

Editorial

Imphal Thursday, November 3, 2016

Communal players in Manipur's political theatre

At a time when their big bosses are playing the with the sentiments of the security forces in the nation's political theatres, the followers here in the state are busy throwing communal cards to hold power in the upcoming state assembly election.

Issues of corruptions, development, roads connectivity, etc. are of no concerns as these will not help any political party here in the state in getting required number of seats to form government in the next Manipur Legislative Assembly.

Among the majority community meiteis, it is the secure government jobs rather than the good roads, drinking water or good governance which is matter. And in the Hills where diverse ethnic communities co-existed from time immemorial, it is the threat of their identity culture and besides the implantation of feudalistic culture so that the man dreaming to hold power could use less energy. When controlling only the chief is enough for 1000s or 2000s vote from a community bank, there is no used to be good to each and every people - a concept that followers of the mainland political parties are thinking. What is more surprising is that, it works. A chief or some strong armed group in hand will make a candidate win in election even though majority supported him.

When it comes to the state it is about Naga integration, Manipur's Territorial Integrity, Separate states for some few groups of community.

The decline of Congress Party had direct impact to all the North Eastern States and Manipur even though is not exception is witnessing a mega political theatre. The same old wine keeps changing the glasses and assurance about getting in the right glass is the talk of every politicians. Some even recalled what our former Chief Minister Radhabinod Koijam had once said - "There is nothing impossible in Politics". The former chief Minister was once heard saying this when he changed his political camp all of a sudden to become the chief Minister of Manipur in late 90s.

Yeah, everything is possible in politics, and why not, Pema Kendu of Arunachal Pradesh had quit Congress some few months back and joined a regional party to form government which can walk hands in hand with the BJP which is in power at the center. This means ideology is not so important for people in this region, what more important are, is picking up the right moment to befool the public with some sentimental issues which can be taken up by throwing communal cards.

And well it all works as it is assumed. The demand for a full fledged revenue district for Sardar Hills is in the lime light now. But unfortunately this time the players are not very successful as another similar case - the demand for a full-fledged revenue district is also accidentally triggered. But 20 years it keeps on playing and was allowed ignorantly to be played.

Those playing with the tribal sentiments cards too are rolling on their skates but forgetting that it is too quick to slip if ride with aggressive attitude.

There is no reason to deny any claimed or assurance by the so called patriots of a particular tribe assuring a land and unique history when they had many times proven their genocidal mission towards small communities. It will be wrong to consider all the people 'fool', as with the going of time individual to individual relationship is running fast making each other understanding their history culture and identity.

History is a sequence of events happened in the past and every happening are not orchestrated by some few kings or queen. History still stands as a perfect example of why we should have less respect for Muhamad Bin Tuqlaq who had though himself as a demy-god. The more the game players keep on playing with the communal cards the more the people easily sighted their game plans. Because today is not 1990s, where anybody can be driven to slaughter someone with a bewilder rumours. This is 21st century where any persons across the globe know what happen at any places any times. Technology is fast growing and these game players are not wise enough to halt the growing technology which tie the bondage of brotherhood among each individual - forget about communities. Stop playing communal cards please. We now know we are one though our dialects are slightly different. We know that we are sons and daughters of the same mother. We now know that we are inseparable brothers and sisters, no matters how much venom you had spewed on us.

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A Step towards Healthy Ageing

By : Santosh Jain Passi*, Akanksha Jain**

The ageing of populations is rapidly accelerating with increasing life expectancy worldwide. Ageing involves changes in physiological, pathological, social, and psychological conditions of the individuals; however, the resultant capacities and health needs of the elderly are not random. These are rooted throughout the life-course and can often be modified, highlighting the importance of a life-cycle approach. The aim of health care has changed enormously; joint family system has largely been replaced by independent living. This shift in family system can mainly be attributed to greater life expectancy, independence and self-esteem of the elderly on one hand, and on the other hand is the freedom of living/non-interference cherished by the younger generations. However, increasing life span is often accompanied by diseases, disorders and disabilities with their consequent loss of independence.

During the last few decades, major chunk of the disease burden has shifted to non-communicable diseases and resultant disabilities rather than premature deaths caused by infectious diseases. Increasing life span and poor health care compound the degree of disability among the elderly and pose problems for the care givers. Meeting the specialised health care needs of the elderly with multi-morbidity is a great challenge being faced by the health-care systems across the globe. For the first time in history, majority of the individuals can expect to live beyond 60 years. Ageing population has, therefore, been a matter of great concern for the policy makers all over. In the year 1901, India's elderly population was just 12 million which rose to 19 million (1951), 77 million (2001), 104 million (2011) and it is anticipated to touch 137 million mark by 2021. Our country which houses the 2nd largest number of aged people in the world, has taken merely 25 years to double its elderly population.

Population (in millions)	Male	Female	Total
India's Total Population	623.3	587.6	1210.9
Population aged 60+	51.1	52.8	103.9
Rural	36.0	37.3	73.3
Urban	15.1	15.5	30.6
Elderly as % of Total Population	8.2	9.0	8.6

(Source: Population Census 2011, SRS Report 2013)

Largely, the problems of elderly arise from inadequate income, lack of suitable employment opportunities, poor housing conditions, physical and psychosocial health issues, absence of social safety-nets, stresses and strains associated with changing family patterns and lack of appropriate post-retirement activities. Changes in socio-economic status adversely affect the elderly's way of life. Therefore, appropriate ways and means of stress management need to be explored and implemented.

Age related physiological decline comprises changes in the normal body functions leading to poor mobility, failing vision, impaired hearing, eating/digestion problems, loss of memory coupled with inability to control certain physiological functions (particularly urinary-incontinence) and various chronic diseases/disorders. Rapid

urbanisation and unhealthy lifestyle are the root cause of escalating incidence of age related chronic disease such as heart disease, cancer, diabetes etc. Economic dependency on children/relatives, loss of authority and lack of social recognition result in poor self-esteem of the elderly; and this situation is expected to worsen in the coming years.

For the elderly, appropriate nutrition is imperative for good health as it can affect the entire ageing process. Compared to the youngsters, elderly are more vulnerable since ageing is accompanied by diminished functional status including impaired muscle function, loss of bone mass, immune dysfunction, anaemia, reduced cognition, poor wound healing recovery and frequent morbidity/hospitalisation/surgery which can often result in mortality. With the changing scenario, elderly are usually left to fend for themselves which invariably affects their health and nutritional status. Due to reduced food intake and lack of dietary diversity, they commonly suffer from micronutrient deficiencies.

Despite multiple health problems, old-age should not imply dependence. Appropriate interventions including health promotion, disease prevention and primary to palliative care need to target the elderly so as to add healthy years to their lives! In 2002, WHO released a policy framework - **Active Ageing** which emphasizes the need for multi-sectoral actions to ensure that **"older persons remain a resource to their families, communities and economies"**.

The increasing proportion of elderly subject the welfare schemes and health-care systems as well as their families under pressure. The fact that more and more people will live longer, it will add to the existing burden of chronic diseases and disabilities - putting additional strain on the society. Therefore, the welfare policies/schemes and the health care systems need to be designed appropriately.

In India, Ministry of Social Justice and Empowerment in close collaboration with State Governments, Non-Governmental Organisations and civil societies develops and implements various programmes for the senior citizens. Under the Scheme Integrated Programme for Older Persons (IPOP), the Ministry runs several projects Maintenance of Old Age Homes and Respite Care Homes which include running of Multi Service Centres for Older Persons;

Maintenance of Mobile Medicare Units; running of Day Care Centres for Old Persons with Alzheimer's/Dementia; multi facility care centre for older widows; physiotherapy clinics; Regional Resource and Training Centres and several other programmes to benefit the elderly.

"Ageing well" must be a global priority!!
The concept of Active and Healthy Ageing needs to be promoted, which includes preventive, promotive, curative and rehabilitative aspects of the elderly's health!!

To quote Dr Chatterji (WHO) *"Collectively, we need to look beyond the costs commonly associated with ageing to think about the benefits that an older, healthier, happier, and more productive older population can bring to society as a whole."* Our elders are the treasure house of unbeatable experience...we should respect them and care for them!! As there is a saying, "The best classroom in the world is at the feet of an elderly person". (PIB)

National & International News

Train collision leaves 19 dead, 50 injured in Karachi

Karachi, Nov. 3: A passenger train crashed into the back end of another in Pakistan's southern port city of Karachi on Thursday, killing at least 19 people and injuring 50, officials said. The collision happened in the early morning hours when a train was parked along the rail lines at a small stopover platform on the city's outskirts, said Nasir Nazeer, an official at the Karachi railway.

The driver of the second train, which rammed into the first, likely ignored the rail traffic signal and caused the crash, he said. An investigation was underway, Nazeer added. Three women and two children were among those killed, said Dr Seemi Jamali at Karachi's Jinnah Hospital, where most of the injured were rushed to. She said that of the injured, five were in critical condition and were undergoing surgery for head injuries. At the scene of the crash, wreckage of twisted and broken coaches, many turned over on their sides, was

spread over a large area, as police and rescue workers were going through the site, searching for more victims of the crash. Police official Mukhtar Shah said there were fears of a higher casualty toll as bodies still remained trapped in some of the rail cars. "We're hearing cries, people shouting for help from the wreck," Shah said. Relatives were frantically searching for their kin at the

hospital, many crying. "I can't find my husband," said a woman shown on a local TV's live footage from the hospital. Pakistan has one of the world's worst rail infrastructures, and has often seen fatal accidents. Pakistan Railways Minister Saad Rafique ordered an inquiry, and Prime Minister Nawaz Sharif offered condolences for the victims and ordered local authorities to provide their families with all possible assistance.

Pen drive seized from Malappuram blast site contains PM Modi's photos, another explosion threat

Malappuram, Nov. 3: Two days after a car blast in Malappuram Collectorate premises in Kerala, officials investigating the case have seized a threat letter warning of another blast and avenging of Dabri beef victim Mohammed Akhlaq's murder. A pendrive containing photographs of PM Modi and videos of Babri Masjid demolition was also recovered from the scene.

Leader LK Advani in 1998 in Coimbatore. The 'Base Movement' has threatened that there will be another blast. It must be remembered that the low-intensity blasts that occurred in Chittur, Mysore, Kollam in recent

times were carried out by the same group, which had issued similar threats at those times. A box, just like the one found from Malappuram blast spot on Tuesday, was earlier found from Nellore blast spot too in September.

Following is the copy of an IB report that warned of blasts on Akhlaq's death anniversary. In the past nine months, three southern states have witnessed similar kinds of IED blasts (luckily without any casualty).

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Storm in Delhi over OROP suicide: Arvind Kejriwal, Rahul Gandhi draw battlelines in thana

"What Rahul Gandhi and Kejriwal are doing is nothing but politics over death. It seems they keep looking to do politics wherever such deaths occur," said Sharma said in a statement. Parrikar, meanwhile, tweeted: "Saddened by the death of subedar Ram Kishan Grewal. I express my heartfelt condolences. I have asked officials to provide me with details."

Defence ministry sources said Grewal had served the Territorial Army for six years and 11 months after which he served in the DSC. Sources said there may have been a delay in Grewal receiving the revised pension "due to problems in calculation at his bank". His case could have been resolved if he had directly approached the ministry, they claimed.

The Indian Express that his father had "martyred himself for the cause of OROP". "We were resting at a park near Jawahar Bhawan in Janpath while returning to our protest site at Jantar Mantar. I saw Grewal suddenly eat something before falling unconscious. Immediately, we called the police and he was rushed to hospital," retired subedar Prithvi Singh, one of the OROP protesters, told The Indian Express.

According to friends and relatives of Grewal, he was part of the long-running protest by a group of ex-servicemen at Janpath seeking the implementation of the OROP scheme. They said that Grewal, who hailed from Bhiwani in Haryana, had served in the Army and Defence Security Corps (DSC) for 30 years. Grewal's son said that his father had left behind a suicide note.

"It demands a serious investigation into who was with the deceased when he took the extreme step, who provided the poison and whether anyone took advantage of his troubled mind and provoked him to take the extreme step," said a senior ministry official. At RML Hospital, clutching medals and certificates won by Grewal during service, his son Jaswant told

Grewal's suicide came just days after a one-man judicial committee on OROP - Justice L.Narasimha Reddy, a retired Chief Justice of Patna High Court - had submitted its report to Parrikar on various issues linked to the implementation of the scheme, which had been a long-standing demand of ex-servicemen.