

Editorial

Thursday, January 24, 2019

Election, issues and unity

Every times when Election Day knocks the doors, issues after issues haunted the political theatre in every states of the country. Whether it may be the local body election or the state general assembly election or the Parliamentary election issues which concerned the people of the state emerges. Unlike other states - issues come up in the public spare during any election times for the North Eastern of States of the sub-continent, however remain different from those of the states in Mainland.

Even though the state of Manipur have only 2 MPs - one for the outer and the other for the inner, in the 545 seat, the election is important - perhaps one of the most important for political reasons. Winning both the seat is what is considered mandatory for the ruling party of the state and defeating the ruling in parliamentary election is what the opposition felt most necessary task, as it will impact the state assembly election.

Before the Narendra Modi led BJP party came to power by toppling the Congress government over huge margin, election time issues for the state of Manipur was prolonged bandh and blockade on High ways, frequent general strike, price hike, AFSPA, demand for legislation of the protection of the indigenous people of the state and the territorial boundary of the erstwhile kingdom. Whichever political parties always use the issue of the NSCN-IM as a tool to make sure that their party is being supported by the rebel group which has been undergoing political dialogue for over 20 years. Assurance for a solution and getting support from the NSCN-IM is not an alien phenomenon to this part of India.

Now, the parliamentary election is again just some few months. As per source it may happen in the month of March this year.

And the issues of the Manipur state are totally different from the earlier days of election time. Today, the boundary issue is not being picked up any civil society organization, talks about protection of the indigenous people or demand for inclusion of the Meitei Meitei people to the Scheduled Tribe list under the constitution of India, demand for amendment of the Article (3) of the constitution of India, repeal of the draconian act AFSPA and similar kinds have been carpeted.

The only issue remain now is contentious Citizenship (Amendment) Bill which was passed by the Lok Sabha on January 8 this year.

What is surprising is the stand of the Government of Manipur regarding the Bill? And the more astonishing statement comes from a spokesperson of the Union Home Ministry at which he said that foreign migrants which are selected on religious ground on a security democratic India will not be granted without taking consent of the state government? Isn't the Cab under the Union list? A migrant which has been disapproved by Manipur government but granted citizenship by Uttar Pradesh government will make difference to become a citizen of India. And besides, how could the state functionaries be skipped when authority at the center have to either grant or not to a migrant as the district administration is the first to encounter such matter.

Veteran Politician Okram Joy has yesterday stated that the Citizenship (Amendment) Bill comes under the Union list, and saying that consent of the state government will be taken while granting citizenship unacceptable until a clause on the Bill on what the spokesperson had said has been added.

Well, the railway track till Imphal is nearing completion , the population of the indigenous Meitei people have come down to minority and the valley area of the state is now becoming a dumping ground of the illegal migrants without any legislation for protection.

On the other hand students' bodies and CSOs still fail to join hand in hand to fight for the cause of the erstwhile kingdom. Yet they struggle for the same goal but they fail to joined hand together. Same is with the political parties. It's time that we stand together and protect Manipur.

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Education Corner

JEE Main 2018: Last 3 Years Paper Analysis

By: Karan Thakur

JEE Main is one of the most sought-after engineering examinations of the country. With its audience being as huge as a million, one has to be really smart to emerge amongst the toppers. Hard work coupled with smart work is the best way to crack this exam.

One of the smart techniques to ace it is to keep an eye on the previous year trends. Solving past year papers and knowing which topics are important can be of immense help. Therefore, it is always wise to analyze papers of some past years, to understand and know the exam better.

We bring you the paper analysis of past yearsto prepare for JEE Main. You should have a close look at the trends of the paper, as the exam has not been changing a lot from past 3-4 years. So, let us see how the papers have been and understand what can be there for us in 2018: -

JEE Main 2017 Analysis

JEE Main 2017 was held on April 2nd, 2017 in the offline mode. The test had the same examination pattern as it was last year, with total

90 questions and 30 questions from each section. Thankfully, this paper did not carry any big surprise for students, as all the questions were correct and were not ambiguous.

Overall, the paper was not on tougher side. It was moderately easy. However, the difficult thing was the length of the paper. Let us know how the individual sections of the paper were:

Physics

Physics section was exactly framed the way one would expect in JEE. It was not easy, not tough, but was tricky, and required some thought to crack. However, many students said that it was easier than JEE Main 2016's Physics section.

Most of the questions were moderate in both length and difficulty. Majority of the questions belonged to Class XII syllabus. However, this time more questions were of calculative nature, and thus importance of theoretical questions got decreased.

If we see a topic-wise distribution, Mechanics proved to be the most important topic with 11 questions.

After this, electrostatics carried 6 questions; Modern & Nuclear physics also carried 6. 3 questions were there from thermodynamics and kinetic theory, and 2 from optics and wave optics. On a whole, 19 questions were from Class XII syllabus and 11 from Class XI.

Chemistry

Chemistry was a sort of relief for most of the students. It was easy as well as less time consuming, thus becoming the easiest section of JEE Main 2017. JEE Main 2016 also had same level of difficulty, thus many students were probably ready to pick up speed and solve this section quickly. Also, most of the questions were of theoretical nature, thus easing the task even further.

Topic-wise, the distribution was 8, 11 and 11 questions from Organic, Inorganic and Physical Chemistry respectively. As expected, Class XII syllabus carried more weightage than Class XI, with 17 questions from the former and 13 from latter.

Mathematics

The surprise, in terms of nature of questions this year was

Mathematics section. The questions were not tricky, but actually were lengthy to solve, thus making this section a deceptive one. Examinees had to keep patience and avoid mistakes in calculation, to succeed in this section.

Due to its length, many students reckoned it as the most difficult section of JEE Main 2017, even after the questions were not as tricky as last year. Class XII syllabus proved to be a big majority here, with 20 questions from it. The rest of the 10 questions were from Class XI syllabus.

Looking from a topic-wise perspective, Conics, Trigonometry and Vector Algebra carried 3 questions each. 6 questions were from Calculus and 15 from Algebra, this making it the most important topic for this year.

JEE Main 2016 Analysis

JEE Main 2016 was held on April 3rd, 2016. The exam carried the same examination pattern like the year previous to it. A total of 90 MCQs carrying 360 marks were there in the question paper, with a time frame of 3 hours.

The Art of Living

Sri Sri Ravi Shankar

Steps to Healthier Living

Health is not merely absence of disease. Health is being established in the 'Self'. It is the dynamic expression of life. One can be said to be in a perfect state of health when one is physically fit, mentally calm and emotionally steady. So how does one achieve this state of all-round health in today's fast-paced life? Here are a few steps we can take to help improve our health and the quality of our lives.

Know About Your 'Self'

We need to know a little bit about the different layers of our existence — body, breath, mind, intellect, memory, ego and the self. When we understand that the body and mind are connected through the breath, we are in a better position to manage our thoughts and emotions. The awareness that everything changes — the body undergoes changes and so does the mind — brings a sense of equanimity within us.

The mind is the sense of perception in your consciousness and the thoughts that change all the time. Likewise, the intellect, memory, and ego also change with time. But there is something within us that does not change — it is the point of reference through which we are able to recognize that everything else changes. This subtlest, unchanging aspect of our existence is the self.

The ancient science of Ayurveda deems that a person cannot be called truly healthy, until one is in touch with this subtlest aspect, and there is harmony among the different layers of existence. This knowledge of the self helps one live in the present moment and be in a state of perfect health. Spend some time to learn about your self. Take a week off one to two times a year and align yourself with nature. Wake up with sunrise, practice yoga, eat light food, and spend some time creatively.

Make Meditation a Part of Your Life

Meditation is a vital ingredient for personal development. It



provides deep rest. The deeper one is able to rest, the more dynamic one will be in activity. For sustainable good health, meditation is key.

What is meditation? It can mean different things to different people. It is anything we can do to achieve a mind without agitation, hesitation, or anticipation. It can be a hundred times more refreshing than sleep because it helps us live in the present moment and frees us from anger about the past and worry about the future. It gives us depth and stability. Spend 20 minutes in the morning and evening in meditation, and make it a part of everyday life.

Learn About the Breath

Our first act in this world is to take a deep breath in, and our last act will be taking a deep breath out. Breathing is life. Yet, we are typically not taught — at home or at school — about the importance of the breath and its impact on the mind and body.

Observe how you breathe. There are different patterns that relate to different emotions. Just as your mind influences the breath, you can influence the state of your mind through the breath as well. Breathing techniques like Pranayamas and Sudarshan Kriya (a powerful breathing technique taught in the Art of Living course) can help us calm our minds and emotions. We can control negative emotions like anger

and fear, and manage stress levels using the breath.

Eat Right

The type and amount of food that we consume has a direct impact on the state of our physical body, and consequently our mind. Observe what you eat. Fresh fruits and vegetables have more prana (life force), while frozen and canned foods have very little prana. Eating the right types and amounts of food promotes all-around wellbeing and can increase energy levels that can help us manage stress more effectively.

Make Time for Yourself

In this modern age, we all seem to be constantly engaged in gathering information, or performing some mental activity all the time. We seldom take time

for ourselves to think and reflect. As a result, there is information overload, and we can feel dull and tired.

The moments of stillness in our mind are the moments of creativity and innovation. Silence heals and rejuvenates our minds. Sometime during the day, sit silently for a few minutes with your eyes closed and reflect upon the meaning and purpose of your life.

The Art of Living Course helps one integrate these five key steps in life and live happy and healthy. A new batch of Art of Living course start from 24th January 2019 at the Art of Living Centre located at Keishamthong Bazar. For assistance, one may contact the Art of Living Centre on 7005658504.

