

'All MPs must consider one nation,one poll proposal',says President Kovind

Agency
New Delhi June 20,

President Ram Nath Kovind is addressing a joint sitting of both the houses of Parliament at the Central Hall today. The first session of the 17th Lok Sabha is underway with Prime Minister Narendra Modi and other lawmakers taking oath as MPs.

National Democratic Alliance (NDA) candidate Om Birla was on Wednesday unanimously elected speaker of the 17th Lok Sabha and pledged impartial oversight of the Lower House over the next five years after an acrimonious general election. The Rajya Sabha will begin its proceedings from today after the address of the President.

The Parliament session will continue till July 26. The Economic Survey will be presented on July 4 followed by the Union Budget for 2019-20 on July 5.

National security paramount for my govt: President Kovind

President says,"National security paramount for my government, surgical strike and air strike on terror camps have made India's intentions clear", reports news agency . Govt working to modernise armed forces: President Kovind

The government is working to modernise the armed forces. India will get its first Rafale fighter jet and apache helicopter in the near future, says President Kovind.

MPs must consider one nation,one poll proposal: President Ram Nath Kovind "It is important to implement 'one nation, one election' so that the country develops at a fast pace and benefits from it. I urge the MPs to give this issue serious consideration." Govt will work to make rivers pollution free: President Kovind

"My government will work to make rivers like Cauvery, Periyar, Mahanadi, Narmada and Godavari pollution free", reports news agency . 7.3 lakh crore transferred to people under direct benefit transfer: President Kovind

"7.3 lakh crore transferred to people under direct benefit transfer in last 5 years. Over 1.41 lakh crore saved as 8 crore fake beneficiaries weeded out", reports news agency.

Govt will implement NRC on priority: President Kovind The government will implement the NRC on a priority in areas where the problem of illegal immigrants is rampant, says President Kovind.

World standing with India on issue of terror: President Ram Nath Kovind President Kovind says, "World is standing with India on the issue of terror, UN's declaration of Masood Azhar as global terrorist is the proof", reports news agency

make its policy of zero tolerance towards corruption more expansive and effective",reports news agency.

India's scientists are preparing to launch Chandrayan 2: President Kovind President Ram Nath Kovind says, "India's scientists are preparing to launch Chandrayan 2. Work on sending the first Indian to space is also progressing at a fast pace."

New govt main objective was to build a secure nation: President Kovind President Ram Nath Kovind on Thursday told a joint session of Parliament that the new government's main objective was to build a secure nation, reports news agency.

'One nation, one tax, one market' has become a reality: President Kovind The concept of 'One nation, one tax, one market' has become a reality after the implementation of GST. Efforts to simplify the GST will continue, said the president.

Govt working to increase seats in higher educational institutes by 50%: President Kovind

President Kovind says,"My government working to increase seats in higher educational institutes by 50 per cent by 2024, will create 2 crore more seats", reports news agency.

Removing practices like triple taluq will ensure equal

rights for women: President Kovind President Kovind says,"It is important to rid of triple taluq and halala practices to ensure equal rights for women in the country. I appeal to the members to extend their cooperation in making the lives of our sisters and daughters better".

26 lakh patients benefitted from Ayushman Bharat scheme: President Kovind President Kovind says, "26 lakh poor patients have benefitted from Ayushman Bharat scheme, 1.5 wellness centres likely to function by 2022", reports news agency.

Govt providing residential, health facilities to poor: President Kovind President Kovind says, "My government is giving residential, health facilities to poor as poverty can be removed only by empowering them", reports news agency.

Work underway to develop the 112 'aspiration districts': President Kovind President Ram Nath Kovind addressing joint sitting of both the Houses of the Parliament.

Work is underway on a large scale to develop the 112 'aspiration districts' of the country, reports news agency Govt moving ahead to create strong, secure, inclusive India: President Kovind

President Kovind says, "My government moving ahead to create strong, secure and inclusive India", reports news agency .

Narakasur for GPC screening

From a Correspondent
Guwahati June 20,

On the occasion of Ambubachi festival at Mother Goddess Kamakhya temple atop Nilachal hill in the city, an old Assamese classic Narakasur will be screened at Guwahati Press Club (GPC) tomorrow (21 June) starting from 3.30 pm.

Narakasur, a legendary demon, is considered as the founding ruler of Bhaumna dynasty of Pragjyotishapur (ancient Assam). Asur Naraka wanted to marry Ma Kamakhya and finally he was killed by Lord Vishnu with the aid of the goddess. King Bhagadatta of epic Mahabharata fame succeeded his father.



Produced by Bhaskar Chitrakala co-operative limited of Nalbari in 1961, the b&w feature film was directed by Nip Barua. Based on a story of Atul Hazarika, the movie has screenplay by Amalendu Bagchi, music by Brajen Barua and cinematography by Nalin Dowerah. The casts include Phani Sharma, Eva Achao, Dharani Choudhury, Jnanada Kakati, Beena Das etc.

PM Modi to set up committee to examine issue of one nation one election

Agency
New Delhi June 20,

Prime Minister Narendra Modi chaired a meeting of Presidents of all political parties having representation in Parliament on the issue of One Nation One Election.

Briefing media persons after the meeting, Defence Minister Rajnath Singh said that Prime Minister will form a committee to look into the various aspects of One Nation One Election in the country. Within a time frame, the committee will submit its report. Mr Singh said that in the meeting, most of the political parties supported the idea of One Nation One Election.

However, there are differences

of opinion from political parties like CPI(M) and CPI on the issue about implementation of the idea, but they did not oppose it. He said, 40 political parties were invited for the meeting yesterday, out of which 21 attended and 3 including AIADMK sent their views.

Mr Singh added that besides One Nation One Election, the meeting also discussed ways to improve the productivity of Parliament, building a New India, programmes related to the celebrations of Mahatma Gandhi's 150 birth anniversary and development of aspirational districts. The Defence Minister said, every

party agreed to enhance the productivity of Parliament and said that there should be an atmosphere of debate and deliberations on the issues of concern in both the Houses.

Mr Rajnath Singh said, many parties emphasised on the need to make aware the new generations about the ideals of Mahatma Gandhi and celebrations of 150th birth anniversary is an opportunity to achieve it. He said, there was a positive approach among the parties about development of aspirational districts and the Prime Minister also urged the States to bring 10 per cent of the total blocks at the level of State average.

Continued from Page 2

MEMORY SKILLS: Making Your Head Strong

Memory Principles
Imagination

Together they = MEMORY or You can say IAM Association Imagination and Association are the two pillars in which Memory techniques are based. The more you effectively utilise them using colours, pictures, words, numbers, the better your memory. Before you continue with any of the memory techniques you need to first build your self confidence. Say aloud to yourself 'MY MEMORY IS VERY GOOD' frequently and regularly. Regularly meditate and do the same before you try to memorise a piece of information. This will supercharge your brain and spark your memory. **By meditating you are cleaning toxins in your brain giving more space between neurons.** It erases the less important parts of memory and simultaneously strengthens areas that you want to remember.

Synaesthesia/sensuality: This refers directly to your memory senses. Everything you experience, learn, and enjoy is delivered to your brain via your senses that is - vision, hearing, smell, taste, touch and spatial awareness of your body and its movement. (Known as kinaesthesia).

Movement: In the entire mnemonic image, movement contributes a giant range of

possibilities for your brain to 'link in' and thus remember. Always make the movement multi-dimensional. Make your mental picture outstanding by adding rhythm and variation of rhythm.

Association: Suppose you wish to remember your shopping list: butter, ice-cream, milk, soap, calculator, light bulb, perfume, candles and cookbook; make sure that you associate or link it to something stable in your mental environment. Peg-system is such a technique that will suit to remember it; for example 1=tree, 2=hen, 3=home, 4=ear, 5=owl, 6=shoe, 7=egg, 8=UFO, 9=bee, 10=dosa. By linking butter with tie and creating an association you can easily remember it. Similarly, link ice-cream with hen, milk with home and so on.

Sexuality: Virtually you and I, and others too have the perfect memory in this area. All you need is to use it for your memory. The power of opposite attraction needs no explanation!

Humour: Humour helps your brain relaxed. Have fun with your memory, make your mental images funnier, and make it outstanding. Say, you are trying picturized a mango tree and a monkey; let the tree grow from the monkey's tail and monkey is as large as an elephant. Isn't outstanding? **Imagination:** Remember what Einstein, the great brain of all times, once said, 'Imagination is more

important than knowledge". It was imagination that gives birth to evolution. Imagination is limitless and while doing so you are activating your independent thinking process, making you more creative.

Number: It helps your memory to be more specific as it brings order to your thoughts.

Symbolism: You all know the logo of your local club, it tells a story and connects to, and represents something larger than the image itself. Traffics signals codes and symbols like Ⓢ, Ⓜ, Ⓟ etc may also be used.

Colour: Colour stimulates your brain and use of colour is more memorable and fun.

Order and/or sequence: It allows immediate reference and increases your brain's possibilities for 'random accesses. It allows you to ing, sorting by category etc.

Positivity: Positive and pleasant images are better for memory in most cases. Certain negative images may create unpleasant feelings and your brain may block to return to such images.

Exaggeration: While imagining, exaggerate the size, sound and the shapes. **The better you exaggerate, the more you memorise it** and that's how movies like King Kong, Transformers etc, and the cartoon character HULK, stay alive in the mind's eye, remains in our memory and they became popular.

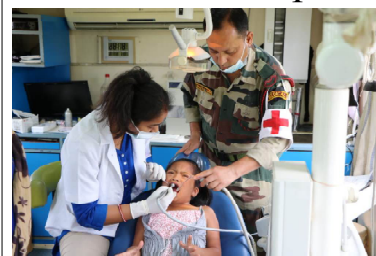
Application of Memory Principles To memorise a story, summary, essays, long answers, your notes, a presentation, or even a whole text-books of any subjects, first you need to draw a Mind Map using key words; by linking associative words you are there to memorise it within a short period of time. As much as possible try using the above Tony Buzan's Memory Principles. Remember the logic or rather the facts: Healthy Food: Healthy Body; Healthy Body: Healthy Brain; so **physically fit = brain fit** Look at the slogan: **GF, GB, JF, JB which stands for 'good food, good brain; junk food, junk brain'.** Your brain is the prime recipient of the food you eat; make sure the food you eat is of the highest nutritional quality. Furthermore, many scientific studies have shown that when your brain is fed the 'food' of friendship, affection and love, it flowers and flourishes. Make sure that you get and give ample doses of all.

Memory Tools: Mnemonics, Acronyms, Link Systems, Peg Systems, The Number-Shape System, The Alphabet System, The Memory Room, Memory/ Mind Palace, The Name-Place System, The Journey Method, Memorising a Deck of playing cards, Memorising Numbers, memorising Binary Numbers, Memorising a Room full of People, Dominic System, Remembering Historical Dates, are few of the many memory techniques you can quickly learn by practical

brain training. Let us take an example to support one of these tools: Suppose I=A, 2=B, 3=C, 4=D, 5=E, 6=S, 7=G, 8=H, 9=N, 0=O, you are asked to remember the this 14 digit numbers: 92202368831589; now convert these 14 digit number into group of two: 92-20-23-68-83-15-89, replace the numbers by the letters, you will get: NB - BO - BC - SH - HC - AE - HN all you need to do converting this initials into some popular faces, place or things (it's up to you to decide). Who can you think of these initials? Perhaps, NB for Nongthombam Biren! Now you'll need to assign an action and prop to each person you have. Nongthombam Biren's prop and action combining would be becoming Manipur's Chief Minister. Similarly you can create your own person, place or things etc combining the letters and combine action and prop to help you remember better. This way you may convert NB - BO - BC - SH - HC - AE - HN into Nongthombam Biren- Barack Obama- Before Christ- Saddam Hussein- Hillary Clinton- Albert Einstein- Hiroshima Nagasaki. Now all of a sudden numbers become meaningful. You would enjoy playing this memory games by adding life into them and take on to the personality or place, time or things of your own.

Memory Skills can be had from our Brain Training Session. You are just a click away!

Assam Rifles Conducts Medical Camp



IGAR (South)
Imphal June 20,

Keithelmanbi Battalion of 9 Sector Assam Rifles under the aegis of IGAR (South) organised a medical camp at Malkon village, Andro under Assam Rifles Civic Action Programme on Yesterday. With an aim to reach out to the needy and socially deprived section of the society and as a contribution towards ensuring well being of one and all, the battalion organised a medical camp at Malkon village, Andro. The medical camp commenced with an informative lecture on seasonal diseases and cure by the Regimental Medical Officer followed by an interactive session in which various queries raised by the attendees were clarified.

As part of the camp, a dedicated medical team under the Regimental 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.

During the camp, the battalion in a joint venture

with Kangla Diagnostics, Imphal, also carried out various free of cost tests for the locals including Complete Blood Count, Lipid profile, Blood sugar test, Thyroid test, etc. A Cardiac care clinic was also set up where ECG for middle and old aged patients was carried out. The campaign witnessed the attendance of over 550 locals including women and children of the area.

In addition, a Mobile 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 camp witnessed an attendance of over 150 locals of the nearby areas.

The series of activities undertaken by the battalion as part of the medical camp received an overwhelming response from the local populace. All the attendees conveyed their heartfelt gratitude to the Assam Rifles for facilitating the outreach of the medical facilities and requested for more such camps in the near future.