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That Hurts

By-Dr Nunglekpam Premi Devi Independent Scholar

Long down the street I walked up to my destination; Walked long down every day with just one objective; Every day up and down, to and for the school; Long I walked far distance carrying those books; Never felt tired carry those; so eagerly awaiting, Socks pulled up to knees, skirts down upon knees; Short and dummy and size, interesting holding that belt; So lightly I walked with those rubber shoes girly; Kak kak kak and kak; half a step two a step; Worried enough my shirt's button is fixed and held tight; School Belt into my chest up high and all so red holding; I wonder I may wrongly wear my dress.

Not enough is that alone I never was!
With brother by my side, I walked long down;
We talked and we silence enough long;
We muttered not a word; we balance not a walk;
He walked he passed; I walked I stay aback;
Front and back we trolled paces kak kak and kak;
Passing through those rough stones unattached;
Ah! I still wondered 'sweating' and 'sweating';
Hurting more when it's pouring down;
Water, water and water everywhere;
Down the street, we walked deep into the water;
One a step, two a step, walked and walked;
All's wet, all's dirtied and all's muddy, phew!
Skin's so fragile, cold and wet;
Trembling and shaking; I fear not kakfeis:

I complain not the rain;
I complain not the stony road;
I complain not the inclusion of my brother;
Ah! One thing I fear the worst;
That 'thief' I called upon thee hiding;
Hiding beside the bush and bamboo groves;
Trying hard hitting my leg with his pankhotla dart;
One a pulled and two a pulled hitting my naked skin;
Oh! So paining, so cutting and so weekly;
He preyed upon me hitting everyday hiding;
With one blow I faint to red pains;
Back he aims from behind hitting harder;
So scratchy I witness those shots unnoticed;
Making me nervous, I complain those hurts.

Funny as I walked accompanying my father; Not every day I could walk, still empty fear; Crazy 'he' took chances hitting again and again; When my father wasn't beside me accompanying; Oh! I remembered with those my teary eyes; I beg for free passed, I looked back again; Still 'he' didn't stop shooting 'Pankhotla' darts; Confession never he did; still I complain that hurts; Pains I fear that hurts, still I walk down crossing.

Original Certificate and Mark Sheet Lost

I have Lost my Certificate and Mark Sheet of BOSEM bearing Roll no. 29588 of 2015 on the way from Canchipur to Kakwa Bazar on 18-2- 2019 . Finder are requested to handover the same to the undersigned.

Maibam Robinson Meitei Kyamgei Mayai Leikai

Original Certificate and Mark Sheet Lost

I have Lost my Certificate and Mark Sheet of BOSEM bearing Roll no. 909 of 2017 on the way from Canchipur to Kakwa Bazar on 18-2-2019. Finder are requested to handover the same to the undersigned.

Sd/-Maibam Yaima Meitei Kyamgei Mayai Leikai

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2 militants, 5 security personnel killed in 3-day encounter in J-K's Handwara

Agency New Delhi, March 3

Two terrorists have been killed in an encounter with security forces in north Kashmir's Handwara which entered its third day on Sunday taking the death toll to eight including five men in uniform and a

"Two terrorists were killed. The operation is in progress," said Army spokesman Col Rajesh Kalia.

The death toll of the security forces rose to five with a CRPF trooper succumbing to his injuries Saturday night.

"One more Jawan of CRPF has succumbed in hospital last night," said IG CRPF (operations), Zulfiquar

"The operation is going on. We can't share any more details," he

He refused to identify the slain CRPF

A civilian was also killed in the gun battle on the first day. The operation at Baba Gund area of Kralgund in Handwara, 72 km north of Srinagar had started on Friday. A militant presumed to be dead emerged from the rubble of a house opened fire and inflicted casualities on security forces.

Police on Sunday morning said that the encounter is in advanced stage. "Handwara encounter update: #Operation is in the #advanced #stage. Further #details shall follow. @JmuKmrPolice," tweeted Kashmir police.

Two CRPF personnel and two police men were killed on the first day of encounter on Friday which started after police, army and CRPF cordoned Baba Gund area after information about the presence of militants.

"As the searches were going on, the terrorists fired indiscriminately on the search party. In the process, two police personnel, two CRPF personnel and one individual sustained critical injuries and succumbed," a police spokesman said.

The two police personnel were identified as Naseer Ahmad Kholi and Ghulam Mustafa Barah and two CRPF personnel have been identified as Inspector Pintu and constable Vinod

The spokesman said that an individual identified as Waseem Ahmad Mir also sustained bullet injury and died at a hospital. Locals said that security forces used pellets and bullets to disperse protesters near the site of encounter.

They said that a few houses and cattle sheds have been damaged in the encounter. The locals said that the area is congested making it easy for militants to shift nearby houses.

PM Modi to Launch Projects Worth Over Rs 11,000 Crore in Rahul Gandhi's Bastion Amethi Today

Agency

On his maiden visit to the Amethi as PM, which is also considered as Gandhi bastion, Prime Minister Narendra Modi will be launching projects worth more than 11 thousand crores today on Sunday. PM Modi is also scheduled to dedicate an Indo-Russia Rifles Private Limited, a joint venture between India's ordnance factory and a Russian firm which will be producing Kalashnikov rifles in the Korwa ordnance factory in Amethi. Union Minister Smriti Irani has already reached Amethi on Saturdot to take stock of the preparations for

PM Modi's visit. PM Modi will be reaching Amethi at around 3:30pm and is also scheduled to address a gathering at Kauhar area in Gauriganj before flying back to Delhi at around 5:05pm.

Delhi at around 5:05pm.
Last time when PM Modi visited
Amethi was in 2014 to hold a rally
in support of Smriti Irani who was
contesting Lok Sabha Elections
from Amethi. Smriti had lost to
Congress Chief Rahul Gandhi in
2014. However, the winning margin
went down after PM Modi's rally.
Defence Minister Nirmala
Sitharaman, UP CM Yogi
Adityanath, Governor Ram Naik
and UP BIP Chief Mahendra Nath
Pandey along with many senior

ministers and BJP leaders will also be present on the occasion. However, change in weather has caused worries for the district administration as Amethi witnesses light showers on Sunday morning. Earlier on Saturday, Congress workers in adjoining district Raebareli fumed over a controversial hoarding of Priyada Gandhi Vadra put up by BJP supporters. Raebareli is the constituency of UPA chief Sonia Gandhi. The hoardings, which read as 'Toot Jaega Danka, Fuss Ho Jaengi Priyanka', showed up just a day before Prime Minister Narendra Modi's visit to Amethi, which is 60 kilometres away from Raebareli.

The Congress had asked the district administration to immediately remove the banners and take appropriate action against the people responsible for putting those up. Piyush Mishra, the joint media coordinator of UPCC, flayed the BJP for feeding misogynist thoughts into the people and sought stringent action against those behind "anti-women mentality".

"Right from the top leadership to ground-level workers of the BIP, they all stand exposed by such disgusting acts. They are scared of Priyanka's entry into politics which is why they have begun resorting to such cheap tactics," Mishra said.

Cong, NCP reach out to Ambedkar to join anti-BJP front

Agency Mumbai, Mar 3

Opposition Congress and NCP in Maharashtra have reached out to Dalit leader Prakash Ambedkar to join their anti-BJP coalition and asked him to send them a draft of how to bring the RSS under the constitutional framework

Prakash Ambedkar, grandson of architect of the Constitution late B

R Ambedkar and head of the Vanchit Bahujan Aghadi, has put conditions for joining the anti-BJP 'maha aghadi' (grand alliance) ahead of the Lok Sabha polls. These include 12 Lok Sabha seats

These include 12 Lok Sabha seats (out of the total 48 in Maharashtra) for his party and an action plan from the Congress on bringing the Rashtriya Swayamsevak Sangh (RSS) under the constitutional framework.

Senior Congress leader Radhakrishna vikhe Patil and NCP state chief Jayant Patil on Friday wrote a joint letter to Prakash Ambedkar, urging him to join their alliance to fight against the BIP and the Modi government in a bid to "protect the Constitution and democracy".

"In your public rallies, we hear you want a written statement from the Congress on how to bring the RSS

in the ambit of the Constitution. Send us a draft of the letter you want and we can approve it. The issue of seat-sharing can also be resolved through talks," they said in the

The two opposition leaders said talks have already been held with Ambedkar at various levels, inviting him to join their alliance and that he has been offered four Lok Sabha seats in the state.

Bengaluru-based institute to certify Wing Commander Abhinandan before resuming combat flying

Agency Bengaluru, March 3

Indian Air Force pilot Wing Commander Abhinandan Warthaman, who returned to India late on Friday night after crossing the Wagah-Attari, will have to undergo a check-up at the Institute of Aerospace Medicine (IAM) in Bengaluru before he can resume flying duties again.

"All fighter pilots have to maintain a certain fitness level, designated as A1GI, which means they are fully fit for airborne and ground operations. Once a pilot has been in a crash or any other incident which might affect their fitness levels, they will have to undergo a check-up at the Institute of Aerospace Medicine (IAM). If he manages to get back the A1GI grade and injuries to his spine do not prevent him from flying fighter jets, he can return to active fighter pilot duty," a senior Air Force official explained.

After his release from Pakistan, Abhinandan had a brief meeting with his family before he was taken to the Air Force Central Medical Establishment (AFCME), New Delhi, for medical examination.

Delhi, for medical examination. The fighter pilot was captured by Pakistani authorities on February 27 when the MiG-21 Bison he was piloting, went down during an engagement with PAF jets.

According to senior IAF officials, the pilot was sent to AFCME for a preliminary medical examination to ascertain his medical condition after having ejected from the aircraft and landed in Pakistan

Occupied Kashmir (PoK). These tests will look at his state of mind as well as his physical injuries before he is discharged. Officials, however, expressed hope that he would return to flying eventually. At the IAM, Wing Commander Abhinandan, as well as Wing Commander Vijay Shelke and Squadron Leader Tejeshwar Singh, the two Surya Kiran pilots who were injured in the mid-air collision ahead of Aero India, will undergo tests to determine their response to G force or gravitational force as well as a decompression chamber test which will test their reaction to sudden changes in altitude. All fighter pilots are required to

All fighter pilots are required to regularly visit the facility for routine check-ups.

routine check-ups.
"There have been pilots who have returned to flying fighter jets in the past and it is quite possible that these pilots will be able to return as well. However, the only cause for worry is the possible damage to their spinal column, which needs to be examined in detail," the Air Force official said.

However, it might take some time for Wing Commander Abhinandan to visit the city for these tests as initially, the IAF will focus on assessing his immediate medical condition.

In the past, fighter pilots who have ejected from their aircraft, have also been assigned flying duties with transport aircraft or helicopters, keeping in mind the physical stress that flying fighter jets can have on the human body.

However, only full medical tests will be able to determine the next move for Wing Commander Abhinandan. Spinal fractures common: Study

Spinal tractures common: Study
- According to a study carried out
by Air Commodore (retd) Harish
Malik in 2007, ejection from an
aircraft most commonly resulted in
a compression fracture of the spine,
especially in the thoracolumbar

· After ejection, the IAF will look at

the symptoms displayed by the pilot, neurological deficits, range of axial movements, stability of the fracture, if any, and MRI findings.

Discussing the ejection procedure, he says that forces

Discussing the ejection procedure, he says that forces between 12 to 20 Gs are produced during the process, for up to 500 milliseconds which act primarily in the long axis of the spine, causing the seat to move upward.

the seat to move upward.

"Many factors, like the total weight of the occupant seat assembly, the attitude of the pilot's body in relation to the seat, relative airspeed at the time of ejection and the altitude of ejection, determine the actual value of the force that an ejection seat will produce and, in turn, the nature and severity of injury to the spine," the study states

Biting cold continues in HP after fresh snowfall, rain

Agency Shimla, Mar 3

Biting cold continued in Himachal Pradesh as several areas in high, mid hills received fresh snowfall, whereas many other places witnessed rain, the Meteorological

Department said. Kalpa, Keylong, Dalhousie and Manali experienced 23, 10, 7.5 and 7 cm snowfall from 5.30 pm Saturday and 8.30 am Sunday, the MeT Centre Shimla said.

Many other areas of the state, including its capital Shimla (18.7 mm), received light rain.

Manali, Kufri (minus 1.4 degrees Celsius each) and Dalhousie (minus 0.2 degree Celsius) shivered at subzero temperature during the period, it added