

Editorial

Thursday, June 21, 2018

After Flood Woes : Introspection about the future

The woe of recent flood is alarming. Every citizens of the state need to ponder on finding a solution as it is likely that the same will be faced every year. There are multifold factors and causes of such frequent water worries in Manipur. They are unattended deforestation in the catchments, anarchical drainage system, chaotic residential occupation, mindless garbage dumping into the rivers, discriminatory Ithai barrage and Loktak Project. On top of this the tragic burial of Pats/lakes and wetlands in and around Imphal is crucial.

Therefore, logical response to the situation towards transforming the flood bottleneck is to attack all the factors and causes. In the meantime, one project idea floating in my mind that connects to the solution not only to the flood but also to other current issues of sustainable development is - build model villages along the foothills of Manipur - A way for solution.

This could be postulated on the two grounds. First, decades ago Manipur valley was dwelled by many wetlands and we may give back them some. Second, we desire to leave our frayed and un-rectifiable dens of Imphal and the Leikais of the other towns.

Although restoring the Pats to their former form, appears kind of difficulty at the moment, still there will be better side of trade off. Because it will help to resurface natural flora and fauna, and can lower the global warming effect in Manipur. The aesthetic landscape of Manipur will be elevated in some ways, economic beneficial will also come along.

Many of us living in and around Imphal and other towns feel stuffy, smelly which repels us to settle away somewhere fresh. Also ours is such a haywire unplanned town, the renovation and rebuilding may be possibly costly and ungraceful.

Needs for satellite cities in the periphery of almost all Valley area at selected foothill is one way for finding a solution. But than awareness level about the needs for conservation of the environment should be well imparted.

The families and individuals who are taking into account the prevailing difficulties and very much willing to avoid the existing inconvenience, can be part of this new idea and be members of this new model village. Their understanding and volunteerism will be of great help in shifting to a new environment. The community in this village may be at the average of thirty families and can include some single individuals.

On Housing and Farming the shape of the village can be a linear cluster of the houses with about one kilometer in width. It may be so for administrative and other functional convenience. Each family can build their own house with a minimum and convenient budget yet scientific, hygienic and lovely one. They can accomplish it with a fair share and the support from the Government's schemes. The assistant can be in the form of either housing materials or monetary kind. Each family is going to commit to kitchen garden farming for maximum food sovereignty. Therefore they have to own an ideal land space. The farming will include seasonal vegetables, corns, cereals, fruits, other life stock of fowls, dairy especially indigenous breed. There can be as big as medium size farming towards extensive purposes for individuals and groups' economic activities. The vegetables and other plants will be grown nearby, in and around the family houses. For animal husbandry, it may be set out at a reasonable distance, at the fringe of the village in order to avoid smelly disturbances and unhygienic contacts.

Legal Clinic

Section 377 in The Indian Penal Code

377. Unnatural offences.—Whoever voluntarily has carnal inter-course against the order of nature with any man, woman or animal, shall be punished with [imprisonment for life], or with imprisonment of either description for a term which may extend to ten years, and shall also be liable to fine. Explanation.—Penetration is sufficient to constitute the carnal intercourse necessary to the offence described in this section.

Section 506 in The Indian Penal Code

506. Punishment for criminal intimidation.—Whoever commits, the offence of criminal intimidation shall be punished with imprisonment of either description for a term which may extend to two years, or with fine, or with both; If threat be to cause death or grievous hurt, etc.—And if the threat be to cause death or grievous hurt, or to cause the destruction of any property by fire, or to cause an offence punishable with death or [imprisonment for life], or with imprisonment for a term which may extend to seven years, or to impute, unchastity to a woman, shall be punished with imprisonment of either description for a term which may extend to seven years, or with fine, or with both.

Section 420 in The Indian Penal Code

420. Cheating and dishonestly inducing delivery of property.—Whoever cheats and thereby dishonestly induces the person deceived to deliver any property to any person, or to make, alter or destroy the whole or any part of a valuable security, or anything which is signed or sealed, and which is capable of being converted into a valuable security, shall be punished with imprisonment of either description for a term which may extend to seven years, and shall also be liable to fine.

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History of Yoga

Yoga is a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. In Vedic Sanskrit, yoga means "to add", "to join", "to unite", or "to attach" in its most common literal sense. It also could take on meanings such as connection, contact or union. There is a broad variety of schools, practices and goals in Hinduism, Buddhism, particularly Vajrayana Buddhism and Jainism. The best-known are Hatha yoga and Rāja yoga.

Origin
The origins of yoga have been speculated to date back to pre-Vedic Indian traditions, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and ceramaGa movements.

Although Yoga is said to be as old as civilization, there is no physical evidence to support this claim. Earliest archaeological evidence of Yoga's existence could be found in stone seals which depict figures of Yoga Poses.

For a better discussion of the history of Yoga, we could divide it into four periods:

- Vedic Period,
- Pre-Classical Period,
- Classical Period, and
- Post-Classical Period.

Vedic Period
The existence of the Vedas marks this period. The Vedas is the sacred scripture of Brahmanism that is the basis of modern-day Hinduism. It is a collection of hymns which praise a divine power. The Vedas contains the oldest known Yogic teachings and as such, teachings found in the

Vedas are called Vedic Yoga. This is characterized by rituals and ceremonies that strive to surpass the limitations of the mind.

During this time, the Vedic people relied on rishis or dedicated Vedic Yogis to teach them how to live in divine harmony. Rishis were also gifted with the ability to see the ultimate reality through their intensive spiritual practice. It was also during this time that Yogis living in seclusion (in forests) were recorded.

Pre-Classical Yoga
The creation of the Upanishads marks the Pre-Classical Yoga. The Upanishads explain the teachings of the Vedas.

Yoga shares some characteristics not only with Hinduism but also with Buddhism that we can trace in its history. During the sixth century B.C., Buddha started teaching Buddhism, which stresses the importance of Meditation and the practice of physical postures. Siddhartha Gautama, the first Buddhist to study Yoga, achieved enlightenment at the age of 35.

Classical Period
The Classical Period is marked by another creation - the Yoga Sutra. Written by Patanjali around the second century, it was an attempt to define and standardize Classical Yoga. It is composed of 195 aphorisms or sutras (from the Sanskrit word which means thread) that expound upon the Raja Yoga and its underlying principle, Patanjali's Eightfold path of Yoga (also called Eight Limbs of Classical Yoga). These are:

1. Yama, which means social

restraints or ethical values;
2. Niyama, which is personal observance of purity, tolerance, and study;
3. Asanas or physical exercises

4. Pranayama, which means breath control or regulation;
5. Pratyahara or sense withdrawal in preparation for Meditation;
6. Dharana, which is about concentration;
7. Dhyana, which means meditation; and
8. Samadhi, which means concentration.
Patanjali believed that each individual is a composite of matter (prakriti) and spirit (purusha). He further believed that the two must be separated in order to cleanse the spirit - a stark contrast to Vedic and Pre-Classical Yoga that signify the union of body and spirit.
Patanjali's concept was dominant for some centuries that some Yogis focused exclusively on Meditation and neglected their Asanas. It was only later that the belief of the body as a temple was rekindled and attention to the importance of the Asana was revived. This time, Yogis attempted to use Yoga techniques to change the body and make it immortal.

Post-Classical Yoga
At this point, we see a proliferation of literature as well as the practice of Yoga. Post-classical Yoga differs from the first three since its focus is more on the present. It no longer strives to liberate a person from reality but rather teaches one to accept it and live at the moment.
Yoga was introduced in the West during the early 19th century. It was first studied as part of Eastern Philosophy and began as a movement for health and vegetarianism around

the 1930's. By the 1960's, there was an influx of Indian teachers who expounded on Yoga. One of them was Maharishi Mahesh, the Yogi who popularized Transcendental Meditation. Another one is a prominent Yoga Guru Swami Sivananda.

Sivananda was a doctor in Malaysia and he later opened schools in America and Europe. The most prominent of his works is his modified Five Principles of Yoga which are:

- Shavasana or proper relaxation;
- Asanas or proper exercise;
- Pranayama or proper breathing;
- Proper diet; and
- Dhyana or positive thinking and Meditation

Thus on a concluding note, till today, yoga continues to proliferate and spread its teachings, crossing the boundaries of culture and language.

Yoga Day: A Way Celebrating Your Health

Yoga day is also referred to as International Yoga day. Very recently, on 11th of December 2014, 21st June was declared as the International Yoga day by the United Nations' General Assembly. This, 5000 years spiritual, mental and physical practice is considered to have been originated in India. People, from the ancient times have been using the practice of Yoga to heal their mind and body. The idea of dedicating a specific day to practicing Yoga and thereby encouraging people to start practicing it was given by the honourable incumbent Prime Minister of India, Narendra Modi.

Yoga is very essential for a healthy living! And everything else can follow only if you have sound health. Therefore, to fulfill your aspirations in life it's quite necessary that you make it a habit to practice yoga on daily basis. If you make yoga a part of your life then it could have a life-transforming affect both on your physical as well as mental strength.

The official name given to this day is UN International Yoga Day. The celebration of the day is not confined to one part or the other but is a worldwide celebration. People around the world meditate, discuss debate, perform cultural events and practice yoga on this day. Various events are organized to make encourage people to enter this zone of yoga followers.

IDY 2017 (International Yoga Day)
This year in 2017, Yoga day will be celebrated for the third time since its inception on 21st of June which is falling on Wednesday.

Global Celebration of Yoga Day
The Yoga day celebration is such an event which is celebrated by various countries around the world. People from around 170 countries take part in the celebration of yoga day, which include china, USA, Canada and others. Various events area organized by people from different parts of the world, some of those events include, yoga competitions, yoga training camps, and many more. These events focus on making people aware of the significance of Yoga in one's life and

its outstanding implications. Yoga day is celebrated to make people understand that yoga can kill all the mental and physical diseases. The regular practice of yoga can make you physically, mentally and spiritually rich. It gives a positively charged lifestyle to people thereby increasing the level of your physical and mental well-being. All the major, national and International organizations unite to celebrate this health-laden day.

Objectives of Observing Yoga day

- To make people aware of this most pocket friendly and natural treatment of all diseases.
- To let people understand the importance of connecting to nature. And to make them understand the benefits that connection to nature can have.

- In order to acquaint people with meditation and develop a habit of meditating with the help of Yoga.

- To throw light on the benefits of yoga and draw people's attention from around the world to notice the importance of yoga in life.

- In order that peace, serenity, power, strength, growth and development becomes the way of people's life.

- To fight the menace of spreading numerous life threatening diseases by practicing yoga.

- To give time to different communities to celebrate a day together and enjoy peace, away from the everyday busy schedule.

- To give natural remedy to people who are into any difficult situation which may be related to a mental or physical situation.

Efforts in Past

In past various individuals and organizations proposed the idea of Yoga day but it could not be made a reality. In 2011, the very famous Yoga and meditation Guru, Shri Shri Ravi Shankar put forward the idea of Yoga day. He is of the idea that any religion, community or culture is incomplete without Yoga.

Now that, Yoga day has been officially adopted by the UN, it will strengthen the faith in nature and the remedies like Yoga related to it.



One more benefit of yoga: Improved sperm quality

According to the study conducted by AIIMS, daily yoga routine significantly improves sperm quality. The study, published in

Nature Review Urology, an international medical journal, was conducted by experts in department of anatomy at AIIMS in collaboration with the department of Urology and Obstetrics and Gynaecology.

The study was conducted on 200 men who practiced yoga for six months. Dr Rima Dada, professor in-charge of laboratory of molecular reproduction and genetics, department of anatomy at AIIMS said they observed a significant decline in seminal oxidative stress (within 21 days) and improvement in DNA quality. "There was decrease in inflammation and normalisation in levels of sperm transcripts and maintenance of telomere length. There was reduction in severity of depression

, stress and anxiety scores," she added. Sperm DNA damage leads to increased chances of de-novo germ line mutations and accumulation of mutagenic bases. This leads to the offspring being at increased risk of genetic and epigenetic disorders.

The major cause of DNA damage is oxidative stress, a condition in which there is an imbalance between free radical levels and anti-oxygen capacity in the body. The male germ cell is the most vulnerable to oxidative stress.

These factors are preventable and simple modifications in our lifestyle can positively improve the DNA quality, which in turn can reduce incidents of male infertility. Performing yoga regularly reduces oxidative stress, decreases DNA damage and aids in maintenance of telomere lengths, Dr Dada added.