

Daily Recoveries Outnumber Daily New Cases for the 6th Consecutive Day

Less than 3 Lakh daily New Cases for three successive days

PIB
New Delhi, May 19:

India's Daily Recoveries outnumber Daily New Cases for the sixth consecutive day. 3,89,851 recoveries were registered in the last 24 hours.

India's cumulative recoveries have reached 2,19,86,363 today. The National Recovery Rate has grown further to touch 86.23%.

Ten states account for 74.94% of the new recoveries.

Continuing the positive trend, India records less than 3 lakh new cases for three consecutive days.

2,67,334 New Cases were registered in the last 24 hours.

Ten States reported 74.46% of the new cases in last 24 hours. Tamil Nadu has reported the highest daily new cases at 33,059, followed by Kerala with 31,337 new cases.

On the other front, India's total Active Caseload has decreased to 32,26,719 today.

A net decline of 1,27,046 is witnessed in the last 24 hours.

It now comprises 12.66% of the country's total Positive Cases.

8 States cumulatively account for 69.02% of India's

total Active Cases. More than 20 Lakh tests were conducted in the last 24 hours (the highest ever conducted in a single day in India), while the daily positivity rate has declined to 13.31%.

20.08 lakh tests conducted in the last 24 hours in the country is also a global record. Over 32 Crore tests have been conducted so far across the country.

The cumulative number of COVID-19 vaccine doses administered in the country has reached 18.58 Cr today under the Phase-3 of the nationwide Vaccination Drive.

A total of 18,58,09,302

vaccine doses have been administered through 27,10,934 sessions, as per the provisional report till 7 am today. These include 96,73,684 HCWs who have taken the 1st dose and 66,59,125 HCWs who have taken the 2nd dose, 1,45,69,669 FLWs (1stdose), 82,36,515 FLWs (2nddose), 64,77,443 beneficiaries under 18-44 age group (1stdose), 5,80,46,339 (1stdose) and 93,51,036 (2nd dose) beneficiaries aged 45 to 60 years. 5,48,16,767 1st dose beneficiaries and 1,79,78,724 2nd dose beneficiaries of more than 60 years old.

Manipur sets up expert committee to study COVID-19

Imphal, May 19:

The state government set up a seven-member expert committee in an attempt to understand the COVID-19 mortality rate amid the second wave triggered in Manipur.

Headed by health director Dr K Rajo Singh, the expert committee will examine the recent COVID-19 mortality cases in the state.

Other members include Dr A Santa Singh, director, RMS, Dr Kh Lokeshwar Singh, medical superintendent, JNIMS, Dr Th Dhabali, managing director, Babina Diagnostics, Dr S Jugindro, president, All Medical Association (IMA), Manipur state branch, Dr L Ashananda Singh, regional director, MoHFW, and Dr Lalhari Hmar, additional director of health services (MC).

The expert committee shall look into the recent COVID-19 mortality cases to identify causes and suggest remedial as well as preventive steps that may be taken at hospitals, COVID-19 care centres, and during home isolation.

The state has witnessed a surge in COVID-19 cases and deaths in the second wave, causing fear and anxiety among the public. The healthcare sector has been

batting hard and most hospitals, especially in the Imphal area, are reportedly packed with COVID-19 patients and unable to provide beds.

On Tuesday, the state registered 624 fresh cases and 20 deaths due to COVID-19. The total confirmed cases to date are 40,683 with 6,605 as active cases.

Moreover, altogether 612 persons had succumbed to the virus in the state.

PIL filed against disparities in disbursement of PRI fund

IT News
Imphal, May 19:

Parishad member of the 14-Uchekon Nongok Zilla Parishad of Imphal East district Seram Neken had filed a Public Interest Litigation (PIL) to the Manipur High Court pleading appropriate directives to all the concern state government authorities to comply with the direction given by the Deputy Secretary of the Government of India,

Ministry of Rural Development, while disbursing required funds to all the PRI of each district.

After hearing the petition, the double bench of the Manipur High Court comprising of Chief Justice Sanjay Kumar and Justice Nobin issued notice to the respondents to all the concern state government authorities to comply with the direction given by the Deputy Secretary of the Government of India,

Counsels of the respondents sought time to implead the Manipur State Rural Development Agency and is drawing & Disbursing Officers.

The division bench issued notice to Additional Advocate General, S Rupachandra to ascertain as to whether the needful has been done in terms of the sanction order of the government of India in so far as the state government of Manipur is concerned and to find out where the inaction lies if any.

The petitioner's counsel N. Jotendro in the petition stated that the PIL has been filed in order to prevent the unwanted expenditure of the state expenditure of the state exchequer while disbursing the sanctioned amount of Rs. 4,85,50,75,000.00/- (Rupees four hundred eighty five crore fifty lakhs seven thousand) in favour of the Manipur State Rural Development Agency's account number in the name of MNGREGA State Employment Guarantee Fund, Manipur in the state of India.

As per record with the health department the total number of people so far vaccinated with Covishield is

Voice of Imhal Times

Vaccination drive: Slow and steady is not going to win

IT Desk

Something seems to be seriously wrong on the Vaccination Drive for Covid-19 in the state of Manipur with no rigid policy to speed up the vaccination of those in need with the available stocks. Assurances to increase the number of vaccination centers in Imphal East and West districts for age between 18 to 44 years, by Health department authority yesterday turns as a joke with none between this age group who have already registered through cowin application were vaccinated yesterday.

Imphal Times yesterday had reported that only 1,828 people within age group 18 to 44 were vaccinated on the first day of the 3rd vaccination programme when the total population of this age group is 14,29,503 as per the 2011 census report. The second day, i.e on May 18, after some authority of the State Health Department had posted for increase of vaccination center in Imphal East and Imphal West district vaccination of this age group was reported nil.

As per the data released from the authority the total number of people above 45 years and those working in the health sectors and other frontline workers who got first dose vaccination was 4,805 and those who got 2nd dose vaccination was 204 people for the entire state of Manipur.

As per record with the health department the total number of people so far vaccinated with Covishield is

3,23,391 and the total number of people who got 2nd dose vaccine as on May 18 was 79,441. So arithmetic shows that the total doses so far vaccinated is 3,23,391 + 79,441 + 79,441 = 4,82,271 people. Among this only 1,828 people are between age group 18 to 44.

The total number Covishield vaccine doses received by the state as on May 12, 2021 was 5,52,230 doses. The first package of Covishield vaccine received by the state government from the center was on January 13, 2021. A total of 54,000 doses were received. Later on January 20 another doses of 48,000 was received. The largest quantity i.e. 2,45,000 doses of Covishield Vaccine was received on February 12. On March 5, state received 17,360 doses of Covishield vaccines, another 23,030 doses was received on April 5. On April 26, 50,000 doses of covishield was received and another 75,000 doses was received some few days later. That was the time when vaccination at private centers have to be put on halt due to limited stock of the vaccines with the state government.

Later on May 12, 39,840 doses of covishield was received and the vaccine received on the day has been announced for starting of the 3rd phase programme. So, the total vaccine received till May 12 was 5,52,230.

In a letter from the Ministry of Health and Family Welfare, Immunization division of the government of India another 50,000 doses of covishield has been allocated and state authority is likely to

receive it either today or tomorrow. With this additional number of doses the total doses of covishield vaccines received by the state is 6,02,230 doses. So the number of covishield vaccine doses in stock with the state authority is 1,29,925.

The stock of covishield vaccine doses in stock with the state government is inadequate as there are around 15 lakhs plus people (approximately) yet to be vaccinated. However, if the state authority are serious enough then this doses left can reach out to people in need in just one or two days. And it is irrelevant to blame the cowin registration as mandatory as the government will not find difficult to utilize computer technicians from other department to speed up the registration as it was stated mandatory.

As per the data of vaccination available in the last few days vaccinations done per day was on an average of around 6000. This means to complete the remaining doses in stock with the state vaccine store, under the Manipur state health department, it will take almost 8 months to complete it.

As per sources from the Union Ministry of Health and family welfare department the dispatchment of vaccine are done base on the performance and vaccine requirements.

With this slow and steady policy in the vaccination drive being seen today, there is no way to say that Covid-19 vaccination is a total flop in the state.

New Recommendations of NEGVAC accepted by Union Ministry of Health

PIB
New Delhi, May 19:

The National Expert Group on Vaccine Administration for COVID-19 (NEGVAC) has shared fresh recommendations regarding COVID-19 vaccination with the Union Ministry of Health and Family Welfare.

These recommendations have been based on the evolving situation of the COVID-19 pandemic and emerging global scientific evidence & experience.

Union Ministry of Health and Family Welfare has accepted these recommendations, which are as follows, and has communicated these to the States and UTs also:

Deferring the COVID-19 vaccination in the following scenario:

i. Individuals having lab test proven SARS-2 COVID-19 illness: COVID-19 vaccination to be deferred by 3 months after recovery.

ii. SARS-2 COVID-19 patients who have been given anti-SARS-2 monoclonal antibodies or convalescent plasma: COVID-19 vaccination to be deferred by 3 months from the date of discharge from the hospital.

iii. Individuals who have received at least the 1st dose and got COVID-19 infection before completion of the dosing schedule: the 2nd dose should be deferred by 3 months after clinical recovery from COVID-19 illness.

iv. Persons with any other serious general illness requiring hospitalization or ICU care should also wait for 4-8 weeks before getting the COVID-19 vaccine.

An individual can donate blood after 14 days of either receiving of COVID-19 vaccine or testing RT-PCR negative, if suffering from COVID-19 disease.

COVID-19 vaccination is recommended for all lactating

women. There is no requirement for screening of the vaccine recipients by rapid antigen test (RAT) prior to COVID-19 vaccination.

Regarding COVID-19 Vaccination of pregnant women, the matter is under discussion and further deliberation by the National Technical Advisory Group on Immunization (NTAGI).

The Union Health Ministry has written to States and UTs to direct the concerned officials to take note of these recommendations and undertake necessary action for their effective implementation. States have been advised to ensure effective dissemination of the information to service providers as well as the general public, through use of all channels of information and communication in the local languages. States have also been advised to undertake training of the vaccination staff at all levels.

PM Modi reaches Gujarat to review situation after cyclone

14 bodies of the crew recovered from the Arabian sea

IT Correspondent
Mumbai, May 19:

Prime Minister Narendra Modi on Wednesday reached Bhavnagar in Gujarat to review the situation in the state in the aftermath of cyclone Tauktae, in which 13 people were reportedly killed on Monday through Tuesday.

Modi was received at airport by Gujarat Chief Minister Vijay Rupani. They proceeded for an aerial survey of Una, Diu, Jafarabad and Mahuva, an official said. After the survey, the PM is scheduled to hold a review meeting at Ahmedabad.

The cyclone made landfall in Gujarat on Monday, packing winds with speeds of 155-165

kilometers per hour, gusting to 190 km/hour. Later the cyclone storm weakened into a deep depression and lay centres over Saurashtra, about 60 km north-northeast of Ahmedabad on Tuesday night.

The cyclone pummelled parts of Gujarat and left behind a trail of destruction along the coast.

At least 13 people were killed, over 16,000 houses were damaged, and more than 40,000 trees and over 1,000 poles were uprooted in the storm. The Gujarat government had shifted over a lakh people living in coastal areas to safer places after the India Meteorological Department issued warnings of tidal waves and

flooding following the cyclone

In the meanwhile nearly 14 bodies were recovered from the Arabian sea of the crew of the barge "P-305" which sank off Mumbai coast during the cyclonic storm on Monday evening.

The barge was deployed at the Heera platform, the largest of the Oil and Natural Gas Commission (ONGC)'s rigs in Bombay High. It was "out of control" for three days and help was sought from the Coast Guard. It sank on Monday evening in an extremely severe cyclonic storm with winds of 80-90 knots, wave heights of 6-8 meters, continuous rains, heavy clouding and almost zero visibility. It was an accom-

modation barge and had no engine to power it. It hit one of the oil rigs in the vicinity and resultantly the water gushed into it.

Out of 261 crew onboard the barge, the Indian Naval Ships "Beas", "Betwa" and "Teg" which joined "INS Kochi" and "INS Kolkata" for undertaking SAR operations, rescued 180 crew members on Tuesday. The SAR was augmented with P8I and naval helicopters, who continued to undertake an aerial search in the area. The Barge P-305 was deployed by Afcons Infrastructure Limited, for a contract the company had got from ONGC.

Once a SIREN of life; now a SIREN of THREAT!!!

By: Mayanglambam Merina

The screeching sound of SIREN every now and then has created a phobia like somewhat sort of a "PANIC BUTTON" which now is loaded with unexplainable scary experiences. The situation of this pandemic has slowly making us all like a big "Threat of Circus" where none of us are ready to be the Hero or the Heroine of this "BIG PANDEMIC SHOW".

These bloody four months has made us more than a robot either in terms of our normal life schedule or in any so call circle of life.

It really makes us think over and over again what have this human race up to all these years that at the end we have to face such unexplainable things happening suddenly in front of our own eyes which we unlikely and had no choice but to accept.

Won't let Darwin fail this time!! Was it his theory of "Survival of the fittest" his own invention or he did really had a vision earlier?

The then thinkers from history, politics, social anthropology has taught and we all mugged it up to get fat marks and pass our exams to get such degree but how many of us have ever really imbibed such teachers which came pouring out from those great minds???

Little did I realised we all have become like a "seasonal pickle" all jumbled up inside an old glass jar which was once being decorated royally in a shop.

We may think we have technology, we have knowledge but at what cost depending on the present scenario or more such like situation to come???

Why all nations too engrossed in developing weapons, armaments?? Why all human race felt proud to take part in any kind of war against one another?? Why the whole man in this world still finds the other half as an object denoting and symbolising as commodity and only flesh of SEX?? Who has started all such mess and from which ERA?? Are we again going to invest all the economy of this world to start investigating and researching about WAR, Rape, pandemic attacks???

Generation after generation in all the pages inside Encyclopedia we see war, discovery and inventions just like a handbook of "Handy Museum Pocket Book". When will we start treating our own people with love and respect not as a show off but indeed from a worth of value.

Where are those moral sciences stories, where are those bed time Stories and lullaby which was once used as a means of coping mechanism in good and bad times soothing our little ones.

The dirty heinous politics of war through hyper sensitive news and virtual information's coming in a package in one size of our palm. When are we going to stop discriminating one another over this and that issue?? Are we fighting against Aliens?? If they really exist then they must be watching all of us like a series.

At this crucial juncture who has the remote of our life? Business at the time of pandemic creating a havoc to all. Some are selling basic things at higher prices. Buyer have gone mad turning into excessive buying behavior of not knowing what is important and what is not. People have no clue either to go for traditional medicine or go for Allopathic drugs. All in one just have in mind is not to get affected in any cost.

Panic buyers have become a prey from those psychotic sellers who are taking advantage of any situation. Roads have become like a silent grey painting on the wall.

News either fake or real have become the discussing topic along with every morning tea. Alas!! This life has become a reel which is still shooting on its own... taking unimaginable different frames, different cuts and panning from angle to angle for the spectators.

Until and unless we take the simple and slightest precautions and follow the measures and obey the law which was created not only to remain just inside those white papers or some entrance guidebooks or in some official files, one should not forget for "WHOM" it was created and abide by it then only one could be sure those " Screeching Siren's " would reduce and we may all once again get some good night sleep hoping for a bright new day bringing an end of this pandemic.

AR organises Covid awareness and appropriate behaviour drive in CCpur

IT News
Imphal, May 19:

In its relentless pursuit to reach out to the local populace amid COVID pandemic, Loktak Battalion Assam Rifles under the aegis of IGAR (East) organized a COVID Awareness and Appropriate Behaviour Drive in Hengle Sub-division of Churachandpur District, Manipur on 19 May 2021.

The awareness drive included a Road Show to spread awareness on resurgence of COVID and disseminated "Do's and Don'ts" including importance of social distancing and vaccination. The residents were also sensitized on adherence to the guidelines of COVID to restrict the community spread of the pandemic and were distributed Face Masks and Hand Sanitizers during the event.

Assam Rifles apprehends one active UKNA cadre in Churachandpur

IT News
Imphal, May 19:

In a major breakthrough against illegal extortion being carried out by insurgent groups in Manipur, Churachandpur Battalion Assam Rifles apprehended one active UKNA (Non SoO group) cadre from general area B Vengnuam, near Tuibong Bazar in Churachandpur Town on 17 May 2021.

Based on reliable intelligence inputs, Security Forces launched an operation in general area B Vengnuam and apprehended one active UKNA cadre and recovered five printed demand letter heads being used for illegal extortion and tax collection in the area along with two mobile phones.

The apprehended cadre identified as S Lhaunmang Haokip resident of Village B Vengnuam, Churachandpur, Manipur and was handed over to Churachandpur Police Station along with recovered items for further investigation.

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Efficacy & Hesitancy of Covid Vaccine

By: Sanjenbam Jugeshwor Singh
Asst.Prof.JCRE Bhabha College, Babupara, Imphal

India is now identifying more than 1million coronavirus cases every three days with many times more thought to be going unregistered in a vast country where public health surveillance is often poor. Daily deaths exceeds 4000by 18th May but these too are thought to be many times higher. Epidemiologists and other experts are speculating that several factors have coalesced over the past months to bring India to the point of the world's worst Covid-19 outbreak. In Manipur too, out of 3,201 tested, 624 were found positive and 20 new death reported by the evening of 18th May 2021. One idea is that India's second wave is being driven by highly infectious variants of the virus that causes Covid-19. The so called "double mutations" or B1.6.7 variant has received significant attentions, though virologists note that it does not appear to be the dominant strain across the country and nowhere near have enough samples of the virus been taken to firmly place the blame on any one variant. The U.K variant is driving infectious in parts of India, as well as other mutations that are yet to be studied properly. The best guess of epidemiologists is that these are more infectious than the iterations of the virus that were spreading in the country last year. We can say (these variants) are all more infectious based on their behavior. Though, in India we have not been able to correlate the mutant variants with the surge based on what we've seen earlier (in the U.K and elsewhere), it's the legal explanation.

Varian's of interest or concern have been circulating in India since at least last December, when cases there were still declining, so they are unlikely to be the only factor driving this renewed outbreak. India had largely relaxed its social distancing one, quarantine measures by March a decision now viewed as a profound political misjudgment. Official case number in India started to decline steeply from September. It could have been an opportunity to grid the country's healthcare system and build vaccination infrastructure ahead of a large second wave of the kind that other countries had witnessed and which many scientists were warning was inevitable. Instead, the Indian Prime Minister, Narendra Modi, pressed ahead with

election rallies, where he boasted about the size of the crowd and Cricket matches including in a new stadium that bore his name. His Bharatiya Janata party declared India had beaten Covid-19 in a laudatory February resolution. Events permitted to go ahead included the Kumbh Mela, one of the largest gatherings in the world, which drew millions of pilgrims to the bank of the river Ganges over several weeks and probably provided no shortage of potentials hosts for whatever variants were circulating. For many Indians living in crowded slums or forced to work to survive, social distancing is impossible. Yet others, especially middle-class people in larger cities were able to take Covid-19 precaution last year that helped to slow the spread of the virus. Taking the cue from their leaders. Many Indians abandoned these measures through February and March, returning to restaurants, salons and malls. For some, this has been a fatal decision. India has many excellent hospitals and medical professionals, but its state healthcare system is one of the most poorly funded in the world, hovering at a little over 1% of GDP. There is less than one doctor for every 1,000 people and that figures drops further in rural areas and poor states. The result is a fragile system built on fewer beds than required and supplies of medical equipment's, drugs and oxygen that cannot withstand a surge of cases. It also means less ability to track the scale of the pandemic. In rural areas, especially most people are thought to die at home, their cause of death unregistered.

India entered the pandemic as the world's largest producer of vaccine. It continues to produce more than 80 million doses a month, but now being stripped by China and U.S, who made significant investment in their manufacturing last year. India in contrast is running into shortages even though vaccine take-up among Indians has been slower than expected with about nine in 100 people receiving at least one dose so far. But owing to its sheer size, vaccinating its way out of pandemic imminently out of India's reach. As of last Saturday, there were about 1 billion doses administered worldwide. If every single one of those had been used in India, and assum-

ing a two dose regimen (Johnson & Johnson's formulation is the only one-dose vaccine so far), the total sum would have been enough to inoculate about 500 million Indian-leaving about 400 million adults still awaiting a shot. Many months later than would have been wise, the union Cabinet has taken steps to increase the supply of vaccine. Last week, it announced a new set of regulation governs the third phase of vaccine roll-out. These included the opening up of the private market in vaccine, allowing all those above 18 years access to vaccines through channels other than the existing one supervised by the union government. That channel will have the right to half the vaccines produced and it will pay the concessions rates that had earlier been agreed upon between the government and the two vaccine producers, Bharat Biotech and the Serum Institute of India. While vaccines will continue to be available to the union government at Rs 150/ shot, state government will pay Rs400/- shot for the vaccine by SH and private market it will pay Rs 600/ shot. For Bharat biotech, COVAXINE, it will cost Rs 600/ for state government and Rs 1,200/-for private hospitals.

In January, French president Emmanuel Macron called the AstraZeneca -oxford coronavirus vaccine "quasi-ineffective "for people over 65, on the day that the European medicines agency(EMA) recommended approving it. Although some 20 million doses of the vaccine developed by AstraZeneca, based in Cambridge, U.K have been administered across Europe, a political war of words has erupted over its safety and efficacy. Such interventions risk increasing vaccine hesitancy. Communication and vaccine safety and efficacy must always be handled with extreme care. Last week, more than 20 European countries paused the vaccine's roll-out for few days after a very cases of blood clots were detected in the people who had been vaccinated. There were 7 cases of clots in multiple blood vessels (disseminated intravascular coagulation) and 18 cases of clotting, known as cerebral venous sinus thrombosis. Among the people affected 9 deaths had been recorded. In Manipur too, 5 persons who re-

ceived two jabs of vaccine reported positive and 9 persons after single jab. Vaccine hesitancy is mounting concern around the world and Europe is now experiencing its third wave of pandemic. It's becoming clear from research that mistrust in government is a factor for those reluctant to be vaccinated. Mistrust in governments comes in many forms. In France, vaccine hesitancy is associated with public controversies involving the government and pharmaceutical industry. Research say that a loss of trust coincided with government overestimated the need for vaccine against H1N1 swine influenza in 2009.

A team of over 1,000 lawyers and over 10,000 medical experts led by Dr.Reiner Fullmlich , have begun legal proceedings against CDC, WHO and the DAVOS Group for crime against humanity. Dr. Fullmlich and his team present the faulty PCR test and the other for doctors to table any comorbidity death as a Covid death as fraud. The PCR test was never designed to detect pathogens and is 100% faulty at 35 cycles. All the PCR tests overseen by the CDC are set at 37 to 45 cycles. The CDC admits that any tests over 28 cycles are not admissible over 90% of the alleged covid case/ infections, tracked by the use of their faulty tests and fraudulent death certificate, the experimental vaccine itself is in violation of Article 32 of the Geneva Convention. Under Article 32 of 1949 Geneva Convention IV, mutation and medical or scientific experiments not necessitated by the medical treatment of a protected person are prohibited. According to Article 147, conducting biological experiments on protected persons is a grave breach of the convention. The experimental vaccine is in violation of all 10 of the Nuremberg Codes which carry the death penalty for those who seek to violate these International Law. The vaccine fails to meet the essential requirement to be considered a vaccine and is by definition a medical experiment and trial. Crime against humanity affects us all. They are a crime against you, your children, your parents, your grandparents, your community and your country and your future.

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Smartphones and Stresses



By : Jainghaolun Haokip

Today, the best way to hush a baby is to hand them a smartphone. You need to play a video they like and hand them the device to make them stop crying. For instance, our little girl would always demand that we play 'The Finger Family Song' otherwise she would start all her dramas.

Smartphones undeniably have a massive impact on our world today, especially on the younger generation. Even before completing their high school we start getting them smartphones where they can access the world at their fingertips. Within a short span of time, these children start being obsessed with their smartphones, to the point where they literally almost make it a part of themselves.

While the younger teenagers are

simply onto videos that they entertain themselves with, the bigger problem is with the younger adults (late teens to early twenties) who are onto various social media platforms that are often taking them away from reality which in most cases proves to be extremely defective in the long run. It is to be reckoned that for these younger adults, it is the time when they experience significant changes both physically and mentally and hence are always in search of ways to be able adapted to these changes that are often stressful and highly anxious for them, and given that situation they somehow learn to rely on drugs and social media.

Simon Sinek, one of the leading life coaches today says that using smartphones and engaging in social media platforms like Facebook and Twitter releases a chemical called Dopamine which is the exact same chemical that makes us feel good when we smoke, drink, or gamble. This means that like intoxicants, social media platforms are also highly addictive as it is evident from young people using it to help them cope with the stress and anxiety of adolescence. It is the same reason why we are so obsessed with checking the number of engagements in our social media. In other words, our lives become wholly or partially determined

by social media.

Unfortunately, this becomes hardwired in our brain for the rest of our lives that when we suffer significant stress we do not turn to a person but we turn to drugs or social media or both. As we grow older, we don't know how to form deep meaningful relationships because we have never practiced the skill set, and worse we don't have the coping mechanisms to deal with stress. Social media becomes an escape that offers temporary relief. But what about the long run?

It is true that people who spend more time on Facebook suffer higher rates of depression than people who spend less time on Facebook. This is because we miserably fail to cope with the reality of our changing stages of life. Instead of facing the real problems that we have and learning the coping strategies we need, we tend to run away from our problems and always try to find an escape in other things such as social media and drugs. Like mentioned before, this badly affects our lives that when we are faced with reality, the only thing that is left for us becomes depression and anxiety.

Many youths today are addicted to social media. A bigger concern is that we want to show the world who we want to be but that which we cannot be because we are wasting our time on social media futilely hoping

that it will provide a shortcut to happiness. But, on the other hand, happiness has to be earned. Contentment has to be earned. Everything worth in life has to be earned and there are no things as shortcuts. If you take a shortcut to happiness, your happiness will be short-cut. It simply wouldn't last like the saying goes 'Everything worth takes time.'

The younger generation has to understand this today that they need to find a balance no matter how tempting social media is and how dull their studies are. There is nothing wrong with social media, the problem is the imbalance. Don't be on your phone when you are sitting with your friends. If you are in a meeting, don't constantly look at your phone as if you are about to win a lottery. Stop checking your phone every other time inside the church. Otherwise you are already addicted and that's a really bad sign for your future.

We need to face the stresses now somehow, otherwise the more we run from them, the bigger and more destructive they become. Keep away your smartphones today and deal with your stresses like a real person. Give yourself some time to really think and not to really distract yourselves. All you have to do is simply let the first things first and follow the rules of life. Life will just be fine then.