

Conducive Environment for real estate venture into the state: Chief Secretary

DIPR
Imphal, Sept. 12

Manipur Chief Secretary Dr. J. Suresh Babu has laid the foundation stone of RBD Imphal Residency, seven storied complex residential apartment project in the State by Kangleipak Infrastructure and Housing (KIAH) Enterprise at Chingmeirong, Sangakpham, Imphal East on Wednesday.

Speaking on the occasion, Chief Secretary congratulated the Kailash Company for making its foray into Manipur. He also congratulated the organizers for naming Kangleipak Infrastructure and Housing. Recognising the need of the hour, Govt. has taken a very conscious decision to promote real estate in Manipur. We all are aware that land is very limited resource in the valley. It is time we save our land along with providing proper facilities for a high living standard to everybody. He further stated that Govt. is positive about the real estate venture and has formed a single



window clearance system in the Planning department. All the clearances whether it is real estate or any other venture like multi complex or mall will be given opportunity to come through this single window system. Persons interested in investing money into Manipur need to submit their applications with necessary documents which will be monitored by this cell. Any objection/s will be discussed thoroughly. Stating that the RBD Imphal Residency will be a seven storied complex, he said Manipur is a seismic zone and earthquake prone, clearances are given to only two/three/four

floors. However, building by-laws were amended to make it possible to construct any height with proper precautions floors which includes complying with Municipal, environmental, pollution, fire and safety norms. They have to get registered under Real Estate Regulatory Authority (RERA). In his Presidential speech, Commissioner (MAHUD), M. Joy Singh expressed his desire to start the project on time and also set a target of the project like timeline or stipulated time period to complete since working season are very limited. He also said that as PM

has announced regarding ban on plastic, and as a massive campaign for banning of plastic is on, he urged to avoid one time used plastic in construction materials. He also lauded the KIAH enterprise for their big role while making reality of the project. He appealed the general public to extend cooperation.

Guest of honour and Director (MAHUD), Th. Hari Kumar Singh said that RBD Imphal Residency of KIAH enterprise a sister concerned of Kailash group of enterprise will be the first residential complex to come up in Manipur. Imphal is congested and is facing space constraint. The only option is to go for vertical expansion since there is no possibility of horizontal expansion of the land. The launch of this pioneer project RBD Imphal Residency for the first time in Manipur is a benchmark for the upcoming real estate development in Manipur which will ensure job creation and revenue build up with signature lifestyle residential apartments for the people of Manipur, he added.

ATRPFM demands reasons on frequent transfer

IT News
Imphal, Sept. 12

All Tribal Rights' Protection Forum Manipur (ATRPFM) through this press statement would like to appeal the Minister (TA&Hills) to summon both the dispute parties of Directorate of Tribal Affairs and Hills, i.e. N. Kaikho Mao and L. Rajendro Singh regarding allotment of HoO and DDO works and solve the issue without any further delay. If the concerned Minister fails to do the needful, the issue may go individualize between the two officers which

is not constructive at all. There are rules for allotment of works of HoO and DDO of which we have already submitted to the concerned authorities with related documents and there is inter-se seniority list. Allotment of works shall be in accordance with those rules and notifications. It may be mentioned that Mr. L. Rajendro Singh is 9 years junior to Mr. N. Kaikho Mao and the former has long way to go in his career. But Mr. N. Kaikho Mao has only few years to continue in service. Time will come for junior officers to hold the works of HoO and DDO.

Thus, senior officer(s) should be given work allotment as deserved. Mr. L. Rajendro Singh will definitely become HoO and DDO within few years but it's not right to bypass a senior in advance when senior is still there. It is therefore, Hon'ble Minister shall summon both the officers and settle the matter amicably and in accordance with rules. ATRPFM will wait till 14th September, 2019, thereafter, if the concerned Minister could not settle the matter amicably, we would act against the Minister concerned and the State Government along with

like-minded organisations. This shall not construe as communal but sanctity of seniority has to be maintained, otherwise society would be full of chaos. All tribal civil organisations are also requested to look into the matter and take steps to correct the wrong. TA & Hills is the one and only Department for tribal welfare and we could not remain mute spectator when rules are violated and infringed upon by some self-interest people and the State Government dominated by a dominant community.

Poshan Rally at Kangpokpi

DIPR
Kangpokpi, Sept. 11,

As a part of the on-going Rashtriya Poshan Maah (National Nutrition Month), a Mass Campaign Poshan Rally on the theme "Necessity of Nutrition in Day to Day Life" was held yesterday at Kangpokpi District. The rally, which was jointly organised by ICDS Cell, Kangpokpi and ZEO, Kangpokpi, was flagged off from the Women Market at Kangpokpi bazar and concluded at the ZEO Office Complex, Kangpokpi. CDPO, ICDS Kangpokpi, Ch. Budhachandra and ZEO, Kangpokpi, Lingneikim Kipgen participated in the flagging off



of the rally. While addressing the gathering before the start of the rally, CDPO Budhachandra stressed the need for a maintaining a healthy body particularly among the younger section of the society. He also pointed out the significance of observing the Rashtriya Poshan Maah which is being observed across the

country throughout the month of September. Around 1300 students from several schools in the district which include Parizeau Maranatha Academy, Goma Devi High School, Kangpokpi High School, JN Public School and Elite Hr. Sec. School among others participated in the rally.

Swachhata hi sewa launched at Bpr



DIPR
Bpr, Sept. 11,

To commit oneself to removing plastic waste from the surrounding environment and building a

Plastic Pollution Free Environment, Neeta Arambam, Deputy Commissioner of the district launched Swachhata Hi Sewa movement in Mini Secretariat complex,

Bishnupur today. The event was organized by District Water & Sanitation Committee, Bishnupur. Speaking on the event, the Deputy Commissioner stated that the movement will be carried out till 27th October, 2019. The DC also urged the denizens of the district to support the movement and make the district 'plastic free zone'. The drive will cover public places, tourist spots, bazaars and hospitals, she added. District Level Officers, PHED staffs and staffs from mini-secretariat attended the function.

Assam Rifles recovers contraband drugs from Khudengthabi

IT News
Imphal Sept. 12

In continuation to its remarkable run of seizures and apprehensions, an Assam Rifles Battalion recovered contraband drugs worth Rs 47.25 lakhs from Khudengthabi on 08th September 2019.

Based on specific input regarding smuggling of drugs, a joint team from Assam Rifles and Moreh Police stopped a suspiciously moving motorcycle having no registration number, travelling from Moreh to Imphal. On thorough frisking and checking of the vehicle the joint team recovered 150 packages containing 15,750 WIY tablets worth approximately Rs 47.25 lakhs. The drugs were found hidden inside tool box of the motorcycle and were being transported to Pallel.

The apprehendees along with the seized items have been handed over to Moreh Police for further investigation.

News from the world of Medicine

Moderate Exercise can improve your chances of normal delivery



Dr. Manju Khemani, Director & Head - Obstetrics & Gynaecology, Max Smart Super Speciality Hospital, Saket

By a Correspondent
New Delhi Sept. 12,

With the vastly changing lifestyle and the depleting manual household work, moderate exercise has become very important for pregnant women. Exercise as instructed by the doctor not only helps for a healthy full term pregnancy but also raises the chances of normal delivery by 90%. A caesarean section can have a lot of health complications in women, beginning with the complications of anaesthesia. Post partum recoveries are delayed and are also prone to recurrent fever, pain throughout the body especially the spinal cord. As a women undergoing C-section are highly vulnerable to heavy blood loss in comparison to normal delivery, women may feel the weakness

for a longer time and prone to develop clots in veins. Moreover, the chances of developing an ectopic pregnancy or caesarean scar pregnancy double in the second pregnancy if the first one is C-section.

"As most of the working women barely have time for physical activity required as per the norms, should and must exercise moderately to increase their chances of normal delivery. For a healthy pregnant woman, it is recommended to indulge in moderate intensity aerobic activity which includes brisk walking, cycling, or modified yoga. Start 5 minutes walking per day and gradually increase 30 minutes per day. To prevent dehydration, plenty of water should be consumed after exercise." Said Dr. Manju Khemani, Director & Head - Obstetrics & Gynaecology, Max Smart Super Speciality Hospital, Saket.

Even though the actual reason behind initiation of labour pain is unknown, but most of the women prefer C-section in order to detour the pain, which otherwise could have been a normal delivery. As per the recent data provided by the National Family Health Survey 2018, shows that at National level, the rates of caesarean deliveries have doubled over the past decade while it has increased in the past two

decades. Also the rates of C-section are much higher in private hospitals in comparison to Public hospitals.

There is a common myth that regular exercising during pregnancy can lead to preterm birth. Scientific studies have proven that Aerobic exercise for 35-90 minutes 3-4 times per week during pregnancy can be safely performed by normal-weight women with singleton, uncomplicated pregnancy because this is not associated with an increased risk of preterm birth or with a reduction in mean gestational age at delivery.

Studies have also shown that exercise during pregnancy is associated with a significantly higher incidence of vaginal delivery and a significantly lower incidence of caesarean delivery. Pregnant women who engage in physical activities in their leisure time are more likely to deliver normally. So exercising during pregnancy inclines a pregnant woman towards the normal delivery. It also helps with weight management, reduces the risk of gestational diabetes in obese women, and enhances psychological well-being. Before starting any regular exercise routine it's essential to take permission from your obstetrician." added Dr Khemani

ARMY recovers large quantities of weapons and warlike stores in namsa

IT News
Imphal Sept. 12

Based on specific information regarding presence of NSCN (IM) cadre, troops of Indian Army along with police representative launched an operation in general area Namsa on 09 Sep 2019 and recovered large quantities of arms and ammunition.

On specific search of the house of SS Lt Akho of NSCN(IM) in the area, troops recovered two AK 47s, one HK and one Semi Automatic rifle, six magazines, four grenades of Under Barrel Grenade



Launcher, one Improvised Explosive Device with Remote Control, assorted ammunition (191 rounds of 5.56 mm and 478 rounds of 7.62 mm), two radio sets with one spare battery, Rs 2,18,000/- in cash, extortion slips and other warlike stores.

Inspite of the peace talks with Government of India,

NSCN(IM) has continued to resort to forced extortion and illegal activities which are in gross violation of Ceasefire Ground Rules, thereby violating the peace and tranquility in the region. The recovered items have been handed over to Tizit Police Station at Namsa for further investigation.

Assam Rifles organises carrier guidance programme

IGAR(South)
Imphal Sept. 12

Tulihal Battalion of 9 Sector Assam Rifles under the aegis of HQ IGAR(South) organised a career guidance programme at St Johns' Higher Secondary School, Nambol, Bishnupur district on 11th September 2019.

The event was organised by Nambol Company Operating Base (COB) to generate awareness about various career options available to the students of the school. As part of the programme, an informative lecture followed by an interactive session was conducted by a team of the Battalion. The young students were informed regarding the various job opportunities existing in different fields

like Medical, Law, Engineering, Banking Sector, Civil services, Indian Armed Forces and CAPFs. They were also enlightened about the types of entries to enroll and obtain commission in the Indian Armed Forces.

The team of the Battalion shared their experiences and made the event more interactive by clarifying all the queries raised by the students regarding procedure to join the Indian Army and Assam Rifles as a career option. Information on the upcoming recruitment rally of the Indian Army scheduled at Imphal in October this year, along with career counseling was also provided to the attendees during the programme. The students were highly

inspired by the lifestyle, thrill, adventure, job security as well respect of the Forces. Awestruck by the glorious history of the Indian Armed Forces, students were highly motivated to join the Forces and serve the Motherland. The event concluded with tea and refreshments for all the attendees.

The event provided a platform for the students and the Indian Armed Forces to create a bond of mutual understanding. The students and staffs of the school appreciated the earnest endeavour of the battalion and requested Assam Rifles to continue such meaningful association with the youth and conduct such events in future as well.