

**NATION 5**  
MORE THAN PREPARED TO TACKLE COVID-19: KEJRIWAL**MONEY 6**  
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**CRICKET WEST INDIES ANNOUNCES PAY CUT FOR PLAYERS, ALL STAFF**

Cricket West Indies (CWI) has announced a temporary 50 percent salary cut and funding across the entire regional cricket system, effective from the start of July, due to financial crunch caused by the Covid-19 pandemic. The decision was made after CWI's Board of Directors received recommendations from the Financial Strategy Advisory Committee (FSAC) during a tele-conference. "With no international cricket currently being played anywhere in the world, and with great uncertainty of when regular cricket activity will resume, CWI like many other international sporting organisations is facing a significant loss of income, whilst also being uncertain of the long-term impact of the crisis on our operations," CWI said.

**NEW YORK TO BEGIN REOPENING IN PHASED MANNER FROM JUNE 8**

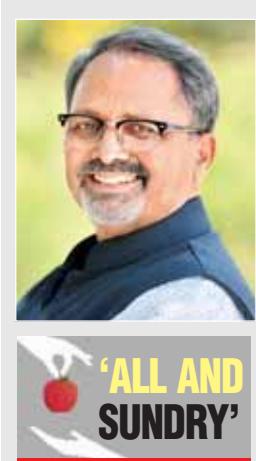
New York City, the epicentre of the Covid-19 pandemic in the US, will begin reopening in a phased manner on June 8, bringing about 4,000,000 employees back to work, Governor Andrew Cuomo has said. New York City has been shut since mid-March as coronavirus ravaged the metropolis, which has reported over 199,038 coronavirus cases so far and close to 20,000 deaths. US has so far reported more than 1,747,085 COVID-19 cases and over 102,835 fatalities — both the numbers highest in the world. Regions across New York State began their phased re-opening this month but New York City remained shut as it did not meet the seven health-related criteria necessary for the first phase of reopening.

**CENTRE AGAINST FREE POWER TO FARMERS, ALLEGES PUNJAB CM**

Rejecting the opposition's claim that his government was planning to withdraw the free power provided to farmers, Punjab Chief Minister Amarinder Singh on Saturday alleged it was the Centre that was trying to impose the anti-farmer condition on the state in the guise of extending fiscal support. He lashed out at Shiromani Akali Dal (SAD) chief Sukbir Badal for trying to pin the blame for the central government's 'misdemeanours' on the state government and dared him to leave the BJP-led National Democratic Alliance. The chief minister's reaction came as the SAD on Saturday warned the Congress government that it will launch an agitation if the free power to farmers is stopped.

**'HOW CORONAVIRUS JUMPED FROM ANIMALS TO HUMANS DECODED'**

The novel coronavirus was well-suited to jump from animals to humans by shapeshifting and gaining the ability to infect people, according to a study which sheds light on the origin of the COVID-19 pandemic. Researchers, including those from the University of Texas at El Paso in the US, conducted genetic analysis of the novel coronavirus and its similar variants in animals, and confirmed that its closest relative is a coronavirus that infects bats.



**Judicial orders are also key pointers to Jagan's performance**

2



**Fit to lead from the front: The 3F secret of Jaganmohan Reddy**

3



**'Provide relief in electricity for food processing industry'**

6

**TODAY**

**ALMANAC**  
Month & Paksham:  
Kartik and Shukla Paksha  
Panchangam  
Tithi : Navami: 05:36 pm  
Nakshatram: Uttra Phalguni: 03:01 am  
(Next Day)  
Time to Avoid: (Bad time to start any important work)  
Rahukalam: 05:05 pm – 06:43 pm  
Yamagandam: 12:13 pm – 01:51 pm  
Varjyan: 11:24 am – 12:53 pm  
Gulika: 03:28 pm – 05:05 pm  
Good Time: (to start any important work)  
Amritakalam: 08:19 pm – 09:48 pm  
Abhijit Muhrtham: 11:47 am – 12:39 pm

**VIJAYAWADA WEATHER**  
Forecast: Partly cloudy  
Temp: 41°C  
Humidity: 52%  
Sunrise: 05:41 am  
Sunset: 06:46 pm  
Current Weather Conditions  
Updated May 30, 2020 5:00 PM

# UNLOCK-1 HOTELS, MALLS, PLACES OF WORSHIP OPEN JUNE 8

PNS ■ NEW DELHI

The nationwide lockdown in containment zones has been extended till June 30, while hospitality services, hotels and shopping malls will be allowed to open from June 8, the Union home ministry said on Saturday.

Termed 'Unlock 1', the Centre on Saturday issued fresh guidelines relaxing the nationwide lockdown, the fourth phase of which ends on May 31.

In the new directives, the Union home ministry said re-opening of prohibited activities in areas outside containment zones will be done in a phased manner from June 1.

It said the lockdown, the fourth phase of which ends on Sunday, will remain in force in containment zones till June 30.

Religious places of worship for public, hotels, restaurants, shopping malls and other hospitality services will be opened from June 8, the guidelines stated.

The decision to restart inter-

**FACE COVERINGS**

Wearing of face cover is compulsory in public places; in workplaces; and during transport.

**WORK FROM HOME**  
As far as possible, the practise of WFH should be followed

national air travel, metro trains, cinema halls, gyms, political gatherings will be done after assessing the situation, it said.

Schools, colleges, educational, training, coaching institutions will be opened after consultations with states and Union Territories, the Ministry of Home Affairs (MHA) guidelines said.

The decision to restart inter-

Consumption of liquor, paan, gutka, tobacco in public places prohibited

**GATHERINGS**  
Large public gatherings/congregations continue to be prohibited. Marriage related guidelines: Number of guests not to exceed 50.

Funeral/last rites related gatherings: Number of persons not to exceed 50.

**SOCIAL DISTANCING**

Individuals must maintain distance of 6 feet in public places. Shops will ensure physical distancing among customers and will not allow more than five persons at one time.

**No restriction on movement of people, goods between states**

**New Delhi:** No separate permission, approval or e-permit will be required for inter-state or intra-state movement of people and goods, the centre said on Saturday, announcing guidelines for Lockdown 5. If a state or Union territory decides to regulate movement, it will be required to publicise its decision in advance. The centre today extended the coronavirus lockdown till June 30, but said that malls and restaurants can reopen from June 8 except in containment zones, or areas sealed because of a large number of virus cases.

4

**Night curfew from 9 pm**

The centre has issued fresh guidelines for coronavirus lockdowns as it extended the lockdown till June 30 in containment zones. The centre has given a plan for phased reopening of areas outside containment zones. Night curfew, however, will remain in force from 9 pm to 5 am across the country, the Home Ministry said in a statement, a change from 7 am to 7 pm in lockdown 4. People linked to essential services are allowed to move at night. Movement of individuals shall remain strictly prohibited between 9 pm and 5 am throughout the country, except for essential activities," the Home Ministry said. "Local authorities shall issue orders in the entire area of their jurisdiction, under appropriate provisions of law, such as under Section 144 of CrPC, and ensure strict compliance," the Home Ministry said.

4



We will be today terminating our relationship with the World Health Organisation and redirecting those funds to other worldwide and deserving, urgent global public health needs

— DONALD TRUMP, US President

surising the WHO to "mislead the world" about the virus.

Trump, who is seeking re-election in November, has been criticised for his own handling of the pandemic. He has blamed China for trying to cover up the coronavirus outbreak. China has rejected the US allegations and asked American politicians not to use the pandemic for political purposes.

4

**DR SUDHAKAR CASE****CBI registers cases against cops, others**

PNS ■ VISHAKHAPATNAM

Following the directions of Andhra Pradesh High Court, the Central Bureau of Investigation (CBI) has registered cases against police personnel, public servants and others for alleged brutal manhandling of anaesthetist Dr K Sudhakar Rao.

Based on the statement of Dr Sudhakar Rao given to Fifth Additional Civil Judge and Fifth Additional Metropolitan Magistrate, Visakhapatnam, the CBI officials registered the case under Sections 120-B, 324, 343, 379, and 506 (Criminal Conspiracy, Voluntarily causing hurt by dangerous weapons of means, wrongful confinement for three or more days, theft and criminal intimidation).

On March 16, Vizag city police allegedly roughed up suspended Sudhakar Rao, tied his hands and dragged him on the road near Akkayapalem in Vizag city on charges of creating nuisance in the public and abusing the AP government in an inebriated condition.

According to the recorded statement, Dr Sudhakar Rao said he was Civil Assistant Surgeon (Anaesthesia) at the Government Hospital Narsipatnam in Vizag district.

In the last 24 hours ending 9 am on Saturday, 70 cases were added within the state while another 61 came from other states, the bulletin said.

4

**131 fresh Covid cases in AP; tally touches 3,461**

PNS ■ VIJAYAWADA

Andhra Pradesh reported 131 new cases of Covid-19, including 61 from other states, on Saturday, taking the gross to 3,461.

According to the government bulletin, Covid-19 cases in AP were only 2,944 while the remaining 517 were foreign returnees and those from other states.

In the last 24 hours ending 9 am on Saturday, 70 cases were added within the state while another 61 came from other states, the bulletin said.

4

**IT, farm sector converge at RBK launch**

PNS ■ VIJAYAWADA

Celebrating the first anniversary of his government on Saturday, Chief Minister Y S Jaganmohan Reddy launched his pet project 'Rythu Bharosa Kendralu' (RBKs) that will act as a one-stop shop to address all the needs of farmers across the state. The Chief Minister said the RBKs would usher in a revolutionary change in the lives of the farmers as they would assist them in every step from purchase of seed to sale of their final produce.

Jagan pressed a button on a computer via a videoconference from his camp office at Tadepalli here to mark the inauguration of 10,641 RBKs.

Simultaneously, he launched an integrated call centre with the number 155251 for farmers to get their grievances redressed.

Jagan also launched the Comprehensive Monitoring of Agricultural Prices and Procurement (CM-APP) and the RBK logo and addressed the farmers across the state.

The RBKs in each village will sell seeds, fertilisers and pesticides, apart from acting as soil testing centres. A government release said the RBKs will also



be knowledge and training centres for farmers, with agriculture experts disseminating required information on better crop management and encouraging organic farming practices.

Each RBK will have a digital kiosk where farmers could place orders for inputs that would be delivered at their doorstep. They will also aid the farmers in marketing their produce. Agriculture Minister K Kanna Babu, Finance Minister Buggana Rajendranath, Chief Secretary Nilam Sawhney and others attended.

4

**TTD laddus for sale in Hyd from today**

PNS ■ HYDERABAD

Authorities of Sri Venkateswara Temple in Tirumala will start selling the world-famous 'Tirupati laddu prasadam' at its Kalyana Mantapam in Himayatnagar here from Sunday. This is being done as part of TTD's move to sell the sacred laddu, weighing 175 grams, among devotees at 50% discount in Chennai, Bengaluru and Hyderabad and at all dis-

tributed 60,000 laddus to the city. The authorities say they have taken precautions to avoid inconvenience to devotees.

The decision to sell laddus at various places has been taken by TTD in the view of the prevailing uncertainty over the resumption of darshan at the Sri Venkateswara temple atop Tirumala in Andhra Pradesh. Darshan at the hill shrine has been suspended since March 20 due to the Covid-19 pandemic.

**Swarm of locust species attack crops in TN**

PNS ■ CHENNAI

A swarm of locust species have attacked banana, rubber and other crops in parts of plantation dominated districts of Tamil Nadu, causing concern among farmers over the possible destruction of their crops, but the government assured them that the agriculture department has been instructed to tackle the "menace."

Since the last few days,



spotted coffee grasshopper, Bombay locust and the Crypsanthacris Tartaria, a type of grasshopper, have

been mistaken for the swarm of desert locusts which has been ravaging the crops in north-west India.

According to a member of the Grasshopper Specialist Group of the Species Survival Commission of the International Union for the Conservation of Nature, none of the three species noticed in the Nilgiris and in the vicinity, are of immediate threat.



**Fit to lead from the front:**

# THE 3F SECRET OF JAGANMOHAN REDDY

## HOW MINISTERS FARED IN FIRST YEAR

### BUGGANA RAJENDRANATH REDDY

will face the toughest phase of his lengthy political career when he presents his second Budget in the AP Assembly, whenever the situation returns to a semblance of normalcy. Among the 25 minister in the YSRCP government Buggana has the key player, considering the financial condition of the State. He had the honour of presenting the first-ever Budget of the YSRCP government for the year 2019-20 in which he put Revenue expenditure at Rs 1,80,475 crore with capital expenditure at Rs 32,293.39 crore.

Despite



the treasury being empty, Buggana managed not only to keep the administration running, but conjure finances to implement scheme after scheme launched by Chief Minister YS Jaganmohan Reddy. Presenting the Budget, Buggana managed to convey the message that the various projects introduced by the previous TDP government were just an eyewash and did not benefit the people. Buggana's stint as the Public Accounts Committee chairman, a post that traditionally is given to a senior leader of the main Opposition party, stood him in good stead. Now faced with the Covid-induced economic crisis, Buggana will have to dig deep into his bag of magic tricks, and conjure up more money, all the while hoping that the Central government releases funds, plenty of them, since the lockdown has left the Andhra Pradesh treasury empty.

**M EKATHOTI SUCHARITA**, the MLA from Prathipadu Assembly constituency, not only became the first woman minister from the SC community from Guntur district, but was also handed the responsibility of the home and disaster management portfolios. She is one of the three women ministers in the YSRCP Cabinet. She also handles the Disaster Management portfolio and hailed for bringing brought remarkable changes in the functioning of this department. A protege of the late YS Rajashekara Reddy — he noticed her during his historic padayatra in 2003 —

Sucharita, a Dalit, has earned Jagan's trust too. Under her watch, the Disha Act was introduced to support and protect women folk in the state. Sucharita has also overseen the launch of Disha Women's police stations across the state and she has been playing her role to perfection. After assuming charge as the home minister Sucharita took on a pastor from Tadipatri, accused of sexually abusing a girl. After the Centre announced the country-wide lockdown, Sucharita implemented it vigorously in the state. The absence of any major crime during stint, barring complaints of discrimination against TDP activists, is seen as proof that she has been successful as the home minister. With the lockdown being relaxed, and the political scene heating up across the state, Sucharita will have her hands full.

**M GAUTHAM REDDY:** The Kia Motors announcing an additional investment of US\$ 54 million in its Anantapur plant will further bolster M Gautham Reddy's image; he was always in the good books of Chief Minister YS Jaganmohan Reddy, right from the day the YSRCP came to power. Gautham Reddy was keenly involved in organising Diplomatic Outreach Programme involving Ambassadors, High Commissioners and Consul Generals from 34 countries, who actively participated in the deliberations on Investment opportunities in AP under the leadership of Chief Minister YS Jaganmohan Reddy to attract investments in Industries, Tourism, Health and Energy sectors.

Meanwhile, his performance in matters related to games and sports culture have been lauded by public. The minister, braving the threat of virus infection, was seen criss-crossing the district to take stock of the situation and meet the most financially vulnerable.

The Industries Minister was instrumental in leading the AP delegation to Auto Expo and Defence Expo from which the State received investment interest of around Rs 15,000 crore besides an official delegation visited Saudi, South Korea to explore investment opportunities in various sectors.

**A LLA KALI KRISHNA SRINIVAS (ALLA NANI),** Deputy Chief Minister and Minister for Health is on the forefront in the fight against the Covid-19 pandemic in all aspects right from participating in the review meeting with Chief Minister YS Jaganmohan Reddy and other officials and also in implementing the guidelines to contain the spread of the virus and in providing treatment to the infected people and providing the best

health infrastructure. During the situation due to the pandemic, the Minister ensured that the right message went out to the public, appealing to the people to cooperate with the government by not coming out of houses during the lockdown and strictly follow the prohibitory orders. He took active part in bringing the latest testing equipment was imported that increased the number of tests to identify the infected and to contain them to restrict the spread of the virus which was done effectively.

The Minister's job is far from done, as the number of cases spiral, he has to ensure that the number of tests increase too. Presently, his is the most important job after the Chief Minister in the state.

**PUSHPA SREEVANI,** Deputy Chief Minister holding the tribal welfare portfolio, is among the ministers active on social networking platforms and seems to be receptive to suggestions and act on the complaints. Just 33 years old, she visits most of the tribal pockets to take stock of the implementation of the welfare schemes meant for tribals.

However, shifting of pregnant women from the hinterlands of the tribal area to hospitals on slings due to lack of road connectivity calls for the better infrastructure in the Agency. She had also warned the engineers concerned for the development works of action if the infrastructure works were

not completed within deadline. Scrapping of bauxite mining GO and her efforts to include more villages dominated by tribals in the states in scheduled areas are also laudable. Promoting the natural resources available in the tribal pocket and providing the rights of tribal be it related to land or other services, would be a challenge for the Minister.

Of late, all young politicians focus on the kind of investments they have brought to their state, but unlike the other younger lot of politicians, Jagan is more focussed on fulfilling promises he had made.

Unlike the much-touted softwares and dashboards wit-

**SUMIT ONKA  
VISAKHAPATNAM**

Imagine walking 3,648 km in 341 days that too in the scorching summer, torrential rain and chilly winter, and at the end of each of these 341 days, delivering an passionate speech energetically to the crowds at the end of the day!

It speaks about the level of fitness the 47-year-old Andhra Pradesh Chief Minister YS Jaganmohan Reddy.

The fact that Jagan was able to do it for the entire duration of his padayatra speaks volumes not just about his physical fitness but also his mental strength.

It is even more astounding if one pauses and considered the sequence of events before the padayatra — the untimely demise of his father and former Chief Minister YS Rajasekhar Reddy, rebelling against the Congress to launch his own party, and then his arrest, followed by his release, the heartbreak of coming so close yet not able to win the 2014 elections, coupled with some leaders deserting the party. All these would have been enough to break a person mentally.

So, from where does Jagan get the energy to keep going? How does he manage to stay healthy after a super hectic schedule and handling the responsibility of governing a state?

Spirituality seems to have given him strength to overcome the challenges apart from his fit body. "I will very candidly share that I don't have any vengeance or any grievance against anybody. I have faith in God and I read the Bible every day. I strongly believe that

vengeance is not mine, it is for God to decide," he had told a TV channel while

replying to a question related to his stance on the Congress.

Tension, anger, anxiety takes a toll on the body. But Jagan's habit of reading the scriptures every day and keeping a positive frame of mind are helping him to stay cool like cucumber. He never loses his temper and respectfully calls every one 'anna' or 'garu'.

YSRCP party members close to the Chief Minister say Jagan is a fitness freak. "Come whatever and even if he hits the bed late, he wakes up early in the morning, at around 4.30 am. He does rigorous exercise, yoga.

Coming to breakfast, he mostly takes juice, salad or anything low in carb," confided a YSRCP leader, adding that Jagan leads a disciplined life and does not consume liquor.

Unlike his father who was sometimes enjoyed his food, Jagan maintains a strict diet and does not binge on junk foods. It is learnt that he avoids rice and carbs and mostly eat chapati with a good amount of vegetables. He has a sweet tooth for chocolate though.

And top of it, his family is the main pillar. He tries his best to take time out and spend time with his family and kids.

In a nutshell, physical fitness, mental strength and family times keep him fit to lead Andhra Pradesh.



## MAN IN WHITE SHIRT AND FORMAL KHAKI TROUSERS

■ White shirt with Khaki formal trousers has become a trademark outfit of Jagan.

■ This apart, shirt with sleeves rolled up to the wrist and a smile to die for what some of his female supporters say add charm to the CM's personality.

■ He is rarely seen in another other outfit and that creates curiosity with people wanting to know the reason behind it.

■ Some Christians say white is the symbol for righteousness and purity

and that could be reason Jagan prefers white — as the Chief Minister of the state, he needs to do justice to all.

■ However, the grapevine says that someone he seeks spiritual advice from may have suggested him to stick to the outfit for luck.

■ The reason behind the white shirt- khaki trouser will remain a mystery until the time the Jagan himself chooses to reveal it.

**Jagan keen on building his own legacy**

**NAVEENA GHANATE  
HYDERABAD**

The first year of his five-year term has not been a cakewalk for YS Jaganmohan Reddy.

While it's clear that his focus was on welfare and rolling out populist schemes, it can also be said that development and getting investments to the state were not part of his agenda. For a young Chief Minister who is also a businessman, it would be naturally assumed that investments would be his goal.

Of late, all young politicians focus on the kind of investments they have brought to their state, but unlike the other younger lot of politicians, Jagan is more focussed on fulfilling promises he had made.

Unlike the much-touted soft-



nishes and dashboards wit-

Jagan planned schemes in such a way that his vote bank remains unhampered even without a development agenda. Be it filling up Cabinet or nominated posts or reaching out to the vulnerable sections through his schemes, he made his moves strategically to further strengthen his already strong political career.

But in this strategy of strengthening himself as invincible politician, he came across as an amateur and took some controversial decisions that ran right into the legal wall in the form of the High Court.

While Jagan may have valid reasons for demolition of Praja Vedika and shifting of the capital, the way the sequence of events unfolded, the implementation came across as political vendetta. He made it clear

in his first speech that that he was not here to fulfil the dream of Chandrababu Naidu's Amaravati.

In an agrarian economy, he wants to bring governance at doorsteps of villagers be it in form of village secretaries or village clinics. Telugus who are known to migrate from place to place but now, they can actually stay at home and get services at their doorstep.

Maybe it is his father's legacy as a doctor, or the coronavirus pandemic, Jagan decided that a person need not go to a mandal or district government hospital to utilise health services.

Unlike politicians who are trying to get their kin into politics by hook or by crook, Jagan has worked hard to be where he is and clearly wants to leave a legacy of his own.

**B OTSA SATYANARAYANA:** As a senior member of the ruling with experience of handling various portfolios in the YS Rajasekhar Reddy Cabinet, Botsa Satyanarayana is ensuring the wheel of the municipal administration department machinery keep on turning smoothly. However, the department has hardly implemented any new projects in the first year. Most of the

insecurity by deciding prices of aqua products. During the Covid lockdown, with the initiative of the Minister, 2,830 tonnes of aqua products were exported to China. With the easing of the lockdown, the Minister looks to find his mojo again, and get the Fisheries department back on track.

**M OPIDEVI VENKATA RAMANA RAO** is one of the close aide of Chief Minister YS Jaganmohan Reddy and is one of the few who also worked with the Chief Minister's father, the late YS Rajasekhar Reddy. The Fisheries and Animal Husbandry Minister has led the drive to establish a special corporation for aqua farmers in the state, to mitigate them from marketing and other problems which was long pending issue. Venkata Ramana Rao was committed to rescue aqua farmers, who are facing

insecurity by deciding prices of aqua products. During the Covid lockdown, with the initiative of the Minister, 2,830 tonnes of aqua products were exported to China. With the easing of the lockdown, the Minister looks to find his mojo again, and get the Fisheries department back on track.

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## SHORT READS



## Centre to test tap water quality in all districts by Aug 15

**NEW DELHI:** The consumer affairs ministry on Saturday said it plans to draw samples of tap water from all district headquarters and test them by August 15. However, it needs to be seen how the ministry will implement the project amid the COVID-19 situation. "The plan is to draw samples of tap water from all districts and complete the testing by August 15," the ministry said in a statement. Last year, the ministry had tested samples of tap water from 20 state capitals, apart from the national capital. It found the tap water not complying with quality norms in most states. Testing was conducted for organoleptic and physical tests, chemical tests, toxic substances and bacteriological tests. Except for one or two parameters, the samples failed in all other quality norms, it added.

## TN announces further easing of curbs for shooting TV serials

**CHENNAI:** The Tamil Nadu government on Saturday announced further relaxation in curbs for shooting of TV serials, allowing more professionals to be employed on the sets. Chief Minister K Palaniswami recalled he had earlier allowed filming of TV serials on May 21 with a maximum of 20 actors and technicians but said the industry had pleaded to enhance the number. Two industry bodies had informed the government that it was not possible to shoot serials with the said cap of 20 professionals, he said in a statement. "Heeding their request, a maximum of 60 actors and technicians can be employed for the shoots from May 31," he said. A one-time approval should be obtained from Chennai Corporation Commissioner or District Collector, based upon the jurisdiction, before commencement of the shooting, he said.

## Gang of 15 men held for mid-sea robbery in Goa

**PANAJI:** The Goa Coastal police on Saturday arrested 15 men for stealing fish and navigational equipment from a fishing trawler between the coast of Goa and Malwan in Maharashtra, an official said. A gang of 15 men, headed by one Narayan Adkar, was arrested for robbing a trawler and decamping with fish and equipment, around 60-65 nautical miles away from Goa coast, the senior official said. The arrest was made based on a complaint lodged by a trawler owner Joao Fernandes, who alleged that the accused had come aboard his trawler on Friday morning and held the crew hostage, before escaping with the stolen goods in another trawler, the official said.

# No clarity on strain-specific deaths as India toll close to 5K

PNS ■ NEW DELHI

There is no data currently available that can clearly say that there are strain-specific differences among SARS-CoV-2 viruses, which are leading to more deaths, says Jeffrey Townsend, Professor at Yale University. He also said the virus does not concern itself with geography, nation, race, or strain.

Queried on the L-strain of the coronavirus behind many deaths, Townsend said "There is no data currently available that persuasively argue that there are strain-specific differences among SARS-CoV-2 viruses. Most stories regarding these differences are likely the product of wishful thinking or fear-mongering."

In April end, the high mortality rate due to Covid-19 in Gujarat was reportedly attributed to the "L-strain", though it is yet to be established. It was suspected that L-type strain is



more virulent, as opposed to "S-strain."

India on Saturday was just 30 short of the 5,000 deaths due to the pandemic so far, even as it recorded the highest jump in single day almost touching 8,000 positive cases as its total tally breached 1.73 lakh.

Queried whether people will develop lasting antibodies to protect them from this infection, Townsend, who is Elihu Professor of Biostatistics and Ecology & Evolutionary Biology

**India on Saturday was just 30 short of the 5,000 deaths due to the pandemic so far, even as it recorded the highest jump in single day almost touching 8,000 positive cases as its total tally breached 1.73 lakh**

have evolved a dramatically different relationship with our mammalian immune system" added Townsend.

On the replication of coronavirus, he added that viruses replicate as they infect, so unlike other kinds of threats, a low level of virus now does not augur a low level of virus later -- quite the opposite.

# Rahul has 'limited' understanding: Nadda on his COVID-19 comments

PNS ■ NEW DELHI

Slamming Rahul Gandhi for his criticism of the Modi government's handling of the COVID-19 situation, BJP president J P Nadda said on Saturday that the Congress leader's understanding of these issues is limited and that his statements are not aimed at addressing the crisis but are all about politics.

Addressing a press conference on the first anniversary of Prime Minister Narendra Modi-led government's second term, Nadda said the last one year will be known for many bold decisions and its timely actions to deal with coronavirus have ensured that the situation remains in control in India when many big and powerful countries have found themselves "helpless".

The first year of the Modi government's second term has been full of accomplishments and unimaginable challenges with the prime minister leading from the front and taking "bold and timely" decisions to combat



COVID-19 crisis.

Asked about Gandhi's remark that the nation-wide lockdown has failed in its purpose, Nadda said, "Rahul Gandhi doesn't understand these issues deeply. His understanding and study of issues is limited. That is why he makes confusing remarks by sometimes questioning the lockdown and sometimes demanding why it was not being extended."

His statements are for political ends and all about politics, and they have got nothing to do

## More than prepared to tackle COVID-19: Kejriwal

PNS ■ NEW DELHI



Delhi Chief Minister Arvind Kejriwal said on Saturday that his government was "several steps ahead" of the novel coronavirus and was more than prepared to deal with the situation. Kejriwal underlined that the aim of the government was to ensure that the number of deaths from the coronavirus disease (COVID-19) should not rise even if the count of patients were rising.

"We want to assure Delhi residents that your government is several steps ahead of the coronavirus," the chief minister said at an online press conference.

"We are making of plenty arrangements that are much more than the requirements. We are more than prepared to tackle it," he said.

According to Kejriwal, cases of the pathogen went up by

## Skymet announces arrival of monsoon, IMD differs

PNS ■ NEW DELHI

The southwest monsoon has arrived in Kerala before its onset schedule, private agency Skymet Weather announced on Saturday, but India's official forecaster IMD said conditions are not yet ripe for the declaration.

Skymet Weather CEO Jatin Singh said all conditions such as rainfall, Outwave Longwave Radiation (OLR) value and wind speed have been met to declare the arrival of the southwest monsoon over Kerala. "#JUSTIN Southwest #Monsoon2020 finally arrived on the mainland of India, #Monsoon arrived on Kerala before the actual onset date. All the onset conditions including rainfall, OLR value, wind speed, are met. Finally, the 4-month long festival begins for Indian. #HappyMonsoon (sic),"

the private forecaster tweeted.

The onset of monsoon over Kerala marks the commencement of four-month rainy season in the country. The country receives 75 per cent of the rainfall from June to September.

Skymet had predicted that monsoon will hit Kerala on May 28 with an error margin of plus or minus 2 days. Whereas,

## Year of disappointment, disastrous management and diabolical pain: Cong

PNS ■ NEW DELHI



The Congress on Friday described the first year of the Modi government as a "year of disappointment, disastrous management and diabolical pain".

Congress leader K C Venugopal said the six years of the Modi dispensation have seen fraying of bonds of empathy, fraternity and brotherhood with increase in acts of communal and sectarian violence.

Congress chief spokesperson Randeep Surjewala said that at the end of six years, it appears the Modi government is at war with its people and is inflicting wounds on them, instead of healing them.

"It is inflicting wounds on Mother India," he said.

## ED attaches over Rs 14 cr assets in Bihar's Srijan scam

PNS ■ NEW DELHI



statement.

A provisional order for attachment of the properties, worth Rs 14.32 crore, was issued by the ED against Srijan Mahila Vikas Sahayog Samiti Limited (SMVSSL) under the

## Prevention of Money Laundering Act.

The agency slapped money laundering charges in the case on the basis of a CBI FIR. The CBI has also filed multiple charge sheets in the case.

The ED said its investigation found that "from 2003-04 funds to the tune of Rs 557 crore were siphoned off from government accounts after being illegally transferred to the bank accounts of the NGO (Srijan)".

"Late Manorma Devi was the secretary of the society (NGO) since inception till her death on February 13, 2017.

"She was the main accused, who along with others involved in misappropriating the government funds in collusion with government and bank officials," the ED alleged.

## MHA lists its achievements in Modi Govt 2.0: Repeal of Article 370, Ayodhya trust

PNS ■ NEW DELHI



March 25.

The lockdown was first announced by Prime Minister Narendra Modi on March 24 for 21 days in a bid to check the spread of the virus. It was first extended till May 3 and again till May 17. It has been further extended till May 31.

The MHA has set up a 24x7 control room in the North Block as a nerve centre for monitoring, grievance redressal and daily status report collection from States and Union Territories (UTs). It is also attending to the queries of States and UTs or other ministries on lockdown measures.

The MHA also issued a series of guidelines to ensure uninterrupted movement of essential goods, providing food and shelter to homeless people and migrant labourers.

Proactive action taken to check COVID-19 through a nationwide lockdown, abrogation of Article 370 which gave special status to Jammu and Kashmir, and opening of the Kartarpur Sahib Corridor top the list of achievements of the Ministry of Home Affairs in the first year of the Modi government 2.0.

Empowerment of the National Investigation Agency (NIA) with extra territorial jurisdiction and declaration of Maulana Masood Azhar, Hafiz Muhammad Saeed, Zakir Rehman Lakhvi and Dawood Ibrahim as terrorists after legislative amendment were counted among its achievements by the MHA, headed by Home Minister Amit Shah.

The MHA also said the Shri Ram Janma Bhoomi Teerth Kshetra Trust was set up by it to oversee the construction of Shri Ram Mandir at Ayodhya following a Supreme Court order.

Referring to the "proactive measures" taken to control the novel coronavirus pandemic, the MHA said it was declared

as notified disaster on March 14 for the purpose of providing assistance under State Disaster Response Fund (SDRF) placed at the disposal of respective state governments and thereby augmenting their resources.

It listed the lockdown measures implemented when it first came into effect from

## 28% of COVID-19 cases in India till April 30 are asymptomatic: Study

PNS ■ NEW DELHI



At least 28 per cent of 40,184 people who had tested positive for COVID-19 between January 22 and April 30 in India were asymptomatic, a study found, raising concerns about the novel coronavirus being spread by those who show mild or no symptoms.

A large proportion of both those tested and those positive were asymptomatic contacts, according to the study by the Indian Council of Medical Research (ICMR) scientists along with other collaborators.

Healthcare workers constituted about 5.2 per cent of the total infections, said the study published in the Indian Journal of Medical Research (IJMR).

According to the study, of the 28.1 per cent asymptomatic patients, 25.3 per cent were direct and high-risk contacts of the cases, while 2.8 per cent were healthcare workers in contact with confirmed the

case without adequate protection.

"However, the proportion of the asymptomatic infected people could be much more than the 28.1 per cent and this is a cause of concern for us," Manoj Murhekar, director of the ICMR's National Institute of Epidemiology and one of the authors of the study, said.

The findings stated that the proportion of confirmed cases was highest among asymptomatic contacts, while 2.8 per cent were healthcare workers in contact with confirmed the

**The 28.1 per cent asymptomatic patients, 25.3 per cent were direct and high-risk contacts of the cases, while 2.8 per cent were healthcare workers in contact with confirmed the case without adequate protection**

positive for the novel coronavirus.

In this study, an analysis of the laboratory surveillance data was done to describe the testing performance and descriptive epidemiology of COVID-19 cases by time, place and person.

The attack rate (per million)

and was lowest among those under 10 years (6.1). The attack rate was higher among men as 41.6 of them tested positive, while 24.3 of the women contracted the infection. Coronavirus cases were reported from 523 of the 736 (71.1 per cent) districts in the country.

States/UTs with the highest proportion of districts reporting positive cases included Delhi, Maharashtra, Kerala, Punjab, Haryana, Tamil Nadu, Andhra Pradesh and Gujarat.

States/UTs with the highest test positivity are Maharashtra (10.6%), Delhi (7.8%), Gujarat (6.3%), Madhya Pradesh (6.1%) and West Bengal (5.8%).

Testing increased from about 250 individuals per day in the beginning of March to 50,000 by the end of April. Overall, 40,184 (3.9 per cent) tested



## Puri Rath Yatra likely to be held without devotees

PNS ■ BHUBANESWAR

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As part of Rath Yatra and Bahuda Yatra, three chariots would be pulled on the Badabanda (grand road) in presence of servitors, officials and policemen. Snana Yatra, scheduled on June 5, could be performed inside temple premises, he said.

He said the temple would remain closed till Niladribije in view of Covid-19 pandemic.

The Information and Public Relations Department will make arrangements for live telecast of Snana Yatra and Rath Yatra rituals. "I request devotees to stay safe at home and watch the telecast on television," the Puri Gajapati said.

Former world chess champion Viswanathan Anand finally returned to India on Saturday after being stuck in Germany for over three months due to the travel restrictions imposed in the wake of the COVID-19 pandemic.

Anand was in Germany to play in the Bundesliga chess league in February and was to return to India in March, but was forced to stay put after the COVID-19 outbreak disrupted sporting schedules across the globe due to restricting movement.

The Chennai-based chess maestro arrived by an Air India flight (AI-120) from Frankfurt via Delhi and reached the Kempegowda International Airport in Bengaluru around 1.15 pm.

"Yes...Anand has arrived. He is fine and settling down," his wife Aruna Anand said.

## CAPSULE



## Hyundai exports over 5k units in May

**NEW DELHI:** Hyundai Motor India Ltd (HML) on Saturday said it has exported over 5,000 units this month after resuming production at its Chennai-based plant on May 8. The company has reinforced its commitment to support the government's 'Make in India' vision with more than 5,000 export units for May, the automaker said in a statement. "We have once again made a humble beginning towards normalcy by exporting more than 5,000 units in May. This is a testimony of Hyundai's resilient efforts towards localisation and to accentuate economic recovery," HML MD and CEO SS Kim said. The company initiated vehicle exports from India in 1999 has till date dispatched over 30 lakh units to around 88 countries in four continents, he added.

## Torrent Gas Limited commissions CNG stations in 5 states

**NEW DELHI:** Torrent Gas Ltd, the city gas distribution firm of the Gujarat-based Torrent Group, has commissioned 21 CNG selling stations in five states after lockdown relaxations allowed resumption of some economic activities, the company said. Torrent Gas, which holds licence to retail CNG to automobiles and piped cooking gas to household kitchens in 32 districts across seven states, commissioned 10 outlets in Uttar Pradesh, four in Punjab, three in Gujarat and Telangana each and one in Rajasthan. Its CNG stations were part of the 56 newly-built ones that Oil Minister Dharmendra Pradhan dedicated to the nation through a web event on Friday, the company said. Jinal Mehta, director, Torrent Gas, said, "With the commissioning of these 21 CNG stations, we have set up a total of 58 CNG stations within a relatively short span of time."



## India needs intelligent Corona lockdown exit strategy: SBI report

PTI ■ NEW DELHI

India needs to implement an intelligent lockdown exit strategy to prevent irreversible growth collapse, SBI said in a research report on Saturday.

India's economic growth slipped to an 11-year low of 4.2 per cent in 2019-20 and to 3.1 per cent in January-March, the lowest in the last 40 quarters.

The nation-wide lockdown to prevent spread of coronavirus with effect from March 25 has hit economic activities

## DPIIT weigh options for more tax relaxations

PTI ■ NEW DELHI

The revenue department and DPIIT are working together to see what more relaxations can be given to startups under direct and indirect tax regime with a view to promote budding entrepreneurs, a top government official said on Saturday.

Secretary in the Department for Promotion of Industry and Internal Trade (DPIIT) Guruprasad Mohapatra said that they will be submitting a comprehensive vision document for startups to the Cabinet, which has proposed series of steps.

Talking about the host of measures on which they are working, he said the DPIIT will be extending more funds this year to startups under the Fund of Funds scheme. It has provided over Rs 1,000 crore last year. "Right now the taxation team of department of revenue and startup India team from DPIIT are working together to see what further relaxations can be given in the direct and the indirect tax regime. We are also trying to provide marketing support to those startups who are into manufacturing by providing them space under the public procurement scheme of the central government," Mohapatra said.

He was speaking at Rajasthan STRIDE virtual conclave, which was organised by Secretary in the Department of Science and Technology, Government of Rajasthan Mugdha Sinha.

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Commenting on the GDP data released on Friday, the report said loss of economic activity due to the lockdown in the last few days of March has dragged GDP growth to a 40-quarter low of 3.1 per cent in the fourth quarter of 2019-20.

With this, the full year 2019-20 GDP growth comes to 4.2 per cent (11-year low) compared to 6.1 per cent in the preceding financial year.

In terms of sectors, the only silver lining was agriculture, it said.

Agriculture and allied activities grew at 4 per cent in the fiscal ended March 2020, compared to the year-ago growth of 2.4 per cent.

Going by past experience, recovery from recession often tends to be slow and takes five to ten years to reach the former peak levels of economic

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In terms

# Build your future

Civil engineering offers a promising career. DR ARUN VIKAS SINGH tells you how students can make it a lucrative option, considering the constant advancements in the field

Civil engineering is one of the oldest disciplines in the field of engineering and has extended itself across many technical specialties over the years. It is a well-known and professional engineering discipline that ventures with sectors like planning, designing, constructing, developing and maintaining the physical and natural environment. With the ever-changing evolution of humankind, the development of infrastructure also keeps progressing. Subsequently, the civil engineering course also involves training students in improving the existing infrastructure and protecting the public and environmental health. According to a research report by Global Market Insights, Inc, the Civil Engineering Market size is expected to grow up to \$11.72 trillion by 2025.

Over the course of years, the study of civil engineering has undergone a major transition. The advancing techniques for large scale construction have led to the production of spectacular skyscrapers, dams and bridges all over the globe. Conventional methods of building in bricks and masonry had reached the limits of feasibility in the 18th century itself. This makes it essential for educational institutions to keep upgrading their syllabus in order to train their students to keep up with the changes and make themselves ready for the progression that the future holds.

The four-year degree course of Civil Engineering equips students with tackling problems that the society faces and provides efficient engineering solutions in the various sub-disciplines.

Considering the constant advancements in the field, let us delve into the understanding of what are the steps that students should follow in order to be a successful Civil engineer and its scope:

#### BECOMING A CIVIL ENGINEER:

Civil engineering is a branch of engineering that can be pursued post-secondary school and students who have a science background are eligible for the same. It also requires a strong base of physics and mathematics for the same. The degree covers a wide range of scientific topics like mechanics, hydraulics, materials science, the statistical analysis which enables students to be updated with the latest developments. Continuous



advancement in the field can open up even more lucrative opportunities. After earning their professional license, students have the option of returning to school for a master's degree in engineering management or a master of business administration. A graduate degree qualifies engineers to serve as architectural or engineering managers.

#### HONING PERSONAL SKILLS:

In today's highly competitive, global world, civil engineering students who possess the proper training, education, and experience often find multiple career opportunities and options for themselves. However, there are a few essential skills that students need to have a solid grasp of, apart from the theoretical knowledge that the college imparts.

These skills include mathematical training, technical knowledge, leadership skills, problem-solving, organisational skills and decision making. Honing these skills not just helps one ace at engineering studies but also gains the upper hand in building a promising career.

**Qualified civil engineers can find jobs in various sectors, particularly in the construction sector, on buildings and large structures of all kinds, transport and communications infrastructure. They can now tap the private sectors and the international market as well**

#### JOB PROSPECTS:

Qualified civil engineers can find jobs in various sectors, particularly in the construction sector, on buildings and large structures of all kinds, transport and communications infrastructure. Traditionally, civil engineering was looked upon as a field that was approached only by students wanting to get a job in the public sector or the ones having a family background relevant to the field of construction. However, with the broadened scope of opportunities and progress that the industry has made, students can now tap the private sector as well as the international market. A few job positions that can be tapped by civil engineering students after the studies are Construction Manager, Geotechnical engineer, Environmental engineer, public health engineer and urban planning engineer.

#### SPECIALISED FIELDS:

Students wanting to study further after their graduation can opt for specialisation as well. The various specialisations that the students

can choose from after a BE or Btech degree in civil engineering could be either a Master's programme or a certified diploma course in the below-mentioned fields:

- Civil Structural design
- Building Technology & Construction Management
- Materials Science and Engineering
- Coastal Engineering
- Construction Engineering
- Earthquake Engineering
- Environmental Engineering
- Geotechnical Engineering
- Water Resources Engineering

Considering the above-mentioned prospects and career scope, one thing that can be concluded is that the civil engineering sector is advancing at a phenomenal rate and is no longer traditional.

With the progressive innovations in technology and infrastructure, colleges need to upgrade their course as we enter this new transition of development through the face of civil engineering.

The writer is Principal, T.John Institute of Technology, Bangalore

## Education during COVID-19

The whole world, including India, is passing through unprecedented difficult times due to the outbreak of COVID-19 Pandemic. As all universities, colleges and schools are closed due to national lock down, the teaching — learning processes and research activities have been badly disrupted.

Recently, the Delhi Government announced that it would conduct online classes for Class XII students, but school teachers say that it is impractical since most of the students do not have access to the required digital facilities.

Teachers working in elite schools in cities and big towns may proudly state that they conduct classes online and help the students make use of the lock down period in a useful manner.

What about teachers working in Government Schools, ZP High Schools, Panchayat Schools in rural areas? Neither teachers nor students have access to the required digital facilities.

However, in the education domain, now, we have three main opportunities:

- Our students belong to Gen Z
- Numerous web resources and
- Enthusiastic teachers.

Gen Z learners are true digital natives. They are born in digital era and are familiar with computers, multimedia content and internet based activities from an early age. As they live in online environment and speak the language of technology; they need to be taught differently.

Now, it is the right time to introduce e-learning and develop learner autonomy.

The COVID-19 lockdown has enabled teachers to become creative. They can now create e-material such as YouTube videos and PPTs and share the links with the students and engage them during the lock-down period.



Prof D Narayana Rao  
Pro Vice Chancellor,  
SRM University — AP

In a country where access to the internet and high speed connectivity is still a problem and the digital divide is an issue, it is important to address these challenges. Those who are involved in education planning and administration should give a serious thought to reducing the digital divide in the country.

The need is to establish digital and online education wing in higher education. We need to create a mechanism, engaging the students during the lockdown period, in an effective, educative and constructive way so that they do not lose the focus.

The students going to American Universities for pursuing higher education and in addition they prefer American Education because of the job opportunities available in the US. Due to COVID-19 pandemic, several MNCs are pulling out their operations from China and they may prefer India.

Simultaneously, the Government is planning the development of necessary infrastructure and creating conducive environment for the ease of doing business.

Post COVID-19 could be a game changer for education sector in the country, if we use the technology effectively and make use of the opportunities.

## Engaging young minds virtually

With education taking the online route, preschools are trying best to maintain the essence of learning by introducing co-curricular activities virtually for the young ones, says PREETI KWATRA

The outbreak of the coronavirus pandemic has created immediate and unprecedented challenges in the field of education. As of March 31, 185 countries around the globe have implemented the closure of preschools, schools and universities. Nearly 1.5 billion children and youth have been impacted by the crisis. In India, schools were among the first of many organisations which started shutting down as a precautionary measure to prevent the spread of the virus.

The young minds i.e. kids under five years of age have been also part of this new world which we are living in of uncertainty with this coronavirus. The concept of education changed even for preschools overnight and in these times of crisis, digital learning has emerged as an indispensable resource for education even for the kids of this tender age.

Digital technology has made the teachers go beyond their creativity for remote learning opportunities for kids to create intriguing (virtual) experiences. Virtual classes have made kids meet and interact with their teachers and



friends which adds lot of enthusiasm in them. Curriculum shift has new goals and anticipation behind. However, there are lot of motor development and skill development activities which can no more be the way it use to be earlier in classrooms.

Where we see the world changing for kids and parents; the major drift is for teachers. Long working hours everyday, keeping the students active, focused, motivated, engaged, and connected in what has been the major focus to achieve the curriculum goals set across. None of this is achievable without the hardworking parents who are working along with their kids to

ensure that even in this crisis, the kids development should not suffer.

Schools are not only dealing with the academics but they are also supporting the students in other important aspects as well, suc as yoga, arts & craft and drawing lessons are being imparted to them.

Virtual Curriculum shift has made the teachers work at digital pace with keep up of all the latest trends in virtual teaching skills across platforms to ensure the best practices are in place even if its virtual.

At last, virtual learning is going to reset the concept of education entirely, based on preparing for exams only. Now the schools have adopted the new culture and in enabling personalised lesson charts which makes learning more interactive, fun and engaging. Schools have started focusing on co-curricular activities precisely. It makes the students more self-motivated to finish their work and stick to their routines. Undoubtedly, there is a discipline in student's work without any peer distraction.

The writer is Founder and Director, Petals India's Preschool Club



ture and the difficulty level of sample questions or numerical problems. While teaching,

- a teacher can give questions to students
- a teacher can ask students if they are facing difficulty in understanding
- a student can ask doubts in real time, like they do in an offline class, this is the most critical aspect of learning. Students learn the most when their classmate asks a question or a doubt.

Pre-recorded classes: It is a Self Paced Learning Model wherein the learner has the control viz 'when to study'; 'how much to study'; 'pace of study'. This learning model allows one-way communication wherein learning is asynchronous. A student can only watch/listen to a teacher, interact with them and even ask questions.

The learning environment consists of teacher & peer group. Since it's a live class, teacher can see the students and can assess them at every moment while they are teaching. Depending upon a student's goal, progress and level, teachers can adjust/modify their lec-

ture. There is no difference in lecture content or level of teaching as per learner's ability or appetite. All types of students are served the same content i.e common for all. Hence learning as per student's ability gets suppressed. There is no provision for students to ask questions in real time. So the essence of real learning is lost.

It is ideal for adult learners who are matured & self driven. But in the K-12 segment, students are of lower age group, especially those preparing for competitive exams, they need a lot of intervention by teacher. So, a two-way synchronous communication is the way forward.

The writer is Center Head and HOD — Chemistry Department at FIITJEE Punjabi Bagh

## Diploma in medical cosmetology

PNS ■ NEW DELHI

The Institute of Laser and Aesthetic Medicine (ILAMED) is offering a unique online international Diploma programme in Medical Cosmetology through live sessions on Zoom from May 27-May 31, 2020 to their physician trainees.

The courses will cover a wide range of subjects like chemical peels, microneedling, botulinum toxin, fillers, body contouring, PRP, mesotherapy, laser & light Rx. There will also be live demonstration by clinics and hospitals.

experts during the session. The programmes are ideal for those looking for a fresh start in their career as well as for physicians or cosmetologists looking to expand their practices.

"We are extremely happy to announce our international online diploma in medical cosmetology programme on multiple requests from colleagues in the medical fraternity. This course will offer great opportunities for expanding a medical practice, and stands alone as a highly sought technical specialty by clinics and hospitals."

Anyone who wants to register for the course can book their place by making a call or WhatsApp at +91 7383606869/965050965 or email: courses@ilamed.org. For more information, please visit [www.ilamed.org](http://www.ilamed.org).

## Online session on self-introspection

PNS ■ NEW DELHI

The JD Institute of Fashion Technology has been hosting 'JD Talks', a series of online interactive sessions, in a nationwide campaign to address the challenges thrown up by the COVID-19 pandemic.

Anyone who wants to register for the course can book their place by making a call or WhatsApp at +91 7383606869/965050965 or email: courses@ilamed.org. For more information, please visit [www.ilamed.org](http://www.ilamed.org).

Shaikh, Nandini Bhalla, and Ronjoy Gogoi, among others.

A recent session was organised to discuss self-isolation and social distancing and their impact on mental health. Experts talked about the different aspects of quarantine and the importance of embracing uncertainty and focusing on things that enhance students' abilities.

Followed the session, experts helped the students to create a routine that prioritises mental wellbeing. They also advised students on how to deal with the quarantine period and bring stability, comfort, and happiness in their lives.

Commenting on the initiative, Akshra Dalal, Director, JD Institute of Fashion Technology, said: "I am extremely happy that our initiative brings a sense of togetherness and self-introspection in our students and audiences. In this adverse situation, we look at the brighter side and accept this as an opportunity to explore our creative talents. As a design institution, we always believed in exploring the creative and meaningful side of our lives. JD Talks was one-of-a-kind campaign to help people deal with mental stress and strengthen their abilities under the guidance of experts."

## Updated admission process

PNS ■ NEW DELHI

The Shiv Nadar University on May 20, 2020 announced modifications to its admission process for the undergraduate programmes, in the wake of the COVID-19 pandemic. The university is among the first few educational institutions in the country to conduct remotely proctored admission test (SNU-SAT & APT) using an AI mechanism that is secure and ensures anti-cheating surveillance.

The university is also accepting existing SAT scores for admission purpose. Students with a score of 80 per cent and above in their JEE Mains 2020, will be exempt from taking SNU-SAT & APT and can apply directly for admission in programmes under engineering or natural sciences. All changes made to the policy, are available at [http://snuadmissions.com/admission\\_info\\_2020.php#alerts](http://snuadmissions.com/admission_info_2020.php#alerts).



REALISE DEEPLY THAT THE PRESENT MOMENT IS ALL YOU EVER HAVE. MAKE THE NOW THE PRIMARY FOCUS OF YOUR LIFE  
— ECKHART TOLLE

**COVID-19 has disrupted life, compelling people to adapt to new treatment ways. When hospital visit is risky, telemedicine has come in with the right prescription. MUSBA HASHMI leads you through the medical sector's online switch and the upgrades needed to meet the surge in the last two months**

# Carry on(ine) doctor

**I**t was midnight when Abhijit Saxena, a 35-year-old Delhiite, woke up to his mother's scream. The 60-year-old was convulsing from a sudden and acute ear ache. After self-medication failed to get her relief, the pain became so unbearable that Saxena had to rush her to hospital.

Both were denied entry at many hospitals. Saxena was advised to keep his mother away from hospitals due to the Coronavirus scare. Looking for a doctor became a Herculean task and the night became the longest one for the duo.

After hours of being a helpless witness to his mother's suffering, it struck Saxena that he could tap a doctor online. The ENT specialist he contacted, immediately prescribed the painkillers and eardrops that worked magic on his mother.

Cooed up in their homes and with most hospitals being out of bounds due to the pandemic, many have either switched to home remedies or telemedicine, not wanting to catch an infection from a hospital. Dr Alexander Kuruvilla, Chief Healthcare Strategy Officer, Practo, tells you that about 60 per cent of the population has access to only 30 per cent healthcare facilities in India. Though telemedicine is on an all-time high, not much will change in the sector post-pandemic, he warns.

"For a patient in Arunachal Pradesh to take the opinion of a doctor in Delhi, you cannot have better technology than telemedicine. But not much will change in the telemedicine sector. We as a country, despite having the best doctors, are struggling for them in villages. The doctor-patient ratio is skewed. Therefore, telemedicine will help people in rural areas to have access to doctors and better healthcare facilities," he says.

In urban areas, the time taken to commute to a hospital pushes many a patient to the chemist next door or self-medication, without professional advice. Under these circumstances, telemedicine is the way forward.

"Through telemedicine, the treatment starts early. Also, doctors are available even in off-duty hours, on weekends and holidays too. It saves patients from searching for doctors in an emergency. There are multiple ways in which telemedicine helps and will continue to help even after the pandemic is over," he asserts.

The growth has paved way for new players in the field, and a sudden surge in users for the existing ones. However, there are chances that post-COVID-19, people will follow the traditional route of visiting a doctor and telemedicine may see a decline.

"It will not grow at such a pace as now. The growth will be slow, but it will not fade out. Take for example, the US and Canada have adopted telemedicine as a common way

to address health issues. Insurance companies reimburse teleconsultation fees, realising that if a disease is addressed early, the cost of reimbursement will reduce," Kuruvilla tells you.

He points out that though Coronavirus has made people follow social distancing seriously and avoid going to hospitals unnecessarily, visiting hospitals for minor issues is not a good option as they pose a threat of cross-infection not just for Coronavirus but for other infections as well.

Practo has grown five times since March 1, 2020 and the team is working late hours all week to respond to health needs. Many doctors are showing interest in working with the platform.

"We follow a stringent process when it comes to getting doctors registered with the app. We make sure that all their degrees and certificates are verified and available on the platform for users. We have separate sections for Ayurveda, Allopathy and Yunani medicines so that the patient can figure out what he wants to opt for. Given the surge in the last two months and the response strategy we had, we are ready to handle any situation in the near future," he explains.

Amit Pandey, senior scriptwriter at Cosmos Maya, who writes scripts for cartoon shows, sees telemedicine as a gift of technology, especially for people who can't compromise on work.

"As the world struggles to come to terms with the outbreak, at a granular level it has brought a drastic change in life across the globe. While businesses across different sectors are reeling and people gradually getting used to the new lifestyle, the healthcare sector has emerged as a crucial part of our lives. Most people have been trying to avoid hospital visits. However, since health check-ups cannot be compromised, medical professionals have swiftly adopted telemedicine as their way to connect with their patients for virtual consultations wherever possible," he says.

He recalls his first experience with the technology: "A few days back, I had to get in touch with a doctor virtually with the help of an app when one fine morning I noticed some allergy on my skin. I could not visit a hospital. I tried booking an appointment with a dermatologist through an app and I received a call from the doctor within 20 minutes. Soon I got a prescription on the app itself making it a seamless experience. I ordered the medicine online using another app and within an hour, I was good to go. I paid for both transactions online. Similarly, the other day when my wife complained about splitting headache, I used the same app to e-consult a doctor and got the initial medications with the help of the prescription. The best part about this was that the sup-



THE SECTOR HAS PICKED UP PACE AND IS NOW BEING WIDELY USED BUT THAT DOESN'T MEAN THAT IT CAN SUBSTITUTE THE TRADITIONAL HOSPITALS VISITS. THAT CAN NEVER BE THE CASE BECAUSE OF THE RESTRICTIONS IT POSES WHEN IT COMES TO DO A PHYSICAL EXAMINATION OF A PATIENT. AT BEST IT CAN BE A PRIMARY INTRODUCTION OF THE PATIENT AND A WAY TO KNOW MORE ABOUT HIS HISTORY

— DR YASH GULATI,  
SENIOR CONSULTANT,  
ORTHOPEDIC, INDRAPRASTHA  
APOLLO HOSPITALS

port team of the application regularly follows up with the patients to ensure a seamless step out of the problem. I can imagine how helpful this can be for senior citizens, a godsend. As they say, requirement is the mother of all innovations, and telemedicine is no exception," Pandey adds.

Dr Yash Gulati, Senior Orthopaedic,

Indraprastha Apollo Hospitals, tells you that

telemedicine has been here for 20 years,

if not more and has been occasionally used by

doctors and patients. "When I say telemed-

icine, I refer to teleconsultation that can be

through messages, voice calls or even video

calls. Many hospitals around the country

have been using this technology. Yes, the sec-

tor has picked up pace and is now being

widely used but that doesn't mean that it can

substitute hospitals visits. That can never be

the case because of the restrictions it poses

when it comes to the need for a physical

examination. At best, telemedicine can only

be a primary introduction to the patient and

a way to know more about his history. Also,

it can be used to confirm a diagnosis in cer-

tain cases. If you don't take the history of the

patient, you don't know where in the sea you

will sail in and if you don't do physical exam-

ination then you haven't sailed at all,"

Gulati says.

He adds that it is beneficial in two cases

— one, when the patient lives far away from

the doctor and travelling is not an option,

and two, in taking a second opinion from

doctors on surgeries or in general. "The tech-

nology is successful in cases where you can

skip a physical examination. Like, if a

patient has suffered a fracture or has under-

gone a knee surgery, the doctor can observe

the movement via a video call and the treat-

ment can proceed. It can also help the doc-

tors in following up with the patients dur-

ing the treatment. So it is boon for prima-

ry diagnosis and for some general ailments

like the common cold, flu and allergies,"

Gulati says.

Rajat Garg, co-founder and CEO,

myUpchar, an Indian language health infor-

mation platform delivering medicines

nationwide and teleconsultation facility,

tells you that the platform saw a 50 per cent

increase in traffic in the last few months.

"Most queries were related to cold and

flu symptoms, allergies and gynaecology

related issues. There was no one pattern.

Earlier the platform was pressed into use for

seeking second opinion but in the last two

months, more generic queries have poured

in. We were anticipating more COVID-19

related queries, however that didn't happen.

The surprising fact was that queries related

to sexual issues dropped by 50 per cent,"

Garg says. The platform mostly attracts cus-

tomers from Tier II and III cities. To lever-

age the growing demand, the platform has

partnered with top doctors and organisations.

The loophole is that these platforms don't support follow-ups with the same doctor. In case patient wants to consult the same doctor again, there is no room for it. The app will connect you only to the doctor who is answering queries at that time.

"Our doctors are available 24 hours a day in case of any emergency but we haven't introduced a way in which the patient can consult the same doctor twice. We will be working on this and try to introduce the facility soon," he says.

Though telemedicine is doing wonders for now, there are many challenges. If a patient is in a need of an injection, there is no way telemedicine can help. "In such cases, we ask the patient to visit a hospital on priority. But for blood pressure and temperature checks, the patients are trained enough to do it by themselves. Nowadays, most of the people keep a BP monitoring machine or a glucose meter at home, so it serves the purpose. But for severe issues, we advise people to go to the hospital and get a check-up done," Garg explains.

Dr Anand Bansal, Medical Director, Action Group of Hospitals, says that technology has always been making things easier and efficient. "When the entire country is in the grip of COVID-19, lockdown is a necessary step to curb the virus spread but, in the process, patients suffering from other diseases are having a tough time as hospitals are out of bounds. In such cases, telemedicine has emerged as a boon. Recently, the Health Ministry issued guidelines for telemedicine, considering it helps in reducing the risk of virus spread. In the past few decades, there has been a constant effort to promote telemedicine but in this pandemic, it has automatically picked up pace," he says.

He agrees with Gulati to add that although it makes the process easier, faster and saves resources, it cannot be considered to be future of healthcare.

"Regular OPDs and physical presence are still needed for better and correct treatment. In the time of emergency, one needs to rush to the hospital. For telemedicine, one entirely depends on technology, availability of Internet which may fail at times and a major population is still not that tech-friendly, especially the weaker sections of the society," he tells you.

The medicine delivery and sample collection from home facilities of these apps and platforms comes in handy for patients in situations like these when stepping out of the house is not an option. So, if you have developed an allergy lately or, for that matter, a cold or flu, then fret not, a doctor is just a click away.



# the pioneer agenda

FROM THE INSIDE

## Freewill versus fate

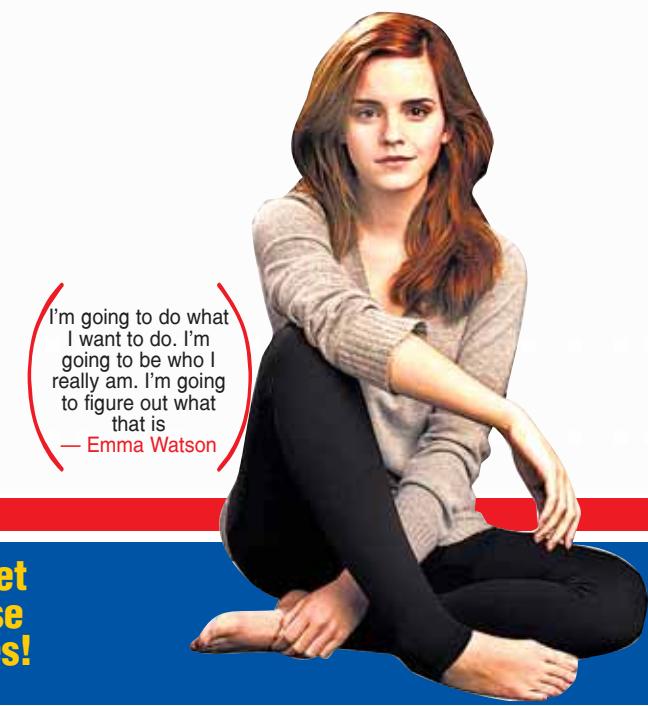
It is in human nature to look towards a better tomorrow. So, invariably we begin life with high hopes and aspirations...

10



11

Treat your sweet tooth with these exquisite recipes!



I'm going to do what I want to do. I'm going to be who I really am. I'm going to figure out what that is — Emma Watson

During the pandemic that has hurt most the vulnerable pockets of the population, we need solutions that cater to scale and affordability, says MINIYA CHATTERJI, as she shares the first hand experience of the work being carried out by her and her team in the battle against Covid-19. Chatterji has developed a PPE model where builders are incentivised to collaborate and offer their vacant buildings for Covid-19 recovery facilities

# A NOVEL PARTNERSHIP

**I**t was business as usual in Paris. The cafes were crowded. Pavements busy with hurrying office goers and students. The manicured parks filled with more adults than children. Long queues at bakeries. Joggers out in the winter sun as much as in the gyms and health clubs. Subway trains packed. The shops luring in customers to the last discounts of the winter sale. Only the media was abuzz with around 800 new COVID cases being discovered in France every day.

So much so that the Indian government announced that the country would close its borders to any foreign national entering from France. My family and I had to scramble to get our air tickets for the very next day to leave Paris where we live three months every year to return to our home in Goa — my husband and toddler son are New Zealand citizens.

It was March 13, 2020 when we landed at Delhi international airport, where COVID related messages to socially distance were blasting on loudspeakers and all passengers had to undergo thermal tests. At that time India had 74 cases in total.

India has about 12 million children on the streets. Migrant workers often live in over-crowded temporary rooms in our cities. India is home to about one-third of the global slum population, with an average of one in six city residents living in slum zones where population densities vary between 277,136 persons per square kilometre (sq km) in Dharavi to 125,000 persons per sq km at the Rasolpoora slum in Hyderabad. In fact, in Dharavi, there is one toilet per 1,440 residents. How are they expected to 'socially distance' themselves?

Yet in India, that was our best bet and worth a try because with our size of population and low healthcare facility, we clearly have our own unique challenges to beat the Coronavirus. Testing is expensive and if the number of cases increase at the pace it did in Italy and France, then India would not have adequate numbers of beds to treat patients.

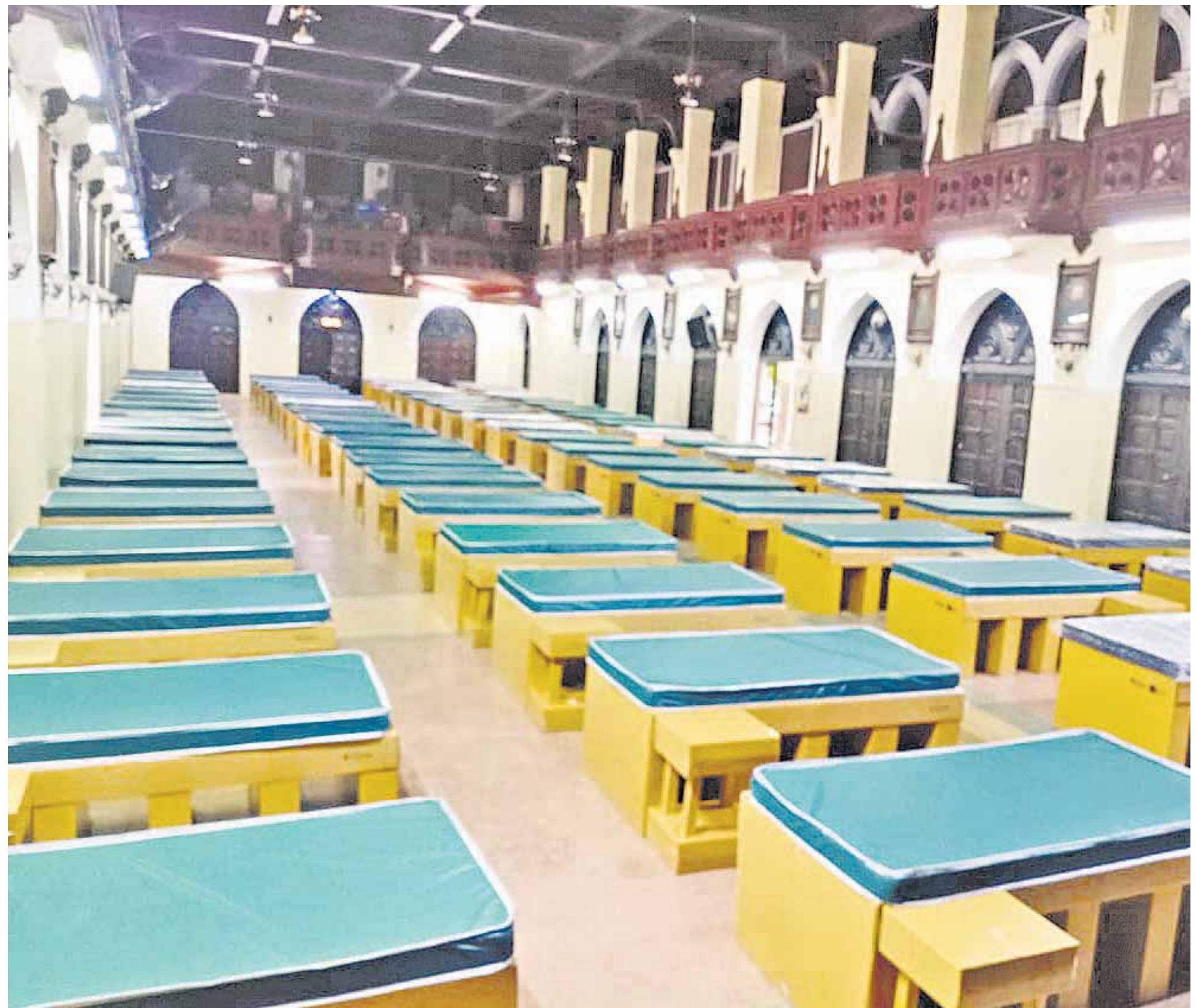
It was for this reason that on April 2, at the time that India had about 2,543 cases of COVID-19, that my team at Anant National University submitted a detailed proposal to the Prime Minister's Office about how to transform vacant community halls, marriage halls, office spaces, and residential buildings into temporary hospitals and quarantine facilities for COVID-19 patients in an effective yet highly affordable way.

I set up the Anant Centre for Sustainability as a think-teach-do tank about two years ago, and since the past 10 months the team there had been collecting primary data at a city level to unravel the reasons why 7.5% homes in India are vacant as well as what we could do with them to close the housing gap in the country. In our proposal to the PMO, we included intricate details about the vacant spaces that were suited for specific COVID-19 conditions, room layouts, list of equipment required, costs, vendors, as well as a financing structure that did not require the government to pay for the costs to set up COVID-19 recovery facilities in vacant buildings.

Yet wondering if we would ever even hear back from the Prime Minister, I also reached out to friends who I thought might help us implement our proposal. Anil Antony, who is national coordinator of the Parliamentarians for Innovators of India, a multi-party parliamentary organisation to which I too serve as a mentor, readily connected me to the Kerala state government. Milind Deora, former Minister of State, immediately connected me to the Brihanmumbai Municipal Corporation (BMC).

Before the end of the week, I did hear back from the Ministry of Commerce who requested immediate assistance for creating new categories on GeM, GOI's e-market for government projects, for building COVID-19 recovery facilities as we had proposed to the PMO. Indeed, AnantU was registered on GeM as well. But by that time we already had two spaces in Thiruvananthapuram and in South Mumbai that were ready to be converted in to a 20 bed temporary hospital for moderate cases of COVID-19 patients and a 100 bed quarantine facility for mild cases, designed, implemented, and funded by AnantU.

Within the same fortnight we had transformed three more facilities totalling 700



beds in Mumbai in to quarantine facilities, at one tenth of the cost of traditional quarantine centres. Milind Deora generously arranged for CSR funds from Godrej. Dhaval Monani, Director of Affordable Housing at AnantU came up with an incredibly ingenious design of making hospital furniture out of laminated corrugated cardboard that were durable, water proof, priced at 10% of the cost of a steel bed. The equipment is at manufacturing cost and the cheapest in the market, while mine and the university team's efforts are at zero cost and completely on a voluntary basis. Due to the relentless efforts of Professor Monani and the team, within three days we built up the capacity of manufacturing 2,500 beds, tables, room separators every week, and transporting them to any place in India. Now every week we are setting up about two new facilities across India.

This extraordinary pace of scale of an innovative solution during a nationwide lockdown will probably make it to the bunch of stories I would tell my grandchildren one day. For now, I am convinced that it has been made possible only because of a government-university-private sector partnership which came with it's share of challenges that essentially pointed to the lack of habitude for this.

For instance, is each entity a partner or a vendor? When the government-university-private sector come together as partners,

WHEN THE GOVERNMENT-UNIVERSITY-PRIVATE SECTOR COME TOGETHER AS PARTNERS, EACH ENTITY IS CONTRIBUTING IN MONEY OR IN KIND. THIS IS VERY DIFFERENT FROM A TRANSACTIONAL APPROACH WHERE THE FUNDER IS THE OWNER AND THE PROVIDER OF GOODS IS SEEKING A PROFIT

each entity is contributing in money or in kind. This is very different from a transactional approach where the funder is the owner and the provider of goods is seeking a profit. Another example is the ability for the three entities to tango, given that each would have their unique interests and concerns. And finally, the role of universities anywhere in the world is to further knowledge, with no bias and without seeking profit. The understanding of this is still at a nascent stage and must be mainstreamed in our country. At a time when some individuals and organisations (even while declaring to be non profit) might be trying to make a buck out of the desperation that this crisis creates, the advantage of partnering with good universities is that its mandate is only to push new thinking and research instead of profiteering.

Overcoming these minor hiccups in government-university-private sector endeavours

will only lead to greater innovation and accelerated implementation, besides attracting the best talent of the country to teach and implement research driven projects within universities.

During the pandemic that has hurt most the vulnerable pockets of the population, we need solutions that cater to scale and affordability. For instance another innovation we are bringing to market this week is a mobile testing facility fitted within the humble

autorickshaw — once again offered by a university and therefore at only the exact cost of the materials needed to manufacture it. We are putting mobile x-ray and swab collection centres upon an autorickshaw platform using insulated tarpaulins. It dramatically brings down the cost of testing while bringing the opportunity to test at the doorstep of residents living even in overcrowded zones.

In the wake of the relaxation in the lockdown in India, we must be prepared to live with the virus for an extended amount of time. Being prepared will help India avoid the path that France initially took with their 'business as usual' approach. Unless there is a vaccine, the virus is not going away. The rate of spread might flatten at some point and then spike again. No amount of modelling and simulations can predict the course of this. While those who have shelter and livelihoods during this crisis, can afford to physically distance (more apt than 'social distance') from others, we need to tap in to frugal innovations to scale up solutions for those who need to choose between hunger and the virus.

Dr. Miniya Chatterji is CEO of Sustain Labs and Adjunct Professor at SciencesPo Paris. She is also a columnist and author of the 2019 best-seller Indian Instincts — essays on freedom and equality in India



THE WILL IS NOT FREE — IT IS A PHENOMENON BOUND BY CAUSE AND EFFECT — BUT THERE IS SOMETHING BEHIND THE WILL WHICH IS FREE  
— SWAMI VIVEKANANDA



## YOUR WEEK AHEAD

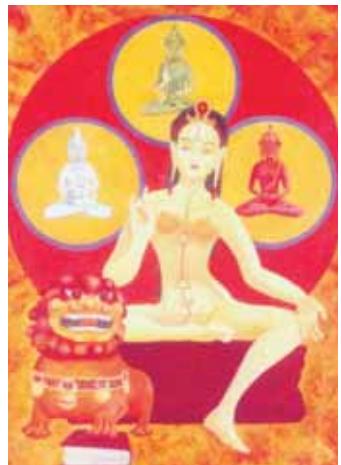
MADHU KOTIYA



### ARIES March 21-April 19

This week you are likely to be under stress due to various reasons. Be gentle with yourself. Avoid anger and aggression. Release your frustration to express it rather than turning your anger and sorrow on yourself. Try to bring moderate changes in your lifestyle. Rest is important. On the career front, you are facing numerous challenges right now. Arguments and an unsettled working environment may upset you emotionally. You are determined and this will enable you to work hard to overcome the problems created by others. On the personal front, you are feeling generous and compassionate this week. A new relationship is possible. Existing relationships will find new meaning, and you will cherish memorable moments.

Lucky number 9  
Lucky colour Magenta  
Lucky day Sunday



### LEO July 23-Aug 22

Keep your stress level under control to stay in good health. Do not avoid any problems that come up, deal with them up front. Take adequate rest. If you need healing, ask for it on both literal and spiritual planes. Avoid indulgences such as alcohol or any kind of addiction, else you may face health hazards. Professionally, finance will occupy your mind this week and you will have difficulty in making decisions about money. Put an end to your indecisiveness over short term goals. This is not the time to start new projects, forge business partnerships, or make any significant purchases. On the personal front, you may sense negative vibes in your relationship. The energy of the week indicates that conflict with the near and dear ones is likely.

Lucky number 5  
Lucky colour Indigo  
Lucky day Saturday



### SAGITTARIUS Nov 22-Dec 21

Your fear seems to be enslaving you. A lot of times when we are in extreme fear, we find it difficult to move forward. You may be chained to your past or an old health condition may reoccur, making you all the more worried. This is a good time to explore your fears, limitations, and unhealthy attachments. Succumbing to addictions to forget about your worries is indicated. Do not give in. On the career front, beginning of a project in which a great deal of creative energy is invested is on the cards. You possess a high maturity level to meet your immediate demands at the workplace. There could be explosive arguments with the near and dear ones. You would be forgetful about the responsibilities as a family member, but at the same time, you demand your rights.

Lucky number 8  
Lucky colour Red  
Lucky day Saturday



### TAURUS April 20-May 20

Worry, stress, and anxiety are likely to affect your health this week. Take good care of yourself. Balance in exercise, food and water intake, and getting adequate rest is important. Breathing exercises are useful. If you are waiting on test results, remember that being optimistic is all you can do. On the professional front, if you are currently in a job, you may pursue an online course, simultaneously. Find out about course options that match your requirement. In fact, find out all about education opportunities and post studies work options. If you are in the partnership business, you will work together with selfless motives. Keep your balance and your perspective. Females are likely to become extra emotional during this time in domestic affairs.

Lucky number 3  
Lucky colour Sky Blue  
Lucky day Thursday



### VIRGO Aug 23-Sep 22

Live in the moment and pay attention to keeping balance in your life. Moderation is an important part of living a sensible and healthy life. Balance is the theme of this week. Work on maintaining proper diet, workout, rest and sleep for healthy living. On the career front, this week you will get the chance to shine and be in limelight. You project yourself with self-respect and modesty. You will use your power and leadership for the benefit of others. You should also be in a position to tell people at the workplace where to get off as and when required. Family members will treat you affectionately. A new friendship, romance, or loving relationships is on the cards. Aim for deep relationship and move towards a meaningful life.

Lucky number 16  
Lucky colour Orange  
Lucky day Tuesday



### CAPRICORN Dec 22-Jan 19

A complete transformation in your health is indicated. Those suffering from a serious illness would be amazed to see an improvement in their test results. A disciplined and controlled lifestyle is required. Resist the craving for sweets and fried foods. Professionally, be very careful of the sources through which you are making money. Any shortcut to gain quick success, or unfair dealing, may put you in legal purview and invite legal action. You need to review how you have been interacting with others. Even in your relationship, you may get hyper over small things with the people who matter to you. You work with your mind than heart. This way your spouse may also get hyper and conflicts may arise. Remember words echo louder than action.

Lucky number 2  
Lucky colour Green  
Lucky day Friday



### GEMINI May 21-June 20

Change is inevitable in your health this week. You may feel tested on your commitment to a certain goal. Be prepared for a surprise. Expect someone new and exciting to make a move in your direction. Everything is under control. Self-confidence is at an all-time high. Now is the perfect time to get healthy by eating right. On the career front, you may get a position where you can use power and authority. Keep a tight control on your temper when dealing with subordinates. Your dominating attitude may turn them against you and you will not be able to get the work done. Stick to a reliable way of making money. This is a great time when your bonding with the loved one will increase. You work together and spend quality.

Lucky number 20  
Lucky colour Grey  
Lucky day Friday



### LIBRA Sep 23-Oct 22

This week happiness is on the cards. Good news awaits you. You will have reasons to feel good and enjoy life. Feeling of contentment in terms of spirituality will make you enthusiastic about life. You will be full of energy and enjoy good health. Career-wise you will be quite busy. You may have to take some important decisions related to your professional and personal life. This decision will charge you up and help in handling other issues. The money will not be a limitation for you. Those who are looking for a job, a woman holding powerful designation may help you in your endeavour. This week you need to keep your emotions in check. Your mind will take over your heart to hold back many delicate feelings. You will gain a position of trust and authority.

Lucky number 10  
Lucky colour Yellow  
Lucky day Sunday



### AQUARIUS Jan 20-Feb 18

Your cheerful state of mind and positive thinking is reflected in your personality. You share your good experiences with the loved ones. Connecting with old friends brings back happy memories. Health remains good. On the career front, someone is threatened by your success. Therefore, maintain a low profile. Don't share your working plan with anyone. The negative forces are active and will try to run you down. Stay away from temperamental seniors at workplace. Avoid silly arguments. Be aware of this nitty-gritty for a better career and smooth running of your business. The cards suggest a phase of intense emotions. Your partner will be close and kind to you. You will enjoy a romantic time.

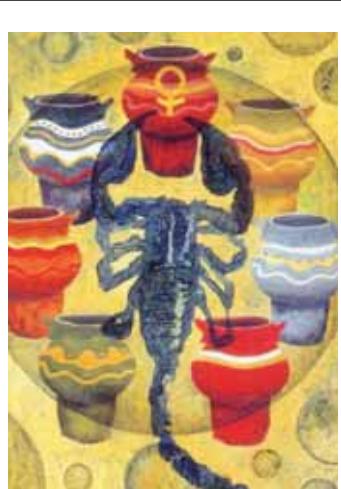
Lucky number 7  
Lucky colour White  
Lucky day Monday



### CANCER June 21-July 22

You will enjoy the good health and admiration of your friends. Self-confidence is high and will attract people to you like a magnet. Do not worry about your health. Things are not as bad for you as you fear. There is an underlying, spiritual strength that will sustain your health and of others who matter to you. Connect with the joy within you, and share it with all. On the career front, good opportunities will arise and promote your ideas. It's a good week to bring your projects out into the limelight. A good opportunity is likely, seek advice before accepting an invitation. Uncertainties about a relationship may bother you. You need to seriously reconsider a relationship. Being in an unhealthy relationship is much worse than being alone.

Lucky number 11  
Lucky colour Golden  
Lucky day Monday



### SCORPIO Oct 23-Nov 21

A confusion over a medical test and diagnosis results is likely. Take second opinion before reaching the final decision. The card suggests that any health changes are likely to take place slowly. And this may be the best, irrespective of how fast you would like things to move. This week you can win over any situation at the workplace by your wit and intelligence. You have the logical and analytical skills that help you to overcome any difficulty and face the challenges. On the personal front, there is hope. There still exists a spark in your existing relationship, which you feel is over. You will look at your life and relations with a deeper, more spiritual understanding and will begin to change some of your priorities.

Lucky number 12  
Lucky colour Brown  
Lucky day Thursday



### PISCES Feb 19-March 20

In this period, it is likely that stress may have taken a serious toll on your body. There are things that you can do to re-build. First and foremost, calm down. Try to get adequate rest and sleep. If fatigue and sleeplessness and physical problems persist, get treatment done. On the professional front, you will be held accountable for your actions. If you have acted in an unfair manner, it may come back to haunt you. It can lead to legal issues. You may receive help from an outside party that can move the legal matter in your favour. Rely on your intuition especially when dealing with strangers. In your relationship, you feel romantic and are in a joyful mood. Keep your cool and that means a lot to the person you love. You may plan a surprise for your beloved.

Lucky number 13  
Lucky colour Maroon  
Lucky day Wednesday

**ASTROTURF**  
BHARAT BHUSHAN PADMADEO

**I**t is in human nature to look towards a better tomorrow. So, invariably we begin life with high hopes and aspirations. Accordingly, we set our dream destination. Dreams are necessary for reaching heights one is capable of, as they serve a focus to reach an objective. Since time immemorial, the Moon fascinated and evoked man's curiosity, seen every day — yet unknown. A longing to know and understand, it led scientists to send man on the Moon. Yet, not everybody's dreams get fulfilled. Non-realisation often brings in frustrating experiences. Why? Are we so helplessly fated? If so, what is the relevance of freewill? We are supposed to be endowed with?

The obvious question now is: What primarily drives our lives — freewill or fate? This debate has been ongoing since ages, which finds reflection in *Ramayana*, *Yoga Vashishtha*, and even *Mahabharat*. The rationalists and those belonging to science fraternity have often challenged the relevance of Astrology, which primarily deals with fate. Little reflection would reveal that it is the exercise of freewill option, which is an exclusive human privilege, that binds you to fate. This option is not

available to other species. Remember, the freewill option grants you with the freedom to make choices. It needs to be appreciated here that if there is choice in hand, the probability of its use and misuse becomes equal. And there is nothing like a free lunch in this world. You have to own up and bear with consequences of the choices you make. This way, you become stuck to a cause-effect chain, which runs in succession. In this scheme of things, there has to be a cause behind every effect, which, in turn becomes the cause of future happenings.

Someone curious to understand the relation between freewill and fate sought a wise man's help for the answer. The wiseman asked the questioner: Stand on one foot with the other raised in air. The questioner followed. The wiseman then asked him to raise the other leg also. How can I? I will fall. Now you have the answer said the wiseman. Freewill option gave you the choice to raise either the left or right leg, or not raise any. If, however, you raise one leg, you are stuck and so fated. To sum, the exercise of freewill binds you to fate.

So said Rousseau: "Man is born free, and everywhere he is in chains. One



man thinks himself the master of others but remains more of a slave than they are."

The obvious question now is: Is there any scope to come out of the binds of fate? The answer is 'yes' and 'no'. Well, the choice option you have also enjoins upon you with the capacity to make necessary amends. You can make a conscientious choice purported to deny the implication of fate.

Remember, what is fated is imprinted in your memory in the form of thought-seed, which when gains a congenial ground, it comes into play. Rely on your intuition especially when dealing with strangers. The same seed when planted into earth mass may breed a plant.

It is pertinent to note here that human mind is empowered to self-reflect upon its own space and identify undesirable thought-trends. Following which, you could consciously deny the ground necessary for its fruition. Or you could modify it by feeding the mind with fresh educative inputs. Therefore, in so far as human potential is concerned, one is capable to come out of the binds of fate. It is, however, easier said than done.

The fact of life is that all ordinary

mortals are born unique, each being's mind pre-programmed one way or the other, coming as they may as Karmic carry-over from the past. Remember, one's Karmic cycle keeps running in succession, transgressing birth-death cycles. So, ordinarily, we are all born fated, each manifesting varying desire and mind-trends. That leads us, all through the run of life, unless otherwise consciously modified, which is not easy. Not that we can't change. Our indwelling faculty of discriminative intelligence empowers us to dispassionately see things in perspective and make necessary amends. But it can't come into play involuntarily. It has to be consciously invoked for due diligence, which is the prerogative of *Ahamkara* (ego consciousness). The irony, however, is that often our ego plays the spoiler by identifying itself with the indwelling desires, and is tempted to pursue it as an end game. It then doesn't leave scope to look beyond for a better option if any.

The topic continues...  
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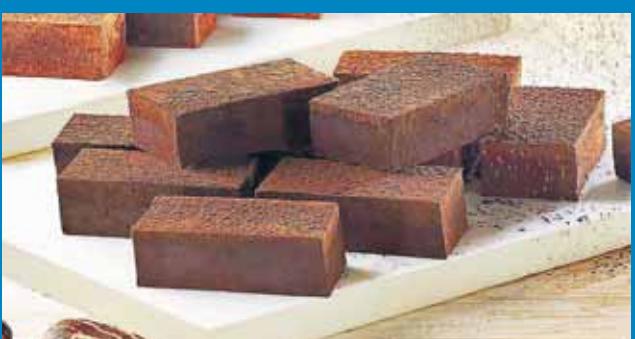
TIP FOR A FLUFFY MOUSSE: A GREAT TRICK WHILE FOLDING IS TO USE A WHISK RATHER THAN A SPATULA. IT GRABS THE MIXTURE BETTER, SO YOU DON'T HAVE TO STIR AS MANY TIMES AS YOU DO WITH A SPATULA. ANYTHING THAT HELPS YOU STIR LESS WHEN FOLDING IS A GOOD THING



## Chocolate & Peanut Butter Oatmeal Cookies

### WHAT YOU NEED:

- Fabelle Choco Deck Milk Chocolate Bar: 1/4 cup
- Peanut Butter (smooth): 1 cup
- Quick-Cooking Oats (Gluten free): 1 1/2 cups
- Honey or Maple Syrup: 1/2 cup
- Egg: 1 (large)
- Coconut Sugar (optional): 2-3 tbsp
- Chopped Fabelle Chocolate Bar: 1/4 cup
- Place all ingredients in a bowl and mix until well combined
- Roll dough into 1 1/2 - 2 inch balls and then place on a parchment paper-lined baking sheet
- Place criss-cross fork marks on top of the cookies and sprinkle with sugar (optional)
- Bake in preheated oven for 9-11 minutes.
- Enjoy!
- Cookies will last at room temperature in an airtight container for 3-4 days. Store in the refrigerator for up to 5-7 days.



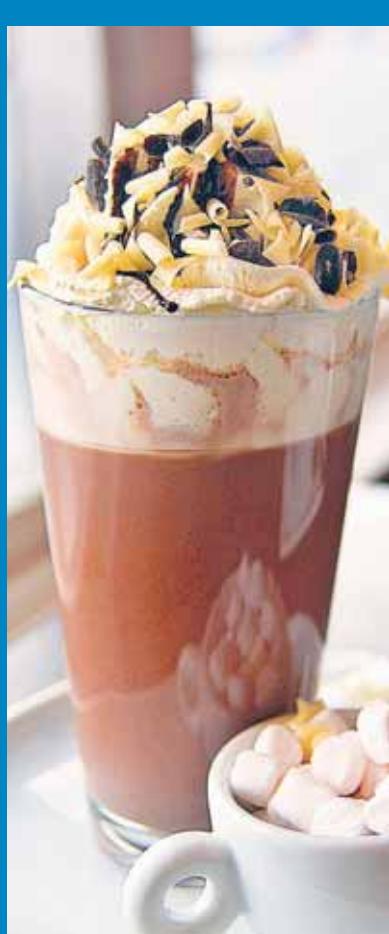
## Delicious Ganache

### WHAT YOU NEED:

- Fabelle Chocolate Bar: 120 to 130g
- Fresh Cream: 70 gms
- Fresh unsalted milk butter: 10 gms
- Pour over chocolate pieces' in the bowl
- Bring 70g Fresh cream to boil [Just 80 deg C] and add milk butter
- Cut the selected Fabelle chocolate bar into 10-15mm pieces and place in a round bottom bowl
- Pour over chocolate pieces' in the bowl
- Allow 5 minutes to cool till 33 Deg C
- Mix and fold with a spatula to melt the choco-
- late completely followed by a hand blender for 5 minutes
- Pour in a parchment paper-lined tray in about a 15 mm thick slab
- Chill for 3 hours
- Remove and dust with cocoa powder
- Cut into small cubes, sprinkle additional cocoa powder
- Enjoy melt in mouth delicacy, a signature creation from Fabelle
- In case you want to make a garnish for your cake, then add 30g additional cream in your recipe and use immediately after mixing.

# TREAT YOUR SWEET TOOTH WITH THESE EQUISITE RECIPES!

Be it birthdays or just that longing to satisfy ones sweet tooth, Fabelle Master Chocolatiers have specially curated delightful chocolate dessert recipes that can be made with just handful of ingredients. These recipes will ensure that consumers can now relish the taste of indulgent chocolate desserts/cakes like Luscious Chocolate Mousse, Chocolate Ganache, Vegan Hot Chocolate, and many more without venturing out. *The Pioneer* brings to you #easytomake DIY recipes that will enable you to traverse to the exotic world of chocolate desserts within the comforts of their home.



## Chocolate Mango Pudding

### WHAT YOU NEED:

- White/Milk Chocolate: 250 gms
- Alphonso Mango Chopped: 1 piece
- Cream: 100 ml

### HOW TO MAKE:

- Use 1 ripened Alphonso mango. Peel, chop and make pulp
- Take about 250 g Fabelle white or white plus milk chocolate. You can also use Fabelle
- Choco Deck. Chop into pieces
- Bring about 100 g cream to boil
- Add boiled cream and mango pulp on chopped chocolate
- Wait for 5 minutes. Then mix and blend well
- Dispense into shot glasses. Decorate with mango pieces
- Keep in the fridge for 1-3 hours
- Add chopped pistachio if required for garnish and serve.



## Cocoa Millet Smoothie

### WHAT YOU NEED:

- Chopped Fabelle Application Madagascar 67% Dark Chocolate: 1/4 cup
- Peanuts with skin: 15
- Kimia Dates seedless: 6
- Ragi Flour: 1 tbsp
- Robusta Banana: 1
- Toned Milk/Almond Milk/Soy Milk: 1/2 cup
- Water to adjust consistency

### HOW TO MAKE:

- In a mixer / blender jar, blend all the ingredients, and adjust consistency as required by adding water.
- Serve chilled.

# The pocket Dynamite

## Sister is an inspiration

Dutee Chand was born on February 3, 1996 to Chakradhar Chand and Achuji Chand in the Jagpur district of Odisha. Though she is from a family of weavers living below the poverty line, she has made a mark on the world stage and put her village on the map by achieving success at a young age. Her source of inspiration is her older sister Saraswati Chand, who competed at the state level. She also holds the national record in the women's 100 m and is only the fifth Indian to participate in the women's 100 metres at the Olympics when she qualified for the 2016 Rio Games.

## Coming out

My coming out in the open about my same-sex relationship has made me feel liberated. I have been able to focus better in training, despite the growing turmoil back home. My mother, who initially supported the decision, is now upset.

## An early recognition of the talent

My elder sister, Saraswati Chand, is an athlete and she was the one who asked me to practice running and take part in school tournaments. That was when I was just 6 years old. I remember refusing, and telling her that I can't do it. When she saw that I ran well, she convinced me to take up athletics and I always used to win a lot of prizes in school-level competitions. My sister told me that sports quota will fetch me free books and higher education, so I kept continuing and consequently, I started giving more time to my running and started training for it. However, it was hard for me initially as I did not have proper running shoes and neither did I have any coach or training facilities. It was a real struggle at that time. Fortunately, my performance gradually got noticed and the sports brand, Puma gave me a sponsorship deal following which everything has gone smoothly for me.

## Sister turned foe

My sister changed colours when I confided in her about my sexual orientation in 2019. I told her, also my parents, about my female best friend and that I would want to be with her forever as we understand each other well. While my parents were shocked, my sister used it as an opportunity to threaten me that she will go to the media with it if I don't give her money. Without knowing what to do, I gave in to her demands but one day I thought I've had enough and asked her to go ahead. I did not realise that she would actually do it. Much to my surprise, she went to the press without my consent and the media played the story up big time, ruining my image. I then had to face the local media in Odisha myself and explain myself and about my sexuality. We have not been on talking terms ever since.

## Training under mental stress

It did disturb my mind. I remember my coach, Ramesh sir, asking me why I was glum. "You just came back from a meet where you won a medal (200 metres Bronze at Asian Championships) and broke a national record in the 100 metres but you don't seem to be happy," he said. I wanted to talk to my coach about what I was going through but I was a little worried about what he would say. He is like a father to me. First I told him that I had a fight with my family but didn't give him the details. He told me everyone at some point has a fight or some misunderstanding with their family. So focus on the Asian Championships now. After winning a medal, I usually take sweets when I return to celebrate. But that

time after returning from the Asian Championships I did not. I was not in a good mood, I stayed aloof. I was constantly worried what would happen if my sister started talking to the world. A few days after I returned to Hyderabad where I train, I told my coach about my sister blackmailing me. Sir told me not to worry, I decided to come to Bhubaneswar and visit my village for a short break.

## Family's reaction on coming out

My family opposed it right away and since the media played up the news big time, the situation was tense in my partner's home as well. But I always had a tendency of doing things that I was warned against doing. Even as a kid, people in my village used to tell me that I should not be running and a girl like me should not be even thinking about it. But it is the sport that got me so far. Similarly, in my personal life, a lot of close relatives have snapped all contact with me after I confessed to being gay. But I believe in what I am and I will do what I believe is right for me. I had to explain my family that I had not known about the word 'gay' or 'lesbian' and further told them how I felt happy about sharing my life with her and also mentioned about how it was criminalised. I told my family that I might marry a boy if I do like someone and that my partner can do the same. That was the one condition from her family, that I should not interfere or stop her if she wants to marry a boy. That convinced them upto an extent. However, I am still not allowed to visit my home until I 'break up' with my partner so I live in my house in Bhubaneswar.

## Finding acceptance

Unexpectedly, the sports fraternity accepted me with open arms and said that my personal life and choices do not concern them. Gopi bhaiya (Pullela Gopichand) told me that they are my family and the academy is like a home to me.

## How it started

It started in 2017, but we have hardly been able to stay together in the same place. She stays in my village and I am most of the time training in Hyderabad or travelling for competitions. I meet her when I come on a break to Bhubaneswar for a day or two. But then I need to return to my training base. So in a way it has been a long-distance relationship. About the proposal, after a puja in 2018, I started to like her a lot. But I was not sure what her feelings for me were. Moreover, I didn't want to take the first step because of my public status. I thought that if I told her that I liked her, she would be under pressure to say 'yes' and I didn't want that to happen. I was waiting for her to express her love for me and on 2019, Valentine's Day, she proposed to me. I was in Hyderabad when she typed out a WhatsApp message saying that she was in love with me. My first reaction frankly was 'this won't be possible because the world won't accept or allow a girl to be with a girl'. But she told me, if we want we can make it work. She told me not to worry about what the world will say.

## Love for the Odia festival

Kumar Purnima is one of my favourite festivals. I used to be part of it when I was young and even now I am excited about it. Till recently, my WhatsApp display picture was the one taken on the day of the puja. I was wearing gold and was in a saree. Because I am an athlete most of the time I am in training gear. So when a puja is held, it feels good to wear a saree and jewellery.

## In gratitude

I am a student of Kalinga Institute of Industrial Technology (KIIT) University. What I am today, it is only due to the support of KIIT and the founder Dr



Dutee Chand (middle) with her parents and siblings in front of her

■ An athlete at heart, in 2012 Dutee began sprinting and emerged as a national champion in the 100-metre event with a phenomenal time of just 11.28 seconds.

■ In 2013, Dutee she won a scholarship to a government school in Bhubaneswar. She set a new record, becoming the first Indian to represent her country at the final of the IAAF World Youth Championships in the 100-metre event.

■ In 2013, Dutee won two more medals at the 100-metre and 200-metre events at the 2013 National Senior Athletics Championships in Ranchi for her timing of 11.73 seconds and 23.73 seconds respectively.

■ In 2014, Dutee won two of the coveted gold medals at the Asian Junior Championships in Taipei, Taiwan – an honour that had eluded India till then.

■ In 2016, Dutee set a new record for the 60-metre sprint at the Asian Indoor Athletics Championships in Doha with a time of 7.28 seconds.

■ The same year she won the silver medal at the Kostanay Memorial International Athletic Meet in Almaty, Kazakhstan with her times 24 seconds in the 100-metre women event. She also got another gold to her name in New Delhi at the 2016 Federation Cup National Athletics Championships in the 100-metre sprint with a time of 11.32 seconds.

■ In another first, Dutee competed at the Asian Games in 2018 in the 100 metre women's sprint where she won the silver medal. ■ In 2019, she came in third place in Asian Athletics Championship in the 200 meter event and the same year, she stood first in the XXX Summer Universiade in Naples which took place in Naples.

**Awards and recognition**

Achyuta Samanta. He had declared that an athletic track in KIIT and KISS would be named after me called 'Dutee Chand Athletic Track' and would be inaugurated soon. I would be also leading the KIIT Athletic Academy, which would be established in future. He said that these would be the best gift from KIIT and KISS to me. Dr Samanta and the college have proved lucky for me. I am confident that I will bring more laurels to the country as well as Odisha, KIIT and KISS in the coming days.

## Hyd is home away from home

I have spent four years in Hyderabad, from 2015 to 2019 and I really love the city. The police are really friendly, it's very safe for women and the weather here is very pleasant as well. I have travelled a lot in the city and visited places like Charminar, Golconda fort and Inorbit Mall. I was staying in Gachibowli and it was my area of some sorts. All the local vendors knew me very well. I used to go shopping and outings on Sundays with others. The people are friendly and I remember how once I got lost in Golconda and asked for directions, someone told me to just climb the fort and I can see the whole city. We had biryanis every week and I miss it. I want to come back to Hyderabad, that depends on when the lockdown is lifted and the pandemic is over.

## Plans for the future

The coming generation should not suffer the way I did with lack of resources. I noticed that education and other such aspects are recognised and provided by the government but sports is often overlooked. I want to change that in my native place. My course hostel in Bhubaneswar provided me with shelter, shoes and food during 2006. Up until then, I used to practise barefoot and often used to get hurt. I cannot see that happening to others in my hometown. I will set up an academy for the upcoming talents and make sure they are given everything they need to grow and make the country proud. I also wish to join politics and help the people in my hometown.

## Locked down, but on track

I was preparing for the 2020 Olympics at the Pullela Gopichand Badminton Academy until earlier this year. The lockdown forced me to travel back to Odisha. The process had stopped for now but I managed to get a schedule worked out for me to practice here. The government had recently announced about opening tracks so I should get back to it since the Olympics were also postponed. My normal day now is about training morning and evening, take rest and nap during the day and cook. I often listen to music and watch videos on YouTube.

## RAPID FIRE

**Favourite colour:** Pink

**Favourite vehicle:** BMW (currently in possession)

**Favourite pastime:** Visiting beaches and nearby temples

**Favourite books:** Odia authors and their works

**Favourite sportsmen:** Elina Thomas

**How would you describe yourself:** Disciplined and athletic

**Favourite food:** I can cook everything. But biriyani would be my favourite.

**Which actress could play you on-screen:** I think Priyanka Chopra did a very good job in Mary Kom. Though I don't know who will eventually be selected, I think Kangana Ranaut can portray me perfectly on screen, I like her as an actress.

## Message to young athletes:

I would tell them to listen to their heart and not come under pressure from anyone. Do whatever makes you happy, but also ensure that what you do should not affect you negatively in future. And of course, always aim to make your country proud.



Dutee Chand, crowned the fastest woman in India and

the first Indian athlete to openly come out of the closet, speaks to The Pioneer about

her tough upbringing, life after coming out and future dreams about setting up an academy for budding sports-enthusiasts. The sprinter scripted history in 2019 at the World Universiade in Naples when she became the first Indian to clinch gold in a 100m event at a global meet.

Her career has been full of ups and downs. From being banned in 2014 to facing backlash from people very close to her after she revealed her same-sex relationship, Dutee has shown incredible resilience that is an inspiration, writes K Naveen Kumar.

