

Editorial

Imphal, Wednesday, July 27, 2016

The second coming

Iron Lady of Manipur- Irom Sharmila Chanu, after fasting for more than sixteen years as a mark of protest against the excesses of the Indian government as exemplified by the callous and often brutal treatment meted out to the public of the state in an almost antagonistic attitude by the armed forces deployed in Manipur behind the archaic and draconian Armed Forces Special Powers Act 1958, have resolved to break her fast and take up a more political means to achieve her demand for scrapping AFSPA from the entire state. The decision surprised everyone who had known of her crusade, and that includes the national and international media, human rights activists and organizations as well as her supporters. There were strong reactions to the announcements, mostly tinged with a wish to see her continue with the fast. Some even hinted that the decision might be a spur of the moment, implicitly expressing the disappointment over the largely unexpected turn of event. Some even assumed that the Iron Lady has given up on the cause she has given more than one and half decade of the best part of her life. Nothing can be further from the truth, and Sharmila owes no explanation to anyone about anything. As far as her resolve to refrain from eating while struggling for repealing the AFSPA from Manipur is concerned, she had succeeded beyond every expectations and obstacles. She has shown her grit and determination unlike anyone the state has ever produced, so far. Let us forget, her struggle stems from the desire to lead a peaceful, meaningful and productive life shorn of the unwanted distractions and restraints that makes living a daily challenge for the simple public who are constantly forced to look down the wrong end of the barrel of a gun or barter ones earnings for the very life the earning is to sustain. Sharmila's struggle is for a life free of fear or undue restraints, and her resolve to turn to politics to try and realize her goal should be appreciated as such. And yet, there are many who still evidently fail to see the selfless motive behind the decision. Her struggle is not for her own individual self. What she has been enduring for so long without regret or remorse is for all of us. It is time for us all to shed our preconceived notions and stop stereotyping every phenomena or incident in order to fit our perspective. Sharmila's struggle against AFSPA and the excessive atrocities it spawned in the state has not stopped, but has rather taken a new direction- a direction evidently chosen after much deliberation and soul searching. Nobody has the right to question Sharmila's intention or strength of character, nor her resolve or fighting spirit she has so gloriously demonstrated for so long. Her foray into the world of politics will hopefully influence a new generation of politicians who get their kicks out of performing beyond expectations rather than exploiting the trust and deceiving the naive public for their personal benefits. Sharmila needs us all in her new venture, and we must not let her down again. But more than anything, the state needs Sharmila at this juncture more than ever.

Face Yoga and its Growing Popularity

By : Ratnadeep Banerji

Face is the index of the vital force within us. Mental and physical health remains interconnected to decide the contours of face. The face contains 57 muscles besides the jaw muscles which stand out as the strongest muscle in the entire body. It is not merely the ageing process that pulls down the face but several illnesses damage facial muscles as well. Face yoga falls under AcmaGga Yoga of Patanjali and holds an effective set of toning exercises. The Ministry of AYUSH is propagating the usefulness of Yoga all over the world so much so that 21st June has been declared as the International Day of Yoga. Despite being a health topic, All Ladies League of ASSOCHAM included face yoga in their Women Economic Forum 2016 with participation of over 100 countries.

Face yoga exercises like all yoga postures, increase blood circulation, oxygenating the muscles more and thus making the body more responsive and helps in regenerating cells. Functional MRI scans have shown increased blood circulation to the brain around the pineal and pituitary glands. These glands are responsible for a person's daily biological clock, as well as the entire hormonal balance of our bodies. The hormones in turn, play a key role in healthy sleep, aiding in a deep sleep and boosts the immune system. A simple set of targeted movements of facial muscles activate the hormone secreting glands and stimulate different parts of the brain and nerve endings. This leads to improvement in attention span, heart control and even lung functions.

Face Yoga is very powerful in stress management too. The movements of face yoga while targeting the forehead and the eyes, decrease the harmful incidence of stress, anxiety and convulsive effects. There is better release of Gamma Aminobutyric Acid (GABA) helping in the reconstruction and functional recovery of the nerves.

"Collagen is the natural filling substance in skin to check against wrinkles and sagging of skin. Face yoga proves highly effective to address this issue", maintains

regenerative medicine expert Dr Prabhu Mishra. Sunken eyes, dark circles, under eye bags, sagging neck muscles are some common conditions that find a natural rejuvenation with specific facial workout. Mumbai based face yoga instructor, Minal Potnis says, "I work with doctors and therapists to use face yoga to successfully treat facial morphea, Bell's palsy, facial spasms, nervous ticks, stress-induced anxiety, facial paralysis and other facial muscle-related issues". Saliva is an accurate indicator of how healthy we are. Facial yogic exercises help in saliva production.

Dr Prabhu Mishra observes, "Face yoga helps to remove free radicals thereby eliminating chances of cancer. It can certainly be preventive to Alzheimer's and dementia or mental retardation, however no data exists. Any neuro-degradation gets slowed down if not arrested completely. Neurosurgeons and oncologists have referred brain tumour patients and their caregivers to consider using face yoga. 'I suggest a combination of stem cell therapy and yoga for a better rehabilitation and in cases of post brain tumour operation', adds Dr Mishra.

What it takes to do face yoga? Yoga instructor, Minal Potnis devises - "Try the sour smile! Close your lips hard. Tighten the corners of your mouth and smile pulling the corners of your mouth towards your ears. Hold the position till counting 15. Keep breathing forcefully. Relax breath till counting 10. Repeat 5 times the sequence. This wide sour smile tones and strengthens your cheek, lip and jaw muscles. Exercises need to be suggested individually as per the medical condition by isolating the facial muscles and exercising them."

Face Yoga is finding favour with the neurologists and dermatologists for the rehabilitation of their patients. Dr Aloke Sharma, Head of Neurosurgery Department at Lokmanya Tilak Municipal General Hospital, Mumbai says, "the ability to co-relate modern medicine and alternative medicine needs to be implemented more, and the overall holistic approach of this program, with focus to increasing facial

blood circulation by stimulating these muscles has far reaching benefits". And indeed, even common ailments like acidity in stomach find a solution. Face Yoga trainers are interfacing with neurosurgeons, physiotherapists, cosmetologists, speech therapists to align yogic face therapy with their respective medical vertical. Ensure you work within limits and with an expert. Face yoga is effective in autoimmune conditions. Amyotrophic lateral sclerosis (ALS) is a progressive neurological disorder which may affect speech,

swallowing and breathing. Patients may not be able to speak clearly and over time can also lose the ability to speak. "Face yoga works to improve the muscle strength of face, mouth, neck and scalp. Increased blood circulation leading to hectic oxygenation brings a difference. Exercises involving lip, cheek and tongue help to improve speech and swallowing difficulty", says a rehabilitation advisor. (Courtesy : PIB Feature) (The writer is a senior journalist, author and a documentary filmmaker.)

Will Irom Sharmila join BJP?

By : Bupenda Ningombam

Social activist Irom Chanu Sharmila announced yesterday that she will end her 16-year-old fast on August 9 this year and contest elections from Manipur in 2017.

If we are to see things from the BJP's perspective, can we expect that PM Narendra Modi and BJP president Amit Shah offer Irom Sharmila the BJP's CM candidacy for 2017 Manipur Assembly election? Can the Iron Lady of Manipur be declared as BJP CM face in the Northeastern state if her decision to break her legendary fast and join politics is exemplary enough to bring peace in Jammu & Kashmir?

She, as per news report, is eying for her birthplace - Khurai Manipur Assembly constituency - to contest in the election. Is she going to defeat the incumbent Congress MLA of the constituency, Dr Ng Bijoy, who is the former vice-chancellor of Manipur University and former director of RIMS Imphal? If she wins, can she steer the Manipur Assembly not to declare the Northeastern as a "disturbed area"? If she loses, will she accept and respect the verdict of Khurai people? If she believes that her electoral fight is to put an end to the AFSPA in Manipur, then, she, as an independent or a candidate of any political party, should

contest against the incumbent Congress CM Okram Ibobi Singh who has been the main decision-maker to reimpose "disturbed area" in Manipur to maintain the AFSPA in the state. Or, is she going to be offered Congress ticket so that CM Ibobi may not face an embarrassment from her electoral?

Will Irom Sharmila remain as a politician in an electoral active politics, notwithstanding she wins or loses in 2017? Can the BJP explain why minister for development of Northeast Dr Jitendra Singh said, "Kashmiri separatists from Jammu & Kashmir should take a cue from Sharmila."

Why is he linking "J&K separatists" with Sharmila's decision to actively participate in Manipur's electoral politics? What has Sharmila done, other than by quitting her fast and deciding to join politics, which, according to Dr Singh, J&K separatists should pay heed to? If the BJP views her as a ray of hope to usher peace in J&K, then they should declare her as their CM candidate for the 2017 Assembly election.

And, if the BJP does not declare Sharmila as its CM face in Manipur, then it would not be difficult to deduce that the saffron party used her to diffuse the current tension in J&K, where it has failed miserably.

Naresh Yadav sent to judicial custody till Aug 1

Malerkotla, July 27: A Punjab court on Wednesday sent Aam Aadmi Party (AAP) MLA Naresh Yadav to judicial custody till August 1 in connection with the alleged Quran sacrilege incident. Yadav was earlier on July 25 sent to two-day police custody. Before being arrested, Yadav had earlier on July 24 asserted that he would cooperate with the police in the investigation. Yadav was booked under relevant Sections of the Indian Penal Code (IPC) after one of the accused, Vijay Kumar, arrested in connection with the incident claimed that he had done it at the behest of the AAP MLA.

The AAP MLA, who has been questioned twice earlier in connection with this case, has so far refuted all charges. The Mehrauli MLA has alleged it to be a "political conspiracy" to malign the party's image ahead of the Punjab Assembly polls.

Tension flared in the area during the Islamic holy month of Ramzan as news spread that torn pages from the Quran were found in a drain in front of a cemetery. Earlier, AAP spokesperson Ashish Khetan had landed in trouble when he compared the party's manifesto to the Sri Guru Granth Sahib, the religious scripture of the Sikhs.

National & International News

Assam flood toll 12, CM makes statement in House

PTI Guwahati, July 27: The current wave of flood has claimed 12 lives and affected nearly 16 lakh people across Assam, the state Assembly was informed today. Making a statement on the flood situation, Chief Minister Sarbananda

Sonowal declared an ex-gratia of Rs 4 lakh to the families of each of the deceased and said the amount will be paid this week. "Flood is the most burning problem of the state. The current flood has affected almost all constituencies and has become a serious problem. It has

claimed 12 lives so far and hit nearly 16 lakh people across 19 districts," he told the Assembly.

The government is closely monitoring the situation and has been holding regular discussions with officials of various departments, mainly those responsible for flood relief and rehabilitation, Sonowal said.

"We have specifically directed the DCs and SDOs to depute officials for flood-related works and do a detailed study of the situation. Health and Veterinary departments have been asked to go to the people and evaluate the situation," he added. The government has asked the authorities concerned to provide all necessary support to the people

living in the relief camps, the Chief Minister said while making his statement during the Budget Session of the Assembly.

"As soon as the flood problem hit the state, we released funds to all the DCs (Deputy Commissioners). Earlier, all DCs used to complain about lack of funds, but this time it will not happen," he added.

Sonowal also informed about his discussion with Union Home Minister Rajnath Singh, who had yesterday assured all possible help from the Centre in tackling the problem. He also said BJP MPs met the Prime Minister yesterday and "he has assured them that the Centre is with Assam at this hour".

Mobile communication partially restored in Kashmir

PTI Srinagar, July 27: Mobile telephony services were partially restored in Kashmir Valley today after remaining suspended for 11 days in the wake of violent protests that have left 47 people dead and around 5,500 injured. While most postpaid services were restored at midnight, some of the prepaid numbers resumed functioning this morning. The decision was taken in view of

the improving situation in the Valley, a police official said. He said a decision on resumption of mobile internet services will be taken after a review of the situation. All mobile telephone services, except BSNL, were suspended on July 15 after violent protests over killing of Hizbul Mujahideen commander Burhan Wani spread across the Valley. Mobile internet services were snapped on July 9.

Japan police search home of suspect in stabbing spree

Sagamihara, July 27: Japanese police on Wednesday searched the home of the suspect in a mass stabbing spree that left 19 people dead at a facility for the mentally disabled. The suspect, 26-year-old Satoshi Uematsu, was transferred earlier in the day from a local police station to the prosecutor's office in Yokohama. The attacker left dead or injured

nearly a third of the approximately 150 patients at the facility in a matter of 40 minutes early Tuesday, Kanagawa prefectural authorities said. The fire department said 25 were wounded, 20 of them seriously. Uematsu turned himself into police about two hours after the pre-dawn attack in Sagami-hara, a city about 50 kilometers (30 miles) west of central Tokyo.

28 killed, scores injured in floods, landslides across Nepal

Kathmandu, July 27: At least 28 persons were killed and scores of people were injured in floods and landslides triggered by incessant monsoon rain in Nepal on Tuesday, said the country's Ministry of Home Affairs. The whereabouts of 24 people were still unknown after the landslides, which were triggered by incessant rainfall in various parts of the country. Xinhua news agency quoted the Ministry as saying in a press statement. As many as 75 houses collapsed in some 10 districts due to the floods, Ministry officials told Xinhua, adding that the death toll

might rise further due to the torrential rains.

The 10 worst-hit districts by floods are namely Pyuthan, Gulmi, Palpa, Baglung, Makawanpur, Rupandehi, Kathmandu, Arghakhanchi, Dolakha and Sairahi, according to local media reports. The Ministry said that local police have been deployed in rescue operations in those districts.

"The district relief committees have been instructed to carry out rescue and relief operations in coordination with local police," the Ministry said in the press statement.

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