

Summit **TIMES**

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ON TOP OF THE NEWS

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Sikkim to take part in Smart India Hackathon 2018 grand finale

YOUNGAN 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 different nodal centers across India namely Chennai, Coimbatore, Hyderabad, Kurnool and Noida.

It may be mentioned here, All India Council for Technical Education [AICTE] under the aegis of Ministry of Human Resource Development [MHRD] and in collaboration with i4c, MyGov, Persistent Systems, and Rambhau Mhalgi Prabodhini is organizing Smart India Hackathon 2018. With 27 Union ministries and departments 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 competition. 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 'Start-up 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 problems.

Eighteen teams of 144 youngsters from the State have been shortlisted
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Drug bust in Singtam

YOGEN THATAL
SINGTAM, 23 MAR:

A 45-year old male was arrested 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 approximately.

During the 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 referred 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 ethnic cuisines.

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

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



tourists can have a better understanding regarding the preparation.

He also mentioned

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

construction of eco-huts by Self Help Groups.

The Minister also

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 Department 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 dignitaries.

Sikkim Festival held at IGRMS in Bhopal



SUMMIT REPORT
GANGTOK, 23 MAR:

A 76-member contingent comprising of folk dance troupes of Bhutia, Lepcha, Rai, Tamang, Limboo, Newar, Gurung, along with Lepcha 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 Sikkim organized by IGRMS, Bhopal in collaboration with Tribal Research Institute, Social Justice, Empowerment & Welfare Department, Government of Sikkim.

The Sikkim Festival was inaugurated on 21 Mar and started with Professor LK Ananthakrishna 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, Mysore] and was attended by Professor Sarit Kumar Chaudhuri [Director, IGRMS], Professor TB Subba [Department of Anthropology, North East Hill University, Shillong], TT Lepcha [Officer on Spe-

cial Duty, Primitive Tribe Welfare Board], Ongdup Lepcha [Research Officer, Tribal Research Institute, Sikkim] and other eminent scholars.

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 Indian culture under one roof. He thanked the IGRMS for incorporation of Lepcha and Limboo traditional house in the IGRMS complex.

A book titled "The Cultural Heritage of Sikkim" edited by Prof Sarit Kumar Chaudhuri, Sameera Maiti and Charishma K Lepcha, was also released during the function.

The event featured a
turn to pg02

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 contributing 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, Major 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 late March and early April 2017 triggered floods in north-eastern agricultural areas of Bangladesh. The

monsoon season in South Asia brought the worst flooding in the region for years. Between June and August 2017, flooding in Nepal, Bangladesh 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 occurred 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 reported 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 added.

DC South visits Tinik Chisopani as part of EFFD

SUMMIT REPORT

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 Development 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 inspected 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 Panchayat 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 Management 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 Panchayats to maintain stock register and in-out register.

Likewise, the DC South urged the Panchayats to coordinate 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

the Panchayats to make proper use of the Whatsapp group.

The BDO has been directed to organise a training programme for the Panchayats and make them aware about the ongoing 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 Barboley 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 Nandugaon 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

GANGTOK, 23 MAR:

A 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 police stations with a child friendly police unit.

She also spoke in detail 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.

Training for bamboo artisans in West Sikkim

SUMMIT REPORT

GANGTOK, 23 MAR:

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

An HSS press release informs 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 Development Centre established by HSS under Bermiok-Berthang GPU, West Sikkim.

The training for 20 local rural bamboo artisans was inaugurated 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-



bers of HSS.

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 local 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 artisans who are now eligible to take benefits under government schemes.

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 Panchayat, 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-Berthang GPU.

Secretary of HSS and a bamboo expert of NE India, Dr Tika Prasad Sharma, said that the project is sanctioned for three years and HSS has decided to make Bermiok-Berthang a model cluster in NE India.



Lingi Paiyong School student wins Consumer Awareness contest

SUMMIT REPORT

GANGTOK, 23 MAR:

Class IX student of Lingi Paiyong Government 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 release informs.

The programme was organised by Consumer Club of Yangang Sr Sec School.

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.

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 action against the people who were behind the attack, BJP will approach higher authorities, the release adds.



As per the South District Police, seven persons have been arrested so far and efforts are on to nab other attackers, the release further adds.



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 Minister's Rural Housing Mission [CMRHM] house at Samsing Pipaley GPU in Sawaligaon, Vesmay and Pipaley in West Sikkim today. Present during the inauguration function were Block Development Officer, Chumbung, CL Sharma, Ward Panchayat, Kumari Sharma, Panchayat members and public at large.

Mr Ghatani also briefly inspected and interacted with the public of the GPU. He sanctioned five toilets under the 14th Finance Commission and urged for early commencement 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 recommended that the lake be preserved under schemes

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

The Minister also enumerated various schemes, policies conceptualized 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 organic farming.

Mr Ghatani also proposed to mobilize officials, 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 practiced 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.

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: 25-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, Lalit is presently doing his research on 5G wireless technology in SMIT.

Sikkim Festival held at IGRMS in Bhopal...

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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.

ABLAZE kicks off at ICFAI University

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

and 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 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 MAR (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.



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 Antarasriya 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 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,

Sonom 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

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Computer operators trained in MIS on Swachh Bharat portal

SUMMIT REPORT
GANGTOK, 23 MAR:

Daylong 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

the chief resource person 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.swachhbharaturban.gov.in.

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.

Sikkim to take part in Smart India Hackathon...

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

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

is the Nodal Officer for the State of Sikkim.

During the software edition grand finale, teams of thousands of technology students will build innovative digital solutions for problems posed by different Central government ministries/State departments. Smart India

Hackathon 2018 will be 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.



BUDDHIST TALK IN ENGLISH

འཇམ་དབྱང་གཞུང་གི་འཕྲིན་ལུགས་ལྟེན་ལུགས་ཀྱི་འཕྲིན་ལུགས་ལྟེན་ལུགས་

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, Indonesia, Hongkong and Taiwan to propagate the teachings of the Buddha. His emience 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
Timing:
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.zurmangagyud.org
www.facebook/zurmang gharwang

visit us at
www.summittimes.com

Weather Related

Make meteorology about more than stats and forecasts

Given 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 woollens 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, heatwaves, 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 Khargaoon 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 unpaved 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 about 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 settlement and listened to the challenges of the residents. Through regular meetings and participatory discussions, two groups were formed: Sakhi Saheli 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 ne-

gotiation was the best way forward.

GAINING CONFIDENCE
Through UHRC's training and with the help of women 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, saying 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 bore-wells) 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 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 community 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 prevention and control of diabetes. The high risk persons for diabetes should exercise regularly. Exercise increases the insulin sensitivity and peripheral use of glucose and this state improves

blood glucose control. Up to 30-45 minutes on 3-5 days per week, or 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 pregnancy. (Ref: A manual for Medical Officer, NPCDCS)
- Tips for exercising
1. Adequate fluid intake during exercise.
 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.
 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 ketosis 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 nephropathy:

- 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 exercises.
- Recommended: swimming, bicycling, chair exercises, and arm exercises.
- Amputees can do exercise in a wheel

chair, with arms and body. They need 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 balancing 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 hinder aerobic exercising.
 - Encourage mild exercise, e.g. walking 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 exercise. Take out some time for exercise and encourage others to do some physical activity.

[The writer is Research Officer, Foundation for Research in Community Health, Email: acharyyaamitava@gmail.com]

3 Rohingyas held in Manipur

IMPHAL, MAR 23 (PTI): Security forces arrested three Rohingyas in Manipur 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 Myanmar, where Myanmar security forces have been engaged in crackdown on militants and allegedly driving out Rohingya Muslims.

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

A case has been registered against them at Moreh police station.

13 declared joint winners of Femina Miss India East 2018

KOLKATA, MAR 23 (PTI): Thirteen contestants 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, 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 June.

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 communication skill.

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

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Rs 100cr for development of Nongtraï-Sheïla lying unused

SHILLONG, MAR 23 (PTI): Over Rs 100 crore funded by cement giant LafargeHolcim to carry out socio-economic development at Nongtraï-Sheïla in Meghalaya's East Khasi Hills district has been lying unutilised, the Assembly was informed today.

About Rs 100 crore was lying unutilised by the

Special Purpose Vehicle Society where the Forest 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 projects.

Shangpliang, a for-

mer board member of the SPV Society when he was social welfare director, was elected Mawsynram MLA in the February 27 elections and several villages in his constituency are beneficiaries of the socio-economic development like health, education, economy, irrigation and agriculture.

Stating that not only

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

Chief Minister Conrad K Sangma, in his reply, assured the member to look into the matter while also informing the House that he had al-

ready 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 Nongtraï to its cement plant at Chattak in Bangladesh using a 17 km-long conveyor belt.



ANMs trained to spot mental health problems in rural populace

Contd from pg03

abuse, promotion and development of quality care mental health services. The East district conducted more than 1000 mental health programmes from 2015-17 by initiating several special campaigns. Recently, we have launched 150 programmes based on the theme 'Rural Mental Health' to de-stigmatize mental illness & substance abuse so that patients and family members seek help from treatment 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 postmenopausal period due to sudden changes in hormones particularly estrogen and progesterone. Postpartum blues are very common after delivery characterised by sadness, tearfulness,

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. Elderly 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 other physical complaints which cannot be medically explained."

He also shared that recent scientific advances have been able to create effective medicine for treatment of mental disorders, drug abuse and suicidal behavior.

District Health Education Officer, Mr Bhutia, conducted the Sikkim pledge campaign in the presence of 52 trainees.

National seminar on Teacher Education held at SU



GANGTOK, 23 MAR [PIB]: The Department of Education, Sikkim University organized a two-day national seminar on "Emerging Trends and Innovations in Teacher Education" at Cauveri Hall of the University on 22-23 Mar.

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

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

portance 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 importance of teacher education and also stressed on the significance of keeping both the teachers and the students motivated at all times. He also 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 organizing the programme and extended warm welcome to the participants of the seminar.



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

NEW DELHI, MAR 23 (PTI): A large number of JNU students and teachers 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 Jawaharlal Nehru University Teachers Association (JNUTA).

The associations are demanding academic freedom, accessible and equitable education among others. The teachers' body had requested other associations to join the protest march.

Their other demands 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 implementing compulsory attendance. The JNUTA had earlier launched a three-day 'Satyagraha' inside the campus to raise these demands.

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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 CENTRAL HEALTH STORES ORGANIZATION.

R.O.No. 638/1pr/pub/class/17-18 dt. 22.3.18



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 Netflix 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.

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.

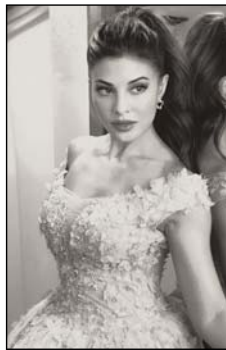
"I'm just another mom on this planet, but I just spend every waking moment with them," she said. "I wake up with them, I go to sleep with them, I have my weekends with them. There are a lot of

days where I have off because I have an unorthodox schedule in my job, and I don't go to 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 to it."

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."

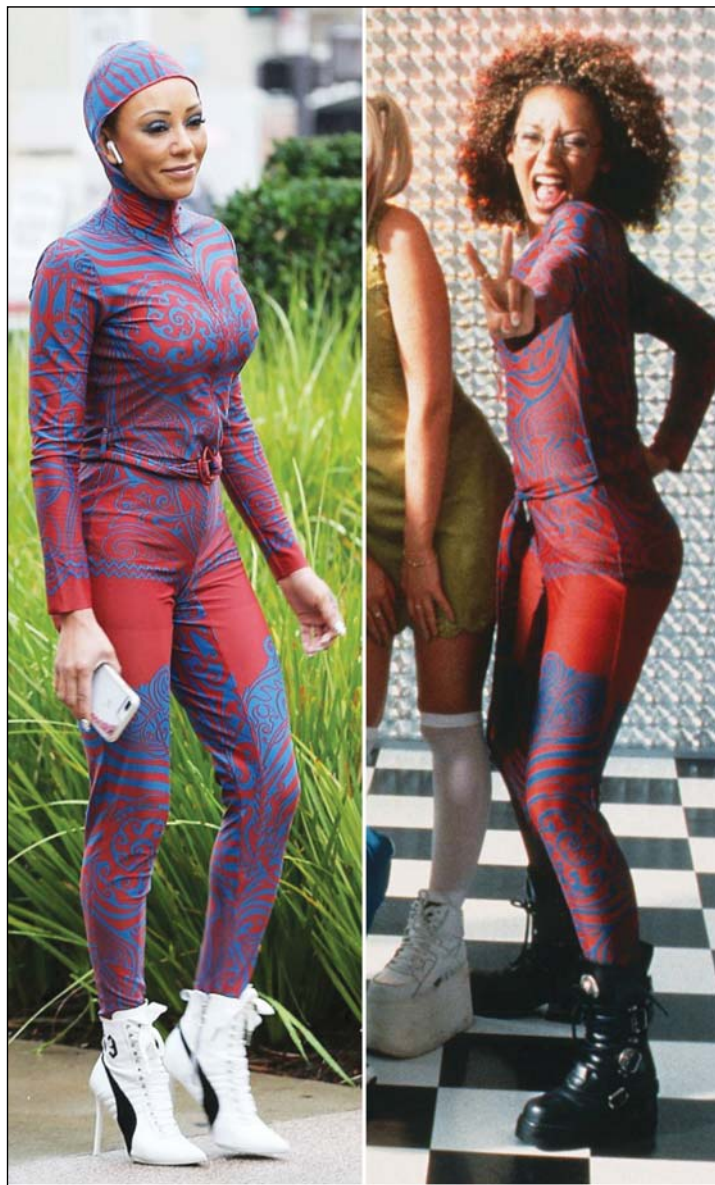
Sadly, Jacky was expected to return from Dubai along with Salman Khan and Daisy Shah for the Da-bbnang Tour concert that's happening in Pune on 24 Mar. But now with this sudden eye injury, we doubt if she will be able to perform.

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 work-out. Little did she expect she will meet with an accident.

Just recently Alia too met with an accident while shooting for an intense action scene on the sets of Brahmastara 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 throat.

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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 @jgautier-official #spiceupyourlife #whynot #ifitstillfitswearit #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 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 co-judge Heidi Klum appeared to confirm a tour comeback for Spice Girls when she pledged to "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 ahead.

"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 (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 some kind. Whatever it is,

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 you!

VIRGO: Occult sciences, such as alchemy, phrenology, and astrology, could be singing 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 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 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.

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 bit preoccupied with some very serious matters today, Aquarius,

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 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.