

# SummitTIMES

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# **Union IT Minister lays foundation** stone of NIELIT in Sikkim

GUWAHATI, 11 AUG (IPR): The Union Minister for Electronics & Information Technology, Law & Justice, Government of India. Ravi Shankar Prasad laid the foundation stone of a permanent campus of National Institute of Electronics & Information Technology (NIELIT) at Benthang, Pakyong, East Sikkim Pakyong, from Guwahati, today.

Also present was Health and IPR Minister, Arjun Kumar Ghatani who represented the state of Sikkim on One Digital North East summit. The state govern-ment has allotted 8.54 acres of land for setting up of the National Insti-tute of Electronics and Information Technology [NIELIT].

Along with Sikkim, the Union Minister laid the foundation stone for setting up of NIELIT at Shillong in Meghalaya, Guwahati in Assam and Lunglei in Mizoram.

On the auspicious occasion, the Digital North



East: Vision 2022 was officially released by the Union Minister in pres-ence of the Chief Minister of Assam, Sarbananda Sonowal, the Chief Minister of Tripura, Biplab Kumar Deb, Chief Min-ister of Meghalaya, Conrad K. Sangma, Dy. Chief Minister of Arunachal Pradesh, Chowna Mein, PHE Minister Nagaland, Jacob Zhimomi, IT Minister Meghalaya, Hamletson Dohling, Secretary Deptt. of Telecommuni-

officials from the Govt. of India and NE States.

The Union Minister in his key note address called upon all North Eastern states to move together in the joint venture of Digital North East vision. The Government of India is dedicated to connect all divided states of North Eastern region digitally into the mainstream. He urged every-one to go through newly released Vision Document for Digital NE 2022

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## Dalai Lama concerned over sectarian clashes in Middle East

BENGALURU, AUG 11 (PTI): Tibetan spiritual leader the Dalai Lama today rued sectarian clashes among Muslims in the Middle East, saying killing in the name of re-ligion is unthinkable.

He emphasised that developing amongpeople solve various crisis the

world is facing today.

Referring to countries like Afghanistan, Syria and other Islamic nations, the Dalai Lama said, "They all follow the same god Allah, same Qu-ran, every day (offer) five time prayers. Yet they are killing each other. It's un-thinkable, really.

Killing due to political power or economic inter-est is somewhat understandable. In the name of religion killing each oth-er is unthinkable. But it is a fact and it is happening," he said.

The Dalai Lama was

delivering a lecture here on the topic 'Courage and compassion in the 21st century', which was organised by Vana Foun-dation under their Vidyaloke initiative



veloping oneness among seven billion people is his major commitment, he was all praise for India for its religious harmony and tolerance.

Though the country has various homegrown religious traditions such as Sankhyaism, Jainism, Buddhism and Sikhism besides Judaism, Christianity, Zoroastrianism and Islam, they had all settled here peacefully and harniously, he said. "India is a big country

with over a billion population, but religious toler-ance, religious harmony are there. So therefore religious harmony is very much possible.

We always say India is the only example that different religioustraditions can live together,"

He also hailed Shias and Sunnis living together in India peacefully in contrast with the situation in Muslim nations, where they often clash

with each other.

The Tibetan leader rued that religion today has become a factor to divide people, whose job is to bring inner peace, love, forgiveness, toler-ance and self-discipline.

The Dalai Lama also pointed out that his mission was to revive ancient Indian spiritual traditions in their original form, whether it be Buddhism, Jainism or Vedic traditions.

He urged people to understand the Nalanda tradition of Buddhism. which originated in In-dia and is still preserved with the Tibetans.

# Inspection drive conducted after 4 test positive for dengue in Singtam

YOGEN THATAL SINGTAM, 11 AUG:

After four persons tested positive for dengue in Singtam, the District Hospital Singtam in collaboration with president and council-lors of Singtam Nagar Panchayat along with Health officials from Health officials from Gangtok began an in-spection drive in Singtam bazaar, today.

Dr T Laden [CMO], Sonam Bhutia [DHEO], members, ficials from Gangtok, along with councillors and officials of Singtam Nagar Panchayat were present during the inspection drive. Three females and

one male from Singtam bazaar recently tested positive for dengue, it is informed.



The team inspected

bage could give rise to spread of diseases like dengue

#### Golay thanks all for warm welcome

SUMMIT REPORT

GANGTOK, 11 Aug:

A fter his release After his release ...... Rongyek Jail, Sikkim Krantikari Morcha president, PS Tamang [Golay] has thanked all his well-wishers and party workers for the warm welcome accorded to him on Friday.

Through a press re-lease, Mr Tamang has thanked senior leaders and workers of the party and its frontal organisa-tions and every leader-ship of the party for their active participation in the Jan Unmukti Diwas.

SKM had declared 10 Aug, the day of Mr mang's release as Jan Unmukti Diwas.

He expressed happiness on the participation of thousands of people and well-wishers from across the State and turn to pg03

# MR.SIKKIM **MANHUNT** Powered by: **ONLINE REGISTRATION OPEN** LAST DATE 23rd AUGUST, 2018

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# Two Holy Cross School students in top-27 of News Wiz

SUMMIT REPORT GANGTOK, 11 AUG:

Rishal Pandey Chettri and Pareekshit Da-hal of Classes 10 and 12 respectively from Holy Cross School, Tadong have cleared two vigorous rounds of Online Test and Live Interview and Quiz to enter the top 27 teams of News Wiz Season 3. as per a press release.

The said competition will also be aired on India Today and Aaj Tak. News Wiz is India's

biggest News Quiz and is hosted by newsman Rajdeep Sardesai. This is the only team from North-East India to reach the top 27 teams in the quiz's third season.

It is also to be noted

that this is the first time that any team from Sik-kim has made it to the top 27 slot, the release mentions.

The duo along with

their teacher will be leaving for India Today Stu dio, Noida on 20 Aug.



# Singtam doctors conduct free health camp for the elderly

SUMMIT REPORT

The Doctors Academic Society of Singtam District Hospital (DASSH) conducted a special health camp at he Doctors Academ Jalipool Old Age Home

A press release in-forms that Dr. Kalyan Dahal (Skin), Dr. Upasana Rai (ENT), Dr. Manisha Kumari (AYUSH) and Psychologist Devendra Singh and Sonam Tong-den provided compre-hensive health check up with free medicines to 17 elderly persons residing in the Old Age Home.

Dr Tshering Laden (Patron, DASSH) said that DASH has been serving beyond hospital walls by organizing regular health camps for special population such as chil-dren and geriatric population residing in shelter homes.
"We have adopted Ja-



lipool Old age home for their medical needs and planning to support them with monthly check-up," she said. health

Dr Satish Rasaily said that DASSH is an initiative of all the doctors of Singtam District Hospital constituted to promote

continued medical education (CME) for professional growth and dedemic program on pertinent health issues and its management since 2015.

The funds for con-cting activities are

generated by collection from individual doctors, the release informs.

## Teaching Excellence Award for Vinayaka Missions Sikkim University



GANGTOK, 11 AUG:

inayaka Missions Sik-Vinayaka Missions Sik-kim University was awarded the Teaching Excellence Award by Dr. Manpreet Singh Manna, AICTE on 10 Aug in Elets & Digital Learning 12th World Education Summit held at New Delhi.

The award was re ceived by Campus Director of Vinayaka Missions Sikkim University, DF Singh who said that the University is taking every necessary step to make VMSU one of the prominent Universities of the nation while imparting quality education.

# Army XI enter semis of Sir Tashi Namgyal Memorial Cup

SUMMIT REPORT

GANGTOK, 11 Aug:
Army XI, Lucknow
has also entered the semi-final round of the ongoing Independence Day Football Tournament for Chogyal Sir Tashi Namgyal norial Cup 2018 here at Paljor Stadium.

In the last quarter-final match played on Sat-urday, Army XI outplayed Sikkim Himalayan Sport-ing Club 2-0 to secure its berth in the semi-final round. Liton Shil and Ritha Anal scored one goal each for Army XI.



The first semi-final tween the United Sikkim match will be played be-Football Club and Sikkim

Aakraman Football Club on Sunday.

## Adampool volleyball tourney

SUMMIT REPORT

GANGTOK, 11 AUG:

Adampool Junior High
School lost against
Adampool today during the ongoing volleyball tournament played at Adampool JHS.

Adampool scored 50 points while Adampool JHS scored 40 points.

Mechanical Chief Engineer, PWD, PN Sherpa, attended today's match as the chief guest accompanied by special guests AD Scholarship,HRDD, IP Sharma and ex-SMC president, YP Neopaney.

# Inter house football tourney at Lingi Paiyong School

SUMMIT REPORT

GANGTOK, 11 Aug:
The inter house football tournament at The inter house tootball tout name...

Lingi Paiyong Secondary School continued with two matches played on Saturday. The first match was played between Zemu house and Gurudongmar House in which Zemu house thrashed Gurudongmar house by 8-2 goals, a press release informs.

Sanchay Tamang of Zemu house was adjudged player of the match. In the second match between Ralong house and Neytham house, Ralong House beat Neytham House by 5-3 goals. Deependra Thapa of Blue house was adjudged the

The final match of the tournament will be played on 15 Aug between Zemu and Ralong House



## Temi FC enter semi-finals of Rangpo I-Day tourney



SUMMIT REPORT ANGTOK, 11 AUG:

The last quarter final match of 72nd Independence Day open football tournament organised by IDCC Rangpo 2018 was played be-tween ACE Bangalore and Temi FC at Rangpo Bazaar Playground, informs a press release.

The match was attended by Unit Head Macleods Pharmaceuticals Limited, V Srinivasulu and Admin Head, Diwa-kar Sahil as the chief guests. Temi FC won the match 2-1 to enter the semi-final round.

Temi FC will now play the last semi-final match on 13 Aug against Himalayan FC Gangtok. Smile Tamang of Temi FC won the Man of the Match trophy.

Mani Kumar Pradhan [press and publicity in charge] informed that on 12 Aug the first semi-final match of this tournament will be played between Ghoom Jorbangla and Sik-kim Police at 3 p.m.

# Organic farming training at Lingzey

SUMMIT REPORT

International Panaa-cea Limited, a Service Provider Agency under Sikkim Organic Mission. Government of Sikkim, organized a ward level programme at Lingzev 2 ward on ICS and organ-ic certification, organic vegetable production at Assam Lingzey, East Sikkim today.

A press release informs that Field Assistant of FS & ADD, Chitra Maya Mukhia and progressive farmers of Lingzey 2 ward attended the programme. Field Executive of International Panaacea Limited, Naina Kala Rai demonstrated the formulation of Bee-

Field Assistant of FS & ADD, Chitra Maya



Mukhia asked farmers to inform them if there is any symptom of disease in any crop and vegetable plants so that a suitable remedy can be found.

A demonstration on

bottle trap to protect the crop and vegetables from insects was presented by Jasman Subba, Block In-Charge, along with field functionaries. Mr. Sub-ba mentioned about the standard of Organic Cer tification, need for Aadhaar Card Number and Bank Account of each farmer to be recorded in the documentation.

He also briefed about

the standard of Nationa Programme for Organic Production (NPOP) and National Organic Program (NOP) technical standards (USA).

# Training on Fermented Plant Extract for Tinzerbong farmers

SUMMIT REPORT GANGTOK, 11 AUG:

Mevedir organized a ward level training cum demonstration program on the topic of Fermented Plant Extract on 10 Aug. The training program was conducted at Tinzerbong ward under Mabong Segeng GPU, West Sikkim in the presence of DK Rai (Field Assistant of Horticulture Department) along with Mevedir Master Trainer, Santosh Manger, informs a press release

Mr. Manger demonstrated the preparation of fermented plant extract (FPE) using locally available plants from the area such as Hatibar (Agave), Lyonia (Angeri), Artimi-sea (Titeypati), Eupatorium (Banmara), Zanthoxy-lum (Timbur). The method for preparing the fer-mented plant extract was demonstrated in front of farmers by chopping all the above ingredients and putting them into a container having cow urine.

Farmers were in-formed that this container is to be kept for 5-10 days for fermentation so that the medicinal properties of the plants get extracted and become available in the liquid. This fermented plant extract is very effec-tive in controlling various pests and is to be used by diluting it in water and spraying in plants at var-

ious crop intervals.

They were also informed about the recent audit that had been undertaken by the external auditor of IMO wherein the farms are checked and the non compliances are checked. Farmers were refreshed with some of the NPOP standards, what could be done in organic farming and what to avoid.

ternal inspection of the ICS projects in their area would take place after 15 Aug.

The next round of exinforms.

More than 20 farmers participated in this training program.

### Farm machines and equipment distributed in West Sikkim

SUMMIT REPORT

GANGTOK, 11 AUG:

Tarm machines equipment were distributed at Krishi Vigyan Kendra, Gyalshing, West Sikkim, on Thursday 39 farmers from Yuksum, Barfok and Begha, an official press communiqué

A total of 34 Power Tillers, 15 Multi-Purpose Grinders, 5 Chaff Cutters and one Brush Cutter were distributed on the day

Today, a similar distribution programme was or-ganised at Chakung Gram Prashan Kendra with the

Chakung Panchayat Presi-dent as chief guest. Five village - Rum-buk, Daramdin, Okhrey, Tikpur and Timburbung were covered and 67 beneficiaries received between them, 59 Power received Tillers, 11 Spice Grinders, 19 Chaff Cutters and one Brush Cutter.

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#### Gangtok on Sunday, 12 Aug

Temp: 26°C/18°C Forecast: Considerable cloudiness, a couple of thun-Sunrise: 05:04 AM Sunset: 6:17 PM

## Golay thanks all for warm welcome

contd from pg03

further expressed his commitment to transform Sikkim.

No conspiracy of SDF and its leaders can stop the people or SKM from

the people or SRM from coming to power in 2019, he has said.

Mr Tamang has also thanked the State ad-ministration and Police Department and all its officials and personnel for delivering their duties re-sponsibly for the success of the programme. He also thanked the Iail administration for making all required arrangements for Friday's programme and support provided to him during his yearlong im

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# SCERT organises training of Science and Social Science teachers from the North East Re-

A five-day training enti-tled, "Training of Master Trainers on Development of Quality Questions in Science and Social Science for Secondary Lev-el," concluded at SCERT on 10 Aug.

The programme was organised by State Council of Educational Research and Training (SCERT) with academic and financial support gional Institute of Education (NERIE).

The prime objective of the training was to build the capacity of secondary teachers on preparation of Quality Questions in Science and Social Science at Secondary level.

The resource persons for Science were Dr B. Devi (Associate Professor, NERIE), Dr

Animesh Kumar Mohapatra (Professor from RIE, Bhubaneshwar) and Dr N Priyo Kumar (Associate professor (Retd), D.M. College of Science,

Imphal). Likewise, Prof. Shankar Sharan (NCERT), Dr Shivananda Chinnapan-navar (Assitant Profes-sor, RIE Mysore) and Dr Ram Avdesh Singh (Assitant Professor, NERIE, Shillong) were the resource persons for social

science.
Resource not only discussed in detail the theory and principles involved behind making of a question paper, but also guided participants to develop question paper in their respective subjects. To optimise the use of time, there were two parallel sessions for science and social science.

The valedictory session of the workshop began with a presentation of report of the training programme by Deputy Director SCERT, Dr Shanti Ram Adhikari. urged teachers not only to share their learning and experience with their friends at school but also to implement the new learning into actions in schools.

In the interactive

session, participants not only shared their reflections about the training but also thanked SCERT and NERIE for providing this training which was first of its kind in their service period. Dr Rabin Chhetri Director SCERT, in his address, highlighted the importance of the training and also talked about various initiatives started by SCERT to help teachers become effecguest gave away certificates to participating teachers.

The training which

was co-ordinated by Dr Shanti Ram Adhikari, was one among several need based training programmes to be conduct-ed by NERIE for the state of Sikkim as per the requirement submitted by SCERT to NERIE.

# Swachh Survekshan progs held at Rey Mindu



To commemorate the month-long Swachh Survekshan 2018, Rey Mindu Gram Panchayat Unit under Ranka BDO. East Sikkim organised various programmes on healthy living and clean environment on 10 Aug.

The programme led by Panchayat members, school teachers, village and Panchayat Accounts Assistants, health officials and Anganwadi workers appraised the students and general public about personal hygiene and benefits of keeping the surroundings clean.

The team also held massive cleanliness drives at the complexes of Sama JHS, Sibik ICDS Centre, Rey PHSC and other places.

The programme was coordinated by VAA, Karma Sonam Bhutia. It is to be mentioned here that Swachh Survekshan Grameen is being organised all over the State from 1-31 Aug.



# I-Day football in Singtam

SUMMIT REPORT SINGTAM, 11 AUG:

The second quarter-final match of the 72nd Independence Day Football Tournament was won by Howlers FC

5-0 against IVC Academy. Singtam, here at Golitar football ground today.

On 12 Aug, the first semi-final match will be played between JVC FC and Himalayan Sporting

segment, Ralep Secondary School will take on Sirwani Secondary School.

# Oath taking ceremony of SBJM MG Marg branch



SUMMIT REPORT GANGTOK, 11 AUG:

Sikkim Bihari Jagran Manch, MG Marg Branch conducted the oath taking and certification ceremony at Hotel Golden Pagoda today in the presence of chief Ongmu Bhutia (A.S.P. Traffic Police), informs a press release

Gangtok), Ram Pujan Singh (Chief Patron Sikkim Bihari Jagran Manch), Joseph Lepcha (president International Humans Rights & Crime Control Organisation Sikkim Unit) were present as guests of honor while Ajit Prasad and Anil Prasad were special

executive body took part in the oath taking ceremony namely Prem Kr Gupta [president], Bhupendra Prasad [vice president], Manoj Kr Prasad [general secretary], Varun Kr Pandey [joint secretary], Madan Sharma [treasurer], Ranjit Prasad [legal advisor], Sushil Kr Choudhary

Pawan Kr Prasad [ca shier] and Vivak Singh [coordination].

In the program, various agendas for Sikkim Bihari Jagran Manch were discussed for the up-liftment of SBJM, betterment of the society and to unite all the branches, the

# Union IT Minister lays foundation stone of NIELIT in Sikkim

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thoroughly and to initiate action accordingly in their respective states.

On the occasion, Union Minister, Ravi Shankar Prasad announced to provide training on capacity building for 50,000 state government employees in ise of digital technologies including GST and Digital Pay ment. He also announced to double the existing 5000 seats in Business Process Outsourcing (BPOs) in NE regions to 10,000 seats. He also announced to establish e- Pragati enterprise in all North Eastern states and also outlined strategies and specific initiatives to achieve digital empowerment for the citizen of NE States.

India is emerging as electronic manufactur-ing centre and economic power house in the glob-al scenario where eight states of NE region have significant role to play for transformation by use of technology. Newly released vision documents identifies eight digital thrust areas namely Digital Infrastructure, Man-ufacturing, Promotion of IT in BPOs, Digital Payments, innovations, Start-ups and Cyber Security.

Minister, Arjun Ku-

Ghatani, representing the state of Sikkim, raised issues of telecommunication connectivity constraints in the state of Sikkim and submitted two genuine demands for establishment of State's own Telecom Circle and Strengthening of Internet Connectivity from District to Sub Division and Block Level. Mr. Ghatani shed light

on milestones of growth and progress in various spheres marked by the state of Sikkim under the leadership of Chief Minister, Pawan Chamling and particularly stressed upon IT activities and its participation in digital revolution to transform Sikkim as one of the Smart states in India.

He mentioned that

the state of Sikkim is steadily working towards adopting technology to improve the delivery of government services, promotion of e-governance and formulation of its Information Technology Mission, which is the 23rd Mission of the Government of Sikkim. He highlighted Vari-

ous Mission Mode Projects (MMP), under the Digital India Programme to promote and facilitate effective integraogy with through tion of technolo governance, planning, programming, training, consulting, and other support activities.

Mr. Ghatani spoke on the progress made by the State in the quest for digital excellence wherein he underlined implementation of various e-governance schemes like the Common Service Centre (CSC), State Wide Area Network(SWAN), and Network(SWAN), and other initiatives like, the Sikkim Data Centre (SDC), State Portal/Service De-livery Gateway (SSDG) and the E-District Project on a mission mode.

He also stressed upon

digital ventures of the State Government like Sikkim Integrated Financial Management System(SIFMS), E-Tendering/Procurement, Computerized examination data processing system in the State Public Service Commission, Mobile Tourism, Sikkim open Data Acquisition and Data Acquisition and Accessibility Policy Safe disposal of e-Waste, dis-abled friendly websites, Establishing a Centre for Research and Training in

Informatics(CRTI), WiFi

Departmental ervices, Mobile applications, etc.

Mr. Ghatani lauded digital revolution embraced by the Melli Dara GPU in Cyber Village project, which was declared as one of the top 100 e-Governance initiatives in India and received the 41st Skoch Award of Merit.

Further, he also articulated on IT Projects proposed for the year 2018-2019 in detail. He pointed out various hindrances and constraints of connectivity in Sikkim and elaborated on obligations to rely heavily on BSNL which has its own problems and anticipated immediate intervention from the Union Government to address the issues.

The programme was

also addressed by the Chief Minister of Assam, Tripura, Meghalaya, and Chief Minister of Arunachal Pradesh also by PHE Minister from Nagaland, Secretary, DoT, Secretary of Develop-ment of North Eastern Region (DoNER) and other dignitaries.

During the event sev-

eral other projects were also launched covering all North Eastern States



# **SummitTIMES**

## **Delinquency Hardening** into Crime

Pause, listen, care

Localities across the State are reporting crimes which might appear petty on first read, may even become conversation starters for a while, but because they are not scandalous or "bloody" enough, fade away from memory and conversations. Occasionally, when these excesses touch those with influence or a will-ingness to invest time to make some noise or generate awareness, the incidents remain in the public domain for slightly longer and cops might even get pulled away from VIP or event-management duties to patrol the streets, but things normalize eventually and we go to back to forgetting or not bothering. That, however, would be the wrong response. These are desperately disturbing trends and require deeper deliberations. Burglaries have now become routine, and there have been instances when even the donation boxes from temples and monasteries have been raided. Unattended LPG cylinders are often lifted away, and now, at least in Gangtok, there have been enough instances of muggings and bag snatching to flag them as a worry as well. The one common thread running through this span from piggy-bank lifting to actual mugging is that these are opportunist crimes not necessarily committed by a "career criminal", but those carried out by the criminally inclined.

And that is a worry.

Career criminals have a track record – a history-sheet as the cops like to call it – and can be traced down, interrogated, charged and locked away. The criminally inclined move around with their tendencies and act upon it when opportunity allows or when they are egged on by others with similar dispensations or are just bored and looking for some excitement. Unless identified, they cannot be traced down, as is obvious from the fact that none of those involved in muggings or bag-snatching incidents have been rounded up thus far. As the heat of increased police patrolling and brighter street lighting ramps up, this group lays low, and once policing relaxes, they will surface again or find release is some other disruption. Locking them away is not recommended either because that would be condemning them before any efforts were made to reclaim them back into the folds of society.

Policing, hence, does not offer permanent solutions. But we all always knew that. The Indian experience with the police is not one of reforming but one of hardening criminals, so, that might not even be the advisable route to take. What Sikkim faces is a growth in opportunist/ casual crime, and that is a whole different ball game since it is fused into the societal makeup, occupying that grey area where delinquency starts fermenting into harder stuff. Because it infiltrates slowly, it catches everyone off guard when it explodes These are not situations which developed overnight, but surface after decades of failure to notice. A brawl ending up in a stabbing, a scuffle leading to a fatal bludgeoning, a bag violently snatched in a dark alley, a vehicle torched in the dead of the night, inhuman beating over a minor ego bruising or a bullet to settle per-ceived slights... These are not instincts born overnight, but impulses acted upon after years of experiencing disinterest and uncaring. And just because they do ot happen very often, should not mean that they are not a concern. At one level, these are still not the handiwork of 'criminals'. These are obviously expressions of a bored and frustrated youth to begin with, and also suggestive of growing habits and dependence which need to be financed through such risky undertakings.

Irrespective of how one sees it – as adventures un-dertaken to relieve boredom, outbursts to rage against the system, or signs of a generation screaming for attention or just a depressing sense of worthlessness which needs violence to overcome - these are all evidence of increasing delinquency that could go out of hand if left unattended, and the response required is the same – the generation above needs to pause and listen, share and care.

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

# Children with disabilities need better access to sport

DANIEL GOLDOWITZ, JEAN-PAUL COLLET & KEIKO SHIKAKO-THOMAS

anada's 2018 Report Card on Physical Activity Canadas 2016 Report Card on Any Scale Canadas 2016 Report Card on Any Scale Card for Children and Youth, published by the national non-profit organization ParticipACTION, gives Canadian children and youth an overall D+ grade for physical activity.

It calls for Canadian kids to get up and move

**Opinion** 

For the first time, the report makes specific mention of the importance of physical activity to children with disabilities. Our team at the Kids Brain Health Network proudly contributed to, and enthusiastically endorses, its findings and recom-

This report card focuses on the connection be tween exercise and brain health, not for the sake of fitness alone, but for the health of their developing brains. It is a vital clarion call for change.

However, if all Canadian children are to enjoy their rights to play and participate, that call needs to be supported and amplified by voices at all levels. Multiple, well-identified barriers stand in the way of children and youth

with disabilities who want and absolutely needto be active. Research, commentary and cover-age have yet to uproot those obstacles.

#### LACK OF EQUIPMENT, INACCESSIBLE FACILITIES

Strategy and policy are important promoters of physical activity and sport, but when it comes to adapted programming for kids with disabilities,

they are distinctly lacking.

Most extracurricular physical activity program-

ming in Canada is offered through city and com-munity organizations. There are many excellent accessible sites, but not enough to meet the need, and there is little or no coordination of efforts or of-

A lack of appropriate equipment, coupled with a lack of professionals trained to support physical activity among children and youth with different ability levels, discourages participation.

Often, existing adapted and inclusive activities are not known to parents of children with disabilities, as they depend on word of mouth. Additional barriers can include inaccessible facilities and high costs of entry.

One parent told us: "I was so tired of this expe rience of trying something, and having my son feel like a failure because he can't meet the expectations." This mother and her son had both had enough.

Their frustration is such a frequent experience.

it has triggered interest in improving crucial first xperiences with sport for children of all abilities

Early, positive exposure to sports and physical activity encourages children to try and not give up.

But negative experience is a significant deterrent — especially to ongoing participation for children with disabilities.

A significant step towards inclusion came last week, with the tabling of the federal Act to ensure a barrier-free Canada. The Act proposes to identify, remove and prevent accessibility barriers in areas of federal jurisdiction.

This long-awaited legislation addresses federally-run programs and built environments, but it remains to be seen whether it will address or remove barriers to participation in sport and leisure activity.

ACTIVE KIDS GROW STRONGER

Let's focus for a moment on what the data is telling us about why physical activity is so important for children and youth with disabilities.

We know that obesity and mental health issues including attention deficit, anxiety and depres-on — are becoming more common among all children. They are even more prominent among children and youth with disabilities, especially those that are brain-based or neurodevelopmental, such as autism, ADHD or fetal alcohol spection, activities of daily living and quality of life all improve with exercise — not only for the children but their families as well.

#### MAPPING CANADA WITH AN APP

Kids Brain Health Network, a federally funded Network of Centres of Excellence, supports research in physical activity to improve training among coaches, support staff and program managers. The network also develops capacity to support parents of kids within existing programs.

A key partner in this effort is Special Olympics

B.C. Together, we're developing a program to promote best practices and expand the range of children involved in Special Olympics activities.

Another project we support is the Jooay App designed to help children with disabilities and their families locate accessible sport and leisure opportunities close to home that suit their needs and abilities and match their preferences.

In addition to centralizing and highlighting what's available, Jooay is also starting to map areas in Canada that are most deprived of these opportunities.

#### THE RIGHTS OF CHILDREN TO PLAY

Solutions on the ground are vitally important, but we must also engage with

policymakers and at the community level to ensure that policies, procedures and practices that prevent children with disabilities from participating get ad-

We're doing that through policy briefs and direct encounters at the federal and provincial levels, highlighting the rights of children to play and be healthy — as established in international law. In addition, we are working to generate community consensus on the steps

needed to increase participation for children with disabilities.

We're also listening to Canadian youth with disabilities who support our policy outreach. They tell us they want to participate in the same activities as their friends, in the communities where they live. They need coaches, staff and peers who are friendly and welcoming.

The solutions aren't necessarily complex. They require involving children and youth with disabilities, and thinking inclusively as an integral part of planning health promotion and public health

So, let's get moving.
[Daniel Goldowitz is Professor and Tier 1 Canada Research Chair in Developmental Neurogenet-ics, University of British Columbia; Jean-Paul Collet is Clinical Professor in the Department of Pediatrics, University of British Columbia; Keiko Shikako-Thomas is Canada Chair in

Childhood Disability, Participation and Knowl-edge Translation, and Assistant Professor in Occupational Therapy, McGill University]



Even a single game, workout or activity can improve the capacity to focus in children with disabilities. Physical activity can also contribute to better cognitive performance, memory, the ability to problem-solve and decision-making. Active children have better executive functioning, including planning, self-regulation and the ability to perform demanding tasks with greater accuracy.

Because of previous exclusion or limited access, children with brain-based disabilities are likely to experience the greatest benefits in these areas when they participate in physical activity.

It's all about the cycle of conditioning: active kids

who stay active grow stronger and more physically literate as they age. The cycle of deconditioning works the same way: for children who don't participate, the less they do, the less they're able to do.

Physical activity can help support mental health and wellness among children and youth, minimizing symptoms of depression, diminishing anxiety

and increasing resilience to stress.

Beyond the benefits to body and mind, participation also promotes inclusion. Social communica-

# Hackers cause most data breaches, but accidents by normal people aren't far behind

Have you ever had your personal information leaked on the internet? Maybe it was something you purchased online from a website, only to find out that the company was hacked months later? If the answer is "yes", you probably want to know whether the braws reported and dealt with.

Australian organisations reported 242 data breaches between April 1 and June 30, 2018. There was a dramatic increase in notifications from February 2018, when eight notifications were made, to June 2018, when 90 notifications were made.

There are obvious reasons for this

increase. Since the government's Notifiable Data Breaches (NDB) scheme was introduced on February 22, organisations are becoming more aware of cyber security, and the rules and regulations around handling data.

WHAT DOES A DATA

#### BREACH LOOK LIKE?

To give you an example of a data breach, we can look back to 2017, when almost 50,000 Australians had their sensitive information leaked online.

In this case, a private contractor incorrectly configured an Amazon cloud storage service, inadvertently causing the data to become publicly accessible. A Polish security research-er discovered the data, which included names, passwords, identification deone numbers, and credit card

numbers.

The NDB scheme aims to prevent breaches like this from being kept un-

ties to learn the extent of the damage.

#### HOW MANY PEOPLE

The recent quarterly NDB report suggests that most data breach notifica-tions are coming from small or medi-um-sized organisations, with relatively few customers affected. There were 55 notifications (23%) of breaches in which 11 to 100 people were affected. In 52 instances (21%), 101-1,000 people were affected. And there was just one notification that affected more

than a million people.

This suggests that larger organisations are generally more adept at preventing data breaches.

WHAT KIND OF DATA

WAS BREACHED?

The types of information being leaked is broken down into Tax File Number, health information, identity information, financial details, and contact in-

mation.
Results show that contact information was the most common type of data leaked, with 216 notifications reported (89%). This was followed by financial information, with 102 notifications (42%); identity information (94 notifications, 39%); and Tax File Numbers (47 notifications, 19%). It is worrying that financial infor-

mation was leaked in 42% of cases. Any data breach is problematic, but the leak of financial data can have a dramatic impact on a victim's life if it

#### DATA BREACHES? Three main reasons were cited for data

results in fraudulent purchase WHAT IS CAUSING THESE or criminal attacks (59%), human er-

ror (36%), and system fault (5%).

Most notifications were the direct result of cyber incidents, including phishing, malware, ransomware, brute-force attacks, compromised or stolen credentials, and hacking. This was followed by theft of paperwork or data storage devices, and breaches caused by rogue employees and insider threats.

Human error is often regarded as the main cause of cyber security incidents. But it was only the second most common cause of data breaches

during the last quarter.

In 22 cases, data was sent to the wrong recipient. When organisations unintentionally released or published information this accounted for 12 noti-fications. The report includes clicking on a phishing email as human error, although this action should really be categorised as the result of a malicious attack.

# WHICH INDUSTRIES WERE

MOST AFFECTED?
The report lists five industry sectors: health service providers; finance and legal services; accounting and manage-ment services; education and business services; and professional services.

The health care industry was most affected, with 49 notifications (20%), followed closely by the finance sector with 36 notifications (15%).

Why these sectors? Financial infor-

mation, such as credit cards or bank details, is a key target for hackers be-cause it can translate into real money quickly.

also a lucrative target for hackers who have in the past put confidential patient data up for ransom. For example, in 2016 the Hollywood Presbyterian Medical Center paid a US\$17,000 ran-som in bitcoin to hackers who had tak-en control of its computer system.

The education sector reported 19 notifications (8%). This number is likely to grow as hackers become aware of the value of unpublished re-

search and intellectual property.

A recent example of this was the hacking attempts of Australian National University, where it was reported that ANU spent many months fending off attacks on its systems that were traced back to China.

#### COMBATING DATA BREACHES

The NDB scheme and reporting is an important way to shed light on the cyber security issues facing Australia, now and in the future. Knowing how breaches are occurring, how often and to which sectors will allow cyber security professionals and researchers to tackle these issues head on.

Some breaches can be defended using technology, such as ransomware prevention tools. But breaches that result from human error are more dif-ficult. Education and training for em-ployees can assist them in preventing simple mishaps from occurring.

Bringing these numbers down will require a mix of technological solu-tions and education. Until we get this right, we're likely to see more breaches in the near future, rather than less.

[the writer is Lecture

er, Deakin University

#### Cong ultimatum to Arunachal Pradesh govt on TAH scam

ITANAGAR, AUG 11 (PTI): Arunachal Pradesh Congress Committee (APCC) president Takam Saniov has served a 10-day ultimatum to the state government to grant justice to all victims of the Trans-Arunachal High-way (TAH) compensation

"Our party has submitted a memorandum to the state governor and chief minister through chief secretary mention-ing about the ultimatum served yesterday to take follow up actions," Sanjoy

told reporters here.

If justice is not granted within the given deadline, Congress will be forced to launch a series of movement till the goal is achieved, he said last

He alleged that a huge unt as compensation had been given to people without land, while land owners were given a paltry sum.

The APCC has reiterated its demand to hand over the case to the CBI as the Special Investigation Cell (SIC) of the state police is "not competent" to probe the scam involving Rs 246 crore, he said.

Former Lower Subansiri Deputy Commissioner Kemo Lollen, former Land Revenue and Settlement Officer Bharat Ligu and a businessman Likha Maj were arrested last month in connection with the cam, the police said.

#### Underconstruction flyover collapses in Phansidewa

DARJEELING, AUG 11 (PTI): A portion of an under-construction flyover came crashing down at Phansidewa in Darjeeling district today without in

juring anybody, police said. The incident happened near Kanthibhita in Phansidewa town along the Na-tional Highway 31D. Fiur laning of the high-

way is presently going on in the stretch which is a part of the East-West corridor envisaged under National Highways Development Project - Phase II, and is a vital link for connectivity to the North East.

An investigation into the incident is underway, said a National Highway Authority of India repre-

# Vision Document for digital North East launched with big plans

GUWAHATI, GUWAHATI, AUG 11 (PTI): Union IT Minister Ravi Shankar Prasad to-day released the 'Vision Document' for a digital North East by 2022 that aims to enhance peoples' lives by capacity building of government staff and doubling BPO strength in

the region.

Unveiling the plans under the 'Digital North East: Vision 2022', Prasad said the document emphasises leveraging digital technologies transform lives of people of the North East and en-

hance the ease of living.

He said a cloud hub for North East will be created in Guwahati and capacity building for 50.000 government staff



digital technologies, including Goods and Ser-vices Tax and payment platforms.

The number of seats

Northeastern states will be doubled to 10,000 network service centres will be

expanded to cover all villages, Prasad said.

The document said connectivity in all the uncovered villages

the North Eastern regi shall be provided

The document idenareas -- digital infrastrucdigital services,

promotion of electronics manufacturing, promo-tion of IT and IT enabled services including BPOs, digital payments, inno-vation & startups, and

cyber security.

The Vision Document aims to empower the people of the North Eastern region and state-wise roadmaps have been developed for implementing digital initiatives.

The document was released in the presence of chief ministers of Assam, Meghalaya and Tripura along with senior government officials.

Coinciding with the unveiling of the Vision Document, several other projects were launched

the Northeastern states

parallel ses Three sions were also held in the morning, comprising a networking workshop on hub-and-spoke model for the BPOs, a session on expanding the role and reach of common service centres and another session on government e-market place.

Before the event, Prasad and Assam Chief Minister Sarbananda Sonowal laid the foundation stone for a common facilitation centre and smart meter manu-facturing facility at the Electronics Manufacturing Cluster (EMC) in Tech City at Bongara village,

# Trinamool holds protest rallies across Bengal against NRC

Trinamool Congress (TMC) today took out ral-lies across the state in protest against the publication of the complete draft of the National Register of Citizens (NRC) in Assam.

Senior TMC leaders, ministers and elected representatives today conducted rallies in various parts of the state wearing black badges.

Holding placards, the TMC activists raised slogans against the BJP governments at the Centre as well as Assam.

"In the name of NRC, they (BJP government in Assam) have deliberately omitted the names of Bengalis and other communities from the list. This is really shameful



Secretary General Partha Chatterjee said.

The complete draft of the NRC was published on July

30 in Assam with 2.89 lakh 3.29 applicants. Over 40 lakh people did not make it to the list.

The TMC exempted Kolkata from the demonstrations today owing to BJP national president Amit Shah's public

meeting in the city.
The TMC will organize protest rallies in Kolkata to-

# Amit Shah shown black flags by youth

near here.

Cong workers

KOLKATA, Aug 11 (PTI): BJP president Amit Shah was today shown black flags by youth Congress workers when he came out of the NSC Bose International airport here to attend a pull in courted part of the city. tend a rally in central part of the city, the police said.

The youth Congress workers showed black flags and raised anti-Modi and anti-Shah slogans as the BJP national president stepped out of the airport.

They also tried to block his con-

voy by lining up motorcycles on the

street, but police removed them.
Earlier, Shah was received by state party-in charge Kailash Vijayvargiya and state party president Dil-

Some party supporters also wel-comed him with dance and music and demanded NRC update in West Bengal.

# Became a diplomat over love for India: Chinese envoy

PHAGWARA (PB), AUG 11 (PTI): China's Ambassa dor to India Luo Zhaohui today said his "love for India" was the only rea-son for him becoming a diplomat.

The envoy along with a high-profile delegation visited the Lovely Professional University (LPU) campus near here.

"I have a very long connection with India and my only reason for becoming a diplomat was my love for India. It



is my second term as a diplomat in India and my wife has also studied her doctorate from India," a statement by the varsity quoted the envoy as say-

The Chinese ambassador's wife Jiang Yili also accompanied him.

by LPU Chancellor Ashok

Fruitful discussions

promote Indo-China collaboraeducational tions were held during the visit, it said.

Expressing glee over his maiden visit to Pun-jab, the Chinese envoy said, "In my first visit to Punjab, I am very happy to come to this educational institution. I am impressed with the mesmerizing infrastructure



GOVERNMENT OF SIKKIM FOOD & CIVIL SUPPLIES & CONSUMER AFFAIRS DEPARTMENT SECRETARIAT ANNEXE-I, SONAM TSHERING MARG GANGTOK, SIKKIM-737101

This is for general information that Food, Civil Supplies & Consumer Affairs Department is entering into second phase in introducing e-PoS device at Namchi, South Sikkim for releasing, sale and purchase of PDS items in all the registered Fair Price Shops under South District w.e.f. 13th August, 2018 with an aim to improve and bring transparency in the function of Fair Price Shops in the State. The installation of e-PoS machine has been completed in North District and Government has planned to install PoS devices in the remaining districts of West and Fast phase wise East phase wise.

UNDER SECRETARY
FOOD, CIVIL SUPPLIES & C.A. DEPARTMENT R.O. No.: 262/IPR/PUB/Classi/2018-19 Date: 19/08/2018



N H P NATIONAL HYDROLOGY

#### 131 cases, he said. Remote Kra Daadi district has not reported any ILP violation during occupied the second spot in reference to ILP violaconstruction sites, agricultural fields, motor **GOVERNMENT OF SIKKIM** tensively on a daily basis. tors reporting 354 such cases. The border districts workshops, restaurants and dhabas. Accordingly, the dis-trict SPs have again been OFFICE OF THE SUPERINTENDING ENGINEER **WATER RESOURCES & RIVER** the period. of Tawang and Anjaw re-SPs of the districts are instructed to pay personal attention to the **DEVELOPMENT DEPARTMENT,** The complete list of the citizen's register, corded four and five cases respectively, he said. NATIONAL HYDROLOGY PROJECT,

**SOKEYTHANG, EAST SIKKIM-737102 E-Procurement Notice** 

BID ID No: - NHP- 01/Online Tender-01 OF 2018-19 Date: 10/08/2018

## **CANCELLATION OF TENDER**

The tender for the Construction of State Water Resources Information Data Centre under National Hydrology Project at Sokeythang, Tadong, which has already been published in www.sikkimtenders.gov.in bearing the above Bid Id STANDS CANCELLED DUE TO SOME TECHNICAL ISSUES AS OF

SUPERINTENDING ENGINEER

**WATER RESOURCES & RIVER DE-VELOPMENT DEPARTMENT** 

R.O. No.: 263/IPR/PUB/Classi/2018-19 Date: 19/08/2018

# 2333 ILP violators detected in Arunachal since NRC complete draft in Assam

ITANAGAR, AUG 11, PTI: The Arunachal Pradesh Police have detected 2,333 Inner Line Permit detected (ILP) violators across the NE state since the publication of the complete draft of the National Register of Citizens in neigh-bouring Assam, state top police official said.

Papum Pare district accounted for the maximum number of 663 violators, the sources said adding Papum Pare(capital) reported a total 532 cases, while Papum Pare (Rural) accounted for

touted to be the proof of Assamese identity, was published on July 30.

The figures were shared by the Director General of Police (DGP) S B K Singh in the state cabinet meeting held under the chairmanship of Chief Minister Pema

Khandu on Friday.
West Kameng district

Ever since the publication of complete draft of NRC in Assam, all the district superintendents of police in Arunachal were directed to check thoroughly the entry points to the state, formed here today.

The SPs were also asked to check the ILPs at places like building

personally monitoring the checking of ILP on daily basis and reports are being collected every day, the communique added.

The DGP also apprised the cabinet about the details of action be-ing taken against the ILP

violators by the police.

The Cabinet e pressed satisfaction over the measures taken but directed that ILP check-

ILP checking, the comminique added.

The ILP is an official travel document issued by the Government of India to allow inward travel of an Indian citizen into a protected area for a limited period. It is obligatory for Indian citizens from outside those states to obtain a permit for entering into the protected state.

#### Israel opens visa application centre in Kolkata KOLKATA, AUG 11 (PTI): the Israel embassy said. sion Hassan Madah dicent in tourists visiting Is-

To encourage more Indian travellers to visit Israel, that country has opened a visa application centre in the city for tourists from West Bengal and the north eastern states, sources in

Additionally, visa applications in the jurisdiction under the New Delhi centre would also be accepted at the new Kolkata Centre, a release on behalf

of the embassy said.

The visa application categories include those who go there for em-ployment, for business, tourism, meeting or con-ference and for students, Speaking on the occa-

Philippines, said Israel is experiencing a tourism boom like never before. India has recorded a half yearly growth of 82 per

rector in the Israeli Minis-try of Tourism - India and rael from January to June this year as compared to the same period in 2015 and has become one of the best performing mar-kets in Asia for Israel.

**GOVERNMENT OF SIKKIM, GANGTOK.** 

# Indonesia set one week out from 2018 Asian Games

Jakarta, Aug 11 (AFP): worries about terrorism, street crime and Jakarsaying it is ready to roll for the Asian Games in a

Jakarta and Palembang in Sumatra are set to host about 11,000 athletes and 5,000 officials from 45 Asian countries for the August 18 to September 2 Games, the world's biggest multi-sport event behind the Olympics.

Indonesia started with less time than most host countries after it agreed to hold the Games when Vietnam pulled out.

However, officials say they are ready to take the lems for the preparation so far, even if we have problems we will solve them right there right then," chief organiser Erick Thohir told journal-

ists Thursday.

Seventy percent of tickets have been sold for the opening ceremony in the capital Jakarta next Saturday, he added.

Despite worries about Jakarta's notorious traffic congestion, authorities say the implementation of an odd-even licence plate system is already bearing results.

"Traveling speed has improved by almost 60 percent, while travel time has improved 43 percent from 15.56 minutes per km to 8.86 minute per

km," Jakarta's transportation agency chief, Andri Yansyah, told AFP.

Athletes and officials will travel on dedicated road lanes and schools will be closed to take the lions of pupils out of the equation.

When Indonesia last hosted a major sports event, the 2011 SEA Games, two people died in a stadium stampede at the football final in Jakarta.

In a bid to safeguard the event, some 40,000 troops and police officers will be deployed in Jakarta and Palembang.

Indonesia suffered its deadliest terror attack in more than 10 years in May when suicide bombers killed 13 people in the nation's second-big- told AFP. gest city Surabaya.

Police say they have been rounding up ter-ror suspects and petty criminals in a pre-Games crackdown

- HAZE HEADACHE -Haze from forest fires in Sumatra remains another potential headache for

events in Palembang.

But Indonesian me-teorologists have been monitoring weather conditions closely and extin-guishing hotspots.

"We have been con-

ducting weather modifi-cation efforts since May, including cloud seeding and water bombing," Hary Tirto Djatmiko, spokesman for national eteorology, climatology and geophysics agency,

The Games' preparation has not come without hiccups, however.

Indonesians made a mockery of the Jakarta government's decision to cover a toxic river near the athletes' village with black nylon mesh over fears it will be an eyesore at the show-

piece event.
Similarly, the city
council was ridiculed for erecting Games' banners with spelling mistakes.

Some social media users have also ques-tioned why city sanitation workers -- and not artists -- were chosen to paint Games' murals in parts of the city.

Palembang brief-ly made headlines last

month when irate football fans ripped plastic seats from the stands after the home team lost and hurled them onto the pitch at a stadium sched-

uled to host the event. Still, excitement building ahead of the

atmosphere is quite obvious here in Palembang, we have murals everywhere and our LRT (light rail) is already running," Palembang Nicky Anggraini told AFP.

"I'm definitely going to watch the Games, I can't wait." she added.

# Jayaram enters Vietnam Open final

Ho CHI MINH CITY, AUG 11 (PTI): India's Ajay Jayaram stood a step away from his first title of the season as he made it to the finals of the Vietnam Open after defeating Japan's Yu Igarashi in straight games here to-

day.

The 30-year-old Indian, who is making a comeback after recovering from a hamstring injury he suffered last year saw off seventh seed Igarashi 21-14 21-19 in a 34-minute match.

Jayaram, who had reached the finals at White Nights last month, will face Indonesia's World No. 79 Shesar Hiren Rhustavito in the finals of the USD 75,000 BWF Tour Super 100

tournament.
Shesar, who had won four consecutive Indonesia International tournament, outwitted India's Mithun Maniunath 21-17 19-21 21-14 in a match that lasted 59 minutes here.

This is the third time in as many weeks that an Indian will be fighting for a title in a badminton event.

Last Sunday, Olympic silver medallist P V Sind-hu had settled for a sil-

Spain's Carolina Marin in the summit clash at Nanjing, China.

A week before that, India's Sourabh Verma had won the men's singles title at Russia Open Tour Super 100 tourna

Iavaram. a former World No. 13, was clinical in the opening game as he kept distancing himself from his rival after opening up a slender 3-1 lead at the start. He held a 11-8 advantage at the interval.

After the break, Iayaram jumped to a 15-8 lead by reeling off five straight points. Igarashi tried to make a comeback but the Indian continued to march ahead to pocket the first game.

In the second game, Igarashi opened up a 4-1 lead initially but Jayaram clawed his way back with three points. The duo went neck and neck after that before Jayaram held a 11-10 ad-

vantage at the breather.

After the break, Ja varam collected five points on the trot to jump to a 16-11 lead. The Japanese again recovered to 18-19 but the Indian shut the door on his opponent.

# We would have bowled out any team in world under these conditions: Anderson CHETAN NARULA @

London, Aug 11 (PTI):

England pacer James Anderson has said the conditions on day two of the second Test against India here were perfect for bowling and his side would have bowled out any batting line-up in the world under similar situations.

Anderson took his th Test five-wicket haul, picking 5/20, as India were bowled out for 107 runs with rain intervening thrice during this

innings. He said his side has made good use of the conditions as an attack and India just drew the short straw based on

very harsh conditions.
"I think that if we bowled like that today, with those conditions, we'd bowl most teams in the world out because I think we were that good. We hardly bowled any bad balls, didn't give them much to hit and when you build pressure like that all day, no matter who you are around the world, it is difficult. We exploited those conditions as well as any one in the world. I don't think it's just the Indian batsmen that would have struggled," said Ander-

"Honestly, I would have been so disappointed if I had messed up to-day because they were the ideal conditions to bowl in, I find it so much fun when like that. You



don't often get conditions like that in England any-more, when the ball does that much through the air and off the pitch. The biggest thing is not trying to do too much, too many different things, just keep focus, try and bowl good balls and keep hoping they nick them eventually," he said after the second day's plat at the Lord's.

Anderson said that the conditions did favour England heavily, espe-cially in helping them decide on playing an extra pacer in Chris Woakes while also opting to bowl after winning the toss.

"The rain yesterday certainly made the decision for us at the toss and with a day missing as well, you need to bowl first. We didn't think it would do that much, it looked a good pitch, dry

with a bit of green grass on top but not too much. Thought it might do a bit early on, but the moisture around all day helped it do a little bit more, and through the air as well. It was not particularly warm, but warm enough and that moisture that is in the ground just helps move around. The four of us bowled really well," he said.

India never really got out of the woods with Anderson etching out the openers in the space of 15 balls before the first rain shower of the day. Then, there was a horrendous mix-up between Virat Kohli and Cheteshwar Pujara, before India lost their last seven wickets for 92 runs when play

resumed late in the day. "I did not want to go off (for the rain break) as I felt in really good

rhythm. We were on top with two early wickets there were dark clouds coming from that direction all day. Then we did get a deluge. It's frustrating when you are on top, you want to stay out there and keep that pressure on the opposition. You feel like it is a chance for them to regroup and come out to play better. But we coped with that long break really well, and when we came back

"It (the mix up) can happen when we were building pressure, both me and Stuart (Broad) bowling well from both ends, does create pressure. It was just a mix up, a yes and then a no, and then of course a massive downpour, which would not have made Pujara

out, we stuck to our task

brilliantly.

feel any better," said Anderson.

He said that he en-joyed his latest battle with Kohli, but disagreed that India were too de-pendent on him.

"I was thinking why can't he (Kohli) edge them like everyone else. I have really enjoyed the contest between him and myself. He is number one in the world for a reason. For me I love playing against the best players in the world, testing yourself and seeing whether you can get the better of them. It is a really thrilling thing to be a part of, and unfortunately I have not got the better of him yet, but I will continue to try my hardest throughout the rest of the series.

"I don't think you can think like that (dependency) because we've played against all of them before. There are some real quality players in there. I think Kohli is important because he is captain, a leader and he is their best player --number one in the world. But 90 per cent of their top seven have scored runs against us in the past so we can't look just as Kohli as a big wicket," Anderson said. At 36-years-old, the

pacer has been bowling as good as ever in this series. The question of age does not bother him still, and he hoped that wickets would keep com-ing for him in the near future. "All I think about is

getting my body in as good a condition as it can be to cope with bowling out in the middle. I was delighted with how many overs I bowled at Edgbaston. For my body to get through that at this age I'm really happy with. I think it means I'm doing the right stuff off the field.

"But I don't think about numbers or my age I feel like I won't say 28, but 32. I don't feel old. I feel like I can still throw myself around in the field as well as anyone else so as long as I feel like that I'm just going to keep playing as long as possible. Hopefully the wickets will keep coming as well and I can help this team keep winning," An- $\stackrel{\cdot}{\text{derson signed off.}}$ 

#### Asian Games: Ministry clears 804-member contingent, will pay for 755 also cleared at no cost to

New Delhi, Aug 11 (PTI): The Sports Ministry has cleared a 804-mem ber Indian contingent, iniding 572 athletes, for the Asian Games but said it will bear the expense of 755 members with 49 out of 232 officials allowed at no cost to government.

The ministry cleared all the athletes and officials recommended by the Indian Olympic Association with the only rider being that only 49 officials can be part of the contingent at the cost of their respective federations.

The government will bear the cost of 572 ath-letes, 183 officials, 119 coaches and 21 doctors and physiotherapists and 43 other extra officials. Out of the 572 athletes cleared to take part in 36 sports, 312 are men while the rest 260 are women.

The government refused to bear the cost of all the 26 managers named in the list submitted by the IOA. Three coaches and 20 other extra officials were

the government.
The long protracted

process of naming of the In-dian contingent and subsequent clearance by the ministry thus came to an end without any major tussle between the government and the IOA, which had submitted its list on Monday.

In fact, in a somewhat surprising move, the sports ministry cleared a 12-member IOA contingent, which includes the Chef de Mission and his four deputies, at government cost without the list even being prese ed before it.

The IOA had said that

its 12-member contingent, which includes office staffers and medical team, need no clearance from the government as they would be sent at its own cost. It had not submitted the list to the ministry which had earlier raised objections to Raj Kumar Sacheti being named as one of the four deputy

# Nadal stays on track in Toronto with win over Cilic

Rafael Nadal recovered from a slow start, overcoming Marin Cilic 2-6, 6-4, 6-4 as the Spaniard's chase for a long-sought ATP Masters title on hard-

court heated up.

The world number one reached the semi-fi-nals in Toronto and will next face Russian Karen Khachanov, who beat Robin Haase 6-3, 6-1.

Nadal last won a title at this level on cement in 2013. "It was a very important match for me,' Nadal said.

"Being in semi-finals is great news at the start

of the hard court season.
"And winning three good matches in the first Master 1000, it's so im-

portant for me. "He played unstoppatest 3-6, 7-6 (13/11), 6-4.

ble in the first set. I resisted, I played with the right tactic. I tried to find my solutions - but it was so difficult."

Stefanos Tsitsipas saved two match points to beat defending champion Alexander Zverev in their quarter-final con-

The Greek teenager. who turns 20 on Sun-day's final day, defeated his third straight top 10 opponent at the tourna-ment after knocking out Dominic Thiem in the second round and 13-time major winner Novak Djokovic in the third.

Tsitsipas youngest player to post three top 10 wins at a single tournament since the 19-year-old Nadal at Monte Carlo in 2006.

Tsitsipas will next e Wimbledon runner-up Kevin Anderson. who beat Grigor Dimitrov 6-2, 6-2.

"I'm confused now, is this real?" 27th-ranked Tsitsipas said after completing his prestige hattrick of upsets.

Nadal got caught on

the back foot in the first set against Cilic, who took the opener on his fourth chance.

Nadal struck back in the second with a con-cluding break to square the match before taking victory with a break in the final game on his third match point after more than two hours

Tsitsipas rallied from a set and 5-2 down to turn the tables on Zverev, who had been bidding

for a fourth Masters 1000 Tsitsipas broke in the ninth game of the second on the way into a tie-

breaker, where he calmly converted on his fifth set point after saving two match points for the second-seeded Zverev. Tsitsipas then

vaged four break points 2-1 in the third, he traded breaks with the German and saved another trio of break points for a 5-4 lead. He completed the vic-

tory after nearly two and a half hours on Zverev's sixth double-fault.

"This shows that with dedication and work, dreams do come true,"

Tsitsipas said.
"I can see that it's real

-- it's happening. "I don't know what happened (in the second set). I just broke him (for 4-5). All along I could feel the crowd support, I knew I was still in the match."

#### REMATCH -

Anderson's sweep past reigning ATP World Tour Finals champion Dimitrov was a rematch of their 2014 quarter-final duel in Canada when

Dimitroy claimed one of his six wins against the South African.

"It definitely was a great match today. I felt I played really well right from the beginning," Anderson said.

"Right from the first point till the last, I felt I was in a really good frame of mind, playing the kind of tennis that I knew I wanted to be playing and needed to be playing."
"Getting off the court

pretty comfortably defi-nitely is a really good feeling. The big South African

rolled into the semis in just 66 minutes, breaking four times while man aging only a modest 11

# Death toll from Indonesia quake tops 380

MATARAM (INDONE-SIA), AUG 11 (AFP): An earthquake on the Indo-nesian island of Lombok has killed 387 people, authorities said today, adding hundreds of thousands of displaced people were still short of clean water, food and medicine nearly a week on.

The shallow 6.9-mag-nitude quake Sunday levelled tens of thousands of homes, mosques and businesses across Lombok, just one week after another tremor surged through the island and killed 17.

"It's predicted the death toll will continue to grow because there are still victims who are sus-pected of being buried



by landslides and under rubble, and there are victims that have not been recorded and reported to posts," national disaster

agency spokesman Suto po Purwo Nugroho said.

The number forced from their homes in the disaster has soared to

387,000, Nugroho said, with around 13,000 injured

The hardest hit re-gion of Lombok has been

people have died and nearly 200 000 have been forced from their homes, according to latest official tolls

Two people were also killed by the quake on the neighbouring tourist island of Bali.

Nugroho said the emergency response period has been extended another 14 days, which would allow authorities to deal with the "many problems" that still existed in the field.

Most of the displaced

are sleeping under tents or tarpaulins near their ruined homes or in evacuation shelters, while makeshift medical facilities have been set up to

Six days after the guake hit some evacuees have still not received as sistance, particularly in the mountainous north of the island.

"The main problem is the distribution of supplies to thousands of refugee points," Nugroho said.

in North Lombok were damaged by the earth-quake." Survivors of the quake have been shaken by hundreds of aftershocks, including a shallow 5.9-magnitude quake Thursday caused people to flee evacuation shelters cry-

## 3 Chinese among five injured in attempted suicide attack in Pakistan

KARACHI, AUG 11 (PTI): were among the five people who were injured in a suicide attack in southwest Pakistan's restive Balochistan province to-day, the police said.

The attack, which is said the first since the July 25 elections, took place in Dalbandin region, about 340 kilometres from Quetta - the capital of Balochistan, when the Chinese engi-neers, working on a mining project were being transported to the city, they said.

The engineers were working on the the Saindak Copper-Gold Mine project, a joint venture between Pakistan and China to extract gold, copper and silver from an area close to the Irani-

Hundreds of Chinese nationals are working on different projects in Balochistan under the USD 42 billion China-Pakistan Economic Corridor.

A suicide bomber tried to ram a Iran-manufactured pick-up truck into a bus carrying the

foreign nationals who were going to Dalbandin city from the Saindak Copper-Gold Mine project, an official said.

"He used a Zamvad pick-up truck, commonly used to transport oil. The truck was completely destroyed in the attack while the bus also suffered heavy damage," the official said on the condition of anonymity.

Two personnel of the Frontier Constabulary, providing security to the Constabulary, bus, were also injured in the attack.

The injured were rushed to a hospital and security forces have cor-doned off the area and initiated an investigation,

Balochistan is the Pakistan's largest province and borders with Iran and Pakistan. It is rich in gas and mineral wealth and people have been complaining about not getting a fair share from the resources.

An ethnic insurgency is going on in Balochistan to attain greater control over the province's abundant mineral resources.

#### SAJJAD HUSSAIN ISLAMABAD, AUG 11 (PTI): The Trump adthe US. Pakistan's defence ties ist attacks. terrorists. ship, and it reduces the ministration has The US Congress also cers for more than a de-Previously it was not likelihood that Pakistan with Russia have moved an border. pended more than a deassed a bill to slash Pajust Pakistan that valued past the bitter Cold War cade, told the outgoing vill act in the ways that cade-long military train-Washington would like it hostilities in recent years

US suspends military training with Pakistan

ing programme of Pakistani personnel at the US institutions, a media report said today, days after Islamabad and Moscow signed an agreement to allow Pakistani troops to receive training at the Russian defence centres.

Pakistan and Russia signed an agreement on Tuesady at their first Joint Military Consulta-tive Committee (JMCC) meeting in Rawalpindi during which the two sides discussed the present status of the bilateral defence relations and agreed that Pakistani troops will receive train-ing at the Russian military training institutes.

The relations bereen Pakistan and the US nosedived this January after President Donald Trump accused Islamabad of giving nothing to Washington

but "lies and deceit" and providing "safe haven" to

kistan's defence aid to USD 150 million, signifi-cantly below the historic level of more than USD one billion per year.
The US military insti-

tutions are struggling to fill the 66 slots they had kept aside for officers from Pakistan for the next academic year, as the Trump administra-tion refused to provide funds for their training, the Dawn newspaper reported, quoting official sources.

The fund for the

training of Pakistani officers came from the US government's International Military Education and Training Programme (IMET) but no funds were made available for Pakistan for the next academic year, it said.

The suspension of the training first became apparent when the US National Defence University (NDU) in Washington which has had reserved seats for Pakistani offi-Pakistani officers that the varsity has been asked to fill the positions for the next year with of-

ficers from other nations.
The NDU is one of several US military institutions that train officers from Pakistan.

The Trump administration had announced early this year that it was suspending security assistance to Pakistan over differences on Afghanistan but indicated that training programmes for military officers will continue.

The cancellation of slots kept aside for Pakistani officers, however, shows that the suspension now also applies to training programmes, the report said. Pakistani officers

have been receiving military training and educa-tion in the US since early 1960s, which were suspended in the 1990s but restored after the September 11, 2001 terror-

the training and edu-cation of its officers re-US military institu-

tions also proudly owned training officers who assumed senior positions after returning home, such as former Army chief General Ashfaq Parvez Kayani, and Lt Gen Nav-eed Mukhtar, the current director general of the Inter-Services Intelligence, the report said.

"This is an unfor-tunate and ultimately counterproductive decision. There are certainly ways to send a strong message to Pakistan, but this isn't the way to do it," Michael Kugelman, an expert of Pakistan affairs at the Washington think tank 'the Wilson Center', was quoted as saying in

the report.
"This move could squander what lit-tle goodwill and trust remains in the military-to-military relationto act " Kugelman said

He said there was a long history of educational and training cooperation between the US and Pakistani militaries, and this cooperation had withstood the pressures and tensions of the relationship.

"The fact that these educational exchanges have suffered this blow now suggests that the relationship could be entering into a new phase where even the suppos-edly safe and protected dimensions of the relationship can become casualties of wider tensions and ill will," Kugel-

So far there is no response from Pakistani

official to this move by

and the chill in the relabetween Pakistan and the US has further pushed the country to-wards Russia and China.

Pakistan has shown eagerness to build military-to-military level ties with Russia.

Earlier this year, the then foreign minister Khawaja Asif visited Moscow during which the two sides agreed to set up a commission to boost military cooperation. Russia has over the

past three years provided four Mi-35M combat and cargo helicopters to Pakistan and the militar-ies of the two countries also held joint drills codenamed 'Friendship'.

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# 'Suicidal' mechanic steals plane from Seattle airport

SEATAC (US), Aug 11 (AP): A "suicidal" airline mechanic stole an emp-ty Alaska Airlines plane and took off from Sea-Tac International Airport in Washington state before crashing near a small island, officials said.

Preliminary information suggests that the 29-year-old mechanic stole the Horizon Air Q400 and the crash occurred because the per-son was "doing stunts in air or lack of flying skills."

the Pierce County Sher-

Witnesses reported eing the plane being chased by military aircraft before it crashed near Ketron Island, southwest of Tacoma, Washington.

There were no pas-engers aboard.

Ed Trover, a spokesman for the Pierce County Sheriff's Department, said on Twitter that the man was suicidal and there was no connection

The sheriff's department said they were working to conduct a background investigaiff's Department said.

tion on the man, whose name was not immediately released. The man could be

heard on audio record-ings telling air traffic controllers that he is "just a broken guy."

The US Coast Guard

was sending a 45-foot (14-metre) vessel to the crash scene after witnesses reported seeing a large plume of smoke in the air, Petty Officer Ali Flockerzi said.

Horizon Air is part Alaska Air Group and flies shorter routes

throughout the US West.
The Q400 ix a turboprop aircraft with 76 seats.

Spokesmen for Transportation Security Administration, the US Department of Homeland Security and the Federal Aviation Adminries to local authorities.

# Taliban, Kabul govt both claim embattled Afghan city

KABUL, AUG 11 (AFP): Both Taliban and government forces claimed they were in control of the eastern Afghan city of Ghazni today, after insur-gents stormed the provincial capital, triggering

fierce fighting.

Afghan officials said they were in control of Ghazni late yesterday with authorities in Kabul saying security forces were conducting a clearance operation targeting Taliban fighters who had taken up positions in residential homes.

But information about who controlled about who controlled the city was difficult to confirm with power and mobile services cut to the area after the Taliban destroyed a telecommunications tower, according to Ghazni MP Shah Gul Rezaye. "The central govern-

ment in Kabul said the situation in Ghazni was under their control, but we managed to contact officials in Ghazni who said that fighting was underway in areas sur-rounding Ghazni," said the parliamentarian.

Rezaye said additional reinforcements had been rushed to Ghazni late yesterday, after US forces deployed attack helicopters and launched at least one drone strike to push back the Taliban The Taliban, however.

claimed victory saying their fighters were now in control of Ghazni after routing Afghan forces.
"Last night, our muja-

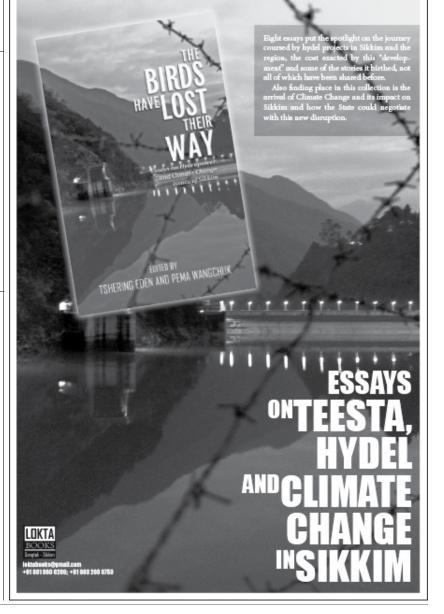
hideen have completely conquered a battalion in Ghazni, seizing weapons and ammunition and four pickup trucks," said Taliban spokesman Zabihullah Mujahid in a message to journalists today.

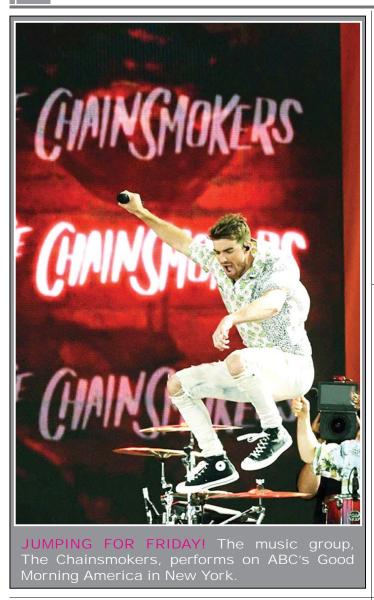
"Our mujahideen are protecting the city of Ghazni." The insurgents frequently exaggerate

their battlefield gains and downplay losses incurred during clashes.

Ghazni -- less than two hours by road from Kabul -- has been under increasing danger from massing Taliban fighters for months with reports suggesting insurgents had already infiltrated

gan late Thursday, was the latest attempt by the Taliban to seize an urban centre and comes as insurgents to enter peace alks with the govern-ment to end the nearly 17-year-old war.





# 'It's shocking no one's offered me dance film yet'

Mumbai, Aug 10 (PTI): Son akshi Sinha's love for dance is apparent in her films as well as stage shows and the actor says she now wants to be a part of a full-fledged dance film.

Be it "Saree ke fall sa", "Gandi Baat" or "Party All Sonakshi's dance moves have been appreciated by the audience, so the actor finds it surprising that she hasn't been offered any dance-

based movie yet.

"I would love to do a dance-based film. Isn't it shocking no one has put me in a dance film yet? I would love to do that because I love dancing freely and that translates on screen," Sonakshi told PTI in an interview. While there's some time for

a dance film to happen, the actor has her plate full with films like "Happy Phirr Bhag Jayegi", "Kalank" and "Dabangg 3". While "Kalank"

While "Kalank" will mark her first collaboration with Dharma Productions, "Dabangg 3" will reunite her with her first film team. The actor made her debut with "Dabangg" in 2010.

When asked if her equation with superstar Salman Khan, her "Dabangg" co-star and mentor, has changed over the last eight years, Sonak-



shi said, "Honestly no. The dynamic with Salman Khan hasn't changed in the last few years, why will it change in the film. It'll only get better. 'Dabangg' is a home ground, it's a family I began with. "Just going back to them is

always a pleasure. This time around, Prabhu sir (Prabhud-heva director) has been added to the film. It just keeps get-

ting better," she said.
Sonakshi got instant fame
after playing a feisty village-belle, Rajjo, in "Dabangg", and the actor says the love story between Rajjo and Chulbul Pandey (Salman) will be important in the third instal-

ment of the action franchise.
"Equation between Chulbul and Rajjo stood out in 'Dabangg'. It wasn't only about action which it usually is in a Salman Khan film. That's something the audience likes, appreciates, expects. We can't take that away from them.

Talking about "Kalank", which is a multi-starrer peri-od drama, the actor said contrary to how serious the film is, the cast indulges in many light moments off the screen. Directed by Abhishek Var-

man, "Kalank" also stars Varun Dhawan, Alia Bhatt, Mad-huri Dixit Nene, Sanjay Dutt and Aditya Roy Kapur. It will release in April, 2019.

"It's great because you're sharing screen space with such wonderful actors. Everyone gets along really well. The nature of the film might be serious we were very non-seri-ous off camera," Sonakshi said.

"It's an honour for anyone to work with madhuri. We have idolised her. Just to be in the same film with her is a dream come true. She's a living legend."

Sonakshi will next be seen in "Happy Phirr Bhag Jayegi", the sequel to 2015 romantic-comedy "Happy Bhag Jayegi."

Also starring Jimmy Sher-gill and Diana Penty, 'Happy Phirr Bhag Jayegi" will release on August 24

# Microsoft boss Nadella rakes in USD 35 million in share sale

WASHINGTON, Aug 11 (PTI): CEO Satya Nadella has net-ted over USD 35 million after selling almost one-third of his common shares in the software giant.

Nadella sold 328,000 shares in multiple trades at prices rang-ing from USD 109.08 to USD 109.68 as the stock trades near a record price.

The stock sale, disclosed

in a regulatory filing yesterday, netted Nadella more than USD 35 million.

Microsoft shares have soared 53 per cent in the past



year, closing the week at USD 109. The record closing price was USD 110.83 on July 25.

Nadella, 50, still own 778,596 shares of common stock. He is required to have 15

times his base salary in stock.

His annual base salary in was USD 1.45 milli 2017 and his total compensation exceeded USD 20 million.
"The stock divestitures

made today were for personal financial planning and diversification reasons," a Microsoft spokesperson told CNBC.

"Satya is committed to the continued success of the company and his holdings significantly exceed the holding requirements set by the Microsoft board of directors," he said.

Since Nadella took over the CEO role from Steve Ballmer in February 2014, Seattle-based Microsoft's shares have tripled in value. He last sold shares in 2016, when the stock was worth around USD 58 per share.

# Travis Scott gifts Kylie Jenner Rolls Royce for 21st birthday

Los Angeles, Aug 11 (PTI): Rapper Travis Scott has gift-ed "wifey" Kylie Jenner a clas-sic Rolls Royce for her 21st birthday.

The 26-year-old rapper and the "Keeping Up With the Kardashians" star have been together for more than a year and are parents to six-monthold daughter Stormi Webster.

"Mommy's new gift," Tra-vis says in a Snapchat video showing Kylie holding Stormi and also filming footage of the car, which was adorned with a red ribbon. "I love you, Mommy, Stormi!"

He also wrote on Instagram, alongside a photo slideshow of him and Kylie. "Happy birthday wifey I love mmy you my heart rib



toes and all. May god continue to bless you and your spir-it. This mark in your life is the start to more greatness.

Kylie owns several high

priced vehicles, including a modern Rolls Rovce worth at least USD 300,000. She and Travis both own "his and hers" Lamborghini, In Febru-

ary, Kylie showcased a black Ferrari that he gave her as a "push present" for the birth of their daughter.

# Justin Timberlake to release his first book



Los Angeles, Aug 10 (PTI): Singer-actor Justin Timberlake is set to release his first book, entitled "Hindsight & All the Things I Can't See in

Front of Me"
The 37-year-old musician said the book will be filled with pictures and stories from his childhood to the present day. It will make it to the stalls on October 30.
"Guys, I have some news!

I've been working on this for while now and I am happy to finally give you a first look

ing these pictures and stories with you.

"It's coming out October

30th! Special thanks to @ SandraBark, @MBierut and @HarperCollinsUS for making this happen,' Timberlake sted on Instagram.

The book will also reveal

the creation of his hit 2006 single "Sexy Back", as well as what it takes to produce live shows and the formation of his popular "Saturday Night

# Hilary Swank to star in thriller 'Fatale'



(PTI): Actor Hilary Swank has joined Deon Tay-lor's thriller "Fatale".

"Fatale" centers on a married man being tricked into a murder scheme by a seductive female police detective, portrayed by Swank, reported Deadline.

Taylor is directing and producing with his Hidden Empire Film Group partners Roxanne Avent and Robert F Smith.

David Loughery wrote the screenplay.

The film begins shooting in September in Los Angeles

ARIES: Your telepathy and intuition are at an all-time high today, Aries. You should find it easier than usual to tune in to others' thoughts and feelings. It might be a good idea to control your reactions. Don't tell others what you're picking up unless you're sure they want to know. Your imagination and creative abilities are also operatand creative abilities are also operat-ing at a very high level. Make the most

of them.

TAURUS: Today a deep concern for others' feelings could have you lending a sympathetic ear to those in need of some understanding. It's more important to listen than talk now, Taurus, even though your practicality might want to express itself. Your affairs should go smoothly, bringing you a lot of satisfaction. Don't be surprised if you shed a few tears of joy at some point.

GEMINI: Today you might complete a difficult project that's important to your career. Acknowledgement of your dedication and hard work could find you more emotionally overwhelmed than makes you comfortable. You may have to make a special effort to control your feelings. You've moved mountains to get where you are, Gemini, so it's nice to be recognized You deserve it's nice to be recognized. it's nice to be recognized. You deserve

it's nice to be recognized. You deserve to celebrate tonight.

CANCER: A long-awaited social event, perhaps a wedding or christening, could have you moved to tears, Cancer. As you're naturally a person who doesn't like to show your feelings, you might need to be by yourself until the urge to cry has passed. This should be a very happy day for you sawell, and your contentment could seem almost too good to be true. It's almost too good to be true. It's real. Relax and enjoy it.

LEO: An intense, emotional dream LEO: An intense, emotional dream could move you so powerfully that you awaken with the odd sense that the dream was real. Write it down, Leo. Maybe it is. Efforts to overcome obstacles and advance in business could finally pay off. You could walk around in a daze asking yourself if it really has happened. It has. Make the most of it, and don't be afraid to show your feelings. your feelings.
VIRGO: Emotional discussions with

VIRGO: Emotional discussions with your partner could move you to tears, Virgo. You've overcome any difficulties and probably reached a new understanding. Any relationship or friendship started or advanced now shows promise of being strong and lasting. Your basic inclination will be to control your feelings, but don't be afraid to show them. It's OK at times like this.

LIBRA: Today you may feel the need to do a lot of work around your home, Libra. Perhaps you expect visitors or simply want to spruce up the place for yourself. You may need to pace yourself and not try to do everything at once. You could run into difficulties that require help from others who may that require help from others who may be unavailable. Control the urge to

steamroll through your chores.

SCORPIO: Some intense commu ns with a close friend or lover nications with a close friend or lover could reveal wonderful things about your relationship. Perhaps you have more in common than you thought. Maybe your fears and insecurities prove groundless. As a result, you two could grow closer and discover a new mutual sense of purpose. Enjoy the positive feelings that come your way and have a great day.

SAGITTARIUS: Ancient social tra-

ditions could be a powerful part of today, Sagittarius. An emotional event concerning your family, perhaps a wedding or other milestone, could have you feeling especially moved. In the rush of events, you'll probably keep a tight rein on any expression of emotion. Keeping up appearances could be more important to you than usual today. Do it, but also be yourself. CAPRICORN: You usually place a usual today. Do it, but also be yourself. CAPRICORN: You usually place a lot of importance on self-control. Today this skill will come in handy when you receive some wonderful news that might otherwise move you to tears. Don't carry it too far. Under these circumstances, it's OK to let it out a bit. Your hard work and dedication to your career are paying off. News about possible advancement could arrive. It's a very eventful day.

very eventful day.

AQUARIUS: Expect some great

news regarding money, possibly professional advancement. You may have to control the urge to break into tears of joy, Aquarius. A female friend could be going through some heavy changes and might want your support. Your best course of action would be to listen rather than offer advice. You may have to try hard to

would be to listen rather than offer advice. You may have to try hard to control yourself, however. The situation could defy all reason.

PISCES: Happy events involving a close female relative might have you feeling emotional, Pisces. A marriage or birth could be involved. Your projects, particularly those with other people, could proceed well despite difficulties you've had to overcome. The results could move you to tears. You may feel the need to control yourself, but don't be afraid to show how you feel.

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