

Manipur Assembly Polls on Feb 27, March 3; code of conduct enforced

IT News

Imphal, Jan 8:

The Election Commission of India on Saturday declared the Manipur Assembly elections 2022 schedule, announcing voting in two phases with the first on February 27 and the second on March 3.

The ECI while taking seriously to the pre poll violence in the state of Manipur has said that the Commission have discussed the issue with the Chief Secy, the DGP of the state and all measures to ensure free and fair election has been taken up.

"We had discussed with DGP, they appraised about the situation, EC is taking all steps to avoid such incident, so we have given two phases of election in the state -we will ensure that such type of incidents wont happened", CEC Sushil Chandra said.

The Manipur election results 2022 will be declared



Chief Election Commissioner (CEC) Sushil Chandra

when counting of votes in Manipur takes place on March 10 along with four other poll-bound states - Uttar Pradesh, Punjab, Uttarakhand and Goa. The term of the current Manipur Assembly ends in March 19.

With the announcement of

the Assembly elections schedule, the Model Code of Conduct has come into force across Manipur, Uttar Pradesh, Punjab, Uttarakhand and Goa. The EC said elections will be completed in seven phases for the five states.

This is the second tranche of state elections to be held in India since the outbreak of the Covid-19 pandemic. West Bengal, Assam, Kerala, Puducherry and Tamil Nadu had voted during the second coronavirus wave in March-April 2020. This time too, Omicron-triggered third Covid-19 wave has forced political parties to alter plans for election rallies.

Chief election commissioner Sushil Chandra said political parties and candidates are advised to conduct campaign through digital mode, while free time on Doordarshan has been doubled for political parties in view of Covid-19. The ECI has cancelled roadshows, padyatras and rallies by candidates till January 15.

The Manipur Assembly has a total of 60 seats, with 31 being the majority mark. While there are 40 constituencies in the valley region, there 20 in the hill region.

Agartala-Jiribam Janshatabdi Express service begins

Manipur CM and Union Minister Ashwini Vaishnaw flag off express train service virtually



IT News

Jiribam, Jan 8:

With the connectivity of BG railway line in Manipur, another major feat achieved by the Northeast Frontier Railway (NFR), the state of Manipur will now be connected to Tripura through passenger express train service.

Chief Minister of Manipur

N. Biren Singh in presence of Union Railway minister Ashwini Vaishnaw and Chief Minister of Tripura Bipul Kumar Deb virtually inaugurate the Agartala-Jiribam Janshatabdi Express today at 2 PM from Jiribam Railway station

The Janshatabdi Express will cover the distance 300km from Jiribam to Agartala in just six hours and will have com-

mercial stops at five stations on the way. The train will provide services three days in a week (Monday, Wednesday and Friday).

Today's flagging off ceremony at Jiribam Railway station was attended by Deputy Commissioner of Jiribam W. Malmnganba Chhenglei, Superintendent of Police, Jiribam Ksh. Rabikumar Singh along with other railway officials.

Court rejected bail application of Rajkumar Master and others

Courtesy -HY News

Imphal, Jan 8:

Session Judge, Imphal on Friday rejected the bail application of primary accused Rajkumar Master and the other two involved in alleged kidnapping, confinement, and subjected to rape threat, and forced to elope with a 27 years-old woman against her will on 12th December 2021. A case was registered at Sigamei PS under IPC sections 366, 343, 354, 34, 511, and 376 in connection to Kidnapping, abducting or inducing woman to compel her marriage, Wrongful confinement, Assault or use of criminal force to woman with intent to outrage her modesty. Acts done by several persons in furtherance of common intention, etc.

The FIR was filed on 13th

December at Sigamei police station against the primary accused Rajkumar Master Meitei (35 years old), son of RK Sanajaoba of Mayang Imphal Konchak Mayai Leikai, Imphal West district, and two other persons- Moirangthem Landhoni and Angom Soman (40 yrs). Earlier the accused and the other involved were on anticipatory bail which extend till December 31st. The 2nd bail requisition by Moirangthem Landhoni and Angom Soman was rejected by the session judge, Imphal on Friday, 7th January.

The case was unfolded when, a group of the survivor's friends on 19th December organized a meeting at the conference hall of Human Rights Alert, Kwakeithel Thiyam Leikai, and discussed plans to spread awareness

among the masses about the importance of consent in a particular relationship and to break the shackles of patriarchal norms. The meeting was attended by representatives of Mingsel Foundation, GirlUp Manipur, Human Rights Alert (HRA), Extrajudicial Execution Victim Families Association (EEVFAM), Matai Society, and some concerned citizens.

Later, a Press conference was conducted at around 3 pm at the conference Hall of HRA. The civil society organizations namely, Apunba Manipur Kanba Ima Lup (AMKIL), EEVFAM, GirlUp Manipur, HRA, Mingsel Foundation, Women in Governance Network (WinG), ETA: Northeast Women's Network condemned the kidnapping, confinement, threat to

rape, murder, "Keina Katpa" and forced elopement of a Ph.D. Scholar of JNU, against her will by Rajkumar Master Meitei.

The press release stated that "the girl was called out by Rajkumar Master Meitei on 12th December on the pretext of having lunch at Lilong. She accepted the invitation as they were acquainted. Instead, he took her to his aunt's house at Mayang Imphal, near his house. Right after the lunch, to her utter surprise and without any prior indications, Master's family coaxed her to marry Master. She outrightly rejected the proposal. But the family insisted and persuaded her to accept the proposal. As the matter escalated, she tried to leave the house but they instead snatched her phone and locked her in the house".

NSCN-IM warns of 'unpleasant incidents' in Arunachal for 'hurting' Naga interest

Guwahati, Jan 8:

The Isak-Muivah faction of the National Socialist Council of Nagaland has warned of 'unpleasant incidents' in Arunachal Pradesh, accusing the government of hurting the interest of Naga people in the state.

In a statement issued on Thursday, the Naga rebel outfit accused chief minister Pema Khandu and deputy chief minister Chowna Mein of "acting irresponsibly and failing to restore and fulfil the wishes of Naga people" in Tirap, Changlang and Longding districts of the state.

"Unpleasant incidents would be borne by themselves as they deliberately ignored the outcry of the Nagas of Arunachal Pradesh. The long

patience of positive response of the NSCN/GPRN (Government of the People's Republic of Nagaland) cannot be considered as weakness rather than humility," the statement said.

The state government didn't respond to the statement.

Last September, the outfit issued a statement demanding the Naga MLAs of the three districts, Tirap, Changlang and Longding, withdraw support to the BJP government led by Pema Khandu and Chowna Mein. The three districts have 11 legislators, three of who are cabinet ministers.

"The MLAs who fail to uphold the rights of the Nagas of Arunachal Pradesh would be considered anti-Naga," the statement in September said.

The demand was in reaction

to a circular issued by the Longding district authorities informing about the Constitution (Scheduled Tribes) Order Amendment Bill, 2021 removing the term "Any other Naga tribe".

The circular followed the passage of the bill in Parliament in August where the list of scheduled tribes in Arunachal Pradesh was amended (on the recommendations of the state government) to add several indigenous tribe names and deleted the words "any other Naga tribe" (which was there prior to amendment).

The NSCN-IM's September statement said the move "wilfully undermined, distorted the rights, identity and denied the existence of the Naga people".

Nearly 2000 journalists died with Covid-19 in 94 countries

IT Correspondent

Geneva, Jan 8:

Nearly 2000 journalists died of Covid-19 in 94 countries since March 2020. Last year, in 2021, at least 1400 media workers succumbed to the virus, that is to say 116 per month or some 4 per day on average, announced Friday in Geneva the Press Emblem Campaign (PEC).

No continent is spared by the pandemic. Of the 1940 journalists dead registered by the PEC since March 1, 2020, Latin America leads with half of the victims, or 955 deaths. Asia follows with 556 dead, ahead of Europe 263, then Africa 98 and North America 68.

More than 50 casualties are still under investigation. The actual number of victims

is certainly higher, as the cause of journalists' deaths is sometimes not specified or their deaths not announced. In some countries, there is no reliable information. The 2000 figure is a low estimate. According to PEC India representative Nava Thakuria, the vast south-Asian country might have lost over 400 media workers to the pandemic, but a hundred of them are yet to be authenticated.

Slowdown in the number of victims

After a spike in deadly infections in the first half of 2021, the death toll thankfully slowed in the second half thanks to advances in vaccination, said PEC Secretary-General Blaise Lempen.

For the second half of 2021, 225 deaths were registered, with an increase in Eu-

rope, and a sharp decrease in Latin America and Asia (in December 25 journalists died, in November 28, in October 27, in September 33, in August 42 and in July 70). In the first half of 2021, 1175 journalists were killed by the virus.

The PEC hopes that this slowdown will continue in 2022 but is worried by the high number of infections caused by the Omicron variant. It calls all media workers to take the necessary precautions including the booster vaccine.

Brazil, India and Peru with the heaviest death toll

Since March 2020, Brazil is the country with the heaviest death toll with 295 media workers who died from the coronavirus. India is second with at least 279 victims, ahead of Peru 199, then Mexico 122, Colombia 79, Bangladesh 68.

In the United States of America at least 66 journalists died with Covid-19. Italy is the first European country with 61 dead, followed by Venezuela 59, Ecuador 51, Argentina 47, Indonesia 42, Russia 42, Iran 34, United Kingdom 33, Turkey 29, Dominican Republic 29, Pakistan 27, Nepal 23, Egypt 22, Bolivia 20, Honduras 19, South Africa 19, Spain 19 and Ukraine 19.

Next are Panama 17, Poland 14, France 11, Guatemala 11, Nigeria 11, Afghanistan 10, Nicaragua 10, Zimbabwe 10, Algeria 9, Cuba 9, Paraguay 8, Philippines 7, Uruguay 7, Kazakhstan 5, Kenya 5, Romania 5, Morocco 4, Cameroon 4, Iraq 4.

At least 3 journalists died of complications with Covid-19 in 6 countries: Albania, Azerbaijan, Costa Rica, Portu-

gal, Salvador, and Sweden.

Two victims were registered in 14 countries: Austria, Belarus, Belgium, Benin, Bulgaria, Canada, Chile, Germany, Ghana, Greece, Guyana, Sri Lanka, Switzerland, and Uganda.

At least one in 30 countries: Angola, Barbados, Bosnia, Czech Republic, Democratic Republic of Congo, Israel, Jamaica, Japan, Jordan, Kirghizstan, Kosovo, Lebanon, Lithuania, Malaysia, Malawi, Mali, Moldova, Mozambique, Myanmar, New Zealand, Norway, Palestine, Saudi Arabia, South Korea, Thailand, Togo, Tajikistan, Tunisia, UAE, and Yemen.

The PEC tally is based on information from local media, national associations of journalists and regional PEC correspondents.

Bengalis of Jiribam reacts against the plea of Amra Bangalee

IT Correspondent

Jiribam, Jan 8:

The Bengalis of Jiribam reacted against the plea which filed by the Kolkata based "Amra Bangalee" Organisation to the Supreme court to squash the prevalent Inner Line Permit (ILP) system in Manipur.

Today in a joint press release issued by All Manipur Bengali Students Union, All Jiribam Muslim Welfare Society and All Jiribam Patni Parishad have clarified that the plea submitted to the honourable Supreme Court by the "AMRA BANGALEE" of Kolkata in order to squash the prevalent Inner Line Permit

(ILP) system in Manipur is totally unknown to the Bengali speaking people of Jiribam.

Further, it was stated that being the permanent citizen of Jiribam, Manipur we have civil rights to condemn that plea which has been implemented for the greater interests of our State Manipur and we condemned it heartily.

As the ILP system that has been implemented in Manipur is not stumbling Bengali's interest in Manipur and so, Bengalis living here is in duty board compelled to support it heartily and we believe that there will none jeopardising this simple fact, added in the press release.

Record growth in exports as Brand India shines

Talking Points

Narvijay Yadav



The 'Made in India' products are getting wild response from the global markets. Brand India has grown rapidly and even after battling the Covid pandemic, the hard work of the exporters is paying off

well. The Indian exports industry created a remarkable history by performing brilliantly last month. India exported \$100 billion in the third quarter (Oct-Dec) of the current fiscal (2021-22, which is the highest ever. For this reason, the possibility of meeting the export target of \$400 billion by March 2022 has increased. The second wave of the pandemic battered the global economy, causing the Indian market to return to its old position and make up for the losses, but not so in the case of exports. Global demand for Indian goods started improving in December, with exports hitting a monthly high of \$37.29 billion. Anant Srivastava, founder, Home Textile Exporters Welfare Association (HEWA), says that this is the highest ever export in a month so far and there is no doubt about it that exports will touch \$400 billion in the next quarter. The President of Federation of Indian Export Organizations (FIEO) also tweeted the same sentiment that highest-ever exports in a month and in a quarter, touching \$300 billion in merchandise exports till December, 2021 is phenomenal in itself as it showcases the continuous resilience of the export sector.

Commerce and Industry Minister Piyush Goyal wrote in his tweet that "the Make In India Lion Roars Loud and Clear." India set an export record in December. Exports of cotton yarn, fabrics, made-up and handloom products are gaining more traction and have successfully registered a growth rate of 45.73 per cent in the one year, December, 2020 to December, 2021. On this, Vikas Singh Chauhan, Director, HEWA believes that the export success story will continue this year as well. But to achieve the target of \$1 trillion in 2022-23, efforts will have to be intensified. The Indian economy is showing positive signs as it has already crossed the \$300 billion exports mark in three quarters. The increase in exports is also due to some favourable steps taken by the government, such as expansion of RoSCTL, facility of RoDTEP, payment of pending dues of Rs 56,000 crore in September for export promotion schemes and relaxation to factories during the second wave of lockdown.

Following the pandemic, major importers such as the US and Europe have become more conscious of sustainable and eco-friendly products and services rather than market prices. Almost all the major brands are following the China+1 policy, with India being one of the biggest beneficiaries. HEWA believes that the Indian economy is booming. The industry is very positive towards Product Linked Incentive Scheme, Mega Integrated Park Scheme etc. High freight charges, raw material cost, lack of major FTAs, fully functional alternative routes like International North South Transport Corridor (INSTC) are also some of the challenges to achieve \$1 trillion exports and \$5 trillion GDP in the next few years. India also needs to put in place a mechanism to control the rising cost of raw material in cotton to achieve the textile export target of \$100 billion in the next few years.

How to keep your hair healthy this winter

Winter is the time for comfort, warmth and cosiness.

Sitting by the fire with a hot cup of tea and steaming plate of breakfast on a balmy winter morning. While you may be having the best time of your life, your hair is not. While a lot of people focus on winter skincare, the hair is mostly ignored.

The freezing temperature is going to wreak havoc upon your hair as it zaps the moisture out of the hair and scalp, resulting in frizzy and flaky hair, dry and itchy scalp or simply worsening the condition of those who are already facing hair problems.

And that is why you need a separate hair care routine for winters.

Your hair loses moisture due to extreme climatic conditions, making it brittle and prone to breakage and split ends. It dulls natural shine and causes color to fade.

Everyone's hair types differ. While it's important that everyone treat their hair gently—particularly in the winter—this is especially important if you have fragile hair. Fragile hair requires extra-careful treatment.

The hair needs external nourishment. This is more so in winter, when the weather becomes dry and robs the hair of moisture and oils. The application of oils, like pure coconut oil or almond oil, provides nourishment to the hair and softens hair texture. If you apply oil with a light massage, it also helps to stimulate blood circulation to the hair follicles. Massage the scalp gently with oil, using only the fingertips and move the scalp in small circular movements. After washing the hair, avoid rubbing with your towel. Instead, wrap it around the head and allow it to absorb excess water. Avoid ironing the hair if it is dry and brittle. Stop using the hair dryer before the

hair is totally dry and allow it to dry naturally.

Dandruff is quite common in winter, due to dryness and flakiness of the scalp. Hot oil therapy is very useful for dandruff and split ends. Once or twice a week, heat pure coconut oil and apply on the hair and scalp. Apply on ends too. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. Leave the oil on overnight. For dandruff, next morning, apply the juice of a lemon on the scalp and wash your hair after 20 minutes. Avoid using very hot water for washing your hair. After shampoo, add two tablespoons of vinegar to a mug of water and use as a last rinse.

When it comes to washing your hair, it depends on your hair type. Only hair can be washed daily to keep scalp clean while chemically treated coloured hair can be washed less frequently. Make sure to apply conditioner keeping in view of specific needs of hair type to bind the hair fiber together to make it stronger. Regular conditioning is extremely important. Hair conditioners and hair serums help to soften the hair and improve its look and texture. They also coat the hair and help to protect it. After shampoo, apply a creamy conditioner, taking less quantity and massaging it lightly into the hair. Apply on the ends too. Leave it on for two minutes and rinse off with plain water. Do not rinse off all the conditioner if the hair is very dry. You can also apply a "leave-on" type of conditioner or hair serum. Apply



By: Shahnaz Husain

it the same way, but do not rinse off.

Tips / Home Remedies for Hair Care:

Hydrate Hairs— Keep your hair hydrated during winters by drinking plenty of water, juices, soups and salads. If you keep yourself hydrated then there are minimum

chances of hair problems and it will also give you long lustrous and shiny hair besides keeping you healthy and fit. What you eat also plays a role in hair health.

Eating a healthy diet full of iron, vitamins, minerals is the best way to keep your hair and scalp hydrated from inside. Aloe vera and almond oil is one of the best ingredients for intense moisturizing. Apply the mixture of Aloe vera and almond oil in equal quantities depending on length of your hair, over your hair cuticle and leave it for 45 minutes to allow it to soak naturally. It will minimize moisture loss making your hair soft, smooth and shiny.

Make sure you don't get a temperature shock when you get home or when you're going out. Keep your room temperature warm but not hot as if temperature inside your home is much warmer than outside then it can irritate your skin and scalp leading to dandruff, hair fall, split ends etc.

Avoid use of hair dryers and curling irons as the heat can dry out your hair and scalp, increasing the risk of damage.

Allow hairs to dry in normal temperatures and even if the hair dryer is then keep it at 20 inches away from hair to minimize the loss

Stop using the hair dryer before the hair is totally dry and allow it to dry naturally.

To nourish dry hair: Beat an egg with a cup of milk. Rub the mixture into the scalp and leave it for five minutes. Afterwards just rinse it with water. Do this twice a week. Onion juice in combination with honey is amazing for hair care treatment to control hair fall / fight dandruff in winters. Extract the juice of two onions. Add 4 tablespoons of honey and 2 tablespoons of rosewater in the onion juice. Apply this paste to your hair with a help of a cotton swab and leave it on for about 60 minutes. Rinse your hair with lukewarm water.

For split ends and dry, brittle hair: Take one tablespoon sesame seed (til) oil, one teaspoon pure glycerin and one egg yolk. Mix together and apply on the hair. Apply on ends too. For longer hair, take more oil. Wearing a plastic shower cap will help. Wash your hair after half an hour.

To improve hair texture and color: Mix one teaspoon castor oil with one tablespoon pure coconut oil. Heat and apply on the hair and scalp. Leave it overnight. Castor oil helps to darken hair which has become brown due to sun-damage and other reasons.

Mix some water with creamy hair conditioner and put it in a spray bottle. Spray the mixture on the hair. Then comb the hair, so that it spreads through the hair.

Once or twice a week, apply curd or egg. Leave it on for half an hour, before washing the hair.

When sitting out in the sun, cover your head but make sure that it's not so tight that it will restrict the circulation in your scalp.

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

Advantages and Disadvantage of Cramming for Examination

Cramming study sessions look to be predictable sometimes. Doesn't matter what your age is, if you have enrollment in the class, there are chances that sometimes you do cramming at night before the exam. People who love strategy state that they study best when under pressure, whereas others just fall into the habit because of their confused schedules. Doesn't matter what reasoning you have about the special late-night study sessions, you may wonder what are the pros and cons of cramming. Like other arguments, there are both good and bad while considering this approach.

Cramming: Best Friend of Students

Cramming is very important before the exams. For the majority of students, it is routine to stay alert all night to study before the exam. In the classes with multiple option tests, it looks to be quite easier to awake and cramming all night, because is the believed that if you can identify the question, then ruling out different options for the answers becomes really easy. It is seen that more than 33% of the students cram during the night before the test.

Uniform Integrity

Although a lot of students do cramming, it is not assured whether it helps the students or not. There are diverse types of cramming, and each one looks to give different results while comes to achieving grades. The problem is that even though cramming can help for short-term memory, the memorizing of the study done after a few weeks once the course is completed looks

to be going in vain! Certainly, when the cramming is used, it only makes some sense that the storage of information might be contained within the frontal lobe of your brain, whereas long-term memory exists and it would be related to studies which have happened over several weeks or, might be stored in the multiple sections of your brain.

Green Highlighted Region Represents the Anterior Lobe of your Brain

Different universities have revealed the health allegation that one can bring upon her or himself while cramming. However, it also shows that a definite time period of severe stress can be positive for a human body that cramming might look to fall underneath the acute stress category. With acute stress, our body increases fight (epinephrine & norepinephrine), stops reproductive systems, digestion, and boosts the metabolism. Vasodilation and vasoconstriction also occur, so pumping of blood in definite areas of the brain and body during the regular day's activities can't get stimulated often. Particularly throughout the fight, one becomes extra helpful that might look to help during study for the massive test.

Are there any Additional Effects than only Keeping Information?

Even though cramming can't be perfect for some people, research should be continued for cramming, stress, and even studying styles. Some people are uncovered against more strain than others; therefore maybe the levels of stress are conciliated, leading to the decreased capability of studying and cram-

ming the night prior to the exam. Students carry on doing cramming as results are attained on finals and tests. It's quite possible that cramming might do extra than only getting good grades to students in the exam and it might also assist in training the body with diverse stress activities which otherwise can't be achieved.

Whatever the reasons might be, the time has come to think about the pros & cons of cramming. Let's assume that you have some job or playing sports in school. You can argue that cramming is the only thing you can do in the available time. You've done that in the past and this has assisted you in maintaining reputation. Cramming can prove to be a useful way to study for the test. It gives birth to one trouble. Last-night cramming for the exams commits details for short-term memory while extending one's study of material over the time is likely to outcome in maintaining the information in the long-term memory which is good for the overall education. Let's take a look at the Pros and Cons of cramming:

Some Advantages of Cramming

Brain Remembers the Information Overnight: You might not have recognized it that when you fall asleep, your brain still continues to work. It indicates that you may study something just before going to sleep and still, your brain works to understand the details, cracking unanswered problems, as well as remembering facts when you go to sleep. The play here is getting sufficient night's sleep with the inten-



By: Vijay Garg

tion that your brain does have the time to perform the hard work the next morning.

Helps to Concentrate: If you have faced hard times in reading the material, producing study sheets, and extracting facts, you can benefit from the last-minute study sessions. If the procrastination has given you a position whereas the cramming session is required, your mind can shift into a results-oriented mode of study. You may prolong keywords, write important facts and definitions, and practice those abbreviated details rapidly as resisted to struggle with the drawn-out procedure. Although it is uncommon, some students discover that self-discipline of time pushes them to maximize the usage of time and achieve better than they might if they had sufficient time available.

Some Disadvantages of Cramming

Lack of Timing will make you feel Stressed and Overwhelmed: Without a doubt, the last-minute study may prove overwhelming. The majority of people don't feel ready if they've studied only once, just before the exam. It will make you feel stressed, making it hard to sleep or leave you more stressed than you might be regarding how you'll do.

You won't get Full Night: As declared above, the sleep is very important for the information processing. What's more, you don't need to fall asleep or struggle to keep the eyes open, whereas you're in your classroom the next day. You will feel miserable and you won't be the sharpest. You can make careless mistakes which you'd never done

in other positions if you become over-tired. Whereas every person's sleep requirements are different, the experts normally recommend that the teenagers should have the sleep of 9 hours in the night, as well as adults, should have the sleep of around 7-8 hours at night.

According to AHD (American Heritage Dictionary), the cramming means study rapidly and concentrate on the examination. Probably, if you haven't done cramming before, there can be a possibility to do cramming in the future. Why are you Cramming? Perhaps you've been unwell and missed the school. Possibly your additional commitments have adopted extra time than you have planned. Perhaps you may not be the most structured person or you may have mastered the ability of procrastination.

There is a physical side to cramming. Cramming gives stress to your entire body. Anxiety and sleeplessness are an awful combination for the final exams. In one study, researchers have found that if the stress lasts for only some hours, it can obstruct brain-cell communication with the areas related to memory and learning. Then what is its answer? Making a chart for study can be useful even with merely one-week preparation for the final exams. These are the skills that you may use for the life after graduation.

Points to be kept in Mind

Always keep your graded papers and study as per teacher's comments.

Be as particular as possible. Rather than writing the "study Bio" place "read using the study guide book and highlights the questions to inquire to the teacher."

Be prepared to try somewhat new. How you have studied in the middle or high school can't be ef-

fective because the material that you are necessary to study increases in complexity.

Be sensible. Think about which classes require the most interest. These will perhaps not be the classes that you like the most however then concentrate on coming up with the ways of making study fun.

Correcting your own errors is a great way to study. Only throw away papers after you are sure you will not be tested on the information.

Recompense yourself! Nobody said that doing the study is easy. So write what you can do after completing the exams.

Stay updated. If you have to miss the class, ensure to bring somebody's notes. Just rewrite them in selected format or reproduce them to add into your notebook in suitable places.

Set the time limits. Rather than writing the "read study handbook" tries "from 1:00 to 1:20 p.m. assessment vocabulary cards."

When taking the chapter test, submit back to the notes and underline any details you memorize for that test. If that was vital enough to have a chapter test, this might come in the semester test.

Conclusion

Cramming is usually a fine approach while incorporated into a bigger study arrangement. Doing revision every day for the upcoming exam will help a lot. Revise the most significant facts at the night for the next day exam. If you are postponing as you are struggling with some topic or might not be able to execute a sure short plan, you can hire a teacher to help you. A qualified teacher will help you understand the topic and find out ways of studying more effectively.

Letters, Feedback and Suggestions to 'Impthal Times'

can be sent to our e-mail : imphaltimes@gmail.com. For advertisement kindly contact : - 0385-3590330 (O). For time being readers can reach the office at Cell Phone No. 9862860745 for any purpose.

PM congratulates fellow citizens on crossing the 150 crore milestone of Covid vaccination drive

PIB
New Delhi, Jan 8:

The Prime Minister, Narendra Modi has congratulated fellow citizens on crossing the 150 crore milestone of Covid vaccination drive. He also said that India is grateful to all those who have been working to make our vaccination drive a success.

In a series of tweets, the Prime Minister said; "A remarkable day on the vaccination front! Congratulations to our fellow citizens on crossing

the 150 crore milestone. Our vaccination drive has ensured that many lives are saved. At the same time, let us also keep following all COVID-19 related protocols.

India is grateful to all those who have been working to make our vaccination drive a success. We thank our doctors, scientists, innovators and the health care workers who are vaccinating the people. I urge all those eligible to get their shots. Together, let's fight COVID-19."

CM inaugurates Cage Culture and Pen Culture Units and Sarita Regional Boxing Academy

IT News
Imphal, Jan 8:

Chief Minister N. Biren Singh has N. Biren Singh also inaugurated 18 Cage Culture units and 11 Pen culture units under the Loktak Livelihood Mission through video conferencing. He also inaugurated Sarita Regional Boxing Academy, Indoor Training Hall at Mayang Imphal, Imphal West on Friday.

Chief Minister N. Biren Singh today inaugurated 18 Cage Culture units and 11 Pen culture units under the Loktak Livelihood Mission through video conferencing.

Speaking as the Chief Guest of the function, N. Biren Singh said that the Loktak Livelihood Mission, which was launched in 2018, is an initiative of the State Government for bringing improvement in the livelihood of people living



on the periphery of Loktak Lake. He stated that it aims to increase the income of farmers by utilizing marshy land in and around the lake. The mission also aimed at providing employment opportunities to fish farmers and youths of the

State, he added.

The Chief Minister stated that the State was spending around Rs 400 crores annually for procurement of fish from outside the state. After the installation of the BJP led government in 2017, the government decided to have self-sufficiency in fish production and to save draining of crores of money in fish imports, he added. The state had saved over Rs 100 crore in fish import, he added. He further maintained that a total of Rs. 15 crores have been earmarked in the budget for the Loktak Livelihood Mission. He appreciated the Minister for Fisheries, Commissioner, Director and other officials of the department for making the mission successful.

N. Biren Singh mentioned that 18 Cage Culture units and 11 Pen culture units have been constructed and being installed today at various places of Loktak Lake, Takmu Lake and Thanga for ensuring sustainable economy of the

people and increasing fish production in the State. He also stated that more and more units of Cage Culture and Pen Culture would be installed in the near future and in around Loktak Lake in order to provide more economic benefits to the local fisherman communities for their sustainable livelihood. He further appealed to the people to extend their valuable support and cooperation towards achieving Atmanirbhar Manipur and Atmanirbhar Bharat.

Minister for Fisheries S. Rajen Singh, Deputy Speaker K. Robindro Singh, MP (Rajya Sabha) Maharajah Leishemba Sanajaoba, Commissioner (Fisheries) M. Harekrishna, Director (Fisheries) H. Balkrishna Singh and others were present during the function.

Prior to this program, the Chief Minister inaugurated Astro Turf at Kaziphung village, Hungbung and VIP seating gallery at Ukhrul headquarters ground, Ukhrul via

video conferencing. N. Biren Singh today inaugurated Sarita Regional Boxing Academy, Indoor Training Hall at Mayang Imphal, Imphal West.

Deputy Speaker of Manipur Legislative Assembly, K. Robindro Singh, Arjuna Awardee and renowned Boxer Smt. Sarita Devi and others were present during the inauguration.

Speaking on the occasion, N. Biren Singh said that love for games and sports ran high in the blood of every Manipuris. Although Manipur is a tiny state, Manipuris have brought many laurels for the country at various international competitions, he added.

The Chief Minister mentioned that the government has introduced an initiative of extending financial assistance of Rs 15,000 to some selected local clubs. We are also providing Rs 3 lakh each to 16 teams of Manipur State League and Rs 1 crore each to Hero 1-League teams, he added.

N. Biren Singh appreciated the hard work of Arjuna Awardee Sarita Devi towards developing such a boxing academy to nurture the future boxers in the State. He assured that the State government would seriously consider extending every possible support and assistance to the Academy. He gave his best wishes to all the students of the Academy in their future endeavors.

Manipur, Nagaland, Meghalaya told to step up COVID-19 vaccination for teens

Agency
New Delhi, Jan 8:

The apex child rights body NCPCR on Friday asked Punjab, Manipur, Nagaland, and Meghalaya to take immediate steps to increase the rate of COVID-19 vaccination for children aged 15-17 years as the collective rate of inoculation of kids in these states remained below 1.45 percent.

In a letter to chief secretar-

ies of these four states, the National Commission for Protection of Child Rights (NCPCR) said these states have shown poor performance in providing vaccination to children.

"It has been observed by the Commission that in comparison to other states and national data of vaccination of children, your state has not made enough efforts in providing vaccination to the most

vulnerable population of our country which might be putting them on a huge risk of life.

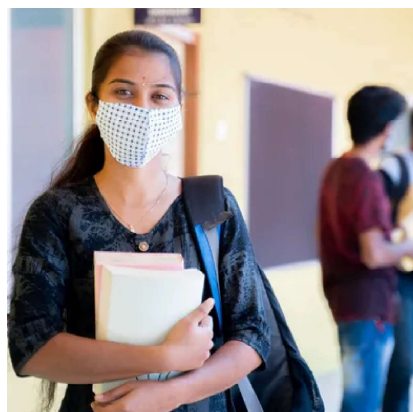
In this regard, the Commission request you to take immediate steps towards increasing number of vaccinations for children in a speedy manner," the letter stated.

The Covid vaccination (first dose) programme for children in the age group of 15 to 18 years started from January 3.

In a week's time, the NCPCR said approximately 22.7 per cent of children (15 to 18 years) has been vaccinated with the first dose of vaccine against the pandemic.

According to the data, COVID-19 vaccination coverage of children aged 15-17 years was recorded at 0.9 per cent in Nagaland, 1.3 per cent in Punjab, 1.9 per cent in Meghalaya and 2 per cent in Manipur.

Close Schools for Class 10, 12: Parents concerned as cases cross 1 lakh; should schools close for all? Poll



Agency
New Delhi, Jan 8:

COVID Third Wave has knocked at the door of our country as daily cases have crossed 1.4 lakh, leaving many shocked over the rapid transmission. As per various orders, schools in Karnataka, Punjab, Maharashtra, Delhi, Tamil Nadu, Punjab and so on have closed for most classes, if not 10-12. States have imposed restrictions to avoid complete lockdowns as they gear up to control COVID spread. With so much happening and vulnerable also exposed, the demand remains, "Close schools for class 10, 12 too" and the question remains - "Should schools be closed for all?"

Schools closing in states has

left people perplexed as they had just started reopening from late October or November, 2021. Experts and parents had initially raised concerns on the learning loss and many expressed happiness over schools reopening. However, no sooner did the offline classes resume, than Omicron hit the country and schools started closing again.

Schools closed, COVID Third Wave & What States are doing

States and experts are now seeking caution for children of junior classes as neither they are vaccinated nor they fall under the age group eligible for vaccination. Since children's vaccination program has rolled out, many parents, if not all have been relatively feeling better about send-

ing their children to schools with at least one jab. However, question continues - is one dose enough? Won't students of classes 10-12 still be prone to infection?

Many schools across the country have closed for all classes. While there are some like Karnataka, Mumbai, Pune, and so on that have not closed schools for classes 10, 12. Seeing rapid transmission, states like Haryana, Punjab and even Delhi have also closed colleges as well to avoid any possible infection even to the fully vaccinated.

Should schools be closed for all classes or is it okay to close schools only for a few?

As states impose lockdown-like restrictions and frame new SOPs, the question amid the chaos remain - Should schools be closed for all classes, even 10, 12? Parents are asking why can't schools close for all till their wards are fully vaccinated or till the peak of Third Wave subsides. Do you agree to this? Take the Poll below and share your answers.

While states in India continue to remain divided on the need to close schools for all classes, one can draw some conclusions on the risk of COVID/Omicron from the example of France. As an International Publication recently reported, French schools are "On the Edge of Blowing Up" as COVID is at its worst.

Schools in France have just reopened after Christmas break and even the most stringent restrictions and advanced healthcare system are not being able to control the rapid spread. Reports suggest that one in four teachers are infected with COVID at most schools. With this, the emphasis continues to be on keeping schools open.

Close schools for class 10, 12 or not - the decision remains with the states. Between this and the Third Wave, the decision to send their wards to schools, however, remains with parents. Times Now has started this poll to know what parents think. Take it now!

Name Change

I, the undersigned, A. Bijyalakshmi Devi do hereby declare that I have relinquished, renounced and abandoned the use of my old name **Ahongsangbam Bijyalakshmi Devi** as I have assumed my new name **A. Bijyalakshmi Devi**

Sd/-

A. Bijyalakshmi Devi
Singamei Mayengbam Leikai
Imphal, Manipur
#9856268609

MANIPUR LEGISLATIVE ASSEMBLY SECRETARIAT

NOTIFICATION

Imphal, the 6th January, 2022

No.01/06(01)/2022-LA(E)DR: Application are invited from the intending candidates for direct recruitment to the following post in Manipur Legislative Assembly Secretariat on regular basis. The number of post may be increased or decreased subject to availability of vacancies from time to time.

1. 1(One) post of Committee Officer:

Pay Scale	Essential Qualification	Desirable	Age Limit	ST
Rs. 9300-34,800 and Grade Pay of Rs. 4,400 (Level-9 of ROP - 2019)	Master's Degree in any discipline of recognized University or L.L.B	i) Knowledge of Computer Applications. ii) Knowledge of Hindi and Manipuri. i). 38 years and below	(relaxable by 5 years for SC/ ST & 3 years for OBC candidates) ii). The upper age limit is relaxable for Govt. Servants appointed under the Govt. of Manipur/ Manipur Legislative Assembly Secretariat to the extend of the period of continuous service put in the post / service and those belongs to SC/ST/OBC will get the facility admissible to a Govt. Servant in addition to the relaxation admissible to SC/ AT/OBC candidates mentioned at (i).	1

Terms & Conditions:

- Application forms will be available at the Banquet Hall, Manipur Legislative Assembly, Chingmeirong on payment of Rs. 500/- (Rupees five hundred) only for the ST candidates from 10/01/2022 and duly filled in forms should be submitted from 10/01/2022 to 12/01/2022 during office hours at the said venue. Admit Cards will be issued on 13/01/2022 at the same venue during office hours.
- Written test will be held on 16/01/2022 (Syllabus of written test will be General Studies and Current Affairs in Multiple Choice Type Questions).
- The decision of the authority as to the eligibility or otherwise of the candidate s will be final.
- The notification may be cancelled at any time without assigning any reason thereof as per decision of the authority.
- The detailed information can be had from the office of the undersigned during the office hours.
- There shall be relaxation of the upper age limit for those who have experience of working in the Assembly Secretariat or any other Govt. department/ organisation/ Institution to the extend of number of year(s) they have served on regular basis or contract/casual basis.

Sd/-

G. Tapankumar Sharma
Joint Secretary (Adm)
Manipur Legislative Assembly

Advt/LA/Bill- (3 days)

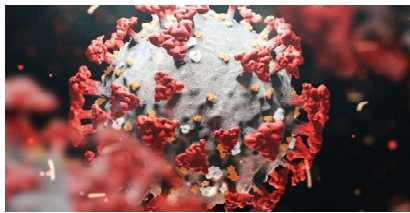
India reports 1,41,986 fresh COVID-19 cases and 285 deaths, Omicron tally rises to 3,071

Agency
New Delhi, Jan 8:

India's COVID-19 tally continues to rise, with 1,41,986 fresh cases and 285 deaths being reported in the last 24 hours. Data from the Health Ministry on Saturday morning also indicated that 40,895 people have recovered from the virus. The country's Omicron tally has now crossed the 3000 mark, now present in 27 states and union territories.

With this, India's active COVID-19 caseload has now risen to 4,72,169. At the state level, Maharashtra tops the chart with over 1.45 lakh cases, followed by West Bengal with over 51,000 cases and Delhi which has nearly 40 thousand COVID-19 cases. According to official data, the daily positivity rate stands at 9.28% while the weekly positivity rate is 5.66%.

As many contend that the country is in the grip of a third wave of infections, cases belonging to the newly detected Omicron variant have risen



sharply. Maharashtra leads the list with 876 cases, followed by Delhi and Karnataka with 513 and 333 cases respectively. As of Saturday morning, a total of 3071 cases belonging to the new variant have been reported. Of this, 1203 have been discharged, recovered or migrated.

Meanwhile, the national vaccination drive continues to set new records, with more than 150 crore doses having been administered thus far. Earlier this week children between the ages of 15 and 18 had become eligible for inoculation. India is also set to expand the drive next week to administer a third dose to

frontline workers and senior citizens with comorbidities.

Covid: No need to register for 3rd shot, can walk in from January 10

The three priority groups of healthcare workers, frontline workers and 60-plus population with comorbidities, who are eligible for their third "precautionary dose" 39 weeks after getting their second jab, can either book an online appointment or walk in to any vaccination centre, sources in the Ministry of Health and Family Welfare said on Friday.

"There is no need for new registration on CoWIN. Those who have taken two doses of

Covid vaccine can directly take an appointment or walk in to any vaccination centre," said a source in the ministry. "Online appointment facility will start from tomorrow (Saturday) evening. Vaccination with on-site appointment starts on January 10," said the source.

Seven day home quarantine mandatory for all international arrivals

India made seven-day home quarantine mandatory for all international arrivals and an RT-PCR test on the eighth day, as it issued revised guidelines for international passengers.

According to PTI, the guidelines released on Friday come into force from January 11 and will remain effective till further government orders. The new order comes in the wake of coronavirus cases rising across the globe since the detection of the Omicron variant. The new order comes in the wake of coronavirus cases rising across the globe since the detection of the Omicron variant.

LWWA organised 2 Days Wood Crafts Awareness Program

IT News
Imphal, Jan 8:

Two Days Craft Awareness Programme under Ambedkar Hastashilpa Vikash Yojna Scheme for Handicrafts artisans held on 6 and 7 January, 2022 at Nandeibam Leikai, Imphal West, Manipur under the sponsorship of the Office of the Development Commissioner (Handicrafts), Ministry of Textiles, Govt. of India, New Delhi which has been organised by Luwangpokpa Women Welfare Association (LWWA), Khurai Sajor Leikai, Imphal East, Manipur.



(Weaving), Pooran Saini, Technical Superintendent (Processing), Y. Jagayashwori Devi, Asst. Director (Handicraft), Ministry of Textiles, Govt. of India and Laishram Nandaibam Leikai, Gram Panchayat, Ward Member as dignitaries on the dais.

Haomee appeals th Government to give a befitting reply to Amar Bangala at SC

IT News
Imphal, Jan 8:

Federation of Haomee has appealed the government of Manipur and the Government of India to fight back the PIL filed by Amar Bangali in connection with the ILP at Supreme Court.

In a statement the Haomee said that ILP has been re-introduced in the state after

around 30 / 40 years of struggle with the bloods of the people after the President of India Ram Nath Kovind gave assent on Dec. 11, 2019. After the permit system has been removed from the state on November 18, 1950, the number of migrants that has entered the state has crossed half the population of the state. Because of the situation the ILP has been re-introduced in the state in view of the rising number of non indigenous people and this should be understood by Amar Bangala.

The matter has been discussed with the Bangali leaders who have settled here in the state of Manipur. It would be wrong for Amar Bangali to interfere the matter of the state without understanding the core issue.

Nippon India Mutual Fund (NIMF) launches Nippon India Silver ETF and Silver ETF Fund of Fund

IT News
Guwahati, Jan 8:

Nippon Life India Asset Management Limited (NAM India) asset manager of Nippon India Mutual Fund (NIMF), announces the launch of Nippon India Silver ETF, investing in Physical Silver and Silver Related Instruments and Nippon India Silver ETF Fund of Fund (FOF) which will invest in units of Nippon India Silver ETF.

The NFO for both schemes will open on 13th January 2022 and close on 27th January 2022. For Nippon India Silver ETF, the minimum investment amount required during (NFO) is Rs 1,000 and in multiples of

Re. 1 thereafter; whereas, for Nippon India Silver ETF Fund of Fund (FOF), the minimum investment amount required during NFO is Rs.100 and in multiples of Re. 1 thereafter. With Nippon India Silver ETF Fund of Fund (FOF), investors can participate without the need to have a Demat account and can also opt for Systematic Investment Plans (SIPs).

Speaking at the launch, Hemen Bhatia, Head ETF, Nippon India Mutual Fund said, "As a pioneer in the Gold ETF and Gold FOF, we are happy to offer an additional building block to investors within the commodity space, with the launch of Nippon India Silver ETF and Nippon India

Silver ETF Fund of Fund (FOF). Historically, Silver has a relatively low correlation to Indian Equity Indices and hence, it will provide an opportunity to investors to diversify their portfolio as part of their asset allocation. Further, investing through Nippon India Silver ETF or Nippon India Silver ETF Fund of Fund (FOF) will provide benefit of hassle free storage, investing in small denominations, no fear of theft, easy liquidity as against holding physical silver and no worries about purity of silver."

The ETF will invest in physical Silver and Silver related instruments and the performance of the scheme shall be benchmarked against the

Domestic price of silver (based on LBMA Silver daily spot fixing price). Physical silver will be of 99.9 per cent purity (999 parts per thousand) conforming to London Bullion Market Association (LBMA) Good Delivery Standards. Nippon India Mutual Fund (NIMF) is the one of the largest ETF players in India with an AUM of more than Rs. 500 billion as on November 30, 2021.

Nippon India ETF Gold BEES & Nippon India Gold savings fund have one of the largest AUM amongst gold ETFs & Gold ETF based FOFs in Indian industry. Nippon India ETF Gold BEES has one of the highest volume amongst Gold ETFs in the Indian Industry

Negative Covid reports mandatory for passengers entering Manipur from Jan 8

IT News
Imphal, Jan 8:

Authorities in Manipur have issued a notification making it mandatory for all passengers entering the state to produce a negative Covid 19 test report from January 8 onwards, according to an official notification.

The Directorate of Health services issued the notification on Thursday in view of the recent surge of Covid 19 cases in some of the states. As per the notification, all air passengers/road passengers/ or anybody entering the state should mandatorily carry negative Covid 19 RT PCR test report done within 48 hours of arrival/entering into the state.

"This is issued with the approval from the competent authority," says the notification signed by Director Dr K Rajo Singh of the Directorate of Health Services.

On Thursday, Manipur reported 51 new Covid 19 positive cases, when 2,069 samples were tested in the last 24 hours, officials said. Thus the state's total infection tally increased to 1,25,964. The total number of active cases stands at 318.

The state reported one Covid death from Imphal East district, in the last 24 hours, official sources said. Thus the state's Covid 19 death toll increased to 2,009.

On the other hand with just 11 new recoveries including 1 from home isolation in

the last 24 hours, the total number of recovered Covid 19 cases in Manipur reached 1,23,639. Thus the state's recovery rate increases to 98.15 %, according to a press release signed by Dr Kh S a s h e e k u m a r Mangang, spokesperson of state health department.

Presently only 62 Covid 19 positive cases are under home isolation. Till date 14,70,621 persons were tested for COVID 19 at the various testing centres in the state, the release said.

As per latest official reports, the state has so far given 23,32,610 doses of Covid vaccines including 13,33,098 first and 9,99,512 second doses to the residents, it added.

Sports

Mumbai City FC regain top spot after goalless draw with SC East Bengal; Late drama ensures Jamshedpur FC move to 3rd place with narrow win over NorthEast Utd

Agency
Bambolim, Jan 8:

SC East Bengal held reigning champions Mumbai City FC to a goalless draw in an Indian Super League match here on Friday.

The result allowed City to reclaim the first place in the points table. However, their winless streak extends to four matches while SCEB is now 10 games without a win.

Igor Angulo was the first to test the goalkeeper as his header was comfortably saved by Arindam Bhattacharya.

Daniel Chima Chukwu was next to threaten the goal on the other end but his attempt from close-range went narrowly past the right side of the goal. SCEB were dealt an early blow due to injury to Joyner Lourenco who needed to be replaced by Ankit

Mukherjee.

Both teams struggled to create major scoring chances in the first half. The Islanders dominated the possession but found it tough to find spaces behind SCEB's back-line. Due to the resilient defending from the Red & Golds, both teams went into the half-time break on level terms.

Mohammad Rafique was sent in the second half as a replacement to Bikash Jaiu. A few minutes post the restart, strong calls for a penalty from MCFC players were denied by the referee as Adil Khan allegedly fouled Cassio Gabriel inside the box.

The Brazilian then blasted a long-range drive which was expertly parried away by Bhattacharya. The frustration could be seen amongst the MCFC ranks as Ahmed Jahouh came close with a long-range



strike at the hour mark.

Another match in injury-time winner from Ishan Pandita saw Jamshedpur FC secure a 3-2 win over NorthEast United in the 2021-22 Indian Super League

leaders Hyderabad FC.

Deshorn Brown (4') broke the deadlock with an early strike until Jordan Murray (44') levelled the score with a header. Boris Singh (56') then sent JFC into the lead with his first-ever goal in the ISL. Brown (90+1') looked to have secured a draw with a late goal until Ishan Pandita (90+3') scored the winner deep into injury time.

The match began with the Highlanders grabbing a hold on the proceedings. Deshorn Brown scored his fifth goal of the campaign inside the first five minutes. The striker was fed by Suhair Vadakkpeedikka with a penetrating pass and found himself in a one-on-one situation with the goalkeeper.

He calmly placed his right-footed shot in the bottom left corner for the early break-through goal. A few minutes later, Jordan Murray missed an

open goal with a diving header, thus wasting a great chance to score the equalizer.

A few moments later, calls for a penalty were denied by the referee when Provat Lakra seemingly tripped Greg Stewart inside the box. The forward had another chance to score the equalizer but his left-footed shot was parried away by Mirshad Michu.

However, the goal finally came from Jordan Murray who leapt the highest to connect with Stewart's free-kick and head the ball inside the net in the closing stages of the first half.

The Men of Steel carried their momentum from the first half into the second. Within three seconds of the restart, Murray's shot from the right corner of the box required Michu's intervention who made a strong save. J FC finally took the lead five

minutes before the hour mark following a goal from Boris Singh. The winger latched on to a cut-back from Murray and made no mistake in placing the ball inside an empty goal with his right foot.

Just as five minutes were added for stoppages, Brown scored his second after weaving past the goalkeeper and scoring with immense composure.

A couple of minutes later, Ishan Pandita scored the winner, acting as the super-sub yet again. The striker made no mistake in finishing from close range and secured three vital points for his team.

Jamshedpur FC will now await the challenge of SC East Bengal at the Athletic Stadium on Tuesday while NorthEast United has a week's gap before their meeting with FC Goa at the same venue on Friday.