

# Editorial

Friday, July 19, 2019

## Power of humility

Civility is being defined as the act of being polite and courteous. But it does not in any way mean to be observed only by the civilians- defined as a person not in the armed forces or the police.

The increasingly visible attitude of the armed forces and the state police personnel would suggest otherwise, with reports of high-handed and arrogant misbehavior against the civilians becoming an everyday inconvenience. It would be taking things too far, however, to generalize and categorize the armed forces and other state and paramilitary forces as such in their totality.

Having said that, it has become a de-facto prerogative of the well-heeled, the influential and the powerful (those with authorized weapons included, whether in uniform or otherwise) lot to impose their self-induced superiority on the common people, or even the not so common yet civilized citizens. Perhaps, the maddening race for power, influence and wealth has reduced the majority of us to mere servants of their wealth, their every waking hour consumed with the driving craze to amass more wealth, by means fair or foul.

The emerging trend of self-styled Social Workers, majority of whom started out as unscrupulous contractors and businessmen with a penchant for minting money through dubious means, and who are displaying their newly acquired role of messiah of the downtrodden, with an eye on the next election could very well be the only rational conclusion of such a system. That such social workers become inaccessible to the very public who voted them to power is another matter altogether, an aftereffect of the submission to greed by the public which always leaves a bad aftertaste. The game of one-upmanship being increasingly played out in the public life have relegated courtesy to a thing of the past and reduced the importance of politeness and civility, to such a point that politeness is being equated with weakness. Such misconceptions often lead to clash of egos and foster bad blood. Perhaps, setting an example by the powerful and the influential on the matter will go a long way in bringing to the fore the importance and necessity of adopting good manners and civility, and yet it is getting increasingly rare to find someone with that rare combination of power and humility.

Our society, impulsive and reactive as it is as a whole, failed to learn from the numerous unfortunate fallouts resulting from lack of manners and inconsiderations and are, therefore, condemned to repeat it. It is high time we get ourselves over the delusion of grandeur and superiority and take a long hard look at the crumbling social mores. Kindness and courtesy does elicit similar response, and our society will be the better for it. It is not our self-proclamations but our deeds that will be judged. Being polite and humble takes lot more courage and personal integrity.

## Online newspapers gaining momentum

Playboy, a sexy magazine with lots of nude women's photographs had a print order of more than 6.67 million copies per issue. However in the recent past it was slashed to mere 60,000. The publisher feels that this may have something to do with the nude photographs since parents would not like their children and other family members see them. They are planning to decrease the number of photographs.

It will be a suicidal move. Because this is not the root cause. Online editions are the "in" thing in today's highly computerised world. More and more people are depending on online editions. They have no time to wait for the paper boys or take around the copies while going to work places. Besides it is rather late for the subscribers in the remote areas.

The national and regional newspapers reach Imphal only in the afternoon. People in small townships like Moreh, Senapati or Ukhrul get their copies much later. The Nagaland newspapers are made available rather early in some parts of the state. In this information age people cannot wait that long. Besides there is heavy air surcharge which means that a subscriber has to pay higher amounts. When there are general strikes and other disturbances or some traders want to transport betel leaves and other perishable goods the newspaper packets have to be off loaded either at Guwahati, Silchar or not booked at all in Kokata.

This explains why the number of online publications is increasing in this region and almost all of them are doing exceedingly well in all respects. Many regional newspapers published in Guwahati cannot be despatched to Imphal daily and other NE capitals for obvious reasons whereas people anywhere in these landlocked states can and do read the online newspapers and magazines any time.

The number of persons owning laptops and high tech mobile handsets is increasing everyday. It sounds the death knell of several newspapers. Long sighted publishers had already started their online editions which are commanding good readership. Manipur cannot be lagging far behind.

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# Tobacco harm reduction – A realistic option

By- Dr Sameer Kaul,

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Health concerns are the greatest hindrance in the socio-economic progress of a developing nation. 90% of the oral cancers in India are attributable to tobacco usage in some form. Tobacco abuse affects almost all the organs and tissues causing morbidity and premature deaths. The major sites affected in the body include cancer of mouth and lungs. Despite the government's effort to control the hazards of tobacco, it is gaining more popularity among female, children and adolescents. This poses danger for the upcoming generations with elevated risk of COPD, cancer, heart diseases and stroke.

Tobacco is one of the major causes for preventable and premature deaths globally. According to the recent reports provided by WHO, India attributes to 20% of the global morbidity rate due to tobacco consumption. Over 22.5 lakh patients with some form of cancer have been battling with their lives for the past 5 years.

### The Indian stand – Tobacco and cancer

As per the recent data provided by Globocan 2018 India Factsheet, around 11.57 lakh new cases of cancer were registered last year. Out of which 5.7 lakh were males and 5.8 lakh were females. The mortality rate accounted for over 8 lakh cases that lost their lives battling with some form of cancer.

Among the most preventable cases of cancer in India last year includes cases of Oral, oesophageal, pharynx, larynx, salivary glands and lung cancer. With oral cancer having the maximum number of cases registered in 2018, chewable

tobacco and smoking both equally attributes to the number of cases. Around 3 lakh cases of oral and digestive tract cancer have been registered in India last year accounting for a mortality rate of 12%.

As most of these conditions are preventable, immediate cessation of smoking (tobacco products) and chewing tobacco will help to curb down the burden of cancer cases caused due to tobacco consumption.

### Tobacco – Addiction and ill effects

Nicotine is one of the harmful products present in all forms of tobacco that leads to habit formation causing changes in the psychological behaviour of an individual. It is the smoke that makes more harm than the nicotine and other harmful products present in smokeable form of tobacco. Smoke leads to atherosclerosis (a condition where the walls of the blood vessels stiffens leading to a number of conditions. Moreover the smoke along with the various other chemicals react directly with the blood depleting the Red Blood Cells count, ultimately causing permanent damage to the healthy cells.

It is not just the accumulation of tar and nicotine which is the prime reason contributing to the advent of cancer, but the variety of chemicals present, if consumed for a long time affects the different parts of the body tissues and cells. Around 90% of people dying due to cancer are diagnosed with cancer in the digestive tract, cervix and breast cancer among women. Apart from cancer, tobacco consumption also increases the risk of cardiac ailments, vascular disorders that can

affect the blood vessels in the brain causing stroke, Aneurysm and AVM (Arterio Venous Malformations). Such conditions can cause hindrance to the CNS (Central Nervous System), gradually depletes kidney functioning, elevates the risk of COPD (Chronic Obstructive Pulmonary Disease), and other respiratory tract related ailments.

### Juvenile Addiction to tobacco in India – Increasing future cancer burden

According to National Sample Survey Organization, in India, 6000 children under the age of 14 years get addicted to tobacco every day. Female with tobacco addiction are likely to have 10 year less life span as compared to non-users. 40% of the Indian population over the age of 15 years use some form of tobacco. Tobacco related illness has contributed to around 30 lakh casualties per year, of which 6 lakh belongs to India. If the same pattern continues, the mortality rate is expected to increase to 10 lakh by the end of 2025. Almost 4 out of 5 cancer deaths in India is associated with tobacco and its ill consequences.

Tobacco in any form is dangerous for our health. All the manufacturers add chemicals and carcinogenic compounds. Tobacco contains more than 4000 types of chemicals that include more than 70 carcinogens and nicotine, which used for a period of time, is addictive and damages the health. Harmful chemicals including, benzene, Formaldehydes, Ammonia, Acetone, Arsenic and hydrogen cyanide to name a few are among the leading ones to cause health hazards. Most of the patients

diagnosed with oral and throat cancers, usually have history of chewing tobacco products like khaini and gutka. Smoking increases the risk of developing oral, lung, stomach and oesophageal cancers and is susceptible among lower income group of the society.

### Cancer prevention – quit tobacco products

Tobacco addiction is more of a psychological game; mind make up is the first step towards quitting smoking. Smoking on a regular basis or occasionally both has severe effects on the physical well-being of an individual. But there is difference between the overall health, especially lungs of those who smoke regularly and those who smoke once a week. If one has the will power to quit smoking for 6 days a week, they must continue it throughout (for healthy and well being).

Tar from cigarette smoke forms a physical layer in lungs and disappears slowly after quitting smoking. For regular and long time smokers, increased coughing removes large amount of tar along with natural mucus. The remaining amount slowly breaks down and flushes out of the body. The tar accumulated for every 5 years of smoking takes around a year to clear up.

Remember the intense craving lasts only for 10 to 15 minutes. If you are unable to control the craving don't fool yourself by saying just one. Instead of doing it wait for 15 minutes and try to indulge yourself in some activity. Drink plenty of water, have chewing gums with you in order suppress craving for cigarette or other tobacco products.

## IFO 2019 - Motivating students for better understanding of financial management

### IT Desk

International Finance Olympiad (IFO) helps to motivate students for better and deeper understanding of financial facts and enhance their skills to manage their daily life. With intent to make young learners familiar with the art of understanding and managing money, International Financial Olympiad, 2019 is being conducted by International Institute of Financial Markets (IIFM) and Economic Times is for students from classes 8<sup>th</sup> to 12<sup>th</sup> and the registrations are open till 30<sup>th</sup> August, 2019. IFO has catered

to more than 48,000 students in 162 cities and 5 countries to promote financial literacy for students at school levels in the span of 7 years.

"While as a fundamental part of the socio-educational structure, students complete their schooling without any formal financial education. This not only results in poor personal financial skills but also affects the economy due to the non-structured understanding of the financial subjects. There is a very demanding urgency for every developing country to make financial knowledge a well structured and robust system in the

school curriculum" said Kritika Kaushik, National Convener - International Finance, Olympiad and Global Economic Olympiad.

The Olympiad is conducted in three rounds and the first is going to be conducted from 1<sup>st</sup> September 2019 to 15<sup>th</sup> November 2019. Students scoring above 60% in the first round are then eligible for the second round (regional) that will begin from 16<sup>th</sup> November 2019 to 24<sup>th</sup> December, 2019.

The pattern includes written round, Audio visual round and crossword puzzles in duration of 2 hours. After this, a 4 member team is then selected and called to Delhi

for the International Grand Finale. The pattern of the finale is an oral quiz type conducted for 3 hours to select the winner.

Students registering at National and International level competition have an added advantage as they get an Internationally recognized certification at every level and a chance to compete for Rs. 1.6 Lakh cash scholarship prizes including Rs 60000 for School toppers and Rs 1,00,000 for Regional toppers and become a 'Financial Literate' at a young age. Students can participate from Schools or individually through the website [www.financialolympiad.in](http://www.financialolympiad.in).

## News from South East Asia

### Myanmar film-maker charged over Facebook posts

Agency Yangon, July 19,

A Myanmar judge yesterday charged film-maker Min Hin Ko Kyi over Facebook posts he made about the powerful military, meaning he will stand trial despite concern over his health and an outcry from human rights groups. The director, who runs a human rights film festival, was detained three months ago after a complaint from an army officer that listed 10 of his Facebook posts.

In the posts, he criticised the military's political role and Myanmar's 2008 Constitution, which was drawn up by the former ruling junta and which civilian leader Aung San Suu Kyi is attempting to amend. The case is one of many the military has launched against critics in recent months. Some activists want



Mu Suu Kyi to do more to protect free expression, but Min Hin Ko Kyi has said she should not be blamed for his incarceration. He pleaded not guilty to the charge, which carries a maximum two-year

prison term for statements that could cause a soldier or other service member "to mutiny or otherwise disregard or fail in his duty". But after preliminary hearings, the

judge at Insein Township Court, in the main city of Yangon, ruled that the posts caused soldiers to lose respect for the military.

A separate defamation case under a telecommunications law has been filed against Min Hin Ko Kyi over the same Facebook posts.

The complainant, Lieutenant-Colonel Lin Tun, told the court he filed the lawsuit because he took offence at the film-maker's posts. "I am unsatisfied with his posts. This wouldn't have happened if he did not write anything," he said.

Defence lawyer Robert San Aug said after the hearing: "They couldn't provide any proof on their accusations and yet they charged him." The condition of his client, who has recently undergone cancer treatment, was deteriorating in detention, said the lawyer.