



**AROUND 400 TOURISTS
EVACUATED FROM LACHEN**
pg 02

**NARCISSISTS AND PSYCHOPATHS:
HOW SOME SOCIETIES ENSURE THESE
DANGEROUS PEOPLE NEVER WIELD POWER**
pg 04

**CARA DELEVINGNE
CONFIRMS DATING
ASHLEY BENSON**
pg 08



SummitTIMES

Vol 04 | Issue 167 | Gangtok | Sunday | 23 June 2019

ON TOP OF THE NEWS

RNI No. SIKENG/2016/69420

Pages 8 | ₹ 5

Chinese soldiers join Yoga Day celebrations at Nathula



**SUMMIT REPORT
GANGTOK, 21 JUN:**
In a first of its kind of event along the LAC on the Eastern Border, 70 Chinese Army personnel and 30 civilians participated in joint Yoga sessions with Indian Army troops at Nathu La. The participation of

Chinese army personnel in such an event during Border Personnel Meetings will go a long way in promoting peace & tranquility along the borders, an official statement reads. Similar events were also held at Bumla and Wacha-Damai in Arunachal Pradesh.

Governor lobbies with President, PM and Minister to get Pakyong Airport operational again



**SUMMIT REPORT
NEW DELHI, 21 JUN:**
Governor Ganga Prasad today called on the President of India, Ramnath Kovind, at Rashtrapati Bhavan.

During the courtesy call, the Governor sought the President's continued support and patronage towards various developmental needs of Sikkim with special reference to its strategic location and special status in the Indian Union.

On the occasion, in the capacity of Chancellor of Sikkim Manipal University, the Governor also invited the President to grace the upcoming Convocation of SMU. The President has, in principle, accepted the invitation and assured to confirm his participation on a later date.

The Governor also called on Prime Minister Narendra Modi this evening at his residence at Lok Kalyan Marg, New Delhi.

The Governor congratulated the Prime Minister on the historic mandate and faith that the countrymen has reposed in his "unparalleled leadership to take the country forward with the vision of New India," an official press communiqué informs.

The Governor sought the Prime Minister's continuous assistance and direction for Sikkim's developmental pursuits in the days to come.

He also sought the Prime Minister's personal intervention towards early resolution of the Pakyong Airport issue to enable the airport to become operational in all weather conditions at the earliest.

In another engagement, the Governor called on Union Minister of State (I/C) for Civil Aviation, Hardeep Singh Puri, at his residence this evening.

turn to pg02

CM returns from Delhi tour



GANGTOK, 22 JUN (IPR): Chief Minister, Prem Singh Tamang (Golay) returned to the state today, after his official tour to New Delhi. He was given a warm welcome by the Cabinet Ministers, MLAs, Chairmen, Advisors, party functionaries and supporters. During his stay at

New Delhi, the Chief Minister met Prime Minister, Narendra Modi and other important Central Leaders and discussed issues regarding the welfare and development of the State. Later he also interacted with the press during his brief halt at Rangpo.

Chamling calls on party cadre to stay the course and ensure victory in byelections

**REBYNA RANA
GANGTOK, 22 JUN:**
Sikkim Democratic Front president, former Chief Minister Pawan Chamling, addressed the Sampurna Kranti Diwas celebrations of his party at SDF Bhawan today. The programme was for the East and North districts. Similar programmes were held at Namchi for south district and Gyalshing for West District, it is informed.

Addressing the gathering, Mr Chamling stressed that the immediate challenge for the party was to achieve two aims - win the upcoming by-elections in three constituencies and form an SDF government in Sikkim.

"Some are saying that



SDF will not come back again but SDF is a party which creates history. Chamling is a leader who has made history. We will

again create history by forming the government again. I am in Sikkim politics for another 15 years. Sikkim needs SDF

and Pawan Chamling. It has only been 25 days of the SKM government but people are already regretting the mandate

they gave it," he said. He went on to contend that Sikkim Krantikari Morcha was running an "ad hoc and uncon-

stitutional" government headed by a person convicted in a corruption case which is why SDF had the responsibility to win the upcoming by-elections and set the balance in favour of the people.

About the loss in the Assembly elections, he rued that he did not receive the required back-up from party leaders.

"If only others had worked half as much as I did, we would have won all the 32 seats. But they did not. Many left their constituencies undefended believing that the SDF government would definitely come irrespective of whether their constituency wins or lose. Many contributed in a self-damaging manner," he said. turn to pg03

CM seeks pending dues at pre-Budget meeting

**SUMMIT REPORT
GANGTOK, 21 JUN:**
Chief Minister PS Tamang (Golay), who also holds the Finance portfolio, attended the pre-budget meeting chaired by Union Finance Minister, Nirmala Sitharaman, with Finance Ministers of all the states on Friday in New Delhi.

In his address, Mr Tamang requested for the release of balance sum of Rs 118 cr out of a total of Rs 841 cr recommended by NITI Aayog in December 2016 to meet Sikkim's

revenue deficit and Rs 500 cr for immediate release of the arrears of pay revision which could be adjusted later from the sums of transfer due from the Centre.

He also mentioned his request to the Prime Minister for a one-time grant of Rs 4,000 cr.

Reiterating the Rs 8,819 cr debt burden on the State, he said that Sikkim "...finds itself in a situation where there are virtually no funds available for the on-going

development projects amounting to more than Rs 4,500 cr, not to mention the other unpaid liabilities."

He highlighted the State's need to focus on development of tourism, promotion of green industries, employment creation, skill development, farmer centric plans & policies for the youth in the age group of 15 to 29, forming about 28% of the population.

Also pointing out the need to improve connec-

tivity and develop infrastructure, the Chief Minister said that continued support of Government of India will be required.

"While existing schemes of the Government of India do provide for creation of infrastructure, their maintenance, especially that of the hilly roads is prohibitively expensive and beyond the reach of meager resources of the State. I, therefore, suggest that the Union Budget should especially take into consid-



eration the needs of hilly States and make provisions for their maintenance through generous assistance from the Centre," said Mr Tamang.

Sikkim Pragya Prathisthan serves up poetry and music to mark WMD



**SHRAVAN CHETTRI
GANGTOK, 21 JUNE:**

The daylong event hosted by Sikkim Pragya Prathisthan on the occasion of World Music Day at Manan Kendra on 21 June treated audiences to an eclectic mix of poetry and music. The first half of the event was an international poetry festival which featured poets like Indu Prabha from Assam, Dushyant Bhattarai, Bindu Dahal, Tilashri Timsina, Sandesh Subba from Nepal; Sudha M Rai, Bhim Rawat from Sikkim; and Pravin Rai Jumeli, Abir Khaling from Doars.

The event was attended by Kiran Rasaily, KN Sharma and Sanu Lama along with the students and a packed auditorium of literature enthusiasts.

The event kicked off with an inspiring welcome address by Anita Niroula, president, Sikkim Pragya Prathisthan, who delved on the hidden gems in Nepali literature and the struggle that artists face in their creative pursuits.

She also mentioned the legacy of Gopal Yonjon and rued how this was waning and expressed hope that events like the one hosted by SPP would play a vital role reclaiming the recognition due to him.

Twelve poets and literature enthusiasts presented their works at the session.

The second segment of the event was the Gopal Yonjon Smriti Saanjh which showcased prominent musician & compos-

er Ram Krishna Dhakal along with artists from the state like Dinesh Dahal, Remanti Rai and Manoj Rai paying tribute to the legendary singer.

This event was a massive hit and was extremely well received.

At a recent press conference, Mr Dhakal had expressed gratitude towards Sikkim Pragya Prathisthan and the people of the state for loving him and always supporting him.

He also mentioned the influence that Gopal Yonjon and Narayan Gopal had on him.

He said, "I have had a long career in the field of music but I am fortunate and blessed enough to be able to work with Gopal Yonzon".



KAZIRANGA UNIVERSITY
KNOWLEDGE & BEYOND



UGC RECOGNISED AICTE APPROVED AIU

SCHOLARSHIPS AVAILABLE

ADMISSIONS OPEN 2019

www.kazirangauniversity.in | +91 91270 56383

School of Engineering & Technology

B.Tech - B.Tech (Lateral)

- Civil Engineering
- Mechanical Engineering
- Electrical Engineering
- Computer Science & Engineering
- Electronics & Communication Engineering

M.Tech (CE | ME)

School of Business

MBA

- Operations, Finance, Marketing, HR & IR
- Hospital Administration
- Business Entrepreneurship & Management
- Event Management
- Logistics & Supply Chain Management
- Banking & Financial Services

BBA
BBA (Tourism & Hospitality Mgmt.)
B.Com
Int. BBA/B.Com - MBA

School of Basic Sciences

M.Sc (Physics, Chemistry, Mathematics)
Int. B.Sc - M.Sc (Physics, Chemistry, Mathematics)

School of Computing Sciences

M.Sc (IT) | MCA -Lateral
Int. B.Sc - M.Sc (IT)

School of Social Sciences

BSW | MSW | Int. BSW - MSW
BA (Sociology) | **MA** (Sociology)
Int. BA - MA (Sociology)

School of Health Sciences

B.Sc

- Advanced Imaging Technology
- Trauma, Emergency & Disaster Mgmt.
- Medical Laboratory Technology
- Operation Theatre Technology
- Dialysis

Bachelor of Physiotherapy
Bachelor of Optometry

OUR KNOWLEDGE & INDUSTRIAL SKILL TRAINING PARTNERS



Campus: Koraikhowa, NH 37, Jorhat - 785 006, Assam

Campus: 8486034360 | Jorhat: 8486034370 | Guwahati: 8486034364 | Dimapur: 7577017742
Dibrugarh: 8486034375 | Lakhimpur: 9854034359 | Imphal: 6909354079 | Aizawl: 7005733519

Around 400 tourists evacuated from Lachen

WANGCHUK BHUTIA
MANGAN, 20 JUN:

Around 400 tourists stranded at Lachen since 17 June when sections of the road leading out were washed away by torrential rain were evacuated today, their transshipment arranged at Pincho Khola near Bonsai. Six SNT buses and several other vehicles were pressed into service to ferry the tourists from Chungthang to Gangtok. Their ferrying to Chungthang was helped by army and private vehicles in the area.

At the spot today to oversee the evacuation were Lachen-Mangan MLA, Samdup Lepcha, DIG Range, Sonam Tenzing Bhutia, DC North, Raj Yadav, Sr SP North, Sonam Gyatso Bhutia, Army and ITBP personnel and the locals.

Road connectivity up to Bonsai Bridge below



Chatten is clear only for small vehicles at present and has to pass through Army Ammunition Point at Munsithang as the bridge at Munsithang has been washed away.

Road connectivity beyond Bonsai Bridge is still blocked at several points due to heavy landslides on 17 June.

GRESF and Army have begun clearing the road beyond Bonsai Bridge up to Chatten while a Log Bridge has been put together to span Pincho Khola ahead of Bonsai Bridge by the Sub Division Police, Chungthang, Sub Division Administration officer and local people of Lachen for transshipment.

The arrangement for the transshipment of tourists was made in co-ordination with the District Administration.

All travel agents whose tourists were stranded at Lachen were informed to send vehicles from Gangtok to ferry tourists from Bonsai Bridge.

Mobile connectivity

and electricity have also been affected in Lachen and the service providers had begun repairs.

Ashweta Sinha, a tourist from Mumbai among the 400 stranded in Lachen, expressed gratitude towards the army, ITBP, district administration and local people for their prompt action in providing relief and assistance.

"I thought it would take us more than fifteen days for us to reach Gangtok, but their efforts made it possible for us to get out within three days," she shared.

The restoration of the bridge at Munisthang which is 4km from Chungthang towards Lachen will take at least 12 more days. The road at Pincho Khola is expected to open in the next three days.

Field Day Friday covers three locations in North Sikkim

GANGTOK, 21 JUN (IPR):

The Each Friday, Field Day initiative in North district was conducted at three places- Tingchim, Mangan and Mantam on 21 June by Commissioner cum Secretary, LRMD, Ambika Prabhan, and District Collector, Raj Yadav, along with DFO-Forrest, SE Roads, Addl Director-SSDMA, Joint Director-Mines & Geology, DD DDMA North, SDM Dzongu, RO Dzongu, BDO Mangan, AE-BAC, Panchayats President, Concern RS, other field Officers and Staff.

During the visit, the following decisions were taken by the team-

1. As per the recent weather warning North Sikkim is in high alert so DC (North), Raj Yadav IAS, had conversation with Secretary LRMD to provide NDRF for the monsoon precaution as soon as possible.

2. Tingchim

a. It is found that due to the heavy landslides at Tingchim village eight families had been affected so all of them are evacuated to the Government buildings (PHSC quater, Panchayat Bhawan & Community hall) by the Administration with the help of Panchayat already. Team checked all necessary things for the families during

meeting.

b. The compensation for all the affected land owners have been sanctioned on spot and will be disbursed soon.

c. Due to the landslides water source of village was totally washed out so alternate temporary restoration has been done and additional two syntex and ten coils of poly pipes will be provided to the village by the District Administration as per request made by Panchayat for sufficient supply.

d. During visit it is found that two three big boulders were there at the peak of the landslides and it will be dangerous to the Village therefore all the boulder will be broke down by using chemical as assured by Addl Director-SSDMA & Joint Director-Mines & geological Department. Next week team will visit the site again to see the feasibility for the same.

e. While visiting it is found that footpath and railing of PHSC, Tingchim found damaged so the repair of this was sanctioned on spot in convergence with DLRC and MGNERGA.

3. Mangan

a. Approach road to the Mangan Food Godown was found dam-

aged so the protection wall is needed and will be sanctioned after receiving proper estimate as assured by the Secretary LRMD.

b. Team visited Old SNT complex and it is decided that to formulate composite plan for Mangan reg Drain system, All estimates will be sent after conducting one meeting with all stakeholders soon.

3. Mantam village

a. Three GPUs were totally cut off due to the Mantam landslides. Therefore team went to review the progress of restoration.

b. Team conducted a meeting with SE-Roads, CWC, NHPC and all the Panchayats President regarding the temporary foot suspension bridge and restoration of roads. All the works will be started at the earliest by PWD and estimate will be provided to Secretary LRMD as all works sanctioned on spot.

c. As reported by the Panchayats the Food Stock Position is not adequate therefore DC-SO(North) will be directed to supply as soon as possible.

d. The compensation of road to the land owner is still pending. Therefore same will be taken care by Secretary LRDD as assured.

SPYF demands severe punishment for molestation accused

SUMMIT REPORT

GANGTOK, 22 JUN:

Sikkim Progressive Youth Forum [SPYF] has demanded "exemplary punishment" for M Singh, a teacher in West Sikkim who has been accused of molesting a girl student. SPYF has also questioned the silence of media and the civil society on the incident.

In a press release, the Forum has said, "The progressive forces, the

civil society, women organisations, social workers, students, youth and people from all walks of life should come forward to end this menace in society."

Recounting various other incidents where teachers have been accused of sexually assaulting their students, SPYF states, "Such incidents have badly maligned the sacredness of teacher-student relation."

Safai Abhiyan at Sumbuk

SUMMIT REPORT

GANGTOK, 22 JUN:

Kanchanjyoti Youth Club in collaboration with Agriculture Department staff organized a "Safai Abhiyan" at Agriculture Office at Sumbuk in South Sikkim, a press release informs.

The Safai Abhiyan was led by president of Kanchanjyoti Youth Club, Suyog Pradhan, with In-charge of the office, VLO, Pratima Rai. Others who participated were Tilak Prasad Sharma, Tilak Prasad Barailly, Rajiv Rai, Nisha Rai and



members of Club, Mani Kumar Ruchal and Sanjok Pradhan.

Some of the future programmes of the club are celebration of Bhanu

Jayanti, Peace Leadership Training, Special Educated Youth Convention, Special Workshop for families of Sumbuk, the release mentions.

visit us at
www.summit-times.com

Governor lobbies with President...

The Governor, through a formal letter, raised the issue of Pakyong Airport which has remained out of operation since 01 June this year.

He also highlighted the situation and setback that Sikkim has had to face in tourism and allied sectors following the closure of flight operations.

The Minister assured to take up the matter on priority and has conveyed that he would be sending a high level team of Airports Authority of India for technical inspection.

He also conveyed that the ministry will explore all options available to ensure operation of regular flights from Pakyong Airport.

SU to celebrate International Yoga Day

GANGTOK, 20 JUN (PIB):

Sikkim University is observing International Yoga Day on 21 Jun, 2019. The programme will be held at Greendale Senior School Tadong. Kamala Rai from the Art of Living Foundation, Sikkim

Chapter will be the Yoga instructor for the day. This year the NSS Cell will organize the programme with the theme to resolve the pressing concern of climate change and pledge to make efforts to address the issue.

Governor's greetings on International Yoga Day

SUMMIT REPORT

GANGTOK, 20 JUN:

On the occasion of International Day of Yoga, Governor of Sikkim, Ganga Prasad has extended warm greetings to the people of Sikkim.

The Governor has said, "Yoga is an invaluable gift of ancient Indian tradition to the world. It has established the superiority of our rich spiritual and cultural heritage and the Indian philosophy of life in the modern world. The world today has embraced Yoga as an effective medium towards a balanced and healthy lifestyle. Billions have incorporated Yoga in their daily routine in their quest of wellbeing.

Yoga is that journey which takes you to your real self, to your soul, through your own self. It enhances the life force, focus and productivity, gives stability to the body, mind and emotions of a person.

As a proud Indian, it should be our quest to remain persistent in promoting, propagating and disseminating the philosophy behind this glorious tradition and ensure that every section of human race get benefitted by this ancient art of wellbeing. Yoga has the power to establish peace, harmony and brotherhood bringing world community closer than ever before.

On this great occasion, let us accept Yoga as a journey towards our physical and mental health. Let us all endeavour to bring unanimity in our thoughts, words and action together to make a better world."

SNT buses from South rescheduled

SUMMIT REPORT

GANGTOK, 20 JUN:

Sikkim Nationalised Transport today rescheduled the timings of three bus services plying from South Sikkim.

The Namchi-Melli

SNT Bus Service via Manpr will now leave at 3PM while the Namthang-Siliguri via Rangpo service will leave at 7AM.

Similarly, the Siliguri-Jorethang service will leave at 2:30PM.

ANTHYESTHI KRIYA

The Anthyesthi Kriya of our beloved son Late Abhinay Oberoi, who left for his heavenly abode on 13 June 2019 falls on 24 June 2019 (Monday).

All family, friends and well-wishers are requested to kindly join us for offering of prayers to the departed soul at our residence at Diesel Power House Road (in front of Janta Bhawan) Gangtok on 24 June 2019.

We also take this opportunity to express our sincere gratitude towards those who have extended their support during the time of the bereavement. Manju Tewari (Grandmother) 9474527488 Sandhya Tewari (Mother) 9434486001 Aryan Oberoi (Younger brother) & the entire Tewari and Oberoi family



Forest personnel trap and release bear at 13th Mile



REBYNA RANA

GANGTOK, 20 JUN:

A Himalayan black bear was trapped by Wildlife personnel at 13th Mile on the way to Tsomgo Lake on the evening of 18 June. The operation was done by East Wildlife Division, Kyongnosla Alpine Wildlife Sanctuary Range.

The local people had alerted the wildlife personnel about the bear moving around near human habitation.

Accordingly, the Wildlife Division set a cage trap on 14 June and the bear was trapped in the cage on 18 June evening. The bear was then released the next morning into a nearby jungle.

The East Wildlife Division, Kyongnosla Alpine Wildlife Sanctuary Range was also assisted by field experts from the Himalaya Zoological Park

The villagers of 12th Mile and 13th mile assisted the team in the entire exercise from the trapping to the release point.

SDF CONGRATULATES OFOJ BENEFICIARIES ON STATE GOVT'S RECOGNITION OF THEIR APPOINTMENTS

Continue people-centric schemes of previous Govt, SDF demands of SKM

SUMMIT REPORT

GANGTOK, 20 JUN:

Sikkim Democratic Front spokesperson, JB Darnal, today demanded that in the interest of Sikkim and the Sikkimese, the Sikkim Krantikari Morcha government should give continuity to the people-centric programs and schemes of the SDF government.

He also rued that the initial weeks of the SKM Government suggest that it was more keen on undoing the inclusive pro-

grammes of the previous government and held up the State Government's handling of the One Family, One Job scheme as an example.

While contending that the OFOJ scheme had not only benefited Sikkimese at large but also attracted national and global attention and praise, Mr Darnal alleged that SKM toyed with the scheme only for electoral gains.

He pointed out how in contrast to SDF's promise to regularise OFOJ appointments after

five years, SKM promised to regularize the services within 100 days of forming the government.

"What it did instead within four days of forming the government was cancel the appointments of 12,000 OFOJ beneficiaries. And now, following protests by SDF and the affected OFOJ beneficiaries, it has withdrawn its circular cancelling the appointments," he said.

Similarly, SDF spokesperson, MK Subba, also congratulated all the

OFOJ appointees on their appointments being recognized afresh and urged them to work sincerely in the interest of the people of Sikkim.

Meanwhile, SDF general secretary [administration], Dev Gurung, informed that SDF will celebrate its annual Sampoorana Kranti Diwas at the district-level on 22 June while the celebration for East and North districts will be held at the SDF headquarters here.

visit us at
www.summittimes.com

~ SummitTIMES ~ CLASSIFIEDS

URGENTLY REQUIRED:

Urgent Recruitment for a waiter with atleast 3 years experience and one kitchen helper. Contact: Hotel Paramount, Dentam, West Sikkim- 9735909625 / 8348285444

PLOT FOR SALE:

Vacant plot measuring 0.38 Acres for sale at Amdo Golai, Deorali. Contact: 09717191985/097474651223

INTERESTED TO BECOME A YOGA TEACHER?

CRITERIA - Academic qualification of minimum higher secondary pass

Complete yoga syllabus will be provided by SYVC Gangtok absolutely free of cost. After one year of basic training and service (karma yoga)/ volunteering in the Centre, the candidate would be sent for Yoga Teacher Training Course at Shivananda Yoga Ashram. After TTC, the candidate would be appointed on part time basis at the Yoga Centre in Gangtok. College students can also apply. If required, food and accommodation would be provided.

Interested candidates may contact

: Deepa Yoga Centre at

Mob: +91 7432043719/ +91 8170953919.

LAND FOR SALE

A vacant plot measuring 0.38 Ha. (16552.80 sq - ft) is for sale at Amdo Golai (above the main road), Gangtok. For more information please contact - 9717191985/9474651223.

WANTED

HOUSEKEEPER/BABYSITTER.

Contact: 9933443442/9800500696.

GENERAL INFORMATION

This is for general information of all concerned that Hotel Parasol Residency, Panihouse, Deorali East Sikkim shall remain closed for a period of six months for carrying out necessary repairs. All concerned tour operators and clients are requested to refrain from booking or deal with any sort with regard to Hotel Parasol Residency, Panihouse, Deorali, East Sikkim.

Mr. Subash Lama

Proprietor

Hotel Parasol Residency,
Panihouse, Deorali, East Sikkim

BUILDING FOR SALE

A 5 storied building with 3 floor completed having a land area of 30x70 at DABUWA, Melli road (2km from Namchi) is for sale. Rate reasonable. Interested party please contact: 6296370905, 9733284142, 8597088755.

Bougainvillea plantation at Bardang



GANGTOK, 22 JUN (IPR): A roadside Bougainvillea plantation was carried out today at Bardang, East Sikkim, by the Social Service Wing of EPCS Council, Bardang, with technical support by Silviculture Division, Forest Department.

Agriculture Minister Lok Nath Sharma inaugurated the programme by planting the first sapling.

A large number of saplings were planted during the drive which was participated in by members of EPCS Council and the local public.

Governor underlines benefits of Yoga

GANGTOK, 21 JUNE (IPR): Sikkim celebrated the 5th International Day of Yoga with much enthusiasm and drive at Paljor Stadium here on Friday. Governor Ganga Prasad was present as the chief guest accompanied by Speaker LB Das and the HRDD Minister Kunga Nima Lepcha who was present as the guest of honour. This state-level function was organised by the State AYUSH Society.



The Governor, in his address, urged people to practice Yoga in their daily lives for health benefits and well being. He highlighted historic significance of Yoga and expressed happiness over the acceptance of this ancient Indian philosophy of Yoga at international level. He applauded the initiatives of Prime Minister Narendra

Modi for his historic contributions to take Yoga to the international platform and said that more than 192 countries in the world have accepted yoga practices. Drawing attention to the benefits of Yoga, he encouraged people to get rid of anger, hatred, restlessness and pressure through Yoga which supports physical, mental and spiritual development.

He added that the Nature and Climate can be preserved and protected through Yoga and stressed that one should avoid activities that pollute water and air.

MLA Bishnu Kumar Khatri was also felicitated by Patanjali Yog Samiti for his unparalleled contributions in growth and development in the field of Yoga.

Fresh clashes break out in trouble-hit Bhatpara; many injured
BHATPARA (WB), JUN 22 (PTI): Several persons were injured as fresh clashes were reported in trouble-torn Bhatpara area in North 24 Parganas district of West Bengal Saturday as rival groups violated Section 144 imposed there.

Police had to resort to lathi charge to disperse the crowd. The incident happened moments after a three-member BJP central delegation left the area after their scheduled visit.

As the delegation left, two groups, one led by the BJP and other by TMC, engaged in pitched battle as both sides hurled country-made bombs and stones at each other.

Several persons were injured in the incident. Bhatpara had witnessed clashes between rival groups suspected to be affiliated to TMC and BJP on Thursday in which two persons had died.

Indian women's hockey team secures place in Olympics qualifiers final round



HIROSHIMA, JUN 22 (PTI): The Indian women's hockey team Saturday secured a place in the final round of Tokyo Olympic qualifiers after beating lower-ranked Chile 4-2 in the semifinals of FIH Series Finals here.

Chile took a surprise lead in the 18th minute through Carolina Garcia but India restored parity in the 22nd minute through Gurjit Kaur as the two sides went into the half-time at 1-1.

India then took a two-goal lead with Navneet Kaur scoring in the 31st minute and Gurjit Kaur finding the target for the second time (37th) in the match.

Manuela Urroz scored Chile's second goal in the 43rd minute to reduce the gap to 3-2 before Indian captain Rani Rampal took the game beyond the reach of the South Americans with a 57th minute strike.

In the final on Sunday, India will play against the winner of Saturday's other semifinal match between Russia and Japan.

The top two teams from this tournament qualify for the final round of 2020 Olympics qualifiers to be held later this year.

Chamling calls on party...

He added that he was also kept in the dark when specific directions had not been followed up. "I had directed party workers to reach out to every organization during the campaign period, but they did not. I was kept in the dark. If they had told me the true facts, I would have gone and campaigned again in the vulnerable areas," he said.

That said, Mr Chamling also reiterated that he respected the people's decision to keep SDF in the opposition and SKM in government. "We respect and accept this decision," he said, adding, "We have not been rejected by the people. We did after all get more votes than the SKM so we will continue working for the people of Sikkim."

He also called on the party workers not to get disheartened by the Assembly election results and expressed confidence that the party will return to government after the by-elections.

The upcoming by-polls were not just by-elections but the final election to decide the government in Sikkim, he remarked, while reiterating that the party cadre cannot afford to lose hope of go slack.

Winning the three seats was crucial to saving Sikkim, he stressed.

"I have met leaders in Delhi including the Prime Minister, Home Minister and around 30 leaders and ministers and briefed them about the situation of Sikkim. I will not be going out again. Now, I will be with the people of Sikkim. There is no need for the people to be afraid," he said while touching on the incidents of post-poll violence which targeted SDF supporters.

Mr Chamling also scoffed at SKM's plans to convert Mintokgang, the official residence of the Chief Minister, into a Cancer Hospital.

"This reflects the SKM's lack of respect for history and precedence. Mintokgang was the centre of hope and trust for the people of Sikkim. I had kept it so for 25 years, but after I left, Mintokgang has gone dark. The power-house centre of the people is dark, so imagine what the condition of the people of Sikkim must be? Mintokgang is a historic place, a pride of Sikkim and to change it would be the biggest insult to the pride of Sikkim," he said.

On SKM's allegations that the SDF government has burdened the State exchequer with loans, he said that Sikkim has the lowest loan burden the country and that the State Government was misrepresenting facts to distract the people away from more important issues.

He also pulled up the State Government for what he said was a disregard towards the interests of the youth.

"I promise to the youth of Sikkim that after winning the three seats and forming the government again, we will give employment to all educated youth of Sikkim. We will give employment to 60,000 youth at one go after forming the government. We know from where and how to give the jobs and where to give salaries from. We know this as we have run the government for 25 years," he said.

Zimbabwe Cricket suspended by government-run agency



HARARE, JUN 22 (PTI): Zimbabwe Cricket (ZC) has been suspended with immediate effect by the Sports and Recreation Commission (SRC), the governing organisation of all registered sporting associations in the country.

ZC acting managing director Givemore Makoni has also been suspended from his position, according to a press release issued on Friday.


The move from the SRC came a week after it issued a directive that ZC's electoral process be suspended following alleged complaints about the nomination process and the violation of ZC's constitution, as well as "various other controversies".

But the cricket board ignored the directive, and Mukhlani was re-elected for another four-year term following the meeting. The SRC said it was forced to act after several complaints of violations of the constitution and other controversies. "It cannot be in national interest that a national sporting association continues to conduct itself in a manner that it suggests that it and its officials are a law unto themselves.

"Certain of its office bearers, past and present, have been the subject matter of allegations involving fraud exchange control violations and other acts of corruption and criminality related to the monies and assets of Zimbabwe Cricket and the International Cricket Council," the SRC release said.

The controversies over the running of the game also played its part. "It is a matter of documented public knowledge that Zimbabwe Cricket has been the subject matter of several controversies over the years. There have been allegations of outright disregard for its own constitution, neglect of the development of the game and related infrastructure throughout the country."

The release added that David Ellman-Brown, Ahmed Ibrahim, Charlie Robertson, Cyprian Mandenge, Robertson Chinyengetere, Sekesai Nhokwara and Duncan Frost were announced as part of an interim committee to run the sport in the country.



HEALTH CARE, HUMAN SERVICES & FAMILY WELFARE DEPARTMENT

GOVERNMENT OF SIKKIM

GANGTOK - 737103

Ref No: 380/NCD/HC& FW Dept.

Date: 19/06/2019

NOTICE INVITING PROPOSAL TO RUN 24X7 CRISIS CENTRE

Sealed proposals are invited from reputed NGOs/Voluntary Organization from Sikkim, registered at NITI Aayog Portal and having experience of at least 3 years in the Health sector to run 24 x7 Crisis Centre at Gangtok for the duration of 9 months.

Details regarding terms and conditions can be collected from NCD Cell, Health Secretariat, Tashiling Secretariat, Gangtok or can be downloaded from the National Health Mission (NHM) website (www.nrhmsikkim.org). Proposals along with supporting documents must reach the undersigned by 08/7/2019.

Proposals received after the due date and time will not be considered. The shortlisted NGOs will be asked to make presentation for the selection committee on date which will be communicated.

The Health Care, Human Services & Family Welfare Department reserves the right to reject any proposals without assigning any reasons whatsoever.

NOTE: In accordance to the office Memorandum of NITI Aayog, NGOs are to be registered with NITI Aayog portal (NGO-DARPAN) and should have unique identifiers before submitting their applications.

Sd/-
Mission Director,
National Health Mission,
HC, HS & FW Dept.,
Govt of Sikkim.

R.O. NO. 53/IPR/Pub/Classi./19-20
Dated: 20.6.19


James Marsden in talks for 'The Stand' adaptation

LOS ANGELES, JUN 22 (PTI): "Westworld" star James Marsden is in negotiations to play a lead role in CBS All Access' adaptation of Stephen King's "The Stand".

The story is set in a world "decimated by a plague and locked in an elemental struggle between good and evil."

The novel also features the first appearance of long-running King character Randall Flagg, an embodiment of evil. In "The Stand" he is pitted against 108-year-old Mother Abigail and the survivors of the plague.

According to the Hollywood Reporter, if things work out, Marsden will play Stu Redman, who is immune to the virus that wiped out much of the population and becomes a leader of the survivors.



GOVERNMENT OF SIKKIM

BUILDINGS & HOUSING DEPARTMENT

No: 36/ETENDER/BHD/2019

Dated: 10/06/2019

NOTICE INVITING TENDER

On behalf of the Governor of Sikkim, Superintending Engineer (Project), Buildings & Housing Department, Government of Sikkim invites percentages rate tenders' from qualified Class IIB contractors, within the East District, enlisted with the SPWD in single cover system through e-procurement. The bids should be submitted online through the website www.sikkimtender.gov.in for the work as listed below:


Sl.No.	Name of works	Bid security 2.5% of the bid value (Rs. In Lakhs)	Bid Value (Rs in Lakhs)	Cost of tender/ bid form (Rs in Lakhs)	Completion period.
1.	Construction of Sainik Rest House cum Office at DPH Road Gangtok, East Sikkim.	8.67	346.61	0.30	30 months.

IMPORTANT EVENTS

i)	Publishing of Online Tender in e-procurement portal	:	10 th June, 2019
ii)	Uploading of bidding documents in e-procurement portal	:	10 th June, 2019
iii)	Document download/sale state date and time	:	11 th June, 2019 11:00am onwards.
iv)	Last date & Time for seeking clarification regarding bids	:	18 th June, 2019 up to 1500 Hrs.
v)	Last date for online Submission of completed bids	:	15 th July, 2019 up to 1600 Hrs.
vi)	Date of opening of Tender bids	:	16 th July, 2019 at 1300 Hrs.

For all details on the bid visit www.sikkimtender.gov.in

Sd/-
Superintending Engineer (Project)
Buildings & Housing Department
Government of Sikkim, Gangtok.



GOVERNMENT OF SIKKIM

BUILDINGS & HOUSING DEPARTMENT

IMPORTANT EVENTS

Name of Work	:	Construction of Sainik Rest House cum Office at DPH Road Gangtok, East Sikkim.
Amount put to tender (Rupees in Lakhs)	:	346.61 lakhs.
Uploading of bidding documents in e-procurement portal	:	10 th June, 2019
Document download /sale start date and time	:	11 th June, 2019 11:00 Hrs onwards.
Last date & time for seeking clarification regarding bills	:	18 th June, 2019 up to 1500 Hrs.
Last date for online submission of completed bids	:	15 th July 2019 up to 1600 Hrs.
Date of opening of tender bids	:	16 th July, 2019 at 1300 Hrs.
Place of opening of tender bids	:	Office of the Additional Chief Engineer (Planning) Building & Housing Department Government of Sikkim Nirman Bhawan.

Sd/-
Superintending Engineer (N&E)
Buildings & Housing Department
Government of Sikkim, Gangtok.

R.O. No. 49/IPR/Pub/Classi./19-20
Date: 14.6.19

Migrating People

Understand why rural Sikkim wants to move to urban settings. And plan for it

There has been frequent talk of rural-urban migration in Sikkim and efforts, on the lips and on paper, have been underway for a while now to contain it. It would be wonderful if disruptions or cessations of traditional ways of life could be stopped and people allowed environments in to pursue their ambitions and dreams in surroundings they are familiar with; but that, anyone will attest, is an impossible task. Things change, and even when the change is for the “better”, it requires adjustments and sacrifices, with migration being one of the options that many have to take.

Any effort to contain rural-to-urban migration would obviously require a clearer understanding of the causes. It is common to find poverty held up as the main reason prompting people to migrate to cities, a notion transmitted through the caricature renditions of the plight of the poor in mass-entertainment products. It is a believable explanation, but latest data available on migration in India does not hold up this belief. The poor are invariably temporary migrants, shipping out for temporary jobs and as seasonal labour; the more permanent migration in pursuit of opportunities is a luxury which only the better heeled and the more educated enjoy. In most cases, this is human resource which “leaves home” to study and train does so because it can afford to, and, on many occasions, never returns. And then there is the eye-opening data contained in the report released by the National Sample Survey Office suggesting that a third of all Indians are migrants in their present place of residence! Though one in every three Indians is a migrant, they are not all products of rural-urban migration. Most are not escaping the “drudgery” of rural India, but are, in almost all cases, pursuing gainful employment. There is a difference. Within these are of course those who migrate for marriage [found to be the case in most ‘non-local’ women], or because they have been forced out either by natural disasters or “developmental” projects.

If Sikkim is serious about working on rural-urban migration, it should first understand the exact, and not generalised, reasons for it. Urban amenities might be desired, but cannot by themselves be taken as reasons why people abandon villages. Chasing employment could be a reason, but migration is relatively permanent and that requires complementing opportunities and not just desires to keep rural folk in urban addresses. A data that the country prefers not to unravel, but Sikkim could do well to study and understand, is migration triggered by changes in rural settings. In many instances, land - a people’s mooring to the place - is lost, and with this anchor lifted, moving away becomes an easier decision to contemplate. The loss of land could as much be due to acquisition for projects as it could be because of change in landuse patterns. If farms are no longer of a size which make them sustainable, or when the traditional crops no longer harvest on a scale that makes economic sense, a shift is necessitated. Of course, there is also the general desire of every parent to provide better education and opportunities for children if they can afford it, and these opportunities continue to be available almost exclusively in urban setting even in Sikkim. It would be desirable if these facilities could reach the villages too, but that does appear to be happening any time soon, so the pull of the urban areas will remain strong.

Urban planning will hence have to factor these realities into its projections for future years and this will require cross-disciplinary and inter-departmental coordination and planning on a scale that the State has not displayed an aptitude for thus far. Very soon, Sikkim, as the rest of the world, will also be looking at migrations forced by climate change as well and it will be advisable for the State to try and begin the processes to project possible scenarios and start adequate preparations for it. It is important to bear in mind that not all rural-urban migration can be stopped, but what can definitely be achieved is for the urban spaces to be planned better to not only accommodate ‘influx’, but also provide them with better basic facilities and more respectable opportunities.

Narcissists and psychopaths: how some societies ensure these dangerous people never wield power

STEVE TAYLOR
theconversation.com

Throughout history, people who have gained positions of power tend to be precisely the kind of people who should not be entrusted with it. A desire for power often correlates with negative personality traits: selfishness, greed and a lack of empathy. And the people who have the strongest desire for power tend to be the most ruthless and lacking in compassion.

Often those who attain power show traits of psychopathy and narcissism. In recent times, psychopathic leaders have been mostly found in less economically developed countries with poor infrastructures and insecure political and social institutions. People such as Saddam Hussein in Iraq, Muammar Gaddafi in Libya and Charles Taylor in Liberia.

But modern psychopaths generally don't become leaders in affluent countries (where they are perhaps more likely to join multinational corporations). In these countries, as can be seen in the US and Russia, there has been a movement away from psychopathic to narcissistic leaders.

After all, what profession could be more suited to a narcissistic personality than politics, where the spotlight of attention is constant? Narcissists feel entitled to gain power because of their sense of superiority and self-importance.

Those with narcissistic personalities tend to crave attention and admiration and feel it is right that other people should be subservient to them. Their lack of empathy means they have no qualms about exploiting other people to attain or maintain their power.

Meanwhile, the kind of people who we might think are ideally suited to take on positions of power – people who are empathetic, fair minded, responsible and wise – are naturally disinclined to seek it. Empathetic people like to remain grounded and interact with others, rather than elevating themselves. They don't desire control or authority, but connection, leaving those leadership roles vacant for those with more narcissistic and psychopathic character traits.

DIFFERENT TYPES OF LEADER

Yet it would be misleading to say it is only psychopaths and narcissists who gain power. Instead,

I would suggest that there are generally three types of leaders.

The first are accidental leaders who gain power without a large degree of conscious intention on their part, but due to privilege or merit (or a combination). Second are the idealistic and altruistic leaders, probably the rarest type. They feel impelled to gain power to improve the lives of other people – or to promote justice and equality, and try to become instruments of change. But the third are the narcissistic and psychopathic leaders, whose motivation for gaining power is purely self-serving.

This doesn't just apply to politics, of course. It's an issue in every organisation with a hierarchical structure. In any institution or company, there is a good chance that those who gain power are highly ambitious and ruthless, and lacking in empathy.

Narcissistic leaders may seem appealing because they are often charismatic (they cultivate charisma in order to attract attention and admiration). As leaders they can be confident and decisive and their lack of empathy can promote a single-mindedness which can, in some cases, lead to achievement. Ultimately though, any positive aspects are far outweighed by the chaos and suffering they create.

What is needed are checks to power – not just to limit the exercise of power, but to limit its attainment. Put simply, the kind of people who desire power the most should not be allowed to attain positions of authority.

Every potential leader should be assessed for their levels of empathy, narcissism or psychopathy to determine their suitability for power. At the same time, empathetic people – who generally lack the lust to gain power – should be encouraged to take positions of authority. Even if they don't want to, they should feel a responsibility to do so – if only to get in the way of tyrants.

MODELS OF SOCIETY

This might sound absurd and impractical, but as I suggest in my book, *The Fall*, it has been done before. There are many tribal hunter-gatherer societies where great care is taken to ensure that unsuitable individuals don't attain power.

Instead, anyone with a strong desire for power and wealth is barred from consideration as a

leader. According to anthropologist Christopher Boehm, present-day foraging groups “apply techniques of social control in suppressing both dominant leadership and undue competitiveness”.

If a dominant male tries to take control of the group, they practise what Boehm calls “egalitarian sanctioning”. They team up against the domineering person, and ostracise or desert him. In this way, Boehm says, “the rank and file avoid being subordinated by vigilantly keeping alpha-type group members under their collective thumbs”.

Just as importantly, in many simple hunter-gatherer groups power is assigned to people, rather than being sought by them. People don't put themselves forward to become leaders – other members of the group recommend them, because they are considered to be experienced and wise, or because their abilities suit particular situations.

In some societies, the role of leader is not fixed, but rotates according to different circumstances. As another anthropologist, Margaret Power, noted: “The leadership role is spontaneously assigned by the group, conferred on some members in some particular situation ... One leader replaces another as needed.”

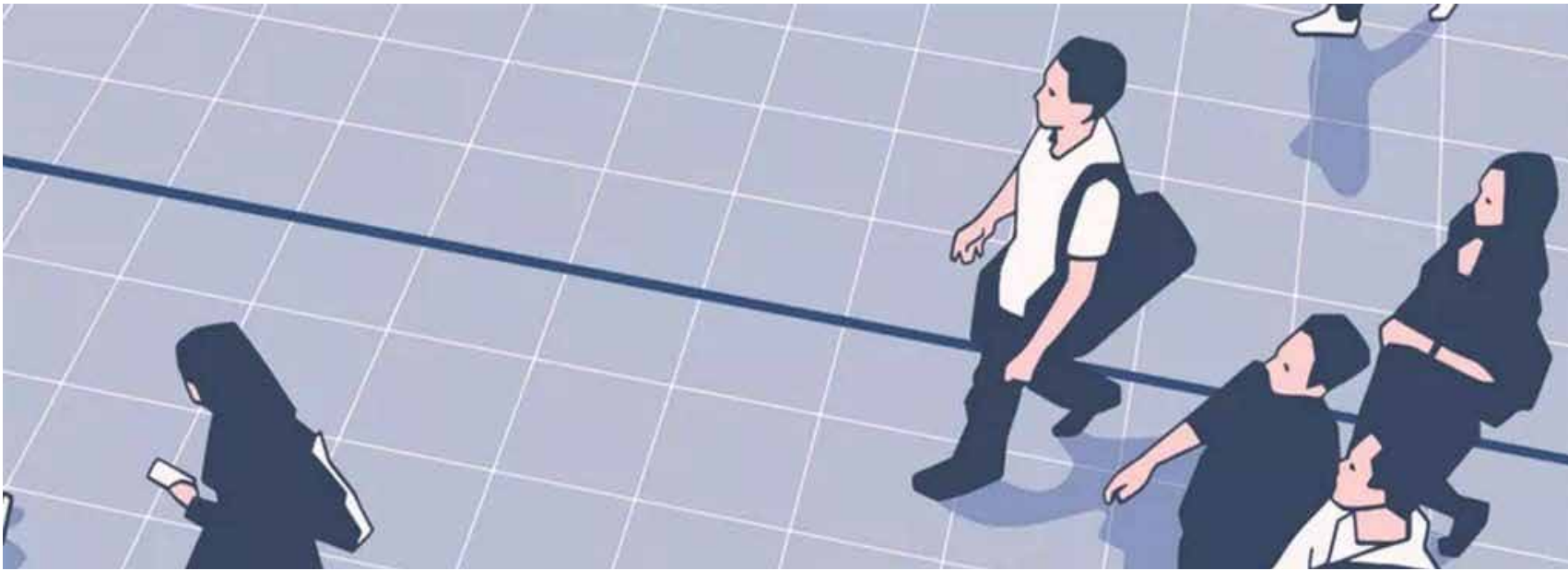
In this way, simple hunter-gatherer groups preserve stability and equality, and minimise the risk of conflict and violence.

It's true that large modern societies are much more complex and more populous than hunter-gatherer groups. But it may be possible for us to adopt similar principles. At the very least, we should assess potential leaders for their levels of empathy, in order to stop ruthless and narcissistic people gaining power.

We could also try to identify narcissists and psychopaths who already hold positions of power and take measures to curtail their influence. Perhaps we could also ask communities to nominate wise and altruistic people who would take an advisory role in important political decisions.

No doubt all this would entail massive changes of personnel for most of the world's governments, institutions and companies. But it might ensure that power is in the hands of people who are worthy of it, and so make the world a much less dangerous place.

[the writer is Senior Lecturer in Psychology, Leeds Beckett University]



Long hours at the office could be killing you – the case for a shorter working week

SHAINAZ FIRFIRAY
theconversation.com

UK employees have the longest working week compared to other workers in the European Union. But, despite the long hours, recent studies have shown this does not make the UK a more productive nation.

An analysis by the Trade Union Congress on working hours and productivity found that, while UK full-time staff worked almost two hours more than the EU average, they were not as productive as staff in Denmark who worked fewer hours in the average week.

Such findings have triggered an interest in the relationship between the number of hours worked and productivity – and the results of several studies have suggested the concept of “optimal working time”. This refers to an optimal number of hours spent at work after which productivity begins to decline and acute or chronic health problems begin to arise. Some experts suggest it should be no more than 35 hours a week.

So, while the prevalence of flexible working and the use of technologies to facilitate it have brought many benefits to organisations, such changes have also helped to create a 24/7 work culture – and with it that feeling of “always being on” and available to take work calls or emails. And, as research shows, employees working in such environments may

actually show lower levels of engagement – which over time could reduce their productivity.

IMPACT ON HEALTH AND WELL-BEING

Several studies have shown that some aspects of work are important predictors of health, happiness, motivation and life satisfaction. For a start, the number of hours people work has a major impact on their physical and psychological health. Evidence also suggests that long working hours are associated with hypertension, heart disease and the risk of injuries and accidents.

Other studies have shown associations between hours of work and stress, anxiety and depression. The propensity to work long hours also has an adverse effect on family and social relationships and can increase family conflict.

But research studying the impact of working hours on health has also recognised how people's perceptions regarding long working hours and time demands can affect this negative association. Voluntarily opting to work longer hours as opposed to being pressured by one's employer can translate into big differences in health and well-being. This can help explain why some people who work extended hours may display poorer physical and psychological well-being compared to others.

MOTIVES FOR WORKING LONG HOURS

There are predominantly two motivations for working long hours – both of which have distinctive influences on the relationship with work outcomes and well-being. Some people work long hours, for example, because they find personal fulfilment in their work. These people genuinely enjoy their job and derive a sense of satisfaction from excelling at it.

This is different from working long hours to avoid the threat of job insecurity or negative feedback from supervisors. In the first instance, while there might be pressure to put in long hours, it is ultimately the employee's choice. Hence, these workers are unlikely to experience the adverse effects of work pressure and stress as much as those who feel forced to put in longer hours.

Nonetheless, there is a lot of cynicism about the benefits of working extended hours. Excessive involvement with work, even if it is enjoyable for the employee, can lead to neglect in other areas of life which can take a toll on health, well-being and interpersonal relationships.

RISKS OF WORKAHOLISM

In many cultures, long working hours and workaholism have positive connotations – such as dedication, commitment and perseverance. But when the need for work turns so excessive that it begins to interfere with health, personal happiness and social functioning, it can turn into a potentially fatal disorder.

Employers and co-workers can help colleagues who are prone to overworking by looking out for any warning signs of workaholism. Specific times to take breaks and finish work are vital. And everyone should be taking their holiday allowance so that they have enough time for rest and recovery.

Of course, this all sounds well and good – but job insecurity, work pressures and an overly competitive work atmosphere can compel employees to work extended hours – even when they know it's damaging their health.

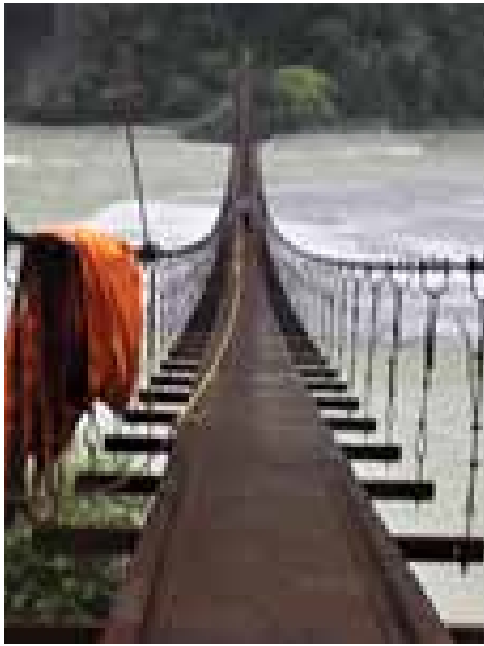
Ultimately, most workers today desire a life beyond work – and research shows people can be more productive if they are able to balance their work and personal lives in more satisfying ways. Companies, for example, that have trialled the four-day work week have found that working fewer hours results in productivity increases due to reduced employee stress and improved focus on work tasks.

Also as working less means employees will spend less time commuting, there are obvious payoffs for the economy (think, more time to recuperate and engage with leisure activities) and the environment of doing away with an overwork culture.

[the writer is Associate Professor of Organisation and Human Resource Management, Warwick Business School, University of Warwick]

FIELDWORK REFLECTIONS

Whom to blame?



Rongnyoo Lepcha

"It was a clear sunny day the view from my home as pristine as ever. The blue sky with patches of clouds here and there the grey hills on the other side as I was looking and admiring the scene that's when I heard it. A large roar, as if a painful growl and a stream of grey smoke rose upwards to the sky. A few hours later the news spread like wild fire and everyone knew. There was a massive landslide had occurred on the other side of the hills. A large chunk of hill sliced off and was now blocking the flow of a river creating an artificial damn and causing the rise of water level. The residents of the area were evacuated as the water started engulfing their homes". I have heard many eye witnesses from Mangan, convey this story till date whenever they lay their eyes on the scared hill on the other side. People learn from their mistakes they say, but in this case it has given more excuse to make additional mistakes, it seems. It's been four years since the Mantam landslide occurred creating an artificial lake. Since then the problems have only multiplied for the people living near and on the other side of the river. Heavy rainfall upstream leads to accumulation of water which submerges anything within its range.

Then chief minister of Sikkim paid visit to the disaster site and announce it as Mensalong Lake after the great spiritual hero of the Lepchas there is little to nil chance that there will be measures taken to lower the water level of the lake, in hopes that the lake will bring boosts the tourist inflow and bring about development. But this has only caused more prob-



lems for the people especially during monsoon. In the hopes of development with the inflow of tourist the lake was not disturbed, and just when the scars form the disaster was healing the problems only accelerated.

Traveling in and out of the villages gets challenging and with that the cost of commodities entering the villages rise. There are problems in replenishing the depleting rations. At first, there were boats provided for crossing the river but the rising silt accumulations stopped the boats from moving and then the people had to depend on an incomplete bridge to cross the river. This bridge was completed last year and this year the bridge was swept away by the raging waters. The blame is on cloud burst it might be one of the factors causing the damage but would it be able to do this degree of damage if the waters in the lake were taken care of during the dry seasons? Would there a loss of multiple bridges, the materials and energy if it had been channeled to constructing a strong bridge in all the four year of time?

Year after year the water levels can be seen in the lake and even then not much precautions were taken while constructing the suspension bridge. Was a suspension bridge really the answer after four year? But all these questions cannot be only directed solely to the government, the people are also partly to be blamed for ignorance and allowing the problem to prolong for this many years. If there is a cut in one's body, they simple apply ointment or go for treatment immediately and not wait for four months for the wound to heal, this will only expose the wound to more infections.

The amount of resources if sufficient for everyone the only problem is the accessibility and distribution of resources are unequal. And this has created a vicious chain of inequality in the society. Likewise in the case of the villages that fall victims of these disaster even suffer at the hands of their own kins. Especially the community elites some of whom only care about stocking their storehouses and not feed the mouths of the needy. The only point that gives a breath of relief is that these villages practice subsistence farming and animal husbandry which supports them at times like these but if the problems are not solved even after all these time and the villages continue to progress from subsistence farming to commercial farming of cash crops targeted for the benefits of the state, eventually will bring the downfall of the communities and villages.

The community leaders who have turned a deaf ear and blind eye to the continuous plea for actions are clouded by the fear of political clashes, is a great blow on the faces of the handful who are still fighting for the sake of the villages. If they are unable to guide the people at times like these, what were they placed at the positions at the first place? And by the time all pleas and hopes are finally crushed it is already winter and the water is calmer and the once raging waters gives way to beautiful picnic spots and then all is forgotten and shrouded in the laughter of the new year, until the next monsoon when the rains pour down and voice the silent cries.

Felt team was playing with fear but England win should change that: Mahela

LEEDS, JUN 22 (PTI): Sri Lankan's shock win over England should change things for the better, feels batting great Mahela Jayawardene, after a run of matches in which they seemed to have "played with a little bit of fear".

Defending a relatively modest target of 233, Sri Lanka bowled out favourites England for 212 for a 20-run win at the Headingley on Friday.

"I hope this game will give Sri Lanka a lot of confidence in this ICC Men's Cricket World Cup. They have beaten one of the best teams in the world, and they need to believe in themselves," Jayawardene wrote in his column for the ICC.

"At times it feels like they have played with a little bit of fear and have not been able to really express themselves. This win should change that."

The former skipper praised Lasith Malinga's match-winning spells, during which he picked up four big English wickets.

"It's not about the six pack, it's about the skill and Lasith Malinga showed that in spades in Sri Lanka's win over England.

"He has done it so many times for Sri Lanka over the years but it was

great to see him at his best," Jayawardene said. The Lankans needed a Malinga special and the veteran obliged the team with his fine exhibition of fast bowling.

"He was on a mission with the new ball, taking two crucial early wickets which Sri Lanka needed to defend a total like 232.

"Then when Joe Root looked like he was playing one of those innings where he just takes the game away from you, Dimuth Karunaratne turned to Mali and threw him the ball. He told him that he needed him and Mali delivered," said Jayawardene.

"Big players perform in big games and that is what he did, removing Root and then Jos Buttler who could have won the game for England as well."

The batting legend also lavished praise on the Lankan skipper.

"I was really impressed with Dimuth's captaincy, trusting his players, bringing on the off-spinner Dhananjaya de Silva at an important time and getting rewarded for that.

"Even after they had batted, I felt that it was a competitive total because the wicket was

fairly slow."

He was happy to see Angelo Mathews among the runs.

"It was great to see Angelo Mathews scoring some runs. He still isn't quite in top form and you could tell that he really needed a score.

"At times I wanted him to be more aggressive, but with wickets falling around him, he produced a great innings and was the rock of that batting line-up. A word also for Avishka Fernando. His performance should give Sri Lankan fans a lot of hope for the future."

Jayawardene said the unexpected result will open up the tournament.

"It's a great win for Sri Lanka, but also for the World Cup and it opens things up a little.

"The top four so far have a lot of matches against each other coming up, so they will inevitably drop some points. You look at New Zealand, Australia and England who all have to play each other which does make it interesting.

"That leaves Bangladesh, Sri Lanka and the West Indies with a chance to close the gap if they can pick up a few more wins.

Pakistan, South Africa meet to restore pride

LONDON, JUN 22 (PTI): With both teams virtually out of the semifinal race, South Africa and Pakistan will be battling it out for a consolation win in their World Cup match at the Lord's here on Sunday.

Having mustered just three points from six games, South Africa are all but out of the tournament while Pakistan might still sneak into the semifinals, provided they win their remaining four games and other results go in their favour.

When Pakistan were pummelled by West Indies in their tournament

opener, many of their loyal fans drew parallel to their triumphant campaign in 1992 when they scripted a sensational turnaround to win the title.

However, following Pakistan's heavy loss against India on June 16, not many of their supporters have any hopes left from their struggling side. It is not a surprise that the fans have shown little restraint in their criticism of the Sarfaraz Ahmed-led side and stories of factionalism have surfaced from nowhere.

"It (severe criticism) is usual in Pakistan

cricket after the team performs badly, isn't it? The expectations are always high," said former captain Shahid Afridi during his chat with Shoaib Akhtar on the latter's Youtube channel.

Mohammad Amir was the lone warrior in the bowling department against India and their batting and fielding, too, was a big let down once again. Senior player Shoaib Malik, who has not been among the runs so far, is not expected to get another game in his last competition before he retires from ODI cricket.



CM attends Yoga Day event at Rajpath

NEW DELHI, 21 JUN (IPR): Chief Minister Prem Singh Tamang [Golas] participated in the celebration of International Day of Yoga at Rajpath on Friday. He was accompanied by Tourism Minister BS Panth.



Yoga demo at Mamring School

SUMMIT REPORT

Gangtok, 21 Jun: International Yoga Day was celebrated at Govt Senior Secondary School, Mamring, on Friday with much enthusiasm and vigour with all the students and staff hosting a mass Yoga demonstration at the school. The Yoga demonstration was organised by the NSS unit, SAATHI, ECO club and NCC wing of the school.



Asanas at Assangthang helipad

NAMCHI, 21 JUN (IPR): South District headquarters marked International Day of Yoga at Assangthang Helipad on Friday. The session was organised by Office of the District Collector in collaboration with Human Resource Development Department and 4th Sikkim Battalion National Cadets Corps, Kamrang. Seven yoga instructors from HRDD led the demonstration on various yoga asanas along with speaking about the participants on different health benefits of yoga.



Yoga at Sikkim University

GANGTOK, 21 JUN (PIB): Sikkim University celebrated International Yoga Day on 21 June at Greendale Senior School here with Kamala Rai from the Art of Living Foundation, Sikkim Chapter, as the Yoga instructor for the day. Ms Rai demonstrated different 'yogasanas' and explained their benefits.

This year, the programme was organized by the NSS Cell of the University and was attended by faculty members, staff and students of the University.

The programme was chaired by Vice Chancellor Prof Avinash Khare who stressed on the importance of practicing yoga and how it helps in leading an active and healthy life.



Yoga at Lingi Payong School

SUMMIT REPORT

LINGI PAYONG, 21 JUN:

The 5th International Yoga Day was observed at Govt Secondary School, Lingi Payong, on Friday. Students from Pre-Primary to Class X participated in the event which saw them perform various asanas and pranayama followed by shanti paath. Earlier, the Headmaster spoke about the Day and its importance.

Contact Summit TIMES at
9832556698,
9832369520
news@summittimes.com
advertise@summittimes.com
summittimes16@gmail.com

SICA condemns social media allegations of fund scam

SUMMIT REPORT
GANGTOK, 20 JUN: Sikkim Cricket Association [SICA] has condemned a Facebook post by SKM Media Online on 20 Jun, 2019, that accused the association of siphoning of Rs 10.8 crore. The association has also reported the matter at Sadar Thana and asked for immediate action.

The Facebook post read, “Biggest Scam in Sikkim Cricket Association on 15 Apr, 2019 during SDF govt. received a payment of Rs 10,80,00,000 from BCCI but this money has disappeared in thin air”

In a press release, SICA has said that this kind of irresponsible social media posts without any truth not only harms SICA but the name of Sikkim at large.

“SICA since 2016 has been a very transparent organisation and we will continue to do so without fear or favour. The amount of Rs 10,80,00,000.00 (ten crores eighty lakh) has not disappeared in thin

air but rather it has become concrete in our safe custody. We urge everybody not to play politics with sports bodies like SICA. In fact SICA is one of the states that have



been actively coordinating with Anti-corruption unit of BCCI to prevent any wrong doing,” the association has said.

It has further said that all information with regard to payments made by BCCI to State associations are on the BCCI website (www.bcci.tv).

The BCCI is currently under the supervision of the Supreme Court appointed Committee of Administrators (COA). The COA of BCCI has been tirelessly working

sociation was one of the beneficiaries. It is a great achievement on the part of SICA to be LODHA Commission compliant and achieve the status of one of the very few states in the Northeast to receive such a huge amount. The amount of Rs 10,80,00,000.00 (ten crores eighty lakh) has been credited to SICA account on 15 Apr, 2019. This amount is for Game Development of Cricket for the state of Sikkim,” the association states.

Game development includes training, fitness, tournaments, camps, professional fees of Coaches and Support Staff, Uniforms, etc.

“Today SICA is one of the finest State Cricket Association in the country. The BCCI has always supported the current administrators of SICA, who have been tirelessly working with great dedication and honesty for developing cricket in Sikkim. Government of Sikkim has also been supportive and encouraging the game of Cricket,” SICA further adds.

“In the month of April 2019 number of payments above Rs 25 lakh was made by the BCCI and Sikkim Cricket As-

Governor flags in NCC girls mountain expedition team



SUMMIT REPORT
GANGTOK, 20 JUN: Governor, Ganga Prasad today flagged in a mountain expedition team of 19 NCC Girls cadets at Raj Bhavan, a press release informs. The expedition team was led by Lt Col Madhav Boro (team leader) and Lt Col Suman Lata (Dy team leader). The team also had Everester from Sikkim, Kunzang Gyatso, Assistant Director, Sports and Youth Affairs as technical advisor.

It may be mentioned that the all girls expedition

team of NCC had scaled Mt Tinchhenkhang 6010 in North Sikkim braving hostile weather on 11 Jun, 2019 after acclimatizing in Sikkim for a month. Though the expedition of all Girls NCC cadets was launched in 1970, this was the first time that Sikkim was chosen as a destination of expedition.

Lt Colonel Boro apprised the Hon'ble Governor about the technical aspects of the expedition.

The Governor congratulated the entire team for the accomplish-

ment and extended best wishes for their future endeavours. Addressing the girl cadets, who were mostly college students, the Governor urged them to keep working hard to build on their potential and fulfill the expectation and aspirations of parents, society and the nation. He stressed that there is no substitute of hard work and asked them to learn from the life and struggles of great personalities.

Earlier on the day,

the Governor released a compendium of Yoga Asanas in Nepali language with the title “Yog Ke Ho”, compiled by Narbahadur Thapa, a senior yoga enthusiast and an instructor from Hee Gaon, West Sikkim.

The Governor lauded the initiative of Mr Thapa to popularise yoga among the common mass with vernacular compendium. He also extended best wishes for his good health and continued dedication to Yoga in the interest of society at large.



Mangan begins Friday with Yoga

MANGAN, 21 JUN (IPR): North Sikkim celebrated International Yoga Day here at the Multi-Purpose Hall of Mangan Senior Secondary School on Friday.

The programme started at around 6AM with Yoga Instructors Sawkit Lepcha and Sonam Doma Bhutia leading the session attended by District Magistrate Raj Yadav and hundreds of yoga enthusiasts.

Speaking on the significance of the Yoga, the DM North stated that Yoga was not just a set of exercises that keep the body fit, but was also key to wellness.



YOGA DAY AT ICAR

GANGTOK, 22 JUN (PIB): The 5th International Yoga Day was organized at ICAR-National Research Centre for Orchids, Pakyong, Sikkim at the institute on 21 June. The programme started with a practice prayer and warm up. All the scientific, administrative, technical, supporting, TSM, contractual, project staff of the ICAR NRCO, Pakyong participated actively.

Book explores mythology, nature link to yoga

NEW DELHI, JUN 22 (PTI): A new book uses 30 asanas to draw a connection between modern yoga practice and ancient Indian mythology and nature.

In “Beyond Asanas: The Myths and Legends behind Yogic Postures”, Pragya Bhatt seeks to find out how names for yoga poses came about, inspired from animals, nature and even sages.

Each asana is depicted through the lens of Joel Koechlin.

According to the author, nature played an important role in rites and rituals, with ancient yogis drawing inspiration from the world around them. Almost all mythological figures were associated with at least one animal. It is no surprise, then, that many yoga poses are inspired by animals, insects and nature.

“Yoga philosophy postulates an interconnection between living things. All living things are considered equal and we see them all play important roles in mythology. Birds, particularly, have demonstrated loyalty, fealty and compassion time and time again,” she writes in the book, published by Penguin Ran-

dom House.

Many asanas are devoted to Hanuman, she says.

“Hanuman is the epitome of courage in the face of the highest danger, and commitment in the face of almost debilitating fear. The word vir’ means brave, strong and powerful. Hanuman repeatedly demonstrated these qualities and it earned him the moniker mahavir, the great hero. He is also called Vir Hanuman’.

“The hanumanasana’ encourages yogis not only to stretch beyond their existing limits, but also to overcome fears,” she writes.

There is also mention of Marichyasana (Sage Mariachi pose), Bharadwajasana (Sage bharadwaj pose) and Vishwamitrasana (Sage Vishwamitra pose).

Some of the asanas related to animals and nature which are described in the book are Adho Mukha Svanasana (Downward-facing dog pose), Kurmasana (tortoise pose), Garudasana (eagle pose), Gomukhasana (cow face pose), Kakasana (crow), Kapotasana (pigeon), Matsyasana (fish), and Ushtrasana (camel).

Japan and Qatar not just making up Copa America numbers

RIO DE JANEIRO, JUN 22 (AFP): Japan and Qatar’s participation in the Copa America may have raised eyebrows in some quarters but the two Asian nations have already proved they didn’t turn up in Brazil just to make up the numbers.

Qatar began their Group B campaign by fighting back from 2-0 down to draw 2-2 with Paraguay before a late Duvan Zapata goal denied them a point against Colombia in their next match.

And while a youthful and inexperienced Japan side was taught a harsh lesson in clinical finishing by Chile in a 4-0 defeat, they were then on the wrong end of two controversial VAR decisions in their 2-2 draw with Uruguay.

Both sides may only have one point from two group games so far but they know that victory in their final pool encounters will likely see them into the knock-out rounds.

“We want to be protagonists on the pitch, our players have the quality to do that,” said Qatar’s Spanish coach Felix Sanchez.

“We’re a team that

never gives up,” he added about the Asian champions.

On Sunday, Qatar face a disjointed and underwhelming Argentina for whom Lionel Messi has been unable to spark into life.

And he knows that a victory over Qatar, which Argentina almost certainly need to avoid being knocked out of the competition, is anything but a foregone conclusion.

“You don’t win matches any more just by pulling on the jersey,” warned the Barcelona star, who turns 32 on Monday.

“DEFIANT SPIRIT” - Having paid for their wastefulness in front of goal and naivety at the back against Chile, Japan coach Hajime Moriyasu rang the changes ahead of their clash with Uruguay.

“They showed a lot of courage to play the game,” Moriyasu said of his players, lauding their “defiant spirit” against a “top” team.

Having thrashed 10-man Ecuador 4-0 in their opener, Uruguay had to come from behind twice to snatch the draw with Japan.

Barcelona striker Luis

Suarez, who equalized the first time from the controversially awarded penalty, insisted the 15-time Copa winners had not underestimated their Asian opponents.

“We knew the result against Chile the other day was unreliable,” he said.

Japan came to the tournament with a squad made up mostly of under-23 players likely to be available next year for the Tokyo Olympics.

When Moriyasu announced his 23-man squad last month, 17 of the players were uncapped.

Two friendlies and two Copa America matches later, and nine of those have since made their debut.

But despite fielding such inexperienced line-ups, Japan have impressed with their speed and industry, as well as a willingness to attack.

While many fans may have regarded the two Asian invitees as amongst the weakest sides in the tournament, both have proved they are no push-overs.

- UNWELCOME -

But not everyone has welcomed them with open arms.

Advani wins Asian Snooker Championship to complete career grand slam in cue sports



Doha, Jun 21 (PTI): India’s Pankaj Advani won the 35th men’s Asian Snooker Championship to complete a career grand slam in cue sports.

With his triumph here on Friday, Advani conquered the ACBS Asian Snooker events - 6-red (short format) and 15-red (long format) - along with the IBSF World Championships in both formats too.

Having already accomplished it in billiards, Advani had this elusive 15-red Asian Snooker title missing from his silverware collection.

Advani defeated Thanawat Tirapongpaiboon 6-3 in the final to become the only one to win the Asian and World championships in all formats.

“With this title, I’ve done everything I could when representing my

country in both the sports. This win completes my trophy cabinet so I now know I will be sleeping well for a very long time,” Advani said.

“Having won all that there is, I’d like to continue competing with the objective of deriving personal growth through the medium of sport and to also share my knowledge with budding cueists.”

After a shaky start against Thanawat, Advani found himself with yet another deficit.

At 1-3, the Indian went into overdrive and won 5 frames on the trot to capture the Asian 15-red snooker title.

Thanawat started off with a bang leading 2-0 in no time. Advani responded with a 54 break to make it 1-2 but the Thai was in no mood to concede another frame and continued his bril-

liant potting display.

He came up with a 75 break and reached the halfway mark with three frames in his pocket.

Advani, who was running a fever, grinded it out one frame at a time. By the time he drew it at 3-3, Thanawat lost his momentum and confidence to only see his 21-time world champion opponent race to the finish line.

Pankaj will now take part in IBSF World Cup next week.

Results:

Final: Pankaj Advani (India) beat Thanawat Tirapongpaiboon 6-3 10-52, 1-97(97), 95(54)-1, 110(75)-1, 69-43, 71(60)-44, 80-49, 72-42, 67(50)-1
Semifinal: Pankaj Advani (India) defeated Asjad Iqbal (Pakistan) 5-4 31-68, 1-54, 40-76, 1-96(81), 78-8, 89-33, 55-14, 89-24, 52-26.

CM was not prepared for NITI Aayog meeting, alleges SDF

“SKM running government on social media”

SAGAR CHETTRI
GANGTOK, 20 JUN:

Sikkim Democratic Front today said that the Chief Minister, PS Tamang [Golay] turned up for the NITI Aayog meeting without any preparation and only criticised SDF in such an important meeting. Instead of placing programmes and roadmap of SKM government for the people of Sikkim in the recent NITI Aayog meeting, the highest policy making institution of the country, the Chief Minister just made allegations, the party has said.

Addressing a press conference here today, SDF spokesperson, MK Subba alleged that the CM failed to show any programme, policy and roadmap for Sikkim and its people in the meeting.

Mr Golay criticising the Industries bill makes no sense since he was the Industries Minister of the State when the bill was placed and passed in the State Assembly in 2003.

“The speech of the



CM was also contradictory. He said that centrally sponsored schemes have been implemented well in the State but then he alleged that no work has been done in the State,” he alleged.

Mr Subba stated that if SKM government claims to have inherited an empty treasury and is unable to run the government then it should step down as SDF has 15 MLAs and can run the State.

He also criticises the ongoing meeting of the CM with Union Ministers without any written representation and memorandum on State issues. The CM should be able to place issues of the State strongly at the Centre and NITI Aayog, he added.

On the same, he alleged that SKM is run-

ning the government only on social media.

Mr Subba demanded that the CM place the objective of his recent meeting with leaders of Shrimoni Aakali Dal to the people of Sikkim. He asked if it was regarding the issue of Gurudongmar Guru Sahib in North Sikkim.

Mr Golay becoming the sixth CM of the State has also uprooted Article 371F from the State. This is dangerous for the future of Sikkim, he said further adding that SDF has been consulting constitutional and legal experts on this issue.

Regarding the shouting of slogans against the former Chief Minister in the State Assembly on 03 June, Mr Subba alleged that the Speaker has failed to take any action so far on the incident.

Hong Kong protesters end blockade of police headquarters

HONG KONG, JUN 22 (AP): Protesters in Hong Kong ended their overnight siege of police headquarters peacefully Saturday, disappointed that their demands for the territory’s leader to formally withdraw a contentious extradition bill and police to apologize for heavy handed tactics have gone unmet.

By daybreak, police had cleared the streets of barriers set up by protesters to snarl traffic in the Asian financial center, and only a few groups in the mostly youthful crowd remained. Many slept outside the legislature.

Traffic was again smooth on a major thoroughfare through the government’s central complex as the protest movement regrouped to consider next moves.

Police said nine female and four male staffers were hospitalized “with considerable delay” during the blockade. The police statement did not say whether they were injured in clashes or had otherwise become unwell.

Around police headquarters, masked and helmeted protesters covered surveillance cameras with masking tape and lashed barriers together with nylon cable ties.

They threw eggs at the building and drew graffiti on the walls. Protesters also “splashed oil” and targeted police officers’ eyes with laser pointers, according to the police.

Hong Kong has been rocked by major protests for the past two weeks over legislative proposals that many view as eroding the territory’s judicial independence and, more broadly, as a sign of Chinese government efforts to chip away at the city’s freedoms.

Hong Kong leader Carrie Lam indefinitely suspended debate on the bills a week ago, making it likely they would die. But protesters are demanding that she formally withdraw the proposed changes to the extradition laws, which would expand the scope of criminal suspect transfers to include mainland China, Taiwan and Macau. Some also want Lam to resign.

Legal and business groups in Hong Kong oppose the legislation, saying critics of China’s ruling Communist Party would be at risk of torture and unfair trials on the mainland and that it further erode the “one country, two systems” framework under which Hong Kong has been governed since the handover from British rule in 1997.

The peaceful ending to Friday’s protests drew a sigh of relief in the city of 7.4 million people, after police unleashed tear gas and rubber bullets last week in violent clashes that left dozens injured on both sides.

Police were previously criticized for their use of force but this time waited out the protesters. Police did issue a statement at 4:50 a.m. condemning them for blocking key streets and seriously disrupting work at police headquarters.

RURAL MANAGEMENT AND DEVELOPMENT DEPARTMENT
GOVERNMENT OF SIKKIM
Gangtok-737 101

No: 287/RM&DD/MGNREGA

Dated: 21/6/2019

NOTICE INVITING TENDER

Sealed quotation of rates are invited from interested firms having valid MGNREGA empanelment with RM&DD, Government of Sikkim for supply of the following materials for MGNREGA works for the financial year 2019-20 to be supplied to the following Block Administrative Centres:

1) Jorethang 2)Sumbuk 3)Namechi 4)Namthang 5)Ravangla 6)TemiTarku 7)Sikkip 8)Yangang 9)Gangtok 10) Ranka 11)Regu 12) Rhenock 13) Parakha 14)Pakyong 15)Martam 16)Duga 17)Khamdong 18)Rakdong-Tintek 19)Passingdong 20)Kabi Tingda 21)Mangan 22) Chungthang 23)Chongrang 24)Chumbong 25)Daramdin 26)Gyalshing 27)Hee-Martam 28)Kaluk 29)Mangalbarey 30)Soreng 31) Dentam 32)Yuksom.

LIST OF ITEMS

Sl.No.	ITEM	SPECIFICATION	UNIT
1	Cement	50 kg Birla Gold, Ambuja, Birla Samrat,Ultratech, Star, Lafarge, ACC, Pendent	per bag
2	TMT Rod (6mm to 18mm)	Durgapur or equivalent	per kg
3	Angle Iron (various sizes)	Durgapur or equivalent	per kg
4	Plywood Waterproof (Sizes 6mm to 32 mm) & non-waterproof	Waterproof / Local	per sq ft
5	Nail(various sizes)	ISO certified	per kg
6	Chinese Nail	-	per kg
7	Sand	-	per cft
8	Stones	-	per cft
9	Signboard (3x4)	Angle iron	per piece
10	First Aid Box	Box consisting of Dettol, Gauge, Bandage, Cotton, files of Paracetamal, Maftal Spas, Enteroquinal tablets etc.	per piece
11	Hammer (Big & Small)	ISO certified	per piece
12	Kata	ISO certified	per piece
13	Ramba -Big & Small	ISO certified	per piece
14	Doko per piece	Local made	per piece
15	Namlo per piece	Local made	per piece
16	Farua	ISO certified	per piece
17	Karai	ISO certified	per piece
18	Karni	ISO certified	per piece
19	Belcha	ISO certified	per piece
20	Sickle	ISO certified	per piece
21	Chino	ISO certified	per piece
22	Chisel	ISO certified	per piece
23	Raite (File)	ISO certified	per piece
24	Saw medium size	ISO certified	per piece
25	Bucket	Unbreakable plastic 10ltrs ISO certified (brand to be specified by the bidder)	per piece
26	Jug	Unbreakable plastic	per piece
27	Mug	Unbreakable plastic	per piece
28	Line Suta	-	per roll
29	Measuring Tape 50 feet	ISO certified (brand to be specified by the bidder)	per piece
30	Belcha Dori	-	per kg
31	Jute rope	-	per kg
32	Bending Wire	ISO certified	per kg
33	GI Wire	ISO certified	per kg
34	GI Wire Mesh	ISO certified	Per ft
35	Barbed Wire	ISO certified	per kg
36	Wire cutter	ISO certified	per piece
37	Giti Martol	ISO certified	per piece
38	Raj Martol	ISO certified	per piece
39	Jamara Martol	ISO certified	per piece
40	Pliers	ISO certified	per piece
41	Polypipe ½ inch	ISO certified (brand to be specified by the bidder)	per kg
42	Polypipe ½ flexible	ISO certified(brand to be specified by the bidder)	per kg
43	GI Pipe (20 ft various sizes)	Tata Brand or equivalent	per piece
44	GI fittings (Sizes 15 mm to 32 mm dia.)	Union, Socket, Tee, Elbow, Short piece, Plug ISO certified(brand to be specified by the bidder)	per piece
45	PVC Pipe (20 ft various sizes)	ISO certified (brand to be specified by the bidder)	per piece
46	PVC fittings (Sizes 15 mm to 32 mm dia.)	Union, Socket, Tee, Elbow, Short piece, Plug ISO certified(brand to be specified by the bidder)	per piece
47	Hacksaw Blade (single & double)	ISO certified	per piece
48	Hacksaw Frame	ISO certified	per piece
49	Plain sheet (various sizes)	ISO certified (brand to be specified by the bidder)	Per sqft
50	Sand Net	ISO certified (brand to be specified by the bidder)	per metre
51	PVC tank/drum	Capacity of 100 Ltrs	per piece
52	Plastic Tarpaulin 24'x18'	ISO certified (brand to be specified by the bidder)	per piece
53	Hume Pipe (various sizes)	ISO certified (brand to be specified by the bidder)	per piece
54	GCI Sheet (0.35, 0.4, 0.5 mm)	ISO certified (various sizes)	per foot
55	Bricks	first class	per piece
56	MS Pipe (Various sizes)	-	per piece
57	Dhibri Nail	-	per kg
58	GI Washer	-	per packet
59	Bitumen Washer	-	per packet
60	Enamel Paint(yellow, white & black) for signboard	Asian Paints	per litre
61	Paint Brush (Various sizes)	-	per piece
62	Rate of Transportation for Cement, Rod, Bricks, Sand & Stone	Cement – per bag Sand/Stone – per cft Rod – per Qtl Brick – per piece	per km
63	Stone chips	Machine crushed	cft
64	Local wood	Local	cft

9. The quotation must be quoted by the empanelled supplier and Cooperative Society preferably based within the administrative jurisdiction of concerned BAC only. The intending suppliers should enclose copies of valid trade license and other tax clearances along with the quotations. At the time of approval of rates the DPC shall compare the quoted rates with the rates obtained from STCS with due regard to the prevailing market rates.

10. The quotation should accompany with Xerox attested copies of valid empanelment certificate issued by Rural Management and Development Department, Govt of Sikkim for the supplier and firms and a copy of certified registration of cooperative society from concerned department for the cooperative societies and Trade license and clearance certificate of GST and Professional Tax by both the supplier/firms and cooperative societies.

11. The Cooperative Society registered in the concerned block who is experienced in supply works only are eligible for quoting the rate. However the society should submit bank statements for last 3 years (25-30 lakhs transaction). Only on vetting of financial capability of cooperative Society, rates quoted would be accepted.

12. In case of failure in regular supply or not matching up of the quality standard as laid down by the Department, the supply order would be cancelled immediately.

13. The empanelled supplier or MPSC quoting the quotation must also have the store facility and transportation facility within the concerned block.

14. In failure of compliance of the above mentioned terms & conditions for the supply of materials under MGNREGA, the tender committee can summarily reject the quotation at the time of scrutiny.

15. The Authority reserves the right to accept or reject the quotations without assigning any reason thereof.

16. The Authorities shall draw an agreement with the selected supplier.

17. The quotation should be addressed to the BDO/ Programme Officer of the respective BAC and should reach them by 8/7/2019 and will be opened on 9/7/2019 at 2 pm in the presence of the committee formed for the purpose in the chamber of the concerned BDO cum PO.

NOTE: For further details and clarification, if any, concerned BDO may be contacted.

Sd/-
Joint Secretary (MGNREGA)
RM&DD, GANGTOK

RO.No: 56/IPR/Pub/Class/19-20 Date: 21/06/19



Kailash Manasarovar Yatra first batch crosses Nathula

GANGTOK, 20 JUN (IPR): The first batch of Kailash Manasarovar Yatra pilgrims for the year 2019 comprising of 26 yatrīs, along with 5 supporting staff have successfully crossed the Nathula border in the morning today.

They will return to Gangtok on 01 Jul, 2019 and further return to their respec-

tive places from Gangtok on 02 Jul, 2019.

Liaison officers of KMY first batch expressed their gratitude to the Government of Sikkim specially STDC for extending kind help and support to make their stay comfortable at Gangtok, 15th mile, 17th mile and Sherathang.

Governor urges Sikkimese youth to join Indian Army

SUMMIT REPORT
GANGTOK, 20 JUN:

Governor of Sikkim, Ganga Prasad has appealed to the youth of Sikkim to come forward to join Indian Army during the upcoming Army Recruitment drive in the State, a Raj Bhavan press release states.

The Governor has said, “I have been informed that a large number of vacancies are being made available by the Indian Army Authorities for recruitment of young and eligible students/youths of Sikkim. It is an opportunity knocking at our door and should not be missed. It should be our endeavour to draw maximum youth & students from the border areas such as North Sikkim and other similar areas across Sikkim. Being the resident of the strategic border state, we

Sikkimese must understand its significance.

I urge the District Authorities, Sub-divisional Authorities, BDOs, Panchayats and Ex-Servicemen of our state to ensure the dissemination of information about the upcoming Army Recruitment Drive to the targeted youth/students to the extent possible. I also appeal all concerned to assist Army Authorities and Rajya Sainik Board, Gangtok in terms of publicity, Pre-Recruitment awareness campaign and training in order to facilitate maximum youth to join Indian Army.

Secretary, Sainik Board should endeavour to ensure proper liaison with recruitment authorities at Siliguri and plan the conduct of awareness campaign, publicity, on-line registration of can-

didates, pre-recruitment training and other facilities required for a successful recruitment drive well in advance.

Indian Armed Forces, as a career option provides a vista of opportunities to serve the country and the platform to live life with dignity and purpose. I appeal all my young aspiring friends to prepare themselves and grab this opportunity to serve the country by joining one of the most prestigious organisation of our country, the Indian Army.

I also anticipate co-ordinated effort from all concerned towards facilitating and motivating maximum youth from border areas to come forward and enroll themselves in the upcoming Army Recruitment Drive.”



CLASSY! The reality star, Paris Hilton is spotted in an all black outfit, fully equipped with a leather jacket and accessories in LA.

Anthony Carrigan boards 'Bill & Ted Face the Music'

Los Angeles, Jun 20 (PTI): Anthony Carrigan, the breakout star of HBO's "Barry", is the latest actor to board the cast of Keanu Reeves and Alex Winter's "Bill & Ted Face the Music".

According to The Hollywood Reporter, the 36-year-old actor will play the villain in the film, which will be directed by Dean Parisot.

Reeves and Winter had officially announced that they are coming back for the third installment in March this year.

Actor William Sadler, who played the Grim Reaper in the second film of the series "Bill and Ted Bogus Journey" (1991), is also coming back for the threequel.

The cast also includes actors Brigitte Lundy-Paine and Samara Weaving. They will be portraying daughters of Reeves' Theodore "Ted" Logan and Winter's William "Bill" S Preston Esq.

The official plotline of the film reads, "The stakes are higher than ever for Bill and Ted. Yet to fulfil their rock and roll destiny, the now middle-aged best friends set out on a new ad-

venture, when a visitor from the future warns them that only their song can save life as we know it and bring harmony to the universe."



Original creators Chris Matheson and Ed Solomon have penned the script.

Filmmaker Steven Soderbergh will serve as executive producer, alongside R Scott Reid, John Ryan Jr, Scott Fischer, and John Santilli.

The first film in the franchise, "Bill & Ted's Excellent Adventure", was released in 1989.

"Bill & Ted Face The Music" is slated to hit the theatres on August 21, 2020.

Right kind of food key to perfect yoga results: **Book**



NEW DELHI, JUN 20 (PTI): Yoga with the right food is a complete and effective treatment for weight watchers, who are tempted to combine it with other slimming methods for better results, says a new book.

Noted integrated yoga therapist Bijoylaxmi Hota in her book Yoga and Diet for Weight Loss seeks to break slimming and weight loss myths and prescribes certain postures of yoga, along with the diet one should take in order to achieve better and faster results.

Unlike most other weight loss programmes that are partial and superficial in their approach, yoga is an ancient Indian practice, which, when accompa-

nied by the right kind of food, does magic, the author says.

Slimming, according to her, is not just about what one eats, how much one eats, how much one exercises or what form of exercise one does but more importantly, how fast one's body utilises food.

The key question is how efficient is one's metabolism.

The target should be to hasten the process and make it so fast that without being a clinical problem, it can burn all your calories quickly, Hota writes in the book, brought out by Rupa Publications to coincide with World Yoga Day on June 21.

She says yogic treatment starts with ridding the system of chemicals and other toxins.

It is a general impression slimming food is not tasty, she says, adding there is absolutely no truth in it.

She suggests slimming ingredients like mustard seeds, pepper and fennel to make food tastier.

The book also has recipes like steamed mustard fish, fish with tomato and celery, baked salmon, chicken teriyaki and beans with fennel.

Hota also advises a balanced lifestyle to be truly healthy saying there is a misconception that doing an hour of yoga is sufficient to maintain good health.

Sylvester Stallone nostalgic on 40th anniversary of 'Rocky II'

LOS ANGELES, JUN 18 (PTI): On the 40th anniversary of "Rocky II", Hollywood heavyweight Sylvester Stallone said he is "incredibly grateful" to the audience for accepting and loving the characters from his boxing sports-drama franchise. The actor, who starred as Rocky Balboa, the eponymous southpaw boxer from Philadelphia, also wrote and directed the blockbuster sequel which hit theatres on June 15, 1979.

In his Instagram post, Stallone recalled the characters -- Rocky's beloved wife Adrian, his trainer-manager Mickey Goldmill and opponent Apollo Creed.

"A heartfelt thank you for accepting these characters and their stories into your lives! It seems like only yesterday when Adrian was telling me to 'WIN! And Mickey pushing me to be an 'Italian Tank! and go through him!'

"...and finally the battle with the amazing Apollo Creed... So lucky I am, and incredibly grateful after all this time and I shall always be, Keep punching, Sly," he posted on Sunday.

Talia Shire played Adrian, Burgess Meredith starred as Mickey and Carl Weathers was seen as Apollo.

Stallone, 72, shared a screenshot of an article touting the movie as the "ultimate sequel".

The film picks up from where 1976's original left, with Rocky expecting a good life after a split decision loss to Apollo. But after he fails at both ads and a series of low wage jobs, Rocky realises boxing is his means to survival.

On the other hand, Apollo is facing sharp criticism from fans. He challenges Rocky to a rematch, which Apollo loses. It's a win-win for both the boxers as Rocky is declared the World Heavyweight Champion for the first time also earning his opponent's respect and Apollo regaining his fan base after a fair fight.

Cara Delevingne confirms dating Ashley Benson



NEW YORK, JUN 20 (PTI): Cara Delevingne has confirmed that she has been in a relationship with Ashley Benson for a year.

After making their relationship official on Instagram a few days ago after the supermodel-actor posted a clip of her kissing Benson in their film "Her Smell", Delevingne declared love for the "Pretty Little Liars" star.

Delevingne thanked Benson while accepting an award at the TRevorLIVE New York Gala on Monday, reported Teen Vogue.

"I also have another very

special woman in this room to thank and you know who you are. She's one of the people who helped me love myself when I need it most and I really needed it.

"She showed me what real love is and showed me how to accept it, which was a lot harder than I thought. I love you, Sprinkles," said Delevingne. Benson, who attended the awards show with her, later shared a clip of the model receiving the award on her Instagram stories.

"Love you @caradelevingne, proud of you," she captioned the story.

ARIES: If you choose to ignore every bleeping device and message thread for the next 48 hours, don't apologize, Aries! This is a restful, "me first" kind of weekend. Taking care of yourself and enjoying a few scintillating one-on-ones is all you need to focus on! The moon is in private, internal Scorpio and your eighth house of strong emotions, intimacy and eroticism!

TAURUS: With a Scorpio moon activating your partnership realm all weekend, two heads (and hearts) are better than one! What you don't want, however, is another half who can't hold their own next to you. When you're on, you're a force of nature, Taurus, and anyone who's going to team up with you needs to be an equal.

GEMINI: You might have to assume the mantle of authority today, Gemini, so be ready to step up to the plate. Someone is NOT carrying their weight, and if you don't say something, nothing is going to change. Ack! Rather than pretending it's not the case or tiptoeing around the issue, address it directly.

CANCER: Even if you're just running out for coffee or a quick grab-and-go at the farmer's market, spruce yourself up a little. With the moon in aesthetic Scorpio and your amorous, glamorous fifth house, you could be in for a weekend of surprises. You never know who you might run into at the beekeeper's honey stall—or where a random conversation might lead.

LEO: Home is where your head, heart and hustling hands are all weekend, as the Scorpio moon hovers in your domestic fourth house. Don't rush to do work that can hold till Monday—and don't be too quick to tend to a friend who needs a pep talk. You've got a dozen household projects that have been in the pipeline for too long already, and now is the perfect time to put your desires front and center. Change that light fixture; put the new bedding on and maybe shop for your dream sofa.

VIRGO: Whatever was dragging you down last week, let it go, Virgo! The Scorpio moon is beaming down in your playful third house, beckoning you to get out and

interact with your favorite band of merry-makers. Link up with friends who have the pulse of the cultural scene and mix it up with some let-your-hair-down fun like karaoke or a burlesque show.

LIBRA: Are you waiting for this magic moment to arrive where your schedule just opens up? Reality is, you're the one setting the pace for your life. If you keep go-go-going at breakneck speed, you're going to burn out eventually. Preempt that from happening, asap. This weekend dangles the perfect carrot. The moon will be in introspective Scorpio both days, giving you a chance to hit reset on those wildly tipping scales.

SCORPIO: With la luna floating through your sign all weekend, you have planetary permission to take all the "Scorpio time" you need! Start by looking at your calendar. What do you wish you could magically erase? It's okay that you've come down with a case of reverse-FOMO and want to sit everything out until next week. Anyone who adores you or cares about your wellbeing will understand!

SAGITTARIUS: Clear the excess from your calendar and plan to put your own needs and desires first this weekend, Sagittarius. The moon is hunkered down in introspective Scorpio and your internally focused twelfth house for the next two days, and anything too crowded or cacophonous will fry your circuits. Apologize to anyone you might disappoint—or ask if they're open to shifting plans around!

CAPRICORN: Hole up at home base and unplug for the next two days? Sorry, Capricorn—not with the Scorpio moon lighting up your communal eleventh house. People are your priority this weekend, especially the ones whose sense of adventure is matched only by their amazing taste in food and bands! Take the reins and play social director or let your innermost circle know that the Sea Goat is down for whatever fun is in the offing.

AQUARIUS: With the moon beaming in your career zone on both Saturday and Sunday, you'll find it hard to leave work at the office. Even if you're physically engaged in

other activities, mentally you'll still be mulling something you didn't finish (or complete to your standards) when you logged out on Friday. So here's a thought: Instead of being an apparition at brunch or your friend's gallery opening, duck home and devote a finite amount of time to getting this done.

PISCES: Get up and get OUT! With the Scorpio moon jetting through your nomadic ninth house, the weekend is like a two-day treasure hunt for all the coolest hangouts. And guess what, Pisces? They might not be found in your zip code. Maybe it's time to pack a bag for a quick road trip or perhaps a cheap, last-minute flight to a friend two states away. (Cough, cough: Do we feel a Monday sick day coming on?) Or just stay home and play tourist in your own town. Any change of scenery would be an instant mood booster. Check out a different live-music venue; eat at an authentic restaurant in another part of town. Are there any foreign films showing or outsider-art shows you could patronize? On Sunday, indulge your interest in the mystical side to life.