

NorthEast News

Protest at Pathsala over irregular power supply

Courtesy Northeast now
Bajali Aug 9,

Irate protestors locked the office of Assam Power Distribution Corporation Limited (APDCL) at Pathsala in Assam's Barpeta district on Friday.

The protest was over irregular supply of electricity. A section of irate consumers of Pathsala also staged strong protest at the office of the APDCL and lamented the promise of BJP led government for supplying electricity regularly. A group of protestors belonging to students union of Bhattadev University, Pathsala Anchalik Students Union staged the protest on Friday.



The prevailing scorching heat in the area has made the people more impatient as the service of electricity is very irregular.

Notably, the present Sarbananda Sonowal government had promised 24 hours power supply before the election. But that promise still remains to be fulfilled in most of the smaller towns of the State.

ABSU, others intensify separate Bodoland demand

Courtesy Northeast now
Kokrajhar Aug 9,

The All Bodo Students Union (ABSU) on Thursday staged a three-hour protest dharna in various parts of proposed Bodoland state demanding creation of separate Bodoland curved out of Assam. The dharna was also joined by National Democratic Front of Boroland-Progressive (NDFB-P) and People's Joint Action Committee for Boroland Movement (PJACBM). The organizations intensified the Bodoland agitation following the Indian

Government's announcement to abrogate Article 370 and 35A and bifurcate Jammu & Kashmir into two union territories Kashmir and Ladakh. In Kokrajhar, the ABSU and its movement groups carried out the dharna programme at children's park near deputy commissioner's office. Over 5000 people with placards and banners and shouting slogans participated in the agitation from 10 am to 1 pm. Participating in the programme, ABSU general secretary Lorence Iskary said



this is high time BJP government execute the policy of proposed Bodoland in the country. The student leader urged the BJP government to come with the idea of resolving the issues of armed revolutionary by creating separate Bodoland under the provisions of

Constitution of India Article 2 and 3. The dharna was organized in all the district head quarters of proposed Bodoland region. A memorandum was also sent to Prime minister and Home Minister through the deputy commissioner of every district headquarters.

Monsoon amplifies the complications of renal and joint problems

By a Correspondent
Gwalior Aug 9,

With the advent of monsoon that brings along a handful of disease, there is an increase in the cases of orthopaedics and kidney infections. Though irrespective of age barrier all people are equally vulnerable, but patients especially in the elderly population, undergone treatment for kidney problems or joint related ailments need special attention.

In order to assist the patients in Gwalior, Fortis Hospital Vasant Kunj conducts regular monthly OPD's for Orthopaedics and Nephrology, at Kailash Hospital, Gwalior.

Weather-related joint pain is usually seen in patients with osteoarthritis and rheumatoid arthritis and most commonly affects hips, knees, elbows, shoulders and hands. The joints contain sensory nerves called baroreceptors that can detect barometric changes. The receptors especially react when there is low barometric pressure, such as before a rain storm may occur. "People with arthritic joints seem to be more sensitive to the barometric changes. High humidity combined with low barometric pressure are also

associated with increased joint pain and stiffness although either one could be a factor. Physical activity and exercise have been shown to benefit people with arthritis by improving pain, function and mental health. By partaking in low levels of exercise, individuals with arthritis face placing themselves at risk of conditions associated with lack of activity such as cardiovascular disease, diabetes, obesity and functional limitations." Said Dr Vishwadeep Sharma, Consultant, Orthopaedics, Fortis Hospital, Vasant Kunj, New Delhi.

Today's generation leads a sedentary lifestyle - long hours are spent sitting in the same position, mostly in a wrong posture, at workplaces. In addition, late night shifts, smoking, long hours in front of the computer and irregular eating habits are making orthopaedics and renal ailments, a more common disease during the rainy season. As a result, relatively younger people are developing such ailments and the age bracket has come down by at least 5-7 years. "The sudden change in the temperature causes a reduction in the body's immune system and makes it more vulnerable to infections. Monsoon is the apt condition (being hot and humid) for the

bacteria to prosper abundantly. During the humid conditions, cleanliness and personal hygiene of the private parts are of extreme significance, as avoiding them may lead to kidney infections, damage and scarring. Kidney scarring is very common and can lead to high blood pressure and impaired kidney functions later in life." Said Dr Tanman Pandya, Consultant Nephrology, Fortis Hospital, Vasant Kunj, New Delhi.

The best advice is to be as proactive as possible - all year round, regardless of the weather. Drink plenty of water, and keep the joints active by doing non-weight bearing exercises and stretches. If this disease is found out at the early age then medication can cure it faster. But, if found at a very advance stage, it can lead to complications and surgical intervention. "It is feasible to prevent kidney infections especially during monsoon season by following certain measures. Drinking plenty of fluids like water, fresh juices and soups will increase the urine flow and reduces the chances of infections. Consume lot of seasonal fruits and avoid holding urine for a long time." Added Dr Pandya.

More State News

Assam Rifles Organises Career Guidance Programme

IGAR (South)
Imphal Aug 9,

In its continuous efforts to guide the youth of the nation to a better path, Mantripukhri Battalion of 9 Sector Assam Rifles under the aegis of IGAR (South) organised an awareness programme on 'Know Your Armed Forces' at Laisheba Mahikol School, Sawbung on yesterday. The event was organised by Sawbung Company Operating Base (COB) of the Battalion to give the young students an insight into the Indian Army and the Assam Rifles. The event commenced with a motivational lecture cum video screening on "Live a Life Less Ordinary: Indian Army and Assam Rifles" where in the attendees were informed about the glorious history and traditions of the Indian Army and the Assam Rifles. The lecture was followed by an interactive session in which the students were made aware on various types of entries to



join the Indian Armed Forces as a career option. The students were inspired by the glorious history of the Indian Armed Forces and were highly motivated to join the Forces. As part of the event new generation weapons and equipment being used by the Indian Armed Forces were also displayed. The youth were motivated seeing the display and showed great curiosity regarding the technical knowhow and functionality of the weapons and equipment. The exuberance of the youth was visible during the interaction

wherein various queries regarding weapons and equipment displayed were answered. The event concluded with tea and refreshments for all the attendees. The event provided a platform for the young students to know more closely about the Indian Armed Forces and further create a bond of mutual understanding. All the attendees expressed profound gratitude to the Battalion for undertaking such an initiative and appreciated the continuous efforts and commitments of Assam Rifles in reaching out to the youth.

A R Conducts Jal Shakti Abhiyan

IGAR (South)
Imphal Aug 9,

During the last one week, as part of the Jal Shakti Abhiyan, Chandel Battalion of 26 Sector Assam Rifles under the aegis of IGAR (South) has installed 55 new independent rain water harvesting systems with each house/building having a tank capacity of 200 litres each. The battalion has till now been able to collect 11000 litres of rain water

during each rain cycle of two to three days. Hence, collecting approximate 22000 liters water in one week. Now a two stage system is being developed to channelise the collected water into main tank. Also, the battalion is carrying out massive plantation drive with plantation of more than 1500 trees in Modi village of Chandel District. Saplings are also being distributed to villagers. Till now 386 saplings have been

planted. The battalion is also planning to organise a demonstration same one for school children subsequently. As part of the campaign, on yesterday, the Chandel battalion also distributed 100 saplings to villagers from Anthe and Modi village. The villagers extended their heartfelt gratitude to Assam Rifles for generating awareness among locals on important issues like water harvesting and afforestation.

Raksha Mantri Rajnath Singh To Chair Roundtable On 'Make In India In Defence Industry' With Top Defence And Aerospace Manufacturers

PIB
New Delhi Aug 9,

With the objective to promote 'Make in India' in Defence sector, Raksha Mantri Shri Rajnath Singh will interact with top Defence and Aerospace Industry leaders at Vignyan Bhawan Annex, here tomorrow. 'Make in India in Defence Industry Roundtable' is organised by Department of Defence Production, Ministry of Defence (MoD). It aims to

explore ways to attract investment, address the concerns of the industry and promote innovations in Defence sector. The MoD has taken several steps to ease licensing, promote exports and Foreign Direct Investment (FDI) in the Defence sector. The process of acquiring defence industrial licence has been eased to significantly enhance 'Ease of Doing Defence Business'. Applications have

been received from various companies and 63 of them were disposed off within the time-frame in 2018-19. To promote defence exports, 668 No Objection Certificates were issued to companies during 2018-19. Steps have been taken to rationalise the Standard Operating Procedure (SOP) for reducing the time taken for granting permission for exports. The average time taken has reduced by 100 per cent to 32 days now. Defence exports have

recorded a substantial rise to Rs 10,745 crore in 2018-19 from Rs 4,682 crore in 2017-18. FDI in Defence and Aerospace in the last five years was Rs 1,664 crore. Before 2014, the figure was Rs 1,321 crore. 'Make in India' portal for Defence Production has been revamped and re-launched. A new portal, www.defenceexim.gov.in has been created for end-to-end processing and communication of export license applications and generating and disseminating export market leads. In addition, the MoD launched a dashboard to keep track of the major components of Defence Production, including defence exports, defence offsets, defence projects under 'Make in India', startups in defence sector, investments in defence corridors in Uttar Pradesh and Tamil Nadu and artificial intelligence projects in defence.

A R Organises Swachh Bharat Abhiyan

IGAR (South)
Imphal Aug 9,

Thoubal Battalion of 9 Sector Assam Rifles under the aegis of IGAR (South) organised "Swachh Bharat Abhiyan" at Upper Khoripok village on yesterday. With an aim to sensitise the local populace about the importance of clean and healthy environment Upper Khoripok Company Operating Base (COB) organised a cleanliness drive under "Swachh Bharat Mission".

As a part of the drive, an interactive lecture on 'Clean and Healthy Environment' was conducted by the COB followed by a cleanliness drive by the troops and locals of the area. During the event, the locals were also educated on global warming, its harmful effects and the benefits of tree plantation to counter it. In addition they were also enlightened on the importance of health in modern lifestyle era along

with discussion on obesity, diabetes and various heart related diseases including their related preventive measures. The event concluded with tea and refreshment for all the attendees. The locals expressed

profound gratitude to Assam Rifles for sustained efforts to sensitise the masses on issues of health and clean environment. They further requested to organise such events in future as well for the benefit of students and the society.

Assam Rifles Organises Awareness Drive For Senior Citizens

IGAR (South)
Imphal Aug 9,

Keithelmanbi Battalion of 9 Sector Assam Rifles under the aegis of IGAR (South) commemorated the Senior Citizen's Day by organising an Awareness Drive for senior citizens of the area on yesterday. As part of the event, Canchipur Company Operating Base (COB) of Keithelmanbi Battalion organised a lecture cum interactive session on

Government Policies and beneficiary schemes for the welfare of senior citizens of the State. The lecture provided an insight on various issues concerning to the ageing population and important aspects of the Indian Constitution which secure the rights of senior citizens. Extracts of National Policy for senior citizens which includes government concessions, finance, medical, travel and other benefits for senior citizens were also covered during the awareness drive. In

addition, a team of State Bank of India, Canchipur was invited to inform the attendees about various banking policies of the SBI and benefits being offered by the bank to senior citizens. The event concluded with tea and refreshments for all the attendees. The senior citizens attending the drive were overwhelmed touched by the kind gesture of the Battalion and expressed gratitude to the Assam Rifles for organising such an educative drive on the occasion of Senior Citizen's Day.