

No respite from flood fury in Assam

Agency
New Delhi July 13,

There is no respite from the flood fury in Assam. Flood water submerged roads, cropland, residential areas at 21 districts. Nearly 9 lakh people are reeling under the fury of the flood. Several rivers including the Brahmaputra are in spate. Flood water also submerged national parks and wildlife sanctuaries in the state. District Administrations have



Thousands of people have moved to higher and safer places. Talking to AIR, Revenue and Disaster Management Minister of State Bhabesh Kalita said that Chief Minister Sarbanand Sonowal is monitoring the situation. Mr Kalita said that several ministers and senior officials are also monitoring the flood situation. Meanwhile, Inland Water Transport department said that plying of the ferry has been suspended due to flood in the state.

Spasticity



Dr. Amitabh Gupta, HOD Neurosurgery Batra Hospital, New Delhi.

Spasticity is a condition in which certain muscles are continuously contracted. This contraction causes stiffness or tightness of the muscles and can interfere with normal movement, speech, and gait. Spasticity is usually caused by damage to the portion of the brain or spinal cord that controls voluntary movement. The damage causes a change in the balance of signals between the nervous system and the muscles. This imbalance leads to increased activity in the muscles. Spasticity negatively affects muscles and joints of the extremities, and is particularly harmful to growing children.

Prevalence and Incidence
Spasticity affects more than an estimated 12 million

people worldwide. About 80 percent of people with cerebral palsy (CP) have varying degrees of spasticity. With an estimated 500,000 people in the United States with some form of CP, this equates to about 400,000 people with some degree of CP-related spasticity. About 80 percent of people with multiple sclerosis (MS) have varying degrees of spasticity. With an estimated 400,000 people in the United States with MS, this equates to about 320,000 people with some degree MS-related spasticity.

Other conditions that may cause spasticity include:

- Traumatic brain injury (TBI)
- Spinal cord injury (SCI)
- Brain damage due to a lack of oxygen
- Stroke
- Encephalitis
- Meningitis
- Adrenoleukodystrophy
- Amyotrophic lateral sclerosis (Lou Gehrig's disease)
- Phenylketonuria

Symptoms
Spasticity may be as mild as the feeling of tightness in muscles or may be severe enough to produce painful, uncontrollable spasms of the extremities; most commonly the legs and arms. Spasticity may also create feelings of pain or tightness in and around joints, and can cause low back pain.

Adverse effects of spasticity

include:
Muscle stiffness, causing movements to be less precise and making certain tasks difficult to perform
Muscle spasms, causing uncontrollable and often painful muscle contractions
Involuntary crossing of the legs
Muscle and joint deformities
Muscle fatigue
Inhibition of longitudinal muscle growth
Inhibition of protein synthesis in muscle cells

Treatment Options
There are several types of treatment available which must be evaluated on a case-by-case basis, depending on the underlying cause, age of the patient, and severity of the spasticity. Different treatments share the common goals of:

- Relieving the signs and symptoms of spasticity
- Reducing the pain and frequency of muscle contractions
- Improving gait, hygiene, activities of daily living, and ease of care
- Reducing caregiver challenges such as dressing, feeding, transport, and bathing
- Improving voluntary motor functions involving objects such as reaching for, grasping, moving, and releasing
- Enabling more normal muscle growth in children.

Goa CM Pramod Sawant to reshuffle Cabinet today

Agency
New Delhi July 13,

Goa Chief Minister Pramod Sawant will reshuffle his Cabinet today replacing four ministers.

Mr Sawant disclosed this on returning to Goa from New Delhi after meeting the BJP's central leadership late last night. He said the swearing-in ceremony would be held at 3 pm.

Chief minister Pramod Sawant said that three members from the BJP-led Goa government's coalition partner Goa Forward Party and independent MLA Rohan Khaunte would be dropped from the cabinet.

He informed that three MLAs who merged with BJP from Congress recently would be inducted into the state cabinet on Saturday while the fourth replacement would be an old BJP MLA. Last Wednesday, 10 Congress MLAs had joined the BJP, increasing the party's strength to 27 in the 40-member Goa assembly. This would be the seco

'Skill India' & Healthcare Sector Skill Council Skilling youth for enhancing employability in healthcare sector



By a Correspondent
Mumbai July 13,

To promote skilling and employment opportunities in the Western Region, Healthcare Sector Skill Council (HSSC) constituted HSSC Western Region committee that in collaboration with CII organized a conclave in Mumbai. The main agenda of the conclave was to identify skill gap, suggest ways to bridge the skill gap and align skilling as per industry expectations to enhance employability of youth in healthcare sector in the region. HSSC also conducted first meeting of the HSSC Western Region committee in Hinduja Hospital. It was attended by the nominated members from the region. Dr Sanjay Mukherjee, Secretary, Department of Medical Education & Drugs, Maharashtra, the Chief Guest for the conclave stressed upon the need for skilled healthcare professionals. He appreciated that it's a great initiative by HSSC and participation by local stakeholders would supplement state government's efforts to further augment skill

development of healthcare professionals in the state.

"HSSC, the implementing partner for Skill India is focusing on providing skills to youth for healthcare sector. By leveraging the experiences and perspectives of pioneering professionals, we intend to facilitate the exchange of ideas and opinions on the dynamically changing role of Human Resources in healthcare," said Dr Shubnum Singh, Chairperson HSSC. Mr Ashish Jain, CEO, HSSC shared details about the Skill India. Apprenticeship, Recognition of Prior Learning (RPL) and an update on activities in the state on skill development in healthcare. He emphasized that 'Skill India' focus is on providing 'Hands on Skills' and training youth of the country on the standards that meets employer requirement to ensure gainful employment.

Mr. Joy Chakraborty, Chairman Western Region, HSSC said, "it is important that all stakeholders including the industry, training partners, academia and the concerned representatives come together to understand the dynamic aspects of the job market and collaborate to improve employability".

The conclave had eminent speakers from various healthcare institutions like PD Hinduja, Bombay Hospital, Jupiter Hospital, Tata Strive, Tata Institute of Social Sciences (TISS), Kokilaben Dhirubhai Ambani Hospital (KDAH), Bombay Nursing Home Association, Association of Hospitals etc participated in the event. The highlights of the event included panel discussions directed towards role of allied health professionals in transforming health care delivery and to understand the challenges in skill training faced by training institutes / hospitals . The panel was aimed to highlight the expectations of the employers in terms of the training gap if any and the changing demands of the industry. Employers also highlighted on the required subsets which need to be included in the learning objectives for students in future. Participant from various organizations like LHS, Saifee Hospital, Meril, GE, Nanavati Hospital, Suburban College of Paramedical Education, Portea Health, Breach Candy Hospital etc. attended the conclave.

A R Organises tree plantation drive

IGAR (South)
Imphal July 13,

Tulihal Battalion of 9 Sector Assam Rifles under the aegis of IGAR (South) organised a tree plantation drive at Pole Star Primary School, Patsoi, I/ West on Yesterday.

In continuation with the efforts to educate the youth regarding the importance of trees and natural resources, Patsoi Company Operating Base (COB) organised a tree plantation drive under "Go Green Initiative". The drive commenced with an informative lecture on "Global Warming" in which the students were enlightened on global warming, its harmful effects and benefits of tree plantation to counter it. It was followed by a plantation drive in which



importance of trees and saving the environment through plantation was emphasised upon. The students came in huge numbers and enthusiastically participated in planting saplings in the area. They also pledged their contribution to make the environment clean and green for future generations. The event concluded with tea and

refreshments for all the attendees.

The students and staffs of the school appreciated the efforts of Assam Rifles for educating them on conservation of natural resources for the future generations and further requested to organise more such events for benefit of the society in future as well.

Agriculture Minister introduces 3 new methods of community nursery seedlings



DIPR
Imphal, July 13,

Agriculture, Veterinary & Animal Husbandry Minister V. Hangkhanlian visited Krishi Vigyan Kendra (KVK), Thoubal and introduced the latest 3 new methods of nursery seedlings for Manipur. The three methods used are Wet Method, DAPOG method and Modified, which is prepared by Agriculture Department (KVK) Thoubal. The Minister also informed that on July 16, 2019, there will be an interaction programme for the farmers from all the districts including the four valley districts of Imphal East, Imphal West, Thoubal and Bishnupur

district for finding ways to solve the problems being witnessed by the farmers. He also urged all the farmers to take active participation in the interaction programme.

Addressing the media at the site of Community Nursery seeds demonstration, the Minister said that under the initiative of KVK, Thoubal, three new methods for nursery seedling has been introduced to bring immediate relief to the farmers in situations where there is lack of sufficient irrigation water. The new seedling method can be easily adopted in the State when faced with drought like situation. By using the modified and latest methods like DAPOG and

Modified Mat method, a nursery measuring 1.5 hectares of land area has been allocated for the seedling process which will solve problems faced by the farmers of the State. The use of the new method can supplement the requirements of the farmers and the nursery seedlings can be transplanted within 15 days from seeding.

The Minister also informed that there is enough stock of fertilizers for Thoubal District which is distributed to the farmers through District Agriculture Officer (DAO) and staff of Agriculture department, KVK, Thoubal. Farmers who are facing problems in procuring the fertilizers can approach the concern department.

Vehicle Registration lost

I, the undersigned, have lost my Registration Certificate of my Activa Vehicle (two wheeler) bearing Registration No. MN 01 7013, on way between Khongman Zone (iv) to Imphal Bazar

Finders are requested to kindly hand over it to the undersigned.

Sd/-
Seram Pradeep Meitei
S/o Seram Basanta Meitei
Khongman Zone iv Ph. No. 8837343663

Registration certificate lost

I, the undersigned, Md Nurulhuda have lost my Registration certificate bearing Registration number 7981 of 2017 issued by the Council of Higher Secondary Education, Manipur on the way between Lilong Haoreibi Collage to Lilong Leihakhong on 9/7/2019. Finders are requested to hand over it to the undersigned.

Sd/-
Md Nurulhuda
S/o Jalaluddin Lilong
Leihakhong, Lilong, Lilong