

*Sunday Special*  
**Poetry Section**

**If I were**

By-Dr Nunglekpam Premi Devi  
Independent Scholar

If I were a wealth's baby, I'll hold onto gold;  
If I were a rich man's child, I'll hold onto notes bundle;  
If I were a wealthy daughter, I'll have lots of friends;  
If I were a rich man's wife, I'll hold onto ornaments;  
If I were a wealthy mother, I'll hold onto bold sitting;  
If I were an army's wife, I'll be holding on separation;  
If I were an officer's mother, I'll be holding facilitation card;  
If I were a minister's wife, I'll be caring beauty and publicity;  
If I were a queen, I'll be holding lies and secrets;  
If I were a wealthy mother-in-law, I'll be holding importance;  
If I were a rich grand-mother, I'll be holding sitting hair;  
Living's an important culture, and it's all if I were.

If I were a tamed dog, I'll have been holding a zipped mouth;  
If I were domesticated, I'll have hold onto broken limbs;  
If I were a caged bird, I'll have been holding thirsty;  
If I were a cultivator, I'll have been holding crops lazily;  
If I were an ant, I'll have died multiple times stamping;  
If I were shoes, I'll have been shitting worn torn pieces;  
If I were bags, I'll have been holding heavy loads;  
If I were a dustbin, I'll have been holding stinking water;  
If I were a flowerpot, I'll have been holding dried earthen;  
If I were a sitting bench, I'll have unbalanced legs;  
Life's not an incidence, and it's all if I were.

If I were a communicator, I'll have been gun down earlier;  
If I were a radio, I'll be holding screwing noises;  
If I were a vehicle, I'll have been honking all way along;  
If I were ammunition, I'll have been oiling every single hour;  
If I were a rocket, I'll have been suing to spying;  
If I were a satellite, I'll have been bomb blasted;  
If I were a television channel, I'll have never been telecast;  
If I were a mobile phone, I'll have been always inside the bag;  
If I were a tractor, I'll be holding a damp rusty engine;  
If I were fire, I'll have never been light up;  
Living's to technical corrupt and it's all if I were.

**The end of the black hole**  
*(A Tribute to Stephen Hawking)*

By- Parthajit Borah

Hopes are flying high to merge with  
The twinkling stars of the sky.  
Dreams are swimming in the vast  
Ocean to meet the fluctuate waves.  
...nbridge  
...verse.  
...d your body  
...ts of Science through the  
...who  
...his lap.  
...f physics  
...rom  
...verse.  
...world war  
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**Rath-Yatra (Kang Chingba)**

By. N. Mangi Devi

Rath-Yatra or Kangchingba is a festival of Meitei Hindus. As it is observed in other parts of the country, idols of Shri Jagannatha, Shri Balarama and Shri Subhadra are the replicas of the Lord Jagannatha, His brother Balarama and shister Subhadra of Puri, Orissa. They are drawn in the Rath (car) of Shri Jagannatha that is very big and tall nearly 20ft height with six iron wheels by the devotees on the days of Rath Yatra and Purna Yatra as well. The Rath is decorated beautifully with nice paintings and flowers of the three sides. The fashion and the procession are almost the same with that of Rath Yatra of Puri though in a miniature form. After the procession of Rath-Yatra of Shri Govindajee temple Raths of others localities in Imphal area and in other villages start their own processions with sankirtana. Both male and female, young, old and children participate in the Rath procession. At every gate of the house people offer flowers and fruits and sweets to Shri Lord Jagannatha and His siblings wherever the procession goes. Every one enjoys this religious festival with a great zeal and glammers.

At the night time for the full period of either eight, nine or ten days which ever may be as indicate by the astrologer from year to year, there is a sankirtana known as Jayadev-Changba at the Mandop of the temple wherever the Rath Yatra procession has performed. This type of sankirtana is performed by both group of men and women separately, the men first and then women follow. Such



snakirtana is performed by standing in a circle with a pungyeiba (drummer) in the middle. The song is sung with the rhythm of the pung (a kind of mirdanga used by Manipuri). After the sankirtana in circle is over some group of young women and girls use to dance or perform dances at the rhythm of the Pung. After it followed the distribution of prasadam the "Kshechiri" (cooked rice with dal, turmeric, chilly and salt and ghee), Uthi (peas, pieces of bamboo shoot with salt and soda), "Iroba" of "Laphu" (plaintain trunk) and some other items can be added. This is very interesting to note that the "Kshechiri" is to be put on the

round lotus leaf only since no other thing is allowed but also tasteful, be used for the purpose during those days of the festival. All the people coming to relish/enjoy the prasadam of Lord Jagannatha are to be seated in rows and the Brahmins distribute the prasadam to all of them, young and old, men and women with no bar for any sort of community. The well to do families of the locality are contributing and sharing such programme of every day offering to the Lord Jagannatha by turn starting from the day of Rath Yatra to that of Purna Yatra. It is the duty and responsibility of the Brahmins who are the owners/devotees of the Lord to cook the "Kshechiri" and other items and

offer to the lord and distribute the prasadam to all the people present. It is totally free service to please the Lord Jagannatha. The International Society for Krishna Consciousness of Manipur has also been observing the Rath Yatra Festival in a pompous way at the campus of Shri Radha Krishnachandra Mandir at Sagaiprou and the Rath Yatra procession goes upto Keishampat Junction and back from there. In between offering of fruits and flowers and performing arathi are being done on both days of Rath Yatra and Purna Yatra.

This festival always falls on the second day of Engel -Tha (June-July) per Meitei Calender.

**WHAT DOES WORRY DO TO US?**



By Thangjam Sanjoo Singh

Medical science is of the view that diseases like diabetes, high blood pressure, gastric ulcers, skin diseases and asthma are aggravated, if not actually brought about from anxiety and worry. Thought can generate organic disorders as we tend to attract what we expect in life. Doctors find that their patients tend to heal according with their own expectations rather than healing as the prognosis would suggest. Metal suffering profoundly disrupts good health. Businessman who do not know to cope with worry and stressful situations often die young. Those who remain calm and maintain their inner peace in spite of the external turmoil of worldly life are insulated from nervous and organic disorders. Experience has shown that a good deal of physical and mental ill-health can be traced to worry. Worry dries up blood sooner than age. Some degree of fear, worry and anxiety is natural and many may even be necessary for self-preservation, but when it is not under control, constant fear and prolonged worry will only wreak havoc on the human organism. These factors all contribute to the weakening of our normal bodily

functions. According to medical opinion, in the treatment of most functional disorders, close attention has to be paid to the mental conditions of the patient. They have also realized that worries do not solve problems but instead only aggravate them which in turn will cause one's physical and mental ruin. In addition, a person who is perpetually worried creates unhealthy atmosphere at home, in the office and in society in general. Through rash actions arising from his/her personal worry and anxiety, he/she upsets the peace and happiness of other around him/her. Just as worry is capable of causing so much harm to oneself and others, so also fear. Persistent fear keeps a person in a state of perpetual mental tension and anguish. Fear progressively erodes life and debases the mind. Fear is a potential pessimistic force which darkens the future. If a man/woman harbors any kind of fear, his/her way of thinking will be affected. This unwholesome mental state is capable of eroding his/her personality and making him/her landlord to a ghost.

So great a hold has fear upon us that has rightly been described as humanity's arch-enemy. Fear has become a fixed mental state amongst millions of people. **To live in continued dread, cringing and haunted by the fear of devils, spooks, gods and goddesses is the common lot humanity wallowing in ignorance.**

Fear can however turn to panic in cases of unexpected crises when there are no preparations for meeting the threat.

*\*\*The writer is a Lay Buddhist and Social Activist of People Who Use Drugs (PUDs)*

**Caring for the elderly: a hindrance or an aid to self-development**

By- Khiugiangu Zofia Gonmei

To care for someone who once cared for us is the highest honour. Getting old is an inevitable process. It is inherent to human being. And with old age comes maturity, wisdom and respectability. Elderly people are precious. They are the revered members of our family, wise sages and keeper of traditions. They are a goldmine storehouse of knowledge. Personally, I feel caring for the elderly aids to self-development. Old-age is a time when they need help in things they effortlessly do by themselves before. It is a time when they need attention and affection. Elderly are the truest form of wisdom. They have lived for a long time- from generations to generations. They teach us respect, perseverance, wisdom. By being with them and caring for them establish relationships. Connecting with them we learn to grow. We learn patience and tolerance by caring for them. As they have lived long they know life very well. They have been through the ups and downs of life. We learn how to face problems- we learn everyone have to face problems and anyone can overcome it. Elderly people love to share. They deal with things very deeply. They teach us to look at things in a deeper level rather than waddling in the shallow pool. Elderly helps us to see people as well as ourselves differently- in a good way. There teach us that that there is so much more to things as well as people than

they appear. We learn our identity and discover who we really are by being with them. We become more self aware and wiser through all the things they teach and do. Through their actions we imbibe better the seeds they sown Through their calmness and serenity from all the experiences and lessons they have learnt and gathered through the years they provide us a better platform for us follow and imitate as actions speak louder than words. Caring for them benefits us in many ways and prepares us to face life and overcome it. All the little things that we learnt through caring strengthens us and help us to live life in fulfilment and satisfaction; storing all the things that we learnt and doing it. Elderly teach us the value of family, relationships and life. As humans are industrious beings we don't like to feel stagnant. We love progress. And through progress we win. Caring for the elders help us to grow in many ways which altogether lead to who we are. We owe to them. We will not be here if it were not for them. It is everyone's responsibility to grow into a respectable elder-someone whom we can go to for help and counsel. And as no man is an island and he is constantly shaped and influenced by the experience of life he go through, it is very important that he get the right experience and counsel by being with the diamonds, and storehouse of wisdom and goodness- the elderly!