

Singtam DH observes World Mental Health Day

Singtam, Oct 11: The District Mental Health Cell, Dept. of Health Care, Human Service & Family Welfare, Singtam District Hospital observed "World Mental Health Day" in collaboration with 7 Primary Health Centres (PHCs) of East District by organizing a series of mental health program across East Sikkim.

Dr. Tshering Laden (CMO, East) said that mental health and mental wellbeing is an important component of the Sustainable Development Goals. Mental health in workplace is the theme adopted by WHO this year which calls for organizations to create a healthy working environment. Protecting work related risk factors, promotion of mental health by developing positive aspects of work and strengths of employees, and developing services to address mental health problems regardless of its



cause are some of the strategies which can be adopted by the organization, Dr. Laden stressed. Dr. Satish Rasally (District Nodal Officer, District Mental Health Program) East District, highlighted that global burden due to mental disorder is 12% which is expected to increase to 20% by 2020. "Approximately, 150 million people need active intervention for mental health problems in India. 1 in every 20 people is

suffering from depression in India. Stigma, ignorance and lack of education continue to prevent families and patients from seeking appropriate medical help to treat depression. Singtam District Hospital is consistently fighting against these barriers by conducting widespread mental health programs in East Sikkim with the sole objective to educate the general population to help them understand how their brain functions in health

and illness," he informed.

We conducted approximately 850 mental health programs in the last two financial years (15-17), reaching out to the rural population under the banner of 'Grameen Manasik Swastha Abhiyan', he added.

The team conducted WMHD in Makha School, Rangpo Bazaar Junior High School, Ganchung School, Chuchachen SS School, Aritar PHSC, Sang PHC, and Sikkim University on October 10.

Narendra Modi says India...

guidelines flow down from above and correct information flows up from below.

"If this two-way channel is perfect, there will be right policies, schemes, and budget allocation."

Modi paid floral tributes to Nanaji Deshmukh and Loknayak Jayaprakash Narayan and released a commemorative postage stamp on Nanaji Deshmukh.

He also launched the DISHA portal, a smart-governance tool developed for MPs and MLAs for monitoring implementation of various programmes and schemes of different ministries in their respective constituencies through a single portal.

Currently, data of 41 programmes and schemes of 20 ministries has been integrated on the portal.

The prime minister also launched Gram Samvaad — a citizen-centric mobile app meant for facilitating single-window access for citizens to information at the gram panchayat level on various rural development programmes.

The app presently covers seven programmes of the rural development ministry.

Modi digitally inaugurated 11 Rural Self Employment Training Institutes buildings and a plant phenomics facility at Indian Agricultural Research Institute.

The audience was drawn from among representatives of self-help groups, panchayats, water conservation and innovators and beneficiaries of the Pradhan Mantri Awas Yojana.

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MYM Prerena Branch installs drinking water facility at Mayalmu Sangh

Rangpo, Oct 11: Marwadi Yuva Manch Gangtok, Prerena Branch installed its third drinking water facility under the 'Amritdhara' project at Mayalmu Sangh, a destitute home for the mentally unstable, located at Metro Point, Tadong in Gangtok.

Timothy William Basnet, Area MLA cum chief guest on the occasion inaugurated the Amritdhara facility at a small function organized at the centre in the presence of Prerena Branch members.

Basnet in his address appreciated the social initiatives undertaken by the Prerena Branch of MYM Gangtok and



motivated them to continue with their noble task.

Speaking on the occasion, Prerena Branch President informed that the 'Amritdhara' initiative is a nationwide project implemented by All India Marwadi Yuva Manch

organized with the objective to provide clean drinking water to every citizen of the country.

The first Amritdhara water facility was installed at the premises of STNM Hospital, followed by the second at Nandok School.

Medical officers visit Jorethang CHC



Jorethang, Oct 11: In view of the recent dengue outbreak and as per the directions of the Principal Director of Health Services, a team of doctors namely DSO (IDSP)/DNO (NCD) Dr. Urgan Sherpa, Sr. Specialist Paediatrics Dr. Birendra Gurung and Medical Specialist Dr. Amrita Manger visited Jorethang CHC on Tuesday.

The team interacted with the JD-cum-Sr. Medical Officer in-charge and other medical officers of the CHC. During the discussion, the doctors deliberated upon the present scenario of the dengue outbreak and arrived at a conclusion that there was no apparent reason for panic among the public.

It may be noted that

cases of fever are gradually decreasing and majority cases attending the OPD were from the areas of the West District and the adjoining Darjeeling area.

Additionally, it has been reported that there has been no death attributed to dengue fever so far. Only 3 people have tested positive for IgM tests for dengue in the last two days.

During the inspection, the specialists examined all the patients admitted at Jorethang CHC and found that out of the 9 admitted cases only 3 were suspected to suffer from dengue.

So far, all the cases have been efficiently and effectively managed by the Jorethang CHC staff.

The Dalai Lama speaks on Trump and 'America first'

Dharamsala, Oct 11: The Dalai Lama, the spiritual head of the Tibetan nation, is known worldwide for his advocacy of non-violence, peaceful coexistence, environmental protection and human rights. But the 82-year-old Buddhist monk is worried about the rise of nationalism and selfishness around the world and in the United States.

In wide ranging remarks to a unique conference of Tibet supporters here in northern India, the Dalai Lama said he was concerned about President Trump's "America first" policy. America's stance on global warming and the use of military tools to solve international problems. He also praised the United States and expressed hope that the American people will continue to do the right things, including with respect to Tibet.

"Your ancestors really considered the importance of liberty, freedom, democracy, these things," the Dalai Lama said in response to my question about his current view of the United States. "The present president, in the very beginning he mentioned 'America first.' That sounded in my ear not very nice."

The Dalai Lama is concerned that the United States, despite being "the leader of the free world," was becoming more "selfish, nationalist," he said. But the American Con-

gress and people have long supported the cause of Tibet and human rights, and he thinks that will continue, he added.

The Dalai Lama also lamented that Trump doesn't pay more attention to the issue of global warming, which, he said, knows no borders and no religion. "The present president is not much paying attention to ecology. So on that, I feel some reservation," the Dalai Lama said. "But anyway, the American people elected him, so I must respect [that]."

The event, called the Five Fifty Forum, was hosted by the Tibetan government-in-exile, which is based in this northern Indian mountain town. The Dalai Lama has been living in India since he fled Tibet in 1959 and has not been allowed to return.

The forum was held under Chatham House rules, which forbid quoting participants. But the leadership of the Tibetan government-in-exile gave me permission to publish the Dalai Lama's remarks.

The Tibetan leader, who is believed by followers to be in his 14th reincarnation, criticized the use of military force around the world and called on nations to solve problems through diplomacy and negotiation rather than violence. He said the use of military power, even by the United States, never achieves its goal.

"Every problem on this planet, including our problem, must be solved with respect and mutually acceptable [solutions]," he said.

The Dalai Lama's commentary on world events was not limited to the United States. He said that the Britain had erred in voting to leave the European Union, and he attributed that decision to nationalism as well.

The European Union should become the model for every region and then, when the world's countries are all working together, they can demilitarize, the Dalai Lama explained. "That's my vision. That's my hope."

The Dalai Lama said he wants to engage with China to find a mutually acceptable solution for Tibet. He added that the Tibetan people must also be ready to talk to China if there's an opening. That doesn't seem likely, considering that the Chinese government cut off dialogue with the Tibetans in 2010 and has pursued a brutal repression campaign in the region ever since.

Nevertheless, "for the last several centuries, praying to Buddha more or less failed," the Dalai Lama joked. "So I think we need to take a more practical approach."

Interstate Youth Exchange Programme 'Meghalaya to Sikkim' underway



Gangtok, Oct 11: The Directorate of Youth Affairs & Sports, Govt. of Meghalaya in collaboration with the Nehru Yuva Kendra Sangathan (NYKS), Sikkim State, Deptt. of Youth Affairs, Govt. of India is organising a three day long Inter State Youth Exchange Programme from Meghalaya to Sikkim from October 11 to 15.

The programme was inaugurated by Vivekananda Roy, Director KVIC in the presence of Nabin Kumar Naik, State Director NYKS, Sikkim, Nihar Mohanty, OIC, STPI, GoI, Shashikanta Gupta, Handicraft Promotion Officer, GoI and Sanjib Rout, Principal ATDC,

Ministry of Textile, GoI, Sokaythang, Gangtok today.

Under the programme, 30 participants and 2 officials from Meghalaya are visiting Sikkim.

During the course of three days, the participants will visit different tourist attractions across Sikkim. They will also visit STPI, ATDC, KVIC, Falcon Youth Club Marchak, Tanak Project Samiti and Temi Tarku.

The participants will also interact with dignitaries, youth leaders and villagers and will present cultural programmes and have community lunch and dinner with the villagers. (PIB)

MP files counter-complaint against harass slur

Malda/Kolkata, Oct 11: Expelled CPM Rajya Sabha member Ritabrata Banerjee has lodged a complaint with the Garfa police against Bengaluru-based software developer Namrata Datta. The techie from Balurghat accused the MP of "having sex with her by giving a false impression that the separation suit with his wife was under way." Banerjee in his complaint rubbished the charge and said the police complaint made by Datta was lodged under the direction of an influential leader from Bengal with the intent to damage his political career. This is the first police complaint filed by a woman days after the CPM's Bengal unit showed him the door based on the recommendations of a three-member party commission that had received similar complaints from other women. Datta's complaint comes days within Banerjee has been in touch with senior politicians in Delhi from BJP, Trinamool and Congress including Mukul Roy and planned to call on Rajya Sabha president Venkaiah Naidu with

a request to treat him as an "unattached" MP. CPM is yet to communicate his expulsion decision to the Rajya Sabha president. Datta has told police that she came in touch with this tech-savvy MP on twitter in 2016 and paid a visit to his New Delhi residence at his insistence. "We got intimate several times. I had no clue about his girlfriends.

The only thing he told me that his divorce suit was under way," she said, adding that Banerjee visited the Net herlands when she was there on a Unesco project in October, 2016. She claimed that she had funded the MP's trip and also presented him the iPhone that created a controversy in the social media.

Banerjee, however, alleged that Datta had approached him for a Rs 2.5 lakh bank loan on July 20. On October 15, she demanded Rs 50 lakh, threatening legal action. Denying this charge, Datta claimed: "I met Ritabrata after I joined an MNC as a software developer. There was no question of taking money from him. Instead, I used to give him valuable gifts," she said.

Scourge of unemployment and unemployability haunts Indian youth

Kolkata, Oct 11: Upset over his failure to get a suitable teaching job, Atanu Mistry, a 30-year-old from West Bengal's South 24 Parganas district, allegedly committed suicide recently.

According to Mistry's family, he had armed himself with a B.Ed degree after completing his post-graduation in English to chase a childhood dream of becoming a teacher. But failing to crack the recruitment examination for primary teachers, he only managed a housekeeping job in a private entity, which shattered his morale.

Again, a 21-year-old engineering graduate, Arpit Ravish, who topped the final semester examination, reportedly took his life by hanging from the ceiling of his residence at Girinagar in south Bengaluru after failing to get campus placement. There may be many Atanus and Arpits languishing after unsuccessful attempts at finding jobs in the organised sector in the depressed Indian job market despite having higher academic degrees.

Take another telling instance. In July, authorities at the Malda Medical College and Hospital in West Bengal were in a quandary following a rush of appli-

cations from post-graduates, and even Ph.D holders, for a "Group D profile" job that required them to handle bodies in the hospital's morgue. The eligibility for the position was only a Class 8 pass certificate. Such incidents have not come as a surprise. In fact, government documents have reported a similar trend. The fifth Annual Employment-Unemployment Survey, 2015-16, shows that with rising education levels, the unemployment rate has also gone up in the age group of 18-29 years. "The unemployment rate for persons aged 18-29 years and holding a degree in graduation and above was found to be maximum with 18.4 per cent based on the Usual Principal Status Approach at the all-India level," said the Survey report on Youth Employment-Unemployment Scenario, Volume II.

Based on the Usual Principal Status Approach, the unemployment rate for the age group at the all-India level was estimated at 13.2 per cent. For men, the unemployment rate was estimated at 11.3 per cent whereas for women, it was 20 per cent for the same age group, the report said.

The Survey's Volume I also suggested the unem-

ployment rate was estimated to be five per cent at the all-India level. Among the states and Union Territories, the unemployment rate displayed wide variations. Tripura had the highest unemployment rate of 19.7 per cent followed by Sikkim at 18.1 per cent.

On the other hand, Daman and Diu had the lowest unemployment rate of 0.3 per cent followed by Gujarat (0.9 per cent), Karnataka (1.5 per cent), Chhattisgarh (1.9 per cent) and Maharashtra (2.1 per cent). For West Bengal it was 4.9 per cent. While India is experiencing a demographic dividend due to a youth bulge, many young people are struggling to acquire the right skills sought by employers to successfully navigate the transition from school to work, the Survey said.

Economist Ajitava Raychaudhuri found fault with the process of transition. "Demographic dividend is only realised when it is transformed into human capital. This (human capital) makes youth employable, provides requisite skills. Unfortunately, the process of such transformation is faulty.

"Ultimately, in the job market, demand must match supply. Adding

qualifications would not be helpful unless it creates employability," Raychaudhuri, a Jadavpur University professor, told IANS.

"Skill mapping at the local level is a must. Otherwise, we won't be able to know where the demand (for what kind of work) is and how the supply situation is," he said.

Aloke Mookherjee, a former chairman of CII Eastern Region, who also headed the Skill Committee of the industry lobby, has suggested greater industry-academia synergy in preparing the curriculum.

"Many engineering and management graduates are not employable directly.

Peeved Mamata strips...

to proposals from a panchayat samity sabhapati that the government should take up special plans for the uplift of the Lodha community, the CM directed the Jhargram DM to talk to the Lodha representatives and take up an appropriate programme. "There was a time when none used to come to Jangalmahal. Now peace has returned in the region. We need to carry forward our development works keeping in mind the sentiments of the Adivasi people," the CM said. At the administrative meeting, the trophy went to the people of Jhargram. "There was a conspiracy to stoke tension among communities. I thank you all for foiling the bid. People here and community organisations -Muharram committees and Durga Puja committees -have shown patience and were not waylaid. Religion calls for putting out flames, not to stoke fire. Let the districts organise puja carnivals as we did on Red Road," she said.

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