

Editorial

Imphal, Monday, March 14, 2016

Urgently wanted - 'A True Leader'

Not every human being is good. Some have criminal mind, some habitual offenders, some never bother for the suffering of others. Only few are beyond these perception and these few people are the one who will be remembered by the future generation. Fame and fortune by committing abusive activism fooling others will not last long. Everybody knows that, yet people of the contemporary days never bother what the future will say about them. One thing most believed is that - Live a life with comfort and luxury is the need of today's contemporary society. Who cares about death? After all there is no guarantee that we will have a next live or not? If it does happen who cares, nobody is going to remember what they did in their last live. It is this perception that people of today did every odd thing to make huge money using any means even to the cost of somebody's live.

But thinking about next live is not what we actually should care? It is about our children and grandchildren we should be worried about? Comfort and luxury we brought to them doing things against the society may bring them some happiness but when they are left to live alone the dignity that they used to receive under the protection of their forefather cannot be guaranteed. The Manipuri saying "Huranbagi tarani mapuge nongma" which literally means that one day the mischief will surely be caught if he could bear with it for ten days, is a defecto element that that will haunt the life of their descendants. Once if the people started exposing the dirty criminal activism practice by them to comfort their children has been exposed the effort will be of no use. The very justified answer to his activities "it is all for my children" will go in vain. The so call children at which he had tried to make happy will surely start blaming at them on the very moment when the people started talking the misdeeds of them.

Point being put up here is to remind our fellow politicians and bureaucrats to do good things so that their children could live with dignities in the future. Their corrupt behaviours to make their children happy might bring their children living a frustrated live. It will be wrong to consider this piece of writing as an advice but we have seen many. Everyone knows how some of the politicians had tried to admit their sons or daughter to medical institution using false means. It is still a talk on how some of them had mischievously acquired land or there is still a talk on how some top bureaucrats or head of institution had appointed their sons or daughters from the back door. All they did may have been because of their love for their children. But the misdeed are still a talk and people still laugh seeing their young ones enjoying with what they had done. Till today it may be okay but the next generation will certainly throw them out from the clutch of humanity. Do good if you want your children respect after you are no longer with them.

Govt. releases revised pensionary benefits under OROP

AN
New Delhi, Mar. 14: The Government on Monday released the revised pensionary benefits to 2,21,224 defence pensioners drawing service and disability pension in which the amount along with first instalment of arrears, had been released and credited by the Defence Ministry to the accounts of the pensioners. In the case of remaining 1,46,535 family pensioners drawing pension from Departmental Pension Drawing Offices (DPOs), payment along with arrears is expected to be released by March end. Banks are under process of revision work. These steps are a follow-up to department of Ex-Servicemen Welfare (ESW) of the Ministry of Defence's notification ordering implementation of One Rank One Pension (OROP) scheme for defence pensioners. The total additional annual financial increase for grant of OROP is Rs.

7488.70 crores. The total amount on account of arrears to be paid for the period July 1 2014 to 31 December 2015 is Rs. 10925.11 crores. Out of total annual liability of Rs. 7488.70 crores, PBOR family pensioners shall get Rs. 6,405.59 crores, which works out to 85.5% of total expenditure of orop.html">OROP. Due to increase in defence pension budget, the additional liability for current financial year 2015-16 shall be Rs. 4,721.34 crores which will increase the current defence pension liability of Rs. 60,238 crores to Rs. 64,959.34 crores for the year 2015-16. To facilitate the pension disbursing agencies, the principal controller of defence accounts have also issued implementation instructions through a circular on 04.02.2016. The implementation instructions along with government orders are available on the website www.pcdapension.nic.in.

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Nutrition in old age

By: Dr. Seema Puri
Department of Nutrition
Institute of Home Economics
University of Delhi

Eating the right type of food is important for a healthy lifestyle. Generally, we select foods that we like in our daily meals. We do not think of the nutrients or their health benefits. This article will help you understand some basic facts about foods which you eat everyday. It would also help you to select the right foods in the right amounts so as to remain healthy and fit. A few tips on healthy eating are also included.

Old age is not a disease but a biological process that no one can avoid. A little care and caution will prevent or delay many disabilities. With proper care everyone can enjoy long, healthy ageing. As age advances, several chronic diseases affect our health. Many of these like obesity, hypertension and diabetes are diet related and hence can be controlled and even prevented by modifying our diet. The last section will help you to select the right type of foods to prevent and control such ailments.

Significance of Proper Nutrition in

Old age
As we all know, ageing is an inevitable, irreversible and progressive phenomenon. Advancing age is accompanied by progressive physiological changes in functions of most organs. As people age, there also tends to be a concomitant increase in the presence and number of chronic conditions such as hypertension, cardiovascular disease, osteoporosis, diabetes and dementias among others. These further compromise the quality of life in old age. Nutrition has emerged as a major modifiable determinant of chronic disease and age related decline. Most importantly, dietary adjustments not only influence present health but also determine whether or not an individual will develop diseases like cancer, cardiovascular disease and diabetes much later in life.

As we grow old, certain changes occur in our body, some which are visible like greying hair, wrinkling skin, loss of hearing and weak eye sight. Several other changes occur

internally, which we cannot see. Some of these changes influence the diet patterns of the elderly.

The nutritional needs of the elderly, especially those over 80 years of age, are very different. Activity levels decrease and the body's metabolism also slows therefore, require less energy and correspondingly smaller quantities of food.

Even though the elderly need less energy, they need the same amount or even more of vitamins and minerals than they needed as adults. Some of these like vitamin E and C are known to have anti ageing benefits as well as protect us from diseases like cancer, heart disease and cataract. A liberal use of vegetables and fruits will help to provide these nutrients.

Loss of teeth with advancing age leads to several dental problems. Many elderly are partially or totally toothless. As a result, chewing becomes extremely difficult. Liquids or soft cooked, mashed foods are preferred by them. However, such

foods may not supply sufficient nourishment and supplements may be necessary.

The power to digest and absorb food gradually decreases. Changes in digestive system occur necessitating certain modifications in the kind and amount of meals to be taken. Elderly people commonly complain of heaviness, fullness in the stomach, even gas formation and acidity. The diet should therefore be carefully selected.

As we grow older, the pleasure of eating diminishes. Food preferences also alter with advancing age. This occurs because of a decrease in the sensitivity of the taste buds. The ability to perceive tastes like sweet and salty diminishes. The taste of food appears bland. Therefore, meals should be made more attractive and appealing by including a variety of foods.

National & International News

GoAir to relocate arrival operations to terminal 1B at Mumbai Airport

AN
Mumbai, Mar.14: GoAir, a low cost carrier, on Monday announced that it will relocate its arrival operations from Terminal 1A to Terminal 1B at the Chhatrapati Shivaji International

Airport (CSIA), Mumbai, from tomorrow. With this, GoAir's complete operations, both departures and arrivals at Mumbai, shall now operate from terminal 1B.

To inform its passengers of the change, signage will be put up across both terminals at the airport. GoAir will also update its passengers through its social media network, company website and intimation

through e-mail, SMS and its customer service helpline. GoAir, with this announcement, shall offer the customers seamless flight transfers and ease of access under a single roof in Terminal 1B at Mumbai.

Indigenously developed Agni-I test fired successfully

AN
Bhubaneswar, Mar. 14: Intermediate range ballistic missile Agni-I, which is capable of carrying nuclear warheads, was successfully test fired today from the Integrated Test Range (ITR) at Abdul Kalam Island in Odisha. Developed by Defence Research and Development Organisation (DRDO), Agni-I is a surface-to-surface, single-stage missile, which is capable of hitting a target 700 kms away. Weighing 12 tonnes, the 15-metre-long Agni-I, is designed to carry a payload

of more than one tonne. It was test-fired from a mobile launcher at 9.15 a.m. from launch pad-4 of the Integrated Test Range (ITR) in Abdul Kalam Island (Wheeler Island). According to reports, Agni-I has a sophisticated navigation system, which enables it to reach the target with a high degree of accuracy and precision. Agni-I was developed by DRDO under the Integrated Guided Missile Development Program. It is a single-stage missile developed after the Kargil War to fill the gap between 250 km range



of Prithvi-II and 2,500 km range of Agni-II. It was first launched on January

25, 2002, from a road mobile launcher at Integrated Test Range (ITR), Wheeler Island, Odisha.

High Court quashes Speaker's order disqualifying MLA

PTI
Kochi, March 14: Kerala High Court on Monday quashed the order of Assembly Speaker disqualifying former rebel Kerala Congress (M) leader P C George as a member of the House in November last year. Justice V Chitambarech cited rules and directed Speaker N Sakthan to reconsider George's application for resignation after hearing him. The Judge found that the Speaker took the decision to disqualify George without considering the resignation letter submitted by him while the issue was pending before him. George was disqualified as

member of the state Assembly by the Speaker on November 13 last year under anti-defection law on a petition by Kerala Congress (M). While taking the decision, the Speaker had rejected George's application for resignation from the assembly submitted to him earlier. George challenged the Speaker's decision before the High Court. During the hearing on the petition, Chief Minister Oommen Chandy had also appeared before the Speaker to oppose against George. The action against George was

taken on the basis of a petition filed by KC-M leader and government Chief Whip Thomas Unniyadan seeking his disqualification for alleged anti-party activities since an assembly by-election held in June last. George, who represented Poonjar Assembly constituency, had been at loggerheads for the past one year with his party supremo and former Finance Minister K M Mani and ruling Congress-led UDF. He had tendered his resignation letter to the Speaker a day ahead of the Speaker's verdict, apparently anticipating the

adverse verdict on his disqualification. Following the demand of Kerala Congress (M), the third largest partner in UDF, George was removed from the post of Government Chief Whip in April last year after he openly challenged party supremo K M Mani and Chandy. Unniyadan in the petition, filed on behalf of KC-M, had alleged that George indulged in anti-party activities, violated party discipline and put up a candidate against the official UDF nominee in the Aruvikkara bypoll in June.

Security forces gun down five militants in Balochistan

ANI
Quetta, Mar. 14: At least five suspected militants belonging to the banned Baloch Republican Army were killed and one arrested by the security forces in a fierce gun battle in Dera Bugti district of Balochistan province yesterday. A large quantity of arms and ammunitions were also seized from the camps, which were destroyed. Frontier Corps spokesman confirmed that the militants

belonged to banned Baloch Republican Army, reports the Dawn. He said that a search operation was carried out by the FC personnel and intelligence agencies acting on a tip-off about the presence of militants on the outskirts of Dera Bugti. The arrested militant has been over to the concerned authorities for interrogation. The militants were involved in

attacks on the security forces besides extortion and kidnapping for ransom. They had also caused damage to the gas pipeline. Meanwhile, the FC personnel also defused a bomb planted on the main railway track linking Quetta with the rest of the country and arrested eight suspects in connection with the same. They also recovered arms and drugs from their possession.

Eight killed in chemical accident at Thai bank SCB

Reuters
Bangkok, March 14: An accident at the headquarters of Thailand's Siam Commercial Bank, possibly caused by a fire retardant chemical, killed eight people, the bank said on Monday. The accident took place late on Sunday as contractors were working on the building's fire fighting systems.

"Gas pyrogens intended to extinguish fires opened and kept oxygen out resulting in injuries and death," the bank said. "Eight people died as a result and seven injured people are in hospital," the bank said. Those killed were contractors and a security guard, police said. "They were in the building for maintenance work," said police

colonel Charoen Srisasalak. In February 2015, a fire broke out at the sprawling SCB complex located in the north of the Thai capital Bangkok, killing one fireman. All SCB bank branches will open as usual on Monday, the bank said. SCB is Thailand's oldest commercial bank and Thailand's third largest lender by assets.