



Editorial

Wednesday, November 20, 2019

Truth, sincerity and commitment with reasonable action is the only way left now Mr. Chief Minister

Seems like the present impasse in the state of Manipur against the contentious CAB and also large scale movement warning the government of India for keeping intake the political boundary of the state is gaining momentum, with the ruling government instead of felling the heat of the people while trying to defend the CAB as well as doing around false play to the demand of the people for disclosure of the content of agreement between the NSCN-IM and the Government of India.

Having understood the sensitivity of both these issues the two apex bodies - MANPAC which is spearheading large scale agitation against the introduction of Citizenship Amendment Bill (CAB) and the COCOMI that is spearheading the alert demonstrations demanding disclosure of the content of the agreement reached between the NSCN-IM and the Government of India, are making no U-turn. When COCOMI's demand fears a virtual wall for division among the brothers of the state, the MANPAC's initiative not only bridged between the brothers of the state but also the entire indigenous people of the state. However, the defensive move of the Manipur government by re-defining CAB and reinterpreting as a legislation that will not affect the people of the state by the State government, is now confusing some people of the state who still love those in the government but have no option when it comes for the land, people and integrity of Manipur other than voicing against them.

People of the state at present never want to miss the Sangai Festival, the International Polo tournament not just for entertainment but for moving forwards towards development. People do understand that cancellation or postponement of this Sangai Festival will be a huge loss of the state that will be heard to reorganize it in the near future. But who is compelling the people to agitate even at the cost of losing such a big opportunity of the state.

If one remember, Chief Minister N. Biren Singh had stated that he and his government would urge the center to insert a clause in the CAB so the state of Manipur is not affected at any course. That was before the last Lok Sabha Election. The statement by N. Biren Singh the Chief Minister of Manipur is a clear indication of CAB affecting the state. Now, when the BJP led government at the center is all set to introduce the Bill for passing it as a legislation without consulting any chief minister including N. Biren of Manipur (subject to correction), the spokesperson of the government said that the CAB will not affect the state of Manipur. And some of the BJP leaderships are also echoing to what the Spokespersons of the government. On the other hand instead of feeling the pulse of the people and acted as per the desire of the people, the Chief Minister N. Biren Singh keep on insisting the people to remain calm, when he himself is not certain of what are in the agreement between the NSCN-IM and the Government of India. Why the government fails to convince the people about the safety of this state is because Mr. Biren Singh had never told that any consequences that occurred due to final settlement will be the responsibility of the government. He only called upon all section of people to have faith in his government and said that he will come to the people for help if his government is helpless.

How could the people have faith in the present government with many doubtful appeals? Had not there a people protest either in CAB or the Naga issue what would have been the situation of Manipur in the post October 31. That was the day where government interlocutor RN Ravi assured to inked the final settlement.

The government of Manipur needs to understand that the people of Manipur are not going to rest until it is assured either in act or writing at parliamentary level that a legislation for special protection be given to the state of Manipur whether the government inked the final solution with the NSCN-IM or in the introduction of CAB. The government should make public that they are not in the position to stop the passing of CAB as it is to be done in the parliament and make sure that they will stand up for the cause of the people to pass certain legislation to make meaningless of CAB when it comes to the state of Manipur. Yes, urge the center to give assent to the Manipur Peoples' Bill or joined the voice with other North East states to re-introduce the Eastern Bengal frontier Act model, even as they feel necessary to be on the side of their central leadership.

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Music: An Elixir

Music is a fundamental attribute of the human species. Virtually all countries, from the most primitive to the most advanced, make music. It's been true through history and it's true throughout an individual's lifespan. In tune or not, we humans sing and hum; in time or not, we clap and sway; in step or not we dance and bounce. The human brain and nervous system are hard-wired to distinguish music from noise and response to rhythm and repetition, tones and tunes. Is this a biological accident or does it serve a purpose? It's not possible to say. Still a varied group of studies suggests that music may enhance human health and performance.

Music is an art form and cultural activity whose medium is sound organizes in time. General definition of music include common elements such as pitch (Which governs melody and harmony), rhythm (and its associated concepts, tempo meter and articulation), dynamics (loudness and softness) and sonic qualities of timber and texture which are sometimes termed the color of musical sound. Different styles or types of music may emphasize, de-emphasize or omit some of these elements. Music is performed with a vast range of instruments and vocal techniques ranging from singing to rapping; there are solely instrumental pieces, solely vocal pieces (such as songs without instrumental accompaniment) and pieces that combine singing and instruments. In many cultures, music is an important part of people's way of life, as it plays a key role in religious rituals, rite of passage ceremonies, social and cultural activities, ranging from amateur Karaoke singing to playing in an amateur funk band or singing in a community choir. People may make music as a hobby, like teen playing Cello in a youth orchestra or work as professional musician or singer. Many ethnographic studies demonstrate that music is a participatory, community based activity. Music is experienced by individuals in a range of social settings ranging from being alone to attending a large concert forming a music community which cannot be understood as a function of individual

will or accident; it includes both commercial and non-commercial participants with a shared set of common values. Musical performance take different forms in different cultures and socio-economic milieus.

Music, though is an integral part of human social and cultural activity, it is also used as clinical therapy. Music therapy is an interpersonal process in which a trained therapist used music and all of its facets - physical, emotional, mental, social, aesthetic and spiritual - to help clients to improve or maintain their health. In some instances, the clients' needs are addressed directly through music; in others they are addressed through the relationships that develop between the Client and therapist. Music therapy is used with individuals of all ages and with a variety of conditions, including psychiatric disorder, medical problem, physical disabilities, substance abuse issues, communication disorders, interpersonal problems and aging. It is also used to improve learning, build self-esteem, reduce stress, and support physical exercise and facilitates a host of other health related activities. Music therapists may encourage clients to sing, play instruments, create songs as do their musical activities. Like any other sound, music arrives at the ear in the form of sound waves. The external ear collects sound waves and the ear canal funnels them to the eardrum. As the waves strike the eardrum, they cause it to vibrate. The vibration are relayed along the chain of tiny bones in the middle ear until they reach the third bone, the stapes, which connects to the cochlea. The cochlea is a busy little world of its own. It is filled with fluid that surrounds some 10,000 to 15,000 tiny hairs cells or cilia. Vibrations of the stapes send fluid waves through the spiral-shaped cochlea. The fluid waves produce swaying movements of the hair cells. In turn, these cells release chemical neurotransmitters that activate the auditory nerve, sending miniature electric currents to the auditory cortex in the temporal lobe of the brain. From there, things

gets even more complicated. Studies using MRI and positron emission tomography (PET) scans suggests that nerve networks in different parts of the brain bear primary responsibility for decoding and interpreting various properties of music. For example, a small area in the right temporal lobe is essential to perceive pitch, which forms the basis of melody (patterns of pitch over time), chords (several pitches that sound at the same time) and harmony (two or more melodies at the same time). Another nearby center is responsible for decoding timbre, the quality that allows the brain to distinguish between instruments that are playing the same note. A different part of the brain, the cerebellum, processes rhythm, and the frontal lobes interpret the emotional content of music. And music's powerful enough to be "spine-tingling" "can light up the brain's reward center much like pleasurable stimuli ranging from alcohol to chocolate.

One of the earliest mentions of music therapy was in Al-Farabi's treatise "Meaning of the intellect" which described the therapeutic effects of music on the soul. Music has long been used to help people deal with their emotions. In the 17th century, the scholar Robert Burton's "The Anatomy of Melancholy" argued that music and dance were critical in treating mental illness, especially melancholia. He noted that music has an excellent power to expel many other diseases and he called "it's sovereign remedy against despair and melancholy". He pointed out that Antiquity, Canus, a Rhodian fiddler, used music to make a melancholy man merry - a lover more enamored, a religious man more devout. In the Ottoman Empire, mental illness were treated with music. In November 2006, Dr. Michael J Crawford and his colleagues also found that music therapy helped schizophrenic patients. Albert Einstein had lifelong love of music (particularly the works of Bach and Mozart), once stating that life without playing music would be inconceivable to him. In some interviews Einstein even attributed much of his scientific intuition to music, with his son Hans recounting



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that " whenever he felt that he had come to the end of the road or into a difficult situation in his work, he would take refuge in music and that would usually resolve all his difficulties. Even, C.V Raman, Dr. APJ Abdul Kalam (associated with Veena) & many other famous scientists had very close to a musical instrument and a form of music. Research has revealed that music stimulates all areas of the brain. Because of this, music directly affects our sense, making it a multisensory experiences involving the auditory, visual and tactile senses. As a result music can have a direct impact on individual's physical, emotional and cognitive functioning.

Music that is soothing and relaxing can help students to beat stress or anxiety while studying. Background music may improve focus on a task by providing motivation and improving mood. During long study sessions, music can aid endurance. Classical music is peaceful and harmonious, making it one of the best options to listen to when studying. It seems that there is evidence that Mozart improved mental performance. They call it the "Mozart's effect". If you want exercise your brain, listen to music. It provides a total brain workout. Research has shown that listening to music can reduce anxiety, blood pressure and pain as well as improve sleep quality, mood, mental alertness and memory. There have been lots of studies done which prove that listening to classical songs helps to boost your memory and also help you to concentrate better on whatever or you are doing. According to a study, people who listened to Mozart's music showed an increased in brain wave activity that's linked directly to memory. Thus, Music is no doubt an elixir.

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Road safety in Manipur: A need to plug fatal gaps

The roles of citizens are not new concepts, but rather simple etiquettes, safety measure, and compliance to law. These can be briefly listed as follow.

1. Honking: horns in automobiles are meant to be used on need basis, to alert others. It isn't built for blaring and announcing one's arrival or movement on the road, nor to berate others in meaningless high decibels. Use sparingly so as not to startle others. At night it's an accepted practice to use headlights instead of horns. Honking at night causes stark disturbances and may confuse other motorists.
2. Use of rear view mirrors: Very important when manoeuvring in traffic. Disturbingly, two wheelers in Manipur usually don't have rear view mirrors. It may be some short of fashion among youngsters to have them removed. Harmful trend, every motorist needs to know that life, their own and those of others are more important than how stylish their vehicles looks.
3. Use of seat belts and helmets: Seen by many as an inconvenience. Youngsters in particular considers helmet a bane on their style, which definitely is not an acceptable excuse. Law enforcing agencies also needs to enforce these safety practices and people need to place their own safety on higher priority.
4. Underage driving: A serious risk to self and others, a downright disregard for live and law, an offence under law which has now made parents/guardian liable to

- prosecution along with the ward.
5. Stopping at red light: A red light means that pedestrians or vehicles in the other sections have the right of way. Always assume that pedestrians are going to cross the road in front of your vehicle and keep the space/zebra lines open.
6. Respect the right of way: When coming into a main road from a crossing give way first to the vehicles already moving on the main road, no matter how big and flashy your vehicle is, right of way is not assigned by size of vehicle. In traffic islands and round-a-bouts give way to the vehicle on the right.
7. Overloading: a burden on the vehicle and the road, and a safety hazard. It is not merely negligence but an outright disrespect of the law and human lives.
8. High beams: Lower high beams when there are vehicles moving in the other side of the road. It's not just a courtesy, blinding other driver is a safety hazard.
9. Keep crossings free: Do not park vehicles at the point of road crossings/intersections, it can cause accidents as it block visibility and jam up multiple roads. A vehicle making a turn needs more space as compared to one that is moving straight, so parking at crossings/intersection eats up the space needed for a safe turning.
10. Drinking and driving/ drunk driving: Imminent hazard, alcohol numbs the senses, there is no rationale as to why anyone without full command of senses should be

- on the road steering a vehicle. An absolute disrespect of society, an offence that needs to be strictly checked by law enforcing agency.
11. Knowledge of traffic signals and signage: A driver necessary needs to be able to interpret traffic signals and signs.
12. Timely and correct use of indicators: Vehicles are equipped with indicators for a reason; it is how you communicate with other vehicles on the road. Make proper use
13. Parallel Riding: Parallel riding of two or more vehicles and chatting with other drivers is a big risk, it is in not a commensurate pay-off no matter critical the matter discussed. If required just park and catch up.
14. Parking basics: Park in such a way that your vehicle does not obstruct others nor occupies unnecessarily large space.
15. Overtaking: Overtake on the right to maintain awareness between the leading and tailing vehicles. Don't overtake at crossings and turns.
16. Be courteous: The road belongs to all, animals included. Share the space. Getting a vehicle insured by the respective owners needs to be emphasized. Besides being your property and an asset, a vehicle on the road is a liability to you and to others. As such the security it provides cannot be neglected, and constitutes an essential document for many events on the road. It is poignant to note that two-

wheelers and three-wheelers in Imphal seem to be oblivious of traffic discipline. Whether negligence or mere ignorance, it needs to be addressed at the earliest. By and large they stop wherever they want; be it right in the middle of the road or at an intersection, they make abrupt turns in front of you without any signal, they overtake from the left, they honk like a train, they are usually overloaded, and the headlights and indicators of these vehicles are either never used or are non-functional. There is a dire need to set up a special task force to ensure that two-wheel and three-wheel motorists are kept abreast with the rules of the road and safety standards.

It would be of great significance towards road safety if the government initiates steps like making it mandatory for commercial passenger and cargo transport drivers to undergo certification on road safety of short durations periodically. To complement this effort, the competent agency should ensure that proper road signs are installed and promote literacy of traffic signals and road signs through appropriate means. Pushing the agenda of road safety further, a focussed study needs to be instituted to determine the number of road fatalities, causes of accidents, types of accidents, preventive methods and best practices to adopt.

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