



MOM-TO-BE ANUSHKA SHARMA IS THE DEFINITION OF YIN-YANG

pg 08

CAMBODIA IS AN INSPIRATION FOR THE HEALING POWER OF ART AFTER A CRISIS

04

NOT CONSCIOUS ABOUT MY IMAGE GETTING HAMPERED ON BIGG BOSS: JASMIN BHASIN

pg 08



Summit **T**IMES

Vol 05 | Issue 263 | Gangtok | Monday | 05 October 2020

ON TOP OF THE NEWS

RNI No. SIKENG/2016/69420

Pages 8 | ₹ 5

CM announces ex gratia for 2 cops who died in harness

SUMMIT REPORT
GANGTOK, 04 OCT:
Chief Minister PS Tamang [Golay] has announced Rs 5 lakh ex gratia from CM's Relief Fund for the first COVID casualty from the Police Department, Head Constable Deo Kumar Rai who contracted the virus while on duty at Melli Checkpost and passed away around a week back.

The CM has also announced Rs 5 lakh ex gratia for the family of Lance Naik Neelam Rai who passed away today due to an illness. She was not COVID positive.

Sikkim Police has thanked the CM for the gesture and welcomed the initiative.

Earlier, Rs 2 lakh had been provided to families of the two deceased police personnel from the Police Welfare Fund, DIG-Range Prawin Gurung informs. This assistance is provided to families of all police personnel who die in harness, it is informed.

4 VRD Lab staff members tests positive

SUMMIT REPORT
GANGTOK, 04 OCT:
Staff of the VRD Lab at STNM Hospital where RT-PCR samples are screened has tested positive for COVID-19. Following this, three more staff members tested positive and are symptomatic.

Since there is now a shortage of staff at the Viral Lab, people are requested to visit STNM Hospital for testing only if absolutely necessary, the Health Department has requested.

Less than 10 lakh active cases for 13th consecutive day in country

NEW DELHI, OCT 4 (PTI): For the 13th day in an "unbroken string", India has maintained its steady trend of clocking less than 10 lakh active cases of COVID-19, the Union Health Ministry said on Sunday. It also said that an average of 11.5 lakh tests for detection of coronavirus infection were done on a daily basis during the past ten days.

From merely one in January 2020, India's total tests for detection of COVID-19 have crossed 7.89 crore so far. There has been a commensurate dip in the COVID-19 positivity rate, it said.

"With progressively falling positivity rate, testing has worked as a highly effective tool to limit the spread of COVID-19 infection," the ministry highlighted.

There are 9,37,625 active cases of COVID-19 as on date, which is 7,371 cases less than Saturday.

turn to pg 02

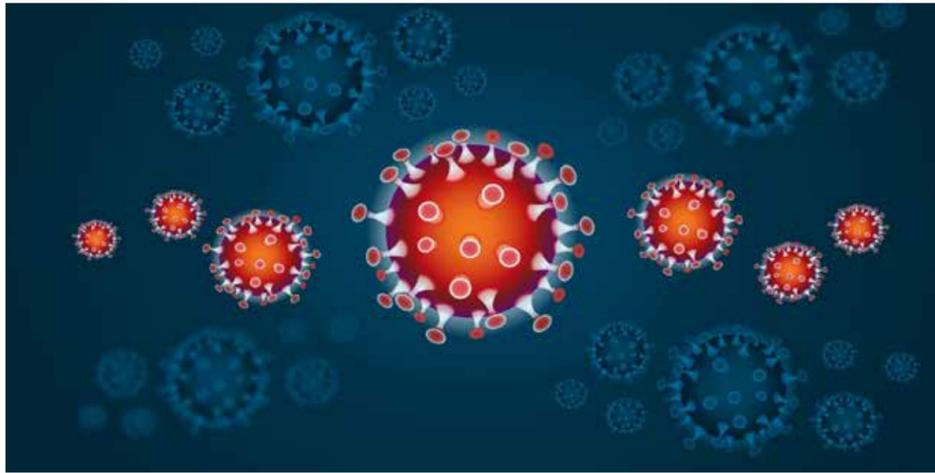
Two more COVID-deaths take Sikkim's toll to 45

SUMMIT REPORT
GANGTOK, 04 OCT:

Thirty-two more patients were discharged from isolation wards and covid care centre today, taking the number of patients so released to 2,399 in Sikkim. On a more somber note, two more lives were lost to COVID-19 in the State today taking the number of COVID deaths to 45.

Health Department State IEC Officer, Sonam G Bhutia, in his Health Bulletin on Sunday evening, informed that a 40-year-old male who had tested positive for COVID-19 on 02 October and admitted to the COVID ward yesterday, passed away at around 7 PM last evening itself. He informed that the patient was diagnosed with COVID-induced pneumonia.

This morning, a 45-year-old male from Lower Shyari, who was



found COVID-19 positive at CRH-Tadong and was admitted to STNM Hospital at around 3 AM this morning, passed away shortly after at around 6 AM. He too was diagnosed with COVID-induced pneumonia and also had co-morbidities of hypertension and respiratory distress.

In the meantime, Sikkim's tally of confirmed cases of COVID-19 reached 3,093 on Sunday with 43 new cases of novel coronavirus reported in the last 24 hours. There are now 649 active cases in the State and 10 COVID-19 patients are currently admitted in the ICU ward

of STNM hospital.

Twenty-three new cases were detected in RT-PCR testing of 197 samples at the VRD Lab, while three cases were detected in TrueNat testing of 24 samples and 17 were found positive in rapid antigen testing of 80 samples.

Out of the 43 new

cases, 28 were reported from East District and 15 from South Sikkim.

A staff from VRD Lab at STNM hospital has also tested positive whose three primary contacts are also symptomatic. On the same, he appealed to the people to come for testing to STNM Hospital only if necessary as there

was some shortage of manpower at the lab.

While providing the break-up of new cases found in RT-PCR screening, one staff member of Central Referral Hospital was also found positive for COVID-19 along with a patient admitted there.

One person from Development Area, one from Baha'i School Road, one from Upper Arithang, two staff members of Samman Bhawan, one from DPH area, one from Ranipool, one from Upper Shyari, one from Rangpo were found COVID-19 positive.

In South Sikkim, two persons from Melli, two staff members of Melli PHC, two from Melli Police Station and three from Melli check-post and one person from Namchi and one police personnel from Namchi were also found positive

for COVID-19 in RT-PCR testing, he said.

Mr Bhutia mentioned that three persons from Makha were also detected in TrueNat testing.

In rapid antigen testing, one person from Namli, one from Pani House area, one from near Krishi Bhawan in Tadong, one from AG quarters in Shyari, one from Dargaon Tadong, one from near the Petrol Pump in Marchak, Ranipool, one from Lal Bazaar, one from Arithang, two from Majhgaon in Rangpo, one from Lower Shyari, one from Singtam and one from Rhenock were found COVID-91 positive, he added.

He stated that one from below Post Office in Namchi, one from Daragaon in Jorethang and two from Upper Ghurpisey in South District were also found COVID-19 positive in RAT.

Golay pays homage to Bhandari on birth anniversary

SUMMIT REPORT
GANGTOK, 04 OCT:

Chief Minister PS Tamang [Golay], today remembered former Chief Minister, the late Nar Bahadur Bhandari, on his birth anniversary as a towering leader who will always be remembered "for his outstanding governance and leadership qualities which were second to none."

Extending tribute and homage to late CM, Mr Tamang, in his message, held him up as a "leader par excellence and a statesman, who is also known as the architect of modern Sikkim."

"Shri Bhandari was not only a visionary politician but also a good hu-

man being and a popular leader. I was fortunate enough to meet him on several occasions and was inspired by his work and ideology," the CM adds in his message while also referencing Mr Bhandari's efforts to get Nepali language included in the 8th Schedule of the Constitution of India.

"This was a historic moment, to say the least, and it was possible only due to his dynamic leadership," he adds.

The CM also points out "a mark of respect to this great leader, after assuming office last year, our Government declared his birth anniversary as a gazetted holiday in Sikkim."

NGO to distribute over 10 million meals to needy



NEW DELHI, OCT 4 (PTI): An NGO will distribute 10.7 million meals across nine cities in India to people who have been impacted by the coronavirus pandemic.

The Delhi-based NGO, Sustainable Environment and Ecological Development Society (SEEDS), in partnership with Honeywell will distribute food kits to the most vulnerable communities include daily wagers, contract workers, and migrant population who have been displaced because of the lockdown.

While phase-1 of the distribution drive provided around "3.7 million meals" across five cities, in phase-2, the initiative aims to provide an additional 10 million meals across nine cities: Delhi, Gurugram, Bengaluru, Pune, Madurai, Haridwar, Dehradun, Chennai, and Hyderabad. Cumulatively, this multi-city outreach will cover 1.78 lakh people, the NGO said in a statement.

According to the NGO, the outpouring of support for the displaced

turn to pg 02

COVID-19 cases in India breach 65-lakh mark

NEW DELHI, OCT 4 (PTI): India's COVID-19 caseload went past 65 lakh, while the number of people who have recuperated from the disease crossed 55 lakh, according to the Union Health Ministry data updated on Sunday.

The recovery rate stands at 84.13 per cent.

The total coronavirus cases mounted to 65,49,373 with 75,829 people testing positive for the infection in a day, while the death toll climbed to 1,01,782 with the virus claiming 940 lives in a span of 24 hours, the data updated at 8 am showed.

The total recoveries have surged to 55,09,966, while there are 9,37,625, active cases of coronavirus infection in the country which

comprises 14.32 per cent of the total caseload, the data stated.

The COVID-19 case fatality rate has further dropped to 1.55 per cent.

India's COVID-19 tally had crossed the 20-lakh mark on August 7, 30 lakh on August 23 and 40 lakh on September 5. It went past 50 lakh on September 16 and crossed 60 lakh on September 28.

According to the ICMR, a cumulative total of 7,89,92,534 samples have been tested up to October 3 with 11,42,131 samples being tested on Saturday.

The 940 new fatalities include 278 from Maharashtra, 100 from Karnataka, 65 from Tamil Nadu, 62 from West Bengal, 61 from Punjab, 60 from Uttar Pradesh,

41 from Andhra Pradesh and 34 from Delhi. A total of 1,01,782 deaths have been reported so far in the country including 37,758 from Maharashtra followed by 9,718 from Tamil Nadu, 9,219 from Karnataka, 5,977 from Uttar Pradesh, 5,941 from Andhra Pradesh, 5,472 from Delhi, 5,132 from West Bengal, 3,562 from Punjab and 3,487 from Gujarat.

The health ministry stressed that more than 70 per cent of the deaths occurred due to comorbidities.

"Our figures are being reconciled with the Indian Council of Medical Research," the ministry said on its website, adding that state-wise distribution of figures is subject to further verification and reconciliation.

At Punjab rally, Rahul slams Centre over farm laws

MOGA (PUNJAB), OCT 4 (PTI): Congress leader Rahul Gandhi hit out at the Centre on Sunday over the three new agriculture laws, asking why were the farmers agitating if these were meant for them.

Addressing a public meeting in Badhni Kalan in Punjab's Moga district, Gandhi asserted that the contentious Acts would be revoked if the Congress was voted to power. He wondered what was the "hurry" and need to implement these legislations amid the coronavirus pandemic.

"The prime minister says the laws are being framed for farmers. If the laws are being made for farmers, then why didn't you debate in Lok Sabha and Rajya Sabha?" Gandhi asked.

"And if farmers are happy with these laws,

then why are they agitating across the country? Why is every farmer of Punjab agitating?"

Farmers have expressed apprehension that the Centre's farm reforms would pave the way for dismantling of the minimum support price system, leaving them at the "mercy" of big companies.

President Ram Nath Kovind has given assent to the Farmers' Produce Trade and Commerce (Promotion and Facilitation) Bill; Farmers' (Empowerment and Protection) Agreement of Price Assurance and Farm Services Bill; and Essential Commodities (Amendment) Bill, which were passed by the Parliament last month.

Earlier, Gandhi arrived in Moga for leading tractor rallies across

turn to pg 02

The Journey That Made Me a Boarding School Master

AMIRZIT SINGH HUIDROM

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." – Martin Luther King Jr.

North East India is like the forbidden paradise of our country. It is the Amazon of the sub-continent water fed by the massive perennial river called the Brahmaputra and its tributaries. Hailing from this part of the world, Manipur, my love for this land is beyond description. Educated in a boarding school at Birla Vidya Mandir (Member school of IPSC Indian Public School Conference) in Nainital, U.P. (now in Uttarakhand). I was admitted under the ALL INDIA MERIT SCHOLARSHIP scheme under the Ministry of Human Resources, Govt. of India.

During my school days, I desired that my part of the world should have a school

like the one I was privileged to attend where a person is taught not just subjects but life skills as well. The boarding school nurtured my physical and mental faculties. I was groomed into becoming a person who can influence people and create an impact which is immeasurable.

A Boarding school is a place where there are many facilities and unparalleled opportunities both for the students and Housemasters'. I am very thankful to my Alma Matter, Birla Vidya Mandir, Nainital for the strong base for profession and life which formed a solid foundation beneath my feet. What I am today is because of all my Gurujis of the school. My heartfelt gratitude to all of them.

After my college and University studies, I decided to serve as a teacher as that is where I felt I can influence the people of my land. Being a teacher was exciting and I was having the innate passion to walk an extra mile in whatever I do. But working in

a day school become tiresome as one could not do beyond a limit. I wanted to do more. I wanted to groom the boys and girls of my land into individuals who can make an impact beyond the boundaries of the North East. So, I resigned the job though it was a government position and joined Donyi Polo Vidya Bhawan, Itanagar (Member of IPSC) a boarding school in Arunachal Pradesh. I had the privilege of being the Chief Co-coordinator of the 57th Annual Session of Public Schools' Principals Conference hosted by our school. There I met our beloved and learned former Principal Shree S.K Guptaji and inspired me to do better and better in my life. Though the job was a private one, I had the satisfaction which could not be granted by a day school. Here, I could give my all as a boarding school master - as a physics teacher, as a tutor, on the sports field, in the dining hall, everywhere. I was actually a part of

turn to pg 02

Triumph to launch used-bike programme by Oct-end

CHENNAI, OCT 4 (PTI): British premium motorcycle maker Triumph would launch its used bike programme -- Triumph Approved -- by this month end as part of consolidating its presence in the country, a top official said.

Under the programme, the company would target first time buyers, besides offering finance options, Triumph Motorcycles Business Head Shoeb Farooq said.

The launch of the Triumph Approved would happen by the month end in three dealerships, he said, adding the company would gradually increase it to at least 10 dealership locations by December.

"It will be rolled out in at least 10 dealership networks by December. We are calling it as Triumph Approved. We are going to buy back used bikes from our customers, upgrade them and sell them with warranty", he told PTI.

Asked about the products that would be launched under the programme, he said it will be based on the demand (from customers).

The products will be sold based as per the customer demand, he said.

Currently, Triumph retails nearly 13 products across various categories in the country.

"In the automobile industry there is degrowth and it is going to take some time to rebound (due to COVID-19 outbreak).

Even though there is degrowth in the industry, we are selling at similar levels to what we sold in July-September last year," Farooq said.

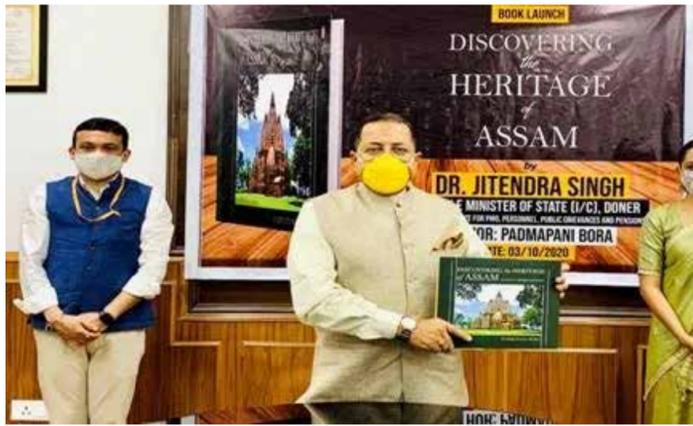
Under the used bike programme, he said "we are also going to offer finance options and you can come to the dealer network just like you are going to buy a new motorcycle."

"Internally, we offer two-year warranty to new motorcycles, what we are planning is to offer a year's warranty to used motorcycles", he said.

Union Minister Jitendra Singh releases book on Assam's heritage

NEW DELHI, OCT 04 (PTI): Union Minister Jitendra Singh on Sunday released a coffee table book -- 'Discovering the Heritage of Assam' -- with a foreword by Bollywood actor Amitabh Bachchan.

The voluminous book with pictures and photographs on glaze paper presents an absorbing compilation of heritage, faith, beliefs and traditions of different ethnic tribes and



sub-tribes living in Assam, the largest state of the Northeastern region.

While releasing the book, Singh, the Union minister for Development of North Eastern Region (DoNER), congratulated its author Padampani Bora, who is by profession an officer of the Indian Revenue Service (2009 batch).

Bora has over the years established himself as an accomplished

author, specialising in the subjects reflecting diverse nuances of the Northeastern region, he said.

Singh said while mostly it is suggested that the Northeast should be brought closer to the rest of India, very few understand that there is much more than that and in fact, the rest of the country can learn from the Northeast.

The book by Bora, he

said, will help to understand the grand splendour and glory of the undiscovered facets of Assam.

The minister suggested wide circulation of the coffee table book and hoped that the writer's creation will not only remain confined to the pages of the book but would also serve as cultural and heritage ambassador of the Northeast for the rest of the world.

Health awareness at Lumsey



SUMMIT REPORT

GANGTOK, 04 OCT:

A health awareness camp was organised by Sikkim Youth Brotherhood at Lumsey Government School here in East Sikkim with the group's vice-president, Doncee Lama, as its principal motivator.

The camp was inaugurated by area MLA, GT Dungleh, and was organized in active participation with the Lumsey Samaj and local civic societies and youth of Upper Tadong constituency.

The awareness camp had medical specialist from various faculties

such as medicine, gynaecology, physiotherapy, orthopaedics etc.

Doncee Lama informed that similar camps are being organised across the state and sought support and cooperation from the youth and volunteers from all 32 constituencies of Sikkim.

Less than 10...

India has posted high daily testing numbers on Thursday, Friday and Saturday with 10,97,947, 11,32,675 and 11,42,131 tests being conducted respectively.

"There has been an exponential rise in India's daily testing capacities. More than 15 lakhs tests can be conducted every day.

"An average of 11.5 lakh tests were done on a daily basis during the past ten days," the ministry said. Very high levels of testing lead to early identification, prompt isolation and effective treatment of COVID-19 cases. These have eventually resulted in a sustained low fatality rate which has dropped to 1.55 per cent.

India's steady trend of posting high level of daily recoveries also continues with 82,260 recoveries being registered in a span of 24 hours in the country. In contrast, 75,829 new cases of COVID-19 have been reported.

The new recoveries have exceeded the new cases in the recent days.

India's total recoveries crossed 55 lakh (55,09,966) on Sunday. Higher number of single-day recoveries is reflected in the continuous increase in the national recovery rate, which is at present 84.13 per cent.

The ministry said 75.44 per cent of the newly recovered cases are recorded in 10 states and UTs.

Being the leading state with highest number of active cases, Maharashtra has also contributed the highest number to the newly recovered cases followed by Karnataka and Andhra Pradesh.

Further 10 states and UTs account for 77.11 per cent of the active cases in the country. As on date, the percent contribution of active cases to the COVID-19 caseload of the country has reduced to only 14.32 per cent, the ministry underlined.

Seventy-eight per cent of the new cases of coronavirus infection are concentrated in ten states and UTs with Maharashtra contributing to more than 14,000 to the new cases. Karnataka and Kerala reported 9886 and 7834 new cases, respectively.

Less than a 1000 deaths (940) have been registered in the last 24 hours.

The ministry said that 80.53 per cent of new reported fatalities are from 10 states and UTs. Over 29 per cent of deaths reported on Saturday are from Maharashtra with 278 deaths followed by Karnataka with 100 deaths. Maharashtra's contribution to death toll has been on a decline.

Area MLA leads inspection of new road connecting Salghari to Dungey Pani



SUMMIT REPORT

GANGTOK, 04 OCT:

A team led by area MLA Bishnu Kumar Khatiwara, and including chairperson Santosh Kumar Pradhan and officials from the concerned department along with Sikkim Krantikari Morcha's CLC president, DB Chhetri, CLC coordinator Mahindra Subba and WLC executives of Sal-

ghari and Dungey Pani wards carried out a joint survey of new road connecting Salghari to Dungey Pani under Rhenock constituency today. The proposal for a new connecting road from Salghari to Dungey Pani was placed by the residents of Salghari and Dungey Pani during the election campaign and is now being processed.

YSR Congress leader succumbs to COVID-19

VISAKHAPATNAM, OCT 4 (PTI): YSR Congress leader and former MLA Dronamraju Srinivas succumbed to COVID-19 here on Sunday.

He was 59 and survived by his wife, son and daughter.

Srinivas got infected with coronavirus a month ago and was shifted to a corporate hospital for treatment after the initial home isolation period, YSRC sources said.

Andhra Pradesh Chief Minister Y S Jagan Mohan Reddy expressed shock and grief over Srinivas' death.

"Srinivas was a soft spoken and committed party leader.

The Dronamraju fam-

ily always played a key role in North Andhra and the passing away of Srinivas is heartrending," he said in a statement.

The Chief Minister conveyed his condolences to the bereaved family.

Srinivas served as a Congress MLA twice from Visakhapatnam South. He was the son of veteran Congressman Dronamraju Satyanarayana.

Srinivas joined the YSRC ahead of the general elections in 2019, but lost the Visakhapatnam South Assembly seat.

He was later made chairman of the newly constituted Visakhapatnam Metro Region Development Authority.

Rhea Chakraborty should be released without further harassment, says Adhir

KOLKATA, OCT 4 (PTI): A day after a panel of doctors at AIIMS in Delhi ruled out murder as the cause of Sushant Singh Rajput's death, Leader of the Congress in Lok Sabha, Adhir Choudhury, on Sunday demanded that the actor's girlfriend Rhea Chakraborty be released forthwith without further harassment.

Choudhury, who had said in the past that Chakraborty was being "falsely implicated" following her arrest in connection with a drug probe linked to Rajput's death, claimed on Twitter that she was a victim of a "political conspiracy".

"Now the BJP propaganda machinery may accuse the forensic team of AIIMS who has nullified the allegation that Rhea

Chakraborty conspired to kill Sushant Singh Rajput, the state Congress chief tweeted.

"We are all pained by the expiry of Sushant ji but he cannot be honoured by falsely implicating a lady as an accused, I have earlier said that Rhea Chakraborty was an innocent lady, she should be released without further harassment to her, she has been the victim of Political conspiracy (sic)," he added.

In its conclusive medico-legal opinion to the CBI, a six-member team of forensic doctors has dismissed theories of "poisoning and strangling" in Rajput's death.

Chakraborty was arrested on September 8 by the Narcotics Control Bureau.

HAVE A STORY TO SHARE?

email us: news@summittimes.com

NGO to distribute...

and marginalized during the lockdown days have come down significantly since the country began to restart and reopen. However, large swathes of population especially among migrant workers continues to suffer from job losses and depleted savings.

"We are committed to reaching out to the bottom 1 per cent most vulnerable communities during any crisis. Though the country is currently under the unlock phase, there are still communities struggling against daily hardships. SEEDS continues to reach out to such communities for the sixth month running and is committed to carry out its support work until they can safely come out of the current crisis," said Manu Gupta, co-founder, SEEDS.

Each food kit comprises rice, wheat flour, sugar, pulses, cooking oil, and salt. SEEDS, over the coming weeks, will engage with social volunteers and government officials to undertake the distribution drive.

At Punjab rally...

the state from Sunday till Tuesday in protest against the laws.

Chief Minister Amarinder Singh, Finance Minister Manpreet Singh Badal, state Congress president Sunil Jakhar, party's Punjab incharge Harish Rawat and other leaders were present. Former minister and MLA Navjot Singh Sidhu, who had been staying away from all Congress activities, was also seen at the public meeting.

The tractor rallies, which have been named as 'Kheti Bachao Yatra', will cover more than 50 km over three days in various districts and constituencies.

The Journey...

every child's life on the campus. Rather than just teaching them values, I was trying to be an example to them in everything I do as I believe that students learn better by observing than by merely listening to what you have got to say. One of my students at the school later served as the chief minister of the state after he grew up. Some of them are in administrative services (IRS and IAS), entrepreneurs, engineers, doctors and social workers.

My life as a boarding school teacher took a brighter turn when The Assam Valley School, a mammoth boarding school, opened in the middle of the tea gardens in Assam in 90's. I was enthusiastic to join the school as it was established in my part of the land. I knew I can do more in this gigantic institution. It is now more than three decades and I feel that I can still do more as a boarding school master in this institution. I always try to give more than usual to every role I played-Head of admissions, Head of department, Head of E-learning, Round Square representative, Tennis and hockey coach etc.

As a physics teacher, I desired to enlighten the students on how science has advanced and has made man's life easier. As most of the students were first generation learners, I had to really make them realise the influence of phys-

ics in human's lives in various forms. I walked an additional mile by taking students every year to NASA in the USA. Student have workshops at JF Kennedy space centre, Florida and space camp at Johnson Space at Houston, USA wherein they learn some aspects of Space Science. The trekking and camping expedition in Darjeeling, Bhutan and north east taught me the social behaviour of the students outside four walls of the classroom.

I also served the school as a Round Square Representative. One knows the kind of influence Round Square has on the student body. International Conferences in Singapore, presentation of students' engagement in Aiglon College, Switzerland and South Africa engages the students in discovery framework of Round Square Pillars which eventually will impact in their life.

The greater role as a boarding school teacher I played is on the pastoral front. The pastoral care is the essence of a boarding school and that is where one can create a phenomenal impact as a boarding school master. The key areas that work in a boarding school as nature and nurture. I was passionate about nourishing the students in these aspects as their Housemaster. It is an indescribable feeling to experience the kind of connection I enjoy with

students in the boarding house. This where the real nature of the students, their personal likes and dislikes, past joys and pains, their passions, the challenges they have met in life, the agony because they have lost a loved one, the kind of person they long to be, and the like. As a housemaster, I am like a potter wherein I can mould them. I become more than a mere teacher and more than a parent when I am in the shoes of the housemaster. One must have that burning passion to be someone whom a student finds trustworthy enough to open up his heart and expose himself confiding everything about himself. Every year students with different temperaments enter the campus and every student is a unique challenge for me as the housemaster. No matter how difficult it may be to make a gentleman out of that boy, I try to find a way to make a fine person who would serve as a ray of hope to the planet. Since becoming the Senior Master for the boys Department, I am happy to leave a legacy behind which I hope will be carried on after I retire and that the student community will continue to have passionate housemaster to nurture them.

Learning is a continuous process and I have been privileged with a selection of the best mentors, one of whom is Dr. Vidhukesh Vimal, the present Head-

master of The Assam Valley School. I am grateful for his beautiful ideas and time tested effective practices applied in our day-to-day functioning of the school. My heartfelt and sincere gratitude to him and other mentors.

The greatest satisfaction lies when our graduated students re-enter the threshold of the campus not as a student but as a person in the service of humanity in a constructive role, as an IAS officer, IRS, a chief minister of a state, an entrepreneur, a law and enforcement officer, a defence officer, a pilot and the like. The very moment of seeing the once-upon-a-time kid standing in front of me as a responsible adult, now greater than his teacher, immediately makes me feel proud of my profession as the boarding school housemaster. To me every single individual is a living success story and I have the joy of being a character in their life's story as the child's potter, a sculptor or his maker in some respects.

This is my most enjoyable and satisfactory journey as the Boarding School master.

[The writer is presently the Senior Master at The Assam Valley School, Tezpur where he has completed 30 years of teaching and 15 years as a Housemaster. He can be reached at hsmlu@assamvalleyschool.com]

~ SummitTIMES ~ CLASSIFIEDS

GENERAL LAND FOR SALE

General land 30X40 (3 Plots) available for sale at Tadong 6th Mile next to Harka Maya College. Flat Land no cutting required. Price 27 Lakhs (negotiable).

Contact: 9800201335

LAND FOR SALE

A land measuring an area for 50x32 1/2 at Road-side just below housing colony is for sale. It is just a one minute walking distance from Namchi bazaar taxi stand. Interested party may contact 959373387 and 9434406761

LAND FOR SALE

An area measuring 1 acre at Sadam South Sikkim near Loretto Convent School at Gupti road. Price negotiable any one interested can contact: 78640-04501, 62970-03235, 98320-48410

Sikkim Students Parliament goes virtual for its annual fest

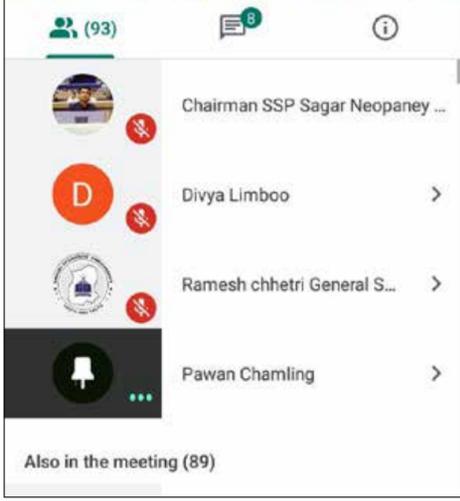
SUMMIT REPORT

GANGTOK, 04 OCT: Sikkim Students Parliament, an organization, organized the closing ceremony of its week-long annual festival, Kshitij 2020, on Saturday with SDF president, former Chief Minister Pawan Chamling, as the chief guest. The event was held online.

Mr Chamling, while congratulating SSP for putting together a festival like Kshitij for all round development of students, wished the organization luck for its future endeavors.

He spoke about the dwindling interest in poetry and how it can be rekindled. An SSP press release adds that he also encouraged the youth to frequently question even themselves, emphasizing the importance and need for introspection which he believes can be achieved through poetry.

He also highlighted life lessons which one



should inculcate from Gandhi's struggle for freedom.

The other matters which he stressed included a mention of UN-approved Organic Farming and the need to carry it forward.

He talked about the Chief Minister's Meritorious Scholarship Scheme and how it was helping students from rural and underprivileged backgrounds. Quality education he stressed was a basic need and should not be a privilege.

He also reminded the youth that the purpose of education was to prepare students for life and not for a degree or a job.

He encouraged the students to research and write about Sikkim, its origin and identity and hoped that there will emerge great thinkers like Aristotle and Plato from our state too.

He once again talked about the need to adopt

the Singapore model of development and different aspects of a person's age, the chronological, biological and the psychological age engaging the students with his thoughts and ideas.

Earlier SSP general secretary, Ramesh Chettri, welcomed the guest and participants to the event as well as those viewing the event live on Facebook. He shared a video of the week-long journey of Kshitij 2020 followed by recitation of a few selected English and Nepali poems from the poetry competition held earlier.

Winners of the state level debate competition and the interstate poetry competition were announced by the chief guest followed by Pankaj Giri, a writer, declaring the event closed.

The vote of thanks was proposed by the Literary Secretary of Sikkim Student's Parliament, Denmit Lepcha.

Blood donation camp at Siliguri's Rotary Point



SUMMIT REPORT

SILIGURI, 04 OCT: Rotary Club of Siliguri Uttarayan and its women's wing, the Inner Wheel Club, organised a blood donation camp at Rotary Point near Himul in Uttarayan here today.

A total of 62 units of blood were collected during the camp. The collected blood was deposited to the Rotary Blood Bank.

The club's chairperson, Pradip Agarwal, informs that president Gopal Kayan, secretary Ajay

Gupta and other members participated actively in today's drive.

The club also celebrated World Animal Welfare Day by donating Rs 5,100 to the Animal Welfare Society of Dagapur.

Law and order has collapsed in Tripura: CPI(M)

AGARTALA, Oct 3 (PTI): The opposition CPI(M) in Tripura on Saturday alleged that law and order has collapsed in the state ever since the BJP-IPFT combine came to power, and sought the DGP's intervention to improve the situation.

A three-member delegation of CPI(M) led by

party secretary Goutam Das met the DGP, Rajib Singh here and submitted a memorandum, detailing incidents of attacks on the opposition party workers "carried out by goons of the BJP and IPFT".

Das claimed 14 party activists were killed and over 2,420 assaulted, and

346 CPI(M) offices vandalised since the combine formed government.

"We do not seek any additional favour. Political parties should have the freedom of expression in a democratic country," said former Tripura minister Jitendra Chowdhury, who was a part of the delegation.

Rorathang assoc organizes online Nepali folk dance compmt



SUMMIT REPORT

RANGPO, 04 OCT: The prize distribution function of the online Nepali folk dance competition organised by Rorathang Social Welfare Association was held today with area MLA, Bishnu Kumar Khatiwada as chief guest.

In junior level dance competition: Dip Jyoti Pradhan, Ananya Chettri,

Willish Pradhan, Anish Mishra and Evi Thapa were selected as the top five winners.

In senior level dance competition: Sneha Chettri, Saraswati Luitel, Rewati Arundadi, Shristy Pradhan were nominated for the award. Inter SHG, Prerna Amar Jyoti, Jyoti SHG and Radha Krishna SHG stood 1st, 2nd and 3rd.

Purvottar Hindi Academy organizes online programs



SUMMIT REPORT

GANGTOK, 04 OCT: During the Hindi Pakhwada period, various programs were organized online by Purvottar Hindi Academy, Shillong, an organization promoting Hindi in North East India.

According to Academy Secretary, Dr Akelabhai, a poets' conference was organized on 30 Sept in which Atul Kumar Mathur from Jodhpur Rajasthan, Ruman Yusuf from Patna Bihar and Mohd. Naseem Akhtar,

Gopalganj Bihar resident Jan Mohammad Ansari, Bangaigaon, Vinay Kumar Buddha from Assam, Patiala Punjab resident Dr Pragya Pandey from Poonam Gupta, Lucknow, Uttar Pradesh, Pushpalta Rathore from New Delhi have strongly participated in the event.

On the occasion of Gandhi Jayanti, a bhajan performance by Rupali Chakraborty of Patna was broadcast over Facebook along with an interview with Parmanand Panchal.

World Walking Day observed at SMCPT



SUMMIT REPORT

GANGTOK, 04 OCT: Sikkim Manipal College of Physiotherapy (SMCPT) celebrated World Walking Day at the campus in Sikkim Manipal University premises at 5th Mile, Tadong today, a press release informs.

The event was jointly supported by The Association for International Sports for All (TAFISA) in association with Fit India and International Health and Fitness Association (IHFA).

Vice Chancellor SMU, Dr Rajan S Grewal, graced the occasion as Chief Guest alongwith the Dean SMIMS, Brigadier Dr VK Mehta as Guest of Honour. A walk was organized

in the campus which saw participation from the Medical Superintendent, Dr Sanjiba Dutta, Principal College of Nursing and various Heads from the constituent units. The staff and family members of SMU campus took part in the event.

The Staff, Post Graduates and interns volunteered in the said event by placing placards and marking points for transfer of the Baton. There was mass participation in the online format by all the students of SMCPT, using FIT apps in their respective homes and uploading the tracked walking distance, which shall go under the banner of SMCPT in contribution

to this World wide event.

Principal SMCPT, Dr Nikita Joshi, addressed the gathering and stressed upon the importance of Fitness in daily life, the pandemic has subjected people to be indoors most of the time and has brought down the physical fitness index, the impetus of such events can go a long way in bringing a positive change in an individual and can provide a spark to start or change the lifestyle towards the better good.

SMCPT would like to thank all stakeholders and support services that went in organizing the event and making it a huge success.

SKM convenes joining prog for SDF crossovers at Aarubotey



SUMMIT REPORT

GANGTOK, 04 OCT: Sikkim Krantikari Morcha conducted a joining program at Aarubotey ward, under Rolep Lamaten GPU of Gnathang Machong constituency today, a press release informs.

The meet was chaired by the party's area in-charge Tshering Bhutia along with advisors Inchung Bhutia and JB Basnet as special guests and chairperson Sonam Sherpa, general secretary (Press & Media HQ), Boom Tshering Yonzon, CLC president, MB Gurung, Zone-II Nari vice conveners Laden

Lama and Lenous Lepcha, senior party worker, Nima Wangchuk Bhutia, Navin Dawari, KB RI CLC executives, BLC & WLC presidents and attended by of local public, the release adds.

Meanwhile, several issues were discussed over the formation of Ward Level Committee, streamlining of party activities in the constituency, membership drive and plans and policies of the party, the release adds.

The release states, sitting SDF panchayat of Aarubotey Ward Mitra Kumar Rai along with 33 SDF supporters joined SKM today.

Specialized Dental Clinic of Siliguri
(Sevoke Dental Clinic)
Branch Open in Gangtok.

GANGTOK DENTAL CLINIC

NOW OPEN
10AM to 7PM

BOOK YOUR APPOINTMENT
82106 99271

Dr. Anjali Gupta
BDS, Dental Surgeon

Near Sino Golai
Below Greendale Hotel
Gangtok, East Sikkim

+91 8210699271
+91 8768213966

What is Novel Coronavirus - nCoV?

The Novel Coronavirus (nCoV) is new strain of Coronavirus that originated in Wuhan, China. Notorious for mutating quickly and acquiring new qualities, it is a rising epidemic that was previously not identified in humans.

Symptoms of nCoV

- Fever
- Difficulty in breathing
- Dry Cough
- Severe acute respiratory syndrome
- Pneumonia - like symptoms

Precautions to Prevent nCoV

- Wash your hands often with soap.
- Use an alcohol based hand sanitizer
- Observe good personal hygiene.
- Avoid touching your face with unwashed hands.
- Avoid contact with people with possible symptoms.
- Avoid contact with animals and consumption of undercooked meats.
- Avoid travel to nCoV affected places.
- Wear a mask if you have respiratory syndrome, and cover your mouth while coughing or sneezing.

Treatment

- Treatment is symptomatic and supportive, based on the patient's clinical condition.
- No vaccinations available as of now
- Visit Doctor in case symptoms detected

If you seek help, you may call :

- Toll free no. 104
- District surveillance Officer
- EAST : 7029372100
- WEST : 9593297809
- NORTH : 9641957468
- SOUTH : 7407691463
- New STNM
- AMS : 9434711402

DEPARTMENT OF HEALTH & FAMILY WELFARE
GOVERNMENT OF SIKKIM

to book advertisements in SummitTimes
call 03592-208698, 9734152541,
9647102692, advertise@summittimes.com,

Time to Change

We Gossip So That We Don't Have to Engage

Rumours serve only one purpose - entertainment. They titillate, scandalise, and then evaporate. In most cases, the receivers and circulators of such gossip know that no one believes the rumours and everyone partakes in it only get over the boredom with which most people appear afflicted in these lazy winter months. That said, there also appear to be a whole lot of people, who even if they don't accept rumours as true, convince themselves that there has to be a germ of truth some layers down for active imaginations to have created the dramatized versions in circulation. And then there is that whole smoke and mirrors trick that 'information' bereft of context can pull. But then again, while one can reason with the informed, there is really no defence against ignorance. Hence, at the end of the day, there is really only one way to settle a rumour - ignoring it. But while it is easy to ignore something when it is only whispered in street corners and closed circles, it becomes difficult to do so when they are palmed out and circulated in the public domain.

The drift should be obvious by now. Most rumours are brought into wider circulation by political parties, both ruling and opposition and the in-betweens, by way of press releases, public speeches, throwaway comments and wink-wink suggestions. Trolls, and the anonymity they hide behind, have now made it possible for nuance to be abandoned on "social media" and fling anything at the thousands of walls hoping that something sticks. Leaders, most of them new to the medium, make the mistake of engaging with agent provocateurs either by getting into arguments themselves, unleashing their online armies or issuing official denials and/or suffering an online meltdown themselves. The moment they do any of these, they give the faceless rumour-mongers credibility as representative voices because they receive response. Once this cycle begins, followers follow and the lines start getting blurred and suspicions start getting stronger.

Meanwhile, newspapers, by the very definition of their jobs, are required to allow space for public statements by public personalities. Unfortunately, the party affiliates who play rumours into the streets are not required to be accountable. What is worse, few demands are made of them to even be professional. Allegations are raised without even prima facie evidence and claims are made without any supporting evidence and very often condemnations issued on something that is only being gossiped. To deny them the space by way of news coverage would be unfair to the profession of journalism, but to sensationalise their statements means being even more unprofessional. It is a difficult call, but given the extremes to which claims and counter-claims swerve in the political domain, the only hope is that the readers can see through the weak fronts on their own and sift the gossip from the news.

That would be the ideal situation, but we don't live in an ideal world, do we?

The best defence against rumour-mongering would have been strong implementation of the Right to Information Act. If that were to happen, whenever people felt real fears or suspicions, they would be able to draft an application and exercise their right to information. But information by itself is worthless if the debate that follows is not intelligent, informed and coherent. Thus far, public debates have essentially been shouting matches with no heed paid to putting things in context or explaining the issues, much like the nightly TV newsroom debates. The people had to make do with slanging matches, but, if the people desire, things can be different now. They can inform themselves in advance and then hear out the politicians to decide whether their arguments and interpretations are sound or not. At the end of the day, the only weapon against rumours is the truth. Circulate it in the public domain and embarrass those who deal in rumours.

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: news@summittimes.com

The Arctic hasn't been this warm for 3 million years – and that foreshadows big changes for the rest of the planet

JULIE BRIGHAM-GRETTE & STEVE PETSCH
theconversation.com

Every year, sea ice cover in the Arctic Ocean shrinks to a low point in mid-September. This year it measures just 1.44 million square miles (3.74 million square kilometers) – the second-lowest value in the 42 years since satellites began taking measurements. The ice today covers only 50% of the area it covered 40 years ago in late summer.

As the Intergovernmental Panel on Climate Change has shown, carbon dioxide levels in the atmosphere are higher than at any time in human history. The last time that atmospheric CO2 concentrations reached today's level – about 412 parts per million – was 3 million years ago, during the Pliocene Epoch.

As geoscientists who study the evolution of Earth's climate and how it creates conditions for life, we see evolving conditions in the Arctic as an indicator of how climate change could transform the planet. If global greenhouse gas emissions continue to rise, they could return the Earth to Pliocene conditions, with higher sea levels, shifted weather patterns and altered conditions in both the natural world and human societies.

THE PLIOCENE ARCTIC

We are part of a team of scientists who analyzed sediment cores from Lake El'gygytyn in northeast Russia in 2013 to understand the Arctic's climate under higher atmospheric carbon dioxide levels. Fossil pollen preserved in these cores shows that the Pliocene Arctic was very different from its current state.

Today the Arctic is a treeless plain with only sparse tundra vegetation, such as grasses, sedges and a few flowering plants. In contrast, the Russian sediment cores contained pollen from trees such as larch, spruce, fir and hemlock. This shows that boreal forests, which today end hundreds of miles farther south and west in Russia and at the Arctic Circle in Alaska, once reached all the way to the Arctic Ocean across much of Arctic Russia and North America.

Because the Arctic was much warmer in the Pliocene, the Greenland Ice Sheet did not exist. Small glaciers along Greenland's mountainous eastern coast were among the few places with year-round ice in the Arctic. The Pliocene Earth had ice only at one end – in Antarctica – and that ice was less extensive and more susceptible to melting.

Because the oceans were warmer and there were no large ice sheets in the Northern Hemisphere, sea levels were 30 to 50 feet (9 to 15 meters) higher around the globe than they are today.

Cambodia is an inspiration for the healing power of art after a crisis

ALEXANDRE P. BÉDARD
theconversation.com

Even though history has seen different disasters and humanitarian crises, one fact remains: we try to understand what is happening by seeing how others coped, comparing our reaction to theirs. These comparisons allow us to shed light on the best practices for managing or emerging from a crisis.

We note with the COVID-19 pandemic that there is not one response to crises, but many responses that are adapted and implemented through trial and error.

At the Canadian Research Institute on Humanitarian Crisis and Aid our team was interested in a few examples where art and culture have been used to encourage development at the social, community, economic and civic level in various countries, including Haiti and Cambodia.

Cambodia is a special case. It was able to use art and culture to find a way to rebuild itself after the genocide that began in 1975 and ended with the fall of the Pol Pot regime in 1979. While the context is different, is there a way we can draw inspiration from the Cambodian example to recover from the current health crisis?

ART AND CULTURE IN CRISIS

First of all, what do we mean by "crisis?" Are we simply referring to the health aspect?

Our government decision-makers have categorized the current period as a "war" against an invisible enemy. But a war leaves after-effects that are not only structural but social, societal and humanitarian as well. Also, as in armed conflicts, this "health war" has imposed a front line in hospitals and seniors' residences.

In times of war, art and culture, which are important pillars of our societies, are hit hard and sometimes even strategically destroyed.

THE REBIRTH OF ART IN CAMBODIA

Cambodia has a long and rich his-

Coastlines were far inland from their current locations. The areas that are now California's Central Valley, the Florida Peninsula and the Gulf Coast all were underwater. So was the land where major coastal cities like New York, Miami, Los Angeles, Houston and Seattle stand.

Warmer winters across what is now the western U.S. reduced snowpack, which these days supplies much of the region's water. Today's Midwest and Great Plains were so much warmer and dryer that it would have been impossible to grow corn or wheat there.



WHY WAS THERE SO MUCH CO2 IN THE PLIOCENE?

How did CO2 concentrations during the Pliocene reach levels similar to today's? Humans would not appear on Earth for at least another million years, and our use of fossil fuels is even more recent. The answer is that some natural processes that have occurred on Earth throughout its history release CO2 to the atmosphere, while others consume it. The main system that keeps these dynamics in balance and controls Earth's climate is a natural global thermostat, regulated by rocks that chemically react with CO2 and pull it out of the atmosphere.

In soils, certain rocks continually break down into new materials in reactions that consume CO2. These reactions tend to speed up when temperatures and rainfall are higher – exactly the climate conditions that occur when atmospheric greenhouse gas concentrations rise.

But this thermostat has a built-in control. When CO2 and temperatures increase and rock weathering accelerates, it pulls more CO2 from the atmosphere. If CO2 begins to fall, temperatures cool and rock weathering slows globally, pulling out less CO2.

Rock weathering reactions also can work faster where soil contains lots of newly exposed mineral surfaces. Examples include areas with high erosion or periods when Earth's tectonic processes pushed land upward, creating major mountain chains with steep slopes.

The rock weathering thermostat operates at a

geologically slow pace. For example, at the end of the Age of Dinosaurs about 65 million years ago, scientists estimate that atmospheric CO2 levels were between 2,000 and 4,000 parts per million. It took over 50 million years to reduce them naturally to around 400 parts per million in the Pliocene.

Because natural changes in CO2 levels happened very slowly, cyclic shifts in Earth's climate system were also very slow. Ecosystems had millions of years to adapt, adjust and slowly respond to changing climates.

A PLIOCENE-LIKE FUTURE?

Today human activities are overwhelming the natural processes that pull CO2 out of the atmosphere. At the dawn of the Industrial Era in 1750, atmospheric CO2 stood at about 280 parts per million. It has taken humans only 200 years to completely reverse the trajectory begun 50 million years ago and return the planet to CO2 levels not experienced for millions of years.

Most of that shift has happened since World War II. Yearly increases of 2-3 parts

per million now are common. And in response, the Earth is warming at a fast pace. Since roughly 1880 the planet has warmed by 1 degree Celsius (2 degrees Fahrenheit) – many times faster than any warming episode in the past 65 million years of Earth's history.

In the Arctic, losses of reflective snow and ice cover have amplified this warming to +5 C (9 F). As a result, summertime Arctic sea ice coverage is trending lower and lower. Scientists project that the Arctic will be completely ice-free in summer within the next two decades.

This isn't the only evidence of drastic Arctic warming. Scientists have recorded extreme summer melt rates across the Greenland Ice Sheet. In early August, Canada's last remaining ice shelf, in the territory of Nunavut, collapsed into the sea. Parts of Arctic Siberia and Svalbard, a group of Norwegian islands in the Arctic Ocean, reached record-shattering high temperatures this summer.

Coastal cities, agricultural breadbasket regions and water supplies for many communities all will be radically different if this planet returns to a Pliocene CO2 world. This future is not inevitable – but avoiding it will require big steps now to decrease fossil fuel use and turn down Earth's thermostat.

[Julie Brigham-Grette is Professor of Geosciences, University of Massachusetts Amherst; Steve Petsch is Associate Professor of Geosciences, University of Massachusetts Amherst]

tory dating back to before the Middle Ages. It was during the golden age of the Khmer Empire (between the ninth and 13th centuries) that arts and culture became integrated into society through religion, rites and customs.

However, for recent generations, this rich Cambodian culture with its oral tradition was greatly affected by the genocide under the tyrannical Khmer Rouge regime from 1975 to 1979. At this time, arts and culture almost completely disappeared, as did nearly 20 per cent of the population (between 1.7 million to 3 million people), exterminated by Pol Pot's dictatorship. The dictatorship fell from power in 1979. Instability and conflict remained for some 20 years.

In 1998, after Pol Pot's last uprising in 1997, Arn Chorn-Pond founded the Cambodian Master Performer Program, which became Cambodian Living Arts, in order to restore art to its former glory. Born in Cambodia into a family of genocide survivors, he studied in the United States and worked as a social worker there for a few years before returning to Cambodia.

Today, Cambodian Living Arts brings together several hundred artists and employees working at different levels including arts education and heritage protection as well as the development of tomorrow's leaders, markets and strong networks.

This non-profit organization uses art and culture to fulfil its mission of healing trauma, safeguarding traditions, restoring meaning to the community and training young people to contribute to the development of the country. It now has an expanded ecosystem of partners in other parts of the world.

As Phloean Prim, the non-profit's current executive director, explains, the destruction of cultural symbols and artifacts, such as religious and cultural sites, monuments and works of art, is an integral part of the consequences of conflict. The oppressor, be it

another country or a dictator, will seek to uproot the oppressed group from its identity, culture and societal vision.

A BRUTAL STOP WITH THE PANDEMIC

Although it hasn't destroyed infrastructure, the global pandemic has hit the cultural sector hard with the closure of theatres and cinemas, bans on mass gatherings and the cancelling of festivals. The performing arts, visual arts and access to heritage often appear to have been last to be considered in reopenings while workers dependent on the gig economy have lost many opportunities.

In compensation, the federal and provincial governments have offered some assistance to the sector to survive and to develop.

However, as we can see with the debate around opening performance venues, economic measures are not enough for everyone and do not guarantee that the public will be there. The abrupt and prolonged halt in cultural activities, as well as the prospect of a second wave of COVID-19 contamination, suggest that there will be repercussions for a long time to come. A strategy of cultural regeneration supported by our governments and strong institutions, such as the Cambodian Living Arts in Cambodia, should be considered.

This regeneration work was essential for Cambodia's recovery. Added to this was the need to transmit culture in order to rebuild bridges between generations, between individuals and between institutions. To share one's art orally does not only mean passing on know-how. It also means passing on people skills.

By teaching his art, the master transmits his identity to the other. And the student has the duty to appropriate this knowledge in order to take it further and create his own interpretation of the symbols. This is what creates more resilient societies.

Today, Cambodian Living Arts continues to invest in current and future cultural leaders. They are the

ones who will have to rebuild in the new post-crisis environment, where interactions, communities and identities will no longer be the same.

REACHING OUT TO THE PUBLIC

At home in Québec, for example, we see local initiatives. TD Bank and Vidéotron have partnered to present musical performances on outdoor stages, in a "drive-in movie" format, where spectators can enjoy the event in their vehicles.

Others choose to travel to people. This is the case of the Théâtre de la Ville, in Longueuil near Montréal, which offers a travelling program of three shows. In this way, art met the public, a bit like street theatre, at the beginning of the confinement. Similarly, Le Festif, in Charlevoix, offers immersive listening sessions outdoors.

Teaching and propagating culture is about coming together and finding each other. Moreover, as noted by the UNESCO International Bureau of Education, every human being is capable, through art, of re-establishing their link with society.

FINDING A NEW NORMAL

Our approach to art, culture and artist-citizen interactions will change in the new post-COVID reality. We will have to relearn, trust each other and then let ourselves forge new ways while respecting the rules.

A study by Habo studio shows that the return to "normalcy" in the consumption of the arts is not coming soon. It will take at least until 2021 (and perhaps 2022, according to some decision-makers in the field) before attendance levels return to pre-COVID levels, at least for the Montréal region.

As Québec's rules for indoor and outdoor gatherings now vary regionally, the cultural sector continues to explore virtual or outdoor alternatives, and stay attuned to health regulations. Like us, it will be seeking to define its new normal.

[the writer is Postdoctoral research associate, Department of Management, Université du Québec à Montréal (UQAM)]

I am not a gifted player, it's all about hard and smart work: Iyer

SHARJAH, OCT 4 (PTI): Delhi Capitals skipper Shreyas Iyer doesn't consider himself a "gifted player" and has attributed all those big sixes against Kolkata Knight Riders to the enormous "hard and smart work" that he had put in the gym sessions.

Iyer hit 88 off 38 balls with six sixes and seven fours in Delhi's 18-run win over KKR in an IPL game here on Saturday.

"I know the hard work and the smart work I have put in through my gym sessions, so I wouldn't say I am a very gifted player," Iyer said at the post-match presentation ceremony.

"It was really necessary for me to take time at the start which I did in the earlier games as well. It was the right time for me to take on the bowlers and then rotate strike as well after that.

"Luckily it worked out for me. We keep talking about close victories and this was one of them. Really satisfied with the way everyone stepped up." Losing cap-



tain Dinesh Karthik rued missing out on a couple of sixes in the middle overs which he felt probably cost them the match.

"Maybe in between 10-13 overs we didn't get many boundaries, we lost a couple of wickets as well which sets you back in such run chases. To be honest, couple more sixes and we would have crossed the line," Karthik said.

Delhi seamer Anrich Nortje, who captured three wickets for 33, said they tried to ex-

ploit the conditions and focussed on mixing up the deliveries.

"We wanted to use the conditions to the best of our ability. There was a little bit of dew. Myself and KG (Kagiso Rabada) tried to get a few to go through. We did it at the start. It got a little bit tough in the end, the ball was coming on nicely," he said.

"It was a bit difficult, proud that the guys pulled it through. We had different plans - try and change it up, not go with

the same thing over and over again. Could have gone for a six, but luckily we got him (Morgan) out. Some balls gripped, that one gripped and we got the wicket."

Nortje said he and Rabada feed off each other's ideas.

"It's great bowling with him (Rabada), really enjoying the time we spend together. Trying to feed off each other, trying to find out what he thinks, what he does and it's nice to be in the same team with him," he said.

The 26-year-old from South Africa said they worked on their death bowling skills ahead of the match in Sharjah.

"We worked on our yorkers, we can still improve a little bit, but we were hitting them in the nets. We tried to touch on all the skills.

"We worked on the slower ball, we worked on the good length and then obviously on the yorkers. It was about the skills at the end and just to try and out-skill the opponents.

Rare success as Japanese Encephalitis-afflicted Assam girl starts walking again

Guwahati, Oct 03 [PTI]: When 12-year-old Bhanita Boro from Assam's Udalguri district was diagnosed with the deadly Japanese Encephalitis in June, her poor parents had left the hope of getting their daughter back.

However, due to the coordinated efforts of doctors, officials and people empathetic to her situation, the class VII student from Simliguri village is standing on her feet again.

One of the three daughters of a poor farmer who mortgaged his tiny plot of land for Rs 70,000 to treat her, Boro is now looking forward to rejoining her school once the COVID-19 pandemic ends.

"For any JE patient, the real struggle starts after being diagnosed. If proper care is not taken during the treatment and after discharge, then the person might become paralysed for his/her entire life or even lose his/her life," Health and Family Welfare (Commissioner and Secretary) Monalisa Goswami told PTI.

After her release in July, a team of doctors and officials from the state headquarters met Boro and her parents to check her condition and tried to communicate with the patient to analyse whether she is able to respond to commands, Goswami added.

Health Services (Malaria) Joint Director Harpal Singh Suri said, "The girl was earlier physically disabled and unable to move her limbs or body parts. She had tried to move her hands and tongue when asked to but was unable to do it.

Then, we provided her with a wheelchair and her physiotherapy began."

Senior Medical and Health Officer Parashee Choudhury expressed happiness that Boro was now not only able to understand and react to the commands given to her, but also stand, walk and speak.

"Though she has not been completely cured of the disease, her rate of recovery is satisfactory and commendable," Choudhury said, sharing some photographs of Boro in the post-JE stage and her gradual betterment.

Experts are of the view that the recovery of a patient depends on the amount of inflammation in his/her

brain and how early the disease is detected.

"Recovery of a patient depends on how much the brain has been affected by JE as it causes inflammation of the brain and its surrounding areas.

"If the disease is detected early, recovery will be faster. With proper physiotherapy, usually it takes 1-2 years for a patient to be normal again," Santanu Kumar Sarma, a doctor at Tezpur Medical College and Hospital, said.

Considering the financial condition of Boro's parents, the Health Department is working to offer a monthly grant for her treatment through the Social Welfare Department, Goswami said.

An employee of the National Health Mission, on condition of anonymity, said she and a few of her colleagues have helped Boro's family financially in a personal initiative and are giving them food grains, fruits and other essential items.

After being diagnosed with Japanese Encephalitis, Boro was first taken to the nearest health facility in Dimakuchi, from where she was taken to Nao-kata in Baksa district as her condition did not improve.

Later, she was admitted to Gauhati Medical College and Hospital (GMCH).

After the discharge of Boro, health officials arranged the continuation of the girl's post-JE support by admitting her to Bhergaon Model Hospital instead of keeping her at home because of the extreme poverty of her family, Suri said.

"We have mortgaged our land for Rs 70,000. Her father is away from home to earn a livelihood. Still, we have not given up on Bhanita. She is our daughter and we will do everything to get her back on her feet," Dipali Boro, the girl's mother, told PTI.

Assam has reported 51 deaths out of 319 Japanese Encephalitis cases this year, translating it into 16 per cent mortality rate as against 0.39% fatality rate in COVID-19, as per a health bulletin issued on Friday.

Last year, 154 people had lost their lives to Japanese Encephalitis out of 631 detected cases in Assam, a death rate of over 24%.

BJP attacks West Bengal govt over crime against women

NEW DELHI, OCT 4 (PTI): The BJP on Sunday hit out at West Bengal Chief Minister Mamata Banerjee for her attack on it over the Hathras case, saying the state under her leadership has the "worst track record" of crime against women.

BJP national spokesperson and MP Raju Bista noted that Banerjee had claimed that the country is under "super autocracy", as he said the comments amounted to her "confession" because no one would know better than people of the state as to what it means to live under a "dictatorial regime".

In a statement, Bi-

sta said the West Bengal government has refused to share crime data with the Union home ministry for the year 2019-20 due to rising crime graph in the state.

West Bengal also topped the list as major source areas for trafficking to red-light areas across India, and majority of these trafficked children are female, he said, attacking Banerjee.

"The blatant hypocrisy of the Trinamool Congress and Mamata Banerjee is absolutely nauseating. Yesterday, the TMC took out a protest rally in Kolkata but at the same time a CPI(M) rally was attacked by TMC goons and

the BJP was denied permission to hold a rally," Bista said. He added, "Everyone in West Bengal is aware of how TMC has worked to erode the very basis of democracy in the state. Her government stopped following the Constitution a long time back."

On the one hand her party cadres are attacking and even "murdering" opposition supporters, he alleged, and on the other the state police is working as a TMC frontal organisation being used to intimidate, threaten and torture political opponents. Thousands of those opposed to the TMC have been "falsely" implicated in fabricated cases, he claimed.

COVID-19 shows no sign of abating in Nagaland

DIMAPUR, OCT 03 [NAGALANDPAGE]: COVID-19 cases continue to surge in Nagaland with no signs of flattening the curve. The State on Saturday reported 111 new cases taking the case count to 6429.

As on October 2, the monthly positivity rate in the State has increased from 2.6% in May to 11.7% in September.

But how rapidly the situation has worsened is clear from the monthly figures. While the State had reported 43 cases in May, it was 416 in June, which jumped to 1234 in July. In August it climbed to a high of 2257 cases and in September, 2213 cases were reported even with fewer testing.

In August, out of 22,970 samples tested, 2257 positive cases were detected, while in September, out of 18,847 samples tested, 2213 cases were detected.

State Health authorities clarified that the drop in testing rate has partly to do with revision in discharge policy and testing of returnees/travelers, where rational testing based on current scientific evidences, as prescribed by ICMR, has been adopted.

The last 4 weeks saw the maximum surge in new COVID-19 cases in the State since the first 2 week in August.

In the first week of August, 964 cases were reported; and 665 cases the following week. In the last 4 weeks, 529, 411, 411 and 550 cases were reported in the State.

Another worrying statistic is the increasing figure of positive COVID cases among traced contacts. The proportion of positive traced contacts in Nagaland has increased to 23% with household contacts (31%) and Government employees (31%) together constituting 62% of all positive traced con-

tacts. Armed Forces/Security personnel remains the highest percentage of total confirmed cases in the State at 48%.

Out of 550 cases reported in the past week (September 26 to October 2), 203 cases were from contact tracing.

According to COVID-19 weekly bulletin issued by the State Department of Health & Family Welfare, 71% of all positive traced contacts are below 40 years of age including students (18%).

Most people were infected within the same household and in work places. Implementing safety practices in work places is of top priority, it said.

"What starts in the young doesn't stay among the young. Many countries reported that young adult infections were followed weeks later by infections in people over 60 years. The sooner we recognize that, the sooner we can move forward safely," said the bulletin.

Symptomatic confirmed cases have also increased to 3% from 2% last week with one COVID-19 confirmed death this week. Five deaths are under investigation.

The positivity rate for the past week remains high at 12%.

Dimapur (704), Kohima (253) and Mon (76) currently has the highest number of active cases.

Fever (47%) and cough (38%) are the most common reported symptoms among confirmed cases in the State, the bulletin said.

The testing rate stands at 40 per thousand population in the State, while positivity rate and recovery rate is similar to the national data.

As on October 2, only 2 districts in the State - Kiphire and Peren - have zero active cases.

Manipur urges poll panel to hold simultaneous bypolls on all 13 vacant seats



IMPHAL, OCT 03 [PTI]: Manipur chief minister Nongthombam Biren Singh on Friday said that the state government will approach the Election Commission of India (ECI) to conduct bye-elections on all 13 vacant assembly seats instead of just two in the state.

"We are urging the ECI to conduct bye-elections in the left out vacant assembly constituencies too," Biren said, while responding to a question after flagging off a cycle rally in the capital held on the occasion of Gandhi Jayanti and National Cleanliness Day 2020.

On September 24, Biren had dropped six of his cabinet ministers and inducted five new faces in a major reshuffle.

Three days after their induction, ministers were assigned portfolios.

On the day of oath-taking by the new ministers, the BJP national vice president Bajajant Panda had even hinted about inducting another minister after the bye-elections.

On September 29, the ECI announced that bye-elections for Lilong and Wangjing-Tentha assembly constituencies will be held on November 7. Sitting MLAs on these two seats had quit, necessitating the bypolls.

At present, altogether 13 assembly constituencies are lying vacant in the 60 member Manipur legislative assembly after nine MLAs resigned and four were disqualified.

The pending court

cases could be the reason behind ECI not announcing bye-elections to the remaining assembly constituencies, according to the joint chief electoral officer of the state.

The last date for making nominations is October 20 and the last date of withdrawal of candidature is October 23. The dates set aside for counting and completion of the election process, are November 10 and 12 respectively.

Meanwhile Congress MLA Khumukcham Joykishan has demanded a separate standard operating procedure (SoP) for holding bye-elections for the two assembly constituencies to prevent further spread of Covid 19 pandemic in the border state.

10 new COVID-19 cases in Andamans; tally rises to 3,868



PORT BLAIR, OCT 4 (PTI): The COVID-19 tally of Andaman and Nicobar Islands rose to 3,868 on Sunday as 10 more people tested positive for the infection, a health official said.

Eight new patients were detected during

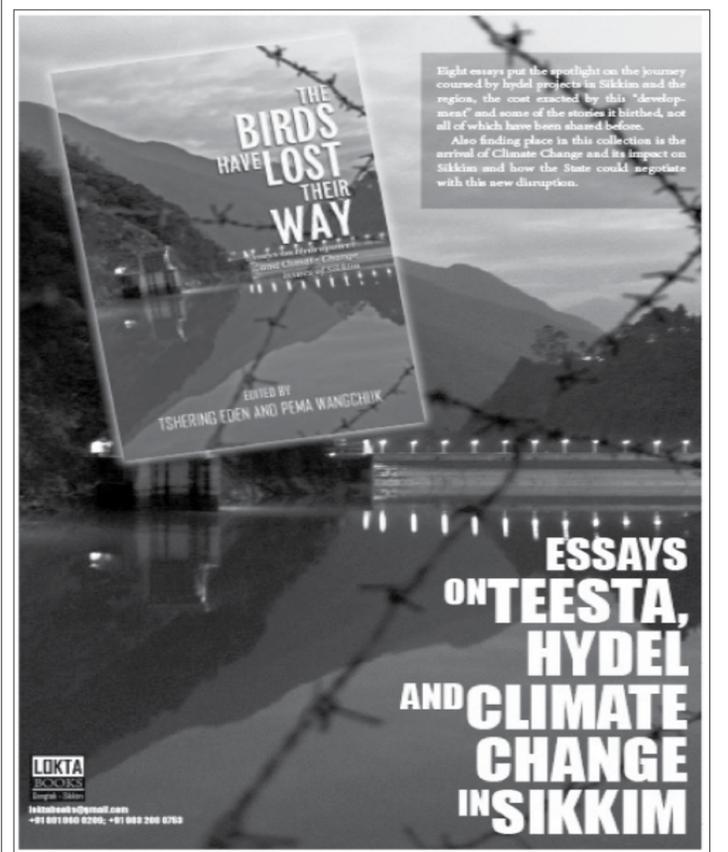
contact tracing, while two have travel history, he said.

Eleven more people were cured of the disease, the official said.

The Union territory now has 173 active coronavirus cases, while 3,642 people have been

cured of the disease and 53 patients have succumbed to the infection so far, he said.

The administration had till Saturday sent 61,231 samples for COVID-19 tests, of which 22 reports were awaited, the official added.



Rodrigo earns battling Leeds 1-1 draw against Man City



LEEDS, 04 OCT [REUTERS]: Leeds United's Rodrigo Moreno struck his first goal for the club to earn a 1-1 draw at home to Manchester City in the Premier League on Saturday as visiting Pep Guardiola was denied victory against one of the men who inspired him to be a coach.

City's Spanish boss has often spoken highly of Leeds' Argentine coach Marcelo Bielsa,

who Guardiola took advice from before going into management at Barcelona, with the two tacticians meeting for the first time in England.

City were dominant early on as they looked to quickly forget their shock 5-2 home defeat by Leicester City last time out, with Kevin De Bruyne almost opening the scoring with a clever free kick in the third minute -- the post denying

the Belgian.

Guardiola did not have to wait long, however, for his side to take the lead, with Raheem Sterling darting inside before firing home his first league goal of the season into the bottom corner in the 17th minute.

City continued to create chances, finishing the first half having had 12 shots at goal, but Leeds improved after the break, with Rodrigo pouncing

on a mistake from City goalkeeper Ederson to equalise in the 59th minute.

The goal was Rodrigo's second Premier League goal and first since January 2011 when he scored for Bolton Wanderers while on loan -- nine years and 272 days ago. It is the second longest gap between a player's first two goals in the competition.

Leeds even had

chances to win, with Ederson tipping a goal-bound Rodrigo header onto the bar, but City weathered the storm. The result leaves Leeds in fifth place on seven points from four games ahead of City in 10th with four points from three matches.

"That was good, huh?" Guardiola said. "When both teams want to attack, it's a good game. We made an incredible first 30 minutes when we could have scored the goals we needed."

"It's not easy to play against them. They've showed how good they are."

In the pouring Yorkshire rain, City were unfortunate not to add to their total in the first half, with Leeds more than good value for the draw after the break.

"It would not have been fair if we won this game," Bielsa said. "It was possible to win the game but it would not have been fair."

"We had to put in an immense physical effort to be on even terms with City. We played our part for the game to be a beautiful one."

Chilwell impresses and Jorginho scores twice from spot as Chelsea sink Palace



JACOB STEINBERG FULHAM, 04 OCT [THE-GUARDIAN]: The result suggested Crystal Palace had suffered at the hands of the expensive newcomers in Chelsea's attack. The reality was different. For 45 minutes, it felt like nothing had changed: Chelsea were worryingly short of invention on the ball and yet another home game was threatening to turn into a tedious grind against negative opponents.

It was two defenders who calmed the nerves, giving Chelsea a win built on patience and persistence. Ben Chilwell, signed to solve their weaknesses at left-back, broke the deadlock with his first goal since his £50m move from Leicester. Soon after he turned provider, crossing for Kurt Zouma to shatter Palace's resistance.

It was a good afternoon for Chelsea's maligned back-four. Zouma was commanding alongside Thiago Silva in central defence, ensuring that Edouard Mendy did not have to make a save on his first league start, while Chilwell's flying display showed why Frank Lampard wanted him. "Ben was fantastic," the Chelsea manager said. "He looked like he'd played for us for a long time."

While Chilwell already looks comfortable, other parts remain a work in progress. This performance was hard to read. Chelsea won 4-0 without sparkling as an attacking force and Lam-

pard was unhappy with their efforts during a tepid first half, pointing to a lack of movement and penetration up front.

It is going to take time for the attack to click. Hakim Ziyech is yet to make his debut and Christian Pulisic has just returned after injuring a hamstring when Chelsea lost to Arsenal in the FA Cup final last season. As for the intake from the Bundesliga, Kai Havertz and Timo Werner are still adjusting to the pace of a new league.

In that context it was not a surprise Palace were able to frustrate Chelsea for long spells. Their caution was predictable and Chelsea lacked ideas. Werner was quiet on the left and Callum Hudson-Odoi, starting in the league for the first time since February, did not play with enough aggression on the right.

For a while Chelsea made it easy for the visitors, sending in crosses for Mamadou Sakho and Cheikhou Kouyaté to head away. The only threatening moment came when Havertz led a counterattack and found Werner, who shot straight at Vicente Guaita. Otherwise it was all very tame, with Tammy Abraham feeding off scraps up front.

Chelsea emerged with more intensity after the break. Hudson-Odoi started to run at Palace, showing why Bayern Munich wanted to sign the teenager on loan.

"There is no definitive answer," Lampard said about the interest.

"By Monday we'll know. It has to be right for everybody. At the minute I want Callum as part of my squad."

Hudson-Odoi was involved in the opener, forcing an error from Sakho. César Azpilicueta's deflected shot looped into the air, Abraham's pressure led Kouyaté into making a poor header and Chilwell, urging Werner to move aside, arrived on the run to thrash the loose ball past Guaita.

Palace's plan was in tatters. While there were some lively moments from Eberechi Eze on the left, Wilfried Zaha and Jordan Ayew were starved of service. "Three of the four goals were down to errors," Roy Hodgson said. "I didn't think our attacking play was very good."

Chelsea doubled their lead when Chilwell crossed for Zouma to head home, before Abraham won a penalty after duping Tyrick Mitchell with a smart turn. Jorginho sent Guaita the wrong way from the spot.

Then came a flash of class from Havertz, fooling Sakho and winning another penalty. Abraham went for the ball. Azpilicueta, the captain, told him to move aside and Jorginho beat Guaita with an identical spot-kick.

The pieces were falling into place. With six minutes left Lampard replaced Hudson-Odoi with Pulisic, who almost scored during a brief cameo. Given space to breathe, Chelsea will surely improve.

Kosgei cruises to London Marathon win in the rain

LONDON, 04 OCT [REUTERS]: Kenyan world record holder and defending champion Brigid Kosgei cruised to a dominant victory in the 40th London Marathon on Sunday, overcoming her rivals on an unfamiliar multi-lap course in relentless rain to triumph in two hours, 18.58 minutes.

Running her first marathon since setting the world record of 2:14.04 in Chicago a year ago, Kosgei ran alongside compatriot Ruth Chepngetich until around the 20-mile mark, when she forged clear to open a lead of about 50 metres within a couple of minutes.

She then ran strongly for the rest of the race to finish around three minutes clear. American Sara Hall produced an incredible finish, wiping out a huge deficit over the last few hundred metres to sweep past world champion Chepngetich almost on the line to finish in 2:22.01 to the Kenyan's 2:22.05.

Wrapped in a huge coat at the finish area, the tiny Kosgei said it had been a tough day. "It was wonderful to race but we haven't been able to prepare well because of COVID, and because of the weather today it was a struggle up to the moment I finished," she said.

The race, originally postponed from April because of the COVID-19 pandemic, was run over 19.8 laps of a fenced-off course in a "controlled secure biosphere" around St James's Park, with the finish line in its traditional place on The Mall.

Hall's remarkable sprint finish meant she bettered her personal best by 15 seconds and meant she had 15,000 dollars to donate to the Ethiopian children's charity she is supporting with all her prize money.

Difficult to bat up the order as we have number of match-winners: Morgan



SHARJAH, OCT 4 (PTI): England's World Cup-winning captain Eoin Morgan, who is playing the role of a finisher for Kolkata Knight Riders in the ongoing IPL, said it is "difficult" to get a spot higher up the order in a team which boasts of so many "match-winners".

Coming in to bat at No.6, Morgan hit an 18-ball 44 to conjure up hopes of a successful run-chase before KKR fell short by 18 runs against Delhi Capitals' total of 228 on Saturday. For England, Morgan has mostly appeared at No.5 and 4.

Andre Russell (13) and skipper Dinesh Karthik (6) batted ahead of him in the match.

Asked if he came out late to bat, Morgan said: "No, I don't think so. When you look at our batting line-up, we have a number of match-winners, so it's very difficult to go up the order."

"Particularly when you have a world-class all-rounder in Andre Russell. He is an incredible striker, and when he comes up the order, obviously everybody else has

to shift down a little bit," he reasoned at the post-match online press conference.

Opening the innings, Sunil Narine has not been able to deliver any performance of note so far.

Asked about his place in the batting order, Morgan said: "Sunil is the type of player who can produce match-winning innings. It's never been a string of scores, over the years, but more about his impact in a game."

"He always takes the positive option, which summarises how we want to play our cricket," he said.

Morgan said his team played fantastic cricket and there were a lot of positives to consider despite the loss.

"...Delhi bowled well, to a position of strength and looked like winning it. It just wasn't meant to be," he said.

"We move on, we played some fantastic cricket throughout so far but Delhi have looked more promising early in the tournament, so to come out and produce a fantastic game but not getting over the line,

there are huge positives to take."

Put in to bat, Shreyas Iyer (88) and Prithvi Shaw (66) powered the Capitals to 228 for 4.

DC then returned to restrict KKR to 210 for eight with Anrich Nortje taking three wickets.

"I don't think a lot went wrong. To come to Sharjah, you expect a 200-plus in a game and potentially they got a couple of boundaries too many but we were still in the game till the 20th over," Morgan said.

"T20 can be over-complicated at times. I think when you play at a small ground, you can delve into people's mistake too much. So, going back and looking at the execution of our yorkers, length balls and bouncers and honest about how to move forward is important."

Delhi Capitals assistant coach Mohammad Kaif attributed the win to the intensity shown by the batters in the power-play.

"Sharjah has been a high-scoring game. So, we had to come back stronger. We had spoken to our batters to show

more intensity in the Power-play," he said.

"(Prithvi) Shaw played a fantastic knock, we have seen Shaw how dangerous he can be in the Power-play. But we had the intent, we spoke about it right from the first ball and we saw that from the batters."

"First Shaw and Shikhar (Dhawan) started and then Shreyas Iyer played a brilliant knock... overall it was a team performance and the batters had the intention to play their shots."

The former India batsman praised veteran leg-spinner Amit Mishra for dismissing Shubman Gill before being forced to leave the field due to an arm injury.

"Amit Mishra got injured I think. He would have played a major role. He was a bit different compared to other bowlers, a bit slower in the air...Shubman Gill's wicket was very important because he is someone who likes to play till the end," he said.

"Rabada probably had a bad day ... but the way Mishra bowled to Gill was great to see."

Karthik should bat after Morgan and Russell: Gambhir

SHARJAH, OCT 4 (PTI): Two-time IPL winning Kolkata Knight Riders captain Gautam Gambhir believes current skipper Dinesh Karthik should bat after Eoin Morgan and Andre Russell and also wants Sunil Narine to be dropped from the top of the order.

Apart from a 23-ball 30 coming at no 3 against Mumbai Indians, Karthik has failed to produce any significant score despite batting ahead of Morgan so far in the tournament.

The wicket-keeper batsman scored 6 after coming on to bat at no 5 against Delhi Capitals on Saturday even as Morgan (44 off 18) and Rahul Tripathi (36 off 16) raised hopes of a successful chase after batting at no 6 and 8 respectively.

"Rahul Tripathi goes up the order; Dinesh Karthik plays at no 6, not before Morgan and not

before Russell as well. Probably Sunil Narine goes to bat at 8 or 9. If Morgan bats no 4 and Russell at 5 and Dinesh Karthik to follow," Gambhir told ESPNcricinfo.

The former India opener also felt Karthik miscalculated by giving the 19th over to spinner Varun Chakravarthy (1/49) as it yielded 20 runs.

"Your best bowlers need to ball the 18th, 19th and 20th over, unfortunately it didn't happen. Pat Cummins, Sunil Narine -- if a spinner has to bowl. Even Mavi, he did a fabulous job in the previous games and so did Andre Russell. You have to get to give your best bowlers," he said.

"Yes Varun Chakravarthy did bowl well in the first few overs but you cannot expect a young spinner to be bowling the 19th over and that too in

Sharjah, probably it was a miscalculation."

Gambhir said KKR gave away 20-25 runs extra at the Sharjah Cricket Stadium which has shorter boundaries.

"It is never finished till it is finished, that's what we saw in Sharjah. These are too many runs, probably, 20-25 runs more than what KKR was expecting."

"It was the brilliance of (Anrich) Nortje, just backing himself which actually changed the fortune of the match," he said referring Nortje's the 19th over in which he conceded just five runs and took a wicket.

Gambhir also praised Iyer for his 38-ball 88, which was laced with seven fours and six maximum hits.

"We keep talking about how he plays spin but today he showed that he can dominate fast bowlers as well," he said.

Pompeo shortens Asia trip; to visit only Japan for QUAD foreign ministers meet

WASHINGTON, OCT 4 (PTI): US Secretary of State Mike Pompeo will travel to Tokyo to attend the second ministerial meeting of the four countries under the Quad -- India, Japan, Australia and US -- but will not go to Mongolia and South Korea as originally planned, the State Department has said.

Pompeo was scheduled to visit Japan, Mongolia and South Korea between October 4 and October 8.

In a statement on Saturday, the State Department said Pompeo was expecting to travel to Asia again in October and will work to reschedule the trips in his original itinerary.

Pompeo will travel to Tokyo on October 4 to 6, State Department spokesperson Morgan Ortugas said.

"Planned meetings with the Quad Foreign Ministers in Tokyo will focus on pressing issues of the Indo-Pacific region, she added.

Pompeo expects to be travelling to Asia again in October and will work to reschedule visits on that trip, Ortugas said.

The second India-Australia-Japan-US ministerial meeting will take place in Tokyo on October 6 in which the foreign ministers of the respective countries will discuss the post-COVID-19 international order and the need for a coordinated response to the various challenges emerging from the pandemic.

External Affairs Minister S Jaishankar will visit Tokyo from October 6 to 7 to attend the ministerial meeting of the Quadrilateral coalition and hold talks with his Japanese counterpart Toshimitsu Motegi on ways to further deepen bilateral ties.

The second meeting of the Quadrilateral coalition or Quad comes in the backdrop of growing global concerns over China's military muscle flexing in the Indo-Pacific region.

The first meeting of foreign ministers of the four countries under the 'Quad' framework had taken place in New York in September 2019.

On its part, the US has been pushing for a greater role for India in the Indo-Pacific which is seen by many countries as an effort to contain China's growing clout in the region.

Pompeo is likely to travel to India in his next Asia trip later this month for the India-US 2+2 ministerial dialogue. For the 2+2 dialogue, Defence Minister Rajnath Singh will join with US secretary of Defence Mark Esper in New Delhi. Pompeo and Jaishankar will also participate in the meeting.

Dates for the 2+2 talks have not been announced yet.

Pence ordered borders closed after CDC experts refused

NEW YORK, OCT 4 (AP): Vice President Mike Pence in March directed the nation's top disease control agency to use its emergency powers to effectively seal the US borders, overruling the agency's scientists who said there was no evidence the action would slow the coronavirus, according to two former health officials.

The action has so far caused nearly 150,000 children and adults to be expelled from the country.

The top Centres for Disease Control and Prevention doctor who oversees these types of orders had refused to comply with a Trump administration directive saying there was no valid public health reason to issue it, according to three people with direct knowledge of the doctor's refusal.

So Pence intervened in early March. The vice president, who had taken over the Trump administration's response to the growing pandemic, called Dr Robert Redfield, the CDC's director, and told him to use the agency's special legal authority in a pandemic anyway.

Also on the phone call were Pence's chief of staff, Marc Short, and acting Homeland Security Secretary Chad Wolf. Redfield immediately ordered his senior staff to get it done, according to a former CDC official who was not authorized to discuss internal deliberations and spoke on condition of anonymity.

The CDC's order covered the US borders with both Mexico and Canada, but has mostly affected the thousands of asylum seekers and immigrants arriving at the southern border.

Public health experts had urged the administration to focus on a national mask mandate, enforce social distancing and increase the number



of contact tracers to track down people exposed to the virus.

But Stephen Miller, a top aide to President Donald Trump who has been a vocal opponent of immigration, pushed for the expulsion order.

That was a Stephen Miller special. He was all over that, said Olivia Troye, a former top aide to Pence, who coordinated the White House coronavirus task force.

She recently resigned in protest, saying the administration had placed politics above public health. There was a lot of pressure on DHS and CDC to push this forward.

Title 42 of the Public Health Service Act gives federal health officials unique powers during a pandemic to take extraordinary measures to limit transmission of an infectious disease. One of those is the ability to stop the flow of immigration from

countries with high numbers of confirmed cases, a legal authority the CDC does not normally have.

Public health experts say the administration's pattern of dismissing science-based decision making in favor of political goals has endangered many, including President Donald Trump himself, who on Friday confirmed he and the first lady had tested positive for the coronavirus.

The decision to halt asylum processes 'to protect the public health' is not based on evidence or science, wrote Dr Anthony. So, an international public health expert at Johns Hopkins Bloomberg School of Public Health, in a letter to Redfield in April. This order directly endangers tens of thousands of lives and threatens to amplify dangerous anti-immigrant sentiment and xenophobia.

Since the order went into effect

on March 20, nearly 150,000 people including at least 8,800 unaccompanied children who are normally afforded special legal protections under a court settlement and federal law have been sent back to their countries of origin without typical due process. Many have been returned to dangerous and violent conditions in El Salvador, Honduras and Guatemala.

Pence's spokeswoman Katie Miller, who is Stephen Miller's wife, called the account of the phone call false. Vice President Pence never directed the CDC on this issue, she said in an email.

Lee Gelernt, deputy director of the American Civil Liberties Union's Immigrants' Rights Project described the order as a complete bypass of the entire asylum system and (the) system protecting unac-

companied children." That is what the Trump administration has been trying to do for four years and they finally saw a window, he added.

Miller started his campaign for the order by button-holding the coronavirus task force staff to try to get the issue on its agenda, according to Troye. The task force did not take the issue up immediately, said Troye. The administration had already passed a nonessential travel ban, which public health experts had largely supported. The CDC spurned Miller's idea, too.

In early March the agency's Division of Migration and Quarantine, led by Dr Martin Cetron, refused to support the order because there was not a strong public health basis for such a drastic move, according to three people with knowledge of his decision.

White House officials were undeterred. They turned to lawyers at CDC's parent agency, the Department of Health and Human Services, and US Customs and Border Protection. In a call with CDC's senior leadership, attorneys for both agencies urged CDC to use its public health authority to turn people back at the borders. Border officials said they wanted to protect their agents, and American lives.

By mid-March, CDC's scientists still refused to comply. That's when Pence and Wolf called with the message to get it done and quickly.

An HHS lawyer then wrote the order and submitted it to Redfield, who reviewed it and signed it. Redfield declined to comment through a CDC spokesperson, because the order is currently in litigation.

"They forced us," said a former health official involved in the process. "It is either do it or get fired, Trump described the order as originating at CDC, when it had not.

South African coffin-maker saw COVID-19 at work and at home

JOHANNESBURG (AP): The coffin-maker knew death too well. The boxes were stacked in his echoing workshop like the prows of ships waiting for passengers. COVID-19 was turning his business upside down.

Then it moved into his home.

Casey Pillay's wife was a midwife, delivering babies for coronavirus-positive mothers in Johannesburg, the epicenter of the pandemic in South Africa — once fifth in the world in number of cases — and on the continent.

That she would be infected, they knew, was a matter of time. When she fell ill during the country's surge in cases, she retreated to the main bedroom. Pillay withdrew to a bedroom next door. Scared, he barely slept, managing a few hours before dawn as his wife wrestled with some of the worst days of her life.

"I'd literally be on eggshells listening to what she was going through," Pillay said Tuesday. "I would go in every now and then, fully kitted up, just to check vitals, whether she needed oxygen. When she recovered, we sat down and had a chat. She was really scared because at one stage she thought she was gonna die."

It was a blessing in disguise, he said, to see someone with COVID-19 recover after so much exposure to death through his work. Pillay, a manager at the coffin-making business, said about 10 colleagues also were infected. All are now OK. Their survival reflects the relatively low death toll from COVID-19 in South Africa, and in Africa in general, as the continent appears to defy dire predictions that the virus would cause massive numbers of deaths.

Life has edged back toward normal after a surge in infections in South Africa in June and July that threatened to overwhelm public hospitals. Many of the more than 1 million graves that Gauteng province, home of Johannesburg, once hurriedly mapped out have



gone unused.

Still, the toll from COVID-19 — which has killed more than 16,000 people in South Africa, nearly half of the continent's over 35,000 deaths — has been painful, and the world surpassing 1 million confirmed deaths has again led to reflection.

"It has been a crazy, crazy, crazy couple of months," Pillay said.

The need for coffins rose and fell as South Africa's lockdown levels changed, but overall, he said, "business went down."

Under the strictest lockdown measures, so few people were driving in South Africa that the country's terrible rate of vehicle deaths plummeted. And alcohol sales were banned, "so you weren't having people fighting, murdering each other," Pillay said. "Unfortunately, our whole business thrives on people dying."

As the lockdown eased step by step and people were "not being disciplined" and going around without masks, the number of virus deaths increased. Now, a sense of normalcy is returning.

But COVID-19 changed everything. The price of basic materials shot up as "every Tom, Dick and Harry became an essential provider," Pillay said. Suddenly, a box of gloves was changing hands five times, with everyone taking a cut. What once cost 80 rand (\$4.70) became 200 rand (\$11.70) or 220 rand (\$13).

Pillay scrambled to keep his workshop open and safe as orders rolled in. "The unfortunate part is, you've got so many workers

and machines and can only do so much a day," he said. The workshop bustles with people carrying raw wood, sanding it and attaching polished handles.

And the entire nature of mourning in South Africa changed. The government said COVID-19 burials should happen right away instead of waiting for the usual weekend funerals.

"You had undertakers who now needed boxes on Monday, Tuesday, Wednesday," Pillay said.

A body now had to fit into three body bags, then the coffin, and "go straight into the grave."

With the number of people limited at funerals and graveyards, "people went for the cheapest boxes," Pillay said. In normal times, even the poorest of the poor in South Africa "want to do the best, a kind of show-off thing, a bragging right for them" with quality coffins for their loved ones.

Now, there is little time to appreciate it, and few people to impress. Sometimes, mourners could only park on the side of the road and watch the vehicle carrying the body drive by.

Pillay believes that the beginning of the Southern Hemisphere's summer, along with South Africans' relative youth and the perceived resilience of immune systems, will help his countrymen survive the next wave of infections that health experts are expecting.

Again, it's when, not if. Pillay already is watching cases rise again in Britain, in Spain.

"Yes, it's imminent," he said. "Definitely."

Pilgrims return to Mecca as Saudi eases virus restrictions

RIYADH, OCT 4 (AP): A very small, limited number of people donning the white terrycloth garment symbolic of the Muslim pilgrimage circled Islam's holiest site in Mecca on Sunday after Saudi Arabia lifted coronavirus restrictions that had been in place for months.

The kingdom had taken the rare step of suspending the smaller "umrah" pilgrimage that draws millions year-round from across the world in early March as the coronavirus morphed into a global pandemic and prompted countries to impose lockdowns and curfews to slow down transmission.

But as nations begin to ease those restrictions, the Saudi government on Sunday started allowing a maximum of 6,000 pilgrims a day to enter the sprawling Grand Mosque in Mecca.

Only Saudi citizens and residents will be

permitted to enter the mosque during this first phase of reopening, and each person has up to three hours to complete the pilgrimage.

The Grand Mosque, which is being sterilized and cleaned multiple times a day, houses the cube-shaped Kaaba that observant Muslims pray toward five times a day.

Before visitors can enter the mosque to pray or perform the umrah, they have to apply and reserve a specific time and date through an online application to avoid crowding and maintain social distancing. Visitors can also select via the app their means of transportation and meeting points.

State TV showed on Sunday what appeared to be fewer than 50 people circling the Kaaba at the same time and walking several metres (feet) apart. Typically, the mosque would be packed with worshippers from

around the world crowded shoulder-to-shoulder at all times of the day and night. The second phase for loosening restrictions at the Grand Mosque comes into effect on October 18, allowing a maximum of 15,000 pilgrims and 40,000 for prayer from among residents and citizens based on allocated times via the app.

Muslim travellers from outside Saudi Arabia could be allowed to perform the umrah pilgrimage as early as November 1, the Interior Ministry has said. Saudi Arabia recently began easing some restrictions on international flights for the first time since March.

The kingdom held a dramatically downsized, symbolic hajj pilgrimage in July due to concerns that it could easily have become a global super-spreader event for the virus. Pilgrims were selected after applying through an online portal and all were residents or citizens of Saudi Arabia.

SummitTIMES
It's easy to relax...
When you can trust the News.

TO book ad-space, contact SummitTIMES at

BANGKOK:
For circulation details Contact: +91-9749876495, +91-9647026492 / 9806828789 / 9130351000 or mail at man_silguri@yahoo.co.in.
* for advertisement booking at +91-993427859 or at office no 03392
208/AE 1st floor advertise@summittimes.com
KOLKATA OFFICE:
SILIGURI:
Mr. Mani Rai, H/s. Space Ads, B.R. Ambedkar Building, Room No.7, 1st floor, 98398397, E-mail: contact.synapse@gmail.com / rahad_sil1023@rediffmail.com

Phone:
03592-208498
+91-9832556698
+91-9832080753

floor: Opp. Banga Hotel, Hill Cart Road, Siliguri - 03. Ph. +91-9832318644 / 9806828789 / 9130351000 or mail at man_silguri@yahoo.co.in.
Address:
Sikim SCAN | CapitalTIMES | Neighbourhood WATCH | Sports & Specials | ElseWhere | EICETERA

VIDEO NEWS SECTION
Facebook.com/SummitTimesOnline

Address:
Santa Bhawan Complex, Church Road
Near Diesel Power House (DPH)
Gangtok, East Sikkim, 737101

HAVE A STORY TO SHARE?
email us: News@summittimes.com

Mom-To-Be Anushka Sharma Is The Definition Of Yin-Yang

Anushka Sharma, who is expecting her first child with husband and cricketer Virat Kohli, shared a stunning greyscale photograph on her Instagram profile on Sunday. No captions needed, she simply added black and white heart emojis to her post. In the close-up shot, Anushka can be seen flashing an ear-to-ear grin. Anushka's Instagram was all hearts for the picture. The actress and Virat Kohli announced the big news of their pregnancy on social media, in August this year. Posting a picture of themselves, the couple wrote: "And then we were three. Arriving January 2021." Members of the film as well as the cricket fraternity congratulated the couple on social media.

Last month, Anushka shared a stunning picture of herself in a swimsuit. She wrote: "Acknowledging the good that you already have in your life is the foundation for all abundance - Eckhart Tolle. Gratitude to all those who showed me kindness and made me believe in goodness in this world, opening

my heart enough to practice the same with the hope to pay it forward, because ... " After all, we are all just walking each other home " - Ram Dass."



Anushka Sharma and Virat Kohli met during the shoot of a shampoo commercial and they got married at a countryside resort in Tuscany in a private ceremony in December 2017 after dating for several years. The couple later hosted grand wedding receptions in Mumbai and Delhi, which saw the convergence of several Bollywood and cricket stars.

In terms of work, Anushka Sharma's last project as a producer was the Netflix film *Bulbbul* and it was a massive success. Earlier this year, she also produced Amazon Prime Video's web-series *Paatal Lok*. In terms of films, the 2018 film *Zero*, co-starring Shah Rukh Khan and Katrina Kaif, was Anushka Sharma's last project.

Actor Mishti Mukherjee dies following kidney failure

MUMBAI, OCT 4 (PTI): Actor Mishti Mukherjee passed away on Friday due to kidney failure, her publicist said in a statement on Sunday. She was in her mid 30s.

Mukherjee made her Bollywood debut with the 2012 Ranvir Shorey-starrer "Life Ki Toh Lag Gayi" in a guest

appearance. According to a statement from Mukherjee's publicist, the actor breathed her last in Bengaluru.

"Mishti Mukherjee, who marked her brilliance in many films and music videos with her ace acting, is no more. Due to keto diet, her kidney failed in Banga-

lore and she breathed her last on Friday night, the actress suffered a lot of pain.

"Unforgettable and unfortunate loss. May her soul rest in peace," the statement said. Mukherjee was cremated on Saturday. She is survived by her parents and brother.



ACTION! The actress, Kieman Shipka is spotted on the Hollywood Walk of Fame, shooting a scene from her new series *Swimming with Sharks*.

Not conscious about my image getting hampered on Bigg Boss': Jasmin Bhasin

MUMBAI, OCT 4 (PTI): Actor Jasmin Bhasin is looking forward to her time on the Salman Khan-hosted reality show *Bigg Boss* and the TV star says if the format requires, she won't hesitate from stepping out of her comfort zone.

Bhasin made her acting debut with 2011's Tamil film "Vaanam" and went on to feature in Hindi TV shows *Tashan-e-Ishq*, *Dil Se Dil Tak*, *Dil To Happy Hai Ji* and *Naagin: Bhagya Ka Zehreela Khel*. She has also participated in stunt reality show *Fear Factor: Khatron Ke Khiladi* twice.

The 30-year-old actor said she has been a huge fan of *Bigg Boss* and believes the show brings out different sides of the contestants' personality.

As actors we are often seen well-dressed and well-behaved in the public eye but we are humans at the end of the day. Like anyone else we also get angry, upset, frustrated, get mood swings. We are loving, caring too. All this

doesn't make us a bad person. If the show has shown the worst side of some people, it has also shown the best side, Bhasin told PTI in an interview prior to the Saturday premiere of the show on Colors channel.



The actor said she would be her real-self on "Bigg Boss" season 14 and is not conscious about her image getting spoiled.

I will never stoop low to do certain things on camera. I will react to situations the way I do in real life. I am not insecure or conscious that my image might get hampered. I don't think one should think the image will get spoiled due to *Bigg Boss*'. Due to the coronavirus pandemic, the makers

have decided to not include live audience on the show to maintain social distancing on the set.

Bhasin said she will miss having the live audience, but is hopeful that situation will get better by the time the season reaches its finale.

Kareena Kapoor's Birthday Greeting For Sister-In-Law Soha Ali Khan



Soha Ali Khan's closest friends, colleagues and fans posted on the social media, expressing their love and shared some of the cutest messages for her. One such wish arrived from Soha's sister-in-law Kareena Kapoor

(who is married to married to Soha's brother Saif Ali Khan). Mom-to-be Kareena Kapoor posted a greyscale throwback picture on her Instagram profile on Sunday. Besides the birthday girl and Kareena, the photograph also features Soha and Kunal Kemmu's daughter Inaaya and Saif and Kareena's son Taimur Ali Khan. We are all hearts for the picture. "Witty, cool, intelligent, bright, funny, loving, warm, supportive and pillar of the family, Inaaya's mom, Saifu and Saba's sister and my beautiful sister-in-law... Happy birthday. We love you," wrote Kareena. Soha's BFF Neha Dhupia also commented on Kareena's post. She wrote: "Dedicating

this day for the love of Sohe."

Birthday girl Soha Ali Khan posted a super cute picture of herself along with her daughter Inaaya and she wrote: "Best birthday present ever."

Kunal Kemmu wished Soha with these words: "To the one and only who can invoke all the emotions I have and some I didn't know I had. The smile when I am happy and the sunshine when I am low and the Dictionary when I'm out of words. Happy Birthday my love."

Soha Ali Khan is the daughter of veteran actress Sharmila Tagore and the late Nawab of Pataudi, Mansoor Ali Khan, one of India's most legendary cricketers. Soha is best known for featuring in films such as *Rang De Basanti*, *Mumbai Meri Jaan*, *Dil Maange More*, *Khoya Khoya Chand*, *Saheb, Biwi Aur Gangster Returns*, and *Ghayaal: Once Again*, among others.

Not conscious about my image getting hampered on Bigg Boss': Jasmin Bhasin

MUMBAI, OCT 4 (PTI): Actor Jasmin Bhasin is looking forward to her time on the Salman Khan-hosted reality show *Bigg Boss* and the TV star says if the format requires, she won't hesitate from stepping out of her comfort zone.

Bhasin made her acting debut with 2011's Tamil film "Vaanam" and went on to feature in Hindi TV shows *Tashan-e-Ishq*, *Dil Se Dil Tak*, *Dil To Happy Hai Ji* and *Naagin: Bhagya Ka Zehreela Khel*. She has also participated in stunt reality show *Fear Factor: Khatron Ke Khiladi* twice.

The 30-year-old actor said she has been a huge fan of *Bigg Boss* and believes the show brings out different sides of the contestants' personality.

As actors we are often seen well-dressed and well-behaved in the public eye but we are humans at the end of the day. Like anyone else we also get angry, upset, frustrated, get mood swings. We are loving, caring too. All this doesn't make us a bad person.

If the show has shown the worst side of some people, it has also shown the best side, Bhasin told PTI in an interview prior to the Saturday premiere of the show on Colors channel.

The actor said she would be her real-self on "Bigg Boss" season 14 and is not conscious about her image getting spoiled.

I will never stoop low to do certain things on camera. I will react to situations the way I do in real life. I am not insecure or conscious that my image might get hampered. I don't think one should think the image will get spoiled due to *Bigg Boss*'.

Due to the coronavirus pandemic, the makers have decided to not include live audience on the show to maintain social distancing on the set.

ARIES:

We can't always alleviate the troubles of others, but we can show up for them with compassion in our hearts and the willingness to hold space for them. Give your tribe the gift of your presence, Aries, a gift that's so rare and precious these days. Performing acts of kindness is another love language that you can consider today. Remember, it's never about the grand gestures. It's the small, simple things that show how invested we are. PS: Consider crafting a handmade bouquet or surprising your loved one(s) with a heartwarming, home-cooked meal that's sure to put a smile on their face.

Tip: In the words of Maya Angelou, "Be a rainbow in someone else's cloud."

TAURUS:

The weekend sees you shifting your gaze from the material plane to one that is synonymous with inner illumination. The world of mysteries has your attention, Taurus. You are feeling inspired to delve deeper into your superconsciousness and uncover the gifts of your soul. Learning to trust yourself, your intuition, and your connection with your guides will prove to be the key to your transformation, even though the revelations you receive will not always make sense to the logical mind.

Tip: The world of mysteries awaits.

GEMINI:

If your plate is too full for your own good, there is only one person to blame. Your time and energy are precious, Gemini, and by the looks of it, you are not honouring your intuition. Today, the cards are urging you to have an honest conversation with yourself, to declutter your schedule, and let go of the need to please everybody. You'll never be able to, no matter how hard you try.

Tip: Declutter your schedule and set some time aside for self-care.

CANCER:

You used to call them on their cell phone, late night when you needed their love—but then something changed and their voice didn't make you feel so good anymore. The things that you were smitten by became the very things that started to irk you. It's not about them, Cancer. It's about you and the fact that you have shifted your vibration over the past few months. The temptation to go back to an old way of life will be strong today. Resist the urge to do so as you fix your gaze to what's on the horizon.

Tip: Don't go back to your old ways.

LEO:

Have you ever looked at your dreams and wondered, "What was I thinking? That seems impossible!" Not anymore, Leo. This phase of your life requires you to believe in your own power and potential as you go after the goals that once seemed impossible. When you take one step towards the Universe, the Universe will take ten steps towards you. Word for the wise: seize the day!

Tip: It's time to believe in your own power and potential.

VIRGO:

Mediocrity is easy, Virgo. Following the crowd takes little or no effort. But you know what takes an insane amount of courage? Being an artist in a world of content creators. This is a time to awaken to your inherent magic and bring forth the gifts that were given to you at birth. So dare to be different. As you do, find a middle ground between your passion and profession. Know that living in alignment with your sacred purpose is the secret to attracting joy, creativity, and abundance.

Tip: Big dreams and big actions.

LIBRA:

'Act as if' is a mantra that will change your life, Libra. For instance, if you're in the process of manifesting wealth, let your demeanor

reveal you are secure in your abundance. If you are in the midst of a creative renaissance, let everything you lay your eyes on inspire you to put your best work out there. If love is what you're looking for, assume the feeling of having met your beloved. Sure, this could make you feel 'delusional' in the beginning, but who says that has to be a bad thing? Your birthday month promises many surprises—and shifting your attitude will prove to be instrumental in this journey.

Tip: Act as if.

SCORPIO:

There are days when we want to engage with life fully, and then there are days we watch everything that's unfolding as if it were a show. If the cosmic cues are anything to go by, you'll find yourself yearning for solitude today. Honour what your higher self is guiding you towards. Spend time meditating, contemplating, making art, or poring over your favourite book. Connecting with the element of water is also a wonderful way to harmonise your energy. Consider indulging in a ritualistic path or swaying to the sound of ocean waves.

Tip: Your soul is craving silence and solitude.

SAGITTARIUS:

If not now, then when? If not now, then when? If not now, then when? The week ahead is all about taking chances and putting your heart on the line. You won't regret a thing—we promise! Yes, there are things in our lives that are preordained. Don't forget that the Universe grants all of us the power of free will. What you want to be mindful of, however, is who you are sharing private information with. Not everybody is going to be approving of your risk-taking abilities, and that's okay. You don't want to be weighed down by their fears and insecurities.

Tip: Take a risk.

CAPRICORN:

Things aren't simply 'happening' to you. You are the conscious creator of your reality. In other words, your higher self has orchestrated these chaotic circumstances on your behalf to help you look beyond the illusion. It's time to come face-to-face with the truth, Capricorn. It's time to make drastic changes you wouldn't have dared to before. Remember, nobody can make this decision for you. The answers you seek will come to you in deep meditation.

Tip: You are being guided by your higher self at every step along the way.

AQUARIUS:

The past is weighing you down, Aquarius, and it's not something you want to carry into the future. It's time for some real talk: the Universe is giving you the chance to cleanse and purge, to let go of your excess baggage, and heal the relationships that stand on shaky ground. Ho'oponopono is a wonderful Hawaiian prayer that will alleviate the process of forgiveness. "I am sorry. Please forgive me. Thank you. I love you." Consider repeating these words a few times everyday with the person in your mind, or write it down on paper with focused intention.

Tip: Free yourself from the burden of the past.

PISCES:

Oh, change! The one thing that we simultaneously glorify and resist. But, the opportunities you have attracted into your Universe are not coincidental. It is your higher self that has intervened and summoned the forces. So don't be afraid to walk through the doors that are opening for you at this moment. Know that they are paving the road to success and abundance. Remember, saying yes to one thing may require you to say no to the other. Choose from a space of love rather than fear.

Tip: Change is upon us!