

Rongmei CSOs show solidarity with Landslide victims

IT News
Imphal, July 02:

The Rongmei people expressed shocked to the unfortunate incident of June 29, 2022 at Makhum-5, Tamenglong district where a massive landslide swept the whole area of the security and workers camp situated at a under- construction railway site. In the process, altogether 81 persons are affected of which 14 persons are reported to have been found killed while some others were rescued with injuries and still about 50 are said to be buried beneath the debris.

"On hearing the sad news, the RNCM, RNLPM and RNSOM apprised the Chief Minister of Manipur, Minister of Disaster management and concerned MLAs of Tamenglong and Nungba ACs. Office bearers of the Rongmei CSOs rushed to the site with volunteers and still evacuation and rehabilitation works are continuing", a statement said.

"At this difficult times, we appeal all communities residing in the state and the concerned authorities to extend all possible help to see that all the affected people get their due share of love and caring", it added.

The Rongmei Naga Council Manipur (RNCM) urged the concerned authority to take up river embankment works to prevent occurrence of such unwanted incident in future.

73rd Vanmahotsav

IT News
Imphal, July 02:

73rd Vanmahotsav 2022 was launched by Forest and Environment Minister Th Biswajit Singh, at Hararou in presence of PCCF & HoFF Aditya Kumar Joshi. The event was organised by Kangpokpi Forest Division, Govt. of Manipur to mark the Celebration of Forests. The campaign was started with an aim to encourage public participation in planting trees and making the environment greener.

The event saw mass participation from Village Authority leaders and villagers including youths and students. Around 13000 seedlings will be planted across Kangpokpi Division at Taphou Kuki, Toklang Athongba, Waichong Range, Songp hum Village, Langkichei.

The Plantation will continue for the next couple of months. Van Mahotsav was started in 1950 by K.M.Munshi, the then Union Minister for Agriculture and Food, to create enthusiasm among masses for forest conservation and planting trees.

Relentless search operations continue in Tupul general area

IT News
Imphal, July 02:

Relentless search operations by Indian Army, Assam Rifles, Territorial Army, SDRF and NDRF continued throughout the day at the incident site at Tupul, Manipur. Mortal remains of 8 more Territorial Army personnel and 4 more civilians were recovered during the search on Friday.

Through Wall Radar is being used to detect any human presence inside the mud pile. So far 13 Territorial Army personnel and 5 civilians have been safely rescued, while mortal remains of 15 Territorial Army personnel and 05 civilians have been recovered so far. Mortal remains of Territorial Army personnel are being despatched to respective home stations with full military honours. Search for 15 missing Territorial Army personnel and 29 civilians will continue unabated.

Chief Minister of Manipur again visited the site to encourage the personnel engaged in rescue operations. Non-stop efforts from all agencies will be continuing till each missing personnel is found.



found.

It may be mentioned that Chief Minister N. Biren Singh visited the site for the second time after attending Kang Festival and personally reviewed the rescue operation being taken up at the site

yesterday.

Briefing the media at the very spot, N. Biren Singh termed the massive landslide as one of the worst incidents happened in the State adding that 81 persons had been affected, out of which 18

persons had been rescued. He continued that the rescue operation team consisting of Manipur Police personnel, NDRF, SDRF and Army personnel had recovered 8 more bodies today in addition to 8 bodies which were recovered yesterday. Due to the soft condition of the soil, road to the actual area of landslide couldn't be restored, he said, stating that the State Government had put all efforts using possible manpower and machines to recover the missing persons.

The Chief Minister expressed thankfulness to

Prime Minister Narendra Modi and Union Home Minister Amit Shah for showing much concern on the incident and providing assistance by sending NDRF personnel. He was hopeful that all the missing persons would be found within 2 to 3 days. He informed that an equipment had been brought from Ladakh by the Army which could locate where about of the dead bodies using its through wall radar system.

He lauded the rescue operation team for their tireless efforts to recover the missing persons.

N. Biren Singh was accompanied by Works Minister Govindas Konthoujam, Relief and Disaster Management Minister Awangbow Newmai, Social Welfare Minister Heikham Dingo, Transport Minister Khasim Vashum, Chairman, Hill Areas Committee and MLA of Nungba AC Shri Diganglung Gangmei, MLA of Keirao AC Lourembam Rameshwor Meetei, MLA of Tamenglong AC Janghemlung Panmei, Chief Secretary Dr. Rajesh Kumar and other senior civil and police officials among others.

Digging deep trench irked Zeliangrong bodies

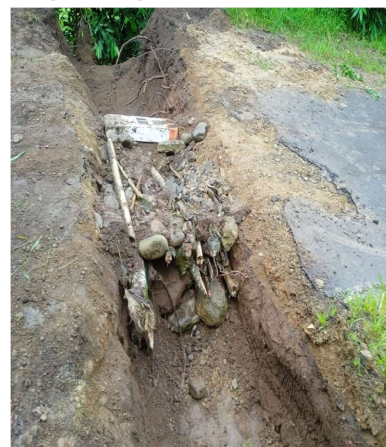
IT News
Imphal, July 02:

Digging of a deep trench to facilitate an irrigation canal in the middle of the road between Rajaimai and Kangjang village, the only PMGSY road that link to Chakha village, the last border village of Senapati District bordering with Tamei Sub-Division, Tamenglong District has irked the Zeliangrong Civil society organizations for causing extreme inconveniences to the commuters.

A joint statement by the Zeliangrong Civil Organisations (ZCOs) Zeliangrong Baudi, Zeliangrong Youth Front and Zeliangrong Students Union term the digging of the deep trench as "senseless act".

It said the road between Rajaimai and Kangjang village was black topped recently under the PMGSY programme. The deep trench was dug by some individuals supposedly to allow water to flow into the wet paddy fields is quite disturbing.

"Even the kilometre indicator post erected on the road side was uprooted and used to make as cross path for the vehicles to pass through over the deep dug up trench", the statement added.



The Zeliangrong bodies while urging the State Govt to look into the matter and take up immediate stern action against those individuals who did the senseless act as per law said, "In the name of law, the senseless act which have caused great inconveniences to commuters, those individuals who dug up the deep trench should have second thought and approached the concerned authority to arrange for better,

feasible alternative ways for irrigation canal. The senseless act of those individuals simply shows total disrespect to other citizen's rights to live as dignified citizen which is condemnable. Executing developmental works in the hills areas cannot be happened frequently therefore causing damaged and destruction to developmental works is anti development and anti people."

Forgiveness is the harbinger of peace: MLA Chinlunthang

CCpur July 02:

Manglamthang Samte of D. Phailian, Churachandpur professed his forgiveness of the person who crashed his son on the fateful day of June 20, 2022 at Moirang Lamkhai, Lamkhai.

Mr. Hemam Birbal Singh (35) h/o Hemam Maman Devi of Moirang Pansang Leikai pleaded for forgiveness as per the Zou Customary Law at the residence of Manglamthang Samte, father of the victim. Mr. Samte said that he already spent about Rs. 5 lakhs till date to treat his son, who is still in the ICU of Shija Hospital.

Speaking on the occasion, MLA Chinlunthang, who

advocates for peace, highly appreciates Pu Samte for being kind hearted and accommodating in times when the society is not conducive of forgiveness. "When our society facing division based on communal lines, the decision to forgive the accused without taking a paisa from the offender is an important step for unity. This incident is a harbinger of peace for the state" he added.

It may be recalled that on the fateful night of June 20, 2022 at about 7:30 pm, Hemam Birbal Singh crashed his bike on Mr. Thangtungkhah @ Khaipu, who was standing at a roadside shop at Moirang Lamkhai. Khaipu was rushed to

Shija Hospital, Imphal where head surgery was performed on the same day. Even though the victim family pleaded for monetary help to the culprit and an understanding was reached in between the families at Moirang Police Station, no financial aid was given to the victim.

Under the leadership of Ms. Konjengbam Premila Devi, Councillor, MMC Ward No. 6, the perpetrator's family pleaded for forgiveness in accordance with Zou Customary Law and brought Rs. 30,000.00. But, the father of the accident victim refused to take the money and, instead, forgive them as a true Christian in the presence of MLA Chinlunthang, and Samte clan leaders.

BJP leadership is under pressure to aggressively pursue Hindutva agenda

By Harihar Swarup
New Delhi, July 02:

Over the past decades, the Hindu-Muslim axis has once again emerged as the Central pole of Indian politics. But now, a period of churn has set in, following a raft of incidents, the latest being the brutal daylight murder of a Hindu tailor in Rajasthan's Udaipur by two Muslim men, because the former, backed the controversial comments on Prophet Mohammed by a former BJP spokesperson. The current state of sectarian tensions were inevitable in a way, because majoritarian rhetoric has been part of the ruling party's electoral agenda.

But signals coming from

the top leadership of the BJP and the RSS indicate that ruling party is increasingly finding itself in a tricky position due to the cascading effect of these events. The tipping point seems to have been breached. It has not only exposed the inner fault lines of the hard liners versus moderates within the Hindutva ecosystem, but also exposed a fundamental contradiction between party's ideological—political goals and its governance-related imperatives.

How will the BJP proceed from now? There are two views on what the party must do. The first group believes that the BJP, before it's too late must do course correction

before the 2024 Lok Sabha polls. The reason is there is no nationally assertive opposition and the party might find it difficult to counterbalance anti-incumbency emanating from continuously winning Lok Sabha seats for several terms in many parts of north-west India. Furthermore, as the ruling party, it must focus on establishing order, and shift from agitational routes of politics to implementing its governance agenda, especially on employment.

This necessitates that the party must reign in some supporters who are flirting with what amounts to hate politics, adopt a more, restrained position on majoritarian

nationalism, and reach out to Muslim communities.

The second group believes that the uproar over the remarks on Prophet Mohammed was yet another organized attempt to undermine Hindus and the Modi government. According to this view, the riot-like situations in many parts of the country thereafter, the backlash from West Asia, and the selective response of liberal—secular position on some of these incidents (including those who commented on symbols related to Hindu religious beliefs) have been hypocritical at best. A section of the Hindutva base—which have been unhappy with the BJP for not doing

enough—has been further galvanized by the Prophet row and the gruesome murder in Udaipur. This group has likely imbibed the idea that having the BJP in power is necessary to protect its religious interest and keep so-called anti-Hindu forces at bay. This group is firm on pursuing Hindutva agenda with vengeance.

The BJP confronts a clear dilemma and its strategies will depend on the party's calibration of the positive and negative fallout on various fronts. The party realizes that impulse towards radicalism and polarization has strained the rule of law and impacted governance. And, many of the controversies will hurt investment and hinder the

government's efforts to reign in commodity prices and boost job growth. The current regime is already seen unfavourably by large sections of the global civil society, including many international media outlets on questions of liberties, and now it is being forced to spend political capital in mending diplomatic strains.

The biggest challenges for the party is both ideological and political. Since coming to power in 2014, the Modi regime has delivered on two outstanding ideological goals—construction of Ram temple in Ayodhya and changing the status quo in Jammu and Kashmir.

(IPA Service)

★ Editorial

Marangching Tragedy: Is this the wrath of Mother Nature?

At least 21 dead bodies have been recovered so far and as per report, the number is likely to rise. The tragic landslide that occurred at Marangching in Noney district of Manipur has taken so many lives – the disaster didn't spare innocent villagers including women, children, government troopers and men on duty. As per report, at the time of writing this piece, it has been informed that nearly eighty people may still be buried. Some lucky individuals managed to survive but others are not so fortunate. Worst hit by the furious landslide occurred on June 30, 2022, morning was the 107 Territorial Army camp located at Marangching Part 5, deployed near Tupul Railway Station, Noney district. At least 43 TA personnel deployed at the site lost their lives, 6 dead bodies buried in the landslide have been recovered, while 37 are reported missing. As per initial report, at least 81 persons have been affected, 55 missing and 18 rescued, some with grievous injuries. These numbers are of those people working in Indian Railways, BIPL, TA and VSC, who were officially recorded by the respective authorities. As there are possibilities of many others who have not been registered but engaged by them as well as people of the nearby trespassing the area, the number of casualty could not be fixed.

Thanks to Prime Minister Narendra Modi and Home Minister Amit Shah, who had immediately reacted to the incident and non-delayed action for a rescue mission. Chief Minister N. Biren Singh, Rajya Sabha MP Leishemba Sanjibba and other state cabinet Ministers and MLAs had rushed the site to take stock of the situation and boost up the rescue work by showing their seriousness. Immediate order by the Chief Minister's office to assigned 5 MCS officers to assist the Deputy Commissioner of Noney district immediately, in the aftermath of the tragedies is a sign that showed how emotional and serious is the N. Biren Singh led government. Besides, N. Biren Singh announcement of Rs. 5 lakhs as ex-gratia to those who have lost their lives and also Rs. 50 thousands to those sustain injury in addition to the central government assistance, yet to be announced, indeed is a sign of matured government. Above all, managing the hectic scheduled, people need appreciation to the team N. Biren Singh for sparing maximum time at the landslide site by stationing there and monitoring the situation.

In short, the immediate response by the state government and also by the central government needs to be appreciated by all.

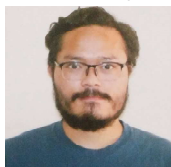
Once in a lifetime, or perhaps in a year, the people of the state have been witnessing natural disaster either in form of flash flood, landslides, draught and famine. In other part of the world as well as in other coastal states of India, deadly hurricane like Tsunami had taken tolls of lives. In early Japan or at African countries many disasters occurred due to eruption of Volcanoes. These natural phenomena are considered as beyond human capability to control.

However, Marangching Tragedy of June 30, is perhaps the first furious disaster that occurred in this hill-locked state of Manipur. Chief Minister N. Biren Singh also stated that, the landslides at Noney district which kills many is the 2nd disaster occurred in the state after "Seven Years Devastation (1826)". When one interprets to what Chief Minister N. Biren Singh had stated, it can be assumed that Marangching Tragedy is a man made artificial disaster. Of course, it was not one man's mistake, we all human being, particularly those staying in this state are all responsible about the catastrophe.

Deforestation has been an issue of the state is one major reason for natural disaster of any kinds. In 2020, India State of Forest Report (ISFR), published by the Forest Survey of India had stated that Manipur lost a total of 499 sq. km forest cover. Recently, Chief Minister N. Biren Singh had also expressed shock in seeing trenched hill range at many part of the state. In the name of development too – many trees were cleared, for construction of roads, dams and other projects. These days, rich elite class of Manipur had also started occupying hill range for construction of artificial farm house.

The Marangching Tragedy gives shock to all of us. But it is the wrath of Mother Nature to teach us another lesson. Let's prepare and hope that no such tragedy occurred in the near future.

The Holy Grail of Khuga Dam: Promises vs. Plights



By-Paojakhup Guite

Time and again, a fear psychosis resurfaces over ill structures of Khuga Dam with this year's heavy monsoon. Zoumnumun village is a case in point in the most recent flood induced by the dam. The entire village was waterlogged to almost a house-deep. Every concerned individuals and civil societies dole out their helping hands both in cash and kind. But, assistance from the government side is yet to be heard.

The Khuga Multi-Purpose Hydroelectric Project, also known as Khuga Dams located near Mata village, some 10 kilometres away from Churachandpur town and is one of the 38 projects that had been put forth by the Advisory Committee in the Union Ministry of Water Resources (MoWR) in 1980. The projects had got clearance and were meant to bring about techno-economic viability of irrigation, drinking water, electricity and flood control as per a report from South Asian Network on Dams, Rivers and People (SANDRP).

Geographically, the contour of nearby town areas is such that the turn of the Khuga river around it was so steep. Therefore, the town and vicinity areas were prone to flood and inundation of lands during monsoon season. To tide over locals from this natural catastrophe, the Churachandpur town was earmarked for the construction of a multi-purpose dam downstream the Khuga River. The dam has a height of 38 metres from ground level and a width of 238 metres.

The multi-purpose driven hydroelectric project of Khuga Dam serves us a misnomer. As per data of SANDRP, 7.5 MW of hydropower will be generated; 15,000 hectares of land will be irrigated and up to 10 million gallons of drinking (MGD) water per day will be provided to communities in Churachandpur town and its vicinity of the dam like Bishnupur district.

Started in 1983, construction of the dam discontinued for almost two decades partly due to the ethnic violence which communities of the construction area had gone through. The construction resumed in 2002 by which time the

construction cost was revised from time to time from original 15 crores of INR in 1980 to 433 crores of INR in 2012. On completion, it was inaugurated on 12 November, 2010 by Mrs. Sonia Gandhi, the then President of the Indian National Congress. Ever since, the dam has been lying untapped and defunct till date.

Collateral Damages

As much as the promises so are the plights meted out by the dam to both biotic and abiotic ecosystems. It, rather than functioning, apparently serves us more of unintended damages than that of intended benefits and promises. In other words, enough volumes of water are stored in the reservoir despite which are languishing in disuse. The issue in question is that of lack of canal system, and as a result the catchment areas of the reservoir are found wanting during an excessive monsoon, that the water has done severe damages to the environment. This leads to submergence of vast tracts of lands such as agricultural lands, forests, wetlands and a number of villages. This has incurred us a great deal of cost on the surrounding environment.

The implementing body, the Irrigation and Flood Control Department (IFCD), Government of Manipur should own responsibility in these damages. The Department has been renamed as Water Resources Department.

Without environment clearance over 40 hectares in the Dampiforests have been damaged by the overflowing water from the reservoir.

Over 22 villages have severely been affected. The traditional means of livelihood of the indigenous tribes in the construction belt have been put to topsy-turvy. The forests, agricultural lands, the Khuga river and wetlands in Khuga valley are sources of their living and other economic activities. It even caused displacement to such villages as Sehken village, T.Kotien village, Changlian village, Belbing village and Gelamjang village to name few. The villagers are forced to shift their bases to nearby town and villages.

The Chief of downstream village called M. Semoul village has always been averse to the dam authorities for their substandard quality in canal construction. He questioned the purpose of the dam: What use is a dam when it cannot provide water to the people?

According to a response to one Mr. Haokip's RTI Application in August 2016 by the IFCD, nearly 250 hectares of land including homestead land, agricultural land and forest land were acquired for

Khuga Dam with due process of law under LAAR Act, 2013.

Over 30 human lives have been lost in the dam. The latest drowning case was reported in January this year and the dead body was identified as V. Suanbiaklall aged 28, from Pearsonmun village in Churachandpur district. Hence, the Khuga Hydroelectric dam looks like a death trap in Manipur.

These hardships inflicted upon the indigenous tribes of Churachandpur district is a gross violation of International human rights provisions envisaged in the UN Declaration on the Rights of Indigenous Peoples, 2007. Responsibility has to be borne by the State government or the Centre.

Unintended Failures

All the three intended primary objectives of irrigation, electricity and drinking have met with failures. Agricultural farmers are faced with an irrigation ire. Unfortunately, the purposes and promises of the dam do more harm than good. The prominent irrigation issues rise up due to lack of proper maintenance of the canal system. The sub-standard canals break when the water is released from the reservoir. Hardly any 25 kilometres downstream of the right side canal is functional while the remaining parts remain dry. Like drinking and electricity purposes, agricultural objectives have come to naught.

The Khuga Dam Right Side Canal Farmers Association (KDRSCFA) had to vent out their frustrations over insufficient supply of water into their farmlands. The Association was formed by farmers living in MisaoLahvum village and its vicinity villages of Churachandpur district. According to the Association, the right side canal should ideally serve over 900 hectares of land. But, hardly any 300 hectares are served and had witnessed a breach in the canal repeatedly in the past. They had approached the concerned department, but to no avail citing lack of fund! The farmers themselves collected a kitty of Rs. 1000 per household and some pledged to contribute the value of selling their food grains, with little assistance from the District Administration.

The right side canal farmers protested in 2018 against the non-provision of water in their farmlands. They have witnessed many breaches in the canal: the first one on 16th March, 2009 in a portion of the canal between Lingsiphai and Tangmual, leaving a side-opening of 40 ft., and another one on 18th June, 2016 at Moulbem village. In July 2019 Chairman of KDRSCFA, Seikhopam Misao warned the state CM, IFCD Minister and the CE of

the department of a hunger strike, "So, we have no other options left but to stage an indefinite hunger strike", adding that the need to call for such measures was due to the lackadaisical and apathetic attitudes of the government. After having done in their own capacity they came to realise that the problem was beyond their capability, hence required government intervention.

Worst is that barely 4 months after its inauguration, the left canal experienced a severe breach on 8th December, 2010 and again on 9th February, 2011 at Kawnpi area and in 2014. The eastern canal also was shattered during a trial run of about 3.1 km from the dam site on 9th July, 2008. The left canal is said to be totally non-functional. Thus, the target of 15,000 hectares of land irrigation still remains a pipe dream.

Electricity is one of the principal public utilities. The electricity woes of the people of the district remain unsolved until today even while a great deal of hope was pinned on Khuga Dam to address the issue. The installed quantum of water is sufficient enough to generate a target of 7.5 MW of hydroelectricity (SANDRP).

Hydroelectricity generation plant is installed by RN Sinha and Co. while the dam, canals and spillway were designed and constructed by NPCC.

As of today, not a single unit of electricity has been generated. Neither any powerhouse for generating electricity exists, nor any machinery installed except for that of a tunnel at the mouth of which has been blocked. Media reported that generators and the turbines to generate electricity were already auctioned and there is no investigation to ascertain these facts. IFCD had confirmed in 2016 that revenue generated from the dam since its commissioning is simply nil.

Churachandpur is infamous of its water scarcity during dry season. It has had a series of dire situations related to drinking water. To provide quality drinking water is one of sole purposes of the multi-purpose hydroelectric project of Khuga Dam. The project administration claims that it provides 1.2 million gallons per day (MGD) of water to the residents who have in turn contested strongly the claim of the Project.

A water treatment plant is constructed on a hill-top close to the dam. The plant draws water from the left canal and treat it for drinking purposes. The water treatment plant cannot function now at an optimum level, and that quality water drinking is yet to see the light of day. The machineries of the plant are lacking of state-of-the-art technology.

Contd. on page 3

International Plastic Bag Free Day 2022

By- N. Munal Meitei

The country is celebrating the 73rd Vanamahotsava, the festival of Forests from 1-7 July with the ethos to save the environment and the mother earth. In the meantime, the state is facing with a massive land slide, the most dangerous environmental catastrophe in the history, killing many lives at Marangching in Noney District. Such signals from the mother nature has the deepest meaning.

Plastics invented during 1907 take 250-3000 years to disintegrate. Virtually, every plastic pieces that have been manufactured will exist on the earth in one form or others. The country will ban on the manufacture, import, stocking, distribution, sale, and use of identified single-use plastic items, which have low utility and high littering potential having

less than 100 microns in thickness from July 1, 2022. Any contravention be punishable with imprisonment for a term of five year or with a fine which may extend to Rs 1 lakh or with both.

India's plastics consumption is one of the highest in the world. About 60% of plastic waste in India is collected – that means the remaining 40% or 10,376 tons remain uncollected. Single-use plastic bags can contaminate soil and water, endangering humans and wildlife alike. Now plastic is omnipresent, from food packaging to our super computers, from educational equipment to life-saving medical innovations, from housing to clothing etc. Thus, we use the plastic products for 24x7.

International Plastic Bag Free Day in celebrated on 3rd July every year since 2016. This day gives an opportunity to remind us, every

action we take and every bag we dispose of, affects the environment including the future generations. Plastic bags also affect the growth of crops, by hindering the process of photosynthesis in agricultural fields. Thus, it is all about the environmental conservation and promoting the use of more biodegradable and eco-friendly alternatives.

The impact of plastic bags is not only the huge time taking in decomposition but addition of toxic substances and micro plastic into the environment. When plastic bags are burnt, they release dioxins, furans, mercury and BPAs into the air causing ambient air pollution. The other detrimental environmental effect includes animals, pollution of soil, air, water, blockage of channels, rivers, streams, and landscape disfigurement which we have seen in most of the hill states like Manipur. The marine ecosystem in particular is suffering immensely as a result of

plastic pollution. With plastics, every half an hour a seagrass meadow for the size of a football ground is destroyed and the destruction is estimated to release around 299 million tons of carbon every year. Surprisingly, the total debris of plastic litter in ocean today is more than the total number of visible creatures in the ocean water. We have produced 8.3 billion metric tone of plastic since 1950s and only 12% of them are recycled. 75% of beach litter worldwide is plastic. Globally 1,60,000 plastic bags are used every second. If these plastics are put one after another, they would go around the world 7 times for every hour and can occupy half of India.

90% of plastic polluting our oceans is carried by the rivers and plastic is killing more than 1.1 million seabirds and animals every year. Human are also not left out. At present, an average person eats 74,000 harmful micro-plastics each year which is equivalent to 2.5 kg in a decade leading to various health problems.

Productions of plastic consume 8% of the earth's petroleum products. To make a single 1 litres water bottle, 162 gm of oil and 7 litres of water are required. Thus only for plastic bottles, 17 million barrels of petroleum are required annually.

Plastic is plaguing our planet. A plastic-free planet should not be only for the privileged, but should also provide solutions and alternatives for many who depend upon this cheap, light, and accessible material. The real campaign for plastic bag free should be started on unit basis, from myself, my family and then neighbors and then our locality and ultimately our state.

Awareness is another critical tool for behavioral improvement on use of plastic bags. Other actions include taking part in neighborhood clean-up efforts, voluntarily recycling of household waste, avoiding littering and illegal dumping of plastic bags. Our easiest activity to take part is collection and properly dumping of all plastic garbage from markets,

roadways, beaches and rivers wherever we find there. The best solution to address plastic pollution is to change our mindsets to stop the throwaway culture with habits of reduce, reuse, recycle and educate.

Finding the ways such as to reuse the plastic waste for road black topping and making of useful home designs and other domestic products etc. are other encouraging options. Another good hope is the recently found was moth caterpillars that bred and bait on plastics giving the hopes that the creature could manage the global problem of polyethylene and plastics wastes accumulating in the landfills and oceans.

Therefore with the coming of the International Plastic Bag Free Day-2022, let's try to be a zero-plastic state starting from myself so that our country can live in a waste free lifestyle in days to come.

**** The writer is an Environmentalist. He can be contacted at email - munal@yahooin)

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

Indian Army observes the National Doctors' Day by organising Cancer Awareness camp

By Raju Vernekar
Mumbai, July 02:

The National Doctors' Day was observed by Army's Station Health Organisation (SHO) located at Malad Military station in North in Mumbai by conducting a Cancer awareness campaign with lectures and cancer screening camp on Friday.

The serving soldiers, families and defence civilian employees participated in the campaign organised in

coordination with Cancer Patients Aid Association (CPAA), a well-known NGO in the field of cancer management from prevention to rehabilitation. A total of 135 personnel were screened during the campaign.

The 'National Doctor's Day', is observed to mark the birth and death anniversary of physician and second chief minister of West Bengal, Dr Bidhan Chandra Roy, to pay tribute to his contributions in the field of Health.

The first National Doctors' Day was observed on July 01, 1991 by Indian Medical Association. This day acknowledges the contribution of doctors, and medical staff who have selflessly aided us in our time of need and worked tirelessly for our health. The COVID-19 pandemic has been hard on doctors and paramedic staff. They worked round the clock to help the country fight the virus.

The theme for this year was "Family Doctors on the Front

Line." The theme highlighted the contribution of doctors for their service and dedication towards humanity.

SHO of Indian Army in Mumbai has been conducting such awareness campaigns regularly in coordination with various local Govt organisations and NGOs. The initiative was first taken up in the year 2011 with the main aim of sensitising the beneficiaries about important preventable cancers and over 3000 beneficiaries have benefited so far.

NSA Chief Calls for Seamless Coordination Among Stakeholders at First Maritime Security Group Meeting

IT Correspondent
Mumbai, July 02

The first meeting of the Multi-Agency Maritime Security Group (MAMSG) held in New Delhi on Thursday to discuss important policy matters impacting maritime security, was inaugurated by National Security Adviser (NSA) Ajit Doval.

The meeting was chaired by the National Maritime Security Coordinator Vice Admiral G Ashok Kumar (Retd), who assumed charge as the country's first national maritime security coordinator (NMSC) on February 16.

In his opening remarks, Doval emphasized the salience of maritime security in an increasingly complex and challenging landscape, and underscored the need for seamless coordination. In the last few years, the Government has given special attention to the maritime domain as enunciated by Prime Minister Narendra Modi in the SAGAR initiative in 2015, the announcement of India's Indo-Pacific Policy in 2018 as well as growing focus on the blue economy, he added.

The group has members from key Central Ministries, Agencies, and Security Forces dealing with maritime affairs and State Maritime Security Coordinators representing all 13 coastal States and UTs. The Chief of Naval Staff (CNS) and Deputy NSAs from the National Security Council Secretariat (NSCS) were also

present, the official statement said.

In a major decision to reform coordination of maritime security affairs at the apex level, in November last year, the Cabinet approved the creation of the post of NMSC, under the NSA, at the National Security Council Secretariat. With this decision, a longstanding recommendation of the 2001 Group of Ministers (GoM) Report on 'Reforming the National Security System' got implemented. This reform is intended to ensure a seamless approach to India's maritime security cutting across geographical and functional domains. The constitution of the Multi-Agency Maritime Security Group (MAMSG) by bringing together diverse stakeholders at the Centre and coastal States/UTs is a significant step in that direction.

India is a maritime nation with interests that extend well beyond our maritime zones. 95% of Indian trade by volume is maritime and routed via 12 major and over 200 non-major ports. Over 90% of our hydrocarbon requirements are met through seaborne imports and offshore production.

With over three lakh fishing vessels, the marine fisheries sector is a major contributor to the economy and livelihood of the fishing community. As India's economy grows, so will its dependence on sea-borne trade and maritime resources. Securing our maritime interests from a

range of threats and challenges necessitates a coordinated approach. Maritime security has, therefore, rightfully gained prominence in India's security discourse as well as international outreach. While chairing the UN Security Council High-Level Open Debate on Enhancing Maritime Security in August last year, the Prime Minister exhorted for an inclusive approach to a safe, secure, and stable maritime domain.

At the inaugural meeting, several crucial policy issues on maritime security were taken up, including mapping of existing orders and policies on maritime security to identify gaps, review of standard operating procedures for maritime contingencies, security of ports and coastal infrastructure, creation of a national maritime database, capacity building of coastal States and UTs, promotion of blue economy, etc. A separate session was dedicated to discussion with State Maritime Security Coordinators.

The MAMSG is envisaged to provide a standing and effective mechanism to ensure coordination of all aspects of maritime security including coastal and offshore security, as well as fill the institutional, policy, technological, and operational gaps in meeting present and future security challenges. Importantly, the group will also address maritime contingencies requiring an urgent and coordinated response.

Six doctors felicitated on National Doctor's Day

IT News
Imphal, July 2:

Indian Medical Association (IMA)-Manipur State Branch observed "National Doctors' Day" yesterday at IMA Main Auditorium, Lamphelpat under the theme "Family Doctors on the Front line".

The program began with a brief speech by Dr. Ng. Arunkumar Singh, on the life history of Dr. B.C. Roy, on whose memory the "National Doctors' Day" is observed, and it was followed by the oath taking ceremony (Hippocratic oath) by all the Doctors present in the program including the dignitaries.

The main part of the program was felicitation of 6 Directors of health related Department/Institutes of our State for their dedication and contribution in the field of



health care. Those felicitated are Dr. K. Rajo Singh, Director, Directorate of Health services, Manipur, Dr. A. Santa Singh, Director, RIMS, Lamphelpat, Dr. Laishram Deben Singh, Director, JNIMS, Porompat, Dr. Maisnam Anubha Singh, Director, Shija Academy of Health Sciences, Dr. Paozachin Guite, Director, Directorate of Family Welfare services, Manipur and Dr. Somorjit Ningombam, State

Mission Director, NHM, Manipur

All the dignitaries expressed their determination to continue contributing for "A better and healthier future". Dr. Laishram Deben Singh, Director, JNIMS, Porompat donated a sum of Rs. One Lakh to IMA Manipur State Branch. Dr. Jugindra Sorokhaibam, President IMA Manipur State Branch requested all the Directors of

the 3 medical college to support the IMA movement by establishing IMA - Medical Student Network (IMA-MSN) which has already been started in other States. About 100 IMA Members including past office bearers and invitees attended the program. The program concluded with a vote of thanks by Dr. Soram Goutam, Treasurer, IMA Manipur State Branch.

Contd. from Page 2

The Holy Grail of Khuga Dam.....

While the project serves neither of other two purposes (agriculture and electricity) and nor does to the drinking purpose, therefore need is not felt for constructing the dam. Water could have been drawn from the undisturbed Khuga River directly through whatever means, be it traditional method that gives no threat to lives of any kind.

Taking advantage of the malfunction of water supply, private players are booming in investing on drinking water in the town and vicinity, the likes of which are ESTEE WATER, PUPU-TE WATER, etc. to name few. If the government could play a role in providing drinking water at a subsidized rate, competition in pricing of water among private investors would have been so high.

At least the left canal has to be refurbished, failing which pumping of water from it won't work out. Moreover, the water treatment plant will not function until and unless water is drawn into the plant. The low hanging fruit would be to make the left canal function effectively so that failure of water treatment plant can be overcome. The functioning canal would at best carry required quantity to each household of the target beneficiaries.

"Wind of Change"

Unanimity in political will from the concerned 3 MLAs such as Shri Paolienal Haokip of Saikot A/c, Shri LM Khaute of Churachandpur A/c and Shri Chinlungang of Singhat A/c has come to the fore.

Spearheaded by the Saikot MLA, the three legislators inspected the dam in presence of Water Resources Minister, Shri Awangbou Newmai on May 10. The multi-purpose Khuga Dam is affecting farmers in particular and the public in general of the three constituencies.

Saikot MLA Pu Paolienal Haokip took a noble initiative of inviting the Minister. The two concerned MLAs were so receptive of the initiative, that they all together had joined the inspection overture of the dam with the Water Resources Minister.

This is the latest development taken so far for a restoration of the dilapidated structures of the dam esp. like spillway and irrigation canals. With the coming of the Minister also comes a "wind of change", the pet slogan of the sitting Saikot MLA. The slogan was conceptualised in the electioneering of the 12th Manipur Legislative Assembly election held earlier this year.

During his visit, the minister was accompanied by department officials including chief engineer Rombiro Sharma, additional CE Remmei Alimnee, SE (KPC) Rohit Ananthem, EE B Govind Sharma, EEMDFatsir Alam and C Sangluia. He inspected various sites of dam like spillway and irrigation canal.

They also assessed the irrigation canal at Bohlui area where the river bank had collapsed some years back and a makeshift pipeline was laid to pave way for supply of water for

irrigation to nearby farmlands.

Awangbou visited to inspect some portions of the dam which remained defunct and repair the same so that people of Churachandpur get water from the dam.

There are some technical problems which local engineers could not solve and experts from outside are required to plug it. To repair it, a DPR has been prepared and an expert firm from Mumbai has studied and given a preliminary report.

A whopping 115 crores have been borrowed from World Bank. It is believed that with this amount of money all the structural irregularities would be solved. Apart from this, Pu Paolienal Haokip has chalked out an ambitious plan of a pipeline system rather than the canal system. Due to the contrasting nature of the contour of the area, a canal cannot be dug out in a desired way. This is capital-intensive. The meticulous design of Pu Haokip includes extension of a pipeline to carry sufficient water for agriculture till Saihenjang village of the constituency proper. The land contour lies sloping from this village, from where a canal of desired ones can be easily dug out to carry water till Twikol area. Mention may be made of paddy fields which lie uncultivated last year in the area due to scanty rainfall. The Constituency MLA is so much concerned of this unfortunate incident. These are the most-touted changes that are likely "blowing like a

breeze" from the waters of Khuga Dam in days ahead.

The stakeholder communities of the Khuga Multi-Purpose Hydroelectric Project are looking forward to positive developments happening sooner or later. The State government has also shown its interest and concern for the long neglected irrigation facilities in the Churachandpur district. Restoration of the dam will accrue significant revenues and agricultural produces to the state. It will lead to cultural developments as well. The dam has a great potential as a tourist hub. Constructing a proper Approach Road may be done to attract more tourists. The tourism department could also work on Public-Private Partnership (PPP) mode for tourism development. Loktak Lake is not far from the dam. Therefore, Khuga Dam and Loktak Lake have a potential of sharing tourists in them. Lastly, but not the least, it is advisable to provide accommodation quarters to all employees of the dam from engineer to peons in the Churachandpur town only.

(The writer is pursuing an MA in Media Studies at the Central University of Hyderabad. Currently, he is undergoing a media internship with Imphal Review of Arts and Politics undertaken by Free Press School of Journalism under Pradip Phanjoubam. He may be contacted at guitepaajakhp9@gmail.com)

IN THE COURT OF THE SPECIAL JUDGE (ND & PS) (FTC), MANIPUR AT CHEIRAP COURT COMPLEX

Spl. Trial Case No. 28 of 2021
Ref: Spl. Trial Case No. 223/95/94 of 2016
FIR No: 1(1)1991 Shangshak - PS
U/S 20 (b) (i), 60 (3) & 29 ND & PS Act

State of Manipur
-Vs-

1. Rolan Kuki (25 years) S/o Chunglen Kuki of Luwang Sangol at present Chingmeirong Shangakpham (driver)
2. A.S. Wungmatai TKL (28 years) S/o (L) Taoreingam of Tungou Village.
3. A.S. Anem Ahom @ Shangam (36 years) S/o A.S. Mingai of Tungou Village .

..... Accused persons

Extract Copy of order

Ld. Spl. PP for the State present.
Accused no. 3 had already expired.

Proclamation against accused no. 1 and 2 (Rolan Kuki & A.S. Wangmatai) was already issued vide order dated 14-02-2022 with a direction to O.C. Ukhrul P.S. to publish in newspaper. But no report is submitted till today inspite of calling for report on 18-04-2022 by sending extract copy of this Court's order dt. 18-04-2022.

Situated thus, the SP, Ukhrul District is directed to ensure that O.C. Ukhrul P.S. complies with this Court's order dt. 14-02-2022.

Sent extract copy of this order to the SP, Ukhrul and O.C., Ukhrul - PS for compliance.

Fix 07-07-2022.

Crit. Asst. / Prosecution to take step

Sd/-
(Kh. Ajay Singh)
Special Judge (ND & PS) (FTC)
Manipur

Solar Decathlon India is helping develop the next generation of architects, engineers, and entrepreneurs : Dr Jitendra Singh

PIB
New Delhi, July 02:

Union Minister of State (I/C) Science & Technology; Minister of State (I/C) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today called for promoting StarUps in "carbon neutral" building construction and linking them with industry to help India achieve 500GW non-fossil energy capacity by 2030, as promised by Prime Minister Narendra Modi at COP26 meeting.

In his Special Address as Chief Guest at the Solar Decathlon India Awards Ceremony, an Indo-US joint initiative for clean energy, Dr Jitendra Singh urged real estate developers, builders, industry, and academia to find innovative, affordable solutions that adapt to India's climatic zones and unique needs, address extreme weather events, and reduce risk to lives and property. The Minister reiterated that PM Modi has extended full-fledged support to StarUps and even called upon them to tackle challenges facing the country including the climate change.

Recognizing that StarUps in net-zero carbon emission have started emerging fast in the Indian landscape, Dr Jitendra Singh promised all financial support from DST and at the same time urged businesses to come forward with open arms to adopt such ventures. He said, apart from clean and green buildings, emphasis on clean transportation, solar water pumps and solar-powered refrigeration, clean grid power, electric vehicles are

some of the important areas for India's cleantech ecosystem.

Recognizing the challenge of developing net-zero energy and net-zero-water, Dr Jitendra Singh congratulated the participants and winners of Solar Decathlon India for taking up real, live building projects and developing innovative solutions. He said, Solar Decathlon India (SDI) is helping develop the next generation of architects, engineers, and entrepreneurs who can deliver net-zero energy buildings.

Dr Jitendra Singh distributed awards and walked around the poster session and interacted with the young innovators and their faculty mentors. He said, Solar Decathlon India is a unique, annual challenge for undergraduate and postgraduate students from Indian colleges and universities to address Climate Change by developing innovative, net-zero energy and climate resilient solutions for the building sector in India.

Dr Jitendra Singh said, India has laid out an ambitious plan to address climate change, one of the biggest challenges facing the global community. He said, at the recent COP26 meeting held in Glasgow, Prime Minister, Shri Narendra Modi, presented the *Panchamrit* plan, India's five-point climate action agenda. They include 500GW by 2030, 50 per cent of its energy requirements from renewable energy by 2030, Reduction of total projected carbon emissions by one billion tonnes from now to 2030, Reduction of the carbon intensity of the economy by 45 per cent by 2030, over 2005 levels and achieving the target of net zero emissions by 2070.

Dr Jitendra Singh informed

that Solar Decathlon India is a U.S.-India collaboration under an MOU between the Indo-U.S. Science and Technology Forum (IUSSTF) and the US Department of Energy, and is conducted by the Alliance for an Energy Efficient Economy (AEEE) and the Indian Institute for Human Settlements (IIHS). Solar Decathlon India is supported by the Department of Science and Technology (DST).

The Minister said, Solar Decathlon India is a unique initiative that is building a network of young professionals who can innovate and implement resilient net-zero energy buildings to combat climate change, as well as a network of faculty instructors who can guide innovation and mentor multi-disciplinary projects. In only its second year, 1200 students representing 109 institutions from 42 different cities across India participated in the Solar Decathlon India program.

Dr Jitendra Singh said, DST is also playing an active role in the Mission Innovation program and has opened avenues for collaborative research in clean energy with 25 countries and added that Solar Decathlon India teams in partnership with builders and developers can take forward DST's R&D and implement them on real building projects.

Dwelling on the theme of Climate Change and Net-Zero: Challenges for the Building Sector, Dr Jitendra Singh said, globally, the construction and operation of buildings account for 38% of the total energy-related CO2 emissions that cause global warming. He said, India is experiencing a building boom, and almost 70% of the floor area that India will have in 2050 is

going to be new construction in the next 28 years. This presents a huge opportunity to make 70% of our buildings net-zero by leveraging new technologies and encouraging the use of local, sustainable building materials, the Minister added.

Dr Jitendra Singh informed the gathering that developing net-zero energy and net-zero water buildings are not easy and there is a need to bring together real estate developers, builders, industry, and academia to find innovative, affordable solutions that adapt to India's climatic zones and unique needs, and address resiliency. T

Dr. S. Chandrasekhar, Secretary, Department of Science and Technology said that Dr Jitendra Singh gave the full mandate to DST for carbon capture and its utilisation. He described DST's leadership role in energy efficiency including supporting R&D on thermal comfort, low energy cooling, daylighting, passive design, building automation, and intelligent decision support systems.

Prasad Vaidya, Director, Solar Decathlon India said, "With over 5,00,000 students graduating annually from building sector courses, and over 40 billion square metres of buildings to be built between now and 2050, India has a unique opportunity to aggressively decarbonize this new construction and build a large stock of net-zero buildings. Solar Decathlon India is the hub where this opportunity comes together for the real estate industry to explore climate change solutions with students and faculty, and apply the most feasible technology and design innovations on their projects."

Controversial remarks not part of Vacation Bench's Order

A fit case of judicial accountability getting ignored

By K Ravendran

It is all very well that the petition moved by former BJP spokesperson Nupur Sharma for combining all the FIRs registered against her in different parts of the country for her offending remarks about Prophet Mohammed has been dismissed by a Supreme Court vacation bench in a two-line order.

It goes a long way to protect the credibility of the highest court of the land that some of the highly emotional remarks made by the judges during the hearing of the petition are not part of the final order.

According to the established law, delivered in a judgment by a regular bench of the Supreme Court, comprising Justices D Y Chandrachud and M R Shah, the remarks made by judges are not part of the judicial record and therefore do not matter.

In fact, Justice Chandrachud's bench had expressed strongly against remarks made by judges during hearing being taken as the final word. The bench went to the extent of saying that judicial accountability is lost where oral regimes prevail and emphasised that the judges should speak through their judgments and orders and not through oral directions. 'The written order is what is binding and enforceable'.

The bench issued the important ruling in a petition by the Election Commission challenging a remark made by the Madras High Court that a case of murder must be registered against the commission for causing covid to surge by allowing elections

to take place in four states and one union territory.

While there is no doubt that the remarks made by Nupur Sharma in a television channel debate about Gyanvapi mosque were by all means revolting to the nation's collective conscience, some of the oral remarks made by the vacation bench, comprising Justices Surya Kant and JB Pardiwala, appeared to have strayed from the line of judicial accountability into highly subjective emotional responses.

Already, demands have surfaced for the withdrawal of some of the observations, which media units all over the country have celebrated with gay abandon, bringing serious setback to the Indian government's bid to calm nerves of important partners in the Arab Muslim world over the highly damaging remarks made by the now sacked BJP spokesperson. Chief Justice N V Ramana has been approached for the withdrawal of 'uncalled for' remarks by the vacation bench. A letter to this effect went to the extent of alleging that the judges' remarks linking Sharma's comment with the beheading of Kanhaiya Lal in Udaipur justified the brutal act and amounted to giving clean chit to the killers.

The judges seemed to have been carried away by the protests against Nupur Sharma's remarks to the extent of refusing to apply uniform standards to her petition, in the process straying into areas that were not related even remotely. When it was pointed out on behalf of the former BJP leader, facing national and international wrath, that there

is precedent of FIRs being combined as had happened in the case of Republic Arnab Goswami, since she is fearing physical danger to herself, the judges said Arnab Goswami was a journalist and such privileges are not available to a party spokesperson. The vacation bench judges seemed to have overlooked to the fact that the laws applicable to a journalist are the same as those that may be applied to any other citizen.

Even more objectionable was the questioning by the judges of Nupur Sharma's alleged 'arrogance' in approaching the Supreme Court directly rather than going to a magistrate. A court has to go by the law of the land and decide the matter before it accordingly. If the petition is fit to be allowed, it should be allowed and if it deserved to be rejected it should be done so on the basis of the applicable law and there is no need to go into the state of mind of the petitioner, except when that particular state of mind itself is the main consideration. The judges clearly exceeded their brief in this.

The bench questioning television debates on issues that are sub-judice is also out of sync with the reality in which every second issue in public life is these days pending consideration of one court or the other. Going by the vacation bench's logic, the current developments Maharashtra should be a strictly no-go for the media as the Shiv Sena rebel MLAs' case is before the Supreme Court and promises to be there for some more time. Surely, it does not build up a case for journalists to go on vacation!

(IPA Service)

Sports Corner

Chennaiyin FC rope in Ghanaian striker Karikari

By a Correspondent
Chennai, July 02:

Indian Super League club Chennaiyin FC have bolstered their attack by signing forward Kwame Karikari ahead of the upcoming season.

The Ghanaian footballer will be joining the Marina Machans following an impressive outing in the Thai League for Nakhonratchasima Mazda. He scored 13 goals in 29 league matches for the Thai club last season.

Karikari was also the joint second highest goal scorer for Mazda in the Thai FA cup with four strikes from six games.

Karikari brings in valuable experience to Chennaiyin's attack, having played 261 games in his 11-year long professional career with 84 goals and 13 assists to his name.

The striker has plied his trade for 12 clubs in eight top-tier leagues across the world.

He also has two Europa League goals to his name, which came against CSKA Moscow and PSV Eindhoven in 2012.

Talking about the club's third foreign signing this summer, Chennaiyin FC co-



owner Vita Dani said: "I would like to welcome Kwame Karikari to the Chennaiyin family. I think he's got the technical ability and the physicality to succeed in India. We have had many great forwards at this club and I believe Kwame should be able to match those standards."

Karikari has spent most of his time in the Swedish league, featuring for AIK Solna, with whom he made his professional debut at 19 in

2011. He played 58 matches, including seven Europa League games, for them and scored 10 goals across

competitions in five seasons. Halmstads and Degerfors were the other Swedish clubs Karikari turned out for.

"I am very happy to join Chennaiyin FC. I cannot wait to get started with the new team and I am really looking forward to this new and exciting challenge," said Karikari, who also represented Ghana at the U-20 Africa Cup.

It was in 2015 when Karikari made a permanent move out of Sweden and joined Turkish side, Balikesirspor.

He played 40 matches for them in two seasons, registering 12 goals and five assists. Later he turned out for clubs in countries like Norway, Qatar, Georgia and Uzbekistan.

He was part of Dinamo Tablisi's title-winning campaign in the 2018-19 Georgian league.

Original Certificate lost

I, the undersigned, Elangbam Sunder Singh, do hereby declare that, I have lost my original certificate of my class X passed examination bearing Roll No. 920421200332 of 2021, conducted by the National Institute of Open Schooling on the way between Kachhing to Chairel Khunou on 26/06/2022.

Finders are requested to hand over it to the undersigned.

Sd/-

Elangbam Sunder Singh

Drug addiction

Drug addiction, also known as substance-use disorder, refers to the dangerous and excessive intake of legal and illegal drugs. This leads to many behavioral changes in the person as well as affects brain functions. Drug addiction includes abusing alcohol, cocaine, heroin, opioid, painkillers, and nicotine, among others. Drugs like these help the person feel good about themselves and induce 'dopamine' or the happiness hormone. As they continue to use the drug, the brain starts to increase dopamine levels, and the person demands more.

Drug addiction has severe consequences. Some of the signs include anxiety, paranoia, increased heart rate, and red eyes. They are intoxicated and unable to display proper coordination and have difficulty in remembering things. A person who is addicted cannot resist using them and unable to function correctly without ingesting them. It causes damage to the brain, their personal and professional relationships. It affects mental cognition; they are unable to make proper decisions, cannot retain information, and make poor judgments. They tend to engage in reckless activities such as stealing or driving under the influence. They also make sure that there is a constant supply and are willing to pay a lot of money even if they are unable to afford it and tend to have erratic sleep patterns.

Drug addiction also causes a person to isolate themselves and have either intense or no food cravings. They stop taking care of their hygiene. Drug addiction affects a person's speech and experience hallucinations. They are unable to converse and communicate properly; they speak fast and are hyperactive. Those addicted have extreme mood swings. They can go from feeling happy to feeling sad quickly and

By - Jaswinder Pal Sharma
District Education Media
Coordinator
Sri Muktsar Sahib Punjab



are incredibly secretive. They begin to lose interest in activities they once loved. Substance abusers also undergo withdrawal symptoms. Withdrawal symptoms refer to the symptoms that occur when a stop taking the drug. Some withdrawal symptoms include nausea, fatigue, and tremors. They stop and starting using again, an endless cycle that could be life-threatening. Drug addiction can be fatal if not treated timely. It can cause brain damage and seizures as well as overdose, heart diseases, respiratory problems, damage to the liver and kidneys, vomiting, lung diseases, and much more.

Though chronic, treatment is available for drug addiction. Many techniques are used, such as behavioral counseling, medication to treat the addiction, and providing treatment not just for substance abuse but also for many factors that accompany addiction such as stress, anxiety, and depression. Many devices have developed to overcome addiction. There are rehabilitation centers to help people. After treatment, there are numerous follow-ups to ensure that the cycle does not come back. The most important is having family and friends to support the effect. It will help them build confidence and come over their addiction.

Drug addiction is life-threatening. However, people with this addiction can be treated and helped with therapy, counseling, and taking medicines along with rehab centers. They do follow-ups to ensure that they never retake these drugs. They must have their family and friends to support them as they recover.