IPR Minister addresses Farmers through 91.2 FM Radio Kanchenjunga

Gyalsingh, January 06: The Minister-Agriculture Horticulture and Animal Husbandry and Veterinary Services Department, Mr. Lok Nath Sharma addressed farmers through 91.2 FM, Radio Kanchenjunga this morning.

He highlighted various schemes and programmes dedicated to the farmers of Sikkim in detail. He also articulated future scope of newly launched Model Villages in the state, farmers and encouraged people to adopt agriculture as a lucrative profession. He congratulated Martam based community radio station, Kanchenjunga 91.2 FM for the initiative and advised the station to disseminate social centric programme.

Chief Minister Calls on Governor Mr. Ganga Prasad

Gangtok, January 08: The Chief Minister of Sikkim, Prem Singh Tamang today called on the Governor of Sikkim, Mr. Ganga Prasad and extended New Year 2020 greetings.

Governor, Mr. Ganga Prasad with the Chief Minister, Prem Singh Tamang (Golay) at Raj Bhavan.

Minister Mr. L. N. Sharma presenting memento at Arithang Martam, West Sikkim.

Govt. youngster to get full swing during the Maghey Mela celebrations at Jorethang

Namchi, January 09: A final review meeting concerning the upcoming Maghey Mela Celebration 2020 was held at DC office today. Present in the meeting were MLA Salghari Zoom, Mrs. Sunita Gazmer, DC (South) Mr. Santosh Shrestha, DYSP (Traffic) Ms. Jyoti Chettri, R.B. Bhandari, SDPO (Jorethang) Mr. Ragul K, ADC (South) Mr. Satyan, Ragul K, ADC (South) Mr. Satyan.

The meeting also saw deliberation on the various roles and responsibilities given to the departments and it was appraised by the mela committee members that preparations for the mela is in full swing. It may be mentioned here that a total number of 40 Departmental stalls apart from SARAS Fair will be put up during the mela at the Jorethang Playground.

Sikkim IFFCO Organic Limited, artworks, and cultural programme also takes part in the mela at the Jorethang Playground.

“IT'S NOT WHETHER YOU GET KNOCKED DOWN, IT'S WHETHER YOU GET UP.”

~ Vince Lombardi

Pearls of Wisdom
Oil India FC enters quarter finals of the 9th AICM Gold Cup

Namchi, January 08: The Oil India FC registered victory against Sikkim Police by scoring 3:1 goals and made it to the quarter finals of the 9th All India Chrome Manufacturers Gold Cup International Football Tournament, to play in a quarter-final match played at Jorethang Playground today.

The match was played between Zoom Salghari and Khamdong Singtam team.

Zoom Salghari won the match with a lone goal.

The 2nd quarter final match will be held between Gangtok and Barfung constituency tomorrow, the 10th January.

Namchi, January 08: The 2nd quarter final match was played between Gangtok and Barfung constituency.

Barfung constituency team scored one goal each in the second half to defeat Sikkim Police which had scored one goal in the first half.

Mr. Greamsha Basumatty from Oil India FC was adjudged the Hero of the Match and was awarded a cash prize of Rupees ten thousand and a trophy by the Chief Guest.

Department of Information and Public Relations and Printing & Stationery Departments Mr. Lok Nath Sharma graced the occasion as the Chief Guest in special presence of MLA Sikkum Singtam constituency Mrs. Sunita Gazmer and other dignitaries.

Mr. Jayanta Basumatty (16), Mr. Rahul Das (7) and Mr. Greamsha Basumatty (19) from Oil India FC scored one each goal in the second half to defeat Sikkim Police which had scored one goal in the first half.

Mr. Greamsha Basumatty from Oil India FC was adjudged the Hero of the Match and was awarded a cash prize of Rupees tens thousand and a trophy by the Chief Guest.

Mr. Ragul K. informed that this festival will be held all over the South District and the School students from both Government and Private Schools will actively participate. Additionally, a special competition will be showcased.

This camp will focus on the visually impaired children from Jawaharlal Nehru Institute for the visually handicapped, Boommar will also be arranged.

Mr. Promod apprised that the football festival will be convened during the month of February at Imperial Talks and the children’s movie will simultaneously be telecasted at Schools located at rural and urban areas of the district.

Informatlion about Children’s Film Society, India (CFSI) Mr. Promod apprised that it is an autonomous body, under the Ministry of Information and Broadcasting, Government of India which is committed to producing, exhibiting and distributing children’s films.

CFSI has a film library of 265 Children Film in language and some of these films have won various national and international awards.

With the motto Promoting ‘Every Child’s Right to Entertainment’ CFSI organizes Children’s Film Festival across pan India.

Mr. Promod also highlighted that during this festival free medical and educational oriented films of CFSI are showcased.

The venue will be Singamithang Playground and Indoor Stadium Namchi. This camp will have players who are below the age of 19. It may be mentioned that this inaugural day, a total number of 105 participants joined the camp.

Field Preparatory Meeting for Rimbi Maghey Mela 2020 held at DAC Rabdentse

Gyabbing, January 07: The final preparatory meeting for Rimbi Maghey Mela 2020 was held at the conference hall of District Administration Centre, Rabdentse, West Sikkim.

The meeting was presided over by Additional District Collector, West, Mr. Karma L Lepcha and Superintendent of Police, Mr. Tenzing L Lepcha.

IPS accompanied by Additional District Collector/Dev, Mr. Milan Subba, Zilla Panchayat Member(Melli), Mrs. Tara Gurung and Heads of the various departments.

At the outset, the ADC(West) briefed the house about the final preparatory meeting for organizing Rimbi Maghey Mela 2020, which is scheduled to be held from 12.01.2020 to 17. 01.2020 and requested all the department heads for their active participation.

He also briefed about the formation of committees and sub-committees, drawing of raffle and installation of departmental stalls.

He assured to provide every possible help from the District Administration and requested all the departments to participate with full enthusiasm and support to make this event a grand success.

He further informed that the Chief Minister has given his consent for attending the Rimbi Maghey Mela.

Zilla Panchayat Members(appointed) apprised the house on the following issues:

1. Police Department for deployment of IRB personnel 2. Concession of rates for selling of liquors 3. Active Participation of Government Departments for setting up their stalls 4. PHED for water connectivity 5. BAC from providing polypipes 6. Horticulture Department to provide water reservation tank which will be returned after the event.

The meeting also witnessed the interactive session in which SP(W) requested Police department for installation of lights in and around the venue.

He also requested the Health department to set up stall for first aid and medical facilities.

ADC (Dev), RDD (Gyalsing) informed that the open marathon for boys and girls and veteran marathon (Above 40 yrs.) is being organized on 13.01.2020.

The heads of the offices are requested to submit the raffle and the collected amount before 10th January.

Later the ADC West along with the officials of DAC visited the site to oversee the work in progress and took note of the progress.

Winter Sports & Talent coaching camp starts at Namchi

Namchi, January 06: A month long winter coaching camp and talent hunt 2019-20 Swath District was flagged by Mr. Ganesh Rai at Central Park, today. The camp has been organized by Department of Sports and Youths Affairs in coordination with the office of the DC (South).

This camp will focus on various sports discipline such as football, badminton, taekwondo, karate, table tennis, boxing and volleyball.

The venue will be Singhimithang Playground and Indoor Stadium Namchi. This camp will have players who are below the age of 19. It may be mentioned that on the inaugural day, a total number of 105 participants joined the camp.
Department of Sports & Youth Affairs, White Hall Complex Gantok
Inter-constituency Football Tournament 2019-20

**PRESS RELEASE**

**DAY TWO MATCHES - Dated: 07.01.2020**

1. **Venue: Paljor Stadium for Sangha, East and North Districts constituencies,**
2. **Venue: Singi Singithang playground for West Sikkim District Constituencies**
3. **Venue: Dentam Public Ground for West District Constituencies.**

Total 8 matches were conducted at above mentioned three venues.

The result of the opening day are as under:

<table>
<thead>
<tr>
<th>Venues</th>
<th>Matches between</th>
<th>Score</th>
<th>Result</th>
<th>Dignitaries during the Matches</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Paljor Stadium</strong></td>
<td>1st Match</td>
<td>3-1</td>
<td>Match won by Gyangtok</td>
<td>Chief Guest: Shri. Tashi T. Bhutia (CLC Constituency)</td>
</tr>
<tr>
<td></td>
<td>2nd Match</td>
<td>5-1</td>
<td>Match won by Khamdong Singtam</td>
<td>Chief Guest: Shri. C. L. Rai (Assistant Director-I HQ Government of Sikkim)</td>
</tr>
<tr>
<td></td>
<td>3rd Match</td>
<td>1-0</td>
<td>Match won by Lachen Mangan</td>
<td>Guest of Honour- Shri Zyalshing Bernyak Daramdin</td>
</tr>
<tr>
<td><strong>Singi Singithang</strong></td>
<td>4th Match</td>
<td>2-1</td>
<td>Match won by Rangang Yangang</td>
<td>Chief Guest: Shri. Gangshai Rai (In-Charge Department of Sports &amp; Youth Affairs, Government of Sikkim)</td>
</tr>
<tr>
<td></td>
<td>5th Match</td>
<td>3-1</td>
<td>Match won by Chojachen</td>
<td>Chief Guest: Shri. Dr. Namphing Temi (Hon. Secy. Land Revenue Deptt.)</td>
</tr>
<tr>
<td></td>
<td>6th Match</td>
<td>1-0</td>
<td>Match won by Tashiyang Namchey</td>
<td>Guest of Honour- Shri K. C. Churia (Special secretary, Land Revenue Deptt.)</td>
</tr>
<tr>
<td><strong>Dentam Public ground</strong></td>
<td>7th Match</td>
<td>7-3</td>
<td>Match won by Mollo</td>
<td>Chief Guest: Shri. Prasad Khatiwora (MLA Mangan Constituency)</td>
</tr>
<tr>
<td></td>
<td>8th Match</td>
<td>3-2</td>
<td>Match won by Rinchepong</td>
<td>Chief Guest: Shri. Tashi T. Bhutia (CLC Singtam Constituency)</td>
</tr>
</tbody>
</table>

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**Health Tips**

### Healthy eating (diet and nutrition)

1. Eat three healthy meals a day (breakfast, lunch, and dinner). It is important to remember that dinner does not have to be the largest meal.
2. The bulk of food consumption should consist of healthy foods, such as fruits, vegetables, whole grains, and fat-free or low-fat milk products.
3. Incorporate lean meats, poultry, fish, beans, eggs, and nuts (with emphasis on beans and nuts) into a healthy diet.
4. Choose foods that are low in saturated fats, trans fats, cholesterol, salt (sodium), and sugars. Look at the labels because the first 10 ingredients on the labels comprise the highest concentrations of ingredients.
5. Portion sizes; eat the smallest portion that can satisfy your hunger.
6. Healthy snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy hunger and not cause excessive weight gain.
7. Avoid sodas and sugar-enhanced drinks because of the excessive calories in the sodas and sugar drinks; diet drinks may not be a good choice as they make people hunger and increase food urges.
8. Avoid eating a large meal before sleeping to decrease gastroesophageal reflux and weight gain.
9. If person is angry or depressed, eating will not solve these situations and may make the underlying problems worse.
10. Avoid rewarding children with sugary snacks; such a pattern may become a lifelong habit for that child.
11. Avoid heavy meals in the summer months, especially during hot days.
12. A vegetarian lifestyle has been promoted for a healthy lifestyle and weight loss; vegetarians should check with their physicians to be sure they are getting enough vitamins, minerals, and iron in their diet.
13. Avoid foods (above 165 F) destroy most harmful bacteria and other pathogens; if you choose to eat uncooked foods like fruits or vegetables, they should be thoroughly washed with running treated (safe to drink) tap water before eating.

### Tips for special situations:

- People with diabetes should use the above tips and monitor their glucose levels as directed; try to keep the daily blood glucose levels as close to normal as possible.
- People with unusual work schedules (night shifts, college students, military) should try to adhere to a breakfast, lunch, and dinner routine with minimal snacking.
- People who prepare food should avoid using grease or frying foods in grease.
- People trying to lose weight (body fat) should avoid all fatty and sugary foods and eat mainly vegetables, fruits, and nuts and markedly reduce their intake of meat and dairy products.
- Seek medical advice early if you cannot control your weight, food intake, or if you have diabetes and cannot control your blood glucose levels.

### Physical activity and exercise

Physical activity and exercise is essential to a healthy lifestyle; people are made to use their bodies, and disuse leads to unhealthy living. Unhealthy living may manifest itself in obesity, weakness, lack of endurance, and overall poor health that may foster disease development.

**Tips:**

- Regular exercise can prevent and reverse age-related decreases in muscle mass and strength, improve balance, flexibility, and endurance, and decrease the risk of falls in the elderly. Regular exercise can help prevent coronary heart disease, stroke, diabetes, obesity, and high blood pressure. Regular, weight-bearing exercise can also help prevent osteoporosis by building bone strength.
- Regular fitness can help chronic arthritis sufferers improve their capacity to perform daily activities as driving, climbing stairs, and opening jars.
- Regular exercise can help increase self-esteem and self-confidence, decrease stress and anxiety, enhance mood, and improve general mental health.
- Regular exercise can help control body weight and in some people even prevent excessive weight gain.
- Thirty minutes of moderate exercise (walking is OK) at least 3 to 5 days a week is recommended, but the greatest health benefits come from exercising most days of the week.
- Exercise can be broken up into smaller 10- to 20-minute sessions.
- Start slowly and progress gradually to avoid injury or excessive soreness or fatigue. Over time, build up to 30 to 60 minutes of moderate exercise every day.
- Almost any type of exercise (resistance, water aerobics, walking, swimming, weights, yoga, and many others) is helpful for everybody.
- Children need exercise; play outside of the home is a good beginning. Sports for children may provide excellent opportunities for exercise, but care must be taken to not overdo certain exercises (for example, throwing too many pitches in baseball may harm a joint like the elbow or shoulder).
<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of State</th>
<th>Order No. and date</th>
<th>Name of the Relief/D.A. Granted and their percentage</th>
<th>Effective date</th>
<th>Letter No. and date of despatch to State Government</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JHARKHAND No. PEN-III/Jharkhand/DR-2019/ 20/1682. Date: 12/09/2019.</td>
<td>Enhancement rate of Dearness Relief of Pre-revised Pay scale (Fifth Pay) to the Jharkhand State Government Pensioners/family pensioners w.e.f.01/01/2019 (Enhanced from 284% to 295%).</td>
<td>w.e.f.01/01/2019</td>
<td>TM/PO/Diff. States/2019-20/153. Date: 23-10-2019.</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>CHATISGARH, RAIPUR. No. Pension/Relief/1942, Date:24.05.2019.</td>
<td>Dearness Allowance payable to the Judicial Officers of the State whose pay scale have not been revised on the basis of 7th pay commission as an interim measure and to pensioner/family pensioner of Judicial Officers of the State from the existing rate of 148% to 154%. w.e.f.01.01.2019.</td>
<td>w.e.f.01/07/2018 and 01/01/2019 (Revision of Pay Rule, 2019, 6th Pay Commission).</td>
<td>TM/PO/Diff. States/2019-20/162. Date: 04-11-2019.</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>GUJARAT No. 24/TMC/DR/2019-20/359. Date:10.10.2019.</td>
<td>Revision of Pension/family pension of pre-2016 pensioners/family pensioners based on the First Formulation as recommended by the 7th CPC.</td>
<td>w.e.f.01/07/2018 and 01/01/2019</td>
<td>TM/PO/Diff. States/2019-20/162. Date: 04-11-2019.</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>MADHYA PRADESH No. Pension/2675/Under Special Seal Authority. Date: 24-09-2019.</td>
<td>Revised rate of dearness relief to pensioner/family pensioner of Govt. of Madhya Pradesh @ 12% (in 6th pay scale) w.e.f.01.01.2019.</td>
<td>w.e.f.01.01.2019.</td>
<td>TM/PO/Diff. States/2019-20/162. Date: 04-11-2019.</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>BIHAR No. SSA-Pen-9/19-20-157. Date: 11/11/2019.</td>
<td>Grant of Dearness Relief/Medical Allowance/Revision of pension/amendment of pension rules of state government pensioner. (Grant of DR @ 17% w.e.f.01.01.2019).</td>
<td>w.e.f.01/07/2018 and 01/01/2019</td>
<td>TM/PO/Diff. States/2019-20/183. Date: 03-11-2019.</td>
<td></td>
</tr>
</tbody>
</table>
Sealed quotations are invited from interested person/party for auction of a vehicle of Sikkim Industrial Development and Investment Corporation Ltd.

**Sikkim Industrial Development & Investment Corporation LTD.**

**Auction Notice**

Sealed quotations are invited from interested person/party for auction of a vehicle of Sikkim Industrial Development and Investment Corporation Ltd. (SIDICO) bearing registration No: SK 01G - 0048.

**Vehicle Details**

- Make: Mahindra Scorpio S8 (BS4 & 2WD)
- Chasis No: MA1TA2SJXE2H14365
- Engine No: SJE4H17365

**Terms & Conditions**

1. The vehicle is parked at SIDICO premises in Udyog Bhawan and can be inspected during working hours between 10:00 AM to 3:30 PM with the permission of the Managing Director, Chief General Manager.
2. Tender form can be obtained from the office of the Corporation at Udyog Bhawan, Tadong during office hours upon payment of Rs. 5,000/-, to be drawn in favour of Sikkim Industrial Development & Investment Corporation Ltd., bearing registration No: SK 01G-0048.
3. The interested bidder(s) shall deposit “Earnest Money” in the form of Bank Draft, the amount of Rs. 5,000/-, to be drawn in favour of Sikkim Industrial Development & Investment Corporation Ltd., bearing registration No: SK 01G-0048, within two days of the issue of tender notice.
4. The sealed tender will be opened on 21.01.2020 at 1 pm in the presence of Addl. Director, Department of Sikkim.
5. No quotations shall be accepted after 3.00 PM on 21.01.2020. The quotation shall be opened on 22.01.2020 at 2.00 PM by the auction committee in the presence of the tenderer or their representative who may be present in the office of Chief General Manager, SIDICO. Incomplete/conditional tender as well as tenders without Bank Draft shall be rejected.
6. Ambiguous offer(s) quoted by the bidder(s) in the tender form is/are liable to be rejected. So, the offer quoted for vehicle in the tender form should be correctly written down in numerical figures and in words. Overwriting or making corrections should be avoided and in case any error occurs it shall be authenticated forthwith by the bidder(s) before sealing of the tender form(s).
7. The first highest successful bidder whose offer is accepted shall be required to lift the vehicle within 15 (fifteen) days from the date of auction, after making full payments failing which the quotation/sale will be cancelled and the Earnest Deposit money deposit shall be forfeited without any prior notice. Thereafter, if necessary, allotment to the next eligible bidder will be decided by the Management based on the merit of the case whereupon the non-committal/evasive first highest bidder shall have no rights of claim.
8. If the highest successful bidder whose offer is accepted shall have no monetary claim towards the Motor Vehicles Token Tax (R.C Book/Blue Book) from the Government.
9. The Corporation reserves the right to accept or reject any or all the quotations without assigning any reason thereof.
Minister K. N. Lepcha inaugurates winter football coaching camp

Gangtok, December 05: Minister for SYA, Mr. Kunga Nima Lepcha inaugurated the Winter football Coaching Camp at Paljor Stadium. The programme is being organized in collaboration with the former Indian Captain Mr. Bhachiung Bhutia & the SYA Department.

The programme, under 15 and under 18 from districts will be prepared and a state level team will be formed. The state level team will be provided exposure trips to Delhi. Two members selected as The West Point Senior Secondary School in under 13 and under 15 categories will also get the coaching advantage of this opportunity provided exposure trip to Europe. Scholarship will also be provided by him.

The Winter coaching camp for football & the rest of Sports events is going on in all the four Districts. Department appeals parents and interested youngsters to take advantage of this opportunity and join & avail the coaching facilities.

Sikkim Academy will now participate at the National Level. The Additional Chief Secretary, Mr. GP Udyadhyaya, (IAS) congratulated the winning teams as well. He further mentioned that since the competitions started at the National Level, Sikkim so far has stood second and first in the earlier two consecutive years in boys' category only. He wished both the teams success at the National event this year.

In a press statement, the State Project Director of Samagra Shiksha, Education Department Shri Bham Thattal mentioned that the Band Competition is an annual feature under the Samagra Shiksha and this is the third consecutive year that such competitions are being held. He further added that during the first year of introduction of Band Competition in 2017, Sikkim won the second position in boys' category at the National Level and first in the same category in 2018. This is the third consecutive year of such competitions and this time Sikkim is representing in both the boys' and girls' category. The competitions (boys' and girls') are open to both the government and private schools as per the instructions of the MHRD, Government of India. This is the first time that a private school is also representing Sikkim in this mega event.

Minister K. N. Lepcha for providing secular gratitude to the Government of India.

Bhaichung Bhutia & the SYA Ministers had discussions on conversation with the Minister of Defence of Japan Mr Tarō Kōno earlier two consecutive years in boys' category only. He wished both the teams success at the National event this year.

In a press statement, the State Project Director of Samagra Shiksha, Education Department Shri Bham Thattal mentioned that the Band Competition is an annual feature under the Samagra Shiksha and this is the third consecutive year that such competitions are being held. He further added that during the first year of introduction of Band Competition in 2017, Sikkim won the second position in boys' category at the National Level and first in the same category in 2018. This is the third consecutive year of such competitions and this time Sikkim is representing in both the boys' and girls' category. The competitions (boys' and girls') are open to both the government and private schools as per the instructions of the MHRD, Government of India. This is the first time that a private school is also representing Sikkim in this mega event.

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