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SummitTIMES

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ON TOP OF THE NEWS

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Polling materials dispatched for Poklok-Kamrang by-election

NAMCHI, 20 OCT [IPR]:

The dispatch of polling materials for the polling teams for the 22 by-election polling stations at Poklok Kamrang assembly constituency was carried out at District Administration Centre (DAC) today.

The dispatch procedure was overseen by the General Observer for Poklok Kamrang, Alak Kumar Saharia, Returning Officer (RO) Ragul K, Assistant Returning Officer (ARO) Satyen Kr Pradhan, along with Sector Magistrates and Election Agents.

The RO reminded the teams that the poll timing has been notified by the Election Commission of India from 7am to 5pm and added that the Presiding Officer will conduct a mock poll at 5:30am on



polling day, Monday, in their respective Polling Stations. This was a mandatory procedure for the officer, her stressed. Also, the candidates or

their polling agents are to be present for the Mock Poll in their respective polling stations, he added. Special provisions and security arrange-

ments have also been taken for sensitive Polling Stations. Additionally, the RO stated that adequate security measures with

half a section of SSB have been deployed in the Polling Stations identified as critical.

Furthermore, Flying Squads, Static Surveillance Teams, Video Surveillance and Video Viewing Teams are functional in the field to monitor various kinds of activities.

The administration has made arrangements for volunteers across the constituency to ensure that no voter is left behind. In addition, real time tracking and monitoring of the movement of EVMs and VVPATs through GPS-enabled vehicles is also being done.

Three sector police officers and three sector magistrates are on duty for maintaining law and order during the day of the polls.

ACT joins AIPNEE, strengthens anti-dam network



NITESH PRADHAN GANGTOK, 20 OCT:

Affected Citizens of Teesta the Asia Indigenous Peoples Network on Extractive Industries and Energy [AIPNEE] at the organisation's planning workshop held at Baguio City, Philippines, on 14 October.

ACT has also joined youth networks committed to advancing collective struggles against dams.

ACT general secretary, Gyatso Lepcha, highlighted the organisation's struggle against dams and shared the challenges

faced by indigenous activists.

The workshop was attended by representatives from Cambodia, Nepal, Bangladesh, North-east India Philippines, Malaysia and Thailand.

AIPNEE was established in 2013 and serves as a campaign platform for various issues raised by indigenous peoples from grassroots communities in Asia.

With new members in the network, the organization aims to give focus on the pressing issues that have burdened

Indigenous peoples for decades. The Baguio meet recognised that there was a need for a strengthened campaign network to highlight, at the international level, the common struggle against the aggressive push for hydropower projects along major rivers in the Asian sub-regions, most of which run through indigenous peoples territories; and the multiple applications for giant mining explorations also within the resource-rich communities of indigenous peoples.

292 cops martyred in India from Sep 2018 to Aug 2019: Police

NAGPUR, OCT 20 (PTI):

As many as 292 police personnel, including from paramilitary forces like the CRPF and BSF, have lost their lives in the line of duty across the country between September 2018 and August this year during anti-terror and other operations, according to official data.

It also mentioned that over 35,000 police personnel have sacrificed their lives for the country from Independence till August this year.

Of the 292 state and paramilitary personnel killed between September 2018 and August this year, the Central Reserved Police Force (CRPF), which is at the forefront of fight against terrorists and insurgents, topped the list with 67 casualties.

These included 40 CRPF personnel killed in a terror attack at Pulwama in Kashmir in Feb-

ruary this year, said the official statement quoting figures received from various police forces and organisations.

Besides, 41 personnel of the Border Security Force (BSF), 23 of the Indo-Tibetan Border Police (ITBP) and 24 of Jammu and Kashmir Police were killed during the one-year period.

The list also includes 20 Maharashtra Police personnel, including 15 killed in a landmine blast triggered by Maoists in Gadchiroli district in May this year.

Apart from these, 14 personnel of Chhattisgarh Police, 12 of Karnataka Police, 11 of the Railway Protection Force (RPF), 10 each of Delhi Police and Rajasthan Police, seven of Bihar Police and six of the Central Industrial Security Force (CISF) were also killed during the period.

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Sukhim Yakthung Chasok Tongnam Lokchum brings community together to host grand Chasok Tongnam celebrations



SUMMIT REPORT GANGTOK, 20 OCT:

Sukhim Yakthung Chasok Tongnam Lokchum, a newly formed Limbu committee, held its first meeting on Saturday regarding the upcoming Chasok Tongnam to be celebrated for three days from 15 to 17 December at Saramsa Khet,

Ranipool, East Sikkim.

The meeting, held at Limbu Bhawan here, was attended by notable elders of the community, office bearers from Limbu associations, scholars and youth from all parts of Sikkim.

The chief patron of the Committee, Suk Bahadur Subba, highlighted

the urgency for such an organising committee to instil a sense of responsibility among the younger generation about Limbu heritage, culture and traditions.

In his remarks, Mr Subba extended gratitude towards Ambhotey-based organising committee Yuma Say Say Me Chumbho, Chiso Pani, South Sikkim for their pioneering initiative in emphasising Chasok Tongnam celebrations as per Mundhum traditions.

The patron also thanked Neeyara Productions for their tireless work and efforts in organising earlier editions of Chasok Tongnam on a much wider scale within and beyond Sikkim.

Sukhim Yakthung Chasok Tongnam Lokchum (SYCTL) was formed on 01 September 2019, at Ahopul, East Sikkim, with members from all parts of Sikkim.

turn to pg02



FPAS signs MoU with FPAI

SUMMIT REPORT GANGTOK, 20 OCT:

Football Players Association of Sikkim [FPAS] has signed an MoU with Football Players Association of India [FPAI] agreeing to work together for the betterment of Indian football and Sikkim football and its players in particular.

FPAI is the apex national body of football players of the country and had written to FPAS on 18 Oct recognizing it.

The MoU was signed by Cyrus Confectioner, general manager, FPAI, and FPAS president, Nirmal Chhetri.

"This is a great achievement for FPAS. We thank the FPAI for the recognition. Our primary aims & objectives are to work together for the betterment of the players & Sikkim Football," said Nirmal Chhetri while announcing this development.

The FPAI, which is a member FIFPro World 11, the world players union formed in the year 2006.

Catholic Churches hand over Rs 1,15,555 to landslide affected at Tsong



SUMMIT REPORT GANGTOK, 20 OCT:

Sikkim Catholic Association handed over Rs 1,15,555 for the landslide-affected families of Tsong, West Sikkim, on Saturday.

The amount was raised by all Catholic Churches of Sikkim for the affected people at Tsong.

On behalf of all Catholic Churches of Sikkim,

a team of executive members of Sikkim Catholic Association, accompanied by Father Stephen Gyan and Father Paul Rai, visited the relief camp at Yuksom on Saturday.

The team interacted with affected families and also prayed for them. The team handed over contribution to the in-charge deputed by the government.

Army pounds terror camps and Pak posts along LoC

NEW DELHI, OCT 20 (PTI): In a major counter-offensive after Pakistan's unprovoked firing, the Indian Army on Sunday carried out heavy artillery strikes targeting four terror launch pads and several Pakistani military positions in Neelam Valley in Pakistan-Occupied Kashmir, killing six Pakistani soldiers and reportedly eliminating a sizeable number of terrorists, government sources said.

The Indian retaliation came a day after Pakistan military resorted to unprovoked firing in Tangadhar sector along the Line of Control in which two Indian Army personnel and a civilian were killed. Three others were also injured in the attack, the sources said.

They said the four terror launch pads in Neelam valley, opposite to the Tangadhar sector of Jammu and Kashmir have been totally smashed in the artillery fire by the Indian Army and that 10-15 terrorists were staying in each of the fa-

cilities at the time of the attack, the most significant offensive since India carried out the Balakot strike in February.

A highly-placed source, meanwhile, said at least 20 terrorists were killed in the Indian artillery fire, adding the figure may be quite high. Defence Minister Rajnath Singh spoke to Army Chief Gen. Bipin Rawat following the Indian offensive and he has been keeping an eye on the evolving situation along the LoC, government sources said.

Spokesperson of Pakistan Military Major General Asif Ghafoor, in a series of tweets, said a total five Pakistani civilians were killed in the Indian strikes. "Targeting innocent civilians by Indian Army is an attempt to justify their false claims of targeting alleged camps," Ghafoor alleged and also claimed that nine Indian soldiers killed and two Indian bunkers were destroyed by Pakistan Army.

A senior Indian Army official rejected Ghafoor's allegations and claim.

In a statement, the Indian Army said

Pakistani Army initiated unprovoked cease fire violations to assist infiltration by terrorists into Indian territories in the Tangadhar sector last evening.

"As a result calibrated escalation of area weapons was undertaken by the Indian side in which terrorist launch pads and several Pakistan Army posts giving incidental protection to these launch pads and certain gun positions were hit," it said. It said Indian Army retains the right to respond at a time and place of its choosing in case Pakistan Army continues to assist terrorist activities across Indian borders. Sources said Pakistan has been trying to push terrorists into Kashmir to trigger unrest in the wake of India's decision to withdraw Jammu and Kashmir's special status and bifurcate the state into two Union Territories.

Soon after government announced its decision to reorganise Jammu and Kashmir on August 5, the Army was put on high alert along the LoC to effectively re-

pulse any possible Pakistani misadventure.

The sources said the pounding of Pakistani positions and terror camps cannot in any way be compared to surgical strikes carried out by the Indian Army in September 2016 on terror launch pads across the Line of Control. However, the offensive was the most significant one after India carried out the Balakot strike in February.

On February 26, India carried out an aerial strike on a terrorist training camp of the Jaish-e Mohammad terror group in Pakistan's Balakot, in response to Pulwama terror attack in which 40 CRPF personnel were killed.

Pakistan Air Force retaliated the next day by trying to target military installations but it was repulsed. The PAF downed a MiG-21 Bison in an aerial combat besides capturing IAF pilot Varthaman, who was handed over to India on March 1. Varthaman had shot down an F-16 of Pakistan before his Mig21 Bison was hit.

TSRTC strike: Employees' unions to intensify protests

HYDERABAD, OCT 20 (PTI): The TSRTC employees' unions, spearheading the 16-day-old indefinite strike pressing various demands, on Sunday announced it would intensify the agitation with a slew of protest programmes over the next few days.

The Joint Action Committee (JAC) of Telangana State Regional Transport Corporation (TSRTC) unions held a meeting here with different political parties and people's organisations and chalked out agitational programmes in varied forms to be held from October 21 to 27.

The TSRTC JAC convenor E Ashwathama Reddytold reporters that a sit-in by RTC workers and their families would be organised on Monday, in front of all bus depots in Telangana.

The protest programmes would include 'deeksha' by women conductors in front of all depots, a meeting with all public representatives, and road blockade.

"On October 27, Diwali will not be celebrated," Reddy said.

Nearly 48,000 employees of different unions of the corporation began an indefinite strike on October 5 across the state on a call given by JAC demanding its merger with the government, pay revision, among others resulting in state-run buses staying off the roads causing inconvenience to commuters.

RTC employees and workers on Sunday held protests and took out rallies raising slogans against Chief Minister K Chandrasekhar Rao.

Ruling out discussions with the agitating unions, the TRS government had said the employees' stir was "illegal" as they caused immense inconvenience to public.

The Telangana High Court had on Friday directed the RTC and the employees to sit across the negotiating table and settle all their disputes before October 28.

In view of the ongoing RTC strike, an additional 50,000 passengers were travelling daily by metro trains as against an average of 3 lakh daily travellers, the Hyderabad Metro said.

Hitting out at the Rao government for not resolving the ongoing strike, BJP national general secretary Arun Singh said the party would take up the matter with the Centre.

Accusing the Chief Minister of behaving in an "arrogant, adamant and insensitive" manner, the BJP leader claimed that is why they (KCR government) were not complying with the High Court order and not respecting the sentiments of the people.

"Definitely, we are going to take up the issue with the Centre. They are not responding to High Court's order to resolve the RTC strike," Singh told reporters here.

Claiming that the TRS government had promised merger of the RTC with the government, Singh accused it of going back on its promise.

Polling materials dispatched by East dist by-elections

GANGTOK, 20 OCT [IPR]: The DEO-cum-Returning Officer, East, Raj Yadav, in the presence of the General Observers for the by-elections at Martam-Rumtek and Gangtok, Susil Kumar Yadav and Madhurima Baruah (Sen), along with the AROs, authorised election agents of the contesting candidates, opened the Strong Room situated at District Administrative Centre, Sichey at 7am today.

The distribution of polling materials and EVMs to all the polling parties started at 8 AM from the Dispatch Centre established at DAC, Sichey from where all polling parties departed to their respective polling stations.

The DEO informed that the mock poll will commence at 5:30 AM on polling day and the actual poll shall commence at



7AM and end at 5PM.

The Presiding Officer will conduct mock poll at 5 am in their respective Polling Stations which he

stressed is a mandatory procedure on Poll day. He also added that the candidates/ their election

agents and polling agents are also allowed to be present for the Mock Poll in their respective Polling Stations.

He added that 102 police personnel have been deployed for the two constituencies while

six Sikkim Armed Police (SAP) personnel have been deployed to six critical polling stations under Martam Rumtek constituency.

He further informed that Sector Magistrates have been provided with

ECIL engineers and Reserve Machines to tackle any problem that may arise during the poll day.

Dry days have been declared throughout the state from 5PM on 19 October till 5 AM of 21 October 2019.

Election expenditure accounts of Poklok-Kamrang candidates inspected



NAMCHI, 20 OCT [IPR]: The third round of inspection of accounts of election expenditure of the contesting candidates for the by-election at Poklok-Kamrang assembly constituency was conducted at the District Administrative Centre here today.

Present during this process were Expenditure Observer for the constituency Kalrav

Mishra, CPAO South Sunil Sharma and various other officials.

In this inspection, accounts of candidates were reconciled with the records maintained by the Assistant Expenditure Observer.

The final inspection of accounts and reconciliation for the contesting candidates will be conducted 25 days after counting.

Dalrymple seeks law to protect Kolkata's old buildings from demolition

KOLKATA, OCT 20 (PTI): Eminent Scottish historian William Dalrymple said he likes to wander through the by-lanes of Kolkata that are dotted with old buildings, many of which are crumbling and need legal protection from demolition.

On a visit here during the launch of his latest title "The Anarchy", Dalrymple told PTI that the city's history may fade into oblivion if proper measures were not taken to preserve the old private buildings.

"I walked to see the Clive's House at Dum Dum, I walked to Victoria Memorial, I walked down Chowringhee.... I have been to Chandernagore (in Hooghly district) where my family came from. I have Bengali blood," he said. In a 2016

interview, the historian said his great-grandfather Walter was born in Kolkata as recently as a century ago, and so he is "part-Bengali".

Dalrymple, the writer of 2009 non-fiction bestseller 'Nine Lives: In Search of the Sacred in Modern India', said there was never any central planning in Kolkata in the past. The city was a chaotic place during earlier times too, said the 54-year-old author of 'White Mughals'. He said he loves going through the city streets, especially in north Kolkata, during Durga Puja and other times, and over 100-year-old private buildings should not be destroyed.

"In most countries, buildings which are over 100-year-old have a listing system whereby

even private buildings cannot be destroyed.... In modern India, if you have a heritage building, you should not destroy it by building (a) shopping mall. Most countries in the world just don't allow that," the author of 'City of Djinns: A Year in Delhi' said. "In Britain, France also Belgium - if you have a heritage building it comes with responsibilities. Say I have a very old house in London and that is great - which means I can't alter the facade and interiors," Dalrymple said.

He rued there is no similar system in India and one "can just knock it (a privately owned old building) down. I think it is a great tragedy that Kolkata has so much history" which may not remain if adequate steps were not taken.

Make sure insurance ads are clear, fair and not misleading: Irdai to insurers

NEW DELHI, OCT 20 (PTI): Regulator Irdai has asked insurers to ensure that advertisements of insurance products are clear and do not convey a fabricated sense of security to prospective customers. The Insurance Regulatory and Development Authority of India (Irdai) in a circular on 'insurance advertisements' has prescribed dos and don'ts for insurance companies to comply with.

All insurance advertisements should ensure that "communications are clear, fair and not misleading whatever be the mode of communication", it said.

They should use material and design (including paper size, colour, font type and font size, tone and volume) to present the information legibly and in an accessible manner, Irdai said.

Also, the mandatory disclosures should be in the same language as that of the whole advertisement.

"Names of insurance products or benefits" must not use terms or phrases that convey a fabricated sense of security, the circular said.

It further said that in case of communications

through internet, an "insurer should ensure that the recipients/viewers have the opportunity to view the full text of the relevant key features; terms and conditions; any other applicable risk information...they shall not be hidden away in the body of the text".

Irdai said the success of insurance sales communication depends on public confidence and the faith they repose in the insurers, when they receive a communication from companies promoting their products.

"As it may be difficult for the public to understand and evaluate the inherent details in the various insurance products, it is of paramount importance that the publicity material is relevant, fair and in simple language enabling informed decision making about whether or not to buy a specific insurance product," it said. The circular also said all licensed entities soliciting insurance business should mention their identity and contact details.

Any person found to be guilty of misleading the prospect on any insurance product will be liable for regulatory actions, it added.

292 cops...

The list also included those killed from police forces of Jharkhand, Uttarakhand, Arunachal Pradesh, Haryana, Manipur, Andhra Pradesh, Madhya Pradesh, Sikkim, Himachal Pradesh and Tripura, and the Sashastra Seema Bal (SSB), National Disaster Response Force (NDRF) and Assam Rifles.

As per the data, maximum number of paramilitary jawans died while dealing with cross-border terrorism and Naxalism within the country.

The state police personnel were martyred while dealing with Naxals, terrorists, liquor and sand mafias and on other law and order duties, it said.

From Independence to August 2019, total 35,136 police personnel sacrificed their lives for safeguarding the nation and providing security to people, it added.

The names of 292 martyrs would be read out during the Police Commemoration Day functions on Monday.

The day is observed to pay homage to 10 policemen killed in firing by Chinese troops in 1959.

Sukhim Yakthung...

The committee has considered the urgent need to promote and preserve Limbu Mundhum rituals and traditions. In its deliberations, the committee has taken cognisance for fostering unity in preserving Limbu culture and way of life.

The president of the Committee, NB Subba, called upon the audience to stress more on innovative ideas than derivative concepts, and urged the community to support and encourage the younger generation to conserve and preserve the culture and legacy aided by documentation for future knowledge production.

The meeting provided an opportunity for feedback and suggestions on the vision, aims and objectives and agenda of the celebrations.

The meeting was also followed by an open discussion which led to valuable suggestions and comments from the audience, especially from the teaching fraternity, government officials and community leaders.

Presiding over the meeting, RL Khamdhak congratulated the SYCTL committee's vision and objectives and wished success for the upcoming three-day Chasok Tongnam festival in December 2019.

~ SummitTIMES ~ CLASSIFIEDS

GENERAL LAND FOR SALE

Roadside plots for sale at Adampool, Ranipool-Rumtek highway.

For details contact: 9083826462

FLAT FOR RENT/LEASE

Fully furnished 3BHK flat available for rent/lease at Church Road near DPH. Roadside and five minutes walking distance from MG Marg.

For more details: 9083826462 /9832556698

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 30 Lakhs (negotiable).

Contact: 9800201335

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86 through to quarterfinal round after 3rd audition of Sikkim Newar Guthi talent hunt

SUMMIT REPORT
SINGTAM, 20 OCT:

The third audition of the Sikkim Newar Guthi State Level Open Talent Hunt Show Season 2 was held at Singtam on 19 October, a press release informs. 86 participants cleared this round and are through to the quarter-final stage.

More than 170 participants from different parts of Sikkim as also participants from Siliguri, Kurseong, Kalimpong and Darjeeling participated in different categories.

CP Pradhan, former teacher of Singtam Senior Secondary School, was present as the chief guest accompanied by TB Pradhan, former president Rangpo Singtam Zone, Sikkim Newar Guthi, Sushen Pradhan, Secretary, SNG Youth Affair, and Binod Pradhan, President, Newa Bhay Bowneykutti.

Binita Pradhan, Coor-



inator, SNG State Level Open Talent Hunt Show Season 2, spoke in brief about the event and the upcoming Silver Jubilee Anniversary of Sikkim Newar Guthi.

The event, held at

the Community Hall, received the highest participation in the dancing and singing categories. Also impressive were mono act, painting and beat box performances.

The next audition will

be held at Gangtok and the participants will again return to Singtam for the quarter final round.

The judges of the day were Komal Gurung, Manoj Rai and Praja Pradhan while Rajesh Pradhan

was the Observer.

The talent hunt is being organised by Sikkim Newar Guthi Youth Affairs in collaboration with Inspire Academy of Arithang and Sang-Martam Jan Sewa Sangathan.

Gangtok excursion for Lingi Payong Secondary School students



SUMMIT REPORT
GANGTOK, 20 OCT:

An excursion to Gangtok was organized for students of Classes VI and VII of Lingi Payong School on Saturday, 19 Oct, to provide them "direct source of knowledge and an opportunity to develop a more aesthetic sense."

The excursion was

coordinated by Goma Sharma (GTS), Karuna Gautam, Pradeep Gurung and Diwas Gautam. 21 students from the two classes participated in the tour.

The team visited Hanuman Tok, Ganesh Tok, Himalayan Zoological Park, Bulbulay and Sikkim Science Centre, Marchak, Ranipool.

#Wakeup Movement organizes declamation compett on Climate Change



SUMMIT REPORT
GANGTOK, 20 OCT:

An interschool declamation competition was organised by the "#Wakeup Movement" team on 19 October at Nar Bahadur Bhandari Degree College here today on the topic, "Ethical Standpoint on Climate Change."

#Wakeup Movement is a social youth organisation formed recently by three Gangtok teenagers Rishal Pandey Chettri (DPS, Siliguri), Ashwatth Tamang (TNA) and Chul-tim Dolma Bhutia (PNG) with the objective to combat Climate Change and Global Warming.

The declamation competition received more than 30 participants representing around 10 schools from in and around Gangtok, a

press release informs.

The first position was bagged by Raul Pradhan of Tashi Namgyal Academy followed by Rushali Golay of Holy Cross School and Allan Lepcha of Tashi Namgyal Academy.

The competition was judged by Mamta Awasthy, a national awardee social worker and Suraj Sharma, Principal, Lingee Payong Secondary School.

The agenda of the organisation is to #Stand-upforissuesgreatertanpolitics and aim to create awareness among the Sikkimese people on the urgency to conserve environment and join the global movement against Climate Change.

The team had organised a cleanliness drive in Darjeeling last week.

Little Pixies open new campus at Dhajey Dara



SUMMIT REPORT
GANGTOK, 20 OCT:

Little Pixies International School, Gangtok, opened a new campus at Dhajey Dara in Ranka, East Sikkim on Saturday. With this new branch, the school has classes from playgroup to class VII at both its campuses - in Gangtok and Ranka.

The Ranka campus was inaugurated by Secretary, Human Resource Development Department, MT Sherpa.

The inaugural function featured dances, singing and sports competitions for parents. The singing competition for parents had OMAS president, Sonam Gyalsten Bhutia, as judge.

In his inaugural address, the HRDD Secretary appreciated the efforts of the school at opening a new branch away from the town and among nature.

He lauded that this would be beneficial for students and help in their overall development and congratulated the school management and wished

them best for their future endeavours.

Principal Rita Agarwal, in her address, mentioned that the school was giving priority to outdoor activities and sports along with academics for the overall development of its students.

She added that the school will also focus on teaching students how to grow crops in different seasons and gardening.

The school will begin classes at its new campus from the next academic session.

|| Shradhanjali ||

Beloved Smt. Sandhya Biswakarma

"With profound grief and sorrow we inform that the "Annyesthi Triya" of beloved Smt. Sandhya Biswakarma who left for her heavenly abode on 12/10/2019 falls on 24/10/2019 at Diesel Power House compound, D.P.H Road, Gangtok, East Sikkim. All relatives, friends and well wishers are requested to join us for offering prayers for the departed soul..

Our sincere thanks and gratitude to all who stood by us during our time of bereavement.

Kailash Biswakarma - husband
Avyash and Awesh Biswakarma -sons

Contact- 9474841550
7908896626
9547619089

DesiEvite.com

Foundation year football tourney at Dikchu School in pre-quarter stage



MANGAN, 19 OCT: The 78th Foundation Year Celebration Open Men's football tournament at Dikchu Senior Secondary School has reached the pre-quarter final stage with Makha Secondary School taking on Dikchu Drivers Association which the latter team

won 0-4. In second match of the day, Enchoen Boys Pathuk defeated Mangan Police 6-5 in a match decided in a penalty shootout.

The function had Nima Tshering Lepcha, Headmaster Pheedang Primary School, as chief guest. The matches was

refereed by Tara Chettri and had Ram Sundas and Sonam Pintso Kazi as linesmen.

The final match of the tournament is scheduled for 01 November with the winner taking home Rs 50,000 and a trophy and the runners-up receiving Rs 30,000.

Air Asia launches Agartala-Kolkata flight service



AGARTALA, OCT 20 (PTI): Low-cost carrier Air Asia on Sunday launched flight services to Kolkata, Delhi, Guwahati and Imphal from here.

Tripura Chief Minister Biplab Kumar Deb flagged off the first Air Asia flight to Kolkata from the Maharaja Bir Bikram (MBB) Airport here. Deb said air connectivity is very im-

portant for the north-eastern state.

He said when SpiceJet had withdrawn their service from the state early this year, he took up the matter with the Union Civil Aviation minister and requested him to take some initiative for more air connectivity with the state.

Chief Operating Officer of Air Asia, Sanjay

Kumar said 14 flights would operate in a week from the MBB airport in Agartala-Kolkata, Agartala-Delhi, Agartala-Guwahati and Agartala-Imphal routes.

"We also have plans to extend our service for connecting Agartala with Bengaluru, Chennai and Mumbai. This is our 20th destination in the country", he told reporters.

GOVERNMENT OF SIKKIM
OFFICE OF THE DISTRICT COLLECTOR
SOUTH SIKKIM NAMCHI

visit us @www.southsikkim.nic.in
email id-dmnamchi-skm@nic.in
Ref. No. 161 /DCS

Tel No: 03595-263734
Fax: 03595-264734
Date: 18/10/2019

NOTICE

With reference to section 126 of the Representation of the People Act 1951 the campaigning period shall end 48 hours before the time fixed before the close of poll i.e. at 05:00 P.M on 19th October 2019. Therefore all contesting candidates are hereby directed to comply with the following instructions of the Election Commission of India (as per Chapter 8 of the Manual on Model Code of Conduct):

- No person shall –
 - Convene hold or attend to join or address any public meeting or procession in connection with an election; or
 - Display to the public any election matter by means of cinematograph television or radio or other similar apparatus; these restrictions do not extend to the publication of advertisements by political parties and candidates in print media.
 - Propagate any election matter to the public by holding or arranging the holding of any musical concert or any theatrical performance or any other entertainment or amusement with a view to attracting the members of the public thereto in any polling area.
- After 05: 00 pm of 19th October 2019 no campaign can take place within the constituency, presence of political functionaries and party worker who have been brought from outside the constituency and who are not voters of the constituency should not remain present in the constituency.
- On the date of poll in that constituency each contesting candidate is entitled to use three vehicle only, one for his own use one for the use of his election agent and one vehicle for use of his workers or party workers. In a four wheeler vehicle not more than 05 persons including driver, will be allowed to move on the day of poll. It is further clarified that on the day of poll the vehicle allotted for use of candidate or his election agent will not be used by any other person.
- All permission of vehicles for campaigning purposes are valid till 05:00 pm. of 19th October, 2019 except three vehicles as mentioned above.

By Order.

Ragul K. IAS
DEO-cum-District Magistrate
South District,
District Collector
South, District Namchi

Copy to:

- Chief Election Officer, Sikkim.
- All contesting Candidates.
- Superintendent of Police, South.
- All Sector Magistrates and Flying Squads for compliance.

EXPO JORETHANG

Diwali Shopping Festival

STARTING FROM 15th OCTOBER 2019

○ Kolkata Leather

○ Mumbai Jewellery

○ Saharanpur Furniture

○ UP Bed Sheets

○ Bhagalpur Silk

○ Rajasthan Kurties

○ Handicraft Items

○ Delhi Curtains

○ Aurvedic Medicine

○ Delicious Food Items

VENUE : JORETHANG PLAZA, JORETHANG BAZAR

Disaster Management in Times of Climate Change

The two realities are best prepared for in tandem

Climate Change and Disaster Risk Management are relatively recent responsibilities shouldered on two departments in Sikkim – Climate Change to the Department of Science & Technology and Disaster Management to Land Revenue Department. The recognition of the two challenges as issues requiring round-the-year and official attention is welcome and maybe it is even time that the two developments were placed under the charge of a single authority. This would be worthwhile because it is now clear that a majority of the natural disasters in the future will be Climate Change triggered. It would thus make sense to make Climate Change Mitigation a part of disaster management. This, more so in the case of hill states like Sikkim which already flirt too often with natural disasters, the intensity of which will grow as climate begins to change more dramatically.

The impact of climate change is becoming increasingly evident in the polar caps and in the Himalayas. High mountain communities have noted that glaciers are retreating at unprecedented rates. The planet's extremities are canaries in the coal mines - alerting the rest of the world to the extent of the changes that are coming and we, because Sikkim holds that canary, should start getting more involved in the initiatives being undertaken to save the environment because that really is the only cushion to minimise climate change risk.

At the policy level, Sikkim has launched several measures aimed at preserving its environment and understanding where it stands on the climate change risk graph. These, however, remain typically [for Sikkim] top-down affairs and have come as government initiatives thus far. One doesn't see any private participation in drawing focus to the larger picture. Most NGOs and social organisations are involved in almost exclusively localised issues like garbage disposal and plantation works. While these are also necessary, Sikkim needs more who communicate in specifics and undertake studies on climate change impact in the State. There has unfortunately not been any concerted effort in Sikkim on this front thus far. While most people are familiar with climate change, very few are aware of how it is manifesting in Sikkim. The closest that the State has come to studying this is aspect is in the committee (or was it as commission?) set up to study the glaciers of Sikkim. It is not clear what came of this study although some glaciers on high melt have been kept under high watch now. Events like an occasional workshop-cum-orientation which announces that it will discuss climate change and disaster management do not really ever get into the specifics of climate change impact on Sikkim. Without making this change directly relevant to the people, efforts towards mitigation or management will remain funds-driven undertakings which, even if they are earnest, will remain superficial.

Climate Change manifests in both, subtle and overt ways, its slower encroachment not being noticed until it is too late and its more dramatic displays like GLOFs coming so suddenly and destructively that rescue and repairs distract from the causative factors. The dots are not connected and hence lessons are never learnt and preparation always compromised. Some years ago, an ambitious workshop-cum-orientation programme was held in Sikkim on "Climate Risk Management through Disaster Preparedness and Mitigation". Followed up in earnest, it could have marked a change in attitudes if it had only succeeded in acquainting stakeholders and line department officials to how climate change has already impacted Sikkim. Then, perhaps management and mitigation plans could have been more than the copy-paste speculative drafts that remain in circulation. The main problem in Sikkim's handling of climate change and even disaster management plans is that most people engaged for it work on generalised blueprints prepared elsewhere. Such blueprints should be seen as suggested frameworks to be filled out with Sikkim-specific data, traditional knowledge base and local know-how to deliver management and mitigation plans which actually deliver.

Evolution tells us we might be the only intelligent life in the universe

NICK LONGRICH
theconversation.com

Are we alone in the universe? It comes down to whether intelligence is a probable outcome of natural selection, or an improbable fluke. By definition, probable events occur frequently, improbable events occur rarely – or once. Our evolutionary history shows that many key adaptations – not just intelligence, but complex animals, complex cells, photosynthesis, and life itself – were unique, one-off events, and therefore highly improbable. Our evolution may have been like winning the lottery ... only far less likely.

The universe is astonishingly vast. The Milky Way has more than 100 billion stars, and there are over a trillion galaxies in the visible universe, the tiny fraction of the universe we can see. Even if habitable worlds are rare, their sheer number – there are as many planets as stars, maybe more – suggests lots of life is out there. So where is everyone? This is the Fermi paradox. The universe is large, and old, with time and room for intelligence to evolve, but there's no evidence of it.

Could intelligence simply be unlikely to evolve? Unfortunately, we can't study extraterrestrial life to answer this question. But we can study some 4.5 billion years of Earth's history, looking at where evolution repeats itself, or doesn't.

Evolution sometimes repeats, with different species independently converging on similar outcomes. If evolution frequently repeats itself, then our evolution might be probable, even inevitable.

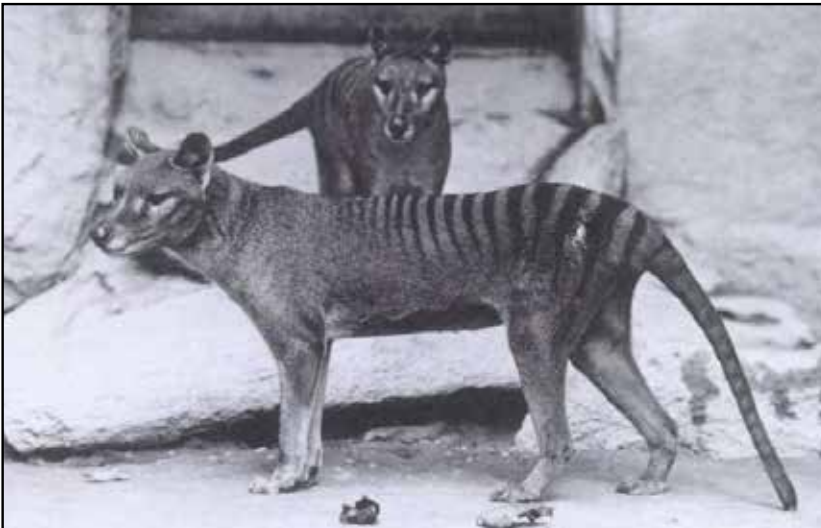
And striking examples of convergent evolution do exist. Australia's extinct, marsupial thylacine had a kangaroo-like pouch but otherwise looked like a wolf, despite evolving from a different mammal lineage. There are also marsupial moles, marsupial anteaters and marsupial flying squirrels. Remarkably, Australia's entire evolutionary history, with mammals diversifying after the dinosaur extinction, parallels other continents.

Other striking cases of convergence include dolphins and extinct ichthyosaurs, which evolved similar shapes to glide through the water; and birds, bats and pterosaurs, which convergently evolved flight.

We also see convergence in individual organs. Eyes evolved not just in vertebrates, but in arthropods, octopi, worms and jellyfish. Vertebrates, arthropods, octopi and worms independently invented jaws. Legs evolved convergently in the ar-

thropods, octopi and four kinds of fish (tetrapods, frogfish, skates, mudskippers).

Here's the catch. All this convergence happened within one lineage, the Eumetazoa. Eumetazoans are complex animals with symmetry, mouths, guts, muscles, a nervous system. Different eumetazoans evolved similar solutions to similar problems, but the complex body plan that made it all possible is unique. Complex animals evolved once in life's history, suggesting they're improbable.



Surprisingly, many critical events in our evolutionary history are unique and, probably, improbable. One is the bony skeleton of vertebrates, which let large animals move onto land. The complex, eukaryotic cells that all animals and plants are built from, containing nuclei and mitochondria, evolved only once. Sex evolved just once. Photosynthesis, which increased the energy available to life and produced oxygen, is a one-off. For that matter, so is human-level intelligence. There are marsupial wolves and moles, but no marsupial humans.

There are places where evolution repeats, and places where it doesn't. If we only look for convergence, it creates confirmation bias. Convergence seems to be the rule, and our evolution looks probable. But when you look for non-convergence, it's everywhere, and critical, complex adaptations seem to be the least repeatable, and therefore improbable.

What's more, these events depended on one another. Humans couldn't evolve until fish evolved bones that let them crawl onto land. Bones couldn't evolve until complex animals appeared. Complex animals needed complex cells, and complex cells needed oxygen, made by photosynthesis. None of this happens without the evolution of life, a singular event among singular events. All organisms

come from a single ancestor; as far as we can tell, life only happened once.

Curiously, all this takes a surprisingly long time. Photosynthesis evolved 1.5 billion years after the Earth's formation, complex cells after 2.7 billion years, complex animals after 4 billion years, and human intelligence 4.5 billion years after the Earth formed. That these innovations are so useful but took so long to evolve implies that they're exceedingly improbable.

AN UNLIKELY SERIES OF EVENTS

These one-off innovations, critical flukes, may create a chain of evolutionary bottlenecks or filters. If so, our evolution wasn't like winning the lottery. It was like winning the lottery again, and again, and again. On other worlds, these critical adaptations might have evolved too late for intelligence to emerge before their suns went nova, or not at all.

Imagine that intelligence depends on a chain of seven unlikely innovations – the origin of life, photosynthesis, complex cells, sex, complex animals, skeletons and intelligence itself – each with a 10% chance of evolving. The odds of evolving intelligence become one in 10 million.

But complex adaptations might be even less likely. Photosynthesis required a series of adaptations in proteins, pigments and membranes. Eumetazoan animals required multiple anatomical innovations (nerves, muscles, mouths and so on). So maybe each of these seven key innovations evolve just 1% of the time. If so, intelligence will evolve on just 1 in 100 trillion habitable worlds. If habitable worlds are rare, then we might be the only intelligent life in the galaxy, or even the visible universe.

And yet, we're here. That must count for something, right? If evolution gets lucky one in 100 trillion times, what are the odds we happen to be on a planet where it happened? Actually, the odds of being on that improbable world are 100%, because we couldn't have this conversation on a world where photosynthesis, complex cells, or animals didn't evolve. That's the anthropic principle: Earth's history must have allowed intelligent life to evolve, or we wouldn't be here to ponder it.

Intelligence seems to depend on a chain of improbable events. But given the vast number of planets, then like an infinite number of monkeys pounding on an infinite number of typewriters to write Hamlet, it's bound to evolve somewhere. The improbable result was us.

[the writer is Senior lecturer, palaeontology and evolutionary biology, University of Bath]

Even short periods of physical inactivity are damaging to our health

TORI SPRUNG & KELLY BOWDEN DAVIES
theconversation.com

As a society, we aren't getting as much exercise as we should. In fact, current activity guidelines state that adults should get at least 150 minutes of moderately intense activity – or 75 minutes of vigorous activity – every week. But research has found that one in four adults aren't active enough.

It's easy to see why. Many of us drive to work instead of walking – and for those of us who work desk jobs, many are often so focused on what we're doing we rarely get up from our desks except to visit the bathroom or get a drink. In short, though we might be busy, we aren't moving very much. But after dealing with the stress of work week after week, it's easy to daydream about unwinding on a warm beach, doing nothing but lounge around for a fortnight. But this might not be what our bodies need. In fact, it might actually be more harmful than we realise.

Our research looked at what effect even short periods of physical inactivity had on our bodies. We found that even just two weeks of low activity actually increased participants' risk of later developing serious health conditions such as cardiovascular disease.

KEEPING ACTIVE

We know that physical activity is good for us. This is irrefutable, and we've known this for a long time. As far back as the 1950s, the link between day-to-day physical activity and health was first identified in the London transport workers study.

The study found that bus drivers were more likely to experience a heart attack compared to their bus conductor counterparts. The main difference between these two groups

was that conductors spent their working day on their feet collecting fares from commuters, while bus drivers spent their days sitting down.

Since then, some have branded physical activity a "miracle cure" for cardiovascular risk. Yet, as a society, we are more sedentary than ever, and cardiovascular-related deaths remain the leading cause of death worldwide.

While we know that having a physically active lifestyle will improve our health, surely we aren't doing any additional harm, even if we choose not to be physically active? We decided to examine exactly what the harmful effects of being physically inactive are.

For our study, we recruited young (aged 18-50 years), healthy weight (BMI less than 30), physically active individuals (meaning that they take more than 10,000 steps per day on average). After carrying out assessments to measure blood vessel health, body composition and blood sugar control, we asked them to become inactive for two weeks.

To achieve this, participants were provided with a step counter and asked not to exceed 1,500 steps per day, which equates to approximately two laps of a full sized football pitch. After two weeks, we reassessed their blood vessel health, body composition and blood sugar control to examine what effects two weeks of inactivity had on them. We then asked them to resume their usual routine and behaviours. Two weeks after resuming their normal daily lifestyles, we checked participants' health markers to see if they'd returned to where they were when they'd started the trial.

Our group of participants successfully reduced their step count by an average of around 10,000 steps per day and, in doing so, increased their

waking sedentary time by an average of 103 minutes per day. Artery function decreased following this two-week period of relative inactivity, but returned to their normal levels after two weeks following their usual lifestyles.

We were interested in seeing how activity levels influenced blood vessel health, since this is where most cardiovascular disease starts. Most of us don't realise that our blood vessels are a complex system. They're lined with muscle and constantly adapt to our needs by dilating (opening) and constricting (closing) to distribute blood where it's most needed. For example, during exercise vessels feeding organs such as the stomach will constrict, as it is inactive at this time, and so blood is redistributed to our working muscles to fuel movement. One of the earliest detectable signs of cardiovascular risk is a reduced function of this dilatory capacity.

To measure this, we used an imaging technique called flow-mediated dilation or FMD. FMD measures how well the arteries dilate and constrict, and it has been found to predict our future cardiovascular risk.

HEART HEALTH

We found that after as little as two weeks of inactivity there was a reduction in artery function. This indicates the start of cardiovascular disease development as a result of being inactive. We also observed an increase in traditional risk factors, such as body fat, waist circumference, fitness and diabetes markers, including liver fat, and insulin sensitivity.

Something we also observed – which we initially weren't researching – was that resuming normal activity levels following two weeks of being physically inactive was below baseline. That is to say, our participants did not return back to normal within two weeks of completing the

intervention.

This is interesting to consider, especially regarding the potential longer-term effects of acute physical inactivity. In real-world terms, acute physical inactivity could mean a bout of flu or a two-week beach holiday – anything that can have a potential longer-term effect on our usual habits and behaviour.

These results show us that we need to make changes to public health messages and emphasise the harmful effect of even short-term physical inactivity. Small alterations to daily living can have a significant impact on health – positively, or negatively. People should be encouraged to increase their physical activity levels, in any way possible. Simply increasing daily physical activity can have measurable benefits. This could include having a ten-minute walk during your lunch hour, standing from your desk on an hourly basis to break up sitting time or parking your car at the back of the supermarket car park to get more steps in.

The impact of spending a large proportion of the day being inactive has received a lot of research in recent years. In fact, it has become a hot point of discussion among exercise scientists. As technology advances and our lives become increasingly geared towards convenience, it's important this kind of research continues.

The health consequences of sedentary behaviour are severe and numerous. Moving more in everyday life could be key in improving your overall health.

[Tori Sprung is Senior Lecturer in Sport & Exercise Sciences, Liverpool John Moores University; Kelly Bowden Davies is Teaching Fellow in Sport and Exercise Science, Newcastle University]

DRI seizes 4.5 kg of smuggled gold, two arrested

KOLKATA, OCT 20 (PTI): The Directorate of Revenue Intelligence (DRI) has seized 4.5 kg of smuggled gold and arrested two persons in this connection from West Bengal's North 24 Parganas district, an official said on Sunday.

Acting on specific information DRI officials intercepted a vehicle near Bongaon close to the Indo- Bangladesh border on October 17 and recovered 40 gold biscuits weighing nearly 4.5 kg valued at Rs 1.85

crore from a person, the official said. The person was arrested by DRI under the Customs Act.

After interrogation of the arrested person, it was revealed that the gold was supposed to be delivered to another person, a resident in Birati in North 24 Parganas district, who was also subsequently apprehended.

In the current financial year so far, the DRI eastern region has confiscated smuggled gold weighing 95 kg, the official added.

Eight killed in landslide in Uttarakhand

DEHRADUN, OCT 20 (PTI): Eight persons travelling on two motorcycles and a four wheeler have been killed after coming under the rubble of a landslide at Chandikadhar in Rudraprayag district, police said on Sunday.

The accident happened late on Saturday night when a heavy boulder fell along with the rubble of a landslide on the vehicles sweeping them into a 500 metre deep gorge, a police official said.

Five persons died on the spot, while three others succumbed to their injuries at the hospital, Rudraprayag police circle officer Ganesh Koli said.

Four bodies have so far been recovered from the debris and efforts are underway to pull out the fifth, he said.

The boulder is hard and heavy rock cutting equipment is being used to break it to recover the fifth body. The vehicles were on their way to Rudraprayag from Sonprayag at the time of the mishap.

Three victims have been identified, of whom one hailed from Rudraprayag and the two others from Rishikesh.

Governor Baby Rani Maurya and Chief Minister Trivendra Singh Rawat have expressed grief at the loss of lives in the accident.

'Pangat': A fresh from the oven book on Marathi cuisine



NEW DELHI, OCT 20 (PTI): Restricting Marathi cuisine to street food delicacies like Vada Pav, Missal Pav, or Bhelpuri would be an injustice to the region's rich culinary traditions as a new book claims to debunk myths surrounding the foods of Maharashtra.

Showcasing the versatility and sheer variety of the cuisine, the book, "Pangat: A Feast -- Food and Lore from Marathi Kitchens", is written by culinary researcher Saeed Koranne-Khandekar.

"In parts a rich anecdotal account of the characteristic food traits of the several communities that inhabit the region and a collection of over 200 traditional recipes, this enriching book introduces food enthusiasts to cooking techniques using a variety of produce, special masalas, mouth-watering preserves and elaborate meal spreads," said Hachette India in a statement.

From the sophisticatedly spiced Kolhapuri mutton sukka to the

tangy tamarind-based thecha, from a never-fail formula for frying fish to the wholesome chakolya 'pasta' and variants of karanji for the die-hard sweet-tooth, the book, according to the publisher, is any foodie's go-to guide to enhance their palate to enhance their repertoire of recipes. Endorsed by noted food writer Kunal Vijayakar and celebrated chef Ranveer Brar, the book claims to be an informative guide on traditional recipes and food traditions of the region.

"Saeed has truly represented Maharashtra beyond the usual suspects of its cuisine, both in terms of dishes and information."

"I strongly believe that food cannot be looked at in isolation from regional nuances and communities. That's where Saeed's book does complete justice to this beautiful state and its varied cuisine(s)," read a blurb given by chef Brar.

The foreword of the book is written by food historian Pushpesh Pant.

FIELDWORK REFLECTION

Memories of the City of Joy

MONGFING LEPCHA

One can learn so many things while travelling. When I say travelling, it does not mean that one has to go to faraway places, sometimes even while walking to nearby places we encounter things we may have never come across earlier. That is when we get to fill ourselves with knowledge which is not contained in the pages of thick books and one can transfer those experiences into pages and share just like this article which is based on my experience of visiting the City of Joy i.e. Calcutta, or Kolkata if you please.

I love the city because of the old vibe the city reflects. I have visited the city many times and every visit showed me more of the old days of the city still trying to survive in this new and fast moving era. The slow moving tram whose tracks runs along the highway of fast moving cars and buses, the small tea stalls that still serve tea in earthen cups, the busy local trains and equally crowded metro stations, the old colonial structures speak more of how important the city was in the past alongside the new huge structures that show that the importance of the city has only grown stronger with time.

Although I am yet to visit the entire city, but where ever I have been so far, I have come across new things that came along in those old sites. The last time I visited the City, I visited Victoria Memorial which is a beautiful structure built in the memory of Queen Victoria between 1906-1921 and is now a museum that not only holds artifacts of the past but also the memories of people who lived there once. While walking through the hallways and the stairs, I wondered about the power of time that can turn mighty empires into old dusty structures which everyone visits and gets to imagine what the past must have been like.

Well, the era of the mighty empires are now just trapped in the imagination and inside the structures that hold more stories than the books where victories and downfalls are written.

Then I visited the very famous hub known as New Market which is also yet another huge building built by the East India Company to uplift the developing market plan. Unlike Victoria Memorial which is built using marble and is white in colour, New Market, or Hogg Market as it was originally named, is red in colour which gives it old rusty vibes. Since it is situated right in the middle of the city, it will not be wrong to say that the red structure is like the heart of the city in every way. The idea implemented in the past to uplift market planning has not lost its grip as now the area has turned into a market hub where all kinds of businesses are set up like big to small,

garments, jewellery, food, etc. The place is crowded at all times and through all seasons. It is a busy area where one might get duped easily but it is also an area which keeps the city alive.

Next on the list was the National Museum which was again built during the time of British rule in India. The Museum is one of the largest and oldest in India. It consists of sections like architecture, Egyptian, origin, zoology, marine lives, birds, textiles and many more. It is a house where one can learn many things visually of the past and present.

I also visited the oldest zoo in India, the Alipore Zoo.

Personally, I do not like the idea of zoos where animals are captured and displayed for amusement. There are some zoos or such places where animals are kept in a very good condition even in captivity but that does not justify the act of capturing animals. The first time I visited this zoo it was less crowded and all the animals were more of less in an okay condition but after a gap of four or five years when I visited the place again the picture had totally changed. There were people every-



where and the animals were in a very pathetic condition. That experience was heartbreaking. All these visits and things I came across added more to my experience of knowing a city better not through its present but also through the lenses of the past that is still holding the present.

My recent visit to this city was a short but interesting one. Since I had less time and had visited most of the renowned places of the city already, this time I thought of going to China Town not for anything but to taste the street food prepared by the local Chinese residents. I had heard a lot about the place and the food. In fact there is a documentary on Fat Mama who used to



run a very famous street food shop and ignited my craving for their food. The name China Town itself gives us hint that the locality is resided in by Indian Chinese. Well the history of their settlement in this corner of the country is old and long. Some came as workers in the sugar plantation business, some as traders and some as artisan who later settled in the area. I was accompanied by my friend Rongnyoo and both of us were very excited to try something new. I was imagining that the area would be dominated by the Chinese Indian, but it was really surprising that now not many of the Chinese people are left in the area. The part of China town where

where we could go. Surprisingly, we were told of a place called "Chinese Kali Mandir." The name itself was interesting enough for us to visit and explore. Upon reaching there, we were left surprised because it was a normal Kali Temple with the name Chinese Kali Mandir on it and nothing more. Disappointed and surprised at the same time, we thought we should head back when a Chinese man asked us what we were looking for and informed us that the street food market opens only in the morning hours. He then escorted us to a soya factory where we grabbed some local stuff. He also told us about the temple which was probably built sometime in 1869 apparently by a Chinese person who was fascinated by the Goddess. Earlier, it used to be a small temple which was recently reconstructed into a bigger one. So the name Chinese Kali Mandir was because a Chinese built it.

Although we did not get what we expected, but we did find something better than the food which is a short story about a place and the people and yes of course some handmade sauce from an old humble Chinese lady.

So, unlike the previous visits, this time was something very interesting and worthwhile because the experience added more to my understanding of looking at places, people and the lives that are influenced and changed through time and space. It also taught me an interesting thing that sometimes knowledge tastes better than the food.

My friend and I left the place satisfied and in our next visit we will make sure that we taste the food as well. The City of Joy has lot more stories hidden in its old alleys, rusty buildings, busy streets and in people who are living there trying to cope up with modern bling of the world. One need to have that a dash of Indiana Jones to find those hidden treasure which sometimes might be just lying on those old streets, buildings and failed exploration. If we see every experience from a learner's lense, everything is valuable knowledge which stays with us throughout our lives.

Happy travel learning to all the readers!

[the writer is a Research Scholar, Department of Anthropology, Sikkim University]

FIR against Bihar BJP chief, Kishanganj party candidate for poll code violation



KISHANGANJ (BIHAR), OCT 20 (PTI): An FIR has been lodged against Bihar BJP chief Sanjay Jaiswal and Sweet Singh, the party's candidate for Kishanganj assembly bypoll, for allegedly violating the model code of conduct, an official said.

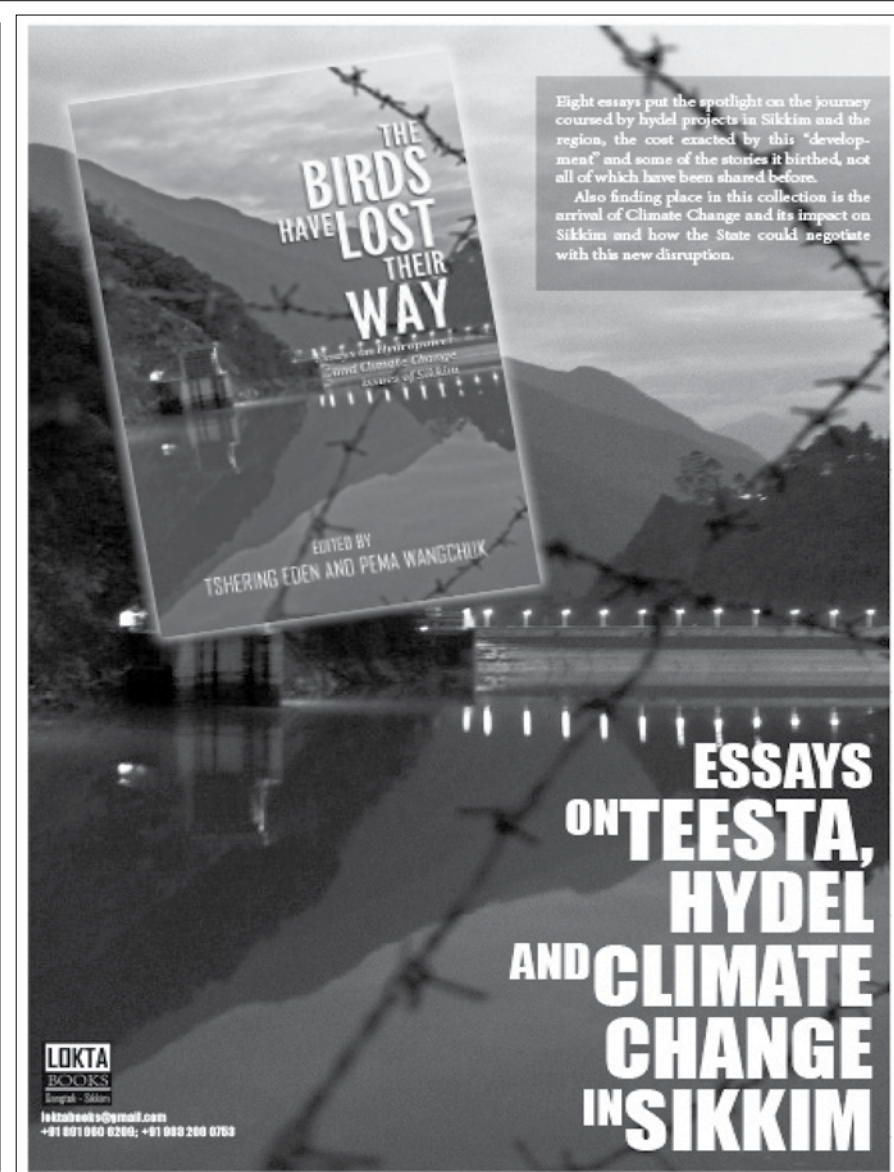
The FIR was registered at Sadar police station on Saturday evening following a written complaint by Kishanganj Sadar Circle Officer Shafi Ahmad, Sadar Sub-Div-

sional Magistrate (SDM) Shanawaz Ahmad Niyazi said. The complaint was lodged after a video surfaced on social media purportedly showing Jaiswal exhorting businessmen to close their establishments on the polling day and promising to pay Rs 500 to each of their staff members in their firms and houses, the SDM said.

Jaiswal allegedly made the remarks during a meeting of the

local businessmen held on Thursday at the residence of Kishanganj Municipal Council vice chairperson Aanchi Devi.

Further action will be taken against others on the basis of the video, SDM Niyazi said. Bypolls to Kishanganj and four other assembly seats in Bihar will be held on Monday as the incumbent MLAs were elected to Parliament in the April-May general election.



Solskjær optimistic Manchester United youngsters can end slump

PAUL WILSON
theGuardian

Far from being dismayed by Manchester United's worst start to a season in three decades coinciding with Liverpool's best, Ole Gunnar Solskjær came out with fighting talk that bordered on the provocative as he prepared for Sunday's north-west derby at Old Trafford.

A draw would deny Liverpool a record-equaling 18th consecutive top-flight victory and in the circumstances most United supporters would probably be happy enough with a point against the leaders, though Solskjær insists his side will be going for a win. "You never take a draw when you're at Manchester United, I want to go out there and get three points," he says. "We need points and we need to start winning. It doesn't matter if it's Liverpool, Man City or Brighton."

Solskjær's famous optimism has just been boosted by the latest vote of confidence from United's executive vice-chairman, Ed Woodward. Although he acknowledges the rebuilding process will take time, the manager could not resist an unflattering reference to the number of years it took Liverpool to mount a convincing title challenge. "Manchester United will bounce back and win the league," he says. "We might have to wait a while but I'm sure it is not going to be 30 years before the next title."

While Solskjær is in the business of geeing his players up for big games, anyone who has seen United this season will be aware that his can-do attitude does not seem to be transmitting itself to the team on the pitch. "We know we aren't creating enough chances, we need to be more adventurous," he says. "One of my big philosophies is to play attacking football by launching attacks quickly, but to do that you need confidence to move the ball forward."

When Solskjær arrived to make such a dramatic impact midway through last season he had United doing just that, playing the sort of instinctive, attacking football Woodward claims the club will always demand. The puzzle at the moment is why that confidence has dried up and where the attacking verve has gone. To an extent Solskjær has been unlucky with injuries, although he accepts it was a risk packing Romelu Lukaku and Alexis Sánchez off to Italy without bringing in any replacements, and if a couple of VAR decisions had gone his way or if Harry Maguire had scored from three yards out against Newcastle the mood might by now be different.

But in order to fulfil another Woodward requirement, Solskjær has been picking young players and he has a counterintuitive theory that it may be slowing the team down. "We had a good spell last season playing fast, fluid counterattacking football, but since then opponents have been setting up to try to stop us doing that," he says.

Ronaldo hits 701st goal as Juventus pull clear in Serie A

MILAN, OCT 20 (AFP): Cristiano Ronaldo and Miralem Pjanic sealed a 2-1 win for Juventus over Bologna to consolidate top spot in Serie A.

Ronaldo was presented with a special jersey before kick-off to mark his 700th career goal scored playing for Portugal during the week.

The 34-year-old hit his 701st after 19 minutes, with Pjanic adding a second eight minutes after the break following a blunder by Brazilian defender Danilo, who had earlier pulled Bologna level.

The defending champions are now four points clear of second-placed Inter Milan, who travel to Sassuolo on Sunday.

Atalanta stay third after throwing away a three-goal lead to draw 3-3 with Lazio, with fourth-placed Napoli closing the gap to just one point after Arkadiusz Milik's double saw off Verona.

"The road is the right one, but we need to work on some details. It was a good match blighted by three or four errors," said Juventus coach Maurizio Sarri whose side host Lokomotiv Moscow in Champions League action on Tuesday. Bologna coach Sinisa Mihajlovic returned to the bench in Turin after his second course of chemotherapy as he battles cancer.

And the visitors were



given reason to hope of snatching a rare point against the Turin giants when Danilo responded to Ronaldo's opener with a 29th-minute volley.

But Pjanic sealed victory with his third goal in four games in the 54th minute amid chaos in front of the Bologna goal.

Bologna keeper Lukasz Skorupski denied Ronaldo and in-form Gonzalo Higuain late before both the crossbar and Gianluigi Buffon frustrated Federico Santander's push for a last-gasp equaliser for the visitors who slip to 12th place. "We watched the Santander goal again, it was offside so VAR

would have ruled it out," said Sarri. "But I told the lads we mustn't sit back on a lead, we should attack, otherwise we leave ourselves in these risky situations to the very end."

- IMMOBILE PUNISHES ATALANTA -

Serie A leading scorer **Ciro Immobile's** late brace of penalties helped Lazio wipe out a three-goal deficit in a thrilling 3-3 draw with Atalanta.

Atalanta, who travel to Manchester City in the Champions League on Tuesday, had led 3-0 with 21 minutes to go at the Stadio Olimpico.

But Immobile scored

from the spot on 69 minutes and less than 60 seconds later set up Joaquin Correa for the second, before capping the comeback two minutes into injury time with his ninth goal in eight league games this term.

"With penalties, nobody can understand a thing nowadays," blasted Atalanta coach **Gian Piero Gasperini**.

"Immobile went for a walk, felt someone touch him slightly and dived.

"Even more, on the second penalty, Immobile put his foot in front of De Roan." Colombian **Luis Muriel** scored a first-half double for the

Bergamo side as compatriot and star striker **Duvan Zapata** was sidelined injured. **Alejandro Gomez** got the third eight minutes before the break in a rematch of last season's Italian Cup final which the Romans won.

But the visitors lost momentum after the hour mark.

Immobile got one back from the spot after being brought down by **Jose Luis Palomino** and then combined with **Correa** for their second.

Immobile earned a late penalty after a **Marten de Roon** foul, celebrating wildly after converting to grab a dramatic point before Lazio's Europa League trip to Celtic next week.

"I'm losing years of my life kicking penalties in the 90th minute," said 29-year-old Immobile, after scoring his third league goal from the spot this season.

Polish striker **Milik** scored in either half as Napoli got back to winning ways at the Stadio San Paolo, after a goalless draw at Torino before the international break, before their Champions League trip to Salzburg.

"I started the season with fitness problems so I'm hungry now for goals," said **Milik**, who also scored as Poland qualified for Euro 2020 during the week.

Verona drop to 13th place.

Real Madrid beaten by Mallorca as Barca go top of La Liga



MADRID, OCT 20 (AFP): Barcelona sailed back to the top of the table and trouble returned to Real Madrid after they endured their first La Liga defeat of the season at newly-promoted Real Mallorca.

Zinedine Zidane, **David Beckham** and **Robinho** were in the last Madrid team to lose a league game at San Moix in 2006 and 13 years later, Mallorca repeated the trick thanks to a scintillating strike by **Junior Lago** in the first half on Saturday.

Alvaro Odriozola allowed Lago too much room to cut inside and was then sent off late on, even if Madrid's attempts at a comeback looked doomed well before they were reduced to 10.

"The problem is we have to show every three days that we are good," Real coach **Zidane** said.

"That is what we don't do. We have to be consistent. We have to put more life into our game if we want to achieve anything this year."

The 1-0 defeat halts the resurgence of **Zidane's** side just as Barcelona's appears to be gathering pace, a 3-0 win away at Eibar giving the Catalans their fifth consecutive victory in all competitions. **Lionel Messi**, **Luis Suarez** and **Antoine Griezmann** scored the goals.

In between, Atletico Madrid were pegged back by Valencia as a brilliant **Dani Parejo** free-kick earned the visitors a hard-earned 1-1 draw at the Wanda Metropolitano.

It means Barca will finish the weekend top of the table for the first time this season as the defending champions continue to leave their stumbling start further behind them.

For Real, five games unbeaten and three of them victories had not erased the doubts, but at least seemed to offer evidence **Zidane's** team were turning a corner.

But Mallorca, who climb to 14th, deserved their triumph in what is their first season back in the top flight since relegation ended a run of 16 consecutive years there in 2013.

Lago collected the ball on the left in the seventh minute, drove at the retreating **Odriozola** before cutting inside and unleashing a shot into the far corner.

Madrid lacked purpose and cutting edge, with their hopes all but dashed when **Odriozola** capped a miserable night by flying in late on **Lago** in the 74th minute and

collecting a second yellow card.

Zidane will hope to have at least one of the injured **Luke Modric**, **Gareth Bale** and **Toni Kroos** back for their crucial Champions League group match away at Galatasaray on Tuesday.

- 'MSG' FIRE FOR BARCA -

Barcelona's autumn injury crisis is over and their 'MSG' attack is finally clicking into gear as **Messi**, **Suarez** and **Griezmann** all scored in a ruthless win over Eibar.

Griezmann's place in the newly-formed attacking trident has not been secure but the Frenchman opened the scoring at Ipurua before teeing up **Messi** and then playing the crucial pass for **Suarez** to make it three.

"There will be good and bad days but we are getting to know each other and bit by bit we will do even better," said **Griezmann**.

Victory also dismissed suggestions their players might be affected by Friday's postponement of next Saturday's Clasico due to protests in Catalonia.

Barcelona's fans chanted in support of the nine Catalan leaders imprisoned last week for a failed independence bid in 2017.

The match against Real Madrid is now expected to go ahead in December.

"It is fashionable not to agree on political issues but at least let's agree on the date of the Clasico," Barca coach **Ernesto Valverde** said afterwards.

"It doesn't seem to me that difficult."

The only blot on the result was an injury to **Sergi Roberto**, who will be a doubt for the Champions League game at Slavia Prague on Wednesday after hurting his left knee.

- ATLETICO LOSE GROUND -

Atletico lost ground as they were undone by a late **Parejo** free-kick at the Wanda Metropolitano, where both sides finished the game with 10 men.

Diego Costa scored a first-half penalty and in a frantic final 10 minutes, **Joao Felix** limped off, with all three of **Diego Simeone's** substitutes already used. **Parejo** struck moments later before Valencia's **Lee Kang-in** was sent off in injury time.

Atletico confirmed **Felix** suffered a "grade two sprain" in his right ankle. He will now miss the Champions League game at home to Bayer Leverkusen on Tuesday.

Rohit hits maiden Test double ton before Kohli's declaration at 497/9

RANCHI, OCT 20 (PTI): Rohit Sharma slammed his maiden double hundred in Test cricket before India declared their first innings at 497 for nine in the third and final match against South Africa here on Sunday.

The second day's tea was also called when skipper **Virat Kohli** called his last two batsmen back to the dressing room, assured that his team is in control of the game.

Overnight 117, newly-promoted Test opener **Rohit**, who is also the only batsman to rack up three double hundreds in the ODI format with a world record 264, battled with nonchalance and reached his double century with a six, going from his tea score of 199 to 205 in style.

The 32-year-old smashed six sixes and 28 boundaries on the way to 212 from 255 balls, breaking a slew of records in the process.

Rohit's masterful knock virtually overshadowed a fine effort by **Ajinkya Rahane** (115), who scored his first Test century at home in three years, and 11th overall.

Resuming on 224 for three, **Rahane** (83 overnight) looked fluent during his 192-ball knock that was studded with 17 fours and a six.

The duo of **Rohit** and **Rahane** spent four and half hours in the middle for a record 267-run fourth-wicket partnership, staging India's remarkable recovery after

they were reduced to 39 for three on the first day.

That the partnership came at a healthy strike rate -- in 361 balls -- meant that India largely remained unaffected by the first day's rain interruption, which led to play being called off after only 58 overs, giving them a firm push for a 3-0 clean sweep.

After **Rohit's** departure less than 15 minutes into the second session, **Ravindra Jadeja** carried forward the momentum at number six, with a 51 off 119 balls.

There was a clear instruction to accelerate the scoring at the drinks break, forcing **Jadeja** to edge one be- hind the stumps while trying to play an expansive shot.

After **Jadeja's** departure, **Umesh Yadav** propped up the total by smashing five sixes on his way to a 10-ball 31.

Earlier, having dropped **Rahane** on 105, **Heinrich Klaasen** made amends by taking a good catch to give debutant **George Linde** his maiden Test scalp.

A glorious cover drive off **Anrich Nortje** set the tone for **Rahane** this morning as he collected three boundaries to enter the 90s before slowing down.

In between, **Rahane** was tested by **Anrich Nortje** with a bouncer and one sharp incoming delivery that struck him on his pad.

Hussey joins Australia staff for Sri Lanka, Pakistan series

SYDNEY, OCT 20 (AFP): Former middle-order batsman **Mike Hussey** has been drafted in by Australian coach **Justin Langer** to help mentor the side during their upcoming Twenty20 series against Sri Lanka and Pakistan.

He is the latest great to be brought into the fold after **Ricky Ponting** joined the backroom staff at the one-day World Cup this year and **Steve Waugh** helped out during the Ashes series in England.

"I'm very excited actually. I'm really looking forward to getting back in around the Aussie

team," **Hussey**, who is nicknamed "Mr Cricket", told the Sydney Daily Telegraph on Sunday.

"They are going to be trying to get strategies in place, develop a style of play and what players they want and I love all that stuff -- planning for a big event.

"They have floated the possibility of being involved closer to the T20 World Cup (in Australia next year) as well but it's all pretty loose at the moment."

Australia play back-to-back three-game T20 series against Sri Lanka and then Pakistan start-

ing next Sunday in Adelaide to kick off their summer season.

Langer has also made former Test speedster **Ryan Harris** bowling coach for the series.

He told the newspaper the presence of **Ponting**, **Waugh** and now **Hussey** was enormous for his team.

"I can't tell you how influential these guys can be on the group," said **Langer**.

"It's nice to have different voices and different eyes and see guys of that calibre giving us feedback on what they see.

Rooney falls in MLS farewell, champs Atlanta advance

WASHINGTON, OCT 20 (AFP): Former England and Manchester United star **Wayne Rooney** was routed in his Major League Soccer farewell match as Toronto FC ripped DC United 5-1 in the first round of the playoffs. **Rooney**, who turns 34 on Thursday, assisted on a second-half stoppage time equalizer that forced 30 extra minutes, but United surrendered two goals in five minutes and never recovered on Saturday.

Toronto advanced to an Eastern Conference semi-final on Wednesday at East top seed New York City FC.

Marco Delgado's goal in the 32nd minute put Toronto ahead until **Rooney** crossed the ball into the heart of the box, **Frederic Brillant** got his head on it and **Lucas Ro-**

driquez finished in the third minute of stoppage time to equalize.

In extra time, Toronto's **Richie Laryea** scored in the 93rd minute, fellow Canadian **Jonathan Osorio** added goals in the 95th and 103rd minutes and **Nick DeLeon** netted another in stoppage time after the first 15 minutes to seal United's fate. United captain and top scorer **Rooney** arrived in MLS in the middle of last season and lifted the club from league doormat to a playoff berth.

But **Rooney** said in August he was returning to England after this season to be a player and assistant coach for Championship club Derby County.

"He has been a big plus for this club," United manager **Ben Olsen** said. "He has helped us in a big way." While **Rooney's**

arrival and a new stadium created buzz around United, the team flopped in the playoffs, ousted by Columbus last year on penalties, and his exit comes with Washington sports fans focused on baseball's World Series return to the US capitol next week for the first time since 1933.

Rooney had 11 goals in 28 matches this season, five of them game winners and four of them penalties. Last season, **Rooney** scored 12 goals in 20 matches. In other games, **Franco Escobar** scored in the 70th minute as defending champion Atlanta United beat visiting New England 1-0.

The Five Stripes advanced into an East semi Thursday against Sunday's winner between the Philadelphia Union and New York Red Bulls.

Salman Khan Declares Rashami, Mahira And Asim Safe, Siddharth Shukla Wins Power Card

Salman Khan is back with 'Weekend Ka Vaar' and this time, he reprimanded the male contestants over their behavior towards the girls in the Bigg Boss house and gave them a reality check. While the episode was a mix of tasks, complaints and nominations, it wouldn't be wrong to say that Taapsee Pannu and Bhumi Pednekar's visit to the house made it cent-percent entertaining. As

the episode started, Salman Khan declared that the housemates have made groups - Siddharth Shukla's and Paras Chhabra's teams - and they are not cooperating with members of the other team. He listened to their complaints and called them in the witness box to justify their actions. When Salman asked Devoleena, she called Siddharth Dey in the witness box and accused him of touching her cheeks. She also pointed out his sexist remarks and said Siddharth Dey never thinks before he speaks.

When Rashami Desai was asked who she will call in the witness box, she picked Siddharth Shukla claiming that he's a bully in the house and had even called her a 'gutter.' She also stated that he threatened to beat Siddharth Dey once they exit the show. To this, Mr Shukla clarified that Siddharth Dey deliberately insulted Aarti during a task, which is why he got into an argument with him.

Salman Khan then asked the other contestants about Siddharth Shukla's behavior. Shehnaaz Gill expressed her opinion that she likes Mr Shukla and Rashami's 'jodi' and that they should become good friends. When Siddharth

Shukla was given the chance to justify his actions in the Bigg Boss house, he said he is often misunderstood by others. He also accused Paras of manipulating people against him.

Later in the day, Taapsee Pannu and Bhumi Pednekar visited the show to promote their upcoming film Saand Ki Aankh. After taking a tour of the house, Taapsee and Bhumi introduced the

and hoped to see them fall off it. This act took a very funny turn, when Siddhartha Dey chose Shefali to fall from the top of the bull. On the other hand, Paras chose Abu for talking nonstop in front of the guests. Some misunderstandings also got clarified when Rashami told Aarti that she should not play under anyone's influence.

Bidding the housemates goodbye,



contestant with another new member of the house, the 'sand,' which accompanied them inside the house. Taapsee Pannu and Bhumi Pednekar asked the contestant to buckle up for a fun task called 'Saand Ki Laa'. According to the task, each contestant had to take a name of another contestant, who they wanted to get on the rodeo bull

Taapsee and Bhumi joined Salman Khan on the stage, Salman welcomed them and talked about their upcoming movie. Salman later asked them to try their luck at a Hula hoop but the duo asked him to do the iconic Dharmendra step on 'Jat Yamla Pagla Deewana' in return. The trio shared some fun anecdotes from their visit inside the Bigg Boss house.

Jenna Ortega joins 'The Babysitter' sequel

LOS ANGELES, OCT 20 (PTI): "Jane the Virgin" actor Jenna Ortega has been roped in by Netflix to feature in its sequel to horror comedy "The Babysitter".

Judah Lewis, Bella Thorne, Robbie Amell, Hana Mae Lee, Andrew Bachelor and Ken Marino are returning for the sequel to the 2017 film.

According to The Hollywood Reporter, McG, whose real name is Joseph McGinty Nichol, is also returning to direct. Dan Lagana has penned the script.

The original revolved

around a babysitter who moonlighted as the leader of a satanic cult looking to perform sacrifices.

The follow-up will take place two years after Cole (Lewis), who defeated a satanic cult led by his babysitter, is trying to get over his past and focus on surviving high school.

"But when old enemies unexpectedly return, he will once again have to outsmart the forces of evil," the plot line reads.

The project is being produced by McG, Zack Schiller and Mary Viola.

I hate politics: Arnold Schwarzenegger

LONDON, OCT 20 (PTI): Veteran action star Arnold Schwarzenegger says he is averse to politics and the reason he joined it was to help others. During an appearance at the "Graham Norton Show", the "Terminator" star, who served as the Governor of California from 2003 to 2011, said that he never viewed himself as a politician.

"I hate politics. Even when I was Governor I never considered myself a politician. I was a public servant

who created policies to make things better for people," the 72-year-old actor said.

The actor, however, said he feels sad that he cannot run for the post of the President of the United States due to his Austrian background.

"Of course. It would have been great to jump in and run. It's the only thing I can't do in America. Everything else I've done is because it is in America, it's the land of opportunity," Schwarzenegger said.

Netflix's 'Aggretsuko' to get comic book series



LOS ANGELES, OCT 20 (PTI): Retsuko will soon have her own comic book series, courtesy Oni Press and creators Daniel Barnes and DJ Kirkland. The character debuted in 2016 in a series of animated shorts for Japanese network TBS Television. It became a global cult following the 2018 launch of the animated Netflix series.

The animated series, originally titled "Aggressive Retsuko", revolves around Retsuko, a single red panda working in the accounting department of a Japanese trading firm.

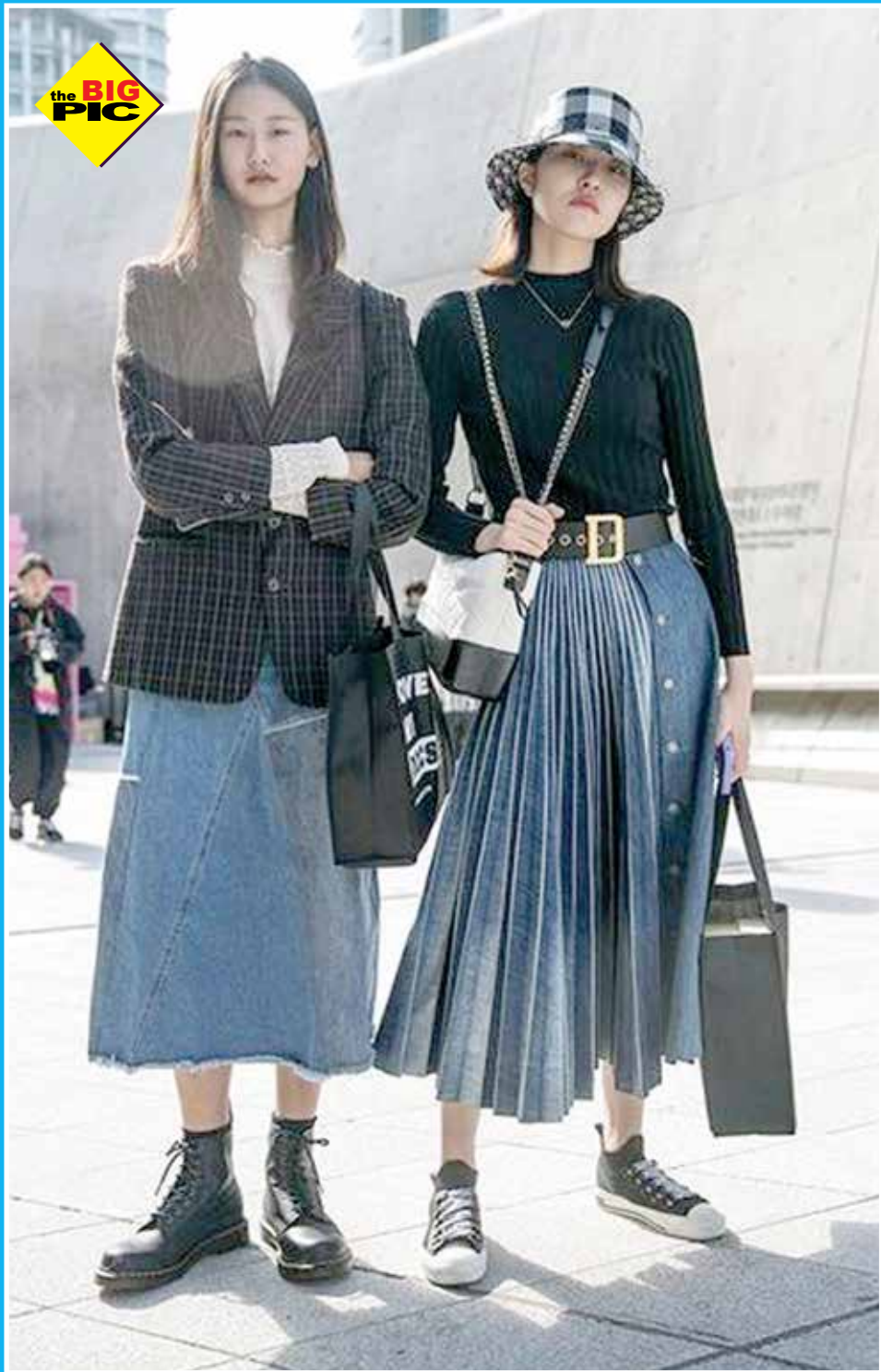
"What makes Aggretsuko sooooo amazing is that it's extremely relatable. We've all had to deal with the existential nightmares of the workforce, and we've all had really, really bad bosses. I never thought I'd be able to identify with a red panda that

loves death metal so much! I'm super stoked to join Retsuko and her co-workers in all their workplace misadventures," writer Barnes said in a statement to The Hollywood Reporter.

Artist Kirkland added, "Growing up, I've loved so many of the Sanrio characters like Badtz Maru and Pochacco. But after meeting Retsuko, she has definitely taken the crown. I've worked my fair share of desk jobs in my adult life and being able to bring these personal experiences to Aggretsuko's world is going to be a lot of fun! Daniel and I have some fun stuff planned."

"Aggretsuko" comic book series will launch on February 5, 2020.

The third season of the show is also currently in production and is set to debut in 2020.



SEOUL STREET STYLE: When it comes to street style, no one does it like South Korea. Mixing traditional styling with futuristic garments, the Korean fashion set are not afraid to take risks and express themselves through their clothing and beauty looks. Just like K-pop and their idols, colours are wholly embraced. Meanwhile, athleisure pieces are effortlessly combined with more formal attire such as blazers and suits. This season, the trends that we see seem to be leaning into a cyberpunk sort of vibe, especially accessory-wise with goggle sunglasses and chunky combat boots.

Michael Giacchino boards 'The Batman' as composer

LOS ANGELES, OCT 20 (PTI): Oscar-winning composer Michael Giacchino has come on board to lend his music to the much-anticipated "The Batman" movie.

During an event at London's Royal Albert Hall, where Giacchino and fellow composer David Arnold were having a friendly competition, director of "The Batman", Matt Reeves made a surprise appearance and shared the news with the audience. According to The Hollywood Reporter, the filmmaker came on stage and got down on one knee in a mock proposal, asking Giacchino to join the Warner Bros project.

Reeves and Giacchino have earlier collaborated on "Let Me In" (2010), "Dawn of the Planet of the Apes" (2014) and "War for the Planet of the Apes" (2017).

Prior to the DC film, the composer has worked on superhero movies like "Spider-Man: Homecoming" (2017), "Spider-Man:

Far From Home" (2019), "The Incredibles" (2004) and "The Incredibles 2" (2018).

He will also compose for Marvel Studios' "Doctor Strange in the Multiverse of Madness". "The Batman" features Robert Pattinson



son as the Caped Crusader, while Zoe Kravitz essays the role of Catwoman.

Paul Dano is playing the villain the Riddler and Jeffrey Wright is on board as Commissioner Gordon.

The film is set for a June 2021 release.

ARIES: Nothing is out of your reach, says the invincible smile on your face. Small victories are on the cards today. The kinds that remind you that you are gifted with big power. The wand of manifestation is in your hands, wild one. There's good news for Arians who have been facing trouble in paradise. The blocks that stood in your way are being cleared right now. Continue to work as a power couple.

Tip: The blocks are being cleared.

TAURUS: It's not always rainbows and butterflies, is it? Sometimes love feels like a rose with no petals and many thorns. But don't let the arguments and hostility bring you down. The negativity is not serving you and it's certainly not serving them. Starting today, become the harbinger of peace and positivity. The change starts with you, Taurus.

Tip: Make love.

GEMINI: Sometimes things fall in place seamlessly. At other times, you have to put in a little more effort. Don't focus on the fact that you have grown apart. Instead, see how you can bridge the gap. Working around

each other's schedule is a good way to ensure you get quality time together. Remember, it doesn't have to be about date nights and fancy dinners. Morning coffee can be just as magical if you're invested in getting to know each other.

Tip: Make quality time for each other.

CANCER: Why do we always want that which we cannot have? Start a dialogue with your inner self, Cancer. Give the reins of your heart to your head. You will realise that all this pain is self-inflicted. The process of healing will begin only once you decide to let the negative emotions go. Today also brings with itself the reality check that some things are not meant to be in your life. What flows, flows, Cancer.

Tip: Healing will begin when you're ready to let go.

LEO: Don't match their vibration, Leo. Raise yours. This is the secret to transforming the most complex relationships. Remember, if they're being unfriendly, it has nothing to do with you. There's a good chance they're dealing with their own internal struggles. Coupled lions, if you want

to spend more time together, take charge of your relationship.

Tip: Raise your vibration.

VIRGO: Here's to love that doesn't question and doesn't judge. Letting go of the masks feels liberating, Virgo. It's helping you attract co-conspirators. A tribe that's as weird and wonderful as you. What this weekend promises: many adventures! Give them a glimpse of your world and they'll be happy to introduce you to theirs.

Tip: Raise a toast to your tribe.

LIBRA: Where are you in your manifestation journey, Libra? What's keeping you from attracting the love you deserve? Could you be building barriers because of somebody who let you down in the past? Kiss your demons goodbye. Be aware of how you're sabotaging your own growth. "It's not the sensation of joy that we fear, of course, it's actually the fear of losing it or the fear of never feeling it again."

Tip: Let your guard down.

SCORPIO: So what if you can't set an entire day aside to be together? Make the most

of the opportunity you have in the now. Get coffee in between meetings or call them on the way to work. Seeing them in their most natural element could actually make space for deeper intimacy. Scorpions who are ready to take things to the next level, figure out the practical details first.

Tip: Make an effort to get to know each other. **SAGITTARIUS:** Today brings with itself the revelation that everything that glitters really is gold. Sagittarius, you've found yourself a keeper. Somebody who is practical and grounded and wants to commit for the long haul. The real question is: are you ready to make space for a forever kind of love. Missing the mind-blowing chemistry? Practice patience.

Tip: Make space for a committed relationship. **CAPRICORN:** A new beginning is on the horizon for you, one that promises security, stability, mutual respect and love. It is amazing what you can attract once you start loving yourself right. Keep things simple in the initial stages. There's so much you're yet to discover about each other. Give them a

glimpse of your world, wild one. They'll be happy to return the favour.

Tip: Get to know them on an informal level.

AQUARIUS: This feeling of loss and abandonment is only temporary, Aquarius. It is not unusual for friends or lovers to take some time off from each other to do their own thing. Absence makes the heart grow fonder. Trust that you will not only survive this storm, but also find yourself in the process. What the cards are warning you against: investing your money in the wrong places or lending it to a friend or acquaintance you don't trust.

Tip: Absence makes the heart grow fonder. **PISCES:** That extra donut isn't going to do you any good. Keep the emotional eating in check, Pisces, which seems to get triggered every time you are stressed. Getting physically active is a foolproof way to release those feel-good hormones and work on that enviable physique in the process. Sounds like a win-win! Those planning on having a working weekend, practice the fine art of balance. Tip: Hit that gym.