

Life Jackets distributed to Ramrei eco- tourism



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Karamjit Arambam, a social worker from Khonghampat have distributed 20 life Jackets to villagers of Ramrei in Chadong to promote eco-tourism in the artificial lake, the life Jackets were handed over to members of the Ramrei Village authority.

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MIND MAPPING

Mind Maps®

A Mind Map® is a powerful graphic technique which provides a universal key to unlock the potential of the brain. It harnesses the full range of cortical skills – word, image, number, logic, rhythm, colour and spatial awareness – in a single, uniquely powerful manner. In so doing, it gives you the freedom to roam the infinite expanses of your brain. The Mind Map® can be applied to every aspect of life where improved learning and clearer thinking will enhance human performance. The technique maps out our thoughts using key-words that trigger associations in the brain to spark further ideas. Mind Maps® are now used by millions of people around the world – from the very young to the very old – whenever they wish to use their brains more effectively.

Uses
Mind maps are now used in government offices, corporate sectors, businessmen, educational institutions, farms and individuals the purpose of which are Learning, Teaching, Thinking, Self Analysis, Problem-Solving, Family Study, Story-Telling, Meetings, Presentations, Management, Whole-Brain Thinking, as well as Mental Literacy etc. My focus here is on education, mainly the learning skills in Mind-Mapping.

Brain compatible thinking tool

One major aspects of Mind-Mapping is the whole-brain thinking, as it gives you the freedom to roam the infinite expanses of your brain. Almost the moment Mind Maps came into use another major piece of scientific research confirmed their validity as a brain-compatible thinking method. In California, Dr. Roger Sperry, who won a Nobel Prize, in 1981, for his research in "split-brain", confirmed that the evolutionarily latest part of the brain, the "thinking cap" of the Cerebral Cortex, was divided into two major hemispheres, and those hemispheres performed a comprehensive range of intellectual tasks, called cortical skills. The tasks included: Logic, Rhythm, Lines, Color, Lists, Daydreaming, Numbers, Imagination, Word, and Gestalt (seeing the whole picture).

Components

Key-words:
Mind Maps uses key-words, colours, pictures and maps out information in a plain paper. The key words are such words that give the larger links and associations and it funneled in information. Once

these keywords are triggered, same order of information shall be funneled out. The funneled out information creates creative words; and creative words sprays out association in all directions. This is the beauty it has in it. Colours:
We learn with colours. It is one of the most powerful tools to stimulate memory and creativity. It generates feelings, attention, and behavior when learning. Colours enable us to escape the danger of monochrome monotony. It adds life to our images/ pictures and makes them more attractive. *Monochrome learning makes our brain dull and lazy; it makes our learning less efficient.*

Pictures:
Pictures are 'worth a thousand words'. We learn with pictures. Raymond S. Nickerson, an American psychologist and author, did an experiment in which each subject was presented with 600 pictures at the rate of one per second. When tested immediately after the presentation, average accuracy was 98 per cent reports the Canadian Journal of Psychology. He further expands his research, increasing the number of pictures from 600 to 10000. Significantly, Nickerson emphasized that each of his 10000 pictures were "vivid". Also, in the article 'Learning 10 000 Pictures', in the Quarterly Journal of Experiment Psychology, Dr. Lionel G. Standing, Professor in the Psychology department at Bishop's University, Lennoxville, QC, commented that 'the capacity of recognition memory for pictures is almost limitless!'

Brain Synergy
Mind Maps works exactly in the way our brain functions. From a central idea/ image, associative key words radiates in a curvy way similar to the neurons connection in our brain, and not in straight lines. It is organic in nature as the neuron's organic nature. This organic nature makes the mind maps rhythmic and flexible; flexibility is an art of being creative. The use of words, images/ pictures, colours, associations, imaginations, rhythm, key words, codes, curve lines on a plane picture activates both the two hemisphere of the brain and creates synergy and that's how you don't feel asleep when you study using Mind Maps. You don't need to worry for information overload. *Your long essay of 5-10 pages or even a whole book can be picturized in a single plane paper in just a page.*

Note-Taking/ Making

How do we normally take notes and make notes? Conventionally, isn't it? We use lined paper, make notes in lists, we use words, we use numbers to structure the order of words, we try to be logical, and we use a single colour: a blue or blank colour pen. These are all left-brain skills. By using only half of our brain's amazing potential while making standard notes we let our brain idle; less efficient. Let us look at some key characteristics of linear note-taking set against those of Mind Mapping:

Conventional Note-taking	Mind Mapping
Linear	Multi-faceted
Monochrome	Colourful
Word-based	Words combined with pictures
Listed logic	Associated logic
Sequential	Multidimensional
Restrictive	Imaginative
Disorganized	Analytical

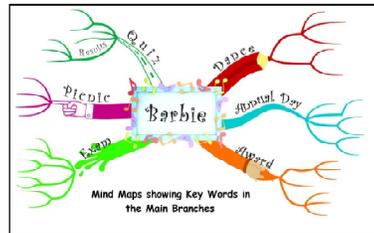
This way Mind Maps note-taking helps us to remember better, come up with brilliant ideas and have fun while studying.

Revisions

While Mind Mapping we use only 10% words of the whole topic. These words are all key words and associative words radiates from the main branch. These words in the main branch are actually sub-topic of the chapter/ topic. Exam revision takes time; we have less time and more subjects to cover. The solution to such major challenges of the students is Mind Mapping. It saves time and gives you opportunity to cover more topics. When we revise a subject, chapter or a topic using Mind Maps, we are only triggering the key words already stored in our long term memory and enable us to get better grades. This way we are free from examination blues. It may be noted that a Mind Mapped information goes to the long term memory. The steps to store information in our long term memory using Mind Maps can be had from our Brain Training Session.

Mindfulness and Mental Literacy

When we start writing an examination remembering the key words and their associations, we generate imaginations, making it more creative and help us score better marks. We use our own expression while trying to make up the whole idea rather than remembering word by words as in the text book or the notes prepared by teachers. *Mind Maps help us improve our vocabulary and make us expressive.* Another great advantage of a Mind Mapper is the Public Speaking Skills. Mind mapped information can be delivered efficiently and with confidence. There is no room of pausing in between as you begin your presentation as the associative words are linked to the key words and the connection continues as it proceeds. The use of more than two colours adds flavor to memory and build confidence. It helps us mentally literate and makes us use our head in the way we would love to and always enjoy the moment. We are more mindful and our head becomes strong as we are mentally literate day by day as we continue to Mind Map.



Mind Maps showing Key Words in the Main Branches

Our brain is the most creative machine on this planet! All we need is to activate it. And Mind Map is one such tool that activates it, pulls the trigger and helps us more and more creative and intelligent.
"For 21st Century Kids, we need to Revolutionize Education, to Revolutionize Education we need to Train the Brain and to Train the Brain we need MindMap"- Md. Nasir Khan
Additional Resources:
Tony Buzan: Mind Maps for kids
Tony Buzan with Barry Buzan: The Mind Map Book
Tony Buzan: Mind Map Mastery

Minister Shyamkumar opens rural market shed in Senapati; Inspects ongoing projects in Imphal East



DIPR
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Horticulture and Soil Conservation Minister Thounaojam Shyamkumar inaugurated a rural market shed constructed under the Mission for Integrated Development of Horticulture (MIDH) scheme under the aegis of Horticulture and Soil Conservation Department at Biisho Koide village, Senapati district on Monday. The rural market shed is constructed with the cost of Rs 13.75 lakhs. Speaking as the chief guest of the function, Minister Th. Shyamkumar appealed to the people of the village to support in the environment conservation. He assured that within a short period of time, a plantation drive will be taken up with the consultation with

the Divisional Forest Officer (DFO) of the area for beautification of the area as well to conserve the environment. He called upon the people of Koide, Purul and the surrounding areas to come forward and participate in the plantation drive. Regarding the memorandum submitted by the villagers of Biisho Koide, Minister Shyamkumar assured for construction of a football playground and public urinal in short period of time. Speaking about the demand of the villagers to construct community hall, he said the matter will be appraised to the Chief Minister and the concerned minister. Th. Shyamkumar further hoped that the rural market shed will help in increasing the income of the people of

the area. Later, he inspected the Forest Beat office at Maram Centre, where he addressed to the grievances of the department officials. On the way to Imphal, he also inspected the Forest Beat Office at Kanglatongbi. Minister Shyamkumar today also inspected the ongoing projects constructed under the central funding in the Andro Assembly Constituency, Imphal East. He inspected the under-constructed additional school buildings of the Kasturba Gandhi Balika Vidyalaya, the construction work at the Panam Ningthou Garden under the NEC funding and 'Heikol' - fruit orchard cum home stay at Huikap. The fruit trees at the orchard were planted in the year 2007.

Assam Rifles distributes Sewing Machines and organises Medical Camp



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With an aim to provide basic amenities to locals of remote areas, Mantripukhri Battalion of 9 Sector Assam Rifles under the aegis of IGAR (South) distributed twenty four sewing machines to achieve meaningful socio-economic development and conducted a free medical cum dental camp at Community Hall, Khongampat on 17 June 2019. The event commenced with the distribution of twenty four sewing machines to the needy women to make them self reliant and provide them a source of income. This initiative will improve skill development amongst women folk and give them independence along with livelihood thereby empowering them to lead a dignified life. The function was presided over by Zonal President ARWA, HQ 9 Sector Assam Rifles along with President of

Meira Paibis of Khongampat village and the village headman. The women folk were urged to make optimum use of the sewing machines for adequate skill development in addition to women empowerment thereby weaning them away from negative impacts of insurgency. Thereafter, the sewing machines were handed over to the respective village heads of the Khongampat village. The President of the Meira Paibi, Khongampat area speaking on the occasion praised the thoughtful initiative of the security forces and told that this gesture will pave way for socio-economic upliftment and development of the region and in turn result in peace and harmony in the state. The event witnessed an attendance of over 500 locals of Khongampat and nearby areas. As part of the event a medical camp was also organised in

which 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. In addition, a dental clinic was also established for the dental checkup of locals. A medical team comprising of Dental Officer and nursing assistants from 12 Dental Unit Assam Rifles (DUAR) provided free dental treatment and medicines to the locals of the area. The medical camp witnessed an attendance of over 250 locals. The villagers appreciated the gesture of the Assam Rifles in reaching out to them and hoped that this effort would go a long way in further cementing the bond between the people of Manipur and the forces.