

Editorial

Imphal Tuesday, April 11, 2017

Media can still be a tool to resolve CCpur issue

The new government under the initiative of the Chief Minister Nongthombam Biren had done everything his government could do to bring a solution to the prolonged agitation by JAC Anti Tribal Bill. In fifteen days many serious issues has been settled and the government showed its extra concern to the issue of the JAC Churachandpur. Out of 9, 8 bodies died in the course of uprising against the passing of ILPS Bill in Churachandpur district still remain without performing its lat rite. Every one knows, The root of the present impasse being continue till today is the passing of the three government Bills by the state legislative Assembly on August 31. Almost all people of the state who had gone through the content of the Bills knows that the Bills has nothing to hurt the sentiments of the tribal people but rather it will act as a tool to strengthen the existing mechanism to protect the identity, cultural domination and the traditions of each community living in the state from time immemorial. But knowing this, some vested interested persons are spreading false interpretation of the three Bills and are spreading false propaganda to fuel the anger of the common people in the hill region who of course has victim of discrimination from the then government side from a very long time. The innocent tribal villagers are angry with the past government as they were not being informed about the benefits that they are being provided. And interestingly those benefits provided by the government are being enjoyed by some of the tribal leaders who are making all the trouble in the state. When the JAC churachandpur began its campaign people had witness some people distributing a 10 point propaganda pamphlet at Churachandpur district in Paite dialect to organize mass agitation is no more a secret. The 10 points at which they mention are in no way related with the contents of the Bills. But the ignorant villagers are being driven by some form of force to act against the government decision. It's time now that the new government re examine on what went wrong? Is someone or some group deliberately attempting to let the agitation continue. This is being question because the government has failed to convince the tribal people who are being misguided by properly spreading awareness about the content of the Bill to each and every villager in Hill district. It is true that reaching everyone is not possible but there are other ways to reach each and every one. Media is one tools that can serve at this purpose. Every week Prime Minister Narendra Modi is making good use of the Radio to interact with his fellow citizen of the country and it is effective. That is why some of the rival political parties of the BJP are strongly opposing it. Radio, television, print media are now a means to spread the awareness of the general people in hill areas who had been wrongly misguided by some vested interested persons. The authority in the government needs to spend some time and make good use of this media channel to interact with the people to make them understand. A phone -in -programme, that too live with expert from the government, if possible with the Chief Minister and other bureaucrat officers is indeed the need of the hour at any of the media vehicles - AIR, DDK, and private cable TV network. It is time to end the game of the vested interested individuals so that peace and harmony is restored.

'Mhansao Kikon is no more'

The Government of the People's Republic of Nagalim (GPRN) with deep pain and sorrow at the untimely demise of our senior leader late Mhansao Kikon, Steering Executive Member held a condolence service at his residence at Ekhyo Yan Village (Domokhia), Dimapur Nagaland on 10th April 2017. He died on 9th April 2017 after prolong illness. Born in 1942 and at the young age joined in the Naga national movement under banner of NNC and later became the 3rd President of NNC (N/A) after Shillong Accord was signed. Then he joined NSCN in 2002 and held various post as the Convener, Political Affairs Committee (PAC) to look after the affairs of UT-I in 2008, Convener (Chief Justice) of National Judiciary Board (NJB) 2009-2010, Cabinet Kilonser of Mines & Mineral 2010-2012 and Steering Committee Member 2012-2017. Mr. Qhevihe Chishi Swu, Collective Leadership Member, Mr. Rh. Raising, Kilo Kilonser and Mr. Zarshie Nyuthe, Co-Convener Steering Committee

besides hoards of senior NSCN functionaries such as Steering Committee members and Cabinet Kilonsers attended the service. Mr. Rh. Raising and Mr. Zarshie read out the condolence messages of Ato Kilonser Th. Muivah and Vice-President Kholi respectively. Reverend Sekshim Kasar, General Secretary of Council of Nagalim Churches (CNC) after delivering message from the words of God conducted a condolence rite to the congregation. The mortal remain of the beloved leader shall be brought to his native Baghty village, Wokha district for his last funeral rite. His passing away is a great loss not only to the family members but also to the nation as whole. With great pain the GPRN extends our heartfelt condolences to the bereaved family and prays that Almighty God grant solace at this hour of grief. May the departed soul rest in peace.

-MIP/Hebron

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Depression- A stigma in the Indian society

Challenges in life are like daily doses of essential vitamins. All of us face various hardships and challenges in life, with no escape whatsoever. Even the richest and most famous of us have their share of challenges. Many celebrities face challenges from all directions, starting from their families, to the media, and their entire world. These celebrities at large are looked up to as role models by the Indian society. If every celebrity came forward to share their experiences in life, and the efforts they have taken to overcome such challenges, they definitely have a potential to change many lives. One such step has been taken by the Bollywood Celebrity, Deepika Padukone, who recently spoke about her victory over depression, and the steps taken by her to overcome the same. She has devoted a significant amount of time and energy, into this mission of creating awareness, and helping individuals get appropriate support to overcome depression. An eye opening mission indeed for the conservative society that we live in!

In India, addressing depression is a difficult issue. Acceptance of this mental condition has never been easy for the individual battling it, nor for the people in their lives. Mental conditions are considered a disgrace in the Indian society, and the afflicted individuals are often condemned for their condition. When depressed individuals try to open up to others, they are often perceived as people who are either emotionally desperate or insane.

To a great extent, Indians are influenced by the media and their Celebrities. For instance, Most of

these influence the importance of appearance and being physically fit. John Abraham advertises his gymnasium chain and the physical fitness programs offered to have a stunning six pack or look stunning. However, not many celebrities have approached society with the intention of educating people about mental well being. Physical health and mental health go hand in hand. If one has to be physically fit, one also has to be mentally fit. The comprehension of this concept is crucial in this society. As role models, celebrities have a great impact on their fans. With each of their contributions to society in this regard, the understanding about depression can be changed for the better.

Education about depression can happen through the media and by celebrities. Deepika Padukone has initiated the process of changing the stigma about depression by founding an organization called **The Live Love Laugh Foundation**. This foundation focuses primarily on removing the misconceptions about depression, getting the right kind of support to people fighting depression, and how families, friends and associates can provide the essential support needed for recovery. These were her few words during the NDTV interview : *"This interview is not about me, it's about people going through depression, it's about families trying to deal with this ailment. Her aim - "if I can impact one life in this entire process of speaking up and letting people know that it's something I have been through and something that I could deal with because I had a fantastic support system."*

India has a tremendous amount of educated individuals. Many wonderful teams of psychiatrists

and psychologists can help these celebrities establish such charitable foundations to address the mental health of people and to overcome depression. Schools and colleges can organize mental health awareness programs by inviting celebrities to address and share their challenges in life, and their ways of dealing with depression. These programs would help children feel more confident to face any difficulty in life, without feeling left out or dejected. Depression is a very common ailment these days and yet people fail to accept the seriousness of it. It is not just a state of being sad, depression is so painful that it controls the person from being able to express the simplest of thoughts, which often leads to withdrawal from the reality and loss of words to express their feelings. Often such emotions bottled up leads to physical ailments like panic attacks, anxiety, high blood pressure etc. Families should understand that the behavior of the person is not his or her 'nature' - it's a problem that requires professional intervention. Else the balance of relationships go away. The impact of things that have gone wrong once, is beyond repair. The agony and pain leftover once the problem becomes huge leaves major scars on everyone in the family. Most people are too inhibited to talk about depression or even admit to its existence. Children often find it difficult to realize the reasons for their frustrations and too often afraid to talk to their parents or teachers due to the fear of being punished or ridiculed. Every individual should be educated through such foundations about why it is important to confide their feelings

By: Vidya Jyengar
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in someone they trust or someone who can appropriately guide them to cope with depression. Support groups run by some prominent figures might encourage individuals to come out of their shells and express their bottled up emotions. Gender discrimination and conservatism should also be addressed in such educational programs. The idea that men are not supposed to shed tears and women are not supposed to speak their hearts is one cause for depression. The sad thing is, nobody knows how much anyone else is hurting. We could be standing next to somebody who is completely broken and we wouldn't even know it. Every individual should feel free to express their emotions or thoughts. Depression can be overcome with the right kind of support and especially from families and friends who can show the necessary care and compassion.

"Too often we underestimate the POWER of a touch, a SMILE, a KIND word, a LISTENING ear, an honest accomplishment, or the smallest act of CARING, all of which have the POTENTIAL to turn a LIFE around".

With each of our contributions to break this stigma, we can make a big difference in the lives of many individuals with depression, in a celebrity style!

Thus, I shall conclude my article on depression with this last stanza of a beautiful poem by Robert Frost. The woods are lovely, dark and deep. But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep. (Courtesy: www.linkedin.com)

National and International News

Triple talaq impedes social democracy, makes women financially insecure: Govt

Source AIR New Delhi, April 11: The Centre has sought scrapping of triple talaq and polygamy among Muslims, saying these practices are not protected by fundamental right to practice religion. In a fresh submission before the Supreme Court yesterday, the Centre also said that triple talaq made women socially and financially insecure. Union government said that reforms in Muslim personal law have not taken place in the last 65 years and Muslim women, who constitute 8 percent of the

population, remain extremely vulnerable because of fear of instant divorce. The government termed the practices of triple talaq and polygamy as patriarchal notions that impeded women's role in society. Referring to All India Muslim Personal Law Board's stand that practices of triple talaq, nikah halala and polygamy might be undesirable but are part of essential practice under the religion, Centre said no undesirable practice can be elevated to the status of an essential practice.

Bank pass book lost

I, the undersigned, have lost my pass book for State Bank of India (SBI) MG Avenue Branch, account no. 30204343852, on the way between Kwaikethel to Paona Bazaar on April 3, 2017. Finders are requested to kindly hand over the items to the undersigned.

Sd/-
Ibomacha Oinam
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More State News

Education Minister Radheshyam inspects schools in Kumbi Area

DIPR Imphal April 11: Education Minister Shri Th. Radheshyam inspected government schools of Kumbi in Bishnupur District on Monday. The Minister was accompanied by officials of the School Education Department, including that of Rashtriya Madhyamik Shiksha Abhiyan and Sarva Shiksha Abhiyan. The Minister, who was heartily welcomed by the people of Kumbi Assembly Constituency, inspected four schools and a college in the said constituency. In each of the schools, the Minister was accorded a warm welcome by students and teachers. The Minister visited The Wangoo High School, Ethai Khunou Government High School, Kumbi Sandhong Government Primary School, Kumbi College, Kumbi & Saiton Government High School. During the inspection tour, the Minister interacted with the teachers in each of the schools and heard their grievances. The teachers appraised him of the lack of infrastructure in their schools especially lack of teaching staff. The

teachers also submitted memorandums to the Minister. After listening to the grievances of the teachers, the Minister said ever since he was made the Education Minister, he has been approached by several teachers with their grievances. He also assured all possible help to the teachers. Seeking the support of the people, he further said he won't give any commitment but will try his level best to solve the problems faced by the students and teachers to bring a positive and qualitative change in the education sector and build a better Manipur. Expressing happiness on seeing a large number of students at the government schools, he said the problems faced by all government schools are similar. He explained the issues are mainly lack of teachers, proper infrastructure and drinking water in the schools. Saiton Gram Panchayat Pradhan said it is really heart-warming that an Education Minister has visited the schools of his GP in more than four-five decades.

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