

# Editorial

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# National & International News

## Earning the real good time

The state of Manipur is indeed volatile to the point that the merest hint of an aberration in the society never fails to draw huge crowd, and having thus gathered, without the slightest idea of the actual going-on, will then proceed to participate and pass judgments. It is perhaps the manifestation of the constant need to escape from the grim reality that is incessantly threatening to tumble the fragile social balance. Or, it may also be the inherent urge to celebrate life, no matter what the circumstances be that challenges our daily lives.

Leaving the reasoning for such social phenomena aside, it must be said that the people of the state surely do take celebrations or any expressions of personal or social emotions for that matter, to an altogether different level. Almost everyone of us is on the lookout for a good time, and there is invariably some form of continuation of the myriad festivals being celebrated in the state by different communities and groups throughout the year. Such a tradition which has had social sanctions more often than not tends to be a source of nuisance and disturbance to the society ultimately.

If we consider any festival or celebration, we will invariably find that there almost always is a residual celebration to wind up the principal or major event, and as if that is not enough, people will find a way to associate another event with the one which has been done and over with. There had been many undesirable consequences in the past as such, and going by the present social arrangements, things are set to remain unchanged for the foreseeable future.

While celebrations are social necessities and should be observed as such, there is a visible deviation from the actual purpose which slowly yet surely takes away from the experience and the importance of it all.

The extra toll regarding the social, financial and safety aspects such prolonging of celebrations takes need to be ascertained so that the society as a whole can appreciate the need for its people to come to terms with reality and try to make collective efforts to lift the presently pitiable social and economic condition of the state instead of overindulging in trivial pursuits of momentary delights.

It is time we take stock of the situation of the various ills restraining the state from making rapid strides towards progress. We need to earn our celebrations and breaks from our routine physical and mental sapping tasks. Every organisation, group as well as the government have a stake in curbing the excess before things get out of hand and becomes an accepted social evil. We need to enjoy and entertain without letting go of our responsibilities.

## 10 % Guwahati scribes carry excess fat in blood

By Nava Thakuria  
Guwahati, April 17.

A lipid profile screening camp, covering a group of working journalists, indicates the necessity of urgent medical attentions for at least one tenth of the participants as their cholesterol and triglycerides levels were found far above the permissible limits.

Almost half of them need life style modification (read more physical activities), added the health camp report. Among the participants (mostly male), who are members of Guwahati Press Club belonging to the age group of 25 to 65 years, 40% showed satisfactory outcomes they were reportedly maintaining good health.

Assam's popular healthcare institution Dispur Hospital conducted the screening camp for five days (starting on 9 April 2018) free of cost, where over 130 scribes participated and out of them 13 were diagnosed with high triglyceride levels.

Emphasizing on post-test consultations, the city based hospital has assigned an experienced physician on 19 April (between 2.30 pm and 5 pm) for counselling with the scribes about their blood reports. Dr Jayanta

Bardoloi, a practicing physician and the managing director of Dispur Hospital advocates for regular lipid profile (lipid panel) test after certain ages, as it helps identifying genetic diseases and determining approximate risks for cardiovascular disease along with certain forms of pancreatitis.

As the doctors describe, the lipids are essential organic molecules found in blood and stored in tissues which play an important role in the functioning of a human body. The triglycerides indicate the excess fat in the body, which is stored in the fat cells. For an absolute reading, the lipid profile test is conducted after few hours of fasting. In general, if the reading remains less than 200 mg/dL, the person is safe, but if it goes above 400 mg/dL, (s)he needs medical attentions as the high triglycerides may increase the risk of heart disease and may be sign of metabolic disease like diabetes and hypertension.

The low-density lipoprotein cholesterol (LDL), also known as bad cholesterol, may cause coronary artery disease if not treated for years. However, the high-density lipoprotein cholesterol (HDL), commonly termed as good

cholesterol, helps removing the LDL from blood vessels. It reduces the probability of heart diseases. A high level of cholesterol does not indicate the risk of heart disease as it might belonged to HDL. On the other hand, the very low-density lipoprotein (VLDL) is also considered as one of the bad blood fat.

Lipid profile tests are essential for those who are overweight (or obese), regular alcohol consumers, chain smokers and having the family history of heart diseases. Moreover, who have suffered from kidney diseases, diabetes, high blood pressure, hypothyroid etc, should go for the test at regular intervals. It helps monitoring a person's risk for cardiovascular diseases.

The city press club has been taking the healthcare awareness initiative for many years. Now it runs a weekly out-patient department clinic at the club premises for the benefit of over 300 active members. Many scribes with high blood sugar, hypertension, thyroid, uric acid etc were diagnosed in various health camps and were advised accordingly. Till date, it has organized over 100 free health camps providing benefits to hundreds of media persons.

Guwahati, the virtual capital of northeast India with a population of 20 lakh, today supports hundreds of journalists who are engaged in over 25 morning daily newspapers, hundreds of periodicals, five satellite news channels, few entertainment channels & FM radio along

with a number of news portals based in the pre-historic city those disseminate news and other contents in Assamese, Hindi, English and other languages. The number of city based non-journalist media employees may go up to few thousands.

The club initiative has also been supported by GNRC Hospitals, Down Town Hospitals, Apollo Hospital (Chennai) and Guwahati campus), SIMS Chennai Hospital, Manipal Hospital (Bangalore), Fortis Hospital (Bangalore), Medanta the Medicity Hospital (Gurgaon), Ayursundra Hospital, Barthakur Clinic, Wintrobe Hospital, Nemcare Hospital, Sun Valley Hospital, Excelcare Hospital, Rahman Hospital, Narayana Super-Specialty Hospitals, Swagat Super-Surgical Institute, Sight First eye-clinic etc.

(The author is a journalist and secretary, Guwahati Press Club)

## Delhi girl gets mother arrested for taking Rs 5 lakh bribe to 'settle' rape case

**New Delhi:** A 16-year-old girl approached the police alleging that her parents tried to force her into changing her statement in favour of two men accused of raping her in outer Delhi's Aman Vihar area.

According to the police, the girl alleged that her parents were paid Rs 5 lakh from the accused to force her to change statement in court.

The victim approached the police on April 10 with help from her neighbours.

A case was registered following which the girl's mother was

arrested. However, her father is on the run and a manhunt has been launched to nab him.

The girl claimed that her parents initially tried to convince her to change her statement but when she refused to listen to them, they started beating her up.

The 16-year-old girl had gone missing in August 2017 after which her parents had filed a police complaint.

She returned after a week and told police that she was held captive by two men who raped her. The two men were arrested.

## Chargesheet filed against four DU students for 'stalking' Smriti Irani

**Agency  
New Delhi, April 17,**

The Delhi police has filed a chargesheet against four Delhi University students for allegedly misbehaving with and stalking Union minister Smriti Irani in 2017.

The final report was filed before Metropolitan Magistrate Snigdha Sarwara who took cognisance of the chargesheet and put up the matter for October 15.

The four youths, identified as Sitanshu, Karan, Avinash and Amit, were booked on charges of stalking, criminal intimidation and intention to

insult the modesty of a woman. "I take cognisance of the offence as mentioned in the chargesheet. Considering the overall facts and circumstances of the cases, there is sufficient material on record to issue summons against the accused," the judge said, noting that the accused were on bail.

In April 2017, the police had alleged that the drunk students had followed Irani's car in Lutyens' Delhi, following which they were detained. Acting on a complaint, the police had intercepted the car in which the four youths were travelling. The students, in the age group of 18-19 years, were detained at the Chanakyapuri police station in the diplomatic enclave here. The incident had occurred near the US embassy, the police had said.

It had claimed that the medical examination of the accused had confirmed the presence of alcohol in their blood.

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## I can be raped, killed: Lawyer for Kathua rape victim's family gets threat

**Agency  
Srinagar, April 17,**

Amid nation-wide protests against the rape and murder of 8-year-old girl in Jammu and Kashmir's Kathua, the lawyer of the victim's family says that she has been receiving threats and said she will approach the Supreme Court requesting protection.

Lawyer Deepika S Rajawat says she fears she can be "raped or killed".

"I don't know how long I will be alive. I can be raped...My modesty can be outraged. I can be killed, I can be damaged. I was threatened yesterday that 'we will not forgive you'. I am going to tell the Supreme Court tomorrow that I am in danger," Rajawat said on Sunday.

On Monday, the victim's father requested the Supreme Court to shift the trial outside Jammu and Kashmir, citing safety and security for his family.

"We don't think there is conducive atmosphere in Kathua for the trial," said Rajawat.

Last week, Rajawat appeared on a television channel and alleged that she was threatened by Jammu Bar Association president BS Slatia from appearing in the case.

"I am not a member of the Jammu Bar Association. But on Wednesday, Slatia asked me to stay away from the case while I was going to the court. I am not answerable to him, I am only answerable to my client," she told TV channels.

"I am not scared, but I am not feeling safe either. Protesters (lawyers) are trying to put pressure on me so that I don't fight for justice. But I will continue to fight Asifa's case. I have full faith in the police investigation," Rajawat added.

The trial in the Kathua rape began from Monday.

The incident has left the country shocked and angry and thousands of protesters took to streets voicing their concern over security of girls and women.

Six men, including a retired revenue official, two police officers and a minor have been accused of kidnapping, gangraping and murdering the minor from the nomadic Bakherwal community in Kathua in January this year. Two other policemen have been charged with trying to cover up the crime for money.

The girl's body was found on January 17. After the accused were arrested, a group called the Hindu Ekta Manch took out protests in

which two BJP ministers and a lawyers' body linked to the Congress participated.

The case gained national attention after a police chargesheet revealed that the girl was kept in a local temple, gangraped repeatedly, and kept sedated and without food before being strangled. Her head was also smashed with a large rock. Just before she was killed, one of the accused, a police officer, insisted on raping her one last time.

A group of lawyers had tried to present the police from submitting the chargesheet.

## Britain and the US warn Russian

**Agency  
Washington, April 17,**

Britain and the United States today released a rare joint statement warning of "malicious cyber activity" carried out by the Russian state.

The technical alert was issued by the UK's National Cyber Security Centre, the US Federal Bureau of Investigation and Department of Homeland Security. It warned everyone from internet service providers to home office customers to heed

the warning, after the government agencies found cyber attacks targeting devices such as internet routers.

They cited cybersecurity research organisations and other governments as providing evidence of such attacks, without providing details of their timing or scale. The joint statement comes amid worsening relations between the two countries and Moscow after Washington and London launched coordinated strikes against Russia's ally Syria.

## Lost

I have lost my PAN card bearing no. BKTPM5651D, Two ATM card of SBI & CBI, Adhaar card bearing no. 5703 5264 2907 and R. C. Book of Vehicle no. MN05 B 7058 on the way from Imphal to Moreh on 15/4/2018.

Finders are requested to handover the same to the undersigned.

Sd/-  
Thokchom Noren Meitei  
Thoubal Kshetrikeikai  
#7005685982

## Lost

I, the undersigned, have lost my Cell Phone handset (Samsung Galaxy J7 Prime) Gold colour along with Sim Card No. 7005338343 at Wangkhei Meihoubam area on 15/4/2018.

Finders are requested to handover the same to the undersigned.

Sd/-  
Thangjam Rohit Singh  
Wangkhei Thangapat Mapal  
Imphal East, Manipur  
Contact No. - 8132824071

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