



**SONU SOOD SAYS "WONDERFUL",  
KANGANA RANAUT "SAD":  
ACTORS ON FARM LAWS MOVE**  
PG 08

**CELEBRATE DIVERSITY**  
pg 04

**12 TO STAND TRIAL FOR  
KARDASHIAN WEST JEWEL  
HEIST IN PARIS**  
pg 08



# Summit **T**IMES

Vol 06 | Issue 293 | Gangtok | Sunday | 21 November 2021

ON TOP OF THE NEWS

RNI No. SIKENG/2016/69420

Pages 8 | RS. 5

## 14 new cases, no new Covid deaths in Sikkim

**SUMMIT REPORT  
GANGTOK, 20 NOV:**

Sikkim reported 14 new cases of Covid-19 in the last 24 hours taking the state's tally of confirmed cases since testing began on 28 Feb, 2020, to 32,161. These cases were detected from the testing of 281 samples yesterday, giving Sikkim a daily test positivity rate of 4.90% today.

Out of 14 cases, 12 were registered in East District where 184 samples were screened and one each in West District [from 63 tests] and South District [from 25 samples screened]. None of the nine samples screened for Covid in North Sikkim returned positive yesterday.

As per the Daily Report of COVID-19 in Sikkim released by the Integrated Disease Sur-

veillance Programme of Health Department on Saturday morning, while nine people tested positive for COVID-19 in RT-PCR testing of 161 samples, five more cases were found in rapid antigen testing of 120 samples.

No new COVID deaths were reported here in the last 24 hours and the Covid toll in Sikkim continues to hold at 403.

Meanwhile, the high positivity rate can be explained by the low number of tests given that most of the tests being conducted of late are of patients seeking admission in hospital for treatment of other ailments and the occasional testing of people who develop unequivocally obvious Covid symptoms like loss of smell/ taste and/or accompanying headaches. These numbers are reasonably low in Sikkim

since 89.60% of the adult population of Sikkim is now fully vaccinated against Covid.

Experts have attested that although vaccinated people can still contract Covid, severe symptoms and need for hospitalisation are substantially lower among them.

This could possibly explain why against 14 new positive cases, only two new hospitalisations were reported in the past 24 hours.

Further, of the 125 Covid-positive people in the State, only 16 have come down severely enough to require hospitalisation and the rest are on their way to recovery under home isolation.

While minors under 18 years of age have still not been cleared for vaccination, and even though

they have been testing positive in higher numbers since the lifting of the lockdown and re-opening of schools, very few of them are presenting symptoms to cause too much concern.

Of the 16 Covid patients in hospital, only two are under 18 years of age. Over the last two months or so, since the IDSP started sharing age-wise break-up of hospital admissions, a total of 77 under 18 year olds have been hospitalised in Sikkim, all of whom, except the two who are currently in hospital, have since been discharged.

On the vaccination front, 1,125 doses of Covishield were administered in Sikkim on Friday, in which 77 people received their first dose while 1,048 people completed their vaccination schedule with the second dose.

## Mountain legislators declare support for stringent policies against single-use plastics



**SUMMIT REPORT  
GANGTOK, 20 NOV:**

Nineteen elected representatives [present and former] from a range of Himalayan states today endorsed a declaration which flags single-use plastics as a major problem for mountain states and recorded their support for strong policies, including more responsibility on 'producers' of single-use plastics, against this eco-hazard.

The Declaration was passed at the Mountain Legislators Meet 2021 held on the third and final day of the 10th Sustainable Mountain Development Summit in Darjeeling today. The Summit was held this year on the theme "Pathways for Plastic Waste Management in the Indian Himalayan Region."

Chief Minister of Arunachal Pradesh, Chowna Mein, was present virtually as chief guest, accompanied by James Sangma, Minister

(Environment and Forest), Meghalaya, as guest of honour. The discussion was chaired by Vincent Pala, MP Lok Sabha (Shillong), and moderated by PD Rai, President IMI, and a former Lok Sabha MP from Sikkim.

The Meet brought together over 19 elected representatives and former representatives of various bodies from the Indian Himalayan Region, and included MPs, MLAs, chairpersons of Autonomous District Council, Mayor, and other prominent members.

The Meet was organised by Integrated Mountain Initiative (IMI, local host Darjeeling Himalaya Initiative and United Nations Environment Program (UNEP).

The Meet included a state of affairs presentation on UNEP's CounterMEASURE II project which aims at informing and influencing national policies, institutions and alliances through the

generation and dissemination of scientific knowledge on plastic pollution of rivers in India.

The legislators discussed the issue of waste crisis in the hill stations of India, especially on the growing plastic pollution and its impact on mountain landscapes. The members also deliberated on potential solutions and policy mechanisms that can effectively tackle the plastic waste in the mountains.

Mr Mein emphasised the adverse impact of plastic pollution on the overall health of the people and also highlighted the recent Climate Change Declaration of Arunachal Pradesh on the principles of 'Panchamrit'.

Mr Sangma drew attention to various crucial issues on the topic including the need for bringing in nature and economics together for a sustainable, resilient future for the region.

## India logs 10,302 new Covid cases, active cases decline to 1.24 lakh

**NEW DELHI, 20 NOV [PTI]:** India's COVID-19 infection tally rose by 10,302 in a day to reach 3,44,99,925 while the number of active cases declined to 1,24,868 during the same period, according to Union Health Ministry data updated on Saturday.

The number of deaths climbed to 4,65,349 with 267 more fatalities, according to the data updated at 8 am.

Active cases decreased by 1,752 in 24 hours and now comprise 0.36 per cent of the total infections, the lowest since March 2020. Also, the national COVID-19 recovery rate was recorded at 98.29 per cent, the highest since March last year, the Health Ministry said.

The daily rise in new coronavirus infections has been below 20,000 for 43 days in a row and less than 50,000 for 146 consecutive days.

The daily positivity rate was recorded at 0.96 per cent. It has been less than 2 per cent for the last 47 days. The weekly positivity rate was 0.93 per cent. It has been below two per cent for the last 57 days.

The number of people who have recuperated from the disease surged to 3,39,09,708 while the case fatality rate was 1.35 per cent.

The 267 new fatalities include 204 from Kerala and 15 from Maharashtra.

Of the 204 deaths, 49 were reported on November 19 and 155 were designated as COVID-19

deaths after receiving appeals based on the new guidelines of the Centre and the directions of the Supreme Court, a Kerala state government release said on Friday.

A total of 4,65,349 deaths have been reported so far in the country, including 1,40,707 from Maharashtra, 38,169 from Karnataka, 37,051 from Kerala, 36,349 from Tamil Nadu, 25,095 from Delhi, 22,909 from Uttar Pradesh and 19,364 from West Bengal.

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

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

So far, over 115.79 crore vaccine doses have been administered in the country under the nationwide COVID-19 inoculation drive.

India's COVID-19 case tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19.

India crossed the grim milestone of two crore on May 4 this year and three crore on June 23.

## Service providers can now check people's vaccination status at CoWIN

**NEW DELHI, 20 NOV [PTI]:** The Union Health Ministry has activated service on the CoWIN portal that allows anyone to check an individual's vaccination status with the person's registered mobile number and name, followed by an OTP for consent.

The service could be utilised by a service provider -- private entities such as travel agencies, offices, employers, entertainment agencies or government agencies such as IRCTC -- for whom verifying a person's vaccination status is critical for facilitating a service requested by the citizen, an official said.

"Now download the fully / partially vaccinated badge from CoWIN (cwin.gov.in) & share it with your friends on all your social platforms! Encourage your family and friends to follow you and #FightCovid," National Health Authority CEO RS Sharma said in a tweet.

The service is being built to help citizens who may not have the vaccine certificate available in digital or paper form for availing a requested service and can support the service provider to verify the vaccination status/vaccination digital record of the

citizen as per the authorised permission of the requesting entity.

The service helps in verifying the vaccination status of individuals.

The service can be utilised by travel agencies and help making travel safe for individuals by allowing travel only for vaccinated individuals.

Employers can use this service to verify vaccination status of employees and resume the functions in offices, workplaces, etc.

This service will help in resuming and catalysing the economic activities in country, the official said.

## Covid patient discharged after 202 days of hospitalisation in Gujarat

**DAHOD, 20 Nov [PTI]:** A 45-year-old woman, who had tested positive for coronavirus on May 1 this year, was discharged from a medical facility in Gujarat's Dahod city, after 202 days of hospitalisation, her family members said today.

Geeta Dharmik, whose husband is a railway employee at Dahod, had tested positive for the infection during the second wave of the pandemic on her return from Bhopal, they said.

She had to be hospitalised for a total of 202 days before the doctors at Dahod railway hospital decided to discharge her after her recovery, they said.

"The family members were overjoyed to receive her home on her discharge from Dahod railway hospital on Friday. She remained hospitalised at Dahod and Vadodara for a total of 202 days, during which she was kept on ventilator and oxygen support," her husband Trilok Dharmik, an engineer with the Railways, said.

He said he had lost hope for her recovery for as many as nine times during this period, but she bounced back every time and was finally discharged.

"We had gone to Bhopal on April 23 after my father-in-law died of a heart attack. After returning to Dahod on April 25,

my wife had shown symptoms of coronavirus and on May 1, she tested positive. When her oxygen level went down and fever increased, she was admitted to the railway hospital in Dahod on the night of May 1 as her condition deteriorated," he added.

From May 6, her condition deteriorated further and oxygen support was required for her. She was shifted to a private hospital in Vadodara from May 7 till May 23, he said.

After consulting doctors at Dahod, her husband decided to shift her back to Dahod hospital, where she was brought on May 24. At Dahod hospital, she remained on a ventilator for around two months, and on BiPAP for another one month.

"We had lost hope for her recovery. For at least nine times during this period, it occurred to us that she would not survive. At one point, the doctors even said she will need a lung transplant," he said.

However, she continued to recover through medication and oxygen therapy. Slowly, her health started improving and doctors decided to discharge her, said Dharmik.

"While she still requires some amount of oxygen, her other reports are normal. Her other organs are fine. She has been brought back home after 202 days in the hospital," he said.

## 25 killed, 17 missing as flash floods ravage AP

**AMARAVATI, NOV 20 [PTI]:** Heavy rains under the influence of a low-pressure area in the Bay of Bengal left 25 persons, including a member of the State Disaster Response Force, killed in different districts of Andhra Pradesh since Friday, while 17 persons still remained missing, the state government said on Saturday.

The Indian Air Force, NDRF, SDRF, Police and Fire Services personnel saved at least 64 persons, including a police inspector, from the massive flash floods in Anantapuram, Kadapa and Chittoor districts, the government said in a note.

In all, 17 teams of NDRF and SDRF were engaged the rescue and relief operations in the three flood-ravaged districts in Rayalaseema region, along with SPS Nellore in south coastal Andhra. Chief Minister Y S Jagan Mohan Reddy conducted an aerial survey in Kadapa, Anantapuram and Chittoor districts to assess the damage.

He spoke to Collec-

tors of Kadapa and Chittoor districts and obtained details about the devastation and asked the officials to conduct enumeration of the crop losses as soon as the floodwater receded.

The government announced an ex gratia payment of Rs 5 lakh each to the kin of those killed.

The intensity of the rainfall reduced on Saturday, but brought little respite to people as several habitations remained marooned because of the flash floods. While the situation in Tirupati town still remained grim, with many areas inundated, the scene on the holy Tirumala Hills was relatively better, though pouring rain did inconvenience pilgrims.

The Tirumala Tirupati Devasthanams reopened the ghat roads for vehicular traffic, though the two stairways meant for pilgrims to trek the Hills remained closed. Pilgrims who booked tickets online were being allowed for darshan of Lord Venkateswara.

The deluge in the Chief Minister's native Kada-

pa district saw the Annamayya project getting breached and left a trail of destruction in many villages downstream under the Rajampet constituency.

More than 30 people were washed away from three villages along the Cheyyeru river course, where water from the Annamayya medium irrigation project while its normal capacity was just two tmc ft. Kadapa, thus, reported the highest toll of 13 so far.

In Kadiri town in Anantapuram district, a building under construction collapsed due to incessant rain and fell on an adjoining building, killing at least seven persons, including three children.

Police and revenue authorities rescued seven more persons from the mishap site.

Nehru Yuva Kendra Sanghatan Vice-Chairman Vishnuvardhan Reddy expressed grief over the tragedy and blamed illegal constructions for the incident.

Mail us at [advertise@summittimes.com](mailto:advertise@summittimes.com)  
or call us at :03592-208698

## Ex-Panchayat of Upper Suntaley accuses SKM office bearers of assault



### SUMMIT REPORT GANGTOK, 20 NOV:

Former Panchayat, Purna Kumar Karki from Upper Suntaley in South District has alleged that office bearers of Sikkim Krantikari Morcha party assaulted him inside the Panchayat Bhawan at Sadam on 18 Nov.

Following the same, he filed a written complaint at Melli Police Station against SKM CLC general secretary, Tek Bahadur Gurung, ward president, Tilak Karki and other office bearers of the party, Sunil Gurung, Dhiren Gurung and Sukraj Karki for assaulting him. He further alleged that the police asked him to settle the matter with the accused instead of following due process.

Speaking about the

incident in a press conference here on Saturday, Mr Karki mentioned that he went to Sadam Panchayat Bhawan to participate in the tender process of a RWSS repair work from Simpani to Gairi Gaon in Upper Suntaley under Sadam-Suntaley GPU having estimated cost of Rs 1 lakh on 18 Nov.

"The said office bearers of the ruling Sikkim Krantikari Morcha party tried to force me to not participate in the tender process and attacked me when I objected," he said. He said that it is really unfortunate that a former panchayat was assaulted in the office from where he worked for the people for five years in front of Panchayats and people.

Mr Karki requested

the concerned department to cancel the tender and to call a fresh tender in a transparent and democratic manner. He further demanded that SKM CLC general secretary, Tek Bahadur Gurung and others involved should give a proper explanation on the entire incident in front of panchayats and people present during the incident.

SDF vice-president, Krishna Kharel stated that the party strongly criticizes and condemns the incident. He stressed that after forming the government it is the duty of the party in power to safeguard the interest of every person in the State. He further demanded that the police take immediate action on the incident.

## Dzongu MLA inspects ongoing construction of roads and bridges



### WANGCHUK BHUTIA DZONGU, 20 NOV:

MLA Dzongu cum Advisor Power Department, Pintsu Namgyal Lepcha inspected the ongoing construction of a Bridge at Dett khola in Lower Dzongu, North Sikkim,

today. As per the engineer, the bridge will be completed in a month and a half.

Further, the Area MLA visited ongoing construction of PMGSY Road & Bridges at Phee- Kyo-

ng which connects Sagyong to Gorunder, Lum Gor Sangtok GPU. The inspection took place in the presence of AE, PMGSY, Nima Tashi Dophthapa, JE, Songmit Lepcha and contractor, Laku Limboo.

## CM must apologise to 4 students expelled from Gyalshing College: Bhaichung

### SUMMIT REPORT GANGTOK, 20 NOV:

Hamro Sikkim Party's Bhaichung Bhutia today extended financial support to four students of Gyalshing Government College who were expelled earlier this year.

Mr Bhutia said that the four students - Pravin Upreti, Praveen Basnett, Loknath Chettri and Nakul Sharma - were expelled for demanding better infrastructure in their college.

"This SKM-led govt is acting in a dictatorial manner by denying them their basic Right to Education. They even went to the extent of calling them anti-nationals just because they showed solidarity with the farmers' protest. I urge the CM Mr PS Golay and his Govt to



apologise to these students for trying to destroy their and their families' lives in every possible way. When the PM Mr Modi can apologise, why can't the CM and SKM Govt also do the same? I also urge the government to compensate the students and their families financially for the distress caused to

them. As a citizen of Sikkim and India, I feel ashamed by this kind of action towards poor students who only demanded better classrooms in their college.

All right-thinking Sikkimese people must come forward and support them in their endeavour for justice," he stated.

## Assam Govt allocates two MBBS seats to students from Bhutan

### GUWAHATI, 20 NOV [PTI]:

The Assam government has allocated two seats in MBBS course to students of neighbouring Bhutan from this academic year, a top official said on Saturday. India's Ambassador to Bhutan Ruchira Kamboj informed this through her Twitter handle. "The Assam Government has allocated two MBBS seats for #Bhutan from this academic year, to foster the vibrant people-to-people ties between our two countries #MesmerisingAssam #Bhutan," she wrote.

An Assam government official further said the request for the reservation of seats was placed before Chief Minister Himanta Biswa Sarma by the Consul General of Bhutan in Guwahati

Phub Tshering a couple of months ago.

"The Consul General had met the chief minister and requested for allocation of MBBS seats. Sarma had asked Tshering to place the request in a written form," the official said. The Consul General had duly followed up on the matter and written to the chief minister with the request, which was pursued by Sarma, he added.

Another official privy to the developments said the Assam government had taken a decision about a fortnight ago that two MBBS seats with full scholarship may be considered for candidates of Bhutan, subject to necessary approval by the Ministry of Health and Family Affairs, Government

of India, and clearance from the External Affairs Ministry.

"As per the government of Assam's proposal, both the seats are to be allocated from the Central pool of MBBS seats in the medical colleges in the state," he said. Meanwhile, Tshering had called upon Sarma here on Friday evening. Taking to Twitter about the meeting, Sarma wrote, "Delighted to meet Mr. Phub Tshering, Consul General of Bhutan, in Guwahati.

We stand committed to upholding the bonhomie between Assam and Bhutan." He added that several issues of mutual interest were discussed to carry forward the long-cherished bilateral relationship between the two sides.

## Bengal reports 877 fresh Covid cases, 9 new deaths

### KOLKATA, NOV 19 [PTI]:

West Bengal's Covid-19 tally went up to 16,08,393 on Friday after 877 more people, up from the previous day's figure of 860, were diagnosed with the disease, the health department said in a bulletin.

Nine fresh fatalities due to coronavirus were also reported in the state pushing the death toll to 19,364, even as the fatality rate remained unchanged at 1.20 per cent. Fourteen Covid-19 patients had died on Thursday.

The state recorded a positivity rate of 1.98 per

cent, slightly higher than Thursday's count of 1.95 per cent. On November 17, 16 and 15, the figures were 1.97 per cent, 2.21 per cent and 2.88 per cent respectively.

Of the 877 fresh cases, Kolkata accounted for the maximum at 242, while neighbouring North 24 Parganas registered 158, the bulletin said.

Two Covid deaths each were registered in Kolkata, North 24 Parganas and Hooghly while one fatality each was recorded in the districts of Nadia, Murshidabad and Jalpaiguri.

Altogether 833 patients recovered from the disease taking the total number of cured people to 15,80,922.

Since Thursday, 44,322 samples were tested for coronavirus in West Bengal taking the total number of such clinical examinations to 1,99,33,153, the bulletin said.

Meanwhile, in the last 24 hours, 4,10,940 doses of Covid-19 vaccine have been administered in the state taking the total of people getting at least one dose of the vaccine to 8,67,14,685, an official said.

## Rahul Gandhi asks govt to 'admit truth' on China

### NEW DELHI, NOV 20 [PTI]:

A day after Prime Minister Narendra Modi announced the decision to repeal the new farm laws, Congress leader Rahul Gandhi targeted the government, saying the truth of "Chinese occupation" should also be admitted now.

The Congress has been attacking the government over its handling of the border tensions with China, accusing India of compromising India's territorial integrity, a charge denied by the Centre.

The truth of "Chinese occupation" should also be admitted now, Gandhi tweeted in Hindi in the backdrop of the Modi government agreeing to

the demand of agitating farmers and opposition parties to scrap the three central farm laws enacted last year.

The former Congress president has been questioning the government over the situation along the Line of Actual Control (LAC) with China, especially after the standoff in eastern the Ladakh.

India and China on Thursday agreed to hold the 14th round of military talks at an early date to achieve the objective of complete disengagement in remaining friction points along LAC in eastern Ladakh.

The eastern Ladakh border standoff between the Indian and Chinese militaries erupted on

May 5 last year following a violent clash in the Pangong lake areas and both sides gradually enhanced their deployment by rushing in tens of thousands of soldiers as well as heavy weaponry.

The tension escalated following a deadly clash in Galwan Valley on June 15 last year.

As a result of a series of military and diplomatic talks, the two sides completed the disengagement process in the north and south banks of the Pangong lake in February and in the Gogra area in August.

Each side currently has around 50,000 to 60,000 troops along the Line of Actual Control (LAC) in the sensitive sector.

## Radioactive cargo from Pakistan to China seized at Gujarat's Mundra Port

### NEW DELHI, 20 NOV [PTI]:

Adani Ports and Special Economic Zone (APSEZ) on Friday said a joint Customs and Directorate of Revenue Intelligence (DRI) team seized several containers at Mundra Port from a foreign vessel on concerns that they contained undeclared hazardous cargo.

The seized hazardous cargo containers were en route from Karachi in Pakistan to Shanghai in China, and the containers were not destined for Mundra Port.

India's largest port operator in a state-

ment on Friday said that while the cargo was listed as non-hazardous, the seized containers had Hazard Class 7 markings - which indicate radioactive substances.

"On 18 November, 2021, a joint Customs and DRI team seized several containers at Mundra Port from a foreign vessel on concerns that they contained undeclared hazardous cargo."

"... Although the containers were not destined for Mundra Port or any other port in India but were en route from Karachi in Pakistan to Shanghai in

China, the government authorities had them offloaded at Mundra Port for further inspection," Adani Ports, part of the Adani Group conglomerate, said.

Adani Ports said it extended all assistance possible for this operation and thanks the Customs and DRI personnel for their quick and coordinated action.

"We salute their alert diligence and will continue to fully assist any action that keeps India safe. The Adani Group takes national security very seriously and will not allow it to be compromised in any way," it said.

## Online Peer Educators Training for students by SAATHI



### SUMMIT REPORT GANGTOK, 20 NOV:

SAATHI, an NGO supported by TITAN Company Ltd., organised three-day Online Peer Educators Training for Students on different aspects of substance abuse and various life skills from 18-20 Nov, a press release informs.

Total of 98 students from 8 different Government Schools namely: 1) Tarpin Govt Secondary School, 2) Sudunglakha Govt Secondary School, 3) Sama Lingdum Govt Secondary School, 4) Sawaligaon Govt Secondary School, 5) Lower Samdong Secondary School, 6) Karongthang Govt Secondary School, 7) Lingee Paiyong Govt Secondary School and 8) Tingchim Govt Secondary School of Sikkim participated in the training.

During the online training, the students were trained on physical, emotional and social effects of alcohol, marijuana, tobacco and other substances; Effects of drugs and alcohol abuse in education, goals and future

success; How to say "no" to drugs in practical situations and to have a positive attitude.

Various resource person covered topics like MO, Dr Kulzang Lama, School Health, took session on Medical Aspects of substance abuse, Counselor SRDS Nimtar, Udai Rai shared his life experience with students, Research Scholar, Counselling Psychologist and Entrepreneur, Roshni Chhetri took a session on Decision Making, Problem Solving & Critical Thinking, Motivational Speaker, Ashish Bangdel covered the topic on Coping with emotion and stress/peer pressure. Similarly, Social Media-usage and awareness covered by Assistant Program Manager (SAATHI) Team, Sumitra Chettri and final session on Legal Aspects on Substance Abuse was covered by Police Inspector, Narayan Kumar Rai, Pakyong Police Station.

The training concluded with feedback send through Google form and an e-certificate was provided to the students.

## "Farjiwada Exposed": Nawab Malik's latest attack on Aryan Khan case probe

### MUMBAI, 20 NOV [NDTV]:

Stepping up his attack on Narcotics Control Bureau (NCB), Maharashtra minister Nawab Malik alleged that Bombay High Court's bail order for actor Shah Rukh Khan's son Aryan and others proves it was a "a case of kidnapping and ransom".

The minister has consistently accused the anti-drugs agency, particularly its zonal director Sameer Wankhede, of foisting false charges against Aryan Khan and others in the drugs-on-cruise case. In his latest blow, Mr Malik used pointers from the high court's order to target the agency's probe.

In the bail order released today, the court has noted that it found no evidence of a conspiracy between Aryan Khan, Arbaaz Merchant, and Munmun Dhamecha to commit drug-related offences. It also said there was nothing objectionable in the WhatsApp chats between them.

"There is hardly any positive evidence on record to convince this Court that all the accused persons with common intention agreed to commit unlawful act," the order read.

"Merely because Aryan Khan, Arbaaz Merchant, and Munmun Dhamecha were travelling in the same cruise, that by itself cannot be a foundation for the charge of conspiracy against them," the court added.

Aryan Khan was granted bail three weeks after his arrest

in the drugs-on-cruise case. Arbaaz Merchant and model Munmun Dhamecha have also been granted bail.

Mr Malik added in his post that the case was "pre-planned but a selfie released in public domain failed the plan". The NCP leader was referring to a selfie of Aryan Khan with K C Gosavi, a private investigator and one of the witnesses in the case.

His selfies and videos with Aryan Khan at the NCB office indicated that he had easy access to the superstar's son and fuelled questions about the NCB's investigation. Later, a man claiming to be his bodyguard alleged that Mr Gosavi and one Sam D'Souza had discussed payoffs in the case, kicking up a fresh row that put NCB zonal director Wankhede in a spot.

"The Farjiwada now stands exposed," Mr Malik said in his fresh attack on the anti-drugs agency's probe.

The PTI reported that Mr Malik issued a statement in which he demanded that Mr Wankhede must be suspended. He said the court's puts a question mark on the NCB's arrest of Aryan Khan.

When contacted, Mr Wankhede said he cannot comment on the high court's order as the matter was sub-judice and also that he did not want to give importance to Mr Malik's allegations, the PTI reported.

### CONTACT

SUMMIT TIMES  
REPORTERS SINGAM  
8170070813

MANGAN/ DIKCHU 9832612485/ 9434011213  
GANGTOK 8116388176 9832424750 8016270440

# XXIX Annual Research Council Meeting for large cardamom

**SUMMIT REPORT**

**GANGTOK, 20 Nov:** The XXIX Annual Research Council Meeting for large cardamom for 2020-21 of Indian Cardamom Research Institute, Regional Research Station, Spices Board, Tadong, Gangtok was held in the Conference Hall of Indian Council of Agricultural Research, North East Hill Region, Regional Centre Gangtok on 17 Nov, a press release informs.

The meeting was attended by Heads and Scientists representing various national research institutes, officials from State and Central Govt Departments and other stake holders of large cardamom industry.

The inaugural function was attended by various dignitaries namely Dr S Anbalagan [Chief Executive Officer, Sikkim Organic Farming Development Agency, Govt of Sikkim], Dr BC Basistha [Director Department of Science and Technology, Govt of Sikkim], Dr R Laha [Joint Director, ICAR, NEH RC Gangtok], Dr Rajiv Gogoi [Scientist E & Head, Botanical Survey of India], Tilak Gajmer [Director Agriculture, Govt of Sikkim], Dr R Joshi [Head in charge, GBPHIE, Sikkim], Sonam Rinchen Bhutia [Director Agriculture, MOVCD, Govt of Sikkim], Rabin Gurung [Joint Director, Horticulture Department, Govt of Sikkim], scientists of ICAR and Regional



Ayurveda Research Institute, Tadong and Director (R&D), Dr AB Remashree, ICRI, Spices Board, Myladumpara, Kerala.

The programme started at 10:30am with the welcome address by Scientist-C & In Charge, Dr D Ajay, Regional Research Station of Indian Cardamom Research Institute, Spices Board, Gangtok.

Director (R&D), Dr AB Remashree, ICRI, Spices Board, Myladumpara, Kerala gave a brief introduction on achievement in research and development activities of large cardamom for the Sikkim Region carried out by Spices Board as a whole.

She also thanked the state government for providing land for the construction of Spice Complex at Pakyong. It was also mentioned that the Spice Complex will

include processing facility for Spices and also house all the offices of Spices Board related to Marketing, Development and Research activities. The preliminary works are in progress and the entire work will be completed within 36 months.

The chief guest of this function was CEO, SOFDA, Dr S Anbalagan who appreciated the activities of Spices Board research and developmental activities and asked for cooperation in promoting the organic spices export from the states. He stressed on transfer of research findings to farming community and also urged the farmers to adopt the scientific approach to increase their productivity and income.

Joint Director ICAR NEH RC-Gangtok, Dr R Laha in his brief speech

appreciated and informed that the research work carried out by ICRI, RRS Tadong definitely help to boost large cardamom sector. He also mentioned that during COVID-19 the work carried out by Spices Board for farmers is really praiseworthy. He appreciated the initiation in releasing the pamphlet by ICRI on blight disease management and mentioned that it will really be helpful for the farming community.

Director, Dr BC Basistha, DST Govt. of Sikkim said that DST had carried out work on isolation of Chirkey RNA, production of virus free large cardamom through tissue culture.

Scientist E&Head, Dr Rajiv Gogoi, Botanical Survey of India

SHRC-Gangtok, said that the Covid situation has led to a resurgence in spices export and people in the West have started adding spices in their food items. He also handed over two books recently released by Botanical Survey India.

In the inaugural session, the Annual Research report for the year 2020-21 was released along with release of Pamphlet on "Blight Disease Management practice". ICRI, RRS Tadong distributed eight electric driers with SCSP fund under All India Co-ordinated Research Project on Spices implemented by the institute with aid from ICAR- IISR, Kozhikode.

The inaugural session was followed by technical session which includes the presentation of progress reports of 2020-21 and open house discussion. The work presented by the scientist was critically evaluated by the Chairman of sessions and scientific fraternity present in the technical sessions and forwarded their suggestions. After a thorough discussion and suggestions for each session, decisions were taken for the forthcoming experiments for year 2021-22. At the end of the technical sessions rapporteurs of respective sessions presented the decision taken and comments of chairman of each session.

## International Children's Day at SIRD



**NAMCHI, 20 Nov (IPR):** Sensitization workshop on child protection issues & Child Parliament on the occasion of International Children's Day was held at SIRD, Karfector.

The program was organised by the District Child Protection Unit, South Women & Child Development Department and was attended by Zilla Adhyaksha (South) Tshering Dem Bhutia ,Chairperson (SCPCR) Roma Tamang, General Secretary (Drishti) Pasang Tshering Bhutia, DCPU, Tek Maya Sharma , Psychologist

Neelam Subba, Legal Cum Probation Officer Bimal Gurung , DCPU Diki Lhamu, Social Worker, DCPU, CWC member Radhika Rai, Panchayat (Rabong) Sarita Thatal representative from

The voice Sanjay Rai, LOPO Bimal Gurung and from Kapinjal Children's Home and Children of Mayallang Children's Home.

The objective of the workshop was to give an advocacy platform for the children to promote their rights to participate & get involved in the decisions concerning their issues. The program also focused on educate the public on issues including the digital divide that is affecting quality education for all, youth mental health & discrimination in our societies.

Addressing the gathering chief guest, Zilla Adhyaksha Tshering Dem Bhutia informed that the target of this programme is to form village level children's parliaments in all the GPU's so that the chil-

dren of the most rural areas will get a forum to address their issues and voice their opinions. They can also actively participate in the Gram Sabhas and all other community decisions and policy making.

Simultaneously, Bimal Gurung, legal cum Probation Officer informed in brief about the legislations related to Children such as POSCO Act The protection of children from Sexual Offences Act, 2012.

This law recognises sexual harassment sexual assault, aggravated sexual assault, penetrative sexual assault, aggravated sexual assault and usage of children for pornographic purposes as crimes. All the crimes according to the gravity of the offence have different punishments.

## Mick Rock, photographer of 1970s music icons, dies at 72

**LONDON (AP):** Photographer Mick Rock, whose iconic portraits of rock stars including David Bowie, Lou Reed and Debbie Harry saw him dubbed "the man who shot the 70s," has died. He was 72.

A statement posted Friday on Rock's official social media accounts said: "It is with the heaviest of hearts that we share our beloved psychedelic renegade Mick Rock has made the Jungian journey to the other side." No cause of death was given.

Born in London in 1948, Rock studied at Cambridge University, where he met Syd Barrett, a founding member of Pink Floyd, who became one of his first subjects.

He was Bowie's official photographer in the early 1970s, helping to make the singer's alter ego, androgynous alien superstar Ziggy Stardust, a sensation.

Rock went on to take some of the most famous music photos of the era: a topless Iggy Pop on the cover of the "Raw Power" album; a spectral Lou Reed on "Transformer"; the members of Queen, their faces part-shadowed, for the cover of "Queen II."

"People say, 'Man, how did you get all these pictures? Well, because no one else was interested,'" Rock told the Associated Press in 2002. "It wasn't like I was battling other photographers to get the pictures."

Rock had heart bypass surgery and a kidney transplant in the 1990s after years of rock 'n' roll excess.

"I lived the life," he said later. "As well as taking the pictures, I lived the life."

He gave up cigarettes and drugs and carried on working, taking images of musicians including Pharrell Williams, Lady

Gaga and Miley Cyrus.

"Those who had the pleasure of existing in his orbit, know that Mick was always so much more than 'The Man Who Shot The 70s,'" the statement announcing his death said. "He was a photographic poet — a true force of nature who spent his days doing exactly what he loved, always in his own delightfully outrageous way."

Sharon Osbourne tweeted: "We lost a legend, a true artist Mick Rock."

Queen guitarist Brian May said he was "sad and shocked to hear of the passing of our friend, photographer Mick Rock."

He said the "Queen II" cover picture "gave us an enduring image, inspired part of the 'look' of our Bohemian Rhapsody video a couple of years later, and has been widely imitated by others over the years since then."

## STTC gears up for Late Alexius Dhungel Memorial TT C'ship

**SAGAR CHETTRI**

**GANGTOK, 20 Nov:**

Around 350 paddlers from across the State are expected to participate in the 1st Late Alexius Dhungel Memorial Table Tennis Championship 2021 to be held from 17 to 19 December here at indoor gymnasium hall of Paljor Stadium. The three-day long championship is being organised by Sikkim Table Tennis Club [STTC], Gangtok.

Addressing a press conference here this afternoon, the organizing committee president, Tashi Wangyal Lepcha mentioned that sporting activities have gone down due to COVID-19 pandemic and children are mostly confined to their homes.

"So, we decided to organize this table tennis championship at the state level not only to bring children again on



the field and revive the game, but also to further promote table tennis in the state with this major championship," he said. He said that Upper Tadong MLA, GT Dhungel also came forward to support the championship and organize the championship in memory of his late son Alexius Dhungel.

Mr Lepcha said that the championship was earlier scheduled to be held from 26 to 28 No-

vember but due to some unavoidable circumstances the championship has been postponed to 17 to 19 December. He informed that cash prizes would be given in Open men's and women's category and others would get medals and certificates. Entry is free for all and 10 December is the last day for registration.

Accommodation would be provided for free to players coming from outside Gangtok.

STTC president, Karma Bhutia mentioned that the club was formed in 2018 but had not been able to organize any major event due to COVID-19 pandemic so this is the first major championship of the club after its formation.

The objective of the club is to provide better and bigger opportunities and platforms to young and upcoming paddlers of the State, he stated.

He added that the club would continue with such activities at the state-level, district-level and in school level to promote table tennis at the grassroots level in the State. He shared that the club also has plans to conduct coaching camps for school students in coming days.

Mr Bhutia informed that 150 participants from 10 schools have already confirmed their participation and around 350 paddlers are likely to participate in the championship.

The championship has single events of cadet boys and girls, sub-junior boys and girls, junior boys and girls, open men and women and veteran's men and women. Likewise, there are events of junior boys and girls, open men and women and veteran's men and women in doubles.

## Priyanka Gandhi urges PM not to share dais with Union Minister Ajay Mishra Teni

**LUCKNOW, 20 Nov:** Escalating her attack on the BJP-led central government over the Lakhimpur Kheri violence where four farmers were killed, Congress leader Priyanka Gandhi Vadra on Saturday urged the Prime Minister to not share the dais with Union Minister of State for Home Affairs Ajay Mishra Teni, whose son was arrested for mowing down the farmers in the Uttar Pradesh district.

The Congress leader said that the Prime Minister sharing dais with Mr Teni would be an insult to over 700 farmers who died

during the farmers' protest. Ms Vadra's statement came a day after the Prime Minister announced the repealing of the three farm laws, and also ahead of a meeting of PM Modi with DGPs, IGPs of all the states/UTs, and heads of Central Armed Police Forces and Central Police Organisations.

Union Home Minister Amit Shah and MoS Home Affairs Ajay Mishra Teni, along with the Prime Minister, were scheduled to attend the meeting in Lucknow at the police headquarters.

Reading out her letter written to the Prime Min-

ister at a press conference here today, she said, "You may be aware that the main accused, Ashish Mishra, of the Lakhimpur Kheri violence is the son of a minister in your cabinet. Since the beginning of the incident, the UP government has attempted to suppress the voice of justice. The Supreme Court had observed the UP government is trying to protect a special accused in the case."

Stating that the family members of the farmers who were killed in the Lakhimpur Kheri violence are in "intolerable pain" and

are demanding justice, the Congress leader said, "I met the family members of slain farmers, who died in the Lakhimpur Kheri incident. They do not have any hope of getting justice if the MoS Home Affairs, Ajay Mishra, continue to remain on the post."

Ms Vadra stated that it is the responsibility of the Prime Minister of the country to deliver justice to the people.

The Congress leader said, "Your cabinet minister Amit Shah and UP CM Yogi Adityanath share dais with the same minister. You

are the Prime Minister of this country and it is your responsibility to deliver justice to the people of this country and also to the farmers."

"On Friday while addressing the nation, you said that in the national and the farmers' interests, the government has taken an unprecedented decision to repeal the three farm laws. You said that you have clear intentions towards farmers. If these are true, then giving justice to the victims of Lakhimpur Kheri should be your main responsibility," she added.

## Assam to be laboratory or mother tongue-based education: Dharmendra Pradhan

**GUWAHATI, 20 Nov**

**[PTI]:** Union Education Minister Dharmendra Pradhan on Saturday said the country's northeast, where people speak

in at least 180 different languages, epitomise diversity, and Assam, being the gateway to the region, will be made a "laboratory" for mother tongue-based education. Heaping praise on the National Education Policy (NEP) 2020, Pradhan said it has amplified the importance of imparting lessons in native language, especially at the primary level.

"The NEP is a unifying factor in stimulating Indian knowledge systems, regional languages, art and culture. It is focused on developing desired learning competencies right from the pre-primary level, equipping students with 21st century knowledge

and skills and preparing our youth to become global citizens," the minister said after inaugurating a two-day North-East Education Conclave here.

Pradhan further said that the Centre is striving to ensure parity in educational opportunities across the country, and to that end, a roadmap for creating 'Special Education Zones' is being prepared.

"Diversity of languages cannot be witnessed anywhere better than in the country's northeast, where around 180 languages are spoken by the tribes. Assam is going to be a laboratory for mother tongue-based education in India," the minister stated.

He also maintained that Guwahati, the largest city of Assam, has the potential of becoming an education hub of

northeast as well as the whole country. Pradhan lauded the Assam government for allocating six per cent of GDP for education. He expressed confidence that the conclave will deliberate on the key aspects of NEP and design strategies for its successful implementation in the region.

Chief Minister Himanta Biswa Sarma, speaking on the occasion, underlined that NEP 2020 has given the opportunity to go beyond mark-sheets and strive for knowledge which will make India more powerful, take the country to greater heights, empower students and offer them opportunities to grow.

He said the two-day deliberations at the conclave would help finalise a roadmap for proper implementation of NEP in the region within a time frame.

## Celebrate Diversity

### Some clichés never go out of style

In the current times of overbearing rightwing mono-culturalism, the fact that Sikkim, despite attempts at regimentering people by their community, remains largely unmoved by arguments which seek to other, remains a constant source of relief. Some continue to see individuality at the community level as somehow diluting a larger identity, but they are clearly hamstrung by regressive narrow-mindedness which continues to see empowerment and confidence as somehow detrimental to cultures and identities. Thankfully, such mindsets remain in minority in Sikkim. In an India where boorish religious heads want to hound certain idols out of temples, certain sexes away from worship, and impose caste obsessions on the entire population, the fact that Sikkim is yet to allow communal gimmickry political currency holds up a light that should never be allowed to dim. Clichéd as it may sound, Sikkim should never stop celebrating its diversity, its people should never hesitate from supporting expressions of cultural uniqueness by other groups, and even as such cultural expressions are made by individual groups and communities, the celebrations should be joined by all. Make it a habit and an instinctive response, and troublemakers keen to sow differences by fanning fear of the others will find themselves out of jobs. And make no mistake, agent provocateurs, if given the chance, will tease out hesitations and feed on suspicions thereby weakening the collective society. We have seen how that can wreck vast swathes of a nation as big as ours, so its damage potential for a society as small as Sikkim's should have the residents doubly wary.

Agreed, "unity in diversity" is an overused line, a phrase which has accompanied us for far too long as a topic for essay-writing contests and argument for debates; and since everyone has heard it so often that it fails to elicit either pride or passion anymore, perhaps it is time to turn the approach on its head and reinforce unity. "Diversity in unity", as some thinkers have proposed for the country in the past, carries a nice spin to it, forces one to ponder longer and also acknowledges the fact that confident diversities mean self-assured identities which will be the best safeguard for unity. Unencumbered diversity inspires confidence which goes on to powers empathy; forced identities and ideas on the other hand fan fear which breeds intolerance which is a debilitating, self-defeating handicap.

To its credit, the current dispensation in Sikkim, despite rather loud criticism by individual leaders, has consistently supported the aspiration of the respective communities to express their individualities. And such an approach is also in perfect sync with the requirement for decentralization, empowerment and going back to the roots [as one can see in the revival of organic farming]. Endorsing diversity, once it becomes a habit, is no longer limited to cultures, and would also mean supporting free expression, accepting differing views, living with divergent traits and allowing free thought – if that is not the empathy and tolerance that a people need to thrive as a community, unencumbered by factionalism or hate, then what is?

Diversity, once ingrained, provides diverse people with the ability to be okay with and open to things that set them and others apart – religion, culture, race, gender, sexual orientation, physical and mental ability, language (the list goes on) and understanding and accepting of people for who they are. Being culturally aware provides an opportunity to stand back and consider that there are certain backgrounds, personal values, beliefs and upbringings that shape the things we all do. Something that is considered inappropriate behavior in one culture may be perfectly acceptable in another. Learning about other cultures helps people relate to one another and be okay with different perspectives. Everyone and every community can benefit from such attributes. Now more than ever.

To book ad-space, contact

SummitTIMES at

**GANGTOK:**

For circulation details Contact: (Sandeep) 9734152451

& for Advertisement booking at 9933427505 or at office no 03592 208698. Mail us at [advertise@summittimes.com](mailto:advertise@summittimes.com)

**SILIGURI:**

Mr. Mani Rai, M/s. Space Ads, B.R. Ambedkar Building, Room No.7, 1st floor. Opp. Ganga Hotel. Hill Cart Road. Siliguri – 03. Ph. 9832318644/ 9800682989/ 9153035100 or mail at [mani\\_siliguri@yahoo.co.in](mailto:mani_siliguri@yahoo.co.in).

**KOLKATA OFFICE:**

Irshad Ali/ Imteeyaz. Synapse, 6, Madan Street, Mezzine – 2, 2nd floor. Kolkata – 700072.

Ph. 033-22124348/ fax 033-22124337/ mob.

9830547774/ 983108397. E-mail: [contact.synapse@gmail.com](mailto:contact.synapse@gmail.com)/ [irshad\\_ali123@rediffmail.com](mailto:irshad_ali123@rediffmail.com)

# A pandemic of armchair experts: how we decide who and what to believe

DANIEL READ

THECONVERSATION.COM

We appear to live in an age of misinformation.

Certain broadcasters and social media celebrities openly promote fake facts or misrepresentations of science and data to their audience, many of whom do not seem to care whether they are right or wrong, as long as they are hearing what they want to hear.

The promotion of misinformation can be caused by an over-inflated belief in their own judgment and knowledge, or often, they simply relish the chance to proclaim their own contrarian or ideological views. Sometimes, it's just about self-interest.

Many of us have at least a few controversial beliefs. We might believe that the death penalty deters crime, or that raising the minimum wage decreases unemployment, or that raising business taxes will reduce innovation.

We might even believe that women are not as good at maths as men, or that the Earth is flat.

Some of these beliefs we will hold strongly.

But when we attempt to justify our beliefs, we often find the evidence pool is very shallow.

Researchers have identified a chronic illusion of explanatory depth, in that we overestimate our understanding of the world.

We can discover this by trying to justify our pet beliefs. To illustrate, when I interrogate myself about why I believe the death penalty is not a deterrent, I find there is not a lot there except for consensus beliefs among my peer group – some of whom I hope have looked into the evidence – some intuition, and vague memories of looking at some blog posts or newspaper articles. This is not a lot. But it is perhaps not surprising: we simply don't have

time to be experts on everything.

Sometimes people are described as having fallen prey to the Dunning-Kruger effect, or even as "having" Dunning-Kruger. Donald Trump was one such person.

The Dunning-Kruger effect, however, is a population-level effect, so no individual can "have" it. It primarily means that just because someone is confident doesn't mean they are right. In fact, there are individual differences in confidence, with some people being absurdly sure of themselves, and others quite diffident.

But the confidence of highly confident but wrong people comes not from their ignorance, but from the fact that they are inherently confident about everything. Some researchers have described it as arrogance.

If he knew more, would Trump have been less confident? I doubt it; Trump was (or is) simply full of bluster, and his confidence was simply unrelated to his knowledge.

WHAT DETERMINES THE BELIEFS WE ADOPT WHEN WE HAVE A CHOICE?

Scientific evidence can help, but often we believe what we want to believe anyway.

These beliefs might be "chosen" through indoctrination. They might be the result of self-interest or strongly held ideology, such as wealthy people believing taxes rob people of initiative. Or they might be required to fit into a social group.

How do specific beliefs become linked to specific social groups? In some cases, the link is quite clearly defined.

Strongly religious people generally do not believe in evolution, and atheists are not creationists. Partisanship also produces dispositions to belief. The moral values

of conservatives involve different issues – such as respect for authority – than those on the left, who put more weight on harm prevention. Liberals tend to be more drawn to seeking out change and novelty, both personally and politically, while conservatives, in contrast, have a stronger preference for things that are familiar, stable and predictable.

Often, simply knowing a belief is endorsed by a member of "their" side is enough to get people to support it.

Many current controversies have this flavour, such as whether COVID vaccines or masks should be required, or whether nuclear power is good for the environment. We look to our peers, and to the authorities and ideologies we respect, and follow their lead.

We are also more likely to follow those who are highly confident, even though confidence is a poor predictor of accuracy. And, of course, those we follow, being human just like us, are probably doing the same thing.

ARMCHAIR EXPERTS ARE JUST BEHAVING NORMALLY

Let's return to those high-profile broadcasters, social media celebrities and armchair experts who have been wilfully spreading an avalanche of misinformation.

They are really no different from everyone else.

If it is natural to believe things based on little evidence, and to believe things because they fit with our social group and partisan preferences, it should not surprise us that some hold beliefs quite at variance with ours. Or that they apparently do so despite, as it appears to us, overwhelming contradictory evidence – from their perspective we are doing the same thing. We should not be surprised if a TV reporter or Twitter celeb-

rity is just as likely as anyone else to believe things based on flimsy evidence.

As individuals, we may have fallen on the side of accepted scientific wisdom (where the bulk of the evidence and experts sit) during the pandemic, but there will probably be other situations where we too have beliefs that are based on our own misjudgements, ideologies or personal gain.

The American writer and political activist Upton Sinclair famously wrote: "It is difficult to get a man to understand something, when his salary depends upon his not understanding it!"

Even a scientist, when hired directly by a pharmaceutical company to evaluate the efficacy of a new blockbuster drug, might be disposed to find evidence of the drug's effectiveness.

Conversely, there are probably reasons why a small – but prominent – number of scientists have taken a distinctly outlier stance regarding the pandemic, or other issues, such as climate change.

We need go no further than this to understand why there will be armchair experts proposing all possible positions, and when they gain attention and celebrity for doing so, they will stick with those positions.

To give up their position will be to lose all the attention, all the celebrity, and all their credibility. Imagine what would happen to Donald Trump if he were to come down on the side of poor refugees. Imagine what would happen to the radio hosts who have built up a larger following based on their unwavering libertarian views if they suddenly declared they had changed their minds about masks.

Once committed to a set of beliefs, the armchair expert is in it for the long run.

[The writer is Professor of Behavioural Science, Warwick Business School, University of Warwick]

## Why researchers are turning to music as a possible treatment for stroke, brain injuries and even Parkinson's

REBECCA ATKINSON

THECONVERSATION.COM

You probably don't realise it when you're listening to your favourite song, but music has an incredibly powerful effect on the human brain. Singing, playing an instrument or listening to music have all been shown to activate numerous areas of the brain that control speech, movement and cognition, memory and emotion – often all at the same time. Remarkably, research also suggests that music can physically increase brain matter, which could help the brain repair itself.

More intriguing is the impact that music can have even in cases where the brain may not be functioning as it should. For example, studies show that for people with Alzheimer's, music can often spark a reaction, helping patients access memories that were previously lost. There's also evidence of patients who have suffered brain damage and lost the ability to speak that can still sing when music is played.

Given the powerful effect that music has on the brain, researchers are investigating whether it can be used to treat many different neurological conditions – such as stroke, Parkinson's disease or brain injury. One such treatment currently being investigated for use is neurologic music therapy.

Neurologic music therapy works a bit like physiotherapy or speech therapy, in that it aims to help patients manage symptoms and function better in their daily life. Therapy sessions use musical or rhythmical exercises to help patients regain functional skills. For example, patients relearning to walk after an accident or trauma might walk to the rhythm of music during a therapy session.

TALKING, WALKING, THINKING

So far, this type of therapy has shown promise in helping stroke survivors to recover language, improve walking and recover physical movement better than other standard therapies.

Researchers have also investigated whether neurologic music therapy can treat other movement disorders, such as Parkinson's disease. Most studies in this area have used a technique called rhythmic entrainment exercises, which uses the brain's ability to synchronise with a beat unconsciously – such as having to walk to a specific speed of music or beat.

Compared to doing therapy without music, neurologic music therapy has been shown to improve walking and reduce moments of "freezing" (a temporary, involuntary inability to move) in



Parkinson's patients.

Studies have also investigated whether this type of therapy can treat cognitive issues in people who have suffered a traumatic brain injury or have Huntington's disease. For these types of conditions, neurologic music therapy focuses on activating and stimulating areas of the brain which may have been damaged – such as the prefrontal cortex, an area of the brain responsible for planning, decision-making, problem solving and self control. This might involve the patient switching between playing two types of musical instruments when they hear a change in the music they're playing along to (such as the tempo becoming faster or slower).

One research study found that these types of activities improved concentration and attention for patients with traumatic brain injury. This in turn had a positive impact on their wellbeing, and lowered feelings of depression or anxiety.

MUSIC AND THE BRAIN

It's thought that the reason neurological music therapy works is because music can activate and stimulate so many different parts of the brain simultaneously. For patients with neurological conditions, it's often the connections in the brain that are causing problems, rather than a specific area itself.

Research shows that music can uniquely form new connections in the brain. Listening to music

also improves neuron repair better than other activities – such as listening to an audiobook – which may mean the brain functions better and builds new connections.

Music is believed to have long lasting effects on the brain, too. So much so that a musician's brain is actually better connected than people who haven't played music. This could be important for people with neurological conditions, as music could help to repair damaged connections over time.

This activation of multiple areas of the brain may be the reason why neurologic music therapy is more successful than other standard therapies alone. Given that many neurological conditions affect the connections in the brain, music's ability to activate multiple areas simultaneously may help bypass these problem connections and build new ones – allowing people to overcome certain symptoms, or better manage them.

Though more research still needs to be done before neurological music therapy is used widely across healthcare systems, early results from studies show how much promise this therapy could hold. Research is also underway to see whether it can be used to help people with age-related diseases, such as dementia or Alzheimer's.

[The writer is Doctoral Researcher in Neurologic Music Therapy, University of Brighton]

# Assam's Barak Valley may soon get its second Wildlife Sanctuary

The sanctuary will be spread over an area of 320 sq km and will be situated between the Barak river and the Sonai river.

Silchar: The diverse wildlife of Assam's Barak Valley may soon have a new address if a proposal by Silchar MP Rajdeep Roy for the creation of 'Barak Bhuvan Wildlife Sanctuary' is accepted by the state government.

The sanctuary will be spread over an area of 320 sq km and will be situated between the Barak river and the Sonai river, Mr Roy told PTI on the sidelines of the sixth Northeast Green Summit here on Thursday.

Named after the second-largest river in the northeast, the Barak Valley is home to 550 species of birds and 100 species of mammals. It comprises three districts -- Cachar, Hailakandi and Karimganj.

If Mr Roy's proposal is accepted by the Assam



government, the Barak Valley will get its second wildlife sanctuary.

"I got to hear from the experts who have come here for the last three days that there is a possibility of (creating) a sanctuary here that will be around 320 sq km. It lies between the main Barak river and one of

its tributaries called the Sonai river," the BJP MP said.

This area is home to reptiles, a special species of baboons and a lot of other animals and can be converted into a sanctuary, Mr Roy said.

"I have given a proposal to our (Assam's) forest minister, who is an MLA from my constitu-

ency. It will go in the coming week. Let's see what the Assam government thinks of it because we are thinking very positively," he added.

The three-day Northeast Green Summit concluded on Thursday with experts from different fields making several recommendations for harnessing the econom-

ic potential of eco-services, biodiversity and wildlife conservation in the northeast region and using sustainable technologies in a post-Covid world.

The theme of this year's summit was 'Greening after COVID: Regional cooperation, Innovation and Entrepreneurship'.

## "Farewell, for now, West Bengal BJP": Tathagata Roy messages party



According to sources close to him, the term "farewell" doesn't mean that he is leaving the party.

Kolkata: Senior BJP leader Tathagata Roy, who has been lashing out at the party's West Bengal leadership since the assembly poll debacle, on Saturday said he has decided to bid "farewell" to the state unit of the saffron camp for the time being, apparently indicating that he would stop criticism of its leaders.

Mr Roy said he would wait to see the municipal poll results in Bengal.

According to sources close to him, the term "farewell" doesn't mean that he is leaving the party.

Mr Roy was trying to say that he would stop attacking the state leadership for the time being as his criticism led to an embarrassment to the party, the sources said.

Earlier this week, the former governor of Meghalaya had said the party would become extinct if the state unit did not mend its ways.

"I was not writing on Twitter to get applause from people. I was doing this to make the party aware of the fact that some leaders got swayed by women and wealth. Now only results will speak. I will wait for the results of the municipal polls. Farewell, for now, West Bengal BJP!" Roy said on the microblogging site on Saturday.

State BJP leaders declined to comment on the development.

"BJP's well-wishers pointed out that I should make complaints about money and women within the party and not publicly. I politely tell them that the time has passed. The BJP can do whatever it wants to me. But if they do not radically reform

their way of functioning, the extinction of the party in West Bengal is inevitable," Mr Roy tweeted earlier this week.

Mr Roy had asserted that he would continue to play the role of his party's "conscience-keeper" after BJP national vice-president Dilip Ghosh told him that he was free to leave the camp if he was "upset and ashamed" over its style of functioning.

Roy had recently been critical of the decisions taken by BJP's West Bengal minder Kailash Vijayvargiya, Ghosh, and senior leaders Arvind Menon and Shiv Prakash, ahead of March-April assembly polls, and blamed them in a series of tweets for the saffron camp's poor show in the last assembly elections.

The BJP won only 77 seats of the 294-member West Bengal assembly in the last elections.

## Marathoner, 61, runs from Kashmir to Kanyakumari for differently-abled soldiers

61-year-old Ajwani Kumar is running from Kashmir to Tamil Nadu's Kanyakumari in a 4,444 km undertaking over 77 days to raise funds to upgrade tribal schools in Maharashtra and support the rehabilitation of differently-abled soldiers.

Udhampur, Jammu and Kashmir: With the objective of promoting fitness, creating awareness, and achieving bliss through the act of giving, 61-year-old Ajwani Kumar, a marathoner is running from Jammu and Kashmir's Patnitop to Tamil Nadu's Kanyakumari to raise funds to upgrade tribal schools in Maharashtra and supporting the rehabilitation of differently-abled soldiers.

The marathon is a 4,444 km undertaking over 77 days.

Mr Kumar is the founder-director of team



FAB Foundation that was started by a group of runners, who wanted to combine their passion for running with their desire to help society.

Mr Kumar has run many inter-city and inter-state marathons for social causes and has been helping the needy through the funds raised in these marathons.

"We run for causes.

Our major purpose is to donate the 100 per cent money to the causes. Right now we are trying to develop tribal schools. As a civilian, our team wanted to do something for the army. It's a tribute to all the veterans, army personnel. We have one more which is about giving is blissful. Our membership is coming from the Bank of Baroda and

Goregaon sports club," Mr Kumar told ANI.

In Jammu and Kashmir's Udhampur, Mr Kumar was welcomed by the ex-servicemen at Kargil war memorial Udhampur, where he discussed his motive behind the running from Kashmir to Kanyakumari and also facilitated the students who participated with him from Patnitop to Udhampur.

## No fresh fatalities in Puducherry; 43 new COVID-19 cases

PUDUCHERRY, Nov 20 (PTI): No fresh fatalities were reported on Saturday in the four enclaves of Puducherry and the toll remained at 1,869 as the Union Territory added 43 fresh COVID-19 cases, taking the overall tally to 1,28,631.

Puducherry topped in the number of cases (19), followed by Karaikal (16), Yanam (7) and Mahe (1), the Director of the Health Department G Sriramulu said in a release.

He said the active cases stood at 317, of whom 74 patients were in hospitals and the remaining 243 in home isolation.

Forty patients recovered and were discharged, taking the overall number to 1,26,445, the Director said.

He said that the Test Positivity Rate was 2.02 per cent while the fatality and recovery rates were 1.45 per cent and 98.30 per cent respectively.

A total of 11,72,390 doses, comprising 7,36,675 first doses and the remaining 4,35,715 second shots, had been administered so far, he said.

## Move to repeal agri laws farmers' victory: NC

JAMMU, Nov 20 (PTI): Senior National Conference leaders on Friday welcomed the Centre's decision to withdraw its contentious farm laws and described it as farmers' victory.

"Ultimately, people have triumphed", senior leaders led by provincial president Rattan Lal Gupta said in a joint statement issued from the Sher-i-Kashmir Bhavan here.

The party also asked the ruling BJP to introspect about its authoritarian style of working, which it said has left the entire nation in a precarious situation.

## 4 Killed after building collapses due to heavy rain in Andhra Pradesh



Andhra Pradesh Rain: According to the police, more than four people are still trapped inside the building rubble.

Anantapur: Three children and a woman lost their lives after a three-storey building collapsed due to heavy rains

in Andhra Pradesh's Anantapur.

According to the police, more than four people are still trapped inside the building rubble.

"The building collapsed at around 3 am in the Kadiri town of Anantapur district. The

three-storey old building was constructing another two floors by sharing the wall with an adjacent building," Circle Inspector Satyababu said.

Rescue operation is underway. More information on the matter is awaited.

## One new case takes COVID-19 tally of Andamans to 7,676

PORT BLAIR, Nov 20 (PTI): The COVID-19 tally in Andaman and Nicobar Islands rose to 7,676 after one more person tested positive for the disease in the Union Territory, a health department official said on Saturday.

The death toll remained at 129 as no new fatality due to the infection was reported in the last 24 hours, he said.

No one was cured of the disease during the period, and the total number of recoveries in the archipelago stood at 7,541.

Andaman and Nicobar Islands now have six active cases.



The local administration has adopted an approach of tracking, testing and treating, he said, adding that people arriving here from the mainland are mandatorily required to undergo COVID tests.

Altogether, 5,30,174

people have been inoculated with 2,34,509 of them having received both doses of the vaccines.

Of the total number of immunised people, 1,74,799 beneficiaries in the age group of 18-44 years have been

vaccinated till date.

The Andaman and Nicobar administration has conducted over 6.23 lakh sample tests for COVID-19 so far, and the positivity rate stands at 1.23 per cent, the official added.

### HAVE A STORY TO SHARE?

email us: [news@summittimes.com](mailto:news@summittimes.com)

## Man shot dead in UP's Bulandshahr

BULANDSHAHR, Nov 20 (PTI): An elderly man was shot dead at Faijabad Rithawali village of the Gulaothi area on Friday, police said.

Police have booked five people in this regard and have launched a hunt

for them. According to police, 58-year-old Ratanpal's son was married to a sister of one of the accused, which was the cause of enmity.

Ratanpal was working in his fields when the incident took place.

His wife Geeta and daughter-in-law Payal were also on the farm when the accused turned up there and started abusing them.

On protesting, the accused opened fire at Ratanpal.

*Bremen coach quits over claims of fake vaccine certificate*

**BREMEN, GERMANY (AP):** Werder Bremen coach Markus Anfang and his assistant quit the club on Saturday over investigations into whether they used fake certificates of vaccination against the coronavirus.

Bremen managing director Frank Baumann said Anfang and Florian Junge "are taking responsibility and are helping to end the unrest that has arisen around the club and the team in the past few days."

The Bremen prosecutors' office is looking into claims both coaches used fake coronavirus vaccine documentation. Second-division Bremen said on Friday that Anfang had denied any wrongdoing.

"I received both of my vaccinations in an official vaccination center and got the documents to prove it," Anfang had said in a club statement. "I very much hope that this matter will soon be cleared up."

On Saturday, ahead of the team's game against Schalke, Anfang told Bremen he was quitting "due to the extremely stressful situation for the club, the team, my family and myself."

Proof of vaccination or a recent recovery from a virus infection is needed in Germany for entry to many restaurants or other public places, depending on different states' rules.

Anfang took over as Bremen coach in June after the club was relegated from the Bundesliga following 40 years in the top division. Bremen is eighth in the second-division table.

Assistant coach Danijel Zenkovic was to take charge for the game against Schalke.

### No. 8 Iowa women cancel games because of COVID-19 outbreak

**IOWA CITY, IOWA (AP):** The No. 8 Iowa women's basketball team canceled a game against Drake on Sunday and won't travel to the Cancun Challenge tournament because of positive COVID-19 tests in the program, the school announced Friday night.

The school's news release didn't specify whether the tests were athletes, staff or both, and also didn't specify how many people had tested positive. A spokesperson didn't immediately return a request for details.

"We're obviously disappointed but understand this is the right decision," Iowa coach Lisa Bluder said in the news release.

"Our team and staff have followed best practices. But unfortunately, a number of individuals experienced symptoms and tested positive."

It appears to be the first COVID-19 cancellation in college basketball this season. The Nov. 13 Southern California-California football game was postponed because of an outbreak for the Bears, and Drake football canceled a game in late October.

Iowa is off to a 4-0 start this season.

# Gooch handles the wind at Sea Island and takes 1-shot lead

**ST. SIMONS ISLAND, GA. (AP):** A strong wind off the Atlantic Ocean swept over Sea Island on Friday, and it was no problem for Talor Gooch of Oklahoma as he handled the exposed Seaside course for a 5-under 65 to take a one-shot lead in the RSM Classic.

As expected, the balmy conditions of the opening round that led to record scoring gave way to 25 mph wind and temperatures that were 10 degrees cooler.

"The only commonality between yesterday and today is that we played 18 holes," said Zach Johnson, who lives at Sea Island and toiled for a 1-under 71 on the Plantation course to finish three shots behind.

Gooch matched the low score of the round — Taylor Moore had a hole-in-one on the 17th hole at Seaside for a 65 — and was at 13-under 129.

He was one shot ahead of John Huh, who had a 67 at Plantation, and Sebastian Munoz, who went from a 60 at Seaside to a 70 in the second round at Plantation. Moore and Mackenzie Hughes of Canada (68 at Seaside) were two shots behind.

Gooch has been trending up. He's 14th in the FedEx Cup and has a pair of top-five finishes at the Fortinet Championship to start the season and the CJ Cup in Las Vegas. Still seeking his first



win, Gooch hasn't missed a cut in six starts this fall and has finished 11th or better four times.

"It's just comfortable," he said. "Obviously I'm playing well, but I think my game has made a turn for some good stuff in some ways. And I've been working my butt off for years, but especially the last six, eight months with driving the ball and working my butt off with putting. For my game, if I can get in the fairway ... it's just a matter of how many putts I'm going to make. Hopefully we can keep making putts and see if we can do some good this weekend."

Gooch highlighted his round with an eagle putt of just over 65 feet on the par-5 seventh, the longest putt he has made in his PGA Tour career.

"Any 66-footer, you're

just trying to two-putt, right?" he said. "But my speed's been pretty good this week and I actually made about a 50-footer yesterday, so I've been comfortable on these greens from long distance. You're always stealing one when you get those to drop though."

Gooch made only one bogey, no small feat under the conditions, and four of his five birdie putts came from 6 feet or less.

Munoz, who matched the tournament record with a 60 in the first round at Seaside, birdied his last hole to share second with Huh.

A day after half the field at the Seaside Course broke the scoring record with an average of 66.31 — the second-lowest on the PGA Tour since 1983 — the other half

averaged more than four strokes higher at 70.96. The average score on the Plantation almost increased by four shots, going from 68.70 to 72.68.

The cut was at 4-under 138. Among those making it to the weekend was 57-year-old tournament host Davis Love III with birdies at Nos. 13 and 15 for an even-par 70 at Seaside. Also making the cut on the number was Adam Scott, who needed birdies on three of four holes on the Plantation back nine for a 71.

Among those missing the cut were major champions Jason Day, Lucas Glover and Graeme McDowell, as well as defending champion Robert Streb. He beat Kevin Kisner in a playoff last year. Neither

will be around for the weekend.

Johnson, meanwhile, is trying to break the "Sea Island curse." None of the players who live in the area have been able to win the RSM Classic in its first 11 years. That group includes Matt Kuchar, Harris English, Brian Harman and Hudson Swafford, all PGA Tour winners.

"Well, it's hard, it's hard to win," said Johnson, who was in the final group in the final round last year, but finished three shots outside the playoff between Streb and Kisner. "Maybe there's a little bit of added pressure because of who you're playing in front of and that kind of thing. I think it's going to happen. ... I think the odds are in our favor."

## Tatum scores 37, Celtics beat Lakers in James' return

**BOSTON (AP):** Jayson Tatum grew up idolizing Kobe Bryant, so he knew all about the Celtics-Lakers rivalry even before becoming part of it.

On Friday night, he put on an offensive show in front of Celtics Hall of Famers Bill Russell and Paul Pierce in the latest chapter.

"It's a surreal moment, obviously, Bill Russell and the impact he had on the Celtics and the NBA," Tatum said. "Having someone like Paul come to the game and someone I have a relationship with."

"I remember watching him play," Tatum said, breaking into a smile. "Now he's watching me play, that's crazy."

Tatum scored 37 points and the Celtics won 130-108 in LeBron James' return to the Lakers' lineup.

Marcus Smart had 22 points and Dennis Schroder 21 for Boston (8-8), which climbed back to .500. Tatum had 11 rebounds and Al Horford added 18 points.

Anthony Davis led Los Angeles with 31 points and James finished with 23 in 32 minutes. They each had six rebounds and two assists.

"I felt OK," James said. "Obviously being out 2 1/2 weeks, I felt kind of like a rookie again, just being away from the game. Excited. Felt good enough that I

could trust my body."

James had missed eight games with an abdominal strain, and the Lakers went 3-5 while he was sidelined. They've lost their last four road games.

"It's never 65 games left (in the season)," James said. "We need to play better."

Davis agreed, noting the Lakers are deep enough to win even without James.

"We still have enough with our without to win basketball games," he said.

Tatum started 1 for 5 from the floor before getting his offense flowing, driving hard for a handful of baskets.

"We stress making quick decisions," Boston coach Ime Udoka said. "When he holds it, the crowds get to him. He was extremely aggressive."

The teams who have accounted for nearly half of the NBA's championships with 17 apiece renewed their rivalry in front of a raucous TD Garden crowd that made it seem like a playoff atmosphere from the opening tip.

Russell — introduced as a "true Celtics legend" when he was welcomed back by the PA announcer and shown on the Jumbotron midway into the opening quarter — was seated courtside wear-

ing a hat with the initials "KB" encircled in a yellow heart on the front for Kobe Bryant.

Pierce, who went into the Naismith Memorial Basketball Hall of Fame this year, was also courtside.

The Celtics led by 11 points entering the final quarter and opened a 109-94 lead on Tatum's three-point play with 6:59 remaining. His 3-pointer from the left corner increased it to 116-99 with 5:02 to go.

The Lakers made nine of their initial 12 shots en route to a 38-30 lead after one quarter.

James' first basket came on a thundering dunk off a drive down the lane 2 1/2 minutes into the game.

Boston erased a 14-point deficit in the second quarter and took the lead before James' fast-break layup gave the Lakers a 61-60 halftime edge.

The Celtics were without two starters but rallied.

"It shows we're not perfect, but the fight is in us," Smart said.

The Celtics opened the second half with a 14-4 surge and led 93-82 entering the fourth.

**TIP-INS**

Lakers: Davis had been listed as probable with a right thigh injury. ... Asked before the game what the Lakers missed without

James, coach Frank Vogel said: "Just quarterbacking it, and leading and running the team." ... It was their second of a five-game road trip.

Celtics: Udoka said F Jaylen Brown is "close" to returning and "really wanted to play" on Friday. The team's leading scorer at 26.5 points per game missed his seventh straight with a right hamstring injury. ... C Robert Williams III missed his second straight with a left knee injury. ... Patriots owner Robert Kraft and a few Pats players were also seated courtside.

**LISTEN UP**

Udoka said that his boss, Brad Stevens, the former Celtics coach before becoming the team's president after last season, explained what the first-year coach was about to experience running his first game against the Lakers.

"He said: 'Buckle up,'" Udoka said. "The city is clamoring for this matchup all the time."

**FROM THE OTHER SIDE**

Vogel, in his third season with LA, has already been involved in the rivalry. He didn't hesitate when talking about the matchup before the game.

"It's the best in all of sports in my opinion," he said.

Vogel was also an assistant with the Celtics from 2001-04.

## Photos of missing Chinese tennis star posted online

**BEIJING (AP):** An employee of Chinese state TV has posted photos of missing tennis star Peng Shuai online in a new effort to dispel concern about her disappearance after she accused a senior leader of sexual assault.

The photos appeared Friday on Twitter, which cannot be seen by most internet users in China. The state TV employee, Shen Shiwei, wrote they were on Peng's account on the WeChat message service with the comment, "Happy Weekend."

The ruling Communist Party faces mounting appeals from tennis stars and the sport's professional tour to prove Peng, a three-time Olympian and former No. 1-ranked women's doubles player, is safe and let her speak freely.

Meanwhile, the editor of a newspaper published by the party said Peng would "show up in public" soon.

The controversy is politically awkward as the Chinese capital prepares to hold the Winter Olympics in February. A Foreign Ministry spokesman on Friday denied knowing about the outcry over Peng's disappearance.

Peng, 35, hasn't been seen in public since posting a statement on social media this month accusing Zhang Gaoli, a former member of the party's Standing Committee,

the ruling inner circle of power, of forcing her to have sex despite repeated refusals.

Shen works for CGTN, the English-language arm of China Central Television that is aimed at foreign audiences. His Twitter post came after CGTN this week distributed a statement it said came from Peng that retraced the accusations against Zhang.

The editor of Global Times, an English-language newspaper published by the Communist Party, said on Twitter he had confirmed from unidentified sources that the photos "are indeed Peng Shuai's current state."

"In the past few days, she stayed in her own home freely and she didn't want to be disturbed," wrote the editor, Hu Xijin. "She will show up in public and participate in some activities soon."

The photos showed Peng with a gray cat and holding a panda figurine in what appeared to be a private home with stuffed animals lined up behind her. There was no indication when the photos were taken.

The chairman and CEO of the Women's Tennis Association, Steve Simon, on Wednesday questioned the legitimacy of the statement released by CGTN. Simon said it "only raises my concerns as to her safety."

## Thousands expected to protest upcoming lockdown in Vienna

**VIENNA (AP):** Thousands of protesters were expected to gather in Vienna on Saturday after the Austrian government announced a nationwide lockdown to contain the quickly rising coronavirus infections in the country.

The far-right opposition Freedom Party is among those who have called for the protest and vowed to combat the new restrictions.

Demonstrations against virus measures are also expected in other European countries including Switzerland, Croatia and Italy.

On Friday night, Dutch police opened fire on protesters and seven people were injured in rioting that erupted in downtown Rotterdam around a demonstration against COVID-19 restrictions.

The Austrian lockdown will start early Monday and initially will last for 10 days, and will then be reevaluated. At the most it will last 20 days. Most stores will close, and cultural events will be canceled. People will be able to leave their homes only for certain specific reasons, including buying groceries, going to the doctor or exer-

cising.

The Austrian government also said that starting Feb. 1, the country will make vaccinations mandatory.

Vaccinations in Austria have plateaued at one of the lowest rates in Western Europe and hospitals in heavily hit states have warned that their intensive care units are reaching capacity. Average daily deaths have tripled in recent weeks.

Not quite 66% of Austria's 8.9 million people are fully vaccinated, according to government figures.

Austrian Chancellor Alexander Schallenberg apologized to all vaccinated people on Friday night saying it wasn't fair they had to suffer under the renewed lockdown restrictions when they had done everything to help contain the virus.

"I'm sorry to take this drastic step," he said on public broadcaster ORF.

Freedom Party leader Herbert Kickl, who announced earlier this week that he had tested positive for COVID-19, referred to the measures as "dictatorship." Kickl must self-isolate for 14 days, so he won't be able to attend the Vienna protest.

## Vhova leads Shiffrin in 1st run of World Cup slalom in Levi

**LEVI, FINLAND (AP):** Petra Vhova built a slim lead over Mikaela Shiffrin in the opening run of the first women's World Cup slalom of the season on Saturday.

The Slovakian overall champion finished .11 of a second ahead of the American as the pair seemed set to continue their dominance in the annual event in Finnish Lapland.

No skier other than Vhova or Shiffrin has

won the traditional season-opening slalom since then-overall champion Tina Maze triumphed in 2014. Shiffrin has won it four times, Vhova three, including both races last year.

"I feel good. I am happy because I am the fastest girl after first run but of course there were some mistakes in the bottom part," said Vhova, who skipped a parallel event in Austria last week to prepare for this

weekend's slaloms.

"I will try to improve in the second run. Everything is open," Vhova said.

Having dealt with a back issue that hampered her training over the last few weeks, Shiffrin was .36 behind Vhova at the second checkpoint but the American gained a quarter of a second on the last part of the Levi Black course.

If she wins the race,

Shiffrin will match the 32-year-old record for most World Cup victories in a single discipline. Currently on 45 slalom wins, the American is one short of Swedish great Ingemar Stenmark's best mark in giant slalom.

Andreja Slokar of Slovenia, who won the parallel event last week, was .48 behind in third, followed by Anna Swenn Larsson with .55 to make up in the second leg. The Swede returned from a

knee injury to compete in her first World Cup race in 21 months.

The rest of the field had at least seven-tenths of a second to make up, including Austria's Katharina Liensberger, who was .72 back in sixth.

Liensberger edged Shiffrin and Vhova to win the World Cup slalom title last season, a few weeks after also winning the world title in the discipline.

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

# 'Orgy of violence': Dutch police open fire on rioters

**THE HAGUE, NETHERLANDS (AP):** Police opened fire on protesters and seven people were injured in rioting that erupted in downtown Rotterdam around a demonstration against COVID-19 restrictions. The Dutch city's mayor called it "an orgy of violence."

Mayor Ahmed Aboutaleb told reporters in the early hours of Saturday morning that "on a number of occasions the police felt it necessary to draw their weapons to defend themselves" as rioters ran rampage through the port city's central shopping district, setting fires and throwing rocks and fireworks at officers.

"They shot at protesters, people were injured," Aboutaleb said. He did not have details on the injuries. Police also fired warning shots.

A number of police officers also were injured in the violence and officers arrested dozens of people and expect to arrest more after studying video footage from security cameras, Aboutaleb said.

Photos from the scene showed at least one police car in flames



and another with a bicycle slammed through its windshield.

Riot police and a water cannon restored calm after midnight.

It was one of the worst outbreaks of violence in the Netherlands since coronavirus restrictions were first imposed last year. In January, rioters also attacked police and set fires on the streets of Rotterdam after a curfew came into force.

Justice Minister Ferd Grapperhaus condemned the events.

"The riots and extreme violence

against police officers, riot police and firefighters last night in Rotterdam are disgusting to see," he said in a statement.

"Protesting is a great right in our society, but what we saw last night is simply criminal behavior. It has nothing to do with demonstrating," he added.

Police units from around the country raced to Rotterdam to help bring Friday night's situation under control.

Local media reported that gangs of soccer hooligans were involved in the rioting.

Video from social media shown on Dutch

broadcaster NOS appeared to show one person being shot in Rotterdam, but there was no immediate word on what happened.

Police said in a tweet that it was "still unclear how and by whom" that person was apparently shot.

An independent investigation into the shootings by police was opened, as is the case whenever Dutch police use their weapons.

The government has said it wants to introduce a law that would allow businesses to restrict the country's coronavirus pass system to only people who

are fully vaccinated or have recovered from COVID-19 — that would exclude people who test negative.

The country has seen record numbers of infections in recent days and a new partial lockdown came into force a week ago.

Local political party Leefbaar Rotterdam condemned the violence in a tweet.

"The center of our beautiful city has this evening transformed into a war zone," it said. "Rotterdam is a city where you can disagree with things that happen but violence is never, never, the solution."

## Thailand's festival honoring rivers also pollutes them

**BANGKOK (AP):** Thais flocked to rivers and lakes on Friday evening to release small floats adorned with flowers and candles in an annual festival honoring the goddess of water, with thousands of the tiny boats ending up clogging and polluting the country's waterways.

Within hours, workers began trawling the rivers to fish out the offerings, as paying tribute to the divinity is increasingly proving to be ecologically hazardous.

The Loy Krathong festival allows believers to symbolically float their misfortunes away on "krathongs" and start another year of life with a clean slate. The festival is celebrated on the night of the full moon of the 12th lunar month, which traditionally marks the end of the rainy season.

Thon Thamrongnawasawat, a leading Thai marine biologist, said getting people to stop using harmful materials such as polystyrene foam — Styrofoam — for their floats remains the priority because they cause the most damage to the water and aquatic life. The number of endangered sea creatures found dead ashore, which he believes stems from the problem of ocean trash in Thailand, doubled from 2017 to 2020.

Activists have noted a change in people's behavior over decades, pointing to rising awareness of the damage krathongs cause. The total number of krathongs collected in Bangkok has fallen from over 900,000 in 2012 to just over 490,000 last year, and there has been an even sharper reduction in the number of floats made of Styrofoam, from 131,000 to under 18,000 over the same period.

Even so, some conservationists advocate a more radical solution.

"We need to revolutionize the practice, allowing the ecosystem of the waterways to be restored," said Tara Buakamsri, Thailand country director for the environmental group Greenpeace. "We should not release any floats, because even if they are made from natural materials, the amount of them exceeds what rivers can naturally deal with."

"We depend on clean water for our livelihood and the aim of Loy Krathong should be to protect and rejuvenate our rivers without putting anything in them."

Sales of materials for krathongs have been slow this year due to the pandemic, said Nopparat Tangtonwong, a vendor at Pak Klong market, famous for selling flowers. "COVID-19 causes the

economy to be sluggish, so people prefer saving their money and floating online instead," she said.

At the same time, children are uninterested in banana-leaf floats, the main natural alternative to Styrofoam, she said. "They prefer fancy floats made of ice-cream cones and bread because they can feed the fish at the same time."

Such an approach is not helpful, said Wijarn Simachaya, president of Thailand Environment Institute. "If you float somewhere with no fish, those floats will cause pollution in the water. It is difficult to collect them, too, as the bread absorbs the water and sinks into the river."

"In addition, the sellers usually put chemical colors in those floats, which is harmful to the water," he said.

Banana leaves are the best krathong material because they do not decompose too quickly, and once collected, can be used for making fertilizer, Wijarn said.

"Doing a virtual Loy Krathong celebration is another good solution to avoid environmental damage, especially during the COVID-19 outbreak, but I don't think it can satisfy people's lifestyle, as they still want to enjoy the festival," he said.

## In uncertain times, Chileans vote with ballots and wallets

**SANTIAGO, CHILE (AP):** Miguel Torres is the archetype of what might be called the Chilean dream.

A college dropout, he nonetheless rose above his working class roots thanks to decades of economic stability and Asian Tiger-like growth to build a successful career as the owner of a small outdoor advertising business.

But in the runup to Sunday's presidential election, the 68-year-old has been attempting the previously unthinkable: to sell the spacious home he built with a lifetime of hard work. While he doesn't have any offers, if he is lucky enough to find a buyer he plans to stash the proceeds abroad and downsize.

"I'm too old to leave the country," he says, surveying the pool and giant camellia trees that adorn his home in the tony Los Condes neighborhood of Santiago, the capital. "But I'm not going to leave what little money I have here."

Torres isn't the only Chilean on edge.

After an intense wave of social and political unrest in recent years that includes the current effort to rewrite the constitution, Chileans are heading to the polls with a mix of dread, optimism and above all uncertainty about what lies ahead.

The country has long stood in sharp contrast to its chaotic neighbors such as chronic debt-defaulter Argentina to the east or, to the north, Peru, which has seen five presidents since 2018.

But there is growing frustration with the free market model and its inability to root out nagging inequality and deliver affordable, quality public services in the country of 19 million people.

Polls consistently point to two frontrunners neck and neck ahead of all others in the seven-candidate race, though neither has been close to the 50% threshold needed to avoid a December runoff.

One contender, Gabriel Boric, is a 35-year-old former protest leader who has formed an alliance with the Communist Party and promises to "bury" Chile's past as a model of neoliberalism — a job at the reforms imposed in the 1980s by Gen. Augusto Pinochet.

The other, José Antonio Kast, is a previously fringe candidate from Chile's far right who has a long history of defending the dictator's rule and attacking what he calls Chile's "gay lobby."

In the runup to the vote, Chileans like Torres have been voting with their wallets, opening dollar-denominated bank accounts and shuttling their savings abroad in the time-tested manner of their neighbors in Argentina.

Capital flight by non-corporate businesses and households surged to \$29 billion in the 12 months ending in September, a jump of nearly 70% from the outflows reported a year earlier. Bond prices and the peso have also fallen sharply.

"To see political risk driving behavior to this extent is very new in Chile," said Jonah Rosenthal, an economist specializing in Latin America at the Institute of International Finance, a Washington-based trade group representing major international banks. "For Chileans with capital, there's no roadmap to navigate uncertainty."

Reflecting Chile's recent upheaval, and South America's increasingly polarized politics, the two main candidates are a study in contrasts.

Boric, who was brought up in the vast Patagonia region where his Croatian ancestors settled, rose to prominence as a leader of protests a decade ago demanding higher quality and less expensive education. Like a bevy of other student activists, he was elected to congress in 2014, noted for his informal dress, hipster tattoos and at one point even a Mohawk.



He dismissed criticism that he was snubbing protocol, calling such things "a tool of the elites to distinguish themselves from the low people."

The Broad Front he heads is modeled on a leftist coalition of the same name in Uruguay and has proposed to raise taxes on the "super rich" to pay for expanding public services and protections for the environment.

He also wants to eliminate Chile's privatized pension system — a hallmark of the Pinochet years that successive democratic governments were reluctant to touch despite growing evidence that the employee-only funded plan leaves masses of working class Chileans without enough to retire on.

Kast is the son of a German who served in Hitler's army during World War II and who migrated to Chile in the 1950s. An open admirer of Brazil's far-right President Jair Bolsonaro, his newly formed Republican Party seeks to cut corporate taxes and government red tape.

He has run a mostly law and order campaign that has stoked divisions on social issues such as abortion and LGBTQ rights, immigration and the role of religion in schools.

He is also highly critical of Chile's outgoing president,

fellow conservative Sebastian Piñera, for reaching agreement with his political enemies — among them Boric — to rewrite the Pinochet-era constitution in the wake of huge protests triggered by a hike in Santiago's subway fares.

If elected, Kast could butt heads with the left-leaning assembly that is drafting the new constitution and which, in theory, could cut short the next president's term.

In true Chilean fashion, both Boric and Kast have tried in the final stretch to play down their past radicalism, hoping to attract moderate voters who make up the bulk of the electorate — a trend that would likely continue in a runoff scenario.

But many Chileans are not convinced, even if a late surge in the polls by Kast — whose brother was one of the University of Chicago-trained economists who designed Pinochet's economic reforms — has somewhat calmed market jitters.

"As much as Boric tries to make substantial changes to his campaign platform, he'll have the Communist Party next to him and they won't let up," said Juan Sutil, the owner of a major food conglomerate and head of the influential Chamber of Commerce and Production.

Torres, who has already started to transfer some of his savings into U.S. dollars, also worries that pressing social demands will end up weakening Boric's hand with his Communist allies.

"They are going to steamroll him," Torres says.

But others say Chile, uniquely in a region wracked by turmoil, is properly channeling discontent.

Sergio Bitar, who served in the socialist administration of Salvador Allende that was overthrown by Pinochet as well as several center-left governments since, said the myth of the Chilean "economic miracle" died long ago. In indicators such as household income and poverty, the country lags far behind its peers in the Organization for Economic Development, a group of the world's 38 most advanced countries.

He nonetheless regrets that Boric and his supporters have chosen to focus much of their indignation at old timer moderates like himself.

"Let's hope the youth don't commit the same mistake as us in underestimating the right," said Bitar, who was forced into exile for years after being imprisoned by Pinochet in the 1973 coup.

He said that while every generation tries to shatter the status quo that it inherits, political leadership requires compromise as well as idealism.

## China fines tech giants over anti-monopoly violations

**BEIJING (AP):** Chinese tech giants including Alibaba Group and Tencent Holdings were fined Saturday for failing to report corporate acquisitions, adding to an anti-monopoly crackdown by the ruling Communist Party.

The companies failed to report 43 acquisitions that occurred up to eight years ago under rules on "operating concentration," according to the State Administration for Market Regulation. Each violation carried a penalty of 500,000 yuan (\$80,000), it said.

Beijing has launched anti-monopoly, data security and other crackdowns on tech companies since late 2020. The ruling party worries the companies have too much control over their industries and has warned them not to use their dominance

to gouge consumers or block entry to new competitors.

Other companies fined in the latest round of penalties include online retailers JD.com Inc. and Suning Ltd. and search engine operator Baidu Inc. The acquisitions dating back to 2013 included network technology, mapping and medical technology assets.

The companies "failed to declare illegal implementation of operating concentration," the regulator said on its website.

Alibaba, the world's biggest e-commerce company by sales volume, was fined \$2.8 billion in April for practices that regulators said suppressed competition. Meituan, a food delivery platform, was fined \$534 million on Oct. 8.

To book ad-space,  
contact SummitTIMES at  
GANGTOK:

For circulation details Contact: (Sandeep)  
9734152451

& for Advertisement booking at 9933427505 or at  
office no 03592 208698. Mail us at advertise@  
summittimes.com

**SILIGURI:**  
Mr. Mani Rai, M/s. Space Ads, B.R. Ambedkar  
Building, Room No.7, 1st floor. Opp. Ganga Ho-  
tel. Hill Cart Road. Siliguri – 03. Ph. 9832318644/  
9800682989/ 9153035100 or mail at mani\_siliguri@  
yahoo.co.in.

**KOLKATA OFFICE:**  
Irshad Ali/ Imteeyaz. Synapse, 6, Madan  
Street, Mezine – 2, 2nd floor. Kolkata – 700072.  
Ph. 033-22124348/ fax 033-22124337/ mob.  
9830547774/ 983108397. E-mail: contact.syn-  
apse@gmail.com/ irshad\_ali123@rediffmail.com

## Julia Stiles is pregnant, expecting Baby No. 2 with husband Preston Cook

Julia Stiles is going to be a mother of two! The actress confirmed her pregnancy on the red carpet for Humans premiere.

Julia Stiles is going to be a mother of two!

On Thursday, Nov. 18, the Save the Last Dance actress attended the premiere of her upcoming movie, Humans, where she debuted her baby bump. The 40-year-old actress cradled her stomach in a black turtle-neck dress, which highlighted the star's glowing skin.

Julia's rep later confirmed to E! News that she's pregnant and expecting her second child with husband Preston J. Cook early next year.

The actress hasn't discussed her pregnancy on social media, though she sparked some speculation when she promoted the podcast Dear Doula on her Instagram in October. Julia captioned a brief teaser, "OMG this is so great. Parents, you need this. Even if you don't



have kids, you may just want to listen to Brandi's voice."

The 10 Things I Hate About You star is private when it comes to her life at home, but she's said that becoming a mother to her son, Strummer Cook, has made her a better actress.

"One of the most remarkable things is that, in many ways, having my attention focused on my son has made me a better actress because

I don't come home every night dwelling on every little scene, every little line, and obsessing over my work," she previously told People. That being said, Julia told the Mom Brain podcast hosts, Daphne Oz and Hilaria Baldwin, that she will always prioritize her son. "Strummer so far is very adaptable," she explained. "But I don't think that I would take a job that would take me away from him."

## Sonu Sood says "Wonderful", Kangana Ranaut "Sad": Actors on farm laws move

Many celebrities such as Taapsee Pannu, Richa Chadha and Priyanka Chopra Jonas had extended their support to the protesting farmers via social media.

Mumbai: Prime Minister Narendra Modi-led central government's decision to repeal the three farm laws was welcomed by various cine personalities, including actors Sonu Sood, Urmila Matondkar, Taapsee Pannu and Richa Chadha.

Thousands of farmers, mainly from Punjab, Haryana and UP, who have protesting for over a year, were demanding a rollback of the Farmers Produce Trade and Commerce (Promotion and Facilitation) Act, 2020, the Farmers (Empowerment and Protection) Agreement on Price Assurance and Farm Services Act, 2020 and the Essential Commodities (Amendment) Act, 2020.

Enacted in September last year, the three farm laws have been projected by the central government as major reforms in the agriculture sector that will remove the middlemen and allow farmers to sell anywhere in the country.

PM Modi, on the occasion of Guru Nanak Jayanti, said the three farm laws will be repealed in the coming Winter session of the Parliament.

Addressing the nation, he said, "Today I want to tell everyone that we have decided to repeal all three farm laws."

Soon after the announcement, various film celebrities took to social media to express their happiness over the government's decision and praised farmers for their perseverance.

Mr Sood termed the news as wonderful and not only thanked PM Modi but farmers also for holding a peaceful protest.

"This is a wonderful news! Thank you, @narendradramodi ji, @PMOIndia, for taking back the farm laws. Thank you, farmers, for raising just demands through



peaceful protests. Hope you will happily return to be with your families on the Parkash Purab of Sri Guru Nanak Dev Ji today," he said in a tweet.

Sharing a photo of farmers, actor-politician Ms Matondkar expressed her joy over the decision.

"Victory requires passion, who needs blood that boils, this sky will also come on the ground, only intentions are needed that echo of victory. #Kisaanandolan Zindabad. Happy for my farmer brothers and sisters. Salute to the martyr farmers #Jaikisaan always always," she wrote.

Ms Chadha, 34, posted a photo of her wearing a T-shirt which has a farmer on it and said it will be her outfit of the day.

"Sarbat da bhala! #OOTD," she said.

Ms Pannu shared a news clip, which stated, 'PM says 3 farm laws to be withdrawn' and captioned it: "Also.... Gurpurab diyaan sab nu vad-haiyaan."

Actor Gul Panag said it was a lesson for the future governments to engage with all the stakeholders when bringing about reform.

"I wish we didn't have to let the impasse last this long, cause so many lives to be lost. And demonise, debase, delegitimise the Farm Protest and the protestors. #Farm-lawsrepealed," she wrote.

She also expressed her anguish over how farmers were called hooligans, anti-nationals and terrorists, saying this will not be forgot-

ten and forgiven.

Dia Mirza tweeted, "Jai Kisaan #GuruPurab."

Filmmaker Hansal Mehta said it is time to celebrate the determination and perseverance of farmers.

"Let's celebrate the farmers, their grit and their perseverance today," he tweeted.

Actor Ranvir Shorey, said, "In the end, politics & politicians are the winners. In #India, they always are. #BharatBananaHai."

Congratulating the farmers, actor Mohammed Zee-shan Ayyub expressed his joy on social media.

"Many many congratulations to farmer friends and all supporters!! We fought comrades! We won comrades! If you try, you will win sometime!! #FarmersProtest #Farmlawsrepealed," he said.

Filmmaker Onir welcomed the decision but also said one must not forget all those people who lost their lives amidst the protest.

"jai ho #kisaanandolan #FarmersProtest. The beat thing I have heard in a long long time. But DO NOT FORGET all the lives lost in this long battle," he added.

"Sign of a true democracy is when opposing groups come together for the greater harmony of the country! Happy that the govt has decided to call off the stand off & repeal for rework the #farmlaws & bring about peace. Let's all celebrate in this spirit of Gurupurab Folded hands#GuruNanakJayanti," actor Ran-deep Hooda said.

Actor Kangana Ranaut, however, had a different view.

In her Instagram stories, the actor expressed her displeasure over the government's decision to repeal the three farm laws.

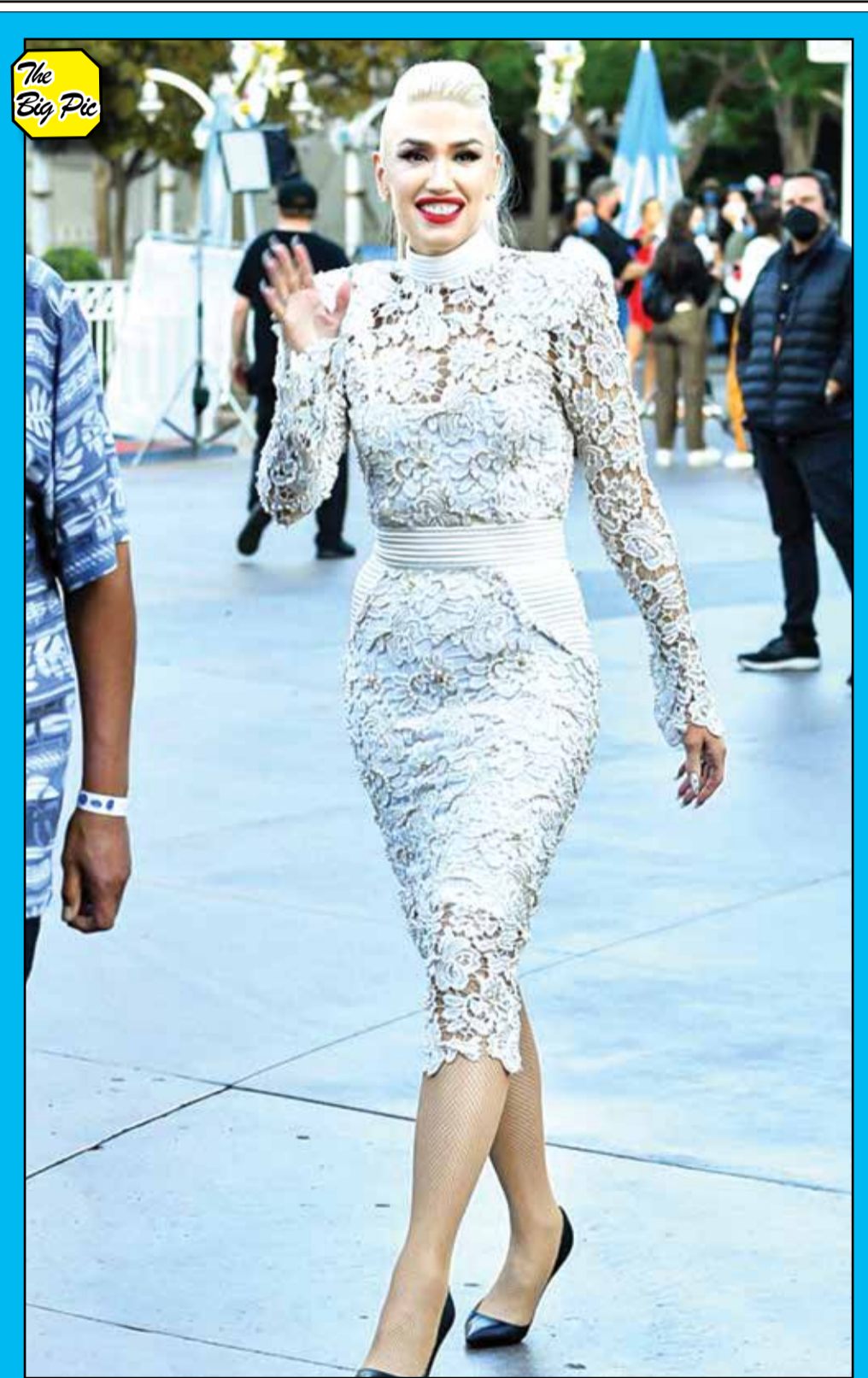
"Sad, shameful and absolutely unfair," she said.

"If people on the street have started to make laws and not the chosen government in the parliament then even this is a jihadi nation... Congratulations to all who wanted it like this," she wrote, in response to a social media user, who hailed the move.

The protesting farmers had expressed apprehension that the new laws would pave the way for eliminating the safety cushion of Minimum Support Price (MSP) and do away with the mandi system, leaving them at the mercy of big corporates.

In the past, many celebrities such as Ms Pannu, Ms Chadha, Priyanka Chopra Jonas, Sonam Kapoor Ahuja, Preity Zinta, Swara Bhasker, Diljit Dosanjh, Reitesh Deshmukh, director Hansal Mehta, Harbhajan Mann, Jasbir Jassi, among others had extended their support to the protesting farmers, via social media.

Many Punjabi singers and actors, including Mr Mann, Kanwar Grewal, Harf Cheema, Babbu Maan, Jass Bajwa, Himmat Sandu, R Nait, Anmol Gagan, composed songs hailing the fighting spirit of the farmers.



**GORGEOUS GWEN!** The songstress, Gwen Stefani looks fabulous during a special appearance at Disneyland.

## 12 to stand trial for Kardashian West jewel heist in Paris

PARIS (AP): Twelve people will stand trial in Paris over a \$10 million jewelry heist targeting Kim Kardashian West in 2016, authorities said Friday.

The reality TV star said she was tied up at gunpoint and locked in a bathroom after armed robbers forced their way into her rented Paris apartment during fashion week.

After five years of investigation, investigating judges have ordered the case sent to trial, a judicial official said Friday. The 12 suspects face a range of charges related to the theft. No trial date

has been set, and the official would not provide further details.

A representative for Kardashian West declined comment.

Several suspects have been released from jail pending trial for health reasons, including 68-year-old Yunique Abbas, one of the five men accused of carrying out the heist itself, who published a book about it last year.

The alleged mastermind, Aomar Ait Khedache, wrote Kardashian West an apology letter from his prison cell, saying he regrets his actions and realizes



the psychological damage he caused.

At the time, a spokeswoman for Kardashian West said she was badly shaken but physically unharmed.

### ARIES:

While the mantra 'go with the flow' seems to be doing the rounds with the artistic crew, it has its limitations. A certain amount of discipline and structure are required so creativity has a container within which it can flow. At first, this may seem counterintuitive. However, you'll soon find that with practice you are able to increase productivity and channel your inherent wildness in a way you never have.

### TAURUS:

Everything is transient, Taurus. Everything is transient. This physical body included. Yet, we hold on. We hold and hold on and hold on some more. We put up the same kind of resistance as a child on the first day of school. But, what if we chose defenselessness instead? What if we simply accepted everything the Universe sent our way without giving into the energy of fear? Change is the only constant, beautiful, and today you're being asked to roll with it in a way you never have.

### Gemini:

We're always seeking external validation. We want somebody outside of ourselves to tell us how good we are, how gifted we are, and the things we're capable of achieving in this lifetime. But, what if we began to hold space for ourselves and our dreams? What if we began to whisper words of encouragement to ourselves every time we failed to reach the finish line? Turn your wounds into wisdom, Gemini, and focus on what lies ahead.

### CANCER:

The onset of eclipse season has shifted a lot of things for you. But, from chaos rises cosmos, Cancer. So, be grateful for the clarity that is arising from deep within you. It is aligning you with your true path and purpose. This weekend, meditate on the life you want to create for yourself in the coming years and how you plan to lay a solid foundation for your dreams to blossom.

### LEO:

So, you didn't get it the first time. You

didn't get it the second or third time either. But, you continued to show up for your mission despite your failures, and that's what is so brave about you. What you're making space for under this lunation is a big breakthrough moment, one that will put you on the map for all the right reasons.

### VIRGO:

What if we said you are a part of the Divine Consciousness, and that the Divine is living and breathing through you? What if we said everybody you meet is a reflection of this Consciousness too? Today, you're being asked to reflect upon the following question: "How can I serve better?" It doesn't matter what you do for a living, adopt 'selfless service' as your mantra.

### LIBRA:

Be still, Libra. Listen to the chatter of the monkey mind. The many thoughts that are arising from within you, which have no basis in reality whatsoever. And now, like a gentle teacher, remind yourself of what's real and what's un-

real as you guide yourself towards the light.

### SCORPIO:

While "go with the flow" is a mantra we all love, it has its limitations, Scorpio. In order to achieve our goals, we must have a certain amount of structure, and it is this structure that allows us to harness this creativity to our optimum capacity. So, pay attention to how and where you are being asked to adopt a certain amount of discipline.

### SAGITTARIUS:

The trouble is, we hold on and we hold one. And then, we hold on some more. This includes money, resources, relationships, et al. But, a tight fist is unable to make space for Grace. A tight fist cannot receive the abundance that is being showered upon. So, let go of your lack mentality. Give freely and serve in the manner that you're being called to.

### CAPRICORN:

Uh-oh! You're at it again. Capricorn. You're trying to do it all and achieve it

all. But, at what cost? This is something you want to contemplate as you sip on your morning chai. The Universe wants you to bring a little more effortlessness into your effort, and little more flow into the structure.

### AQUARIUS:

This is a dream within a dream within a dream, Aquarius. So, why get so attached to everything? Why try to hold on when the Universe wants you to let go and flow? It's time to wake up, to strip away the false, and to come face to face with the reality. The process of breaking an illusion is seldom easy.

### PISCES:

You're at it again, Pisces. You're sacrificing your own needs for the sake of other people. But, this martyr act will only get you so far. Following your bliss, on the other hand, will help you serve others from a space of fullness. Speaking of which, the cup is nearly empty at this moment. So, take some time out to relax.