Imphal Times

Editorial Thursday, June 20, 2019

Finally Manipur got Lokayukta

Better late than never, the two and half years old N. Biren Singh's government, amidst political crisis now has Lokayukta - an anti-corruption ombudsman organization yesterday. Justice (Retd) T Nandakumar Singh was sworn-

in as the first Chairperson of the Manipur Lokayukta along with Justice (Retd) Basu Deo Agarwal and Ameising Luikham, IAS (Retd) as Judicial Member and Non Judicial Member respectively. Perhaps, a good news for all the people of the state. What is more interesting is that chairman and members once appointed, Lokayukta cannot be dismissed nor transferred by the government, and can only be removed by passing an impeachment motion by the state assembly.

Ombudsman, an institution started in Sweden in 1809, is a public officer whose function is to investigate the grievances, raised by citizens regarding maladministration of the authority. Through this institution the citizens have power to lodge complaint against the concerned authority if there are gross lapses in the functioning of the public administration. An Ombudsman can be empowered to investigate the cases of corruption (in any form) not only against the government officers but also against the judges of the highest court and Ministers.

There is an inseparable relation between democracy and ombudsman. Usually, ordinary people are the victim of the negligence of public administration or wrong policy of the government or corruption of the government officials and Ministers. So, there shall be an institution in any democracy whose chief function shall be to oversee whether proper policies are adopted and more important, whether the adopted policy is executed properly. The institution of Ombudsman protects individuals from the injustice done to them by any of the three main organs of the government. It is independent of the three organs of state as neither of the organs of government has any control over it. Every man has free access to it.

The Lokayukta (meaning "appointed by the people"), constituted under The Lokpal and Lokayuktas Act, 2013, is an anti-corruption ombudsman to enquire into allegations of corruption against public functionaries in the Indian states. Once appointed, Lokayukta cannot be dismissed nor transferred by the government. He can be removed only by passing impeachment motion by the state assembly. Lokayukta investigates cases of corruption, where substantiated, recommend action. The institution is a great check on corruption, brings about transparency in the system, and makes administrative machinery citizen friendly.

Corruption is internationally recognized a major problem, capable of endangering stability and security of society, threatening social, economic and political development and undermining the values of democracy and morality. It has assumed alarming proportions resultantly public funds going into private hands leading to enrichment of a few. Corruption causes inefficiency, delays and insensitivity to people's grievances. As a result, citizens bitterly feel the distance that separates them from the decision makers. This distance, makes them feel abandoned or even rejected and they eventually lose interest in public matters and become marginalized. In states like Manipur this is one of the main causes of rampant extremism that is plaguing the society. Corruption does not mean only taking bribe but mal-administration. The short experience of Anti-corruption cell of Manipur government shows that people's grievances are many and the cell is unable to perform the assigned duty due to its limitations in authority being an organ of the

The commissioning of the state. The commissioning of the Lokayukta under The Lokpal and Lokayuktas Act, 2013 in the state of Manipur will now investigate the citizen grievances of injustice and hardship caused by maladministration, and will also conduct inquiry into allegation of abuse of office, corruption or lack of integrity against public servant

This will decrease the frustration among the youths of the state. Lets' hope the first case taken up by the lokayukta Manipur is a sue motto case regarding the malicious practice to the recruitment procedure conducted by the MPSC.

Letters, Feedback and Suggestions to 'Imphal Times' can be sent to our e-mail : imphaltimes@gmail.com. For advertisement kindy contact: - 0385-2452159 (O). For time being readers can reach the office at Cell Phone No. 9862860745 for any purpose.

MEMORY SKILLS: Making Your Head Strong

By :- Md. Nasir Khan.

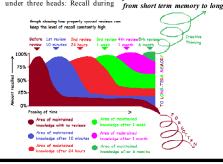
Mind power in us gives us the brain energy and simultaneously it can prostrate us. We are now towards the third Millennium, the Millennium of the Mind, and in Second Millennium through the 21st Century, the century of the Brain. In between the 'Brain' Century and the 'Mind' Millennium the ultimate needs of every learner is to make our head strong. The more you mentally relaxed the better you can make your head strong. One simple activity to relax our mind is SMILE! Smiling fosters relaxation. With greater relaxation comes greater ability to recall. What comes on your way, be in classroom, society, family or in privacy, all confronts your working memory, then it comes to your short-term memory and finally it either goes to long-term memory or it goes off nently. Important information needs to be retained yet it doesn't



happen to most of us. Your memory in many ways, is who you are. Think of a situation where you met one of your close friends whose name you had forgotten and he called you by your name? Think of the your embarrassment you would face that may reflect in your face. may reflect in your fa Subconscious-Mind

In order to improve our Memory, we need to improve our Mind Power. Daydreaming in one important aspects that help you master the Mind Power. This power needs to be controlled; and to keep it in control you need to unleash the tension so that you can relax communicate with internal channels vour the subconscious mind. The fact is that your subconscious mind is much more receptive to suggestion when you are relaxed. Yoga, meditation, prayer, music, guided imagery, juggling, dog walk, deep breathing, relaxation, etc are few of the many effective techniques that allow you to totally relax your muscles, accelerate and communicate with vour subconscious mind. (Unleashing the mental-stress can be had in our brain training session). In most cases you try to use the conscious mind; the sub-conscious mind makes you unleashed the stressed brain thereby helps you mentally peace and physically recharged. Memory

Recalling information can be termed under three heads: Recall during





learning, after learning and after a period of learning. During learning you can unlock information and such information stays active in your working memory. The working memory allows you to learn and retain those information later. It is active and has its limitations and has no defined duration. After learning you retain information in your head/mind for a limited duration.

Most adults can store between 5

and 9 items in their short-term memory. This idea was put forward

by Miller (1956) and he called it

the magic number 7. He thought

that short term memory could hold 7 (plus or minus 2 items)

because it only had a certain number of "slots" in which items could be stored. The challenges

with all learners are the recall after

a period of learning. Long term memory is responsible for three

operations: Encoding: which is the ability to convert information

into a knowledge structure.

Storage: which is the ability to accumulate chunks of information.

Retrieval: which is the ability to

The five times repetition formula of Tony Buzan is the solution to

store your information in the long

term memory and makes creative learning. This is the secret to

reviewing information five times

to make it stick. The **first** review should be an hour or so after you've first read or learnt

something, for example, when you get home. The **second**, the day

after (so take another look the next

day after school). The **third** should be about a week later, the

fourth one month later and the fifth

and final time six months later. Then it's yours, FOREVER! The

formula is STM----> LTM = 5R.

recall things you already know Revision Formula

I

term memory requires five repetitions/ reviews/ recalls. You can review most efficiently by drawing a Mind Map of your information: this will saves time and the examination blues, information overloads! Without effective revision you forgot 80% of new stuff you've learned in day. Isn't it SCARY?

Memory Senses

We have five sensory organs eye, ear, nose, tongue, and skin. The specialized cells and tissues within these organs receive raw stimuli and translate them into signals the nervous system can use. Nerves relay the signals to the brain directly, which interprets them as sight (vision), sound (hearing), smell (olfaction), taste (gestation) and touch (tactile perception). These are the five memory senses we have. Can you believe it? You only how are reading the LEVE TI only have one option, BELIEVE IT! Eyes that you use observe information plays the major role of the memory senses. It contributes to 40%, ears contributes 25%, skin 15%, nose 10% and tongue 10%; altogether it makes 100%.

The logic behind memorising is simply the activation of the memory senses. The better you activate it during learning the more you can memorise it. Our memory senses are very much attracted to colours and tures and indeed your brain thinks and remembers in pictures and colours. Say for instance. I said to you, 'Your School', what would pop into your head? Would it be a computer printout of the word. written in a line across the page, or would you get a picture in your mind of your school, the classrooms, the windows, and the corridor? Do you see what I mean? It was the picture of your school in colour that came

P × -RECALL **↑**_I

TIME Tony Buzan's the Most I nportant Graph in the World

your mind first and not the words written on a piece of paper. So if you want to remember your school, summer camps, adventure trips, textbook, exams materials or anything else, the best way to do is to draw a picture of it, Mind Map

Most Important Graph in the World May be you are watching a movie, listening to lectures in the classroom or you are reading a novel. How do you remember them? The most you remember would be the first part and the last part. This we call it primacy and recency effect. To create more

and more primacy and recency offect,

worse on memory, too little sleep, over too long of a time, can also be associated with all

sorts of nasty conditions, including headaches depression, heart disease diabetes, and just plain dying earlier. It would be an all time wise step if you could follow the sleep duration recommendations provided by Nation Sleep Foundation. www.sleep.org

toxins floating around in it. Poisons

that make it so you can't think very

clearly. In fact, getting too little sleep doesn't just make you do

https://www.sleepfoundation.org/press-release/national-sleep-

foundation-recommends-new-sleep-times Sleep range in hours Age group Age group Newborns (0-3 months) Infants (4-11 months) Toddlers (1-2 years) 14-17 12-15 11-14 Preschoolers (3-5 years) School age children (6-13 years) 10-13 9-11 Teenagers (14-17 years) 8-10 Younger adults (18-25 years) 7-9 Adults (26-64 years) 7-9 Older adults (65+ years) 7-8 (Conted on page 3)

Page No. 2

learning period of between 20 and 50 minutes produces the best relationship between understanding and recall. How hetween could you remember those important information given in between primacy and recency? You can learn more when things are associated or linked in some, by using, rhyme, repetition or something that connects with our senses. The brain will remember something better if it stands out from the context, particularly a BIG, loud, multisensory image. This is known as Von Restorff effect. There is one very important effect we would need to discuss: the Understanding and Misunderstanding Effect. This is a tricky one so brace yourself. Have you ever had a conversation where you know you said something, yet the other party knows you said something else? Everyone has, and normally it is not because one of you is just being awkward. It is because of this effect. Every individual creates different associations to different words and this can lead to different memories of the same situation. Again the Effect of Meaning plays a great role to remember what you are trying to memorise. Meaning and insight become part of the memory and learning process as your brain takes in bits of information and pieces them together to create a holistic picture. Try to connect it with real life examples and stories. And finally the interests! *Interest is like* a sleeping GIANT! -------When it is awakened, it is as if a massive --When it turbine has been switched on in your

brain and all Learning, Thinking, Memory and Creativity improve in one immediate, giant leap. It raises the entire curve; the more interested you are in a subject, the more you will make associations and remember more. This recall curve is well explained by Tony Buzan in his book the Most Important Graph in the World

Sleep: This is the time the brain software is updated. It erases the less important parts of memories and simultaneously strengthens areas that you need or want to remember. During sleep your brain also rehearses some of the tougher parts of whatever you're trying to learn, going over and over neural patterns to deepen and strengthen them. Lack of sleep means you're operating with a brain that's got little metabolic