



# SIKKIM HERALD

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Gangtok (Friday) February 14, 2020

Regd. No. WB/SKM/01/2017-19

## Governor calls on various dignitaries at New Delhi



*Vice President of India Mr. M. Venkaiah Naidu and Union Home Minister Mr. Amit Shah with Governor Mr. Ganga Prasad in New Delhi.*

**New Delhi, February 11:** Continuing with the series of engagements in New Delhi, the Governor, Mr. Ganga Prasad called on the Vice President of India Mr. M. Venkaiah Naidu at his office and extended invitation to him to visit Sikkim. The Vice President expressed his pleasure to receive

the invitation and conveyed his desire to visit the State at the earliest possible date.

Later, Governor called on Union Home Minister Mr. Amit Shah and apprised him of the issues and concerns of the State. He also sought Union Minister's personal intervention towards

resolving several pending issues.

On February 10, the Governor also made a courtesy call to Union Minister of Defence Mr. Rajnath Singh at his office in South Block, New Delhi. Several security and border related issues were discussed during the brief meeting.

## Orientation and sensitization programme on Pariksha Parv 2020 held

**Gangtok, February 12:** The state level orientation and sensitization programme on "Pariksha Parv" 2020 for school heads, District Institute of Education and Training (DIET) Principals was held at the Conference Hall of Social Justice and Welfare Department which was organised by Sikkim Commission for Protection of Child Rights (SCPCR) under Social Justice and Welfare Department.

"Pariksha Parv" is a month-long campaign during the exam period from February to March 2020. The aim of the programme is to create sensitization on the issue of stress among students due to exams and also an initiative to help in removing the stigma attached to counselling and promote positive perception.

The programme had the presence of Chairperson, SCPCR, Mrs. Dikila Bhutia, Secretary, Social Justice and Welfare Department, Mr. H.K. Chettri, Member Secretary (SCPCR) Mr. N.T. Bhutia, Joint Commissioner, Mr. M.B. Chettri,



*Chairperson, SCPCR, Mrs. Dikila Bhutia, Secretary, Social Justice and Welfare Department, Mr. H.K. Chettri, Member Secretary (SCPCR) Mr. N.T. Bhutia and other dignitaries during the state level orientation and sensitization programme on "Pariksha Parv" 2020.*

Clinical Psychologist, Dr. Sonam programme, Chairperson, SCPCR, Ongmu Lassopa, Senior Technical Expert, Mr. Paresh Shah.

At the onset of the

programme, Chairperson, SCPCR, Mrs. Dikila Bhutia highlighted on

*Contd. on page 2*

## Valedictory function of Monastic and Sanskrit Pathshala Teachers



*Minister Mr. Sonam Lama presenting certificates during the valedictory function of Monastic and Sanskrit Pathshala Teachers Training and Orientation Programme at Janta Bhawan.*

**Gangtok, February 12:** A Valedictory function of three day Monastic and Sanskrit Pathshala Teachers Training and Orientation Programme which started from February 10 till February 12 was held at Janta Bhawan, today. Minister for Ecclesiastical Affairs Department, Mr. Sonam Lama was present as the chief guest.

Secretary of Ecclesiastical Department, Mr. S.T. Tamang; Additional Secretary, (Ecclesiastical Deptt.) Mrs. Kunchok Doma; Joint Director (Ecclesiastical Deptt.), Mr. Tenzing Gelak; Deputy Secretary (Ecclesiastical Deptt.) Mrs. Chunki Lhamu; OSD, (Ecclesiastical Deptt) Mr. Kita Sherpa and others were present.

The chief guest in his address, said that the Dharmic/ Sanskrit traditions have lived together in peace and mutual respect sharing a common culture and aspiration to the highest truth. He stated that teaching is not an isolated work and the profession demands co-creation, planning, monitoring and working together. He said that dharmic education is essential to peace and understanding for all humanity and teaching is not only an academic study and research but a part of daily Sadhana and

spiritual practice.

Further he stated that Dharmic/ Sanskrit education makes life and universe possible and includes duties, rights, laws, conduct, virtues and right way of living and the spirit of teaching must remain alive in the minds and hearts of teachers and students not only at personal level but also at an intellectual level.

The Minister spoke about various issues and points whereby he also encouraged each and everyone to contribute so that they are recognized with a State Award or at a National level. He also mentioned that Monastic and Sanskrit Pathshala will be treated equally like any other Academic Studies and also announced that Retired Teachers will be treated with Golden Handshake.

Lastly, he also mentioned about the Sikkim Guest House at Bodh Gaya (Bihar) and mentioned about the land belonging to Sikkim Government which he assured will be put to proper use under his tenure.

The Resource person of the three day Monastic and Sanskrit Pathshala Teachers Training/ Orientation Programme were,

*Contd. on page 2*

### Pearls of Wisdom

*"Knowing is not enough; we must apply. Wishing is not enough; we must do."*

*– Johann Wolfgang Von Goethe*



R.O. No.359/IPR/PUB/Classi/19-20, Dt:10/02/2020

Office of the Joint Registrar (W),  
Government of Sikkim  
Department of Cooperation  
West Sikkim,737111

Memo No: 834/JRCS/COOP/W.

Dated:05.02.2020

NOTICE

As per power Confer upon me under the provision of Rule 71 and Sub rule (1) and (2) of Sikkim Cooperative Societies Rule 1981, It is hereby informed to all concerns that the Liquidation proceeding is initiated against the following Societies:

Sl. No	Name of Society	Registration No
01	Thingling Khechuperi Registered Contractors Cooperative Society Ltd	GOS/COOP/2010-11/115/JRCS (W) of Dated: 27.04.2010.
02	Lower Bhaluthang Ward No 6 Registered Contractors Cooperative Society Ltd.	GOS/COOP/2011-12/424/JRCS(W) of Dated: 19.03.2011
03	Upper & Lower Onglop Ward No 3 & 4 Registered Contractors Cooperative Society Ltd.	GOS/COOP/2010-11/387/JRCS (W) of Dated: 02.02.2011.
04	Upper Labdang, Middle Labdang, & Lower Labdang Registered Contractors Cooperative Society Ltd.	GOS/COOP/2010-11/366/JRCS (W) of Dated: 11.01.2011.
05	Lingey Sopakha Ward No 6 Educated Unemployed Cooperative Society Ltd	GOS/COOP/2010-11/644/JRCS(W) of Dated: 11.06.2012

Hence, all the stake holders including members, debtors, creditors, nominees, heirs and legal representatives of the deceased members are hereby informed to submit their claim in respect of above mentioned Cooperative Societies Ltd within two months of publication of the notice to the designated Liquidator at the Cooperation Department Gyalshing West District.

Palden Bhutia  
ARCS -Liquidator  
Department of cooperation  
Gyalshing, west Sikkim

R.O. No.362/IPR/PUB/Classi/19-20, Dt:11/02/2020

Education Department  
Government of Sikkim  
Namchi, South District

hrddsouthsikkim@gmail.com  
Ref. No: 503/SS/HRDD/S.

Dated: 11/02/20

WALK IN INTERVIEW

Applications (in prescribed format) from interested and eligible candidates are invited for filling up of following posts on purely ad-hoc basis on consolidated salary, under Education Department, South District, Namchi. The term of appointment will be for an academic session 2020 for PRTs & GTs and for the post of PGTs it will be upto 31<sup>st</sup> March 2021:

I POST GRADUATE TEACHER			
Sl. No.	Name of Post	Eligibility Criteria	Salary
1	English	1. Applicant should possess COI/SSC and preferably be resident of South District. 2. Should have master degree in given subject with minimum 50% marks (45% for Scheduled category) from any UGC recognized university. Priority will be given to B.Ed. candidate. However, candidates without having B.Ed. may also apply.	₹25,000/- per month (Consolidated)
2	Nepali		
3	Hindi		
4	Commerce		
5	History		
6	Geography		
7	Sociology		
8	Economics		
9	Political Science		
10	Biology		
11	Chemistry		
12	Physics		
13	Mathematics		
II. GRADUATE TEACHER			
1	Graduate Teacher (Arts)	1. Applicant should possess COI/SSC and preferably be resident of South District. 2. Should have graduate degree in given subject with minimum 50% marks (45% for Scheduled category) from any UGC recognized university. Priority will be given to B.Ed. candidates. 3. Preference will be given STET/TET Passed candidate. 4. However, candidate having B.Ed. degree only can apply for GT (Arts) and GT (Science) respectively. For Graduate Teacher (Maths) candidates without having B.Ed. degree may also apply.	₹18,000/- per month (Consolidated)
2	Graduate Teacher (Science)		
3	Graduate Teacher (Maths)		
III. PRIMARY TEACHER			
1.	Primary Teacher	1. Applicant should possess COI/SSC and preferably be resident of South District. 2. Should have Class XII pass with minimum 50% marks (45% for Scheduled category) from any recognized board. Priority will be given to D.El.Ed./TET passed candidates.	₹15,000/- per month (Consolidated)

\* Application form (in prescribed format) are made available at District Education Office, Namchi South Sikkim from 14<sup>th</sup> February 2020 during office hour.  
\* Last date of submission of application form is: 21<sup>st</sup> February 2020.  
\* The date for walk in interview for the post of **Primary Teachers and PGTs** will be on: **23<sup>rd</sup> February 2020** and for **GTs**, it will be on **24<sup>th</sup> February 2020**.  
\* Venue of interview: District Education Office, Namchi South Sikkim  
\* Time: 10:00 am onwards.

Joint Director  
Education Department/South

R.O. No.366/IPR/PUB/Classi/19-20(ii), Dt:13/02/2020

PHONE: SECRETARY: 202726  
Office : 202900  
FAX : 03592-205087  
GANGTOK (SIKKIM)

Urban Development & Housing Department  
Government of Sikkim  
No.S(138)GOS/SAN/15/UD & HD /7308  
Dated:12/12/20

NOTICE INVITING TENDER

This is for information of all concerned that sealed tenders are invited from individual/registered Organisations for the award of Bazaar contract and Car Parking contract for the Bazaars of Pakyong, Rhenock, Rongli, Melli and Ravangla for the financial year 2020-2021.  
The tender documents can be obtained from the office of the Bazaar Officer, Urban Development Department, Gangtok on all working days from 11.00 A.M to 3.00 P.M on payment of prescribed fee of ₹500/-  
1. Date of Issue of forms - 25.02.2020 to 04.03.2020  
2. Date for submission of sealed tender forms - 26.02.2020 to 05.03.2020 from 11.00 am to 3.00 pm.  
3. Date of Opening of Sealed tender - 05.03.2020 at 3:30 pm

Bazaar Officer  
Urban Development & Housing Department  
Government of Sikkim  
R.O. No.365/IPR/PUB/Classi/19-20, Dt:13/02/2020

Health Tips

Integrate Activity into Your Everyday Life

Vigorous exercise is important. However, if your hectic schedule leaves you with no time to hit the gym, you can try integrating some activity in the course of the day for increasing your productivity and staying fit.  
Take a walk when you are conversing on the phone.  
Instead of the lift, take the stairs.  
Take short breaks and step away from workstation.  
Workouts at home, such as sit-ups, push-ups, crunches, lunges and squats, keep you in shape.

Eat Healthy and On Time

Foods which are low in nutritional value and have too many calories can pose serious health problems, including weight gain, cardiovascular problems and diabetes. It is important to stick to a healthy diet and a strict routine.  
Instead of starchy foods, choose wholegrain variants which contain more fibre, and keep you feeling full.  
Feel like snacking in the middle of the day? Stock up on nuts and seeds or citrus fruits that are known to cure fatigue and stimulate alertness.  
To keep your energy up and your metabolism on overdrive, eat breakfast and smaller meals throughout the day, rather than 3 big meals.  
Have sufficient liquids through the day to avoid dehydration.  
Avoid processed or packaged foods that contain too much sugar.  
Excess sugar has been linked to energy spikes followed by a crash, while too much salt can lead to high blood pressure and an increased risk of strokes and heart disease.

Sleep is Important

Finding it difficult to get a good night's sleep? Sleep deprivation can lead to fatigue, confusion, memory lapses and irritability.  
To get a restful sleep:  
Create a sleep schedule and stick to it. Reading a book, listening to relaxing music, or taking a warm shower can help in relaxing your body.  
Avoid watching TV or surfing on your mobile as this can interfere with your sleep.  
Pay attention to what you eat and drink. Going to bed hungry or stuffing yourself too much can cause discomfort and keep you awake.

Focus on Deep Breathing

When you are trying to juggle multiple things at a time, you are bound to be stressed.  
Five to ten minutes of deep breathing can help in relaxing you and reducing anxiety.  
You can also close your eyes and focus on relaxing and tensing each muscle group while taking deep, slow breaths. The best part about this is that you can do it any time, at home, workplace or even on the road.

READ AND ADVERTISE  
IN  
SIKKIM HERALD



Board meeting of SICUN held



**Gangtok, February 11:** The 48<sup>th</sup> Board meeting of Sikkim State Co-operative Union (SICUN) was held today at the Conference Hall of Union Building,Assam Lingzey with the objective to stimulate co-operative movement in the state.

The meeting was chaired by Chairman, SICUN Mr. L.P. Kafley and was also attended by the Board of Directors, CEO Mr. Karma G. Bhutia, Executive Officer, Mr. Phadung Bhutia, representatives from concerned Departments and Members of SICUN.

The main agenda of the meeting was to strengthen co-operative movement by discussing core issues. The meeting discussed in length on the agenda of creating a congenial environment to encourage co-operative movement in the State.

Chairman Mr. L.P. Kafley briefed about the funding position of SICUN. He announced that SICUN will soon be coming up with awareness programme in all the four districts so that people will be aware about fundamentals of co-operative and business development.

Further, he emphasized on taking co-operative movement very seriously in the state.

Advisor Excise Deptt. takes charge of office

**Gangtok, February 11:** MLA (Namcheybong)-cum-Advisor, Excise Department, Mr. Em Prasad Sharma took over his office at State Guest House below TNA, today.

The Secretary, Excise along with the officials welcomed Mr. Em Prasad Sharma to his new office which was later followed by general meeting with the officials chaired by the Advisor.

The Secretary appraised the Advisor regarding various issues pertaining to the department.


The Advisor also shared his experiences regarding good governance and best practices which can be adopted for efficient and smooth functioning of the department.

Further, Mr. Sharma solicited co-operation from the officials and assured his full support for future endeavours.

Culture Deptt. organises Border Area Programme

**Gangtok, February 12:** The North East Zone Cultural Centre, Dimapur, Ministry of Culture, Government of India, in collaboration with Culture Department, Government of Sikkim organized a two day Border Area Programme (Indo -China Border) - Sikkim 2020 i.e. February 12-13 at Kupup and Gnathang East Sikkim. Garrison liaison Officer, Mr. T.J. Singh was the chief guest and the programme was also attended by Lt. Col. Ajit, Major Vikash Kumar Rana, Capt. J. K. Sharma, Capt. Munish and Lt Taranjeet Singh as special guests. Mr.Nima Sherpa Village Administrator, officials from Culture Department and Army personals and their families also witnessed the programme at Kupup.

The programme was an initiative by NEZCC and cultural troops from five states like Sikkim, Odisha, Nagaland, Punjab and Manipur participated in the programme at the Community Hall Kupup. The chief guest Mr. T.J. Singh presented token of appreciation to all the participating Troupes from the North East States.



### What is Novel Coronavirus - nCoV?

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

#### Symptoms of nCoV


- Fever
- Difficulty in breathing
- Dry Cough
- Severe acute respiratory syndrome
- Pneumonia - like symptoms



#### Treatment

- Treatment is symptomatic and supportive, based on the patient'sclinical condition.
- No vaccinations available as of now.
- Visit Doctor in case symptoms detected.

#### Precautions to Prevent nCoV

- Wash your hands often with soap.
- Use an alcohol based hand sanitizer
- Observe good personal hygiene.
- Avoid touching your face with unwashed hands.
- Avoid contact with people with possible symptoms.
- Avoid contact with animals and consumption of undercooked meats.
- Avoid travel to nCoV affected places.
- Wear a mask if you have respiratory syndrome. and cover your mouth while coughing or sneezing.





If you seek help, you may call :

-Toll free no. 104

District surveillance Officer

EAST : 7029372100

WEST : 9593297809

NORTH : 9641957468

SOUTH : 7407691463

New STNM

AMS : 9434711402

DEPARTMENT OF HEALTH & FAMILY WELFARE

GOVERNMENT OF SIKKIM

National

Ministry of Health & Family Welfare conducts tenth round of National Deworming Day

**New Delhi, February 10 (PIB):** The Ministry of Health and Family Welfare (MoHFW) conducted the tenth round of National Deworming Day (NDD), today. This will be followed by the mop-up day on February 17, 2020.

As part of this campaign, children and adolescents aged 1-19 years are being administered Albendazole (400 mg) across government, government-aided schools, anganwadis, private schools and other educational institutions.

The NDD is implemented with an objective to reduce the prevalence of Soil Transmitted Helminths (STH), commonly called the parasitic intestinal worms, among all children and adolescents. Infections with the main STH—roundworm, whipworm and hookworms – contribute to 50.1 lakh disability adjusted life-years (DALYs) worldwide (WHO, 2010). One DALY can be thought of as one lost "healthy" year from a life. In India, over 22 crore children under 14 years are at risk of STH infections (WHO, 2017). Launched in 2015, the NDD is the largest public health programme implemented on a single day reaching crores of children and adolescents through two NDD rounds every year.

This year today, 19 states took up activities to reach 9.35 crore of the target population. NDD will be observed in 34 States/UTs over the next weeks and is expected to reach an estimated 30 crore of the target population.

Implemented in collaboration with the Ministry of Women and Child Development and Ministry of Human Resource Development, NDD is a key intervention of Anemia Mukh Bharat. Its success and impact lie in convergence with the Swachh Bharat Mission. NDD presents opportunities to further policy dialogue on health and nutrition as a way of supplementing efforts under POSHAN Abhiyaan.

In preparation for the NDD round today, Anganwadi workers and teachers are trained on community mobilization and administration of deworming tablet. ASHAs, PRI members and youth volunteers engage in the program for community mobilization and awareness about the programme.

Deworming through Albendazole is an evidence-based, globally-accepted, effective solution used to control worm infections in all children. However, it can have minor side effects and some children, especially those with high worm infections, might experience nausea, mild abdominal pain, vomiting, diarrhea, and fatigue.

Comprehensive adverse event protocols are in place by the Ministry of Health and Family Welfare to safeguard from these occurrences.