

Editorial

Saturday, September 14, 2019

Crime against nature deserves worst form of punishment

Crimes against humanity deserve the worst form of punishment. Different nations have different legal system to protect the interests of their country. The enforcement of certain laws - like capital punishment; Special powers act to armed forces may have strong and supportive argument as it is about the security of their respective nations. Gross violation of human rights at certain parts of the country and other parts of the world may receive severe criticisms from many who are concerned for Human values. Arguments may continue for certain human causes permitting each sides to stand tight with their act. But what about some issues like global warming, water scarcity and deforestation?

There is no wrong in saying that environment has no boundary. Burning of the Amazon Forest is a threat to all life form in the planet. A massive destruction of forest or extraction of crude oil or mismanagement of natural water is among the issues which no nations could give reasonable arguments as it affect regions beyond politically drawn boundaries. After all, these issues are about human beings across the globe.

Reports about the scarcity of usable water have been top news at almost all newspaper in Manipur. As for the state of Manipur there is adequate rainfall every year but faced acute shortage of water almost every year in the last couple of decades. Interestingly, during rainy season the state also witnessed flood almost every time. In short the state suffers the ugly face of flood during rainy season while they had to bear drought in the remaining days. In view of the arising situation that we are facing right now, there is an urgent matter that needs to be pondered on what went wrong?

Is it the people or is it the government who is responsible for the present crisis?

Deforestation that has been taking place illegally at different parts of the state has been often blamed - both by government and the many social activists which is universally accepted by all. One thing we at Imphal Times suggest is that we cannot completely blame the people who are responsible for cutting the trees for their livelihood. It is the government which is responsible and why shouldn't it be? It was all about their survival and mind it some people do not have any alternative for survival. On paper government had passed many schemes to substitute the livelihood but it is an open secret that none of its schemes meant for the poor people had never been benefitted by the targeted beneficiaries as the money meant for them had been pocketed by government authorities who were assigned for implementation of the projects.

Another matter, which we at IMPHAL TIMES is concerned is the poor understanding of the government department about the need for storage of natural water underneath the earth. There seems to be complete lack of knowledge by the government authority about the need to let the earth absorb any source of water. Clear example is the drain constructed under huge funding from the Jawaharlal Nehru Urban Renewal Mission (JNURM). The cubicle shaped drainage construction has no mechanism to let the drain water absorb underneath the earth. This is not only the case with any government infrastructural development work there is no sign of the government authority showing concern about the importance of harvesting the rain water. Harvesting rain water does not mean that it should be stored in a tank or some man-made water storage tank. It is about harvesting inside the earth core which can be reused using other means.

For a state endowed with resources, such abject failure to utilize and benefit from the gifts of nature only undermines the apathy and complacency of the state government.

Name Change

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HM Amit Shah says Hindi, other Indian languages should grow together

Agency
New Delhi Sept. 14

Union Home Minister Amit Shah has said, it is extremely important of a country to have a common language that becomes the mark of its identity in the world. He said, Hindi has the ability to bring the entire India together. The Home Minister was speaking at a special function in New Delhi on the occasion of Hindi Diwas today. Mr Shah called for making Hindi a peoples' movement across India saying that the diversity of languages and dialects is the strength of a country. He said, the government will make all out

efforts to make Hindi in all sectors including law and justice, science and medicine. Mr. Shah appealed to the people to use Hindi more often and contribute in fulfilling the dream of Mahatma Gandhi and Sardar Vallabh Bhai Patel of One nation - One language.

Earlier, the Home Minister gave away Rajbhasa awards to mark the occasion. He gave the award to chiefs of various departments, Ministries and offices for their outstanding performances in promoting the language. Ministers of State for Home Affairs Nityanand Rai and G.Kishan Reddy were also present.

BJP launches Seva Saptah to mark birthday of PM Narendra Modi

Agency
New Delhi Sept. 14

BJP President and Home Minister Amit Shah today launched a week-long programme 'Seva Saptah' to mark the birthday of Prime Minister Narendra Modi on 17th of this month. He launched the campaign by joining cleanliness drive and distributing fruits among the patients at AIIMS in Delhi.

During the week-long programme, BJP leaders and

workers will organize blood donation and health camps and also visit hospitals and orphanages to provide help and relief to patients. Party MPs, MLAs and other representatives will join the events in different parts of the country.

Three pledges will also be administered among the people related to Swachata Abhiyan, save water and shunning single use plastic. Exhibitions on Prime Minister Modi's life journey and service works will also be organized.

Prahlad Singh Patel inaugurates Exhibition cum E-auction of Gifts Presented to Prime Minister Modi

PIB
New Delhi, Sept 14

Union Minister of State for Culture and Tourism (IC), Prahlad Singh Patel inaugurated Exhibition cum E-auction of Gifts Presented to Prime Minister, Narendra Modi, at National Gallery of Modern Art in New Delhi today.

Speaking on the occasion, Patel said that Narendra Modi is the first ever Prime Minister of India, who has decided to auction all the gifts he receives for a noble cause of conserving the lifeline of the country- the river Ganges through Namami Gange. The Culture Minister said that the value of these mementos cannot be measured in monetary terms but the emotional and sentimental values attached to the gifts are high and immeasurable. He also said that a letter will be sent from Government of India to top 20 highest bidders complimenting them for their contribution towards Namami Gange Project . The Union Minister said that this is the 2nd round of E- auction of prestigious and memorable gifts presented to Prime Minister of India. He further said that the exhibition will be held from today to 3rd October 2019 on the web portal www.pnmementos.gov.in. While speaking to the media, the Minister informed that more than 2700 mementos will be E-auctioned in this round. Around 500 mementos are presently on display entitled "SMRITI CHINH" for the general public at National Gallery of Modern Art (NGMA) from 11am in the Morning till 8pm

in the evening. The displayed Mementos will be changed every week. The gift items including Paintings, Memento, Sculptures, shawls, Pagri, Jackets and Traditional musical instruments etc are displayed artistically in the Administrative Wing of the NGMA. The lowest base price of the mementos is Rs. 200/- and the highest is Rs. 2.5 Lakhs, he added.

He also informed that the Mementos include 576 Shawls, 964 AngaVastram, 88 Pagris and various jackets portraying the diversified and colourful Culture of our Country. The Amount raised in lieu of the Auction shall be used to support the Project "Namami Gange", he added. Arun Goel, Secretary, Ministry of Culture was also present during the programme.

1st PHASE - National Gallery of Modern Art, New Delhi under the aegis of Ministry of Culture conducted the physical auction of 1800 Mementos received by Prime Minister on several occasions on 27th and 28th January 2019 at National Gallery of Modern Art, New Delhi. The remaining items were sold through e-auction. The proceeds raised out of the auction were used for the project "NAMAMI GANGE".

The Major Highlight of the Physical auction organized at NGMA was that a specially handcrafted wooden bike, received a successful bid of Rs. 5 lakhs. A similar bid was also received for a unique painting, which depicts Prime Minister Modi on a railway platform - a uniquely artistic interpretation of Narendra Modi's special bond with the railways.

Smoking a silent killer for your backbone



By - Dr. Amitabh Gupta
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The bones (vertebrae) that form the spine in your back are cushioned by small discs. These discs are round and flat, with a tough, outer layer that surrounds a jellylike material called the nucleus. Located between each of your vertebra in the spinal column, discs act as shock absorbers for the spinal bones. Thick ligaments attached to the vertebrae hold the pulpy disc material in place.

A herniated disc (also called a slipped or ruptured) disc is a fragment of the disc nucleus that is pushed out of the annulus, into the spinal canal through a tear or rupture. Discs that become herniated usually are in an early stage of degeneration. The spinal canal has limited space, which is inadequate for the spinal nerve and the displaced herniated disc fragment. Due to this displacement, the disc presses on spinal nerves, often producing pain, which may be severe.

Causes
A single excessive strain or injury may cause a herniated disc. However, disc material degenerates naturally as you age, and the ligaments that hold it in place begin to weaken. As this degeneration progresses, a relatively minor strain or twisting movement can cause a disc to rupture.

Certain individuals may be more vulnerable to disc problems and, as a result, may suffer herniated discs in several places along the spine. Research has shown that a predisposition for herniated discs may exist in families, with several members affected.

Herniated Disc Symptoms
Symptoms vary greatly depending on the position of the herniated disc and the size of the herniation. If the herniated disc is not pressing on a nerve, you may experience a low backache or no pain at all. If it is pressing on a nerve, there may be pain, numbness or weakness in the area of the body to which the nerve travels. Typically, a herniated disc is preceded by an episode of low

back pain or a long history of intermittent episodes of low back pain.

Lumbar spine (lower back): Sciatica frequently results from a herniated disc in the lower back. Pressure on one or several nerves that contribute to the sciatic nerve can cause pain, burning, tingling, and numbness that radiates from the buttock into the leg and sometimes into the foot. Usually one side (left or right) is affected. This pain often is described as sharp and electric shock-like. It may be more severe with standing, walking or sitting. Along with leg pain, you may experience low back pain.

Cervical spine (neck): Symptoms may include dull or sharp pain in the neck or between the shoulder blades, pain that radiates down the arm to the hand or fingers, or numbness or tingling in the shoulder or arm. The pain may increase with certain positions or movements of the neck.

Treatment
The majority of herniated discs do not require surgery. However, a very small percentage of people with herniated, degenerated discs may experience symptomatic or severe and incapacitating low back pain, which significantly affects their daily life.

The initial treatment for a herniated disc usually is conservative and nonsurgical.

A herniated disc frequently is treated with non steroidal anti-inflammatory medication if the pain is only mild to moderate. An epidural steroid injection may be performed utilizing a spinal needle under X-ray guidance to direct the medication to the exact level of the disc herniation.

Prevention Tips
The following tips may be helpful in preventing low back pain and herniated discs.

- Do crunches and other abdominal-muscle strengthening exercises to provide more spine stability. Swimming, stationary bicycling and brisk walking are good aerobic exercises that generally do not put extra stress on your back
- Maintain correct posture when you're sitting and standing.
- If you smoke, quit. Smoking is a risk factor for atherosclerosis (hardening of the arteries), which can cause lower back pain and degenerative disc disorders.
- Avoid stressful situations if possible, as this can cause muscle tension.
- Maintain a healthy weight. Extra weight, especially around the midsection, can put strain on your lower back.

Name Change

I, Army No. 15356556-F Rank HAV Name Md.Ramizuddin Father of Sheikh Md.Nawash Sarif, a resident of Yairipok Singa, Have Change his Name from Sheikh Md.Nawash Sarif to Sm.Aziz Vide Affidavit date 10/09/2019 before the Oath Commissioner, Manipur at Thoubal
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