DC SOUTH VISITS TINIK CHISOPANI AS PART OF EFFD pg02

SummitTIMES

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Sikkim to take part in Smart India Hackathon 2018 grand finale

YOUGAN TAMANG

GANGTOK, 23 MAR:

For the first time, Sikkim will be participating in the grand finale of Smart India Hackathon 2018 - Software edition scheduled to be held on 30-31 Mar. The Hackathon will be held simultaneously at five differ-ent nodal centers across India namely Chennai, Coimbatore, Hyderabad, Kurnool and Noida.

It may be mentioned here, All India Council for Technical Education [AlCTE] under the aegis of Ministry of Human Resource Development [MHRD] and in collabo-ration with i4c, MyGov, Persistent Systems, and Rambhau Mhalgi Pra-bodhini is organizing Smart India Hackathon 2018. With 27 Union ministries and depart-ments and 17 state governments having joined this grand initiative, SIH2018 is much bigger than its previous edition. It includes 2 sub-editions - Software edition, which is a 36-hr software product development compe tition. The Hardware edition, involving building of hardware solutions, will be held later this year.

Launched on 16 Oct, 2017 in Pune, Smart India Hackathon 2018 harnesses creativity and expertise of students, builds funnel for 'Startup India, Standup India' campaign, crowd sources solutions for improving governance and quality of life, and provides opportunity to citizens to provide innovative solutions to India's daunting

Eighteen teams 144 youngsters from the State have been shortlist-turn to pg03

Drug bust in Singtam YOGEN THATAL

SINGTAM, 23 MAR:
A5-year old male
was arrested from
Lal Bazaar here today by
Singtam Police during a raid that conducted on the basis of information from reliable sources. The market price of the seized contraband substances is estimated at around Rs 2,00,000 aparound no -, proximately.

raid. 6,429 Spasmoproxyvon capsules, 470 files of N-10 and 476 bottles of controlled cough syrup were recovered from the house of the accused.

The raid was led by Sub Inspector, Singtam Police Station, Vijay Basnett.



Mangan makes way for a new hospital building, dismantles old one

WANGCHUK BHUTIA

MANGAN, 23 MAR:
With the dismantling of the old District Hospital building at Mangan in North Sikkim, people are hopeful and

expectations are high that the new one that is coming up will be a better one. The old building has been almost completely dismantled while work on the new hospital is currently underway.

The old hospital building had developed several cracks following the 2011 earthquake and had been declared unsafe.

The new hospital building will have a capacity of 100 beds

which is the same as the old one "Cases should not be re-

ferred for minor reasons like Ultrasound and X-ray," said Zilla member, Ringhim Nampatam GPU, Mak Tshering Lepcha.

Forest Minister inaugurates 2nd Okhrey Eco-Tourism Festival

GYALSHING, 23 MAR [IPR]: The three-daylong 2nd Okhrey Eco-Tourism Festival organised by the Forest Department was inaugurated by Forest Minister TW Lepcha today.

The festival seeks to showcase traditional and cultural events along with various cuisines. Mr Lepcha praised

the Wildlife Division, West Sikkim, for their commendable work in of conservation and wildlife protection.

He also encouraged traditional food stall owners to briefly explain how each cuisine is pre-pared so that guests and



tourists can have a better understanding regarding

that Okhrey Ecotourism zone is a blessed area with abundant flora and fauna waiting to be dis-

covered and suggested by Self Help Groups. Minister

pointed out that from now on, the local residents will be given full charge and responsibility of organising such events as the first and second Okhrey Ecotourism festival was facilitated by the Forest Depart-ment and now the baton should be picked up by the people.

The festival was also

attended by area MLA, DN Sherpa, Adhakshya, Devika Subba, Chief Wildlife Warden cum Additional Principal Chief Conservator of Forests, CS Rao, and Conservator of Forests [Wildlife], Udai Gurung, along with other forest officials and local

Sikkim Festival held at IGRMS in Bhopal



SUMMIT REPORT GANGTOK, 23 MAR:

A^{76-member contin-}
gent comprising of folk dance troupes of Bhutia, Lepcha, Rai, Ta-mang, Limboo, Newar, Gurung, along with Lep-cha tribal folk fusion band, "Sofiyum", attended the 42nd Foundation Day celebration of Indira Gandhi Rashtriya Manav Sangrahalaya [IGRMS] in

Bhopal from 21-23 Mar.
A press release informs that the Foundation Day of IGRMS has been named as celebration of Regional Cultures. Cultural Festival of Sik-kim organized by IGRMS, Bhopal in collaboration with Tribal Research Institute, Social Justice, Empowerment & Wel-fare Department, Gov-

ernment of Sikkim.

The Sikkim Festival was inaugurated on 21 Mar and started with Professor LK Ana-thakrishna Iyer Memorial lecture chaired by Dr SB Chakrabarti from Asiatic Society, Kolkata.

The lecture on the theme "Making of tribe and modern dilemma in studying them" was presented by Professor PK Mishra [Anthropology, Mysorel and was attended by Professor Sarit Kumar Chaudhuri [Director, IG-RMS], Professor TB Subba [Department of Anthro-pology, North East Hill University, Shillong], TT Lepcha [Officer on Special Duty, Primitive Tribe Welfare Board], Ongdup Lepcha [Research Officer, Tribal Research Institute, Sikkiml and other emi-

Thereafter, a national seminar on "Historicity, Livelihood and emerging social cultural realities of Sikkim: A bordering State in transition" was presented by Professor AC Sinha.

Legal Advisor to the Chief Minister, Sikkim, KT Gyaltsen, attended the inaugural function as chief guest accompanied by Secretary, SJE&WD, Sarala Rai, as special guest.

While addressing the

gathering, Mr Gyaltsen, on behalf of the state government, expressed deep gratitude to IGRMS for providing a platform to showcase the rich cultural tradition of Sikkim in the form of folk dance, food and craft, exhibition.

He congratulated the Sangrahalaya for their excellent initiatives on preservation of rich In-dian culture under one roof. He thanked the IG-RMS for incorporation of Lepcha and Limboo traditional house in the IGRMS complex.
A book titled "The Cul-

tural Heritage of Sikkim" edited by Prof Sarit Ku-mar Chaudhuri, Sameera Maiti and Charishma K Lepcha, was also released during the function.

The event featured a

2017 costliest year ever for weather, climate disasters: WMO

YOSHITA SINGH

UNITED NATIONS, MAR 23 (PTI): Weather and climate disasters cost countries about USD 320 billion last year with major monsoon floods in the Indian subcontinent and severe droughts in parts of East Africa con-tributing to making 2017 the most

expensive year on record.

The World Meteorological Organisation (WMO) in its State of Climate 2017 report said that the North Atlantic hurricane season was the costliest ever for the US and eradicated decades of development gains in small islands in the Caribbean, such as Dominica.

According to the report, Ma-jor monsoon floods in the Indian subcontinent and severe droughts across East Africa also contributed to 2017 being the most expensive year on record for severe weather and climate events.



It said weather and climate-related events cost countries some USD 320 billion, making 2017 the costliest year on record.

"Excess precipitation in March and early April 2017 trig-gered floods in north-eastern agricultural areas of Bangladesh. The

onsoon season in South Asia brought the worst flooding in the region for years. Between June and August 2017, flooding in Nepal, Ban-gladesh and northern India affected millions of people and caused death and displacement across the three countries, the report said. The report noted that the two

most significant cyclones of the year in the North Indian Ocean were Cyclone Mora in late May, and Cyclone Ockhi in early December, both of which caused substantial casualties.

The major impact of both cyclones was severe flooding and landslides associated with their respective precursor lows. Sri Lanka was badly affected by both cyclones, whilst Ockhi also had major impacts in southern India, including a great number of fishermen going missing at sea.

"Many parts of the Indian subcontinent were affected by flooding during the monsoon season between June and September, despite overall seasonal rainfall being near average over the region, the report added.

The most serious flooding oc-

curred in mid-August, after extremely heavy rainfall over a region centred on eastern Nepal, northern Bangladesh and adjacent areas of northern and north-eastern India.

Across the period as a whole, more than 1,200 deaths were re-

ported in India, Bangladesh and Nepal, while more than 40 million people were affected.

The World Health Organisation (WHO) noted that in Bangladesh alone more than 13,000 cases of waterborne diseases and respiratory infections were reported over three weeks in August, while extensive damage was reported to public health facilities in Nepal, the report

DC South visits Tinik Chisopani as part of EFFD

GANGTOK, 23 MAR:
Under "Each Friday, Field
Day", a team led by District
Collector, South and accompanied by Joint Director, Human Resource Development Department, Sub Divisional Magistrate, Jorethang, Deputy Director, HRDD, Block Develop-ment Officer, Jorethang, Bank Manager, Sikkim State Cooperative Bank Ltd [SISCO] and other field staff visited Tinik Chisopani in South Sikkim to oversee the progress of the works under District Administration's

Adopted Village [DAAV].

A press release received from the office of the DC South informs that the team inspect-ed Chisopani Government Junior High School where satisfactory repair and restoration works were going on. The students were assessed on Mathematics and English reading. It was noted that there was a need for conducting remedial classes. An adult literary class was also being undertaken in the school. The repair and restoration of Mid Day Meal kitchen and stairs was sanctioned under DLRC in convergence with MGNREGA. At Tinik Chisopani Gram Pan-

chayat Kendra, a meeting was conducted with the public and the Panchayat. The SDM Jorethang informed the gathering about the agenda of the meeting.



Official from SISCO Bank informed that SISCO will be presenting Kisan Credit Card [KCC]. Loan of about Rs 18 lakh was sanctioned for 45 beneficiaries under KCC loan. He informed that SISCO Bank will also be helping Self Help Groups through loan, KCC loan will only be made available to farmers. The rate of interest for farmers will be 4%, he added.

ATM cards were also made available to the beneficiaries. The card will work in all ATMs

of all Banks anywhere.

The District Development Manager, NABARD, informed that KCC was for a short term loan. If loans on short term basis will be provided and if the entire loan is paid again, a short term loan will again be made available, he added.

He urged the farmers to pay their loans on time to avail loan again. He informed that NABARD provides loan only to the government and not to an individual. He further added that loan for purchase of cow will also be made available by Banks if the farmer is a progressive one.

The SDM Jorethang urged the villagers to opt for quality heifer cows which were available at Jorethang Heifer Centre

and to pay loans on time.

The DC South handed over water purifiers and reading materials, weighing scale of 3 varieties, wall painting ink, height chart and pre-school materials to the staff of all ICDS under Tinik Chisopani GPU. Further, Disaster Manage

ment equipments were provided to the GPK followed by the establishment of Control Room.

The SDM Jorethang has requested the Panchayats to update their Village DM Plan. Important contact numbers will be painted in the Control Room. The SDM has requested Panchavats to maintain stock register and in-out register.

Likewise, the DC South

urged the Panchayats to coor-dinate properly with various departments. He informed that proper coordination was not observed in the GPK which is why various government departments have been facing problems. He further requested use of the Whatsapp group.

The BDO has been direct-

ed to organise a training pro-gramme for the Panchayats and make them aware about the on-

going government programmes.

The DC directed the Panchayats to visit the ICDS and Chisopani JHS once a week in order to assess the progress of

the undergoing works.

The visiting team also sanctioned a Meeting Hall through Rajiv Sewa Kendra Scheme under MGNREGA.

Moving towards Barbo-tey Primary School, the team inspected the ongoing works that had already been sanctioned. The school impressed the team with improvement among students and maintenance of its premises. It was decided that a water storage tank will be constructed for the school through MGNREGA and carpets will be made available by the DC Office.

The team then visited Nan-dugaon Primary Health Sub Centre wherein the DC South requested the PHSC staff to keep the centre clean. It was further observed that the finishing of the works done were not up to the mark. The DC has urged the staff to carry out beautification works as well Poklok Denchung GPU president assured to provide 15 ltrs paint to the PHSC for a facelift.



Awareness on human trafficking & POSCO Act at Namchi

SUMMIT REPORT

Daylong interactive session on human trafficking and POSCO Act was conducted by Assistant Superintendent of Police [South], Linda Palmo, on 22 Mar in a programme organized by Namchi Government College, Kamrang. A press release received from the office of the ASP [South] informs that the session was attended by founder of Khanchenjunga Society & Senior Lawyer, Yangzi Pinasha, students and teachers.

Addressing, the gath-

ering, Ms Palmo informed in brief about various legal aspects applicable on different forms of crime. She also updated that the police stations located in South district includes a women help desk and that Namchi Police Station is one of the first po-lice stations with a child friendly police unit.

She also spoke in de-tail about Mission Jyoti and emphasized that Namchi College will be handed over a Mission Jyoti complaint box at the earliest and urged the students to utilize the box to its fullest potential.



Lingi Paiyong School student wins Consumer **Awareness** contest SUMMIT REPORT

Class IX student of Lin-gi Paiyong Govern-ment Secondary School, South Sikkim, Vivek Khatiwara, has secured first position in a seminar presentation on "Duties of responsible Consumer" held today at Yangang Senior Secondary School, South Sikkim as part of a Consumer Awareness Programme, a press re-lease informs.

GANGTOK, 23 MAR:

The programme was rganised by Consumer Club of Yangang Sr Sec

Vivek was escorted by coordinator of Legal Club of Lingi Paiyong SS, Jyoti Gurung. Namphok SS and Yangang SSS were adjudged as the first and second runners up, respectively.

Training for bamboo artisans in West Sikkim

Gangtok-based NGO, Hima-layan Science Society [HSS], has been implementing a project "Promoting Sustainable Livelihoods in North East India: the Cane and Bamboo Cluster Development" at Bermiok clus-ter-1st Phase in West Sikkim in collaboration with Cane and Bamboo Technology Centre [CBTC], Assam.

An HSS press release in-forms that the project is funded by North East Council, Ministry of DoNER [Government of India]. The training component part of the project was started on 22 Feb 2018 at Skill Develop-ment Centre established by HSS under Bermiok-Berthang GPU, West Sikkim.

The training for 20 local

rural bamboo artisans was in-augurated by Zilla Panchayat, Bermiok-Berthang GPU, Laxmi P Bhattarai, Master trainer from Tripura, Arun Chandra Das, had been appointed by CBTC.

The valedictory programme on 22 Mar had the presence of Regional Director [Handicrafts], Ministry of Textiles [Government of India, North East Regional Office, Guwahati], Nira Laxmi Palai, as chief guest accompanied by Zilla Panchayat, Mr Bhattarai, Assistant Manager, CBTC [Assam], PK Mandal, Handicrafts Promotion Officer, SK Gupta, and executive mem-



In her address, Ms Palai shared valuable information about the commercial potential of handicrafts in India.

"The system and institutions shouldn't harass artisans rather they should promote, protect and conserve the traditional knowledge through the artisans," said Ms Palai.

She emphasized that Indian artisans, especially those of the North East, need to replace Chinese handicraft products which have become a threat to indigenous items and do so through innovative designs, attaching lo-cal sentiments with handicrafts and developing a good marketing strategy.
Artisans can also go for pat-

enting their innovative designs, she added.

She has requested the trained artisans to make five bamboo products within 15 days and to come up with an action plan for six months. She also handed over Artisan Identity Cards to 35 bamboo arti-sans who are now eligible to take benefits under government

Assistant Manager, CBTC, Mr Mandal, spoke about the importance of the project and the role of CBTC in the NE Region.

Handicrafts Promotion Officer, Mr Gupta, highlighted the role of his office in organizing trainings, funding, registration of artisans, meeting loan requirements, recommending na-

tional awards, support and help in marketing and participation in exhibitions, etc.

He further informed that wood

carving machines have been installed in Namchi and interested artisans can avail this facility. In his address, Zilla Pan-

chayat, Mr Bhattarai, urged the participants to take benefit of the training. He thanked North East Council, Ms Palai, CBTC and HSS for bringing the project to promote the rural people of Bermiok-Berthan GPU.

Secretary of HSS and a bam-

boo expert of NE India, Dr Tika Prasad Sharma, said that the project is sanctioned for three vears and HSS has decided to



Five PMAY-G houses & one CMRHM house inaugurated in West Sikkim

CHUMBUNG, 23 MAR [IPR]: Area MLA cum Minister for Health & IPR, AK Ghatani, inaugurated five Pradhan Mantri Awaas Yojana Grameen [PMAY-G] houses and one Chief Minis-ter's Rural Housing Mission [CMRHM] house at sion (CMRHM) nouse at Samsing Pipaley GPU in Sawaligaon, Vesmay and Pipaley in West Sikkim today. Present during the inauguration func-tion were Block Development Officer, Chumbung, CL Sharma, Ward Panchavat. Kumari Sharma Panchayat members and public at large.

Mr Ghatani also briefly inspected and interact-ed with the public of the GPU. He sanctioned five toilets under the 14th Finance Commission Finance and urged for early com-mencement of the 2nd phase of CMRHM houses

in the GPU.

He also inspected a lake at the GPU and advised the officials and the public to undertake concrete efforts to conserve the lake. He recommend-ed that the lake be preserved under schemes

for natural spring water conservation and also that plantation drives should be held around should the lake.

The Minister

schemes, policies con-ceptualized by the state government for the holistic up-liftment of the public. He urged the public to utilize the benefits endowed by the state government namely old age pension and many others and practice or-ganic farming.

Mr Ghatani also proposed to mobilize offi-cials, Panchayats and public to conduct surveys. Additionally, he suggested that apiculture should be promoted as honeybees provide a wide range of benefits to humans and the environment.

Beekeeping is prac-ticed around the world and can provide a valuable source of income to people in the concerned GPU with relatively little investment, he said. The Minister assured that the demands placed by the public of the GPU will be looked into on a priority basis.

BJP follows up on police investigation into Namchi attack

SUMMIT REPORT GANGTOK, 23 MAR:

A delegation of Bharatiya Janta Party
Sikkim Pradesh led by the State president, DB Chauhan, met with the police officials of South District at the District Administrative Centre in Namchi to enquire about the latest update on the attack on the youth front general secretary, Bikash Dahal, and a female worker of the State-unit on 19 Mar at Namchi Central

Park.
The delegation has demanded a thorough investigation on the matter and strict punishment to those responsible for the attack, informs a BJP press release.

If the administration does not take ac tion against the people who were behind the attack, BJP will approach higher authorities,



As per the South District Police, seven persons have been arrested so far and ef-

forts are on to nab other attackers, the release further adds.

Gangtok on Saturday, 24 Mar

Temp: 25°C /11°C Forecast: Partly sunny and pleasant; showers in the evening otherwise, mostly cloudy. Sunrise: 05:36 AM Sunset: 5:49 PM



Sikkim
researcher
selected as
Reviewer in
UK's Oxford
University
Conference
NIRMAL MANGAR

GANGTOK, 23 MAR:

2 5-year-old research
scholar from Sikkim,
Lalit Chettri, has been
invited to serve as a
member of the Technical
Programme Committee
(TPC) by St. Cross College, University of Oxford, UK for the International Conference on Innovative Applied Energy
IAPE 2019 to be held on
14-15 March 2019.

As a TPC member he will be serving as a reviewer for the research papers for their conference proceedings.

The selected papers from the proceedings will be published in high end international journals.

Born to Tanka Nath
Chettri and Puspa Chettri
from Dentam, West Sikkim, Lalit received his
Bachelor's degree in
Engineering from Vishwasariya Technological
University at Bangalore
and M Tech from Sikkim Manipal Institute of
Technology (SMIT).
A PhD scholar, Lal-

A PhD scholar, Lalit is presently doing his research on 5G wireless technology in SMIT.

Sikkim Festival held at IGRMS in Bhopal... Contd from pg01

colorful folk dance of Sikkim along with presentation of folk numbers by Lepcha folk fusion band, Sofiyum, led by Mikma Tshering Lepcha. Various organic, handicraft and traditional food stalls were also part of the programme.

During the function, a Sikkim corner of exhibition of arts artifacts, photo galleries and library consisting of books on Sikkim was also inaugurated by the chief guest, the release adds.

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ABLAZE kicks off at ICFAI University

CapitalTIMES

REBYNA RANA

GANGTOK, 23 MAR:

The 2nd edition of
ABLAZE event, which
is being organised by the
ICFAI University, started
here at the premises of
the University today. The
opening day was chaired
by Gangtok Mayor, Shakti Singh Chaudhary. The
event will conclude on
25 March.

In his address, the Mayor said that the event is a good opportunity for students to interact with each other and learn new ideas.

Various events were organized on the day like Best Out of Waste,



Best Manager, debate, extempore, effective writing, volleyball, badminton, table tennis and carom competitions along with carving competition, Business Quiz, singing competition, web designing, coding competition and mob

dance.

Fifteen colleges participated in today's events, the winners of which will be declared on 25 March, it is informed.

In the futsal tournament, the first semi final was played between Sikkim Manipal College of Humanities and Social sciences and Burtuk Government College which was won by the former. The second semi final between ICFAI University Sikkim and IHM Gangtok was cancelled due to rainfall.

The programme was also addressed by Vice Chancellor ICFAI University, Dr. Jagannath Patnaik, Registrar, Sonam Tshering Venchungpa and Special Officer, Vivek Phadke.

EVMs verified in North Sikkim

MANGAN, 23 MARC (IPR): The Electronic Voting Machines kept in the strong room at Zilla Bhawan here were opened today as per directions of the Election Commission of India for physical verification. The process was overseen by the District Election Of-

ficer, DC-North, Karma R. Bonpo. The Mangan SDM, who is in-charge of the EVMs, and Under Secretary, Election Department, carried out detailed verification of the EVMs. Representatives of political parties were also present during the verification.

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Sikkim hosts International Nepali Women's Literary Seminar

SUMMIT REPORT GANGTOK, 23 MAR:

Eighty litterateurs from all over the world arrived in Sikkim today to participate in the two-day International Nepali Women's Literary Seminar organised by Antarastriya Nepali Sahitya Samaj, Sikkim chapter, scheduled to be held in Gangtok on 24-25 Mar, a press release informs.

OBC chairperson, Manita Mangar, SDF students' wing general secretary, Kavita Subba, Rangpo Nagar Panchayat president, Maya Cintury, Councillors, Savitri Pradhan and Pinku Prasad, along with SDF Cheli Morcha members from Rangpo and surroundings areas welcomed the delegates at Rangpo in a grand manner.

Delegates from Japan, Australia, UK and Nepal appreciated the literary dedication of Sikkim along with its peace and cleanliness.

It is informed that on 24 Mar, former Speaker, Kalawati Subba, will attend the event as chief guest while Chief Minister Pawan Chamling will be present for the programme on 25 Mar as chief guest.

'Save Sikkimese Soul' deliberations in Namchi on Sunday

SUMMIT REPORT GANGTOK, 23 MAR:

An interactive programme on the constitutional rights of the Sikkimese people has been announced to be held at Central Park in Namchi, South Sikkim on 25 Mar, informs a press release issued by the organized, "Save Sikkimese Soul".

Discussions and deliberations will be held on the constitutional provisions of Article 371F, old laws protected by it and its intricacies.

The release states, "Among various old laws, Sikkim Subject and Income Tax Exemption are familiar to the people of Sikkim. However, old laws such as Registration of Companies [Sikkim] Act 1961 are never discussed in public domain. With

the emergence of entrepreneurial culture, it has become imperative for the people of Sikkim to understand the rights and interest as protected under the old company's law.

The Registration of

The Registration of Companies Act [Sikkim] 1961, an old law of Sikkim, is repealed by the Companies Act 2013 without the consent of Sikkimese people. There will be far reaching implications if the Companies Act 2013 is forcibly implemented undermining the wishes and aspirations of the people of Sikkim.

Therefore, to bring consensus among the people to safeguard old company's law, we invite people from all walks of life to be a part of "Save Sikkimese Soul' campaign."

ANMs trained to spot mental health problems in rural populace

SUMMIT REPORT GANGTOK, 23 MAR:

District Counseling Center of Singtam District Hospital, East Sikkim, under Department of Health Care, organized a daylong orientation training for Auxiliary Nurse Midwives [ANMs] of Primary Health Sub Centers of East district today to develop their skills in recognition of mental health problems in rural population, a press release informs.

Chief Medical Officer, East, Dr Tshering Laden, Addiction Psychiatrist, Dr Satish Rasaily, Social Worker Counselors, Pinkey Bhutia & Mamta Sharma, Psychologist, Sonam Tongden and District Health Education Officer, Sonam Bhutia, deliberated on various mental disorders, childhood mental disorders, suicidal behavior, mental health problems in women & communication skills as resource persons.

Dr Laden highlighted the importance of positive vibes and positive environmental exposure in the growth and development of growing children starting from pregnancy.

"The Singtam DMHP team is doing extraordinary work towards prevention of mental disorders & substance turn to pg05



Computer operators trained in MIS on Swachh Bharat portal

the chief resource person

SUMMIT REPORT GANGTOK, 23 MAR:

aylong training programme was conducted by State Project Management Unit [PMU] under State Mission Directorate of Swachh Bharat Mission-Urban Urban Development & Housing Department on 21 Mar at the conference hall of Gangtok Municipal Corporation, a press release informs.

National PMU, SBM-Urban, Ministry of Housing & Urban Affairs [MoHUA], Government of India, Salim Dewan, was for the meet. The training was conducted in order to thoroughly familiarize Computer Operators/ Data Entry Operators working under Urban Local Bodies [ULBs] with the Management Information System [MIS] on Swachh Bharat Mission portal i.e., www.swachh-

bharaturban.govin.

The Swachh Bharat
Mission Urban is being
monitored online continuously through the
Ministry's portal. All reports-physical, financial,
latest status updates, etc

are entered online by the state and monitored by the Ministry, the release adds.

The training was attended by officials assigned with the task of computer operator & data entries posted at all the ULBs. The programme was facilitated by System Administrator and Project Co-ordinator, State PMU, SBM-U.

Earlier on 20 Mar, a post-noon session on MIS familiarization by the resource person was also conducted for Executive Officers of ULBs.

Hackathon 2018 will be

BUDDHIST TALK IN ENGLISH

ALL ARE INVITED

TEACHING ON SEVEN POINTS OF MIND TRAINING

The Seven Points of Mind Training is a profound set of instructions first given in Tibet by Lord Atisha and written down by Geshe Chekawa. These seven points explain how to transform adversities into the path through the practice of mind training.

To know more, come listen to the H.E. the 12th Zurmang Gharwang Rinpoche's talk.

INTRODUCTION

H.E. th 12th Zurmang Garwang Rinpoche who is the supreme holder of the Zurmang Whispering Lineage was born into an aristocratic family in Gangtok, Sikkim on the 30th of June, 1965, having been identified by 16th Gyalwa Karmapa as the 12th Zurmang Gharwang Rinpoche months before he was born. Rinpoche began his formal Buddhist studies in Rumtek, the seat of the Karmapa. On completion of his studies Rinpoche left Rumtek to bring the task of establishing his seat in Sikkim as well as re-establishing the Zurmang Monastery complex in Tibet. Rinpoche then began to set up Zurmang Buddhist Centres in Singapore, Malaysia, Indonasia, Hongkong and Taiwan to propagate the teachings of the Buddha. His emienence has received profound teachings from H.H. 16th Karmapa and many other great masters. Rinpoche has taught extensively in Asia, US as well as in Europe.

Date: 25th March 2018 Venue: Chintan Bhawan

Himing

Morning Session: 10.30 am- 12. 30p.m Attenoon Session: 1.00 p.m- 3 p.m Pal Karma Zurmang Sherdup Cho'khorling Monastery, Lingdum, East Sikkim www.zurmangkagyud.org www.facebook/zurmang gharwang

SikkimtotakepartinSmartIndiaHackathon...

Contd from pg01

ed for the grand finale. Overall, 1282 teams from all over the country will be participating in the Hackathon.

Additional Chief Secretary & Secretary incharge [Human Resource Development Department, Government of Sikkim], GP Upadhyaya,

is the Nodal Officer for the State of Sikkim. During the software

tedition grand finale, teams of thousands of technology students will build innovative digital solutions for problems posed by different Central government in istries/State departments. Smart India

the second massive scale hackathon initiative in India following Smart India Hackathon 2017. Winners stand to get cash prizes and a chance to be part of the National Association of Software and Services Companies' [NASSCOM] 10,000 Startups programme.

SummitTIMES

Weather Related

Make meteorology about more than stats and forecasts

G iven the number of Special Days that abound nowadays, it has become difficult to keep track of which days are more than just the dates that the almanac announces them to be and which require more attention for specific issues. And because there are so many of such days, it is only natural that some pass away unnoticed. 23 March, for instance, was World Meteorological Day and maybe because East Sikkim was recovering from a battering by hail the previous evening, it did not see even a token observation by whichever agency is supposed to claim a celebration of the day through at least a press release. But then again, because of the hail, and the fact that despite March coming to a close and Holi already over, the woolens have still not been packed away, we should have taken notice of meteorological issues. Be that as it may, meteorological matters and weather patterns don't seem to excite much interest anymore save for putting together bullet-points for a school debate or an essay-writing competition. People, who increasingly converse on social media, don't even talk about the weather any more it seems. But they should.

While one may have reservations over how effective such days are in generating interest and information on vital issues, it is time we accepted that we ignore the weather at our own peril. Data bears out that earth's temperature has risen in the past century. Scientists may differ on what caused it – man's use of fossil fuel energy or the depletion in the green cover - but are unanimous in accepting that catastrophe awaits if global warming and climate change continue unabated and unaddressed. And yet, climate change debates and environmental issues are being discussed in an increasingly disconnected way – from a sanitized distance in which arguments are accurate, but commitment to resolve issues only superficial. There was a time, which perhaps lasted till about a decade back, when everyone was discussing global warming. No school examination was complete without a demand for an essay on global warming. Unfortunately, this did not help much because text books, those typically difficult reads and classrooms, those dangerously stifling traps to suffocate learning, ensured that what was learned by rote was never felt in the core. And as even rural areas have started living increasingly urban lives, disconnected from the land and distanced from nature, the need for seasons and weather and what they mean for life and sustaining it is increasingly being lost. Not too many people are working in farms anymore, and that many fewer people are hence missing the benefits of a sustained monsoon drizzle or praying for sustained sunshine through the month of Mangsir. The Winter Sun is after all required for more than just enjoying oranges.

Because the young are growing up disconnected from such organic connections to the land, a day sounding as boring as the World Meteorological Day needs to be observed on a much larger scale. This year's World Meteorological Day, for instance, was themed "Weather Ready. Climate Smart". Why this theme? The World Meteorological Organisation explains it thus: "The ever-growing global population faces a wide range of hazards such as tropical cyclone storm surges, heavy rains, heatwayes, droughts and many more. Long-term climate change is increasing the intensity and frequency of extreme weather and climate events and causing sea level rise and ocean acidification. Urbanization and the spread of megacities means that more of us are exposed and vulnerable. Now more than ever, we need to be weather-ready, climate-smart and water-wise." Makes sense. We are living the experience even in the middle Himalayas. Not very difficult then to appreciate that early warning systems and other disaster risk reduction measures are vital for boosting the resilience of our communities. But we continue to not pay heed. Today's youth will benefit from the dramatic advances being made in science's ability to understand and forecast the Earth's weather and climate. By now every school should have been provided a weather station to take some basic readings and clubs formed to understand and explain weather phenomena. This way, the young can be pulled in to notice the weather, recognize climate change and get engaged in issues of weather and climate. This could save them given that most of them will live into the second half of this century and experience the increasing impacts of global warming that we have burdened them with...

WRITE US: Readers are invited to comment on, criticise, run down, even appreciate if they like something in this paper. Letters carrying abusive/ indecorous 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

When Indian women negotiate with local authorities to improve their lives in a slum

SIDDHARTH AGARWAL

theconversation.com

How do you convince
your local municipality officer that yes, you have every right to access clean water, walk on paved streets or have streetlights at night so you can feel safe? And how do you do that when you are not only living in an Indian slum, but you're also a woman with no formal education?

This is exactly the case we studied in Indore, the most populous city of Madhya Pradesh, a western-central state of India. According to the census of India, the population of Indore was 2 million in 2011 and has since increased to 2.8 million inhabitants in

2018. About 30% of that population lives in slums, which are growing rapidly.

INFORMAL HOUSEHOLDS

According to the latest census, there are about 13.7 million slum households in all of India, of which 4.9 million are neither recognised nor notified. Considered as informal, such settlements are often deemed illegal by authorities, especially when newly formed. This supposed "illegality" presents challenges to the residents, adding housing instability and fear of displacement to their struggle of finding livelihood while trying to settle down in a new city.

At the same time, several government policies such as the National Urban Health Mission mandate the inclusion of listed and unlisted slums as well as vulnerable populations for services pertaining to living environment such as water supply, sewage, electricity and streets, all of which impact health.

The Indian government does not formally designate any human habitation as "illegal" in policies. However, officials and elected municipal representatives often consider slums de facto "illegal". At the same time, slum dwellers being recognised as voters with a basti (slum) address on voter cards shows that the illegality can be overcome.

Service provision can be quite slow for many segments of the population and often exclude weaker and vulnerable sections of the society. Consequently, continuous proactive efforts are necessary to "pull" services from the government so that they reach the vulnerable habitations

AN ATTRACTIVE STRIP OF LAND

The north-eastern peri-urban part of the city of Indore has attracted a population of poor migrants from Rewa and Khargaon districts in Madhya Pradesh and from Uttar Pradesh and Bihar (northern Indian states). Initially about 20 to 30 families moved and developed a settlement in 2014. Previously consisting of a fairly small strip of land and a brick kiln, it served as a site for open defecation

and garbage dump for residents of other slums in the vicinity.

It was only when the land was purchased by a

real estate broker, who cleared and levelled the site, that this until then unnamed-area started gaining the attention of migrants. The newly emerging settlement presented the possibility of lower-cost housing relative to other slums in Indore and the opportunity to earn livelihood working in nearby factories, construction sites and market places.
Migrants started settling in the area amid

paved paths, with no electricity or running water. Unpaved streets hampered the movement of residents to and from the settlement and were a hazard for children playing outside. The lack of electricity and water forced residents to travel long distances to fetch water, and left them with no fans in Indore's 40° or 45° Celsius peak heat-waves and no lights in the dark

WOMEN STANDING FOR THEIR RIGHTS

How would the new residents face up to these challenges? Often, civic authorities dismiss their demands by saying "there is no scheme presently" and "there are no orders right now"

Women of the emerging settlement learned bout the activities of our organisation, the Urban Health Resource Centre (UHRC), which mentored and trained women's groups with 12 to 15 members in neighbouring slums to help them access various services.

UHRC social workers visited the new settle-ment and listened to the challenges of the residents. Through regular meetings and participatory discussions, two groups were formed: Sakhi Sahe-li Mahila Samooh (Friends and Sisters Women's Group) and Nai Kiran Mahila Samooh (New Light Women's Group) in the end of 2014.

In early 2015 members of these newly formed

women's groups discussed with more established groups in the neighbouring bastis as to what actions they had undertaken to obtain municipal services. They learned that gentle, perseverant n

gotiation was the best way forward.

GAINING CONFIDENCE

Through UHRC's training and with the help of wom en from other, more established groups, residents of the new area acquired knowledge and skills about writing petitions in the local language, Hindi, and submitting them to the ward councillor, the municipal corporation and at the district public hearing. At the top of the list were improvements such as paving streets and running water When the ward councillor rejected their application, saving their basti was "illegal", the women asserted their rights as citizens and highlighted the value of

their votes in elections

The women's repeated efforts resulted in the construction of bore-well in one of the areas of neighbourhood and the paving of road in the slum lanes. As of October 2016, 30% of the pathway had been paved. The efforts for the construction of another bore-well and the paving of the remaining pathway are ongoing.

A petition was submitted in December 2016

followed by several in-person representations to the ward councillor in the next six months and several written reminders. In November 2017, when the ward councillor visited the neighbourhood, the residents gently urged him to have the bore-wells installed. As a temporary measure, the community informally accessed water by paying families of the adjacent older slums (who had their private borewells) at a monthly rate of INR 100 per family.

INFORMAL SOLIDARITY WORKS

The mentoring role of previously established groups is analogous to the emergence of informal solidarity networks in Greece when the government introduced austority measures arising to the control of t ment introduced austerity measures owing to an economic collapse beginning 2009-10.

These informal solidarity networks played a

crucial role in helping people overcome difficulties caused by austerity measures and economic instability. The support and guidance of more established community groups helped UHRC learn that the presence of stronger groups has a "ripple" effect on neighbouring settlements. We also learned that soft skills such as tact and a no confrontational approach toward authorities, negotiations through commu-nity requests sustained over a long period of time can bring services to informal settlements and help overcome the notion of "illegality" held by officials

The strategies in place eventually successfully "pulled" services from the municipal corporation and benefited a population of 1,575.

[the writer is Director, Urban Health Resource Centre)

Exercise: the most cost effective intervention for prevention and control of diabetes

DR. AMITAVA ACHARYYA
Diabetes is a metabolic disorder
with classical symptom of excessive urination, excessive thirst, excessive hunger and unwanted weight loss. This disease is now in epidemic condition throughout the world. The numbers of diabetes patients are increasing rapidly in developed as well as developing countries. The costs of treatment for diabetes are also rising quickly. The early onset (age < 50 years) of diabetes is now becoming a new burden. Among prevention and care, prevention is the most cost effective intervention in the case of chronic diseases like diabetes. The prevention of diabetes can be possible by adopting healthy lifestyle including diet and exercise. The dietary recommendation will vary according to ethnicity, culture, palatability, individual preference, diseases co-morbidity and availability of food, etc. Balanced nutrition plays a vital role for prevention of diabetes and preserves the good quality of life of diabetes patients. The meal should be tasty and healthy, well cooked, and prepared from locally available vegetables. The quantity of food and frequency of meals are also very important in dietary planning. For diabetic patients, meal quantity should be less. Apart from dietary changes, exercise also plays a vital role for pre-vention and control of diabetes. The high risk persons for diabetes should

exercise regularly. Exercise increases

blood glucose control. Up to 30-45 minutes on 3-5 days per week, or an accumulation of 150 minutes per an accumulation of 150 minutes per week of moderate-intensity aerobic activity is good for cardiovascular protection. But there are some rules and recommendations for exercise. The recommendations and some tips are as follows:

When is a person at high risk for diabetes?

1. If he/she is above the age of 30

years
2. If he/she is overweight.

3. If he/she is physically inactive, that is, he or she exercises less than 3 times a week.

4. If he/she has high blood pressure 5. If he/she has impaired fasting glucose or impaired glucose tolerance. 6. If his/her triglyceride and/or cholesterol levels are higher than normal.

7. If his/her parents/siblings or grandparents have or had diabetes. 8. If she delivered a baby whose birth weight was 4 kg or more.

9. If she has had diabetes or even

mild elevation of blood sugars during

(Ref: A manual for Medical Officer, NPCDCS)

Tips for exercising

Adequate fluid intake during exer-

2. Use of proper footwear.

3. Wearing an identification bracelet during exercise.

4. Avoidance of exercise in extreme temperatures (heat or cold).

5. Inspection of feet after exercise. the insulin sensitivity and peripheral use of glucose and this state improves 6. If possible, exercise with a friend.

7. Avoid exercise if fasting level is > 250 mg/dl (14 mmol/l) and urine ketones present, or if > 300 mg/dl (16.6 mmol/l) irrespective of whether ke-

tosis is present.

8. Increase intake of carbohydrates if glucose levels are < 100 mg/dl (5.5 mmol/l) before exercise.

9. Before beginning an exercise programme, the individual with diabetes mellitus should undergo detailed medical evaluation with appropriate diagnostic studies. Strenuous physical activity including weight lifting should be avoided in the presence of coronary artery disease, proliferative diabetes retinopathy, nephropathy, and autonomic neuropathy
Recommendations in particular cases

of diabetes patients

Exercises for people with retinopathy:
• Not recommended: excessive jogging, high-impact aerobics, weight

lifting, and boxing.
• Recommended: mild exercises, such as walking, low-impact aerobics etc Exercises for people with nephropa-

Moderate exercise is allowed

In overt nephropathy: exercise is self-limiting.

Exercise for people with current or previous foot disease: No weight-bearing exercises.

• Avoid repetitive exercises, e.g. prolonged walking, jogging, step exercis-

Recommended: swimming, bicy-

cling, chair exercises, and arm exer-

• Amputees can do exercise in a wheel

activity.

exercise.

IThe writer is Research Officer, Foundation for Research

strength in their arms to keep their balance when walking with crutches and prosthesis

 In case of arthritis: mild exercising, e.g. walking, relaxed gym. Exercise in children:

· Encourage them to do regular physical activity, such as sport, outdoor play, football, gym.
• Pay attention to the need of balanc-

ing glycaemic control with normal playing.

To achieve control, parents, teachers,

and caregivers have to work together. Exercise in the elderly

Advancing age and obesity may hin-

der aerobic exercising.

• Encourage mild exercise, e.g. walk-

ing regularly. (Ref: Diabetes education training manual for Sub-Saharan Africa)

Exercise is the most cost effective intervention which can prevent you from obesity, hypertension, diabetes, depression, stroke, heart diseases and insomnia. You feel much more fit and healthy. Diabetes patients can control their cholesterol, blood pressure and blood sugar by treatment as well as with lifestyle modification. But diabetes patients should consult health care providers before starting

Take out some time for exercise and encourage others to do some physical

in Community Health, Email: acharyyaamitava@gmail.com]

3 Rohingyas held in Manipur

IMPHAL, MAR 23 (PTI): Security forces arrested three Rohingyas in Ma-nipur on the charge of illegally entering India from Myanmar, police

said today.

A joint team comprising police and the Criminal Investigation Department (CID) officers arrested the Rohingyas from the town of Moreh, near the Indo-Myanmar border in Tengnoupal district, yesterday night, Superintendent of Police

S Ibomcha Singh said.

The three are residents of Baguna in the Rakhine state of Myan-mar, where Myanmarese security forces have been engaged in crackdown on militants and allegedly driving out Rohingya

ed men were staying at Moreh for the last 10 days and had plans to go to Malaysia, the SP added.

A case has been reg-istered against them at Moreh police station.

13 declared joint winners of Femina Miss India East 2018

KOLKATA, MAR 23 (PTI):

from as many eastern Indian states were declared joint winners of Femina Miss India East 2018.

The 13 representing Bihar, Jharkhand, Odisha, Sikkim, Assam, Mizoram, Tripura, Nagaland, Meghalaya, Arunacha Arunachal Pradesh, Manipur, West Bengal and Chhatisgarh will now vie for the top crown at the Grand Finale of fbb Colors Femina Miss India 2018 in Mumbai in Iune.

Bollywood actress Pooja Chopra, director Srijit Mukherjee, Bengali film actor Subhashree Ganguly were among the judges who picked the winners on the basis of personality, poise, elegance, beauty and com-

gance, beauty and com-munication skill.

Wearing red and yellow robes the girls walked the ramp at the glittering show last

Rs 100cr for development of Nongtrai-Shella lying unused

funded by cement giant LafargeHolcim to car-ry out socio-economic development at Nongtrai-Shella in Meghalaya's East Khasi Hills district has been lying unutilised, the Assembly was in-

formed today.

About Rs 100 crore was lying unutilised by the

National

seminar on Teacher

Education held

at SU

tal Seminar

department is the nodal department, Mawsynram MLA Himalaya Shangpliang told the House during

question hour.

He blamed bureaucratic wrangles as the reason for the delay in implementation of the

ojects. Shangpliang, a for-

the SPV Society when he was social welfare director, was elected Mawsyn-ram MLA in the February 27 elections and several villages in his constituency are beneficiaries of the socio-economic develop-ment like health, education, economy, irrigation and agriculture.

road projects approved by the board of the SPVS were not sanctioned and up, Shangpliang said water supply projects were also not sanctioned by the governing body.
Chief Minister Con-

rad K Sangma, in his re-ply, assured the member to look into the matter while also informing the House that he had already had a meeting with the chief secretary last week in this regard.

LafargeHolcim pays Rs 90 per tonne as royalty and the company exports over 2 million tonnes of raw limestone from its mines at Nong-trai to its cement plant at Chattak in Bangladesh using a 17 km-long coveyor belt.



Police stop JNU teachers, students march to Parliament; resort to lathi-charge, water cannons

(PTI): A large number of JNU students and teach-ers were today stopped from marching to the Parliament Complex over various demands, including academic freedom, with police resorting to lathi-charge and use of water cannons.

They were stopped at the Sanjay Jheel area in south Delhi.

The "Padyatra", which started at the varsity's

campus, was organised by the Jawaharlal Nehru University Students' Union (JNUSU) and the Iawaharlal Nehru University Teachers Association (JNUTA). The associations are

demanding ic freedom, academ-accessible and equitable education among others.

The teachers' body

had requested other associations to join the protest march.

include withdrawal of the executive council decision to constitute a committee to take action against teachers and the immediate withdrawal of notifications replacing chairpersons who were opposed to implementopposed to implement-ing compulsory atten-dance. The JNUTA had earlier launched a three-day 'Satyagraha' inside the campus to raise these demands.



Contd from pg03

abuse, promotion development of quality care mental health services. The East district conducted more than 1000 mental health pro-grammes from 2015-17 by initiating several spe-cial campaigns. Recently, we have launched 150 programmes based on the theme 'Rural Mental Health' to de-stigmatize mental illness & sub-stance abuse so that pa-tients and family members seek help from treat-ment centers," she added.

Dr Rasaily, in his address, said, "Women are more vulnerable to mental health problems during menstrual cycle, pregnancy, postpartum period [immediately after delivery] and post-menopausal period due to sudden changes in hormones particularly estrogen and progesterone. Postpartum blues are very common after delivery characterised by sadness, tearfullness,

mood swings, irritability fatigue which usually subsides within 2 weeks. However. sometimes postpartum depression develops characteristics like extreme guilt, loss of interests, hallucination, delusion, suicidal feelings and nihilism. Elder-ly women in postmenopausal stage are at risk of masked depression characterised by somatic symptoms such as vague pain & ache, headache, dizziness, palpitations, shortness of breath, tingling & numbness, burning sensation and othphysical complaints which cannot be medi-cally explained."

He also shared that recent scientific advanc-es have been able to create effective medicine for treatment of mental dis-orders, drug abuse and suicidal behavior.

District Health Edu-cation Officer, Mr Bhut-ia, conducted the Sikkim pledge campaign in the presence of 52 trainees.



American American Inches SummitTIMES SUMMILIANS informed, inquisitive, relevant SummitTIMES SummitTIMES

GANGTOK, 23 MAR [PIB]: The Department

of Education, Sikkim University organized a twoday national seminar on "Emerging Trends and Innovations in Teacher Education" at Cauveri Education" at Cauveri Hall of the University on Additional Chief Sec-

retary, Government of Sikkim, GP Upadhyaya, attended the event as chief guest accompanied by Vice-Chancellor, Professor Ivoti Prakash Tamang, Registrar, TK Kaul, Head of Department of Educational Administration, MS University, Baro-da, Prof K Puspanadham, former Dean of School of Education, North Eastern Hill University, Prof PK Gupta, faculty members. staff, students and par-ticipants from different colleges and Universities.

The inaugural session of the programme was chaired by Vice-Chancellor Prof Tamang. cellor Prof The keynote Tamang. address was delivered by Prof Puspanadham wherein he stressed on the im-

ortance of realizing that teaching is not a job but a responsibility to shape the future of the nation and the society at large.

Chief guest, Mr Upadhyaya spoke on the im-portance of teacher education and also stressed on the significance of keeping both the teachers and the students moalso mentioned that the main aim of achieving quality education can be realized with constant efforts and encouraging bright minds to join the profession of teaching.

Prof Tamang talked about the importance of keeping oneself updated at all times and the fact that learning is a continuous process. He also emphasized on developing a holistic personality by giving equal importance to ethical education and co-curricular activities. He congratulated the Dept of Education for or-ganizing the programme and extended warm welcome to the participants of the seminar.



CENTRAL HEALTH STORES ORGANIZATION HEALTH CARE, HUMAN SERVICES AND FAMILY WELFARE DEPARTMENT GOVERNMENT OF SIKKIM TENDER NOTICE

Tender No. 763/CHSO/17-18

Date: 20/03/2018

Online Tenders are invited from eligible manufactures/distributors/ dealers/representatives for the supply of Generic Drugs/Medicines and Consumables to the Central Health Stores Organization, Government of Sikkim, for the Financial Year 2018-19. The tender documents will be available for downloading from the website https://www.sikkimtender.gov.in w.e.f from 24/03/2018 2 pm onwards. The bid should be submitted online in the website for which, for which, the bidders should have the necessary portal enrolment with his/her own Digital Signature Certificate (DSC).

JOINT DIRECTOR JUINT DIRECTOR

CENTRAL HEALTH STORES ORGANIZATION.

R.O.No. 638/ipr/pub/classi/17-18 dt. 22.3.18

Buoyed by 2017 success, Srikanth chases golden dream at Gold Coast

AMIT KUMAR DAS
NEW DELHI, MAR 23 (PTI): His
Commonwealth Games debut
spoiled by brain fever four years ago, Kidambi Srikanth, now the toast of the nation, is eyeing a maiden medal at the Gold Coast multi-sport extravaganza after a sensational run last season.

Weeks before he was to make his debut at the Commonwealth Games in Glasgow, Srikanth was battling for life in an Intensive Care

on the bathroom floor of the Gopichand Academy and later diag-nosed with brain fever. He ended up spending about a week in the ICU, giving a mighty scare to his near and dear ones.

But that is history.

Cut to 2018, Srikanth is arguably one of the best sportspersons in the country, walking shoulder to shoulder with the who's who of the sporting world.

With four titles under his belt, Srikanth swept all the sports awards, including the prestigious Padma Shri, and is considered a hot-favourite for the coveted gold medal at Gold Coast.

"It was some sort of a virus, I don't even know the name. No-body even wanted to tell me what



happened that day and I don't remember much," Srikanth says, recalling the incident in 2014.

"I was playing good enough so I returned and played at the Commonwealth Games but lost to a Singapore guy in the quarters," he

"Now after four years, I think I am much more confident after all the experience of the last one year, so it will be a different experience. Of course, winning a medal at CWG ranks high in my list," he says.

In less than a fortnight, Srikanth will carry the aspirations of millions on his shoulders as he looks to retain the Commonealth Games gold medal that Parupalli Kashyap had won for India in Glasgow after 32 long

Only Prakash Padukone (1978, Edmonton) and Syed Modi (1982, Brisbane) have won gold in badminton at this multi-sport event.

"Last time we had won a good number of medals and now we are playing much better than what we were four years back and we have a great chance of winning more edals this time

"Commonwealth Games priority for me. Winning a medal there is more important than becoming world number 1 and I will look to remain fit. It is one of the targets of the year," adds the

Born in Ravulapalem, a small town in Andhra Pradesh, Sri-kanth's journey in badminton was all about following the footsteps of his brother Nandagopal, a doubles

While he followed Nandagopal to train at Gopichand Academy, his life took a massive turn at Fuzhou, China where he became the first Indian to win a Super Series Premier Men's title, beating five-time world champion and two- time Olympic champion Lin Dan at 2014 China Open

The following year, Srikanth won the Indian Super Series title and Swiss Open Grand Prix Gold and zoomed to world number 3, a peak that has been scaled only by two other Indian men? Padukone and Pullela Gopichand, now the chief India coach.

He continued his good run, winning the Syed Modi Grand Prix Gold before qualifying for the Rio Olympics. However, after being on the cusp of a historic Olympic medal, Srikanth failed to outwit Lin Dan, a defeat that left him rattled for a long time. That was fol-lowed by an ankle injury.

With his right leg heavily strapped, Srikanth worked on his reflexes and eye-arm coordination. Unable to stand for long he sat and

as once he was back on court. Srititles at Indonesia, Australia, Den mark and France, which catapult-ed him to the upper echelons of sports world.

However, when it came to a big-ticket event like the Glasgow World Championship, Srikanth couldn't break the ceiling, finishing at the quarters again.

Another injury kept him away from China Open and Hong Kong Open before he entered the Dubai Super Series, but disappointment was in store for him as he crashed out without a single win.

At the recently-concluded All England Championship, Srikanth again finished at the pre-quarterfinal and the Indian ace will have to quickly get over the disappoint-ment and switch his focus to Gold

With a slew of big events lined up this season, Srikanth would look to sort out the issues plaguing him at the biggest stage, and the process will start at the Carrara Sports and Leisure Centre.

If he can help India retain the men's gold, it will be one big step forward ahead of the Worlds. Asian Games and the 2020 Tokyo

England women crush Australia by 8 wickets in Tri-Series

MUMBAI, MAR 23 (PTI): England romped to a convincing eight-wicket victory over Australia, riding on Natalie Sciver and Tamsin Beaumont's blister-ing half-centuries to start their campaign in the Tri-Nation Women's T20

Opting to field after winning the toss, England restricted the Australians to 149 for eight at the Brabourne Sta-

Rachael Haynes top-scored for Australia with a 65 off 45 balls, knock that included eight boundaries and a six.

For England, medium pacer Jenny Gunn and Sciver finished with three and two wickets, respectively.

In reply, the English team chased down the target with as many as three overs to spare.

The chase turned out to be a walk in the park as Sciver (68 not out off 43 balls) and Beaumont (58 not out off 44 balls) forged an unbeaten 116-run partnership for the third wicket in just 73 balls.

Beaumonth and Sciver, who play the Women's Big Bash League, took a listless Australian bowling to task as they overhauled the target with plenty

In the process, they steered the

team out of trouble from 34 for two.
Sciver, who returned with figures of 2-29 before scoring an unbeaten 68, said: I think, we dragged them back pretty well. We managed to keep taking wickets. The bowlers would have been pretty happy. They could have gone all out and our target could've been 180. I think we were happy to keep them

Beaumont too was happy with the performance of the bowlers

Really proud the way the bowlers came out of the powerplay to keep them to 150. It's pretty much exceptional, considering they got 50 up in the powerplay themselves, she said.

Right-handed Beaumont hammered



four consecutive boundaries off Megan Schutt in the sixth over to begin the carnage as England raced to 51.
Sciver too joined the party as she hit

two sixes in the eight over and followed

two sixes in the eight over and followed it up with three fours in the 10th.

Australia tried as many as seven bowlers, but nothing stopped the brutal assault of Beaumont and Sciver and the sloppy fielding by the Aussies only

aided them.

While Beaumont struck eight boundaries, Sciver hit 10 fours and two

sixes in their respective knocks. Earlier, a brisk 65 off 45 balls from skipper Haynes steered the Australia women to a decent total. England bowlers put a disciplined performance as they took Australian wickets at regular intervals and never allowed their hatswomen to settle down.

Haynes posted her highest individu-

al T20 score, as she hammered the English bowlers around the park, but she failed to find support at the other end.

Australian openers - Alyssa Healy (31 off 23 balls) and Beth Mooney (4) - had put on 26 runs before debutant Katie George affected a smart run-out off her own bowling to dismiss Mooney

in the fourth over.

It was Healy, who gave the much-needed momentum, as she hit two fours and two sixes in the first six

After Mooney failed, Ashleigh Gard-ner (28 off 16 balls) played her role to perfection as Australia managed 49 runs in the powerplay period.

The eighth over bowled by Sciver

was a dramatic one that saw two wickets and two sixes.

On the first ball, Healy was brilliantly caught at deep square-leg by Danielle Wyatt. Then Gardner struck two massive sixes, but on the last ball, Sciver dismissed the batter to leave Australia

Australia were poised for a big score as they had amassed 79 runs in the first

10 overs, but then apart from Haynes, no other batter contributed.

Elyse Villani (4), Ellyse Perry (2), Sopihe Molineux (6), Delissa Kimmince

(1) failed to support their skipper.

Australia skipper Haynes said: It seemed like when someone got going, they'd get out. It happened a couple of times in our innings. We've spoken about the style of play we want to consistently produce in this format. So I hope just because it didn't quite come off today, we don't curb that and go back into our shell.

This was Australia's first loss in the tournament after they had convincingly defeated hosts India by six wickets yes-

Brief Scores: Australia Women (149/8 Rachael Haynes 65, Alyssa Healy 31; Jenny Gunn 3-26) in 20 overs lost to England Women (150/2) Natalie Sciver 68 not out, Tamsin Beaumont 58 not out; D Kimmince 1-12) in 17 overs by eight wickets.



Yuki enters 2nd round of Miami **Open**

MIAMI, MAR 23 (PTI): India's Yuki Bhambri continued with his commendable perfor-mance in the ATP Cir-cuit reaching the second round of the Miami Open with a straight-set 7-5 6-3 victory over Bosnia's Mirza Basic, here today.

Yuki will now meet

world No 11 and eighth seeded American Jack Sock in the second round of the tournament, hav-ing come through the

qualifying round. Yuki, who is currently ranked 107th in the ATP list, took an hour and 32 minutes to defeat the world No 75. The win against another higher-ranked opponent will surely help India's top singles player in getting closer to top-100, some-thing that can get him direct entry into the French

reached the third round of the Indian Wells tour-

The hallmark of Yuki's game in the opening round here was the successful first serve of 68 percent and a whopping 71 percent conversion of points on the second

serve.
Throughout match, Yuki convert-ed five of the 13 break points compared to only two by his opponent.

SummitTimes all: 03592-208698, 9734152541, 9647102692

China retaliate with tariffs on **128 American** products, spares bigticket items

BEIJING, MAR 23 (PTI): Don't be "penny wise and pound foolish" in pressing ahead with a trade war, China today warned America as it unveiled plans to impose higher tariffs on 128 US products worth about USD 3 billion, while keeping "powder dry" by sparing big-ticket items for a future date.

The Commerce and Foreign Ministries

today unleashed a war of words to counter US President Donald Trump's moves to impose tariffs up to USD 60 billion in Chinese imports and limit the country's investment in the US in retaliation for years of alleged intellectual property theft.

US should "pause on the brink of a precipice" and make prudent decisions so as not to put bilateral trade relations in jeopardy, the Chinese Commerce Ministry

China will not sit idly watching its legitimate rights and interests being damaged under any circumstance, a spokesperson of the Commerce Ministry said.

"We are fully prepared to firmly defend our interests," he said. Foreign Ministry spokesperson Hu Chunying breathed fire at a briefing saying Trump's move is in total disregard to WTO rules amounted to "unilateral protection-

ist action".

"Certain people from US obviously misjudged the situation and little bit arrogant and totally underestimated China's resolve and capability to protect its interests as well as the cost US has to pay for its reckless action," she said replying to a volley of questions.

"We have made full preparations to

protect our legitimate interests. China is not afraid to fight a trade war. We have the capability to address any challenges," she asserted.

Hua also justified China's USD 375 billion trade surplus saying the Chinese products boosted consumer confidence in US and prevented inflations.

Trade war will harm consumer interest and financial market interests, she said, pointing out the big plunge in the stock market, which said is a "big vote of no confidence in US actions".

"We hope US can take seriously China's position and decide in rational manner

Don't be penny wise and pound foolish. That will harm US itself as well as others," she warned.

Earlier, the commerce ministry said it was considering suspension of tariff concessions on 128 items of US products worth about USD 3 billion, a move aimed at countering the US decision to impose 25 per cent tariffs on steel imports and 10 per cent on aluminium, with initial exemptions for Canada and Mexico.

The measures, or the suspension of tariff concessions, will target 128 items of US products, including pork, wines and seamless steel tubes, it said.

According to the ministry, the measures will include a 15-per cent tariff on products including fruits, nuts, wines and seamless steel tubes, and a 25-per cent tariff on pork and recycled aluminium products

The measures will be implemented in

will be imposed if the two countries could not reach an agreement on trade issues within scheduled time. In the second stage, the 25-per cent import tax will be imposed after evaluating the impact caused by the US policies, state-run Xinhua news agency

quoted the ministry as saying.

But conspicuously missing are the big-ticket items from soybeans, sorghum and Boeing airplanes.

One Chinese official told the media that China is "keeping its powder dry by not touching the big-ticket imports from

Since he took over power, Trump has been pressuring China to step-up measures to reduce trade deficit and expand US exports and investments. China signed major trade deals worth about USD 250 billion including buying 300 planes from Boeing during Trump's visit

here last year.
China also opened its markets to import soya beans, beef and oil from US.

Trade deficit with China costs 2 mn jobs to US: White House

WASHINGTON, MAR 23 [PTI]: America's massive trade deficit with China is estimated to have resulted in about two million job losses in the US, the White House has said, defending President Donald Trump's decision to initi-

Donald Trump's decision to initiate strong actions against China's "unfair" trade practices.

Trump imposed USD 60 billion of tariffs on Chinese imports to punish the country for its "unfair" seizure of American intellectual property, a move that could escalate the already tense trade relations between the trade relations between the

trade relations between the world's two biggest economies.
Trump directed the US trade representative to level tariffs on about USD 60 billion worth of Chinese imports after a seven-month investigation into the intellectual property theft, which has been a longstanding point of contention in US-China trade relations.

China also announced retaliatory measures against the US.

A senior administration offi-cial told reporters: "By some cal-culations, every billion dollar of trade deficit that arises from market-distorted policies, costs us about 6,000 jobs. A very conser-vative calculation, by some esti-mates, is that trade deficit results in about two million more jobs in China and two million less here.

TEL AVIV, MAR 23 [PTI]:

to Israel has landed in Tel

Aviv, reducing the travel time substantially after

Saudi Arabia for the first

time allowed a commer-cial flight to use its air-

space, indicating a thaw in relations between the Arab kingdom and the

Heralding a new beginning in the peo-

ple-to-people contact and diplomatic ties be-tween India and Israel,

the state-run Air India introduced the direct thrice-a-week flight from

New Delhi to Tel Aviv

yesterday.
Saudi Arabia per-

mitted the airline to use its airspace, enabling it

to take a shorter route,

covering the distance in 7.25 hours, about 2.10

Iewish state.

Air India makes

history, lands in Israel

using Saudi airspace



This is a serious problem that the

US side is keenly aware of".

China's "unfair" trade practices has resulted in a goods trade deficit of USD 370 billion.

that deficit of GSD 370 billion, the official said.

The Trump administration said that it is for China to decide what course it wants to take.

"The point here is that China will have a choice as to how to respond, and they have benefited far more from this relationship than we have. We will certainly take that into account," the official said

ration that wants to go to China and sell its goods into the Chinese market is on the horns of a

hours less as compared

to the only other airline

that flies between the

two countries -- Israel's national carrier El Al.

at Tel Aviv's Ben Guri-on airport at 2215 PM

[Israeli time] yesterday, heralding a new chapter in the India-Israel ties

and ending a decades-old

overfly ban by Saudi Ara-

bia.

"This is really a historical moment... We are in a new era. I am sure

that we will see many more Indian tourists coming to Israel... and

Israelis would also come

to India in much higher numbers," Israeli Tour-

ism Minister Yariv Levin

rect link would further strengthen the relationship between the two nations.
The Israeli Foreign

Ministry said in a state-

met in July in Israel and

then in January in India,

Haaretz newspaper re-

route would also lower

fares and boost invest-

ment and tourism from

17,10,37,6,39,24,40,33,40,62,41,37,42,15,440,647,42,5,00,63,51,10,512,4,533,0,55,57,5632,5848,5910,60,47,61,5 3183,6384,6437,6495,7010,7028,7060,7085,7265,7304 3135,7428,7473,7623,7855,7896,7889,8043,8062,8094 1172,8280,8367,8392,8488,8559,8661,8748,8783,8943

India to Israel.

The ministry said the

ported.

He said such a di-

told PTI.

Flight AI 139 landed

Responding to questions, the official said the concerns with Chinese economic practices are

widespread throughout the United States and around the world.

"We have heard from many of our trading partners that they share many of these concerns, the official said.

Another administration official said China benefits far more from the US-China trade relationship than the US does.

Since 2001, when China joined the World Trade Organisation, its economy has grown from USD 1 trillion of GDP to USD 12 trillion; roughly an 800per cent growth rate.

"During the same period of time, the American economy sputtered. It went from an annu-al growth rate of about 3.5 per cent between 1947 and 2000, down to around two per cent, which everybody wanted to say was the new normal for America. But the contrast between China's growth and its unfair trade practices, and what had happened to the US in terms of growth and wage growth, is quite startling," the official said. Later State Department

Spokesperson Heather Nauert said Trump has been very clear from the first day on the cam-paign trail, longstanding con-cerns that he has and adminis-

tration-wide people have, with China's "unfair" trade practices.

"It's natural for us to have to address things that we don't agree on. One of them is certainly trade. The President has fought very hard for advancing oppor-tunities, economic oppor-tunities for American businesses, but also the American people," she

Senate Finance Committee Ranking Member Ron Wyden welcomed the decision.

"China has cheated, stolen

and bullied American industry on trade for decades, causing

massive economic wreckage to workers, employers and com-munities across America in the process. Our country must stand up against China's trade blackmail, so I am encouraged that the administration is focused on protecting the technologies that China publicly targeted," Wyden

Senator Sherrod Brown welcomed the news that the Trump administration is taking steps to launch crackdown on China's violation of intellectual property laws.

Business Roundtable said unilaterally imposing tariffs or other restrictions without a long-term strategy to bring about reforms in China will only araise prices in America, make American companies and prod-ucts less competitive, and harm US workers and consumers.

The administration should instead pursue a comprehensive approach centred around several strategic priorities. This includes working closely with our international partners to identify unfair trade barriers and practices that China must remove, setting deadlines for such reforms and outlining actions that the US will take if those reforms are not undertaken," it said.

MIZORAM STATE LOTTERIES

LABHLAXMI LEO

1st Prize Rs.10,000/- 3450

2nd Prize Rs.1,000/- 5770 3rd Prize Rs.500/- 2289 4th Prize Rs.300/- 5795 5th Prize Rs. 204/- 4501 6th Prize Rs.100/-

1050 1122 1127 1158 1173 1212 1217 1241 1244 1247

The Director ,Mizoram State Lotteries, For result please visit: www.mizoramlo

ARUNACHAL PRADESH STATE LOTTERIES **MUMBAILAXMI SURAJ**

raw No:7 DrawDate on:23/03/18 it Prize Rs.10,000/- 5634 2nd Prize Rs.2,000/- 3259 3rd Prize Rs. 1,000/- 1965 4th Prize Rs. 504/- 4152 th Prize Rs.200/

1086 1104 1251 1318 1359 1515 1525 1602 1661 1703 1720 1755 1767 1847 1875 1890 1923 1924 1968 2016 027 2169 2202 2234 2278 2315 2339 2362 2557 2585 2599 2627 2670 2696 2710 2731 2754 2757 2771 2810 2831 2925 3079 3129 3130 3169 3170 3221 3255 3433 3521 3593 3626 3669 3701 3759 3784 3826 3932 3995 1054 4176 4177 4217 4323 4363 4391 4472 4502 4535 4646 4647 4700 4731 4770 4814 4837 4901 4954 5016 5053 5091 5092 5103 5142 5149 5158 5160 5161 5256 5277 5352 5368 5517 5527 5550 5576 5612 5819 5886

ioner, PRADESH STATE LOTTERIES,ITANAGAR.

Suspected IS gunman takes hostages in France

Kutse Shegu

The 49th Day Kutse Shegu of Late Phichi Bhutia of Linkey Busty, who left for heavenly abode on 10.02.2018 falls on 29.03.2018 All relatives, friends and well wishers are requested to join us in offering prayers to departed soul at our resident at Burtuk Helipad, Gangtok. offer our sincere gratitude towards

those who stood by us in the time of bereavement. Mrs Karma Doma Bhutia

(wife)- 9002372646, Ms Karma Doka Bhutia (daughter), Mr Chung Chung Bhutia (brother in law)- 9563337908, Mr. Lala Bhutia (brother in law) 9434710142.

ment that Israel considers the new route important, noting that claiming allegiance to the Islamic State group fired shots and took Prime Minister Benjamin Netanyahu raised the matter of the route with hostages at a supermarket in southwestern France today, a local his counterpart Naren-dra Modi when the two prosecutor said.

Security forces were responding to two separate incidents, one at a supermarket in the town of Trebes and the second, a 15-minute drive away, in the town of Carcassonne where a policeman was shot

It was unclear if the two incidents were linked.

In Trebes, the man "entered the NAGALAND STATE LOTTERIES

DEAR TEMDER MORNING

Draw Time: 11:55 am onwards

Draw No:16 DrawDate on:23/03/18

1st Prize Rs.26 Lakhs/- 85K 45585
(Including Super Prize Amt)

Cons. Prize Rs.9498/- 45558 (RE-MAINING ALL SERIALS)

2nd Prize Rs.9498/- 45558 (RE-MAINING ALL SERIALS)

2nd Prize Rs.9400/- 55358 (RE-MAINING ALL SERIALS)

2nd Prize Rs.9500/- 1825 1826 2985 3476 4375 4774 7886 8167 8780 9413

3rd Prize Rs.500/- 1825 1826 2985 3476 4375 4774 7886 8167 8780 9413

4th Prize Rs.250/- 1721 2087 2282 3001 3241 5081 5175 5683 8732 9078

5th Prize Rs.120/- 0078 0143 0315 0377 0456 0500 0770 7700 9730 9730 9730

Super U supermarket at around 11.15 am and shots were heard," a security source told AFP on condition of anonymity.

The gunman claimed allegiance to the Islamic State group, the local prosecutor's office said.

Local authorities tweeted that the area was off-limits to the pub-

If the link to Islamic State is confirmed, the attack would be the first major incident since the election of centrist President Emmanuel Macron in May last year.

DEAR ADMIRE

DEAR ADMIRE

Draw Time: 04:00 pm onwards
Draw Not.6 DrawDate on.23/03/18
1st Price Ns.26 Lakhy. 686 87746
(Including Super Price Amt)

Cons. Prize Rs.9498/-87746 (REMAINING ALL SERIALS)
2nd Price Rs.9000/ 96658 7839
3rd Prize Rs.5001-1632 2277 2370 2647 3319 4113 5121 8079 9691 9832
4th Prize Rs.5001-0732 2993 3712 4260 6897 7190 8481 8774 9277 9991
5th Prize Rs.1201-0300 0315 0152 0756 Rs.1201-

4463 4562 4553 4653 4675 4760 4766 5056 5066 5100 5115 5166 5295 5302 5374 5445 5537 5648 5653 5969 5985 6034 6142 6339 6353 6396 6428 6606 6678 6878 6984 7137 7171 7176 7217 7473 7497 8019 8052 8273 8301 8310 8408 8485 8589 8699 8768 8797 9067 9069

NAGALAND STATE LOTTERIES

The shootings come

France still on high alert after a string of jihadist attacks since 2015, starting in January that year with the assault on satirical mag azine Charlie Hebdo that left 12 people dead.

France also suffered major attacks in Paris in November 2015 when IS jihadists killed 130 people at bars, restaurants, the Bataclan concert venue and the national

In July 2016, in another attack claimed by IS, a man drove a truck through revellers celebrating Bastille Day, killing 84 people.

NAGALAND STATE LOTTERIES

Prize Rs.9000/-03 12482 18630 23091 40574



KUTSE SHEGU

The 49th day Kutse Shegu of Late PALMULA BHUTIA, who left for her heavenly abode on 7 Feb 2018, falls on 27 March 2018. All relatives, friends and well-wishers are requested to join us for offering of prayers to the departed soul at our residence next to Palden Khangsar School, below SP

reavement.
other: Chevang Lamu Bhutia (Energy & Power Dept),
Late Palden Bhutia, Uncles: M. R. Gurung, Bhaichung
Tshering Dorjee Bhutia, Karma Bhutia, Dawa Bhutia,
Namgay Doma Bhutia, Thinlay Ongmu Bhutia, 2,
thutia, Tshering Diki Bhutia, Dikila Bhutia, Yangchen
Sister: Yanchen Bhutia (Forest Dept), Brothern Neduya
((Pakyong), Contact: 9749335717, 9434410325, 700

to book advertisements in SummitTimes call 03592-208698, 9734152541 9647102692 advertise@summittimes.com STILL GOING STRONG! Pierce Brosnan and his second wife Keely Shaye Smith were honored at UCLA's Institute of the Environment and Sustainability Gala in Beverly Hills. The Malibu-based, married couple of 16 years have been inseparable since meeting on a Mexican beach back in 1994.

Drew Barrymore wants to show her love for Jake Gyllenhaal!

After the actress was forced to rank three of her co-stars from most to least talented – with Gyllenhaal drawing the short stick – Barrymore attended the season two premiere of her Netflix series, the Santa Clarita Diet, holding an "I [Heart] Jake Gyllenhaal" sign. She opened up to ET's Leanne Aguilera on the red carpet about the message.

"Well, I had to either eat turkey's testicles yesterday on James Corden or sell Jake down the river," she noted, referencing the game of "Spill Your Guts or Fill Your Guts she played on The Late Late Show. "And it was all fun and games and then every headline today was like, 'Drew Barrymore says Jake Gyllenhaal's the least talented actor she's ever worked with.' And I was like, 'No!' Nobody reads the fine print, so I don't even need to talk about it. All you need to know is this."

Barrymore, 43, wowed in an orange-red gown at the premiere and talked about getting in shape for her role as Sheila on the bloody Net-

flix series.

"I'm a vegan and I work



out and I live a completely different lifestyle and diet while being here. Because she is only eating protein and you'd be very lean and she's got this energy and basically immortality now. Who would not look prettier with immortality?" she explained of her zombie character.

her zombie character.

With her busy schedule, Barrymore knows it's important to prioritize her daughters Olive and Frankie. She recently made her eldest daughter, Olive, a calendar to show her when she had to be away for work. But Barrymore says all of her downtime is centered around her two kids.

"I'm just another mom on this planet, but I just spend every waking moment with them," she said. "I wake up with them, I go to sleep with them, I have my weekends with them. There are a lot of

days where I have off because I have an unorthodox schedule in my job, and I don't go do things for myself. I just lean in with them."

She added that this doesn't mean moms don't need "me" time.

"I like when any parent just gets so sick of doing every little thing with their kids that, like, 'You know what? I need a me moment.' That's a healthy understanding and revelation in that moment too but sort of do everything to its fullest," she said. "I know I would not be the kind of mom who's like, 'Mom's gotta go to work all the time.' It's like I work hard and I work crazy hours but there's also a lot of down time and I just give every moment of them it to them."

Santa Clarita Diet season two is now available on Netflix.



JACQUELINE FERNANDEZ HOSPITALIZED...

In a shocking turn of events, Jacqueline Fernandez, who has been shooting for Race 3 in Abu Dhabi, has horribly injured her eye. She was playing squash in between shots when the ball hit her hard, straight in the eye.

Sources exclusively revealed from the sets of Race 3, "Jacqueline was immediately rushed to the hospital. Her eye didn't stop bleeding. She is currently under observation and will be discharged only after the doctors treat her eye."

Sadly, Jacky was expected to return from Dubai along with Salman Khan and Daisy Shah for the Da-bbnang Tour concert that's happening in Pune on 24 Mar. But now with this sudden eye injury, we doubt if she will be able to perform.

If you have been following Jacqueline on Instagram you would know how squash had become her new obsession. She was constantly sharing videos on her Insta story stating how much she enjoys this sport which is no less than a fun way to workout. Little did she expect she will meet with an accident.

Just recently Alia too met

Just recently Alia too met with an accident while shooting for an intense action scene on the sets of Brahmastra in Bulgaria. She is said to have damaged her ligament and is on bed rest for the next few weeks. In that case, Shahid Kapoor too is said to be currently under a lot of pain with some infection in his threat

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"It still fits 20 years later!" Mel B, 42, proves she hasn't aged a day!



Fifth of the kooky Spice Girls, Mel B, proved she is still rocking the same style as her heyday as she headed to the America's Got Talent auditions in a unique recycled two decade old Spice Girls-era bodysuit which displayed her sizzling frame in Los Angeles on Thursday.

While the look was eye-catching, it was also historic as the 42-year-old revealed she first wore the ensemble a whopping two decades before while starring in the critically-panned yet commercially-successful Spice World movie.

Mel shared a shot on Instagram in which she posed with her former bandmates during the promo trail for Spice Girls: The Movie. She added a caption on Instagram reading: "Yippeee it still fits 20 years later thanks to @jpgaultier-official #spiceupyourlife #whynot #ifitstillfits-wearit #extraterrestrial @fentyxpuma".

Daring to impress, Scary Spice showcased

her flawless physique in the skin tight suit that featured a slight belt hung around her lithe waist. Her gorgeous gams were thrust on center stage as the form fitting piece was wrapped tightly around her entire body. She paired the quirky look with a set of

She paired the quirky look with a set of black and white high heel booties that highlighted the bright colors of the bodysuit. The hoodie hid her tresses as she kept dry from the rare rainstorm in Pasadena.

The Wannabe hitmaker joined forces with boss Simon Cowell as well as fellow judges Heidi Klum and Howie Mandel to film America's Got Talent's latest season. The Mirror reported the singer's place on the show was renewed with a £1,800,000 new contract for the 13th series of the show.

Well known for his brutal honesty during his television appearances, it is no surprise Simon confessed Mel can be a "pain" in an interview with publication.

He told the publication: "It's been amazing with Mel. I'll be honest she can be a pain but she has a good heart. With this panel I wouldn't change anything and I won't be changing anything."

Elsewhere, Mel's close friend and AGT cojudge Heidi Klum appeared to confirm a tour comeback for Spice Girls when she pledged to "drag" her on stage

"drag" her on stage. In February - when the Spice up your Life hitmakers reunited at Geri's home - Victoria Beckham teased that "exciting" times were

"Love my girls!!! So many kisses!!! X Exciting x #friendshipneverends #girlpower," she wrote alongside a snap of the group.

Mel C revealed the Spice Girls five-piece reunion has been put on hold because Victoria Beckham has dug her heels in about going on tour.

ARIES: A fascinating article you read in the newspaper could inspire you to try to create a mystery story of your own, Aries. Today your mind is perfectly suited to devising plot twists and interesting but complex characters. You could tell the story to children, or you might even decide to turn it into a novel. Jot down your ideas and look at them again tomorrow. If you want to continue, then go for it!

TAURUS: An important lost object, perhaps a paper of some kind, could command the attention of your entire household, Taurus. This could prove frustrating at first, because you will know that it has to be somewhere in the house, but you can't find it anywhere! The item may reappear just as

you've given up on it, in a place you never would have imagined! Tip: it's probably hidden among other objects.

GEMINI: Someone or something has disappeared, Gemini. Gossip could spread like wildfire as everyone imagines the worst. Listening to rumors probably doesn't appeal to your sense of fairness; nonetheless, you're wondering, too. Your comrades will probably experience a mixture of relief and disappointment when this person/thing turns up. Mystery (mosth) solved!

experience a mixture of relief and disappointment when this person/thing turns up. Mystery (mostly) solved! CANCER: You could have some paperwork to do today, Cancer, which could make a big difference to your financial future. This could be a contract, settlement, or agreement of

you may need to seek some assistance before you execute it. The language might be difficult to understand, and some of the clauses might not feel right to you. This can be frustrating, but it's important to do it today.

LEO: The study of psychology might be especially appealing today, Leo. Some new discoveries that you may have heard about in the media could have piqued your interest and might propel you to the library to find books on the subject. This is a good time to pursue this. Your mind is in the right space to understand it, and it could shed a lot of light on those around you, including

Cancer, which could make a big difference to your financial future. This could be a contract, as alchemy, phrenology, and settlement, or agreement of astrology, could be singing some kind. Whatever it is, their siren song to you, Virgo.

You like to think of yourself as down to Earth and realistic, but today you could find so-called unrealistic fields of knowledge irresistible. You'll also have a special gift for them right now. Read up on the subject and give it a try. You might be surprised at what you discover.

LIBRA: A group activity could lead to discussions of famous unsolved mysteries, Libra. Jack the Ripper, the Black Dahlia, the truth about O.J. Simpson, and

What you discover.

LIBRA: A group activity could lead to discussions of famous unsolved mysteries, Libra. Jack the Ripper, the Black Dahlia, the truth about O.J. Simpson, and other intriguing problems might capture the interest of everyone present, and might lead to some animated debates over possible solutions. You might want to make mental notes of the ideas everyone comes up with. Each possible solution could tell you a lot about the person proposing

it!
SCORPIO: A young colleague could leave your place of employment under strange circumstances, Scorpio, and this could come as a shock to you. You may have been quite fond of this person, and find yourself wondering about the truth behind the departure. Gossip may buzz, but don't pay any attention to it. Chances are it's a health problem, but no one, including your colleague, feels comfortable discussing it.
SAGITTARIUS: Spiritual

SAGITTARIUS: Spiritual occurrences could lead to a very powerful healing experience, Sagittarius. Repressed past traumas could come to the surface and be processed and released. This could leave you feeling rather dazed, as this purging could open a gap in your

psyche. Don't worry; eventually it will fill with new knowledge and insights instead of psychic garbage! For now, take a walk. It will clear your head and help you deal with it all.

you deal with it all.

CAPRICORN: Do you like detective stories, Capricorn? If so, you may find them useful today as you play the role of Sherlock Holmes. A missing object, intellectual problem, or mystery of some kind could have you curious enough to search for the truth. This is a good way to train your powers of observation, although intuition will probably play a strong role in your success. Go to it, and have fun!

AQUARIUS: A business or romantic partner may seem a afraid bit preoccupied with some very serious matters today, Aquarius, to you

and not be likely to share them with you. Asking to talk about it won't work, so you'll probably end up depending on your intuition. Your friend is probably concerned with the health of a family member who may need surgery. Don't feel excluded. Your friend will talk when the time is right. Be patient!

PISCES: Some rather extensive

PISCES: Some rather extensive and annoying paperwork might need to be dealt with, Pisces. It will probably require all your attention, so if you can, take care of it first thing in the morning when you're still fresh. This might be a contract or it could be an insurance policy or something else full of unintelligible jargon. Don't be afraid to ask someone familiar with it to explain the language to you.

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