

Editorial

Thursday, May 16, 2019

4 plus 4 is always equal to 8: But there is something to worry

Some opines the threat by the Naga Peoples' Front (NPF) as a setback for the BJP lead coalition government, but the fact is that the arithmetic in the political conundrum is always depended to the number game. Four (4) plus (4) is always eight (8) and there is no logic that the withdrawal of the NPF from the government will give any impact to the N. Biren Singh government. The must talk about the possibility of Nationalist Peoples' Party (NPP) will also make no difference as N. Biren Singh now have required number of MLAs even if both the NPP and the NPF withdraw support to the government.

If one calculate the total strength of the present N. Biren Singh led government is 40, even though they got only 21 seats in the assembly election. 4 MLAs each from NPF and the NPP raise the number to Twenty eight (28) excluding the Speaker. Three (3) other number - one from the Tinamool Congress, another from the Lok Janashakti Party and the independent MLA from Jiribam Assembly constituency plus a Congress MLA who joined the BJP makes the number to 32. Now 8 more Congress MLAs are with the BJP. Neither the Congress party tried to challenge their defection from the party seriously nor the Speaker of the State Assembly take the defection with extreme seriousness. So the total number of MLAs in the govt. is 40. If NPF and NPP withdraw their support the N. Biren Singh Government will still have 32 MLAs.

However, the drama in the political theatre, particularly in the state of Manipur may change if there is a change in guard in the centre after the declaration of the result of the 17th Lok Sabha Election.

When the arithmetic on the survival of the government is well formulated, the threat for withdrawal of the NPF definitely has reason to worry for N. Biren Singh government.

Well it is open secret that NPF is the brain child of the NSCN-IM and the outfit which is hoping for a solution with the Government of India is utilizing the party as their puppet for political purpose.

Yesterday declaration by the NPF on whether to remain with the government or not will be decided on May 18 speaks volumes about the motives of the political party.

Source already told that there will be a major reshuffled in the N. Biren Singh Government after the declaration of the 17th Lok Sabha Election. There is possibility that the lone Minister of the NPF who hold portfolio of PHED, Loshii Dikho may be dropped to be replaced by the BJP MLA as there is a disturbing wind blowing inside the BJP over not getting Ministerial berths. This is being speculated as the NPF did not say that they have taken resolution to withdraw support in the meeting of the highest decision making body of the party but said that the decision will be declared on May 18. It is more likely that the NPF gives times for the government to rethink if the government has any plan to drop the NPF Minister.

Another thing that needs to be worried is - the NSCN-IM factor. If the decision to withdraw is related to the peace negotiation going on between the outfit and the government of India then the government is in serious crisis. The whole effort that has been taken up by the N. Biren Singh government to bridge the Hill and Plain people will be sabotaged. After all it is an open secret that the cease fire between the government of India and the NSCN-IM is unofficially extended to the state of Manipur and the NSCN-IM has a long hand in interfering to any problem of the state if they desire.

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Women Bring Life To The World



Dr Manoj Johar, Dept of Plastic Surger, Max Hospital

Any woman who is aspiring to be mother if interested and dedicated can make significant improvements to their physical appearance.

Nutrition and Diet: We are what we eat. The importance of a healthy diet and portion control cannot be over-emphasized. Keeping a journal of your daily intake is a really good way to see what you are consuming and how to improve your diet.

Exercise: This is another piece of the equation that we all know, but it is hard to coordinate exercise with work, family, household duties and community service. It doesn't seem like there is possibly enough time in the day, but exercise needs to be part of your weekly routine. Find something that you like to do so you can stick with it. Start slow and be patient. Some possibilities include joining a club or hiring a personal trainer, trying a DVD that will allow you to work out at home or signing up for a group training class to keep you motivated, downloading an app or using a computer program to help you set goals and track your progress, or trying something more low-impact like yoga to help your mind while you tone your body.

Quick Fixes: In-office procedures like Botox and fillers can rejuvenate the face and make you look and feel younger and more rested. These are simple and safe procedures that are performed in the office and can make such a difference in your appearance.

Skin Health & Care: This

obviously will include no smoking, staying out of the sun and sunscreen. Laser treatment, microdermabrasion, facial peels are some of the effective tools to help rejuvenate the face.

Personal Shopper: Finding the right clothes that flatter your figure can make a huge difference. Face the issue rather than hide. **General health/wellness/fitness/hygiene** - This should not be ignored and keep yourselves healthy and fit with no compromise to general hygiene.

Hair health - Eat the correct balance of the nutrients including protein, vitamins and minerals to supply hair with all that it needs to remain shiny, lustrous and strong hair.

Pregnancy is an exciting, but somewhat uncertain time in a woman's life; a time when a woman has constant queries about what she should and shouldn't be doing with her body, as not to harm the health of her unborn child. Many pregnant women wonder if they should stop having beauty or aesthetic treatments, but it's during these nine months and after when a woman needs to feel and look beautiful and regain her pre-pregnancy beauty. For this reason, we have entered into the domain of Preventive Aesthetics.

Diet During Pregnancy - The type of diet we encourage during pregnancy refers to fine-tuning your eating habits to ensure you are receiving adequate nutrition for the health of you and your baby. Healthy eating during pregnancy is critical to your baby's growth and development. In order to get the nutrients you need, you must eat from a variety of food groups, including fruits and vegetables, breads and grains, protein sources and dairy products.

Exercise During Pregnancy - To have success in completing

exercises during pregnancy, it is a good idea to plan the days and times during the week when you will exercise. Prenatal yoga is a great, low impact exercise that can be highly beneficial for pregnant women. It helps reduce backaches, constipation, swelling, improves your energy and posture, promotes muscle tone, strength and stamina.

Facial treatments: When a woman is pregnant, her body is awash in hormones, which may cause acne, dermatitis or dry skin. This is why it's important to offer moms to be a skin treatment as soon as possible. Consult reliable experts so that you are advised only those remedies that are safe for you and unborn child.

A Prenatal Massage: This type of massage is especially recommended for pregnant women,

Prevention of Stretch marks/Striae - Some of the changes that come with pregnancy can be less than appealing. Stretch marks are one such change that we're sure you could do without. Gently massaging stretch mark-prone areas offers four benefits:

1. It keeps skin supple and elastic
2. It pushes the cream/oil deep into your skin where it can do the most good
3. It breaks up any stretch marks that may have started to form
4. It directs blood to the skin to keep everything healthy

Lymphatic Drainage Massage: This massage is just the thing future moms, who suffer from water retention and swollen legs. This massage reduces the size of the leg because it moves any excess fluid into the bloodstream, where it is drained and any toxins are



Picture for representation only

as it relaxes their muscles, which improves circulation. This message also has positive effects on the fetus, and at the same time it improves the health of the uterus. During pregnancy, in general, it is beneficial as it relieves tension and accumulated tiredness, caused by the constant expansion of the uterus, which displaces the center of gravity in the body. This type of massage is recommendable after the third month of pregnancy.

eliminated from the body via the urine.

Massage Oils: It's important that you realize that not all oils are recommendable for pregnant women. For this reason, we advise you to use oils such as rosehip, sweet almond, jojoba, hazelnut or wheat germ. In this way, you can ensure that the fetus will be protected, and mom will be happy. Give yourself extra quality of life and your unborn babies!

A PhD in Chemistry doesn't mean you'll find a good job in India

Courtesy The Wire Stgaff New Delhi May 16,

As conversations around unemployment in India have grown, so have headlines like this: 'Graduates, Post-Graduates Among Candidates in Race to Become Helpers in Railways'. This is just one example of a slew of news stories about how people with higher education degrees—even PhDs—are applying for relatively unskilled work because a government job still comes with a certain amount of benefits and stability, and there just aren't enough other good jobs out there.

A recent article *Chemistry World* examined the value of a chemistry PhD in India, and found that for a lot of people, it doesn't quite get them where they want to go. Permanent, well-paying academic jobs are hard to come by, and private university or firm jobs do offer the same incentives. Each opening at a public university now sees about 250 eligible candidates.

According to the author, this has meant that a number of chemistry PhDs from India spend years moving from one post-doctoral fellowship to the other.

Why are qualified professionals finding it so hard to find a job? "Unfortunately, we are not witnessing any major expansion among Indian firms and multinational corporations, be it pharma, chemicals or personal care. No disruptive trend in India has emerged that could drive the job market, like contract research organisations or drug discovery units," Shyam Suryanarayan of CDRI, a specialist



recruitment firm, told *Chemistry World*.

In addition, it doesn't look like things are getting better anytime soon. "For example, IIT Madras alone will be producing several hundred [chemistry] PhDs by 2024. The number will be massive when one takes into account all the IISERS, IITs and central universities. But there are no jobs at such institutions," Thalappil Pradeep, a professor of chemistry at IIT Madras, told the publication.

As expected, this means young PhD scholars often look abroad for the right opportunities. To prevent this 'brain drain', the Department of Science and Technology launched the 'Innovation in Science Pursuit for Inspired Research' or INSPIRE programme, which provides fellowships for research. But like *The Wire* has reported before, INSPIRE hasn't been achieving its goals:

The recipients search for a host research institute or university department to conduct their research in. The term "assured opportunity" has led to expectations that they would eventually be absorbed by the institute or department. But about 35% of the initial batches of INSPIRE faculty fellows now find themselves at the end of the road, with neither a job in hand nor any encouraging prospects.

The Prime Minister's Research Fellowship encourages students to enrol in PhD programmes, by providing monetary support during the degree, it does not talk about employment once you finish. And that fellowship too has left students feeling underwhelmed (and underpaid).

Some people argue that the recruitment process at universities is flawed—which is why positions remain vacant even when qualified candidates are available. Abhishek Dey, from the Kolkata-based Indian Association for Cultivation of

Sciences, told *Chemistry World* that a central agency, with experts and scientists, should be set up and tasked with hiring for all positions.

One claim the author makes is that "Currently, Indian policymakers are trying to change how PhDs are viewed, repositioning them as evidence of a skillset to solve complex problems rather than a passport to an academic job." However, he doesn't quite substantiate what he means by that—and his claim has triggered a conversation on Twitter.

Scientists and post-doctoral fellows commenting on the article have said that if the government has such plans, they are yet to make them public. Funding for higher education remains a problem, and key issues that are leading to this job crisis remain unaddressed. And if that continues, so will the dilemma for many researchers—in chemistry and other subjects—who want to put their training to good use.