwari, and submits a memorandum on the Gorkhaland demand in New Delhi today. .



SAFAI ABHIYAAN ENDS 2017 AT DPH

GANGTOK, 02 JAN:

On the last day of 2017, Alpha Mashi Mandali Church of Gangtok conducted safai abhiyaan at DPH area in Gangtok. [VISHNU NEOPANEY]

Parliament passes Insolvency & Bankruptcy Code Amendment Bill

contd from pg01

or entities will include undischarged insolvent, wilful defaulter and those whose accounts have been classified as non-performing asset.

These persons, however, can become "eligible to submit a resolution plan" if they clear all the overdue amounts with interest and other charges relating to their NPA accounts.

Those defaulters who had participated in the insolvency proceedings before November 23 can also bid for stressed assets provided they clear their dues in a month.

Responding to the concerns of the members, he said the whole effort was to make banking sector robust and detach it

from politics.

"You need a strong banking system ...You need banks which are able to lend money to large industries, to infrastructure projects, to small industry, for educational loans. ...It is all part of the economy that you need a robust banking system," he said.

Jaitley said during the insolvency process, banks and unsecured creditors will have to take some haircut and if the same management comes back, nothing would change. The objective of the bill is to allow creditors to move to the National Company Law Tribunal (NCLT) in case of insolvency.

"We have now started that resolution process ...There are several hundreds of them and almost more than 500 have been disposed of. Creditors are using these pro-

cedures," the Minister said.

He said large pending cases are broadly in two categories - one with large assets, functional plants and factories and the other are either trading companies or EPC companies with little assets.

Jaitley said as far as asset-owning companies are concerned, fetching the best prices is the target and any bid which is not viable can be rejected. It is for creditors to decide how much haircuts they want, he said. Earlier, the Opposition had asked the government to identify wilful defaulters of bank loans.

Former Finance Minister and Congress leader P Chidambaram while initiating the debate on the bill supported it but pointed to various clauses which according to him

would deter Indian companies from participating in the process.

"I think one should have been a little more rigorous in the exclusion clauses. One should have kept exclusion to a very, very small number which definitely must be excluded. But I am afraid by making the clauses so broad, so over-inclusive, practically everybody in the financial world is likely to be excluded," Chidambaram said.

He said a major concern was lack of a bidder for a company as 'going concern'. BJP's Bhupender Yadav while supporting the bill said over 500 applications for insolvency have been filed with the NCLT.

Nareish Aggarwal (SP) asked the government to throw light on insolvency professional and also asked if the bill would

help in checking the NPAs of banks.

A Navaneethakrishnan of AIDMK supported the bill, saying agri loans and educational loans should be excluded from the purview of NPAs. Sukhendu Shekhar Roy (TMC) said there was a need to identify wilful defaulters of bad loans.

Attacking the government for being non-serious on recovery of non-performing assets (NPAs) that are estimated to have touched Rs 10 lakh crore, D Raja (CPI) sought to know "why the government is afraid of corporate companies" and not publishing the names of defaulters.

Jairam Ramesh (Cong) raised concern about lenders taking "big haircuts" or discounts on claim value of NPAs and asked if this is going to be a "norm".

**HAVE A STORY
TO SHARE?**

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Gangtok on
Wednesday,
03 Jan

Temp: 16°C /03°C
Forecast: Sunny
to partly cloudy.
Sunrise: 06:26 AM
Sunset: 4:54 PM

SDF likely
to nominate
Hishey
Lachungpa ...
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06 Jan.
Mr Lachungpa's re-
nomination, a highly
placed source informs,
was finalized at an SDF
legislators' meet chaired
by Chief Minister Pawan
Chamling at Mingtok-
gang this evening and a
formal announcement is
expected to be made on
Wednesday.
The meeting dis-
cussed the party's can-
didature for the Rajya
Sabha election and has
decided to give one more
chance to Hishey La-
chungpa, it is learnt. The
lone Rajya Sabha seat has
traditionally gone to a
candidate from the Bhu-
tia-Lepcha community in
Sikkim.

NSD-Sikkim to stage Sanskrit play ‘Bhagavadajjukam’

DAVID
LALHMACHHUANA
GANGTOK, 02 JAN:
The National School of
Drama, Sikkim Centre
will be staging a Studio
Theatre production with
the play ‘Bhagavadajju-

kam’. Presented by the
2017-2018 batch of the-
atre students, the play is
directed by Afsar Hussain
and will be staged from 04-
05 Jan 2018 at NSD, Studio
Theatre at 3:00 p.m.
“Through this play, I

hope my students in NSD
Sikkim understand some of
the basic essence of a San-
skrit play,” said Mr Hussain.
‘Bhagavadajjukam’ is a
play by Das Rupak about
the transmigration of soul
as practiced by a Buddhist

monk. Originally a Sanskrit
play, the NSD Sikkim pro-
duction will be in Hindi.
The play will be cho-
reographed by founder
of Tanva Creative Dance
Ensemble, Kishore Shar-
ma and music for the

play has been given by
Dr. Govind Pandey, a PhD
scholar of Hindi Drama.
Sikkim Theatre Train-
ing Centre is the first
centre of the National
School of Drama outside
Delhi offering year-long

extensive training in
theatre. The course has
three phases focusing on
training and grooming
of participants, technical
training and providing
professional tours in and
around Sikkim.

Dr Adon
Rongon to be
conferred with
Parasmani
Puraskar

SUMMIT REPORT
KALIMPONG, 02 JAN:
Renowned Nepali liter-
ary figure from Siliguri,
Dr Adon Rongon, will be
conferred with the 21st Pa-
rasmani Puraskar this year.
Nepali Sahitya Adhyan
Samiti president, Gyan Su-
tar, announced his name
today after a meeting of the
Samiti in Kalimpong.
The award will be
presented on 26 Feb in
a programme for which the
venue has not been
finalised yet.
“Seeing his long contri-
bution in the field of Nepali
literature we have decid-
ed to confer him the 21st
Parasmani Puraskar,” an-
nounced secretary of Ne-
pali Sahitya Adhyan Samiti
Kalimpong, BB Sharma.
Dr Rongon was born
on 17 April 1940. His first
work, ‘Khetipati Ma Dhan-
ko Bala’, was published in
the year 1956. Other sto-
ries written by Dr Rongon
include ‘Bipanahar’ [1965],
‘Choita’ [1971], ‘Sanathula
Taraharu’ [1971], ‘Yatna
Pralayharu’ [2001], ‘Maya
ko Fulharu’ [2006], ‘Ekan-
ta Bhitra ko Swatantrata’
[2010] and ‘Rukh yo Sadak
Masitirako’ [2016].

Man assaulted during New Year celebration

GANGTOK, 02 JAN: One unknown person allegedly at-
tacked a 21-year-old male hailing from Nayabazaar in
West Sikkim with a sharp object after a heated argu-
ment on 01 Jan causing injuries on the victim’s abdo-
men.

It is reported that the victim along with his family
was celebrating New Year near Rangit River bank at
Nayabazaar when the accused came from Akar Bridge
area in a drunken state.

The accused absconded from the spot towards
West Bengal side by crossing Rammam River. Efforts
are being made to trace the culprit.

Body found near Akar Bridge

Gangtok, 02 Jan: The dead body of an unknown des-
titute, approximately 40 years old, was found at a
waiting shed near Akar Bridge along Jorethang-Nam-
chi road on 01 Jan. The body has been forwarded to
Namchi District Hospital for further investigation.

Man assaults wife

GANGTOK, 02 JAN: One 45-year-old male hailing from
Budang in West Sikkim allegedly attacked his wife
with a khukuri on 01 Jan. Investigations revealed that
the husband suspected that his wife was having af-
fairs with other men and on 01 Jan an argument over
this issue resulted in him attacking his wife. The ac-
cused surrendered voluntarily to the Police.

Some areas in northeast vulnerable to radicalisation: Govt

NEW DELHI, Jan 2 (PTI):
Some areas in the north-
east are vulnerable to
radicalisation and ac-
cessible to jihadist and
terrorist activities from
across the border, Union
minister Kiren Rijiju said
today.

Rijiju said there are
reports that a radical
outfit has been trying
to expand its network
among some sections in
a few districts of Assam
and Manipur.

Some parts of the
northeastern region are

vulnerable to radicalisa-
tion and accessible to ji-
hadist and terrorist activ-
ities from across the bor-
der, he said while replying
to a written question.

The minister of state
for home said security
and intelligence agencies
were aware of the threat
of radicalisation in the
northeast and taking all
necessary steps to thwart
these moves.

The activities of such
radical elements are be-
ing monitored closely, he
said.

Sahyukt Madhyamik Shikshak Kalyan Sangathan forms central committee

SUMMIT REPORT
KALIMPONG, 02 JAN:

A central committee
for Sahyukt Mad-
hyamik Shikshak Kaly-
an Sangathan for GTA
area was formed today.
Teachers of Madhyamik
schools from places like
Darjeeling, Kurseong, Ka-
limpong, Mirik, etc. rep-
resented their respective
areas in the committee.

“The formation of
the committee is closely
linked with the 105-day
strike which had a huge
impact on the education
sector,” said member of
the executive committee,
Sitaram Kafle.

“This newly formed
organization will work
in the field of education
in West Bengal and GTA
level. 429 teachers who
were appointed by GTA

should be appointed by
the District Inspector of
Schools. The committee
has also demanded pro-
vision of appointing 176
volunteer teachers by the
department,” added Mr
Kafle.

The newly formed
committee has Anil Shar-
ma from Darjeeling as
president and Sendup
Lama from Kalimpong
as secretary with 12 ex-
ecutive members and 19
ordinary members.

Mr Kafle has also in-
formed that the commit-
tee will be working close-
ly with the West Bengal
Government and the edu-
cation department of the
GTA. It is learnt that the
committee will also op-
erate the school service
commission and work on
the welfare of teachers.



MEDIATION AND CONCILIATION PROJECT COMMITTEE SUPREME COURT OF INDIA

KNOWING AND ENCOURAGING MEDIATION

COURT INTEGRATED MEDIATION A PROGRAMME OF THE MEDIATION AND CONCILIATION PROJECT COMMITTEE

WHAT IS MEDIATION

Mediation is a voluntary, cooperative process in which an impartial and neutral mediator facilitates disputing parties in reaching a settlement. A mediator does not impose a solution but creates a conducive environment in which disputing parties can resolve all their disputes.

Mediation is tried and tested alternative method of dispute resolution. It has proved to be great success in the cities of Delhi, Bengaluru and Chennai. Litigants participating in the mediation process have unequivocally endorsed it.

MEDIATION IS:

- A structures process where a neutral person uses specialized communication and negotiation techniques.
- A process of facilitating parties in resolving their disputes.
- A Settlement process whereby disputing parties arrive at a mutually acceptable agreement.

WHO CAN MEDIATE

Any person who undergoes the required 40 hours training as stipulated by the Mediation and Conciliation Project Committee of the Supreme Court can be a mediator. He also needs to have at least ten actual mediations before he can be accepted as a qualified mediator.

What happens in a mediation session

1. **INTRODUCTION:-** Mediator introduces himself to the parties, explains the mediation process and establishes his neutrality. He explains the ground rules and initiates the confidential process of dispute resolution.
2. **JOINT SESSION:-** Mediator gathers information about the factual background and interests of the parties, establishes interaction between them and creates a suitable environment for an amicable settlement.
3. **INDIVIDUAL (SEPARATE) SESSIONS:-** When it becomes necessary, a mediator allows the disputing parties to further explain their grievances, continues to gather information, persuades individual parties to share confidential information and helps them to create options for an amicable settlement.
4. **AGREEMENT:-** Mediator confirms and clarifies the terms of settlement and reduces the settlement into a clear, complete, concise and binding agreement.

HOW IS MEDIATION DIFFERENT

- Mediation is an informal process.
- There are no strict or binding rules of procedure.
- Mediation is a completely confidential process.
- Mediation enables disputing parties to interact even on a one-to-one basis.

- Mediation is a completely voluntary process.
- Medication enables the parties to be the key players in the dispute settlement process.
- It is an inexpensive and speedy mode of dispute resolution.
- Mediation is interests based rather than rights based.
- Mediation enables parties to settle their own terms of agreement.

WHAT ARE THE BENEFITS OF MEDIATION

Mediation is:

- Quick and responsive.
- Economical. There is no extra cost.
- Harmonious settlement.
- Creating solutions and remedies.
- Confidential and informal.
- Parties controlling the proceedings
- **The plaintiff is entitled to refund of full court fees as per Section 16 of the Court fees Act, 1870 if the dispute if settled through the process of mediation.**

MEDIATION VERSUS LITIGATION

There is:

- No Loss of time in mediation.
- No financial investment is required in mediation.
- Mediation preserves ongoing business or personal relationships.
- Mediation allows flexibility, control and participation of the disputing parties.

Mediation is a far more satisfactory way of resolving disputes as compared to litigation. There is no appeal or revision in a mediated case and all disputes get finally settled.

MEDIATION AND CONCILIATION PROJECT COMMITTEE

Hon'ble the Chief Justice of India set up the Mediation and Conciliation Project Committee (MCPC) in 2005 for encouraging amicable resolution of disputes pending in the courts in accordance with Section 89 of the Code of Civil Procedure.

The MCPC initiated a court integrated mediation process which has proved very successful. Encouraged by the results, the MCPC has conducted awareness, referral judges' training and mediation training programmes in about a dozen States and several cities all over the country.

The MCPC has the ready and willing services of about 50 expert trainers from Delhi, Bengaluru and Chennai.

IMPACT OF MEDIATION

There is no doubt that mediation has had a significant impact on disputes resolution all over the world.

- In Bangladesh, mediation has been extremely successful in delivering justice to the poorer sections of society.
- In America, Mediation is the norm of dispute resolution and litigation is the exception.
- In England, the courts do not award costs if a litigant unreasonably rejects mediation as an alternative dispute resolution mechanism.
- In India, Mediation has shown significant results in dispute settlement in Bengaluru and in Chennai, both of which have very vibrant mediation centres running successfully for a long time. The district courts of Delhi are presently running three mediation centres indifferent parts of the city and have resolved more than 12,000 cases so far.

Prepared and published for private use under the guidance of the
Mediation and Conciliation Project Committee
Supreme Court of India, New Delhi.

SummitTIMES

ON TOP OF THE NEWS

Another Year Gone, Another Begins

Let's not keep having more of the same

A New Year has begun and a noticeably uneventful year has passed. Year 2017 in Sikkim was mostly about more of the usual in just about every sphere with some of the usual suspects receiving a slightly higher uptick than others. There is not much that is unique about such lulls in the build-up to an election-year, which 2018 is going to essentially be about even if the polls come on schedule in April-May 2019 or are "pre-poned" as many are speculating for the general elections. And received a teaser of that in the long-expected political shifting finally arriving in end-2017, but even that was barely a blip in what has been an otherwise unimpressive political space the past year. Perhaps the people and politics are taking a breather, conserving energy and resources for 2018 when politicking is bound to escalate.

The only Big Idea for the State, irrespective of whether one is excited or frightened by its prospects, also arrived in the last quarter when the CM announced plans to ban import of vegetables so that kitchens here cooked organic. And as a review of 2017 published in this newspaper's last edition highlighted, in an otherwise unremarkable year, locals and locally-grown organic produce came to the fore with some consequence and passion. These two themes can be expected to grow in the decibels with which they are discussed in the public domain through this new year because local protection and rural prospects have been the traditional go-to issues for politicking and electioneering in Sikkim. Political realignments, shifting alliances, party launches and exposés will also consume more newsprint this year and although they will feed many conversations, if past experience is anything to go by, it is unlikely that they will surprise/shock much or impact public opinion significantly.

The past year also ended with more hints of past initiatives pushing the momentum for the next test at the EVMs. The State Government has resumed the clearly timely CATCH programme in the State and returned focus on health for Sikkim. Work also appears to be beginning on the proposed State University and work continues on informing a more intelligent policy intervention for schools and students through the EQUIP and SAATHI initiatives. A relook at the liveli-hood schools, their potential and delivery will also be well undertaken if the affairs of the youth are to be provided some genuine attention especially since an ambitious start-up policy has also been announced. The CM's recent admonishing of the bureaucracy for its lethargy and snootiness, should it grow beyond its playing to the gallery effect, could also bring good tidings for Sikkim since it has been a really long while since concepts like reforms were tried out for the administration. The beginning of a New Year is the best time for such exercises because the budgets are almost spent, leaving more time for stock-taking, and the New Year optimism still high to actually accept mistakes and take criticism and suggestions in the right spirit.

What continues to be awaited though is a germination of a civil society in Sikkim. The involvement and engagement required to keep politics honest and the public domain earnest and relevant is still noticeably missing. What this leaves Sikkim with is a lot of noise on important issues in which leaders and organisations keep screaming for the benefit of their respective echo chambers but refuse to discuss or engage in a meaningful manner. This lack of coherence has been to Sikkim's detriment for too many years and generations and can be corrected only with the arrival of a more political aware and ideologically consistent civil society which can look beyond individual and traditional likes and dislikes and engage with deeper empathy and fewer prejudices.

WRITE US: Readers are invited to comment on, criticise, run down, even appreciate if they like something in this paper. Letters carrying abusive/indecent language and personal attacks, except when against people responsible in this newspaper (who are fair game), will have to be ignored. Letters which carry forward a conversation or initiate a dialogue will command immediate attention and receive prominence.

Mail us at: letters@summittimes.com

Why getting enough sleep should be on your list of New Year's resolutions

AMY REYNOLDS, DOUG MCEVOY, ROBERT ADAMS & SALLY FERGUSON
theconversation.com

If you need an alarm to get up in the morning, you're probably not getting enough sleep.

More than 40% of Australians get too little sleep to feel rested and able to function at their best. The average amount for an adult is around seven hours, while only 8% are lucky enough to get more than nine hours. Some 12% of Australians get less than 5.5 hours, and three-quarters of those struggle to get through their day.

These holidays, ditch the alarm clock and make getting enough sleep one of your New Year's resolutions. Your memory, waistline and even your employer may thank you for it.

WHY GETTING ENOUGH SLEEP SHOULD BE A PRIORITY

Our brains use sleep time to sort through our experiences. We "clean up" and get rid of information connections we don't need from the day just gone. Without adequate sleep, we may not be making enough space for new learning and memories.

Getting enough sleep also ensures we are safe to drive on the roads and less likely to make costly mistakes at work and home. Being awake for longer than 17 hours impairs your ability to think clearly as much as having a blood alcohol concentration above 0.05. After 24 hours awake, your ability to perform cognitive tasks is as poor as if you had a blood alcohol concentration of 0.10.

Last year's Australian sleep survey found 29% of Australian workers reported making errors at work in the previous three months specifically because they hadn't got enough sleep. One in five respondents reported having nodded off while driving.

Getting enough sleep may also be helpful for managing our food intake. When people are only allowed to sleep for short periods of time, they are more likely to choose to snack food, particularly sweet snacks.

The body's response to eating food changes when sleep is restricted; as little as one week of restricted sleep is associated with glucose (sugar) levels approaching pre-diabetic levels.

The benefit is not limited to individual well-being. Australian workers who feel they get inadequate sleep are more likely to take a sick day than those who feel they get enough.

SO, HOW MUCH SLEEP DO WE NEED?

The American Sleep Foundation recommends adults aged between 18 and 64 get between seven and nine hours of sleep a night, while older adults should aim for seven to eight hours.

Your ideal sleep duration will be unique to you and fall somewhere within the recommended range. To find out how much sleep you need, try a week-long experiment and modified sleep regime. Think of it as your holiday homework:

- Cut back on how much you are doing during the week, particularly in the evening, to give yourself



time to wind down

- Put away the technology. A tech ban in the bedroom might be the best start
- Create a dark sleeping space
- Get rid of the alarm clock so your body has the chance to tell you how much sleep you need
- Keep a week-long diary of your sleep times and daytime energy levels to get a feel for how much sleep feels good the next day.

You might find you need to sleep longer than usual for the first couple of nights. But remember, this is an exercise to work out how sleep can help you feel good rather than a test to see how much sleep you "must" or "can" get as this pressure may not help with sleeping well.

You might feel a little groggy the next morning which is normal, but you should wake up – and get up – when you feel well-rested.

By seeing where you sit on the sleep spectrum, you can work out the bed and wake times that best suit your needs.

HOW TO GET MORE SLEEP

Here are some starting points to make sleep more of a priority.

- 1) Reduce your exposure to bright lights in the evening
- Allowing your body to naturally respond to the light and dark cycle each day can lead to earlier bed times.

Ditching distractors that delay our bedtimes can help shift the increase in the hormone melatonin, which makes us sleepy, to earlier in the evening.

As little as one weekend of camping away from electrical lighting, including blue light in our devices, can help us become early risers.

If there's no time for camping this Christmas, try a "camp at home" approach by reducing your

light exposure throughout the house at night; dim and fewer lights in the evening is ideal.

- 2) Establish a routine

While some find falling asleep a breeze, this can be a slow process for many. Consistent activities – such as brushing your teeth, reading a book – at a regular time each evening can help your body recognise and prepare for heading to bed.

Make sure this time is in addition to the time you set aside for sleep, so you have enough time to wind down before bed.

This routine extends to consistent wake times. A regular bed and wake time schedule should be complimentary.

- 3) Talk to your doctor about your sleep

If you're told you snore, or you never feel refreshed even after what seems to be a long sleep, talk to your GP about whether you might have an underlying disorder that makes getting enough sleep harder.

According to last year's national sleep survey, 8% of Australians have diagnosed sleep apnoea, 18% have restless leg syndrome and 20% have insomnia. Getting help for these conditions will impact your physical and mental health.

While time spent sleeping may feel akin to "doing nothing" for your health, the benefits of regular, refreshing sleep for your brain and body mean that it should be on your New Year's resolution list right next to healthy eating and exercise.

[Amy Reynolds is Lecturer in Psychology, CQUniversity Australia; Doug McEvoy is Chief investigator, National Centre for Sleep Health Services Research, Flinders University; Robert Adams is Professor of Medicine, University of Adelaide; is Sally Ferguson is Research professor, CQUniversity Australia]

Research on how self-control works could help you stick with New Year's resolutions

MARCO A. PALMA
theconversation.com

Many of us have already decided that things will be different in 2018. We'll eat better, get more exercise, save more money or finally get around to decluttering those closets.

But by the time February rolls around, most of us – perhaps as many as 80 percent of the Americans who make New Year's resolutions – will have already given up.

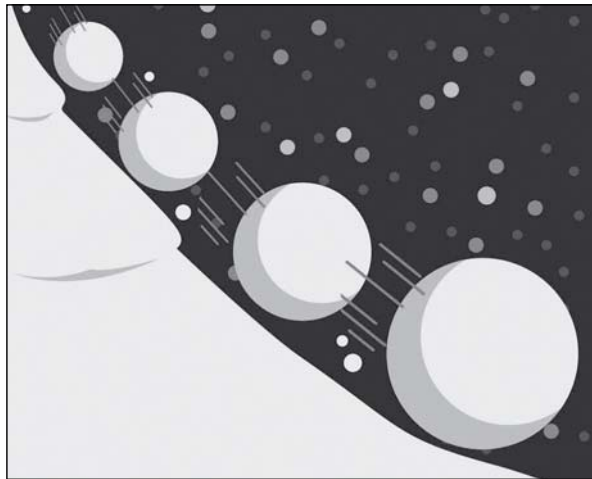
Why does our self-control falter, so often leaving us to revert to our old ways? The answer to this question has consequences beyond our waistlines and bank balances.

Psychologists and economists have traditionally fallen into two seemingly contradictory camps about how self-control works. But recent research conducted by my colleagues and me suggests the two sides of self-control might both be at play in each of us.

SELF-CONTROL: A BATTERY OR A SNOWBALL?

A well-known series of experiments conducted at Stanford University in the 1960s and '70s asked children to choose between getting one marshmallow right away or waiting a few minutes and getting two marshmallows. Researchers found that the children who waited patiently, able to resist eating that first marshmallow even when no one else was around, tended to do better throughout life in terms of SAT scores and educational attainment, employment, health and other major measures of success.

For those kids, self-control – not how intelligent, wealthy or educated



Let your self-control gain momentum like a snowball rolling downhill.

their families were, or any other identified factor – was the main driver of their later success. In other words, the ability to delay gratification helps in virtually all aspects of life.

But researchers have had trouble nailing down where self-control comes from and how it works. For decades, studies of self-control in short-term decision-making have led to two clear, but seemingly contradictory, results.

One model suggested that self-control is a finite resource that can get used up if you lean on it too heavily, like a battery that loses its charge over time. Someone who resists the urge to eat a doughnut for breakfast, for example, might give in

to the temptation of a cookie later in the afternoon. Each little demonstration of self-control throughout the day ends up exhausting the limited reserves.

The alternative model suggested that exercising self-control can help you build up the skill. Not eating the doughnut might increase your motivation and confidence to stick with a healthy diet – like a snowball that gets bigger as it builds momentum rolling downhill.

So is self-control something you run out of when it's overtaxed? Or is it something that you get better at the more you "practice"? The debate continued as different research groups investigated the question in

various ways – and came up with contradictory evidence for which model best explains the inner workings of self-control.

USING BIOMETRICS TO TELL THE WHOLE STORY

Part of the problem has been how hard it is to conduct behavioral research. Traditional methods assume that test subjects fully understand the questions they're asked and give honest answers. Unfortunately, researchers had no practical way of knowing whether this was the case, or whether they actually measured what they intended to.

But here at the nation's largest biometrics lab, my Texas A&M colleagues and I figured out a new way to investigate the question that didn't rely on just what volunteers report to us.

We designed a two-part experiment. First, we asked subjects to focus on a red bull's-eye at the bottom of a computer screen for either six or 30 minutes. This task requires volunteers to exert self-control – it's tempting to look away from the boring, unchanging bull's-eye to the animated video playing elsewhere on the screen.

Then subjects participated in a second laboratory task meant to measure impulsive buying: They could conserve a real US\$5 cash endowment or purchase several household items on-site they hadn't been looking to obtain. The task is analogous to going to the store and buying products that aren't on your list. The idea is that self-control helps individuals reign in these impulse purchases.

turn to pg05

ULFA leader Baruah’s name in first NRC draft; names of 2 MPs, many MLAs missing

GUWAHATI, JAN 2 (PTI): Top ULFA rebel leader Paresh Baruah's name figures in the first draft of the National Register of Citizens (NRC) even as names of many prominent politicians of Assam did not find a place in it.

Among those whose names were not in the first citizenship draft list, released on December 31 midnight, include opposition All India United Democratic Front (AIUDF) chief and Dhubri Lok Sabha MP Badruddin Ajmal, his son and Jamunamukh MLA Abdur Rahim Ajmal and brother and Barpeta Lok Sabha MP Sirajuddin Ajmal.

Talking about the non-inclusion of

several names in the first list, Registrar General of India Sailesh said, "There is no need to panic as there is ample time. The process is going on. Substantial progress has been made, but still lot of work needs to be done."

The first draft of the NRC has listed 19 million people out of the 32.9 million applicants as legal Indian citizens, in a massive exercise aimed at identifying illegal immigrants in the state that borders Bangladesh.

Names of MLAs -- Ananta Kumar Malo (Abhayapuri South), Aminul Islam (Dhing), Nizanur Rahman (Gauripur), Hafiz Bashir Ahmed Kasimi (Bilasipara West)

-- also did not figure.

While BJP MLAs whose names were not in the list include Shiladitya Deb (Hojai), Ashwini Rai Sarkar (Golagganj), Congress legislators whose names were absent include MLAs Sukur Ali (Senga), Sherman Ali (Baghbor) and Nurul Huda (Rupohi).

Besides Paresh Baruah, fellow rebel Arunudhoi Dohotia and NDFB leader B Bidai's names also feature in the list.

The list has the names of five of Baruah's family members, including that of his deceased mother Miliki Baruah.

Baruah had launched his revolution for the 'sovereignty' of Assam nearly 40 years

ago and is reportedly somewhere along the China-Myanmar border now.

In the NRC, Baruah's date of birth is stated as February 15, 1957 and birth place is Chakalibhoria village which is also known as Jeraigaon in Chabua area of Dibrugarh district.

The names of Paresh Baruah's brother Bikul Baruah, sister- in-law Renu Baruah, niece Dimpi Baruah and nephew Sukapha Baruah are in the list.

"Paresh Baruah may not be aware of his inclusion in the draft NRC. I had submitted the legacy data and the application at the NRC seva kendra. So we were cer-

tain that his name would feature in the list. Our family is happy about it," his sister-in-law Renu Baruah told reporters.

However, the names of Baruah's wife Bobby Bhuyan Baruah and his two sons Ankur and Akash could not be included in the list "because some documents were missing. We will complete the process in the next phase," Renu said.

Registrar General of India, Sailesh, had told reporters while releasing the first part draft, that the rest of the names were under various stages of verification and another draft would be published as soon as the verification was done.

Dalai Lama visit, refugee & border issues kept Arunachal in news in 2017

ITANAGAR, JAN 2 (PTI): Tibetan spiritual leader the Dalai Lama's visit and China's protest, the Chakma-Hajong refugee issue, boundary dispute with neighbouring Assam and IAF chopper crash were some issues that kept Arunachal Pradesh in news during 2017.

Amid strong protest from China, the Dalai Lama on April 4 visited the state and delivered religious discourse and preaching during his seven-day stay in the state.

A few days later, the Arunachal Pradesh government strongly denounced China's move to 'standardised' official names for six places in the state, which Beijing claim as part of its territory, in an apparent retaliation against the Dalai Lama's visit.

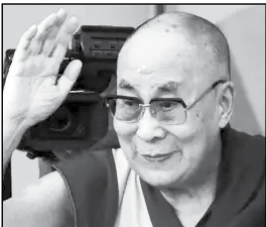
Old resentments ran high in September after the decision of the Centre to grant citizenship to Chakma and Hajongs in the state following a Supreme Court directive of 2015.

Politicians and activists, cutting across political allegiances in the state, claimed the move undermines the rights and interests of Arunachal's indigenous population.

The All Arunachal Students' Union (AAPSU), which has a long history of anti-Chakma agitations, called a state-wide strike on September 19 to protest against the Centre's decision. It led to sporadic violence, with vehicles being set afire, and the state nearly coming to a halt, as government offices, schools and markets remained closed.

In a letter to Union home minister Rajnath Singh, Chief Minister Pema Khandu said the matter was of deep emotional concern and his state was not ready to accept any infringement of the constitutional protection given to the tribal s of the state.

The Arunachal Pradesh Assembly also resolved to call upon the Centre to take urgent steps to protect the territorial and other consequential rights of the state tribal population as protected and guar-



anteed under the Constitution.

The predominantly Buddhist Chakmas and the Hindu Hajongs are among the earliest persecuted groups to have sought refuge in India.

Tragedy also struck the state as it reported two helicopter crashes during the year.

An IAF chopper pressed on flood rescue mission went missing near Sagalee in Papum Pare district with three crew members and IRBn personnel on board on July 4. Police recovered the bodies after three days of intense search operations.

In the other incident on October 6, an Indian Air Force (IAF) Mi-17 V5 helicopter crashed near Tawang killing all seven on board.

In addition, an IAF chopper with Union minister Kiren Rijiju on board made an emergency landing at a college ground here on July 4 due to poor visibility.

The year also witnessed crisis in the Arunachal Pradesh Public Service Commission (APPSC) following a question paper fiasco in the preliminary examination of combined exams.

Trouble began when four Chakma candidates name were figured in list of candidates for the preliminary examination.

However, after strong protest by various students' bodies in the state their names were omitted.

After the preliminary examination, aspirants accused the commission of providing erroneous question papers and setting questions from a Pakistan-based website.

The candidates even staged a dharna in front of the commis-

sion's office demanding re-conduct of the preliminary examination. The commission decided to re-conduct the preliminary examination.

Another issue that hogged the limelight in the state during 2017 was the inter-state boundary dispute with Assam.

Assam forest officials on December 8 demolished four under construction tourist resorts at Dolungmukh in Lower Subansiri district, a move which evoked strong resentments among various students' bodies of the state.

After a news portal made public the contents of a 60-page booklet allegedly written by former chief minister Kalikho Pul before committing suicide on August 9, 2016, his eldest wife Dongwimsai Pul demanded the Centre to initiate a CBI inquiry into the death of her husband.

The law-and-order scenario in the state during the year remained grim with underground cadres laying an ambush on 13 Assam Rifles near Jairampur in Changlang district on January 22 which led to death of two security personnel.

Intensifying its operation against underground groups active in Tirap, Changlang and Longding districts of the state, security forces during the year apprehended 14 NSCN (IM) rebels, 12 NSCN (K), one NSCN (U), 7 NSCN (R) and three ULFA cadres during the year besides recovering a huge cache of arms and ammunition.

To tackle the insurgency problem in three eastern districts of the state, the Centre sanctioned a special package for strengthening the security apparatus.

Flood and landslides lashed several district in the state during the year claiming several lives.

The state also witnessed political crisis during the year with the ruling BJP on August 11, parting ways with its North East Democratic Alliance (NEDA) partner - the Peoples' Party of Arunachal (PPA).

Researchonhowself-controlworks...

contd from pg05

Our innovation was that we did not have to assume people fully complied with the video-watching task – we were actually able to measure it via their physiological responses. By tracking eye movements, we could quantify very precisely when participants stuck to staring at the bull's-eye – that is, when their self-control was keeping them on task. We also measured facial expression and brain activity for a clearer understanding of what was going on with each subject.

Basically, we found that both sides of the self-control debate were right.

For a while, most people could focus on the boring bull's-eye. But they'd hit a fatigue point. After that, if subjects hung in there and still stuck with the task, they ended up exhausting their self-control "battery." We could see this by looking at how many impulse buys they made in the second half of the study. If they'd pushed past the fatigue threshold in the previous task, they showed less self-control and ended up making more impulsive purchases. This pattern was shown in both what they "bought" in our experiment and also in the brain: The prefrontal cortex showed patterns indicative of im-

pulse-buying behavior.

On the other hand, subjects who eased off once they'd reached the fatigue threshold had a differing experience. They remained in the "snowball" stage of self-control – they practiced the skill a bit, but didn't overdo it to the point of exhaustion. In the next task, their brains didn't exhibit the typical impulse-buying activity patterns. Exercising self-control on the bull's-eye task, but not overdoing it, led to more self-control in our second task. These subjects did better at controlling impulse purchases than the other group of subjects who didn't have the initial bull's-eye-watching session that turned out to rev up self-control.

Our study suggests that self-control has the qualities of both snowball and battery: Exhibiting self-control once makes it easier to do so again a short time later, but overdoing it initially makes us more likely to give up altogether.

HOW TO MAKE IT PAST FEBRUARY 1

Our new understanding of self-control provides lessons for sticking with those New Year's resolutions.

First, remember that slow and steady is best. If you want to get fit, start by walking around


the block, not running five miles. Achieve enough to stay motivated, but don't overdo it to the point of frustration. Don't burn out your self-control battery.

Second, remember that small acts of self-control build over time. Instead of drastically cutting all carbs or sugar out of your diet, consider giving up just one piece of bread or one can of soda per day. Over time, consuming fewer calories per day will result in gradual weight loss.

And finally, realize that little acts of self-control in one area will improve your self-control in other areas. Getting traction with a healthier diet, for example, will increase your confidence and motivation to achieve another goal. As the self-control snowball gains some momentum, you'll get better and better at sticking to your objectives.

A more apt metaphor for our new understanding of self control is that it's like a muscle. You can overdo it and exhaust it if you over-exert yourself beyond your capabilities. But with consistent training it can get stronger and stronger.

[the writer is Associate Professor of Agricultural Economics and Director Human Behavior Laboratory, Texas A&M University]



GOVERNMENT OF SIKKIM
RAJYA SAINIK BOARD
P.S. ROAD, GANGTOK- 737101
SIKKIM

ARMY RECRUITMENT RALLY

Venue: Palzor Stadium, Gangtok Time: 4AM Date: 19th Feb to 23rd Feb 2018

ELIGIBLE CANDIDATES TO APPLY ONLINE
DATE OF COMMENCEMENT OF ONLINE APPLICATION: 21ST DEC 2017
LAST DATE OF SUBMISSION OF APPLICATION: 03RD FEB 2018

CATEGORY	AGE	HEIGHT (CMS)	WEIGHT (KG)	CHEST (CMS)	EDUCATIONAL QUALIFICATION
SOLDIER TRADES-MAN	17 ½ years to 23 years	160	48	77-82	Minimum class VIII passed. Transfer certificate/school leaving certificate and marks sheet issued by Head Master/Principal and both should be counter signed by District Inspector School/Joint Director (HRDD)
SOLDIER TRADES-MAN (INDIAN GORKHA)	(Born Not Before) 01 Oct 1995 (Born Not After) 01 April 2001	157		77-82	
SOLDIER GD	17 ½ years to 21 years	160	48	77-82	Minimum class X passed. Transfer certificate/school leaving certificate and marks sheet issued by Head Master/Principal and both should be counter signed by District Inspector School/Joint Director (HRDD)
SOLDIER GD (INDIAN GORKHA)	(Born Not Before) 01 Oct 1997 (Born Not After) 01 April 2001	157	48	77-82	
SOLDIER CLERK / STORE KEEPER TECHNICAL	17 ½ years to 23 years	160	48	77-82	10+2 HS/Intermediate pass from any stream (Arts/Commerce/Science) with minimum 50% aggregate marks & 40% Marks in each subject.
SOLDIER CLERK / STORE KEEPER TECHNICAL (INDIAN GORKHA)	(Born Not Before) 01 Oct 1995 (Born Not After) 01 April 2001	157	48	77-82	Should have studied English and Maths/Book Keeping/Accountancy in 10 th or 12 th class with minimum 40% marks in these subjects. OR Graduation simple pass (with English and Maths/Accts/Book Keeping) OR Graduation (without English and Maths/Accts/Book Keeping) should have scored minimum 40% marks in English & Maths/Accts/Book Keeping at least once in 10 th or 12 th class.
SOLDIER TECHNICAL	17 ½ years to 23 years	157	48	77-82	10+2/HS/Intermediate pass with Physics, Chemistry, Maths and English. Should have scored minimum passing marks in all subjects including optional subjects.
SOLDIER TECHNICAL (AVIATION)	17 ½ years to 23 years	157	48	77-82	10+2/HS/Intermediate pass with Physics, Chemistry, Biology and English. Should have scored minimum 50% aggregate marks with 40% in each subject. OR Three years Diploma in Engineering (Mechanical/Electrical/Electronics/Automobiles/Computer Science) from recognized Polytechnic Institute.
SOLDIER NURSING ASSISTANT	17 ½ years to 23 years	157	48	77-82	10+2/ HS/Intermediate pass with Physics, Chemistry, Biology and English. Should have scored minimum 50% aggregate marks with 40% marks in each subject. OR B.Sc Degree (in Botany or Zoology or Bio-Science) with English. Should have studies Physics, Chemistry, Biology and English in 12 th Class

DOCUMENTS REQUIRED FOR RECRUITMENT

[a] Email ID and Mobile Number is must for online registration.

[b] Aadhar Card

[c] Class VIII, Class X, Class XII Mark Sheet & Certificate both.

[d] Admit Card, Registration Certificate, Mark Sheet and Board Certificate.

[e] Permanent Residential Certificate

[f] Birth Certificate

[g] Character Certificate

[h] Unmarried Certificate

[i] NCC Certificate

[j] Caste Certificate

[k] Gorkha Certificate

[l] Buddhist/Christian Certificate

[m] Sikkim Subject/Certificate of Identification (COI)

[n] Outstanding Sportsmen Certificate

[o] Relationship Certificate (**ONLY FOR SON OF SERVING/RETIRED/WAR WIDOW/WIDOW**)

[p] Candidates to carry three sets of attested xerox copies of all documents mentioned above along with original copy.

NOTE: SHARING OF MOBILE NUMBER AND EMAIL IS NOT PERMITTED.

CANDIDATES ARE ADVISED TO FILL UP ONLINE APPLICATION AT THE EARLIEST THROUGH CYBER CAFÉ OR THROUGH OTHER SOURCES. PLEASE VISIT WEBSITE www.joinindianarmy.nic.in IN CASE OF ANY DIFFICULTIES/PROBLEM CONTACT OFFICE OF THE RAJYA SAINIK BOARD, GANGTOK OR ZILLA SAINIK BOARDS (WEST/SOUTH/NORTH/EAST). CANDIDATES MAY ALSO CONTACT AT THE NUMBER 95932-68469

sd/-
COL. DN BHUTIA
SECRETARY, RSB

Miss India pageant damaged my self-esteem: Sobhita Dhulipala

JUSTIN RAO
MUMBAI, JAN 2 (PTI): The title of Miss India is touted to be synonymous with self-confidence but former Miss India and actor Sobhita Dhulipala says the process of winning the crown ended up damaging her self-esteem.



The 25-year-old actor said while growing up in Vishakapatnam she was an “uncool geek child, a loner” who had not watched more than 20 films, eight of which were from the Harry Potter magicverse.

Sobhita moved to Mumbai at the age of 16 to step out of her “quaint little city”. When she got admission in a “cool” college here, she appeared with “long oiled hair, floral embroidery dress, bindi and polka dot shirt.”

The actor, who made her debut with Anurag Kashyap’s “Raman Raghav 2.0”, termed her college experience as “brutal” and that was when the need for “seeking validation” seeped in.

“My friend was interning at the Miss India office and asked me to go for an audition. I just wanted to clear one basic round to show it to my friends. I’m in this mind space and I can do this, losers’. I cleared the first round and then I wanted to do more.

“For the first time in my life, I was getting attention.

I was very awkward with myself, I was so lame... But Miss India did more damage to my self-esteem. It took me more away from me because you’re reduced to someone who’s entertaining, who is pleasing,” Sobhita told PTI in an interview.

After winning the beauty pageant in 2013, the model- turned-actor represented India for Miss Earth the same year in the Philippines where she won the sub-titles of Miss Photogenic, Miss Beauty for a cause, Miss Talent and Miss Beautiful face.

She said she struggled to find her real self as the lure of the Miss India tag

kept confusing her.

“Earlier, I would never focus on how I looked because I thought I was just ‘ok’. So my focus was on being well-read, good in studies, school captain. My personality depended on what I read, not on some magical genetic thing.

“In Miss India, so much was about how you looked. These are the things I judged as a child. So I felt cornered because I was doing the same things. I didn’t feel good in my heart.”

Asked she continued being a part of something that made her uncomfortable, the actor said, “I wanted someone to make me feel desired, I thought may be guys will like me. I was 19, so validation played a huge role in my taking part in Miss India.

“Miss India actually made me feel small. It made me feel like it doesn’t matter what you feel or think, what sells is beauty and sex, which you’ve no control over. You’re born a certain way,” Sobhita said.

Before she joined the film industry, the 25-year-old also pursued modelling post Miss India but realised she felt “pathetic”.

“It messed with my head. You have a constant identity crisis. You feel like you don’t belong anywhere, like you’re following your ego or the need to feel good about yourself.

Where does that end really?” Sobhita said.

The actor was recently seen in a cameo in Saif Ali Khan’s “Chef” and again features with him in “Kaalakaandi”.

Directed by Akshat Verma, the film is scheduled to hit the theatres on January 12.

Sports&Specials

Rejuvenated ATK face FC Goa challenge

KOLKATA, JAN 2 (PTI): Upbeat after registering the season’s maiden home victory, defending champions ATK would look to continue their winning run when they face FC Goa in an Indian Super League match, here tomorrow.

The most successful ISL franchise had kicked off their title defence on a shaky note after being winless from four matches.

But the two-time champions have brought their title campaign back on track with successive victories over Mumbai City and Delhi Dynamos, the last coming at their home ground Saltlake Stadium in their last round fixture.

ATK are now at seventh place with eight points from six matches.

The season’s maiden home victory only turned sweeter when star Irish captain Robbie Keane fired home the winner in a sheer moment of brilliance.

The hosts broke the deadlock 12 minutes from time when Keane chested the ball from substitute Bipin Singh’s headed pass, brought it down, and turned his marker before placing the ball exquisitely into the bottom right corner of the goal.

While ATK appeared to be finding their mojo back, fancied Goa have started slipping after securing four wins from five outings. They are now placed fifth in the standings with 12 points from six games.

The Gaurs will be



smarting from a 0-2 defeat against FC Pune City at Jawaharlal Nehru Stadium their maiden home defeat of 2017-18 season.

This was also the first time of the season that the Goans failed to find the back of the net and they would be under pressure to score against a Keane-bolstered ATK attack.

Goa’s defence is not as strong as their attacking unit and the Teddy Sheringham-coached side would be hoping to take the early advantage to put pressure on the visitors.

“Like I have said before, we lose and win as a team. Had we taken our chances, the game would have been completely different. When we moved up the field, we left a bit of space behind, and they took advantage of that. But I don’t see it as a problem with the defence today,” Goa’s Spaniard head coach Sergio Lobera said.

The 40-year-old, however, wants to take the positives into count ahead of the big match.

“The loss made sure that our feet are grounded. It tells us that we still have a lot of work to do. We have to improve our mistakes, and we have to be capable to grab our chances,” Lobera said.

It’s not only Keane but the inclusion of former Newcastle United player Ryan Taylor, who was brought in as a replacement for the injured Carl Baker, that has benefited the red-and- whites.

In his debut for ATK against at Mumbai, Taylor ran the show from the midfield and also created opportunities in their win over Delhi.

“He (Taylor) has been very good. We lost Carl Baker to injury, and I was very lucky to pick up the phone and call Ryan to come over at the drop of a hat,” Sheringham said.

“He could not wait to get over here, and I am delighted with his reaction. He has been fantastic in the midfield. He has played at the top level in the Premier League. He knows the game and he has great qualities as well.

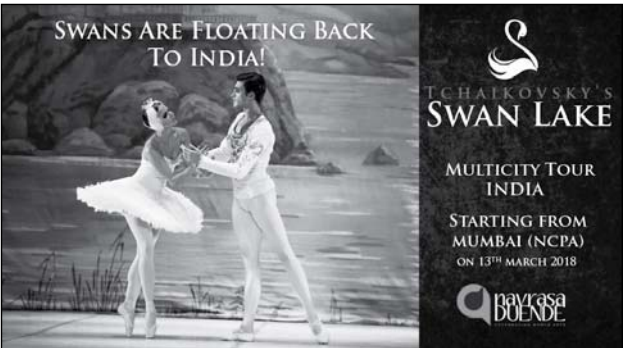
‘Swan Lake’ returns to India with a multi-city tour

NEW DELHI, JAN 2 (PTI): After its resounding success in 2017, the iconic ballet, ‘Swan Lake’, is all set to make a return to India with a multi-city tour in March this year.

The co-production by the Royal Russian Ballet and Navrasa Duende will begin its tour on March 13 with 25 shows in Mumbai, followed by 5 shows each in Ahmedabad, Kolkata and New Delhi.

Choreographed by Vladimir Troschenko and directed by Anatoly Kazatsky, the performances will see Matsak Natalia reprise her role as both the white swan and the black swan.

Dinesh B Singh,



founder and CEO of Navrasa Duende said it was the “delightful” response they received that made them bring “Swan Lake” back to the country, this time, with shows across different cities.

“All we can say right now is that the shows will be as grand and splendid as the first time around, and we will leave no stone unturned to ensure that all of them are as big a success as ‘Swan

Lake’ was in its maiden Indian staging in Delhi,” he said.

Held in September last year, the performance featured 41 artists of the Royal Russian Ballet, who left audiences spellbound as the young troupe brought alive the spectrum of emotions that Tchaikovsky’s musical score is famous for.

Over a century old, ‘Swan Lake’ is performed on the classical compositions written by Russian

composer, Pyotr Ilyich Tchaikovsky.

The story originates from Russian folk tales, with Odette, a princess turned into a swan by an evil sorcerer’s curse, as the principal character.

With its primary themes as love, and the battle between good and evil, the story holds a special place in the hearts of viewers across all ages even today and never fails to move them despite the era it belongs to.

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SIKKIM NEW YEAR BUMPER 2018

Draw No:1 DrawDate on:01/01/18

1st Prize Rs.2.02 Crores/- B 7352
(Including Super Prize Amt)

2nd Prize Rs.16.5 Lakhs/- L 5244
(Including Super Prize Amt)

3rd Prize Rs.11 Lakhs/- E 5835
(Including Super Prize Amt)

4th Prize Rs.5000/- 1296 1470 1830 2891 3998

4381 4835 5644 6402 7153

5th Prize Rs.2000/- 0454 1832 2560 2564 4141

4273 4283 6274 6699 9511

6th Prize Rs.1000/- 0257 1350 2028 2397 2774

2961 3435 4189 5415 5505

6328 6429 6458 6981 8029

8258 8274 9226 9551 9578

7th Prize Rs.500/-

0185 0226 0227 0288 0412 0632 0739 0788 0805 0849

0869 0972 1049 1253 1304 1333 1359 1388 1428 1536

1694 1770 1782 1839 1929 1972 2123 2146 2184 2405

2445 2552 2781 2797 3014 3183 3366 3648 3664 3932

4105 4127 4244 4385 4389 4511 4572 4650 4692 4701

4705 4875 4945 5003 5066 5082 5182 5304 5348 5536

5631 5730 6044 6128 6186 6240 6243 6449 6533 6702

6831 7043 7344 7447 7668 7782 7890 8087 8098 8108

8201 8212 8230 8249 8263 8304 8412 8538 8617 8698

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DERBY DELUXE MONDAY

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1st Prize Rs.11 Lakhs/- L 63850
(Including Super Prize Amt)

2nd Prize Rs.9000/-

1099 4345 8006 9365 9830

3rd Prize Rs.5000/-

1239 3651 4535 9782 9793

4th Prize Rs.2000/-

1075 4920 6896 8098 8691

5th Prize Rs.1000/-

0133 0774 1100 2034 2130 3806 4385 5494 5701 9620

6th Prize Rs.500/-

0866 1021 4738 5363 6278 6948 7529 7888 9125 9496

7th Prize Rs.100/-

0011 0033 0061 0108 0111 0123 0132 0141 0236 0241

0251 0295 0301 0307 0356 0360 0376 0378 0422 0466

0485 0496 0499 0505 0550 0600 0601 0611 0649 0673

0711 0729 0776 0789 0800 0825 0860 0888 0903 0916

1015 1029 1039 1073 1074 1116 1129 1139 1158 1161

1175 1212 1250 1252 1267 1297 1352 1380 1415 1432

1446 1477 1522 1538 1539 1544 1556 1559 1560 1624

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1916 1926 1928 1934 1970 1986 2009 2032 2037 2045

2048 2064 2065 2093 2098 2100 2108 2112 2128 2136

2159 2168 2169 2185 2187 2200 2223 2264 2267 2279

2286 2292 2308 2326 2339 2346 2374 2389 2394 2411

2434 2453 2478 2482 2528 2550 2551 2586 2606 2612

2618 2644 2687 2707 2738 2757 2759 2771 2785 2810

2814 2816 2828 2864 2873 2930 2931 2940 2947 2971

3005 3049 3151 3186 3194 3227 3229 3297 3342 3348

3353 3366 3408 3422 3445 3452 3509 3520 3544 3586

3587 3619 3639 3642 3677 3684 3729 3754 3902 3914

3919 3921 3926 3932 3936 3939 3952 3961 3969 4008

4039 4052 4085 4117 4124 4130 4138 4161 4170 4191

4198 4256 4261 4279 4286 4288 4317 4328 4331 4338

4353 4367 4379 4406 4413 4426 4431 4433 4434 4455

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4660 4715 4751 4756 4776 4778 4779 4808 4811 4830

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9686 9689 9718 9724 9759 9781 9802 9823 9824 9839

9840 9854 9897 9908 9921 9941 9945 9952 9958 9980

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NAMSOONG
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2017-18

Ref No 1021/SDM/DZN/

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STARTING FROM

1000 TO 5000

LOTTERY
RESULT

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SECOND PRIZE- 2485

THIRD PRIZE: 5055

4 NOS CONSOLA-
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(3)4243

(2)4413

(1)2749

SD/-

NAMPRIKDANG
NAMSOONG
CELEBRATION
COMMITTEE

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LAHIAIXMI LIBRA	MUMBAIXMI RANI
Draw No:4 DrawDate on:31/12/17	Draw No:4 DrawDate on:31/12/17
1st Prize Rs.10,000/- 4040	1st Prize Rs.10,000/- 2019 2nd Prize Rs.2,000/- 1487
2nd Prize Rs.500/- 1419	3rd Prize Rs.1,000/- 2544 4th Prize Rs.506/- 5677
5th Prize Rs.300/- 5991 5th Prize Rs. 206/- 6618	5th Prize Rs.200/-
6th Prize Rs.100/-	
1001 1051 1056 1082 1085 1086 1092 1096 1136 1144	1114 1118 1123 1163 1151 1208 1210 1218 1230 1343
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2953 2957 2960 2961 2987 3004 3031 3055 3061 3082	3180 3183 3190 3232 3248 3254 3272 3276 3293 3294
3104 3134 3144 3220 3236 3332 3346 3347 3360 3365	3296 3314 3335 3350 3509 3529 3544 3590 3632 3639
3380 3386 3429 3452 3469 3480 3526 3537 3576 3586	3671 3672 3696 3700 3717 3745 3752 3761 3821 3882
3594 3599 3603 3613 3626 3680 3687 3700 3734 3801	3812 3836 3953 3955 4002 4059 4122 4168 4209 4338
3802 3806 3821 3826 3836 3860 3881 3900 3931 3978	4373 4387 4389 4402 4409 4468 4547 4578 4583 4609
3994 4021 4047 4229 4272 4313 4280 4262 4272	4622 4646 4668 4701 4736 4749 4768 4897 4971
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4803 4822 4827 4829 4835 4853 4884 4888 4892 4904	5387 5403 5409 5427 5447 5478 5494 5535 5535 5583
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5475 5506 5509 5568 5605 5712 5717 5759 5815 5932	
6018 6021 6049 6081 6092 6135 6144 6251 6291 6351	Issued by : The Director, Sikkim State Lotteries, Government of Sikkim,Deorali-737102,Sikkim Please Visit : www.sikkimlotteries.com
6351 6356 6440 6650 6660 6734 6735 6748 6750 6761	KINDLY CHECK THE RESULT WITH THE OFFICIAL GAZETTE
6761 6811 6818 6835 6839 6913 6920 6927 6931 6954 6988	

NAGALAND STATE LOTTERIES	NAGALAND STATE LOTTERIES
DEAR AFFECTIONATE MORNING	DEAR RESPECT
Draw Time: 11:55 am onwards	Draw Time: 04:00 pm onwards
Draw No:4 DrawDate on:31/12/17	Draw No:4 DrawDate on:31/12/17
1st Prize Rs.26 Lakhs/- 911 65286	1st Prize Rs.26 Lakhs/- 88G 64465
(Including Super Prize Amt)	(Including Super Prize Amt)
Cons. Prize Rs.9500/- 65286 (REMAINING ALL SERIALS)	Cons. Prize Rs.9500/- 64465 (REMAINING ALL SERIALS)
2nd Prize Rs.9000/-	2nd Prize Rs.9000/-
10489 31810 46398 64319 64743	01033 07444 10212 10719 18405
73575 75823 78818 81255 97765	22105 40123 65451 83321 92801
3rd Prize Rs.500/- 0617 0661 0683 3206 4070 5191 5733 7641 7935 8650	3rd Prize Rs.500/- 0819 3174 5182 5514 5687 5776 6950 7400 8263 9824
4th Prize Rs.250/- 1145 1367 2922 4142 4236 5243 6282 8211 9452 9736	4th Prize Rs.250/- 0019 1784 2535 2722 5321 5649 6776 7908 7960 8241
5th Prize Rs.120/-	5th Prize Rs.120/-
8035 0039 0116 0440 0482 0484 0520 0579 0641 0737	0063 0103 0209 0309 0541 0582 0644 0795 0799 0964
1020 1059 1062 1134 1154 1170 1185 1209 1313 1535	1065 1077 1085 1299 1415 1417 1548 1568 1666 1701
1599 1710 1715 1844 1924 1934 2037 2240 2312 2317	1706 1724 1739 1776 2031 2066 2178 2204 2231 2236
2329 2395 2565 2607 2661 2769 2776 2759 2785 2834	2397 2547 2653 2750 2808 2906 2988 308

B'desh court orders arrest of Khalida Zia for arson attack

ANISUR RAHMAN
DHAKA, 02 JAN [PTI]: A Bangladesh court to-day ordered the arrest of former prime minister Khaleda Zia in connection with bomb attacks on a bus during an anti-govern- ment agitation in 2015 that killed eight persons, a police official said.

Judge Joynab Begum of the Comilla dis- trict court accepted the charge sheet filed by the police in the case and is- sued the arrest warrant, the official said.

The Bangladesh Na- tionalist Party [BNP], led



by 72-year- old Zia, had boycotted the 2014 gen- eral elections which were held under the Awami League government. The BNP had emerged as the main opposition party outside parliament.

The BNP, along with

20 alliance partners, had given a call for a nation- wide transport blockade in 2015 in protest against the first anniversary of the polls.

Eight passengers were killed after protes- tors hurled petrol bombs

on a bus in the central Comilla district during the agitation.

"The judge issued the arrest warrant after ac- cepting the charge sheet submitted by police," the official told PTI over tele- phone.

The former prime minister is also facing a number of graft cases and a sedition charge for her "slandorous" re- marks two years ago when she "expressed doubts" about the casu- alty figures of 1971 Lib- eration War in which of- ficially three million peo-

ple were killed, during the nine-month long war against Pakistan.

Zia also faces sim- ilar charges in different courts for spearheading a protracted violent cam- paign three years ago in which over 125 people lost their lives, mostly in arson attacks on buses and trucks.

Today's court order came a day after prose- cutors demanded death sentence for the BNP leader and Zia's son Tarique Rahman and 48 others for their alleged involvement in two cases

of murder and blasts.

Rehman, the BNP's senior vice president who lives in exile in Lon- don, is accused of plan- ning an attack in 2004 in which more than 10 grenades were thrown in a rally organised by Prime Minister Sheikh Hasina's Awami League party when she was in opposition and Zia was in power.

Hasina, who sus- tained permanent hear- ing impairment, had a narrow escape in the at- tack that killed 24 people and injured 300 others.

Pakistan summons US envoy over Trump tweet



ISLAMABAD, 02 JAN [PTI]: Pakistan has sum- moned US Ambassador David Hale to register its protest after President Donald Trump accused the country of lying and deceiving America by sheltering terrorists while receiving billions of dollars in foreign aid, a media report said today.

The Pakistan Foreign Office [FO] summoned Hale last night. Foreign Secretary Tehmina Jan- jua sought an explanation from Hale over Trump's remarks, The Express Tri- bune reported.

There was no imme- diate response from for- eign office officials.

Trump yesterday tore into Pakistan accusing it of giving nothing to the US but "lies and deceit" and providing "safe hav- en" to terrorists in re- turn for USD 33 billion aid over the last 15 years thinking of American leaders as "fools".

In his strongest at- tack against Pakistan yet, Trump in his first tweet

of the year on New Year's day also appeared to sug- gest he could cut off for- eign aid to Pakistan.

"The United States has foolishly given Paki- stan more than 33 billion dollars in aid over the last 15 years, and they have given us nothing but lies & deceit, thinking of our leaders as fools," Trump tweeted on New Year's Day.

"They give safe haven to the terrorists we hunt in Afghanistan, with little help. No more!"

Pakistan Foreign Minister Khawaja Asif responded immediately and said, "...Will let the world know the truth... difference between facts and fiction."

He said Pakistan had told the Trump adminis- tration that it would not do 'no more' for it [the fight against terrorism].

"Pakistan is ready to publicly provide every detail of the US aid that it has received over the last 15 years," the minis- ter said.

China's advanced hypersonic missile threat to India, US, Japan: Report

BEIJING, 02 JAN [PTI]: China's new "hy- personic" ballistic missiles will not only challenge the defences of the US but also be able to more accurately hit mili- tary targets in Japan and India, a media report said today.

The report in the South China Morning Post comes after Tokyo-based The Diplomat magazine reported that China's rocket forces conducted two tests late last year of a new hypersonic glide ve- hicle or HGV, known as the DF-17.

Citing US intelligence sources, The Diplomat last month reported that the People's Liberation Army (PLA) Rocket Force carried out the first test on November 1 and the second one two weeks later.

Both tests were successful and the DF-17 could be operational by around 2020, the US intelligence sources were quoted as saying.

Asked about the two tests, Chinese Foreign Ministry spokesman Geng Shuang today declined to react saying the Defence Ministry should be ap- proached for information on this.

Both tests were successful and the DF-17 could be operational by around 2020, the US intelligence sources were quoted as saying.

HGVs are unmanned, rock- et-launched, manoeuvrable aircraft that glide and "skip" through the earth's atmosphere at incredibly fast speeds.

Compared to conventional ballistic systems, HGV warheads can travel at much higher speeds, lower altitudes and less- trackable trajectories. The approach leaves defence systems less time to intercept the warhead before it drops its payload.

The DF-17 test missiles were launched from the Jiuquan launch cen- tre in Inner Mongolia and flew about 1,400 km during the trial, The Diplomat reported.

Chinese state media first reported on the country's HGV technology in Oc-

tober, with footage of the system in a hy- personic wind tunnel in various arrays.

Beijing-based military analyst Zhou Chenming said HGV technology has become part of the nuclear strategy between the world's three big nuclear powers: China, the US and Russia.

"Compared to conventional ballis- tic missiles, HGVs are more complex and difficult to intercept," Zhou told the South China Morning Post.

"The US, Japan and India should be worried about China's developments in HGV technology because it can reach targets quicker and more accurately, with military bases in Japan and even nuclear reactors in India being target- ed, he was quoted as saying by the daily.

China eyes artificial intelligence for anti-and-forget cruise missiles.

Chinese military specialists said the DF-17 was one of several iterations of glider systems developed by the PLA, including the DF-ZF which has been through at least seven tests.

Song Zhongping, a former member of the PLA's Second Artillery Corps, the rocket wing's predecessor, said the DF-17 was the weaponised model of the DF-ZF prototype.

Song, a military commentator for Hong Kong's Phoenix Television told the Post that the HGV system could be used with various kinds of ballistic missiles, including intercontinental ballistic mis- siles with a range of at least 5,500 km.

He also said multiple HGV warheads could be used with the DF-41, which has a range of at least 12,000 km and can hit anywhere in the US in less than an hour.

Macau-based military observer Ant- ony Wong Dong said HGVs could also be used to target and destroy a US an- ti-missile system known as THAAD, or Terminal High Altitude Area Defence, which are currently deployed in South Korea to war doff--- attacks from North Korea.



South Korea proposes high-level talks with North

SEOUL, 02 JAN [AFP]: South Korea to-day proposed holding high-level talks with Pyongyang on January 9, after the North's leader Kim Jong-Un called for a breakthrough in relations and said Pyongyang might attend the Winter Olympics.

Kim used his annual New Year ad- dress to underscore Pyongyang's claim that it has developed a weapons deter- rent and warn that he had a "nuclear button" on hand, but sweetened his re- marks by expressing an interest in di- alogue and participating in the South's Games.

South Korea's unification minister Cho Myoung-Gyon said Seoul was "re- iterating our willingness to hold talks with the North at any time and place in any form".

"We hope that the South and North can sit face to face and discuss the par- ticipation of the North Korean delega- tion at the Pyeongchang Games as well as other issues of mutual interest for the improvement of inter-Korean ties," he said at a press conference.

The two Koreas, which have been separated by a tense demilitarised zone since the end of the 1950-53 Korean war, last held high-level talks in 2015.

Dovish South Korean President Moon Jae-In, who has long favoured engagement to defuse tension with the North, earlier Tuesday welcomed Kim's suggestion that there could be an op- portunity to kick-start dialogue.

However, he indicated that im- provements in inter-Korean ties must

go hand in hand with steps towards de- nuclearisation.

Moon proposed Red Cross and mili- tary talks last year, but his requests were not answered by Pyongyang.

The North has rattled the interna- tional community in recent months with multiple missile launches and its sixth and most powerful nuclear test -- purportedly of a hydrogen bomb.

Pyeongyang has shrugged off a raft of new sanctions and heightened rhetoric from the United States as it continued to drive forwards with a weapons programme that it says is defensive and aimed at developing a warhead capable of targeting the US mainland.

Kim's comments were the first indi- cation of North Korea's willingness to participate in the Winter Games, which run from February 9 to 25.

Moon called them a "positive re- sponse" to Seoul's hope that the Pyeo- ngchang Olympics would be a "ground- breaking opportunity for peace".

The main Winter Olympic venues are just 80 kilometres (50 miles) from the heavily fortified border with the North and the build-up to the event has been overshadowed by surging tensions over Pyongyang's nuclear and missile tests.

In his speech Monday, Kim said the Olympics could provide a reason for of- ficials from the neighbours "to meet in the near future".

Seoul and the Games organisers are keen for the North to take part.

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1st Prize Rs.10,000/- 1441

2nd Prize Rs.1000/- 5355 3rd Prize Rs.500/- 2560

4th Prize Rs.300/- 2041 5th Prize Rs. 200/- 1314

6th Prize Rs.100/-

1066 1070 1079 1105 1148 1159 1164 1168 1186 1209

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1740 1769 1771 1877 1878 1887 1917 1962 2028 2079

2140 2146 2551 2168 2180 2288 2289 2292 2327 2325

2383 2544 2379 2393 2452 2455 2503 2507 2515 2525

2537 2564 2567 2626 2629 2660 2669 2745 2748 2750

2766 2775 2797 2835 2838 2864 2905 2939 2959 2986

3138 3156 3175 3180 3220 3251 3254 3259 3268 3308

3294 3309 3339 3730 3820 3528 3536 3539 3603 3613

3714 3726 3736 3797 3821 3838 3891 3932 3990 3993

4040 4058 4075 4103 4107 4111 4166 4274 4284 4290

4310 4312 4315 4328 4333 4351 4362 4374 4404 4419

4508 4517 4523 4527 4533 4540 4623 4682 4698 4708

4746 4756 4759 4770 4776 4807 4814 4820 4848 4851

4917 4953 4980 4987 5071 5111 5138 5147 5156 5271

5185 5186 5189 5205 5206 5212 5213 5219 5216 5231

5235 5236 5237 5235 5237 5322 5363 5368 5464

5484 5504 5513 5524 5536 5542 5580 5621 5676 5856

5750 5780 5787 5828 5903 5933 5939 5946 5946 5971

6029 6078 6080 6121 6127 6256 6273 6268 6306 6323

6356 6373 6413 6428 6442 6455 6467 6477 6477 6487

6507 6537 6556 6597 6643 6675 6698 6710 6712 6717

6785 6813 6865 6868 6905 6928 6940 6979 6981 6983

KINDLY CHECK THE RESULT WITH THE OFFICIAL GAZETTE

SIKKIM STATE LOTTERIES

MUMBAIAXMI RAM

Draw No's DrawDate on:02/01/18

1st Prize Rs.10,000/- 4567 2nd Prize Rs.2,000/- 4525

3rd Prize Rs.1,000/- 3684 4th Prize Rs.500/- 5800

5th Prize Rs.220/-

1082 1112 1158 1213 1297 1331 1345 1432 1440 1447

1467 1468 1509 1530 1546 1553 1569 1643 1653 1744

1767 1780 1792 1825 1827 1830 1840 1857 1956 1966

1992 1998 2012 2017 2021 2029 2034 2050 2069 2088

2121 2123 2130 2136 2142 2148 2160 2167 2175 2253

2263 2269 2301 2330 2339 2380 2429 2430 2436 2531

2538 2596 2638 2639 2647 2726 2731 2785 2840 2885

2886 2897 2897 2995 3031 3068 3070 3111 3176

3199 3233 3244 3303 3320 3351 3352 3432 3435 3480

3475 3519 3569 3601 3626 3632 3652 3658 3662 3676

3681 3732 3732 3737 3746 3773 3775 3831 3833

3840 3858 3861 3988 4006 4051 4063 4087 4101 4112

4144 4162 4199 4201 4206 4225 4227 4234 4239

4251 4353 4402 4408 4426 4433 4416 4426 4430 4431

4434 4465 4472 4476 4518 4527 4533 4564 4645 4647

4676 4677 4688 4735 4772 4822 4830 4845 4881 4916

4943 4948 4966 5008 5077 5078 5089 5123 5183 5251

5212 5244 5250 5290 5308 5316 5323 5366 5390 5410

5477 5566 5579 5580 5581 5613 5644 5734 5786 5824

5839 5842 5848 5880 5886 5929 5952 5956 5961 5996

Issued by:
The Director, Sikkim State Lotteries,
Government of Sikkim,Deorali-737102,Sikkim
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KINDLY CHECK THE RESULT WITH THE OFFICIAL GAZETTE

NAGALAND STATE LOTTERIES

DEAR LOVING MORNING

Draw Time: 11:55 am onwards

Draw No's DrawDate on:01/01/18

1st Prize Rs.26 Lakhs/- 83K 36498

(Including Super Prize Amt)

Cons. Prize Rs.9494/- 36498 (REMAINING ALL SERIALS)

2nd Prize Rs.9000/-

01520 02982 10512 13371 53197

64505 79443 84892 89644 92859

3rd Prize Rs.500/- 0605 1153 1497 4377 4426 5614 5868 6675 7076 8721

4th Prize Rs.250/- 1149 1901 2399 3579 4489 4922 5089 5886 7548 8897

5th Prize Rs.120/-

0033 0066 0068 0181 0270 0347 0411 0418 0458 0487

0539 0554 0589 0747 0962 1000 1071 1105 1210 1187

1398 1562 1642 1843 2142 2147 2571 2599 2696 2726

2909 2975 3115 3161 3415 3420 3540 3583 3613 3697

3715 3736 3754 3757 3879 4028 4099 4391 4400 5250

4503 4522 4567 4828 4906 4927 4933 5062 5230 5254

5341 5474 5544 5783 5869 5912 6036 6120 6134 6140

6297 6406 6505 6614 6684 6698 6701 6706 6911 7000

7348 7505 7511 7606 7684 8213 8261 8297 8343 8636

8661 8676 8817 8938 9379 9444 9773 9835 9910 9975

NAGALAND STATE LOTTERIES

DEAR PRECIOUS

Draw Time: 04:00 pm onwards

Draw No's DrawDate on:01/01/18

1st Prize Rs.26 Lakhs/- 96C 63125

(Including Super Prize Amt)

Cons. Prize Rs.9494/- 63125 (REMAINING ALL SERIALS)

2nd Prize Rs.9000/-

29382 38419 38948 43410 52167

56843 59935 62474 77385 96185

3rd Prize Rs.500/- 2737 2781 5556 6378 6663 7457 7632 7647 7923 8765

4th Prize Rs.250/- 0167 1284 4065 4099 5605 7723 7898 7940 8854 9601

5th Prize Rs.120/-

0104 0162 0199 0259 0393 0569 0619 0627 0740 0939

0992 1051 1132 1210 1343 1456 1517 1724 1826 1849

2010 2045 2164 2165 2198 2243 2315 2617 2654 2706

2918 2955 3530 3544 3568 3590 3897 3960 4133 4242

4247 4394 4398 4427 4638 4654 4808 4942 4998 5013

5031 5033 5288 5349 5427 5453 5545 5698 5711 5945

6022 6217 6229 6294 6317 6375 6387 6762 6845 6870

6899 6930 6957 7091 7162 7312 7505 7607 7784 7822

7994 8231 8389 8397 8413 8449 8475 8574 8700 8716

9074 9170 9239 9612 9566 9655 9896 9905 9911 9952

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KINDLY CHECK THE RESULTS WITH THE OFFICIAL GAZETTE

NAGALAND STATE LOTTERIES

DEAR SINCERE MORNING

Draw Time: 11:55 am onwards

Draw No's DrawDate on:02/01/18

1st Prize Rs.26 Lakhs/- 95K 32104

(Including Super Prize Amt)

Cons. Prize Rs.9495/- 32104 (REMAINING ALL SERIALS)

2nd Prize Rs.9000/-

05764 10303 24072 24823 31992

38579 40775 44003 66584 74052

3rd Prize Rs.500/- 0047 3900 5201 5605 5606 6508 6865 8907 9949 9576

4th Prize Rs.250/- 0167 0862 1373 2389 3589 3698 4904 4567 5682 6474

5th Prize Rs.120/-

0248 0278 0301 0483 0538 0618 0646 0727 0742 0877

0898 1023 1136 1138 1408 1493 1577 1649 1654 1710

1769 1850 1895 1936 1951 2024 2050 2307 2417 2712

3099 3148 3171 3278 3294 3322 3447 3489 3490 3510

3830 3856 3955 4177 4366 4735 4521 4529 4717 4978

5303 5065 5068 5070 5214 5310 5333 5443 5532 5594

5602 5624 5673 5751 5828 5840 5877 5959 6107 6129

6247 6344 6412 7340 7424 7567 7576 7867 7995 8251

8290 8309 8394 8470 8516 8778 8802 8845 8999 9052

9155 9132 9140 9196 9533 9538 9667 9726 9809 9866

NAGALAND STATE LOTTERIES

DEAR LOVED

Draw Time: 04:00 pm onwards

Draw No's DrawDate on:02/01/18

1st Prize Rs.26 Lakhs/- 82B 94999

(Including Super Prize Amt)

Cons. Prize Rs.9495/- 94999 (REMAINING ALL SERIALS)

2nd Prize Rs.9000/-

22784 25767 49483 54611 67936

77719 91495 93347 94661 99966

3rd Prize Rs.500/- 0047 3900 5201 5605 5606 6508 6865 8907 9949 9576

4th Prize Rs.250/- 0593 0749 1554 2845 3156 4411 6708 7986 8243 8626

5th Prize Rs.120/-

0000 0179 0354 0429 0537 0666 0865 0978 1087 1091

1131 1193 1199 1292 1570 1643 1682 1730 1758 1795

1769 1850 1895 1936 1951 2024 2050 2307 2417 2712

3145 3185 3211 3216 3265 3584 3648 3722 3803 3821

3867 3975 4157 4245 4633 4672 4678 4743 5071 5231

5235 5334 5459 5674 5693 5889 5957 6147 6242 6266

6307 6312 6322 6329 6341 6387 6437 6802 6953 7249

7283 7288 7327 7523 7639 7667 7669 7842 7950 7969

8261 8268 8279 8293 8381 8469 8628 8655 8715 8762

8891 8898 8954 8970 9227 9338 9656 9776 9798 9946

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NAGALAND STATE LOTTERIES

DEAR PARROT EVENING

Draw Time: 08:00 pm onwards

Draw No's DrawDate on:02/01/18

1st Prize Rs.26 Lakhs/- 98B 25209

(Including Super Prize Amt)

Cons. Prize Rs.9495/- 25209 (REMAINING ALL SERIALS)

2nd Prize Rs.9000/-

14817 31714 54728 54868 67503

73227 80480 88057 90465 91594

3rd Prize Rs.500/- 0047 3900 5201 5605 5606 6508 6865 8907 9949 9576

4th Prize Rs.250/- 0902 0950 0992 2002 4630 6107 7207 8551 8867 9277

5th Prize Rs.120/-

0153 0285 0312 0865 0900 0924 1011 1046 1236 1276

1606 1886 1926 2084 2092 2123 2304 2366 2375 2393

2453 2454 2489 2643 2758 2963 3044 3088 3542 3555

3624 3663 3770 3868 3932 3984 4043 4249 4444 4448

4489 4532 4711 4749 4793 4912 5007 5021 5034 5151

5228 5321 5421 5428 5659 5681 5750 5870 6155 6211

6226 6288 6314 6473 6590 6623 6631 6645 6728 6729

6971 7128 7267 7457 7476 7568 7688 7813 7889 7905

7980 8002 8037 8071 8288 8439 8546 8650 8715 8821

8852 9012 9160 9381 9390 9491 9538 9713 9748 9755

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Varun Dhawan parties with Natasha Dalal, talks about marriage

Varun Dhawan and Natasha Dalal's relationship took a bit of a hit a few days back if reports are to be believed. Although not many are aware about the subject of friction between the two, the girl was apparently heard weeping and narrating her painful tales to her friends at a cafe. But later at Varun's housewarming party Natasha was spotted having a lot of fun. That was a complete family thing and thus having her there meant things are still fine between the couple. But if you need more proof, Varun recently had dinner with friends which also included Natasha. These sightings prove that they are still together or may be trying to keep things going despite everything and now we hear Varun talking about marriage.

Rumours suggest Varun and Natasha might tie the knot in mid-2018. Speaking about marriage to Mumbai Mirror, the actor said, "Honestly, I would love to do that, but I don't know how my parents would react to it. Being Punjabis, they would want to do it in the traditional way. I had move into my new house, and I want to enjoy this part of life for a couple of years before I think of the next step." That means the guy is even thinking about the kind of rituals that will be followed. Clearly, the two have thought about this eventuality.

During his podcast with Neha Dhupia, Varun had mentioned, "I have never hidden about my relationship, I have been spotted at several occasions. I have never spoken about it openly, that's because the media makes different stuff and versions with it. They make you fight, break up, patch up, this and that.



HAPPY NEW YEAR, BTS! MTS members Jungkook, RM, Suga, V, Jimin, Jin, and J-Hope drove fans wild with their pre-recorded performances of "Mic Drop" and "DNA" at Dick Clark's New Year's Rockin' Eve.

YouTube Star Logan Paul Apologizes After Posting Video Filmed in "Japanese Suicide Forest"

Logan Paul is apologizing to his fans and followers after posting a controversial video.

The YouTube star recently traveled to Aokigahara, a forest in Japan that is referred to as "suicide forest" because it's the site of hundreds of suicides.

According to New York Magazine, Logan decided to post a video from the area titled "We found a dead body in the Japanese Suicide Forest..." that appeared to feature a deceased body. On Monday night, however, the video was removed and an apology was issued.

"Let's start with this—I'm sorry," Logan explained to his 3.9 million Twitter followers. "This is a first for me. I've never faced criticism like this before, because I've never made a mistake like this before. I'm surrounded by good people and believe I make good decisions, but I'm still a human being. I can be wrong."

He continued, "I didn't



do it for views. I get views. I did it because I thought I could make a positive ripple on the Internet, not cause a monsoon of negativity. That's never the intention. I intended to raise awareness for suicide and suicide prevention and while I thought 'if this video saves just ONE life, it'll be worth it,' I was

misguided by shock and awe, as portrayed in the video. I still am."

In an intro to the footage, Logan reportedly called the 15-minute video, "the most real vlog I've ever posted to this channel."

"I think this definitely marks a moment in YouTube history because I'm pretty

sure this has never hopefully happened to anyone on YouTube ever," he shared via NY Magazine. "Now with that said: buckle the f--k up, because you're never gonna see a video like this again!"

While the video reportedly received more than 6 million views in less than a day, many were quick to express their outrage leading to Logan's apology.

"I do this s--t ever day. I've made a 15 minute TV show EVERY SINGLE DAY for the past 460+ days. One may understand that it's easy to get caught up in the moment without fully weighing the possible ramifications," Logan explained in his Twitter post. "I'm often reminded of how big of a reach I truly have & with great power comes great responsibility... for the first time in my life I'm regretful to say I handled that power incorrectly. It won't happen again."

He added, "I love everyone. I believe in people. I'm out here. Peace. #Logan4Life."



THIS DAY IN HISTORY

WORLD HISTORY

1969: A new album by John Lennon called Two Virgins featuring John Lennon and Yoko Ono in the nude are confiscated at Newark Airport and are not allowed to be sold in the US, also vice squad officers closed down a record store in Chicago displaying the Album due to it being considered pornographic.

1870: Construction work begins on the Brooklyn Bridge one of the oldest suspension bridges in the United States connecting the boroughs of Manhattan and Brooklyn by spanning the East River.

1924: A precious treasure was found located near Luxor, Egypt, where King Tut's tomb was discovered two years prior. This special object was a stone sarcophagus, which contained a mummy inside of Pharaoh Tutankhamen of Egypt.

1925: Following his election as the Italian leader in 1922, Benito Mussolini the leader of the National Fascist Party in 1925 declares he is taking dictatorial powers over Italy ending elections

1946: William Joyce [Lord

Haw Haw] was hanged in Britain for high treason. He had broadcast Nazi propaganda telling the British and American soldiers to surrender with the first words of every broadcast beginning with the words "Germany calling, Germany calling, Germany calling."

1959: Alaska became the 49th state of the United States of America. A new US flag of 13 stripes and 39 stars waved in the air.

1967: Jack Ruby, John F Kennedy's accused killer dies in Parkland Hospital in Dallas, Texas. This is the same hospital where John F Kennedy and Oswald had been pronounced dead.

1999: The Doomed Mars Polar Lander designed to study the Martian weather, climate, water and carbon dioxide levels is launched on a Delta 7425 as part of the NASA Mars Surveyor '98.

INDIAN HISTORY

1938: Bharatiya Janata Party [BJP] leader Jaswant Singh who served as minister of finance, defence and external affairs in the union cabinet was born on this day in 1938 at Jasol village in Rajasthan's Barmer district to Sardara Singh and Kunwar Baisa.

LOCKHORNS

- HOEST & REINER



ARCTIC CIRCLE



BABY BLUES

- KIRKMAN & SCOTT



JESSICA ALBA AND CASH WARREN WELCOME BABY NO. 3!

It's officially a party of five in Jessica Alba's household.

The actress and The Honest Company co-founder has welcomed her third child with husband and Pair of Thieves founder Cash Warren.

"Hayes Alba Warren 12/31/17 Best gift to ring in the New Year!!" Jessica wrote on Instagram while revealing the child's name. "Cash and I feel so blessed. Haven and Honor are already obsessed with their new baby bro. #familyof5."

The proud father also shared a sweet post about the news.

"Hayes Alba Warren: You sure know how to ring in the new year!" he wrote to his followers. "You showed up a few days early but we couldn't be any happier. Your Mamma is the strongest woman I know ... you're so lucky to have her by your side. You have two amazing sisters who already adore you and I know you'll



be thankful to have them guide the way. On your first day of life, I promise to love you, to cherish you, and to provide you with a sandbox full of dreams to explore. Welcome to the family my sweet baby Hayes! 12/31/2017."

Jessica and Cash are already proud parents to daughters Honor and Haven who have been more than excited to welcome a baby brother into their

family.

"It was always in the cards for them to have a third child," a source previously shared with E! News. "It was definitely part of the plan and they just wanted to wait a few years for the right time."

Back in July, fans first learned that Jessica was expanding her family. In an Instagram post, the actress posed with her daughters for a boomerang while holding a giant No. 3 balloon.

Most recently, the businesswoman received a special baby shower from her closest friends including Rachel Zoe and Molly Sims at Ladurée in Beverly Hills.

With a new baby in the house, both mom and dad will have their hands full like never before. Ultimately, these famous parents are ready for any and all experiences to come.

Congratulations to the couple on their newest arrival.

no one any good if you burn out from sheer exhaustion. You must learn how to pace yourself and balance your life in such a way that there is ample time for work, play, and meditation.

LEO: Today may find you longing for some spots of color in your life, Leo. Do what you can to brighten up your home environment. Even buying a few flowering plants and some colorful scatter rugs and artwork will make a world of difference. You don't have to spend a lot of money to brighten your home and lift your spirits. Bake some chocolate chip cookies as well. That can't help but make the place feel more homey and welcoming. Besides, it's hard to be grumpy when you're sporting a milk moustache!

VIRGO: Today you may discover that you have more in common with

your neighbors than you thought, Virgo. It's likely that some sort of local event has brought all your neighbors together under one roof. You go as an obligation, but stay out of interest and a genuine willingness to participate. There is nothing like rolling up one's sleeves and working together to tackle a common goal. Expect to make some good friends in the process.

LIBRA: You may receive some kind of windfall today, Libra. It may be that a rich old relative dies and leaves you some unexpected cash. Or perhaps an investment is paying off better than you dared hope. This is just what you need to perk up your spirits! Be smart about how you handle this money. Our suggestion is that you eschew short-term gratification in favor of long-term security. You'll

thank us in a few years' time.

SCORPIO: Romance is very much highlighted today, Scorpio. All the planetary energies indicate that you and your partner are operating on precisely the same wavelength. It's no wonder that the two of you have been getting along so well lately. Perhaps it's time to take the next important step in your relationship. No matter at what stage you are, there is always a higher plane to aspire to. Begin now and you can be assured that you will both enjoy the altitude. **SAGITTARIUS:** Anything you attempt to do today is likely to turn out really well, Sagittarius. You have an ambitious nature, so by all means take advantage of these auspicious conditions to pursue your career-related goals. You will find that you have strong focus and a clear under-

standing of what needs to be done in order to get ahead. Go ahead and get started. There is absolutely nothing holding you back.

CAPRICORN: Today you'll likely find that you begin to make real progress on a project that may have been stagnating for a while, Capricorn. You can't help but feel gratified that all of your hard work is finally beginning to pay off. Good for you! You have earned every success that is due to your laurels! Continue to work hard so that you can achieve even greater recognition.

AQUARIUS: Today you'll likely awake, look around your home environment, and realize that there is much room for improvement. Fortunately, you are just the person for the job, Aquarius! You are creative and

have tremendous decorating talent (even if you don't realize it). Since it's likely that you will have some visitors this evening, why not spend the day reorganizing and sprucing up your home. Add homey touches with groupings of framed family photographs on one table and a favorite collection on another. It doesn't take money to make a home feel welcoming, just love.

PISCES: You are a hard and conscientious worker, Pisces, and certainly have been applying your skills and doing your best for some time now. The time is ripe for you to reap some benefits from all your efforts. The good news is that all signs indicate that a big career leap is just around the corner for you. Continue to work hard and be patient and soon it will all prove worthwhile.