

Editorial

Monday, September 23, 2019

The new MVA; how serious is the government?

The talk of the town nowadays is the new Motor Vehicle Amendment Act, 2019 and its resulting effect out here. It is good on the part of Manipur Government to enforce stringent traffic rules after the parliament passed the said Act. But cannot say how long this will be in effect, as such drive have happen many times in the past but for not long.

The crackdown on commuters violating traffic rules is a commendable step owing to the alarming rise of accidents happening in the state. Also recently Breath Analyzer was distributed by Chief Minister N Biren to detect drunk driving in the state. It is ironic and amusing that such things are done in a dry state. A recent viral video on Social media shows a cop taking breathalyzer test of a person and can be seen saying his reading is far above the permissible level. What? Does this mean Manipur is no longer a dry state or is the state government planning to remove the Dry state status?

With the recent stringent drives in different parts of the state cracking down on traffic violators, one cannot help thinking about the Diesel Autos plying in large number in the state. Don't these Diesel autos fall under the purview of the new MVA Act and who gives the required permission to ply in the road as commercial vehicle? Or if so, what is the capacity of passenger in such Auto? Everyone knows these Diesel Autos are noisy and is way above the permissible level. Many experts have pointed out the ill effects of these Autos in the past and why is the authority still turning a blind eye to this nuisance?

The authority has many places to look into other than cracking down on people driving without helmet or driving license. Footpath meant for pedestrians can be seen occupied with shop owners displaying their goods causing hindrance to commuters. Yeah, crackdown on such things happens once in a blue moon and that also for a short period of time only. Parking space is also a problem in the state, mainly in Imphal area. Competent Authority needs to come up with a viable and practical solution to the ever increasing Parking woes in the state. After all parking problems is also one of the many factors adding to the congestion in the city areas.

If there are law enforcers, there will be law breakers too. For example, there were reports of having a Facebook page which updates about the location of Traffic police in the state and the ways to evade them. If the government is serious about the safety of the public, a little out of the box thinking is required. Instead of imposing heavy Challans on drivers without helmet or driving license, they can provide a helmet and License form on the spot against the fines collected from the drive. It doesn't mean letting go a person without helmet after imposing a hefty fine is safe for that particular driver.

Not just issuing challans and imposing fines to the public will be a lasting solution to the ever rising Traffic problems in the state. Traffic safety should not be left alone to the public, there are many ways the government can work to ensure traffic safety in the state. Oh yeah, if these current drive are for just namesake by the Government like we have seen in the past, then it is alright!!

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State level Boxing Championship 2019 concludes



IT News
Imphal, Sept 23

State level Boxing Championship 2019 for Men and Women which begins from Sept. 17 concluded yesterday at Boxing Arena, khuman Lampak sports complex. Around 300 boxers from across the state took participated the Championship organised by Manipur Amateur Boxing Association (MABA). Team Imphal west District crowned overall team champion by earning 110 point , while Bishenpur Dist cornered runners up with 80 points. Boxer Imphal west district player P. Kingson singh won the junior men's (2003-2004) title. M.Kishan was

adjudged men's best boxer at the championship while Samim Banu (54 kg) manage the title best boxer. L. Edison Singh of Imphal west 54 kg and Chanringwon khaleng 48 kg from Urkhu district were named as most promising players. Ng. Dingko Singh Padmashri & Arjun Awardees and Boxing coach at CoE SAI Takelypat attended as Chief Guest of the closing function while Ng. Tej Kumar Singh, President Manipur Amateur Boxing Association (MABA) presided over the function. Salam Imocha Singh Hon'ble Judge Family Court ,Thoubal District and M. Mudhusudan MABA chief Advisor attended as guests of honour.

RK.Dainty and RK.Paincy clinch Gold Medal



IT News
Imphal, Sept.23

RK. Dainty and RK. Paincy got Gold Medals at 1st Inter School Skating Championship 2019 held at Indrapuram Decathlon Habitat Centre , Uttar Pradesh.

RK. Dainty and RK. Paincy got the Medals under 12 years and under 10 years Categories. They had also got many medals in different Skating events earlier. The Duo is the daughter of International Model and Social Activist Mayanglam Diana.

Cleanliness drive

IT News
Imphal, Sept 23

"Swachh Bharat Abhiyan" that started in Dimapur on 16 September, has caught on the imagination of the civilian population in the area. With the consistent efforts and motivation from the troops of Rangapahar Military Station, the people are participating in the campaign in large numbers.

The feeling of bonhomie and

cooperation was visible in all the activities organised by the Spear Corps. Indian Army troops and citizens of Dimapur are working shoulder to shoulder with zeal and vigour to make "Swachh Bharat Abhiyan" a huge success. The Indian Army at Rangapahar Military Station has planned a series of events in the coming days in support of the campaign which culminates on October 2.

Medical Science

Moderate Exercise can improve your chances of normal delivery



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 thought 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

Notice

Dated : 23/9/2019
Imphal

This is for information to the general public, that the "Oinam Baldeva Memorial Trust", Keishamthong Elangbam Leikai, Imphal will be registered. Any persons who have any objection to the registration of the "Trust" can file their objection within 7 days from the publication of this notice.

Sd/-

Jitesh Oinam

Secy. Oinam Baldeva Memorial Trust
Keishamthong Elangbam Leikai
Imphal

KTT Media Fellowship

The last date for submission of application for Khelen Thokchom Media Fellowship (KTMF) 2019-20 has been extended till September 28, 2019 (Saturday) due to unavoidable circumstances, a statement by the Trust said.

It said that the Khelen Thokchom Trust (KTT) is inviting eligible journalist(s) from both in hill and valley of Manipur to apply for a 6 (six) month KTM program 2019-20 for journalists to study, highlight and report on "Manipur's Dying Water Resources".

To apply for Khelen Thokchom Media Fellowship (KTMF), applicant should submit Bio-data, a letter of support from the editor that the output under the fellowship will be published (mandatory for all candidates), a minimum of one sample of 'published report' on environment and water issues if any should be submitted to Coordinator, KTMF C/o Pureiromba Enterprises, Konung Mamang (Palace Gate) near Pureiromba Khongnang, Imphal East District - 795 005 (Daily office timing 10am - 5pm except Sunday) before September 28, 2019.

For details call 8415945658

Intl. Science Olympiad 2020

Geological Society of India is organizing an International Earth Science Olympiad 2020. For this Olympiad an entrance test will be held on Sunday, the 17th November 2019 at Senate Hall, Department of Earth Sciences Manipur University. The Student (born after 01-07-2001) who will be studying in IX, X, XI, XII Standard who were during September 2019 may participate the entrance test. The 1½ hour test at 2.00 pm will be English and comprise objective type questions spanning the Geosphere, Atmosphere, Hydrosphere and Astronomy. Twenty five students chosen in order of merit from India will attend a training Camp. The top four students will represent India at the 14th IESO 2020 in Russia. And a special prize for top three from Manipur University centre will be awarded.

Last date of submission application form is 8th November 2019 details will be available at Department of Earth Sciences Manipur University or Office of the Dean, School of Human and Environmental Sciences, Manipur University. For Application form, syllabus and limited reading materials, visit www.geosocindia.org/index.php/ieso.