

Chief Minister N. Biren Singh inaugurates Psychiatry Ward, Child Care Centre and Public Shed at JNIMS

IT News
Imphal, June 11:

Chief Minister N. Biren Singh inaugurated a 30-Bedded Psychiatry Ward, Public Shed and Child Care Centre at Jawaharlal Nehru Institute of Medical Sciences, JNIMS today.

Addressing a formal function in this regard at the Institute, the Chief Minister expressed happiness with the change witnessed in the Institute's campus. N. Biren Singh said that not only in cleanliness around the campus, but an inclination towards maintaining professional ethics is also visible in the institute. He also made an appeal to all to work like a family, to be committed and to encourage ethical behaviour.

The Chief Minister further asserted that the Institute was lagging behind in terms of infrastructure and equipment, not in terms of talents and that the government is trying to provide all the necessities.

Further speaking on the requirements of the Institute, the Chief Minister highlighted that efforts are on to inaugurate the boys and girls hostel and hand it over to the institute before June 30. He also spoke on the need for an Engineering Cell in the Institute.

He stressed that the present government is mission oriented and very much committed to public welfare and bringing positive changes in all sectors, be it in education, tourism or health, etc.

N. Biren Singh also said that the health sector is very important and as such the government is launching all the health related schemes. He further added that delivery of the schemes at the doorsteps of the intended beneficiaries in the far flung areas is the government's primary duty.

By nature our people have a habit of going to the doctor only at the last moment, he said adding that considering this fact, the Health for All scheme was launched to provide not

just treatment but screening and diagnosis in the primary stage.

Now we have around 160 teams working across the State to provide door-to-door screening for 10 Non-Communicable Diseases (NCDs) for early detection and diagnosis and to provide free medication, he said, further appreciating the Health department for their dedication.

The Chief Minister further highlighted that the Chief Minister's Health (CMHT) Scheme provision has been increased to Rs. 5 lakhs.

Further highlighting recent developments in the health sector including increase in number of ICU beds, beds with Ventilators, 24x7 Solar lighting at Chandel, Tamenglong and Churachandpur, newly inaugurated Tele-ICU, the Chief Minister stated that the present government has certainly brought some improvements in the health sector.

Observing that the government is mulling to convert the

200-bedded COVID hospital, Kyamgei to a full Maternity and Child Care, the Chief Minister said this will somewhat lighten the burden on JNIMS and RIMS. Now, District Hospitals in the hill districts have around 10-20 ICU beds, he added.

He continued that the government is trying to fill the requirements for specialist doctors and that completion and inauguration of the under construction Cancer hospital on PPP model is targeted by December this year.

Regarding the inauguration of the Psychiatry Ward, the Chief Minister said for a State where there is insurgency and drug related issues, a Psychiatry Ward is very crucial.

The Chief Minister also spoke on the need to build a united front in the State and said that once we are in the State government service or become a legislator we should start thinking as a Manipuri and should not restrict ourselves to our community or village.

contd. on page 4

Union Minister visited SAI NERC Manipur



IT News
Imphal, June 11:

Union Minister of State for Youth Affairs & Sports Nisith Pramanik today interacted with National Sports awardees, officials of SAI, Coaches, Scientific staff of Manipur in the field of Sports at NCOE, Takhyelpat Complex Imphal.

During the interaction programme, National Awardees, Coaches, Scientific staff share their experiences and activities on their respective category of sports. Cyclist coach share their grievances and the hardship they face during rainy season and sought the help of the minister for opening Indoor stadium for cycling.

The Minister told them that after the introduction of Khello India initiative under the Prime Minister Narendra Modi, the country is planning to allocate more Khello India centres in Manipur as Manipur is the Sport power house for the Nation. About the Indoor Stadium for Cyclist, the Minister told them that he will discuss with the concern Minister and Department in this regard.

The Minister further stated that Medalist from Manipur won their medal not only for their family, friends or for themselves, it is for the State as well as the Nation, it brought Laurel for the Nation and makes the country proud. In order to achieve this, all of the athletes need to work hard and makes the country proud in days to come, he added.

Amongst others, RC Mishra (Retd. IAS), VC, National Sports University, SS Chhabra, Principal Secretary, YAS Govt. of Manipur, T. Phulen Meitei, Director, YAS and Francis Marwein, Regional Director SAI attended the Interaction programme.

Plantation of tree sapling by Nisith Pramanik Union Minister of State for Youth Affairs & Sports, SS Chhabra IFS Principal Secretary, YAS and Francis Marwein, Regional Director SAI and an inspection of Sports Science Centre, Human Performance Laboratory, Department of Physiology was conducted prior to the Interaction programme.

It may be mentioned that Nisith Pramanik had interacted with eminent personalities of Manipur in the field of Sports, Arts, Culture & Social Service

at Hotel Imphal yesterday evening.

During the interaction programme, Awardees from various fields highlighted some key points and sought the help of the minister for opening of Sports Coaching Centre, to implement Sports Policy, to improve Manipuri Dance, Culture, etc.

The Minister told them that after the introduction of Khello India initiative under the Prime Minister Narendra Modi, the country is targeting to set up 1000 Khello India centres by 2024. So far the government has set up 540 Khello India centres in the country. Now, the government is planning to allocate adequate number of centres in Manipur as well, he said. The Minister told them that he will discuss with the concern Minister and Department in this regard.

Altogether 21 Awardees from different fields attended the interaction programme including three Awardees from Handloom & Textile category; three Sangeet Natak Academy Awardees; three Awardees from Social Welfare category; eight Awardees from Sports and three Awardees from NYKS.

SUK organizes old language competition

IT News
Imphal, June 11:

Students' Union of Kangleipak (SUK) today organized competition for meaning of old Manipuri Language for the 5th time at CC Higher Secondary School under the theme "Ariba Kanglei Lol gi Phajaba Mamgi Yawdola Yokhattuna Thamba" (Preserving the beauty of the old Kanglei Language).

Around 200 candidates took part in the competition in the preliminary round. A statement by SUK said that final round of the competition will be held on June 19.

On the other hand SUK said that those candidates attending the 9th SUK State Level Spelling Competition at Khuman Lampak Indoor Stadium should report 30 minutes before the competition.

Tree plantation

IT News
Imphal, June 11:

Lions Club of Imphal Northern Hemisphere celebrated World Environment day and 105th Anniversary of the Lions Club International by planting 100 numbers of saplings at Langmeidong Mamang Leikai in Kakching districts. Fruit bearing saplings of different varieties among which 50 (fifty) number of sapling donated by RK Amarjit, DFO, Central Forest Division, were planted on the occasion.

Failure to repair roads, Jiribam people warns to close down Helipad road

IT News
Jiri, June 11:

People of Jiribam expressed dissatisfaction to the government of Manipur particularly the PWD department over failure to listen to the request for repairing of the roads leading to Jiribam Helipad roads, District Hospital roads, Ningsingkhul roads and Bidiyanagar to Harinagar roads. These are main roads of the Jiribam districts and the people of Jiribam has been urging for repairing the road conditions since a very long time back.

As the government turn

deaf to the request, the people of Jiribam says that they are left with no option but to launch agitation by blocking the roads from June 20.

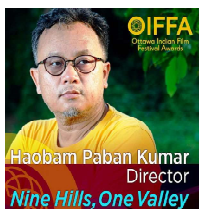
Takhelembam Mukhtakhombi Devi, a leader of Meira Paibi (Women Torch bearer) of Harinagar, while talking to media persons said that if the government fails to repair the condition of the Jiribam Helipad road at the earliest possible time, the people will close the road.

President of Harinagar Mangal Club, Chinglemba Khuman said that Harinagar road is an important road of the

district that connects Helipad, District Hospital and Ningsing Khun. As the condition of the road deteriorated people of the area has been urging the government authority for repairing of the road for a very long time, however, there are no responses from the government till today. During rainy seasons commuters along this road including students have to suffer a lot.

If the government fails to respond to the demand of the people by June 20 then various agitation including blocking of the road will begin, warn Chinglemba.

Haobam Paban Kumar's Nine Hills One Valley to compete in Ottawa Indian Film Festival Awards 2022



IT News
Imphal, June 11:

Haobam Paban Kumar's second feature- *Nine Hills One Valley* (2020) has been travelling in the International Film Festival circuit after it had its world premiere at the 16th edition of Jogja-NETPAC Asian Film Festival 2021 held from November 27 to December 4 at Yogyakarta in Indonesia.

The film was screened in

the India Gold section of the 22nd Jio MAMI Mumbai Film Festival 2022 held in February. It participated in the 1st International Tribal Film Festival (ITFF) 2022 held in March in Arunachal Pradesh. It also entered the 17th International Film Festival Thiruvir (25 Mar - 7 April 2022) Kerala for FIPRESCI-India prize and the competition section of the Asian Select Category of the 27th Kolkata International Film Festival 2022 in April in Kolkata.

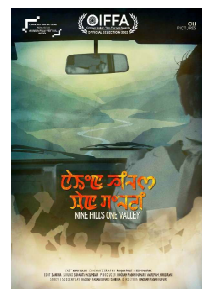
Recently, *Nine Hills One Valley* was selected among the top 10 Indian Films of 2021 Nominated for Fipresci-India Grand-Prix-2021. IMDb (Internet Movie Database) also uploaded the Top-10 Indian Films of 2021 in its website.

Then, the film will travel to

Canada for the Ottawa Indian Film Festival Awards 2022 to be held from June 14 to 18 in Ottawa, the capital of Canada. In this 5th edition of Ottawa Film Festival, *Nine Hills One Valley* will be in the competition section with other 11 films.

Haobam Paban Kumar's *Nine Hills One Valley* evokes the futility and barbarism of ethnic conflict through the journey of a Tangkhul man travelling to Imphal City; Raajhorshee De's large-scale family drama *Abbar*

Kanchanjanga is inspired by the cinema of Satyajit Ray and features 17 Bengali actors; Abhilash Shetty's *The Chicken Curry (Koli Taal)* takes a slightly comedic slant on the old Karnataka tradition of serving guests a prime rooster for dinner; Sagar Puranik's *Dollu* pits tra-



dition against modernity through the story of Bhadra, a traditional drummer and dancer who wishes to reunite his old team from the city to honour the decades-old traditions of his village; Tara Ramanujan's debut *Forbidden (Nishiddho)* recounts the unlikely kinship

between an ex-idol maker from Kolkata and a tough Tamil midwife; *Life is Suffering. Death is Salvation.* by Arvind Pratap, is a humanistic foray into the lonely, isolated world of an old dairy farmer who just lost his son; *Mahananda* from popular filmmaker Arindam Sil, is a fictionalized homage to the great activist Mahasweta Devi; in Mehul Agaja's *Niwaas*, it is discovered how two old men's friendship can be strong

enough to withstand even death; with *The Road to Kuthriyar*, director Bharat Mirle invites the audience to explore the luxuriant Kokaidanal Wildlife Sanctuary in Tamil Nadu and to bask in the soothing simplicity of rural life; Chittaranjan Giri's *The Space (Awakash)* focuses on

the interior struggle of a Pune woman forced to reconsider the social values that have moulded her and her sister's upbringing; also set in Pune, *A Vicious Circle (Vartul)* by Shirkanat Mukund Choudhari is a white-knuckle thriller about a couple faced with a dangerous home invader; finally, Atal Krishnan's *Woman with a Movie Camera* tackles the daily hardships of Indian women head-on through its honest, documentary-style approach.

Haobam Paban Kumar is one of the leading independent filmmakers of India who was honoured with the title- **Legend of Indian Cinema** by the Ministry of Information and Broadcasting, Government of India in the 50th International film festival of India 2019.

★ Editorial

Other than financial support, Fertilizers; more is needed to support farmers

Among the 25,000 farmers in the state of Manipur, 7,000 farmers registered with the department of Agriculture, Government of Manipur, will be provided financial support from the government under MOVCDNER, Phase – III (2020-23). Minister in charge of Agriculture Thongam Biswajit announced this yesterday through media. He also assured urea fertilizers at Rs. 267/- per bag to all the farmers of the state. These are good news, but the government of Manipur needs to look into other problems other than financial assistance and fertilizers, to ensure that paddy fields in the state produce good crops in harvesting seasons.

In June 9, 2022 edition of this newspaper, we have highlighted and drew the attention of the state government to look into the matters on how large number of paddy fields went dry and many more inundated under water due to errors committed by various government department in the state.

35.5 hectares of paddy land in Imphal East are being devastated due to constructions of Ring Band by the Environment and Ecology Department and also a Dam constructed by the Minor Irrigation Department of the government of Manipur at Yarlouk. On the other hand around 250 Pari of Paddy fields at Kakching Khunou in Kakching district remain dry during this cultivation season due to occupation by vested interest people at water ways that supply water to the paddy fields. Farmers in these affected regions are waiting for action from the government not for monetary assistance or fertilizers but rather solutions to the man made flood and drought.

On the other hand, Agricultural lands in the state are protected under the "Manipur Conservation of Paddy Land and Wetland Act, 2014". But the definition of protection or conservation should cover all round support to cultivation lands including supply of irrigations too. Without adequate supply of water or over excess of water due to error committed by the government department, should also be looked after if the government is serious in providing not only better lives to the farmers but also the state.

If the state government is serious in Agricultural sectors, an inquiry committee should be established to look into the problems being faced by the farmers of Yarlouk in Imphal East districts and also by those at Kakching Khunou in Kakching district. If the government authority turn deaf to this specific problems than giving financial assistance to around 7000 farmers or ensuring fertilizers bag at Rs. 267/- is not going to help the state in paddy productions.

Convergence for Jal Shakti, resurgence of a nation

By: Gajendra Singh Shekhawat

As a child, all of us might have heard the story of a stack of sticks. The premise of the story is that one stick may break, but when many sticks are bundled together, it's impossible to break them. This beautiful story taught us the power of unity. Another word for unity is convergence, when ideas, projects and schemes merge, miracles happen and the Hon'ble Prime Minister is a flag bearer of this idea. The importance that the concept of convergence holds for this Government can be understood from the fact that during the first budget speech (2014) of the first term of the Government, late Arun Jaitley ji introduced convergence as one of the primary operating principles of the Government. In Jal Shakti Ministry, we have always put this concept to the test. The best exhibition of the same can be found in how Jal Jeevan Mission and Swachh Bharat Mission work in tandem, one enabling the other and vice versa.

During the first term of our government, for stopping the scourge of open defecation was the top priority, Swachh Bharat Mission was launched. A record setting, more than 10 Crore toilets were built but what looks like a blessing could have turned into a nightmare if this Government didn't have the foresight to build the toilets on twin pit design that has in-situ treatment of faecal sludge. In the second term, the issue of household tap water connections is being addressed through Jal Jeevan Mission and till now more than 50% i.e. 9.6 Crore rural households are getting tap water supply and notably more than 6.36 Crore households provided tap water connections since announcement of the ambitious programme by the Prime Minister in August, 2019.

Now, the Jal Jeevan mission faces an equivalent challenge that Swachh Bharat Mission faced with faecal sludge management, i.e. successful management of grey water discharge. As 70% of all household water turns into grey water, which if untreated leads to undesirable consequences, this is where the Government has used the concept of convergence.

The Government launched Swachh Bharat Mission, phase 2 with focus on Plastic waste management, Biodegradable solid waste management, Greywater management and Faecal sludge management. Thus, it is apt to note how the Government has been able to be nimble and innovative in its thinking, it was innovative for Swachh Bharat Mission, when it used twin pit toilets which didn't need household tap connections and curtailed faecal sludge and when it had to provide household tap connection, it converged with Swachh Bharat Mission to achieve holistic sanitation in which treatment of grey water management became a vital component.

contd. on page 3

Surge in Covid-19 cases is alarming, special attention required

Putting off guard against infection may invite fourth wave

By: Dr. Gyan Pathak

The rise in cases of COVID-19 infection in India now is the sharpest this year which may be an early warning for the fourth wave. Daily infection count in the last 24 hours has touched the figure 7,584, as per the official information available in the morning of June 10, which is the highest daily surge in 93 days, though the death count is still low at 24. It was nearly 41 per cent jump in daily cases. Fresh surge was recorded in several parts of the country, and hence putting off guard against infection will be equivalent to inviting the fourth wave of the pandemic in the country.

The present situation "could be the start of a mini wave," WHO chief scientist Dr Soumya Swaminathan has said. "The sub-variants that are emerging are more transmissible than the original Omicron BA.1 and there is a likelihood of waning immunity. It is a possibility that there could be mini waves every four-six months or so and hence, apart from all Covid-appropriate precautionary measures that need to be taken, it is important to also track the variant."

The seven-day average of daily cases have doubled from 2663 only nine days ago on May 31. Daily cases had topped seven thousand for the first time in 99 days on June 8 (7230 new cases), and the 7-day av-

erage had doubled in less than 10 days. It was the sharpest rise in India's COVID-19 infections this year since the third wave in January 2022 with Maharashtra and Kerala accounting for nearly 70 per cent of the infections.

On June 9, even Delhi posted 622 cases, and Karnataka 471. Maharashtra had highest overall 2,813 new cases. It was the sharpest rise compared to any other states in the country in the past 24 hours. Kerala remained the state with the second highest surge that recorded 2,193 cases.

So far, the cases of hospitalization remains low as most of the reported cases are mild. But the cause of concern is its fresh surge in several parts of the country that has already prompted the state governments and air authorities to bring back mandatory wearing of face masks.

The latest health bulletin of the Union Ministry of Health and Family Welfare has posted the active caseload at 36,276, an increase of 3,769 infections. The nationwide recovery rate was recorded at 98.70 per cent and the case fatality rate stands at 1.21 per cent. A more serious matter of concern is that the daily positivity rate was recorded at 2.26 per cent, while the weekly posi-

tivity rate was at 1.50 per cent. It indicates that the new cases may rise even more sharply than we have been experiencing now.

On June 8, the daily test positive (TPR) – the percentage positive samples out of the total tests rose to 2.3 per cent, which was highest since February 15 this year. Obviously, we need to test more to know the level of spread, and the posting of data in time. Several states are even lagging behind in posting the fresh data which may lead to gross misunderstanding of the situation on the ground.

The cases have been rising across all states and UTs. All states of South India have been recording higher number of cases. Apart from Kerala, the states like Telangana, Karnataka, and Tamil Nadu are also reporting higher number of cases. Delhi had reported decline in cases in April and May, but now has started reporting more cases. Haryana have also recorded 27-day high of 348 cases. Though Uttar Pradesh reported 157 cases, the seven-day average has been rising in the last three days. Infections were also rising in Gujarat (117 cases on Thursday), Bengal (95), Goa (67), Rajasthan (71), Chandigarh (25), Uttarakhand (32) and Himachal Pradesh (33).

It is in this backdrop, Centre has asked States and UTs to ensure high level of testing in areas reporting new cases. The Centre has rightly emphasized the need to follow the five-fold strategy of combating the pandemic. Test-track-treat is still a most appropriate strategy along with Covid appropriate behaviour to be followed by the people and enforced by the administration and achieving the vaccination targets.

Union Health Secretary Rajesh Bhushan has said in his letter to States and UTs that an upsurge in cases has been noticed in the past two weeks. He also underlined specific strategic areas of intervention for States/UTs like testing and surveillance, clinical management, vaccination, Covid appropriated behaviour and community engagement with an increased focus on evidence-based decision-making.

However, only about 69 per cent of India's 1.4 billion people have been administered with both the required doses of vaccines while only 3 per cent reportedly have taken booster dose. It means a large number of people will start losing immunity from the pandemic soon that they have gained either through infection or inoculation, which may add to the rising daily cases.

(IPA Service)

How to avoid cracked heels during hot summers



By: Shahnaz Husain

Summers are long, hot and dry and cracked heels are a common problem.

Dry skin on your feet is caused by various reasons but cracked heels also referred to as heel fissures develop mainly due to dehydration, extremely hot conditions plus pressure from walking and it's really common.

About 30 per cent of adults experience cracked skin on their feet. This can occur in both adults and children and seems to affect women more often than men.

If you've been outside barefoot, wears open-back shoes as we call them in Hawaii chappals, wearing flip flop high heels sandals this summer, the higher your heels, the more pressure you're putting on the balls of your feet which is not only uncomfortable but over time can lead to bunions and hammertoes.

In the summer, many of us like to wear flip flop sandals, / Hawaii chappal and this is where the problems lie. Lack of moisturization, over-exposure to pollution, and medical conditions, such as vitamin deficiency, overweight, eczema, diabetes, thyroid, and psoriasis, lead to dry and cracked feet. Ageing can be a factor too, as skin loses its ability to stretch as you get older, so cracks are more common.

"If the skin on the heel becomes dry or has grown hard skin or callouses it is much less supple. When the heel strikes the ground, instead of deforming it is more likely to crack and split causing deep, visible cracks.

Cracked, dry heels can be your worst skin nightmare during summers. They hurt, bleed, are unsightly

and get worse in extremely hot weather conditions.

Feet are your physical base. They're what keep you up and running which is why maintaining good foot health is important. The summer weather, especially during extremely hot conditions, causes loss of moisture and further hampers proper blood circulation to the feet. The skin of the feet suffers as a result. The skin on the heels is harder and thicker than most other parts of the body. Loss of moisture causes the living cells to change into dead horny cells. Therefore, there is a build-up of dead cells. If the lack of moisture proceeds unchecked, cracks develop on the heels and may even extend beyond the dead cells, causing pain. But don't despair, there are natural ways to get baby soft foot skin.

Once a month, treat your feet to a homemade spa treatment. Soak in a mixture of 2 cups fresh-mashed pineapple, 2 cups fresh-mashed papaya, and 2 cups hot milk. After 20 minutes, rinse off and apply a rich foot cream.

You should moisturise your feet daily. Give yourself weekly foot treatments at home to revitalize the skin. Soaking the feet in warm water helps to soften the skin and remove dead skin. For daily foot and heel care, apply pure almond oil on the feet daily before your bath and massage it into the skin. After the bath, apply a cream while the skin is still damp. This helps to seal in moisture. Massage the cream into the skin. The feet will remain soft and smooth.

To bring the swelling down after a long, hot day walk, soak your feet in a tub of ice water for 15 minutes. Then pat dry with a towel.

Honey is a natural remedy for common foot problems. Honey contains antimicrobial and antibacterial properties which can heal and cleanse deep cracked wounds and moisturise the skin. Mix one cup of honey in three litres of lukewarm water and soak your feet for 20 minutes. You can use honey as a foot scrub after the soak or apply it as a foot mask overnight. You can repeat it twice in a week.

You can opt for cheap and home remedy available in your kitchen shelf. Take lemon halves and some quantity of sugar. Dip the lemon halves into sugar and scrub on the heels daily and wash off with fresh water. Follow a daily treatment for cracked heels for one week.

At night, before retiring, soak the feet in hot water for about 20 minutes. Add some coarse salt and shampoo to the water, before soaking the feet. Hot water helps to soften the dead skin on the heels. With the help of a pumice stone or a heel scrubber, rub the heels gently, in order to remove the dead cells. **Avoid metal scrubbers.** After washing the feet, massage them with cream, rubbing it into the skin. A cream containing lemon and turmeric would be ideal. Bandage the heels with a clean cloth. Then wear cotton socks and go to sleep. This way, the cream will remain on the heels and not get on to the bedclothes. Keeping the heels smeared with cream all night will soften the skin and replenish moisture loss. Repeat this every night for one week.

Coconut oil contains anti-inflammatory and antimicrobial properties which can help your skin retain moisture. It is widely used for the treatment of dry skin, eczema, and psoriasis. Not only does coconut oil help retain hydrating water on the skin's surface, but it also removes dead skin cells. On top of that, coconut oil can help strengthen tissues underneath the epidermis. Coconut oil can be used in place of your regular foot lotion to prevent cracked heels; consider using it daily. Apply the oil liberally on your feet before going to bed. You'll have smoother heels in the morning. Moisturize your feet with coconut oil twice a day when you experience deep cracks.

Prevent cracked heels by soaking, scrubbing, and performing the hot olive oil treatment on your feet twice a week. Apply olive oil with the help of cotton ball and gently massage your feet in a circular motion till the oil is soaked in the skin. Cover the foot with a cotton cloth and wash it after some time with luke-

warm water. Apply the oil before going to bed night daily for better results.

Rub olive oil on your heels as soon as you emerge from a shower or bath in the morning, and apply the oil again each night before bed. Wear socks to bed to keep the oil on your feet and off your bedding.

Sesame oil is very useful in treating cracked heels since it is considered to be very nourishing and moisturizing. Sesame oil contains vitamins, nutrients and minerals along with its anti-fungal properties. Apply sesame oil on your heels and other parts of the feet and allow it to soak in the skin naturally. You may wash the feet with normal freshwater. Sesame oil soften and soothe dry and cracked feet very efficiently.

Make sure that you wear closed-back shoes and socks since open backs can cause cracked heels and make them deep which causes severe pain sometimes. Also, be sure to match your footwear to the season. Select weather-appropriate footwear to give appropriate protection to your feet and help prevent cracked heels. Use cotton socks and avoid synthetic material socks during summers which can irritate the skin and cause dryness.

Avoid soaps and shampoos which contains strong, harsh chemicals and use homemade skin cleansers with organic ingredients. Make sure to keep cracked heels protected by covering them with a thick layer of cotton cloth to create a protective barrier on the surface of the skin to moisturize dry skin. Consider eating a diet rich in vitamin E, calcium, zinc and omega-3 fatty acids to maintain optimal skin health.

You may be tempted to kick off your sandals and walk around the pool club/colony garden barefoot, but you should definitely fight the urge. When you walk around barefoot at the pool or colony garden, there is always a chance of getting fungal infection. Find footwear you'll want to slip on so you keep your feet safe.

(The author is an international fame beauty expert and is called Herbal Queen of India)

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Violent Protests Spread Across India

Agency
New Delhi, June 11:

Protests broke out in some states on Friday, including Delhi's Jama Masjid and stone-pelting at policemen in Uttar Pradesh's Prayagraj and Saharanpur, over the controversial remarks on Prophet Muhammad by two now-suspended Bharatiya Janata Party functionaries with demonstrators in Jharkhand injuring a few policemen while authorities in Jammu imposed a curfew in a few areas and parts of Kashmir observed a shut-down. In Delhi, the protesters massed outside the historic Jama Masjid after the Friday prayers demanding the arrest of suspended BJP spokesperson Nupur Sharma. A large crowd of people gathered on the steps of the famous mosque, carrying placards and shouting slogans against Sharma and Naveen Jindal, former head of

the Delhi BJP's media unit. There was heavy security deployment to manage the situation and avoid any untoward incident. According to senior police officials, the protest was held peacefully on the stairs near gate number one of the mosque, and it lasted for around 15 to 20 minutes. The protesters were dispersed from the area later. "The protest was held near the gate number one of Jama Masjid. We demanded the arrested of Nupur Sharma for her remark on Prophet Muhammad. It was a peaceful protest, and people left the area after a while," said Akram Qureshi, a resident of the area. "Nupur Sharma should be arrested. I will keep protesting until she is put behind the bars. How dare she disrespect our religion," questioned 57-year-old Baba Mastan, who was part of the protest. Mohammad Fahad, 59, a shopkeeper, said, "The protest started at 2

pm. They were dispersed by the police within 15-20 minutes. It was a peaceful protest." Even after the protesters were dispersed, teams of the police and the CISF continued to be deployed in the area. People pelted stones at policemen in Prayagraj and Saharanpur and protests broke out after Friday prayers in at least four other cities in Uttar Pradesh. In Prayagraj, some motorcycles and carts were set on fire and an attempt made to set ablaze a police vehicle. Police used tear gas and lathis to disperse mobs and peace was later restored, they said, adding that one policeman was hurt in Prayagraj. There was slogan-shouting against Sharma over her remarks during a TV debate. In Saharanpur, protesters demanded death sentence for her. There were also protests in Bijnor, Moradabad, Rampur and Lucknow over the controversial remarks. Sloganeering

took place in Lucknow. According to local people, stone-pelting continued for over 15 minutes in Prayagraj. They said some of the miscreants pelted stones at the police personnel deployed on the main road, as the situation escalated when more people joined the stone pelters. Assistant Chief Secretary (Home) Awanish Awasthi said, "Minor force was used to stop some people involved in the violence. The situation in Prayagraj is now peaceful. I would like to appeal to people to use democratic ways of protest without resorting to violence." Meanwhile, Uttar Pradesh's Director General of Police (DGP) D S Chauhan said no life has been lost because of the proper arrangements made by the state police. "Because of our preparedness, no life has been lost. We will take strict action against those found involved in the violence," he said.

Inauguration of Vikrant Memorial at Regal circle in Mumbai



Maharashtra Governor B S Koshiyari unveiling a plaque to inaugurate the model of decommissioned INS Vikrant in Mumbai. Vice Admiral Ajendra Bahadur Singh, FOC-in-C, WNC, looks on.

By Raju Vernekar
Mumbai, June 11:

A model of the Indian Navy's first aircraft carrier, INS Vikrant, was dedicated to the city of Mumbai by Maharashtra Governor Bhagat Singh Koshiyari, in the presence of Vice Admiral Ajendra Bahadur Singh, Flag Officer Commanding-in-Chief, Western Naval Command, and other distinguished guests, on Friday evening.

The 10 mtr long model of the erstwhile "Vikrant" has been made in-house by Naval Dockyard, Mumbai, and has been located at Regal Circle, Colaba in South Mumbai in association with the Residents Association "My Dream Colaba" and "CALM" supported by Advocate Makarand Narvekar.

The dedication of the model is an affirmation of the strong maritime connection of Mumbai and the equally rich maritime heritage of the State of Maharashtra. The model stands proud at the famous Regal Circle, shoulder to shoulder with the iconic Gateway of India and Naval Dockyard, signifying the ship's strong bond with Mumbai where she was

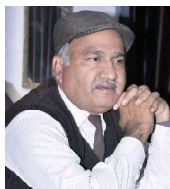
based during her entire commissioned service.

An aircraft carrier of the Majestic Class, INS Vikrant was launched in September 1945 and formally inducted into the Indian Navy on November 03, 1961, in Mumbai. The ship participated in numerous campaigns and exercises, notable among them being the operations for the Liberation of Goa in December 1961 and the Indo-Pak War in 1971. Post serving the nation for 36 years, the ship was decommissioned in January 1997 and remained as a floating museum ship in Mumbai till 2012. The ship was scrapped in 2014.

"Old ships never die, they fade away to be resurrected in another avatar". In keeping with this age-old saying, 'Vikrant' is set to be reborn as the prestigious Indigenous Aircraft Carrier, designed by the Indian Navy and being built by M/s Cochin Ship Yard Ltd. The ship is presently undergoing sea trials and will soon be commissioned into the Indian Navy as INS Vikrant, the Indian Navy said in a statement.

Career Guidance

Career Counselor - How to become a Career Counselor



By: Vijay GarG

Career Counselor also known as Career Consultants are the professional who helps people from almost all walks of life, of all age groups and with different education and experience levels to make up their mind to choose a career best suited to their caliber and liking irrespective of the fact that they are just entering in the working environment or they've already spent a lot of time in it.

The main objective of a Career Consultant is to help his clients in the right direction when it comes to choosing careers that they will excel at and be happy with.

Career Counselor Eligibility

Educational Qualification
There is no specific educational qualification or experience necessary to become a Career Counselor. However, someone

having related certification or field experience in areas like public relations, Human Resource Management, Human Psychology and Career Counseling etc. will have edge over the others and his chances of getting work at the initial stage will increase many folds.

Career Counselor Required Skills

The foremost requirement for a Career Counselor is an interest in working with different kind of people or organizations and an ability to connect with them with just to make a difference in their lives.

Excellent communication skills and knowledge of more than one language is a must for handling people from all walks of life. It may be corporate students or already working professionals.

Besides a good Career Counselor must have knowledge of various career options for different kind of people.

A Career Counselor must have the ability to convince his clients with his logical reasoning rationalism.

Ability to put his prospective clients at ease will work wonders for a Career Counselor to work efficiently and satisfactorily.

Not last but least he should have skills and expertise to run his own Career Counseling business.

How to become a Career Counselor?

One has to follow the below-given steps for becoming a Career Counselor.

Step 1

The first step towards becoming a qualified Career Counselor Consultant is to complete Senior Secondary i.e +2 in any stream. However, +2 with related subjects will help in the long run.

Step 2

After completing +2 the aspiring Career Counselor can go for Certificate, Diploma or Under Graduate Course in the related subjects like that of Career Counseling, Human Resource Development, Public Relation etc. For some courses, the students may also take an entrance test. Some of the related courses are:

Diploma in Guidance and Counseling
B.A. (Human Resource Development)

Step 3

After getting UG degree or diploma the candidates can go for higher studies in the related field or can join with some Career Counseling firms to have

firsthand experience before establishing his own organization.

Career Counselors Job Description

Career Counselors help their prospective client to make up their mind for a career best suited to their liking and ability.

They may offer them guidance and advice about some particular career that they want to know about.

Career Counselors take various kind of aptitude and skill test to know his/her clients' strengths liking etc. for a particular career.

Career Counselors play a role in determining the best career for their clients by getting to know his educational and other qualifications.

The career counselors job description also include to take a number of tests and surveys like IQ and aptitude tests, as well as fill out questionnaires on their interests and skills.

Besides they help their clients with writing resumes and cover letters to get their jobs.

Career Counselors Job Prospects

With the globalization of the world economy and opening of so many fields to make once career the job prospects of career consultant have increased many

folds in the recent past. In such a wide range of options, every other person is little confused to select a career path for him/her self. So to help them out from this mess a career consultant has almost become an indispensable professional in today scenario. Today a career consultant can find works in high schools and colleges to help students get ready for their chosen careers. They can also find jobs in social services organizations and staffing agencies. Someone have entrepreneurial skills can go for private practices and make a name for themselves in this field.

Career Counselors Salary

There is no limit for Career Counselors who work independently. They can earn according to their expertise and counselling skills which can be as low as Rs.1,000 per case to as high as Rs.20,000 depending upon their clients. Once an Image Consultant established his credentials in the market there is no upper limit for him in this every growing field.

Those who are working with educational or career counselling institutes can expect to get anything from Rs.5,00,000 per year to Rs. 8,00,000 per year.

Marksheet and Certificate Lost

I, the undersigned, have lost my original Mark Sheets and Certificate on my way from my house at Singamei Oinam Thingel to Lamsang Bazar on 05/06/2022 at about 10:30 AM. Details of the mark sheets and certificates lost are given below:

1) First Year original Mark sheet of GNM bearing Serial No. 18803, Hall Ticket No.: 0906098 for the year September/2009 of Board of Examination for General Nursing & Midwifery, Directorate of Medical Education: Andhra Pradesh, Hyderabad, India.

2) Second Year original Mark sheet Of GNM bearing Serial No. 32695, Hall Ticket No.: 0906098 for the year September/2010 of Board of Examination for General Nursing & Midwifery, Directorate of Medical Education: Andhra Pradesh, Hyderabad, India.

3) Third Year original Mark sheet GNM bearing Serial No. 48834, Hall Ticket No.: 0906098 for the year September/2011 of Board of Examination for General Nursing & Midwifery, Directorate of Medical Education: Andhra Pradesh, Hyderabad, India.

4) Internship original Mark sheet GNM bearing Serial No. 34090, Hall Ticket No.: 0906098 for the year May/2012 of Board of Examination for General Nursing & Midwifery, Directorate of Medical Education: Andhra Pradesh, Hyderabad, India.

5) 3&1/2 Years Diploma Course original Certificate bearing Serial No. 36080, Hall Ticket No.: 0906098, training period from 22-08-2008 to 27-05-2012 of Board of Examination for Nursing & Midwifery Directorate of Medical Education: Andhra Pradesh, Hyderabad, India.

Finders are requested to hand over it to the undersigned.

Sd/-

Oinam Vidyalaxmi Devi

D/o Oinam Deven Singh
Singamei Oinam Thingel, Imphal West
D.O.B.: 10/01/1990

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Convergence for Jal Shakti, resurgence.....

Till now, under Swachh Bharat Mission phase-2, arrangement for both solid and liquid waste management have been made in 41,450 villages and nearly 4 lakh villages have minimal stagnant water. Nearly 22 thousand villages have been named model village under ODF Plus scheme, and another 51,000 villages are on their way to achieve this coveted tag. In short period of time, both the Jal Jeevan Mission and Swachh Bharat Mission have shown remarkable progress, a living breathing testimony of what convergence can achieve.

Apart from convergence, one more heart-warming aspect of our approach have been the continuous pursuit of perfection, and undeterred will to cover all the loose ends, plug the existing gaps in delivery and take the benefits to the last man on the line. One example is how in SBM Phase-2, problems

predating Swachh Bharat mission are being dealt with. Before SBM's advent, nearly 1,20,000 tonnes of faecal sludge were left untreated as two-thirds of all toilets were not connected to the main sewer lines. In the case of plastic waste management, the scale of India's plastic waste pollution is staggering. Both these problems find themselves on the agenda of SBM Phase 2. In a short time, 3.50 Lakh villages have become plastic dump free, with nearly 4.23 lakh villages showing minimal litter. Similarly, nearly 178 faecal sludge treatment plants and nearly 90,000 Kilometres of drains have been constructed for the same.

One achievement not often discussed while quoting the phenomenal power of convergence is its impact on the women folks. While Jal Jeevan mission relieves the women folk of the drudgery of traveling long dis-

tances to fetch water, Swachh Bharat Mission is centered around the dignity of women. In an independent study done by Bill and Melinda Gates foundation and UNICEF, it was found that an overwhelming number (80%) found safety and security as main drivers of their decision to construct toilets, with 93% women reported feeling safe and finding dignity in using household toilets.

Jal Jeevan Mission is also catalyzing change at the grassroots by reserving 50% membership for women in village and water sanitation committees. They are encouraged to get involved in every minute aspect of planning, implementation, management and operation of in-village drinking water supply scheme. More over 5 women in every village have been entrusted with the responsibility of water quality surveillance and many women are be-

ing upskilled as plumbers, mechanics, pump operators, etc. The impact that these pioneering women will have on the malleable minds of young girls is truly immense. In their shadows, the young girls will grow and usurp other established gendered roles in the future.

One final observation that always gets overlooked is the impact of these schemes on nation's GDP. In 2006, in a joint study of WSP, ADB and UKAID, it was found that inadequate sanitation cost India Rs 2.4 Trillion or 53.8 Billion \$, i.e. 6% of India's GDP at that time. Despite such staggering realities, not much movement happened to remedy this persistent danger till the present Government made it possible. Today Swachh Bharat Abhiyan apart from saving 6.4% of Indian GDP gives annual benefits worth 53,000 per household and Jal Jeevan Mission will save 15 crore work days for Indian women an-

nually as calculated by IDE.

For any other Government, it would have been considered politically astute to rest in the laurels of making India open defecation free or providing household tap connections to every household. But the sweet sound of success be it for SBM or JJM has never been a lullaby for the Government but rather a wakeup call for the next bigger and tougher challenge. The architect behind such conviction is the Hon'ble Prime Minister who takes no shortcuts. He believes in making an incision at the very roots of societal problems, and convergence is one of the tools that he often emphasises to use for the same. It is a lesson that we have taken to the heart, a lesson that acts like a map when we sometimes lose sight of what we are striving to achieve.

(The author is Union Minister, Jal Shakti)

Document Lost

I, Irom Open Singh, have lost my Original Certificate and Marksheet of my HSLC (Comp) Examination 1996, bearing Roll No. 850 passed out from K.T Khongjom High School, conducted by BOSEM on the way to Keishampat from my resident on 27/3/2022.

Finder is requested to handover the same to the undersigned.

Sd/-

Irom Open Singh

S/o Irom Tomba Singh
Kwakeithel Heinoukhongnemi Thokchom Leikai
Imphal West, Manipur

Name Change

I, the undersigned, do hereby declare that I have renounced, relinquished and abandoned the use of my old name Laisom Santosh Singh as I have assumed my new name Laisom Santosh Kumar Singh.

From now onwards, I shall be known as Laisom Santosh Kumar Singh in all my official documents.

Sd/-

Laisom Santosh Kumar Singh

S/o Laisam Lalit Singh
Keishamthong Laisom Leirak
Imphal West, Manipur - 795001

In highest daily tally in over 3 months, India records 8,329 Covid cases



Agency
New Delhi, June 11:

India has seen a surge in daily Covid cases over the last few days with the tally above the 2,000-mark since late May. On Saturday, the health ministry - in the daily update - said that 8,329 cases were recorded in last 24 hours. This is the highest since February 28 (when 8,013 cases were reported). The surge has triggered concerns about a fourth wave in the country while new variants are being reported across the world.

Despite the rise in infections, hospitalisations and deaths have been low as most of the reported cases are believed to be mild. In the last 24 hours, 10 deaths were recorded, taking overall death count to 5,24,757. The active caseload breached 40,000-mark after a rise of 4103 infections, according to the government data. The total active cases currently comprise 0.09 per cent of the total tally, the data also showed. The nationwide recovery rate currently stands at 98.69 per cent as 4,216 people recovered from the viral

disease in the last 24 hours. The total number of recoveries is at 4,26,48,308.

The daily positivity rate is 2.41 per cent and the weekly positivity rate is at 1.75 per cent.

Maharashtra is yet again on the top of the list of the states with the highest Covid cases. On Friday, the state health department said, 3,081 new cases while Mumbai alone recorded over 2,000 cases.

While locals are anticipating tightening of curbs, Sanjeev Kumar, additional municipal commissioner and in charge of public health at the Brihanmumbai Municipal Corporation, said: "Unless the state government orders fresh curbs in Mumbai, the city will function normally like how it is doing now."

Kerala has been another state where the surge has been alarming; 2,041 cases were reported in 24 hours. Delhi, meanwhile, reported 655 new infections.

Restrictions are likely to be tightened across the country amid a fresh spike in infections.

Delhi on Friday recorded

655 fresh Covid cases and two more deaths, while the positivity rate stood at 3.11 per cent, according to data shared by the city health department here. This is the second consecutive day when daily cases are in excess of 600 and a positivity rate of over 3 percent has been reported.

Maharashtra on Friday recorded 3,081 new coronavirus infections, the highest in nearly four months, but zero pandemic-related deaths, the state health department said. State capital Mumbai alone accounted for 1,956 new cases, the highest since January 23. As the city is witnessing another surge of Covid-19 cases, authorities have begun adding bed capacity as occupancy has crossed 1 percent.

On Thursday, the state had recorded 2,813 new cases and one death. Friday's rise in cases was the highest since February 13 when the state had recorded 3,502 cases. The number of active cases in Maharashtra now stands at 13,329. Only the Gondia district has zero active cases. The state's Covid-19 case tally rose to 79,04,709, and

the death toll remained unchanged at 1,47,867. As many as 1,323 patients recovered, taking the total of recovered patients to 77,43,513. The recovery rate in the state is 97.96 per cent. The case fatality rate is 1.87 per cent.

Amid a rapid spike in cases of coronavirus across Karnataka, the state government has made it mandatory for the public to wear masks with immediate effect. The order which was issued on Friday by the health commissioner mandated the wearing of masks in all public places, buses, private vehicles travelers, malls, and educational institutions. It further mentioned that restaurants, pubs, hotels, hostels, offices (Pvt, public) factories staff should also wear masks compulsorily.

West Bengal reported over a hundred new Covid-19 cases on Friday after three months, Health Department officials said. The state recorded 107 new cases in the last 24 hours, taking the tally to 20,20,034, they said.

The state's daily Covid-19 tally had crossed the century mark for the last time on March 11 when it reported 106 cases.

Kerala on Friday witnessed a rapid surge in Covid cases with the numbers touching 2,813 cases on a 24-hour basis. Together with Maharashtra, they accounted for 66 percent of the fresh infections in the country. The country reported 24 deaths on a 24-hour basis, of which 17 were from Kerala.

Besides, one fatality was reported from each of the three states of Uttar Pradesh, Sikkim, and Maharashtra; while two fatalities each were reported from the States of Delhi and Rajasthan.

Assam Rifles siezes illegal cash



IT News
Imphal, June 11:

Shangshak Battalion of Assam Rifles under the aegis of IGAR(S) recovered illegal cash at Kasomkhullen village, Kamjong district yesterday.

During checking at Mobile Vehicle Check Post, troops of Assam Rifles recovered cash amounting Rs 24 lakhs from a Bolero vehicle. The vehicle with three passengers was moving from Thoubal to Namlee Market.

On enquiring, individuals failed to produce any legitimate source of cash.

The seized cash along with the apprehended individuals were handed over to Kasomkhullen Police Station for further investigation.

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Chief Minister N. Biren Singh inaugurates....



We need to come out of thinking and working only for our community or village, but instead work for the whole society to encourage unity, oneness in the State and country, he said, adding that under the Hon'ble Prime Minister Shri Narendra Modi, we are able to

strengthen the spirit and idea of an Ek-Bharat Shrestha Bharat.

We should not work on sectarian beliefs and instead look at everyone as equals, he said, further continuing that today we are able to bring unity with support of the public.

Health Minister Dr. Ranjan Sapam said that a Psychiatry Ward is a long standing need of the State. Speaking about CMHT, the Health Minister said that the government is implementing the CMHT very aggressively for screening and diagnosis of NCD at the grass-root level in the State. We are working with a commitment to reach out to every corner of the State, he added. He said under the leadership of the Chief Minister, Manipur is on the path of progress.

The inaugural function was also attended by Minister CAF&PD L. Susindro Meitei, MLA Lamlai Kshetrimayum Ibomcha, Chief Secretary Dr. Rajesh Kumar, Additional Chief Secretary V. Vumlungmang, Director (Health) Dr. K. Rajo Singh, Director JNIMS Prof L. Deben Singh, senior faculty members, students, doctors, staff among others.

Sports

Knee buckles on Mary Kom's farewell competition plans at CWG trials, five months shy of 40

Courtesy: Indian Express
New Delhi, June 11:

The Commonwealth Games in Birmingham was to be a celebratory farewell parade for six-time world champion Mary Kom. Now the 39-year-old, five months short of her 40th birthday, which is the cut-off age for amateur boxing at major events, could walk into the sunset without a final testimonial tournament podium photo.

Fate had a cruel twist in store for the boxing legend.

At the trials for the CWG, the London Olympics bronze medalist lost her footing early as she swayed away in the first round of the semifinals (48 kg) against two-time Youth Olympics champion Ritu Ghanghas. Mary shrieked as she fell and slowly got back on her feet. But she struggled to move freely, was in pain again and clutched her knee. Had she continued, it would have been foolhardy.

Nitu was declared the winner via referee-stops-contest. The anticipated bout between the 21-year-old upcoming star and a veteran nearly double her age came to a premature end.

Soon Mary limped out of the IG Stadium with support, got into her SUV and left.



Mary doesn't need a second CWG medal — she won gold at Gold Coast in 2018 — at the fag end of her career. But once she overcame the disappointment of a pre-quarterfinal exit at the Tokyo Olympics, her competitive spirit had been rekindled. She had trained, first in Manipur and then in Delhi, like she had everything to prove. The CWG was a clear target in her mind.

Over a two-decade long career, Mary had always overcome the odds, made comebacks after motherhood and bounced back from injury to win medals at the highest level. She

had skipped the World Championship trials to make way for younger boxers. But at nearly 40, her knee let her down when she wanted one final shot at glory in the ring.

Just two days ago Mary had posted a weight training video of her on Twitter with the caption: If you want a good result, TRAIN HARDER.

Chhote Lal Yadav, her long-time coach, says there was no hype in her social media post. She had sparred against boxers in higher-weight categories ahead of the trials.

"She would train and spar against those who were in the

54 kg and 57 kg category. She had been working really hard to prepare for the Commonwealth Games trials. She didn't have any injury issues currently. In training, she had shown the hunger to give her best. She trained smartly because she had to be mindful of her age. Mentally too she was positive," Chhote Lal said.

To keep an unwavering focus on training, Mary, a mother of three, took the difficult decision to cut down on family time.

Once her term as Rajya Sabha MP ended recently, she moved to the hostel at the IG Stadium as her training intensified and the CWG trails got closer. "She took the decision to stay away from her children. It was not easy for her," Chhote Lal added.

Best possible preparations
Among those who were keeping a close eye on the trial bouts was chief national coach Bhaskar Bhatt. Mary, according to Bhatt, was looking good till the injury occurred.

"For the past month and a half, her intensity during training was as high as I have ever seen. But one can't plan for something like an injury. It can happen to anyone. But in Mary's case, age is also a factor. I don't think she has ever

had a major knee injury. But at 40, such things can happen even if you train as hard as you want and prepare well," Bhatt said.

It was too early in the bout to make a judgement on who the better boxer was on the day — Mary or Nitu? "Mary has all the experience and she is very smart in the ring. She would have only expended as much energy as was needed. Nitu is a very good boxer too and is the future. It would have been a good bout. But it is unfortunate how it ended" the chief national coach said.

Nitu will fight Manju Rani in the final on Saturday for a place in the Commonwealth Games squad.

As for Mary, there was no official communication on the nature of the injury. Chhote Lal said a clearer picture would emerge once Mary's injury assessment is complete in a day. "Hopefully, it is not as bad as it looks. I don't know what Mary has in mind (future competition), but this can't be the way she leaves a ring for the last time. Her story deserves a good ending." A final waltz around the ring where she danced all her life on quick feet, not a plume of smoke left behind by a retiring SUV.

Chennaiyin FC sign defender Gurmukh Singh



IT Correspondent
Chennai, June 11:

Chennaiyin FC have inked a two-year deal with defender Gurmukh Singh. The Jalandhar-born footballer will join the two-time Indian Super League champions after impressive showings for the I-League outfit, Rajasthan United FC. He was a vital cog for the club as they emerged champions in the second division of I-League in 2021.

"Gurmukh Singh is a great addition to this squad. We know that he has played a huge role in Rajasthan United's I-League season that finished with the second best defensive record in the league. I would like to wel-

come him to the Chennaiyin family," said Chennaiyin FC co-owner Vita Dani.

In his debut I-League season last year, Gurmukh spent 900 minutes on the pitch in 10 games. He also featured in six championship stage matches for them.

A product of East Bengal's youth academy, Gurmukh is the second defender to join the Marina Mahans this summer after Monotosh Chakladar, who was signed by the club last week.

"Since I started playing football, playing in the ISL has always been my dream and today with God's grace that has turned into reality. I am thankful to Chennaiyin FC for placing their trust in me. I assure the club and the fans that I'll do everything I can to take the club to new heights. Looking forward to the season." Gurmukh expressed his excitement on joining Chennaiyin FC.

Gurmukh, who was also part of Minerva Academy FC's set-up in the past but didn't get a game, made his professional debut for Rajasthan United in 2021 and went on to play 22 matches for them across competitions.