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OF INDIA



Pujara, Vijay Slam Tons
Put India in driver's seat
in 2nd Test against SL **P 23**

Cancer Care Boost
Chemo drug delivery
targets only tumours **P 11**

Love Jihad: Girl Denies Force
I'm a Muslim & want to live
with my husband: Hadiya **P 15**



51 drugs to cost up to 53% less

The National Pharmaceutical Pricing Authority has capped the prices of 51 essential formulations, including those used to treat cancer, pain, skin and heart ailments. The prices have been cut between 6% and 53%. **P 11**

U-20 World chess: 3 Indians in top 5

Three Indian chess players have made the top five at the World Junior (U-20) meet in Italy. GM A. Chibhanam was a tenth (10th) rank, 12-year-old Praggnanandhaa finished joint 2nd and GM M. Karthikeyan was 7th. **P 25**

Med admissions: SC tears into HC

The SC has slammed the Allahabad HC for letting a Lucknow medical college admit students just 3 days after the SC had rejected its plan. It said the "judicial interference" had the potential to take justice to her coffin. **P 15**

'States may've got less GST share'

States may have got less than what they should have in the distribution of taxes under GST, said the first finance commission or GST Council will examine the issue, ex-III governor Y V Jyoti said on Saturday. **P 13**

SUNDAY SPECIAL



When the vacation lasts a whole year

A 34-year-old is no longer professional basketball with an increasing number of odd-career Indians taking a gap year to travel around the world. **P 19**

Baby steps to beat malnutrition

An NGO in Chhattisgarh is winning the battle against hunger by providing three meals a day for children under three along with daycare. **P 15**

Naidu: Violence repugnant but hurting feelings not right either

Outrage Should Not Be Selective, Says Vice-Prez

Times News Network

New Delhi: In the backdrop of the controversy over protests against Satish Lohia Bhavsar's film 'Padmavati', Vice-President M Venkaiah Naidu said violence was unacceptable but it is not strained that no one had the



Vice-president M Venkaiah Naidu inaugurates Times Litfest Delhi

FULL COVERAGE P 13

right to hurt the sentiments of the common people and that outrage should not be selective.

"We need to respect sentiments of common people," Naidu said at the inaugural session of the Times Litfest presented by Rajolgandha, which he inaugurated on Saturday. "We cannot say outrage by one community is right and another is wrong," he said. Citing an article by ed-

ucational and cultural activist Pt. B. K. Sharma, Naidu said "selective condemnation" could not be condoned.

Stating that freedom of expression was welcome, he added, "Let the debate go, the beauty of democracy is the right to disagree, though not at the cost of hurting sentiments." Naidu said there was no problem over some films in which

people felt their sentiments had been hurt, mentioning movies like 'Garam Hara', 'Kiss Karo Ki' and 'Aandh', which have created controversies in the past. Stating that "rewards" for physical harms are not acceptable, he suggested that some professors were looking for cheap publicity.

'Conduct, calibre key', P 14

No clarity yet on Jaipur fort hanging

Police have been unable to conclude if Chetan Saini, 40, found hanging in Jaipur's Maharajah fort on Friday, committed suicide or was murdered. DCP Satendra Singh said no evidence has been found of murder, and all that they have so far indicates suicide. But they are probing it from all angles. Saini's wife has given in writing that she suspects murder. **P 14**

'Blackout' plan in support of Bhansali

The Indian Film and TV Directors' Association and 20 other organisations are planning a 25-minute "blackout" on Sunday, when all shooting will be stopped, in support of 'Padmavati' and "to protect the right to freedom of expression of creative individuals". **P 5**

World Record: In 24 hrs, Mum handles 969 flights

On 1 Runway, Gap Between Flights As Little As 65 Seconds

Manja V@timesgroup.com



Mumbai: Creating a new world record for single-runway operations, Mumbai airport handled 969 take-offs and landings in 24 hours on Friday. It broke its own record of 955, said a Mumbai International Airport Ltd spokesperson (MIAL).

Metropolises such as New York, London, Dubai and Delhi have airports with two or more runways that operate simultaneously. Though Mumbai has two runways, they criss-cross each other, so only one runway is used at a time. Technically this puts Mumbai in the single-runway airport category. So it's in the league of busy single-runway secondary airports of cities like London (Gatwick, Stansted airports), Istanbul (Bosha Gokcen airport) and major airports of smaller cities like San Diego (the US), Tokyo (Japan) and Xiam-

en in China. Mumbai handles over 1000 flights per day. The record high air traffic movement (take-offs and landings) happen on days when the number of unscheduled flights—charter aircraft, private aircraft—group, like it did on Friday. These flights are banned during the morning and evening peak hours, so when the load goes up during non-peak hours, new records are set. "We hope to cross 1,000 total movements per day soon," the MIAL official said. In civil aviation, the metric to record time in UTC (Coordinated Universal Time, same as GMT) and Indian Standard Time is five and a half hours ahead of UTC. The best was achieved from 5.28am on Friday to 4.30am on Saturday. **50 flights/hr twice, P 2**

Women, OBCs in judiciary unacceptably few: President

Times News Network

New Delhi: In strong criticism of the judiciary for an "unacceptably low" representation of women, OBCs, scheduled castes and tribes, President Ram Nath Kovind asked the higher judiciary to take long-term measures to remedy the lopsided situation.

CM, minister clash over judicial activism, P 11

Speaking on the occasion of Law Day in the presence of Chief Justice of India Dipak Mishra and several judges of the Supreme Court and various high courts, Kovind said, "Without in any manner compromising on quality, we need to take long-term measures to remedy this situation."

Affirmative action push, P 14

J&K terrorists kill yet another unarmed soldier on vacation

Saleem Pandit @timesgroup.com



Irfan Dar was a member of the Territorial Army's engineering regiment. Earlier, an Army lieutenant and a BSF jawan, both were shot dead by terrorists

Srinagar: Terrorists killed a 21-year-old Territorial Army jawan after abducting him in south Kashmir on Friday night. The bullet-riddled body of Irfan Dar was found at Keegan village in Shopian district on Saturday morning, said police.

This is the third time this year that terrorists have killed off-duty Kashmiris working in the Army or the BSF. Dar's killing comes at a time when the Lalitpur-Talila (LeT) is increasingly being pushed to the backdrop by the Army. As many as 12 LeT terrorists were killed in operations by security forces in the past one week.

Dar, a member of the Territorial Army's engineering regiment, was posted at Ouse in north Kashmir. He had come home on vacation when

terrorists abducted him when he was travelling in his car. They shot him and dumped his body in Wothamulla Nal in Keegan of Shopian. Dar's body was lying in a pool of blood when it lay propped up on Saturday morning from the field. His car was found nearby in a village called Sannan in Shopian district.

CM condemns killing, P 15

Pak will face repercussions over Saeed: US

Swati Deshpande @timesgroup.com

Just stopping short of calling Pakistan a state sponsor of terrorism, the White House on Saturday came down with a warning if the release of Lalitpur-Talila chief Hafiz Saeed, warning that there would be "repercussions for bilateral relations and for Pakistan's global reputation" if the designated global terrorist was not immediately re-arrested and prosecuted, reports Chidambaram Rajguru.

Calling the 26-11 Mumbai attacks mastermind a "notorious terrorist", the US said Pakistan's failure to prosecute or charge him "needs a troubling message about Islamabad's commitment to combating terrorism". **P 11**

'Disinherited' actor in fight to keep mum's flat

Swati Deshpande @timesgroup.com

Mumbai: Barely two weeks after veteran actor Satish Hiran's mother's city court ordered a status quo on a plush flat she left behind, the actor was a plea filed by a city doctor on Thursday, who said it was bequeathed to him by Satish's mother, Ratna Thakur, who had "disinherited" her only child.

In the suit before the city court, Dr Vikram Thakur stated that other than the flat near 1400m temple, Thakur had also willed a 200-acre plot in Malabar company and all shares of a company she owned to him in 2011.



A doctor, Vikram Thakur, has moved court, saying Satish's mother Ratna Thakur had willed a plush flat near 1400m in Juhu, a 200-acre plot near Pune and shares of her company to him for taking care of her like a son

'Abandoned mother', P 2

Pak cracks whip on protests, sees 'India hand'

Swati Deshpande @timesgroup.com

Pakistan Interior Minister Ahsan Iqbal criticised on Saturday that headline religious parties who have been protesting for over two weeks in Islamabad demanding the resignation of law minister Zaheer Hamid had "contacted India", and the government was probing as to "why they did it". On Saturday 20 people were fired and 200 hurt in clashes as the government cracked down on protesters who had blocked the Islamabad-Rawalpindi highway. The Army was called into Islamabad, Iqbal said the protesters were "not simple people, having resources at their disposal". **19**

Claims dismissed, P 16

Dangal 2: Another Phogat sets mat afire

Himali Bose @timesgroup.com

After Geeta, Babita and Vinesh, another Phogat girl is making waves on the world wrestling stage. And, according to brother Ritu, Ritu is the most ruthless of all six Phogat sisters on the mat. At 115 lbs, even off it.

On Saturday, Ritu (22) won the silver in the 48kg category in the World U-23 Worlds, the most ruthless of the Phogat sisters, says their brother Ritu. Ritu lost the final to Evta Demichan of Turkey in a thrilling bout after being tied at 4-4 at the end of two rounds.



Ritu, who won silver in the 48kg category at the U-23 Worlds, is the most ruthless of the Phogat sisters, says their brother Ritu

Caution pt costs gold, P 25

Manushi effect: Khap turns progressive

Sat Singh @timesgroup.com

Bahadurgarh (Jharkhand): On the eve of its 80th birthday in Haryana is like any other north Indian state in November—a cool breeze blows through the fields while elders sit outside Aachhepura houses, smoking hukkas. But this time, the breeze is carrying with it a strong message of change.

Bahadoli is Miss World Manushi Chhillar's ancestral village, and the incidents here have decided to honour her with by ending regressive traditions. Soon after the 20-year-old medical student won the pageant in China, the Chhillar Chhabra khap comprising 11 vil-



POWER OF THE CROWN

lages to Haryana and Delhi, banned celebratory gunfire during weddings—a status symbol in a male-dominated society that often leads to accidents and weddings being hurt or killed.

No DJs at weddings, P 15

IN LULLABIES COMING TIMES 4 TIMES (P. 15)

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Now, grown-ups take a gap year

Sabbaticals used to be thought of as career suicide. But increasingly, professionals are taking time off work for long trips around the world

Iskanta Bhatia Fernandes

When a person draws up a spreadsheet to plot for a trip, it tells you two things: he has a background in IT, and he's planning a very long trip.

Manish Kumar had worked in IT for two decades, and he was about to take a long trip — around the world. "A world trip doesn't mean you're going to all the continents, but all the regions," says Kumar, 47, who managed to tick 'World Trip' off his bucket list this March, when he returned from a year-long journey across five of the seven continents with his wife Mehala and daughter Mihika.

Indians are historically a country of scholars and artists, not explorers, like the Europeans and Chinese. That's of course, most of us travel widely but some of us are travelling long journeys for months on end to know a place and its people better.

When Kumar turned 45 two years



ago, he decided the time was ripe to undertake such an expensive and expensive journey. His wife, who worked at Wipro in Bengaluru, managed to get a year's sabbatical, as did his teenage daughter, who was about to go to grade 7. Kumar tutored Mihika on the go, so she could appear for her Class 7 final exams when they returned.

"We spent 1/2 hours with her books every day on flights, in hotel rooms and airport lounges," says Kumar. "But we

gave our kid what books could not. In Cambodia, she was looking at the site of a genocide, in Egypt, at 5,000-year-old pyramids. The subjects she was studying about were alive before her."

Their itinerary covered their interest in wildlife and heritage, including 13 national parks in North America, South America's Amazon Jungles, Peru, Ecuador, the Galapagos Islands, Kenya, Australia, and Vietnam. Kumar says the trip cost them

People often promise to strap up and set off on long journeys after retirement. But Manish Dewan resigned mid-career to travel. Last year he checked his job as head of marketing for a conglomerate in Mumbai to motorcycle with his wife Anuradha biked across 18 countries in 100 days.

OFF THE BEATEN TRACK: Manish Dewan and Anuradha biked across 18 countries in 100 days.

Rs 30-70 lakh, but they planned well for it. They rented out their villa in Whitefield for the year they would be away, booked budget flights almost six months in advance and stayed at 3-star hotels and Airbnb rooms. "It's possible to cut costs if you research thoroughly. For example, we found a 41 bus in Florida," says Kumar, who blogged about the experience at manishkumar.com.

ON THE MOVE: Manish Kumar and his wife Mehala tutored their daughter on the go.



When a doc gets too attached to a patient



Sidhartha Mukherjee

Every medical case to paraphrase the writer Viet Thanh Nguyen, is lived twice: once in the wards and once in memory. Some of what follows is still intensely vivid, as if it were shot in high-def video. Other parts are blurry — in part because I must have subconsciously deleted or altered the memories. I was 33 then and a senior resident at a hospital in Boston. I had been assigned to the Cardiac Care Unit, a quasi-ICU where some of the most acutely ill patients were hospitalized.

In mid-September, I admitted a 53-year-old man to the unit. I'll call him M. As medical history, we were beset by the same cardiac residents not to identify too closely with patients. "A weeping doctor is a useless doctor," a senior oncologist Dr. "You cannot do an eye exam if your own eyes are closed." But M's case made it particularly hard. He was a doctor and a scientist — an MD, a PhD, like me. He must have been about 15 years ahead of me in his schooling. I could imagine him returning to my class in med school to teach us "Patient Doctor," in which students are taught how to deal with real-life patients. He was now an assistant professor — it seemed like such a victory to have that title — and ran a small laboratory. I knew a student who once worked with him. Six degrees of separation? There was barely one.

Earlier that year, in March or April, M. became short of breath in the middle of his run. His legs turned cold and blue. He had diary spells and had works in myocardial infarction. He had a cardiologist — presumably one of his own colleagues — and the diagnosis was amyloidosis, a mysterious heart condition in which misfolded proteins begin to be deposited in the organs of the body. Sometimes the proteins come from cancer cells, sometimes from poorly understood sources. The deposits choke the organs: heart, liver, blood vessels, kidneys. "And then, bit by bit by bit, I was all gone in," he said dryly, paraphrasing the Tin Man in Oz. We laughed.

M. needed a new heart. I'm writing this casually, as if you go to the seed-heart salesman on Long Island and pick one up on a three-year lease. Hearts are notoriously hard to find; someone has to do for you to get one.

M. was on a list of recipients. His own heart, meanwhile, was failing so precipitously that he needed constant medical monitoring. Weird, deadly electrical rhythms arose out of his dying cardiac muscles, like ripples on a stagnating pond, necessitating defibrillating shocks to reset his rhythm. Fluid pooled in his feet, and the skin on his calves came off in strips.

There was a second reason to monitor M's status. Hearts are so rare that patients have to be under constant surveillance to ensure that they are in the best possible condition before receiving the donor organ. An innocuous-sounding infection, or kidney failure, can send out of control after the transplant. "If it's bad now, it'll only be worse later," the transplant nurse told me, grimly.

And so we watched him. Every vital sign — temperature, respiratory rate, heart rate — was dutifully recorded. I was on call every third night. I would stop by to say hello to M, and wait for the transplant nurse to come around. He would be peering over 40 across on the Sunday crossword, the would check his numbers. "Maybe there will be one tonight," she would say before signing off for the day.

It must have been on the thirteenth fourth week of M's hospitalization, sometime late in the evening, that the transplant unit called up to the ICU. A kid had died under the microscope on the bypassway. He was declared brain dead, but his heart was intact. M. was on the top of the transplant list. I half ran, half walked to his room to bring him the news. He had been doing through most of the day and night — a sign, perhaps, that he was having trouble pumping blood to his brain. He woke up, smiled wearily and then drifted off to sleep again.

Around midnight, I was paged to the unit. "He's spiked a small fever," the unit nurse said. She tried to look at me blandly. "It's nothing," she wanted me to say. "It's not real. Get back to work."

"Fire small!"

"Ill."

"Well, let's rebid the temperature."

She measured it again, 101. His systolic blood pressure had also dropped ever so slightly — a few, barely discernible notches. I paused for a moment, weighing my choices. "Try another thermometer. And check the pressure again. Actually let's wait and try in 10 minutes."

She brought another instrument out from the nurse's station. M. began to sense the sticky building bubbles in the unit. He sat up wearily.

"Do you feel anything wrong? A chill?"

"Nope," he said, "Nothing."

I examined him, pore by pore, looking for a potential source.

The nurse entered the room and made a tiny mistake in her outside. Let her by the nurse's station. "Should we record the temperature?" she asked, whispering, as if the infection might be oversteering.

The stolen could not have been closer to both of us. If we put the number in the chart, M. would temporarily fall off the list for the next morning. The transplant surgeons at this hospital, I knew, would never risk taking a child, potentially septic patient to the operating room.

I felt paralyzed. Medicine depends on looking at data objectively, dispassionately; a decade of training had taught me that. But it also depends on understanding that tests can mislead us, that data can deceive. What patient ever fits squarely into an assigned box? My fingers hovered above the computer, when I was meant to write my name and record the febrile temperature spike, but I found that I couldn't type a word.

At 1 am, I called the attending physician. I felt foolish. I imagined her scuffling around

I felt paralyzed. Medicine depends on looking at data objectively, dispassionately. But tests can mislead us, data can deceive: What patient ever fits squarely into an assigned box?

her nightstand for her spectacles, anticipating a question about an acute cardiac crisis. Instead, there was a manning, hesitant resident trying to decide whether to write a note. But she understood immediately. She walked through the details of the case. Had I really evaluated the infection? Yes, yes, I reassured her — or rather, tried to reassure myself.

"It's really your decision, Sid," she said. "But you've got to consider that in some other hospital, there's some other young guy — a doctor, with a PhD — waiting for the same heart. If your patient goes to the OR infected, he's not going to make it, and the new heart is going to the with him."

I put the phone down and turned to the nurse. The fever had come down to 100 degrees. What if we hadn't measured it in the first place? How about all the things we don't measure? Muscle tone? Wakefulness? If a temperature spikes in a forest.

I returned to the computer, tried to type my note, hesitated and stopped again.

I wrote my final note at 2 in the morning. Temperature: 101 degrees, currently 100. No obvious source of infection. A chest X-ray showed no signs of pneumonia. A complete history and physical exam was unrevealing. Awaiting blood-culture data.

At dawn the next morning, I felt as if I had let the heart down. I presented the case quietly, feeling the eyes of any on residents burning holes into my skull. No one had any questions.

There were just a few more days left in the rotator, and I went to say goodbye to M. His fever had subsided on its own after that overnight spike. "I'm sorry," I said, and he nodded.

M. died of a fatal arrhythmia a few weeks later. No other heart became available. The fever never returned.

Mukherjee is the author of "The Emperor of All Maladies: A Biography of Cancer." NYT News Service

This village knows how to feed hungry babies

An NGO in Chhattisgarh is addressing the urgent deficit in nutrition by providing three meals a day to children under three along with daycare

Nimashi Dhevan@timesgroup.com

Sumita Dhevan's life revolves around rice — sowing, irrigating, and harvesting it. And yet very little of it ends up in her two-year-old daughter Sumita. Like most children in the village of Bilaspur, 60 km from Bilaspur in Chhattisgarh, Sumita was born underweight. Her eyes were watery, she cried often, and fell ill almost every month. The vicious cycle of the state and poor health would have continued if Sumita, a daily wage worker, had not decided to send her to the village crèche. In a matter of months, things began to look up. "I never realised she could eat so much, (she) took jugs of (she) has found her appetite," says Sumita. As Sumita lines up for her share of (she) in a local mix of cereal, pulses, and oil, it is hard to imagine her being anything but plump.



Sumita and a dozen other children at the crèche run by NGO Jan Swasthya Sahay (JSS) are a small part of the solution. The problem, though, is the sheer number of hungry, overlooked 99 lakh children in India. Since 2009, JSS has been running crèches or phurbars where children under the age of three can stay for eight hours. They eat three meals, including khichdi and sattu, eggs (twice a week) and iron supplements, and are taught to maintain hygiene. As a result, the proportion of underweight children has come down from 30% to 27%, and that of children suffering from wasting (low weight for height) has come down from 20% to 15%.

"I want to see the state run every phurbar (You have lit fire in the bellies of our children)," is what a parent told Dr. Yogesh Jain, public health physician and JSS founding member, after her child started gaining weight and looking healthy. JSS now runs 91 crèches in 28 villages for over 1,200 children in Bilaspur district. Every crèche has an average of 16 children. The NGO provides such crèche with a worker, spending Rs 27 per child every day. Phurbars started when Jain and others

— who have been running a rural hospital in Ganjapada since 2000 — realised that over half the children went to bed hungry. "Feeding sick children was only a short-term solution. We had to prevent malnourishment," Jain says.

Undernutrition in the first three years of life has both immediate and long-term consequences. Once a child is malnourished due to a chronic dietary inadequacy, the catch-up is likely to be difficult. What should not be done is to blame it on the fact that our infants and young children feeding practices are worse than those of poorer neighbours like Bangladesh and Nepal, say experts.

In most poor families, an aged relative or an older sibling must stay behind for childcare. JSS found that school-going girls dropped out to take care of younger siblings. In desperate times, children are even tied by a rope to a tree allowing them to roam in a small area. The child is usually given breastmilk at the beginning of the day, left behind at home with the day's leftovers, before the parents come back home at night. The child is deprived of

BABY STEPS IN BILASPUR



adequate food and attention, Jain says. A toddler, Anrita, sings and copies her dad's (she) worker's actions with great gusto. Her thin arms and legs move in unison as she sways to the tune. She weighs a little over 7.5 kg, much below the average 11 kg for her age. She has to be given extra food so she can catch up, says JSS's phurbar village worker Ranjita Yadav. It is this chronic hunger that the JSS is trying to prevent. Public health expert Dr. Ramani Adhari supports the phurbar model. "Many argue that it is expensive and not sustainable, but do we expect chronically starving people to be sustainable? And

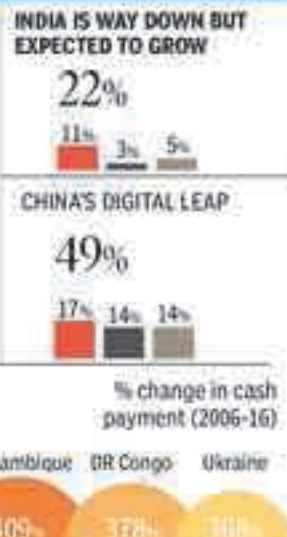
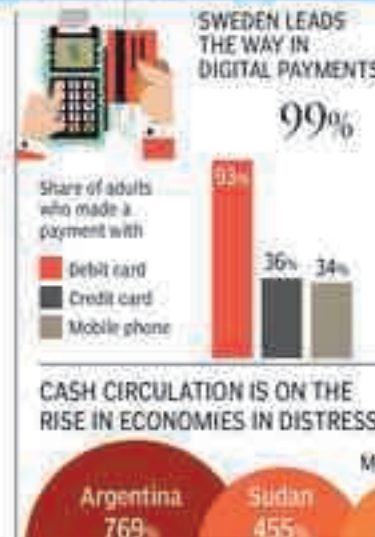
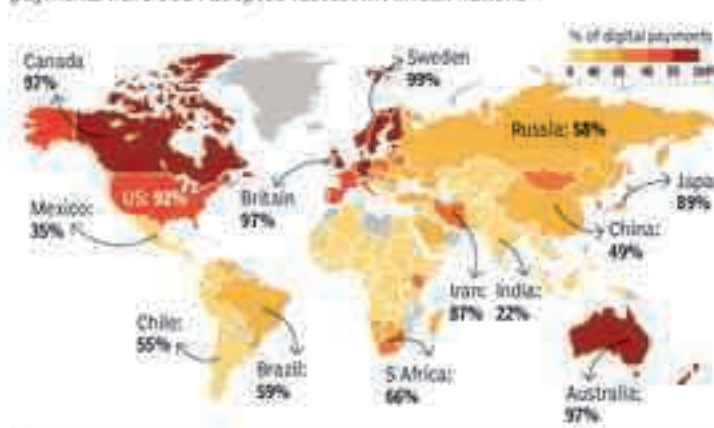
why do we always expect results when we don't want to spend the money for it? Many parents see the phurbar as a safe place to leave their children when they are out of work."

Unless data says emerging economies have improved their malnutrition rates significantly over the last two decades. China has reduced under-nutrition from 25% to 15% between 1989 and 2002. Brazil from 18% to 7% from 1970 to 1988. In comparison, India has reduced under-nutrition from 41% in 2005-06 to 38% in 2015-16, according to the National Family Health Survey. The country's Integrated Child Development Scheme (ICDS) is centred around take-home rations with budget of Rs 2- to 5 per child and anganwadi workers who are paid honorariums instead of wages.

Many states appear to see the benefit of the programme, but have found it difficult to replicate, admits JSS coordinator for the phurbar scheme, Dr. Ravindra Kulkarni. Chhattisgarh tried to introduce the programme in 2009 crèches in Nandia district but with patchy success. However, the JSS model is being met with some success in Odisha, Bihar and Jharkhand. MP aims to start 70 crèches this year.

WILL SWEDEN LEAD THE WAY TO A CASHLESS FUTURE?

Cash is still the most popular way to pay, but in many parts of the world electronic payment methods are slowly gaining ground. Scandinavian countries lead in non-cash transactions but some technologies like mobile payments have been adopted fastest in African nations.



Source: New York Times, Capgemini, IMF, Fitch, World Economic Forum, 2017, National Reserve Bank of India, Statista