

Editorial

Saturday, October 26, 2019

Only the Government can calm the people

The past few days witness another chaotic situation in both the state of Manipur and Nagaland. A Kohima based journalist while updating his Facebook page stated that – "Nagaland today is no difference from President Rule". Civil societies here in the state of Manipur spent restless days and are now united under a single platform call COCOMI. Torch rally, sit-in-protest, mass rally, uproar in Khwairambandh Keithel is being resumed after almost 2 years. To be precise People in both Nagaland and Manipur are living with fear. The chaotic situation in both the states is the fall out of the hectic preparation for ending the 2 decades old peace talk with the NSCN-IM. As per announcement by the Interlocutor of the GoI, who is also the present governor of Nagaland, the final agreement between NSCN-IM along with 6 political groups of Nagaland will be signed to find a lasting solution.

People in Manipur are restless as they have not been informed about the contents of the agreement, and the people in Nagaland are worried as the major rebel group stand tight with their demand – separate flag and separate constitution which is next to impossible. Unofficial news about cadres leaving at both designated and undesignated camps of NSCN-IM at this crucial stage have created fear psychosis among all people of Nagaland as they fear Nagaland becoming another war zone. The presence of heavy security force in Kohima and Dimapur is illogical if the government of India agreed to all points raised by the NSCN-IM. Now, what is more disturbing is the isolation of the NSCN-IM from other political groups which are engaging in the talk when it comes to finding a lasting solution.

On the other hand people of Manipur believe in the assurance given time and again by the prime minister of India to keep the territorial boundary of the state intact. But people of Manipur fear the likely existence of a state within a state. This was assumed as per the statement of RN Ravi.

There is nothing wrong in the granting of a Pan Naga Cultural body as far as it is not incorporated with the extension of Article 371 A of the Indian Constitution. But as the government of India gives no proper explanation of what actually is the Pan Naga Cultural body, people have apprehension and thus, several form of protests – which were not even heard after the coming of BJP government in the state resumed. The point that RN Ravi stated was about granting of more autonomy.

The interlocutor RN Ravi says nothing on what exactly is the kind of autonomy that he is referring to.

When Manipur merged to the Indian Union and became a full fledged state in 1972, there is a provision – article 371 C which give absolute autonomy to not only the Nagas but to all tribal inhabiting in the state. There is a separate Hill Area Committee in the Manipur Legislative Assembly. Autonomous district Councils are existed at almost all hill district. The only thing is that some vested interested people particularly from among the tribal people, the ADCs are yet to function properly. If ADCs are hampered than people have all reason to believe that any form of autonomy will be for ruining the uneducated, poor tribal people living in the interior hilly terrain. For almost one decades some self style leaders or groups who claimed themselves to get the mandate of Naga people forcefully hampered the conduct of ADC election. It was not long ago that the ADC election was held but till today they exist more like a name shake local self government.

The panicky situation to the people of Manipur needs to be cleared. And that will be only possible if the government details on the real meaning of autonomy that Mr. RN Ravi had stated.

Medical Science

Zero Oil Sweets and Snacks to prevent Heart Attack during Deepawali

By- Sakshi Jiaswal
New Delhi, Oct 26

While the festive season is around, most of us have a craving for bingeing on sweets and snacks, that may prevent our overall wellness. Both sweets and snacks are mostly fried and have high levels of cholesterol and triglycerides, which are major causes of diabetes, high BP, obesity, and heart disease in the long run and also increase the incidences of heart attack during the festival time.

In order to protect everyone from such life threatening complications, SAAOL - the Science And Art Of Living - heart centre has created 151 sweets and 151 snacks without oil - which can prove to be a lifesaver. The taste of these sweets and snacks are so good that people do not feel deprived in any way. Dr. Bimal Chhajjer, MD, Ex Consultant of AIIMS & director of SAAOL Heart Centre, advises heart

patients to stick to these hundreds of zero oil recipes to save them from heart attack. These can be easily prepared at everyone's home. The main ingredients of sweets - milk/milk products like ghee are full of cholesterol and oil used to fry these food items are triglycerides. Both are very bad for heart attack - according to Dr. Bimal Chhajjer.

He advises people to send fruits and zero oil snacks (SAAOL has produced almost 15 kinds of them) to their friends and relatives. SAAOL advises to heart patients - yoga, walking, stress management and allopathic drugs along with zero oil food to prevent them from bypass surgery or angioplasty or heart attack. SAAOL has 85 centers across India and abroad. According to Dr. Bimal Chhajjer, dry fruits like cashews, almond, walnut, groundnut, coconut, pistachios are also full of fats named triglycerides and are very bad for the heart.

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Manipur artisans gained major export orders through IHGF-Delhi Fair Autumn 2019

The 48th edition of IHGF DELHI FAIR AUTUMN 2019 concluded on 20th October 2019 at India Expo Centre & Mart, Greater Noida contributing significantly both to the exports of handicrafts as well as the promotion of crafts clusters across India. This edition of the IHGF-Delhi Fair tagline was Reduce, Reuse and Recycle – An initiative to breathe life into junk. Buyers from various countries appreciated the efforts of EPCH for taking initiative in the direction of sustainability and also opined that IHGF-Delhi fair is growing year after year and keeps on not only bringing new products on display but also taking new initiatives. India Expo Centre & Mart remained action-packed for five days with over 3200 Indian handicrafts exporters from all across the country displaying selections of over 2000+ products and more than 300 trend specific design developments, 14 display

segments of home, lifestyle, fashion, furniture and textiles spread out in an area of 1,97,000 sq. mtrs. The other highlights of five days extravaganza were knowledge seminars, fashion shows, theme pavilions from North East, Narsapur and Mana Village at Indo-China border for the first time.

In order to promote the artisans of NER and to showcase the crafts of the region before foreign buyers during 48th IHGF Delhi Fair, Regional Director (NER) O/o Development Commissioner (Handicrafts) has initiated various sample development programmes in different craft clusters of Arunachal Pradesh, Manipur, Mizoram and Assam. Ms Maibam Surjamala Devi, Designer of EPCH (Manipur) provided design support for development of Sample products in different cluster of Manipur. The 48 Days Sample Product



Development Programme under Technical Training Programme on '(2'C to 4'C) Combo for Dine Area' for display in IHGF, Delhi Fair Autumn 2019 at Imphal in 4C i.e. Kauna, Cane & Bamboo, Cotton & Clay (Pottery) Craft was organised in Imphal with the support of Handicraft Service Centre (RD & TDC, NER). The products from this programme were showcased in the 48th edition of IHGF Delhi Fair Autumn where these products were found irresistible by the buyers who visit the fair.

Also, Ms Surbala Mayanglambam, Women entrepreneur from Kakching Khunou, Kakching District Manipur has organised sample products of Cushion covers out of cotton fabrics designed with traditional Handwoven with Contemporary designs in Manipur with an excellent finishing. These products have received numbers of inquiries from buyers of different countries as well as from domestic buyers. Similarly, Mrs Babita Keisham, M/s Natural Textile Collection from Imphal has also developed

new samples mainly Kauna bags to showcase in the event and have received orders for the products from buyers of Europe.

Mr M.Lucky Singh, represented Lucky Manipur Handicrafts, Imphal, Manipur, showcased products like Utility Basket, Sling Bags, Marketing Bags Laundry Baskets out of Kauna.

With every passing event of IHGF-Delhi Fair, the designs and quality of products being produced by the entrepreneurs are becoming excellent and buyers who visit IHGF-Delhi fairs have always found these exclusive products made out of Natural Fibres irresistible. EPCH with the support of O/o DC (Handicrafts) has also showcased the Eco-Friendly Crafts of North Eastern Region for Export Marketing Opportunities during MAISON & OBJET from 18-22 January, 2019 at Paris, France, HONG KONG HOUSEWARE & TEXTILES FAIR 2019 FROM 20-23 APRIL & HONG KONG GIFTS AND PREMIUM FAIR FROM 27-30 APRIL, 2019. Products from Seven organizations were showcased in the above exhibitions. Cane Trays and Bamboo products were the major attraction.



Babri Masjid case: Popular Front hopes a just verdict based on facts and records

IT News
Imphal, Oct 26

The National Executive Council meeting of Popular Front of India has expressed hope that the verdict of the apex court in Babri Masjid title suit will be fair and impartial based on facts and records and not on mythology. There have been clear attempts from communal forces to pressurize and influence judiciary and intimidate lawyers and litigants. However our hope is that such devilish tactics will fail and truth and justice will ultimately prevail. The Babri Masjid case is not merely about the ownership of the land. The verdict in the case would be illustrative of whether the judiciary of the country is capable of ensuring the people the constitutional guarantees of secularism, equality before law and freedom of faith. The meeting appreciated litigants and the lawyers from Muslim side who relentlessly stood in defence of truth and justice despite all odds.

In another resolution, the NEC of Popular Front demanded the central government to end the ongoing oppression of people in Kashmir. Since the dictatorial move of the abrogation of Article 370 on 5 August, the entire population of Jammu and Kashmir has been made prisoners by deploying more armed forces and denying them all civil rights that people in the rest of the country enjoy. The lockdown on the people in the region, cutting off all

communication lines, restricting movement and arresting politicians and common people for more than two and a half months is a brutal collective punishment unheard in the past. It is high time that all people and parties across the country raised their voice for Kashmiri people. NEC of Popular Front demanded immediate withdrawal of the armed forces, release of the imprisoned people and restoration of democracy in the region. Referring to the report of the

National Crime Records Bureau (2017), the meeting condemned attempts to manipulate national data to serve political interests of the ruling party. The exclusion of certain category of crimes such as mob lynching and crimes by influential people from the report shows that government is reluctant to recognize even the existence of such organised crimes. This denial of truth is despite the fact that Supreme Court of India has suggested special legislation against mob lynching. The meeting questioned the move

to accord the highest civilian award Bharat Ratna to VD Savarkar. He is recorded in history as a man who betrayed the freedom struggle and played instrumental role in dividing Indian people on religious lines. His mercy petition to British rulers for walking out of jail speaks volumes about his enmity to motherland and loyalty to British Raj. NEC of Popular Front has pointed out that honouring such a traitor with Bharat Ratna is insulting real freedom fighters who laid their lives to free this country.

One Day Free Heart Camp at Moreh

IT News
Imphal, Oct 26

Manipur Heart Foundation (MHF) in association with SKY Hospital & Research Centre Pvt. Ltd & Moreh District Hospital conducted one day Free Heart and Echo screening Camp at Moreh District Hospital on 26th October 2019.

Free Heart OPD, Free Echocardiography, Free ECG and Free Diabetes Detection tests were provided. A total number of 61 patients including children below 18 yrs of age were given Free Heart OPD, Free Echo were given to 12 patients, Free ECG to 26 patients and Free Diabetes Detection tests to 8 patients.

2 children below 18 yrs of age were detected to have CHD (Congenital Heart Disease) and another 4 adults were found to have abnormal Echo study findings for which free further



assessment at SKY hospital was advised. Dr. L. Shyamkishore, President, Manipur Heart Foundation assured that the foundation would continue

to provide Free Heart Camps at different places of Manipur and appealed to the people of Manipur to take the opportunity of such free services at their door steps.