

# Editorial

Wednesday, October 16, 2019

## Forgotten pledge - a reminder

*"Where a society has chosen to accept democracy as its creedal faith, it is elementary that the citizens ought to know what their government is doing."* - Justice P N Bhagwati

Easier is said than done - the saying still stands true. Like the nail float in water with the plank, a rowdy sometimes saves his or her life from being spoiled with the kind of companion he or she had. Discipline and responsibility is what has been required to make the ship flow to the right direction and it is always the wisdom of the captain of the ship that the crew managed to sail their ship to the destiny amidst storms and whirlpools.

It was perhaps the leadership quality of Columbus the captain of that ship and the trust and loyalty of his crew member that he landed to America's soil make this rich country to everyone across the globe which which is now the most powerful country in the world today.

The state is more like a ship in the vast stormy ocean. In democratic state like Manipur, Chief Minister is similar to the captain of the ship. It is his wisdom that will sail towards a better direction. It is his command and qualities that will make his crew member follow rules and regulations frame by him. It is only at the time that all the crew members go by their respective assignment that the ship will reach destination. Similar, is with the running of the state, whether it goes upwards or falls, depends on the wisdom of the Chief Minister and his team.

The recent differences arose among the ruling BJP MLAs had indicated crystal clear that it is either the Chief Minister N. Biren Singh that lacks administrative skill to put all his party colleague under his control or is it an intentional uproar instigated by some vested people to put the state under serious crisis. From a school student to persons holding the top post knows that Manipur today is at crucial juncture with multiple problems. More importantly, the issue of Territorial Integrity, safeguarding of the Indigenous people in the backdrop of the BJP's intention to introduce the contentious Citizenship Amendment Bill. These issues requires complete chaos in the state with other issue which is ironically related but not visible to anyone. Now the crisis for leadership change in BJP led government in the state of Manipur has been settled and that Chief Minister N. Biren Singh will now continue till the end of this legislative Assembly. It would be wrong to blame the dissident MLAs for the act against the Chief Minister, but the chief Minister should welcome them with friendly gestures and showed them love and compassion so that they stand to every policy and programme taken up for the welfare of the people. In our earlier editorial we had opined the need to change anybody in the government who would stand as obstacle to the N. Biren Singh government, but a second thought, the idea may bring catastrophe. In democracy tolerance and wisdom is the only means to run the government. After all the Chief Minister is the best among the equals and has been chosen to lead the government.

Saying so it is still pertinent to understand the Indian electoral system that stands as a hurdle to decide on which way to chose for a better society. Every elected representative needs a second thought to say no to his electorate. Particularly, the system practice in India showed that without some clique of strong supporters, it will become difficult for one to become Chief Minister as first thing that is important is to get elected as an MLA.

Good governance is perhaps the single most important factor in eradicating poverty and promoting development. But sometimes the effort to bring good governance remains as a dream with the kind of hurdles from his supporters whom the man in the top post cannot deny as without them it will be difficult to get elected again.

Numbers of middle men including relatives are now the talk every people of the state. What more prove is required than checking the bank balance and the properties of these people in this couple of years? We have seen it many times.

Good leader falls, not because of his personality but because of those around him.

It is time that the elected representatives, instead of defending better check the middlemen to insure their pledge for the state.

Let's make our state free from corruption.

### Name Change

I, the undersigned, Okram Heramot Singh, a residence of Thoubal Athokpam Leikai in Thoubal district, do hereby declared that My son Chitreshwor Okram have relinquished, abandoned and renounced the use of his old name Okram Chitreshwor Singh as he has assumed his new name Chitreshwor Okram. And that the date of birth of my son Chitreshwor Okram is 10/01/2005.

Sd/-  
Okram Heramot Singh  
Father of Chitreshwor Okram  
Thoubal Athokpam Leikai, Thoubal district, Manipur

### Lost

I have lost my Aadhaar card, Pan card, Voter card on 15th October 2019 at around 02:00 pm in between Thoubal to Yairipok Yambem. If anybody found it, please hand it over to the undersigned.

Sd/-  
Ningombam Surchandra Singh  
Thoubal Ningombam Heibi Makhong  
Contact no. 8787765773.

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# A Lesson from a Long Peace Talk

By- Sh Ajit, Imphal Times.

The 22-year negotiation and peace talks between NSCN (IM) and Government of India have a unique story over unique history of Naga.

At the end of the peace talk, there are many hiccups because of three terms: Unique History of Naga, Inclusiveness in the final agreement and Shared Sovereignty. Change of slogans and voices are seen these days in Nagaland and Manipur. Earlier many NGOs, especially those who are pro-peace talk, shouted at their highest pitch that the Naga solution should be brought at the earliest. However, endless rounds of talks have irritated them; now, many are asking not to sign hurriedly.

Three months, as announced by Interlocutor, seems too short for a solution to them. Just after the announcement of Interlocutor, all of sudden, Naga Flag and Constitution have become vital issues of the final agreement. Nobody, other than the persons of NSCN (IM) and Government of India, can give any comment or opinion at this crucial stage of well-praised Peace Talk in India. Because no one knows what they have agreed in the historic Framework Agreement that would be the spirit of the final Agreement. The people of India, democratic and secular, have to sit like a spectator though the Final Agreement would bring a change in the political structure of existing India and relations amongst

different ethnic groups, communities. NSCN (IM)'s interpretation of uniqueness of history of a particular group is not in the tune of Indian interpretation, and also of shared sovereignty.

Inclusiveness of Naga peoples in the peace talk poses another problem. As a newspaper reader, one can only say that what did the peace talk bring to both the parties; they start arguing over the same points where they started the peace talk. Over the years, the peace talk have brought the split of NSCN (IM) and NSCN (K) into more number of factions, war of words between different Naga groups, cold war between Naga of Nagaland and adjoining States, Naga CSOs of Manipur and rest of the CSOs in the State, demand of

formation of State of Eastern Nagaland, and many more. The political atmosphere of Manipur is charged with hate-speeches of NSCN (IM) leaders.

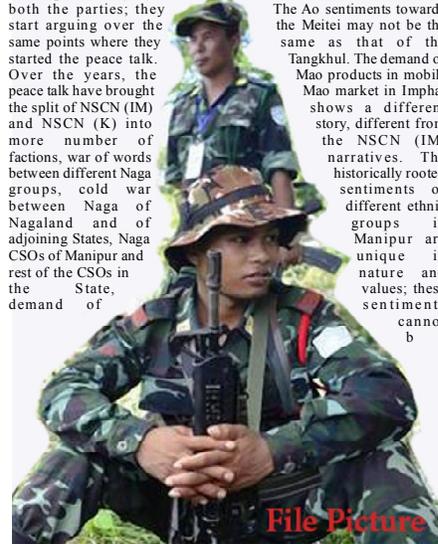
A lesson out of the stories of the ongoing Naga Peace Talk is that ethnic nationalist movement in this part of the world is nearly impossible because of the intricate historical ties of the groups and historical sentiments.

The Ao sentiments towards the Meitei may not be the same as that of the Tangkhul. The demand of Mao products in mobile Mao market in Imphal shows a different story, different from the NSCN (IM) narratives. The historically rooted sentiments of different ethnic groups in Manipur are unique in nature and values; these sentiments cannot be

washed out easily with certain political slogans.

The UCM, Manipur, in its clear voice says that the Indian habit of dividing geographical zones on the basis of linguistic, religion, caste or tribe will not bring solution, rather it will create more problem in North East India. NSCN (IM) calls Working Committee of NNPGs a bunch of confused people. Working Committee may be wrong or right, but NSCN (IM) cannot see that the Naga solution could only be brought in a larger North East Canvas; the unique history of this region has overlapping of social and cultural systems among the peoples. UCM's statement of no administrative division on ethnic lines indicates that development should be done on the basis of needs or otherwise, not on the ethnic lines. R N Ravi better understands the full meaning of the statement.

To-day, NSCN (IM) sees the carrot and stick in the hands of Government of India; earlier its leaders once said, India is Father and Naga, the Child. One time Father-figure becomes betrayer at the far end of the peace talk. Does the longest peace talk in India bring anything new for the Naga or India? Simple advice from newspaper reader to whom the real content of Framework Agreement is hidden, is that if nothing can be achieved, it is better to stop the peace process to save time and energy, moreover the Taxes from ordinary people.



## UKLF condole over the demise of its leader

IT News  
Imphal, Oct. 17

The United Kuki Liberation Front (UKLF) expressed its deepest condolence and mourned over the untimely demise of their Spokesman and former Home Secretary who expired yesterday at his residence.

In a condolence message issued by its Joint Secretary, the UKLF expressed deepest condolence and deeply mourned over the untimely demise of their Spokesman and former Home Secretary Anthony Jangkhothang Haokip who expired at his residence located at Nazareth Village in Chandel District today. Late Anthony Jangkhothang Haokip was one of the leader who firmly believed in the Organisation's ideology of Kuki Re-unification and worked wholeheartedly for the cause of Kuki Nation.

And he also worked in different capacities in the Organisation and hold the post of Spokesman till he breathes his last.

His contribution for the Kuki Nation in general and for the Organisation in particular can be ignored and will not go in vain, added the UKLF. While paying a revolutionary salute to the departed soul of their leader, the UKLF also shared the sorrow and grief of the bereaved family members.

## Medical Science

### World Spine Day - Rise in incidences of spinal problems among youngsters

By a correspondent  
New Delhi, Oct. 16

Due to sedentary lifestyle and prolonged sitting working hours, there is sudden rise in the incidences of spinal problems among youth which was once considered as an age related ailment. According to a recent study, every fifth Indian in the age group of 30-40 is suffering from some type of spinal problem. There has been 60% rise in spinal related morbidities among the younger generation of the country from the last decade. "Incorrect ergonomics at the workplace is one of the primary reasons for developing spinal problems among young professionals. It adds huge amount of pressure to the back muscles and

spinal discs. Slouched positions can over stretch spinal ligaments and strain the spinal discs causing severe pain and can lead to severe complications if left untreated. Backbone and spinal problems were common among the elder population but now due sedentary lifestyle and poor sitting posture have led youngsters to visit the consultants which is a great matter of concern." Said Dr Satnam Singh Chabhra. Approximately upto 95% of patient with low back pain do not require any special diagnosis test during the first month of symptoms. There are few red flag signs like ruptured disks which suggest serious underlying conditions and if a person is experiencing the same then it requires an evaluation on

urgent basis. "It's disappointing that most of us just accept the pain as a normal part of life instead of identifying and eliminating the root cause of the problem. Back or neck pain should not be neglected. Early treatment can solve the pain and the root cause of the problem within a short span of time providing complete recovery. Risk of surgeries can be avoided with early diagnosis and proper treatment helping a person live a better life without any complication" Added Dr satnam. However, by maintaining active lifestyle such as performing regular exercises and following safe practices while sitting and bending, most of the spinal problems can be prevented.

### Reverse heart ailments through lifestyle changes - 'Education Vaccine'

Dr Bimal Chhajjer, Director, SAAOL Heart Centre, New Delhi.

One day Education camp on heart health was recently organized by Science and Art of Living (SAAOL) for training people to eradicate heart diseases from the root.

Under the banner name of 'An Education Vaccine' the training session was conducted to spread awareness and educate the masses on the possible ways to prevent and control the most common but fatal disease - heart attacks.

Directed for 25 year Anniversary, Founder of SAAOL, Dr Bimal Chhajjer highlighted on the views of eradicating heart diseases through lifestyle related changes, diet, exercise and yoga. The program included complete education on ways of overall heart care to patients and those vulnerable to heart ailments. Dieticians Doctors, yoga experts also

educated the patients on management of heart diseases by food, exercise, knowledge and yoga. "Cardiac ailments being a lifestyle related ailment and hence the treatment should also be focused in the same direction. While cardiac ailments remain to be a growing burden in the Indian society, affecting millions of people and the economy of the country, it is time to eradicate them from the root. Present day Cardiologists are in the wrong track by emphasizing more use of Bypass surgery or Angioplasty, medicines, emergency treatments - but they are overlooking the real cause of heart attack and heart disease. If all of them work by removal of the cause of heart disease, we can control the spread of heart disease as well as work towards Eradicating

heart disease." Till today heart disease remains the most common cause of death in most of the countries of the world. India is the present day leader in the whole of the world so far as the numbers of heart patients are concerned and the number of heart patients is still in the increase. There are 8-10 crore (80-100 million) heart patients in India and every 10 seconds one person dies of heart disease in this country. This makes roughly about 9000 deaths per day and about 30 lakh deaths per year. The Science of Cardiology is failing, according to him.

Dr Chhajjer who has been working on 'Reversal of heart diseases' for the past 24 years has developed a 'SAAOL Safety Circle' which can guide every adult of the country to take steps to reverse and prevent heart disease.