

Trainees discover the wellness of massage



REMUNA RAI

RUMTEK, 05 April: No setting could have offered a better-suited and more apt an ambience than the lush greenery and the peace of the Rumtek hills for something as invigorating as a massage therapy session.

A batch of 10 young girls from the Children of Sikkim Foundation of Human Development of Sikkim, Chongey Tar, aged between 15 to 17 years, are currently on the threshold of becoming the forerunners of what is comparatively a new concept of body New Age healing methods here, along with harbouring one of their first ambitions of a possible career option in the field. The venue for their discovering a new skill - the Bamboo Resort at Sajong, Rumtek.

The girls, along with another trainee, the only one from outside the Foundation, are in the midst of a 10-day long intensive training course on Wellness Massage Therapy conducted by a certified masseuse from Switzerland, Arlette Nouadjeu, initiated and organized by Helen Kampf, proprietor of the Bamboo Resort here.

The training was conceptualized by Ms. Kampf, a certified Swedish masseuse herself, after she felt the need for the modern form of healing to be introduced here in a major way in view of the increasingly hectic life-styles in Sikkim. And the presence of trained professionals was the first and foremost requirement for the trend to set in and followed and developed afterwards.

The course offers an intensive training in Wellness Massage, which is the classical form of body massages, involving the basic massage of the head and the entire body.

Ms. Kampf, a certified masseuse in Swedish massage, informs that the Wellness Massage, though not medicinal, is immensely therapeutic and used for relieving the body of stress and tensed muscles and also helps ease psychological tensions in the body, apart from having indirect benefits for illnesses like arthritis.

She stated that though still a fairly new concept in Sikkim, the need for massage therapies was as high here as anywhere else, with the daily requirements of rigorous work schedules having taken precedence

over things like relaxation of the body and the mind.

Ms. Kampf also believes that women, who are more susceptible to stress and tension due to being comparatively thinner-skinned than men, needed these therapies more.

The course, besides teaching the techniques and methods, also educates the trainees on the creation of the perfect ambience for a massage in terms of the lighting and the music, the use of the right kind of linens and towels, hygiene requirements, client etiquette and the use of different massage oils and powder and body milk for different skin types.

The course carried a fee of Rs. 2,500, with an additional Rs. 500 for the accommodation provided at the Resort for the girls. The teenagers have been sponsored by the Foundation itself. The only independent applicant to the course, Mrs. S. Pradhan informed that she had taken the

course simply out of interest in the concept as well as hoping for the therapy to benefit her husband of the daily stress of work as well as other family members.

Mrs. Pradhan's enthusiasm towards the course is borne out by the fact that she commutes to Rumtek and back everyday from Gangtok to attend the 9 to 5 training session. Unlike her younger fellow trainees, she does not have any plans of pursuing her training professionally, though she would like to do volunteer work at times.

The young trainees on the other hand are very excited and interested in the course. Their first collective response to an enquiry on their three-day old training so far, aptly included use of words like 'relaxed' and 'calm effect', obviously speaking of their experience of the

massage given by the trainer and by each other during the practice sessions.

16-year old Pem Phuti Lepcha has even made up her mind to open a parlour of her own as soon as she finishes her school. Some of her friends nodded their heads in agreement, while others expressed that working as a masseuse would be an addition to their list of career options after school.

All of the girls are studying at Padma Odzer Choeling School of the Foundation. The Human Development Foundation of Sikkim is a not-for-profit organization - born of Ms. Keepu T. Lepcha's commitment and the support of a group of Swiss nationals - which works for destitute children in Sikkim. Miss Lepcha is the President of the Foundation. Ms. Nouadjeu, who had

volunteered to help conduct the training after she came to know about it from Ms. Kampf, expressed that initially the girls had been a little inhibited and shy towards the concept, completely understandable for the young adolescents, but barely three days into the training, they had warmed up to the idea and now, they would be raring to apply what they learnt theoretically.

She further informed that their interest in the therapy, the concept being new to them, helped a great deal in holding their uninterrupted attention during the training sessions.

The course, which began on 02 April, will conclude on 12 April, after which Ms. Kampf shall conduct a test on the basis of which the trainees will receive certificates attesting the successful completion of their course.



HUMAN RESOURCE & DEVELOPMENT DEPARTMENT GOVERNMENT OF SIKKIM, RABDENTSE, GYALSHING

UNIT No: 003/AE/HRDD/W

Dated: 31.3.2007

NOTICE INVITING TENDER

Sealed tender rates in percentage basis are invited on behalf of Governor of Sikkim from the Contactors of appropriate category enlisted in SPWD belonging to the concerned Gram Panchayat Unit.

The tender document can be obtained from the office of The Assistant Engineer (West), Human Resource and Development Department during the office hours at the period as mentioned below:

- a) Date of receipt of applications and issue of Tender document: **26.04.07**
- b) Issue of Tender forms: **27.04.07**
- c) Submission of completed Tender forms: **28.04.07 up to 1200 hrs**
- d) Opening of Tender Documents: **28.04.07 at 1230 hrs**

The cost of the Tender Documents as indicated below (non refundable) shall be deposited in the State Bank of Sikkim under the receipt Head "0202-Education, Sports, Arts & Culture 01- General Education 101-Elementary Education 03- Other Receipts- Sale of Tender Documents HRDD", and the bank receipt/challan in original should be submitted along with the application for issue of Tender documents which comprises the **General Direction and condition of contract and Schedule of Rates/Quantities only**. The tender form shall be issued only on production of valid income tax/sales tax clearance certificate issued by the Income/Sales Tax Department and upto date enlistment registration certificate (Attested copy) along with the application for issue of tender documents.

Tender papers should be placed in sealed cover super scribe with the name of the work. The completed tender forms shall be submitted within the above mentioned date and time in the office of The Assistant Engineer (West), HRDD. The details of the work are as under:

Sl No	Name of Work	District	Work vale put to tender in Rs.	Earnest money @ 2.5%	Completion Time	Cost of Tender forms
1	Construction of Four Room School Building at Siktam, P.S., West Sikkim	West	Rs. 1174900.00	Rs. 29400.00	9 months	Rs.4000.00

The earnest money @ 2.5 % as indicated above shall be deposited in the Temporary account with the State Bank of Sikkim in favour of the **Accounts Officer, Human Resource and Development Department, Rabdentse, Gyalshing**.

The tenderer should sign on each page of the tender documents. The rate should be quoted both in figure and in words and should be inclusive of VAT and other taxes. Any over writing, corrections should be authenticated. Incomplete tender forms so submitted shall be temporarily rejected.

In case of discrepancy in rate(s) pointed in the schedule of rates and quantities issued with the tender forms then the rate as per the approved Schedule of Rates-2002 shall prevail.

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