

## CAF & PD employees on duty assaulted at gun point by petrol pump owner; Employees' Union condemn

**IT News**  
**Imphal, April 27**

Two officials of the CAF & PD, who were on inspection duty were mercilessly assaulted at gun point by the owner and his gang of a petrol pump located at Chandranadi Toupokpi (Naranjin) here in Imphal West. The incident happens when two officials of the CAF&PD identified as Haobam Bobby (Civil Supply Inspector) and L. Ibotombi Singh (Area Officer) on Friday evening inspected M/

S Heibok Filing Oil Pump, after the duo found the found the counter of the oil pump opened after 9pm. According to report, a person, from inside the counter came out with a small gun and started assaulting both the CAF and PD official for questioning the reason of opening the counter till late hours as it was not permitted to do so amid the lockdown and curfew in connection with the COVID-19 Pandemic. "Even after we showed our documents to tell them that we were on duty to check the

fuel pump, the person didn't listen to us and keep continue attacking us", Haobam Bobby said while talking to Imphal Times. He further said that the owner of the M/S Heibok Filing Oil Pump, who also came out instead of stopping the attackers started joining them and pulled his clothes from the back side and he felt down resulting minor fracture at his left leg. "We did informed to the police but the incident happened before the police arrived", Bobby said. His

face, nose etc. were injured in the attack by the owner of the M/S Heibok Filing Oil Pump and his gang. The employees Union of CAF&PD department expressed strong condemnation to the physical assault on the two officials who were on duty. A complaint have been filed against the concerned Police department and an FIR has been lodged against the culprits at Wangoi Police Station under section 353/326/307/34 of the IPC and 25 (1-C) Arms Act.

## Republic TV editor Arnab Goswami interrogated by Mumbai Police

**IT Correspondent**  
**Mumbai, April 27**

Republic TV editor-in-chief Arnab Goswami was interrogated on Monday by the N M Joshi Marg police station in connection with multiple cases by Congress functionaries over his comments criticising Sonia Gandhi on Palghar lynching of Sadhus. He was interrogated for over two hours in the case which has been filed by Congress leader Nitin Raut in Maharashtra and other Congress functionaries elsewhere in the country. Earlier, the Supreme Court had

directed that all the charges against him would be investigated via a single FIR in Mumbai. Arnab was accompanied by his lawyer Sujay Kantawala. Arnab upheld that truth will win, and that he has nothing to hide. The Republic TV had reported on Sunday that the Mumbai police had sent two notices within a span of 12 hours seeking to immediately interrogate him over his comments against Sonia Gandhi. Arnab accused the Maharashtra government of subjecting him to "political, malicious and motivated" charges. In the video Arnab asked the Mumbai Police Commissioner to also investigate the midnight attack on him and his wife in the city and accused the cops of covering up the charges against the Congress party. "I would urge the Mumbai Police to show similar alacrity and a sense of immediacy in investigating the attack on me and my wife, at 12:15 AM on 23 April, 2020". He alleged that the attack on him was ordered on the

instructions of the highest Congress leadership and that there is a lot of political prejudice involved in the matter. In a show related to recent mob lynching of two Sadhus in Palghar in Maharashtra, Arnab had said that "Will Sonia Gandhi remain quiet? She is quiet today and she is happy that the saints have been killed where her government is ruling and she will get praises for that". Arnab and his wife Samyabrata Ray Goswami was attacked by two Youth Congress office bearers near his office at Worli in South Central Mumbai. The attackers also reportedly said that they were sent by their "higher ups". They also threw some liquid which fell on their car. Thereafter the N M Joshi Marg police registered an FIR (148/2020) under sections 341, 501 read with section 34 IPC. However the FIR did not mention about the attack by the Youth Congress workers.

## Journalists' role in fighting COVID-19 recognised; more people provide assistance



**IT News**  
**Imphal, April 27**

In recognition to the service provided by the state journalists in the fight against the deadly COVID-19 pandemic more and more people started providing assistance like masks and edible items. Imphal East Zilla Parishad Member Seram Neken today distributed edible items to the 25 working journalists who were staying at Thongju Assembly Constitution. The edible items including rice have been handed over via home delivery as a mark of encouragement of the journalists who are working day and night during this pandemic crisis. The items are Ngari, Oil 1 Lt bottle, Tea leave, Sugar, Onion, Soap, Masks and 10 Kg Rice to each journalist of the Thongju Assembly Constitution. On the other hand Romi Industries Proprietor Khumbongmayum Dhanachandra handover mask at ANWJU for the media fraternity during Covid-19. Speaking to reporters at the side line, he said that the Romi Industries will donate 1000 mask to DGP for distribution to the citizens who did not wear mask while coming out in the street.

## IPSA observes Dark Day; tributes paid to heroes of Anglo-Manipuri War

**IT News**  
**Imphal, April 27**

COVID-19 Pandemic, which is attacking the world today forcing almost all nations across the globe including Manipur and other part of India, have failed to erase the virtue of patriotism that runs to the essence of Manipuri people. While assisting the government's measures to contain the invisible killer virus, the Manipuri people can't be stopped from paying tributes to the martyred ancestor who gave up their lives fighting the British army during this month of 1891. April 27 was the day that the British hoisted the Union Jack flag at Kangla after defeating the Manipuri in the infamous Anglo Manipuri War. Remembering the day, the International Peace and Social Advancement (IPSA) has been observing the day as



'Dark Day' since the last 21 years. Today too, for the 22nd time the day is observed at its office complex at Keishampat, but with only some CSOs leaders attending by following the WHO protocol to contain the COVID-19 pandemic. During the observance, floral tribute were paid to the martyrs who had laid down their lives while protection the freedom the erstwhile kingdom by those attending the observance, however, each attendee

maintain physical distancing. A press statement issued by the IPSA in connection with the observance said that, after the British had conquered almost all kingdoms of Asia, they started eyeing to the erstwhile Kingdom of Manipur. It recalled the uprising in the Konung during 1890 and the incident at which some British officers were killed at around 3 after midnight of 1891 and the series of events that took place during April 1891. After a fierce

battle between the British and the Manipur the war was concluded on April 26 of the year, later on the following day, i.e. on April 27, at around 7 am the British hoisted the Union Jack Flag at Kangla and Manipur lost its sovereignty. IPSA observed the day as Black Day, as a mark of respect to the martyred ancestors, who fought fearlessly for protecting the sovereignty of the erstwhile Kingdom.

## In response to the Health department clarification on Imphal Times Report

**IT News**  
**Imphal, April 27**

Apropos to the Press Release No.22, dated 25.04.2020 issued by te Addl. Director (MD) & Spokesperson, Director of Health Services- "The State Health Department would like to rebut a news item published in the Imphal Times on 22nd April under the heading 'Lack of Infrastructures Equipment in District Hospital Tamenglong- a serious concern for denizens'. The Addl Director listed 5 activities taken by the State Health Departments, of which four refer to the provisions of PPE, mask, hand sanitizer, gloves and jars of Sodium Hypochlorite solutions, Isolation beds and quarantine centre to combat the Covid-19 Pandemic. However, the press release is silent on the other if not more critical issues of combating the COVID-19 Pandemic like establishing ICU beds with Ventilator in the 100 bedded District Hospital,

Ambulances for Transportation of COVID-19 Patients as per medical protocols which is 150 kms away from JNIMS or RIMS. The COVID-19 prevention items delivered to the district hospital is not sufficient enough. It is reported that Doctors are reusing the disposable mask by washing since it is not sufficient to fight the virus for this long. The last and fifth point of the Press Release refers to the special activities, Surgical Outreach Camps and other various health camps. It is reported that over 600, operations both minor and major operations have been undertaken in these health camps. But because of the lack of Blood Banks in the 100 bedded District hospitals, any operations conducted in the Tamenglong District is extremely high risk. Till date the demand since 2008 to the State Health Department to establish Blood bank in Tamenglong District Hospital has fallen on deaf ear. Only life

saving operation at great risk to the patients because of lack of blood bank are conducted in the 100 bedded Tamenglong District Hospital. Blood bank is a critical infrastructure for Tamenglong District hospital which is 150 kms away from Imphal. It is reported that the Surgical Team in the said health campaigns have to bring their own Work Anaesthesia Operator/ Anaesthesia work station because of the lack of this critical equipment in the OT of the 100 bedded Tamenglong District Hospital. The new 100 bedded District Hospital building was inaugurated by the Chief Minister N.Biren Singh on the 15th of November, 2017. However the upgraded 100 Tamenglong District Hospital continues to face lots of infrastructural challenges, shortage of Doctors, nurses, and paramedics, lack of basic equipment and other basic amenities. Doctors and nurses and paramedical staffs posted to

Tamenglong are seen as a punishment posting. As against the required post, the State Health Department will give posting order to Doctors and nurses to the District hospital, and the PHCs of the Tousem, Tamei, and Oinamlong, but within a week after lobbying with the Ministers will be transfer out, making a mockery of the attempt to station Doctors and nurses in the hospitals and PHCs of Tamenglong District. No amount of rebutting by State health officials through press releases will improve the conditions of the 100 bedded District Hospital. Only a sincere and dedicated action of the State Health Department by providing sufficient doctors, nurses and paramedics with adequate medical equipments and facilities as per the guidelines of Indian public Health standard of 100 bedded hospital for Tamenglong District hospital will address the serious concern for Tamenglong Denizens.

## CRPF Conducts awareness Prog. on COVID-19

**IT News**  
**Imphal, April 27**

109 BN CRPF under the aegis of IGP Manipur and Nagaland sector conducted a civic action programme at E/109 Bn CRPF in remote but entry point of Manipur at Mao gate (Senapati) yesterday. Safety items like Surgical Face Masks (Three Ply), Hand sanitizers, Hand Gloves, Hand Wash and Lizol Floor cleaner have been distributed to Village/Club Presidents of Song Song Village, Rabunamai Village, Pumanamei village, Chowainu Village Pudunamai village and Shajouba Village, for further distributing to marginalized section of said villages during the prog.

Villagers have been given awareness on **Coronavirus disease 2019 (COVID-19)**. They advised to wear a protective face masks, properly hand wash by use of soap, hand wash, Liquid and maintain utmost hygiene in their day to day affairs. They should seek immediate medical help in case they feel unwell from nearby PHC Hospital. Vinod Sawant, Deputy Commandant informed that in view of prevailing emergency in the country due to COVID-19, people should take all preventive measures in view of complete lock down and follow all instructions issued by the Government as well as local administration.

## Assam Rifles distributes essential items to villagers

**IT News**  
**Imphal, April 27**

Truly living up to the spirit of being "Friends of the North East people", 34th Assam Rifles, Hengbung Post, Maram Battalion, under the leadership of Major Krishna Singh, has distributed food articles and medicines to the Needy and underprivileged villagers veterans in Taphou Kuki village. While distributing the food articles and medicines social distancing was maintained and BFNA of the post carried out the counselling on hygiene & sanitation, importance of social distancing and preventive measures to avoid contagious disease Covid-19. The villagers expressed their deep gratitude for distributing the



crucial food articles & medicines from time to time and appreciated the efforts and commitment of Assam Rifles and Maram Bn. Hengbung Post in particular, to the cause of making Manipur a Corona free state.

# Editorial

## Hope for the best but prepare for the worst

Today, the Prime Minister of India is deliberating with the Chief Ministers of the states on the manner in which current lockdown imposed across the country is to be carried on further and how. And while a spike in the number of infections is seen across many states in the country, Manipur and most of the North Eastern states are faring much better, and it is more than likely that some sort of phased relaxation procedure of the Lockdown will be drawn up for the state during the discussion. While a strict and continuing lockdown will worsen the situation of a majority of the public in the state given the agrarian nature of the state economy, any haste, and indeed any lapse of precaution and social responsibilities on the part of the public or the authorities during the relaxation phase will render all the sacrifices, efforts and collective endeavors upto this point of time an utter waste, and more importantly might very well prove to be a recipe for disaster. Plans are already afoot to bring home a large number of Manipuris stranded at various places due to the countrywide lockdown presently in effect, and quarantine centres have also been reportedly prepared. The state authorities should make sure that the locals residents near these quarantine and isolation centres have realized their unfounded fears of transmission of the virus as was reported earlier, and if there still are the remotest possibility of such, advanced sensitization on the subject should be carried out to ensure no unwanted opposition or obstruction of work ensues. Reports of defective testing kits are another cause for concern which should be given due consideration by the experts and authorities. There are also reports of re-infection of patients which were previously declared virus-free brings clearly proves that one does not necessarily develop immunity to Covid-19 after one is cured of the infection, while a definite answer to the question of how long the virus remains dormant or present in a cured person is still eluding the experts.

Perhaps the most unsettling development regarding the threat of Covid-19 transmission in the state is the reported rise of Covid-19 positive cases in neighboring country Myanmar, with several of the more than 100 cases occurring in areas bordering India. Accordingly, the state government has intensified fencing work and upped vigil along the India-Myanmar border with the deployment of additional security personnel. But if the pictures of the fences circulated in the print and electronic media is anything to go by, it serves the purpose of demarcating the two countries but will do nothing to deter anyone from crossing over from either side, and as it stands, Manipur shares about 398 Kilometres of border with Myanmar, a large part of it inaccessible in the best of times.

In view of these developments, the state authorities need to review its preparedness in fighting the Covid-19 infection, and instead of belting out numbers as a means of assurance, it should look into the worst-case scenario and prepare for it while there is still time and sanity still prevails.

### LETTER TO THE EDITOR

## GOI betrayal to Manipur

Sir,

The cease fire agreement between Government of India (GOI) and rebel NSCN(IM) from 1997 and till date has assured to the peoples of Manipur that cease fire agreement between GOI and NSCN (IM) only covers Nagaland but not Manipur.

But the Union Government now giving green signal to NSCN(IM) to construct designated camp at Khangkhui-Siroty at Ukhrul may not be the right decision.

It implies that cease fire agreement between GOI and NSCN (IM) has been already extended in Manipur where elusive Peace agreement has been signed.

The Great June Uprising of 2011 in which 18 lives of Manipuris had sacrificed for state integrity against NSCN(IM) cease fire extension in Manipur followed by formation of United Committee Manipur, (UCM).

The Kukis also blood sacrificed for state integrity with loss of more than 1000 precious lives at the hands of NSCN(IM) in 1990's.

Now the question arise why GOI is giving green signal to NSCN (IM) to construct it designated camp in Manipur? What was the GOI intention on this crucial issue?

If the proposed designated camp construction by NSCN (IM) is giving go ahead it will bring no peace but fear, panic and suspicious.

It's a high time that Manipur CMN.Biren should think wisely into the matter in this crucial issue.

Yours Sincerely,  
L. Nehkhohen Haokip  
Tuibong, Lazon Veng  
Churachandpur

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# COVID-19 PANDEMIC: Analysis of the great palnetary conjunction

By- Khwairakpam Gajananda

### Introduction:

The current global pandemic of coronavirus (COVID-19) have already affected more than 2.8 million people and took the precious lives of more than 2 lakhs people. During this difficult time it is natural to ask, why our Honorable Prime Minister, Shri Narendra Modi asked the citizens of India to connect with the MobileApps AarogyaSetu? Why WHO, Facebook, Chinese—WeChat, Baidu, Weibo and many other Apps of the World are trying to connect every individuals on this Planet Earth? Why Modi wear the Manipuri Leirum (gamcha) and indicated the importance of Manipur? Why April 21-24, 2020 is the last date for deciding the extension or removal of the Worldwide COVID-19 Lock-Downs? Why some economically backward countries (e.g. Vietnam, Cambodia, Myanmar etc.) are surprisingly having fewer COVID-19 cases, than the economically advanced countries? There are many classified questions, which cannot be covered in this article as of now. However, the questions asked by common-men are very simple and the answers should also be very simple.

Before we start, let us recollect the prophesied phrase, 'It's happening!' by the famous seer, Nostradamus, and about the prediction of 'the King—Chiren!' The predictions of the Vedic and the Mayan, also seems to be somewhat materialized. Yesterday news mentioned that a Mayan Workshop buried for more than 1000 years have been uncovered, but yet to be analyzed.

### Discussions:

The answers to the various questions given above, may be little annoying to us, because it involved studies of both science and paranormal predictions. However, our inquisitiveness, will lead us to a dream world of 'whether things are really happening or not?'

When we deal with the Universe—it is too big for us to even think about and to understand its existence. So let us, for the time being, concentrate only on our Solar System. Every one of us believed that the Sun is the main source of all the energies in our solar system. It gives us everything and without it—there will be no life forms in this mega-ecosphere. Well, how about the Moon, the Saturn, the Jupiter, the Mars, the Venus, the Mercury, the dark North Node and the dark South Node (in Vedic astrology they are called as Rahu and Ketu)? Do the planets have influences on our ecosystem?

The simple answer is 'yes' and obviously like our Sun, the planets also have different roles to play in our Solar System. It also impacted our planet earth and our daily (day-to-day) cycles. This is a very simple layman answer and as I am not an astronomer like Prof. Carl Sagan, it will be very difficult for me to explain about the conjunctions, attractions, combustions, etc. of the various planets studied in astronomy. However, based on my expertise on the atmosphere and ecosystem relationships, some doubt can be clarified as follows.

We know that the Sun gives life and dead to our planet earth. Other celestial bodies also have their roles to play in regenerating and ending of certain forms of living and non-living entities. In the present case, the 'coronaviruses' or any types of viruses or microorganisms are the transitions or 'bridges', between living and nonliving things. When

microscopic virions entered the host cells through different vectors and received the following: (a) favorable environmental conditions and (b) energies to activate virions e.g. +ve, -ve along with a neutral charges (similar to our electric currents for lighting bulbs)—the nonliving virions become a very simple parasitic 'Living Organisms'! In the case of the receiving energies, it can be potentially from the celestial bodies (Planets). The potentially strong celestial energies received on earth may also help trigger the germinations of even the 'human's sperms' inside mother's womb. Recently, I have coined a term as 'Tiklak', for such types of germination/s due to the major planetary influences. If the germination/s occurred in human, it will be seemingly impossible to understand, when, where, how, the birth will take place on this planet earth. However, in the near future we may come to know about the birth and the existence of a super-human, which is just the matter of time.

Thus, the 'Great Conjunction' of the most benefic planet Jupiter (+ve), most malefic planet Saturn (-ve) and a neutral North or South Node (Rahu or Ketu), will help in regenerating nonliving things (primordial soups) into living things (atma). When the conjunction takes place in a good house and environment, it will give us excellent or beneficial organisms (e.g. Pegivirus, Gamma-herpesviruses, Smallpox vaccine, Rama, Buddha, Jesus, Allah etc.), but if it happened in a bad environment or house, it will give us 'demon' (e.g. Coronavirus, SARS, Smallpox, Commodus, Hitler, Ravana etc.)!

To further explain the concept, our planet earth's atmosphere is crisscrossed by tremendous fields of geomagnetic and electromagnetic energies from the earth crust, mobiles, internet, telecommunications, radios, TVs, etc. These radiations interferes the incoming harmful or bombarding 'Cosmic Rays' in a very dramatic manner and sometime it acts like a 'Shield', protecting all the living organisms on this planet, for survival and from total annihilations!

On the more controversial note, it can be speculated (but not impossible) that there are about 7 gifted people on this planet (Vedic literatures also mentioned about Saptarishis), who have the unique and strong conjunctions of Jupiter, Saturn and Rahu/Ketu (JSR/K) in different houses of their natal birth chart (Navamsa) at the time of their birth. These 7 gifted individuals (Gurus), when combined together (even if living in very remote areas of the planet); they will form an energy shield, which can block the bombarding negative cosmic radiations of JSR/K.

In very simple details, we can take them as our own X-Men, who are genetically modified mutants and the coronaviruses will have very less impact on them and their surroundings. Their bodies may acts like a large 'Lightning Rods', absorbing the celestial strikes and be conducted to ground or dispersed it as harmless weak energies in their immediate surroundings. During the processes, they may or may not know anything about the absorbed energies; however, they may feel uncomfortable like headaches, nausea, vomiting or minor fever etc. They may be prone to sinusitis and early graying of hairs. Cloudy nights, high winds, rainy and thunderstorm days will bring them some respite. It is scientifically proven that during cloudy or thunderstorm periods, the radio, television and other signals are interrupted. Similarly, the celestial signals will be interrupted during various atmospheric phenomena. As the receiving celestial signals become weak at the surface, the 7 Gurus will also feel better. However, they cannot be regarded as aliens, for they cannot stop the bombarding

rays from the planets; their role is to just absorb the weak celestial signal and disperse it into the environment. As of now, I don't find any scientific evidence to support the fact that every one of us has the ability to absorb certain amounts of planetary signals. However, the astrological analysis of a person and the relationships between the various planets present during the time of birth, which are recorded in the horoscope are used for predicting a person's personality. In the present scenario, many of us are not born during the time of JSR/K conjunction period. Therefore, the rare celestial occurrence, the simultaneous influences of the large planets and the larger signals received on the earth's surface will have some detrimental effects within or outside of our body.

On the contrary, if we are to search for the 7 Gurus (among the 9 billion populations of the World)—it will be like 'searching a needle in hay stack'! The bad news is that the viruses as of now, are evolving and mutating in a dramatic way, that if we are not able to make a 'Bridge of the 7 Gurus', before April 21-24, 2020, the COVID-19 may evade our genetic tranquility and it may be the end of 'Kali Yuga' and the beginning of the famously called 'Satya Yuga'!

The good news is that coronavirus is just a 'bug' and it can be tackled in the near future by developing vaccine/s. However, if a super-human (Tiklak) created by the great conjunction become materialized, then he will definitely try to bring changes (justices) on this planet, during our lifetime. About the consequences of the transitions between coronavirus and Tiklak, it cannot be foretold (as a mere human being)—but it is already mentioned in many religious and astrological books. The experience although, will be very exciting one!

Coming to our Honorable Prime Minister Shri Narendra Modi, twice, he had asked his billion peoples of India to disperse the ever increasing bombardments of the celestial energies, firstly by clapping billion hands and secondly by lighting billion lamps (but not from electric current i.e. +ve, -ve and neutral), simultaneously. For the third and the final onslaught to the incoming negative energies, the whole World is asked to connect with various forms of Apps, Bluetooth, GPS or Social Medias. Correct information on the date-of-birth and place-of-birth are mandatory to receive the important information about COVID-19. In India, the government is asking everyone to connect through 'AarogyaSetu', meaning 'the Restoration of the Bridge', similar to 'Rama Setu' to 'kill' Ravana'. Can be say that the mammoth tasks of searching our 7 Gurus, worldwide are tirelessly undergoing? Comically, one drawback in India is that our actual date-of-birth is totally different from our academic date-of-birth e.g. 1<sup>st</sup> February. Interestingly, while addressing the second lock downs of India on April 14, 2020, our PM wore a Manipuri Leirum (Gamcha), giving importance to the tiny state of Manipur. Does it meant that one of the strong energy signal i.e. the presence of a Guru, is received in the Radar of the Prime Minister Office, which may be located somewhere in Manipur? Earlier in my Facebook Posts, the importance of Manipur had been mentioned and looking for the JSR/K conjunction in the Navamsa chart people. On the other hand, unaware of the importance of himself/herself, our Heroes are roaming among us. Manipur is now a Zero COVID-19 State. Nostradamus prediction of 'Chiren', can it be 'Chairen'?

Notably on April 17, 2020, according to the Daily Star reports, NASA is currently tracking an asteroid known as 2020 GT2, which is larger and faster than 2020 GR2. The 2020 GT2 measures about 177m tall and fly past Earth at a speed of over 29,000 mph. NASA estimated that 2020 GT2 is expected to intersect Earth on April 17, 2020 at 1.07am on Saturday morning. So, our Solar System is becoming very excited and full of activities. Our Mother Earth too, is excited with two consecutive earthquakes, first in New Delhi with a Magnitude 3.5 on April 12, 2020 and secondly in Falam Myanmar, just few kilometers away from Manipur with a Magnitude 5.9 on April 16, 2020. On the other hand, since April 15, 2020, the atmosphere over Manipur seems to be celebrating something, without any casualty and giving relief to the drought like situation. Can we regard it as good omen?

**Conclusions:**  
All the living organisms on our planet Earth cannot survive without the Sun and other sources of energies. Lights if unfavorable—can change many metabolic, physiological, chemical, psychological or anatomical setups of living flora and fauna (e.g. circadian rhythm, growth pattern, DNA damages, mutations etc.). Therefore, it is for kind information that on December 21, 2020 (mid austral summer in Antarctica and the darkest in the Arctic), the two great planets Jupiter and Saturn will have the 'Great Conjunction' in the house of Aquarius at 0.6 degree, the rarest conjunction after the year 1623. This rare conjunction may develop 'radiation pollutions' from malefic planets, which is still in the nascent stage of scientific research.

**Recommendations:**  
As of now, please follow the instructions of the WHO, all the Governments, organization/institutions and also download/install AarogyaSetu Apps and other Apps. Observing social-distancing, using of face mask, hands washing and helping the doctors, the policemen, the CSOs, the frontline workers and the needy people etc. Some personal suggestions are:  
1. 'Sky Watching' (evening and nighttime) until February 2021 may affect our immune system functions due to high celestial radiations from malefic planets. Staying indoors during clear evening and night is suggested. Volunteers, workers and government personnel—wearing heavy cloths and caps during evening and night, will reduce the impacts of the incoming cosmic radiations.  
2. Cloudy and rainy days and nights are safer than clear and bright days and nights. Lightning and thunder storms interfere, disperse, disrupt and minimize the impacts of the bombarding cosmic electromagnetic radiations from celestial bodies. Therefore, outing and playing during cloudy, rainy, sunny and windy days will be beneficial.  
3. Indoor exercises, games and keeping our immune system intact, by eating/consuming fruits and vegetables (blue and yellow colors most preferably) will help in fighting the viruses.  
4. Family prayers, Yoga (simple anulom-viloom), meditations, fasting (recommended only for young and dynamic people), watching movies, mobile chatting, online-learning etc will help us overcome from Lock-Downs effects. ENDNOTES: The article is shared with the hope of giving awareness to the general masses. Due to the urgency of the prevailing worldwide COVID-19 pandemic, the article focus purely on general reading, practice and knowledge sharing. Currently, the author is working continuously to make it more scientific—for future communication.

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