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Fulfilled promises made in 2017, will win more than 40 seats: Th. Biswajit



Imphal, Feb 23:

Manipur cabinet minister Th. Biswajit Singh on Wednesday said the Bharatiya Janata Party (BJP) government has fulfilled the promises made to the people during the Manipur assembly election campaigns, in the last five years; therefore, the party will easily form the gov-ernment again by wining over

"We promised a bandh and blockade-free Manipur; we have fulfilled it. To protect the indigenous population of the state, we have brought the In-ner Line Permit (ILP) system," Biswajit said, addressing a meet-ing organized as part of his flag hoisting program at Nigomthong Bazaar under the Thongiu assembly constitu-

ency.

The minister said the Congress party must accept the fact that the Bharatiya Janata Party has extinguished the challenges the people of Manipur faced during their period. "Now, the people of Manipur do not have to queue up outside the filling stations overnight just to get a liter of petrol," Biswajit

Governor greets on

74th Birth

Anniversary Of

Selvi Jayalalithaa

IT News Imphal, Feb 23:

The minister said that the Bharatiya Janata Party has also fulfilled Manipur's dream of better road and air connectivity, which the previous govern-ments had neglected.

"The BJP government has improved the road connectivity, including the prominent bridges. Moreover, the govern-ment has started setting up trans highways. In addition, the railways have now connected at Rani Gaidinliu station, and it will reach Imphal in the next two years. Further, it will connect with southeast Asian countries, thereby boosting the state's economic condition," a confi-

dent Biswajit said.
"Peace will prevail where there is the Bharatiya Janata Party, and I want to assure the people that the party will protect the territorial integrity, pre-serve the rights of the indig-enous people of Manipur and its rich cultural heritage," Biswajit said, citing the BJP's election manifesto for ensuing

A star campaigner of BJP in Manipur, Assam Chief Minister Himata Biswa Sarma, extolled Biswajit, saying that BJP has enormous respect and place for him, and he deserved more than

winning more than 40 seats. He said, "The difference in the number of people who attended Rahul Gandhi's meeting on Monday and that of Prime Minister Narendra Modi's on Tuesday high-lighted who is winning this election. The Congress party is not going to touch even double digits in Manipur. This is my prophecy. And the Bharatiya Janata Party will win more than 40 seats this time.'

He also launched a scathing attack on political parties contesting against BJP in the upcoming polls.

Attacking the National People's Party, Patra said, "This election is for Manipur and the welfare and development of its people. Therefore, Manipur's governance can not be done by Shillong; it should not be done from Meghalaya. So Delhi and Manipur will work for the wel-

Mainput will work for the work fare of Manipur; no other things should come between."

Explaining that NPP is the acronym of "Note, Paisa, Paisa," Patra said the BJP wouldn't allow them to earn from Manipur and take it to Meghalaya. The JDU's arrow, Patra mocked, won't hit the target as it was shot from a long distance, but the lotus should

sive election campaigns where different parties escalated a war of words to woo voters in the last few days. For BJP, apart from incumbent Chief Minister N Biren Singh, Th Biswaiit is anticipated as one of the prob-able contenders for the Chief Minister's post for the next term if the BJP forms government. For the 60-seat Manipur egislative Assembly, 20, 48, 169 electorates will vote in two phases on February 28 and March 5. The votes will count

Union Home Minister Amit Shah attended election campaign meeting at various constituencies in poll bound Manipur

IT News Imphal, Feb 23:

With just five days left to go for the first phase poll of the 12 Manipur Legislative As-sembly election campaign in Manipur is reaching its peak with more and more National Political party leaders visiting day after another and conducting poll campaign in the state of Manipur. When the first phase polling will be held on February 28 in 38 assembly constituencies, the second phase polling is scheduled on March 5 in 22 assembly constituencies.

Today, Union Home Minister Amit Shah arrived in Imphal on a one-day visit in the state and join the BJP's election campaign at various places of the state for the ensuing state Legislative Assembly election.

Soon after arrival his here in Imphal the Union Home Minis ter attended a public rally and at Churachandpur assembly constituency

After Churachandpur, the Union Home Minister attended another public meeting at Kangpoki assembly constitu-Later, Amit Shah joined public rally and join a door-todoor campaign at Bhamon Leikai in Imphal East.

Talking at Churachandpur Public meeting the Home Minister assured to solve the issue

of Kuki rebel group to ensure peace if the BJP government continue in the next five years in the state of Manipur. Giving example of how the BJP government had solved the issue of Bodo armed rebellion . Home Minister said that there is peace in Assam and Bodo areas. He said instead of guns the Bodo vouths now have laptops and some become th



Dry run for evacuation of poll personnel to be conducted

IT News Imphal, Feb 23:

A dry run for evacuation of polling and security personnel from remote locations for immediate medical care will be conducted on 24th February, 2022 from 1 p.m. onwards. The Helicopter will start from Bir Tikendraiit International Airport, Imphal to Kangla

Kangla to Parbung – back to Kangla – Kangla to Kasom Khullen – back to Kangla – back to Bir Tikendrajit International Airport, Imphal.

It may be mentioned that a dedicated 24/7 State Command Centre under the supervision of State Nodal Officer (Health) Dr. L. Tomcha Khuman had been set up to promptly respond to the ca-

Flag hoisting of JDU candidate

of Jiribam held

Ashab Uddin get Ministerial berth, if JD(U)

get share in formation of government:

sualty/incident, District Command Centres under the supervision of District CMOs and Assembly Constituency Level Rapid Response Teams (RRT) had also been set up for all the 60 Assembly Constituencies with Medical Officer and support staff. Two Helicopter RRTs service will be utilized for emergency casualties for far flung areas.

EEVFAM and HRA condemn weaponization of human rights struggle for petty political gains by political parties

90 percent of the total votes

and I believe he will work tre-

mendously for better Manipur.

Only your blessings are necessary," Sarma told the crowd.

Manipur BJP president A Sharda Devi extolled Biswajit,

saying that he took an impor-tant role in tackling crucial is-

sues Manipur has encountered

in the last five years.
"I witnessed him helping

the residents of the Thongju assembly constituency during

the flood and other natural ca-

lamities day and night. I want to say that no other represen-

tatives have done what Biswajit has done in the constituency.

The Thongju residents need to

choose him to serve this local-ity for a long time, given his

outstanding work carried out in the area. There is no other

candidate like him in this con-

stituency. He always adheres to the idea of the BJP and ful-

fills the needs of the people. Therefore, he is best suited to be a candidate of BJP," Sharda

national spokesperson Dr. Sambit Patra concurred with the confidence of Biswajit on

BJP Manipur in charge and

endorsed Biswajit.

Speaking on the occasion.

'Have him win this election.

IT News Imphal, Feb 23:

Governor of Manipur La Ganesan extended his heartiest greetings on the 74th birth anniversary of Selvi Javalalithaa on 24th February, 2022. Selvi Jayalalithaa, popularly

known as Amma or Puratchi Thalaivi was an Indian politician and philanthropist who served as the Chief Minister of Tamil Nadu for more than fourteen years between 1991 and 2016. She was the only woman to serve as the Chief Minister of

any State for such a long tenure. Selvi Jayalalithaa as a Nationalist was an exemplary and extraordinary leader for the common masses who have brought positive change in the society and worked for the welfare of the people. She is incomparable and strongly determined leader, and has been an embodiment of woman empowerment who have inspired millions of women across the globe.

Extraiudicial Execution Victim Families' Association, Manipur (EEVFAM) and Human Rights Alert (HRA) has strongly condemn the weaponization of human rights struggle for petty po-

The EEVFAM and HRA in a statement said that certain politi-cal parties and candidates contesting the 12th Manipur Legislative Election are using the work of our organisations, particularly the PIL, Writ Petition No. 129 of 2012 pertaining to the extrajudicial killing of 1528 civilians, pending in the Supreme Court of India, and the plight of the victim families for their

own cheap political propaganda.

Instead of weaponizing the issue of extraiudicial killing during election time, EEVFAM and HRA requested the upcoming government, irrespective of which party or coalition comes to power, to take the long-suf-

ferings of victims seriously by initiating prompt, thorough, impartial, and independent investigation of the remaining cases of extra judicial killings not yet investigated.

The rights bodies also demanded granting of prosecution sanction under section 197 of Cr.PC and section 6 of the Armed Forces Special Power, 1958 against the security personnel found to be involved in the killings and also to institute a Truth Commission in Manipur to bring out the whole truth behind the mass extra-judicial execution and to identify the needs of the victims who have suffered untold miseries with the aim of resituating their broken lives due to the unlawful act of the security forces.

The statement said that even though BJP prominently highlighted the issue of Fake En-counter in the Charge-sheet Against Congress in the run up to the 11th Manipur Legislative Assembly Election of 2017, the

promise to investigate and punish the killers remains unfulfilled It added that in the last five years of its rule the State Government did not initiate a single criminal investigation on these cases, leave alone punishing them. And even in the few investigations conducted by the CBI/SIT on the direction of the Supreme Court, the Union Government denied prosecution sanctions against the personnel of the Armed Forces of the Union who are found to be involved in the killings of the innocent civilians.

"Despite initial enthusiasm of the present government, the call for initiating a Transitional Justice Process by institution a Truth Com-mission to address the burning needs of the victim families remain silent till date. In fact, all the efforts of the families to get some com-pensation under section 357 A of CrPC remain frustrated as the State's Victim Compensation Scheme is not allocated sufficient fund", the statement said.

Asfaque Ahmed Khan assured IT Correspondent Jiribam, Feb 23:

A flag hoisting ceremony of Md. Ashab Uddin, JDU can didate of Jiribam Assembly Constituency held today at

Sonapur, Jiribam.

The flag was hoisted by the Chief Guest of the programme Asfaque Ahmed Khan, National General Secretary, Janata Dal (United) in presence of Khuslender Kumar, M.P, Lok Sabha; MK. Bodain, President, JD(U), Jiribam Mandal and MD. Achab Uddin, JD(U) Candidate, Jiribam Assembly Con-

Addressing the large public gathering Khuslender Kumar, M.P, Lok Sabha; Bihar said for the development of Jiribam people of Jiribam you need to vote in favour of Achab

You have seen during the tenure of Ashab Uddin, for the construction of Jiri-Tipaumukh road money has already sanction but the tender of the road was hold up by the BJP government, so that it will affect to the election of Ashab Uddin.

He assured that if Ashab Uddin win the election than he will work for the development of Jiribam under the guidance

of Nitish Kumar. He also assured if the JD(U) get their share in the formation of Manipur government than Achab Uddin will get the ministerial berth.

Thereafter, Asfaque Ahmed Khan National General Secre tary, Janata Dal (United) said JD(U) is a party for all. The party never did the blame and claim politics. Our objective is to work for the development of people. He also cautious to the rival party not to take JD(U)

lightly. He assured without the apport of JD(U), no one can form the government in Manipur.

He appealed to all to vote in favour of JD(U) candidate and to bring development for all in Jiribam.

Addressing public meeting, Ashab Uddin said I will always remain indebt for your support and favour whatever you have given to me.

Taking jibe to his rival, he added frightening the voters you should not break down such activities we will unitedly

Clarifying about the JT road work, he said the JT road has already sanction in my tenure there is nothing new to do.

Ashab Uddin said, his objective is to maintain peace, justice and development of all in Jiribam.

Powerless Chandigarh and Trainless Budaun

Talking Points §

Narvijay Yadav



is the three-day strike of the electricity department employees of UT Chandigarh, which started from 12 midnight on Monday. It may turn into an indefinite strike if the matter is not resolved early. The protesting employees are opposing the privatization of the electricity department in Chandigarh, while the UT administration is determined to do so by Marchend. The union of electricity workers had given the strike notice two months ago, but no alternative arrangement was made by the administra-tion in this regard, which is a matter of concern. The biggest concern is about hospitals where many patients are in ICU or on life saving ma-chines like ventilators and their lives are in danger. Factories are closed in the industrial area of the city and there is an apprehension of industrial loss of up to Rs 60-70 crore per day.

Apart from this, a problem has arisen in front of the students preparing for the online examinations. Electricity has been missing in many parts of the city since Monday night and the administration has made no effective arrangement to rectify the power failure. Officers have been deployed for emergencies, but to no avail, as there are no linemen and electricians to fix the faults at the ground level. Water supply in many areas is also getting affected due to lack of electricity. Traffic lights are not working on the crossings and there is a big problem in the city. Imagine, this is happening in a well-organized city, what will happen to the smaller towns of the country?

Now take an example of a small town also. It came to my notice through a newspaper that there is a railway station in Badaun of Uttar Pradesh but to have a small meter gauge line, which was later converted into a broad line, but nothing was done by the Ministry of Railways or the political representatives to improve the connectivity of the district headquarter. In this town of historical importance with Ganga Jamuni Tehzeeb, there is no industrial activity other than agriculture. In the time of the meter gauge line, the connectivity of Badaun was with Agra, Kasganj and Bareilly. For those going to the capitals of the country and the state, there is no other option but to travel by buses. The city's MP is Dr. Sanghamitra Maurya of BJP, who was supposed to get this connectivity done. Her father Swami

Prasad Maurya quit BJP to join the Samajwadi Party.
Dr. Sanghamitra Maurya in Badaun and Bollywood actress Kirron Kher in Chandigarh are two such MPs, whose presence or absence does not make any difference to their constituencies. Both have won elections because of BJP and PM Modi and the people of their respective cities are suffering. Many times, the candidate of a national party wins the election

Exchange marriage



Owing to certain pressures, women are forced to marry without having a say in the matter

A sweeping statement of the Gujarat High Court about the skewed sex ratio in that State throws light on the problem of exchange marriages. This concept of marriage makes the girl a tool of exchange wherein one family agrees to give their son in marriage to a girl from another family in exchange of the son of the second family marrying a girl from the first. This usually happens with sister-brother pairs. It is an

age-old custom not exclusive to Gujarat, but in recent decades practised in States where brides are said to be scarce. The case is about a man petitioning for the return of her wife he claims has been confined by her parents to their house. The couple got married recently, but her father was unhappy about it. He wanted his daughter to divorce her husband so that he could get her married and in exchange his son would also get married. If she did not comply, her brother would remain unmar ried; that was the father's worry. The court cautioned the father and allowed the couple to unite. The two-judge Bench hearing the case observed: "Depletion of sex ratio in...Gujarat results into more and more such cases coming up to the court where on one hand birth of the daughter is not acceptable and on the other hand with depletion of the ratio, the marriages are essentially the exchange marriages which take place regardless of will, wish, emotion and the age."

India's sex ratio — calculated in terms of women per 1,000 men

is quite healthy, even comparable to developed countries. The fifth National Family Health Survey says for every 1,000 men there are 1,020 women. However, the sex ratio is positive in the rural areas, not so in urban areas. The sex ratio at birth (SRB) is another cause for concern because it continues to be lower than the average. The analysis of the data reveals that 13 States and Union Territories have more males than females. The skewed ratio exists in urban areas in 22 and rural areas of 14 States. The Union Territory of Dadra and Nagar Haveli and Daman and Diu have the worst urban sex ratio: 775 women per 1,000 men. It is not just female foeticide that is causing the problem. Male selective migration from rural to urban areas is also a reason why the latter end up with more men. Thirdly, low SRBs since the 1970s have led to "surplus men" in countries like India and China. Fourthly, educated women in rural areas are not willing to marry illiterate men. As a result, some men end up remaining unmarried. In some regions fraternal polyandry is practised. Or, brides are "imported" from "surplus" States. Or, exchange marriages become the solution. In all these cases, the women have no choice and face problems of alien cultures and customs. Unless the SRBs normalise, the courts will keep facing such sad stories.

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Mathematics: A Fundamental part of Nature

Mathematics was not invented by humans, but they are a universal language. The same that uses nature to express themselves through their beings communicate and manage the gear of each other of its parts either an atom or a galaxy, either microscopic or macroscopic. Just looking around us, we find the harmonious language of mathematics. From rainbows, river meanders and shadows to spider webs, honeycombs and the markings on animals coat, visible world is full of tterns that can be described mathematically. Nature is unstoppable and a beautiful one at that. Everywhere you look, the natural world is laced with stunning patterns that can be described with mathematics. From bees to blood vessels, ferns to fangs mathematics can explain how such beauty emerges. Mathematics is often described this way, as a language or tool that human creates to describe the world around them, with precision. But there is another school of thought which suggests math is actually what the world is made of: that nature follows the some simple rules, time and again, because mathematics underpins the fundamental laws of physical world. According to philosopher Sam Baron of the Australian Catholic University, "mathematics existed in nature long before human invented it" He said mathematics explains so many things we see around us, and then it is unlikely that mathematics is something we've created. Instead, if we think math as an essential component of nature that gives structure to the physical world, it might prompt us to consider in it rather than reveling in our own creativity.

A world made of math: This thinking dates back to Greek philosopher Pythagoras (around 575-475 BCE), who was the first to identify mathematics as one of two languages that can explain the architectures, the other being music. He thought all things were made of numbers that the universe was made two millennia later, scientists are still going to great lengths to uncover where and how mathematical patterns emerge in nature to answer some big questions-like why cauliflower looks oddly perfect. We spent many hours frantically dismantling cauliflower florets, count-ing them, measuring angles between, said Étienne Farcot of University of Nottingham, who studied cauliflower growth in an effort to understand these "mysterious cabbage". Fractals are exquisite, self-repeating patterns which besides some cauliflower are also found in fern frond, branching blood vessels and rings of Saturn. Fractals are geometric shape made up of smaller and smaller copies of them selves creating a mesmerizing "selfsimilarity" that is infinitely deep

Although only mathematical or computer fractals are truly perfect fractals, nature comes pretty close. These repeating patterns are every-where in nature. In snowflake, river networks, flowers, trees, lightning strikes- even in our blood vessels Parts of charms of fractals in that they help to explain how complexity is born out of simplicity. As **Benoi Mandelbrot**, the polish –born mathematician who coined the term fractal said in2010" Bottomless wonders spring from simple rules which are repeated without end. Branching river system also carve near-perfect patterns that in one instance, archaeologist looked for missing fractals to deduce ancient Egyptians might have modified river channels when building Pyramids nearby. Insects appear to follow mathematical principle too. Whether they know it or not, bees build hexagonal honeycomb in a way that produces the most storage space using the least materials-a theory known as the 'honeycomb conjunc-ture' 'which was finally demonstrated American mathematician Thomas Hales in 1999. Some species of cicadas also have a life cycle geared to-wards prime numbers. Swarm of two North American species emerge from their subterranean burrows every 13 years, a trick which scientists think helps cicadas avoid predators with more regular rhythms.

Let's not forget nature's favorite number Fibonacci number, where each number in the sequence is the sum of the previous two. Fibonacci numbers are seen in sunflower seeds Pine cones and pineapples. Spiral galaxies and nautilus shell also mimic socalled golden spiral by growing in logarithmic ratio with every quarter turn. But even though mathematical patterns are everywhere to be seen in nature, recent discoveries suggest the connection between" math and nature runs deeper still" in ways we're only just beginning to appreciate. Researchers discovered what they described as a previously unknown law of nature- from shark teeth and spider fangs to bird beaks and dinosaur horns. The diversity of animals and even plants that follows this rule is staggering", evolutionary biologist

Alistar Evan from Monash University in Australia said at the time they dis covered mathematical formula dubbed the power cascade. We found it almost everywhere we looked across the kingdoms of life- in living animals and those extinct for millions of years Back in 2015, scientists were also de lighted to find a classic formula Pithe ever constant ratio between a circle's circumference and its diameterlurking in hydrogen atoms. Like Pis: 3.1415926, phi can be represented by a numerical sequence: 1.6180339887. Both numbers represent geometric relationship. But **phi** can also be derived from a quadratic equation and from a series known as Fibonacci sequence and referred to the Golden Ratio. It has been used in art, architecture, design, photography, music and can be seen in many proportion of the human body including DNA. In a roundabout way that discovery leads us back to the idea that mathematics provides a structural framework for the physical world. A closer look at the shapes and relationship in nature, we can see perfection in different geometrical shapes and math will note in some number printed- for example the wings of butterflies, what do they mean? Petals of flowers mostly have perfect symmetry, similar to others in the nature as the shell of a snail, mineral crystal and even our galaxy. At this symmetry it is called "di-vine proportion", "golden ratio" or "golden number". It is a recurring number in some pattern of nature and we cannot believe it's a fad or a fluke. It's an interesting idea to entertain so long as your head doesn't explode.

(Writer can be reached

Understanding Internet Addiction Disorder (IAD) and Its Preventive Measures

Compulsive internet uses is relatively a new mental health concerned. Internet addiction or excessive use of internet is a modern psychological disorder, which hugely affects one's health, job, economic and relation-ships in several ways. It is a psycho-

logical disorder marked by a compulsive desire to perform one or more online activities, including gaming, social media, or browsing. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) referred to as internet addiction disorder (IAD). Anyone can be affected by IAD, while the majority of people who do so are males in their teens, twenties, and thirties. According to Internet and Mobile Association of India (IAMAI), the number of Internet users in India - 481 million in December 2017, - 500 million June 2018, - 730 million in 2020 - 829 million in 2021. Internet addiction has

also been associated with negative academic consequences such as failure, lower grades and career crisis. Causes of Internet Addiction

* The individual background of excessive computer use is generally com-prised of difficulties within the person's

everyday personal environment.

* Psychological problems such as low self-esteem, social anxieties or depression, helplessness uses internet as a way of relieving a dysphoric

* If those affected are unable to develop alternative solution strategies for these kinds of problems and, at the same time, have a high online affinity, there is a danger that they will continue to flee into the virtual world.

* The risk of an Internet or computer game addiction also increases if those affected do not receive suffi-

cient outside support. Major Types of Internet Addiction

- Cyber-Relationship Addiction
- * Gaming Addiction
- Online Compulsions Informational Addiction

How is Internet Addiction As-

Preoccupation or salience: Do you feel preoccupied with the Internet (think about previous online activity or anticipate next online gaming/ses-

sion)?

* Tolerance: Do you feel the need to use the Internet for increasing amounts of time to achieve satisfac-

* Loss of control: Have you repeatedly made unsuccessful efforts to control, cut back, or stop your Internet

* Withdrawal: Do you feel rest-less, moody, depressed, or irritable your Internet use?

* Loss of control: Do you stay

online longer than originally in-

* Interference with work or career: Have you jeopardized or risked the loss of a significant relationship, job, or educational or career opportunity because of the Internet?

* Need to conceal behavior: Have you lied to family members, a thera-pist, or others to conceal the extent of your involvement with the Internet?

* Escape: Do you use the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression)? (Amy Bleakley, Sunhee Park, and Daniel Romer, 2017).

Internet Addiction and Psychiat-Symptoms
*Somatization (SSD): conversion

of a mental state (such as depression or anxiety) into physical symptoms, also the existence of physical bodily complaints in the absence of a known medical condition.

* Obsessive Compulsive Disor-der (OCD): OCD is characterized by unreasonable thoughts and fears (obsessions) that lead to compulsive behaviors. OCD often centers on themes such as a fear of germs or the need to arrange objects in a specific manner.

Symptoms usually begin gradually and vary throughout life.

* Depression: Depression is an ongoing problem of mood disorder that the control of the control involves a persistent feeling of sadness and loss of interest. It is different from the mood fluctuations that people regularly experience as a part of life.

* Anxiety: APA define anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. These disorders alter how a person processes emotions and be-have, also causing physical symptoms. Mild anxiety might be vague and unsettling, while severe anxiety may seriously affect day-to-day living.

* Aggression: hostile, injurious, or destructive behavior or outlook es-

pecially when caused by frustration.

* Phobia: a type of anxiety disorder/a mental illness that makes someone very worried and affects their life that involves an extreme fear of some-

characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically worked into an organized system. It may be an aspect of chronic personality disorder, of drug abuse, or of a serious condition such as schizophre-nia in which the person loses touch

with reality.

* Psychosis: Psychosis is characterized by an impaired relationship with reality. It's a symptom of serious mental disorders. People who are experiencing psychosis may have either hallucinations or delusions.

* Borderline Personality Disorder (BPD):Borderline personality dis-order is an illness marked by an ongoing pattern of varying moods, self-image, and behavior. These symptoms often result in impulsive actions and problems in relationships. People with borderline personality disorder may experience intense episodes of anger, depression, and anxiety that can last from a few hours to days How To Overcome Internet Addic-

* Identify The Most Addictive El-

ement Of The Internet. * Break the Chain of Trigger-Habit Auto-Response by Injecting a Small

Pause in Between.

* Write down the apps that you want to use on a piece of paper and rate the addictiveness of these apps

on a scale from 1 to 10. Find an Accountability Partner

or Seek Therapy or Counselor.

* Change Communication Patterns (online to offline-physical inter-

* Limit Your Computer and

Smartphone Use.
* Block/delete those websites on Select Devices

* Socialize and meet up groups to find people with similar interests.

* Prioritize Your Needs and set a goal to do your homework first.

* Find Outside Interests

* Keep Yourself Busy
* Ask yourself these 3 Questions:

What's the BEST possible outcome if I stop using this app?

2. What's the WORST possible

the distance works it possible that it is the works it possible the possible that it is the works it possible the work it possible the

tcome if I stop using this app?
If your internet addiction has af-

fected your personal relationships or your productivity at work, you may need help from a professional addic tion counselor.
Figure out what you're passionate

about and do it every time you feel the urge to check the Internet, play a video game, or social media web. Substituting your negative behavior for a more productive or healthy behavior (such as exercise or art) can help you stay in control of your Internet addiction.

(The author Dr. Suantak Demkhosei Vaiphei is an Assistant Professor in Department of Psychology, Assam Downtown University, Guwahati)

"Expect high voter turn-out over 90 percent," says Langthabal RO Scindia

20-Lagthabal AC had witnessed a voter turn-out of 90.53 percent in the 2017 election and expects a higher voter turn-out of over 90 percent in the ensuing 2022 election, said Returning Officer Scindia Laipubam

Appealing further to the people of the constituency to exercise their adult franchise without any violence and en-sure a free, fair and peaceful election, she said all neces-sary preparations for the ensuing electionsis being undertaken in the constituency with the support from officials and staff involved to facilitate full participation of the electors in the voting process.

She said four candidates -

Indian National Congress can-didate Okram Joy Singh, Na-tional People's Party candidate Karam Nabakishor Singh, Bharatiya Janata Party candidate Karam Shyam and inde-pendent candidate Hijam Somarendro Singh are in the

fray for the election.

RO Scindia said 20-Langthabal AC has 40 Polling Stations which is divided into four sectors, with a total of 160 Polling Officials to be utilized in the voting process. 20/32-Haoreibi Awang Upper Primary



School with 1082 electors has the highest number of electors 20/25-Langthabal Khaobum Primary School with 396 electors has the lowest.

Two Polling Stations 20/ 28-Lilong Higher Secondary School (E/W) and 20/29-Lilong Higher Secondary School (W/W) have been identified in the constituency as Model cum Women Polling

Stations, she said.
Scindia also said that the constituency has 28,128 electors of which 14,823 are female and 13,301 are male electors. The constituency also has four transgender electors, 475 above 80 years, 4 above 100 and 242 PwD electors. Altogether 249 electors who opted

secutive elections from 2000 to 2007.

Okram Joy Singh defeated Independent candidate
Pukhrambam Horendra Singh
in the 1974 elections, INC(U)'s Karam Babudhon in 1980, INC candidate RK Bimol in 1984, and Babudhon of INC in 1990 again.Okram Joy contested the 1974, 1984 and 1990 as MPP candidate and the 1980 election on a Janata Party ticket.

Babudhon handed Okram Joy Singh his first defeat in the 6th Manipur Legislative Assembly Elections, 1995. Okram Joy won three consecutive terms in 2000, 2002 and 2007.

In both the 2000 and 2002 elections, MPP's Okram Joy defeated Manipur State Congress Party candidate Babudhon. In the 9th Manipur Assembly Elections, 2007, Okram Joy defeated Nationalist Congress Party's Rebika Naorem and represented the constituency for the seventh term in the State Assembly.

The seasoned politician, however, suffered defeat twice in the hands of Karam Shyam in the 2012 and 2017 elections. Joy contested the 2012 election as the MPP candidate and the 11th Manipur Legislative Assembly Elections, 2017 election as the BJP candidate. Karam Shyam contested both the elections as the Lok Janshakti Party candidate

Systematic Voters' Education and Electoral Participation program (SVEEP) held



IT News Chandel, Feb 23:

In connection with the ensuing state assembly Election, 2022, yesterday a Systematic Voters' Education and Electoral Participation program (SVEEP) was help at Japhou Bazaar, Part

-1A, Chandel.
As 41-Chandel and 42-Tengnoupal assembly constituencies are going to poll on 5th March 2022, in the second phase of the state assembly election 2022, Intensive SVEEP Awareness Campaigns are being taken up with an aim to increase voter turnout as being done in different parts of the

It can be mentioned that as part of the Mission 300-SVEEP Plan of the CEO, Manipur, 300 Polling Stations with the lowest voter turnout in the 2017 Assembly election from across the state were identified with an aim to improve voter turnout in the ensuing 2022 elec-

Speaking to the media persons Nodal Officer, SVEEP, Chandel, Dearson Tontang said that Japhou Bazaar part-1A polling station is one of the 300 hundred polling station where voter turnout were very low compared to others in the 41-Chandel (ST) constituency in the last election. He further said that besides the other SVEEP programs held earlier in the district, the main objective of today's campaign was to ensure voters to cast their votes. As part of today's pro-gram casting of vote using EVM & VVPAT were demon-strated. Creating awareness and sensitization on the District Election Control Room cell was also one of the main objectives of today's program,he

Today's program was conducted under the supervision of SVEEP Nodal Officer, Chandel, Dearson Tondang, Secretary, Japhou Bazaar Board and many citizens of Japhou bazaar area attended today's

3-phased Training of Polling Personnel Concluded

IT News Churachandpur, Feb 23:

The District Election Officer, Churachandpur organized 3 rounds of training for polling personnel for the smooth conduct of 12th Manipur Legislative Assembly election, 2022. The 3rd and final phase of training on EVM, VVPAT and Covid protocols which began on February 17 was concluded today at St. Mary's Higher Secondary School, Tuibong.A special round of training for absentees will be conducted tomorrow at the same venue.

Further, the training of Micro Observers was also conducted at District Training Centre (DTC), Churachandpur to ensure smooth conduct of the forthcoming Assembly election. parted on EVM/VVPAT, Electoral Process and Covid-19 protocols. About 80 officials attended the training.



Absentee Voters have been

found eligible. In the 1st Manipur Legis-

lative Assembly Elections, 1972, IrengbamTompok of the

MPP defeated Indian National

Congress candidate Pukhrambam Horendro Singh, to represent the then 13-Lilong

Chajing Assembly Constitu-

ency. 20-Langthabal Assembly Constituency, formed after the

1972 Assembly Elections fol-

lowing delimitation, has been

represented seven times by

Okram Joy Singh in the Manipur Legislative Assem-

bly, winning four straight As-

1990 and another three con-

nbly elections from 1974 to

candidate

Moreover, Postal Ballot facility for Absentee Voters for the categories – 80+ (AVSC), PwDs (AVPD) and Covid-19 (AVCO) still continues with polling teams visiting voters from different polling stations within 59-Saikot (ST) A/C.

Meanwhile, 2nd inspection of election expenditure of all

contesting candidates was held in the presence of Expenditure Observers today at DTC Hall, Tuibong.

Six Assembly Segments within Churachandpur and Pherzawl districts will go to the poll in the first phase on Feb 28. The total num-ber of electors in these six

ACs is 221362. Out of the six ACs, 58-Churachandpur AC has the highest number of electors with 64095 voters while 56-Thanlon with 17926 voters has the lowest number of elector. The total number of Polling Stations within the two dis-

CCI imposes penalty on seven entities for bid rigging in the tender of SBI

IT Correspondent

The Competition Commission of India ('CCI') has fined seven entities for indulging in anticompetitive agreement for supply of signages for branches/offices/ATMs of State Bank of India (SBI) across the country.

In its recent order CCI imposed penalty on: Diamond Display Solutions Pvt. Ltd., AGX Retail Solutions Pvt. Ltd., Opal Signs Pvt. Ltd., Avery Dennison Pvt. Ltd, Amreesh Neon Pvt. Ltd, Macromedia Digital Imaging Pvt. Ltd and Hith Impex Pvt. Ltd.

This matter was initiated

suo motu by CCI on the basis of complaint received in 2018 alleging bid-rigging and cartelisation in the tender floated by SBI Infra Management Solutions Pvt. Ltd. The investigation inter alia found e-mails exchanged between the parties which formed the is for manipulation of the bidding process.

Based on a cumulative asessment of the evidence collected, CCI found that there was an agreement amongst the parties which resulted in geographical market allocation as well as bid-rigging in the above mentioned tender

Accordingly, all the par-

ties were held to be guilty of contravention of the provisions of Section 3 of the Competition Act, 2002 (the Act), which prohibits anti-competi-tive agreements including cartels. Besides, 09 individuals of these parties were also held liable for the anti-competitive conduct of their respective entities, in terms of the provi-

sions of Section 48 of the Act. Considering that one party has filed lesser penalty application besides cooperating during investigation as well as inquiry process and that most of the parties are MSMEs - some of which even acknowledged their conduct during the inquiry, CCI took a lenient view and decided to impose penalty upon the par-ties @ 1% of their respective average turnover.

The individuals found guilty under Section 48 of the Act were also imposed pen-alty @1% of their respective average incomes. Further, considering the stage at which the lesser penalty applicant approached the CCI and in light of the co-operation extended by it thereafter, CCI granted a reduction in penalty by 90% to it and its individuals. The CCI also directed the parties and their respective officials to cease and desist from indulging in anti-competitive

DEO Bishnupur Notifies for Webcasting Training

IT News Bishnupur, Feb 22:

District Election Officer, Bishnupur, L. Bikram had notified all officials appointed as Presiding Officers and Polling Officers for the district for the third round of training in connection with the State Assem-

bly Election, 2022. As per the notification, the training will be held in four diffor two consecutive days on

February 23 and 24. The District Coordinator and Assembly Level Coordinators for Webcasting will impart train ing on operating of web streaming kits in polling sta-tions during the training.

On the first day, training will be conducted at Loyola School for 24-Nambol AC, for 26-Bishnupur AC at Block C Mini Secretariat, for 27-Moirang at Ningthoukhong Hr Sec School and for 28-Thanga at PRC Hall, Mini Secretariat

On the second day of training, 25-Oinam at Loyola School, 26-Bishenpur at Block C, Mini Secretariat, 28-Thanga at PRC Hall and 29-Kumbi at Ningthoukhong Hr. Sec School are the specified venues for

training.

It further notified all polling personnels to attend the webcasting training failing which appropriate action will be taken as per law without further information.

Union Minister of Development of North East Region, Tourism and Culture Sri G. Kishan Reddy addresses the 'North East MSME Conclave

Imphal, Feb 23:

MSME sector is the backbone of the economy and it must take the lead on the journey towards Atmanirbhar Bharat, says the Union Minis-

He observes that thehuge potentialfor the MSMEs in Northeast needs to be tapped for bringing about inclusive

development in the region
The recently announced
Rs 1,500 crore Prime Minister Development Initiative for the North East (PM-DevINE) scheme will prove to be a bo-nus for the sector: Sri G. Kishan Reddy

Union Minister of Devel-opment of North East Region, Tourism and Culture Sri G. Kishan Reddy addressed the 'North East MSME Conclave: Building Competitiveness for Leveraging Opportunities', organized by the Confedera-tion of Indian Industries (CII).

The Union Minister hailed the MSME sector as the backbone of the economy and emphasised that on the jour-ney towards Atmanirbhar Bharat, MSME's must take the

lead.

He further emphasised the fact that the MSMEs will play a critical role for the nation's economic growth over the next 25 years of 'AmritKaal'. He added that there is im-

mense potential for the MSMEs in Northeast - be it agriculture, food processing, tourism, mineral based industries, IT, infrastructure. He said that this huge potential needs to be tapped for bringing about inclusive development in the region.

The Union Minister also emphasised on the fact that

the central government has remained committed towards development of the North East Region and several mea-sures have been taken in this regard. He added that the recently announced Rs 1,500 crore Prime Minister Development Initiative for the North East (PM-DevINE) scheme will prove to be a bonus for

the sector.

He further added that the North East Region is entering a new phase of development with several new opportunities emerging and that there is a need to make the most of this

changing paradigm.
The Minister also urged that to achieve the goal of overall development, it is pertinent that all stakeholders, including the MSMEs need to work to gether to embark on a vibrant journey to realise the dreams of a better future.

EC relaxes restrictions on campaigning for elections in Uttar Pradesh, Manipur; limit of 50 per cent relaxed

Agency New Delhi, Feb 23:

In view of the declining COVID-19 cases, the Election Commission on Tuesday announced more relaxations for political parties in the poll-bound Uttar Pradesh and Manipur.

The poll panel eased Covid-induced curbs imposed on campaigning in UP election 2022 and Manipur election by allowing roadshows with prior permission of district authori-ties.

The poll panel has

allowed the political parties/

candidates to hold their meetings and rallies subject to SDMA regulations. Restriction of using only 50 per cent capacity of space has been relaxed, by the

Election Commission.
While relaxing the restrictions, the EC said it took a periodic review of the status of COVID in the country and specially in the poll-bound states.

As per updated informa-tion received from the Union Health Secretary, the COVID cases have already declined significantly (3.47 Lakh on 21st January, 2022 to just about 13.4 thousand as on and phases five, six and seven of the Uttar Pradesh today) and have come to a minimal level in the country The fifth phase of polling Even in the reported cases the maximum number of

in the Uttar Pradesh election 2022 will take place on February 27, while the voting for the sixth and seventh phases will be held on March 3 and 7 respectively. The poll panel will announce the UP election 2022 results on March 10.

Manipur election 2022 has been scheduled in two phases - February 28 and March 5. The Manipur poll results will be declared on March 10

Supreme Court rejects plea seeking cancellation of offline board exams

Agency New Delhi, Feb 23:

Agency New Delhi, Feb 23:

People who are double-

vaccinated and those who have recovered from infection by previous strains of the SARS-CoV-2 virus have virtu-

ally no antibody protection

against the Omicron variant,

according to a study.

The research, recently published in the journal Al-

lergy, found that only indi-

viduals vaccinated with a

third or booster dose of the

Covid-19 vaccine form anti-bodies that can partially block

Omicron, Researchers from

the Medical University of

Vienna examined an Austrian

subpopulation of vaccinated

and recovered individuals for

their antibody status and protection against the Wuhan,

Delta and Omicron variants. They adapted for Omicron a test developed for the pre-

vious variants which inves-

tigates whether the virus can

bind to the receptor on human

cells via its receptor-binding domain (RBD).

CoV-2 to enter human cells via

The researchers also ex-amined people who had re-

ceived different vaccines and

combinations currently li-

The findings show that

censed in Austria.

the ACE2 receptor on cells.

RBD is used by SARS-

The Supreme Court on Wednesday rejected a petition seeking cancellation of offline examinations for class 10th and 12th to be conducted by all state boards, the Central Board of Secondary Education (CBSE), the Indian Certificate of Secondary Education (ICSE) and the National Institute of Open Schooling.

Dismissing the plea, the pex court said such petitions vere misleading and and give false hope to students.

"You see you are creating conducive only. Entertaining such petitions is only increas-ing confusion in system. What kind of petitions are being folded? Let authorities take decisions," the bench headed by Justice Khanwilkar said, le-

Covid vaccine efficacy limited

against Omicron, says study

gal website Live Law reported.

The plea had sought direc-tions to the CBSE and other education boards, which have proposed to hold board examinations for classes 10 and 12 in offline mode, to devise alternate modes of assessment

The CBSE has decided to conduct term two board exams for class 10 and class 12 from

phase Manipur election 2022 India records 15,102 new Covid-19

MHA committee on AFSPA withdrawal from

Agency New Delhi, Feb 23:

India recorded 15,102 new Covid-19 cases, 278 deaths in the last 24 hours, pushing the total death toll to 5,12,622, according to the data released by the Ministry of Health on Wednesday (February 23, 2022). The active cases stand at 1 64 522

A decrease of 16,553 cases has been recorded in the ac-

The ministry of home affairs

(MHA) committee constituted to

recommend measures for with-

drawal of Armed Forces Special Powers Act (AFSPA) from

Nagaland has missed the dead-

line for submission of its report.
The MHA committee, which

was constituted in December last

span of 24 hours. The country also recorded 31,377 recoveries today, taking the total number of recoveries to 4,21,89,887.

covery rate stands at 98.42 per cent. The daily positivity rate was recorded at 1.28 per cent, while the weekly positivity rate was recorded at 1.80 per cent, according to the minis-

year, was supposed to submit its

report of recommendations withing 45 days. Nagaland chief minister

Neiphiu Rio had earlier claimed that the committee needed to sub-

mit its report of recommendations within 45 days (by February 9).

ported that it has accessed the

MHA order stating that the com-

mittee is to make "suitable rec-

However, The Hindu re-

Additionally, the cumulative doses administered in the country so far under the nationwide Covid-19 vaccination drive have exceeded 176.19 crore. As many as 11,83,438 tests were conducted in the last 24 hours to detect the pres-

cases are from non-poll going States. Specially in the Poll going States of Uttar

Pradesh and Manipur, total number of cases which were

more than 16.7 thousand at

peak on 22nd January, 2022

The political parties are

have come down to just

about 500 cases on 22nd February, 2022, the EC stated

campaigning for the two-

in its statement.

ence of the virus.

Meanwhile, the global coronavirus caseload has topped 427.3 million, while the deaths have surged to more than 5.90 million and vaccinations to

over 10.40 billion, according to

Johns Hopkins University.
The US continues to be the worst-hit country with the world's highest number of cases and deaths at 78,642,385 and 938,938, according to the

The second worst-hit country in terms of cases is India (42,851,929 infections and 512 344 deaths), followed by Brazil (28,353,689 infections and 645.665 deaths).

cases, 278 deaths in last 24 hours

tive Covid-19 caseload in a

The national Covid-19 re-

Nagaland 'misses' report submission deadline ommendations" within three

months (March 26).

According to the report, NPF leader TR Zeliang informed that the committee has sought an extension for three-months.

There has been rising de-mand for withdrawal of AFSPA from Nagaland and the Northeast as a whole, following the December 4 killing of civilians by security forces in Nagaland's Mon

At least 13 civilians were gunned down by commandos of the 21 para special forces of the Indian Army on December 4 in a botched counter-insurgency

The rising demand for with-drawal of AFSPA from Nagaland compelled the Centre to constitute a committee to make recommendations.

both Covid-19 convalescent individuals and individuals who had been vaccinated twice developed antibody

protection against Delta. However, the antibodies were not able to block the receptor binding domain against Omicron, the researchers said.

The study found that blockade of Omicron was bet-ter in those individuals who had received the third vacci-

"The third vaccination developed protective antibod-ies in many individuals. However, there is also a signifi-cant proportion (20 per cent) in whom no protection was established," said Rudolf Valenta, who led the research

The RBD differed only slightly in all previously known SARS-CoV-2 variants so that infections with these and the currently available vaccines provided protection against the previous variants, the researchers said.

Omicron is the first vari-ant that differs greatly from the previous variants in RBD. Consequently, infections with the previous variants and currently available vaccines provide little or no protection against Omicron, they said.

The researchers noted that the best protection would be to develop a broadly effective combination vaccine that protects against both the previous variants and Omicron.

"Until we have such a vaccine, only repeated vaccinations with the existing vaccines will provide some pro-tection," Valenta said.

"The protective effect achieved by vaccination can be evaluated with special tests that can be rapidly adapted to new virus variants," the immunologist added.

Sports

Mumbai City beat SC East Bengal 1-0 to make top-four return

Agency Fatorda, Feb 23:

Agency Kohima, Feb 23:

Defending champions Mumbai City FC returned to contention for a semi-final spot with a narrow 1-0 win over SC East Bengal in the Indian Super League here on Tuesday.

A solitary goal by Bipin Singh (51st minute) helped Des Buckingham's men climb up to fourth place with 28 points.

SC East Bengal made a spirited start after Mohammad Nawaz had to make an early save from Mahesh Naorem's powerful drive.

A few minutes before the half-hour mark, Thongkhosiem Haokip found himself one-on-one with the goalkeeper but a poor first touch denied him a scoring opportunity. His penalty ap-peal fell on deaf ears following faint touch from Mourtada Fall tripping him inside the box.

Despite dominating more of the ball possession, the Islanders could only muster up two shots on target in the first



The lack of clear scoring chances kept their attackers frustrated as SCEB defended resiliently and played on the counter. It was an intriguing first half but a lack of quality in the final third meant both sides went into the half time break on equal terms.

Mahesh began the second half in a similar fashion to the first, by forcing Nawaz into a save in the goal. Then, Igor Angulo miscued a tap-in from 10-yards away on the other

end which shocked everyone on the pitch.
The deadlock, however,

was finally broken by a precise and powerful finish by Bipin Singh from outside the box. His left-footed strike beat the goalkeeper on his near post.

A moment of magic was

witnessed on the stroke of the 80th minute when Nawaz made a point-blank save from Raju Gaikwad's overhead at-

tempt.
Connecting with the re-

bound, Fran Sota volleyed his shot above the crossbar to his frustration. The fourth official added four minutes for stop-pages and Mumbai saw them out with a collective defensive effort to collect the three

Mumbai City FC take the field against FC Goa in their next outing at Bambolim on Saturday while SC East Ben-gal face NorthEast United in a battle of the bottom-dwellers at Vasco on Monday.

Nandini confirms India's first medal at 73rd Strandja Memorial Boxing **Tournament, powers into semis**

IT Correspondent New Delhi, Feb 23:

Indian women boxer Nandini produced an accomplished performance and stormed into the semi-finals on Day 3, confirming India's first medal at the 73rd Strandja Memorial Boxing Tournament in Sofia, Bulgaria.

The 21-year-old pugilist started off brilliantly and dominated Kazakhstan's Valeriva Axenova from the word go in the women's +81kg quarter-finals bout. The Mohali resident Nandini's relentless powerful punches unsettled her opponent in the third round before the Indian was declared as the winner by Referee Stopping Contest

The reigning national champion Nandini has now secured at least a bronze medal with a place into the Last-4 stage where she will take on another Kazakh boxer Lazzat Kungeibayeva, the former world champion and 2021 Asian Championships gold medallist

The current youth world champion champion Arundhati Choudhary and Parveen also marched into quarter-finals after registering commanding victories by an identical 5-0 margin in their respective opening round matches, played late on Tuesday.

While Arundhati out-classed Italy's Melissa Gemini in the 70kg match, Parveen (63kg) blanked Kazakhstan's Aida

Meanwhile, Sachin Kumar (80kg), Rohit Mor (57kg) alongside country's three women boxers. Meena Rani (60kg), Anjali Tushir (66kg) and Saweety (75kg), made exits after conceding defeats in their respective matches.

On the fourth day of Europe's oldest international boxing tournament, Anamika (50kg) will look to secure a medal as she will fight in the quarter-finals while Sumit (75kg) will play his second

Identity Card Lost

I have lost my Identity Card, bearing No. H-01579, EIN: 021481, issued by the Home Department, Govt. of Manipur on the way between Awangkhunou to Uripok, Imphal West on

Finders may kindly handover or inform the under signed for which act of your kindness I will be grateful ever.
Sd/Kh. Bishwarjit Singh

Awangkhunou Mamang Leikai Contact No. 9856206428