

Hunt for North East designers & models to showcase at international fashion event

IT News
Imphal Sept. 8,

After the great success of Asian Designer Week with Manipur celebrity **Soma laishram** and Designer **Robert Naorem**, Delhi Fashion club is now hunting for the next talented designer from north east india who will represent North East at upcoming two international platforms , asian designer week in Delhi and International Fashion Week, Goa. **Delhi Fashion**



Club chairman Mr. Harshit Dhingra said "We invite designers and Female Models to be part of International Fashion Week, Goa. **Delhi Fashion**

Weeks with 50% sponsored slots for designers support and north east promotion" Selected designers will get chance to showcase their designs at half sponsored slot and also models will get chance to enter the international platform during DFC Show. Female Models height should be above 5.5 can apply. Hence, if anyone interested can directly **whatsapp their pictures at 9911704064** or email mydelhifashionclub@gmail.com

Assam Rifles Conducts Monthly Village Chief/Secretary Meeting

IGAR (South)
Imphal Sept.8,

Moreh Battalion of 26 Sector Assam Rifles under the aegis of IGAR (South) organised monthly village Chief/Secretary meeting at T-Minou, Tengnoupal district on 07th September. A total of 12 village Chiefs, Secretaries and villagers

attended the meeting. During the meet Moreh Battalion deliberated upon the recent developments and security situation in Moreh. The importance of maintaining peace and harmony in the area was discussed in detail. A wide publicity was given to the Army recruitment rally scheduled at Imphal East from 10 to 18 October 2019 during

the meet. The village Chiefs and Secretaries agreed to maintain close liaison with Assam Rifles, they also assured their wholehearted support in achieving overall aim of the Assam Rifles. The village Chiefs and Secretaries thanked Assam Rifles for its efforts to ensure peace and tranquility in the area.

A R Conducts Free Medical Camp

IGAR (South)
Imphal Sept.8,

In a noble endeavor to promote good health and well-being in Manipur, Singhat Battalion of Churachandpur Sector Assam Rifles under the aegis of IGAR (South) conducted a free medical camp at village Leikhai, Churachandpur district on 07th September 2019 where a medical team provided aid to the villagers. The medical staff also distributed free medicines to local and carried out medical checkup of all attendees. A lecture on 'Good Health and Hygiene' was also conducted by the doctor in the team. At the culmination of medical camp, the local populace expressed their deep gratitude to Assam Rifles and were forthcoming in their desire for more such camps for the people of Manipur, especially those residing in remote village.

Assam Rifles Seizes Drugs Worth Rs 2.2 Crores In Machi



IGAR (South)
Imphal Sept.8,

Troops of Assam Rifles in a major haul seized drugs worth Rs. 2.2 crores in Machi Sub Division of Tengnoupal district on 06 September 2019.

A team of Assam intercepted a bike moving suspiciously in early morning hours along road Machi - Chelep and on being chased by the troops, the suspects fled leaving two bags in a hurry. On checking of the bags, brown sugar

weighing 1.11 Kgs in 85 packets was recovered. The assessed market value of the seized contraband is approximately Rs. 2.2 crores. The seized items have been handed over to the Tengnoupal Police.

News from the world of Medicine

To boost 'Fit India Movement' Free Physiotherapy camp to be organized in Gurugram

By a Correspondent
Gurugram, September, 8

Contributing to the 'Fit India Movement', KRV Foundation will be organizing a free physical therapy camp on 8th September, to raise awareness about the importance of physiotherapy and leading a better quality of life.



With an aim to create awareness about the role of physiotherapy in personal well being and its assistance in Nation building, interactive sessions was conducted. National Spokesperson, BJP, Mr. Shah Nawaz Hussain was the Guest of Honor, along with other dignitaries including IPS Mr. Sanjay Bhatta, DCP, IGI Airport and Mr. Manjeet Singh, Senior Vice President, IGL.

This camp will be organized with the support of IGL (Indra Prastha Gas limited) who has been serving the community at large with objectives of Pollution Free, Healthy and Green India. Around 1000 local residents are expected to participate in the camp. "Stressing and commenting on the ill-effects of sedentary lifestyle, Honourable Prime Minister of India, Shri Narendra Modi, recently launched the 'Fit India Movement'. The aim of the camp is to encourage the masses to inculcate into a culture of regular fitness and healthy regime. I heartily appreciate this 'one of its kind' initiative taken by KRV Foundation, in educating and

motivating the masses for a fitness regime." Said Mr. Shah Nawaz Hussain, National spokesperson, BJP. With the heavy indulgence of majority of the Indian population into technology and the nuanced usage spans over multiple spheres of their lives, have resulted in a rise in the number of health ailments especially muscular and postural ones.

"Physical Therapy is a conservative type of treatment providing preventive care for all, is one of the most important pillars (backbone) of medical sciences that has the potential to eliminate the need of a surgery without any side-effects in grade 1, 2, and 3 cases. But lack of awareness among the masses has still kept it as a mere way of exercising, devoid of its potential benefits, various modalities and ways of treatment. Irrespective of the age, Physiotherapy may be required for all, depending upon their physical problem. While it's a common notion that physiotherapy plays a vital role in post traumatic, post surgery or recovery after stroke intervention, but its role in

other modalities are yet unaddressed." said Dr. Ridwana Sana, physiotherapist and Founder, KRV Healthcare and Physiotherapy Pvt. Ltd. In comparison to the Western population, awareness about the role and importance of physiotherapy is still in its nascent stages in India. While physiotherapy is only thought to be a mandate procedure for patients with chronic pain and post surgical recovery, people need to know its importance as a preventive and rehab treatment as well that it plays in any person's life. "We are choosing this eminent day to bring you a bit closer to fit and healthier life. It is an opportunity to recognize the work that we can do to keep our life healthier and happier. We, at KRV, strive to deliver preemptive measures to professionals taking into account their time constraints, wherein they can imbibe the aforementioned measures into their current lifestyle without having to modify it." Added Dr. Ridwana.

Max Super Speciality Hospital, Vaishali, launches Support Group for Stroke patients

By a Correspondent
Ghazabad, September



With the rising cases of neurological problems and more stroke cases coming up, Max Hospital, Vaishali, launched a dedicated support group for stroke patients to address the issue and raise awareness for timely intervention and prevention.

The programme was initiated for people who have suffered stroke and neurological issues in the past, to understand the health aspects and to share experience with people who are currently dealing with similar issues. As a part of the same, Max Hospital, Vaishali conducted a session today in their hospital premises, to provide a common platform to stroke survivors and their caregivers wherein they could share their experiences and learn from each other. The programme also had one session on relaxation through breathing. Caregivers, doctors and patients came together to discuss the issues related to strokes, how best and fastest care can be provided and how physiotherapy can boost the pace of treatment.

Addressing the audience during the session, **Dr Sanjay Saxena, Senior Director, Neurology, Max Super Speciality Hospital, Vaishali**, said "lack of awareness is at the root of every health disorder, weight management, managing

an adequate blood pressure, active physical life are some of the basic preventive measures for stroke. However, in most cases the situation deteriorates because people are not aware and tend to ignore the symptoms instead of consulting a doctor immediately. It is necessary that people from all strata of life, have a basic knowledge of handling such health issues. It is never too late for one to avail information and understand the first actions to be taken when someone gets stroke. We are a population where, obesity, blood pressure problems, diabetes is increasing specifically in the urban areas. Only an active life and awareness can be depended on to avoid health disorders, like strokes."

In the panel discussion organised, neurosurgeons, neurologists, physiotherapists, dieticians and psychologists from Max Vaishali, came together to evaluate the existing scenario and shed light on the

best practices that can be adopted by caregivers and the support group to bring in best in class treatment for stroke patients. "It is always advisable for people to take their health seriously and maintain an active life through regular workouts. However, under situations, where one has been attacked by a stroke, along with continuous therapy and with moderate physical activities the conditions can be controlled well. One should not try things at home unless advised by an expert because physiotherapy for every individual would be different based on their condition and problems. Physiotherapy has always proven results in improving the conditions of stroke patients in the past. This support group from Max Healthcare would be a really helpful move towards care of stroke patients." Said **Dr Shuchita Bansal, Senior Physiotherapist, Max Super Speciality Hospital, Vaishali**.

North east News

B'desh to mark 50th I-Day, Mujib's centenary in 16 nations

Agency
Agartala September 8,

Bangladesh will organise a number of events ahead of the golden jubilee of its Independence and the birth centenary of the country's first President Sheikh Mujibur Rahman in 16 countries, including India. "To spread the significance of Independence, liberation, war and sacrifice of Bangabandhu Sheikh Mujibur Rahman, Bangladesh government and Mukti Joddha Academy Trust would hold many festivities and numerous events in 16 countries." Bangladesh Liberation War Affairs Minister A.K.M. Mozammel Haque said while addressing a seminar and cultural function here on Friday. He said celebrations will be held in countries including India, Russia, Germany,

Sweden, Hungary, Poland, Nepal and Bhutan. The Minister said that a year after Mujibur Rahman's 100th birth anniversary from 2020 to 2021, Bangladesh would celebrate the golden jubilee of Independence on March 26, 2021. Sheikh Mujibur Rahman, who was popularly known as Bangabandhu, was the former President and Prime Minister of Bangladesh. He had spearheaded the Bangladesh liberation struggle following which the country emerged as a sovereign nation from Pakistan in 1971. "Over 30 lakh Mukti Joddhas (freedom fighters) were martyred while fighting the nine-month-long liberation war. Pakistani soldiers and authorities had let loose colossal atrocities on the people of East Pakistan (now Bangladesh), specially on the women," the visiting minister said.

A 35-member delegation comprising Bangladesh Parliament members, freedom fighters, academicians and artists led by Haque and Mukti Joddha Academy Trust Chairman Abul Kalam Azad came to Tripura on Wednesday and visited historical and liberation war training sites. Azad, while addressing the event, said: "The Indian Army, accompanied by the people of then East Pakistan, fought the liberation war most effectively, decisively and protected the sovereignty of both present day Bangladesh and India." "Tripura capital city Agartala and other bordering towns of the state had played an important role as these places were the launch pad for the main offensive into Bangladesh. Local residents of Tripura played a huge role by providing support to the

Indian Army and Mukti Joddhas," he added. "Around 22 lakh Bangladeshi refugees — a number larger than the state's then population of 17 lakh — had taken shelter in Tripura alone." During the war, 10 million men, women and children from then East Pakistan took shelter in West Bengal, Tripura, Assam and Meghalaya. Tripura Assembly Speaker Rebati Mohan Das and freedom fighter and former Bangladesh government Secretary Azizur Rahman were also present at the event. The Bangladesh liberation war later turned into a full-scale India-Pakistan war, leading to the surrender of 93,000 Pakistani soldiers in Dacca (now Dhaka) on December 16, 1971. India was the first country to recognise Bangladesh as a sovereign nation.