

# Kakching World War II Memorial Run, Manipur 2019 held successfully with 1400 plus participants

IT News  
Imphal Sept.9,

Winners of 25 km run are Nonthongbam Chaoba Devi (female) and Lr Luther (male) for 45 years below; Lourebam Sobhabati Chanu (female) and Ningthoujam Basanta Singh (male) for 45 years above competition.

The historic event, Kakching World War II Memorial Run, Manipur 2019 2<sup>nd</sup> Edition was organised successfully today the 8<sup>th</sup> September, 2019 at DSA ground, Kakching, Kakching District, Manipur, India. 1400 plus runners from different parts of India came and participated this memorable run in supporting the zeal and efforts of Kakching Runners for bringing a healthy society and the environment free from pollution and corruption. Honourable MLA, Y. Surchandra Singh with the advisors and elders of Kakching Runners lifted the starting flag for the run. In the 25 km run for competition, for the category below 45 years female, Nonthongbam Chaoba Devi from Luwangsangbam Godown Maning BIB no.515, Makakmayum Minarashi from Yairipok Tulihal Mayai Leikai BIB no.501 and Kshetrimayum Romika Devi from Kakching Wairi Khullakpam Leikai BIB no.513 stood first, second and third positions respectively. In the above 45 category, Lourebam Sobhabati Chanu from Khurai Sajor Leikai Tinsid road BIB no.514, Saikhom Bideshini from Khangabok Awang Leikai BIB no.502 and Thoudam Akasini Devi from Wangoi Makha Leikai BIB no.505 stood first, second and third positions respectively. In the male category below 45, Lr Luther from Assam BIB no.123, Romajit Khundom from Khundrakpam Awang



Leikai BIB no.119 and Mudang Omo from Assam Rifles BIB no.225 stood first, second and third positions respectively. For above 45 male category, Ningthoujam Basanta Singh from Konechak Makha Leikai, Uchiwa BIB no.190, Bheigyachandra Singh from Kakching Laithagol Leikai BIB no.109 and Yunnam Brojen Singh from Nambol Sabal Leikai BIB no.116 won first, second and third positions respectively. In the male category below 45, Mr Lr Luther ran 25km at 1:28:31, Romajit Khundom at 1:29:17, Mudang Omo at 1:31:04. In the above 45 category, Ningthoujam Basanta Singh ran 25 km at 1:57:55, Bheigyachandra Singh at 2:07:24 and Yunnam Brojen Singh at 2:10:37. In the female category below 45, Nonthongbam Chaoba Devi ran 25 km at 1:56:45, Makakmayum Minarashi at 2:08:38 and Kshetrimayum Romika Devi at 2:09:10. In the category above 45, Lourebam Sobhabati Chanu ran 25 km at 2:51:15, Saikhom Bideshini at 3:01:17 and Thoudam Akasini Devi at 3:29:10. In the 8 km fun run, male and female, young and aged,

students and teachers, children and adults and all, more than 1200 runners took part and felt the happiness of running together for a cause of bringing a healthy society.



Today's significant and momentous event Kakching World War II Memorial Run 2019 2<sup>nd</sup> Edition was supported by peoples from different walks of life. Generous donors namely

SALAI Holdings Pvt Ltd, Panthoibi Housing Finance Company Limited, State Bank of India, Jivan Hospital Kakching, JKS construction, GRIL, Grace Cottage Cultural and Educational Development Foundation Kakching, Pioneer Academy, IOC Ltd, AOC Kakching, many sponsors and individuals and many more in the list have given their generous and wholehearted contributions and supports.

Finally, Kakching runners show our humble gratitude from our heart to our cherished runners and respected supporters, including our media partners, print and electronic. Most respectfully, we thank Naorem Praveen Singh IAS who encouraged and helped us in organising the event. We are also thankful to everyone whose names and organisations cannot be mentioned in this short statement. Without the

support of the people, Kakching Runners can do nothing. We also saw many lapses, but we promise to return next year too, with improvements made in organising such Runs.

## News from the world of Medicine

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

By a Correspondent  
Gurugram, September 9,

Contributing to the 'Fit India Movement', KRV Healthcare and Physiotherapy centre organized a free physical therapy camp for raising awareness about the importance of physiotherapy and leading a better quality of life. Over 500 local residents participated in the camp.

This camp was organized with the support of IGL (Indraprastha Gas limited) who has been serving the community at large with objectives of Pollution Free, Healthy and Green India.

With an aim to create awareness about the role of physiotherapy in personal well being and its assistance in Nation building, mass interactive sessions were conducted to encourage the masses to inculcate into a culture of regular fitness and healthy regime.

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. Stressing and commenting on the ill-effects of sedentary lifestyle, Honorable Prime Minister of India, Shri Narendra Modi, recently launched the 'Fit India Movement'.

"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 Sanam, 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.

"Pertaining to the professional aspect, work place ergonomics plays a vital role in defining the type of pain or ailment a person is succumbing to. With much of Industrialization taking place in Gurugram and many regions of Haryana, long and erratic working hours in IT, Banking, Telemarketing and many other industry has made them vulnerable to a poor and sedentary lifestyle without any physical activity. Such population is also under the radar of poor health by developing chronic back pains, migraine, poor muscle functionality and ultimately joint related ailments in the long run," She Added. In order to educate about the

proper posture and workplace ergonomics to avoid posture related pain and ailments, Dr. Ridwana has also conducted various physiotherapy sessions in various MNC's and certified them.

Pertaining to many reasons including age related degenerative arthritis like osteoarthritis, Rheumatoid Arthritis, Unicompartamental arthritis among many others, have severely affected the quality of life of many Indians. According to the recent data provided by Joint registry (ISHKS), over 15 crore Indians suffer from some form of joint related ailments and over 35000 joint replacement surgeries were recorded last year, where over 95% of the cases were attributed to osteoarthritis in the age bracket of 40 to 70 years. Seeking to such burden and pain in the society, KRV healthcare and physiotherapy has dedicated themselves for years and has prevented over 55,000 surgeries of slip discs and osteoarthritis by successful treatment through physiotherapy.

"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.

## A R organises security and interaction meets

IGAR (South)  
Imphal Sept.9,

Keithelmanbi and Mantripukhri Battalions of 9 Sector Assam Rifles under the aegis of IGAR (South) organised security meets at Cancipur and Sagolmang Company Operating Bases (COBs) on 07th September 2019. The

security forums were attended by Meira Paibis, Ward Councilors and representatives of local youth clubs. As part of the security meets, locals were updated on current security situation existing in the area of responsibility. There were also interactions carried out on necessary measures to be

undertaken for maintaining strict vigil against illicit activities in the area. In addition to the security agenda, the locals were also informed about the upcoming Army Recruitment Rally scheduled to be held at Luwangpokpa Cricket Stadium in Imphal from 10 to 18 October 2019. Emphasis was laid on the modalities of

online registration facility at the Unit headquarters and pre-recruitment training at the COB. As part of the forums, there was also interaction on future action plan in respect of civic action projects like medical camps. The security meets concluded with tea and refreshment for all the attendees.

## Assam Rifles conducts health and hygiene capsule

IGAR (South)  
Imphal Sept.9,

In an endeavor to render all possible help to locals of far flung areas of Chandail district, Moltuk Battalion of 26 Sector Assam Rifles under the aegis of IGAR (South) conducted a health and hygiene capsule followed by medical camp and church service at Khengjoi village on 08<sup>th</sup> September 2019. The villages in Moltuk area are remotest villages in the state and lack basic healthcare facilities. The welfare initiative by



Moltuk Battalion has not only enabled patients to be treated close to their home but also helped in increasing awareness about cleanliness, hygiene

and a healthy living. The health campaign included increasing awareness of the locals regarding major health and sanitation issues and measures to

lead a healthy lifestyle. In view of the upcoming monsoons and its related ailments the medical staff of Moltuk Battalion carried out counselling on hygiene and sanitation, importance of safe drinking water and preventive measures to avoid contagious diseases. A total of 24 men, 19 women and 32 children were provided medical check-up and medicines by the Regimental Medical Officer. The campaign culminated with a church service followed by lunch.

## MIT scientists built biggest-ever carbon nanotube computer chip

Courtesy Down to Earth  
By DTE Staff

Scientists at the Massachusetts Institute of Technology (MIT) have developed the biggest-ever computer chip using carbon nanotubes (CNT), instead of silicon, marking a milestone in computing technology, the *Nature* reported.

The RV16XNano is a 16-bit processor that contains 14,000 transistors — electronic switches. These switches are made up of CNT — tiny cylinders made of rolled-up, atom-thick sheets of graphene.

The RV16XNano also executed the traditional 'Hello, World!' computer programme and churned out the message: "I am

RV16XNano, made from CNTs", the report said.

The computer industry, has for decades, survived on silicon transistors — that switch between 1 and 0 bits to carry out computations. Until now, engineers have shrunk the size of these transistors to increase their power and speed. But they could be reaching a fundamental limit, the researchers said.

The CNTs, on the other hand, conduct electricity much faster, are 10-times more energy-efficient and could also be seen as a greener option compared to their silicon counterparts, the MIT news reported.

But, these often come with natural defects as a small portion of CNTs will be metallic

instead of having the semiconducting properties required to be transistors. As a result, they slow down or stop the transistor from switching.

The first-known CNT, developed in 2013, contained only hundreds of transistors, the *Nature* report said.

The new processor, however, was built using clever circuit design to limit these defects. It also integrated two different types of transistor that are essential for modern computer circuitry. The new device is, thus, much closer to a commercial chip, the researchers said.

"This is by far the most advanced chip made from any emerging nanotechnology that is promising for high-performance and energy-efficient computing," co-author Max M Shulaker, assistant professor of Electrical Engineering and Computer Science at the MIT, was quoted by MIT News.

"There are limits to silicon. If we want to continue to have gains in computing, carbon nanotubes represent one of the most promising ways to overcome those limits," Shulaker added.

## Name Changed

I the undersigned do hereby declare that I have abandoned relinquished and renounced the use of my old name Rajkumari Ongbi Leitanthem Pishakmachha Devi, as I have assumed my New name as Leitanthem Pishakmachha Devi.

Sd/-

Leitanthem Pishakmachha Devi  
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