

# Editorial

Thursday, May 2, 2019

## Mission - Save Manipur

When people from across the state upraises against the central government pack to extend the cease fire between NSCN-IM and the Government of India without territorial limits during June 2001 no power could be used to tame or suppress the peoples' movement. Realising the momentum of the peoples' uprising the central government was left with no choice but to withdraw the three words - "without territorial limits" on July 27 of the same year resulting to strengthen the agenda of the NSCN-IM. In 2004 after a lady, alleged by the SF as a cadre of an underground group was mercilessly rape and murdered after picking her up from her own residence at Bamon Kampu in Imphal East, series of protest sparked in the state. The potential of the kind of protest which upraises in the backdrop of the extra judicial killing, with no differences of opinion or ideology among the people of the state spread far and wide drawing supports from even among the humanist group operating in the mainland India. Addition to that the unrelentless protest by Sharmila and the subsequent uprising of the people of the state against the so called draconian act has left with no choice to the Union government but to constitute a commission to review act called Jeevan Reddy Commission. After thorough study of the act the committee has recommended to scrap the act. But with all sort of techniques the government perhaps had through the committee's recommendation to the dustbin.

After the government authority experience the kind of uprising those in the paid service now had successfully work out to oust any such people movement. May be this is the reason that the issue of AFSPA or the issue pertaining to the safeguarding of the territorial boundary of the state could not march ahead like the one the people unitedly struggle together.

It was again, the ILPS movement, the technique of the protest surprised the state government, and political gamble to delay the peoples' aspiration failed, prompting the elected representative to pass the Bills reluctantly. May be a direct planning, sooner the Bills were passed similar opposition from people from Hill area was successfully triggered. Nine persons died in the protest against the demand of the people in valley area on the following day that the Bills were passed at Manipur Legislative Assembly on August 31, 2015, while a student was killed in uprising demanding the ILPS like legislation.

It took another government (the present N. Biren Singh govt.) to cremate the dead bodies by sorting out the differences.

When all was supposedly going well, another issue which is a potential threat to the existence of indigenously people is the CAB (the Citizenship Amendment Bill, 2016).

Since, 2000 there is no dearth of any problem which ignited to major one, keeping halt to the day today normal life on every month of a year. The perception that the new regime will end such a chaos still remains a dream. The performance of the new govt. led by Chief Minister N. Biren in the first year was somehow satisfactory but the second year was a more threatening. The crisis of Manipur University over a RSS man who was sent as the Vice Chancellor rocks the state.

So, it is clear that the ILPS demand which was also agreed and passed by state Assembly is in no way going to see light. And for sure if the BJP return to power once again the state might witness turmoil.

Having experience the kind of peoples' movement, the present government should now focus on various issues which might triggered unnecessary peoples' uprising. Saying so, it will be wrong to encourage suppressing the peoples' voice using force; however, a courage to 'correct' the 'wrong' instead of making 'right' the 'wrong' is the best policy.

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## Retrospection on "May Day- the International Worker's Day"

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Every year, the 1<sup>st</sup> May is being celebrated as "The International Worker's Day" or "May Day" to commemorate Hay Market Affairs in Chicago throughout the World. The Haymarket affairs (also known as Haymarket massacre, Haymarket riots) was the aftermath of a bombing that took place at a labor demonstration on 4<sup>th</sup> May 1886 at Haymarket Square in Chicago. It began as a peaceful rally for an eight hour work day demand by the working class people. The day after police killed eight workers, an unknown person threw a dynamite bomb at the police as they acted to disperse the meeting and the bomb blast, ensuing gunfire resulted the death of seven police officers and at least four civilians ; dozens of others were wounded. In the late 19<sup>th</sup> century, the working class was in constant struggle to gain 8-hour work day. Working conditions were severe and it was quite common to work 10 to 16 hours a day in unsafe conditions. Death and injury were common place at many work place and inspired such books as Upton Sinclair's "The Jungle & Jack", London's "The Iron Heel". As early as the 1860s, working people agitated to shorten the working day without cut in pay, but it wasn't until the late 1880s that organized labor was able to garner enough strength to declare the 8-hour work day. This proclamation was without the consent of employers, yet demanded by many of the working class.

At this time, socialism was a new and attractive idea to working

people, many of whom were drawn to its ideology of working class control over the production and distribution of all goods and services. Workers had seen firsthand that capitalism benefited only their bosses, trading workers lives for profit. Thousands of men, women and children were dying needlessly every year in the work place, with life expectancy as low as their early twenties in some industries and little hope but death of rising out of their destitution. Socialism offered another option. A variety of Socialist organizations sprung up throughout the latter half of 19<sup>th</sup> century, ranging from political parties to choir groups. In fact, many socialists were elected into governmental office by their constituency. But again, many of these socialists were ham-strung by the political process which was so evidently controlled by big business and the bi-partisan political machine. Tens of thousands of socialists broke their ranks from their parties rebuffed the entire political process which was seen nothing more than protection for the wealthy and created anarchist groups throughout the country. Literally thousands of working people embraced the ideas of anarchism, which sought to put an end to all hierarchal structure (including government) emphasized worker controlled industry and valued direct action over the bureaucratic political process. It is inaccurate to say that labor unions were taken over by anarchists and socialists but rather anarchists and socialist

made up the labor unions.

The International Worker's day has been observing on every 1<sup>st</sup> of May every year for the last 128 years. This year is the 128<sup>th</sup> observance. In India this was first started in 1923. For the first time Labor Kisan Party of India observed this at Madras (Present Chennai). In Manipur it was first observed under the leadership of Jana Neta Rabot on 1<sup>st</sup> May 1939 as per AITUC May Day observation committee. In Manipur too, this year, the day is being observed by All Manipur Trade Union Council (AMTUC), JACof All Manipur government Employee Organization (AMGEO), Imphal Municipal Employee Union, Consumers Affairs Food & Public Distribution Labor's welfare Association, Socialist Students Union of Manipur, All Manipur Progressive Farmers' Association etc. Still today, indiscriminate treatment to many workers in various part of the world continues. Fundamental rights of labor / workers are continued to forfeit. In many big industries, factories, hotels, labor / workers are still used as 3<sup>rd</sup> class citizens exploiting all their rights. Wages for the workers are paid at the lowest possible. The minimum wage fixed by government of Manipur for the working class is still in a deplorable state which is not at all conformable with the present day market index. At the same time Union as well as state government classified human being having same qualification & caliber as regular employee & contract or adhoc or master roll employee etc by giving a see difference salaries. Many of para - government

employee are not paid their remuneration timely in spite of delivering their tireless duties. During a media discussion in a local TV channel on May Day 2019, Manipur Building & Other Construction Workers Welfare Federation reported that about 1.3 lakhs workers have been registered to the Manipur Building & Construction Workers Welfare Board which is under labor Department Govt. of Manipur, out of which benefit permissible to the workers have been given to few of them for the year ending 2015. What about 2016 to 2018? At the same time, out of 1.3 Lakhs registered workers only 26,106 workers claimed their permissible benefit as per labor Dept. It may be due to the lack of awareness among the workers, but a question arise at this point of time that who is responsible to give awareness to the workers? State government is declaring this day as general and public holiday to enable the labor / worker to observe this day successfully with a meaning. However a big question is-whether government of Manipur has taken up all the possible welfare for its employees or not? It is also pertinent that even labor laws are enacted but it's still not properly enacted. Therefore it's the voice of the people that government needs to take up the necessary actions to overcome the problems faced by the employees & labors/ workers. By simply observing May Day on every 1<sup>st</sup> May without taking up serious steps for the welfare & benefit of workers, will not have any meaning & significance of May Day.

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## Plantar Fasciitis can Be the Reason Behind Pain in Your Heels



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A 40-year-old woman had been complaining of pain in her heels for over a year. She used to wake up with the stabbing sharp pain at the bottom of centre of her heels. The pain usually returned after long periods of standing or after she moved from a seated position. The lady had shown it to a few surgeons who prescribed her painkillers. With the help of analgesics the pain subsided, but only for a while. After examining her condition, it was found out that the lady had a high arched foot and tight calf muscles which accowas the main cause of pain in her heels condition as plantar fasciitis. The lady's high arch tissues of sole were under

constant tension due to plantar fasciitis and the tension only increased as she walked. In such cases patient are recommended to perform stretching exercises of plantar fasciitis and the calf. Also to wear supportive shoe wear for arch support. After about a week's time the patient returned back fairly happy and satisfied. There was no pain in her foot for the first time in over 13-14 months. And, within a month, the lady was totally pain-free and the best part, she was not on any analgesic or any kind of medication. Thus, the diagnosis of the cause or abnormality of plantar fasciitis is more important than diagnosing plantar fasciitis itself. So, if your first few steps out of bed in the morning cause severe pain in the heel of your foot, you may have plantar fasciitis. A lot of times, many of us tend to ignore the stabbing pain assuming it's going to subside as the day ends. But this could be an early sign of plantar fasciitis.

### Understanding Plantar Fasciitis

The plantar fascia is the thick tissue on the bottom of the foot. It connects the heel bone to the toes and creates the arch of the foot. When this tissue becomes

swollen or inflamed, it is called plantar fasciitis. Classically, it is worse in the morning with the first few steps and at the beginning of any sporting activity. Though it is common in runners and dancers, plantar fasciitis can affect men and women alike between 40-60 years. Also, people with very flat feet or very high arches are more prone to plantar fasciitis.

### Causes and Symptoms

Several structural causes can contribute to plantar fasciitis. These may include:

- A misaligned and weak first toe Weak intrinsic foot muscles
- Tight, shortened calf muscles
- Tight plantar fascia
- Other contributing factors may include: Increased mechanical stress from running/ dancing, etc.

- Obesity
- Occupations that keep people on their feet. For instance, factory workers, teachers, etc.
- Poor walking and running mechanics

Ignoring plantar fasciitis may result in chronic heel pain. It can even change the way you walk. The common symptoms of plantar fasciitis are:

- Stabbing or sharp pain and stiffness in the bottom of the heel, although some experience pain at the bottom mid-foot area.
- Plantar fasciitis usually affects just

one foot, but it can affect both feet. Pain is usually worse in the morning when you take your first steps out of bed. Pain while climbing stairs or while performing any sport activity

### Treatment

Once the cause of plantar fasciitis is diagnosed, it's easy to cure the condition. Stretching is the best treatment for plantar fasciitis. It may help to try to keep weight off your foot until the initial inflammation goes away. You can also apply ice to the sore area for 20-30 minutes several times a day to relieve your symptoms. Home exercises to stretch your Achilles tendon and plantar fascia are the mainstay of treatment and reduce the chance of recurrence. If your condition has developed recently, anti-inflammatory/ analgesic medication (in tablet form), coupled with heel pads may be all that is necessary to relieve pain and reduce inflammation. In case there's no relief in pain or your condition, speak to your ankle and foot doctor. If Surgery is rarely required for plantar fasciitis. It would be considered treatment if the pain is still incapacitating after at least 12 months of treatment. However, during recovery, loss of excess weight, good shoes and sedentary activities- all help the injury to heal.

## Waive All Loans Of Peasants And Agricultural Labourers

### Fix MSP at 1.5 times the cost of Production

Liberalization, Privatization, Globalization have led to Costly Inputs, Falling Rates, Indebted Peasants, Hungry People Agriculture is in deep crises. Input costs and rates of crops are against the peasants and in favour of companies.

The "Green Revolution" model of agricultural development has favoured imperialist companies. PM

Modi had promised to double farmers' income in 5 years, waive their loans and make MSP 1.5 times the cost of production as per recommendations of Swaminathan Commission. Centre announces MSP of only 24 crops but this year it has announced MSP for 9 Kharif crops. Out of these the MSP of 9 crops is less than the Govt. assessed cost of production of

those crops. BJPRSS govt. is reneging on its 2014 election manifesto and promises. Some states announced some loan waivers under pressure from peasant movements, but the central declarations were against these waivers.

The Govt. says it does not have money for loan waivers and subsidies. If that is done the banks

will suffer losses. But it has put Rs 10 lakh crore worth of corporate loans under NPAs which will not be recovered. To overcome this loss it has refinanced banks to the extent of Rs 2.11 lakh crores. As it does every year, in 2015-16 it has foregone corporate taxes worth 6.11 lakh crores.

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