



**UK COURT REJECTS DEPP BID TO
APPEAL 'WIFE BEATER' RULING**
pg 08

**COVID-19'S PARALLEL PANDEMIC: WHY
WE NEED A MENTAL HEALTH 'VACCINE'**
pg 04

**MIRA NAIR TO HELM
'NATIONAL TREASURE'
SERIES FOR DISNEY PLUS**
pg 08



SummitTIMES

Vol 06 | Issue 81 | Gangtok | Friday 26 March 2021

ON TOP OF THE NEWS

RNI No. SIKENG/2016/69420

Pages 8 | ₹ 5

2 tourists test positive on final leg to Sikkim holiday

**SUMMIT REPORT
GANGTOK, 25 MAR:**

Two new cases of coronavirus were reported in the last 24 hours in Sikkim taking the State's tally of confirmed cases of COVID-19 reported so far to 6,212. And even these two were non-residents in that two tourists who came to Sikkim from Gujarat have tested positive for COVID-19.

In the meantime, the number of active cases of coronavirus in Sikkim has come down to 40 with the release of five more persons from isolation facilities in the State. The figure of recovered cases of COVID-19 has accordingly further improved to 5,940.

In his daily health bulletin on Thursday, Health Department State IEC Officer, Sonam Gyaltsen Bhutia informed that the two new cases of COVID-19 were picked up in the testing of 124 samples on Wednesday and the two positive cases were detected in rapid antigen testing of 41 samples, while the 80

samples screened by RT-PCR and three by TrueNat all returned negative for COVID-19.

One member of a family of four from Gujarat tested positive for COVID-19 in rapid antigen testing at Chungthang PHC while on their way to North Sikkim.

He added that the person was immediately brought to STNM hospital and during the testing of entire family two members were reported positive, one repeat positive and another member also found positive, and admitted in STNM hospital.

The other two family members are currently in a quarantine facility.

Mr Bhutia informed that the family had already visited South, West and East Districts before finally travelling to North District.

He added that arrangements have been made to sanitize all hotels they stayed in during their trip in coordination with the re-

spective managements and the final hotel they stayed in North District has been contained for 48 hours.

He informed that samples of seven primary contacts traced in South Districts have already been sent for testing and the report was awaited. Likewise, samples of seven primary contacts in West District were due for testing tomorrow and samples of primary contacts in East and North District and driver of the vehicle will be taken out after five days.

While giving details of the COVID vaccination carried out on Wednesday, Mr Bhutia mentioned that 1993 persons were vaccinated at different vaccination sites on Wednesday. He added that out of 1993 persons, 1711 received the first dose while 282 persons completed their vaccine schedule with the second dose.

He mentioned that 1440 persons [1285 first dose & 155 second dose] in East District, 287 persons [234 first dose &

53 second dose] in West District, 196 persons [127 first dose & 69 second dose] in North District and 70 persons [65 first dose & 05 second dose] in South District were vaccinated for COVID-19.

In category-wise break-up of vaccination in Sikkim, 71 health workers [47 first dose & 24 second dose], 426 front-line workers [168 first dose & 258 second dose], 290 persons in age group of 45 to 59 years with comorbidities and 1206 persons in age group of 60 years & above received their COVID vaccines today.

Yesterday, two new cases of novel coronavirus were reported as was the recovery of one person. A person from PNG Road in Gangtok and another person from Pakyong were found positive for COVID-19 yesterday.

On the other hand, 2930 persons [1742 first dose & 1188 second dose] were vaccinated for COVID-19 in Sikkim on Tuesday.

MLA visits closed Upper Borong Primary School; plans to reopen school



BIKASH CHETTRI

RAVANGLA, 25 MAR:

Bia visited the Government Primary School at Upper Borong which has been closed since 2011 due to low enrolment numbers. Public of the area have been demanding that the school be reopened which was the reason behind the MLA's visit.

Mr Bhutia was accompanied by Education Department Joint Director South, Dhan Bahadur Subba, Ravangla Education Department Deputy Director, Suraj Rai and Assistant Director, Chewang Gyatsho

Bhutia. The school was established in 1984 and had been closed in 2011 due to low enrolment numbers.

At present, one of the wooden structures of the school is being used as an ICDS Centre.

MLA Mr Bhutia said that he wants to reopen the school and make it a model primary school of the constituency.

He informed that he has already talked with the Chief Minister regarding this matter and the CM has assured to reopen the school.

Joint Director, Dhan Bahadur Subba suggest-

ed to the Panchayats and villagers to cooperate in the survey to be conducted to collect data on the number of children in the area.

During this visit, Panchayat President Borong Phamtam GPU, Rupa Gurung along with other Panchayat members and CLC president Barfung Constituency, Bishnu Prasad Sharma and local people actively participated. People of the area have thanked the State Government, MLA and the concerned department, said Borong Phamtam GPU Panchayat President, Rupa Gurung.

Khatabook acquires SaaS player Biz Analyst in USD 10 mn deal



MUMBAI, MAR 25 (PTI):

Fintech firm Khatabook on Thursday announced the acquisition of the city-based Biz Analyst (BA), a software as a service (SaaS) company providing analytics solutions to small business, in a USD 10 million cash and equity deal.

Bengaluru-based Khatabook, which has raised USD 85 million from venture investors over its three year journey, was looking at internally developing the solutions offered by BA which are helpful data-driven decisions, and the acquisition will help it go faster to market, its co-founder and chief executive Ravish Naresh said. Naresh said talks with BA had been on for over a year after the company saw the synergies and added that BA has 80,000 paid users as well.

After the deal, financial details of which were not shared by the companies, BA will continue to be run independently, its founders will join Khatabook's leadership team and all the 70 staffers of BA will continue to work, Naresh said.

BA is a cash flow positive business which achieved total sales of Rs 4 crore in FY20, and its co-founder Vaibhav Vasa said the business

has doubled its user base since then. Post transaction, BA is targeting to double its user base in 2021, Naresh said, adding that increasing the reach and revenue will be a key focus area going ahead.

Khatabook provides digital ledger services, especially to small merchants, and has received funding from a host of backers including DST Global, Sequoia India, Tencent, cricketer Mahendra Dhoni, B Capital Group.

Naresh said the cash component of the deal will be funded through the money raised from investors and declined to share the stake which BA's co-founders will be holding in Khatabook. The company is comfortable on capital and the deal will not lead it to go for a newer round of fund infusion, he added.

Khatabook is planning to tie-up with banks and non-bank lenders (NBFCs) to offer supply chain financing solutions to its users going forward, Naresh said.

He said the merchants' requirements on the payments front, including money paid to staff as salaries, are being handled through internally created solutions but it will require tie-ups on the financing side for easy solutions.

KVK South, ICAR-NINFET & Echostream to foray into biodegradable clothes

**SUMMIT REPORT
NAMCHI, 24 MAR:**

Krishna Vigyan Kendra (KVK), Namthang, South Sikkim in collaboration with ICAR-NINFET (National Institute of Natural Fiber Engineering and Technology), Kolkata, and Echostream, Gangtok, have decided to make a foray into biodegradable clothes, rugs and mattresses in the state.

According to the Principal Scientist and Nodal Officer NEH, ICAR-NINFET, Kolkata, the Angora Rabbits being bred in Sikkim have the best quality fibers, even better than the ones from Himachal Pradesh, India.

KVK South District has decided to develop the traditional methods of yak, angora rabbit and bonpala sheep fibre production and development in; timeliness in production, strength, durability and waste control with the support of



ICAR-NINFET, in Sikkim with modern technology.

The team has already started the journey with the second awareness programme with the banner 'Angora Rabbit Fibre Production for Livelihood Improvements of Farmers', organized by ICAR-NINFET, Kolkata in collaboration with Krishna Vigyan Kendra, Namthang, South Sikkim in KVK centre, today, wherein, 30 farmers from Chuba and Namthang were handed over 10 Angora Rabbits each with feed, supplements, medicines and aluminum nets for keeping Rabbits.

The memorandum

of understanding (MOU) too was signed between ICAR-NINFET, Kolkata and KVK Namthang wherein KVK is going to take all the technology benefits from research institute of ICAR-NINFET for the development and marketing of the Rabbit fibres while the ICAR-NINFET gets to study and redevelop the fibres for value adding in the traditional methods of fibre production.

The team has also initiated the process of taking farming of Angora Rabbits to Rabom in North Sikkim with the aim of bulk production for the initiated venture.

Sikkim Interschool Junior Olympics to begin 27 March

**SUMMIT REPORT
GANGTOK, 25 MAR:**

The Department of Sports & Youth Affairs is all set to organize the 1st Inter School State Junior Olympics Games & State Level Chief Minister One Mile Run 2021 here from 27 to 31 March.

Chief Minister PS Tamang is scheduled to inaugurate the event at Paljor Stadium on 28 March accompanied by the Minister for Sports & Youth Affairs Department, KN Lepcha as guest of honour.

Addressing a press conference here today, Secretary, DS&YA, Raju Basnet, informed that the department had initially organized the event at the block and then district levels to promote sports at the grassroots level.

He added that shortlisted teams and athletes will now represent their respective districts at the state-level competition in disciplines in U-14 and U-17 boys & girls categories.

"The main objective of this Junior



Olympics is to provide exposure and platform to raw talent from rural corners of the State. The event has developed a talent pool culture in the state so now sports associations need to pick up talented athletes from this event and prepare them for regional and national competitions," he said.

The Secretary stressed that concerned sports associations need to work effectively to motivate, support and encourage talented athletes from different corners of the State to take them to the next level.

While providing details of the event, Director, Sports & Youth Affairs Depart-

ment, Doma Tshering informed that a contingent of 1,110 people - 200 athletes and 28 escorts and officials from each district and 198 athletes in the state-level CM One Mile Run - are expected to participate in the Inter School Junior Olympics.

She informed that 3,444 athletes participated in the block-level events from which 753 athletes went on to the district level competition in South District, 988 in block-level and 391 in district-level in North District, 6556 in block-level and 1313 in district-level in West District and 4738 in block-level and 1320 in district-level in East District.

The Director mentioned that the CM One Mile Run, which was launched on 26 December, saw the participation of 15,753 runners [8170 boys and 7583 girls] so far in 33 blocks in the State.

She added that 360 shortlisted runners participated in the recently

turn to pg02

Final training for Presiding and Polling Officers



MANGAN, 25 MAR (IPR):

The third and final round of training for Presiding Officers and Polling Officers commenced at the Conference Hall, Election Department, Mangan today.

The basic aim of the training is to make sure that the officers are well informed with the various procedures for conducting polls and to build a team support and familiarize the Polling Officers with each other.

A detailed hands-on training session on the use of EVMs was conducted. SDM Chungthang (Master Trainer), Subash

Ghimiray spoke about the roles and responsibilities of Presiding Officers so as to ensure Free and Fair Poll.

He also spoke on the importance of secrecy of voting, collection of materials and EVMs machines as per list and to assiduously check the list of contesting candidates, names and symbols in order to efficiently tally names and serial order in Ballot Unit. He briefed them about the procedure of sealing of EVMs using Tag and Paper seals and the preparation of account of votes recorded in form 42.

Governor condoles death of 22 year old in road mishap



**SUMMIT REPORT
GANGTOK, 25 MAR:**

Governor Ganga Prasad today "expressed his condolences on the death of 22 year old Pemkit Lepcha," a press communique from Raj Bhawan informs.

The Governor visited the residence of the Late

Pemkit Lepcha at Nimtar, 32 Mile under Namchey-bong constituency today and paid tribute to the Late Pemkit who died in a road accident at 32 Mile along National Highway on 22 March.

On his visit, the Governor consoled the bereaved family.

Guru Rinpoche statue at Kusong inaugurated



**WANGCHUK BHUTIA
MANGAN, 24 MAR:**

Rural Development Minister, Sonam Lama inaugurated the newly constructed Guru Rinpoche statue at Kusong village under Tingvong GPU in Dzongu, North Sikkim, on 23 Mar.

He was accompanied by MLA Dzongu, Pintso Namgyal Lepcha, Additional Political Secretary (N), Tshering Wangyal Bhutia, DC (N), Tenzing T

Kaleon, SP North, Ongmu Bhutia along with officials from North District, Zilla members and Gram Panchayat members of Dzongu Constituency.

The chief guest appreciated the efforts of the organising committee and congratulated them. He further visited Tingvong Gumpa. He also visited PMGSY roads at Passingdang which was severely damaged by Natural Disaster last year.

Sikkim Interschool...

concluded district-level competition of whom the top-three boys and top three girls in U-14 category have been invited to participate in the state-level event.

"CM One Mile Run was initiated on the directions of the CM and guidance of Sports Minister to promote Olympic movement at the grassroots level. This initiative has been successful in producing athletes from the grassroot level," she adds.

Likewise, Joint Director, Doniv Rai informed that athletic events at Khel Gaon, Reshithang, Archery events at Archery Field at Tathangchen and boxing, badminton, football, karate, taekwondo, basketball and badminton at different venues in Paljor Stadium complex. He informed that the CM One Mile Run would be flagged off from Paljor Stadium and will go upto Tamang Gumpa and back to the starting point.

Secretary informed that on the direction of the CM to promote the club culture in the State, the department has formed sports clubs at every block.

He added that the CM would also hand over the token amount of Rs 15,000 to each club formed in 33 blocks to carry out activities of the club.

One dead in Famrong bridge collapse; Minister orders SIT probe

PRITAM LAMA

GYALSHING, 24 MAR:

A steel bridge over Famrong river near Labing under Yuksam-Tashiding constituency in West Sikkim collapsed when three loaded trucks were passing by late on Tuesday evening.

The trucks carrying road construction materials went down the gorge along with the bridge. The mishap took place at around 7:30 pm.

The bridge is located over Famrong river near Labing in between Yuksam and Tashiding. A critically injured driver Ganga Ram Chettri (24) from Chongrang died in the ICU of District hospital Gyalshing during the course of treatment. Other two truck drivers escaped with minor injuries.

However, the collapsed bridge over the Famrong river will create enormous difficulties for residents who depend on this bridge for daily movement.

State Public Works (Roads & Bridges), Minister Samdup Lepcha rushed to the spot today and got first-hand account of the situation.



He said that he has asked the Department to restore alternative road connectivity for the convenience of the public at the earliest.

The Minister also assured for re-construction of new and permanent steel bridge at Famrong river as early as possible. He asked Departmental heads to prepare DPR at the earliest.

He further informed that the Roads & Bridges Department would form a special team comprising of experienced civil engineers to take up survey of old bridges in the State to avoid such accidents in future.

He asked the Depart-

ment to put sign boards on every bridge with instructions of "Weight limit" "Speed limit" "One at a time" to avoid such mishaps.

The Minister also assured an alternative road near the collapsed bridge within 2-days. He added that Special Investigation Team (SIT) will look into the cause of the accident.

Area MLA Sangay Lepcha who is also the Deputy Speaker of Sikkim Legislative assembly, Public Works (Road & Bridges) Secretary, TP Shangderpa, Chief Engineer Southwest, SE

West, Thinley Chankapa, Yuksam SDM, Tshering T Bhutia, Engineers and local authorities were

present at the spot.

Roads and Bridges SE West, Thinley Chankapa informed that the Roads & Bridges Department is ready with men and machinery to restore alternative road and within 2 or 3 days the alternative road would be trafficable as per the direction received from the Minister.

Area MLA also assured early restoration of bridge and connectivity in his Constituency.

While on his way to Yuksam-Tashiding the Minister Samdup Lepcha reviewed various roads constructions projects and inspected old steel bridges at various places in west Sikkim.

Panchayat for Nutrition convened at Patuk Singbel



GANGTOK, 25 MAR [IPR]: Singtam Rural Project (East) organised 'Poshan Panchayat' at Patuk Singbel GPU in East District today as part of the Poshan Pakhwada 2021.

During the programme, the objectives of the fortnight were highlighted and the community and the local self government encouraged for Jan Bhaghidari for making this programme a people's movement to eradicate malnutrition from the village. The members of the GPU along with the community pledged to make this GPU a healthy and malnutrition free GPU.

During the programme, demonstrations of following healthy recipe was also organised namely, Banana Pancake, mixed vegetable pancake, til ko laddu with gur (jaggery), Buckwheat(phapar) ko khuri with churpi, raayo saag and butter filling, and

Methi sprout salad.

On the occasion, Poshan Nanglo ('tray of food') was also displayed which were prepared of seven complementary food items that are locally available.

The aim of Poshan Nanglo was to reinforce minimum dietary diversity in line with the standardised IYCF promotion.

This was conceptualised by Team Singtam, which was used to encourage the display of seven food groups (grains, roots and tubers; legumes and nuts; dairy products; meat and fish products; eggs; vitamin A-rich fruits and vegetables; other fruits and vegetables) for the purpose of demonstration of nutritious recipe for children, Pregnant and lactating mothers at Patuk Singbel GPU, under Singtam Rural Project, East District today during Poshan Pakhwada 21.

Officials take part in Walkathon at Gyalshing



SUMMIT REPORT

GANGTOK, 25 MAR:

District Administration Centre along with Police Department, West conducted a walkathon under the theme 'Nasha Mukta Bharat Abhiyaan' from Gyalshing market to Tikjuk DAC complex today at 6:30am, a press release informs.

The walkathon was participated by SP West, Tashi Wangyal Bhutia, ADC West, Agawane Rohan Ramesh, SDM/HQ, Anant Jain and staff from Police Department and DAC.

The motive behind the programme was to create awareness on importance of physical activity.

Plastic-free Senchal campaign launched on World Water Day

SUMMIT REPORT

Darjeeling, 23 Mar:

Plastic Free Senchal Campaign was launched on the occasion of World Water Day at the Marten Dispensary Hall, Jorebunglow by the Darjeeling Municipality; Forest Department; Senchal Singa Devi Mandir Committee and Zero Waste Himalaya on 22 Mar, 2021.

The President of Senchal Singa Devi Mandir Committee inaugurated the session lighting the diya made by Deep self help group.

The extent of plastic pollution in Senchal was brought to light during The Himalayan Cleanup 2018 at Tiger Hill conducted by Scavengers Darjeeling. The waste audit conducted as part of The Himalayan Cleanup showed the top polluting materials to be Multi Layered Plastic, Single Use Plastic utensils and PET bottles by numbers. Glass and textiles waste also formed some portion of the waste collected. The Himalayan Cleanup is organised by Zero Waste Himalaya and Integrated Mountain Initiative across the 12 Himalayan states of India. In 2018, over 200 organisations had cleaned up 250 plus sites with the support of over 15000 volunteers on a single day on 26 May.

One of the key issues that the Tiger Hill cleanup had revealed was that, increasingly devotees were offering plastic materials at the Mandir and at the time of Sola Singar; sixteen items of plastic was being offered by up to 7000 devotees per day. These plastic waste offerings have been accumulating in the mandir premises and also overflowing into the forest. One of the main aims of the plastic free campaign was to focus on reducing the plastic waste generated from the offerings made to the Senchal Devi by switching to plastic free and hand-made offerings.

During the launch event, Kamlesh Rai who has spearheaded this campaign mentioned - "I consulted many elders and spiritual leaders and worked for researching and designing the sola singar with locally available natural products. The process of making these sola singar has great significance of not just reducing plastic pollution but also supporting the local economy and reducing the carbon footprint of the offerings."

Secretary Senchal Singa Devi Mandir Committee, Buddha Tamang highlighted the sacredness of the Devi Mandir requesting "devotees to offer only the natural shringer products made by the SHGs.

Besides focusing on eradicating plastic offerings at the Senchal Mandir, the Plastic Free Campaign also aims to reduce overall plastic pollution within the Sanctuary premises. A code of conduct for reducing plastic use was also discussed which was released by Executive Officer, CP Rai, Darjeeling Municipality. The code of conduct outlines roles and responsibilities of devotees and tourists in reducing the plastic waste by opting for biodegradable offerings; saying no to single use plastic utensils and bags; promoting reusable bottles and utensils as well as encouraging visitors to take back their trash.

"The Darjeeling Municipality will spare no efforts to take the Plastic Free Senchal Campaign and calls on all stakeholders to uphold the code of conduct. More discussions and awareness programmes with other stakeholders will be facilitated in the days to come". -Executive Officer, CP Rai, Darjeeling Municipality.

During the launch event, the possibilities of setting up a check - in check - out system for the park was also discussed, which would record what visitors were taking into the park to ensure that the trash was all brought back. Divisional Forest Officer Wildlife Division Darjeeling, Surathna Sherpa talked about the significance of the sanctuary and that it is critical to undertake awareness to reduce plastic pollution that can be later backed with policy support including bans.

The launch of the Plastic Free Senchal Campaign has the participation of the Darjeeling Municipality, Forest Department (Wildlife Division) Senchal Devi Mandir Committee, Zero Waste Himalaya, Scavengers, Police Department, Ghoom Jorebunglow College, High Hopes, Shopkeepers Association, Ghangri Welfare Society, Gram Bikash Samaj, along with other organisations and members of SHGs.

The plastic free campaign shall be taken forward through social media spaces, as well as through a series of interactive workshops.

Peer Educators Training for Students by SAATHI

SUMMIT REPORT

GANGTOK, 25 MAR:

SAATHI an NGO supported by Titan Company Ltd. organised 3 days Non- residential Peer Educators Training for Students on different aspects of substance abuse and various Life Skills at Officer's Club, South Sikkim from 20-24 Mar, a press release informs.

Students from 5 different Government Schools of Sikkim attended the training in which 48 students and 5 teachers participated. Schools that participated were Tingley Govt. Secondary School, Rong Govt. Secondary School, Chuba Govt. Secondary School, Mickhola Govt. Secondary School and New Govt. Secondary School, Namchi.

During the camp, the students were trained on Physical, emotional and social effects of alcohol, marijuana, tobacco and other substances; Effects of drugs and alcohol abuse in education, goals and future success; How to say "no" to drugs in practical situations and to have a positive attitude. We also focused in developing their self-confidence and how to manage stress and overcome everyday's challenges. The session conducted during the training were focussed mainly on building their self-esteem, personality development

and develop skills to make healthy life choices.

Various resource person covered various topics during the training like Psychiatrist NDH, Dr Sikha Sharma took session on Medical Aspects of substance abuse, Psychologist Reshma Subba took session on Decision Making, Problem Solving & Critical Thinking. Divyaswari Rai covered the topic on Coping with emotion and stress/peer pressure. Similarly, Legal Aspects on Substance Abuse was covered by Head Constable Namchi Police Station, Bharat Gurung, Counselor, Udai Rai, SRDS Nimtar shared his life experience with students, Novelist & Storyteller, Kalden Gyatso Bhutia took the session on Story Telling and techniques of writing and final session was on Awareness on usage of social media covered by Punam Rai & Sashi Kr. Rai, Advocate, Session court Namchi.

The talent show was also organized to encourage and motivate children, wherein they had presented various programs. The training camp concluded with thank you note to the students for attending and teachers for helping in organising the training successfully. A feedback was done through Google form and certificate were distributed to the students.

LOST

Due to fire break out on 18th November 2020 at Aita Bir Subba house of Benyong, Tikpur , West Sikkim this following documents has been lost in fire as follows

1. Budha Singh Subba – Sikkim Subject (SSC),
2. Aita Bir Subba – COI,
3. Umang Subba – COI
4. Bir Hang Subba - COI

**BEFORE THE OATH COMMISSIONER
SOUTH SIKKIM AT NAMCHI**

AFFIDAVIT

I, Jumkit Lepcha, aged about 32 years, eige of Lakpa Palden Sherpa, permanent resident of Rim-bik, Darjeeling, West Bengal, presently residing at Gangchung Naya Busty, Temi P.O. & P.S. Temi, District

South Sikkim, do hereby solemnly affirm on oath as follows:

1. That my true and correct name is Jumkit Lepcha and the same is recorded in my Aadhar Card vide Aadhaar no. 5867 9638 85255 and in my Pan Card No. AqEPL9548G and also in our Marriage Certificate vide no. 92/DCS/2018 dt. 07.02.2019.
2. That inadvertently my name has been recorded as Jumkit Sherpa in my husband's official document specifically Part II order vide Sl.No. 0/01460001/2019 dated 30.03 2019 under 11th Gorkha Rifles (Sikkim Scouts).
3. That this affidavit is made to declare my true and correct name is Jumkit Lepcha and the names Jumkit Lepcha & Jumkit Sherpa are the names of one and the same person i.e. none other than myself.

Sd/-
DEPONENT.

SANSINGMA YAMBOK/ ANTHYESTHI KRIYA

Sansingma Yambok/ Anthyesthi Kriya of our beloved brother Late Yalamber Subba, s/o Mrs Kamala Subba, who left us for the heavenly abode on 18th March 2021 afternoon, falls on 27th March 2021 [Saturday]. Sansingma Yambok/ Anthyesthi Kriya for the departed soul will be held at Chokasum Hall, Namnang, Gangtok and we request all our relatives, family, friends and well-wishers to kindly join us to offer prayers for the young soul who left us early.

We would like to express our heartfelt gratitude to all our well-wishers who stood by us during our time of bereavement.

**Amar, Lanam, Manghang, Yehang,
Todi Young (Brothers)
Amrita, Anita, Sangita, Ningwa (Sisters),
Sonam Doma Bhutia (sister-in-law)
Kalka Rai (sister-in-law)
Mecal O. Lepcha (sister-in-law) & family**



State Child Protection Society workshop concludes

GANGTOK, 24 MAR (IPR): The valedictory function of a two-day training-cum-workshop organized by the State Child Protection Society, Child Protection Scheme under Social Justice and Welfare Department for Chairpersons and Members of Child Welfare Committee/Juvenile Justice Board concluded at the conference hall of Samaj Kalyan Bhawan today.

The valedictory function was chaired by Chairperson, State Commission for Protection of Child Rights (SCPCR), Roma Tamang.

The programme was attended by Special Secretary cum Director, Child Protection Scheme, SJ & WD, Gloria Namchu and had the presence and participation of Resource Persons from various Departments, and officers of the Social Justice and Welfare Department.

The Chairperson in her address congratulated all the participants and urged everyone to follow and practice whatever they have learned through the two days training programme. She expressed her happiness to be a part of such informative session organized by the department for the first time to address issues concerning child-care and protection.

The Resource Persons for the training programme were Special Secretary cum Director, Samagra Shiksha Abhiyan, Education Department, Bhim Thatal, Senior Clinical Psychologist, Health Department, Dr Sonam O Lasopa and Senior Advocate High Court of Sikkim SS Hamal.

In the session, Special Secretary cum Director, Samagra Shiksha Abhiyan, Education Department while explaining on Right of Children to Free and Compulsory Education Act 2009 highlighted on compulsory education for every children between six to fourteen years of age group to provide free elementary education.

Dr Sonam Lasopa, while deliberating on her topic children with abuse (guidelines for interaction/ interview of children) mentioned about the techniques of interview, and methods of handling victim children. She also explained to be very vigilant and careful while tackling such cases.

In the session, Senior Advocate High Court of Sikkim, SS Hamal threw light on Juvenile Justice Act 2015 and Sikkim Juvenile Justice (Care and Protection of Children) Rules 2019.

CONTACT

**SUMMIT TIMES
REPORTERS
SINGTAM
8170070813**

**MANGAN/ DIKCHU
9832612485/
9434011213**

**GANGTOK
9800571148
8116388176
9832424750
8016270440**

Strength lifters feted on return from successful outing



SUMMIT REPORT GANGTOK, 25 MAR:

Sikkim Strength Lifting Association [SSLA] team has returned with a rich haul of 25 medals from the 30th National Men's & Women's Strength Lifting and Inclined Bench Press Championship 2021 held from 17 to 20 March at Cooch Behar, West Bengal.

The state squad bagged seven gold medals, seven silver medals and 11 bronze medals. The 37-member team was led by Pema Dorjee Bhutia as chief coach, and had Bijay Tewari as team manager.

SSLA felicitated the team at a special function held here on Wednesday.

Pema Dorjee Bhutia and Muskan Das won two gold medals each while Passang Tempa Sherpa and Sonam Norzum Bhutia clinched a gold medal each for Sikkim.

Likewise, Pempa Tamang won one gold and one bronze medal, Bijay Tewari won a silver and one bronze medal and Tashi Chopel Subba won a silver and one bronze medal in the championship.

The Silver medalists for Sikkim were Kishore Dungmali Rai, Hissey Zangpo Bhutia, Tsetiz Dhamala, Leomit Lepcha and Kalpana Chettri, while Pahalman Limboo, Kiran Rai, Homnath Siwakoti, Santosh Gupta, Kr Bhupen, Anusthan

Khaling Rai, Kamal Rasaily, Primula Rai and Saraswati Rasaily bagged bronze medals for the state.

The chief coach registered his appreciation of the performance of the young athletes on their debut participation in a national championship and pointed out that of the seven women lifters in the team, six won medals and one came fourth.

SSLA working president, Allen Targain congratulated the state team for impressing at the championship which had 600 lifters from 23 states in competition.

He said that SSLA was one of the fastest growing associations in Sikkim and has been winning national and international medals continuously.

Mr Targain shared that SSLA was gearing up to organize a state championship in the end of April in South District.

Likewise, SSLA publicity secretary Chandra Kala Pradhan mentioned that SSLA has been working hard to promote strength lifting in the state and to provide exposure to local lifters.

She further asserted the need of support from all sides to support Sikkimese lifters reach national and international excellence and urged the government to always support local athletes.

Brand Factory offers Combo Deals



SUMMIT REPORT GANGTOK, 25 MAR:

It's that time of the year, with summers approaching; time to take out all the T-Shirts & Denims. Brand Factory brings you the much-awaited Combo Deals on the best Denim brand, for 6 days straight. And that's not all, buy more and grab the bonus offer.

A press release informs that this exciting Combo Deal can be availed on Spykar Brand, where you can buy 2 or more apparel at Flat 60% off & T-Shirt upto MRP 1199 at Rs. 399 - for 6 days starting from 26 to 31 Mar, 2021, only at Brand Factory Gangtok store, Near Krishi Bhavan. The T-Shirt offer is

applicable on Lee Cooper, Umbro, The Privilege Club, Bare Denim, Buffalo, John Miller Sports.

Additional 10% Instant Discount with RuPay Card, Gift voucher worth Rs. 500/- for your next shopping and No cost EMI options on credit cards from leading Banks. Visit the nearest Brand Factory store now.

Children's Theatre Workshop at Rongyek concludes

SUMMIT REPORT GANGTOK, 25 MAR:

The Culture Department, Government of Sikkim, in collaboration with the North East Zone Cultural Centre (NEZCC), Ministry of Culture, Government of India, Dimapur (Nagaland) conducted fifteen-day Children's Theatre Workshop from 10 to 25 March, at Rongyek Secondary School, a press release from the Culture Department informs.

The main aim of the workshop was to provide a platform to the students and make them capable to perform the theatre art form, the release adds.

Bhim Kumari Sharma, Advisor of the Culture Department was the chief guest for the valedictory function of

the workshop. The programme was participated by the Headmistress, teachers, and students of Rongyek Secondary School, East Sikkim.

Bhim Kumari Sharma while addressing the function said that such programmes provide exposure to students in the field of theatre art, and thanked the Ministry of Culture, Government of India, Dimapur and Culture Department, Government of Sikkim, for conducting such activities to promote and showcase their skills in the field.

The participating students performed the skit "Kalo Kotha" which is written and directed by Dipak Dhakal assisted by Dipika Chettri and music composer Deepak Dahal.

Tashi Rabney at Ringhim Monastery



SUMMIT REPORT MANGAN, 25 MAR:

The "Tashi Rabney" ceremony was conducted at Ringhim Monastery here today. The prayers were presided over by Drodrukpen Rinpoche and were held for peace and well being.

It may be recalled that Ringhim Monastery had been severely damaged in the 2011 earthquake. The renovation work has been completed including painting work.

The ceremony was

attended by Minister RM&DD, Sonam Lama, Minister Roads & Bridges, Samdup Lepcha, Area MLA, Dzongu, Pintsho N Lepcha, Addl Political secretary to the CM North, Tshering Wangyal Bhutia, DM (N), Tenzing T Kaleon, SP(N), Mrs. Ongmu Bhutia, former Zilla Adhyaksha(N), Lobzang Tenzing assisted by Ringhim Gumpa Committee, Forest and Police department staffs, HOD's and volunteers.

Consumer Awareness prog at Sikkim Govt Law College



SUMMIT REPORT GANGTOK, 25 MAR:

A daylong consumer awareness programme was held today at the Moot Court Hall of Sikkim Government Law College, Gangtok, a press release informs.

The awareness programme was organized by the college and sponsored by the Legal Meteorology Unit and Consumer Pro-

tection Cell, Food and Civil Supplies Government of Sikkim and had Dr Tshewang Dorjee Lama, Principal In-Charge, Sikkim Government Law College, as the keynote speaker.

Dawa Tshering Bhutia, Asst. Prof., EVS/ EHS, SGLC, Dr Deepanker Rai, Asst. Prof. Law, SGLC and Neha Gupta, student SGLC, were present as resource persons.

Book by SMU researcher explores financial Literacy in Darj

SUMMIT REPORT GANGTOK, 25 MAR:

A book titled, Financial Literacy in the Hills and Plain Regions of Darjeeling District, West Bengal, by Dr Pramesh Chettri and co-authored by Professor SS Mahapatra, was released by Vice Chancellor, Sikkim Manipal University, Lt Gen (Dr.) Rajan S Grewal and others here at SMU today, a press release informs.

The author shared that the book was the outcome of his PhD thesis research work which examined the level of financial literacy in Darjeeling district. He stressed that financial literacy is an important survival tool for the people and future scholars can also address this issue in the context of plantation workers,

marginal farmers, landless labourers and financially excluded groups.

Professor Mahapatra, the co-author, added that financial literacy awareness has not reached the masses. Therefore, there is an "alarming" need for all citizens to be financially literate for the betterment of the country.

The Vice Chancellor, SMU, in his address, said, "The book focuses on examining the level of awareness and investment preferences in various existing financial products in the crucial areas of Darjeeling Hills and the plains. This book is an important research backed by reliable data which will greatly benefit the development of all future financial literacy policies for the region."



GANGTOK SMART CITY DEVELOPMENT LIMITED, GANGTOK, EAST SIKKIM

Gangtok Smart City Development Limited,
Sokaythang, Gangtok,
Sikkim - 737102
E Mail - gangtoksmartcity@gmail.com
CIN - U9309090WB2017SGC223807

Memo No: 993/GSCDL/2021

Dated: 18/03/2021

PUBLIC NOTICE

Gangtok Smart City Development Limited (GSCDL) is undertaking the work 'Improvement of Pedestrian Walkway/ Footpath (12 km approx. from Vajra Cinema Hall, Baluwakhani to Ranipool, Gangtok'.

However, it is observed that the public are requesting for changes after the work has been completed which is causing repetitive execution of the work resulting in time and cost overrun

Hence, this notice is issued to request the public to kindly inform GSCDL if any changes or suggestions are to be incorporated by sending mail to the following email address within one month of issue of this notice.

1. gangtoksmartcity@gmail.com
2. ctosmartcity.gangtok@gmail.com
3. sesmartcity.gangtok@gmail.com
4. degscdl@gmail.com
5. ae3smartcity@gmail.com

GSCDL shall not entertain any request for change after completion of work.

Sd/-
CHIEF EXECUTIVE OFFICER,
Gangtok Smart City Development Limited,
Gangtok, East Sikkim.

RUCHI DIAGNOSTIC CLINIC

Behind telephone Exchange Near Old STNM Hospital. Gangtok

PH: 03592-203333, 204876, 8509373970

EXISTING FACILITIES:

- ULTRASOUND
- DIGITAL X-RAY
- ECHOCARDIOGRAPHY
- COLOR DOPPLER
- PATHOLOGY
- MICROBIOLOGY
- BIOCHEMISTRY
- ENDOSCOPY
- B M D
- E C G
- DENTAL O P G
- GASTRO CLINIC
- PAEDIATRIC CLINIC
- MEDICAL CLINIC
- ORTHO CLINIC
- E N T CLINIC
- GYNEA CLINIC
- PHYSIOTHERAPY
- SPECIALISED TESTS

BLOOD COLLECTION CENTRES AT :

- Sushruta Medical, Ranipool.
- Arihant Medical, Opp. CRH gate, 5th Mile.

COMPLETE E N T FACILITIES UNDER ONE ROOF

ENT O P D Monday to Friday
10.00 am to 2.30 pm

1. ENT OPD CLINIC
2. ENT ENDOSCOPIES
3. MICROSCOPIC PROCEDURES
4. MINOR O T PROCEDURES
5. VERTIGO MANAGEMENT
6. AUDIOMETRY, TYMPANOMETRY AND HEARING AIDS.

CONSULTANT ENT SURGEON DR. ONGDEN GYATSO, MS (AIIMS)

GASTRO CLINIC & O P D

8.00 am to 9.00 am

MEDICAL CLINIC & O P D

9.30 am

ORTHO AND GYNEA CLINICS & O P D

3.00 pm

PAEDIATRIC CLINIC & O P D

8.00 am And 6.00 pm

VACCINATION CLINIC

Bring Home the Hivre Bazaar Experience

Invest social capital and the results will be good

A remote village in Maharastra easily outshines the more celebrated civil societies of the country's metros. And they do so not because of the brilliance of one man alone, although that helped, but because the residents were willing to push their realities towards a brighter tomorrow. The village experienced mass exodus during the severe drought in 1972. Even as the village folk abandoned agriculture and moved out, those who could not move, stayed back and fell into despondency and alcohol. And that is how things remained there for slightly over a decade and a half until, in 1989, Popatrao Baguji Pawar, the only postgraduate in the village contested for the post of gram panchayat sarpanch and won. He started by getting the around 22 illicit liquor shops in the village closed. That is a lot of liquor shops for a village with a population of less than 1,000 people! But it was clearly about more than shutting down these outlets, because he had to also reform the alcoholics, realizing early that for any plan to resuscitate the village, the people will have to participate. Alcohol, as Sikkim will know well, does not lend itself very well to collaborations, well, at least collaborations that help build something. This task achieved, Popatrao managed to secure bank loans for farmers and started rain-water harvesting, water conservation and management programs, which involved building 52 earthen bunds, percolation tanks, 32 stone bunds and nine check dams. This was a huge undertaking and partly inspired by what Anna Hazare had pulled off at Ralegan Siddhi, barely 35 km away from Hivre Bazaar. Before his first term as Sarpanch was over, reverse migration started as families started returning home. Today, the village, with its 235 families and an overall population of 1,250, has a monthly per capita income of Rs 30,000, up from Rs. 830 in 1995, plus it has 60 families with an annual income of over 10 Lakh rupees. What Popatrao did right was that he learned from other examples, was willing to invest in the people, trust them and work with them. What the villagers of Hivre Bazaar provided was a willingness to contribute, persevere and share.

They traded well in social capital.

Social Capital is counted in one's relationship with others in a community in which citizens have a tendency to engage in civic affairs, band together in voluntary groups, come together for collective action. Social Capital buys better futures because it engages the present in collaborative undertakings for a shared aspiration for a better future, encourages sharing of ideas, fosters debate and resolution. When people collaborate, they do not just clean jhoras and undertake plantation drives, they talk, they discuss, they disagree and while they respect discordant ideologies, believe in the community. In the present times of multiple sources of information, it becomes difficult to sift the rumour from the news and judge inspired intent from ulterior motives. A society that can keep up lucid lines of communication becomes the best informed because it keeps the doors open to all points of views and un-layers developments and issues more intelligently. In doing so, the society discovers common intent, and intent modulated in unanimity can only be good. This Social Capital, once it has matured into an instinctive assembly of concerned citizens, becomes what we know as a Civil Society. Social Capital charts the course for collective development and a Civil Society keeps the journey on the right path.

The Hivre Bazaar experience needs to be attempted more widely; it might be in Maharastra, but the model can be replicated anywhere in the world, and surely in Sikkim as well.

WRITE US:

Readers are invited to comment on, criticise, run down, even appreciate if they like something in this paper. Letters carrying abusive/indecorous language and personal attacks, except when against people responsible in this newspaper (who are fair game), will have to be ignored. Letters which carry forward a conversation or initiate a dialogue will command immediate attention and receive prominence. Mail us at: news@summittimes.com

'Cultural Misogyny' and Why Men's Aggression to Women is so Often Expressed Through Sex

XANTHE MALLETT
theconversation.com

As the country watches Scott Morrison grapple with the sex scandals rocking our federal parliament, it is worth wondering what has really changed since former Prime Minister Julia Gillard's now-famous 2012 "misogyny" speech.

The power of that speech is undeniable, and it resonates loudly today.

Gillard spoke to the imbalance of power between men and women and the under-representation of women in positions of authority. Her speech raised serious concerns about how some politicians saw women's roles in contemporary Australia.

Fast forward to yesterday, and Scott Morrison attempted to address the most recent shocking allegations of lewd behaviour by some coalition staff – the allegation being a group of government staffers had shared images and videos of themselves undertaking lewd acts in Parliament House, including in the office of a female federal MP.

These stories raise the question as to why some men participate in sexually denigrating women – both those in authority as well as those in positions of submission in hierarchical organisations. And why is male aggression towards women so often expressed through sex rather than through other means?

As a criminologist, I interpret men's sexually aggressive behaviour – whether it is desecrating a women's desk by videoing himself masturbating on it, or a sexual assault – as an activity born of a need for power and control.

When some men feel challenged, or want to dominate someone to fulfil an innate internal inadequacy, they can feel the need to do so sexually. Often, the subjects of their rage about feelings of inadequacy are women.

From lewd comments, to being groped, through to sexual assault, the attacks on women in the workplace continue.

Research suggests heterosexual men who are more socially dominant are also more likely to sexually objectify women. When these men are placed in positions of submission to women at work and their dominance is challenged, the levels of sexual objectification of women go up. This supports the assertion that some men increase their dominance by sexually objectifying women, and this objectification can become physical.

This conversation around how we address this has been building for some time.

In 2017, the #MeToo movement went viral, as women started to share their negative sexual experiences via social media. The discussion initially focused on women being sexually harassed by their bosses in the media and entertainment industry, but it soon became obvious the problem was much wider than that. It permeates every industry in every country.



Sexual harassment and assault are more common than many people might believe, or want to believe. A 2018 study surveyed 2,000 people in the US. It found 81% of women and 43% of men had suffered some form of sexual harassment or assault. Further, 38% of the women surveyed said they have suffered from sexual harassment in the workplace.

The picture is mirrored in Australia. A 2018 Australian Human Rights Commission report found 23% of women said they had been sexually harassed at work in the previous 12 months.

In 2021, we are still having the same debate.

One big question is where these bad male behaviours originate from?

Social Learning Theory might help us to understand what is going on in relation to some men's need for sexual domination of women. It is based in the premise that individuals develop notions of gender and the associated behaviours by watching others and mimicking them. This learning is then reinforced vicariously through the experiences of others.

Combine this learnt behaviour with cognitive development theory, which suggests gender-re-

lated behaviour is an adoption of a gender identity through an intellectual process, and we can see how misogynistic behaviours can be identified, remembered, and mimicked by subsequent generations of males.

This could be termed "cultural misogyny".

How do we change the dynamic?

The only way to shift the framing around appropriate behaviour in the workplace, and society more generally, is to continue to break down

gender stereotypes. Women need to be elevated to positions of power to reduce male domination in all aspects of life. We must challenge the undermining of women's and girl's autonomy and value when boys exhibit it, to break the chain of passing on these negative attitudes.

We are only now beginning to hear the breadth of stories from women speaking out about their own negative experiences.

As a woman in academia – a very hierarchical structure – I have been sexually harassed, and I just accepted it as part of my working world. My experience was with a very senior member of a previous university, and I would never have considered challenging him or reporting it, as I was very well aware of the power he had over me and my career. I even considered changing organisations to avoid the unwanted behaviours.

The brave women who are now speaking up have changed the way I view my own experience. The more we raise our voices, support each other and encourage change in the attitudes around us, the more we will all benefit.

[the writer is Forensic Criminologist, University of Newcastle]

COVID-19's parallel pandemic: Why we need a mental health 'vaccine'

RENÉE EL-GABALAWY &
JORDANA SOMMER
theconversation.com

Younger people are at lower risk of severe health outcomes if they develop COVID-19, and are therefore not a priority group for vaccine rollout. However, a silent mental health pandemic wave is in full force, and this time it is targeting younger age groups.

It is well recognized that older age groups (ages 60+) are at increased risk of severe illness and death if they develop COVID-19. As such, several regions are rolling out vaccines according to age, with priority for older adults.

THE PANDEMIC'S MENTAL HEALTH IMPACT BY AGE

The pandemic's impact on mental health throughout our society will likely outlive COVID-19. As clinical psychologists and trauma researchers, our team is interested in understanding mental health risk and resilience factors during COVID-19. In terms of high-risk groups from a mental health perspective, early evidence suggests that the age trends are inverted, where younger people are at the highest risk of poor mental health outcomes.

Our recent study published in the Canadian Journal of Psychiatry looked at early anxiety symptoms during the pandemic. In close to 50,000 Canadians across several age groups, we showed this trend.

There were clinically significant levels of anxiety in 36 per cent of younger Canadians (ages 15-34), followed by 27.1 per cent of people aged 35 to 54, and finally 14.5 per cent of those 55 and older. Younger people also had more COVID-19 worries compared to older groups.

These early trends of age-related differences in mental health symptoms have also been shown in other studies, both COVID-19 specific studies and pre-COVID-19 research. Indeed, our previous research has shown that older adults have lower rates of common mental disorders

such as anxiety and depression.

One theory is that older adults have advanced cognitive and behavioural strengths that allow them to have greater emotion regulation. These strengths are developed over time as a result of age-related changes in perspective.

From this viewpoint, older adults may have a learned "antibody" against the COVID-19 mental health impacts. Nonetheless, despite these apparent strengths in older groups, mental health symptoms are elevated across all ages compared to pre-COVID times.

PANDEMIC MENTAL HEALTH 'VACCINATION'

As with the development of the vaccine to reduce the physical health impacts of the pandemic, we must also consider how to address the mental health impacts. If we had a mental health "vaccine," what might that look like? Based on the research related to collective or mass traumas (traumas affecting large groups of people), we are best suited to aim for secondary prevention.

Secondary prevention means reducing the effects of a disease when the disease is already present in its early form. Essentially, it means preventing it from worsening. In the context of mental health, this would mean targeting mental health symptoms early in order to decrease major long-term effects.

Early intervention research suggests that cognitive behavioural therapies (CBTs) can be especially effective at reducing the risk of worsened mental health issues. It may be appropriate to implement a "CBT-vaccine" for those showing early elevated symptoms. If so, younger people would be a high-risk group to target for priority prevention.

Younger people have higher rates of anxiety and other mental health problems. There is also early evidence to suggest that when mental health symptoms are present, younger people may have worse outcomes than older groups (similar to current poorer physical outcomes we

are seeing when older adults develop COVID-19), but this research is mixed.

What we do know is that mental health problems, especially when long-lasting, can have a major impact on quality of life, daily functioning and physical health, including illness onset and death, for all ages. Long-standing issues may result in loss of employment and are costly for our health-care system.

Mental health must be a priority across all ages, but may be especially important in younger people. We need to engage in similar efforts toward applying a widely accessible mental health "vaccine" as we are doing for the COVID-19 vaccine if we truly want to get all elements of this pandemic under control.

Unfortunately, for many, receiving scientifically supported treatments delivered by a qualified mental health professional is a luxury. Services are difficult to access, especially during this time when the need is higher. Long term, we must continue investing in mental health professionals to meet the service needs of the population.

THE INITIAL DOSAGE IS DIGITAL

Due to the limited supply of qualified mental health professionals, a good place to start may be providing widely accessible and scientifically supported online CBT programs. This would eliminate difficult decisions regarding prioritizing access to care.

Although people recognize the current need for mental health supports, there has been confusion regarding available resources. Uptake has also been low to moderate for publicly funded online mental health programs. In a nationally representative Canadian study conducted in late May, only two per cent of Canadians reported using virtual mental health resources.

Publicly funded programs such as Wellness Together and AbilitiCBT are also limited by the duration and frequency of usage available, and there is little scientific information about understanding how these pandemic-specific programs may reduce mental health symptoms, and who

might benefit the most. Internet or app-based CBT programs widely vary in terms of content, level of engagement and how effective they are. In a recent publication on digital advancements in mental health, the authors accurately state:

"we applaud investments in virtual mental health services by governments and industry but caution that a thoughtful approach is needed to direct those resources to realize its full potential."

Providing effective online self-guided programs could potentially keep milder mental health cases out of the queue for one-on-one treatment with a mental health professional. This would create greater opportunities for more complex and severe cases to receive intensive individual treatments. Several existing online programs targeting specific mental health symptoms are supported by large numbers of clinical trials such as This Way Up.

However, they are occasionally costly and it is challenging for consumers to know which programs are scientifically supported and effective, especially with the massive increase of online programs and apps in the past decade. The responsibility should not fall on consumers to figure that out. Think of it this way — we would never ask people to go figure out which COVID-19 vaccine or treatment is best. Health professionals make clear recommendations based on existing well designed clinical trials.

The COVID-19 pandemic is merciless and has targeted all walks of life. It disproportionately affected older generations in its initial physical effects. It will likely disproportionately affect younger generations in its sustained mental health effects. We need to start talking about the mental health vaccine.

[Renée El-Gabalawy is Assistant Professor and Clinical Psychologist, University of Manitoba; Jordana Sommer is Doctoral Candidate in Clinical Psychology & Research Associate, University of Manitoba]

Training of Trainers on Bio-Medical Waste Rules 2016

GANGTOK, 24 MAR (IPR): State level Training of Trainers (TOT) programme on Bio-Medical Waste (Management and Handling) Rules 2016 and Amended Rules 2018 and 2019 was organized by the Sanitation Cell of Health and Family Welfare Department at the auditorium of STNM Hospital, Gangtok today.

The programme had the presence of Principal Chief Consultant-cum-Medical Superintendent, STNM, Dr KB Gurung, Additional MS, Dr Yudok Bhutia, Additional Director, H&FW, Dr Baroon Subba, Joint Director cum Nodal Officer, Bio-Medical Waste, Thotup Targain, Resource Persons, Ranjan Rai (Executive Environment Engineer, State Pollution Control Board) and Dr Ritesh Prasad Gurung (Scientist D/Joint Director, Central PCB, Shillong), along with the participation of HoDs, doctors and nursing officers.

In his brief address PCC-cum-MS, Dr KB Gurung stressed on prioritisation of cleanliness and proper management of bio-medical waste as a major focus of every



hospital. He further highlighted on the need to adopt a responsible bio-medical waste management regime.

While welcoming the resource persons and extending gratitude to them for sharing their knowledge with the healthcare workers, Dr Gurung urged the participants to take full advantage of the opportunity as it will be providing a better understanding of the key aspects of managing bio-medical waste, the legal concerns that govern it, and best practices.

The programme was

also addressed by AMS, Dr Yudok Bhutia, Addl Director, Dr Baroon Subba, and Joint Director, T Targain, wherein they encouraged the participants to increase their level of understanding of the various aspects of BMW management while also sharing the knowledge gained with their subordinates and colleagues.

During the technical session, resource persons, Ranjan Rai and Ritesh P Gurung, explained in detail the challenges, enforcement and provision of BMW

Rules 2016 and Amended Rules 2018 & 2019, scientific disposal of bio-medical waste and Revision (4) Guidelines of Covid-19 Waste.

The training concluded with an interaction and discussion session.

It may be mentioned that the TOT programme on bio-medical waste management is an initiative of the Health and Family Welfare Department headed by Joint Director, T Targain, and Addl. Director, Dr Baroon Subba.

The training programme was conducted

for all the Medical Officer Incharge, Nursing Officers and Paramedical Officer, Dental surgeons in the State level in the STNM Hospital. Similar trainings have also been conducted at the district level in Namchi, Gyalshing, Singtam and Mangan earlier this month, which had the participation of CMOs, DMSs along with more than 50 healthcare workers, as per the guidelines of Ministry of Health and Family Welfare, Government of India and Ministry of Environment, Government of India.

Election officials visiting GMC polling stations



SUMMIT REPORT

GANGTOK, 24 MAR:

Election Observers-cum-Social Welfare and Justice Department, Secretary, Chewang Gyachho along with sector Magistrate, Gangtok, Rabin Sewa, SDPO, Gangtok, Prakash Subba, and Liaison Officer-cum-District Planning Officer, East District Zilla Panchayat, Sonam G Bhutia successfully con-

ducted a tour of polling stations for the upcoming Gangtok Municipal Corporation elections, a press release informs.

The team visited Bojoghari Senior Secondary School (1 polling station), Burtuk Junior Secondary School (4 polling stations), Rongyek Junior Secondary School (3 polling stations) and Modern Senior Secondary School (3 polling stations),

which fall under sector 1 Gangtok Municipal Corporation.

The visit mostly focused on the accessibility of the voting area, proper lighting conditions and entry and exit hindrances for the voters.

The Election Observer stressed the booth level officers for proper improvements in the polling stations for the comfort of the voters.

Nepal-Khanal faction decides to withdraw no-confidence motions against Province 1 and Bagmati chief ministers

Deo Narayan Sah Kathmandu, 24 Mar [KathmanduPost]: Provincial Assembly members from the Madhav Kumar Nepal-Jhala Nath Khanal faction of the CPN-UML in Province 1 and Bagmati have decided to withdraw motions of no confidence that they had registered against the chief minister of the two provinces.

According to Rajendra Kumar Rai, a leader of the Nepal-Khanal faction and a Provincial Assembly member of Province 1, an agreement was reached among the top leaders at the central level three days ago to withdraw the no confidence motion against Province 1 Chief Minister Sherdhan Rai and Bagmati Province Chief Minister Dor Mani Poudel.

"The decision comes following a party meeting after the top leaders reached an agreement," said Rai. "We have begun collecting signatures of lawmakers who had earlier signed in favour of the motion. We will withdraw the proposal within four-five days."

Rai informed that the faction decided to withdraw the proposal due to the indecision on the part of Nepali Congress.

"The Provincial Assembly has not commenced any meeting for the past four months as there was confusion as to when this matter will end, as the Nepali Congress has not come up with a decision," said Rai. "That is why we have decided to withdraw the proposal."

The Nepal-Khanal faction is facing a tough time ever since the Supreme Court on March 7 scrapped the Nepal Communist Party (NCP) and revived the UML and the Maoist Centre. The no-confidence motions were filed when the Nepal Communist Party (NCP) still existed and the court had not yet overturned Oli's House dissolution decision. At that time, Nepal and Khanal were with Pushpa Kamal Dahal who was then another chair of the Nepal Communist Party (NCP), along with Oli.

As many as 37 Provincial Assembly members led by Indra Bahadur Aangbo of the erstwhile Nepal Communist Party (NCP) had moved the motion against Chief Minister Rai on December 27. Similarly, 45 members of Bagmati Provincial Assembly had registered a no-confi-

dence motion against Poudel on December 25.

The court overturned Oli's decision of dissolving the House of Representatives on February 23.

With the UML and Maoist Centre revived, politics in Kathmandu has become complicated. As the Maoist Centre has not withdrawn support it lent Oli back in February 2018, Oli does not face any immediate crisis. Oli has already been trying to cultivate the Janata Samajbadi Party, which currently has 32 seats, in the even Maoist Centre, which has 49 members (four have defected to Oli) in the House.

With the Nepali Congress deciding to stay neutral—neither filing a no-confidence motion against Oli nor taking initiatives to lead a new government by forging an alliance with the Maoist Centre and the Samajbadi Party—the Nepal-Khanal faction is left with no much option.

"We will take another decision depending upon how the situation unfolds and what strategy our leadership at the central level devises," said Rai, the leader of the Nepal-Khanal faction.

Nepal starts large-scale seroprevalence study

ARJUN POUDEL

KATHMANDU, 24 MAR [KATHMANDUPOST]: After more than 14 months after the start of the Covid-19 pandemic in the country, the Ministry of Health and Population has now launched a large-scale seroprevalence study. Under the study, samples of over 13,500 people from all districts, except Manang, will be collected and analysed at the National Public Health Laboratory, officials at the ministry said.

"Health workers will be deployed soon for sample collection," Dr Krishna Prasad Paudel, director at the Epidemiology and Disease Control Division, told the Post. "We plan to collect more samples from densely populated areas and big cities that are at risk of a spread of infections."

Doctors say that the seroprevalence survey was necessary as it would provide data on the prevalence of coronavirus in the communities, and help authorities prepare strategies—locate hotspots and take necessary measures to contain the spread of the virus.

The study can also tell authorities how many people in a specific population may have contracted the virus. The Health Ministry had carried out a seroprevalence study in September last year. But as the study's sample size was small, the findings of the study were not disclosed. The study showed that around 13 percent of the country's population may have been infected with the virus by September 2020, and in some districts, the figure could have been as high as 28 percent, according to officials.

Officials at the ministry then decided to carry out a large-scale study but it took four months before they could agree to launch such a study.

"The World Health Organization, the National Public Health Laboratory, Nepal Health Research Council, and our office (Epidemiology and Disease Control Division) are jointly conducting this study," added Paudel. The division has also taken help from the Central Bureau of Statistics to make the sample collection more scientific. The study can provide an estimate on the percentage of people in a population with antibodies against SARS-Cov-2 (coronavirus) which causes Covid-19, as the test examines the presence of antibodies. When a human body is exposed to a foreign pathogen, it produces antibodies in response. Nepal health research Council, also the main agency to perform the study, said that it will also be performed on vaccinated people.

"We will study the antibody level developed after immunisation," Dr Megnath Dhimel, chief researcher at the council, told the Post. Serology tests look for either immunoglobulin m (igm) or immunoglobulin g (igg), the two antibodies developed by the human body against the virus. "igm" is the first antibody developed by the immune system, so it is detected in the bloodstream within a week or two after infection. "igg", meanwhile, is detected only two weeks after infection.

Public health experts said that seroprevalence studies should be carried out on a regular basis, as it provides insights on the status of the infection to plan the fight it accordingly. "Had the authorities known the status of infection earlier, it could have enforced restrictive measures in particular places where the risk of transmission was high," Dr Prabhat Adhikari, infectious disease and critical care expert told the Post. "Currently they have been facing a vaccine shortage and this study will help authorities in the immunisation drive also."

Awareness on TPDS at Dikchu



WANGCHUK BHUTIA

MANGAN, 24 MAR:

The Department of Food & Civil Supplies Mangan organized an awareness programme on entitlement and redressal mechanism to Targetted Public Distribution System (TPDS) beneficiaries at FCS Dikchu in North Sikkim on 23 Mar, 2021.

DCSO North, Paden Lachungpa sensitized the representatives of different Fair Price shops holders, Panchayat members and MPCs regarding Right to Food Act and features under Govt of India.

The DSCO informed

all the Panchayat members about beneficiaries of Priority Household (PHH) under National Food Security Act. He further informed that every scheme of FCS Department is in public domain for transparency. He also informed about eligible beneficiaries under Antodaya Anna Yojna (AAY) and households headed by a widow.

The DCSO further urged all the FP shops holders to maintain rate board in their shops and undertake Aadhaar seeding at the earliest to stop the duplication of ration card.

The DCSO also in-

formed about the Pradhan Mantri Garib Kalyan Anna Yojna PMGKAY free rice which has been distributed free of which North Sikkim has received 100% and distributed 100%.

Earlier, the programme was welcomed by Food Inspector, PS Lepcha.

The DCSO responded to queries asked by the Fair Price shop holders. Also in the function, the Panchayats of Samdong Kambal GPU have requested DESME to conduct one camp in their GPU for correction of Aadhaar card.

Petrol price cut by 18 paise, diesel by 17 paise

NEW DELHI, MAR 24 (PTI): In the first reduction in rates in over a year, petrol price on Wednesday was cut by 18 paise per litre and diesel by 17 paise a litre as international oil prices tumbled to the lowest since early February.

Petrol price was cut to Rs 90.99 a litre in Delhi from Rs 91.17 per litre, according to a price notification of state-owned fuel retailers.

Diesel now comes for Rs 81.30 a litre in the national capital, down from Rs 81.47 previously.

Rates have been reduced across the country and vary from state to state depending on the local incidence of taxation (VAT).

This is the first reduc-

tion in fuel prices in over a year. Prices were last reduced on March 16, 2020.

Despite bouts of rate freeze, prices had gone up by a record Rs 21.58 per litre on petrol in the last one year. On diesel prices had increased by Rs 19.18 a litre.

Prices which last month hit record highs including crossing Rs 100 mark in some places in Rajasthan, Maharashtra and Madhya Pradesh, had been on freeze since February-end when elections to five states including West Bengal, Assam, Tamil Nadu and Kerala were announced.

In Mumbai, the petrol price was cut to Rs 97.40 a litre on Wednesday from Rs 97.57 while die-

sel rates were reduced to Rs 88.42 from Rs 88.60, the price notification showed.

The rate reduction followed international oil prices tumbling to the lowest since early February as the second wave of COVID-19 infection clouded the prospects for a speedy recovery in consumption.

West Texas Intermediate for May delivery was down to USD 57.76 in New York on Tuesday, the lowest close since February 5 while Brent for the same month lost USD 3.83 to USD 60.79 a barrel, the lowest since February 8.

The rise in coronavirus cases is threatening the economy's recovery from the recession.

HAVE A STORY TO SHARE?

email us: news@summittimes.com

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

To book ad-space, contact SummitTIMES at

GANGTOK:
For circulation details Contact: +91-9748979495, +91-9647026292
& for advertisement booking at +91-9933427903 or at office no 03092
208/6B, Mall on at advertise@summittimes.com
SILIGURI:
Mr. Mani Rai, M/s. Space Ads, B.R. Ambekar Building, Room No.7, Tel: 983983977, E-mail: contact.siliguri@gmail.com / irishad.sl1123@gmail.com

KOLKATA OFFICE:
Irrishad Ali / Imteyaz, Synapse, 6, Madan Street, Mezzine - 2, 2nd floor, Kolkata - 700072. Ph. 033-22124348 / fax 033-22124337 / mob. +91-9820947774 / +91-9832080753

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

VIDEO NEWS SECTION
facebook.com/SummitTimesGangtok

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

www.summittimes.com
news@summittimes.com
summittimes16@gmail.com
advertise@summittimes.com

Angry about tennis politics, Pospisil stages tirade in Miami

MIAMI, MAR 25 (AP): Angry about tennis politics, Vasek Pospisil of Canada staged a tantrum and was docked a point to lose the first set Wednesday in the opening round at the Miami Open.

Pospisil, who has been trying to set up a new group to represent men's professional players, regained his composure but lost to qualifier Mackenzie McDonald 6-3, 4-6, 6-3.

During a changeover after his first-set meltdown, Pospisil used a profanity to describe ATP Chairman Andrea Gaudenzi, and complained about a meeting they both attended Tuesday.

Pospisil told the chair umpire Gaudenzi was "screaming at me in a player meeting for trying to unite the players for an hour and a half. ... If you want to default me, I'll gladly sue this whole organization."

Pospisil and No. 1-ranked Novak Djokovic have been trying to set up the new group. Tennis



players never have had a union, unlike athletes in North American team sports.

The ATP didn't immediately respond to a request for comment on Pospisil's tirade.

Pospisil angrily launched a ball out of the court and smashed two rackets in the first set. Serving while facing a set point, he was penalized for verbal abuse to lose the set. A former top-25

player, Pospisil is now ranked 67th.

In women's play, American Sloane Stephens earned her first victory of the year by rallying past qualifier Oceane Dodin of 6-7 (6), 6-4, 6-2.

Stephens, who won the tournament in 2018, had been 0-4 previously this year and hadn't won a match since the French Open in September.

Against Dodin, Stephens

fell behind after she failed to convert two sets in the opening set, but she pulled away in the final set.

Stephens, ranked 49th, is among six former champions in the women's draw.

Wild-card Ana Konjuh of Croatia won her first main-draw match in a WTA event since 2018 when she beat Katerina Siniakova 7-6 (3), 7-5. Konjuh's career has been

slowed by four elbow surgeries. Sara Sorribes Tormo of Spain overcame two match points and a 5-1 deficit in the final set to overtake Bernarda Pera 6-2, 2-6, 7-5.

American Danielle Collins swept Kristina Mladenovic 6-3, 6-3, and Jelena Ostapenko defeated Xiyu Wang 6-4, 6-7 (4), 6-1.

On the first day of men's play, Alexei Popyrin built on his recent momentum by beating Feliciano Lopez 6-4, 7-6 (4). Popyrin, a 21-year-old Australian who won his first ATP Tour title late last month in Singapore, will next play big-serving American Reilly Opelka, who is seeded 30th.

Lopez, 39, was the oldest player in the men's draw.

Pierre-Hugues Herbert of France, runner-up at the recent Open 13 in Marseille, France, beat Pedro Sousa 6-1, 6-3. Herbert will next face No. 11-seeded Felix Auger-Aliassime of Canada.

New mom Wie West looks forward to first-tee nerves again



SAN DIEGO, MAR 25 (AP): New mom Michelle Wie West is looking forward to being nervous again on the golf course.

It's been nearly two years since she played a competitive round on the LPGA Tour and nine months since she gave birth to daughter Makenna.

She figured the beginning of the West Coast swing was the perfect place to return, particularly because she now lives in San Francisco with husband Jonnie West, the director of basketball operations for the Golden State Warriors, and their daughter.

Wie has been away long enough that when she arrived this week for the Kia Classic at Aviara in Carlsbad, she didn't recognize a number of her fellow tour pros, in part because there are a lot of rookies and also because it's more difficult because everyone is wearing a mask.

But playing in the pro-am brought back a familiar feeling.

"I'm definitely nervous but also grateful to feel nervous again," Wie West said in a videoconference Wednesday from the course in northern San Diego County.

Wie West said she's been practicing in earnest for her return since the first of the year.

She said it's hard to tell where her game is because she's been away so long.

"But I'm pretty proud of myself for grinding it out there. I've been

grinding. Like I said, I'm just grateful I'm out here. I'm enjoying myself and having a lot of fun."

She tees off Thursday afternoon in the first round of the tournament being played without fans.

"You know, it's fun hitting balls on the range, fun to kind of mess around, hit a couple chips, but there is nothing like hitting golf shots that matter and you kind of feel those first-tee jitters," she said.

"You feel all the nerves coming out. I've missed that. I'm really most excited about getting my competitive juices going again and being that fierce competitor that I know I am."

Wie West has probably been the most talked about LPGA Tour player since she turned pro in 2005, even though she only has five wins. Wie has lived with fame her entire career, from winning the U.S. Women's Amateur Public Links at age 13, competing against the men on the PGA Tour at age 14 and turning pro at age 16.

She has five LPGA victories, most notably the U.S. Women's Open at Pinehurst No. 2 in 2014. Her last win was the HSBC Women's World Championship at the start of the 2018 season.

Her career has been slowed by injuries, most recently to her right hand. She had surgery in October 2018, returned in Thailand the following February and had to withdraw from her title

defense in Singapore a week later as she still coped with pain. She last played in the Women's PGA Championship at Hazeltine in June 2019, shooting 84-82.

She married West, the son of basketball great Jerry West, in August 2019. Their daughter was born June 19.

Two years ago, she thought she was ready to get on with the rest of her life.

"After KPMG in 2019 I thought I was done, especially when I found out I was pregnant later that year," she said.

"I thought that cemented it. I thought there was no chance of coming back, and I told my husband that. He was like, 'No, no, just think it through.'

"Then we found out that Makenna was going to be a girl and that just changed my perspective of everything," she added.

"It was crazy how just that one little fact just changes everything. Then I started to think, 'You know, I kind of want to do it. I want to show her in real time that I can that I play golf.' It's one thing to have her watch YouTube videos, but it's another thing to have her watch me with her own eyes. Seeing me go out there, it work out hard, and try to lead by example." She also said she was motivated watching Tiger Woods play with his son, Charlie, in the PNC Championship in December.

"That moment that Tiger had with Charlie, that is the first thing that popped to my mind and that's been a huge motivation and that's been a new dream of mine," Wie West said.

She said her daughter "really likes to crawl on the green and pick the ball out of the hole. She loves golf balls, so I'm hoping that's a positive sign."

Mexico beats US 1-0 in men' Olympic soccer qualifying



GUADALAJARA (MEXICO), MAR 25 (AP): URIEL Antuna scored following a sloppy giveaway by Sebastian Soto in the 45th minute, and Mexico beat the United States 1-0 at Guadalajara in qualifying for the men's Olympic soccer tournaments.

Both teams already were assured of advancing from Group A to semifinal berths Sunday. The United States finished Group B in second place at 2-1 and will play Honduras, unless Canada beats the Catrachos in Thursday's finale of Group B.

Mexico, the 2012 Olympic champion, won its 14th straight Olympic qualifier dating to 2008 and finished first in Group A at 3-0.

Semifinal winners from the North and Central American and Caribbean region get the final two places in the 16-nation field for the Olympics, to be played from July 21 to Aug. 7 in Tokyo, Kashima, Miyagi, Saitama, Sapporo and Yokohama.

Antuna, a 23-year-old Chivas winger who spent 2019 on loan to the LA Galaxy from Manchester City, picked up a loose ball about 35 yards from goal that Soto mis-hit a

casual backpass following a feed upfield from Henry Kessler.

Antuna took several touches to keep space from Kessler and Mauricio Pineda as he cut to the edge of the arc, then beat goalkeeper David Ochoa with a right-footed shot for his second goal of the tournament.

The U.S. men failed to qualify for the 2012 and 2016 Olympics, a trend that was followed by the failure of the senior national team to qualify for the 2018 World Cup.

Because of the delay caused by the novel coronavirus pandemic, FIFA kept eligibility to players born Jan. 1, 2007, or later. Each Olympic team can use three wild-card players over the age limit.

U.S. coach Jason Kreis made six changes to his starting lineup for the second straight match, giving Kessler at central defense and Soto at forward their first starts and reinserting inserting Ochoa, outside back Andres Herrera, and midfielders Hassani Dotson and Djordje Mihailovic, who started the opening 1-0 win over Costa Rica.

Outside back Julian Araujo, Pineda in central defense, and midfielders Andres Perea, Johnny

Cardoso and Sebastian Saucedo also started the 4-0 victory over the Dominican Republic.

Kreis made a triple substitution in the 61st minute, inserting Jackson Yueill, Jonathan Lewis and Jesus Ferreira, who carried a yellow card from the opener and would be suspended with another.

Hassani Dotson (Taylor Tessman entered in the 76th for Hassani Dotson, who appeared to turn his left ankle. Dotson scored twice against the Dominicans.

Sebastian Jurado replaced Mexico goalkeeper Luis Malagon in the 39th minute after the starter appeared to injury a wrist in a collision.

Clubs do not have to release players for Olympic qualifying or the Olympics, denying most of the best-known players from tournament teams.

In the first game of the doubleheader, Costa Rica routed the Dominican Republic 5-0 in a matchup of eliminated teams. Randall Leal of Major League Soccer's Nashville scored twice, and Manfred Ugalde, Bernald Alfaro and Aaron Salazar had one goal each.

Unfortunately that might be the case: Woakes on possibility of missing Test for IPL final

London, Mar 25 (PTI): England all-rounder Chris Woakes would opt to miss a Test at home should his IPL team Delhi Capitals make the league's final in May as "opportunities" like that won't come easy in his quest to be selected for this year's T20 World Cup in India.

Woakes was retained by DC despite him pulling out of the last edition due to family reasons. He was included in the England squad for the Test series against India but went home after the third game as part of the team's rotation policy without playing a single game.

Delhi had reached the IPL finals in UAE last year and if the team can repeat the show, Woakes may miss the first Test against New Zealand on June 2 at the Lord's. The IPL final is scheduled on May 30.

"If I'm not in the Delhi XI, I'll speak to Ricky (Ponting) and the powers-that-be. Of course I want to play at Lord's, my record there (27 wickets at 11 runs apiece, a career-best 137 with the bat) speaks for itself.

But those Tests were arranged late," the 32-year-old told 'The Guardian'.

Woakes will be joining his Delhi teammates in Mumbai on Sunday ahead of the IPL beginning on April 9 in Chennai. He hasn't been a part of England's T20 squad since 2015.

"England want us to broaden our horizons in the IPL and, at this stage of my career, these opportunities won't keep coming up. If it means missing a Test, that unfortunately might be the case.

"The players are in an awkward position, though. This summer is big, especially with a Test series against India to follow."

Woakes said he eager to repay the faith that Delhi has shown in him.

"Delhi have been loyal to me and I want to repay that. It's my third season in the IPL overall (after spells with Kolkata and Bangalore) and I always come back a better cricketer," Woakes said.

Woakes said he is honing his death bowling skills and also working on his power-hitting to

make it to the T20 World Cup squad to be held in India later in the year.

"I don't want to rule out the T20 World Cup at all, I still see myself as a three-format cricketer," he said.

"I'm looking to work on my variations, death bowling and explore some power-hitting options. Hopefully I can give Morgs (captain Eoin Morgan) and England a reminder of what I can do."

Talking about missing the chance to play against India in the Test series, Woakes said it was a bitter pill to swallow.

"In India, the balance of the team with two spinners made it tricky. But missing the pink-ball Test, that was a bit of a kick in the teeth. Four seamers and I still didn't get a look-in.

"That just about summed up my winter, really. And I feel I made strides in my last few Tests overseas. It's easy to get pigeonholed but I know I've improved here."

India would be touring England for a five-Test series starting August 4.

Spain at risk of another spike in coronavirus infections:

Health Minister
MADRID, MAR 25 (AP): Spain's top health official has warned the country is at risk of another spike in coronavirus infections that has already struck many parts of Europe.

We are facing a decisive moment, Health Minister Carolina Darias said after meeting with Spain's regional health chiefs on Wednesday. We must invert this tendency. We have to intensify our efforts.

Darias says the spread of the more contagious variants is pushing up infections across Spain. A nightly curfew and other restrictions on movement had put a cap on infections until two weeks ago, when the figures started to increase.

Darias made her appeal alongside Interior Minister Fernando Grande-Marlaska, who said police will be extra vigilant to enforce bans on travel between regions and unauthorized social gatherings for next week's Easter holidays.

Our goal is to save lives, says Grande-Marlaska. Also Wednesday, thousands of Spaniards lined up to get AstraZeneca shots again, the latest country to restart the vaccine after its credibility suffered a series of recent setbacks.

Spain reported more than 7,000 infections in the past 24 hours and 320 deaths, increasing the confirmed death toll to more than 74,000.

Philippine leader orders mayors investigated

MANILA, MAR 25 (AP): The Philippine president has ordered at least nine city and town mayors investigated for possible charges after they reportedly jumped ahead of a priority list led by 1.7 million health workers and got injected with COVID-19 vaccine amid a shortage in supply.

President Rodrigo Duterte said in a televised meeting Wednesday night with key Cabinet members that aside from the mayors, the son of an actress also got immunized. He expressed fears that the Philippines may lose the chance to get more donated vaccines arranged by the World Health Organization if its conditions would continue to be violated.

We were told by the WHO country representative, "if you do not follow the list of priority, you might lose the assistance of the WHO," Duterte said. It wasn't followed because I heard even the son of an actress got it. It's always the favored few.

Health Secretary Francisco Duque III reported to Duterte that just slightly more than 508,000 of a total 1.7 million doctors, nurses and other health workers have been immunized and added that only 1.5 million vaccine doses, all donated by China and the WHO, have arrived in the country so far. The government program to inoculate about 70 million adult Filipinos has faced delays, supply problems, public hesitancy and widespread criticism.

China attacks foreign clothing, shoe brands over Xinjiang

BEIJING (AP): Chinese state TV called Thursday for a boycott of H&M as Beijing lashed out at foreign clothing and footwear brands following Western sanctions on Chinese officials accused of human rights abuses in the Xinjiang region.

The ruling Communist Party criticized H&M for saying in March 2020 it would stop buying cotton from the northwestern Chinese region. The Swedish retailer joined other brands in expressing concern about reports of forced labor there.

The party newspaper Global Times also criticized statements by Burberry, Adidas, Nike, New Balance and Zara about Xinjiang as early as two years ago.

"For enterprises that touch the bottom line of our country, the response is very clear: don't buy!" China Central Television said on its social media account. It said the H and M in the Swedish name stood for Chinese words meaning lie and falsehood.

The attacks follow Monday's decision by the 27-nation European Union, the United States, Britain and Canada to impose travel and financial sanctions on four Chinese officials blamed for abuses in Xinjiang.

More than 1 million people in Xinjiang, most of them from predominantly Muslim ethnic groups, have been confined to work camps, according to foreign researchers and governments. Beijing denies mistreating them and says it is trying to promote economic development and stamp out radicalism.

"The so-called existence of



forced labor in the Xinjiang region is totally fictitious," said a Commerce Ministry spokesman, Gao Feng. He called on foreign companies to "correct wrong practices" but did not say what they were expected to do.

Celebrities including Wang Yibo, a popular singer and actor, announced they were breaking endorsement contracts with H&M and Nike.

H&M products were missing from China's most popular e-commerce platforms, Alibaba Group's TMall and JD.com. News reports said they were removed due to public criticism over its Xinjiang statement. The companies didn't respond to requests for comment.

Beijing often attacks foreign clothing, auto, travel and other

brands for actions by their governments or to pressure companies to conform to its official positions on Taiwan, Tibet and other sensitive issues.

Companies usually apologize and change websites or advertising to maintain access to China, one of the biggest global markets. But Xinjiang is an unusually thorny issue. Western brands face pressure at home to distance themselves from possible abuses.

A loss of sales in China, the only major economy where consumer spending has rebounded to above pre-pandemic levels, can be especially painful at a time when U.S. and European demand is weak.

H&M Group "doesn't represent any political standpoint" and "respects Chinese consumers," the company said

on its social media account.

The company said it deals with 350 Chinese manufacturers to make products that "comply with the principles of sustainable development." H&M said it "is committed to long-term investment and development in China."

H&M had 520 stores and \$1.4 billion in sales in China in 2019, the last year for which annual figures have been reported. China is its third-largest market after Germany and the United States.

The criticism began when the ruling party's Youth League on Wednesday called attention to last March's H&M statement on its social media account. It gave no indication why it singled out the company or an explanation for citing a year-old statement. "Spread-

ing lies to boycott Xinjiang while wanting to make money in China? Wishful thinking," the Youth League said.

The Global Times said Burberry, Adidas, Nike and New Balance also made "cutting remarks" about Xinjiang cotton. A separate Global Times report cited what it said was a statement by Zara that it had a "zero-tolerance approach towards forced labor."

H&M's statement last year cited a decision by the Better Cotton Initiative, an industry group that promotes environmental and labor standards, to stop licensing Xinjiang cotton because it was "increasingly difficult" to trace how it was produced. In September, H&M announced it would stop working with a Chinese manufacturer that was accused of

using forced labor in a unit unrelated to the Swedish brand. In January, Washington imposed a ban on imports of cotton from Xinjiang, a major supplier to clothing producers for Western markets.

China's official outrage has focused on Europe, possibly because relations with the EU had been amicable amid rancor with Washington over trade disputes and accusations of Chinese spying and technology theft.

Official criticism of H&M reflected that tone of grievance at being hurt by a friend.

"How can H&M eat Chinese rice and then smash China's pot?" state television said in a commentary Wednesday.

Comments on the internet cited clothing brands Uniqlo of Japan and The Gap of the United States as other possible offenders. It was unclear how many of those accounts were members of the public and how many were run by the ruling party's vast propaganda apparatus.

The pop star Wang's announcement that he was quitting as a Nike "brand ambassador" didn't mention Xinjiang. It said he "firmly resists any words and actions that pollute China."

Others including singer and actress Song Qian, a former member of Korean pop group f(x) who also is known as Victoria Song, and actor Huang Xuan, who announced they would end endorsement contracts with H&M. Actress Tang Songyun said she was breaking ties with Nike.

Chinese athletic shoe brand ANTA announced it was pulling out of BCI, the industry cotton group.

Colorado shooting suspect to make 1st court appearance

BOULDER, COLO. (AP): Hundreds of mourners gathered Wednesday night at a candlelight vigil to remember the 10 people gunned down at a supermarket in a Colorado college town, while the 21-year-old man suspected of carrying out the rampage prepared for his first court appearance Thursday morning.

Ahmad Al Aliwi Alissa has been jailed for investigation of murder since he was arrested inside the King Soopers supermarket in Boulder on Monday and treated at a hospital for a leg wound. He was to hear the pending charges he faces and his rights as a defendant, and he would not be asked for a plea until later in the judicial process.

Alissa was last seen handcuffed and being led out of the supermarket by police. He had removed all clothing except shorts before being taken into custody. A rifle, a green tactical vest and a handgun were recovered inside the grocery store, according to an arrest affidavit.

While most Colorado court proceedings have been conducted by video during the pandemic, District Judge Thomas Francis Mulvahill or-

dered Alissa to appear before him in court unless Alissa waives his right to appear in person in writing. The courtroom will be closed to the public.

More than 500 people bundled in winter jackets and wool hats attended a downtown candlelight vigil Wednesday night to mourn the victims and comfort one another. They observed a moment of silence; violins soothed the crowd; a woman sang "Ave Maria" as candle flames flickered in the crisp air. A star-shaped light usually turned on for the holidays glowed on a mountain overlooking the open square.

Michele Weiner-Davis, a Boulder family therapist, offered the community her words of wisdom.

"Whatever you're feeling, whatever you're thinking, no matter how uncomfortable, it's completely natural," Weiner-Davis said. "Be patient with yourself. Additionally, be just as compassionate with the people in your lives who might also be struggling."

In addition to Officer Eric Talley, 51, the victims are Denny Stong, 20; Neven Stanisic, 23; Rikki

Olds, 25; Tralona Bartkowiak, 49; Suzanne Fountain, 59; Teri Leiker, 51; Kevin Mahoney, 61; Lynn Murray, 62; and Jodi Waters, 65. Leiker, Olds and Stong worked at the supermarket.

Earlier Wednesday, hundreds of people paid their respects during a police procession for Talley as his body was taken to a funeral home in the Denver suburb of Aurora.

Police also announced that people whose cars were left in the supermarket parking lot Monday could retrieve them.

A supermarket employee told the AP she watched as the assailant opened fire and narrowly escaped his notice while joining others in a desperate scramble to get away.

Emily Giffen, 27, was smoking outside the store Monday during a break when she heard multiple loud pops that she knew were not fireworks. She said she saw a man running across an intersection suddenly fall over and another man approach him in a crouch and fire several rounds at close range.

"I don't know how he didn't see us," she said of the suspect, who walked

right by her before she ran into the supermarket and out the back.

"I just really am having a hard time understanding why me and my friends deserve to die," she said, wondering why the gunman chose to target the Boulder store specifically.

According to the arrest affidavit, the suspect bought a Ruger AR-556 pistol — which resembles an AR-15 rifle with a slightly shorter stock — on March 16, six days before the attack. Authorities have not disclosed where the gun was purchased.

According to two law enforcement officials, Alissa was born in Syria in 1999, emigrated to the U.S. as a toddler and later became a U.S. citizen. He would need to be a citizen to buy a gun. The officials were not authorized to speak publicly and spoke to AP on condition of anonymity.

An AR-15-style gun was recovered inside the supermarket and was believed to have been used in the attack, said a law enforcement official briefed on the shooting who was not authorized to speak publicly and spoke to the AP on condition of anonymity.

Hong Kong vaccination drive struggles to gain public trust

HONG KONG, MAR 25 (AP): Hong Kong's sudden suspension of a COVID-19 vaccine developed by Pfizer and BioNTech is another blow to a vaccination program already struggling against a wall of public distrust. Hong Kong on Wednesday suspended use of the Pfizer vaccine, distributed by Chinese pharmaceutical firm Fosun Pharma, after defective packaging such as loose vial lids and cracks on bottles were found in one of two batches of the vaccine.

For now, Hong Kong residents can only get the Chinese-made Sinovac vaccine, which is reported to have an efficacy rate of 62 per cent, compared with Pfizer's 97 per cent. Wariness toward the Sinovac shot has grown after seven people who were vaccinated with it died, though authorities say the deaths were not linked to the vaccine.

When the government launched the vaccination drive in February, 66-year-old Chan Yuet Lin was eager to get inoculated. A mainland Chinese immigrant in the semi-autonomous city, she hoped vaccination would help her eventually visit her family in the Chinese mainland, whom she had not seen since the pandemic began, without enduring onerous quarantines.

But after seeing reports on television that several people with chronic illnesses had died days after having the Sinovac vaccine, Chan decided against getting inoculated. I have high blood pressure, high cholesterol and high blood sugar. Right now with my health condition I don't think I can get the shot, I will wait and see, she said, adding that she planned to seek her doctor's advice at her next appointment.

Since vaccinations began on Feb. 26, about 5.7 per cent of Hong Kong's 7.2 million residents have gotten inoculated a far cry from a goal of vaccinating 70 per cent. The slow uptake trails Singapore's. It started giving COVID-19 shots just days before Hong Kong and has administered vaccines to more than 13 per cent of its population of 5.7 million. The government has expanded the

range of people who can get the shots, allowing those 30 and above after initially prioritizing those 60 and older, and employees from essential industries. It is considering giving the shots to anyone older than 16.

Slow progress on vaccinations could slow the city's economic recovery. Hong Kong is still grappling with coronavirus outbreaks and stringent social distancing measures that are especially hard on bars, restaurants and the tourism industry. The jobless rate climbed to 7.2 per cent in February, the highest level since 2004.

Hong Kong leader Carrie Lam and health officials are urging people to get vaccinated. They insist the shots, including the Sinovac vaccine, are safe. Hong Kong, a former British colony, relies heavily on tourism but has been closed to foreign visitors since March 2020 and Lam has said social distancing precautions and border controls can only be relaxed after most people have gotten the shots.

If we can't control the epidemic, there's nothing we can do about the economy, she told lawmakers last week.

Hesitancy toward the vaccines partly reflects growing mistrust of the government, as Beijing has asserted growing influence following months of anti-government protests in 2019. Authorities have arrested and jailed dozens of pro-democracy activists under a tough new national security law. Some residents are worried by the seven deaths that occurred after Sinovac shots.

According to the government, none of the deaths are related to the vaccine. Most of the patients had cardiovascular conditions, so there must be some association, but the government seems to be trying to dissociate it, said Belinda Lin, a Hong Kong resident in her 30s.

It's an issue of responsibility, the willingness to take responsibility I haven't seen this yet, said Lin, who does not plan to get the vaccine as she says there is a lack of studies showing long-term effects.

| | | | |
|--|----------------|-------------|-------------|
| CONTACT SUMMIT TIMES REPORTERS NAMCHI 9832048410, | 9775736596 | 9832612485/ | 9832082664, |
| | SINGTAM | 9434011213 | 9832424750, |
| | 7699771651 | GANGTOK | 8768664251 |
| | MANGAN/ DIKCHU | 8016270440, | 9832470000 |



KEEPING UP! The reality star-businesswoman, Kim Kardashian looks stunning as she leaves a meeting in Los Angeles.

'Nomadland' wins PGA Award, cementing front-runner status

NEW YORK (AP): Chloé Zhao's "Nomadland" cemented its Oscar front-runner status Wednesday, winning the top award at the 32nd annual Producers Guild of America Awards. "Nomadland," Zhao's recession-era portrait of itinerant people in the American West, is only the second film directed by a woman to win the producers' Darryl F. Zanuck award for outstanding producer of a motion picture. The other was Kathryn Bigelow's "The Hurt Locker" in 2010.

In a delayed, virtual and very long awards season that has marched along during the pandemic with little of the usual pomp, declaring a clear front-runner has been challenging. But if any film could claim that mantle, it's "Nomadland," winner of the Golden Globe best picture award for drama. Zhao, too, is considered the favorite for best director. If she does win, she would only the second female director to do so, again after Bigelow.

"Nomadland," made for less than \$5 million and with many nonprofessional actors, is an unusually low-budget winner for the PGA honor, which has traditionally gone to larger-scale productions.

"In a year where we have been all been

leading such isolated lives and movies felt so vital, we are proud to have produced a film about community and what connects us," said producer Peter Spears, accepting the award in a taped message.

The PGA Awards are watched especially closely as an Oscar bellwether. The producers use the same preferential ballot as the film academy, and their best-picture fields often nearly mirror each other. This year, the producers nominated a few movies the academy passed over for best picture ("Borat Subsequent Moviefilm," "One Night in Miami," "Ma Rainey's Black Bottom") while skipping one that landed the Oscar nomination: "The Father."

In the 11 years since the Oscars expanded the best-picture category, the two groups have picked the same winner eight times. They differed last year, when the guild chose "1917" and the academy crowned "Parasite"; in 2017, when "La La Land" triumphed with the PGA and "Moonlight" won the Oscar; and in 2016, when the "The Big Short" topped the producers' awards and "Spotlight" won the Academy Award. Other awards went to Pixar's "Soul" for animated film and "My Octopus Teacher" for documentary.

UK court rejects Depp bid to appeal 'wife beater' ruling

LONDON (AP): A British court on Thursday refused Johnny Depp permission to appeal a judge's ruling that he assaulted ex-wife Amber Heard.

Two Court of Appeal judges said the Hollywood star cannot challenge the High Court's rejection of his libel lawsuit against publisher of The Sun newspaper for labeling him a "wife beater" in an article.

The justices, James Dingemans and Nicholas Underhill, said the earlier court hearing was "full and fair" and the trial judge's conclusions "have not been shown even arguably to be vitiated by any error of approach or mistake of law."

They concluded that "the appeal has no real prospect of success and that there is no other compelling reason for it to be heard."

High Court Justice Andrew Nicol ruled in November that allegations against Depp, made in a April 2018 article, were "substantially true." The judge ruled that Depp, 57, assaulted Heard, 34, on a dozen occasions and put her in fear for her life three times.

Lawyers for Depp argued at a court hearing last week that Depp hadn't received a fair hearing and that Heard was an unreliable witness. As evidence of her unreliability, they claimed that Heard hadn't kept her promise to donate her \$7 million divorce settlement to charity.

The appeals judges said it was "pure speculation, and in our view very unlikely" that the fate of the divorce money influenced judge Nicol's decision.

"It is clear from a reading of the

During the trial Depp acknowledged wide-ranging drug problems, but accused Heard of making up abuse allegations and insisted he was "not a violent person, especially with women."



judgment as a whole that the judge based his conclusions on each of the incidents on his extremely detailed review of the evidence specific to each incident," they said.

"In an approach of that kind there was little need or room for the judge to give weight to any general assessment of Ms. Heard's credibility."

The High Court ruling came after a three-week trial in July, in which Depp and Heard gave conflicting accounts of their brief, tempestuous marriage.

Pierce Brosnan boards Dwayne Johnson-starrer 'Black Adam'

LOS ANGELES, MAR 25 (PTI): Former James Bond star Pierce Brosnan is the latest addition to the cast of Dwayne Johnson's "Black Adam" movie.

The antihero film is a spin-off to Warner Bros and New Line Cinema's "Shazam!" that featured actor Zachary Levi. Johnson is playing the titular part in the movie, which will be directed by his "Jungle Cruise" director Jaume Collet-Serra.

Brosnan, 67, has been cast in the role of Dr Fate, a member of Justice Society, Johnson said in a post on Instagram. "Mr @PierceBrosnanOfficial as the iconic and all knowing DR. FATE. I'm grateful to have such a talented,

diverse and hungry cast. The hierarchy of power in the DC Universe is about to change..." the actor said.

The movie will also feature Aldis Hodge as Hawkman, Noah Centineo as Atom Smasher, and Quintessa Swindell as Cyclone.

Rory Haines and Sohrab Noshirvani wrote the latest draft of the script, from a previous draft by Adam Szytkiel.

Johnson is also producing the movie with Dany Garcia and Hiram Garcia through their Seven Bucks Productions, and Beau Flynn through Flynn-PictureCo.

The project will start production in April in Atlanta, Georgia.

Chrissy Teigen deletes Twitter account, citing negativity

LOS ANGELES (AP): Chrissy Teigen has deleted her popular Twitter account, saying the site no longer plays a positive role in her life.

"For over 10 years you guys have been my world," Teigen wrote to her 13.7 million followers Wednesday night. "But it's time to say goodbye. This no longer serves me as positively as it serves me negatively, and I think that's the right time to call something."

Teigen's account was popular for its mix of jokes about her husband John Legend and their children, their playful banter on the site, funny observations about assorted topics and fierce retorts for those she disagreed with or who criticized her. That reputation is at odds with who she really is, the model and cookbook author wrote.

"My life goal is to make people happy," she wrote. "The pain I feel when I

don't is too much for me. I've always been portrayed as the strong clap back girl but I'm just not." Last year, Teigen shared the heartbreak of a miscarriage on the site, posting an anguished picture of her in the hospital. Another image showed her and Legend grieving over a bundle cradled in her arms.

While her candor about the loss of their son won praise, some criticized her for putting such painful moments on social media. She wrote Wednesday that she's experienced so many attacks from low-follower accounts that she's "deeply bruised."

In one of her final posts, she told her followers to "never forget that your words matter."

Teigen's Instagram account, with more than 34 million followers, remains active as does Legend's Twitter account, with 14 million followers.

Mira Nair to helm 'National Treasure' series for Disney Plus



LOS ANGELES, MAR 25 (PTI): Celebrated filmmaker Mira Nair is set to direct a series based on Nicolas Cage-starrer "National Treasure" films. The rebooted series, which comes from the films' producer Jerry Bruckheimer and original writers Marianne and Cormac Wiberley, has been officially ordered at streamer Disney Plus, reported Deadline.

The new show explores the timely issues of identity, community, historical authorship and patriotism.

It will be told from the point of view of Jess Morales, a twenty-year-old DREAMer who, with her diverse group of friends, sets off on the adventure of a lifetime to uncover her mysterious family history and recover lost treasure. Jess Morales is taking the torch from Benjamin Gates, the character that Cage played in the original 2004 movie and its 2007 sequel "National Treasure: Book of Secrets".

The Wiberleys serve as executive producers with Jerry Bruckheimer Television, with ABC Signature as the studio.

The development of the new series has been on parallel tracks with the long gestating threequel in the franchise, which brought in Chris Bremner as writer in January 2020. Nair, known for movies such as "The Namesake", "Monsoon Wedding" and "Queen of Katwe", most recently directed the BBC series "A Suitable Boy".

Aries: Sometimes, things fall into place seamlessly. At other times, you need to put in a little bit of effort. Where are you on your journey, Aries? Why are you letting the dark clouds kill your mojo? The cards are letting you know there is a way. There is another way. Bring the gift of mutual understanding into the equation in order to work things out.

Tip: Bring the gift of mutual understanding into the equation.

Taurus: Not every connection is meant to last forever. Some people come into a life for only a season, and that's okay. It's important to recognise when a connection has served its purpose in your existence and let it go with love. Detachment isn't always easy for you, given you are an earth sign. Consider this as an important karmic lesson that is enabling your soul to evolve to the next level.

Tip: Let go with grace. Trust that you're doing what's right for you at this moment.

Gemini: This is a rare and precious connection, one that has been brought into your life by way of divine orchestration. Don't turn your back on them, Gemini. Find a way to bridge the gap instead. Trust that the forces

are working with you to help restore the balance and harmony that you've been longing for. Single twins are being reminded that all is not lost. No, you're not going to spend the rest of your life like a hermit. Remembering Roald Dahl's golden words should get you through the blues: "Those who don't believe in magic, will never find it."

Tip: Find a way to bridge the gap.

Cancer: What you're about to experience, dear Cancer, is a classic case of 'life has other plans'. Yes, we're talking about a suitor who's oh-so-special. Somebody you truly feel that soul-to-soul connection with. Word for the wise: Stay open. Those who are already committed will find that this is a magical time. You and your beloved could be thinking about starting a life together. This could manifest as a geographical shift for some.

Tip: There's magic all around you.

Leo: Leo, you may find yourself in a catch-22 situation with your beloved. There's a feeling that no matter what you say or do, it could be used against you. Word for the wise: become aware of the triggers, both yours and theirs. Instead of saying or doing something that could potentially hurt them, be the bigger person. Yes, that means bringing love, compassion, and gentleness into

the equation.

Tip: Bring love, compassion, and gentleness into the equation.

Virgo: Virgo, it's time to ask yourself an important question: why are you choosing to invest in this relationship? Remember, the past is not a good indicator of whether or not things will work out. Bring yourself back to the now. Assess how things are at this moment. This will empower you to make the right decision. On the upside, those flying solo could manifest a magical connection. Yes, we're talking about somebody who's a storyteller at heart and inspires you to make the world a better place.

Tip: Make your decisions based on how you are feeling in the present moment.

Libra: Libra, you're stepping into a beautiful phase of your life—a time of finding a balance between action and inaction, doing and non-doing. As a manifestor, you understand that your job is merely to set an intention and take the first step. And then, what is meant to be yours will find a way to flow into your existence. PS: Your world is becoming living, breathing proof of your receptivity.

Tip: Allow what is meant to be yours into your existence.

Scorpio:

You've been trying your best to keep things together, yet everything seems to be falling apart. Instead of taking this catastrophe personally, understand what it is trying to tell you. Yes, there are cracks in this foundation. Cracks that need your love and attention. But there's no crisis you cannot solve when you're working together. Word for the wise: give yourself the permission to lean on your special someone.

Tip: There are cracks in the foundation that need your love and affection.

Sagittarius: Every big success story is preceded by many, many failures—and yours is no exception to the rule, Sagittarius. Today, you're looking back at all the failed efforts with pride as they helped you polish your skills and become the person you are now. What the cards want you to remember: the effort you're putting in today will yield magnificent results tomorrow. Continue to be persistent.

Tip: Your efforts will yield magnificent results.

Capricorn: It's funny how we fear joy and worry about its transient nature when it is in fact our natural state of being—an indicator that we are in alignment with the cosmic plan. Breathe out the worry and breathe in the joy and

abundance that is being showered upon you in this moment. While you're at, take a moment to assess the relationships that are a source of happiness. It's time to send out a prayer of gratitude, Capricorn, as you direct your energy towards nurturing these bonds.

Tip: It's all about joy and happiness in the Capricorn HQ.

Aquarius: Everything has a special place and purpose in our lives. We may not know what the purpose is at that moment, however, we know that something higher than us is creating an environment for us to grow and evolve. Today, you're looking back at everything that transpired: the good, the bad, and the ugly, with gratitude. You understand that each of these experiences contributed to your awakening process.

Tip: You're grateful for the good, the bad, and the ugly.

Pisces: It is the muddy water that holds space for the lotus to blossom. Similarly, your life conditions, no matter how tragic they seem, are holding space for you to become a better person. Honour and acknowledge them as learning lessons, Pisces. Let what has served its purpose go with love. You are being protected in each moment and reminded of the truth that 'this too shall pass'.

Tip: Your life conditions are holding space for you to become a better person.