

## Congress party slams BJP Govt. of harbouring corruption



IT News  
Imphal, Dec 10:

President of the Manipur Pradesh Congress Committee (MPCC) K. Meghachandra today slammed the present BJP led Manipur Government for its inaction against the siphoning of the public money by officials of RD and PR and contractors.

Speaking to media persons at Congress Bhavan here in Imphal today, the MPCC President K. Meghachandra said that even after knowing that a huge amount under PMGSY has been siphoned by RD & PR no action has been taken up by the Chief Minister besides his promises to make the state corruption free. He said that it is unfortunate that the concerned Minister of the RD

& PR had turn down their request for a joint inspection to the site where works were not completed but withdrawn money.

"On March 31, 2020, a total amount of Rs. 8 Crore 29 lakhs has been withdrawn for PMGSY work in package Number MN03101 (Galkpot to Gamhui Part 2) and Package Number MN03102 (Galkpot to Gamhui Part 3) under Thanlon Block of Churachandpur District", Meghachandra said.

He added that it is clear that there is no completion of the roads after the congress party inspected the site. The Gange Tribe Council had also verified that money has been withdrawn without constructing the road.

The State Congress Presi-

dent also said that earlier too the MPCC had inspected the 17.5 Km long Noney to Nungdang section of road and they have found that bill amount of Rs. 14 Crore 44 lakhs have been withdrawn without completing the road.

"What is surprising is that when there are complete evidences of non completion of the road and withdrawing the bill amount without completion a 3rd package under the PMGSY has been sanctioned", Meghachandra said.

The MPCC President alleged the BJP led government of Manipur of harbouring corruption. He said that Manipur is sinking and will keep continue sinking like the Titanic ship under the pool of corruption if the BJP led government continue.

## Don't let the western giant tech colonise your mind - Prof. N. Lokendra to youths on International Human Rights Day

IT News  
Imphal, Dec 10:

Vice Chancellor of Manipur University Prof. N. Lokendra Singh today expressed serious concerns to the colonization of mindsets of today's youths by western base giant technology IT firms through different social media platforms. Speaking as the Chief Guest of the International Human Rights Day observance organized by the department of Law, Manipur University, Dr. N. Loken said that youths and students of today's generation should introspect about what has been spreading through various giant IT firms based at US or Europe as there are apprehension that the message spread through various internet medium may colonized their mindset.

"Today many students spend their maximum times in internet engaging themselves in social media platforms and their minds are often driven by thinking process that those giant tech firm wanted us to think", Professor Lokendra said. He said that when India was under colonial rule by the British for around 200 years history was written by the colonial scholars on their perspectives and for their convenience of administering the country.



of administering the country.

"It was during the British time that the nomenclature Kuki and Naga has been used and recorded and thus the mindset of the people was taken at their desire", Prof. Lokendra said adding that the repercussion of the introduction of new nomenclatures has created chaos in the state of Manipur. Likewise, if the mindset of the people has been completely driven at the will of the giant tech firm the same repercussion may be faced by the future generation. While saying so Prof. Lokendra said that it does not mean that the

students and youths of today should stop using internet.

"There are many wisdom that can be gain from the internet, just take the good and positive information only so that the future is not been colonized.

He appealed the students of law to the guardian of the people in protecting their human rights.

Dr. Y. Premananda, Associate Professor and head of the Law Department who presided over the observance said that when Rights are not protected or respected then the so called Human being will no longer be human. "We are human being

so we have to ensure human rights", Dr. Premananda said.

Ng. Nongyai, former member of the Manipur Human Rights Commission also shared his experience on the status of human Rights of the people of the state. He said that ensuring compulsory education is mandatory to ensure human rights of the people.

The observance was also attended by Prof. Elangbam Nixon Singh, who is the Finance Officer of the Manipur University and editor of this newspaper Rinku Khumukham also attended the observance as guest of honours.

contd. on page 4

## UGC new draft norms: UG 'honours' degree only after completing 4 years and not three

Agency  
New Delhi, Dec 10:

Students will be able to get an undergraduate 'honours' degree after completing four years instead of three, according to new draft norms prepared by the University Grants Commission (UGC).

The draft 'curriculum and credit framework for four-year undergraduate programmes' prepared in accordance with National Education Policy is likely to be notified on Monday.

"Students will be able to get a UG degree in three years on completion of 120 credits (measured through the number of academic hours) and a

UG honours degree in four years on completion of 160 credits.

"If they wish to go for a research specialisation, they will have to undertake a research project in their four-year course. This will get them an Honours degree with research specialisation," the draft read.

"Students who have already enrolled and are pursuing a three-year UG programme as per the existing Choice Based Credit System (CBCS) are eligible to pursue a four-year undergraduate programme. The university may provide bridge courses (including online) to enable

them to transition to the extended programme," it added.

Currently, students get an honours degree after completing three years of undergraduate programmes.

The FYUP also allows multiple entry and exit options for students. If they leave before three years, they will be allowed to rejoin within three years of their exit and will have to complete their degree within a stipulated period of seven years.

The curriculum for FYUP, as suggested in the document, consists of major stream courses, minor stream courses, courses from other disciplines, language courses,

skill courses, and a set of courses on environmental education, understanding India, digital and technological solutions, health and wellness, yoga education, and sports and fitness.

At the end of the second semester, students can decide to continue with their chosen major or change their major.

Students will also have the option to go for a UG either with single major or double majors.

"A student has to secure a minimum of 50 per cent credits from the major discipline for the 3-year/4-year UG degree to be awarded a single major," read the document.

## BJP elects Bhupendra Patel as leader of Gujarat Legislative Assembly; Swearing-In Ceremony on Monday

Agency  
Gandhinagar, Dec 10:

A meeting of the newly-elected Bharatiya Janata Party (BJP) MLAs in Gujarat was held on Saturday in Gandhinagar, the saffron party chose incumbent Bhupendra Patel to return for a second straight term as the chief minister.

Meanwhile, the newly elected Congress MLA's who met in Shimla on Friday have unanimously passed a resolution authorising party president Mallikarjun Kharge to pick the legislature party leader, who will be the next Himachal Pradesh chief minister.



Pradesh chief minister.

Himachal Pradesh will have the most stable govt of Congress. 40 MLAs were elected & 3 other MLAs have pledged their support. We're 43 MLAs. Nobody will break away from Congress but from

BJP. They only set narratives. In the time to come, 6-7 BJP MLAs can come to Congress: SS Sukhu

Bhupendra Patel has been elected as the leader of the BJP legislative party; BJP MLA Harsh Sanghavi in Gandhinagar

Addressing the media after the over two-hour meeting, AICC in-charge for Himachal Pradesh Rajeev Shukla said the one-line resolution was passed unanimously and the party's observers would submit their report to its high command on Saturday.

contd. on page 4

## Thoughts on International Human Rights Day

IT Desk  
Imphal, Dec 10:

Today the world is observing the International Human Rights Day under the theme "Dignity, Freedom, and Justice for all" for promotion and recognition of the 75th Anniversary of the Universal Declaration of Human Rights which will be celebrated on this day, next year i.e. 2023.

This year's theme - "dignity, freedom, and justice for all" is incorporated with a call to #StandUp4HumanRights.

UN High Commissioner for Human Rights, Volker Türk, in a

statement said, "At a time when the world emerged from cataclysmic events, the Declaration set out universal rights and recognized the equal worth of every person."

Since the adoption of the Universal Declaration of Human Rights in 1948, human rights have become more recognised and more guaranteed across the globe. It has since served as the foundation for an expanding system of human rights protection that today focuses also on vulnerable groups such as persons with disabilities, indigenous peoples and migrants.

The Declaration of Human

Rights was agreed upon by 48 member states when it was first created (today the number of member countries has reached 193). The year-long campaign seeks to shift the needle of understanding and action towards greater knowledge of the universality of the UDHR and the activism associated with it.

People deserve to be treated fairly, with dignity, and respect. Every person deserves a set of rights by which they can live their life as they choose, and without being oppressed, suppressed or owned by someone else. The promise of the UDHR, of dignity and equality in rights,

has been under attack. The world is facing a climate crisis, the COVID-19 pandemic, increasing conflicts, economic instability, misinformation, racial injustice, and global setbacks on women's rights. People are frustrated and have lost trust with what's being seen as the inaction and irrelevance of governments and institutions in protecting human rights. Young people don't feel heard or know the existence of the Declaration.

Despite the efforts to protect human rights, the hostility toward human rights and those who defend them continues to rise. As a result, this year's Human

Rights Day advocates for everyone to stand up for their rights including civil, economic, political and cultural rights.

The day also acknowledges the advocates and defenders of human rights around the world.

For that reason, we the people need to digest the current state of our 'dignity and freedom of all forms' to ensure that justice be delivered to all people.

According to Dipak Misra, the former Chief Justice of India, human dignity as a concept is not easily definable or describable. One has to feel it and one has to understand and appreciate it.

According to Psychologist

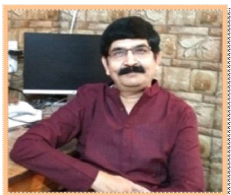
Donna Hicks, an Associate at the Weatherhead Center for International Affairs at Harvard University, and author of the "Dignity: The Essential Role it Plays in Resolving Conflict", "Dignity" is our inherent value and worth. The psychologist also said that dignity is also a core idea that sparked conflict between two identities. We all come to this world equally valuable and equally worth. So according to her when we honour somebody's dignity we accept their identity, we recognize their unique qualities no matter who

they are, we need to acknowledge the feeling of someone and also their sense of belongingness besides recognizing their freedom and independence. And to honour somebody's dignity is to make sure that they feel safe and secure both psychologically and physically. When we honoured somebody's dignity we give them benefit of doubt (about who they are? What are their experiences).

So, if one understands the dignity of a person imagine what would be the state of our society.

contd. on page 4

## Pramukh Swami Maharaj - a stalwart among humans who embodied compassion & humility

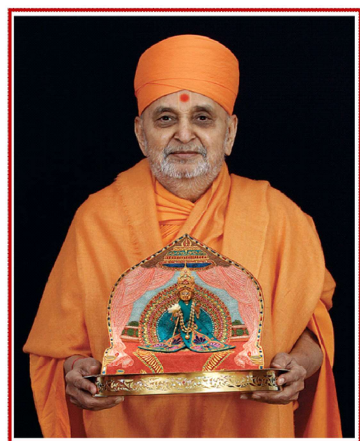


By: Vinod Chandrashekhar Dixit

As part of the birth centenary celebrations of BAPS Brahmawarup Pramukh Swami Maharaj, a birth centenary festival is being celebrated in Ahmedabad from December to January. It is estimated that lakhs of devotees from across the world will gather at the site of 'Pramukh Swami Nagar'. Thousands of volunteers have been working for the past one year to set up the Pramukh Swami Maharaj Nagar. The town's layout, which was designed by Swaminarayan and includes various cultural attractions. Pramukh Swami Maharaj was Bhagwan Swaminarayan's fifth spiritual successor. He led by example; his humility, faith in Bhagwan Swaminarayan, and compassion inspired millions of devotees and over 1000 sadhus to maintain moral and spiritual lifestyles. His secular and spiritual greatness was on an extremely high level, yet he was able to relate to each and every individual he met according to their status and circumstance.

He used to say that "To think is great, to live is greater and to inspire is the greatest part of philosophy, for: the life of philosophy is philosophy in life." Today, under the guidance and leadership of His Holiness Mahant Swami Maharaj, BAPS aspires to build a community that is free of addictions as well as morally, ethically, and spiritually pure.

In 1985 Pramukh Swami Maharaj was honoured in a grand, festive celebration at the Queens Park Rangers Stadium in London by 20,000 devotees and well wishers. A giant weighing scale was arranged on stage and Swamishri and Thakorji were weighed with packets of sugar crystals. He was the inspiration for followers of the Swaminarayan faith to live a pure lifestyle focused on devotion to God and service to others. He followed eight-fold celibacy and lived a simple life free of ego, attachment, anger, and materialistic pleasure. He was a true sadhu. He has promulgated the eternal Vedic philosophy as propounded by Bhagwan Swaminarayan to establish peace and happiness in the hearts of many. He was known for his "untiring efforts in uplifting the tribals, liberating thousands from vices and addictions, providing relief and rehabilitation to innumerable people in times of calamity and catastrophe, and inspiring character and faith in hundreds of thousands of children and youths were some of his many outstanding services to society."



Despite Swami's Maharaj's travellings in India and abroad, he had never compromised in the observance of the moral and spiritual commands prescribed by Bhagwan Swaminarayan. He breathed and lived the spiritual wisdom of the Upanishads, Bhagavad Gita and Vachanamrut.

Pramukh Swami Maharaj was an exceptional guru whose words convey the wisdom of eternal truth and carry the power to liberate all of humanity. His simple, humble and direct words are a reflection of the Supreme Divinity within him. Pramukh Swami Maharaj was not merely a master builder of stone structures, but also a maker of mandirs within the hearts of people. He is the Guinness World Record holder for building the most Temples worldwide. One may wonder why so many temples were built? Pramukh Swami Maharaj built temples to help people eradicate their vices, transform and strengthen their minds, and offer devotion to God. The temples he built are vibrant hubs from where activities that benefit individuals, families and society are performed. Today Bhagwan Swaminarayan temples have helped thousands of people eliminate their vices, like drug and alcohol addiction, gambling, smoking and others. Temples have really played a vital role in stabilizing people's minds and giving them the inner strength to overcome the challenges of daily life. The architectural style is an imitation of the Akshardham Temple in Gandhinagar, Gujarat. The main monument at the Akshardham Temple in Delhi is about 141- foot high and houses a lovely statue of Lord Swaminarayan. Today, one would find that all the Swaminarayan temples offer a welcoming and spiritual space for thousands of families, as well as worship, fellowship, communal meals, education, and activities for young and old, creating a true home for the faithful.

He was truly a servant leader. Though he was a guru to millions, he believed himself to be a mere servant of God, a servant of the people. Not only did he believe that he actually lived according to his beliefs. Wherever he went, he was determined to serve individuals, communities, and all of humanity.

Letters, Feedback and Suggestions to 'Imphal Times' can be sent to our e-mail: [imphaltimes@gmail.com](mailto:imphaltimes@gmail.com). For advertisement kindly contact: - 0385-3590330 (O). For time being readers can reach the office at Cell Phone No. 9862860745 for any purpose.

## Questioning US human rights situation in their own country and worldwide



By: Mehjabin Bhanu

The various activities of the USA on human rights around the world can often be observed. The US publishes 'human rights situation report' on various countries of the world on the Human Rights Day (December 10). Sometimes, it imposes sanctions on some countries for human rights violation. But questions are being raised from various quarters, how much human rights are being protected in their own country who are so worried about human rights around the world?

The United States has failed to establish peace in its own country. The human rights of the black citizens there are often violated. The country is on top of all the killing of children, students and teachers by indiscriminate firing into educational institutions. In the four years from 2018 to 2021, unprecedented incidents have occurred in US schools. Heinous incidents such as the killing of black citizens in the streets are happening again and again. Even the country's law and order forces are involved in these incidents.

The US's intention to use human rights as a tool to exert pressure on other nations has been exposed by the US-led West's selective and unilateral approach to human rights. This strategy has exacerbated global division.

The human rights situation in the United States, which has notorious records, worsened day by day. Political manipulation led to a sharp surge in COVID-19 deaths; Shooting deaths hit a new record; Fake democracy trampled on people's political rights; Violent law enforcement made life harder for migrants and refugees; Discrimination against ethnic minority groups, especially Asians, intensified. In the meantime, unilateral U.S. actions created new humanitarian crises across the globe.

The U.S. has always pursued hegemonism, unilateralism and interventionism. The country frequently

uses force, resulting in a large number of civilian casualties. Its abusive use of unilateral sanctions has caused humanitarian crises, challenging justice with hegemony, trampling on righteousness with self-interest, and wantonly violating human rights in other countries. It has become the biggest obstacle and destroyer of the sound development of the international human rights cause.

According to a report by Education Week, 28 US schools were attacked in the four years from 2018 to 2021. More than 250 students died. Around 300 students have received paralysis due to injuries.

Wikipedia says that in the 20 years after 2000, there were about 300 school attacks. Where thousands of students died. The US administration has not yet taken any action in this regard. Experts are warning Americans to be wary of these propaganda reports.

America should look at how much human rights are protected in its own country. When Israel indiscriminately kills Palestinians, is it not a violation of human rights in the eyes of America? Human rights are not violated when Saudi carries out massacres in Yemen? When American soldiers indiscriminately kill innocent people in Iraq and Afghanistan, is it not a violation of human rights? When blacks are shot and killed in their own country, human rights are not violated!

The murder of George Floyd, a black citizen, caused a stir around the world. This black man was brutally murdered by the police on the streets of New York. Who was absolutely innocent? In the same year, Donte Wright and Ahmoud Arberry were victims of Floyd-like incidents. Those who died at the hands of the white police.

The United States, one of the world's superpowers, is nothing new. For the past few decades, the country has been deploying its troops in various regions by tying up war-torn countries. The world has seen the chaos they have created in the name of peace in Afghanistan and Iraq.

Many countries in the world including Bangladesh has long been a US target. Many are questioning the moral right of the United States to ignore the human rights of other countries without protecting human rights in its own country.

On May 14, 2022, at 2.30 pm local time, a supermarket in Buffalo, the second largest and black-dominated city in New York, was suddenly

shaken by the sound of gunfire. An 18-year-old with a semi-automatic assault rifle went on an indiscriminate shooting spree. The attack was carried out in military uniform with body armor. Not only that, the young man was also using a camera to broadcast his bloody rampage live online.

Describing the aftermath of the attack, a local police officer told the Buffalo News it was like walking through the set of a horror movie. But it was all real. It was a battlefield. 13 people were shot in that attack in Buffalo. 10 of them were killed. Police later said 11 of the 13 people shot were black. The US Federal Bureau of Investigation (FBI) described the attack as an incident of 'violent extremism'.

Agent in charge of the FBI's Buffalo office, Stephen Belangia, told the BBC, "We are investigating both whether this is a hate crime and racially motivated violent extremism."

Immediately after this attack, the local police arrested the suspected gunman named Peyton S. Gendron. He was charged with 'first-degree' murder late on Saturday (May 14). Then the investigation revealed more sensational information.

It is learned that the young man had posted a 180-page 'manifesto' online in support of white-supremacist beliefs. He also described immigrants and black people as "substitutes" for white people in hate-filled writing. And through this, the issue of racism in the United States has been discussed anew.

The notion that whites are being 'replaced' by blacks in the United States has recently moved from the country's far-right political ideology to mainstream Republican Party politics. And many US media personalities are helping to popularize this ideology, which is seamlessly being further influenced by the rhetoric of the Republican Party. The group has even described the arrival of migrants at the country's southern border to enter the US as asylum seekers as an 'invasion'.

Peyton Gendron, the young man who attacked Buffalo, tried to justify his demonic attack by promoting the ideology that white people in the United States are being weakened by immigrants. And his manifesto was full of racist words about black Americans.

Peyton, the attacker, did not mention the word 'immigrant' much in his posts on the messaging platform Discord over the past six months. Instead, he wrote insultingly racist ar-

ticles about blacks. In archived posts from 2021, the young man used the word 'immigrant' 12 times, 'replacement' 18 times and 'replacement' 22 times. But he used the word 'black' more than a hundred times.

The Buffalo attacker claimed to be inspired by the killing of 51 worshippers by attacking two mosques in Christchurch, New Zealand in 2019. His claim is similar to the incident. Christchurch attacker Brenton Tarrant was using the camera to broadcast the attack live online. He also published his own manifesto before the attack.

But the Buffalo attackers were more influenced by indigenous discontent than by the Christchurch massacre. He searched for people living near him by zip code in order to 'kill as many blacks as possible'. And his research led him to a super shop on the east side of Jefferson.

According to the United States' Violence Archive, there have been nearly two hundred shootings or gun attacks in the country since last January. In addition, a recently published report says that between 2019 and 2020, the rate of death in firearm attacks in the United States has increased by about 35 percent overall.

Additionally, mass shootings and other gun violence have turned into a public health epidemic in the US. In reality, in the US last year, there were close to 40,000 gun-related fatalities. However, the gun lobby is powerful enough to oppose any change in gun ownership rules because the loss of billions of dollars in income for the arms business would make it difficult for people to purchase guns.

But the Buffalo massacre stands out not only because of the number of victims, but also because of the political nature of the attack. Analysts say the incident must be seen in the context of the growing normalization of racism and political violence in the United States.

The Buffalo bomber wrote in his manifesto, "Blacks are the most privileged race in the United States and many Western countries." But still they say they are the most oppressed. His comments are similar to former US President Donald Trump's comments.

Trump has attracted white supremacists by making anti-Black comments during his tenure. Many believe that his overtly racist attitude has alienated the Republican Party from mainstream political ideology.

contd. on page 3

## Ways to Get Rid of Redness on Face



By: Shahnaz Husain

Winter weather can take a serious toll on our skin. The sudden influx of dry air and fierce, bitter winds can cause a number of issues like redness and bumps on the skin during the cold and blustery weather. Dry, cold air can set off redness in the cheeks, nose, chin and forehead, similar to facial flushing. Even when you moisturize, you can still get dry, itchy, red skin.

This persistent, inflammatory skin condition could get worse over time causing small yet painful papules and pustules on the face. The symp-

ptoms can get progressively worse, if left untreated.

Fortunately, there are several efficient natural remedies you can use at home to reduce facial redness. On your road to recovery, these remedies work well in addition to your skincare regimen. Try these natural ways to reduce facial redness.

**Coconut Oil**  
Coconut oil is an extremely well-liked natural skincare product. It possesses anti-inflammatory, antioxidant, and hydrating qualities—the perfect properties for your skin. All you need for this natural cure is a tiny bit of quality coconut oil. Apply directly to the area of redness. Coconut oil can be stored for a very long period in a jar.

**Green Tea**  
Green tea is renowned for its ability to reduce inflammation. Get free of the redness on your face, and apply it topically. Prepare a cup of green tea for yourself. Put it in the refrigerator to finish cooling for about 45 minutes. After that, rub the affected regions with a piece of cloth that has been soaked in the tea. Use this home treatment frequently for better effects.

### Aloe Vera

Aloe vera is often considered one of the best cures for skin problems due to its healing properties. Skincare products made with this succulent plant can be soothing and moisturizing. It is a commonly found ingredient in skin and hair care products. These aloe vera products are great options to get rid of redness on the face, using them alongside your skin rejuvenation treatments.

### Honey

Honey helps in moisturizing the skin since it is a rich source of humectants. Adding moisture can help manage symptoms of rosacea since skin dryness is believed to make the condition worse.

One of the best methods to get free of face redness on the nose, face, and skin is raw honey. Your face should be covered in a modest amount of honey before drying. Before rinsing it off with lukewarm water, wait for 30 minutes.

### Avoid Hot Drinks -

People are more likely to sip on warm soups, waters and drinks during the winter. However, a hot drink can trigger a flush in your face and a flare-

up of your rosacea. If it's hot enough to make you feel overheated, then it is too warm and may cause a flare. Warm temperatures aggravate the skin to increase blood flow, triggering facial flushing. Drink it at a lukewarm temperature so you don't overheat."

**Wear protective gear:** Try to keep your face covered as much as possible to keep the wind from irritating the blood vessels on your face. Make sure to have a warm scarf that covers the bottom of your face to block the wind when you go out of your house. If your hands suffer from dry skin due to excessive washing, consider wearing gloves when washing dishes or going out especially in winter. Covering up the face when outdoors and replenishing the skin's moisture barrier is a good first step to reduce any pain and swelling, but you may need a deeper treatment to help your skin recover properly.

Winter is already a burden on your skin. Take precautions to ensure smooth sailing and smooth skin.

(The author is an international fame beauty expert and is called the herbal queen of India)



# Cyclone Mandous triggers heavy rainfall in TN: Chennai roads waterlogged, trees uprooted

Agency  
Chennai, Dec 10:

Chennai and several other parts of Tamil Nadu witnessed heavy rainfall and strong winds amid cyclonic storm Mandous, which according to the India Meteorological Department (IMD) said had crossed the Mamallapuram coast and is weakening in strength after completing its landfall process late on Friday night.

Several areas in Chennai saw waterlogging and squally winds uprooting trees in Chennai and in the nearby Chengalpattu district. The rainfall triggered by the Cyclone has caused severe Waterlogging in low-lying areas. Roads in the MMDA Colony in Chennai's Arumbakkam were seen waterlogged. A video showed a large tree uprooted in Egmore, causing several damage to a petrol bunk nearby.

Cyclonic Mandous had made landfall off Mamallapuram on Friday evening influencing moderate to heavy rainfall in coastal



Tamil Nadu.

Mandous is all set to weaken to a deep depression and later a depression on Saturday.

S Balachandran, DDGM, RMC Chennai, said "Cyclone Mandous crossed the coast and is in deep depression and its strength is weakening. It is moving towards the North-west direction so areas in northwest districts will witness

strong winds of 55-65 kmph which will further decrease by evening to 30-40 kmph."

Earlier today, the Greater Chennai Corporation (GCC) requested people to avoid going out until Cyclone Mandous weakens. It is said that almost 65 trees fell in three hours and motor pumps are being used to remove water stagnation in low-lying areas. Notably, National Disaster

Response Force personnel are on standby. The Tamil Nadu government put out a list of helpline numbers in case of any flood-related emergencies.

The Greater Chennai Traffic Police Saturday in a tweet announced that vehicular movement along the East Coast Road (ECR) resumed at 6 am. The stretch had been closed since 10 pm last night, due to the cyclone.

Meanwhile, Tamil Nadu Chief Minister MK Stalin on Friday said that all the precautionary measures have been taken. "The government has taken all the precautionary measures and the officers are regularly monitoring the situation," said Stalin.

Stalin visited and inspected the state emergency operation centre, Chepauk amid the cyclone's severity. He said that the monitoring of the cyclone has also been deployed district-wise.

# Naval Pilots Awarded "Wings" at INS Rajali

By Raju Vernekar  
Mumbai, Dec 10:

A Passing Out Parade was held to mark the graduation of 99 Helicopter Conversion Course (HCC) at Naval Air Station - INS Rajali, Arakkonam, Chennai in Tamil Nadu on Friday.

Nine officers of the Indian Navy were awarded the prestigious Wings by Rear Admiral Vikram Menon, Flag Officer Naval Aviation and Flag Officer Commanding Goa Naval Area.

Additionally, the Indian Navy has, for the first time, undertaken Stage One Training of helicopter pilots, which hitherto used to be carried out with the Indian Air Force. The officers underwent rigorous flying and ground training for 22 weeks at the Indian Naval Air Squadron 561, INS Rajali, the alma mater of all helicopter pilots of Indian Navy.

The newly qualified pilots will be appointed to various units across the Indian Navy to carry out missions such as Reconnaissance, Surveillance, Casualty evacuation, Search and Rescue, and anti-piracy patrols along. The officers who successfully completed Stage One Training will be retained in the Squadron for Stage Two training.

During the course, the trainee pilots are introduced to several nuances of helicopter flying. The pilots undergo a challenging syllabus which includes navigation, night flying, formation flying and Search and Rescue operations over sea. At the end of the course, the trainees are awarded for their performance.



A Naval officer is being awarded a trophy at a function organised to mark the graduation of the 99th HCC, at NAS - "INS Rajali".

The Flag Officer Commanding-in-Chief, Eastern Naval Command Rolling Trophy for the trainee pilot standing first in order of merit in Flying was awarded to **Lt Satishraj Pradhan**. The Sub Lieutenant Kunte Memorial Book Prize for standing first in order of merit in ground subjects was awarded to **Lt Rupesh B Hingale**. The Governor of Kerala Rolling Trophy for standing first in overall order of merit in 99th HCC was awarded to **Lt Satishraj Pradhan**.

The Helicopter Training School was originally setup at Kochi in Kerala in 1971. In 1992, it was shifted to INS Rajali, Arakkonam which is one of the largest military airfields of the country and is at present commanded by Commodore R Vinod Kumar. The prestigious Helicopter Training School is commanded by Captain Pranay Kumar Pandey who is a Qualified Flying Instructor. It has trained 795 pilots of the Indian Navy, Coast Guard as well as friendly foreign nations.

In the meanwhile, the 55th Submarine Day was commemorated on Thursday to mark the formation of Indian Navy's submarine arm with commissioning of its first submarine, erstwhile INS Kalvari, on December 08, 1967. Vice Admiral Biswajit Dasgupta, Flag Officer, Commanding in Chief, Eastern Naval Command, conveyed his best wishes and appreciated the tenacity, professionalism and dedication of submariners.

A wreath laying ceremony was held at Submarine Cenotaph at "INS Virbhau", Rear Admiral AY Sardesai, Flag Officer Submarines laid wreath to pay homage to submariners on "Eternal Patrol" who made supreme sacrifice in line of duty to the nation. Rear Admiral R Vijay Sekhar, Project Director Ship Building Centre also paid homage. The ceremony was attended by Commodore Commanding Submarines (East), Commanding Officer INS Satavahana, Commanding Officers of submarines and Officers-in-charges of associated units.

# How to get above 90 in Board 12th Physics



By: Vijay GarG

## Exams & Study

**How To Get Above 90 in board 12 Physics:** If you want to ace the Physics exam in your boards but do not know how to get above 90 in board 12 Physics, you are at the right place. Physics is an important and tricky subject to crack. But if you plan well and put the right things in the right place you will surely ace the exam. It requires conceptual understanding and logical solving abilities. It needs knowledge of theories, visualization, and application of knowledge and formulas. Don't worry you can master this subject by first knowing the basics thoroughly. In this article, we will give you detailed information about how to get above 90 in board 12 Physics.

## How To Get Above 90 in board 12 Physics

Like any other subjects, Physics too needs one to have the basic knowledge of the whole syllabus of 12th syllabus of Physics and in-depth understanding of certain chapters which are important for the board exam. Below are a few topics that you need to master in order to score high in the board exams:

## Physics Topic-wise Preparation Strategy

• Students who are weaker in Mathematics should try to read Modern Physics initially. The Semiconductor chapter is one of the most important chapters as its weight-age is around 8 marks. Atom and

Nuclei together constitute 6 marks.

• The next set of chapters will consist of Dual Nature of Radiation which carries 4 marks. Communication system constitutes 3 marks. Having command over these chapters help students a great deal in scoring higher marks in Physics.

• Now you need to go for important and difficult chapters like Optics which carries 14 marks in the board exam.

• In Optics, you need to complete Ray optics first, which is easier to study. In Wave Optics, you should concentrate more on problems of Interference, Diffraction, and Young's double slit experiment.

• Current and Electricity is also an easier chapter and it carries 7 marks.

• If one has not studied Electrostatics and Magnetism till date then it is better to leave these chapters because these two units consume more time than the others. However, these chapters are very important for competitive exams.

• EMI is another unit that you need to focus on to score well. It is an important unit both for the board exam and competitive exams.

• Practice the ray diagram and other important diagrams carefully. Drawing and studying will help you understand many topics faster and in an easier way.

• Try to solve objective problems to make yourself efficient in solving 1 mark questions in the exam; this will be a bonus for you.

## Get Board Class 12 Physics Study Material Here

Following are the step-wise guide to prepare for CBSE 12 Physics:

Go through the NCERT book for Physics. It is the most important book for Physics board exam of Class 12. All topics in the syllabus for the exam are covered in the NCERT book.

Make a complete list of derivations, formulae, and experiments in your syllabus and keep

that list; it will be handy later during the exam.

While solving a derivation, try and comprehend the logic behind the derivations. Understanding a derivation will help you derive it easily at any given time.

Revise all the concepts regularly.

If you do not like the numerical part, start early! Get used to the numerical part. Solve each and every numerical in the NCERT book (both, solved and unsolved). Physics papers compulsorily have numerical so there is no escaping it!

Do not forget to learn the S.I units (if any) for all physical entities.

After you finish your syllabus, solve questions from CBSE sample papers

## Take Board Class 12 Physics Chapter Wise Tests

How To Get Above 90 in board 12 Physics: Tips For Scoring Good Marks During The Exam

Tips to score good marks in board 12 Physics are as under:

• During the exam, try to write your descriptive answers in points and give pictorial or graphical illustrations wherever possible. It enhances visibility.

• Scan the paper before answering.

• For long answer type questions. Before starting, frame a skeleton of the answer in the margin.

• Be crisp and to the point in very short questions.

Also, if you are preparing for JEE (Main and Advanced) or NEET, you need not worry. Preparing for boards will help you in these exams. Take tests on which will help you personally to improve with its amazing feedback. Entrance exams are equally important as board exams; so, do not neglect it. To do your best in both, you can practice on for each chapter and take tests as well.

## Contd. from Page 2

# Questioning US human rights situation....

According to information from US-based independent media outlet Education Week, 17 US states have recently signed laws banning or tightening 'critical race theory' or racism and sexuality education, and 12 more states are considering similar legislation. Apart from this, discussions are going on about removing some books that may spread racist attitudes.

But these collective efforts have also created a mockery of the history of American racism and xenophobia. In some cases, these efforts have been rendered impossible. Discussions of the racial history of the United States today turn the spotlight on the country's existing poverty, unemployment, and social deprivation.

According to many social scientists, centuries of neglect, neglect, and lack of opportunity have pushed a large portion of blacks in the United States to violence. As a result, many white people in the country feel unsafe. And hate is born from that insecurity.

In addition, the number of gun attacks in the United States is constantly increasing. According to various local media reports, at least two hundred people have lost their lives in gun attacks in the country so far this year. In this situation, lawmakers and experts demand reform of the private arms control law.

They say gun violence has become a serious social problem in the United States that cannot be stopped. For this, there is a need for strict legislation and its implementation.

Gun violence is on the rise in the United States. According to various monitoring organizations, more than two hundred people have died in the country in the first five months of this year. When the general public is in panic due to gun attacks one after another, new questions have been raised about the role of the US police.

According to a report by the US media, the Washington Post, since 2015, an average of 1,000 people have been killed by police in the United States every year. Since 2015, The Washington Post has started collecting data on every shooting incident involving police officers on duty in the United States.

Earlier in 2014, after an unnamed black man named Michael Brown was killed by the police in Ferguson, USA, an investigation came out that the FBI did not disclose more than half of the shootings or torture by the country's police.

It is clear to everyone that liberal democratic norms have deteriorated in the US. In particular, there has been a reduction in the right to protest, as well as an uptick in societal stigmatization and persecution of journalists and human rights advocates.

In spite of being one of the first to sign the Convention on the Elimination of All Forms of Discrimination Against Women after the UN adopted it in 1979,

this is a significant setback for women's rights in a nation that is one of only seven that has not ratified it.

The Guantanamo Bay prison has been the scene of repeated torture scandals. Many experts urged the U.S. to close the Guantanamo Bay prison. They also called for reparations to be made for tortured and arbitrarily detained prisoners, and for those who authorized and engaged in torture to be held accountable, as required under international law.

The U.S. sanctions on Iran's oil sector have resulted in Iran's inability to import sufficient medical supplies, affecting the Iranians' right to life and health. The U.S. embargoes against Syria have severely affected the Syrian people's enjoyment of economic, social, and cultural rights.

The war and instability have made nearly a third of the Afghan population refugees. A total of 3.5 million Afghans have been displaced by the conflict, and nearly 23 million face extreme hunger, including 3.2 million children under the age of five. When the United States withdrew its troops from Afghanistan, it immediately froze billions of dollars in foreign exchange reserves at the Afghan central bank, causing the Afghan economy to be on the brink of collapse and making life worse for the people.

The United States has committed war crimes, crimes against

humanity, arbitrary detention, abuse of torture, torture of prisoners, and indiscriminate unilateral sanctions in the Middle East and surrounding areas.

What is ridiculous is the fact that it is such an overused tactic that many a country, developing ones in particular, knows very well that the US and its allies are not really concerned about human rights.

The US is the country that has launched and got involved in most of the military conflicts or even invasions of other countries since World War II. And every one of them has been a human rights disaster. But the US and its allies do not care about that.

It is high time that the US changed its attitude toward human rights issues and held dialogues with other countries on an equal footing to really promote the development of human rights.

The US should cease starting and fighting wars abroad because they are blatantly violating human rights and instead take action to reduce the rampant gun violence and racial prejudice at home. This would be preferable to targeting some countries in order to forward its political agenda.

It's time for the US to reflect, take action to clean up its own mess, and stop accusing other nations of violating human rights without any evidence.

(The author is a Bangladeshi teacher, columnist and writer)

# Russian President Putin likely to attend G20 Summit in India: report

Agency  
New Delhi, Dec 10:

Russian President Vladimir Putin is likely to attend the G20 Summit in New Delhi in September 2023. Russia's G20 Sherpa Svetlana Lukash has stated that the Russian premier is likely to visit India to attend the G20 Summit, according to ANI.

"I hope that, of course, (Russia's president) will go (to the G20 Summit). But this, in any case, is up to him to decide. Now, when the next summit is one year ahead, I cannot give an answer to such a question. The way I see it, that there are all chances for this," Lukash told Russian state news agency TASS on Friday, according to ANI report.

The dates given by Indian organisers for the G20 meeting in New Delhi are September 9-10, 2023, said Lukash.

The development comes on a day when reports stated that Prime Minister Narendra Modi will not go to Russia for the annual summit with Russian President Vladimir Putin this year. India's decision to not host the annual face-to-face meeting summit stemmed from "scheduling issues". The annual summit has taken place



every year unhindered barring in 2020 due to the pandemic.

India began its year-long G20 presidency this month. Speaking about India's agenda during the year, PM Narendra Modi said the country's role will be "inclusive, ambitious, decisive, and action-oriented", adding that India will try to drive honest conversations on mitigating risks posed by weapons of mass destruction and enhancing global security.

India will also focus on counter-terrorism and "unity" in tackling global challenges, such as economic slowdown and climate crisis.

PM Modi on Friday chaired a virtual meeting with states to discuss the G20 presidency. He called upon chief ministers,

governors and lieutenant governors who attended the meeting to showcase their state's vibrant culture in events.

"Chaired a meeting of Governors, LGs and CMs to discuss India's G-20 Presidency and aspects relating to the G-20 events which will take place across India through the coming year. Emphasised on how the states can showcase their rich potential and vibrant culture in these events," He added, "Governors, LGs and CMs shared their rich insights on the preparedness of the states. I also talked about the need to document the experiences of the states, which would be a valuable repository for the times to come," Modi tweeted after the meeting.

## AMESTA Zone II election

IT News  
Imphal, Dec 10:

General body meeting cum election for new office bearers of the All Manipur Elementary School Teachers' Association (AMESTA) Zone -III will be held on December 13, at the office of the Association a statement said.

## India logs 210 Covid infections

Agency  
New Delhi, Dec 10:

India logged 210 new coronavirus infections in the last 24 hours, according to the Union Health Ministry data updated on Saturday. The drop in cases came a day after the country reported 249 cases.

The number of active cases in the country further declined to 4,047 from the earlier 4,228.

With this, the Covid-19 tally in India now stands at 4,46,74,649.

As per the data updated at 8 am, the death toll from the disease has climbed to 5,30,654 with one fatality reconciled by Kerala.

The active cases comprise 0.01 per cent of the total infections, while the national COVID-19 recovery rate has increased to 98.80 per cent, according to the health ministry website.

Contd. from Page 1

## Don't let the western giant tech colonise....

On the other hand Center for Human Rights and duty and Education, Manipur University also observed the International Human Rights day at Life Spring Children Home, Nungbrang in Imphal East. The team of the center was flagged off by the Vice Chan-

cellor from the Department today morning.

The observance was organized with support from Manipur Human Rights Initiative and Legal Aid Clinic Nungbrang, Imphal East.

While flagging off the team Vice Chancellor of Manipur

University, Prof. N. Lokendra appreciated the initiative of the Center for their initiative to reached out to people outside the Manipur University for spreading awareness about Human Rights.

Prof. Th. Pumima Devi, Director, Center for Human

Rights and Duties Education, MU, Onam Goldflag Meetee, Consultant, Human Rights Initiative, Nameirakpam Ibetombi Devi Para Legal Volunteers of the Legal Aid Clinic Nungbrang, Imphal East graced the observance function as dignitaries.

## BJP elects Bhupendra Patel as leader of Gujarat....

For now, the party observes submitted a list of the party's winning MLAs to the governor and "sought time" to formally stake claim to form the government.

The meeting was chaired by Chhattisgarh CM Bhupesh Baghel, former Haryana CM Bhupinder Singh Hooda and Himachal Pradesh Congress incharge Rajeev Shukla. Himachal Pradesh president Pratibha Singh was also present besides the winning MLAs.

The CLP meeting, which was scheduled for 6 pm was postponed to 8 pm as some of the MLAs had not arrived.

Ahead of the Congress Legislature Party meeting, chief minister hopefuls Pratibha Singh,

Mukesh Agnihotri and Sukhwinder Singh Sukhu reached the party office in state capital Shimla along with their supporters, who raised slogans in their favour.

Meanwhile, Congress president Mallikarjun Kharge also said that the views of the newly-elected MLAs in Himachal Pradesh were being sought to bring out a consensus on who will be their leader.

He said the observers sent have been seeking individual views of all party legislators and they would convey to him their opinions, based on which the party will take a decision on the chief ministerial candidate.

In other news, among the 68 newly elected legislators in

Himachal Pradesh, 23 are first-timers — 14 of the Congress, eight of BJP and one independent.

Patel won a second straight term from the Ghatlodia Assembly seat in Ahmedabad district by 1.92 lakh votes, will remain chief minister.

Patel's swearing-in ceremony will take place on December 12 where Prime Minister Narendra Modi and Home Minister Amit Shah will be present along with chief ministers of BJP-ruled states.

On Friday, Chief Minister Patel tendered his resignation along with his entire cabinet to pave the way for formation of a new government in the state after the ruling BJP won a landslide victory in the just concluded Assembly elections.

Meanwhile, the Congress has been "forced" to look for its existence after the record victory of the Bharatiya Janata Party (BJP) in the just concluded Gujarat Assembly polls, Union Minister Jyotiraditya Scindia said on Friday.

As votes were counted for the Gujarat and Himachal Pradesh Assembly Elections on Thursday, the Bharatiya Janata Party recorded its biggest-ever win in Prime Minister Narendra Modi's home state by securing 156 seats in the 182-member state assembly, while Congress dethroned the saffron party in the hill state by winning 40 seats in the 68-member assembly.

## Thoughts on International Human....

This psychological concept of dignity is of no difference to the definition given by legal experts. Even though the debate pertaining to dignity is vast as it ranges from constitutional law to criminal law and from free speech to bio ethics dignity of a human being is in one way the Humanity.

If Humanity of a Human being is forcibly snatched he loses his identity and existential potentiality.

So it is important for every nation to understand dignity and for that reason the preamble of the Universal Declaration of Human Rights stated that "recognition of the in-

alienable rights of all members of the human family is the foundation of freedom, justice and peace in the world". Similarly the preamble of our (India) constitution also assures dignity to all citizens. It mentions about delivering justice, liberty, equality.

So, both from the psychological and legal views, understanding dignity is the way forward to peace, prosperity and development.

But then the essence of 'dignity' in present day Manipur seems to be partially perished which may go to total extinction if we of today's

generation fails to uphold the concept.

Today, we as the people of Manipur need to know where is our dignity, assured by the UDHR or by the Constitution of India. Is our identity safe and protected and if so why there are chaos happening in the region for the sake of protecting our identity. Where in the constitution of India has defined the meaning of Indigenous people when the UN Declaration on the Rights of Indigenous Peoples (UNDRIP) urged to protect the right of the indigenous people of every region. Why there is still a hot issue in connection with the recognition of the po-

litical identity of the erstwhile nation which was merged to the Indian Union in 1949. Why are the people of the region still treated as 2nd class citizens by imposing a separate draconian act called Armed Forces special power act. Where is the dignity of the people of the state.

In today's Manipur intellectuals' rights are now slowly curtailed. Teachers are forbidden from criticizing to any policies of the government. The voice of dissent has been completely suppressed in this democratic country, by making the free speech slowly vanishing from the pages of the Constitution of India.

## Sports

# Croatia beat Brazil; Argentina beat Netherlands on penalties to reach World Cup semi-finals

Quarter-finals		
	Morocco	Today
	Portugal	8:30 pm
	England	Tomorrow
	France	12:30 am

Agency  
Doha, Dec 10:

Croatia has knocked tournament favourites Brazil out of the World Cup, beating the five-time champions 4-2 in a penalty shootout after the score was even after 120 minutes.

The 2018 runners-up came through their second consecutive shootout after beating Japan also on penalties in the last 16 and will now face either the Netherlands or Argentina who play each other later.

In an evening filled with tension and drama, Brazil superstar Neymar thought he had won the game when he rifled in an extra-time goal for the five-time world champions.

But instead of protecting their lead they went in search of a second and were punished when Croatia substitute Bruno Petkovic drilled in a left-footed

equaliser three minutes from the end of extra-time, breaking Brazilian hearts.

Through a tense opening half at the Education City Stadium on Friday, there was nothing to separate tournament favourites Brazil and Croatia, with both sides enjoying half chances in a free-flowing game, but nothing clear-cut.

If anything, Croatia enjoyed the best chance of the half, when, after 13 minutes, Ivan Perisic could only miss-cue a whipped Mario Pasalic cross past Alisson's goalpost.

The Brazilians, who have now lost four of their last five World Cup quarter-finals — all to European opposition, enjoyed a much better start to the second half and came close again in the 66th when Lucas Paqueta was denied by Livakovic.

Claims for a handball by defender Jospin Juranovic were shot down following a VAR review before Neymar was sent through by Richarlison in the 55th minute only to have his close-range effort blocked by Livakovic.

The Croatia keeper was kept busy and stopped Neymar again in the 76th minute, and



Neymar was in tears after the match.

by that time had more saves in the match, seven, than his Brazil counterpart, Alisson, had in the entire tournament, five.

Livakovic parried another Paqueta shot five minutes later as the few hundred Brazil fans in the stands grew louder and more impatient and the game trickled over to extra time with Brazil coach Tite visibly nervous.

After a scoreless 90 minutes, Brazil took a 1-0 lead with a bit of extra time solo magic from Neymar.

He launched an attack outside the box, played two consecutive one-twos to bam-

boozle the tired Croatian defence and then rounded the keeper to equal Brazil great Pele's record of 77 international goals as Brazil's all-time leading scorer.

Nikola Vlasic, Lovro Majer, Luka Modric and Mislav Orsic converted all four penalties taken by Croatia, who are dreaming of their first world title.

They will next face either Argentina or the Netherlands who play later tonight.

In another match, Argentina beat the Netherlands 4-3 on penalties in a dramatic, tense

match at Lusail's Iconic Stadium to set up a semi-final against Croatia, following their World Cup quarter-final finish at 2-2 after extra-time.

A total of 17 yellow cards were handed out in the match on Friday, which looked to be going Argentina's way until the Netherlands equalised in the 10th minute of stoppage time.

A half-hour of extra time saw no breakthroughs.

The Dutch failed to score their first two penalties in the shootout, while Argentina were flawless until they missed their fourth. Lautaro Martinez scored

their final spot kick and kept Argentina's World Cup dreams alive.

The match took a long time to get going. But in the 35th minute, Lionel Messi — who else? — put together a moment of magic to thread an inch-perfect pass to Nahuel Molina in the box who wasted no time in burying the ball into the back of the net.

The game trundled on until a foul just inside the Dutch penalty area in the 72nd minute had the referee pointing to the spot, and Argentina's record-breaking Number 10 stood forward once more. The Netherlands' keeper Andries Noppert could only watch as Messi's shot rocketed past him to double Argentina's lead.

In the 83rd minute, five minutes after coming onto the pitch, Wout Weghorst found the net with the Netherlands' first shot on goal. Two minutes later, Memphis Depay rocketed the ball into the side netting.

That incident and the other frequent stoppages were enough to add 10 minutes to the clock and that was just enough. A free kick for the Netherlands in the 101st minute of normal time turned out to be a surprise training-ground exercise from the Dutch, as Teun Koopmeiners rolled the ball to the foot of the wall where Weghorst was waiting once more to turn and sweep a shot into the goal to bring the score to 2-2.

Extra time saw tempers flaring again but no goals despite chances at both ends.

## MARKSHEET LOST

I have lost my Marksheet of Class-XII Examination 2014, bearing Roll No.7875, issued by the Council of Higher Secondary Education, Manipur on my way from Moreh Bazar to Moreh College on 26th November, 2022

Finders may kindly return it to me in the given address.

Sd/-

Hemam Jhobush Singh

Moreh Bazar W/No. 8, Moreh Sub-division  
Tengnoupal District  
Contact No: 7085249366