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SummitTIMES

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ON TOP OF THE NEWS

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Sikkim's COVID-death tally rises to 13

**SUMMIT REPORT
GANGTOK, 12 SEPT:**

A day after Sikkim registered three COVID-19 deaths on Friday, today, two more casualties fell to the virus in the State. Sikkim's count of COVID-19 fatalities now stands at 13. The lives lost today were in the younger age bracket with one aged 37 and the other 40.

A 40-year-old male working as a cook in the Army at Chaten in North Sikkim was brought dead to STNM Hospital, it is informed. When screened, he tested positive for Novel Coronavirus.

The second casualty of the day was a 37-year-old male who had been admitted to STNM Hospital on 08 Sept and passed away today.

Details of the cases will be provided in Sunday's health bulletin, it is informed.

Diesel price dips below Rs 73, petrol rate cut for 2nd time in six months

NEW DELHI, SEP 12 (PTI): Diesel price on Saturday fell below Rs 73 a litre mark while petrol saw a second reduction in rates in six months, according to state-owned fuel retailers. While petrol price was cut by 13 paise per litre on Saturday, diesel rates dropped by 12 paise, price notification of state-owned fuel retailers said.

Petrol price in the national capital fell to Rs 81.86 a litre from Rs 81.99 per litre. This is the second reduction in rates in three days.

Petrol price was for the first time cut in six months on September 10 when rates were reduced by 9 paise a litre. Diesel price fell to Rs 72.93 per litre in the national capital from Rs 73.05.

Diesel rates had seen their first reduction since mid-March on September 3. Since then, rates have fallen by 63 paise.

The September 3 was the first reduction in diesel price since mid-March when Indian Oil Corp (IOC), Bharat Petroleum Corp Ltd (BPCL) and Hindustan Petroleum Corp Ltd (HPCL) froze rates for 82 days to adjust a record hike in excise duty on auto fuels against falling benchmark cost.

Diesel rates had gone up by Rs 12.55 a litre between June 7, when oil firms resumed revising prices in line with cost, and July 25. Diesel price has remained unchanged in the country since July 25, except in Delhi where a reduction in VAT lowered the rate by Rs 8.38 per litre.

Contract workers at SBL Pharma launch protest demanding containment wages

Order instead of advisory from Labour Dept could help, says management

**SUMMIT REPORT
GANGTOK, 12 SEPT:**

Contract workers at SBL Pvt Ltd, a pharma unit at Majhitar near Rangpo here, are sitting in protest at the unit demanding at 50% of their wages for days of work lost during the time that the factory was contained.

Speaking to Summit-Times over the phone, workers at the spot expressed their disappointment over the fact that the management was ignoring an advisory issued by the Labour Department. When the unit was closed from July-end till 18 August, the labour department had issued an advisory suggesting that the management consider paying wages at least at 50% of what was due to the workers.

The management decided that it could not af-



ford to pay the workers. The disappointed workers, while pointing out that most other pharma units have paid 50% of the wages to contract workers, stress that their

own expenses have not gone down and in the absence of any assistance, this denial was breaking their backs.

In their demand, the workers also have the

support of their labour contractor, Yankee Tamang, who agreed that they should be paid and added that her role in this was also limited. She has appealed to the man-

agement to consider the demand and abide by the labour department advisory.

The protesting workers meanwhile rue that this problem

would not have arisen if the government had issued an order instead of sending an advisory which is not binding.

The management of the Sikkim unit of SBL

Pharma unit at Majhitar also said that an "order" from the state government instead of an advisory will clear the decks for release of wages to contract workers for work-days lost in August to containment.

Speaking to Summit-Times, the management here informed that they had written to the head office about the matter and had been told that the company could not pay this amount. They added that the company had paid wages for April and July even for the period that the facility was closed but now the head office has said it was unable to do so.

They did however point out that if the government was to issue an order on the wages instead of an advisory, the head office will have to obey.

With 29 new COVID cases, Sikkim total count rises to 2,055

**SUMMIT REPORT
GANGTOK, 12 SEPT:**

Twenty-nine fresh cases of novel coronavirus were reported in Sikkim in the 24 hours ending 8 AM Saturday taking the total number of COVID-19 cases detected in the state to 2,055, of which 541 are active cases. Among the news cases is a two-day-old baby born at STNM Hospital whose mother had tested positive earlier. Also on Saturday, two more COVID-deaths were recorded in the State.

Out of the 29 new cases, 22 are from in East District, two from West District and five in South Sikkim.

In the daily health bulletin, Health Department State IEC Officer, Sonam G Bhutia informed that 21 cases were detected in testing of 217 samples by RT-PCR at the VRD Lab on Friday, while eight cases were picked up in rapid antigen testing of 31 samples. The 22 samples tested by TrueNat, all returned negative.

In the break-up of new cases detected in RT-PCR, Mr Bhutia informed that a two-day-old child admitted in the pediatric ward in STNM hospital positive for COVID-19 in RT-PCR screening; one person from above Shiv

Mandir area in Namrang [Gangtok], one primary contact from the containment zone in Tibet Road [Gangtok], one from near Bakthang falls in Burtuk [Gangtok], one from Deorali [Gangtok] and two primary contacts from the containment zone at Metro Point, Tadong [Gangtok].

He added that one person from PNG Road [Gangtok], two from the containment zone at Sisa Golai [Gangtok], one from Pakyong, one from Barpeepal, Sichey [Gangtok], two health workers from the Railway guest house quarantine facility [Gangtok] and one from above CS Rai Second-

ary School in Arithang [Gangtok] were also found COVID-19 positive in RT-PCR testing.

Likewise, one primary contact from Chisopani [South Sikkim], one staff of the Central Referral Hospital, Tadong from Tathangchen [Gangtok], a patient from Rongneck admitted in the CRH [Gangtok], an ITBP personnel from Metro Point Tadong camp [Gangtok] admitted in the CRH, one person from Sakyong Gyalshing and one SSB personnel from Kyongsa were also reported positive for COVID-19 in the RT-PCR testing, he added.

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Over 1 lakh cancer patients treated in TN since March

Chennai, Sept 12 (PTI): The Tamil Nadu government has helped provide cancer-related medical treatment to over 1.30 lakh people in government hospitals and government medical college hospitals across the state since March, Health Minister Dr C Vijaya Baskar said on Saturday.

Also, about 250 cancer patients, who had tested positive for COVID-19, were treated, he said.

Of the total 1,31,352 cancer patients who were provided treatment till date, 48,647 were admitted to hospitals.

turn to pg 02

Record spike of 97,570 infections pushes India's COVID caseload to 46,59,984

NEW DELHI, SEP 12 (PTI): India's COVID-19 caseload raced past 46 lakh with a record 97,570 infections being reported in a day, while 36,24,196 people have recuperated so far taking the national recovery rate to 77.77 per cent on Saturday, according to Union health ministry data.

The total number of coronavirus cases has mounted to 46,59,984, while the death toll climbed to 77,472 with 1,201 people succumbing to the infection in a span of 24 hours, the data updated at 8 AM showed. The COVID-19 case fatality rate due to the coronavirus infection has further dropped to 1.66 per cent.

There are 9,58,316 active cases of COVID-19 in the country which comprises 20.56 per cent of the total caseload, the data stated. India's COVID-19

tally had crossed the 20-lakh mark on August 7, 30 lakh on August 23 and it went past 40 lakh on September 5.

The country has registered over 95,000 cases for the third consecutive day. According to the Indian Council of Medical Research (ICMR), a cumulative total of 5,51,89,226 samples have been tested up to September 11 with 10,91,251 samples being tested on Friday.

Of the 1,201 new deaths, 442 were reported from Maharashtra, 130 from Karnataka, 77 each from Andhra Pradesh and Tamil Nadu, 76 from Uttar Pradesh, 63 from Punjab, 57 from West Bengal, 30 from Madhya Pradesh, 26 from Chhattisgarh, 25 from Haryana, 21 from Delhi, 16 each from Assam and Gujarat, 15 each from Jharkhand and Raj-

asthan and 14 each from Kerala and Odisha. Twelve fatalities each have been reported from Bihar and Puducherry, 11 from Uttarakhand, 10 from Telangana, nine each from Jammu and Kashmir and Tripura, eight from Goa, five from Himachal Pradesh, four from Meghalaya, three from Chandigarh, two from Ladakh while Arunachal Pradesh and Sikkim have registered one fatality each.

Of the total 77,472 deaths, Maharashtra has reported the highest at 28,724 followed by 8,231 in Tamil Nadu, 7,067 in Karnataka, 4,779 in Andhra Pradesh, 4,687 in Delhi, 4,282 in Uttar Pradesh, 3,828 in West Bengal, 3,180 in Gujarat and 2,212 in Punjab. So far, 1,691 people have died of COVID-19 in Madhya Pradesh, 1,207 in Rajasthan, 950 in Telangana, 932 in Haryana,

854 in Jammu and Kashmir, 797 in Bihar, 605 in Odisha, 532 in Jharkhand, 519 in Chhattisgarh, 430 in Assam, 410 in Kerala and 388 in Uttarakhand.

Puducherry has registered 365 fatalities, Goa 276, Tripura 182, Chandigarh 86, Himachal Pradesh 71, Andaman and Nicobar Islands 51, Manipur 44, Ladakh 38, Meghalaya 24, Nagaland and Arunachal Pradesh 10 each, Sikkim eight and Dadra and Nagar Haveli and Daman and Diu two. The health ministry stressed that more than 70 per cent of the deaths occurred due to comorbidities.

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

Delhi HC reduces number of benches holding physical hearings as COVID-19 cases rise

NEW DELHI, SEP 12 (PTI): The Delhi High Court on Saturday said it has reduced the number of benches that would be holding physical hearings due to the “alarming” rise in COVID-19 cases in the national capital and majority of lawyers preferring virtual hearings.

According to a note issued by the office of Registrar General Manoj Jain, a full court of the judges of the Delhi High Court deliberated on continuing with physical hearings, which were started from September 1, and decided not to discontinue them completely.

The full court decided that physical hearings would be conducted each day, from September 15 onwards, by one division bench and two single judge benches on rotation.

Till now, two division benches and three single judge benches were holding physical courts on rotational basis.

The decision was taken on the basis of statistics, submitted before the full court by the Registry, which indicated that around 94 per cent of the advocates had indicated their preferred mode of hearing as ‘virtual’ mode on the designated mentioning link/e-filing module of the High Court.

“Most of the advocates, whose matters were listed before the benches constituted for physical hearing, expressed their inability, reluctance or unwillingness to appear physically and that requests, in large number, were received for taking up the matters through video conferencing.

“The physical appearances were largely before the single benches, exercising criminal jurisdiction whereas the appearance before the other benches was relatively low,” the note said.

It also said that the full court “also noted that the number of COVID-19 cases has been rising alarmingly in the NCT of Delhi”.

It further said that regular medical camps were organised in the high court as well as district courts for testing and the results revealed that 45 officials of the high court (including contractual and outsourced staff) and 192 officers/officials of district courts have already contracted COVID-19.

“The UCO Bank situated in the high court building had been shut down recently as its three bank officials tested positive,” it added.

Delhi High Court Chief Justice D N Patel had recently said, during a hearing, that physical hearings would not be stopped completely and would be continued slowly.

“Once things have started in this high court, they are not going to be stopped. We will not start and close like the other high courts,” the chief justice had said.

Phase-3 wait long, give Covid vaccine in Stage 2 to health staff: Assam

GUWAHATI, 12 SEPT: The Assam government has asked the centre to administer coronavirus vaccine in stage 2 trials to frontline health workers if the efficacy of the vaccine is established.

Assam Health Minister Himanta Biswa Sarma today suggested the vaccine can be administered to health workers to begin with, and that can in turn be also counted as stage 3 trials.

He said the COVID-19 situation in Assam remains a cause for concern.

“In September, we have seen positivity rate going up by 1.5 per cent. It was 5.5 per cent and now it has gone above 7 per cent. Deaths have increased; mortality rate was 0.22 per cent. Today, it is 0.31 per cent. It’s a matter of concern,” Mr Sarma said.

“We are trying to convince people to abide by COVID-19 norms. The evolving situation is a matter of great concern. I will request the centre to please allow the vaccine even at stage 2 trials.

Advisor and Chairman appointments a burden on state exchequer: Nawin Kiran

SAGAR CHETTRI GANGTOK 12 SEPT: Sikkim Subject Committee vice-convenor, Nawin Kiran Pradhan alleged that the recent appointments of Advisors, Chairpersons and Additional Political Secretaries have put extra burden on the State exchequer. On the same, he further alleged that Parivartan has taken place in the State, not for the general public but just for a certain section of the society.

Addressing a press conference here today, he alleged that the State government has failed to fulfill its promises made to the people during the election. He added that promises made to ad-



hoc teachers, OFOJ employees, home guards and others have remain promises. Likewise, Mr Pradhan mentioned that his 100-day ultimatum given on 05 August on the appointment of 1600 employees in different departments and PSUs in the State government from May 2019 to June 2020 will end on 18 November.

On the same, he reiterated that the government should cancel these appointments and call fresh interviews for all these posts. He said he will approach the court on the issue after the end of his 100-day ultimatum to set a precedence and

therapy in early stages of COVID-19 infection has shown good results in Assam. Till now, Assam has given plasma therapy to 1,304 patients.

In September first week, the state recorded 30,000 new cases, thus by the end of the month the state is worried that

at least 90,000 could get infected. Assam’s per million tests has gone up to 80,000; the state has tested about 27 lakh samples.

“The death rate is highest in Kamrup Metro district, which is Guwahati city and adjoining areas. Confirmed COVID-19

deaths in Kamrup Metro is 90. There are still three districts in Assam out of the total 33 that have not reported any deaths,” Mr Sarma said.

Assam till Friday reported a total of 430 coronavirus fatalities. The total cases in the state were 1,38,339 till Friday.

Mr Sarma earlier this week said deaths after treatment for coronavirus infection were also rising. He said though there is no clear data, the government estimates that many who have been treated for COVID-19 and who showed negative results went on to develop complications like fibrosis, adding they had to return to hospitals.

A majority among a thousand people are estimated to have died due to post-COVID-19 complications, but they have not been included in coronavirus fatalities data since the complications developed after they turned negative, the Health Minister told reporters in Guwahati.

SKM holds 2nd social media coordination webinar



SUMMIT REPORT GANGTOK, 12 SEPT: Sikkim Krantikari Morcha [SKM] social media conducted its second social media coordination webinar with SKM’s South-West District representatives and CLC social media executives today, a press release informs.

The webinar featured Advisor IPR cum Vice President Social Media & Press Publicity, Birendra Tamling, Confidential Secretary to CM cum Chief Coordinator Social

Media, Bikash Basnet and CEC Social Media Executives.

The webinar session also featured Political Secretary to CM cum Party Spokesperson, Jacob Khaling Rai who provided valuable suggestions to the participants.

The primary objective of the webinar was to promulgate IT and Digitization in Sikkim as envisioned by CM, PS Golay, to strengthen online communication within SKM, the release mentions.

Tokal Bermiok-Singtam road cut off due to heavy landslides



SUMMIT REPORT GANGTOK, 12 SEPT: Heavy rainfall triggered landslides in Tokal Bermiok in South Sikkim on Friday. The road between Tokal Bermiok and Singtam has been damaged by landslides and it is likely to take a few days to open the road for vehicular movement, a press release informs.

Sikkim Krantikari Morcha’s [SKM] CLC president, Temi Namphing, Gopal Chettri along with Chief Engineer, Additional Chief Engineer,

Additional Engineer, Junior Engineer Road and Bridge Department, and Party Youth visited the affected sites.

The visit was made under the guidance of the Chief Minister wherein the CLC president urged the department to restore the road as soon as possible as the road is the only lifeline of the residents of Tokal Bermiok for commuting. The Chief engineer has assured that the restoration work will be done within a week.

HAVE A STORY TO SHARE?
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NMC sanitizes Govt offices in Namchi



NAMCHI, 12 SEPT (IPR): As part of weekly cleanliness drive, the staff of Namchi Municipality Council (NMC) under the supervision of MEO, Lakpha Galypo Sherpa carried out sanitization of various Government offices, today.

The sanitation com-

menced from NMC premises and covered the offices of Namchi Block Administrative Centre, District Child Protection Unit, and later culminated at the building of Information and Public Relations Department under the supervision of DIO (South), Deepti Pradhan.

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Over 1 lakh ...

In a press release here, the Minister said efforts were being taken to provide uninterrupted medical care to cancer patients during the COVID-19 pandemic.

As many as 2,191 patients underwent surgery, including for breast cancer.

While 27,721 people underwent chemotherapy, 11,678 took radiation therapy, and 6,664 received treatment through pain and palliative care units.

The state government’s 102 vehicle service was utilised to shift patients from their homes to the hospitals and back after treatment during the COVID-19 lockdown.

“This has facilitated uninterrupted treatment for the patients during the lockdown period. About 1,396 patients benefited through the vehicle service from March till date,” the Minister said.

With 29 new...

In the break-up of Rapid Antigen Testing results, he mentioned that an employee of CIPLA in Kumrek and one from Namthang in South Sikkim tested positive at Singtam District Hospital.

He added that one person from Baiguney in West Sikkim, three health workers from Majhigaon, Jorethang and one from Shantinagar in Jorethang were also found positive in RAT.

Meanwhile, 17 more patients have won their battle against the novel coronavirus and were discharged from isolation facilities on Friday after making full recoveries taking the figure of recovered & discharged patients of COVID-19 to 1,503.

NGT directs...

Dubey’s plea had contended that the companies deliver items in cardboard boxes, which are too large as compared to the size of the items being delivered.

“To ensure that the sold items do not move around in the outsized boxes, they wrap the items in multiple layers of plastic sheets and plastic bubble wraps and thereafter fill the large empty spaces in the boxes with additional sheets of single-use plastic,” it had said.

Once goods are delivered, the plastic waste is thrown away in garbage and it ends up at landfill sites, leading to a burden on the earth and damaging the environment, it said.

“Single-use plastic has emerged as one of the biggest environmental challenges for our planet. It is cheap, useful, ubiquitous and very deadly.

“The fact that it’s non-biodegradable and is recycled in very small percentages means that our planet with passage of time is becoming a big dumping ground for single-use plastic, which breaks down into smaller fragments known as microplastics and then contaminates soil and water,” the petition had said.

~ SummitTIMES ~ CLASSIFIEDS

GENERAL LAND FOR SALE

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

Contact: 9800201335

LAND FOR SALE

A land measuring an area for 50x32 1/2 at Road-side just below housing colony is for sale. It is just a one minute walking distance from Namchi bazaar taxi stand. Interested party may contact 9593373387 and 9434406761

LAND FOR SALE

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



ITANAGAR, SEP 12 (PTI): Arunachal Pradesh’s COVID-19 tally mounted to 5,825 as 154 more people, including three security personnel and two health workers, have tested positive for the disease, an official said on Saturday.

The death toll rose to 10 in the northeastern state after a 38-year-old woman succumbed to the infection, State Surveillance Officer Dr L Jampa said.

“The woman was working at the Ramakrishna Mission Hospital here and admitted to a COVID Health Centre at Midpu after she had tested positive for the disease on September 6.

She was suffering from respiratory distress

syndrome,” he said.

The patient was shifted to a COVID Hospital at Chimpu near here on Thursday after her health condition deteriorated.

She died on Friday, Jampa said.

Of the fresh cases, 70 were reported from the Capital Complex region, 18 from Papumpare, 10 each from East Siang and West Siang, nine from Lower Subansiri, six from Changlang, and five from Leparada, he said.

Four new cases each were also reported from Kurung Kumey, Upper Siang and Lower Dibang Valley, three each from Lower Siang and Lohit, two each from Upper Subansiri and East Kameng and one each from

Namsai, Tawang, West Kameng and Siang districts, the official said.

“Three ITBP personnel in Lohit district tested positive for the infection, while two health workers from Tawang and West Siang are diagnosed with the disease,” Jampa said.

At least 121 people were cured of the disease and discharged from hospitals on Friday, taking the number of recoveries to 4,126 in the state, he said.

The recovery rate among COVID-19 patients in the state now stands at 70.83 per cent.

Arunachal Pradesh now has 1,689 active cases, Jampa said.

The Capital Complex region, comprising Itanagar, Naharlagun, Nirjuli and Banderdewa areas, has the highest number of active COVID-19 cases at 405, followed by West Siang at 219, Papumpare at 184, East Siang at 148, Tirap at 89 and West Kameng at 84, he said.

The state has so far tested over 2.01 lakh samples for COVID-19, including, 3,299 on Friday, the official added.

Odisha re-ports 3,777 new CO-VID-19 cases, 11 more deaths

BHUBANESWAR, SEPT 12 (PTI): Odisha's COVID-19 tally mounted to 1,46,894 on Saturday with 3,777 more people testing positive for the disease, while 11 fresh fatalities pushed the state's death toll to 616, a health department official said.

Three deaths were reported in Cuttack, two in Khurda, and one each in Bolangir, Jajpur, Kandhamal, Keonjhar, Nayagarh and Rayagada, he said. Of the 3,777 new cases, 2,191 were recorded in various quarantine centres, and 1,586 detected during contact tracing.

Khurda district, of which state capital Bhubaneswar is a part, registered the maximum number of fresh cases at 815, followed by Cuttack at 368.

Odisha currently has 34,163 active cases, while 1,12,062 people have recovered from the infection. Fifty-three COVID-19 patients have died in the coastal state due to comorbidities, the official said.

As many as 23.74 lakh samples have been tested so far, including 50,979 on Friday, he added.

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Jorethang NGO distributes essentials in South Sikkim

SUMMIT REPORT GANGTOK, 12 SEPT:

Newly formed Jorethang based NGO named "Helping Hands Organisation" (HHO) distributed essential commodities to the needy families of Mamley and Kamrang under Poklok-Kamrang

Constituency in South Sikkim today, a press release informs.

They distributed various essential items like, Rice, Oil, Salt, Onion, Aata, Sugar, Haldi, Chapati, Mask and Sanitizer to the people of Mamley and Kamrang. At least 30 families were provided the materials.

Italy shaken up by brutal beating death of young Black man

ROME (AP): Hundreds of people in Italy walked in a funeral procession Saturday for a young Black man whose brutal beating death has shaken up the country and drawn condemnation from the highest levels of government.

Premier Giuseppe Conte and Italy's interior minister attended the funeral of 21-year-old Willy Monteiro Duarte, who was killed during a fight in Colleferro, a city on the outskirts of Rome, in the early hours of Sept. 6.

Four Italians have been arrested, including a pair of brothers with police records, but to date prosecutors haven't indicated if the slaying was racially motivated.

Italian news reports have quoted witnesses as saying Monteiro Duarte, who was born in Rome and whose family is from the African island nation of Cape Verde, intervened while seeing a friend get beaten up in the fight and was then fatally beaten himself.

The funeral proces-

sion featured hundreds of people, most wearing white shirts and face-masks, walking toward the sporting stadium where Monteiro Duarte was honored and then clapping in respect as his casket was carried out. It was a strong show of solidarity for the young man, who was described as hard-working and up-standing by those who knew him.

Italy's premier has displayed dismay over Monteiro Duarte's death. He called the family to

express his condolences. In a statement, Conte demanded justice and asked rhetorically what it means that someone could be killed in Italy for having tried to help a friend.

"Will we tell our children to turn their heads away? Not to intervene to quell disputes or to try to protect weaker friends or friends in obvious difficulty," Conte said. "I don't think this can be the answer or the way forward. Rather, we must multiply our efforts in ev-

Garlic for Long, Lustrous Locks

SHAHNAZ HUSAIN

In your home and right there on the kitchen shelf are some of the most powerful natural ingredients for hair care. From a quick fix to long term treatments, beauty care and remedies are so easily available to us. In fact, long before cosmetics were manufactured, women looked towards common remedies to enhance their beauty, or to deal with beauty problems.

One such common ingredient that is available in the home is garlic. This small humble ingredient with pungent smell is recommended by experts in your daily diet because it is full of goodness for your hair besides many powerful health benefits.

Garlic not only provides remedies for ailments, but can give you external beauty benefits like acne-free skin and healthy lustrous hair.

Garlic is yet another common kitchen ingredient that actually has healing properties. Garlic is rich in nutrients such as vitamins B-6 and C, manganese, and selenium which help stimulate hair growth.

In fact, it is said to be beneficial for the hair and can actually control hair loss and help to promote hair growth. Studies have shown that garlic has properties that help the hair. It has been seen that applications containing garlic have helped to promote hair growth on areas showing hair loss or thinning hair. Research has indicated that garlic helps hair growth because it contains important properties like selenium and sulphur. Fresh Garlic Juice has selenium content which boosts blood circulation & thus stimulates hair growth

Selenium actually boosts blood circulation. Actually, the hair is fed by the nutrients in the blood stream. Therefore, selenium boosts blood circulation, which helps to transport nutrients to the hair follicles. This nourishes the hair and helps hair growth. Garlic is rich in Vitamin C, which boosts the health of the hair. Garlic has anti-microbial properties and fights bacterial and fungus infections of the scalp. In fact, it helps to cleanse and unclog the pores of the scalp, thus helping to treat problems like hair loss and dandruff and also soothes the scalp.

Here are simple and useful ways in

which you can put garlic to use for long & luscious locks.

- Take around 10 garlic cloves and mix it with 2 tablespoons of honey to prepare a mask. Apply it on your hair and let it dry in natural environment say approximately 30 minutes and wash it off with clean and fresh water. You can use it twice a week to get long shiny hair. Hon-



ey helps in retaining the moisture in your hair and conditions it well. Whereas garlic Vitamin E to the hair and prevents hair fall, hair breakage and promotes hair growth.

- Garlic should be mixed with other ingredients and then applied on the hair. Avoid applying garlic by itself. You can make hair oil at home, which is infused with garlic. This can be done by chopping garlic cloves in small pieces and add it to pure coconut oil or olive oil. Keep it in a jar and store for seven to ten days in a cool, dry place. This oil may be applied on the hair to derive the benefits of garlic. Or, you can mix chopped garlic with warmed coconut oil. Massage the oil on the scalp half an hour before your shampoo. You can also mix garlic with aloe vera gel and apply the paste on the hair. Leave it on for 20 to 30 minutes and then wash the hair.
- Blend and strain 5 garlic cloves and

- 2 onions and extract the juice. Apply on hair and massage it into your scalp. Leave the mixture on your hair for 15 minutes and wash your hair with a mild shampoo as usual.
- Another way of using garlic is to make a paste of garlic and fry it in oil. Once it turns brownish, cool the oil and remove the garlic. The oil can be applied on the hair.

- Take 10 cloves of garlic and add a few drops of olive oil to a cup of water. Boil the mix. Apply directly to your roots for thick hair. Wash the hair with fresh water after half an hour for lustrous hair.
- Take 6 tbsp of garlic oil, 2 tbsp each of castor oil and coconut oil and one tsp of rosemary oil. Mix them all and keep in a jar. Take three tbsp of this blended oil and massage your hair and scalp. Allow it to dry in natural environment approximately for one hour and wash it off with fresh normal water.
- Add a clove of garlic and some honey in your shampoo or conditioner and use it to remove harmful toxins from the scalp, enhance hair texture and also treat dandruff and itchy scalp.

Indeed, kitchen remedies are well within your easy reach for enhancing the beauty of your hair.

[The writer is famed as the herbal queen of India]

Foundation stone laid for Tripura's first SEZ

AGARTALA, SEP 11 (PTI): Chief Minister Biplab Kumar Deb Friday laid the foundation stone for Tripura's first-ever Special Economic Zone (SEZ) at Sabroom, the southernmost town of the state bordering Bangladesh.

Deb said that with the SEZ, Sabroom, around 120 km from Agartala, would emerge as the commercial capital of the Northeast.

He said the Ministry of Commerce and Industries in December had given the approval for the SEZ, which would be set up at Jalefa in Sabroom subdivision with an investment of Rs 635 crore.

The SEZ would be focussed on four sectors, including agro-based processing such as food processing, rubber, bamboo and textile sector.

Deb said an integrated check post would also be set up for the smooth movement of passengers and goods.

This SEZ, which would make Tripura a self-reliant state, would generate around 5,000 jobs, and the farmers and traders would benefit from it the most," he said.

In a video message, Railway Minister Piyush Goyal said that the Centre along with the state government is working to develop Tripura and the Northeast.

A bridge on the Feni river which would be completed by December this year would connect Sabroom with Chitragong in Bangladesh, officials said.

The bridge would connect Sabroom to Chitragong port, helping it emerge as a logistics hub, they said. Tripura shares an 856-km-long international border with Bangladesh.

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Smith doubtful starter for second ODI, to undergo second concussion test



MANCHESTER, SEP 12 (PTI): Star Australia batsman Steve Smith remains a doubtful starter for the second ODI against England on Sunday after he copped a head knock during training and will undergo a second concussion test to decide his availability.

Smith was a late withdrawal from Friday's first ODI, which Australia won by 19 runs to go 1-0 up in the three-match series, after sustaining a blow on the head in the nets from a throw-down by a coaching staff member on the match eve.

The 31-year-old world number one Test batsman is understood to have subsequently undergone a concussion test and was omitted from the first ODI side "as a precautionary measure."

"He got a knock on the head in practice. It's a precautionary measure to leave him out," Australia limited-overs captain Aaron Finch had said.

A spokesperson for the Australia team confirmed Smith would undergo a further assess-

ment on Saturday before any decision is made about his availability for the second ODI on Sunday afternoon.

He was also infamously felled by a Jofra Archer bouncer at Lord's during last year's Ashes. That knock caused him to miss the second innings of that Test and the following match as well.

There is also doubt over left-arm seamer Mitchell Starc's availability for the second match of the series after having experienced some groin pain on Friday. He managed to complete his 10 overs after slipping on the field but will be assessed over the next 24 hours.

"He's a little bit sore but we'll see how he pulls up and go from there," Josh Hazlewood said.

Australia are in with a chance to claim a bilateral ODI series win over England for the first time since 2015 and end the recent dominance by Eoin Morgan's men in 50-over cricket. England have won 11 of their past 14 encounters against Australia.

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What is Novel Coronavirus - nCoV?

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

<p>Symptoms of nCoV</p> <ul style="list-style-type: none"> ● Fever ● Difficulty in breathing ● Dry Cough ● Severe acute respiratory syndrome ● Pneumonia - like symptoms 	<p>Precautions to Prevent nCoV</p> <ul style="list-style-type: none"> ● Wash your hands often with soap. ● Use an alcohol based hand sanitizer ● Observe good personal hygiene. ● Avoid touching your face with unwashed hands. ● Avoid contact with people with possible symptoms. ● Avoid contact with animals and consumption of undercooked meats. ● Avoid travel to nCoV affected places. ● Wear a mask if you have respiratory syndrome. and cover your mouth while coughing or sneezing.
<p>Treatment</p> <ul style="list-style-type: none"> ● Treatment is symptomatic and supportive, based on the patient's clinical condition. ● No vaccinations available as of now. ● Visit Doctor in case symptoms detected. 	<p>If you seek help, you may call :</p> <ul style="list-style-type: none"> - Toll free no. 104 District surveillance Officer EAST : 7029372100 WEST : 9593297809 NORTH : 9641957468 SOUTH : 7407691463 New STNM AMS : 9434711402

DEPARTMENT OF HEALTH & FAMILY WELFARE
GOVERNMENT OF SIKKIM

In Pursuit of Happiness

...no, not mercenary materialism

And no, this is not a moral science lesson. It will however begin with reference to an international conference the State Government had organized several years back on “Science, Spirituality and Education” with the Dalai Lama as a special guest and speaker. The conference was motivated by a felt need to work on school curriculums in a way that would tease out more empathy and deeper engagements from students and deliver Sikkim the much-needed involved citizenry for the future. It’s been many years since, and the wait still continues; which is why this conversation also continues.

The Dalai Lama had charmed the audience with his ready wit and open mind and set the conference on course by suggesting that the participants deliberate over how common sense, and not necessarily religious regimen, if harnessed with conscious empathy, could deliver an education which inculcated moral ethics. Individual moral ethics, he stressed would link together to deliver genuine social empathy which would in turn manifest in the evolution of more compassionate societies peopled by citizens with a stronger sense of universal responsibility and calmer dispositions. Strife and an unbridled pursuit of material acquisitions, whether at the individual or collective community level, have come to define the 21st century which has now almost made a virtue out of mercenary materialism. Proof of this faulty prioritization is apparent in how “happiness” is now increasingly being sought in acquisitions and not so much in the satisfaction derived from contributing to the world. While the former results in competition and hence conflict, the latter is a more personal experience which is not in competition with anyone else and hence does not lead to strife. Also, as societies get more and more obsessive with acquiring more to be happy, they can also slip into depression when they cannot gather enough ‘benefits’. Sikkim should understand this phenomenon well because it has to be accepted that apathy - that listless lack of interest and refusal to get excited or engage – underlines social response and engagements here.

This apathy does not necessarily stem from denial or oppression, but is born from an inferred sense of loss over not having “acquired enough”. Even as this manifests in listlessness in outward behaviour, internally, the mind is agitated and it is perhaps in this internal disquiet that Sikkim can find the reasons to explain the high suicide rates, addiction and other social challenges, including corruption and even the universal inurement towards dishonesty. Obviously, what has happened in Sikkim, as in societies across the world, is that the pursuit has been for a warped interpretation of happiness, one that is incomplete.

Sikkim requires to seek out answers on how to address the paradox of so many social ills haunting a land of such few material worries. Expecting solutions to be provided and executed by someone else or the government would doom the possible solutions to failure because social course-corrections require social engagement, not governmental or even divine interventions. To return to what the Dalai Lama has often said, Change depends on individual action. Divine intervention, he stresses, is fine so long as it was for individual consolation, but for change and betterment, it is individual action that is needed. This proactive engagement needs to be internalised by Sikkim at the individual, then community and governance levels. A generation groomed with a stronger sense of universal responsibility will also be one with a clearer sense of self and more importantly, with more respect for the aspirations and needs of others. That is the kind of generation which Sikkim needs to reach out for...

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Why our screens leave us hungry for more nutritious forms of social interaction

MC SCHRAEFEL
theconversation.com

COVID-19 has seen all the rules change when it comes to social engagement. Workplaces and schools have closed, gatherings have been banned, and the use of social media and other online tools has risen to bridge the gap.

But as we continue to adapt to the various restrictions, we should remember that social media is the refined sugar of social interaction. In the same way that producing a bowl of white granules means removing minerals and vitamins from the sugarcane plant, social media strips out many valuable and sometimes necessarily challenging parts of “whole” human communication.

Fundamentally, social media dispenses with the nuance of dealing with a person in the flesh and all the signalling complexities of body language, vocal tone and speed of utterance. The immediacy and anonymity of social media also remove the (healthy) challenges of paying attention, properly processing information and responding with civility.

As a result, social media is a fast and easy way to communicate. But while the removal of complexity is certainly convenient, a diet high in connections through social media has been widely shown to have a detrimental effect on our physical and emotional wellbeing.

Increased anxiety and depression are well-known side-effects. There are also consequences for making decisions based on simplistic, “refined” sources of information. We may be less discerning when it comes to evaluating such information, responding with far less reflection. We see a tweet, and we are triggered by it immediately – not unlike a sugar hit from a bar of chocolate.

More complex kinds of communication demand more of us, as we learn to recognise and engage with the complexities of face-to-face interaction – the tempo, closeness and body language that make up the non-verbal cues of communication that are missing in social media.

These cues may even exist because we have evolved to be with others, to work with others. Consider, for example, the hormone oxytocin, which is

wrong. As with a slice of cake on a special occasion, it can be a delight, a treat and a rush. But problems appear when it is our dominant form of communication. As with only eating cake, it weakens us, leaving us far less able to thrive in more challenging environments.

COVID-19 has meant a greater proportion of many people’s lives are spent online. But even Zoom meetings and gatherings, while more intimate than a tweet or social media post, also have limitations and lead to fatigue.

In physiological terms, part of the reason for these experiences being so challenging is that we are supposed to connect with each other in person. We are wired to deal with every aspect of physically present personal contact – from the uncomfortable conversations to the hugely gratifying exchanges.

We suffer without it. We see this in energy levels, overall health and mental stability. It’s physical as well as emotional in effect. Indeed, researchers have shown for over a decade now that loneliness kills. What research has yet to show is if social media mitigates this.

Again, virtual meetings are not intrinsically wrong. But they are not sufficient, in human physiological terms, to sustain what we

have come to need after 300,000 years of evolution.

Even in the days before coronavirus, social media had been evolving into a dominant means of communication for many. Fast and easy, but also often mean, judgemental, fleeting – something that does not bring out the best in us.

The hope in offering this analogy is that by contextualising how social media works in terms of our physiology, we can start to understand how we may need to balance social media with other more challenging, but ultimately more satisfying forms of communication. And also how we may need to design virtual methods of communication that embrace more of the physiology of social contact that we need, and which helps us to thrive.

[the writer is Professor of Computer Science and Human Performance, University of Southampton]



associated with trust and lower stress levels and triggered when we are in the physical company of others.

Another indicator of trust and engagement is the fact that group heart rates synchronise when working together. But achieving such rhythm of communication takes effort, skill and practice.

PAUSE FOR THOUGHT

There’s an interesting element of elite athletic performance known as “quiet eye”. It refers to the brief moment of pause before a tennis player serves or a footballer takes a penalty to focus on the goal. Good communicators, too, seem to take this pause, whether it’s in a presentation or a conversation – a moment lost in social media’s rush for an immediate anonymous response.

Having said all this, I don’t believe social media – or table sugar for that matter – is fundamentally

Calories or Macros: Nutritionist explains which works best for weight loss or building muscle



EMMA KINRADE
theconversation.com

While reducing calorie intake is a proven way to reduce your weight, there’s no shortage of diets promising the same results but with more flexibility. One such popular diet is “If It Fits Your Macros” (IIFYM), which offers users less restriction in what they eat, while still guaranteeing results.

Rather than counting calories, IIFYM counts the daily macronutrients (fats, carbohydrates, and proteins) found in the foods and drinks we consume. Many people like the diet because it offers flexibility and allows them to consume any food as long as it fits into their daily macronutrient (“macro”) requirements.

However, there’s currently no scientific research that has specifically examined whether counting macros is as effective as other methods in achieving different weight goals. Past research has looked into the effects of reducing or manipulating individual macros for weight loss, such as comparing the effect of consuming a low-fat versus low-carbohydrate diet or comparing four diets containing different proportions of fat, carbohydrate and protein. Ultimately, researchers found no significant, long-term difference between the diets on how much weight they helped people lose) – and all are difficult to adhere to in the long term.

As such, this makes it difficult to know whether counting calories or macros is more useful when it comes

to your different body weight goals.

WEIGHT LOSS

The basic principle to achieving weight loss is eat less energy than your body requires on a daily basis and you will lose weight. Any diet can lead to weight loss as long as this basic principle is applied.

The tricky part is establishing what our energy requirements really are. The most practical and accurate measure of this, indirect calorimetry (a measurement of the gases that we breathe from which energy expenditure can be estimated), is still not 100% accurate. And the prediction equations commonly used in dietary counselling and by online apps to set calorie intake goals for weight loss are even more inaccurate. This is especially so in those who are overweight or obese due to the equations being based on body weight, and not taking account of fat mass.

But whether you’re counting calories or macros, you still need this starting point to work from to keep within your targets. While our actual energy requirements are uncertain and can vary greatly depending on how active we are, our requirements for macronutrients are more certain, based on government guidelines.

An advantage of counting macros is that it ensures that some essential nutrients are incorporated into your diet, instead of focusing solely on calories. Counting calories takes no account of nutrients. And while it seems obvious that choosing whole-some nutritious sources of calories is better than processed, high-sugar

and saturated fat foods, you could hypothetically eat seven chocolate bars (each worth 228 calories, a total of 1,596 calories) and still lose weight if your total energy expenditure is around 2,000 calories a day.

Macro calculations are estimated based on body weight, height and activity levels and can be adjusted to your weight goal. While fewer restrictions on what to eat may be a bonus for some on IIFYM, for others keeping track of macro intake and hitting those targets can be difficult and time consuming.

Whatever you’re counting you’ll require an affinity for reading food labels and keeping a record of all foods and fluids consumed throughout the day. While there are numerous online nutritional databases and apps that help you track macros and calories, they may not always be accurate either. Plus there’s the added complication that we may not actually absorb all of the energy or nutrients that food labels list, making it even harder to meet specific targets.

Additionally, neither method will guarantee that you meet all of your other nutrient requirements. For example, as macros only focus on carbs, protein and fats, they may overlook the importance of other vitamins and minerals, such as vitamin A, which are essential for staying healthy and preventing deficiencies. Unless combined with dietary advice about making permanent changes to a healthy balanced diet, neither method is a long-term solution to weight loss or maintenance.

MUSCLE GAIN

On the opposite end of the spectrum are people looking to gain weight to build muscle. Someone looking to gain muscle would need to increase their basic daily protein intake to around 1.2-1.7 grams of protein per kilogram of body weight for muscles to repair any micro-damage that occurs from resistance or strength training which is necessary for muscle growth. As well as protein, energy and carbohydrate needs must also be met to ensure the body has enough fuel available to work out. This is where keeping track of macros, instead of counting calories, could be useful to ensure all protein and carbohydrate requirements are met.

Timings of macros are also important for muscle growth. Research shows regular protein intake throughout the day and after exercise, rather than large single doses, is recommended for muscle growth and refuelling.

Ultimately, which method you choose for altering body weight and composition depends on your goals and how motivated and tech savvy you are. If you are keen to learn more about the nutrients in the food you are eating then counting macros may be for you. For those who find endless counting and monitoring tedious it may be easier to follow more general guidance for weight loss or maintenance or for bulking up.

[the writer is Lecturer in Nutrition and Dietetics, Glasgow Caledonian University]

Focus on early identification of COVID-19 cases, ramp up testing: Centre to NE states

NEW DELHI, SEPT 11 [PTI]: The Centre on Friday urged the North-eastern states to focus on early identification of COVID-19 cases by ramping up testing along with effective monitoring of patients under home isolation and early hospitalization in case of disease progression to keep the mortality rate to 1% or less.

Eight Northeastern states — Arunachal Pradesh, Assam, Manipur, Mizoram, Meghalaya, Nagaland, Tripura and Sikkim — together account for less than 5% of the total active cases in the country, the Union Health Ministry said.

Union Health Secretary Rajesh Bhushan held a video conference to review the COVID management strategies and actions taken in these eight states.

The virtual conference was attended by the principal secretaries, health secretaries and other state representatives.

With 29,690 active cases (as on date), Assam presently constitutes 68% share in the total active caseload of

these eight Northeastern states.

Tripura has 7,383 active cases and is at second place with 17% of the total active caseload of these states, the ministry said.

The states were advised to focus on limiting the spread of infection by implementing stringent containment measures

and following social distancing measures, strict perimeter control and active house-to-house case search.

They were urged to conduct early identification by ramping up testing across the states and districts, judicious and full utilization of RT-PCR testing capacity, besides, effective monitoring of

home isolation cases and early hospitalization in case of disease progression, the ministry said.

Seamless hospitalization and early admission for patients requiring medical support, especially in cases of co-morbid and elderly population and on keeping the mortality rate to one per cent or less was also

stressed.

The Union health secretary highlighted the need for continued enforcement of containment measures, increase in testing, and effective case management of patients in the hospitals.

The secretaries and representatives shared an in-depth analysis on the current status of COVID-19 in these eight states, covering aspects of containment measures, contact tracing, surveillance activities, facility-wise case fatality rates, trends in terms of weekly new cases and deaths among others.

They also shared their detailed roadmaps and action plans for the next one month.

Granularities in terms of split of RT-PCR and Rapid Antigen tests conducted in the state, re-testing percentages of symptomatic negatives from antigen tests, testing lab utilization, hospitalization status and bed occupancies of oxygen-supported beds, ICU beds and ventilator among others were also presented at the review meeting, the ministry said.

TRACKING COVID-19

September 11, 2020 7:00pm (IST)

TOTAL CASES (GLOBAL)

28.20mn

ACTIVE

8.27mn

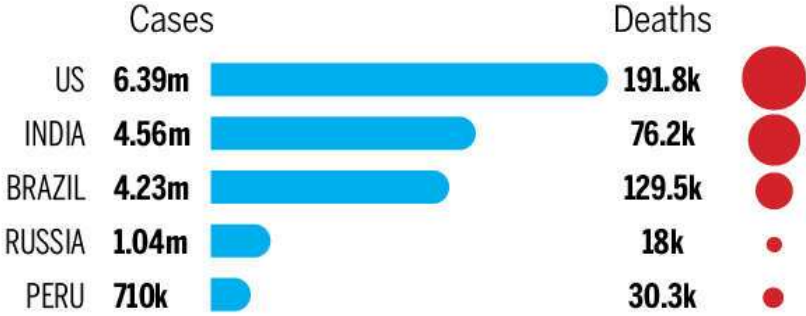
RECOVERIES

19.02mn

DEATHS

910k

MOST AFFECTED COUNTRIES



Source: Johns Hopkins University

Bomb scare in Dimapur town

DIMAPUR, SEPT 12 [PTI]: An unclaimed plastic bag kept on a bike on the roadside at Nyamo Lotha Road created panic among the general public as they felt that the unattended bag might contain some explosives.

Soon after the detection of the unclaimed object, police reached the spot and cordoned off the area and the Bomb Squad was put into work to detect if it contains any explosive substance. However, after being convinced that no explosive

was present, they opened the bag and found edible items. Talking to Nagaland Page, DCP Zone-1, Dr Naieem Mustafa IPS said after receiving information of an unattended bag kept on a bike parked at Church road, the bomb squad was immediately called.

"The bomb squad after investigating it found it to be some items of daily use. We need to remain alert", Naieem Mustafa said and added people should not leave their belongings here and there.

Two more COVID-19 patients die in Ladakh, toll now 38

LEH, SEP 12 (PTI): Two more coronavirus positive elderly persons succumbed to the infection in Ladakh, bringing the number of deaths linked to the disease to 38 in the Union Territory, officials said on Saturday.

Both the deaths were reported from Leh district on Friday, the officials said.

The deceased, aged 98 and 82, had tested positive for COVID-19 a few days back, they said. The officials said the two

were also suffering from other ailments and age-related issues.

Of the total COVID-19 deaths in Ladakh, 15 were reported in Leh and 23 in Kargil district, they said.

Ladakh had recorded a virus caseload of 3,228 till Friday evening. According to the officials, while 2,378 COVID-19 patients recovered from the infection, 803 others are under treatment in the UT -- 452 in Leh and 351 in Kargil.

26 fresh cases push Mizoram's COVID-19 tally to 1,379

AIZAWL, SEP 12 (PTI): Twenty-six more people, including a nine-month-old baby, have tested positive for COVID-19 in Mizoram, taking the northeastern state's tally to 1,379 on Saturday, a health official said.

Eighteen new cases were reported in Aizawl district, five in Saitual, two in Lawngtlai and one in Siahla, he said.

All the fresh infections in Aizawl are local transmission cases, while

the remaining eight new patients from three districts have travel history, the official said.

All the new patients have been shifted to COVID-19 care centres, he said.

Mizoram now has 589 active cases, while 790 people have been cured of the disease so far, the official said.

The state has tested a total of 47,214 samples for COVID-19 till Friday, he added.

Nitish and Nadda hold seat-sharing talks for Bihar polls



PATNA, SEP 12 (PTI): Bihar Chief Minister Nitish Kumar on Saturday held a crucial meeting with BJP president Jagat Prakash Nadda on seat-sharing among the NDA alliance partners for the assembly elections in the state.

Nadda, who was accompanied by party colleagues like Deputy Chief Minister Sushil Kumar Modi, national general secretary and state in-charge Bhupendra Yadav and state president Sanjay Jaiswal, called on Kumar at his official residence 1, Anney Marg.

The JD(U) national president, who was accompanied by key party aide Rajiv Ranjan Singh alias Lalan, accorded a warm welcome to Nadda, who hails from Himachal Pradesh but was born and brought up in Patna.

At the meeting which lasted for more than half an hour, the leaders of the two parties are understood to have discussed the key issue of seat-sharing among alliance partners in the NDA, which also includes Ram Vilas Paswans Lok Janshakti Party (LJP).

The BJP leadership is also understood to have assured Kumar that it will intervene and iron out the differences that have of late cropped up between the JD(U) and the LJP on account of the belligerent stance adopted by the latter's young president Chirag Paswan.

The schedule for assembly elections in the state is likely to be announced shortly. The Election Commission has indicated that it would like to conclude

the exercise before end of term of the present house on November 29.

On the previous evening at a press conference here, the BJP's election in-charge for Bihar assembly Devendra Fadnavis had sought to make light of the acrimony between JD(U) and LJP and remarked "nobody is going to leave the NDA, though many may join us".

The former Maharashtra Chief Minister had also attributed the sharp differences that have emerged between the two parties to "diverse ideologies a reason why we all are separate political parties, though united in purpose".

Nadda, who arrived here on the previous evening on a two-day tour of Bihar, began his day by offering prayers at the famous Patan Devi temple in the old city, after which the Bihar capital is named.

After the meeting with the chief minister, his itinerary includes launch of "Atmanirbhar Bihar Abhiyan" at the party's state headquarters followed by a visit to Muzaffarpur district where he will interact with women farmers and litchi cultivators at the village named after the legendary "Kisan Chachi", whose efforts at promoting entrepreneurship among rural women have earned her a Padma award.

Nadda is thereafter scheduled to visit Darbhanga, and interact with farmers involved in fisheries and production of makhana (fox nuts), both of which are found in abundance in the Mithila region of north Bihar.

Nagaland records highest single day spike, tally rises to 4946

DIMAPUR, SEP 11 [NAGALANDPAGE]: Nagaland today reported 310 Covid-19 positive cases taking the total caseload to 4946. This is the single highest day spike reported in the State since the detection of the first three COVID-19 cases on May 25.

Taking to twitter, Minister for Health &

Family Welfare, S Pangnyu Phom said, "310 new +ve cases of COVID-29 have been detected out of 922 samples tested."

Of the 310 cases 176 are in Dimapur, 127 in Kohima, 3 in Zunheboto and one each in Wokha, Peren, Mon and Mokochung.

"Necessary contact tracing have been fully

activated," the Minister tweeted.

Out of the 310 positive cases, 164 are Armed Forces, 66 Returness/ Travellers and 80 Traced contacts.

Currently, there are 1134 active cases and 3791 have recovered out of the total 4946 cases, while 10 have 10 and 11 people have migrated.

COVID-19: Assam govt to pay Rs 5,000 cremation expense if family members of deceased cannot perform last rites



GUWAHATI, SEPT 11 [PTI]: The Assam government has decided to pay up to Rs 5,000 as cremation expense to district administrations in case of each COVID-19 death, if family members of the deceased do not receive the body or are not in a financial position to perform the last rites.

The deputy commissioners had expressed difficulties in this regard, following which the decision to extend monetary assistance was arrived at, an order issued by Principal Secretary of Health and Family Wel-

fare Department, Samir Sinha, said on Friday.

In another order, the department said a person, who travels to any location outside Assam and returns to the state within 96 hours of departure, will not be required to undergo quarantine for the stipulated period of 10 days subject to certain conditions.

The returnee must undergo Rapid Antigen Test and if the result is positive, then the person shall undergo home isolation/treatment at a COVID care centre, as per protocol.

If the report is negative, the swab sample would be taken for RT-PCR testing and the person will have to remain in isolation till the result is declared, it said.

In case the RT-PCR test result is positive, the person will have to undergo home isolation/treatment at a COVID care centre as per norms and if the report is negative, there is no need for further quarantine.

Assam has reported 1,35,805 coronavirus cases so far and 414 people have died due to the contagion.

Five youths 'abducted' by PLA handed over to Army

ITANAGAR, SEP 12 (PTI): Five youths who were allegedly abducted by the People's Liberation Army (PLA) of China near the McMahon line in Arunachal Pradesh's Upper Subansiri were released on Saturday in Anjaw district, around 1,000 km away.

The youths were handed over to the Indian Army by the PLA after completing necessary formalities, Tezpur-based defence spokesperson Lt Col Harsh Warrdhan Pande said.

"All five of them will now be placed under quarantine for 14 days as per COVID-19 protocols and thereafter be handed over to their family members," the spokesperson said.

The development



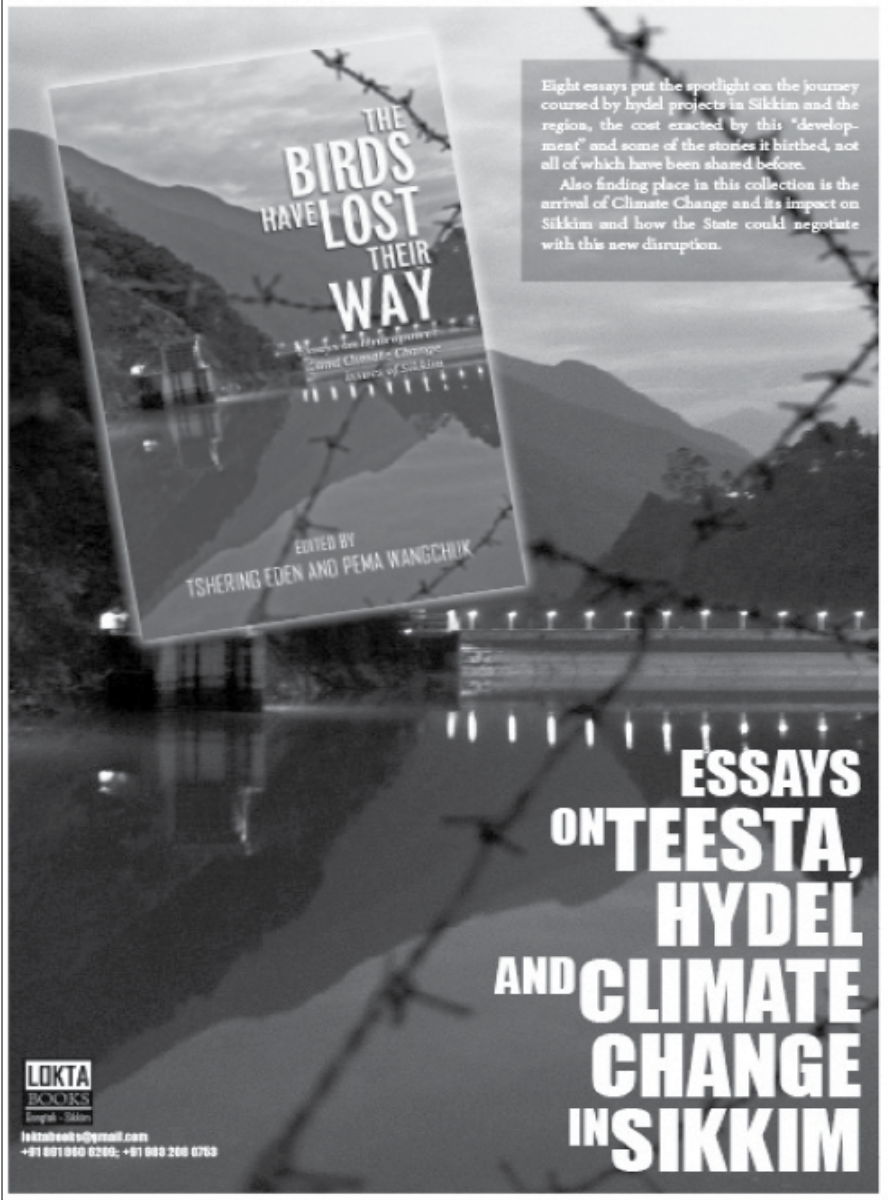
comes amid a prolonged border face-off between India and China in eastern Ladakh.

The youths, who went hunting on September 2, were allegedly whisked away by the Chinese troops from Sera-7, an Army patrol zone located around 12 km further north of Nacho in Upper Subansiri district.

"Arunachal Pradesh is known for its rich natural heritage and adventurous people fond of exploring the nature

for medicinal herbs and possessing traditional flair for hunting which involves surviving off the land for weeks in jungles and far-flung remote areas. During such adventurous forays, at times youth have inadvertently strayed to the other side of the Line of Actual Control," Pande said.

All such individuals were brought back home safely following consistent efforts and co-ordination by the Indian Army, he added.



José Mourinho does not want Spurs strikers who are scared of Harry Kane

DAVID HYTNER

LONDON, 12 SEPT [THEGUARDIAN]: José Mourinho wants a new striker who will embrace the competition with Harry Kane rather than shrink from it, while he has told Danny Rose he has no future at Tottenham. The manager also said he would consider letting Serge Aurier leave, although he would rather keep him.

Mourinho was keen to sign a centre-forward in January as he does not believe Son Heung-min has the qualities to play there – meaning Kane is his only recognised senior No 9 – and he was upset when he could not get one.

Mourinho is now even more eager to sign a player to partner or support Kane as he addresses a start to the season that he described as “not human”. Spurs could play nine times in 22 days because of their involvement in the Carabao Cup and Europa League qualifying rounds. Mourinho wondered whether “they want us to play with the youth team in the Carabao Cup”.

Spurs have struggled to sign strikers as potential arrivals fear they will not get sufficient minutes because of Kane. But Mourinho has said that if a centre-forward is scared of the England captain then he does not want him. As in January, he is looking for a target man.

“If the striker is afraid to come to Tottenham and he is afraid of competition then I don’t want him,” Mourinho said. “All the other top clubs have many options as centre-forwards and this question doesn’t appear.

“It looks like it’s only us where we don’t have the right to have a more balanced squad with more options. Players decide who plays, not me. The striker that comes here has to come with his own ambitions.”

Rose, who was on loan at Newcastle from January to July and has entered the final year on his contract, is of interest to Genoa, who finished fourth-bottom of Serie A last season. He did not kick a ball in pre-season and is at the bottom of the left-back pecking order.

“It’s very difficult for him to stay here when for me it’s clear that Ben Davies is such a solid left-back and Ryan Sessegnon is an investment by the club,” said Mourinho, who also gave minutes to the 18-year-old Dennis Cirkin in pre-season. “The club knows I’m more than happy with the players I have in the left-back position and that I would be happy for Danny to leave. If he goes to Serie A and Genoa it’ll be very good for him.”

Mourinho said he had not signed the right-back Matt Doherty so that he would be able to sell Aurier. But he added: “The players have the right to express themselves and to try to be happy and if Serge comes to us and a situation that he would prefer we would speak with him.”

Osaka v Azarenka: Two champions but US Open can have only one winner

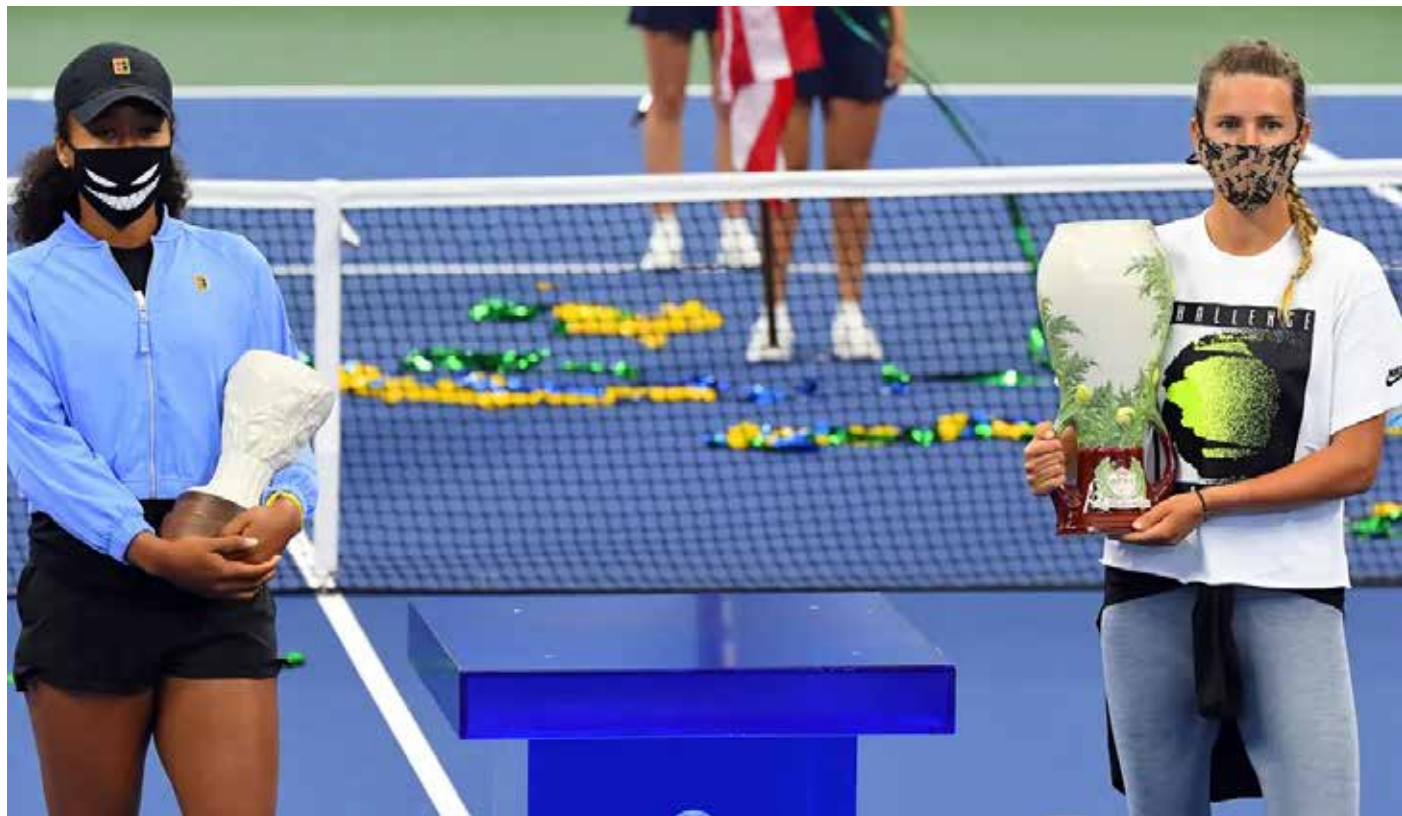
KEVIN MITCHELL

NEW YORK, 12 SEPT [THEGUARDIAN]: It is six authored face masks and nearly a fortnight since Naomi Osaka, the reluctant conscience of Planet Tennis, uttered this truth at the outset of the US Open: “We’re all sort of in our separate bubbles, doing our own things.”

On the eve of playing Victoria Azarenka in the final on Saturday in a stadium named after an African-American player who spent most of his life and career butting up against prejudice, Osaka can look back on events that have both confirmed and challenged her assertion.

To her probably pleasant surprise, most (but not all) of her peers have emerged from their comfortable suites that circle the Arthur Ashe Stadium and acclaimed her gesture of wearing a different mask before every match to honour those African-American victims of racial violence that has sent parts of the country up in flames and ignited debate across the world about Black Lives Matter.

Osaka, born in Japan to a Haitian father and a Japanese mother, moved to the United States aged three, so can see the world through different lenses. She began her Flushing Meadows odyssey by honouring the name of Breonna Taylor, who was shot dead in her home by police in March. Osaka said of the long list of those killed: “It’s quite sad that seven masks [are not] enough for the amount of names. Hopefully, I’ll get to the finals and you can see all



of them.” And here she is at 22 – young enough to be innocent, smart enough not to be – having so far commemorated the lives of Taylor, Elijah McClain, Ahmaud Arbery, Trayvon Martin, George Floyd and before her semi-final win over the fine young American, Jennifer Brady, on Thursday night, Philando Castile, a 32-year-old black man shot dead after being stopped for a defective brake light in Minnesota four years ago. A jury found the police officer not guilty of manslaughter.

These are crimes of bewildering randomness and injustice, with a long history and recurring pain. Martin’s mother, Sybrina Fulton, told Osaka by video link during the week: “We thank you from the

bottom of our hearts. Continue to do well. Continue to kick butt at the US Open. Thank you.”

The world, of course, wanted Osaka to play Serena Williams on Saturday, in a rerun of their explosive 2018 final, when the contender stayed cool to beat her volatile inspiration. But the American, who has lived with racism for 38 years, would not be bounced into knee-jerk praise for Osaka’s crusade. “That was her decision,” Williams said. “It was good for her to come to that decision. As for me, you all know how I feel. I just feel like it’s a lot of injustice going on. I have other beliefs, more spiritual beliefs.”

And Osaka would not bite, either. “She’s a living icon. I

would not be here without her. Anything she does I’m sure is really well thought out. She probably has a lot of conversations with a lot of people. Whenever she wants to talk, she’ll talk. I’m new to this game.”

But we’re here, also, to talk about tennis, right? The butt-kicking will not be easy. Osaka admits she is tired, barely sleeping but hoping her youth and conviction will still the pain in the sore hamstring she brought into the tournament after pulling out of the Cincinnati Open final against Azarenka at the same venue two Saturdays ago. She has played with it strapped for six matches and, while it has not noticeably slowed her movement, it can be difficult to

read her take on such things. After beating Brady 7-6 (1), 3-6, 6-3, she said recovering from the rigours of the fortnight could be a problem and she might not practise beyond warming up. “I don’t sleep during grand slams,” she said. “It’s probably going to just look like me laying in my bed with my eyes open, trying to will myself to go to sleep. Then I’ll just try to be as loose as I can in the moment.”

Azarenka, nine years older but also the owner of two majors, as well as one win in three against Osaka, brings her own baggage: a long custody battle with the father of her son, Leo, and a journey from Minsk at 15, to living the Californian dream via depression and injury, triumph

and despair. The Belarussian, as complex and thoughtful as Osaka, can also be disturbingly candid and said she has long struggled with the expectations of others. It beats talking about backhands.

“Mentally I’m in such a different place,” she said after winning a classic three-set semi-final against Williams. “Seven years ago, after I won the Australian Open, playing consistently with good results, it was expected for me to be in the final. That wasn’t the case this year. When you’re coming up from nothing and you become No 1 in the world, you can start to think you’re invincible, that you’re better than everybody. And it’s not true. The ego starts to grow. It’s very hurtful when it gets damaged.

“I tried to ... learn from my mistakes that being a tennis player doesn’t make you better or worse than anybody else. You’re still human. I started taking more responsibility for what I do. The best tools [for that] were me losing a lot of matches. I could stay on my high horse or I could change. I’m not talking about [being] a better tennis player. I’m talking about [being] a better person for myself, for my son. Vulnerability is good. Having emotions is good.”

Being a better person has been an abiding theme of these championships. Osaka has worn her halo lightly, Azarenka, raised a Catholic in Belarus, has been in confessional mode. Their final should be as engrossing as human theatre as much as a mere tennis match.

England women set to take a knee for Black Lives Matter against West Indies

ALI MARTIN

LONDON, 12 SEPT [THEGUARDIAN]: Heather Knight’s England players are expected to take a knee before their games against West Indies amid criticism from Michael Holding that the men’s team abandoned the Black Lives Matter message too quickly.

Holding, the former West Indies fast bowler and Sky commentator, highlighted how Joe Root’s Test side stopped performing the pre-match gesture “as soon as West Indies went home” and queried whether they had previously “jumped on the bandwagon”.

It led to the England and Wales Cricket Board making a statement that stressed its players “remain committed to using their reach and influence to keep promoting inclusion and diversity in perpetuity, for the betterment of cricket and sport”.

However the gesture is expected to resume when England’s women take on West Indies over five Twenty20s in Derby from 21 September, with Knight said to be planning a meeting to discuss the subject with her fellow captain, Stafanie Taylor, during the buildup to the series. This move may be viewed by some as simply confirming Holding’s suggestion that England are prepared to take a knee only when playing West Indies (albeit Eoin Morgan’s ODI side did so before their series against Ireland at the end of July).

However the series, which is being televised by Sky and sees the broadcast of the third match also shared with BBC, is the first opportunity for the women’s team to show their support for the wider global message after a summer of inactivity.

South Africa and India were the intended summer tourists only for both boards to cancel because of the Covid-19 pandemic, with West Indies then agreeing to step in as late replacements last month.

Speaking earlier in the summer, Knight said: “It is massively important – I’ve been following the news and what is going on. As a women’s team, we’re not massively diverse, which needs to change. The ECB is aware of that. Cricket knows it needs to attract more females, more diverse groups of people and that links in with the Black Lives Matter movement.” It is yet to be confirmed whether Knight’s players will wear the BLM logo designed by Alisha Hosannah, the partner of the Watford footballer Troy Deeney; England’s men did so initially against West Indies, before it was replaced by one to promote the Ruth Strauss foundation for the third Test.

But the West Indies’ shirts will continue to carry it, both during this women’s series in England and when their men’s side travel to New Zealand before Christmas for three T20s and two Test matches.

Johnny Grave, the chief executive of Cricket West Indies, said: “Our players intend to continue wearing the BLM logo on their shirts and raising awareness of racial injustice not just in cricket but society overall.”

BARNEY RONAY

LONDON, 12 SEPT [THEGUARDIAN]: Eat, sleep, score against Armenia, repeat. And repeat. Then repeat again for the next 13 years until there are no more rungs left to climb, and the entire Fifa-mapped world, from Oceania to Concacaf, has been coloured a shade of Cristiano.

Yes, I watched all 101 of Cristiano Ronaldo’s international goals so you don’t have to. It was a brilliantly absorbing watch too, a flick-book version of the journey from there to here, with a sense of the past beginning to stir, older Ronaldos coming into view, Ronaldos beyond the Ronaldos.

The 100-mark came up in midweek with two goals in Stockholm against Sweden, who seemed like fitting opponents. Looking back it was an overhyped head-to-head with Zlatan Ibrahimovic in a play-off for Brazil 2014 that seemed to provide the real moment of gear-shift for Ronaldo. He scored a brilliant, marauding hat-trick in the second leg – the same day he announced he would be opening a museum to himself – and in the process entered his own imperial phase as an international footballer.

Seven years later Ronaldo has 64 goals in his past 65 games. He is eight short of overhauling the perennial Ali Daei of Iran, an oddly comfort-

Cristiano Ronaldo’s 101 Portugal goals a product of unceasing appetite



ing figure at the head of that list; to the extent getting past him almost seems transgressive, like flying to New York quicker than Concorde or growing taller than Robert Wadlow, the dear old beaming all-time giant of the Guinness Book of Records. And yet here we are all the same. It is tempting to drown a little in the numbers. The YouTube goal reel shows Ronaldo scoring against 41 different nations.

It shows him scoring against New Zealand in St Petersburg, North Korea in Cape Town, Saudi Arabia in Düsseldorf, scoring 24 times against the assorted states of the former Soviet Union.

There is something fascinating in this relentlessness, the ability to keep on doing the same thing with no discernible loss of energy, a unit of unceasing human appetite, a single boot volleying a ball into the Kazakhstan net for ever. But there is a narrative arc here too, a feeling of growth. Goals 1-20 are like postcards from some

other place. Ronaldo looks loose and skinny but still with a kind of light around him, moving though this staging at a slightly different speed.

Three of his first four goals are headers, an early glimpse of those sculptural, neck-wrenching leaps. He seems to be discovering something, finding that when he moves in a certain way it is impossible for these fellow elite athletes to stay with him. For goal No 17, against Belgium, he performs four fast-twitch step-overs, feet battering the turf, then slides the ball with an outrageous, easy grace inside the far post. He is, before our eyes, becoming himself.

This is a key part of this story. Ronaldo may look like he is made from alien-engineered latex clay-modelling human substance. He may seem to have arrived ready made as an annihilating robot goal-hammer. For some he may have questions to answer still about his life away from the daily business of

sport. But when it comes to football he is the opposite of this, an entirely human, self-made figure. When Manchester United played that famous pre-signing friendly in Lisbon his opposite number John O’Shea had to put on an oxygen mask at half-time. That was 17 years ago. Ronaldo still hurls himself with absolute certainty into the idea of winning, will weep on the pitch for the amusement of the internet, but just keep coming back, not giving a damn.

This is still the kid from Madeira whom José Mourinho called low class, who reddid his teeth and redefined his body, who never stopped running, and has come to define Portuguese football in its golden age. It isn’t so hard to see why this might be inspiring for anyone who sees the world as closed or opaque, who wants to believe that with talent and effort you really can bend it to your will.

Mid-period Ronaldo, goals 30-70, gives a glimpse of that peak time, the supreme central striker. He is doing incredible things in tiny pockets of space, pirouetting away from mortal athletes on feet made from some weird combination of eagle feathers and high-tensile alien plastic.

The gap here is so great at times, the sheer scale of his talent as a finisher so obvious, you do start to wonder what

Ronaldo is really doing here, where his motivation comes from. It is a lonely pursuit. No other player of his stature is actually doing this right now. Will anyone do it again? Forty-five of those 100 goals have come against minnows, from the Faroes to Panama to whipping boys Andorra. This is not to demean the achievement. It is what anyone has to do to get that far.

Will a player from a major nation again play this many games against minor teams? Changes to the schedule and the pressures of club football are pointing the other way as Ronaldo approaches the summit. The late goals fly by in a rush. From around the 70-80 mark everything is a cross, penalty or set piece.

Ronaldo is narrowing to a point, paring himself back. It seemed fitting that his 100th goal should arrive via a free-kick, followed by a dainty little chip-drive into the far corner, a reminder of his astonishing basic technique, the control of his body, his feet, the gravity around him.

Looking back at that goal reel, in among the bullet headers, the tap-ins, the dinks and spins, there is a sense of man constructing a monument to himself. For Ronaldo this may be the last significant mark to pass. One that may not, all things considered, be surpassed.

Dining out, going to pubs linked to contracting coronavirus: US study

WASHINGTON, SEP 12 (PT): Close contact with COVID-19 patients, and dining at restaurants and pubs, are associated with testing positive for the novel coronavirus infection, according to a study of outpatients from 11 US health care facilities.

According to the research, published in the US Centers for Disease Control and Prevention's (CDC's) Morbidity and Mortality Weekly Report journal, adults who tested positive for the novel coronavirus SARS-CoV-2 were nearly twice as likely to have reported dining at a restaurant than those with negative test results.

To assess community and close contact exposures associated with COVID-19, the scientists, including those from the US National Institutes of Health, assessed the exposures reported by 154 adult case-patients, who were diagnosed using RT-PCR tests, and compared these with data from 160 control-participants who showed symptoms, but had negative test results.

According to the study, the data collected by the scientists from the participants included demographic characteristics, information on underlying chronic medical conditions, symptoms, and self-rated physical and mental health.

They also collected data from the participants about close contact -- within 6 feet for 15 minutes or more -- with a person with known CO-



VID-19, workplace exposures, mask-wearing behaviour, and community activities in the last 14 days before they started experiencing symptoms.

"Case-patients were more likely to have reported dining at a restaurant (any area designated by the restaurant, including indoor, patio, and outdoor seating) in the 2 weeks preceding illness onset than were control-participants," the study noted.

When the scientists restricted their analysis to those without known interaction with a COVID-19 patient, the respondents were more likely to report dining at a restaurant, or going to a bar or coffee shop than the control-participants.

"Exposures and activities where mask use and

social distancing are difficult to maintain, including going to places that offer on-site eating or drinking, might be important risk factors for acquiring COVID-19," the scientists wrote in the research.

They said such exposures in restaurants could be linked to air circulation. "Direction, ventilation, and intensity of airflow might affect virus transmission, even if social distancing measures and mask use are implemented according to current guidance," the study noted.

Masks cannot be effectively worn while eating and drinking, whereas shopping and numerous other indoor activities do not preclude mask use, the scientists said. Citing the limitations of the study, the re-

searchers said the sample included only 314 symptomatic patients who actively sought testing during July 1 to 29 at 11 health care facilities, and may not represent the whole US population.

They said the the study's survey question assessing dining at a restaurant did not distinguish between indoor and outdoor options.

The scientists also added that the query to participants about going to a bar or coffee shop did not distinguish between the venues or service delivery methods, which might represent different exposures.

Since the participants were aware of their SARS-CoV-2 test results, they said this information could have also influenced their responses

to questions about community exposures and close contacts.

However, as communities reopen, the researchers believe efforts to reduce possible exposures at locations offering on-site eating and drinking options should be considered to protect customers, employees, and communities.

They said continued assessment of various types of activities and exposures as communities, schools, and workplaces reopen is important.

"Implementing safe practices to reduce exposures to SARS-CoV-2 during on-site eating and drinking should be considered to protect customers, employees, and communities, and slow the spread of COVID-19," the scientists concluded.

Iran executes man whose case drew international attention

TEHRAN (AP): Iran's state TV is reporting that the country's authorities has executed a wrestler for allegedly murdering a man after President Donald Trump asked for the 27-year-old condemned man's life to be spared.

State TV quoted the chief justice of Fars province, Kazem Mousavi as saying on Saturday: "The retaliation sentence against Navid Afkari, the killer of Hassan Turkman, was carried out this morning in Adelabad prison in Shiraz."

Afkari's case had drawn the attention of a social media campaign that portrayed him and his brothers as victims targeted over participating in protests against Iran's Shiite theocracy in 2018. Authorities accused Afkari of stabbing a water supply company employee in the southern city of Shiraz amid the unrest.

Iran broadcast the wrestler's televised confession last week. The

segment resembled hundreds of other suspected coerced confessions aired over the last decade in the Islamic Republic.

The case revived a demand inside the country for Iran to stop carrying out the death penalty. Even imprisoned Iranian human rights lawyer Nasrin Sotoudeh, herself nearly a month into a hunger strike over conditions at Tehran's Evin prison amid the coronavirus pandemic, passed word that she supported Afkari. Earlier, the U.S. president Donald tweeted out his own concern about Afkari's case.

"To the leaders of Iran, I would greatly appreciate if you would spare this young man's life, and not execute him," Trump wrote last week. "Thank you!"

Iran responded to Trump's tweet with a nearly 11-minute state TV package on Afkari. It included the weeping parents of the slain wa-

ter company employee, Hassan Torkaman. The package included footage of Afkari on the back of a motorbike, saying he had stabbed Torkaman in the back, without explaining why he allegedly carried out the assault.

The state TV segment showed blurred police documents and described the killing as a "personal dispute," without elaborating. It said Afkari's cellphone had been in the area and it showed surveillance footage of him walking down a street, talking on his phone.

Also, Iran's semiofficial Tasnim news agency dismissed Trump's tweet in a feature story, saying that American sanctions have hurt Iranian hospitals amid the pandemic.

"Trump is worried about the life of a murderer while he puts many Iranian patients' lives in danger by imposing severe sanctions," the agency said.

Seven nations observe 75th anniversary of end of World War II in Singapore

SINGAPORE, SEP 12 (PTI): Representatives from seven former combatant nations, including India, observed the 75th anniversary of the end of the World War II at a war memorial in Singapore on Saturday.

Seventy-five years ago on September 12, 1945, the last major surrender ceremony of Japanese forces was signed at Singapore's City Hall, ending the World War II.

However, the representatives from seven nations separately turned up at the Singapore Cenotaph to pay respects to the fallen due to COVID-19.

Indian High Commissioner P Kumaran paid respects at the memorial to mark the anniversary.

A multi-national remembrance ceremony originally planned for the anniversary at Kranji War Cemetery had to be called off due to restrictions imposed to control the spread of coronavirus.

Despite COVID-19 restrictions scuppering the remembrance ceremony, the representatives of the committee ensured that the memories of the

fallen were kept alive.

The original ceremony was to comprises the High Commissions or Embassies of Australia, Canada, India, Japan, New Zealand, and the United Kingdom, and Singaporean representatives from the Battlebox, an award-winning war museum in Singapore managed by private heritage consultancy Singapore History Consultants (SHC).

High Commissioners, Ambassadors, and representatives from these seven nations former enemy combatants in the Pacific theatre of WWII but now close partners honoured the significance of the date on their own, laid wreaths at the Cenotaph at varying times.

While these nations could not come together in an official ceremony this year, the spirit of post-war reconciliation and peace was maintained, said SHC in a release.

Today's multi-national observances continue years of efforts to bring together former combatants to pay respect to the men and women who

made the ultimate sacrifice in WWII.

The date, September 12, is significant because the surrender of the Japanese Southern Army to South East Asia Command in Singapore on that day in 1945 was the last major surrender ceremony of WWII.

It terminated not only Japan's military occupation of Southeast Asia, but also the Pacific War and, as a result, the Second World War.

In 2015, Japan joined the remembrance ceremony for the 70th anniversary of the End of WWII at Kranji War Cemetery.

Two years later in 2017, Japan became a member of the organising committee for the 75th anniversary of the Fall of Singapore, a move that was unanimously supported by other Commonwealth countries in the committee.

On Saturday, students of The Japanese School Singapore also made 2,000 tsuru or paper cranes symbolising peace and reconciliation. Staff members laid them alongside the wreaths at the war memorial.

Hungary sees another record number of new cases

BUDAPEST, SEP 12 (AP): Hungary has registered another record number of people newly infected with the coronavirus, with 916 new cases.

Saturday's total is more than 25% higher than the previous record of 716 cases, reached Friday.

Prime Minister Viktor Orban's government is taking a less generalized approach to the pandemic during this second wave, with restrictions decided more on a case-by-case basis.

Orban said Saturday in a video posted on his Facebook page that the aim was not just to save lives but also to keep the country running. During the second quarter of the year, the Hungarian economy contracted by 13.6%, the largest fall in the region.

The virus can't paralyze us again, Orban said.

Hungary has confirmed 11,825 cases of the virus, including 633 deaths.

UK police urge weekend restraint ahead of rule of 6' COVID-19 lockdown

LONDON, SEP 12 (PTI): Police forces across the UK on Saturday urged the public to exercise restraint and stay away from large gatherings ahead of the new rule of six lockdown rules that will officially come into force from Monday, amid a spike in coronavirus infections across the country.

The chairman of the organisation representing police officers across England and Wales asked people to resist any temptation for a weekend of gatherings ahead of the stricter rules restricting indoor and outdoor gatherings to just six at a time, the breach of which comes with a GBP 100 fine.

"There is a real risk some members of the public will take advantage of the current situation and treat this weekend as a party weekend ahead of the tighter restrictions being introduced on Monday," said John Apter, of the Police Federation of England and Wales.

In a series of tougher localised lockdowns, new measures banning people from mixing in homes and gardens will be imposed on Birmingham, Solihull and Sandwell from Tuesday as the R number or the rate of infection crossed the crucial mark of one for the first time since the lockdown was gradually eased from June.

The reinforcement of the nationwide rule of six for social gatherings sends a clear signal to us all the whole country must continue to stay vigilant and practise social distancing to beat this virus, said UK Health Secretary Matt Hancock.

After seeing cases in the West Midlands continue to rise, the decision has been taken in collaboration with local leaders to ban households mixing in Birmingham, Sandwell and Solihull.

"We never take these decisions lightly but social gatherings can spread the virus quickly, and we need residents to abide by the new rules to break the chains of transmission, he said.

In his direct appeal, the minister called on people to get a swab test if symptomatic and stay at home if required to self-isolate.

According to some reports, Prime Minister Boris Johnson and his Cabinet have discussed further measures to ensure people do not breach quarantine rules.

The Cabinet is believed to be drawing up plans for a law to fine people who breach self-isolation rules. The police can issue fines of up to 1,000 pounds for breaching quarantine, although the powers have not been widely

used with just 34 people fined since the measures were introduced.

Police in Manchester, where a local lockdown has been in force since July 30, said they broke up a house party of 30 people in the early hours of Saturday.

"The occupant claimed he wasn't aware there were any Covid restrictions in place and couldn't see what the problem was. People dispersed and fixed penalty notice issued," Greater Manchester Police said.

Coronavirus cases in the UK have risen to the highest level since mid-May, with a total of 3,539 new cases recorded on Friday.

Data released by the government's Office for Science and the Scientific Advisory Group for Emergencies (Sage) showed the estimate for the R value, the reproduction number of coronavirus transmission, across the UK is between 1.0 and 1.2.

Meanwhile, the Department of Health and Social Care said it is ready to roll out a smartphone app as the next step in tracking and tracing the pandemic.

Businesses across England and Wales like pubs, restaurants, hairdressers and cinemas have been asked to ensure they have the National Health Service (NHS) Quick Response (QR) code posters visible

on entry so customers who have downloaded the new NHS Covid-19 App can use their smartphones to easily check-in.

A country-wide launch of the app is scheduled from September 24, with pilots currently taking place in different regions.

The government says with the app, people will be able to check-in on entry at public venues with their phone instead of filling out a check-in book or tool specific to a business. This will allow NHS Test and Trace to contact customers with public health advice should there be a COVID-19 outbreak.

This function will make it simple and easy so we can keep this virus under control, said Hancock.

The government is battling to control the latest spike in infections, with the UK's Office for National Statistics (ONS) estimates suggesting there has been a 60 per cent rise in daily infections in England.

Separately, new data from an Imperial College London study suggested coronavirus cases in England were doubling every seven to eight days at the beginning of September.

A further six people died within 28 days of testing positive for Covid-19 as of Friday, bringing the UK's death toll from the deadly virus to 41,614.

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KOLKATA OFFICE:
Irrahad Ali/ Intersync, Synapse, 6, Madan Street, Mezzine - 2, 2nd floor, Kolkata - 700012, Ph. 033-2212434/ fax 033-2212437/ mob. +91-9830547774/ +91-983188397. E-mail: contact.synapse@gmail.com / rahad_sil123@gmail.com

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CITY GIRL! The model, Emily Ratajowski shows off her street style while out and about in NYC.

Himani Shivpuri tests positive for coronavirus, admitted to hospital

MUMBAI, SEP 12 (PTI): Veteran Bollywood and television actor Himani Shivpuri on Saturday said she has tested positive for COVID-19.

The 59-year-old actor said she is receiving treatment at Holy Spirit hospital in suburban Mumbai on the advice of her doctors.

"The doctor suggested I should get admitted to Holy Spirit hospital because I am 60-year-old and I have history of diabetes. So today morning I got admitted. Shivpuri told PTI.

Shivpuri, who recently shot for comedy show "Happu Ki Ultan Paltan", said even though adequate safety measures were followed on the sets, she still doesn't know how she contracted the disease.

"I have no idea how I got COVID-19... Nobody seems to know where one would get it from," the actor added.

Shivpuri had revealed her COVID-19 diag-

nosis earlier in the day in a post on her official Instagram page.

"Gud morning this to inform you that I tested positive for Covid. Anyone who has come in contact with me kindly get yourself tested," she had posted.

In her over three-decade-long career, Shivpuri has featured in many critically-acclaimed and blockbuster movies such as "Hum Aapke Hain Koun..!", "Raja", "Dil-wale Dulhania Le Jayenge", "Khamoshi", "Kuch Kuch Hota Hai", "Biwi No.1", "Hum Saath-Saath Hain" and "Kabhi Khushi Kabhie Gham...". On the

small screen, she has been part of shows such as "Yatra", "Sasural Simar Ka", "Ek Vivah Aisa Bhi" and "Astitva...Ek Prem Kahani".

As of Friday, Maharashtra's tally of COVID-19 cases crossed 10 lakh, with the death toll reaching 28,724, according to health official.



Warner Bros delays 'Wonder Woman 1984' to Christmas 2020

LOS ANGELES, SEP 12 (PTI): Warner Bros has once again decided to push back Gal Gadot-starrer "Wonder Woman 1984" due to continued uncertainty over reopening of theatres.

A follow-up to 2017 blockbuster "Wonder Woman", the Patty Jenkins-directed superhero feature was set to bow out on October 2 in the US.

It will now hit the theatres on December 25 this year, reported Variety.

The film, which also features Chris Pine, Kristen Wiig and Pedro Pascal, was originally scheduled to release on June 14 but was pushed to August and later to October due to the coronavirus pandemic.

The film is now opening just a week after Denis Villeneuve's "Dune", which is still set to hit the theatres on December 18. Warner Bros is distributing the epic sci-fi feature for Legendary.

"Patty is an exceptional filmmaker and with Wonder Woman 1984' she has delivered an incredibly dynamic film that moviegoers of all ages around the world will absolutely love," said Toby Emmerich, Warner Bros. Motion Pic-

ture Group chairman. "We're very proud of the film and look forward to bringing it to audiences for the holidays," he added. Jenkins said she is eager for the

wait to spend the holidays with you," she added. The uncertainty over reopening of theatres continues with a significant number of cinema houses still closed.



film's fan to watch the movie.

"Because I know how important it is to bring this movie to you on a big screen when all of us can share the experience together, I'm hopeful you won't mind waiting just a little bit longer. With the new date on Christmas Day, we can't

The studio recently released "Tenet" on the big screen, marking the first major blockbuster to debut since movie theatres closed in March due to the pandemic.

The movie has so far amassed USD 20 million in North America. However, it is doing much better in overseas markets.

Gordon Ramsay to host BBC game show 'Bank Balance'

LONDON, SEP 12 (PTI): Celebrity chef Gordon Ramsay will be hosting the game show "Bank Balance" for BBC One.

Ramsay, who has featured in shows such as "Top Gear", "Hell's Kitchen" and "MasterChef US", will also produce the new series through his banner Studio Ramsay.

Described as a "high-stakes, high-pressure" game show, "Bank Balance" will see contestants test their poise, precision, knowledge and nerve to succeed to build themselves a fortune - or see it come crashing down in an instant. In a statement

from BBC, Ramsay said he is confident that the show will be "truly epic".

"It is such an intense game with so much jeopardy to win big and lose even bigger, where the difference between failure and success is always in the balance. I'm so happy to be working with the fantastic team at the BBC and cannot wait to get in the studio and start stacking those gold bars," he added.

Studio Ramsay's Fernando De Jesus, Tom Day, Sam Smail and Bronson Payne will produce the show.

Ramsay and Jo Wallace will be executive producers.

Manoj Bajpayee is dubbing for 'The Family Man' season two



MUMBAI, SEP 12 (PTI): Actor Manoj Bajpayee on Saturday said he is dubbing for the much-awaited second season of his critically-acclaimed web series The Family Man.

The 51-year-old actor, who plays the lead role of intelligence officer Srikant in the Amazon original series, took to Twitter to share the update and also posted a photograph of himself from the recording.

"Dubbing for THE FAMILY MAN 2!! @rajndk @Suparn @PrimeVideo @sharibhashmi @priyamani6 @SharadK7 and @Samanthaprabhu2," Bajpayee wrote.

Filming of the second season of

"The Family Man" was wrapped up in March this year.

The series, helmed by director duo Raj Nidimoru and Krishna DK, follows a middle-class man secretly working for the National Investigation Agency.

"The Family Man" started streaming on September 20, 2019 and opened to universal acclaim and great reviews.

Besides Bajpayee, the first season also featured Priyamani, Sharib Hashmi, Neeraj Madhav, Pawan Chopra, Kishore Kumar and Gul Panag.

The season two marks digital debut of south star Samantha Akkineni.

Adam Brody, wife Leighton Meester become parents to baby boy

LOS ANGELES, SEP 12 (PTI): Actors Adam Brody and Leighton Meester have welcomed their second child, a baby boy.

Brody shared the news during "The Fun Time Boys Game Night Spectacular" via Twitch last week, according to People magazine.

"Since last I played, I have a new kid. I have a boy and he's a dream boy," the 40-year-old actor said.

Brody and 36-year-old Meester are already parents to daughter Arlo Day, who was born in 2015.

The two actors started dating in 2010 after meeting on the sets of their romantic comedy "The Oranges". They got engaged in November 2013, and tied the knot in a private ceremony on February 15, 2014.

Noomi Rapace to topline thriller 'The Trip'

LOS ANGELES, SEP 12 (PTI): Swedish star Noomi Rapace is set to headline the upcoming Norwegian-language thriller film "The Trip". Actor Aksel Hennie, best known for starring in movies such as "The Martian" and "Hercules", will play the male lead opposite Rapace.

The film will be directed by Tommy Wirkola from a script he penned with Nick Ball and John Niven, reported Deadline.

Wirkola has previously helmed films like "Hansel & Gretel: Witch Hunters" and "Dead Snow". "The Trip" is about a dysfunctional husband (Hennie) and wife (Rapace) who head to a remote lakeside cabin under the guise of reconnecting, but each has secret designs to kill the other.

Before they can carry out their respective plans, unexpected visitors arrive and the couple is faced with a greater danger than anything they could have plotted.

The movie, which hails from XYZ Films, will be produced by Kjetil Omberg and Jorgen for 74 Entertainment.

ARIES:

Where's your zest for life, Aries, or what the French would refer to as joie de vivre? 'All work and no play' is not a good look on you. This energy of stagnation is affecting your creative projects too. The cards are urging you to change things up a little around here. A good way to get out of your head and into your body is by experimenting with dance yoga or movement therapy. A party for one in your living room also sounds like a brilliant idea! If you're more of the 'make art' kind of gal or guy, splash some colours onto the canvas and let your subconscious mind come through.

Tip: Get out of your head and into your body.

TAURUS:

The trouble is, you already know how to deal with the given situation. You're shying away from what needs to be done here because you're not listening to your higher self. Today, the cards are urging you to strengthen your 'solar plexus' and exercise a little more faith in yourself and the mysterious forces. What you are asking for is coming your way. Believing this with every fibre of your being will give the Universe more power to work in your favour.

Tip: Strengthen your solar plexus and believe in your own power.

GEMINI:

The cards are urging you to take action, Gemini. What's that one thing you've been avoiding like the plague? Visualise how you will feel once it's out of your way and get to work. Trust us, you'll be glad you did! Connecting with nature is also going to be a big theme. Head to the local park with the fam or tend to

your own garden. Oh, the revelations you will have in Gaia's presence!

Tip: Get into action mode.

CANCER:

The cards are urging you to stop glorifying the Bridget Jones narrative, especially if you've been single for a while. Things are about to take to shift on the love and romance front, provided you're willing to make space for it. What is it that you are consciously inviting into your Universe? Hold it in your mind's eye and project it into the Universe. Oh, the miracles that will unfold in your life when your befriend trust and surrender!

Tip: Things are about to shift on the love and romance front.

LEO:

Working through your boundary issues has been a big theme for you over the past few months and you may feel like this weekend is bringing with it a culmination of sorts. Have you truly integrated the lessons like you say you have? You will be tested, Leo. So, stay true to yourself and don't shy away from saying "No, not this way" as and when you need to. Trust that you will gain a lot more respect in the process.

Tip: Stay true to yourself, no matter what.

VIRGO:

The wheel is turning, Virgo, bringing forth opportunities that were unavailable to you before. Don't spend too much time going back and forth on your decisions. Make a choice and focus on moving forward. Before you know it, you will have crossed the hurdles and moved closer to the finish line. If you've already put in the work, trust that success is close at hand—and with it, the acclaim you truly deserve.

Tip: Make a decision and move forward.

LIBRA:

Libra, you have innumerable gifts and talents. So many wonderful things to offer the world! What's keeping you from shining your light fully? The cards are urging you take the cloak of invisibility off. Oh, the mountains you will move when you awaken your own power and potential! Romance is also going to be a big theme for you this weekend and you'll find that it is in everything you see and do! The support of your soul family is showing up strongly. Allow yourself to lean on them for TLC.

Tip: It's time to take the cloak of invisibility off.

SCORPIO:

The 'I've been too busy to do anything else' narrative is only serving your ego self. It's not doing you any good. The cards are urging you to recognise all the ways in which you are dishonouring your own energy and your body temple. Just for today, tune in and ask your sacred vessel how it would like to be nurtured. In moments of deep connection, you will find your answers.

Tip: Embrace the slow life.

SAGITTARIUS:

This is an especially sacred time in the Sagittarius HQ. A time of revelations and aha moments! A time of connecting with yourself on a deeper level. Remember, spirituality does not confine you to a box. It gives you the freedom to forge your own path. Take the best of your learnings as you move forward and trust that the guidance you require in every moment will come through. In the wise words of Pythagoras, "Man know thyself; then thou shalt know Universe and God."

Tip: You are connecting with yourself on a deeper level.

CAPRICORN:

By constantly dwelling on the bad vibes, we end up giving the bad vibes more power. So an unpleasant thing happened, Capricorn. It's time to move past the turbulence and focus on cleansing your space and your aura. Call upon your helpers in the unseen realms to transmute any residual energy from this exchange. What you need to be mindful of from now on: who you are letting into your space. Your higher wisdom will assist you in making the right decisions and protecting yourself.

Tip: Cleanse your space and your aura.

AQUARIUS:

It's not the end of the road, Aquarius. Recognise why the given formula is no longer working for you and all the ways in which you need to innovate. A futuristic approach will prove to be the secret to your success. The cards are also indicating that your personal magnetism is off the charts. Trust that you will be able to attract the right people and opportunities merely by being yourself.

Tip: Ask yourself the question, "How do I need to innovate?"

PISCES:

Boundary issues are showing up strongly yet again. Imbalance in your base chakra or 'muladhara' could be the root of this pattern. Consider working inside out, Pisces. Consider strengthening yourself and your root. Connecting with the energy of Mother Earth, practicing yoga, walking barefoot on the grass, and meditating with stones such as garnet, tourmaline, and hematite will assist you in this process. Consuming red foods such as cherries, beets, and apples is also highly recommended.

Tip: Work on balancing your root chakra.