

CM Biren Singh thanks PM Modi for Khelo India, Athletes Practice an extra hour: How Manipur celebrated Mirabai Chanu's CWG Gold

Imphal, July 31:

As weightlifter Mirabai Chanu clinched India's first gold medal at the ongoing Commonwealth Games 2022 in Birmingham on Saturday, celebrations have been seen in her native state Manipur and elsewhere.

Mirabai won the gold medal in the women's 49kg. She lifted a total of 201kg while setting up a new CWG record. Later in the day, Bidyarani Devi gave Manipur another reason to celebrate as she clinched a silver medal in the women's 55kg event.

In an exclusive chat with CNN News18, Manipur Chief Minister N Biren Singh congratulated Mirabai and Bidyarani and thanked Prime Minister Narendra Modi for Khelo India which has helped unearth sporting

talent from the state.

"Small State with only 20 lakh people has given two medals to country. I congratulate to both of them.. I thank PM Modi also because of Khelo India state athletes are getting very much support.. I am feeling proud, we are encouraging our athletes by providing them top facilities and rewards," Biren said.

Meanwhile, family and neighbours of weightlifter Mirabai burst into celebrations at her native place Nongpok Kakching in Manipur.

Speaking to the media, her cousin Binoi said, "We are very happy. We were all watching her game together. She has won the gold. She is very strong and hard working. We always knew she will win."

Rohit Konsam, a native of Manipur told CNN News 18,

"Northeast has seen numerous sports talents. Be it Manipur, Assam, Tripura, Arunachal or Meghalaya. And Manipur has almost lead it every time. The commonwealth game have just started and our Chanu has brought India the first gold. That moment gave us goosebumps. We were all watching her game together on TV. Good to see her win easy and clean. We are very proud of her."

Athletes in Guwahati were rejoicing in her victory as a win for Northeast India at CWG 2022.

From the legendary Mary Kom, Lovlina Borogohain and Shiva Thapa in boxing to Hima Das in track and field events and then the captain of the Indian women football team Bala, Northeast has always felt more united and stronger

through sports.

Speaking to CNN News18, Subham Deka, a young athlete from Guwahati said, "This is a win for India and we are proud she is from the Northeast. She is taking the name of her village, her state, her region, her country to places. I am a boxer and her win has given me huge confidence along with a lot of pride that an athlete from Northeast India is the first to bring India the first gold of CWG 2022. As a part of celebrations, we have decided to practice one extra hour today. That is how we celebrate an athletes' victory."

Earlier on Saturday, Sanket Sargar opened the medals tally for India, winning silver medal in the men's 55kg event. Weightlifter Gururaja Poojary secured India's second medal - a bronze in men's 61kg category.

Mann ki Baat: PM Modi lauds CWG athletes, calls for I-Day celebrations with 'Har Ghar Tiranga'



New Delhi, July 31:

Prime Minister Narendra Modi while speaking on his monthly radio program "91st episode of his monthly radio broadcast, Mann Ki Baat" on Sunday, applauded the Indian athletes who are taking part in the Commonwealth Games 2022. He said, "Indian players have performed exceptionally well on the world stage."

The prime minister also spoke about the upcoming 75th Independence Day celebrations and said the nation will witness a splendid and historic moment.

"Under 'Azadi Ka Amrit Mahotsav', between August 13 to August 15, the 'Har Ghar Tiranga' movement will be held. You should become a part of this movement and unfurl the national flag atop your homes," said Modi.

He further said, "I am very happy to see that the 'Azadi Ka Amrit Mahotsav' is taking the form of a mass movement. People from all walks of life and from every section of society are participating in different programs connected with it."

PM Modi also applauded the work of startups and entrepreneurs in the country to

expand the toy industry. "No one could have imagined the successes we have achieved in the toy industry due to our youngsters, start-ups and entrepreneurs," said the prime minister.

He also said there has been a substantial growth in the research of plants which have medicinal value, amid the Covid times. He further mentioned the launch of the Indian Virtual Herbarium in July.

According to Modi, the increasing interest of people in holistic healthcare has helped everyone in fighting against Covid-19. "In the fight against Covid-19, AYUSH has played an important role, at the global level. There is a growing interest in Ayurveda and Indian medicine around the world," said PM Modi.

The prime minister added that August 2 also has a special connection with the Tricolor. "This day is the birth anniversary of Pingali Venkaiah ji who designed our national flag. I pay my respectful homage to him. I will also remember the great revolutionary Madam Cama," he said.

Earlier this month, the PM invited people to share their ideas and suggestions for the episode which will take place on this Sunday.

"Do you have inputs for this month's #MannKiBaat, which will take place on the 31st? I look forward to hearing them... share them either on MyGov or the NaMo App. Record your message by dialling 1800-11-7800," PM Modi had tweeted.

In the 90th edition of his monthly 'Mann ki Baat', Modi had remembered the dark chapter in India's history- the Emergency, which was imposed in 1975 and said that it was our democratic mindset that eventually prevailed.

He also applauded all those who resisted that period and said that even after the Emergency people did not lose faith in democracy.

The prime minister said he was happy that the Mahotsav is taking the form of a mass movement, with people from all walks of life and from every section of society participating in different programmes across the country.

"When India completes 75 years of its Independence, all of us are going to witness a glorious and historic moment," he said.

In his address, Modi also said that India is becoming a powerhouse in export of toys.

Import of toys to India has gone down by 70 per cent while their export from India has risen to about Rs 2,600 crore from earlier Rs 300-400 crore, he said.

"Indian manufacturers are now making toys based on Indian mythology, history and culture. Toy clusters that are there everywhere in the country, small entrepreneurs who make toys, are getting a lot of benefit from it. The toys made by these small entrepreneurs are now going around the world," he said.

Weightlifter Bindyarani Devi: The girl who made India proud after clinching silver at Commonwealth Games 2022



Birmingham, July 31:

Bindyarani Devi was just another name in the Indian athletics fraternity. But after Saturday, July 30, the 23-year-old had pretty much made a name for herself. Having won India's fourth medal at the Commonwealth Games 2022, the woman prodigy from Imphal has

given a glimpse of what she can do in top-level weightlifting.

The youngster missed out on winning gold by a whisker after losing to Nigeria's Adijah Adenike Olarinoye by only one point in the women's 55kg finals. Earlier in the day, another weightlifter, Sanket Sargar, also had a similar fate in the

same category.

Although she failed to win gold, Devi lifted 116 kgs on her third attempt in the clean and jerk round, which turned out to be a record in the Commonwealth Games. It was also her personal best.

It was almost a decade before when Devi started her weightlifting career. Back in 2013, she started putting in the hard yards. After three long years, Devi was selected for training at NCOE Imphal.

The fact that her family supported her through thick and thin during that phase helped her immensely.

She honed her skills and got better while training for three years at Imphal. In 2019, Devi took a step forward and joined the Indian national camp in Patiala.

Prior to that, she won her maiden medal when she clinched silver in the 2016 Commonwealth Championships back in 2016.

In 2019, she raised the bar and won gold at the Commonwealth Senior Championships. Two years later, in the same tournament, she won silver and started showing quite some consistency.

On Saturday, Devi put her best foot forward and helped India win a medal at CWG 2022. Sky seems the limit for Bindyarani Devi, who has raised the bar over the years.

Councillor distributes Meritorious awards

IT news
Imphal, July 31:

Councillor of ward No 19 of Yaikul Kendra today distributed awards to meritorious students who score excellent marks in the examination conducted by BOSEM, COHSEM, and CBSE at Wangkhei Puja Lampak Community Hall today.

The ceremony was attended by Huidrom Vikramjit Singh Social worker as chief guest. Nongthombam Chandrajini Devi Redd Principal Sagang higher secondary school and National awardee, Dhiren Phanjaoam Head of Department Education Standard college, Thangjam Gopinath Guest Lecture UNACCO school as guest of honour and Prof K Yugindro Dean, school of Math and Physical science Manipur University as President.



91 students who have secured first division in the Class X exam of BOSEM and CBSE and students who have secured first division in Class XII Science Stream and Arts Stream were also honoured with simple gifts during the ceremony.

Former Councillor Yumlembam Ratikanta expressed that during pandemic covid-19 the Councillor meritorious ceremony was not done for two years. But today those students were also honoured. He further stated that during his councillor period 2012 he

started a meritorious award and if he is not a councillor he will continue in the future also.

The award was sponsored by Imphal Municipal Corporation Ward No 19 Corporator Yumlembam Lukamani and former Councillor of the Ward Yumlembam Ratikanta.

MNP general body held

IT News
Imphal, July 31:

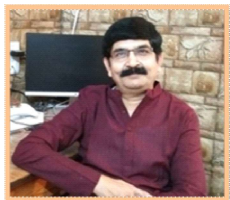
The first ever general body (National Assembly) session of the Manipur National Party was held via a

Zoom meeting around 11 am with Senjam Surjit Singh

in the Chair and four office bearers were elected unanimously.

Senjam Surjit Singh as President, Phijam Brojen Meetei as Vice President, Dr. Sanabam Raghunani as General Secretary, Sapam Deeparani Devi as Treasurer respectively.

Why ice cream attracts all men and women of all ages ?



By: Vinod Chandrashekhar Dixit

Do we need any specific day to enjoy ice creams? No. Because ice cream is the most popular dessert in the world. It all started in 1984 when American President Ronald Reagan proclaimed July as National Ice Cream Month, and established 15 July as the National Ice Cream Day.

Reagan also proclaimed July as National Ice Cream month, describing ice cream as "a nutritious and wholesome food enjoyed by over ninety percent of the people in the United States." His efforts not only satisfied the country's taste buds but also benefited the nation's dairy industry by providing a unique marketing opportunity that's still popular to this day. **Ice cream** is a beloved treat enjoyed by many since 1660 when it was made available to the public. Whether in a dish or cone, today is the perfect day to celebrate this amazing invention that was created long ago.

It is also said that the Arabs were the first known people to know how to make ice. Italians and French learned of their techniques and were fascinated by using both ice and salt to freeze mixtures and keep them cold. Later on ice houses were being made as kind of their version of a refrigerator.

It is said that ice cream-like food was first consumed in China sometime between 618-97 AD. The first dish was made from flour, buffalo milk, and camphor, an organic compound commonly used in lotion. It's also been noted that Alexander the Great adored ice and snow flavored with nectar and honey.

Before the fridges were in existence, the ice creams were made in a bucket full of ice and salt in which the container having all the ingredients of ice cream was held and the mixture in it continuously stirred till it was completely frozen. Later as the refrigerator arrived, it became very easy to just mix up the ingredients and put them in the freezer section till it became ice cream.

The effect of ice cream on society is so great, that the brain of an ice cream lover has been likened to that of an addict. When the brain wants ice cream, it reacts like a passionate fanatic. Ice cream is a nutritious and wholesome food, enjoyed by over 90% of the people in the United States. The ice cream attracts all men and women of all ages and all of them like it. But several people have a different taste and love for an ingredient in their ice cream. As our generation today becomes more health conscious, ice cream has been one of the hot picks for criticisms due to its high calorie and sugar contents. This poses so many issues for adults, especially those who belong to the diabetic group.

The vanilla flavor is the most popular ingredient after the chocolate in the world. Due to the popularity of vanilla, its ice creams are highly popular. Today, Vanilla, chocolate and strawberry still remain the most popular flavours in spite of numerous flavours like guava, peach, coconut, mango and many others being introduced regularly. Let us enjoy National Ice Cream Day by sharing some with your family and friends.

Closing the gap, increasing the gains through Bangladesh-Northeast India connectivity

By: Dr Arpita Hazarika

Bangladesh is enviable.

Travel or communication to the seven northeastern states from mainland India is quite difficult. It is not only by air but by land and sea that you have to travel a long way to get there. That is why it is very expensive and difficult for Indian traders to bring goods from the mainland to the states known as the 'Seven Sisters'. On the other hand, Bangladesh is geographically very close to the seven states. This location has become a great opportunity for Bangladesh businessmen.

Tripura, Assam, Meghalaya, Manipur, Mizoram, Nagaland and Arunachal – the first three of these seven states or Seven Sisters already have a huge demand for Bangladeshi products. The demand for Bangladeshi products is gradually increasing in the remaining four states as well. If this opportunity is used, a big market for Bangladeshi products can be created in Seven Sisters. The citizens of Bangladesh and the seven states of India will also benefit from the expansion of bilateral trade.

Among the seven states that share borders with Bangladesh are Tripura, Mizoram, Assam and Meghalaya. Among them, Bangladesh has ports with Tripura, Assam and Meghalaya. Basically, the products of Bangladesh enter North-East India through the border of these three states.

According to the information of the Assistant High Commission of Bangladesh in Guwahati, the trade of Bangladesh in the north-eastern region of India is gradually expanding. In the financial year 2019-20, the export of goods from Bangladesh to the region is more than Tk 367 crore. In the previous fiscal year 2018-19, Bangladeshi products were exported there to the tune of Tk 40 crore. On the contrary, in the fiscal year 2019-20, goods imported from Seven Sisters to Bangladesh amounted to Tk 390 crore, in the previous fiscal year 2018-19, more than Tk 472 crore of goods came from there.

It is known that Bangladeshi products are in demand in these states, including ready-made clothes, iron, cement, tin, hilsa, dry food, juice, chips, confectionery items, cotton, plastic footwear, sandals, plastic table, kitchen ware, jamdani. Saree, Raw Jute, Mineral Water, Chana Chur, Sauce, Motor Dal, Ice Cream, Emergency Light, Condensed Milk etc.

On the other hand, coal, ginger, onion, dry chilies, poultry feed, eggs, cloth, sugar, auto parts, various fruits, engineering products, tube light etc. are exported to Bangladesh from the north-eastern region of India. Apart from this, cotton, tea, lime, petroleum products, iron, various stones are produced in Assam, these also have a market in Bangladesh. Manipur produces oil, various seeds, mustard, paddy, wheat, limestone and chromate. And Meghalaya produces glass, porcelain, ore and Arunachal produces corn, wheat, mustard, pulses, apples, oranges, grapes, etc. These products are also in demand in Bangladesh.

Assistant High Commissioner of Bangladesh in Guwahati, Shah Mohammad Tanveer Mansoor said there is a good demand for Bangladeshi products in Northeast India. This region is going to be a big market for the export of package food, cement, plastic and clothing products of Bangladesh in particular. Bangladeshi businessmen are being fully supported in this regard.

He said, we need to improve communication and port management to further expand bilateral trade between the two regions. Recently the high-level visit of Bangladesh (Assam) has increased the confidence and trust among businessmen in this regard.

Assam Chief Minister Dr. Himanta Biswa Sharma also spoke about the immense potential of bilateral trade.

He said, I think there is a lot of potential in the commercial field between Bangladesh and India's North-East region. The north-eastern region is connected to the Indian mainland

through Bangladesh. There is MoU for supply of diesel from Assam to Bangladesh. There is also an agreement to import goods from Bangladesh here. We are putting more emphasis on developing mutually beneficial economic relations.

In this regard, Himanta Biswa Sharma said, "We will start regular flights on the Dhaka-Guwahati route within the next three months." Before the corona epidemic, our bus used to go to Dhaka via Gauhati-Shillong-Sylhet. It was closed due to Corona. Now we have got permission from concerned ministry to start it again. Hope the bus service on this route will be started soon. It will make communication easier. Trade will expand further.

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Himanta Biswa Sharma said, I think there is a lot of potential for developing economic relations between Bangladesh and India's Northeast region. Thanks to Bangladesh's waterways, the North-Eastern region has been connected to the Indian mainland. There is also an agreement to import goods from Bangladesh (into Assam). We are putting more emphasis on developing mutually beneficial economic relations.

(The author is a Gauhati University, Assam, India-based researcher. She is very interested in refugee affairs, political economy, security and strategic affairs, and foreign policies of the Asia-Pacific region. She visited a number of countries such as Bangladesh, Myanmar, China, Pakistan, Nepal, Bhutan, UK, USA, France, Japan, Australia, Thailand, Singapore, and Canada. She has research works on India-Bangladesh affairs)

How to Prepare for Competitive Exams?



By: Vijay GarG

helps more than it hurts and brings out the best. Everyone has mixed feelings about the competition.

Competition in Studies

It is not at all surprising that the education and competition are intimately related. Education and competition are two universal ingredients of all human cultures. Competition is a major factor in education today. On a global scale, national education systems are intending to bring out the best in the coming generation and encourage competition among students from every field. Humans have always considered education and competition important issues, both in the past as well as in the present. There have been fluctuations in emphasis and there have been many changes throughout the centuries. Even students are no less and always tend to compare their grades with the fellow students. Children spontaneously seek competition with their peers. They seem to have an innate desire to compare themselves with others in every way which is a clear indication of the sense of competition among them and is also leading to a rise in pressure to perform.

Among those encouraging the competitions, there is no general agreement as to what constitutes the best way of putting competitions to good use in education. Some

find that education in school is best served by a break in style, which can be accomplished through a competition that is only briefly different to the curriculum. The idea here is that the beneficial effect of a competition derives precisely from the fact that there is a slight change from the regular curriculum. While many others argue that competitions are an effective way of encouraging students to perform better and providing them with feedback. Competitions should be based on the actual material being taught in an educational institution and the competition results should be used to evaluate students like an exam.

How to Prepare for Competitive Exam?

Preparation for the competitive exam is very different from the preparation for a regular subjective or a theory paper. Most of the competitive exams these days are based on the multiple choice question pattern in which there is also negative marking for every wrong attempt, so candidates need to be aware of these facts, well before the examination. School and College exams are normally prepared for every student to pass and to score good marks, but competitive exams are different and are aimed at selecting the best out of them all. Whether appearing for engineering entrance exam, medical entrance exam, MBA entrance exam or CA, CS exam or Bank or PSU recruitment exam, preparation needs to be planned properly and well in

time, and one needs to move forward according to a planned study plan with a timetable. Fortunately or unfortunately, competitive exams have become a strict norm for selection to various professional courses in almost every country and hence competitive exams are a reality for the lakhs of students who appear in them every year and everyone wants success but unfortunately, it's only the best that get through. The success in competitive exams is not tough, the only thing to focus is "intelligent hard work" rather than simple "hard work" which a labourer also does to break stones.

For success in such exams, the candidate must be quite sure of his level of motivation. Without a high level of motivation, no one can go through the rigorous preparation process for these tough exams. Hence candidates must be absolutely determined to give their best efforts.

To every candidate preparing for competition there are few steps that they need to go through to clear with flying colours:

Goal Setting: One really needs to set a goal and focus all his energy towards the achievement of that goal. While goal setting one need to consider his ability, availability, and resources. A clear set of goal in advance help in saving time which is most important for a student. A good strategy would always take you nearer to your goal.

Selection of Right Study Mate-

Time Management: A very common confusion that waste the precious time of students is how to balance the school studies with competitive exam study. A student should try to find a way that school studies can be incorporated within one's competitive exams preparation strategy. One strategy is to look at each chapter as a chapter to be learned, a material to be mastered; rather than studying it twice as school & competitive exam-related study material. Ultimately, if you gain clarity about the concepts of any topic and practice a sufficient number of questions / numerical; one can face any examination whether of school or competition. Periodical tests in school can be considered as an opportunity to master the material that one has collected rather than restricting to the limited knowledge & practice needed for doing well in the periodical test itself. It may be not possible to complete all the practice material for one test but try to clear the concepts. Rest of the practice material can be utilized for revision and self-evaluation at free time. As the examinations approach closer, the previous year's papers is an important key to do well in the examinations for both school and competition.

Competition Planning: Besides studying for the exam, one needs to keep an eye on other things also. Before the exam preparation you should first study and analysis of the examination essential requiring aspects like:

Last date for the application form.

Minimum qualification required. The number of seats available in course of your interest.

Percentage of marks required. Cut off ranks for the previous year.

Maximum and minimum age limit. Join the Right Coaching Institute: Guidance for a competitive exam is very important. It is not mandatory to join a coaching institute or joining a coaching institute does not guarantee success. There are many students walking into coaching centres but not all of them achieve what they came for. Since these coaching centres are into teaching from quite a long time, one can take advantage of their experience in the relevant field and can help you out in providing the right study material along with clarity of doubts and a proper counselling. For this, a student needs to choose the right institute.

Time Management: Time management is the key to success. Everyone has only 24 hours in a day, its only one who makes proper use of these 24 hours with right planning actually achieve their goals. Making a timetable is the thing that has helped most of the students. The student should distribute equal time to each section and once you have covered all the topics more time should be given to the section or part in which you feel you are weak at.

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India records 19,673 Covid cases, 39 fatalities in a day

Agency
New Delhi, July 31:

India's COVID-19 case tally rose by 19,673 in a day to reach 4,40,19,811 while active cases reached 1,43,676, according to the Union Health Ministry data updated on Sunday.

The death toll has climbed to 5,26,357 with 39 more fatalities, the data updated at 8 am stated.

Active caseload increased by 292 in a day and comprise 0.33 per cent of the total infections, while the national COVID-19 recovery rate was 98.48 per cent, the ministry said.

The number of people who have recuperated from the viral disease surged to

4,33,49,778 while the case fatality rate was recorded at 1.20 per cent.

The daily positivity rate was 4.96 per cent and the weekly positivity rate was recorded at 4.88 per cent.

According to the Union Health Ministry, 204.25 crore doses of Covid vaccine have been administered in the country so far.

India's COVID-19 case tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one crore mark on December 19. India crossed the grim mile-

stone of two crore on May 4 last year, three crore on June 23 and four crore on January 25 this year.

The 39 new fatalities include seven in West Bengal, four in Maharashtra, three in Delhi, two each from Chhattisgarh, Gujarat, Haryana, Himachal Pradesh, Jammu and Kashmir, Kerala, Madhya Pradesh, Punjab and Uttar Pradesh and one each in Assam, Goa, Karnataka, Nagaland, Sikkim, Tripura and Uttarakhand.

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Assam logs 8 fresh cases of Japanese Encephalitis, one more fatality

Agency
Guwahati, July 31:

One more person died of Japanese Encephalitis in Assam on Saturday, taking the toll to 48 this month, a National Health Mission release said.

Eight fresh cases raised the tally to 302 since July 1, it said.

During the day, the lone death due to the infection was reported from Chirang,

according to the bulletin.

Three new cases were detected in Bapeta and one each in Baksa, Bongaigaon, Charaideo, Morigaon and Udalguri.

The state had reported seven Japanese Encephalitis cases and three deaths on Friday.

Currently, all the districts, barring South Salmara Dima Hasao and Karbi Anglong, have been affected by the disease.

Nagaon reported the highest number of such cases at 44, followed by Jorhat at 39 and Golaghat at 34.

Japanese Encephalitis is a viral brain infection that is spread through mosquito bites.

Arrangements have been made at all the nine medical colleges in the state and 10 district hospitals for the detection and treatment of patients affected by the disease, an official said.

All the districts have formed rapid response teams on Acute Encephalitis Syndrome (AES) and Japanese Encephalitis, he said.

The standard operating procedures and guidelines communicated by the National Health Mission, Assam are being followed by the district administrations for detection, management and referral of such cases, the official added.

Aadhaar-Voter ID linking to begin in Tripura tomorrow

Agency
Agartala, July 31:

Along with the rest of the country, electoral rolls of over 27.35 lakh voters in Tripura would be linked with the 12-digit Aadhaar number by September.

The Aadhaar-Voter ID linking process in Tripura would begin on Monday (August 1).

The Aadhaar-Voter ID linking process will be carried out to ensure the 'cleaning' of the voters list.

The development was confirmed by Tripura chief electoral officer (CEO) - Kiran Gite in Agartala on Sunday.

He said that the election commission of India (ECI) has decided to link Aadhaar with Voter ID as part of electoral reforms and bring transparency in the voting process.

The process of Aadhaar and Voter ID linking would start on August 1 and continue till Sept 30.

"As per the directions of the Supreme Court and amendment passed by the

Parliament, voter identity cards will be linked with Aadhaar," the Tripura CEO said.

Gitter added: "Booth Level Officers (BLOs) have been advised to visit each and every house for collecting the information."

Notably, Tripura has a total of 27,35,546 voters, of which 13,81,693 are male, 13,53,818 are females and 35 third-genders.

The project to link Aadhaar with electoral data was started by the Election Commission as part

of the electoral reforms process.

The idea was to stop multiple entries in electoral rolls and make them error-free.

The Election Laws (Amendment) Bill allows electoral registration officers to seek the Aadhaar number of people who want to register as voters "for the purpose of establishing identity".

The government has contended that it is meant to remove fake voters by stopping people from registering their names on the electoral rolls in multiple states.

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How to Prepare for Competitive.....

Mock Tests a Key to Success: Being prepared well for an exam is an advantage but already been through the same format is an added advantage. The mock test is aimed at providing the student with an idea about the exam and where their preparation stands are also analyzed in a mock test. It is not a difficult task to solve all questions of any exam. But what is difficult is to solve all of them in limited time duration. For that student should take sample papers and try to solve them in a given time period which will enhance their performance in the examination real scenario.

Clarity of Every Topic: Basic thing in a competitive exam is to complete in a given time frame and the candidate needs to complete their exam in slightly restricted and less time. In order to solve these question in relatively less time,

one needs to have clarity of fundamentals and basics related to mathematics for faster calculation.

Sufficient Study Hours: Talking about the number of hours a student needs to study is a very difficult or rather an impossible question to answer. A student trying to studying for 5 hours with his mind towards something else other than study won't benefit anything out of that. The number of hours that you need to put in varies from student to student and course to course. But it is a fact that regular studies to give out best results, also along with study one need to take out time for sports, entertainment, and other recreational activities for an overall development.

Examination Day: Weeks before the exam revise all the topics from the past two years that you are preparing for.

Maintain your cool before and during the exam and attempt the questions calmly. Double check your hall ticket and stationary you need to carry and remember if you did your best during the last 1.5 - 2 years, you need not fear for anything. It is only your effort that would determine your result and leave the rest to your destiny or luck. So go ahead, give your best and leave the rest!

Conclusion Competition is rising in every functional field these days. Growing opportunities along with growing population are not sufficient to fulfil the desires of every individual, hence giving rise to the competitive world. Competition has much to offer in education, there is a need for certain criteria in the selection of the candidates for various courses where admissions are

limited and student applying are more. Competitions are a good measure of how well a discipline is accepted and integrated into the curriculum but still, there is a need to develop more practical parameters to improve the credibility of these competitive examinations. Education scholars are also confused and do not agree on whether competitive desires should be encouraged or constrained. One of the theory claims that, since competition is today part of every culture and our education should transmit culture, it is necessary to incorporate competition into education to help children get used to it in later life and there need to be some criteria for the selection of the suitable candidate, hence competition is necessary for education also and one needs to overcome this to be successful.

Sunday Poetry



The poems from
Jaswant Sanjenbam
Konhoujam Mamang Leikai

INQUISITIVE INTEREST

*I become a passer-by once,
And that lad on the roadside,
Showing a pale and weedy face,
Grappling hard to push on.*

*Suddenly rush and pause beside him,
Diverse queries come up,
Not much but a solitary -
"O boy! Afraid of your glowing eyes if lose its track?"*

*After a moment of stillness,
Breaking the silence and still
Buzzed with anger, pounding his fist and left.
But the fire in his eyes is all I know.*

HAND-OVER

*Another tide so mean,
Rather seems to be adjustable,
Reality covers up soon,
Up to the neck - hard to escape.
Not all dark and howling nights be for forever,
HOPE - appears unanticipated from nowhere.
Aspiring to retort in days to come.
Only when I recall back - already in HEAVEN.*

"PANIC OVER FANTASY"

*The taste of misfortune is unpleasant,
Unless they are to be of cared of -
Why shall thou make inordinate apprehension?
Yes! The destination is clear, we know.*

*Diverged roads along the journey,
Look back on why thou chase after the threshold,
O dear! Eyes closed at times,
But the conscience never reposes,*

*And fantasy and hysteria go steady,
Safe and sound to trace back fellow triumphant?
Let me but relish life from moment to moment,
With forward looking and reluctant soul.*

*Often it seems - laying off is the only option,
But over to you O dear! It's your turn.
Hard to judge a mere spectator simply,
Yes! The destination is clear, we know.*

GOVERNMENT OF MANIPUR DIRECTORATE OF HANDLOOMS & TEXTILES

NOTICE

Imphal, the 27th July, 2022

No. HC-17/H&T/2021/2340: Application on prescribed format are invited from the unemployed National Awardees/National Merit Certificate holders conferred by the O/o the Development Commissioner for Handicrafts, Ministry of Textiles, Govt. of India and State Handicrafts Awardees for providing financial support for production of their award products on commercial scale under the Scheme of Modernisation of Handicrafts for the year, 2022-23. Awardees that have already been benefitted under the scheme are not eligible.

Duly filled in applications may be submitted to the District Handlooms & Textiles Office of the respective districts on or before **16.08.2022**. No further request after the last date shall be entertained. Form may be downloaded from www.dhtmanipur.mn.gov.in or www.dhtmanipur.com

Project Managers, District Handlooms & Textiles should forward the applications submitted by the applicants on or before **20-08-2022**.

Sd/-
(K. Lamlee Kamei)
Director of Handlooms & Textiles,
Manipur

Bridging the Technology Paradox - Metaverse Versus Universe

We should protect universe first and then think of going beyond

By Devasis Chattopadhyay
New Delhi, July 31:

Globally, most business and tech media, both online and offline (read print), for the past few days are discussing the muted and declining revenue of the Facebook parent Meta Platforms in the face of growing competition from TikTok.

When I look at both these organisations, I often wonder, is it time to disconnect from 'technology' and reconnect with each other in the real world? But the question remains: what would we consider the real world today? Is it the real 'virtual' world we are talking about?

Technology has literally and definitely taken over most of our lives and businesses. If we analyse our behaviour and consult technology journals such as techjury.net, a one-stop-shop for everything related to software and devices, data sourced would show that:

On an average, an individual today checks his/her mobile or smartphone 90 times a day. A whopping 50% of the teenagers globally are getting addicted to their smartphones. And, over 6% of the global population has internet addiction (IA). And, this ratio is higher than the percentage of the global population addicted to drugs.

Since 2001, in 20 years' time, the number of internet users has shot up by 1000%, said Andrew Proulx, an MD from Queen's University, and an avid researcher on addictions. He wrote in his article, Internet Addiction: Facts and Statistics, 'The internet certainly offers a lot of potentially addictive activities: shopping, gambling, chat, discussions, online relationships, gaming, information-seeking, and pornography viewing. Most people know what it's like to get drawn into spending

more time online than they had planned, but for some people, it becomes a consuming addiction.'

Internet addiction has emerged as a universal issue. However, its localised prevalence differs geographically. 'A random effects meta-analysis showed a overall global prevalence estimate of 6.0%...the highest prevalence (of IA) was in the Middle East with 10.9%...and the lowest was in Northern and Western Europe with 2.6%', reported Cecilia Cheng and Angel Yee-lam Li, in their thesis - 'Internet Addiction Prevalence and Quality of (Real) Life: A Meta-Analysis of 31 Nations Across Seven World Regions'. In the Indian context, the prevalence of internet addiction is considered to be at 1.3% of the general population, as mentioned by a study by Sharma, Rao, Benegal, Thennarasu, and Thomas D, in their - 'Technology addiction survey: An emerging concern'. Which literally means that a net population of 1.7 crore has internet addiction in India.

Simply put, our smartphone or cell-phone or handy, as we call it, has already replaced our camera, our calendar, our alarm clock, our notepad, our book, our music system, our mathematical ability, our dictionary, our thesaurus, our writing ability, our ability and desire to play outdoor sports and many other important activities including how we handle our banking and financial transactions and use of the Blockchain technology for our investments. Only things left for the mobile phone to replace in our lives are our family, and how we procreate. Do we want our smartphones to replace them as well?

So, how fast is fast, and how crucial is crucial, when we consider the growth of internet and mobile technology in our

lives? Currently, there are 4.88 billion internet users and 5.29 billion mobile phone users in the world. And, our ecosystem is rapidly changing into the world of 5G AI, and our newest love - 'metaverse'.

The term 'metaverse' was first mentioned in the science fiction 'Snow Crash' in 1992 as a portmanteau of 'meta' and 'universe' - meaning, beyond the universe. We often link metaverse development to the advancing virtual reality technology because of increasing demands for immersion by the internet users. Web3, a concept of a decentralized iteration of the internet, also influenced recent interest in metaverse development. We have used Web3 and the metaverse as recent buzzwords to exaggerate the development of progress of various technology projects by the interested parties in the technology and mobility business space for intentionally influencing the public opinion in favour of these organisations through creative and manipulative public relations campaigns.

However, my concerns as a Public Relations and communications professional about the growing chatter on metaverse systems are stemming from the challenges we are already facing in tackling the addictive and manipulative use of social media, video games and online gaming. And, I sincerely believe that the chatter and the growth of this phase of the technology needs to be balanced by prudent regulatory and social counter-measures first.

In the era of the world-wide-web and social media, information privacy is already an area of concern for all of us. With the implementation of metaverse, it would be very easy to make a further breach.

So, it will be necessary to regulate, because all the players in the field will probably collect users' personal information through biometric data from the wearable virtual and augmented reality devices. Meta Platforms (previously Facebook) is already planning to employ targeted advertising within their metaverse, raising further worries related to the spread of misinformation and loss of personal privacy by use of personal preferences of the consumers by advertisers and social media platforms. Because, today, 'personal information of users' is the 'new oil', meaning revenue stream. Do I need to say more?

Addiction and problematic social media use are my actual concerns. Internet addiction disorder, social media and video game addiction can both have mental and physical repercussions, leading to depression, anxiety, and various other psychological illnesses affecting our society. Behavioural experts are also concerned that we could use the metaverse as an 'escape' from our reality in a fashion we use drugs to escape reality.

I find, to my surprise, how the interested players are trying to shape the media narrative for unhindered business and social growth of the 5G AI, advanced robotics and metaverse as the absolute necessities the world over. No they are not.

The media narrative should be that we should be responsible and cautious in using these powerful technology tools and we should create counter-measures first to tackle the adverse fall-outs of this technological odyssey.

Our first pledge is to protect our 'universe'. Only when we protect it, should we think of going beyond. (IPAS Service)

AR felicitates parents of Commonwealth Gold Medalist Mirabai Chanu



IT News
Imphal, July 31:

Mantripukhri Battalion under the aegis of IGAR (South) organised a felicitation ceremony to Congratulate the Parents of Indian Weightlifter Mirabai Chanu for winning the Gold Medal

for India at Village NongpokKakching in Imphal East district Manipur today.

The Indian Weightlifter Mirabai Chanu won the first Gold Medal for India at Birmingham Commonwealth Games 2022. Mirabai Chanu lifted a total of 201 kilogram to win the yellow metal in

women's 49 kilogram weightlifting event. Mirabai Chanu had won the Gold Medal in 2018 Commonwealth Games in Gold Coast in Australia. Parents of Mirabai Chanu and Villagers of NongpokKakching appreciated the effort of the Assam Rifles.

Mirabai Chanu says 'lifting 201 kg' was never easy. 'Every Indian delighted': PM

Agency
New Delhi, July 31:

Mirabai Chanu on Saturday set a new record on Saturday as she won India's first gold medal at the Commonwealth Games. India has won four medals so far - one gold, two silver and one bronze. Chanu, jubilant with her win, summed up her effort in a tweet: "Lifting 201kg never felt easy but thanks to the love and wishes of billions back home, every challenge is just an attempt away."

Prime Minister Narendra

Modi led the country in congratulating the 27-year-old for her latest accolade. "The exceptional @mirabai_chanu makes India proud once again! Every Indian is delighted that she's won a Gold and set a new Commonwealth record at the Birmingham Games. Her success inspires several Indians, especially budding athletes," the prime minister tweeted.

Videos and pictures of Chanu flooded the social media with heartening messages soon after she achieved her personal best. Earlier this year, Chanu in an interview had

said she would do her best to win a gold at the CWG Games 2022.

"Golden performance by our golden girl," wrote cricketer-MP Gautam Gambhir. Sports minister Anurag Thakur said: Much awaited Gold by @mirabai_chanu creating a new Games Record in Women's 49kg Snatch, Clean and Jerk and total lift. You have put India on the top yet again with your amazing performance in #CWG2022 #Cheer4India. (sic)." Union Minister Kiren Rijiju hailed the "colossal honour for India".

Sports

Jeremy Lalrinnunga clinched the second gold medal for India at the Commonwealth Games 2022, by setting a CWG record in the men's 67kg weightlifting

Agency
Birmingham, July 31:

Jeremy Lalrinnunga clinched the second gold medal for India at the Commonwealth Games 2022, by setting a CWG record the men's 67kg weightlifting final. Jeremy, 19, lifted 136kg in his first snatch effort and bettered it by successfully attempting 140kgs in his next try. He then coupled it with a bonkers lift of 160kg in the Clean & Jerk category to finish with 300kg and bring India its fifth medal of CWG 2022.

Jeremy shot into national reckoning when he became the first of three Indian athletes to win gold medals at the 2018 Youth Olympics with a total lift of 274kg. He was just 16 years old at the time and he entered the weightlifting World Championships the next year, finishing with a ranking of 21 in the men's 67kg event.

Jeremy's first, and thus far only senior international title, came in the form of the 2021 Commonwealth Championships in Tashkent. He lifted an impressive total of 305kg (141kg and 164kg) to win top honours at the Commonwealth



meet. Lalrinnunga was just 1kg shy to improve his personal best which stands at a national record of 306kg (140kg, 166kg). His snatch effort of 141kg was a new national record and he already held the clean and jerk record of 167kg as well. He lifted a total of 305kg in the 67kg event, thus winning the gold medal ahead of Nigeria's Joseph Edidiong.

The 19-year-old struggled has been struggling with back and knee injuries since the December 2021 event and was out of action for much of the

competitions after that. That gold medal in Tashkent, however, was enough for him to confirm qualification to the 2022 Commonwealth Games in Birmingham. Jeremy holds the three National Records - snatch 141kg, clean and jerk 167kg, total 306kg - in 67kg. He has been training in Birmingham for over a month now and has insisted before that his injuries are behind him.

Sargar set the ball rolling for India by winning the country's first medal of Birmingham 2022 - a silver

medal in Men's 55kg weightlifting and Karnataka's Gururaja Poojary claimed bronze in Men's 61kg in the morning session.

Golden girl Mirabai Chanu, the Tokyo Olympic Games silver medalist, then stepped up to the rostrum to win the country's first gold medal of this edition as she came up with a brilliant performance to top the field by a distance in the Women's 49kg division with a Games Record to boot as India made a strong start in Birmingham. A former World

Champion in 49kg, Mirabai easily retained the gold medal she won in Gold Coast in 2018.

There could easily have been two gold medals for India on Saturday but Sanket Sargar was thwarted by an injury during the clean and jerk section of the Men's 55kg competition and lost out on the yellow metal by just one kg.

As he lifted 139 kg in his second attempt in the clean and jerk section of the men's 55kg, Sargar clearly heard something snap in his arm. He could not complete the lift as pain shot through his arm to the entire body.

The 22-year-old Sargar from the Sangli district of Maharashtra lifted an aggregate of 248 kg but was pipped to the post by Malaysia's Mohamad Aniq bin Kasdan. Gururaja claimed India's second medal of the day when he came up with his best attempts in a new weight class to bag a bronze medal. The 27-year-old Junior.

Vandana Katariya scored in the 18th minute as Gurjit Kaur doubled it in the 28th and Deep Grace Ekka scored in the 48th minute for the Indian women's hockey team against

COUNTRIES				
	G	S	B	T
1 AUS	13	8	11	32
2 NZL	7	4	2	13
3 ENG	5	12	4	21
4 CAN	3	3	5	11
5 SCO	2	4	6	12
6 IND	2	2	1	5
7 MAS	2	0	1	3

Wales, who scored in the closing moments of the third quarter, in their second Pool A clash of the CWG 2022.

Drag flicker Gurjit Kaur struck a brace as the Indian women's team started its campaign in the 2022 Commonwealth Games with a comprehensive 5-0 win against minnows Ghana on Friday.

The Indian team, seeking to redeem themselves following a below-par performance in the FIH Women's World Cup in

Netherlands and Spain earlier this month, made a tentative start, scoring a goal each in the first two quarters before slamming two goals in the third and finally wrapping things up with a goal in the fourth quarter.

The Indian women's hockey team suffered a huge setback as seasoned Navjot Kaur tested positive for the Covid-19 virus and will be heading home soon as she had got the clearance from medical authorities here to travel home.