

A close aide of top NSCN (IM) leader booked under PMLA

By Raju Vernekar
Mumbai: Dec 20:

A special court under the Prevention of Money Laundering Act, 2002 (PMLA) in Nagaland, has issued notices to a close aide of top NSCN (IM) leader T Muivah and others to appear before it based on charges of extortion by the Enforcement Directorate (ED) against them.

The Nagaland is the North Eastern Indian state. The Nationalist Socialist Council of Nagaland-Isak Muivah faction is referred to as (NSCN-IM) (Government of the People's Republic of Nagaland/ Nagalim) (GPRN). It is a banned Naga separatist organisation and at present engaged in peace talks with the central government.

The accused named in the prosecution charge sheet in-

clude "Rayilung Nsarangbe" alias Pela Nsa Zeme, a self-styled colonel and treasurer of the NSCN (IM), and his wife "Ruth Chawang", engaged in running a "well-organised extortion racket", the ED said in a press release on Monday.

The PMLA court of the district and sessions judge of Dimapur has taken cognisance of the prosecution complaint and has issued notices to the accused to appear before it.

The present case was initiated on the basis of FIR dated July 09, 2020 and Charge-sheet dated December 29, 2020, filed by the National Investigation Agency (NIA), Guwahati, Assam, against the accused under various sections. They include the offences under sections 120-B, 384, 420 and 471 of the Indian Penal Code, sections 25 (1A), (1B) (a) of Indian Arms Act

1878, section 5(b) of Explosives Substances Act 1908, sections 13, 17, 18 and 21 of Unlawful Activities (Prevention) Act 2008 and section 12(1)(b) of Indian Passport Act 1967.

The investigation under the PMLA revealed that the district representatives of NSCN-IM of four administrative districts of Manipur - Tamenglong, Senapati, Ukhrul and Chandel were extorting money from the construction companies, businessmen etc. in the name of Rayilung.

It was also revealed that the huge amount of extortion money-"illegal tax", was being directly collected by Rayilung as the Treasurer of the "Collective Leadership" of NSCN-IM. A major part of the extortion amount was being utilised as per the direction of the "Collective Leadership" and a part

of it was being deposited in the bank accounts maintained in the name of Rayilung and in the name of his wife Ruth Chawang.

Further, to conceal the proceeds of crime, several mutual funds and insurance policies were purchased in the name of Ruth Chawang @ Ruth Zeliang, from the cash deposited in the accounts. Rayilung had also transferred huge amount of money to Apam Muivah, Secretary to Ato Kilonser (Prime Minister in Naga Dialogue), from the accounts maintained in the name of his wife. The ED had attached proceeds of crime amounting to Rs. 6.88 Crore in the matter earlier.

The NSCN formed in 1980, wants a separate sovereign state that will include parts of Assam, Manipur and Nagaland.

Bomb blasts, bomb found in Imphal

IT News
Imphal, Dec 20:

The past few days witness declining in the law-and-order situation of the state with a woman killed in firing incident while celebrating the FIFA World Cup, the blasting of bombs at a fish shop, and the planting of a powerful IED in two different parts of Imphal East district.

As per the report, a powerful bomb blast took place at the gate of the residence of one Aribam Sashikumar located at Khongman zone 1 in Imphal East. The blast partially destroyed a portion of the gate but luckily there are no reports of human casualties. The owner of the house, Sashikumar runs two fish centers - one at his residence in Khongman and another at Ngari Gali in Khwairamband Keithel. The incident took place at around 10.30 pm last night.

On the other hand, unknown miscreants planted a powerful Improvised Explosive Device (IED) near the warehouse of a non-local businessman located at Khurai Ahongpung under Porompat Police station in Imphal East district today morning. The bomb was first noticed by morning stroller at around 7.30 am today. Police along with Bomb Squad team which was informed immediately rushed to the site and safely diffused the bomb.



"Bomb squad of Manipur police recovered the Improvised Explosive Device (IED) and later it was diffused at a safe place" Superintendent of Police, Imphal East District M Pradip said.

The powerful bomb weighed around 5 kg and was fitted with 5 TNT sticks, Radio Data System, and splinters in a silver container, he said.

Before picking up the bomb, the area was cordoned off by the police to prevent any unwanted casualties. An ambulance and a fire tender engine were also pressed into the service to prevent any untoward incident. It took around 2 hours to dispose of the bomb.

The godown belonged to one non-local trader identified as Ramnath Sahu. This is the second time in less than two years, the unknown person(s) planted the bomb at the same spot, the SP said.

So far, no outfit has claimed responsibility for the bomb planting in this area, the SP added.

It is also reported that some outfits have to make monetary demands from the trader from time to time.

Meanwhile, a protest demonstration was staged against the blasting of Bomb at Khongman Zone 1. A local Meira Paibi said that the bomb was lobbed by miscreants and exploded late at night, at around 10.30 pm. During the sit-in-protest, local Meira Paibi denounced the attack and lamented that such acts of disrupting peace are occurring frequently in the area. While appealing against not to repeating such acts in the future.

The repeated bomb threat to his family traumatised the whole locality mainly the women and children, a protestor said.

Chief Minister announces to increase incentives for medal winners

IT News
Imphal, Dec 20:

Chief Minister N. Biren Singh announced to increase the incentives awarded to medal winners of Commonwealth Games (CWG) and National Games. He made the announcement while attending the Felicitation Ceremony of the medal winners and participants of the 36th National Games-2022, Gujarat and 2nd North East Olympic Games-2022, Shillong held today at Khuman Lampak Sports Complex, Imphal.

The Chief Minister informed that the incentives awarded to gold medalists of CWG will be increased from Rs. 15 lakhs to Rs. 20 lakhs, silver medalists from Rs. 10 lakhs to Rs. 15 lakhs and that of participants will be provided Rs. 4 lakhs.

Regarding the National Games, he announced that incentives for individual players winning gold medal will be increased from Rs. 3 lakhs to Rs. 5 lakhs, for silver medalist from Rs. 2 lakhs to Rs. 3 lakhs and for bronze medalist from Rs. 1 lakh to Rs. 2 lakhs. For the team, the incentives for gold, silver and bronze medals will be increased to Rs. 15 lakhs, Rs. 10 lakhs and Rs. 5 lakhs respectively, he added. Acknowledg-



ing the efforts of coaches for the achievements of players, N. Biren also announced to increase incentives for coaches from Rs. 5 lakhs to Rs. 7 lakhs for gold, from Rs. 3 lakhs to Rs. 5 lakhs for silver and that of bronze from Rs. 1 lakh to Rs. 3 lakhs.

He further assured that the Government will take up necessary actions in consultation with the Youth and Affairs Ministers for implementation of the same at the earliest.

The Chief Minister maintained that the objective of the State Government is to create avenues for the people and support them. Stating that achievement-oriented thinking is very important for carrying out a task, he mentioned that the Government is putting in every effort to develop infrastructures of various sectors including games and sports.

N. Biren also stated the Government has initiated the process of increasing the sitting capacity of the gallery of Khuman Lampak Main Stadium to around 70,000. He deliberated on the plan to construct a Stadium with crowd capacity of 1 lakh and mentioned the identification of land measuring 50 acres at Imphal West District for the same.

He further informed that the Manipur Olympian Park which is being developed at Sangaitel would be inaugurated soon and Union Home Minister Amit Shah had been invited to inaugurate it. He spoke on the Chief Minister's Akhannaba Sanaroisingi Tengbang (CMAST) scheme launched for the welfare of the State's sportsperson.

The Chief Minister urged young athletes of the State not

just to aim for getting a Government Job after winning medals in National events, rather aim for the Olympic Games. He added that the Government would also discuss matters relating to providing jobs to gold medal winning players at the National level.

Youth Affairs and Sports (YAS) Minister Govindas Konhoujam, while addressing the gathering, stated that games and sports is the field which has made Manipur known to the world and added that the people of the State is privileged to have N. Biren Singh as Chief Minister, who has always taken up much initiatives to develop the sports sector in the State. He continued that the State Government had initiated work to upgrade the Khuman Lampak Complex to world class standard.

contd. on page 4

HAOMEE lambasts demand for Israel state in Manipur; says outsiders will not know the history of Indigenous people

IT News
Imphal, Dec 20:

Federation of Haomee (FoH) has lambasted the demand by the Kuki State Demand Committee to the central government by staging a sit-in-protest at Jantar Mantra in New Delhi.

A statement issued by the Secretary General of FoH, Yazing Vicity said that Kuki people who have entered the state since 1830 should know that they can never be indigenous people of the state. It said that the Kuki people have identified themselves as the lost tribe of Israel and have started re-settling in the country. This is known to the government of India, the statement by FoH said.

The FoH also said that the Anglo-Kuki war is a concocted history and the central government has a proper understanding of that as per the record of the History. For that reason, the FoH has been demanding the government remove the Centenary gate and Pillar which were installed illegally.

The FoH said that it will be useless for the Kuki People to complain to the Government of India for evicting them from settling at Reserved Forest and Wild Life Sanctuaries by the government of Manipur. The

statement said that the demand for a new state inside Manipur by the Kuki people is a policy to freely cultivate Poppy plantations and this is known by the government of India. The FoH alleged that among those in drug business such as No. 4, Opium, WY Tablets, 99% are Kuki people.

"The demand for a separate Kuki state is to allow free drug business and is known to the Government of India", the statement of Secretary General of FoH said.

The statement said that Kuki people have no reason to be angry when the Government of Manipur declares to preserve

the origin places of indigenous people - Kouburu, Thangjing, and Kaonu, under Manipuri Ancient and Historical Monument and Archaeological Sites and remain Act, 1976. It said that if the outsiders want to settle in the state with peace and prosperity then the Kuki should respect the history of the Indigenous people of the state. Manipur is a nation with 1000s years of history and the Federation of Haomee will not tolerate any attempt to distort the cordial relationships of the various communities and the territorial integrity of the state by any community.

One Day Discourse on Manipuri Literature and Culture held

IT News
Imphal, Dec 20:

A One Day Discourse on "Manipuri Literature and Culture" was conducted today at the Ideal Girls' College, Akampat, Imphal-East.

Professor Nahakpam Aruna, Dean, School of Humanities, Manipur University and Dr. Waikhom Ramesh, Assistant Professor in Manipuri, Ghanapriya Women's College,



Dhanamanjuri University, Imphal respectively were the

key resource persons of the function. Faculty and re-

search scholars from different institutions of the state attended the programme. L. Iboyaima Singh, Principal, Ideal Girls' College, Akampat presided over the function. The lectures were followed by a lively interaction session.

The programme was organised by the Department of Manipuri under the aegis of the Internal Quality Assurance Cell (IQAC), of the college.

KCP Condoles

IT News
Imphal, Dec 20:

Proscribed group Kangleipak Communist Party (KCP) condoles the demise of its cadre Comrade Haobijam Abung (32) @ H. Enungangba Meitei, Son of (Late) H. Kunjabihari and late H (O) Ibemcha of Thanga Chingkhia.

H. Enungangba Meitei left for his heavenly abode on December 18, 2022 at around 2.30 am due to an illness, said a



statement by the outfit's Secretary in charge, Information and Publicity S. Mangal.

Where have all the birds disappeared?

Insects and moths used to be the basic food of most birds. Obviously, the number of birds that survive by feeding on insects has also decreased. This has happened due to the excessive use of pesticides in agriculture fields.

Talking Points

Narvijay Yadav



Have you ever noticed that there are very few species of birds seen now around us? The number of avian species that we used to witness three-four decades ago has decreased to an alarming level. Many species of birds have disappeared from the urban surroundings completely. One of the major reasons behind this change is the declining number of insects and moths, as a heavy amount of chemical fertilizers and insecticides are used in farming. This trend is seen as a global phenomenon. It is estimated that 75 percent of insect species have been wiped out from the agriculture fields. These insects and moths used to be the basic food of most birds. Obviously, the number of birds that survive by feeding on insects has also decreased. This has happened due to the excessive use of pesticides in agriculture fields. This practice not only killed the pests but also deteriorated the quality of agricultural soil.

Sadhguru Jaggi, the founder of the Isha Foundation, traveled to many countries to create awareness about the deteriorating condition of the soil early this year. His 'save soil' movement has gained wide acceptance globally. He says that due to overuse and exploitation of agricultural land soil has been losing its quality. The greedy tendency of humans has played a big role in spoiling the state of the environment. In the name of development, more than 1.3 million square miles of forest were cut in the last 25 years. The World Bank estimates that humans have destroyed 10 million square miles of forest since the beginning of the 20th century, which has also destroyed biodiversity and is the reason behind the increase in the temperature on Earth. During the pandemic period (2020-21), nature in many ways attracted the attention of humans to the point that if the earth is harmed, then nature has to balance in its own way.

From individuals to companies, governments, and nations, efforts have to be made at every level to save the environment. For this, the Sustainable Development Goals have been issued by the United Nations. Information about this has been given in the latest report of Hurun India. According to the report, 29 of India's top 50 companies that have taken measures in this direction include ITC, Infosys, Cipla, Adani Port, Mahindra & Mahindra, UltraTech Cement, Hindustan Zinc and Tech Mahindra. Inspired by this list, other companies can step up their efforts. Many companies are constantly turning to such energy sources, which cause the least harm to the environment. For this, water recycling plants and solar energy plants are being set up. Adani group has planned to set up a huge air turbine in Gujarat, higher than the statue of Sardar Vallabhbhai Patel. The turbine is believed to generate electricity enough to light up a few hundred villages in the state. By taking the green steps, not only will the environment be safe, but the cost of companies will also be reduced.

VIP Culture tends to monarchical system



By: Er. Prabhat Kishore

VIP culture has been prevalent since ancient times in India as well as in other parts of the world. Such people have always dominated the administration. These include the ruler to the lower level personnel. This culture has continued to flourish even after the end of the monarchy and the establishment of a democratic system, and has expanded extensively in recent decades.

A fixed number of security personnel are deployed by the government for the security of declared as well as unannounced VVIPs and high-risk individuals. From the Prime Minister's SPG security cover to Z-plus, Z, Y-plus, Y, X category security, there is a provision of one or two security personnel in the name of VIP security as prescribed by the Central and State Governments. The Central Reserve Police Force (CRPF) and the Central Industrial Security Force (CISF) have been entrusted with the duty of protection to VIPs.

According to the Bureau of Police Research & Development (BPR&D), over 60,000 security personnel were deployed in India

for the protection of more than 19,000 current and former ministers, MPs, MLAs, judges, bureaucrats and some other VIPs in the year 2019. This number has considerably increased significantly in recent years. Along with this, the facility of more than 30,000 vehicles is being made available in this work, on which more than 12,000 crore rupees of public's hard earned money are being spent. Thousands of crores of rupees are being spent separately on these security personnel for their accommodation, food, transport, health, etc.

Interestingly, states like West Bengal, Bihar, Punjab, which are witnessing minor incidents of insurgency or disturbance, have the highest number of protected dignitaries; while states like Jammu and Kashmir, Assam, Manipur and Chhattisgarh, which are most affected by militancy and terrorism, have lower number of important people getting the facility of security personnel.

In fact, on the basis of the report of Intelligence Bureau (IB) and the Research & Analysis Wing (RAW) at the Central level, there is a provision of providing security to a person by the Ministry of Home Affairs. Similarly, on the basis of the report of agencies like the State Intelligence Department, there is a provision of providing security to a person by the State Governments. But it is a general perception that the related reports are motivated by manipulation and political interference. The inputs generated by the vigilance agencies are neither put in the public domain nor open to scrutiny

through any other agency. Accordingly, the criteria other than the actual situation are set by the Central and State Administrations. In most of the states, some politicians, actors and bureaucrats are carrying heavy security personnel just to prove themselves different from common people.

According to the government provision, around 55 security personnel are deployed in Z-plus, 22 in Z, 11 in Y-plus, 8 in Y and 2-3 in X category security cover. The Z-Plus security cover has a provision of 55 security personnel including 10 commandos and five bullet-proof vehicles. Z Cover has a provision of 22 security personnel including National Security Guard (NSG) Commandos. Y-plus has 11 security personnel, in which one CRPF commander and 4 constables are stationed at the residence and 6 personal security officers are deployed in three shifts with VIPs concerned. There are 8 security personnel in Y cover, in which a commander and 4 constables are deployed at the residence and 3 PSOs are deployed with the concerned VIPs in three shifts. In X Cover, 3 PSOs are posted in three shifts with the respective VIPs.

After independence, Home Minister Sardar Patel had suggested to the Prime Minister that apart from a few policemen, there was no need to deploy more than two security personnel in the houses of ministers from the point of view of security. But after his death there was no one to pay attention to these sensitive issues. Now the designation of a person as VIP is on the rise just because of his/her political and official po-

sition. Apart from the financial implications, VIP movement causes physical inconvenience and discomfort to the common motorists and people. Ordinary people faces a lot of problem due to unending VIP movements on the streets, roads and highways and people are virtually stranded without any fault of their own. VIP movement abandons the flow of vehicles on the busy roads, halts the movement of the pedestrians, hinders the movement of serious patients to the hospitals, causes mental depression to those who are already disturbed due to their hectic work and daily routine. The behavior of the escort police is very rude. These VIPs are not above the law and hence, they have no right to make others life miserable just for their own sake.

Last year, a positive initiative has been taken by the Punjab government by withdrawing the security of 429 alleged VIPs and the amount saved from this can be spent in public welfare works. Central and other state governments should also take this initiative.

There is no doubt that the present day security cordon given to the so-called VIPs in the name of their security are nothing but a show of supremacy. This highly expensive system is being implemented at the cost of public welfare of the people living below the poverty line. This monarchical as well as the unproductive system must be scrapped and if a person demands security cover, he should bear the entire cost.

(Author is an engineer and educationist)

Myanmar ships over 140000, 5000, 1000 tonnes of rice, rohu and areca nut to Bangladesh



By: Samina Akhter

According to the government-to-government pact between Myanmar and Bangladesh, Myanmar has conveyed over 140,000 tonnes of white rice to Bangladesh, according to the Ministry of Commerce of Myanmar.

Myanmar and Bangladesh inked a Memorandum of Understanding (MoU) on rice trade on 8 September this year.

In line with this MoU, Bangladesh has agreed to buy 250,000 tonnes of white rice and 50,000 tonnes of parboiled rice from Myanmar yearly between 2022 and 2027.

In accordance with the MoU, Bangladesh's Directorate General of Food and Myanmar Rice Federation signed a sales contract for 200,000 tonnes of Myanmar's white rice to be exported to Bangladesh. As per the sales contract, Myanmar has exported a total of 143,225 tonnes of white rice by 19 ships to Bangladesh as of 12 December 2022. The remaining will be delivered by the deadline.

As per the MoU between Myanmar and Bangladesh on the rice trade, 48 companies, under the supervision of the Myanmar Rice Federation, are to export 200,000 tonnes of rice to Bangladesh with Chinese yuan payment between

October 2022 and January 2023.

Following the contract, white rice (ATAP) GPCT Broken STX variety will be delivered. The FOB prices were 2.78856 Yuan per kilo and 2.788.56 Yuan per tonne.

The Export/Import division of the Trade Department issued 42 export licences worth over 534 million Yuan for 41 companies to convey 191,700 tonnes of rice to Bangladesh.

Since 7 September 2017, Myanmar and Bangladesh have engaged in rice trade under the government-to-government pact. That MoU stated that Bangladesh has agreed to buy Myanmar's white rice (250,000 tonnes) and parboiled rice (50,000 tonnes) yearly between 2017 and September 2022.

Bangladesh's Directorate General of Food and MRF signed the sales contracts as per the MoU and Myanmar sent 100,000 tonnes of rice to Bangladesh each in 2017 for the first time and 2021 for the second time, as per the sales contract.

Myanmar conveyed 5,195.2 tonnes of rohu to Bangladesh through two cross-border posts (Sittway and Maungtaung) in the first half (April-September) of the current financial year 2022-2023, according to the Ministry of Commerce.

Myanmar shipped 5,180.6 tonnes of rohu worth \$6.314 million in the six-month 2021-2022 mini-budget period. The figures showed a small increase of \$0.18 million this FY. However, the border trade has come to a halt since September amid transport security concerns, according to the Maungtaung border post.

Rohu is processed in Yangon and they are sent to the Sittway border post by cold-storage trucks or ships after pre-shipment inspection. Then, they are shipped to

Bangladesh by motorboats. Myanmar has begun exporting rohu to Bangladesh through Sittway and Maungtaung border posts since 2016.

Agriculture and livestock are the backbones of Myanmar's economy. Commercial fish farming businesses are found in some townships in Yangon, Bago and Ayeyawady regions. As rohu has grasped market shares in the international markets, farmers have expanded the scope of rohu farming.

Approximately 1,000 tonnes of rohu from Yangon city are delivered to Sittway and Maungtaung border posts in Rakhine State with Bangladesh. Rohu from the other two cities is also sent to the border via sea route and road transport. Myanmar's export has been surpassing imports in the cross-border trade with Bangladesh, including exports worth \$19.066 million and imports valued at \$0.14 million between 1 April and 2 December in the 2022-2023 FY.

Myanmar's fishery export accounted for 65 per cent and dried groceries constituted 35 per cent of Myanmar's two border posts with Bangladesh. The fishery products include farmed rohu, hilsa, mackerel, dried anchovy and dried fish powder. Tamarind, onion, ginger, dried jujube powder, jaggery, longyi (sarong) and clothes are also exported.

The values of fishery products to Bangladesh via two border posts stood at \$6.318 million (7,093.413 tonnes) in the 2019-2020FY, \$4.76 million (5,010.7 tonnes) in the 2020-2021FY and \$13.987 million (11,362.97 tonnes) in the 2021-2022 six-month mini-budget period (October-March).

Myanmar shipped 1,096.500 tonnes of areca nuts to Bangladesh in the first half of the current finan-

cial year 2022-2023, according to the Ministry of Commerce.

The country delivered 890.345 tonnes of areca nuts during the six months 2021-2022 mini-budget period. The export volume was up by 206.155 tonnes this FY.

Myanmar's agriculture and livestock businesses are the mainstay of its rural community. The rural people execute areca nut farming as a family business.

The areca nuts are sent to Bangladesh through the Maungtaung border.

Fresh supply of newly harvested areca nuts brought down the prices, according to the Mawlamyine areca nut market.

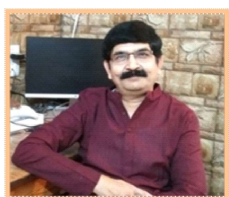
Last August, the price hit K8,000 per viss (a viss equals 1.6 kilograms). At present, the price of new areca nut is valued at K3,300 per viss only.

Earlier, dried areca nuts were exported to India. That export came to a halt amid security threats triggered by political changes along Kalay-Tamu Road, which connects to the border post with India. As a result of this, traders are heavily relying on the domestic demand, traders said.

The farm owners are keen on selling the soft and moist areca nut fruits rather than dried ones. China primarily buys them. Myanmar's areca nut fruit market has become widespread. The commodity depot of areca nut fruits emerged in the producing states and regions (Rakhine, Mon and Kayin states and Taninthayi and Ayeyawady regions).

As a result of this, the dried areca nut production is likely to drop in future and the prices are likely to go up on low inventory and possible foreign demand, traders forecast.

Need to mitigate the risk factors to breast disease and cancer



By: Vinod Chandrashekhar Dixit

Breast cancer today has become a dreaded disease and has got deadlier for the modern woman who is becoming vulnerable to the illness. Breast cancer is the second most common cancer in Indian women. The incidence is more in urban than rural women. No doubt, we have seen a considerable change in the level of awareness among women in semi urban and urban areas. The rise is particularly affecting younger women between 30 and 40 years. The fault, to a certain extent, lies with the doctors too who do not encourage screening. Many of us have a misconception that visiting a doctor is required only if we have symptoms that do not go away. It is important to understand that screening is for healthy women without any symptoms. Every woman after 40 should go for a mammogram test. Fathers, brothers and husbands should speak to their daughters, sisters and wives and make them understand the importance of regular breast and cervical cancer screening. Most girls work, have late marriages and then have children even later. All these factors work at increasing the chances of breast cancer. Stress and obesity are other factors that can increase the chances of having breast cancer.

To prevent a disease, we need to spread awareness to mitigate the risk factors that may lead to breast disease and breast cancer.

In India, scientists are incredibly good at improving technology while simultaneously making it cost-effective. Irrespective of one's education, nutritional and socio-economic status, everyone faces a risk of developing cancer. This is called the population risk of developing cancer. A timely initiative with the right degree of gravity for raising awareness about breast cancer among the folks. To be frank, most people do have only a vague idea about breast cancer and the intensity of the malady.

contd. on page 3

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SC/STs not being given chances to rise to senior roles in PSUs, says Parliamentary panel

Agency
New Delhi, Dec 20:

Members from the Scheduled Castes and Scheduled Tribes communities are not being given the opportunity to rise up to senior or board level positions in public sector units, a Parliamentary committee said in its report on Monday, according to PTL.

The Parliamentary Committee on Welfare of Scheduled Castes and Scheduled Tribes made the statement in its report "Reservation for Scheduled Castes and Scheduled Tribes in Central Public Sector Undertaking with special reference to Power Grid Corporation of India Limited" tabled before Parliament.

"The committee feels that with a view to provide socio-economic equality as enshrined in the Constitution, the government should take affirmative action to accommodate due representatives from the SCs/STs in the board/senior level appointments," said the panel, led by Bharatiya Janata Party MP Kirit Solanki.

The panel said that it wanted know the number of Scheduled Castes and Scheduled Tribes candidates who appeared for interviews for senior level positions at public sector units and the reason why they were not selected.

In case of the State Bank of India, the panel said that meritorious Scheduled Castes and Scheduled Tribes officers

were being denied promotion by levelling fictitious charges against them despite the fact having excellent previous records, reported *The Tribune*.

The committee also questioned the government on why there was no Scheduled Castes and Scheduled Tribes director on the bank's board of directors.

It also noted that there was no Scheduled Castes and Scheduled Tribes officer on the Power Grid Corporation of India's board of directors, reported *The Indian Express*.

"No representation of SC/ST in one of apex CPSEs [central public sector enterprise] of the country is a matter of grave concern," it said. "The committee is of the view that

the relevant Act for appointment of chairman/members in Power Grid should be suitably amended to provide representation to SCs/STs on the board of directors."

The panel also said it feels that the government was not serious to its observations and recommendations made in regard to the reviewing the policy on appointments to board and management level posts in all public sector units.

It recommended that the Department of Public Enterprises should submit a proposal to the Cabinet to amend the existing rules and regulations to facilitate appointment of persons belonging to the Scheduled Castes and Scheduled Tribes in the board of directors.

Workshop on Spiritual Awakening and Holistic Healing For Life



IT News
Imphal, Dec 20:

Three days Workshop titled Spiritual Awakening and Holistic Healing For Life is being organized in Auditorium Hall, GC CRPF Campus, Langing Imphal from 17/12/2022 to 19/12/2022. The workshop was formally inaugurated by Sandeep Datta, IGP, M&N Sector, Madan Kumar, DIG, GC CRPF Imphal and Smt. Sita Devi, RCWA Head CWA, GC Imphal with other senior officers, doctors and ladywives. First day of the Workshop was exclusively conducted for Students and Teachers of KV CRPF

Imphal. Dr. Sarvamangala Khanapuri, Ph.D, Spiritual Counselor, NLP and core Skill Trainer, Founder and CEO, "Bliss" Mindapps, Bangalore was the Mentor/Counselor.

The Guest Lecture/Demonstrations by Dr. Sarvamangala Khanapuri, Ph.D on 17/12/2022, benefitted the Students and Teachers of Kendriya Vidyalaya, CRPF, Langing in reducing stress and overcome phobia, personality defects, establishing good study habits, improving communication and presentation skills, increasing self-motivation and blocking external distractions, positive mental attitude, balance

focused mind & goal setting. On 18/12/2022 and 19/12/2022 workshop was conducted for CRPF Community which focused on Rapport building, Interpersonal skill, strategy to overcome Stress, nervousness, fear and phobia, Self, Soul and Cosmic healing, Emotional Freedom Technique, Naturopathy including Angel Therapy, Bach flower remedies, Chakra healing and Energy Balancing etc.

Officers and Men of all ranks of Manipur based Units/offices attended the workshop and it was a life changing experience for audiences and highly appreciated by all.

INSV Tarini has set sail to participate in Rio Race-2023



By Raju Vernekar
Mumbai, Dec 20:

Indian Naval Sailing Vessel (INSV) Tarini has set sail for an expedition to Cape Town, South Africa to participate in the 50th edition of Rio Race-2023, an ocean sailing race which will be flagged off from Cape Town on January 02, 2023 and will culminate at Rio de Janeiro, Brazil.

The race is one of the most prestigious Trans-Atlantic ocean races, being undertaken by an Indian Navy crew of five officers including two women officers.

During this expedition whilst transiting from Goa to Rio de Janeiro via Cape Town and back, INSV Tarini would be covering a distance of almost 17000 nautical miles (approx. 30000 km). Over a period of 5-6 months in this trans-oceanic voyage, the crew is expected to face extreme weather and rough sea conditions of the Indian, Atlantic and the Southern oceans, an official statement read.

The expedition seeks to train the crew onboard, in essential seamanship skills including Navigation, Communi-

cation, Technical, Planning, etc. The expedition is an important milestone in training of the two women officers onboard for undertaking solo circumnavigation sailing expedition of the globe.

Ocean sailing is an extremely tough adventure sport. These Ocean Sailing expeditions help inculcate the spirit of adventure, risk taking abilities whilst also enhancing Indian Navy's ability to project its benign presence across the globe. The Indian Navy has been regularly participating in sailing expeditions like "Sagar

Parikrama", Indian Ocean Naval Symposium's (IONS) 10th anniversary and Bay of Bengal sailing expeditions.

INSV Tarini is known for circumnavigating the globe with an all women officer crew in the historic expedition titled "Navika Sagar Parikrama" in 2017. In the present expedition, the vessel is being skippered by Capt Atul Sinha with Lt Cdr Ashutosh Sharma, Lt Cdr Dilna K, Lt Cdr Roopa A and Sub Lt Aviral Keshav as the crew.

During this ongoing expedition, a crew turnaround is planned at Rio de Janeiro for the return leg to India. Post the crew turnaround Cdr Nikhil P Hegde will be taking over as skipper with Cdr MA Zulfikar, Cdr Divya Purohit and Cdr Abhishek Dake as crew. Lt Cdr Dilna K and Lt Cdr Roopa A will be part of the crew for both legs of the expedition as they are being trained for solo circumnavigation of the globe by woman officer. Under the same training curriculum these women officers also participated in the recent expedition to Mauritius.

Honouring the Bravehearts



IT News
Imphal, Dec 20:

Mantripukhari Battalion under the aegis of HQ IGAR (South) organised a wreath laying ceremony for IC-41305 Maj

(Late) S K Pathak, SM, G/49808 Hav/GD (Late) VidyaSagar K, G/411307 Rfn/GD (Late) Manoj Kumar Bhaitha, SM, G/411158 Rfn/GD (Late) Kapil Dev Thakur and G/411562 Rfn/GD (Late) Padam Bahadur Sarki who attained martyrdom during an ambush on 19 December, 1995.

On 19 December, 1995 at approx 1515 hrs, QRT consisting of 01 Offr, 01 JCO and 15 OR

came under ambush at gen area Yaingangkopi, Manipur RG 5900 on Chassad - Imphal road. In the ensuing heavy exchange of fire, Maj Late S K Pathak, SM, Hav (GD) Late VidyaSagar K, Rfn (GD) Late Kapil Dev Thakur, Rfn (GD) Padam Bahadur Sarki and Rfn (GD) Late Manoj Kumar Bhaitha, SM thereby laying down his life as supreme sacrifice for the Nation.

Impact of climate change on different groups and communities



By: Vijay GarG

The effects of climate change are felt across different groups and communities. However, it is disproportionately higher for women due to heavy dependence on natural resources, high poverty levels, lack of access to basic amenities, etc. Extreme climate events such as flood-drought will have a greater impact on poor women, which can also lead to devastating effects.

Due to climate change in Asia and Africa, men were forced to leave their farms and take up work. Have to

migrate in search, due to which the pressure of work is increasing on the women living at home. Women have to take care of their children and farms alone. They are forced to live in harsh conditions. His health is also being affected.

In fact, due to gender inequality, women are more dependent on livelihoods like fishing, agriculture, horticulture etc. which are under threat from climate change. An increase in climate change events will reduce women's productivity and income, increasing the level of gender inequality. Actually Floods, droughts and floods leave the place uninhabitable, which can lead to the displacement of groups of people living in vulnerable areas.

However, it is more likely to affect women. For example, based on UN estimates, 80 percent of people displaced by climate change are women. Women are also disproportionately affected by drought and water scarcity, often

spending considerable time traveling to distant water resources and providing water for their families. East African U.S., drought has forced pastoral farmers to travel long distances to find water.

Climate change reduces the productivity of agriculture, which could threaten global food security. Girls are more likely than boys to be provided with less food during times of food scarcity, thus making them more vulnerable to malnutrition and diseases, especially vector-borne diseases made more prevalent by climate change. In the aftermath of disasters, women are more likely to be victims of sexual assault, violence, and other they are more likely to face human rights violations.

Because of this crisis, women have historically developed knowledge and skills related to water harvesting, food preservation and rationing, and natural resource management. This conventional wisdom can be put to use. For ex-

ample, older women in Africa represent a knowledge pool through their inherited knowledge related to disaster early warnings and mitigating the effects of disasters. Benefits of Self Help Groups to promote education and skills can be raised. Which can help in developing adaptation strategies against climate change. Women can act as community responders to natural disasters.

Climate investment can be furthered through grassroots women's organizations. Adaptation initiatives should identify and address gender-specific impacts of climate change, especially in areas related to water, food security, agriculture, energy, health, disaster management and conflict. Development plan to women's priorities and needs should be reflected in the budget and funding. Participation of women in the process of decision making at the national and local level regarding the allocation of resources to meet the challenge

of climate change. It is also important to ensure gender-sensitive investment in programs for technology transfer and capacity building.

Grant-giving organizations and donors must also take into account women-specific circumstances when developing. Women are still not in a decisive role in a big way. Restricted Land rights, lack of access to financial resources, training and technology and limited access to political decision-making areas often prevent them from playing a full role in tackling climate change. Women, despite being disproportionately affected by climate change, are critical to climate change adaptation and mitigation and should be included in decision-making. Climate change is having a worse effect on women's health than men's. Deaths and injuries due to climate change. The rate of T is two-thirds higher in women than in men. Women need to be empowered.

Contd. from Page 2

Need to mitigate the risk factors to....

Cancer has always been considered a disease of the aged. Though that is true to a certain extent, the age at which women develop breast cancer has undergone a change in the last two decades. An increasing number of breast cancers are detected in the 25-40 years age group. The mere presence of risk factors is not synonymous with the occurrence of breast cancer nor can all risk factors for breast cancer be mitigated or modified. The following universal suggestions may be made for all Indian women:

- * A diet low in fat and rich in vitamins, minerals and antioxidants (through fresh fruits and vegetables).
- * Regular exercise and weight reduction.
- * Alcohol consumption must be avoided or minimised.

- * Avoid use of tobacco. While tobacco does not lead directly to breast cancer, it can lead to certain benign breast diseases.

- * Oral contraceptive pills and Hormone Replacement Treatment must be undertaken under the close supervision of a health care provider.

- * Self-breast examination must be practiced monthly from teenage onwards by all women.

- * Clinical breast examination must be undertaken annually with one's health care provider.

- * Women must be familiar with structure of their breasts and do regular examinations. According to doctors, with changing times and a faster lifestyle, younger women are becoming more susceptible to the diseases.

Both the Houses of Parliament witnessed ruckus over objectionable remarks of Congress President Mallikarjun Kharge

Agency
New Delhi, Dec 20:

Both the Houses of Parliament witnessed ruckus over the alleged objectionable remarks of Congress President and Leader of Opposition in the Rajya Sabha Mallikarjun Kharge on BJP's contribution in the freedom struggle. Mr. Kharge while addressing a party function in Alwar Rajasthan had made comments against the BJP. When the Rajya Sabha met this morning, BJP members started sloganeering against Kharge. Leader of the House Piyush Goyal condemned his remarks saying that he should tender an apology to the BJP and the nation. He said, the conduct, behaviour and language used by Kharge was not appropriate. He alleged that it was the Congress Party due to which the situation in Jammu and Kashmir deteriorated and



China did incursion in the Indian land. He also accused the party of disrespecting Dr. BR Ambedkar. Responding to it, Kharge said, whatever he had uttered was outside the House and it should not be raked up inside the House. He alleged that BJP had no role in the freedom struggle. Mr. Kharge said, it is the Congress whose two Prime Ministers sacrificed their lives for the nation. The House wit-

nessed heated arguments and sloganeering and counter-sloganeering between the treasury and opposition benches' members.

Earlier, Chairman Jagdeep Dhankhar expressed displeasure over the unruly scene in the House saying this is not acceptable. He said, 135 crore people of the country are worried over the conduct of the House and this House should not function in a manner of tit for tat. He also rejected the six notices moved by the opposition members on the Indo-China border and other issues. Mr. Dhankhar again raised flaws in the notices saying most of the notices

have not followed the prescribed rules.

Hitting out at Kharge, Union minister Piyush Goyal said that the language used by him is unfortunate.

"I condemn the manner in which he used indecent language, said baseless things and attempted to present lies before nation. I demand apology from him. He should apologise to the BJP, the Parliament and the people of this country who formed the BJP government with an absolute majority. He (Kharge) gave us a glimpse of his mindset and jealousy," he said in Parliament.

In the Lok Sabha, the House witnessed adjournment till 11:30 AM. When the House met this morning, BJP members raised the issue demanding apology from Mallikarjun Kharge over his alleged objectionable remarks. Members from treasury benches and opposition members made sloganeering and counter sloganeering during the heated arguments. As the pandemonium continued, Speaker Om Birla adjourned the House till 11:30 AM.

National Photo Exhibition "Deep Focus" concludes

IT News
Imphal, Dec 20:

A two day National Photo Exhibition "DeepFocus" organized by the Department of Mass Communication, Manipur University concluded today by declaring the result of On Spot Photography Competition conducted in regards of the exhibition.

During the exhibition, more than 200 photo entries received from photographers and photo enthusiasts across the country were exhibited along with vintage cameras, vintage camera apparatus and old photos dating back to the 60s and 70s. More than thousand visitors from across the state witnessed the exhibition.

Dr. Nongmaithem Santa Awarded Dynamic Entrepreneur of the year- Business Transformation Category 2022

IT News
Imphal, Dec 20:

In yet another achievement of a young Manipuri man in the global arena, Dr. Nongmaithem Santa was awarded Dynamic Entrepreneur of the Year-Business Transformation Category 2022. The Global Business Award was held on 17th Dec 2022 at Lalit Hotel, Mumbai. The award was presented by Bollywood actress Shilpa Shetty Kundra under the Management team of Brand Icon, Mumbai, Weddin Icon, Mumbai, and Sesha Media, New Delhi.

Dr. Nongmaithem Santa Singh s/o Nongmaithem Ibochou Singh of



Sagoltongba Makhia Leikai, Imphal west, Manipur is also a recipient of the Iron Man of India award for his outstanding contribution in the field of Business Administration & Social Services.

Dr. Santa has done considerable work in the field of Business administration and social services and the award was in recognition of his inner sense of philanthropy service that gives new direction to society. His name has been recorded in the magic book of record.

Contd. from Page 1

Chief Minister announces to....

The Minister further mentioned that the Government has been putting efforts to develop sports infrastructure so that the State's players can avail the same facilities as players of other big states do. He stressed the need for cooperation amongst different associations related to games and sports in increasing the number of medals at national and international events. He also spoke on the importance of selecting the right and prospect players for participating in national and international level games. He extended his best wishes to sports players of the State in their future endeavours.

President, Manipur Olympic Association and MLA of Heirok AC Thokchom Radheshyam stressed the need of sportspersons to be

passionate to win medals and added the importance of collaboration and not competition amongst different associations to achieve progress in the field of games and sports. He lauded the achievement of young and talented athletes of the State who are trained in less infrastructure facilities. He also spoke on the need to support our local players as we support famous footballers during the recent FIFA Football World Cup, to motivate them to bring more laurels for the State.

During the programme, the Chief Minister felicitated medal winners and participants of the 36th National Games-2022, Gujarat and 2nd North East Olympic Games-2022, Shillong. Cash rewards of Rs. 10,000, Rs. 7,000 and Rs. 5,000 were given to gold, silver and bronze

medal winners of 36th National Games-2022, Gujarat. Further, a cash reward of Rs. 10,000 was given to the Associations of 18 disciplines which participated in the 2nd North East Olympic Games-2022, Shillong.

The felicitation ceremony which was organised by the Manipur Olympic Association was also attended by MLA of Keishamthong AC and President, Manipur Basketball Association Nishikant Sapam, MLA of Wangkhei AC and President, All Manipur Mukna Association Th. Arunkumar, MLA of Moirang AC Thongam Shanti, MLA of Kakching AC Mayanglambam Rameshwar, Principal Secretary (YAS) S.S. Chhabra, Olympians, coaches, renowned sports players and Office bearers of Manipur Olympic Association among others.

AMWJU HOLIDAY LIST 2023

- | | |
|--|--|
| 1) 1 st January | New Year's Day |
| 2) 6 th January | Manipur Press Club Foundation Day |
| 3) 26 th January | Republic Day |
| 4) 8 th March to 11 th March | Yaoshang |
| 5) 22 nd March | Shajibou Nongmapanba Cheiraoba |
| 6) 14 th April | Goura Cheiraoba |
| 7) 22 nd April | Eid-ul-fitr |
| 8) 1 st May | May Day |
| 9) 15 th August | Independence Day |
| 10) 24 th August* | Hawkers Day on 25 th August |
| 11) 17 th September | Pisaitao Thouniba / Vishwakarma Puja |
| 12) 15 th November | Ningol Chakkouba |
| 13) 25 th December | Christmas |

* 24th August 2023 will be holiday for Morning Newspaper
* 25th August 2023 will be holiday for Evening Newspaper
* On account of Hawkers Day on 25th August 2023.

ELECTRONIC MEDIA HOLIDAY LIST 2023

- | | |
|------------------------------|------------------|
| 1) 1 st January | New Year's Day |
| 2) 26 th January | Republic Day |
| 3) 1 st May | May Day |
| 4) 15 th August | Independence Day |
| 5) 15 th November | Ningol Chakkouba |

Sports

'I start my day with a 15 km run, prefer a balanced and nutritious diet': Mary Kom

Courtesy: Indian Express
New Delhi, Dec 20:

Chungneijang Mary Kom Hmangte, popularly known as Mary Kom, is a shining example of "where there is a will, there is a way". The girl from Manipur who fearlessly pursued her goals and didn't let the patriarchal society dictate her life, in not only an Olympic medal-winning boxer but also boasts of several feathers in her cap. After overcoming countless hardships, Mary Kom is not just the only woman to win the World Amateur Boxing Championship six times but is also the only boxer to win eight World Championship medals. And this is just a tiny part of her inimitable legacy in sports, and otherwise. No wonder, she has been conferred with an array of honours including the Padma Vibhushan, Major Dhyan Chand Khel Ratna, and Arjuna Award, among others.

So, what mantra does the 40-year-old follow to excel professionally and personally? "A healthy mind in a healthy body," she said, in a conversation with indianexpress.com where the athlete opened up about her fitness routine, diet

plan, overcoming challenges, pressures of the sport, and her biggest learnings from boxing.

Edited excerpts:

Some non-negotiable daily habits you follow to keep your health in check

As a sportsperson, I lead a disciplined life, where I exercise regularly, eat healthy and nutritious food, and get my health check-ups done regularly.

What does your fitness routine look like?

I start my day with a 15 km run. Not only does this warm my body up for boxing practice, but also makes for a great cardio workout that elevates heart health, builds stamina, and burns body fat. From time to time, I also play some sports like skipping rope, shadow boxing, weight training, and badminton.

In the same vein, do you follow a special diet?

I prefer a diet that is both balanced and nutritious. Mostly, it includes boiled rice, green vegetables, fruits, meat, and bread. Although occasionally, I indulge in jalebi or ice cream and some sweets to maintain satisfaction along with exercise. For breakfast, I generally go for light snacks like a shake before the



workout and then a heavy breakfast, which keeps me energetic for the whole day. My breakfast includes green vegetables, fruit juice, eggs and bread. For lunch and dinner, I prefer meat, lentils, vegetables and roti. Meat helps with protein needs and also in maintaining weight while water and fruit juice helps to stay hydrated throughout the day.

Being a sportsperson comes with its own set of challenges. How do you overcome them?

I have been facing chal-

lenges in my life from the very beginning. It wasn't easy for me to keep moving ahead as a boxer as most people saw it as a male sport, including my parents. Moreover, my diminutive size made it more difficult for me to convince everyone that boxing was what I was made for. It took a lot to get past those initial hurdles and get involved with the sport wholeheartedly. Now I have the challenge of being committed to my family and, at the same time, performing for the country at the high-

est level. I make sure that everything is balanced and never back down from tough situations. This must be the reason why I am able to sustain positively in both my professional and personal life.

How do you manage your mental health amidst pressures, failures, and injuries?

A healthy mind in a healthy body is the mantra I follow. Also, without failures, there's no success. As a sportsperson, I understand that if you win some competitions/games, you also lose some. Therefore, we should take failures and pressures in our stride as these help us improve our game. Even the most talented athletes still have to work very hard at their sport because nothing is guaranteed and hard work beats talent when talent doesn't work hard.

What have been your biggest learnings from boxing?

The biggest learning that boxing has taught me is to be passionate in life. You will achieve what you dream of if you are passionate enough about it. My next learning is that sport is not about taking but also about giving back. I always make sure that I give back to the sport and support

everyone around me. Be determined when there are obstacles in your life. Perseverance will always help you succeed. One last learning from boxing I learned is to make provisions for the future as success is not permanent for anyone.

You've recently been roped in by American Oncology Institute (AOI) for its 'Early Cancer Detection' Awareness Campaign. What about this initiative interested you?

When the idea of the campaign on early detection was pitched by American Oncology Institute (AOI), it made me realise that the awareness levels of regular screening still remain abysmally low. It is a mat-

ter of great delight for me to join hands with AOI. I believe early cancer detection helps to improve and enhance an individual's chance for successful treatment. Through this campaign, we aim to gain public attention towards regular screening for cancer by using terms like "think before time" and "act before time". With cancer, the earlier you detect the condition, the higher the chances of a better outcome. It's like knowing every move of your opponent. I hope to spread the importance of early detection of cancer and empower each and every individual so that they are well-prepared and lead a healthy life.

Document Lost

I have lost my Laptop bag including Land Patta, Sale Deed Affidavit and some cases along with my service I-Card, bearing Army No. JC 700365F, Rank- Nb Sub/NT, Name- Nameirakpam Nabakanta Singh, issued by Govt of India on the way between DC Office and Canchipur on 10th December, 2022.

Finders are requested to handover same to the undersigned.

Sd/-
Nameirakpam Nabakanta Singh
Kyangmei Mamang Leikai
Contact No. 6009414603,
WhatsApp No. 7817955157