

'Thirty two today'

IT News
Imphal, May 24:

The number of Novel coronavirus positive cases reaches 32 today with the addition of three more positive cases late yesterday evening at VRDL, RIMS here in Imphal. The number of active Coronavirus cases is 28 with 5 recovered including the two months old positive cases.

A press statement by the Additional Director of Health department, who is also the spokesperson of the department said that among the 3 detected today 2 have been detected at VRDL, RIMS while the other at VRDL, JNIMS.

So far no death has been reported due to lethal infection in the state.

CRPF conducts fogging

IT News
Imphal, May 24:

109 Bn, CRPF under the aegis of IGP Manipur and Nagaland sector has conducted extensive fogging in and around Naoriya P a k h a n g , Heinokhngnembu Gram Panchayat area in the district of Imphal west.

The extensive fogging exercise was carried out under the guidance of Shri Narayan Balai, 2 I/C, Officiating Commandant 109 Bn in view of prevailing COVID-19 and to Prevent Malaria. He further advised people should stay at home to observe complete lock down and follow all instructions issued by the Government as well as local administration. In addition to the fogging exercise, awareness was spread among the local people to take precautions against COVID-19. He informed that 109 Bn continuously active for the service of locals and help the needy with respect to queries/contingencies emerging out of COVID-19, where villagers may get immediate guidance and assistance from 109 BN.

29 lakh 43 thousand 421 corona samples tested so far in country: ICMR

Agency
New Delhi, May 24:

Indian Council of Medical Research, ICMR said that a total 1,08,623 samples of corona virus were tested in the last 24 hours. With this, figure of total number of tests reached 29 lakh 43 thousand 421 in the country.

Meanwhile, ICMR is continuously scaling up its testing facilities for Covid-19 by giving approval to government and private laboratories. As of now, total 607 laboratories across India have been given approval to conduct the test for Covid-19 including 427 government laboratories and 180 private laboratories' chains.

Lockdown turn out to be a boon for infertile couple – Dr. James

IT News
Imphal, May 24:



The prolonged lockdown to contain the COVID-19 pandemic turns out to be a boon for infertile couple, report a news portal "Pothishang", quoting gynecologist & infertility specialist Dr. James Elangbam.

"Many couples have naturally conceived during the lockdown period", the news portal Pothishang quoted Dr. James Elangbam.

The report said that Dr. James found 8 of his patients have naturally conceived during the lockdown. He said most of them were undergoing treatment for various infertility problems. Some of them have been trying to conceive a child for more than a year without success. The average age of these persons are 36/37 years.

Dr. James Elangbam, who is running an infertility clinic in Imphal, said that the clinic was closed for more than one and half months due to the

lockdown and his patients could not continue/complete their treatments. He found out that these couples got naturally conceive only after the clinic reopen due to the relaxations in lockdown norms.

On asking the possible reasons for such development, Dr. James said that due lockdown people are confined in their homes and couples have more time to spend together. With no work load, people are less stressed and are free of anxiety and these could be the reasons for such development.

In a similar incident, infertility experts in Pune were surprised to find out 9 patients getting conceived naturally during the lockdown.

It may be mentioned that UNICEF has projected that 20 million children will be born in India in 9 months after the lockdown for COVID-19.

Certainly, the COVID-19 lockdown has many benefits, particularly to our environment. We have heard so many stories on news and social media platforms where people across the globe sharing positive impact of lockdowns on environment and ecosystem. Flamingos were flocking in large numbers in Navi Mumbai and Bihar, Punjab, Delhi and many other North Indian states waking up in the morning with view of snow clad Himalayas and Mount Everest.

Now, the lockdown has also become a boon in disguise for infertile couples who were longing for child as well.

Residents of Manipur returns in special Train from Chennai

IT News
Imphal, May 24:



Special train from Chennai, Tamil Nadu ferrying all together 1607 (including 40 babies) stranded residents of Manipur, due to the nationwide lockdown imposed to contain the Covid-19 pandemic, reached Jiribam Railway Station at 11:35 am yesterday.

243 passengers, including 11 babies from Ukhrul district in 6 buses, 47 passengers, including 3 babies from Tengenoupal and Chandel districts in 2 buses, 77 passengers, including 3 babies from Kamjong district in 2 buses, 205 passengers, including 5 babies from Phurazawl and Churachandpur districts in 6 buses, 80 passengers from Imphal East district in 3 buses, 84 passengers, including 1 baby from Kangpokpi district in 3 buses, 226 passengers, including 2 babies from Senapati district in 6 buses, 54 passengers from Kakching and Toubal district

in 2 buses, 185 passengers, including 8 babies from Tamenglong district in 5 buses, 84 passengers from Noney district in 3 buses, 103 passengers, including 7 babies from Bishnupur district in 3 buses and 219 passengers from Imphal West district in 7 buses left for their respective districts from Jiribam. State Transport Department buses were utilised for ferrying the returnees to their respective districts.

Yesterday at the Jiribam Railway Station, all the returnees travelling in the special train from Chennai were screened by the authorities. The returnees boarded the buses after undergoing necessary screening process and other mandatory procedures under the supervision of the Jiribam District Administration. They will remain in isolation at the community quarantine centres for 14 days.

Are the Quarantine centres being converted into hotspots?

IT News
Imphal, May 24:

According to social media posts, 102 returnees from UP and Uttarakhand presently undergoing mandatory quarantine at designated centre at Haoreibi College Boys and Girls Hostel are living under pathetic condition with no proper drinking water, dustbin or hygienic arrangements or food, and no government authority has visited this place so far. A press statement issued by Laishom Ibomcha Singh, Former Secretary (Law)& Ex-MLA today further states that the sum of Rs 200 for every inmate staying at these quarantine centres promised by the state government have yet to reach the inmates, and also adds that if any government authority fails to visit and inspect

the said community Quarantine Centre by 2pm tomorrow, all the 102 inmates will return to their homes as per an ultimatum submitted to the Chief Minister. Terming the conduct of the state authorities as an abject negligence on the part of the state government, the former MLA cautioned that if the inmates carried out their threat due to the continued negligence of the state government without testing for the virus, it would prove catastrophic if any one of them happened to be Covid-19 positive, and would certainly cause a huge social unrest. Questioning the inequalities in facilities provided at different designated quarantine centres across the state and terming the same as discriminatory, the statement questioned the adequacy of Rs 200 for a day given the lack of fa-

cilities, food and water at the centre. Recalling the announcement of Rs 822.22 Crores by the centre on 20 May for Corona Management for Manipur state by Union Minister Dr. Jitendra Singh, as well as an appeal for Rs 100 Crores from the centre by the State Health Minister to Union Health Minister Dr. Harsh Vardhan, the statement questioned whether the fund has been actually transferred, adding that an utilization certificate would be required before further financial assistance can be availed by the state. Drawing immediate attention of the state government, the press release appealed the authorities to look into the discrepancies to make the sincere efforts of the state government of bringing back stranded Manipuri natives from different parts of the country a success.

Fighting COVID-19: lockdown is not the best policy – RPF

IT News
Imphal, May 24:

In view of the inconveniences faced by the daily wage earners, proscribed group Revolutionary Peoples' (RPF) questions the rationale behind the prolonged lockdown to contain the COVID-19 pandemic in Manipur.

A statement by Roben Khuman, Secretary Publicity of the RPF said that the COVID-19 which originated from Wuhan of China had spread to over 200 countries across the world. Considering the lockdown as the only means to contain the COVID-19 pandemic as no medicine has been invented so far. However, as the Lockdown

entered 4 stages it is time to ponder on how long it will continue, the RPF said.

The statement further said that in countries like South Korea, Japan, Spain, Singapore Cuba and Cambodia etc. proper health policy has been framed and relaxed the lockdown. Even in India too, certain areas mark as Red Zone has relaxed various sectors after the Lockdown 4 even as aviation, metro, mall, school, college, university and logistic has remain lockdown. Even the World health Organisation (WHO) has stated that we have to live with the virus.

The ongoing lockdown has created extreme suffering to the workers. Had the gov-

ernment of Manipur taken up appropriate measures when it was green zone some suffering could have been relieved. Lack of proper screening and proper quarantine center at Mao and Jiribam has created apprehension to the people, the statement said. Continuation of the lockdown without maintaining proper quarantine centre and conducting test is not a appropriate policy, the statement added.

The RPF said that following the lockdown for long will tarnish the work culture among the people of the state. It added that the COVID-19 pandemic should be taken as an opportunity to improve the economy of the state.

Assam: Senior journalists seek justice for lady scribe

By our correspondent
Guwahati, May 24:

At a time when journalists are keeping company with Covid-19 warriors at the forefront so as to keep people informed of the unprecedented crisis, some media houses are displaying rank heartlessness and irresponsibility. In a recent incident in Guwahati which has triggered widespread dismay among the journalist fraternity, a married lady reporter of a TV news channel has been given marching orders after she informed the management of her pregnancy and requested transfer to the news desk.

Taking serious note of the incident, a group of senior journalists based in Guwahati have sought the intervention Assam chief minister

Sarbananda Sonowal to ensure justice for the lady scribe. A national platform for women journalists, Network of Women in Media, India also called upon the National Commission for Women and the State Commission for Women to take suo moto cognizance of the matter.

The lady reporter as well as her elder brother, a popular theatre personality of Assam, too to social media to detail how she had even offered to go on 'leave without pay' so that she could rejoin work at the earliest after childbirth. But the management of Prag News, a city-based satellite news channel, instead asked her to resign forthwith. Meanwhile, she informed that she has been deprived of benefits under Employees'

State Insurance Corporation because of the management's default.

"My sister **** is forced to resign from Prag News (Assam) because of her pregnancy!!! Is there any law?" queried her brother in an anguished facebook post.

It has been reliably learnt that some other employees of the channel were also shown the door recently as a cost cutting measure due to the Covid-19 crisis. It is galling that some media houses are doing precisely this, that too when journalists are risking their health and working round the clock to gather and disseminate news.

"Whatever the reason, a lady scribe should not be sacked because of the natural process of conceiving after marriage," said a statement

issued by Biman Chandra Hazarika, Rupam Baruah, Manas Kumar Mahanta, Girindra Kumar Karjee, Mukul Kalita, Sabita Lahkar, Nava Thakuria, Nayan J Bhuyan, Biswajit Nath, Rajib Choudhury, Digambar Patowary, Anjanil Kashyap, Anirban Choudhury, Dipankar Devsarma, Ranjan K Barua, etc.

Arguing that the incident would send a wrong signal against the recruitment of women in offices and it would finally jeopardize the

campaign for women's empowerment in the country, the senior journalists also appealed to media workers, particularly women

workers, to rise to the occasion so that the discriminated scribe gets due justice at the earliest.

DAMMS condemns discrimination to Pangals

IT News
Imphal, May 24:

A statement by Delhi Association of Manipur Muslim Students (DAMMS) said that maximum number of Manipuri students stranded in Gujarat is in Bharuch district.

It said that despite having highest number of students in this district, it has been reported that not a single student from this district has been included among the first evacuees who had headed back home on May 15.

On May 23 more than 200 pangals who all are in possession of valid IDs and valid train tickets have been abominably shackled from boarding the train after making them wait for more than two hours at Bharuch train

station and the train have been left empty seated. And after, they have been told to go away by the train authorities and anyone who tried to enquire a bit was threatened to be in custody.

The DAMMS said that it was a complete humiliation and deliberate act of discrimination against the vulnerable groups and also a blatant irresponsible attitude of the government. The concerned authority must immediately intervene in this matter. If any situation arises to these stranded students, government should bear the whole responsibility, the DAMMS caution.

The Muslim students' bodystrong condemnation to the act of discrimination and exclusion.

Man arrested for prank call threatening to kill UP CM Yogi Adityanath

By Raju Vernekar
Mumbai, May 24:

The Maharashtra anti-terrorism squad (ATS) on Saturday arrested a 25-year-old man from Chunabhatti area in North East Mumbai, for allegedly sending a message on the Lucknow Police headquarters' WhatsApp number, threatening to kill chief minister Uttar Pradesh Chief Minister Yogi Adityanath, in a bomb blast.

In his message, the accused, identified as Kamran Amin Khan, claimed that he was plotting the attack on the UP CM. The message was received by the social media cell of UP Police's integrated emergency response centre UP112 in the early hours of Friday morning, following which a first information report (FIR) was registered at Gomati Nagar police station under sections 505 (1)(b) (causing fear or alarm to the public to commit an offence against the state or public tranquillity); 506 (for threat to cause death), and 507 (for

using anonymous communication for issuing threat) of the Indian Penal Code (IPC) against an unknown person.

After tracing the number used to send the message, to Khan, UP Police informed the Maharashtra Police and ATS started conducting an inquiry. Khan was picked up from Chunabhatti and brought to the Kalachowki ATS unit in South Central Mumbai. During his interrogation he confessed to the crime, an ATS officer said. Maharashtra ATS will hand over Khan to the Lucknow Police for further inquiry after being produced in a court for remand in Mumbai.

"We traced the accused using technical and human intelligence. He has a history of drug abuse but no criminal record. His actions seem to have been a prank. Even his number is saved on Truecaller as 'Yogi Ji'," an ATS officer said.

Points to ponder: Social Media during Lockdown

By: Brahmacharimayum
Sadananda Sharma

Have you ever considered spending your entire time on Social Media? You might not have given a thought but if you are consciously or otherwise spending more than 6-hours a day on Social Media platforms. You might be suffering from **Social Media addiction**, one of the most common addictions in today's generation. One may think it is because we live in the age of information and technology. Does it mean that it is not a problem? The problem is very real — the National Center for Biotechnology Information has placed it alongside main disorders.

Social media addiction is as dangerous and compulsive as drug addiction; as both have the potency to affect our lifestyle. Just like any other drug addiction, we often deny and casually brush off this type of addiction too. As the entire world is under lockdown at the moment and now that everyone has gone into isolation due to social distancing, the best way people are communicating and getting entertained is through social networking. Unfortunately, of recent Facebook, Instagram, Snapchat, YouTube, Tik Tok are not only an applications but has also become our identity and residential addresses.

We cannot deny the fact that we also get a big deal of knowledge and information due to social media presence including validation, exposure, connectivity, information, entertainment, and the social media satisfies us with a lot of emotions through just a device. Social media is also a market in its traditional sense and has huge economic value. Social media provides an endless job opportunity and many choose to become a social media professional. Social media as a profession is a very serious business of providing entertainment, information and connecting the world through a device and in the process also a means to earn unreal amount of money as well as fame and like any other profession

calls for unparalleled dedication, sincerity, hard-work and perseverance.

These days without proper knowledge and understanding of social media and its required investment, many people goes insane, finding in insanity a feeling of importance in social media that they were unable to achieve in the real world and when people are so hungry for a feeling of importance, validation and exposure that they actually go insane to get it and started showing odd behaviours in public social media platform.

According to a study, social media addiction can cause problem like stress, anxiety, sleep disorder, attention deficit hyperactivity disorder (ADHD), insomnia, emotional exhaustion, frustration, jealousy, body insecurity etc. This means that if not careful social media alone can lead to 99% of the diseases in our life. And how do we try to distract ourselves from these problems is by resorting again back to social media for comfort.

Also as per the data from International Telecommunications Union, in the year 2019, the time spent by the internet users was 53.6% and it may increase in this year also. And it is obvious that it would happen after all, we never experienced anything so sophisticated environment earlier and to be fair to the digital generation, social media is a necessity today rather than a luxury. Most people enjoy it so much that they want more and more of the feeling and acceptance from others in social media and then, it becomes an addiction.

Due to the sudden nation-wide lockdown, people are using internet at their homes much more than before due to which, there is another problem of social media addiction brewing right next to the corona virus. In fact, there has been a massive spike in social media usage after the lockdown was announced. According to a survey, internet browsing has gone up by approximately 72% since lockdown and there has been a 75% incre-

ment especially in the traffic on WhatsApp, Twitter and Facebook.

As per the studies of NIMHANS (The National Institute of Mental Health and Neuro Sciences), an increment of approximately 50% has been found in gaming addiction over the past few weeks. As a fact, an increment of 87% in internet usage was observed in the first week of lockdown itself, it is also important to know that social media addiction was a social phenomena even before lockdown but what changes after lockdown is that those graphs of the traffic almost all the social media is escalating rapidly. As a result the situations were already bad enough and now they have gone from bad to worse. The problem of social media addiction is so common that it doesn't seem like a problem at all, and that is why, introspection and not inspection can help you find out whether you are a social media addict or not.

And also social media addiction is not just the problem of youngsters even adults also spend excess time on social media, and it is not just the fault of the users, it is the negative impact of globalization.

The social media applications plays with our psychology through their advanced algorithms, for example we used to get unlimited and infinite news and post feeds including various type of pop up notifications, this will keep our brains in a depression. Especially in the teenagers where likes, comments, followers give them validation. They relate these to their personalities, validation becomes an important necessity which is utilized and took advantage by these apps hugely.

Since, handling a Social Media account has become a current trend or influence from society. Many married couples also started engaging more and more and leads to relationship issues. According to family law firm Mckinley Irvin's new info graphic, with one in three marriages ending because of an

online affair, Facebook and Match.com are playing big rolls in the reason people divorce.

As social media has both negative and positive impact on the society, we have to try and do everything within a time limit, pay attention to our conventional hobbies. If your hobby is social media, I have got a very bad news, social media is not a hobby! There is a need to monitor the time we spend on social media and we should be aware of how many hours we are spending on the social media and how many hours can we go without it? In other words, setting time limits, keeping our phones at a distance where we cannot reach out easily and keep silent mode when engaging in work. This way we can start taking baby steps towards social media detoxification or for that matter de-addiction.

To be honest, in name of connecting people and gathering information through social media and running here and there in YouTube, Instagram, Twitter, Facebook we get an excuse that this is our normal life and in the process we become a 24-hour addict. It is high time that we introspect our own behaviours. There is no need to be ashamed of being a social media addict rather accepting and realising the truth sooner will surely help in the long run and in starting the de-addiction process.

To treat these kinds of addiction is not the easiest thing to do and according to some of the specialized doctors, it requires lots of patience for the science and nature to work. In most of the cases, the treatment is being initiated by parents following the erratic behavior of their kids. As far as cooperation from the kids are concerned, it remains a variable as stress can cause fluctuation in their motivation, which in turn makes them less interested in the treatment. As a result Social Media addiction is becoming a bigger threat in this generations. May be the case is that technology has become more advanced before human was ready to handle and use it properly.

PREMS

Fight Covid-19!!

By: Mandakini Mallick

This is not a war we fight through shields and swords,
This is a fight, we win, through staying at homes

This is not a war, where we stand our grounds for loved ones,
This is fight where we need to flee for our loved ones,

This is not a war where bravery is showing your face,
This is a fight where bravery is hiding behind a mask,

This is not a war we win by being down and dirty,
This is fight, we win by being clean and tidy

This is a fight where you win and walk away
For the enemy can strike down others again

This is not a war where you bring an army
This is fight where you stand alone!

Economic Relief package for small businesses

By - Thingbaijam Dharmen, Senior journalist

The novel corona virus has wreaked havoc across the world, affecting the global economy, killing over 3.39 million people (as on May 23) and infecting millions. In the absence of a vaccine or drug to beat the contagious disease, many countries including India chose lockdown as a means to slow down the spread of the virus and save lives.

To shut down the entire nation of 1.3 billion people to slow down the spread of COVID-19 pandemic is a bold move which Narendra Modi government has taken with the notion that "the priority of the government is to save each and every life."

The situation arising out of spread of the pandemic in the country has necessitated the tough decision. It was taken despite the fact that the government knew the severe impact it will give to the economy of the nation. The economy of the country was expected to lose over Rs 32,000 crore every day during the complete lockdown, which was declared on March 24, following the corona virus outbreak. The economic impact of the COVID-19 pandemic in India has been largely disruptive.

The World Bank and rating agencies had initially downgraded India's growth for fiscal year 2021 with the lowest figures India has seen in three decades since India's economic liberalization in the 1990s. Within a month, unemployment rose

from 6.7% on 15 March to 26% on 19 April. More than 45% of households across the nation have reported an income drop as compared to the previous year.

To cope with the impending severe impact to the economy of the nation, the Central government, on May 13, unveiled a major booster dose of Economic Package entailing a series of initiatives for micro, small and medium enterprises including Rs three lakh crore worth of collateral-free automatic loans for businesses.

A subordinate debt of Rs 20,000 crore for stressed units, a fund of funds for equity infusion of Rs 50,000 crore and revision in the definition of MSME are among the steps announced by the government to help MSMEs recover from disruption caused by the corona virus-induced lockdown.

The MSME sector employs 11 crore people, comprising 45 percent of country's manufacturing output, 40 per cent of exports and almost 30 per cent of the GDP. This sector has been hit hard by the lockdown due to corona virus pandemic, with millions of unit staring at the prospect of closure and the threat of job losses.

To provide much-needed liquidity to millions of units in distress, Finance Minister Nirmala Sitharaman announced the relief measures. They reflect Prime Minister Narendra Modi's commitment to revive the economy, help small businesses and boost

employment. These measures will surely help small businesses meet their operational liabilities, some of which have built up due to COVID-19, and resume their business.

Impact on Manipur
Centre's relief measures will be a boost for the North Eastern states including state like Manipur which has a share 0.3 per cent in MSME businesses against its 0.2 per cent share in national population.

As per the Ministry of MSME, report, from 2015 to 2019, a total of 68.25 lakh business registrations were done in the Udyog Aadhaar Memorandum (UAM) for the country.

Manipur tops the MSME business registration in NE. Out of 68.25 lakh business in Northeast region, the state has around 12,438 business registrations, Tripura had 2317, Assam had 2000, Mizoram had 1003, Meghalaya had 795, Nagaland had 292 and Sikkim had 288 business registrations.

Manipur has no large industry, except for two units under medium sector with the rest either in micro or small sectors which are mainly in food processing or horticulture and agro based industries. There has been tremendous improvement in the overall industrial climate of the state in the last few years which the present government claims due to government's aggressive push for business and entrepreneurship under the Start-up scheme.

Consequent upon Prime Minister Narendra Modi's announcement of

Rs 20 lakh crores economic package aimed at uplifting the economy weakened by the nation-wide lockdown and COVID-19 pandemic, Manipur government had already distributed emergency working capital finance to 41 MSMEs on May 15.

The assistance is being provided in coordination with the State Bank of India and Punjab National Bank to enable the MSMEs to resume their normal functioning.

While distributing the emergency working capital, state chief minister N Biren Singh had observed that Manipur's future lies on agro-based industries and MSMEs and the financial assistance in the form of loans from different banks to these enterprises would prove to be a success as repayment rate is now encouragingly high in the state.

Local to Global
Prime Minister has given a focus to the reforms envisaged in the Economic Package: he has stressed on being self-reliant and make Indian companies grow globally. This will give a boost to the MSME sector in several ways and they are expected to integrate with the national, and later global, supply chains in a much more effective way. Rich in natural resources and talented manpower, these reforms will surely turn the present crisis into an opportunity for the country. (PIB Feature)

LETTER TO THE EDITOR

On Maharaj Chandra Kirti Park

Sir,

The proposed Maharaj Chandra Kirti Memorial Park at Behiang village Churachandpur bordering Myanmar is one of the right step for stronger ties between Meetei and Kuki.

It was in the year 1885 that Kamhau Suhte from Ava (Burma) captured Maharaj Chandra Kirti into Burma along with some of his subject.

Upon learned that Maharaj Chandra Kirti was captured by Kamhau Suhte and taken into Burma, the Kuki armies numbering around 500 forces went into Burma and rescued Maharaj Chandra Kirti from captivity and rethroned him as the Maharaj of Kanglei Manipur.

In the same year after returned from Kamhau Suhte captivity, the Maharaja had a durbar in which he (Chandra Kirti) proclaimed that "Hills are the wall, Kukis were the defenders, oh! Manipur land of jewels" and presented Kuki armies leaders a swords in recognition of their bravery.

So it is justified that proposed Maharaj Chandra Kirti Memorial Park at Behiang which is going to be International Trade Centre in Churachandpur is to foster more ties between Meetei and Kuki in the days to come

Yours Sincerely,
L. Nehkholien Haokip
Laizon Veng, Tuibong
Churachandpur

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