

## IMA to observe a strike on 11 December

By Raju Vernekar  
Mumbai, Dec 2:

The Indian Medical Association (IMA) has given a call for a day long strike on 11 December as a protest against AYUSH ministry's decision to allow Ayurveda doctors to perform surgeries, saying that it was an attempt to "poach" disciplines of modern medicine. During the strike non-COVID-19 cases, will not be handled. Besides although ICU, labour rooms and emergency cases will be attended to, no elective surgeries will be performed from 6 AM to 6 PM. "IMA Unequivocally condemns uncivil ways of the Central Council of Indian Medicine to arrogate itself to vivisect Modern Medicine and empower its practitioners with undeserving areas of practice" IMA tweeted and tagged PMO. In a notification on Friday, the Indian Medicine Central Council (IMCC) amended the Indian Medicine Central Council (Post Graduate Ayurveda Education)

Regulations, 2016, to include the regulation to permit post-graduate students of Ayurveda to receive training and practice of "shalya" and "shalakya". While the former term refers to general surgery, the latter is related to diseases of ear, nose, throat, head, eye, and orthodontistry. In other words, the Ayurveda practitioners can perform general surgery such as ophthalmology and dental procedures. In a letter to AYUSH ministry on Saturday, the IMA said that the IMCC has a "dubious reputation" of prescribing modern medicine textbooks to its students. It warned that mixing modern medicine with other systems or "poaching" disciplines of modern medicine was "foul play". "IMA exhorts the IMCC to develop their own surgical disciplines from their own ancient texts and not claim the surgical discipline of Modern

Medicine as its own. Such a deviant practice is unbefitting of statutory body." Dr Rajan Sharma, IMA National President said. However the AYUSH Ministry has issued a statement clarifying the amendment, saying "Notification is specific to 58 specified surgical procedures and doesn't allow Shalya & Shalakya PGs to take up any other surgeries". The doctors' association also urged the Centre to refrain from posting doctors of modern medicine at Indian medicine colleges. "IMA sees this development as a retrograde step of mixing the systems, which will be resisted at all costs," it said. The association said that students and practitioners of modern medicine were agitated over the matter and asked what would be the sanctity of the National Eligibility cum Entrance Test, the

examination for students to study undergraduate medical courses in India, if such "lateral shortcuts" are taken. The IMA also said that it does not allow its own members to teach disciplines of modern medicine to students of other systems. "Let every system grow on its own strength and purity," it said. The doctors' association asked the government to withdraw the order and teach Indian medicine disciplines based on its texts. It also asked the National Medical Commission (NMC) to take action in this regard. "NMC is equally responsible to protect the purity of modern medicine," the letter said. The IMA had earlier opposed the Centre's decision to permit traditional systems of Ayurveda, Naturopathy, Yoga, Siddha, Unani and Homoeopathy to offer allopathic therapies and treatment.

## Minister O. Lukhoi bags 'Bharat Excellence Award'

DIPR  
Imphal, Dec. 2:

Minister for Agriculture, Veterinary and Tourism, Oinam Lukhoi Singh bagged 'Bharat Excellence Award' and 'Jewel of North East Gold Award' today. Minister O. Lukhoi was conferred with 'Bharat Excellence Award' for individual excellence in public service and outstanding contribution towards the progress of the state. He was also conferred with 'Jewel of North East Gold Award' for his outstanding and extraordinary achievements in his chosen fields of activity and services rendered to promote greater friendship amongst all communities. On receiving these awards, Minister expressed deep gratitude to the awarding committee for acknowledging and



recognizing his sincere efforts towards the service for the welfare and development of the state. He further stated that such acknowledgement boosts him to strive harder. Minister also stated that such recognition would not have been possible without the guidance and supervision of Chief Minister, Manipur, N. Biren Singh. The award was conferred by Friendship Forum, India - a voluntary organization established to forge greater unity and integrity among the people.

## Did the article published on some medias aim to mislead the People of Manipur and the HC: GOA

IT News  
Imphal, Dec. 2:

The Group of Aspirants (GoA) had filed petitions to the High court of Manipur praying to quash and set aside the MCSCC main exam 2016 and also the appointment of the candidates selected from the examination 4 years ago and had been pursuing and requesting the concerned authority to make MPSC a clean institute and will continue the struggle. The general public of Manipur has been extending kind and generous help to us and the group of aspirants hopes for further help. While the GoA had been trying hard for the past 4 years to make the MPSC clean, and also its recruitment process, suddenly the group of aspirants came across a

news item that may create confusion among the general public and also that appear to challenge the wisdom of the honourable high court of Manipur and supreme court of India with their half backed knowledge without consulting the group of aspirants. The group of aspirants said that, after considering the irregularities and illegalities and the manipulation of the examination, complaint and grievances of the petitions, complaints and grievances of the selected candidates and the present condition of the state and well as consequences that may occur in detail during its course of hearing which took around 4 years. The High court of Manipur

passed an order dated 18/10/2019 directing to quash the examination and also the appointment of the candidates recommended from this exam to the MPSC as well as Department of personnel, Govt of Manipur and also directed the CBI New Delhi to investigate the conduct of the exam within 3 months. In the meantime, the member of GoA (group of aspirants) have been trying to find out the irregularities and evidences of the preliminary stage of this exam but could not find it. Also there is no bifurcation of the GoA into 2 groups. If some candidates would like to re-conduct the exam from the prelims stage, why should they not complain to the High court of Manipur before conducting the

main exam and why they didn't enter in discussion the matter in the High court Manipur even after repeated notice given to them. On the other hand some of the selected candidates and MPSC had filed Special Leave Petition to the Honourable Supreme Court of India challenging the judgement and order of the HC of Manipur but after hearing the petition the SC of the India upheld the order of HC of Manipur two times in its order dated 22/11/2019 and 18/12/2019 observing that while conducting the exam, illegalities and irregularities goes to the root of the matter and illegalities and irregularities are revealed by the enquiry committee in a transparent manner

and MPSC is directed to conduct the MCSCC mains 2016 as early as possible. After one year of issuing this order some of the candidates recently filed a writ petition to the HC of India praying that the exam shall be conducted from the prelims stage which is very surprising to the GoA. The GoA would like to remind that we also suffer a lot and feel ashamed in front of the general public of Manipur not less than that of the selected candidates. Also the GoA would like to remind the secretary MPSC that instead of feeling sympathetic on the grievances of the terminated candidates he should also think of the victims of the this exam and also for the whole state

of Manipur and accordingly it will be better for MPSC to conduct the MPSC mains 2016 properly after framing rule and regulations as early as possible. Also the GoA would like to remind that the sons and daughters of the members of the enquiry committee could not clear the MCSCC prelims exam 2016 unluckily and they never appeared mains examination. Some of the irregularities revealed by the Enquiry committee are-  
1. Number of answer scripts without signature of examiner- 93  
2. Number of answer scripts without supervisor signature- 5764  
3. Number of answer scripts in which marks are amended without initial of examiner- 523. Etc etc

### Handloom expo in connection with Christmas festival

Imphal, Dec 2: Manipur Apex Handloom Weavers & Handicrafts Artisans' C.S. Ltd. is organizing National Handloom Expo, 2019-20 in connection with the Christmas Festival at Urban Haat, Nilakuthi in Imphal East from December 20 to December 24. The festival is being organised under the Office of the Development Commissioner for Handlooms, Ministry of Textiles, Govt. of India as a partial fulfilment of the marketing event of the National Handloom Development Programme (NHDP). It also aims to promote the differently abled weavers and entrepreneurs. For that 10 (ten) stalls has been reserved for them as well as for the National and state awardees on first cum first serve basis. Organisers appealed all applicants and those selected to strictly follow the COVID-19 Pandemic Standard Operative Procedures (SOPs) during the Expo. Last date for submission of form has been fixed on December 7, 2020. Details of the expo can be obtained from the office of the Manipur Apex Handloom Weavers and Handicrafts Artisan C.S Ltd (AWAS) located at Governor's Crossing Paona Bazar Imphal during office hour.

## Nearly 500 journalists died from Covid-19, India second victim nation

IT Correspondent  
Guwahati, Dec 2:

Nearly 500 journalists have died from Covid-19 in 56 countries since 1 March, said the Switzerland based international media rights body Press Emblem Campaign ([www.presseemblem.ch](http://www.presseemblem.ch)) adding that in month of November, at least 47 media workers succumbed to the novel corona virus infection related ailments around the world. "Unfortunately, the Covid-19 pandemic is claiming more and more victims in the media. It's a huge loss. In countries like India, Brazil, Argentina and

Mexico, the number of victims among journalists is on the rise," said PEC general secretary Blaise Lempem adding that Latin America is leading with more than half of the victims where Asia follows with 125 deaths ahead of Europe (38 deaths), North America (26) and Africa (24). Peru remains the country with the heaviest death toll, where 93 media workers have died of Covid-19. India is now the second worst affected country with 51 deaths. Brazil took third place with 43 victims ahead of Ecuador (41), Bangladesh (39), Mexico (33), USA (25), Pakistan

(12), Panama (11), UK (10), Nigeria (8), Afghanistan, Dominican Republic & Honduras (7 each), Argentina, Nicaragua & Venezuela (6 each), Colombia, France, Russia & Spain (5), Italy (4), etc. PEC has identified at least three corona-deaths in Nepal, Cameroon, Egypt, Guatemala, Iran, & El Salvador (3), two casualties in Algeria, Indonesia, Morocco, Paraguay, South Africa & Sweden and one death in Austria, Belgium, Bulgaria, Canada, Chile, Democratic Republic of Congo, Germany, Iraq (Kurdistan), Israel, Japan, Kazakhstan, Kenya, Kyrgyzstan, Lebanon,

Portugal, Saudi Arabia, Switzerland, Tajikistan, Togo, Turkey, and Zimbabwe. "India lately lost journalist Rajiv Katara (60), who died of Covid-19 aggravated ailments while undergoing treatment in a New Delhi hospital on 26 November. He worked for the social and literary magazine Kadambini from Hindustan Times group. Hailed from Aligarh in Uttar Pradesh, Katara was earlier associated with newspapers like Chouthi Duniya, Sunday Observer and DainikJagran," said Nava Thakuria, PEC's India representative.

Earlier, Noida based scribe Pankaj Shukla (50) succumbed to Covid-19 complications on 20 November at JP hospital. Hailed from UP's Bareilly locality, Shukla studied at Allahabad University and started his journalism career with popular Hindi newspapers like AmarUjala and DainikJagran. Later he shifted to electronic platforms like Janmat TV, KhabarBharti, News 30, NewsExpress, etc. Prior to him, Haryana based journalist Rakesh Taneja (51), who used to work for Zee News, AmarUjala, DainikBhaskar etc, died of Covid-19 at a Faridabad hospital on 16 November.

Orissa's television scribe Prabir Kumar Pradhan (35), who was associated with News18 (Odia) news channel succumbed to the virus infection on 5 November, added Thakuria. With the casualties, the pandemic also crushed the mainstream media industry to a larger extent. Many print media owners have stopped publishing physical newspapers and shifted to the digital space. Some print houses closed down their editions in different places, reduced pages, cut salaries and even layoff employees including senior journalists citing the reason of shrinking advertisement revenues.

# ★ Editorial

## Hopes for a new Manipur

Great revolutions seldom start with a bang. They evolved and came into being according to the needs and necessities to salvage or turn around a particular situation. It involves various radical changes and often is seen as a turning point - a step towards the untrodden path, a new approach and thoughts. An element of calculated risk is inherent in such revolutions.

The recent proactive steps taken up by the Education Minister to turn around the declining state of education in the state, especially those of the State-run educational institutions can be viewed as nothing short of a revolution in the spheres of education in the State. Different experimental changes have been mooted, some implemented, and despite objections and disturbances from certain quarters for the unorthodox approach in the search for an answer to the ailing system of education, the bold and earnest nature of the steps taken, even to the point of risking his popularity and position is an altogether uncommon and commendable display of courage of conviction.

But the tag of "do or die" to the steps being taken up, as reported in various dailies reeks of desperation and a last ditch effort on the part of the concerned authorities to salvage the last remaining shreds of pride and position. The new initiatives, in order for it to show the desired results, should be pursued relentlessly. While the media may seem unjustly critical of the various development works being planned and carried out in the State, the stand may be attributed to the dismal show of commitment and lack of follow-up in almost all the public projects and developmental works carried out so far. The onus to prove everyone wrong lies squarely on the shoulders of those empowered to carry out these projects. It is common knowledge that the education scene in the state is being increasingly dominated by the private players and institutions, in spite of the high tuition and admission fees collected by them which shows the level of confidence and demand they command.

Meanwhile, the scene within the state run educational institutions is in stark contrast to the ones being witnessed amongst the private educational institutions. A lackadaisical attitude, lack of enthusiasm and an almost negligible student participation and attendance marks these schools and institutions. The very thought of starting a massive turnaround of these maladies is indeed a daunting task.

To draw up the courage to actually implement these changes is indeed a mark of unstinted sacrifice and a willingness to take risks for a higher purpose. The rest of those in the helm of power need to wake up to the commendable deeds of such extraordinary leaders, and to try and better them. It remains to be seen as to the dedication and tenacity with which the leaders pursue these steps. Instilling a sense of achievement and encouraging incentives coupled with a system of rewards could pave the way for a changed attitude amongst the overpaid and underperforming government appointed teachers of the state.

A concerted effort from everyone involved in the system needs to be made in order for the new initiatives to effect any real and sustained change in the State. It would seem too early to warrant a guess about the outcome of the whole exercise, but the initial picture is a rosy one. Hope the good run continues.

## It is important to have open playgrounds in the villages

By- Harkirat Kaur Sabhra

One thing we all hear in general is that most boys are less interested in literacy than girls. Maybe that's why boys are more interested in sports. As far as I am concerned, God has instilled in every person some or the other special quality. As teachers I have seen many students who are weak in their studies but their performance in different sports is commendable. The level of sports has become very high nowadays. Many private schools have been provided with state-of-the-art playgrounds etc. for the students to raise the standard of sports. But if you look at the students studying in village government schools, they have neither good coaches, nor sports equipment, nor good playgrounds. Due to some of these reasons, the skills of many talented players remain suppressed. Now the question

arises what can be the solution? We all know from the current situation that it is pointless to have any hope from our governments anyway, but still the government has to pay attention to whether there is a playground in every village. Does the young generation of the village have a place where they can exercise? Although gymnasiums are open in or near every village these days, I don't think every farmer's son has enough money to go to the gym for physical exercise. Therefore, the governments or the sports departments have to ensure the existence of playgrounds in every village. If there is a playground in every village, it can have many benefits, such as creating interest in sports among the youth, the youth can get rid of the habit of spending free time or spending time on mobile. Youngsters will stay away from bad company and living together on the playground

will also enhance the harmony of the community. Young players will develop a competitive spirit, which will make them work harder and a better player will emerge. In view of many other such benefits, governments should ensure a playground in every village. I will not hesitate to keep in mind that many times grants are given by various ministers or sports departments for the promotion of sports in the villages but instead of focusing on the development of sports, they went into the pockets of the Panch Sarpanches. Are gone. If every village in Punjab has a playground with all the sports facilities then many talented players can get a chance to move forward. Therefore, in order to bring the village players to a better place, it is necessary to first build good playgrounds in the villages. Governments, Sports Institutions and Sports Departments should ensure that the funds or other facilities provided by the government for the development of sports are used only for the development of sports.

## Millet(Chanal): A Soldier for our health

By: Sanjenbam Jugeshwor Singh  
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Millet is a group of highly variable small seeded grasses, widely grown around the world as cereal crops or grains for fodder and human food. Millets are important crops in semi-arid tropics of Asia and Africa (especially in India, Mali, Nigeria and Niger) with 97% of millet production in developing countries. The crop is favored due to its productivity and short growing season under dry, high-temperature conditions. Millets are indigenous to many parts of the world. The most widely grown millet is pearl millet which is an important crop in India and parts of Africa. Finger millet, Proso millet and foxtail millets are also important crop species. Millets may have been consumed by humans for about 7,000 years and potentially had "a pivotal" role in the rise of multi-crop agriculture and settled farming societies. Generally, millets are small-grained, annual, warm-weather cereals belonging to the grass family. They are highly tolerant of draught and other extreme weather conditions and have a similar nutrient content of other major cereals. The various species of millets were initially domesticated in different parts of the world, most notably, East Asia, South Asia, West Asia and East Africa. However the domesticated varieties have often spread beyond their initial area. Specialized archaeologists called palaeoethno-botanists, relying on the data such as the relative abundance of charred grains

found in archaeological sites, hypothesize that the cultivation of millets was of greater prevalence in prehistory than rice, especially in northern China and Korea. Millets also formed important parts of pre-historic diet in Indian, Chinese Neolithic and Korean Mumum societies. In 2016, global production of millet was 284 million tons led by India with 36% of the World total. Niger also had significant production.

Earlier Millet was used as fodder for animal cultivation but slowly it started getting a wide recognition as a popular food grain across the globe. After a massive shift in the food culture, people started consuming only gluten-free products. Millet started getting its deserved attention after that vital shift and now it has slowly become a food staple like rice and wheat in most of the houses. Especially in India, people have slowly started including millet in their diets, from children to adults; everyone can have a cup of millet during any time of the day to enjoy its innumerable health benefits.

According to experts, millets are rich in Niacin, which helps your body manage more than 400 enzyme reactions. Niacin is also important for healthy skin and organ function. In fact, it's such an important compound that it's after added to processed food to enrich them. It is also an excellent source of beta-carotene. This natural pigment acts as both an antioxidant and as a precursor to vitamin A,

helping your body fight off free radicals and supporting the health of your eyes. Millet is low in simple carbohydrates and higher in complex carbohydrates, making it a low glycemic index (GI) food. This means, millet takes longer to digest than standard wheat flour. Low-GI food, can help keep your blood sugar from spiking after eating, which allows people with diabetes to manage their blood sugar levels more easily. Millet is rich in dietary fiber, both soluble and insoluble. The insoluble fiber in millet is known as a "prebiotic" which means it support good bacteria in your digestive system. Fiber is great for your stomach; it will ensure that you have proper digestion and absorption of nutrients in the body due the bacteria in digestive system created by millet fiber. This type of fiber is also important for adding bulk to stools which helps keep your regular and reduces your risk of colon cancer.

Apart from being gluten-free, this whole grain is filled with an array of essential nutrients. It is very low in calories but extremely rich in magnesium, bioactive compounds, fiber as mentioned and other important minerals and vitamins. Millets are a vital part of a well-balanced diet and moderate consumption of this whole grain is linked with effective weight loss. Processed foods or foods grains don't contain a lot of nutrients. And on top of that

processed items can caused more harm, whereas, this gluten-free grains is the powerhouse of various nutrients which is proven to aid in weight loss. It contains a lot of fibers, proteins and vitamins which effectively can aid in shedding those extra inches. Including fiber-rich foods is really beneficial for people who want to shed those extra kilos as per experts and researchers. Millets are rich in phosphors; iron, calcium, zinc and potassium which are vital nutrients required for proper function of the human metabolism system. When you have well balanced diet, automatically you feel energized and amped up for burning fat. Also millet has a high content of magnesium that helps in keeping coronary diseases at bay. It also vital regulating blood pressure and preventing heart stroke. Due to the presence of ample amount of antioxidants, it also aid in eliminating the free radicals from the body and keeping oxidative stress in control. **Thus it can be concluded that including this super nutrients food in your daily diet can amp up the health quotient. Therefore even if you are following gluten-free diet also, you can now effectively lose your extra weight by adding this nutritious food grain in your diet.**

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## Overview of Crime & Mental Disorder

By: Bramhacharimayum Sadananda Sharma

One cannot deny the fact that our present society is facing a rapid surge of criminality and violence among both men and women. Violent crimes, includes all offences involving physical violence or threat, domestic violence, rape, murder, robbery, unlawful threat, molestation etc. Among the criminals there are ample possibilities of silently suffering from mental disorders. Most of the recent findings indicate that many persons who

suffer from mental disorders are also substance abusers which lead to the hypothesis that the criminality is associated with alcohol and drug abuse.

Crime is symptom or outcomes of numerous complex factors. The major causes of criminal behavior lie in the social processes and structures. Most of the people commit crimes due to the process of socialization that does not develop strong sense of right or wrong and due to the emerging opportunities, the extensive desires that act as strong motivation for taking to crime to fulfill these desires. The origin of crime can be traced to interplay of various social, economic, demographic, local and institutional factors. Among various criminal the most dangerous are the one who are silently or unknowingly suffered from mental disorder and which is tough to distinguish as most of the offenders seems to be normal and healthy.

A researcher name SHEILAGH HODGINS (Department of Psychology, University de Montreal, Canada) after evaluating explanations of different criminality and criminal behavior of subject with mental disorders. It is proposed that there are two types of offenders with mental disorders; the early starter which displays a stable pattern of antisocial behavior from a young age and the late starter begin offending only at about the time the symptoms of the disorder become apparent. Also those who developed mental disorders were found to have higher risk for criminality as compared to subjects with no such disorders. The offenders with mental disorders committed multiple offences of

all types. On the contrary among the non-disordered, the proportion of subjects beginning their criminal careers decreased with age and maturity.

According to an experiment conducted in Sweden (Swedish Metropolitan Project), males who eventually developed a disorder, one-third were registered for a criminal offence before the age of 18, another seven percent between the ages of 18 and 21 and 10% after the age of 18. This pattern of age at first conviction is different from what was found for the non-disordered males where 18% were registered before the age of 18 years, Seven percent between the ages of 18 and 21, and five percent after the age of 21. It suggests that there are two groups of offenders with mental disorders; one group who began offending early before the symptoms of the mental disorder would have been present, and a second group who began offending in adulthood when the disorder is likely to have been noticeable.

Also as per the reports mentally disordered are not arrested for small offences, but they are arrested more often than the non-disordered because most of them behave aggressively and have the tendency to commit crime without hesitation more often.

In India crime rate registered per lakh population went up marginally to 385.5 in 2019 as compared to 383.5 in 2018. A total of 51.56 lakh cognizable crimes comprising 32.25 lakh Indian Penal Code (IPC) crimes and 19.30 lakh Special & Local Laws (SLL) crimes were registered in 2019. A total of 28,918 cases of murder were

also registered during 2019. Disputes (9,516 cases) were the motive for the highest number of murders during 2019 followed by "personal vendetta or enmity" (3,833 cases). Crime against women registered a total of 4.05 lakh cases in 2019 which is 7.3% increases compared to 2018.

The National Crime Records Bureau (NCRB) 67<sup>th</sup> Edition of "Crime in India- 2019", an annual report on crime of the year states that the primary presumption that the upward swing in police data indicates an increase in crime and thus a reflection of the ineffectiveness of the police is fallacious. However, there are several reported cases where police personnel committing or involving in crime, smuggling of drugs, rape and assaults which is a clear sign of misuse of power and position. The tradition of corruption and favoritism inside the police department lead to the easy escape of many culprits and making their crime nexus stronger.

All these findings and reports show the importance of careful documentation and analysis of a person's history of antisocial behavior or activities by family members, as well as friends, juvenile records, hospital records and police records. Any suspicious behaviour must seek for proper treatments and counseling which is a better solution before committing any severe crime or offences. Preventing crime means working together with communities, learning about their problems, and designing unique solutions to these problems. A small delay in our part may give everyone a lifetime of pain and regrets.

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