

Pakistan opens airspace for all civilian traffic; Indian flights to operate soon

Agency
New Delhi, July 16,

Pakistan opened its airspace for all civilian traffic on Tuesday morning, sources said, effectively removing the ban on Indian flights that were not allowed to use majority of its airspace since the Balakot air strikes in February. The move is expected to give a major relief to Air India, which suffered a huge financial loss of around Rs 491 crore as it had to re-route its various international flights due to the closure of the Pakistan airspace. "Pakistan has permitted all airlines to fly through its airspace from around 12.41 am today. Indian airline operators will start using normal routes through Pakistan airspace

soon," the sources told the agency. Pakistan's Civil Aviation Authority issued a notice to airmen (NOTAM) at around 12.41 am Indian Standard Time, stating that "with immediate effect Pakistan airspace is open for all type of civil traffic on published AFS (air traffic service) routes". Pakistan has fully closed its airspace on February 26 after the Indian Air Force (IAF) struck a Jaish-e-Mohammed (JeM) terrorist training camp in Balakot in retaliation to the Pulwama attack on February 14. Since then, the neighbouring country had only opened two routes, both of them passing through the southern region, of the total 11. On its part, the IAF had

announced on May 31 that all temporary restrictions imposed on the Indian airspace post the Balakot strike had been removed. However, it did not benefit most of the commercial airliners and they were waiting for Pakistan to fully open its airspace. In India, the biggest pain was suffered by Air India that conducts various international flights from Delhi to Europe and the US. The national carrier had lost Rs 491 crore till July 2 due to the closure of the Pakistan airspace. Private airlines SpiceJet, IndiGo and GoAir lost Rs 30.73 crore, Rs 25.1 crore and Rs 2.1 crore, respectively, according to the data presented by Civil Aviation Minister Hardeep

Singh Puri in the Rajya Sabha on July 3. Post the air strike, Air India had to re-route, merge or suspend many of its international flights that connect India with European and US cities. IndiGo, India's largest airline by domestic market share, was unable to start direct flights from Delhi to Istanbul due to the closure of the Pakistan airspace. The low-cost carrier started the Delhi-Istanbul flight in March. Till date, this IndiGo flight had to take the longer route over the Arabian Sea and make a stop at Doha in Qatar for refuelling.

Rajya Sabha proceedings adjourned

Agency
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Rajya Sabha proceedings were Tuesday adjourned for an hour following vociferous protests by Tamil parties led by the AIADMK against holding of recruitment exam for postmen only in English and Hindi language. Soon after listed papers were laid on table of the House, AIADMK members shouted slogans demanding that the government cancel the postal department exam for recruitment of postmen and other posts and hold it afresh by including Tamil as a language of exams. Chairman M Venkaiah Naidu first ordered stopping of House proceedings on television

and then adjourned proceedings till 1200 hours. Naidu said the issue was raised by AIADMK on Monday and he cannot order the government to respond to their demands. "This is not allowed as per rules," he said. "I will not direct, it is very unfair." He repeatedly asked members to take their places. He adjourned proceedings till 1200 hours after his pleas went unheeded. On July 15, AIADMK leader A Navaneethakrishnan had raised the issue through a Zero Hour mention, saying questions in the postal department's examination for appointments of postmen and assistants in rural areas held on Sunday were only in Hindi and English, and not Tamil.

"I urge the central government to cancel the postal department examinations held yesterday. The reasons are very simple and also very compulsive," he had said. Members of the AIADMK, which is ruling in Tamil Nadu, on Monday said the government had not responded to their request. Naidu asked V Maitreyan, who was leading the AIADMK protests, to lower his voice. To this, Maitreyan said Tamil Nadu is burning and he cannot lower his voice. Earlier, the House congratulated Dutee Chand and other Indian medal winners at the Universiade, the World University Games, in Naples.

Kerala High Court: "Person embracing Maoist ideology can't be persecuted"

Agency
Kochi, July 16,

A person cannot be persecuted by the state authorities merely on suspicion that he or she has embraced Maoist ideology, the Kerala High Court has said. A division bench of Chief Justice Hrishikesh Roy and Justice A K Jayasankaran Nambiar made the observation Monday while upholding a single bench order granting Rs 1 lakh compensation to a man who was illegally detained by a special squad of the Kerala Police in 2014 on suspicion of being a Maoist. Dismissing an appeal by the state government against the single judge order to pay Rs 1 lakh to Shyam Balakrishnan, who is the son of a former High

Court judge, the bench said, "The preamble to our Constitution declares that we the people of India are guaranteed liberty of thought, expression, belief, faith and worship." "The freedom of an individual to hold a particular political ideology is an aspect of his fundamental right to personal liberty under Article 21 of the Constitution in that he has the unfettered freedom to choose an ideology of his liking," it said. "Accordingly, merely on suspicion that the petitioner has embraced the Maoist ideology, he or she cannot be persecuted by the state authorities," it held. The bench also said in view of the primacy that is accorded under the Constitution to a

person's fundamental right to privacy and personal liberty, the police action- detaining and interrogating the petitioner and searching his house without following procedure under the Code of Criminal Procedure- was "wholly unjustified." In its order in 2015, the single bench had said the police cannot detain a person merely because he is a Maoist, unless police form a reasonable opinion that his activities are unlawful. "Being a Maoist is no crime, though the political ideology of Maoists would not synchronise with our constitutional polity. It is a basic human right to think in terms of human aspirations," the single judge had said.

Two Rohingyas arrested in Tripura

Agency
Agartala, July 16,

Two Rohingyas have been arrested from near the India-Bangladesh international border in Tripura, police said Tuesday. Acting on a tip-off, the police arrested 21-year-old Md. Salim and 20-year-old Jahangir Alam from Rajnagar area near here in West Tripura district on Monday, after locals claimed that two suspected Rohingya Muslims were roaming there. Refugee cards were recovered from their possession and they confessed of having stayed at a Rohingya refugee camp in Bangladesh's Chittagong area, he added. The duo would be produced at a local court Tuesday. Rohingyas use the Tripura corridor of the India-Bangladesh border to enter India from the neighbouring country, BSF officials said. In October 2017, the Ministry of Home Affairs (MHA) had ordered all state governments to identify and monitor Rohingya refugees.

Sport News

India bags 2 Gold medals at ISSF Junior World Cup in Germany

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India bagged two Gold and one Silver medal in the Women's 10-metre Air Rifle event at the International Shooting Sport Federation (ISSF) Junior World Cup in

Suhl, Germany. In the individual section of the category, Elavenil Valarivan claimed the top honours with a total score of 251.6, while another Indian Mehuli Ghosh settled for a Silver with 250.2 points. India also clinched a Gold in

the team section by creating a junior world record. The effort ensured that India remain at the top of the medals tally with 14 medals, six Gold, six Silver and two Bronze. China is second with two Gold and a total of six medals.

India to emerge much stronger in weightlifting in next 3 to 5 years: Kiren Rijiju

Agency
New Delhi, July 16,

Union Sports Minister Kiren Rijiju today said that India has absolute potential to compete with China and Korea in weightlifting. Talking to journalist, Mr Rijiju said, India will emerge

much stronger in weightlifting in next three to five years. He assured the athletes of giving full assistance for their future endeavours. The Minister met the Indian athletes who participated in Commonwealth weightlifting championship held in

Samoa. India secured 1st position and gave the best-ever performance in the Commonwealth Weightlifting Championship. Interacting with the winners, Mr Rijiju said, weightlifting has a bright future.



Chin people call for AA to leave state

By Khin Myat Wai
Courtesy: Myanmar Times

The Chin National League for Democracy has called for the departure of the Arakan Army (AA) from Chin State, four years after the AA established a base in Paletwa, according to SalaiCieuk Bik Thawng, general secretary of the party. "AA shouldn't be present in Chin. We have suffered as a result of their presence here and cases of human rights violation have worsened, so we are calling for the AA to leave Paletwa, where they have made a base," he said. According to the ceasefire agreement between the government and Chin National Front in 2012, only the Tatmadaw (military) and Chin nationals are entitled to hold weapons inside Chin, including Paletwatownship, he said. In Yangon on Friday, 100 Chin residents marched in a protest that started at Aung San Football Stadium to Mahabandoola Park, chanting slogans and carrying placards calling for fighting between the military and AA to stop, the AA based in Paletwa to leave, the end of human rights



violations and the release of Chin residents arrested by AA. SalaiCieuk Bik Thawng added that the military tries to block international humanitarian food assistance from entering Paletwa for fear that the AA might gain access to the supplies. Consequently, that has led to food shortages at camps for internally displaced

people. SalaiIssakKhin, former state minister for Energy and Municipal Development, agreed that projects and livelihoods are beginning to be affected by the AA's presence in the region. "We understand their difficulties but it is becoming harder for the local Chin residents to accept acts by the AA such

as destroying bridges and disrupting development projects in the region," he said. He added that local residents are occasionally taken by force to act as porters and guides for the AA, and some have even lost their lives. At present, about 4000 Chin people in refugee camps in Paletwa are suffering from food shortages.

News from the World of Medicine

Claw toes may be a symptom of an underlying disorder

By- Sakshi Jaiswal

Toes bend like claws is not a serious problem on its own, but it can be a sign of an underlying medical condition, such as diabetes or neurological condition. "After conducting several tests, it was confirmed that Heena (74) was suffering from claw toe which was a result of rheumatoid arthritis and Diabetes. She had been noticing her toes bending like inverted V and thought it to be normal at this age. Though it was not painful, still she felt uncomfortable in walking." Said Dr Pradeep Moonot, Orthopaedic Surgeon, Breach Candy Hospital, Mumbai. Rheumatoid Arthritis (RA) is one of the leading causes for claw toe in India especially in women. According to a survey, women in India are affected five times more than men. Prevalence of claw toes deformity gradually increases with advancing age and upto 20% of the Indians are affected. This is observed most often in patients in their 7th or 8th decade of life. "Unrelieved pressure on the toes could have caused severe complications and make them rigid making it difficult to treat. Heena had her second toe crossed over the first and eventually could have dislocated. The corns that became too large were shaved off and exercises were provided to her in addition to specially designed shoes to relieve the pressure." Said Dr Moonot

Claw toes are classified based on the mobility of the toe joints. There are two types - flexible and rigid. In a flexible claw toe, the joint has the ability to move. This type of claw toe does not have that same ability to move. Movement is very limited and can be extremely painful. This sometimes causes foot movement to become restricted leading to extra stress at the ball-of-the-foot, and possibly causing pain and the development of corns and calluses. A combination of medical intervention, physiotherapy and home care can be recommended to treat claw toes, depending upon the severity and rigidity of the deformity. Specially designed shoes can also ease off the pressure while avoiding others as tight shoes or high heels will only make the toes more rigid. Wearing shoes with plenty of room can help alleviate discomfort. The design will be in such a manner that the toe can be accommodated in the extra depth area, and a special pad to help ease off the pressure from the ball of the foot. "Surgery is opted only in cases, when this deformity is causing symptoms and in extreme condition with rigid toes. The bone at the base of the toe is shortened, so that more room is available to straighten out. It is a day care surgery and patient is walking immediately. After surgery, the toes may take upto four to six weeks to heal." Said Dr Moonot