

Editorial

Thursday, April 25, 2019

The social lacunae

The tenacity of the people of Manipur to cling on to concepts of normalcy while actually indulging in acts that reaps results to the contrary can only be marveled at. We profess unity while setting up and supporting ethnically intolerant groups. We demand peace while burning and inciting violence. We insist on freedom even when we are indulging in extortions and intimidations, and we ask understanding of others according to our own terms and views. We publicly donate only to claim it back in private. Perhaps the present social churning threatening to alter the social fabric of the state is an event whose time has come. Maybe we all have been contributing, albeit unwittingly, to its present condition.

But all is not so dark or dismal. There are changes, unintended fallouts that promise to yank the people from the stupor and the self-deceiving delusions of superiority. There are signs of the people awakening to the realities staring them back in the face, even if that reality is not very savory or one everyone have expected or desired. We have come to participate in social discussions and debates, and have slowly yet surely started to learn to air our vows, never mind fact that, more often than not, a large number of such views and personal opinions reflect the underlying ethnic leanings and are unnecessarily abrasive and harmful.

This is, after all, a starting phase to the trend of social participation and will hopefully learn from the mistakes, and with time, to polish up on one's thoughts and outlooks. The most significant outcome is perhaps the increased awareness not only of one's own history, tradition and customs, but also of other communities as well. There is also a tangible change in the manner in which the public consume resources. The sustained lack of facilities have evidently stirred the curiosity and raised the enthusiasm of the public. There is an increased effort by various groups and individuals to usher in self reliance, especially with regards to food. If the well-meaning but clueless state government can harness the present agitations and unrest, then perhaps we can channelize the energy into something productive instead of playing the reluctant leader. It may be hard to admit for a lot of self-appointed leaders and undeserving representatives, but one cannot deny the fact that at the root of the present turmoil is economic considerations. The sooner we admit and understand that, the easier will it be to work out a solution.

Times are changing, hopefully for the better. With increased awareness, participation and enthusiasm, it is now the duty of everyone in the state to take up the cudgel and wield it productively, and not to batter each other until nothing remains. Every life is precious, and in order for all of us to make our existence worthwhile, we first need to snap out of the illusion of superiority of language, caste, creed, clan, religion and customs.

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Normal Dizziness may result in Vertigo



BY : Sakshi Jaiswal

Dr Sumit Singh, Director, Neurology, Agrim institute of neuro sciences, Artemis Hospital
Vertigo is a sensation of spinning dizziness. It is not simple as many people maintain, fear of heights. It is often associated with looking down from height but can refer to ongoing dizziness caused by the problems in inner ear or brain. This dizziness is comes with nausea, vomiting, sweating or difficulty in walking. Persistent vertigo has been linked with mental health issues. A psychiatric problem may cause dizziness or vertigo may lead to depression and anxiety in an individual. Vertigo is the most common dizziness.

Many children attempt to create a sense of vertigo by spinning or riding on roller coaster. This is induced vertigo is self-limiting, it lasts for few minutes and then it disappears. Spontaneously or as result of an injury, or illness may last for hours and days before resolving. Dizziness can happen to anyone at any age but is common in people aged 65 years or above.

Symptoms and signs of Vertigo

A person with vertigo will have sense that their head or spinning environment is moving or spinning. Vertigo can be symptom of other medical conditions but it has own related symptoms which includes.

- A sense of motion sickness
- A feeling of fullness in ear
- Headache
- Nausea or vomiting
- Balancing problems
- Sensitivity problems
- Vertigo is not just a condition of headaches or faintness. It is a rotational dizziness.

Causes of Vertigo

Vertigo is commonly caused by a problem with the way balancing works in inner ear. Although it can be caused by problems in the certain parts of the brain

- Migraine headaches which are continuous severe headaches.
- Inner ear infection which is known as labyrinthitis.
- Vestibular neuronitis - It is the inflammation of vestibular nerve

which runs into the inner part of the ear and sends the messages to the brain which helps in controlling balance while walking.

Certain medication which can cause inner ear infection
BBPV (benign paroxysmal positional vertigo) is the head movements which triggers vertigo. There are some additional symptoms which depend on the cause of vertigo which are high temperature, ringing in ears, hearing imbalance.

Types of Vertigo

There are different types of vertigo depending on the cause of it.

Peripheral Vertigo- It usually occurs when there is a disturbance in the balance organs of inner ear. The labyrinth of inner ear has tiny organs that enable messages to be sent in the mind in response to the gravity. These messages tell the brain when there is a movement from the vertical position. This enables people to keep their balance when they stand up. The disturbance to this system produces vertigo.

Central Vertigo

Central Vertigo is linked to the problems with the central nervous system. The disturbance is caused in the brainstem or the cerebellum. These parts deal with the perception of vision and balance of a person.

How Vertigo is diagnosis or treated?

During the evaluation for vertigo, a doctor will ask questions related to history of events and symptoms associated with vertigo. This will include medications, illness and other medical problems. After evaluating all the symptoms a physical neurology examination will help to evaluate the brain function and determine it is peripheral or Central Vertigo. In coordination in eyes will help in underlining the position. A medical professional might perform Dix-Hallpike test. This involves repositioning of patient's head and monitoring of symptoms. Not everyone is suggested for this test. Instead of this professional might perform "roll test" in which patient lies flat and head is rapidly moved side to side. This may reproduce vertigo symptoms and may be helpful in determining the cause of vertigo.

Some of the cases of vertigo may require MRI or CT scan of the brain or inner ear for excluding structural brain problems like stroke, acoustic neuroma, malignant tumor. In rare cases, a small opening or fistula is identified in the space between inner ear and middle ear in which doctors will suggest surgical procedures which is removal of inner ear sense organ.

Where Are Indian Women If Not in the Workforce?

Courtesy The wire
By: Shiney Chakraborty

While a majority of South Asian countries (except Afghanistan and Pakistan) have reported high women labour force participation rate, in India, the labour force participation rate of women has been declining over the period 1993 to 2016.

With an objective to rectify this, NITI Aayog, in its recently released document 'Strategy for New India @ 75', has pressed the need to enhance current female labour force participation rate by at least 7% by 2022-23.

However, it is important to note that the labour force statistics in India does not take into account a significant proportion of women who are involved in unpaid but essential activities, which include water collection, collection of goods like vegetables, roots, firewood, cattle feed and sewing, tailoring, weaving for household use.

Though each of these unpaid and allied activities are economic activities and help the household in numerous ways, a significant and increasing proportion of women engaged in them are left outside the purview of labour force statistics.

The contribution of these activities to household income and

the living condition of their families cannot be undermined. Lack of policy intervention to ensure adequate provisioning along with patriarchal norms which view these activities as part of domestic chores to be done by women only, brings negligible difference to the burden of work and time poverty that women struggle with on daily basis.

Accessing water

Consider women's work linked to accessing water for household purposes. The 2011 Census showed that the total share of households with access to water within 500 metres of their household premises reduced from 56% to 36% between 2001 to 2011. Owing to the resultant water scarcity, 36% of households (read women of the household) had to travel long distances to fetch water. According to NSSO (2012), women in rural areas spend on an average 20 minutes a day to travel to the source of water and wait for up to 15 minutes to collect it. Similarly, in urban areas, travelling took 15 minutes a day and waiting was 16 minutes. Usually, women had to make several trips to satisfy the household need of water. If they failed to do so, the household had to spend Rs 93 per month for water. Interstate variations in terms of time taken to collect water is also visible. In states like Rajasthan and



a free first cooking gas cylinder to BPL households, it has been superficially successful in reducing the drudgery of women, as the refilling cost of the second cylinder is too high. Families are also discouraged from opting for this scheme as they fear that their BPL status will be removed once they choose the scheme.

Further, India's loss of an estimated 728 sq km of forest cover between 2003 and 2005 has increased the time and effort that rural women have to put in collection of these energy sources. Now, they are forced to walk longer and search harder to access fodder for cattle and collect the brush and twigs to cook family meals.

Apart from water and fuel, NSS data (2012) also shows that over time, there has been an increase in women's involvement in sewing, tailoring and weaving activities for household purposes. This could be to substitute household consumption expenditure on market purchases. In addition to allied work, women spend a longer time in childcare and care of the old, sick, or disabled in the household. The only available Time Use Survey (1998-99) showed that women spend 4.47 hours per week against 0.88 hours per week by men on care activities. Clearly, this is a major constraint for women who want to participate in the job market.

Outsourcing domestic activities

While women belonging to high economic strata, are able to outsource their domestic activities by purchasing time of other people (usually women of lower strata), poorer women remain marginalised

and invisible and the tasks that she performs receive negligible attention. They are victim of the ill-effects of deforestation in terms of growing food insecurity, water crisis, loss of livelihood and environmental degradation. Apart from their enormous unpaid work, significant proportion of women continue to work part-time on regular basis in the informal sector in ways that makes it feasible for them to balance their domestic duties with their necessity to earn. It is important to keep in mind that this unpaid work of women is absolutely necessary for the effective functioning of the formal sector which directly and indirectly rely on the goods and services produced by them.

So, instead of focusing more on growth figures it is important to emphasise on efforts to bring improvement in basic social services and infrastructure so that the time spent on unpaid work is reduced and women are able to move into the labour market. Effective public provisioning of child care will also ease their burden of work of paid employment and reduce their time poverty.

Public expenditure on creche is essentially required along with an initiative to increase the drinking water supply within the household premises, and provision of affordable cooking fuel. Sustainable initiatives such as these will go a long way in enabling women to participate in the labour force by reducing their burden of care work and time required to perform daily household chores.

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Jharkhand, women had to walk for more than 30 minutes to reach the source of water and wait for more than 20 minutes to fill a bucket.

Water remains one of the most essential commodities for most household activities. However, the effort and time that goes into accessing it on daily basis and the economic impact that not doing so may have on household income is not given any heed while

calculating women's work.

Collecting energy sources

Similarly, women are involved in collection of cooking energy sources (firewood and cattle dung) to reduce out-of-pocket costs. This is in spite of the fact that usage of these fuels increases health problems amongst women and also their time poverty. Though the Pradhan Mantri Ujjwala Yojana was launched with the aim of providing