

Editorial

Wednesday, October 2, 2019

The humility of MK Gandhi and Manipur

“Generations to come will regard me with respect and affection as a son of my country.” - Albert Einstein on Mahatma Gandhi

A man with nothing more than a loin cloth around his waist and the conviction of the truth he holds as his sole and greatest weapon challenged, and ultimately forced the mighty British empire to relinquish its economic and political stranglehold over India. What the man, born as Mohandas Karamchand Gandhi and revered as the ‘Father of the Nation’ exemplified was the perceived frailty and humility turning out to be his greatest strengths.

Born on October 2, 1869, he was a wayward child, as mediocre as anyone, full of curiosity and childhood enthusiasm. After attaining education and real life experiences from various countries, he realized the futility of oppressive politics and physical domination without the conviction of one’s actions.

On his birthday today, the country, and the rest of the world as well are still remembering the person. What still remain true for the people today as it was then are the principles that Gandhi lived and preached. The principles of non-violence, self-reliance and rationality, among others, perhaps has more relevance in today’s world more than ever, what with the increasingly violent and impatient nature we all are developing, inadvertently or otherwise. We are also witnessing an increased dependence on central funds and largesse for the development of the state given that there is an evidently regressive development and no sustainable progress worth mentioning. Today we also witness the center becoming a deciding factor of whom to rule the state making the state completely dependent to the central government.

Case in point- while the state is just recovering from the difficulties caused by the failure many things, the mind of the people of the state are living in fear. A fear to the threat in the territorial integrity and fear for the future of the Indigenous Manipuri people due the CAB, the government of India is planning to pass. Besides, the political crisis for change of leadership has added more uncertainty to concern people of the state.

The present social conflicts and misunderstandings spawned by false propaganda and ethnically tainted rumours is today threatening to tear the state and plunge it into chaos and violent mayhem, all because we failed to reason with ourselves and instead chose to go with the flow which is unfortunately steered by self-centered and biased leaders.

The increasing pace of competition and development calls for a greater control of our emotions, actions and intentions, and it is times like now when one needs to turn to the life of people like Gandhi’s for inspiration and vindication of our thoughts and beliefs.

Manipuri Women & Crime Against them



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Manipur, a tiny state with an area of 22,327 sq. km in the north-eastern part of India is home to diverse ethnic groups and sub-groups. The sex ratio, according to 2011 census is 934 per 1000 male and has decreased as compared to 975 per 1000 male in the last census. Manipur has a literacy rate of 79.85% with male literacy 86.49% and female literacy at 73.19%. In general women hold a high and free position in Manipur. Manipur is a state where women occupy a very unique position in the society since time immemorial. The Manipur women enjoy much more freedom to move around and so are much more enlightened and intelligent unlike in other parts of the country, where women are kept shut inside their homes. Women have always been held in respect and accorded honor in Manipur. Manipuri women are usually inspired by ideal women depicted in literature both mythology and legendary. It may be said that most women while discharging their duties in the families are still following in varying degrees, the principles and norms prescribed by IMOINU, a mythological Goddess for the maintenance of peace and welfare of the family.

In addition to their household responsibilities, women also participate in social function and religious ceremonies. Since early times, women have been taking active parts in the performance of religious rites and rituals. Another important contribution of Manipuri women is in the field of art and culture. They have added a lot to the cultural heritage in dance, literatures and the like. The world famous ‘RAS LILA’ is performed by female artists only. Manipuri women have also contributed a lot in the field of sports. M.C. Mary Kom, Kunjarani Devi, L. Sarita, Bombela, Bembem, Balaetc are acclaimed sportspersons of the state. The responsibility of running the family was by and large entrusted to women in the absence of their

menfolk. The work participation of women in Manipur has been fairly high. Sometimes women also supplement their family income by weaving cloths and selling them in the market. At the same time we all see the street vendor ‘semas’ (women), who are taking major role to sustain family economy/income, though they are deprived of their comfortable seats. They are in fact very industrious in many sectors. **The most admirable feature of the Manipuri women has been their capacity to resist any imposition on them, their families or their state, be it in the social, political or economic field.** From the very ancient times, Manipuri women as a group played active role and participated in the political and social movement of the state as indicated by the two Nupi Lal of 1904 and 1939. Ema Keithel or Nupikeithel one of a kind in the World as it is exclusively run by women. Rani Gaidinliu another woman who had strongly asserted the political rights of her people against the British authority. The Nisha Bandh movement started in the seventies to take up steps to prohibit the use of liquor and drugs in Manipur. The Meirapaibi movement in the 1980s as a voluntary organization of the womenfolk to prevent violation of basic human rights of the people in the hands of the armed forces. The Meirapaibis also work for the eradication of social evils which are harmful to the development of the society as a whole. The Manipuri women as a group, played active role and participated in political and social movement of the state. Manipuri women make crucial economic contributions and hold a distinctive position in social, religious and political life.

However, reports of violence against women in Manipur have been rising rapidly in the last few years. Despite being accorded respect and honor at home and adored on public platform, in recent years, women have been more and more at the receiving end of escalating violence to which there is no limit, both in the public domain and private arena of the family. Man-woman relationship in the society continues to be a dominating-dominated relationship. Much of the violence in the public sphere has been a direct result of the conflict situation in the state which is accompanied by an atmosphere of vagueness, fear and insecurity to aggression. Violence in the public

domain—shapes the choices women make about their own mobility and those of their family members and the choices family members impose on women which have lasting consequences when mobility is necessary. Violence against women has become an endemic part of our society today. When one subscribes to the view that the status of women in Manipur is very high, the question arises as to why women are then vulnerable to all forms of violence? Many women fulfil multiple categories in their varied roles inside and outside the household. A heterogeneous form of patriarchy looms large behind the unwavering perception of women’s elevated position in Manipur, a perception common both within and outside the state. As customary practices are reshaped by modern legal and social norms, patriarchy in the state has evolved, yet subordination of women is still prevalent. Just as violence against women has a close connection with women’s status and position, it also has an intimate connection with the ideology of patriarchy, especially in the context of Manipur. In patriarchal society like ours, violence against women occurs in every step of life in different forms—mental, physical, economic, emotional and sexual. Despite the involvement of women in agricultural production, Paid employment and household decision—making, women are still excluded from formal decision-making institutions. However high the women’s status in any given society, as long as there is no quality and freedom in the realm of politics, economy and decision-making, the patriarchal element will reign strong and supreme.

Reports of incidence of violence against women amounting to killing have been on the rise in recent times. The present state of conflict situation has also compounded the problem. Increasing crime against women is an escalating problem in Manipur. Women of Manipur have experienced multiple forms of gender-biased atrocities including rape, molestation, kidnapping, intimidation, cheating on the pretext of marriage proposal and job opportunities and various types of verbal, psychological, sexual harassment and abuse of women including eve-teasing. Such action deepened the sense of victimization and helplessness of the women of Manipur and brought both physical and psychological insecurity. All

these are again catalyzed by social media of IT product. Manipuri women fit the portrayal of what is called victimization of the victim. Manipuri women have been the victims of various forms of violence. Yet the strong sense of subsistence and survival compels them to be the source of sustenance for their families. In spite of such strength, the burden of all misfortune and adversity has taken a toll on their lives. They have not been given their due recognition for all that they are worth which is why women in the state still victims to copious crime and violence. There is no economic, political or social empowerment of women in true sense in our state. The deteriorating law and order situation in the state has added to the sufferings of the womenfolk. It is quite tragic and painful that women are increasingly unsafe, whether within or outside their homes. The harsh reality is that the elevation of women to a high pedestal in the socio-economic realm is only another side of the coin because as individuals, most women in Manipur fall prey to one or the other form of violence. Rape and murder are no longer sporadic cases and has become some sort of an epidemic in the state. Lives of women have been severely affected to such an extent that in both the hills and valleys of the state while doing their day to day chores, many women have been tortured and raped and sometimes murdered. There are various instances where the raped victims conceal their awful stories because of fear being stigmatized by the society.

In tiny state of Manipur, violence has become a way of life with an ever increasing incidence of different forms of violence against women. Though violence against women has increased in Manipur, going by the rate of conviction in cases of violence against women, it would not be wrong to say that the law and criminal justice system has failed to respond or deal effectively with it. Women therefore continue to suffer without adequate legal or other redress. What is needed is an active and sustained engagement on the issues of violence against women in the form of collective people’s movement and not just the collective women’s movement. To combat the menace of violence against women, a woman-specific movement is the need of the hour.

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Medical Science

Reverse heart ailments through lifestyle changes – ‘Education Vaccine’

Dr Bimal Chhajer, 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.

On the occasion of their 25th year Anniversary, Founder of SAAOL, Dr Bimal Chhajer 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. 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.

Dr Chhajer 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.

“I have treated over 2 lakh heart patients in the past 24 years with non-invasive treatment modules like lifestyle change, US FDA approved EECF and a combination of Ayurveda, Homeopathy, Naturopathy, and Detoxification. With the development of the SAAOL Safety circle which is the best indicator of the heart health has benefited many to prevent future heart complications. It has three circles and 12 factors to control, six parameters related to medical and four each related to healthy diet and lifestyle habits.”

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Sports

Meiraba Luwang, Tasnim Mir take India to its 3rd consecutive win at BWF World Junior Mixed Team Championships Manipur duo of Konthoujam & Khwairakpam secure win

By a correspondent New Delhi, Oct. 2

Meiraba Luwang and Tasnim Mir led India to an impressive 4-1 victory over Australia in their Group E clash as the contingent continue their winning run on Day 2 of the BWF World Junior Mixed Team Championships 2019 in Kazan, Russia on Tuesday.

In the opening match, Goa’s Tanisha Crasto and Chattisgarh’s Ishaan Bhatnagar continued their striking form by securing a win in 21-17, 20-22, 21-11 over Jack Yu and Kaitlyn Ea of Australia. The 43-minute match provided India its first point of the day.

Junior World No. 10 Mainsam Meiraba Luwang then crushed Australia’s Rio Agustino 21-17, 21-11 in 29 minutes to secure India’s second point for the day. The Manipur youngster carried his rich vein of form from his Russian Junior White Nights 2019 title win and his runner-up finish at the India Junior International earlier in the year.

India’s third point came in the girls’ singles category as Gujarat’s Tasnim Mir clinched an easy 21-11, 21-15 victory over Angela Yu



in just 22 minutes. The rising shutter has been roaring after grabbing two golds at the Dubai Junior International Series earlier this month.

Manjit Singh Khwairakpam and Dingku Singh Konthoujam gave India their fourth point of the day. The Manipur duo made a comeback in the second game to choke Ricky Tang and Otto Xing De Zhao 17-21, 21-8, 21-14 in 35 minutes.

The sole setback for India came in the last match of the day where India’s pair of Aditi Bhatt and Tanisha Crasto lost to Victoria He and Angela Yu in a 17-21, 21-18, 15-21 scoreline.

Earlier yesterday India whitewashed Armenia with a 5-0 win after starting their campaign with a strong 4-1 triumph over USA. With another 4-1 win today, India continued their winning streak in Group E on Day 2.

Action in the group stages will continue till October 2 following which the knockout rounds will begin.

In their final group assignment on Wednesday, India will next face the mighty Japanese, who haven’t dropped a single point in two matches so far.