

Health column

Depression in Pregnancy severely affects mental health and social behaviour of child



By: Rohan Ganguly

In a new study, researchers have advised expectant mothers to stay happy as long as possible and avoid depressions and quarrels as it might trigger the risk of emotional and behavioural problems in children. As per the previous studies, over 20 percent of the pregnant women suffer from depression in later stages of pregnancy and sometimes just after the birth. In depression, they experience low mood, hopeless and many other things that fill them with negativity. Depression affects the bond between mother and the baby which affects the health and mental status of the child in the womb as well as after birth. Children with extreme emotional and behavioural problems are born from depressed mothers, suggest previous findings. In the current study, scientists have shown that depression reduces the secretion of a specific enzyme that breaks down the "stress hormone" cortisol in the placenta. The stress hormone lead to adverse

changes in foetus including alteration in the expression of DNA which lays a huge impact on child's mental status and health. While dividing in demographics, researchers observed that low and middle class people suffer most from the problem of depression while the problem is much less in high income groups. "In severely deprived regions where there are wars, political violence, food insecurity, and little help after natural disasters, healthcare workers have little time or resources to meet basic physical needs, let alone mental health ones like maternal depression," said Vivette Glover, researcher at the Imperial College London. Apparently, women in poor countries experience very little social support and poor treatment during pregnancy which leads to depression. This might be the reason why poor countries witness inadequate antenatal care, pre-eclampsia, low birthweight, preterm delivery, and suicide. The study appeared in the journal *The Lancet Psychiatry*.

Library movement and development in Manipur

By : Ch. Iboh Singh, Ph.D.
1. Background

The birth of library presupposes the existence of written records or of literature whether it is preserved on bark, clay tablet, papyrus, parchment or paper, etc. It is agreed that libraries grew and developed in civilized society when man began to make and keep written records. In the preliterate society, men were dependent on live memory and spoken words and gradually on letters, thereafter began to communicate with each other by means of pictures carved on stones and rocks. These carvings or inscriptions were found in three forms: a) **Pictographic**: that represents an object; b) **Ideographic**: that describes the idea suggested by the object; and c) **Phonographic**: that represents sound of object or idea. Historians have agreed that all our systems of writing came from these crude inscriptions and picture writings. The Sumerians were believed to be the first people to develop a widely usable writing system. Samuel, N. Kremer in his work, *History Begins at Sumer (1965)* observed that before the end of the third millennium B.C., the Sumerian men of letters actually wrote down - on clay tablets, prisms, and cylinders. This phonetic system of writing served them as an effective instrument for recording their social, political, and philosophical thinking for maintaining accounts and for preserving their sacred legends, prayers, rituals, etc. By 2700 B.C. the Sumerians had established private and government libraries for preserving their varied writings for use. The very concept of libraries had been in existence since time immemorial with the very beginning of human civilization. The earliest libraries in a real sense, according to *Collier's Encyclopaedia*, were the collections of writings maintained for use of the living found in very early civilizations. Interesting and important examples were in existence in Egypt, Mesopotamia, Palestine, etc. With the passage of time, due to technological changes the concept, nature, mode of organization and management, the nature of delivery of services, etc. have also been changed, because change is the order of the day. The library systems across the world have been playing

a crucial role exercising their social, moral and educational responsibility in the process of transformation in all the spheres of this world. This has been possible due to continuous movement and development took place since last many centuries. Library scientists, for the sake of convenience in the study of library and information systems, have put the types of libraries into three major groups: a) **Academic Library**: associated with academic institutions; b) **Special Library**: attached with various organizations/institutions of specialized nature; and c) **Public Library**: established for the public irrespective of their caste, creed, sex, age, status, religion, community, etc to serve their information needs. All types of libraries are treated as social organization / institution to serve the complex information needs of the user community, which is their ultimate goal. However, different types of libraries have different objectives, the common of which being to fulfill the objectives of their parent bodies/ organizations. All the countries of the world have their own history of movement and development of library system. When we talk about library movement, it is mainly concerned with the public library. Because the concept of library movement is associated with the people's movement for the cause of the public (masses) as a whole. Academic and special types of libraries are established by their parent bodies which would take the responsibility of the overall affairs of the same. It is not so in case of the public library. In fact, library is a state subject, as such; the concerned state governments have to take the sole responsibility for the establishment and management of this type of library. But it is a fact that the public library system, due to a number of factors and reasons, had been established and developed with people's support and movement. There is, of course, on the other hand, people's movement for the promotion of other dimensions and aspects through the support of the public library. For instance, there are efforts made by general public towards promotion of education, culture, democracy, etc. through

public library service, etc. The scenario is global. Such aspects are also considered important in the study of library movement of a particular region. In Indian context, as observed by *Kaula (2007)*, public library movement has been the project of our national awakening like the *Swadeshi Movement*. It was also the product of our cultural renaissance and the revival of our love for our culture and heritage. Library movement in the country took shape in 1907 when the ruler of the then Baroda State laid foundation for free compulsory elementary education backed by libraries. For the first time in India, free public library services were introduced as a system in 1907. Then Maharaja Sayajirao Gaekwad of Baroda is considered to be the pioneer in the field of library movement in the country. He took keen interest in the movement as he foresaw the need for public library and its role in the education of the masses which would lead to all round development of the society. The Swadeshi Movement forging the greatness of Indian culture and heritage, led by Bipin Chandra Pal and Lala Rajpat Rai, invigorated the movement so greatly that it grew beyond all expectations. It was the time when the nationalist spirit was surging forth with over-spill of enthusiasm, when Dr. Annie Besant's Home Rule Movement met with repression by foreign British Government, that the Indian Library Movement was conceived. The movement took concrete shape in 1919 and set itself on the path of enlightening the people throughout the length and breadth of the country. In India National Library Week is celebrated every year during 14-20 November. The 14th November is a remarkable day in the history of Indian Library Movement. That was on this day of 1919 the first all India public library conference was inaugurated at Gokhale Hall in Chennai, then Madras, which was presided over

by I.S. Khudelkar, the then Director of Libraries, Baroda. It was a milestone, in fact, in the history of library movement of the country. As a token of significance of the event, the Indian Library Association (ILA) announced to observe NLW during a week starting from 14th November 1968 onwards for which a circular was issued by J.C. Mehta, the then Acting Secretary of the Association. Erstwhile sovereign kingdom, Manipur, a tiny state of independent India, having her long history of more than two millennia, has also a unique historical background of movement and development of library, as far as the public library system is concerned. The involvement of the philanthropists, social reformers, social workers, library lovers, intellectuals, educationists, etc. as done in the rest of the world, is found towards library movement in this very part of the country. On the other hand, government also takes into account public library service as an important matter in the state. Also there are different agencies, both government and private, working for the cause of the library movement and development in the state. With this background, the present study has been taken up with an attempt to understand the movement and development of library in Manipur. Pioneering tasks of social reformers, philanthropists, social workers, educationists, associations like Manipur Library Associations (MALA), promotional influence of the Department of Library and Information Science, Manipur University, efforts of the state government, contributions of RRRLF, role of the voluntary organizations, efforts of READ India, and in the later part the emergence of Community Library with the initiative of NSS Cell, Manipur University, legislative support for the library development, etc. are being taken into consideration in this attempt. (To be contd.....)

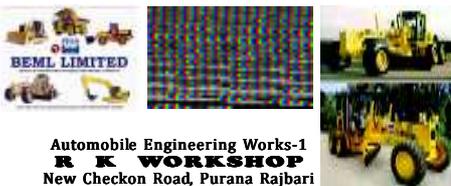
MANIPUR LEGISLATIVE ASSEMBLY SECRETARIAT NOTIFICATION

Imphal, the 1st October, 2016

No.1/13(7)/2016-LA(E) : In partial modification of this Secretariat's notification of even number dated 27-09-2016, Demand Drafts/ Banker's Cheques drawn from any State Bank of India (SBI) branch in favour of Deputy Secretary (Admn), Manipur Legislative Assembly payable at Imphal, regarding the direct recruitment to various categories of posts, will be accepted by this Assembly Secretariat. Further, the last date of submission of applications along with relevant testimonials for the same is, hereby, extended upto 10-10-2016.

Sd/-
(G. Tapankumar Sharma)
Deputy Secretary (Admn),
Manipur Legislative Assembly

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National & International News

As Pak gets aggressive, India may start getting Rafale jets sooner than 36 months

New Delhi, Oct. 2: The country's armed forces - that are combating an increasingly aggressive Pakistan - have some cause for cheer, as Defence Minister Manohar Parrikar said today that India may start getting its Rafale fighter aircraft from France earlier than the agreed-upon 36 months, ANI reported. "As per the terms of the deal, it is 36 months but it may come earlier slightly," the minister said, about the deal with France that was signed on Friday. India and France signed a Euro 7.87-billion deal for the fighter jets, which are equipped with multiple India-specific modifications that will give the Indian Air Force a significant leg up over Pakistan.

Significantly, for India's defence against a sabre-rattling Pakistan, the fighter jets will be equipped with the Beyond Visual Range (BVR) air-to-air 'Meteor' missile, which has a range in excess of 150km. That means the Indian Air Force, while staying within India's territorial boundary, can hit targets inside Pakistan as well as across India's northern and eastern borders. Pakistan currently has missiles with a BVR range of a mere 80 kilometres. India's Rafale jets will also come equipped with 'Scalp', a long-range air-to-ground cruise missile that has a range in excess of 300km. The delivery of these combat aircraft will be completed in 66 months.

Report: 13 bodies found in western Mexico

Mexico City, Oct 2: A total of 13 bodies have now been found in or around Lake Chapala in western Mexico, an official said. The head prosecutor of Jalisco state, Eduardo Almaguer, told the Milenio television network yesterday that the dead apparently were members of a gang and came from nearby communities. He said they were killed by their former criminal allies in the neighboring state of Michoacan on or around Sept 21. The bodies of the 12 men and one woman were then apparently tossed into a river that feeds into the lake.

They were found at the opposite end of the lake from the town of Chapala, popular among tourists and American retirees. Also, a soldier died in a shootout with criminals in the central state of Guanajuato, one day after five soldiers were killed in an ambush in the northern state of Sinaloa. The Guanajuato state prosecutor's office said police and soldiers were chasing a three-vehicle convoy of armed men in the township of Comonfort, Guanajuato, when the gunfight broke out and the soldiers were shot to death.

Contd. from page 1

Manipur Diasporas observes.....



The poetry session was lively. The following persons have contributed to the session: (a) Kshetrimayum Chalamba; *Lairaba*, (b) Tekcham Ichaltombi; *Ningtanbagi Aartha R.K. Lei*, (c) Thingbaijam Shashikumar, *Jananeta*, (d) Chingtham Balbir; *Ngamok*, (d) Salam Mahesh; *Mng Ama*, (e) Irengbam Priyobata; *Meeyangi Luchingba*, and (d) Huidrom Bideshowri; *Lamyabani Nangdi Meeyangi*. They were awarded gifts of contribution by Meiraba Ningthoujam. The memorial lectures, moderated by Malem Ningthouja, were delivered by Lakpachui Siro (Convenor, Forum for Understanding the Naga-India Conflict & Human Rights) on the topic *Education in the Valley and the Hills Areas of Manipur*, and G Amarjit Sharma (Assistant Professor, Jawaharlal Nehru University, New Delhi) on the topic *Legitimacy of Illegitimate History: Historical Difference at the Margin of Ethnonationalism*. The keynote address, delivered by Chingtham Balbir, focussed on the distressful situations in Manipur in the context of global economic plunder by capitalist finance institutions, market forces and neo-liberal States. It highlighted the manner plunder of wealth is being covered up by bourgeoisie propaganda of 'development' and 'national security', suppression of democratic voices through brutal

methods and proxy tactics. Lakpachui highlighted systematic disparity between Valley and Hills Areas of Manipur in terms of access to infrastructure and facilities, which is reflected in the government's education sector, particularly at the lower level schools. He also emphasised on the need of co-existing communities to know each other, respect differences in political aspirations and find out certain common agenda. Amarjeet highlighted the predominant trend of ethno-histories that become counteracting and contentious. He questioned the academic legitimacy of such politically driven ethno-centred polemical histories and analysed their functional objectives at the grass roots. The panellists were awarded *memento of appreciation* and all participants were presented handmade bags dedicated in the name of baby Dainty and baby Paincy by their father R.K. Devdoro. Programme volunteers were presented mementos dedicated in the name of late Khangembam Ibema by Rojee Khangembam. Athokpam Amit donated refreshments and sponsored hundred copies of a booklet published by the committee. The programme was attended by about 75. The organising committee thanked Ramananda Mayanglambar for facilitating a room that could accommodate 70 persons and all those who have made the programme a grand success.