

Agri. Minister visits community nurseries sites

DIPR
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Agriculture, Vety & AH Minister V. Hangkhanlian said that the Agriculture Department will not keep shortage of the requirements of fertilizers for the farmers of Manipur as there are sufficient buffer stock. Fertilizers will be given after submission of land patta and Aadhar cards by the farmers so that the fertilizers reach the targeted beneficiaries, by checking the process of distribution.

The Minister stated this to the media while he was on a visit to the Community Nursery seeding sites at Khundrakpam, in Imphal east, Sairen Village, Pollangsou Loukon in Imphal West and Nachou Village in Bishnupur district, Yesterday. After identification of the places, Agriculture Department has started sowing seeds of IR-64, an early harvesting Indian rice



in 90-95 days, in 5 hectares each in four districts in addition to 21 hectares of KVK Thoubal areas where Community Nurseries are to be raised. The paddy seeds sown today can be transplanted by the end of this month and will be distributed to the farmers where seeds cannot be sown owing to shortage of sufficient rainfall as a supplement, he said.

The minister further said that the raising of those seeds sown yesterday does not mean that it will be sufficient for all the needy. The Agriculture Department has taken up initial steps and already distributed 126 pump sets to some farmers as a relief materials and efforts are being made to give more pumps sets through which water can be supply to the dry fields. The Agriculture

department has been thinking that how far the farmers can be helped and started sowing paddy seeds which will cover 301 hectares of paddy fields in dry areas as a supplement and relief of the problems faced by the farmers of Manipur, he added. Some Agriculture Officials and staff from the concerned Agriculture Department accompanied the Minister.

Scientific Approach Towards Fast Increasing Population Necessary: Jayantakumar

DIPR
Imphal, July 12,

Health and Family Welfare Minister L. Jayantakumar Singh said that a scientific approach towards fast increasing population in the country is the need of the hour. Minister Jayantakumar was speaking as chief guest at the observance of World Population Day held today at Indian Medical Association hall, Lamphelpat, Imphal. He said that scarcity of land due to the ever increasing population has become a contemporary challenge of the world. With the increase of population there have been several social issues. The concept of population explosion is no longer a new social phenomenon to be discussed at priority. He further asserted that Health, Education and Social Welfare Department have tied up to propagate awareness



about the population problem. He also said that the internal idea of observing World Population Day must be known by all of us. Self-assessment of the pros and cons of increasing population is also necessary, he added. Mentioning about the differences between olden and present days, Jayantakumar Singh said that there was a good time when

population was lesser with plenty of land available for settlement and carrying out agricultural practices. This has become reverse during these days, he added. Minister also appealed the people to exchange and share their ideas and views to find a solution to the menace of population growth. The observance was also attended by Dr. K. Rajo Singh,

Director Health Services, Manipur, Rang Peter, Joint Secy. Health and FW, Dr. Sasheekumar Mangang, Addl. Director Health, Dr. Salamattullah, Addl. Director, Family Welfare as president and Guests of Honour respectively. Doctors, nurses, nursing students, health staff, staff from NHM and Family Welfare Department and others also attended the observance.

Understanding Ovarian Cysts



Dr. Nupur Gupta,
Gynecologist & Director
Well Women Clinic,
Gurguram

Cysts in or on the ovary are solid or fluid-filled sacs. These are generally harmless and come and go as per menstruation cycles. Yet, in some women, these could turn large and even malignant.

It is observed that ovarian cysts can cause no symptoms in women and disappear on own. Women can get pregnant as well if they have ovarian cysts. Although, some women can have concerns with conception or pregnancy if the cyst becomes abnormally large.

What do ovaries look like?
Women have a pair of ovaries. These are small, bean-shaped organs that play a pivotal role in women's reproduction. Each ovary is on one side of the uterus. The ovaries are responsible to release an egg approximately every 28 days as part of the menstrual cycle. These also release the female sex hormones, estrogen, and progesterone, which play an important role in female reproduction. Cysts can be present in both ovaries or may be visible in only one.

Symptoms of pelvic pain, nausea, bloating, and abdominal swelling may be persistent in large cysts. Blockage of blood supply to ovaries or rupturing may cause heavy bleeding. Difficulty clearing bowels or feeling full too soon or very painful periods are also observed in women with ovarian cysts.

Medical Diagnosis of Ovarian Cysts
The two types of ovarian cyst are: Functional ovarian cysts are the most common. These develop as part of the menstrual cycle and are usually harmless and have a short life span.

Pathological ovarian cysts are abnormal cell growth and are not as commonly observed. **Endometriosis is the most common reason for causing ovarian cysts.** It is observed that ovarian cysts are most of the time benign or not cancerous although these can be in a few cases cancerous (malignant). **Cancerous cysts** are more common in women who have been through the menopause.

Diagnosing ovarian cysts
To detect cysts in ovaries, an ultrasound is performed by using a probe placed inside your vagina. If a cyst is identified during the ultrasound scan and you may need to have this monitored with a repeat ultrasound scan in a few weeks.

Cysts can be as small as 3 mm to as large as a melon. Simple cysts are thin-walled and contain only fluid but complex cysts contain thick fluid, blood, and solid mass. A simple cyst is a large follicle

that has continued to grow after an egg has been released in the ovary. Whereas endometrioma cells are found outside the womb, sometimes causes ovarian cysts and these are called **endometriomas**. A **dermoid cyst** develops from the cells that make eggs in the ovary and often contains substances such as hair and fat.

Treatment For Ovarian Cysts
Most of the times doctor suggests no hurry to remove the cyst but if it is getting bigger or is complex, surgery is recommended. Your choice depends on your symptoms, the appearance and the size, and the results of any blood tests. You should be given information about the choices in your individual situation, including information about the risks and benefits of each option. Technically, a simple cyst measuring less than 5 cm in diameter, treatment may not be necessary. These cysts usually disappear quietly after a few months.

Whereas, a simple cyst that measures 5-7 cm in diameter requires ultrasound each year to ensure no further increase. A simple cyst that measures more than 7 cm in diameter further tests, such as magnetic resonance imaging (MRI) and/or surgery. Consulting your Gynecologist on possible surgical options for you is advisable. Laparoscopy or Laparotomy or Hysterectomy will be considered as per size, a number of cysts and state of ovaries or uterus.

Flood situation remains grim in Assam; Army, NDRF deployed for rescue work

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New Delhi July 12,

The overall flood situation remains grim in Assam as new areas have been inundated due to breach of river embankments.

Over four lakh people are reeling under the fury of flood in 17 districts. NDRF and SDRF teams have been deployed to rescue flood-hit people. Road traffic has been badly affected due to flood causing the massive problem to villagers. Temporary relief camps have been set up to shelter flood-affected people.

Chief Minister Sarbanand Sonowal reviewed the flood situation with all Deputy Commissioners and

instructed to set up 24x 7 control room in all districts. In Uttar Pradesh, torrential rain from last few days has thrown normal life out of gear

in many districts. Our correspondent reports, 14 people have lost their lives in rain-related incidents in the last 24 hours.

Six candidates from Tamil Nadu elected unopposed to Rajya Sabha

Agency
New Delhi July 12,

In Tamil Nadu, six candidates were elected unopposed to the Rajya Sabha last evening. They include two candidates each from the AIADMK and DMK and one each from the PMK and MDMK. From the ruling AIADMK, the former State Minister

Mohamed Jan and the party's Salem town functionary Chandrasekharan were elected along with Dr Anbumani Ramadoss of the PMK, its ally. From the DMK, the former Additional Solicitor General P. Wilson and the party's trade union leader Shannugam were elected to the Upper House along with the leader of its ally MDMK, Mr Vaiko.

CM condoles village chief, condemns gun attack

DIPR
Imphal, July 12,

Chief Minister Shri N. Biren Singh has condoled the demise of Chief of Hengiang Kuki Village, Thangneo Kipgen and his nephew Thangminlung Haokip in a gun attack carried out by some unknown miscreants at a secluded place located

between Keihao and Hengiang village in Kangpokpi district yesterday. He also strongly condemned such dastardly act of targeting innocent lives without any reason. He said that there is no place for such heinous crimes in a civilized society, informing that active investigations into the incident are in progress.

Maintaining that the perpetrators would be nabbed as soon as possible, he also urged the Hengiang villagers to maintain calm at this hour of sorrow. Shri N. Biren also shared grief of family members and Hengiang villagers, and prayed to the Almighty for the souls of deceased persons to rest in peace in their heavenly abode.

A R Conducts Free Medical Camp and A R Observes World Population Day



IGAR (South)
Imphal July 12,

Keithelmanbi Battalion of 9 Sector Assam Rifles under the aegis of IGAR (South) organised a free medical camp at Lilong Chajing, I/West district on yesterday. The medical camp commenced with an informative lecture on 'Health, Hygiene and Sanitation' by the unit medical officer followed by an interactive session during which various queries raised by the attendees were clarified. The locals were also enlightened on basic healthcare issues including precautions against common viral diseases as well as

importance of hygiene and sanitation for maintaining a healthy lifestyle.

As part of the camp, a dedicated medical team under the unit medical officer provided medical assistance to the locals of the area. In addition to the medical checkup, consultation on various diseases and health related issues as well as free medicines were distributed to the needy patients. A mobile dental clinic was also established for carrying out dental checkup of the locals. A medical team under the dental officer from 12 Dental Unit Assam Rifles (DUAR) provided free dental treatment and medicines to the attendees.

The medical camp received an overwhelming response from the local populace and witnessed an attendance of over 280 locals of nearby villages. All the attendees conveyed their heartfelt gratitude to Assam Rifles for facilitating the outreach of the medical facilities and requested for more such camps in the future as well.

Tulihal and Mantripukhri Battalions of 9 Sector Assam Rifles under the aegis of IGAR (South) observed World Population Day by organising various events on Yesterday. With aim to raise awareness on population issues, Nambol Company Operating Base (COB) of Tulihal Battalion observed world population day by organising an awareness drive at Maibam Chingning village, I/West. The event commenced with a lecture on world population day in which locals were educated on various issues emerging due to population increase as well as on the importance of family planning, gender equality, poverty and various other connected issues with population. The

lecture was followed by an interactive session in which various queries of the attendees were clarified.

Post the awareness session, a painting competition based on the theme of the event, was organised for the students. Over 60 children of various age groups enthusiastically participated in the event and expressed their thoughts through colours on paper. Winners of the competition were felicitated with prizes. Likewise Mantripukhri Battalion organised an interactive lecture on the day at Sagolmang COB in which various problems and issues concerning population explosion were discussed. In addition, the locals were also educated on various government schemes, benefits and latest policies on family planning during the event. The event concluded with tea and refreshment for all the attendees. The locals of the area expressed their profound gratitude and appreciated the efforts of Assam Rifles for organising such educative events and requested to conduct similar events in future as well.