

RK Bhubonsana bags Manipur State Award for Literature 2018-19

DIPR
Imphal, Aug 21,

Speaker, Manipur Legislative Assembly Khemchand Singh presented the Manipur State Award for Literature 2018-19 to the renowned author Rajkumar Bhubonsana. The prestigious Award was presented during an observation ceremony of Manipuri Language Day organised by Directorate of Language Planning & Implementation, Government of Manipur held yesterday at Jawaharlal Nehru Manipur Dance Academy, Imphal. Manipuri Language along with Konkani and Nepali were included in the 8th Schedule of the Indian Constitution with the Constitution (Seventy-first Amendment) Act, 1992. Delivering his speech as Chief Guest, Y. Khemchand recalled the contributions and work of early literateurs of Manipuri Literature to the inclusion Manipur Language in the 8th Schedule of the Indian Constitution on 20th August, 1992. Presentation of such Award in recognition of writer's contribution to Manipuri Literature is important to preserve and promote the age-old literary work of the state, he added.



It may be mentioned that the Manipuri State Award for Literature was instituted by the Government of Manipur in 2008 to honour Manipuri writers and recognise their contributions to Manipuri Literature. The Award is given every year to the author of the most outstanding book, first published during the last five years. The Award includes a plaque, a citation, cash

component of Rs. 3 lakh and a shawl. Rajkumar Bhubonsana has been chosen for the Award in recognition for his poetry compendium titled "Kellaba Unasing" (Fallen Leaves) published on 2014. During the function, Y. Khemchand also launched some online books including Manipuri Version of important National Schemes, All Meetee Mayek Textbooks &

Reference Books for BA Students (Semester I-IV) under MU and DMU and Online Advanced Learner's Dictionary of Manipuri English. Commissioner, Education(S), Government of Manipur T. Ranjit Singh attended the function as Guest of Honour. Many renowned writers and authors of Manipuri Literature were also seen at the function.

News from the world of Medicine

Cervical Spine

The cervical spine (neck region) consists of seven bones (C1-C7 vertebrae), which are separated from one another by intervertebral discs. These discs allow the spine to move freely and act as shock absorbers during activity.

Attached to the back of each vertebral body is an arch of bone that forms a continuous hollow longitudinal space, which runs the whole length of your back. This space, called the spinal canal, is the area through which the spinal cord and nerve bundles pass. At each vertebral level, a pair of spinal nerves exit through small openings called foramina (one to the left and one to the right). These nerves serve the muscles, skin and tissues of the body and thus provide sensation and movement to all parts of the body. The delicate spinal cord and nerves are further supported by strong muscles and ligaments that are attached to the vertebrae.

Cervical disc disease
Neck pain may be caused by disc degeneration, narrowing of the spinal canal, arthritis, and, in rare cases, cancer or meningitis. For serious neck problems, a primary care physician and often a specialist, such as a neurosurgeon, should be consulted to make an accurate diagnosis and prescribe treatment.

You should consult a neurosurgeon for neck pain if:
 • It occurs after an injury or blow to the head
 • Fever or headache accompanies the neck pain
 • Stiff neck prevents you from touching your chin to your chest
 • Pain shoots down one arm

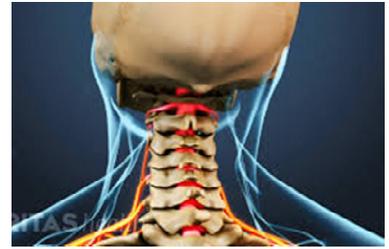
Cervical stenosis
Cervical stenosis occurs when the spinal canal narrows and compresses the spinal cord and is most frequently caused by aging. The discs in the spine that separate and cushion vertebrae may dry out. As a result, the space between the vertebrae shrinks, and the discs lose their ability to act as shock absorbers. At the same time, the bones and ligaments that make up the spine become less pliable and thicken. These changes result in a narrowing of the spinal canal. In addition, the degenerative changes associated with cervical stenosis can affect the vertebrae by contributing to the growth of bone spurs that compress the nerve roots. Mild stenosis can be treated conservatively for extended periods of time as long as the symptoms are restricted to neck pain. Severe stenosis requires referral to a neurosurgeon.

Symptoms
 • Neck or arm pain
 • Numbness and weakness in both hands
 • Unsteady gait when walking



By - Dr. Amitabh Gupta ,
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• Muscle spasms in the legs
 • Loss of coordination
Treatment
 Nonsurgical treatment is the first approach in patients with common neck pain not involving trauma. For example, many patients with cervical disc herniation improve with conservative treatment and time and do not require surgery. Conservative treatment includes pain medication, bed rest, reduction of physical activity, and physical therapy. Your doctor may prescribe medications to reduce the pain or inflammation and muscle relaxants to allow time for healing to occur. An injection of corticosteroids may be used to temporarily relieve pain.



Wings of Change: Assam Rifles selection for aviation and hospitality sector strikes gold



IT News
Imphal, Aug 21,

Five students whose selection was facilitated by Assam Rifles through Jettwings have realized their dreams when they were recruited by major players in the Aviation industry. 10 Sector Assam Rifles has been regularly coordinating and facilitating selection examinations cum interviews at Ukhrul through Jettwings, a Guwahati based Institute for young students to join the Aviation and Hospitality Sector. This initiative of Assam Rifles has enabled selection of 64 candidates in 2018 and 45 candidates in July 2019 from Ukhrul and Kamjong district to realise their dreams. The training of these candidates is being fully sponsored under Government's Skill India Mission. Assam Rifles has

stepped in as enabler and coordinated with the institute to send its teams to Ukhrul for the selections. Assam Rifles has been encouraging children from remote border villages to appear for the exams and guiding them to prepare for the interviews. Recently five of the trainees from 2018 batch have been selected as Air Crew in Air Asia, Go Air and Indigo airlines. These students from the Hills are sure to achieve success and emerge as role models for the other youth in the area. As these proud ambassadors of the Hills go out to explore the world they bring back message of peace and development, ushering hope for many more. Such life changing initiatives are creating lasting bonds between the soldiers and the natives.

Assam Rifles Observes Sadbhavana Divas

IGAR (South)
Imphal Aug 21,

With the theme of "Peace and Harmony", Tulihal Battalion of 9 Sector Assam Rifles under the aegis of HQ IGAR (South) observed the Sadbhavana Divas by conducting a debate competition at Maven Prodigy Study Centre (MPSC), Bengoon, Mayang Imphal, Imphal West District on yesterday. India enjoys unity in diversity. People belonging to diverse religions, castes and creed collectively live in the country. However, there have been several instances when peace has been disrupted in the country owing to different

reasons. With an aim to spread peace and prosperity in the country and counteract such instances in the future, a Debate competition was organised by Mayang Imphal Company Operating Base of Tulihal Battalion at MPSC, Bengoon. The students of the school voluntarily and enthusiastically came forward to put forward their thoughts on the subject through a healthy debate over the topic. After the debate, students and school staff also took a pledge to maintain peace and harmony on the occasion of Sadbhavana Divas. Over 100 students and staff attended the event.

Assam Rifles Conduct Security Meet

IGAR (South)
Imphal Aug 21,

Thoubal Battalion of 9 Sector Assam Rifles under the aegis of IGAR (South) conducted security meet at Thoubal Company Operating Base (COB). The security forum was attended by village Pradhans, ward members, councilors, members of village youth club and locals of the area. During the meet the locals were sensitised and updated on the current situation existing in the area of responsibility. An interaction was carried out on necessary measures to be undertaken for maintaining a strict vigil against illicit activities in the area as well as future action plan in respect of civic action projects. In addition to the security agenda, the locals were informed about the latest army recruitment rally to be held at Luwangpokpa Cricket Stadium in Imphal from 10 October to 18 October this year. Emphasis was laid on the modalities of online registration

facility at the unit headquarters and pre-recruitment training at the COB. The locals were also enlightened about the increase in snake bite cases during the present season and the assistance being rendered by the Unit medical team. The security meet concluded with tea and refreshments for all the attendees

Apollo physician to grace media OPD clinic

IT News
Guwahati, Aug 21,

Leading orthopedic & sports medicine specialist Dr KL Praveen Kumar from Apollo

Hospitals in Chennai will be available for free consultations to scribes at Guwahati Press Club on 24 August 2019. Member-journalists along with their

families suffering from sports injuries or any other orthopedic problems may avail the opportunity to consult with Dr Kumar between 4pm and 6pm at the press club premises.

109 BnCRPF carried out fogging in and around mongsangei area to prevent the spread of dengue, malaria & japanese encephalitis (je).

IT News
Imphal Aug 21,

109 Bn, CRPF conducted extensive fogging on 19/08/2019, to protect/prevent resident of in and around of Mongsangei area in the district of Imphal west, from various mosquito borne diseases i.e. Malaria, Dengue, Japanese Encephalitis (JE).

The extensive fogging exercise was carried out with the guidance of Shri Vinod Kumar Commandant 109 BnCRPF, with a view to help & protect the villagers from Mosquito borne diseases. In addition to the fogging exercise, awareness was spread among the local people to take precautions against mosquito borne

diseases. Recently it was reported by the locals that few villagers are undergoing treatment at RIMS due to JE. This unit is making constant endeavour to discharge its social responsibilities towards the people of Manipur, by several means by carrying out various civic friendly programmes.

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Modi's Dream of a \$5-Trillion Economy Faces

Post-2008-09, a period when the global financial crises brought a secular decline in global trade and investment, India's GDP took nearly ten years to double, simply because growth had slowed down and the exchange rate suffered some shocks during the taper tantrum of 2013. The exchange rate depreciated from average Rs 45 in 2007-08

to about Rs 64 in 2017-18. That is a depreciation of about 40%. A nominal GDP growth of 11-12% over 5-6 years, and the exchange rate depreciating 40-45% in the same period, will result in the dollar-denominated GDP doubling in about ten years. This is what happened when the economy showed impressive growth for some

years after the 1991-92 reforms but the exchange rate depreciated from average Rs 31 in 1991-92 to Rs 47 in 2002-03. India's dollar-denominated GDP took ten years to double from \$320 billion to \$600 billion in 2002-03. The Asian financial crisis had made India's trade exchange rate vulnerable during this period.

The history of India's GDP growth trajectory simply reveals the economy's vulnerability to exchange rate shocks from time to time, caused by volatility in global finance and trade, which have aggravated after the 2008 financial meltdown. Therefore, doubling of dollar GDP in 5-6 years is not supported by the prevailing headwinds, both global and domestic.