



**SWACHHATA HI SEWA AWARENESS AT RONGLI**  
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# Summit **T**IMES

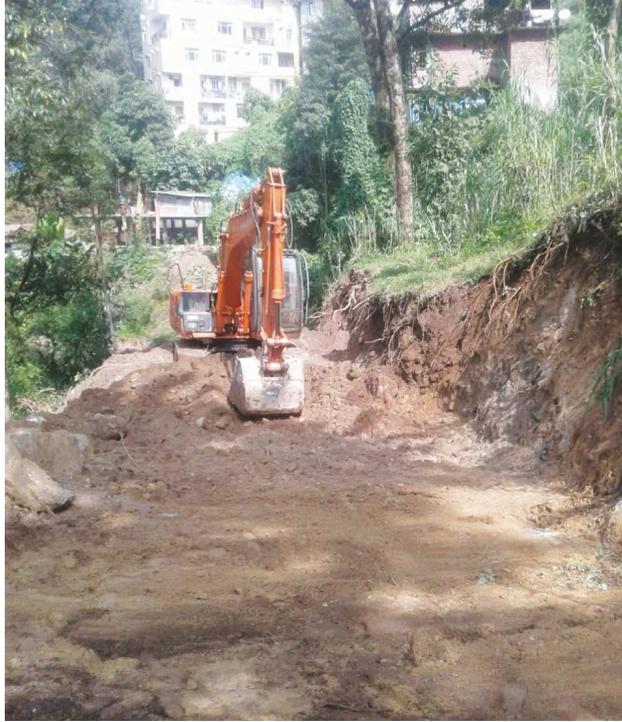
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ON TOP OF THE NEWS

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Pages 8 | ₹ 5

## Flurry of new approach roads commence in East Sikkim



**SUMMIT REPORT**  
**GANGTOK, 30 SEPT:**

The various projects and new approach roads sanctioned on public demand during the Chief Minister's 32-day tour of all constituencies across the state have been commenced by the Department of Roads and Bridges.

Among the sanctioned roads, work on the 4 km Rs. 1.98 crore from Nampong-Takul to E-Khola via Dofung, a small hamlet in East Sikkim, has begun. [see accompanying pics]

The construction has been awarded to a local contractor after tender, informs Devika Khatiwara, Zilla Panchayat of Lingdok-Nampong.

The public and panchayats of Lingdok-Nampong, along with the Zilla Panchayat, have conveyed gratitude towards the State government for sanctioning the road on public demand and said that the road would not only bring connectivity by providing the last mile to the last man, but would also bring prosperity, convenience and promotion of village tourism in the near future.

Meanwhile, the consideration and sanction of restoring the old route to Dikchu from Gangtok via Penlong [from below the Sikkim Armed Police barracks] has been a long pending demand of the two GPUs of Lingdok and Navey-Shotak. This road had suffered extensive

damage in the floods and slides of 1996. Now, the two GPUs are looking forward to its repairs after 22 years.

Also, the Department of Roads & Bridges, after completing the tendering process, has issued the work order and begun work on the 3.5 km road from the Law College to Lower Burtuk, Rai Goan to the tune of Rs.1.73 crore under Upper Burtuk constituency.

Elsewhere, in the first phase under Kabi-Lungchok and Tumin-Lingee constituencies, five roads are on the verge of commencement [expected by the first week of October] sanctioned for Rs. 5.45 crore.

These projects comprise construction of 3 km road from Upper Rakdong to Rakdong Dikchu road in East Sikkim, 1.5 km road from Dikchu to Dikchu Senior Secondary School, 2 km link-road from Mining Dara to Navey, construction of 2.5 km road from Phachey Mining, Baging to Lingdok 7th Mile connecting old route between Lingdok and Penlong and construction of 2 km road from Thasa Mining to Phachey under Kabi-Lungchok constituency in the East district.

Further, Roads & Bridges Department has also floated a number of Notices Inviting Tenders for construction of new roads all over the district which are at various stages.

## Karmapa's confirmation awaited on State Govt invite to visit Sikkim

**SUMMIT REPORT**  
**GANGTOK, 30 SEPT:**

The State Government has invited the XVIIth Gyalwang Karmapa, Ogyen Trinley Dorje, to visit Sikkim in end-October, but with the Karmapa still away in USA, and no confirmation yet on his return, the visit remains to be confirmed.

The State Government invite, communicated to the Karmapa's office about ten days ago, followed from the lifting on travel restriction imposed by the Government of India on the Karmapa's travels in the country as part of which Sikkim was technically kept out of bounds for him.

The Sikkim Government proposal has suggested 21 October to 01 November 2018 visit of Sikkim.

The Karmapa is still in USA and may not be able to visit Sikkim on the proposed dates and the schedule has not yet been confirmed by the Karamap, informed sources in the Karmapa's office in Dharmasala.

The official informed that the Secretary of the Karmapa's Monastery in

Dharmasala will convey the Sikkim government's proposal to the Karmapa who has been keeping a busy schedule.

The official further informed that while the State Government or the Karmapa do not need prior permission to visit Sikkim from the Government of India, prior intimation to the Ministry of Home Affairs to plan security details was required.

Earlier, on 22 September, the State government had sent its proposal to the Ministry of Home Affairs to plan security details was required. Earlier, on 22 September, the State government had sent its proposal of which he was to visit Gangtok, Phodong Monastery, Ralong Monastery, Raptening Monastery at Rabong, Pemayangtse Monastery, Buddha Park, Tashiding Monastery, Martam Retreat to pay his last respects to former MP, Rajya Sabha, who was a spokesperson of Dharmasala for a very long time and Sang Monastery, few kilometers away from Dharma Chakra Centre, at Rumtek.

Meanwhile, sources in the Karmapa's office inform that he is expected to return in November to attend a religious meeting in India.

## Pop-Up Pasa gets underway

**SUMMIT REPORT**  
**GANGTOK, 30 SEPT:**

Pop up Pasa, a three-day event, was inaugurated by Agriculture Minister Somnath Poudyal here at Ridge Park today. Pop up Pasa is billed as a "happy place for a community celebration," and apart from trade and business opportunities, has also made extravagant space available for children and packs in en-

tertaining escapes with food, design products, live music etc.

The Minister thanked the organizers, Priyanka Basnet, Juilee Kurian and Dechen Nadi Saring, for having come up with such an innovative event and then seeing it through so well. He said he was looking forward to continuing innovation from them and assured that the State Government would always back such initiatives.

The organisers also thanked the GMC, Excise, PHE and Power departments for their support to the Pop up Pasa throughout. Minister also handed over seven business books to the organisers from his library.



## Bihar script record 292-run win against Sikkim

**ANAND, SEP 30 (PTI):** Bihar shot out Sikkim for 46 on the way to a record 292-run win in a plate group match of the Vijay Hazare Trophy domestic one-dayers here Sunday.

This is the biggest win in terms of runs in the history of the Vijay

Hazare Trophy, eclipsing Baroda's win by 279 runs against Assam last season.

Sent in, Bihar amassed 338 for six in the stipulated 50 overs with Rahmatullah smashing a 103-ball 156 before retiring hurt with

## When the district administration arrives at your doorstep

**GYALSHING, 29 SEPT (IPR):** Under the "District Administration at the Doorstep" programme initiated by the DC, West, a team visited the remotest and more inaccessible parts of the West District on Saturday.

Accompanied by MLA Sonam Dadul and SDM-Yuksam, BDO Chongrang, the officials of the District Administration Center and line departments, the program was aimed to "reach the unreached" and address the public's grievances at their own neighbourhoods.

The areas covered during the one-day intensive tour were Khongri, Labdang, Yangtham, Dhupidara, Narkhola, Phokri, Karjee and Mangnam.

The DC and MLA along with the DPO (Disaster Management) also handed over cheques to families whose properties were damaged by natural calamities.

The DC visited Tashiding GPU and granted Rs 75,000 from DLRC in conveyance with MGNREGA and Panchayat fund for proper drainage construction.

Under the "Land Bank" policy



of the Government, a total of eight beneficiaries were provided land ownership at the Tashiding GPU by the MLA, DC and other officials. Similarly, ex-gratia was also handed over to the affected public of Tashiding GPU area.

The tour was fruitful as the public who presented their problems of destruction of property and houses caused by the consistent rainfall were handed over cheques by the competent authority headed by the DC.

Inspections of similar regions and landslides were done by the team at various places.

The DC also visited GPUs, schools, ICDS, PHSC and extended relief fund to the needy during the program.

**POP UP SHOPS**

FOOD BRANDS  
LIVE PERFORMANCES  
**KIDS ZONE**  
SPA  
**3 DAYS OF HAPPINESS**  
GO TIPSYS

**GANGTOK POP UP SHOPS FOOD MUSIC**

**30<sup>TH</sup> SEPT TO 2<sup>ND</sup> OCT**

**PET FRIENDLY !! 10:30 PM TO 8 PM**  
**OPEN MIC AND JAMING ON 30<sup>TH</sup> EVE.**

TICKETS AVAILABLE AT,  
LOAFING AROUND  
BUDDHA CAFE  
BAKING MAGIC  
INFINITY INSTAL  
BBR VET  
SELIUS BISTRO

**SEE YOU AT !!**  
**POP UP RIDGE PARK**  
NEAR WHITE HALL  
**Pasal**

## Monsoon ends with 'below normal' rainfall; highest deficiency in Bihar, J'khand, WB: IMD

**NEW DELHI, SEP 30 (PTI):** The monsoon season ended Sunday with a "below normal" showing this year as the country recorded a nine per cent deficit in rainfall, according to the India Meteorological Department (IMD).

Alongside Bihar, Jharkhand and West Bengal northeastern states recorded the maximum deficiency, the weather agency said.

This year saw Kerala receiving an unprecedented rainfall during the monsoon triggering one of the worst floodings in a century in which hundreds perished.

The monsoon also defied IMD's prediction of the country receiving normal rainfall.

Monsoon withdrew on Saturday, September 29, twenty-nine days after its normal withdrawal date. The Southwest Monsoon, which is the main source of irrigation for crops and water supply for reservoirs, made its onset over Kerala on May 28, three days ahead of its normal schedule, the weather agency said.

The monsoon may have officially withdrawn, but several southern states, Goa and Maharashtra are expected to receive rainfall in the first week of October, the IMD said.

## Bihar script record 292-run win against Sikkim

**contd from pg01**

the team's score at 307. He struck 10 boundaries and eight sixes.

Opener Babul Kumar (92 from 112 balls) lent fine support at the other end as the duo put on 166 runs for the second wicket to set the platform.

In reply, just two Sikkim batsmen registered double digit scores, as their innings ended in 31 overs at the Shastri Maidan.

Skipper Keshav Kumar (3/7) and Anunay Singh (3/12) starred with the ball and received fine support from Rehan Khan (2/10).

This was Bihar's fifth win in a row as they consolidated their lead with 22 points from six matches, six clear of second-placed Uttarkhand.

Uttarakhand also remained in the hunt with an easy eight-wicket win over Meghalaya at the Moti Bagh ground in Vadodara.

Left-arm pacer Shubham Saundiyal (2/30) took two wickets in his first two overs to reduce Meghalaya to 8/2 inside four overs.

Later, Vaibhav Bhatt (3/9) and Deepak Dhapola (2/18) capitalised on the start to bundle out Meghalaya for 141 in 41.2 overs.

Opener Vineet Saxena steered Uttarakhand's chase with an unbeaten 66 from 87 balls as they cruised to the target with 114 balls to spare.



**AN ICON WITH A LEGEND:** Indian football icon, Bhaichung Bhutia, with soccer legend, Pele, in New Delhi on Sunday. Bhaichung is scheduled to interview Pele on 05 October during the Hindustan Times Summit in New Delhi. This is Bhaichung's second meeting with Pele.

## PTA and SMC meet at Sombaria School

**SUMMIT REPORT  
SOMBARIA, 30 SEPT:**

The annual general meeting between parents, school staff and SMC members was hosted by Sombaria Government School at its auditorium on Saturday, 29 Sept.

The meeting discussed the overall functioning and development of the school and the students, formation of the new School Managing Committee and general awareness on POCSO Act and substance abuse.

The Principal spoke on various issues pertaining to the overall functioning of the school and called for even wider participation of stakeholders, infrastructural modifications and development required and need for assets and manpower.

Norbu Bhutia, a school staff, fielded queries regarding text books, uniform etc provided by



the department.

The meeting was attended by Zilla Adyaksha (West) Devika Subba, Assistant Director, HRDD, Darandin Constituency, AB Subba, Principal RK Pandey, Zilla Panchayat member Bimla Rai, Sub Inspector, Sombaria PS, Avinash Lamichaney, senior citizen SR Chandak, Panchayat Presidents and Members of various GPUs and Wards, the

School's teaching and non-teaching staff and parents.

Also on the day, the previous SMC was dissolved and a new SMC established comprising of Bimla Rai as president, the School principal as secretary and more than 50 members from various wards of the constituency.

The day's programme also included a role-

play by students from the SAATHI team of the school themed, 'Say No to Drugs and Alcoholism' followed by a power-point presentation on addiction, a theme which was also addressed by PI Avinash Lamichaney who also spoke about POCSO Act.

The West Zilla Adyaksha spoke on the developmental aspects of the school.

## SAATHI offsite camp for 90 students from 09 schools



**SUMMIT REPORT  
GANGTOK, 30 SEPT:**

Ninety students from nine government schools underwent an off-site residential camp from 26-29 October at IHCAE, Chemchey, South Sikkim, organised by Sikkim Against Addiction Towards Healthy India (SAATHI).

The schools represented at the camp were Rateypani Sr. Sec. School, Perbing Sr. Sec. School, Kitam Sr. Sec. School, Sadam Sr. Sec. School, Mamring Sr. Sec. School, Dikling Sr. Sec. School Namcheybong Sr. Sec. School, Machong Sr. Sec. School and Tikalal Niroula Sr. Sec. School (Central Pendam).

The camp included sessions on life skills, basic of counselling, medical aspects of drugs, legal aspects of drugs and sharing experience by Rehabilitation Centres. Teambuilding, morning exercises, games, quiz competitions etc,

were also held during the camp to allow the children to learn different skill-sets and achieve new goals.

The camp sought to offer children an enriching learning experience through a mix of fun and educational activities which aimed at improving their well-being, a press release informs.

The students experienced different adventures, learn new skills, share and trade interest with friends, exchanging plenty of high-fives along the way. The camp activities also focused on impacting the social-emotional, cognitive and physical development of students, the release adds.

Students were in a safe environment with nurturing adults where they felt welcome, developed character and explored their passion and interests, the release concludes.

## Prayers for victims of road mishap at Rakdong

**SUMMIT REPORT  
MANGAN, 29 SEPT:**

Zenshek puja is being conducted for the four youth who died in a tragic road mishap at 3rd Mile Rakdong in East Sikkim earlier this month. The puja

is scheduled for 29 and 30 Sept and has been initiated by Rakdong-Tintek GPU with the active participation of Niswarta Yuva Samaj. All friends, relatives and well-wishers have been requested to attend the puja.

## At 41, woman IAS officer trekked Sabarimala with court order 2 decades ago

**THIRUVANANTHAPURAM, SEP 30 (PTI):** Over two decades before the Supreme Court allowed entry of women of all ages into the Lord Ayyappa temple at Sabarimala, a woman IAS officer had visited the hill shrine as part of her official duty, armed with a special order from the high court.

Braving threats from conservatives and the tough terrains of the hillock, K B Valsala Kumari, then collector of Pathanamthitta district, visited the temple complex at least four times during 1994-95, aged 41.

Though women in the 10-50 age group were barred from entering the hill shrine then, the Kerala High Court allowed Kumari to visit the shrine to coordinate the activities of various agencies as part of the preparations of the annual pilgrim season.

The court, however, had observed that her visit would not be connected with the pilgrimage and it would be strictly part of her official duties as the district collector.

The woman officer was also asked not to climb the 'Pathinetam Padi', the sacred 18 gold-plated steps, leading to the sanctum sanctorum.

"I could visit Sabarimala at that age, thanks to the high court order. Now, the apex court has thrown open the doors to women of all age groups. The verdict is really good,"



she said.

An ardent devotee of Lord Ayyappa, Kumari was the first woman to visit the Sabarimala shrine with legal backing.

The officer had ignored threat letters against visiting the shrine.

Kumari, who has retired from the service now, said she climbed the sacred steps and offered worship to Lord Ayyappa only after she turned 50.

"I had no permission to go and see the Lord Ayyappa idol when I reached Sabarimala with the court order. But, I prayed with folded hands and meditated for a while standing below the holy steps," she told PTI.

The former bureaucrat wel-

comed the recent Supreme Court order opening the portals of Sabarimala to women of all ages, and said anyone whose mind and body was pure can visit the shrine.

Recalling her visit to the temple, she said in 1994 the high court had sought details of the preparatory works being carried out at the shrine by the government departments as part of the next pilgrimage season.

Kumari said she was told by her higher-ups that she could not go to the temple as there was a court order preventing the entry of women aged between 10-50 years.

"So, I informed the high court that I really wanted to visit the temple and collect details. But I am unable to go (because of the bar)," Ku-

mari said.

Based on a request by her, the court granted her special permission to visit the temple and inspect the arrangements.

An excited Kumari said she still has vivid memories of the hour-long trekking to the abode of Lord Ayyappa. "It was really thrilling to experience the places and sights that we had heard a lot from others," she said.

The journey also had given the officer an opportunity to have firsthand knowledge about sanitation issues and a grave garbage problem at Sabarimala and the temple premises. "Heaps of garbage could be seen even near the temple.

Decayed flower garlands, pooja articles and clothes being dumped for years could also be seen there," Kumari, who was later entrusted with the massive sanitation drive at the shrine by the government, recollected.

Realising the fragile ecosystem of Sabarimala hills, the officer had introduced nature-friendly toilets in the region.

Instead of concrete structures, trenches with reusable aluminum covers were brought in as make-shift toilets, she said, adding no tree was cut.

She also took the initiative to clean Pamba river at the foothills and make available safe drinking

water in Sabarimala.

The woman officer also conceptualised and set up the Sabarimala Sanitation Society (SSS), an exclusive cleaning machinery for the hillock shrine.

"I myself took part in various drives carried out by the SSS volunteers in cleaning the river and removing the left over clothes by devotees," she said.

Kumari said she could perform her duties in a better way only because she got a chance to visit Sabarimala and experience the ground reality there.

The former IAS officer, who garnered accolades for various initiatives as the head of all-women network Kudumbashree, said the infrastructure and the facilities at Sabarimala should be made "women-friendly" in the wake of the apex court order.

"We can ensure women devotees a smooth darshan through better planning. Special queue system can be put in place for them. Certain days or weeks can be reserved only for women to offer worship," she suggested.

The Supreme Court had on September 28 lifted the ban on the entry of women aged between 10-50 years to the hill shrine, holding that the centuries-old Hindu religious practice was illegal and unconstitutional.

**Gangtok on Monday, 01 Oct**

**Temp:** 27°C/15°C  
**Forecast:** Intervals of clouds and sunshine, not as warm; a couple of afternoon thundershowers.  
**Sunrise:** 05:27 AM  
**Sunset:** 5:24 PM

**5 footballers shortlisted for U-15 India team further trials**

**SUMMIT REPORT GANGTOK, 30 SEPT:**

Five footballers from Sikkim have been shortlisted for further trials for the U-15 India team. They were picked from the U-15 selection trials held on 12 and 13 September at Paljor Stadium by All India Football Federation Chief Scout, Vikram Nanivadekar and AIFF Coach Suren Chhetri.

The shortlisted footballers are Evan Thapa, Oma Hang Limboo, John Tshering Lepcha, Orbanus Darjee and Thankchok Hang Subba.

It is informed that this news has been communicated to Sikkim Football Association by All India Football Federation, New Delhi.

SFA president, Menla Ethenpa, has congratulated the boys on their selection and thanked AIFF's Chief Scout for selecting Gangtok as one of the venues for the trials.

He has further requested AIFF to organise more football scouting events in Sikkim in the future to unearth even more talent from the State.

**PMJAY: NHA clarifies on recruitment of arogya mitras**

**NEW DELHI, SEP 30 (PTI):** The National Health Agency (NHA) Sunday clarified that arogya mitras for implementing the Centre's Pradhan Mantri Jan Arogya Yojana (PMJAY) are not being recruited by it or any human resource agency.

The statement from the NHA, the apex implementing body of the national health insurance scheme, came after some individuals and agencies claimed that they were recruiting arogya mitras for implementing the scheme. The PMJAY was launched from Jharkhand by Prime Minister Narendra Modi last Sunday.

The government has set a target of appointing 1,00,000 arogya mitras by the end of this year at private and state-run hospitals to assist patients in availing benefits under the PMJAY. They will also run help desks, check documents and redress grievances at hospitals.

Individuals and agencies online or otherwise claiming to conduct such "illegal recruitment" are under law liable to be prosecuted, chief executive officer (CEO) of Ayushman Bharat-PMJAY, Indu Bhushan, said.

**Farewell function held for Tourism Secy on eve of retirement**

**GANGTOK, 29 SEPT (IPR):** The Home Department and DoPART on Saturday hosted a farewell function for Tourism Secretary, CP Dhakal, who is retiring from service on 30 September.

The farewell programme was attended by Additional Chief Secretary, SC Gupta, DoPART Secretary, Tenzing Gelek, HoDs and other officials of the Department.

Mr Dhakal started his 38-year service in Government as a Graduate



Teacher in 1980 and later served as SDM Rabangla and Chungthang before he joined as Assistant Electoral Officer (AEO) in Election Department in 1989.

He was Deputy Chief Electoral Officer, Joint CEO, Addl CEO and was thereafter posted as DC North. He was awarded the State Meritorious Award in 2005.

He also held the posts of Municipal Commissioner of Gangtok Municipal Corporation, Additional Secretary in Health Department and Special Secretary in Tourism and Civil Aviation Department before he was promoted as Secretary in the month of April earlier this year.

During his tenure as Municipal Commissioner, GMC bagged Cleanest Hill Station Award and Cleanliness Capital Awards. Recently, on behalf of the State and Tourism and Civil Aviation Department, Mr Dhakal received Sikkim's National Award for Best State/ Union Territory for Comprehensive Development of Tourism award (among Jammu and Kashmir and North Eastern states).

In his farewell speech, Mr Dhakal thanked the

people and all the officers and staff of various departments for their cooperation. He extended his thanks to the state government and everyone who has been associated with him during his service.

The Additional Chief Secretary lauded the contributions of the officer on completing his service with dedication and zeal. He wished Mr Dhakal success in his future endeavours and shared some of his good memories with him.

**Swachhata hi Sewa awareness at Rongli**



**SUMMIT REPORT RONGLI, 30 SEPT:**

Swachhata Hi Sewa programme as part of the Swachha Bharat Mission was jointly organised by ADC Pakyong, Reghu BAC, YODESS, Chujachen, Rongli - Changeylakha, Premlakha Subneydhara, Dalachand Gram Panchayats Units, Rongli JHS, 69th Bn SSB, RN Road Welfare Association, NDC Marketing, Hi-Tech Computer Institute, State Business Front Rongli, IEC cell of Rongli PHC, Mangaldeep Resorts on 29 September here at Rongli East Sikkim.

The programme began from Rongli Bazar Central Park where the poster of dust-bin and garbage bag was released by the SDM Rongli AB Gurung, SDPO Tseten Bhutia,

BDO Regu BAC Sabindra Rai and others.

RDA Amar Gurung, Yodess Mani Kumar Gurung, BDO Reghu, Panchayat Inspector of ADC Pakyong Sunil Pradhan and SDM Rongli spoke on Swachha hi Sewa and Swachha Bharat Mission.

Swachha Rally and Shramdaan for clean Sikkim were also observed.

Later, at a programme held in the Community Center near Rongli Bazar, a documentary film on Zero Waste, 'Euta Kura', directed by Shapal Pradhan of Singtam and written by the SDM Rongli, was screened.

National School of Drama Sikkim Division artists presented a skit on Swachha, Swastha Sikkim-Swachha Bharat.

**BAJAJ ALLIANZ LIFE INSURANCE COMPANY LIMITED**  
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**Stress pushing people in Delhi to unhealthy lifestyles, women binge eating more than men: Study**

**NEW DELHI, SEP 30 (PTI):** Work-related stress and other worries are affecting health of adults living in Delhi, leading them to adopt smoking, drinking and other unhealthy lifestyles such as binge eating at night, in which women outnumber men, according to a new study.

The study, conducted online across Delhi-NCR also suggested that sedentary lifestyle is pushing Delhi towards "high-risk" of cardiac issues.

Department of Cardiac Sciences at Max Healthcare, Saket, undertook the survey to understand lifestyle habits of city-dwellers in Delhi-NCR across age group of 20-60.

This recent survey of about 1,000 respondents aimed at knowing prevalent habits and changing lifestyle trends which impact and may explain deteriorating heart health of the city's people, Max Healthcare said in a statement Sunday.

The study also claimed that women (44 per cent) smoke more than men (32 per cent).

"When it comes to analysing quantity, it is alarming to note that 35 per cent of those in the 21-30 years age group and 25 per cent of those in 31-40 years age group finish a packet of cigarettes in a day," the statement said.

With a demanding professional and social life, intrusion of social media and technology and irregular daily routines, more than half of Delhi's population (44 per cent women and 57 per cent men) experience frequently-interrupted sleep patterns and over 26 per cent experience insomnia or erratic sleep, it said.

"Women (33 per cent) binge eat at night more than men (29 per cent). Also, more women have erratic eating habits at 29 per cent, as compared to men (20 cent)," the study said.

According to Dr Rajeev Rathi, Director and Head Transradial Programme - Interventional Cardiology of the hospital, stress has become a way of life in metropolitan cities like Delhi and women are equally affected by it.

"But, what poses a greater threat is that these women take to unhealthy habits in want of getting respite. Be it

smoking, alcohol consumption, indulgence in binge eating at odd hours or leading a sedentary life - women are found to be leading the pack in comparison to men," he said.

"Also, when it comes to playing a sport or adopting an activity to stay fit, 57 per cent women state they would rather prefer playing a mentally relaxing game on their phone or tablet instead of stepping outdoors. All these aspects feed into each other and keep the vicious circle moving, thereby increasing the risk of heart ailments amongst women," the doctor said.

Dr K K Talwar, Chairman, Cardiology, Max Healthcare, said the survey throws some alarming numbers if people do not get enough sleep (over 50 per cent), and are stressed all the time (76 per cent financially stressed), and hence indulging in binge eating and frequently smoking, there is a need to relook at overall health management.

"Lack of proper sleep coupled with increased alcohol and smoke consumption also affects the digestive system and blood pressure thereby increasing the risk factors for heart disease. Increased consumption of junk food along with lack of exercise can raise cholesterol levels that poses a great threat to the heart health," he said.

The study also claimed that persons in age group of 31-40 years have the "worst snacking habits" with more than 50 per cent of them admitting to binge eating or midnight snacking.

Dr Rajiv Aggarwal, Senior Director and Unit Head, Cardiology, Max Smart Super Speciality Hospital, said poor lifestyle and unhealthy habits are being picked up at a very early age and this is greatly responsible for degrading the heart health.

"Women for the longest were thought to be protected from heart risk while in their reproductive years, but numbers indicate that they aren't eating right, not working out and even indulging in higher levels of smoking and alcohol consumption. All these habits erode their natural cover from heart risk and make them equally vulnerable to coronary ailments," he said.

**SummitTIMES**  
ON TOP OF THE NEWS

**informed, inquisitive, relevant**

Headlines from the collage include:  
 - He left a struggler, returns a star  
 - Pokémon Go: Best Game of 2016  
 - Syok Bhir collapses, blocks Kanaka completely  
 - For Sikkim's Patron Saint  
 - Nanchi Mahotsav wraps up grand after three days of impressive showcasing  
 - Sikkim loses Dr T An Memorial cup to Manipal but wins hearts and other honours

# SummitTIMES

## Need NGOs

*Not just to solve problems, but also to acquire confident pride*

There are many problems that only non-governmental volunteers can solve. Discomforting situations, especially the ones that are social in nature, require agencies from outside to find deliverance. The State can at best play the role of a facilitator by putting in place the right laws and making available the required funds to aid the process.

In contrast, when the government takes on the role of the NGOs, there is too much tokenism and too little engagement which does not help anyone. This is not for want of intent, but more a fallout of the lack of commitment caused by haphazard prioritisation. Government officials are after all in transferable jobs and have other considerations weighing on their minds like career progression to get too involved with the social cause they might at a given time be only ex-officio or otherwise involved in. Without complete involvement and felt understanding, social problems cannot be solved and this commitment can only be guaranteed by committed volunteers of an NGO. Government functionaries will be satisfied with an elaborately staged "World Day" observance of their present responsibility or the odd workshop and seminar talking down to corralled audience, but that does nothing for the issue or problem at hand beyond feeding a press release. Real work involves getting the hands dirty and that is too much to expect from a individuals with temporary responsibility of the problem. The government is also handicapped by the red tape they wrap themselves in and the procedures and hierarchies they are habituated to. Work on the field demands instant decisions and improvisations which government officials are either not trained for or unwilling to risk.

In Sikkim, unfortunately, the NGO culture is still nascent. There is something definitely wrong with the picture when governments and project developers float their own organizations to do "social work" which should ideally be undertaken by well networked "local" NGOs. Without taking anything away from the efficacy of the present kind of NGOs, a fact which cannot be ignored is that under the present structures, the NGOs become an extension of the bureaucratic system of chakari in which political masters [or funding company] gain primacy over the people among whom the organisations should be working. This subverts the whole role of a social engagement from being one of linking aspirations and concerns from the grassroots up, to becoming handling agents of dole trickling down from above. What this awkward arrangement also delivers is government-NGO relationship which is not one of mutual respect. Since most NGOs here are completely dependent on the State for funds and directions, their independence is restricted. It is time the NGO culture developed into a viable deliverer of services and information to the Sikkimese, especially those in the rural areas.

Many changes are afoot at present and NGO involvement in cushioning their impact is an urgent need. Absent of committed and informed social workers, a fatalistic streak is created among the people who start losing faith in their ability to solve problems on their own. If this notion is allowed to take roots, very soon, a society mistakenly convinced of its incompetence will even stop trying very hard to improve its situation. A responsible network of NGOs will go a long way in combating this defeatist trait and help in reacquiring the confidence which slips away fast in a welfare state.

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# A decade of commercial space travel – what's next?

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In many industries, a decade is barely enough time to cause dramatic change unless something disruptive comes along – a new technology, business model or service design. The space industry has recently been enjoying all three.

But 10 years ago, none of those innovations were guaranteed. In fact, on Sept. 28, 2008, an entire company watched and hoped as their flagship product attempted a final launch after three failures. With cash running low, this was the last shot. Over 21,000 kilograms of kerosene and liquid oxygen ignited and powered two booster stages off the launchpad.

When that Falcon 1 rocket successfully reached orbit and the company secured a subsequent contract with NASA, SpaceX had survived its 'startup dip'. That milestone – the first privately developed liquid-fueled rocket to reach orbit – ignited a new space industry that is changing our world, on this planet and beyond. What has happened in the intervening years, and what does it mean going forward?

While scientists are busy developing new technologies that address the countless technical problems of space, there is another segment of researchers, including myself, studying the business angle and the operations issues facing this new industry. In a recent paper, my colleague Christopher Tang and I investigate the questions firms need to answer in order to create a sustainable space industry and make it possible for humans to establish extraterrestrial bases, mine asteroids and extend space travel – all while governments play an increasingly smaller role in funding space enterprises. We believe these business solutions may hold the less-glamorous key to unlocking the galaxy.

## THE NEW GLOBAL SPACE INDUSTRY

When the Soviet Union launched their Sputnik program, putting a satellite in orbit in 1957, they kicked off a race to space fueled by international competition and Cold War fears. The Soviet Union and the United States played the primary roles, stringing together a series of "firsts" for the record books. The first chapter of the space race culminated with Neil Armstrong and Buzz Aldrin's historic Apollo 11 moon landing which required massive public investment, on the order of US\$25.4 billion, almost \$200 billion in today's dollars.

Competition characterized this early portion of space history. Eventually, that evolved into collaboration, with the International Space Station being a stellar example, as governments worked toward shared goals. Now, we've entered a new phase – openness – with private, commercial companies leading the way.

The industry for spacecraft and satellite launches is becoming more commercialized, due, in part, to shrinking government budgets. According to a report from the investment firm Space Angels, a record 120 venture capital firms invested over \$3.9 billion in private space enterprises last year. The space industry is also becoming global, no longer dominated by the Cold War rivals, the United States and USSR.

In 2018 to date, there have been 72 orbital launches, an average of two per week, from launch pads in China, Russia, India, Japan, French Guiana, New Zealand and the U.S.

The uptick in orbital launches of actual rockets as well as spacecraft launches, which includes sat-



ellites and probes launched from space, coincides with this openness over the past decade.

More governments, firms and even amateurs engage in various spacecraft launches than ever before. With more entities involved, innovation has flourished. As Roberson notes in Digital Trends, "Private, commercial spaceflight. Even lunar exploration, mining, and colonization – it's suddenly all on the table, making the race for space today more vital than it has felt in years."

One can see this vitality plainly in the news. On Sept. 21, Japan announced that two of its unmanned rovers, dubbed Minerva-II-1, had landed on a small, distant asteroid. For perspective, the scale of this landing is similar to hitting a 6-centimeter target from 20,000 kilometers away. And earlier this year, people around the world watched in awe as SpaceX's Falcon Heavy rocket successfully launched and – more impressively – returned its two boosters to a landing pad in a synchronized ballet of epic proportions.

## CHALLENGES AND OPPORTUNITIES

Amidst the growth of capital, firms and knowledge, both researchers and practitioners must figure out how entities should manage their daily operations, organize their supply chain and develop sustainable operations in space. This is complicated by the hurdles space poses: distance, gravity, inhospitable environments and information scarcity.

One of the greatest challenges involves actually getting the things people want in space, into space. Manufacturing everything on Earth and then launching it with rockets is expensive and restrictive. A company called Made In Space is taking a different approach by maintaining an additive manufacturing facility on the International Space Station and 3D printing right in space. Tools, spare parts and medical devices for the crew can all be created on demand. The benefits include more flexibility and better inventory management on the space station. In addition, certain products can be produced better in space than on Earth, such as pure optical fiber.

How should companies determine the value of manufacturing in space? Where should capacity be built and how should it be scaled up? The figure below breaks up the origin and destination of goods between Earth and space and arranges products into quadrants. Humans have mastered the lower left quadrant, made on Earth – for use on Earth. Moving clockwise from there, each quadrant introduces new challenges, for which we have less and less expertise.

I first became interested in this particular problem as I listened to a panel of robotics experts discuss building a colony on Mars (in our third quadrant). You can't build the structures on Earth and easily send them to Mars, so you must manufacture there. But putting human builders in that extreme environment is equally problematic. Essentially, an entirely new mode of production using robots and automation in an advance envoy may be required.

## RESOURCES IN SPACE

You might wonder where one gets the materials for manufacturing in space, but there is actually an abundance of resources: Metals for manufacturing can be found within asteroids, water for rocket fuel is frozen as ice on planets and moons, and rare elements like helium-3 for energy are embedded in the crust of the moon. If we brought that particular isotope back to Earth, we could eliminate our dependence on fossil fuels.

As demonstrated by the recent Minerva-II-1 asteroid landing, people are acquiring the technical know-how to locate and navigate to these materials. But extraction and transport are open questions.

How do these cases change the economics in the space industry? Already, companies like Planetary Resources, Moon Express, Deep Space Industries, and Asterank are organizing to address these opportunities. And scholars are beginning to outline how to navigate questions of property rights, exploitation and partnerships.

## THREATS FROM SPACE JUNK

The movie "Gravity" opens with a Russian satellite exploding, which sets off a chain reaction of destruction thanks to debris hitting a space shuttle, the Hubble telescope, and part of the International Space Station. The sequence, while not perfectly plausible as written, is a very real phenomenon. In fact, in 2013, a Russian satellite disintegrated when it was hit with fragments from a Chinese satellite that exploded in 2007. Known as the Kessler effect, the danger from the 500,000-plus pieces of space debris has already gotten some attention in public policy circles. How should one prevent, reduce or mitigate this risk? Quantifying the environmental impact of the space industry and addressing sustainable operations is still to come.

## WHAT'S NEXT?

It's true that space is becoming just another place to do business. There are companies that will handle the logistics of getting your destined-for-space module on board a rocket; there are companies that will fly those rockets to the International Space Station; and there are others that can make a replacement part once there.

What comes next? In one sense, it's anybody's guess, but all signs point to this new industry forging ahead. A new breakthrough could alter the speed, but the course seems set: exploring farther away from home, whether that's the moon, asteroids or Mars. It's hard to believe that 10 years ago, SpaceX launches were yet to be successful. Today, a vibrant private sector consists of scores of companies working on everything from commercial spacecraft and rocket propulsion to space mining and food production. The next step is working to solidify the business practices and mature the industry.

Standing in a large hall at the University of Pittsburgh as part of the White House Frontiers Conference, I see the future. Wrapped around my head are state-of-the-art virtual reality goggles. I'm looking at the surface of Mars. Every detail is immediate and crisp. This is not just a video game or an aimless exercise. The scientific community has poured resources into such efforts because exploration is preceded by information. And who knows, maybe 10 years from now, someone will be standing on the actual surface of Mars.

*[The writer is Assistant Professor of Management Science, University of South Carolina]*

# Killer Whales: why more than half world's orcas are threatened by leftover industrial chemicals

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More than half of the world's killer whales are threatened by a group of toxic industrial chemicals that accumulate in their blubber and can be passed on from mother to calf. That's according to a new study led by scientists in Denmark and published in the journal Science. Killer whale populations found in the most polluted seas around Japan, Brazil, the UK or in the northeast Pacific, the authors report, are "tending toward complete collapse".

Polychlorinated biphenyls (PCBs) are a ghost from the past. These chemicals were produced in immense quantities from the 1930s onwards and were broadly phased out in the 1970s/1980s as environmental concerns grew.

As they were very stable and were unable to conduct an electrical current (and

therefore excellent insulators), they were mainly used in the electrical supply industry. These same properties also saw them being used in a whole array of miscellaneous applications including as sealants and additives in construction.

It is this chemical stability that means PCBs stubbornly refuse to degrade in the environment and I have

spent the past 25 years studying how these and other contaminants end up accumulating in the Arctic, for instance. However, there are two other properties that make these particular chemicals uniquely problematic, unlike, say, common air pollutants or most heavy metals.

The first is that PCBs are semi-volatile, which means that over time they

can evaporate into the atmosphere but then later deposit on surfaces when encountering cooler temperatures or with rainfall or attached to particles. Over decades this continued evaporation and deposition (termed "cycling") has ensured that they're smeared around the entire planet. PCBs are just as likely to be found deep in the ocean or in Arctic snow as they are in neighbourhood soils, although the concentrations in soil close to "primary sources" such as cities may be orders of magnitude higher.

The second problem is that PCBs tend to work their way up the food web, accumulating in ever higher concentrations as tiny animals (and their unwanted chemicals) are eaten by small animals, who are eaten by larger animals (who take on those same chemicals), and so on. This process of "biomagnification" is most evident in marine food





# Indian women's hockey team to get TOPS boost

**NEW DELHI, SEP 30 (PTI):** In an encouraging development for the Indian women's hockey team, all the squad members are set to be included in the Target Olympic Podium Scheme (TOPS) when the review committee will identify a core group for the government-funded programme, next month.

All the 18 members of the men's hockey team are already covered under TOPS and according to sources the women's team will soon be rewarded for its impressive silver medal finish at the 18th Asian Games.

"The women's team is already getting funds from the ACTC (Annual Calander for Training and Competitions). It's just about Rs 50,000 monthly allowance that comes under TOPS. They will be included soon," the source told PTI.

An official from the Sports India, erstwhile Sports Authority of India, informed that Hockey India had repeatedly been requesting women's team's inclusion.

"Hockey India has sent us the proposal to include the women's team in TOPS. At the moment we are reviewing the proposal and it is likely that they will be included in the next review of the TOPS list," he said.

Hockey India welcomed the move, say-



ing it is better late than never.

"It is a sensible decision. We have been asking for the women's team's inclusion

in the TOPS from the very beginning but till date they were ignored. But it seems finally the girls have earned their due with

their brilliant performances on the turf," the HI official said.

The official also informed that the

TOPS committee is working on preparing a core group of beneficiaries.

"We have asked the national federations to come up with their suggestions. The TOPS team is analysing all the athletes' data and statistics. By October 30 we should be in a position to complete the task," he said.

"From now on it will be a day-to-day basis analysis of all the TOPS athletes. The performance managers of the athletes will do the analysis and we at the TOPS will continue to meet on a quarterly basis."

The official said once the core group is prepared the entire focus will be on supporting the selected athletes although some changes are expected to happen depending on their performances.

"Suddenly a new, unknown athlete can come into picture depending on his performance and an established name can find his name dropped if his performance dips. Everything will be performance based," he said.

The official said, of late, they are receiving a lot of recommendations from the National Sports Federations (NSFs) especially after India's impressive performance at the Gold Coast Commonwealth and Jakarta Asian Games.

## 4-5 friendlies against good teams is ideal preparation for Asian Cup: Gurpreet

**NEW DELHI, SEP 30 (PTI):** India's first-choice goalkeeper Gurpreet Singh Sandhu says a good number of international friendlies against difficult opponents will hold the national team in good stead, going into the 2019 AFC Asian Cup.

India are set to play China in October in an international friendly, the first time in 21 years and the first away from home.

For some time, the All India Football Federation (AIFF) has also been trying to get a match arranged against Saudi Arabia.

Both China (76) and Saudi Arabia (71) are ranked higher than India (97) in the FIFA charts, and matches against such teams are exactly what Gurpreet and his teammates were looking forward to.

"Facing China is very good news for us. It gives a chance to test ourselves against a good opponent. We have tried to develop into a fighting unit in the last three-four years and we need to use the available windows," Gurpreet told PTI during a chat.

Availability of windows could be a factor though, the custodian acknowledged



"Maybe four to five friendlies against good teams will be an ideal preparation. But it also comes down to teams' availability and willingness. The AIFF is doing a good job as we try to prepare ourselves for stiff competition from strong opponents."

"There are people who are trying their best to get into the team and that makes it very competitive for all of us. These young boys are always eager to show that they are good enough to play for the national team."

Asked about the influence the talismanic Sunil Chhetri has on the national team, the 26-year-old premier goalkeeper was all praise for the country's record goal-scorer.

"It's an honour to play alongside him. He is the most important player in Indian football right now and one of the most important in Indian sports too. His hunger inspires us and he leads by example. I would want him to play as long as I play."

As the discussion turned

to murmurs around a few senior players having "issues" with chief coach Stephen Constantine, Gurpreet said that he doesn't have any problem with the gaffer.

"There are good things that come out (in the media), and there are also bad things. See, the coach is giving us results, we have proved it in the last few years. For me, he is a great coach, and knows what is required."

Three years ago, Gurpreet made history by becoming the first Indian player to play a

professional senior game for a top division football club in Europe. He started, and kept a clean sheet in a 6-0 win for his club Stabaek in a Norwegian Cup game, a feat that was lauded all over the country.

Gurpreet, who turns out for Bengaluru FC in the Indian Super League (ISL), said his team has moved from the heart-breaking defeat in last season's final against Chennaiyin FC.

"It's better to forget it as a professional. We have recovered from it pretty fast. We went to into the Super Cup, and winning it gave us a lot of joy and relief."

The Red Bull athlete said the team is in great shape to deliver the goods in the ongoing ISL season that started on Saturday.

"The training has been going good, there are no major injury worries. Though I was down with chicken pox in the initial phase of our pre-season tour of Spain, I managed to play the games against Villarreal and Barcelona B, which was my aim. You look forward to playing against such teams and put up a good show," Gurpreet signed off.



## Govt owes Air India over Rs 1146.86 crore for VVIP charter flights

**NEW DELHI, SEP 30 (PTI):** The total outstanding of cash-strapped Air India towards government for VVIP charter flights stands at Rs 1146.86 crore, according to the latest response from the national carrier to an RTI application.

According to the details furnished by the Air India on September 26 to applicant Commodore Lokesh Batra (ret'd), the Defence Ministry has outstanding bills of Rs 211.17 crore, Cabinet Secretariat and PMO Rs 543.18 crore and External Affairs Ministry Rs 392.33 crore.

Some of the oldest pending bills for the visits of the president, the vice president and the evacuation flights are nearly 10-year-old, the data furnished by Air India says.

In a previous reply furnished in March this year, the total outstanding bills were at Rs 325 crore on January 31 which have now risen to Rs 1146.86 crore, it shows.

Chartered aircraft for VVIPs - president, vice president and prime minister - for their visits abroad are provided by Air India, which modifies its commercial jets to suit the needs of the travelling dignitaries.

The bills for these aircraft are paid from the exchequer by the Ministry of Defence, the Ministry of External Affairs (MEA), the Prime Minister's Office (PMO) and the Cabinet Secretariat.

The Comptroller and Auditor General had flagged the issue of pending payments from the government to Air India in its report in 2016.

"Hence considering the significant quantum of pending dues and in the context of government support to AIL for turnaround, more efforts need to be made for early action for reimbursement of dues by both AIL and government," it had said.

Batra said some of the outstanding bills are pending since 2006 but even the CAG observations have not deterred the government to clear them.

The debt burden of the national carrier, which is grappling with tough business conditions, is estimated to be more than Rs 50,000 crore.

Earlier this year, the government's efforts for strategic disinvestment of debt-laden Air India failed to take off.

Air India is staying afloat on a bailout package extended by the previous UPA regime in 2012.

## Define the term "urban naxal", asks Romila Thapar

**UZMI ATHAR**

**NEW DELHI, SEP 30 (PTI):** Eminent historian Romila Thapar, who petitioned the Supreme Court against the house arrest of five Left-leaning activists, has asked government to define the phrase 'urban naxal', saying either they do not understand the meaning of the term or the activists like her do not.

Talking on the house arrests of five activists Varavara Rao, Arun Ferreira, Vernon Gonsalves, Sudha Bharadwaj and Gautam Navlakha, she said these are the people who are fighting against social injustice.

"We were all born Indians, lived as Indians all our lives. These activists are fighting for good causes and terming them urban naxal is a political move," she said.

"Do they even know what urban naxal means, first ask the government to define the term urban naxal and then tell us how we fall into this category. It is very easy to call us urban naxal. And also tell us how we have become urban naxal, either the government does not understand the meaning of urban naxal or we don't understand the



meaning of the term," Thapar told PTI.

She was speaking on the sidelines of a press conference held by the petitioners after the Supreme Court judgement on Friday refused to interfere with the arrest of the five rights activists in connection with the Bhima-Koregaon violence case and declined to appoint a Special Investigation Team (SIT) to probe their arrests.

The five activists have been under house arrest since August 29. Politicians like Maharashtra Chief Minister Devendra Fadnavis have often referred to the five activists as "urban naxals".

Many social media users have enlisted themselves as "urban naxals" in a show of solidarity with the arrested Left-leaning activists as 'MeTooUrbanNaxal' hashtag

trended on Twitter.

They countered that the term 'urban naxal' was a mere creation of some sections to malign those who have an anti-establishment stance.

Thapar, economists Prabhat Patnaik and Devaki Jain, sociology professor Satish Deshpande and human rights lawyer Maja Daruwala were the petitioners who filed a case in the Supreme Court after the five lawyers, journalists and civil rights activists were arrested across the country on August 28 and charged with abetting acts of terror under the Unlawful Activities (Prevention) Act (UAPA).

"Any democratic institution cannot take law into its hands. It has to go through a certain procedure. Arrests are the last step of a probe it is not the first step of an investigation," she said.

"Arbitrary arrests on implausible charges means the police can walk into our homes and arrest us - either without a warrant or a warrant written in a language we don't understand and then accuse us of activities about which we know nothing," she said.

## Indore ODI likely to be shifted as BCCI-MPCA spar over free tickets

**NEW DELHI, SEPT 30 (PTI):** The second One-Dayer between India and West Indies on October 24 could be shifted out of Indore due to a tussle between BCCI and Madhya Pradesh Cricket Association (MPCA) for complimentary passes.

As per new BCCI constitution, 90 percent tickets of the total capacity of the stadium should be put on public sale which effectively means 10 percent of complimentary tickets left with state units.

In this case, the Holkar stadium has capacity to accommodate 27,000 fans and MPCA will be left with 2700 complimentary tickets.

The BCCI also demands its share of free passes for its sponsors and thus the bone of contention.

"The managing committee of MPCA has decided that it is not possible to organise the second ODI between India and West Indies in Indore if BCCI doesn't back

down from its demand of complimentary tickets. We have intimated BCCI," MCA joint secretary Milind Kanmadikar told PTI today.

"We cannot accept BCCI's demand for hospitality tickets. We have only 7000 seats in the pavilion (hospitality) gallery and going by 10 percent, we would be left with only 700 seats. Now if we give five percent of that, we are left with only 350 hospitality tickets," Kanmadikar said.

"Even we have to cater demands of our members, various government agencies. We also have only 10 percent complimentary in our state unit's constitution but from that we can give the amount (five percent from each gallery) BCCI wants," he said.

The clamour for free passes during international games has always been an issue with BCCI affiliated units but BCCI brass termed it as "blackmailing tactic" from Kanmadikar.

# Death toll in Indonesia quake-tsunami tops 800

**PALU, SEP 30 (AFP):** The death toll from a powerful earthquake and tsunami in Indonesia leapt to 832 Sunday, as stunned people on the stricken island of Sulawesi struggled to find food and water and looting spread.

The new toll announced by the national disaster agency was almost double the previous figure. Indonesian vice-president Jusuf Kalla said the final number of dead could be in the "thousands."

"It feels very tense," said 35-year-old mother Risa Kusuma, comforting her feverish baby boy at an evacuation centre in the gutted coastal city of Palu.

"Every minute an ambulance brings in bodies. Clean water is scarce. The minimarkets are looted everywhere." Indonesia's Metro TV on Sunday broadcast footage from a coastal community in Donggala, close to the epicentre of the quake, where some waterfront homes appeared crushed but a resident said most people fled to higher ground after the quake struck.

"When it shook really hard, we all ran up into the hills," a man identified as Iswan told Metro TV.

In Palu city on Sunday aid was trickling in, the Indonesian military had been deployed and search-and-rescue workers were doggedly combing the rubble for survivors -- looking for as many as 150 people at one upscale hotel alone.



"We managed to pull out a woman alive from the Hotel Roa-Roa last night," Muhammad Syaugi, head of the national search and rescue agency, told AFP.

"We even heard people calling for help there yesterday." "What we now desperately need is heavy machinery to clear the rubble. I have my staff on the ground, but it's impossible just to rely on their strength alone to clear this."

There were also concerns over the whereabouts of hundreds of people who had been preparing for a beach festival when the 7.5-magnitude quake struck Friday, spark-

ing a tsunami that ripped apart the city's coastline.

A Facebook page was created by worried relatives who posted pictures of still-missing family members in the hopes of finding them alive.

Amid the levelled trees, overturned cars, concertinaed homes and flotsam tossed up to 50 metres inland, survivors and rescuers struggled to come to grips with the scale of the disaster.

Indonesian president Joko Widodo was expected to travel to the region to see the devastation for himself on Sunday.

On Saturday evening, residents fashioned makeshift bamboo shelters or slept out on dusty playing fields, fearing powerful aftershocks would topple damaged homes and bring yet more carnage.

C-130 military transport aircraft with relief supplies managed to land at the main airport in Palu, which re-opened to humanitarian flights and limited commercial flights, but only to pilots able to land by sight alone.

Satellite imagery provided by regional relief teams showed the severe damage at some of the area's major sea ports, with large

ships tossed on land, quays and bridges trashed and shipping containers thrown around.

Hospitals were overwhelmed by the influx of those injured, with many people being treated in the open air. There were widespread power blackouts.

"We all panicked and ran out of the house" when the quake hit, said Anser Bachmid, a 39-year-old Palu resident. "People here need aid -- food, drink, clean water."

Dramatic video footage captured from the top floor of a parking ramp as the tsunami rolled in showed waves bringing down several buildings and inundating a large mosque.

"I just ran when I saw the waves hitting homes on the coastline," said Palu resident Rusidanto, who like many Indonesians goes by one name.

About 17,000 people had been evacuated, the government disaster agency said and that number was expected to soar.

"This was a terrifying double disaster," said Jan Gelfand, a Jakarta-based official at the International Federation of Red Cross and Red Crescent Societies.

"The Indonesian Red Cross is racing to help survivors but we don't know what they'll find there." Images showed a double-arched yellow bridge had collapsed with its two metal arches twisted as

cars bobbed in the water below.

A key access road had been badly damaged and was partially blocked by landslides, the disaster agency said.

Friday's tremor was also felt in the far south of the island in its largest city Makassar and on neighbouring Kalimantan, Indonesia's portion of Borneo island.

As many as 2.4 million people could have felt the quake, the disaster agency said.

The initial quake struck as evening prayers were about to begin in the world's biggest Muslim majority country on the holiest day of the week, when mosques are especially busy.

Indonesia is one of the most disaster-prone nations on earth.

It lies on the Pacific "Ring of Fire", where tectonic plates collide and many of the world's volcanic eruptions and earthquakes occur.

Earlier this year, a series of powerful quakes hit Lombok, killing more than 550 people on the holiday island and neighbouring Sumbawa.

Indonesia has been hit by a string of other deadly quakes including a devastating 9.1-magnitude earthquake that struck off the coast of Sumatra in December 2004.

That Boxing Day quake triggered a tsunami that killed 220,000 throughout the region, including 168,000 in Indonesia.

## Fiji sets date for second post-coup election

**SUVA, SEP 30 (AFP):** Fiji will go to the polls on November 14, Prime Minister Voreqe Bainimarama announced Sunday, for what will be only the second general election since his bloodless coup in 2006.

He made the announcement after meeting President Jioji Konrote, within hours of his return from the United Nations General Assembly in New York.

"His excellency the president of the Republic of Fiji, on the advice of the Honourable Prime Minister, has dissolved parliament on 30 September 2018," the South Pacific island's government said in a statement.

Bainimarama formed the first post-coup democratically elected

government after taking 60 per cent of the vote in the 2014 general election, and has continued to lead public opinion polls since then.

His closest challenger, Social Democratic Liberal Party leader and 1987 coup instigator Sitiveni Rabuka, was charged in June with making a false declaration of assets, income and liabilities under the Political Parties Registration Act. He is due to go on trial in mid-October.

Bainimarama seized power in 2006 vowing to stamp out corruption and end racial divisions between indigenous Fijians and ethnic Indians, who are descended from sugar plantation labourers shipped in by the British during

the colonial era.

His authoritarian regime did bring stability and in the process rewrote the constitution, giving Indian Fijians who make up 40 per cent of the 900,000 population equal status with indigenous Fijians.

Fiji experienced four coups between 1987 and 2006, three of them influenced by the military.

However, chief of staff Colonel Jone Kalouniwai told local news media earlier this year the military had learned from its mistakes and would accept the outcome of the elections.

According to the electoral office, a record 634,120 Fijians have enrolled to vote on November 14 and seven political parties have been registered to contest the elections.

## 13 Indian banks lost out about 40 mn pounds in Force India sale: bidder

**LONDON, SEP 30 (PTI):** One of the two main bidders, keen to acquire embattled Indian businessman Vijay Mallya's Force India Formula One racing team after it went into administration, has claimed that a consortium of 13 Indian banks lost out on estimated 40 million pounds as a result of an "unfair" sales process concluded last month.

Russian fertiliser group Uralkali said that by turning down its higher bid for the company, the administrators had denied the extra funds that would have accrued to the shareholder of Force India Mallya's Orange India Holdings Sarl which is subject to a freezing

order issued by the UK's High Court in favour of his 13 creditor Indian banks, led by the State Bank of India.

Uralkali launched legal proceedings against administrators FRP Advisory in the High Court in London on Thursday to claim "tens of millions of dollars" in damages over the alleged "prejudicial and unequal treatment" in the bidding process.

The administrators, however, insist they oversaw a "fair and transparent bidding process" which led to the sale of Force India to the Racing Point consortium, led by Canadian billionaire Lawrence Stroll, after it went into administration in July.

## US using innovative ways to boost almond sales in India

**MODESTO (CALIFORNIA), SEP 30 (PTI):** Seeking to tap the growing almond market in India, the US is employing several innovative methods such as promoting the nuts as a healthy snack, conducting health research, and focussing on festivals, wedding ceremonies, and the food processing industry to boost sales in the country.

According to the Almond Board of California (ABC), direct almond shipments to India surged to a record high in 2016-17 at 167 million pounds making it the second largest export destination behind Spain at 210 million pounds. The shipments grew by 68 per cent between 2011-12 and 2017-18.

In order to sustain that robust growth, the board is focussing on families, gifts during festivals such as Diwali and wedding ceremonies, and the food processing industry, said ABC President and CEO Richard Waycott.

"The way forward is to continue to do more research in the country," he said.

"Almonds have been consumed over centuries in India because of the traditional knowledge and beliefs. Lately, we are beginning to see consumers looking for healthy snacks and almonds is one of the options which is getting picked up," Sudarshan Mazumdar, ABC Regional Director - India told PTI.

He added that the board was aiming at educating consumers about the almond health benefits and various ways of consuming them.

"Almonds continue to be a popular traditional gift particularly



during the festival of Diwali and during the wedding season," said Mazumdar.

The ABC is looking at utilising the opportunities to increase the frequency of consumption amongst people in India who eat almonds between several times a week to several times a month, said Emily Fleishman, Senior Director, Global Marketing, ABC.

She said that snacking is forecasted to become a one billion rupee industry in India by 2024. Promoting almonds as a healthy snack will boost the sales.

Waycott said that over USD 26 million was spent globally in the last 23 years on research activities, resulting in the publication of over 160 research papers in various journals.

Mazumdar noted that "nutrition research helps us in understanding in-depth the role of almonds in our daily diet and the lesser known health benefits it offers. However, the board is not involved in any commercial transactions."

According to ABC Nutrition Research senior manager Swati Kalgoankar, a systematic review, published in the journal Nutrients,

found that almond diet may significantly reduce the risk of cardiovascular disease among Indians, who are more prone to heart disorders than their European counterparts.

Kalgoankar said that currently three studies, including on the effects of eating almonds on gut and skin health are underway, the results of which are expected in 2019.

ABC, a not-for-profit organization representing the growers and handlers of the California Almond Industry, is focussing on 500 million people in India perceived to be potential consumers of almonds based on development and urbanisation of the country.

It now sees an opportunity to make almonds a year-long consumption product. US is the world's largest almond producer and exporter, accounting for 80 per cent of the global supply, and India is among its top export destinations.

"Given the growing health consciousness of Indian consumers and their growing understanding of the health benefits of almonds along with India's economic growth should only augur well for almond consumption in India," said Mazumdar.

He said almonds are consumed not only as a raw whole product but is also popularly used in several Indian sweets as well as in the popular Badam Milk. Breakfast cereals, chocolates, biscuits and ice creams are also increasingly using almonds.

"We are also beginning to see some secondary products like almond milk, flour and butter," Mazumdar added.



**CLOSING OUT!** Dressed in a burgundy suit, Aussie actor Chris Hemsworth attends the last day of the San Sebastian Film Festival in Spain.

## First rock and roll music in Bengali film 'Byomkesh Gowtro': Bickram

Celebrated percussionist Bickram Ghosh, who composed music in the crime thriller 'Byomkesh Gowtro', has claimed that he has introduced rock and roll music for the first time in Bengali film.



"The director Arindam Sil wanted a western classical slash metal effect and a cabaret song which would reflect the era of 1950s. But I insisted he should use rock and roll effect in the film," Ghosh told PTL.

Rock and roll made inroads in the western musical shows in Kolkata in 1952, Ghosh said.

"To my knowledge, it is the first use of rock and roll in a Bengali film," he said.

Ghosh, who had collaborated with Sonu Nigam to compose the music of 'Jal'

and also scored music for a Mira Nair production, 'Little Zizou', said he recreated sound with instruments like saxophone and cello in the upcoming Byomkesh thriller, based on the popular fictional sleuth of Sharadindu Bandyopadhyay.

"I had previously composed music in two other Byomkesh Bakshi films 'Har Har Byomkesh' and 'Byomkesh Pawrbo' using Hindustani classical music instruments like Sarangi and folk instruments like Dhamsa, Madal respectively," said Ghosh,

who also played in "Full Circle" with Pandit Ravi Shankar.

"But there remained a synergy in music in all three films.

You might call it the signature tune in all Byomkesh Bakshi thrillers in Bengali films directed by Arindam Sil, the 'Rhythmscape' creator said.

Director Arindam Sil said he interpreted the film, based on the 1956 novel 'Rokter Daag', in his own way and a musician like Bickram Ghosh was needed as "he understands my brand of cinema, my craft of cinema and what I want to narrate."

Singer Ujjaini Mukherjee has lent her voice to the rock and roll number in the film which starred Bengali hero Abir Chatterjee in the lead role, along with Arjun Chakraborty and Sohini Sarkar.

## Topless, singing Serena sparks internet breast cancer stir

SYDNEY, SEPT 30 (AFP): Tennis superstar Serena Williams caused an internet sensation Sunday by posing topless for a video while singing "I Touch Myself" to raise awareness for breast cancer.

In the Instagram video, Williams covers her breasts with her hands while singing a version of Australian band The Divinyls' 1991 hit in support of Breast Cancer Network Australia.

"This Breast Cancer Awareness Month I've recorded a version of The Divinyls' global hit 'I Touch Myself' to remind women to self-check regularly," wrote Williams on the post.

"Yes, this put me out of my comfort zone, but I wanted to do it because it's an issue that affects all women of all colors, all around the world. Early detection is key -- it saves so many lives." The song was co-written by Divinyls Australian vocalist Chrissy Amphlett who died of breast cancer five years ago aged 53.

"The music video is part of the I Touch Myself Project which was created in honor of celebrated diva, Chrissy



Amphlett, who passed away from breast cancer, and who gave us her hit song to remind women to put their health first," said the 23-time Grand Slam champion.

The video was viewed more than 1.3 million times in the first 10 hours after it was posted early Sunday with fans lauding the tennis superstar for her bravery in

performing the song.

"Amazing Serena, important message and such a beautiful voice!" wrote one under the username deadpaula.

Another alshaze47 commented: "This is powerful! I'm a Breast cancer survivor!"

The video appeared less than three weeks after her tempestuous US Open final defeat to Naomi Osaka,

where Williams smashed a racquet and accused an umpire of sexism.

Williams, who celebrated her 37th birthday four days ago, pulled out of this week's China Open in Beijing to bring a premature end to her 2018 season, her first back on tour since giving birth to a daughter a year ago.



## Bradley Cooper won't direct 'Guardians of the Galaxy 3'

Actor Bradley Cooper has trashed the idea that he should take over as the director for the third part of "Guardians of the Galaxy" series.

The untitled third film is currently without a director after James Gunn, who helmed the previous two installments, was fired by Disney for his old offensive tweets.

Cooper, 43, who is making his directorial debut with the musical drama "A Star Is Born", was asked whether he would be willing to take up the job.

"In directing? I could never direct anything that I didn't write. No, I could never direct anything that I didn't write," the actor, who voices Rocket Raccoon in the film series, told online outlet JOE.

Actor Dave Bautista had recently revealed that the third part of "Guardians of the Galaxy" has been put "on hold indefinitely" after Gunn's departure.

## Gal Gadot in talks for 'Death on the Nile'

"WONDER WOMAN" star Gal Gadot is in negotiations to star in the "Death on the Nile", Twentieth Century Fox's follow-up to "Murder on the Orient Express".

If the talks are finalised, the 33-year-old actor will portray socialite Linnet Doyle, recently married to the former fiance of a past friend, according to The Hollywood Reporter.

Kenneth Branagh is expected to come back as the director and reprise his role of the mustachioed Belgian detective Hercule Poirot, though a deal is yet to be signed.

Based on celebrated author Agatha Christie's novel



of the same name, the follow-up will chronicle Poirot's vacation in Egypt where he discovers a murder on the banks the Nile as a love triangle goes bad.

The book has been previously adapted into a 1978 film, with Peter Ustinov as Poirot along with Bette Davis, Mia Farrow, Maggie Smith, among others.

## Can relate to Saina Nehwal's journey, says Shraddha Kapoor

Actor Shraddha Kapoor, who is all set to portray Saina Nehwal on the big screen, says the ace badminton player's journey mirrors her own.

The biopic, titled "Saina", will be directed by Amol Gupte, who has helmed movies such as "Stanley Ka Dabba" and "Hawa Hawaai". The film went on floors last week.

The 31-year-old actor says she has been practising for the role for many months now and during the process she came to realise how hard it was for Saina to achieve her success.

"I have already clocked 40 classes of badminton in preparation for this biopic. It's a really tough sport, but I am enjoying myself. To get an insight into the life of a sports person is fascinating. Saina's journey itself is so interesting right from her misses to her injuries and victories," Shraddha said in a statement.



"I can relate to her journey in a big way, because I have gone through similar experiences in a different field. Despite everything, she has not let her focus shift and that's what's truly inspiring," she added.

The makers on Saturday released a first look from the film that shows Shraddha as the spitting image of Saina.

**ARIES:** Strange, exciting, and vivid dreams may inspire your creativity today. You might want to try a new art form or study the works of innovators. Romance and sex are especially important to you, Aries, though insecurities about a partner may restrain you from expressing your feelings. Take a chance - let the person know what you need right now. Your friend may be pleasantly surprised.

**TAURUS:** Concerns about your home or mother may mean you have to deal with some rather unpleasant or untrustworthy people. Lack of knowledge could have you in a quandary about how to address the situation. It would be a good idea to prepare by gathering all the facts you might need. Stay centered and focused, Taurus, and use your inner strength to hold out for the best for

all concerned.

**GEMINI:** Juicy but perhaps unkind gossip might reach you today. You may doubt the motives of a close friend. Examine any tips you receive and ascertain the true facts before you accept it as truth. Much of the information is likely to be wrong. Your imagination is flying high, so you might want to try writing or drawing.

**CANCER:** Money matters may seem vague today. Cancer. Uncertainty about how to manage your affairs might plague you throughout the day. Planning for the immediate future could also be difficult. You may be expecting some funds that may not come yet, or you might not be certain if you need to make a specific purchase. Keep occupied. You can't rush it, and obsessing does no good.

**LEO:** Troubles in the family may have you toying with the idea of moving or at least making some changes in your household. Someone close to you hasn't been honest with you, Leo, and that also has you feeling a bit down. Kick around as many ideas as you can, but don't make any decisions today. It isn't the time. Wait until you're in a more positive and optimistic state of mind.

**VIRGO:** Your intuition and imagination are operating at a very high level today, and you may be inspired to write. However, you aren't likely to have enough ideas or information to actually put pen to paper. There's no rush, though. Take some time to allow the ideas to crystallize and set them down later. Someone in a bad mood may draw you into a quarrel. Brush it off and say you're busy!

**LIBRA:** There may be doubt about the outcome of a project that means a lot to you. It may involve financial problems or lack the support from others that you require in order to complete it. Your doubts are most likely groundless, Libra, but it doesn't hurt to hedge your bets a little and seek what you need elsewhere. This is likely to be a temporary delay. All signs indicate success.

**SCORPIO:** Your mind might be on power struggles that have caused quarrels among your friends, placing you in an uncomfortable position. Conflicting loyalties might come up when others draw you into the fray, Scorpio. Stay out of it! You could get angry, and this wouldn't do you any good. Think of something else until you calm down and regain your perspective.

**SAGITTARIUS:** Daydreams and fantasies about faraway lands and exotic places might have you thinking about dropping everything and taking off for a while. You aren't usually impulsive, Sagittarius, but today you feel restless. If you have no obligations, and if weather permits, go someplace where you can experience a change of scenery. We all need it from time to time.

**CAPRICORN:** You may have a very strange and somewhat disturbing dream about a friend tonight, Capricorn. It may wake you up in an unsettled state. Write it down if you can. This might exercise some of the emotions involved and shed some light on whatever caused you to have the dream. Don't worry! Chances are it's symbolic and not prophetic.

**AQUARIUS:** A lack of communica-

tion between you and someone close could lead to misunderstandings, Aquarius. This might not seem that important, but sometimes a lack of clarity can lead to bad feelings in the future. Make your intentions clear to everyone. If someone misinterprets anything thing you say, explain it more precisely right then. You don't want some careless words to come back to haunt you.

**PISCES:** Today, Pisces, you may feel out of sorts. You probably aren't ill, but you may be tired. You could also suffer from vague aches and pains that are most likely related to stress. Take the day off and relax. Soak in a tub and read a book. Your imagination is working overtime and you need to get your mind off your malaise. Fantasy novels may be your best bet!