

8th International Yoga Day observed with mass participation



IT News
Imphal, June 21:

Manipur today observed the 8th International Day of Yoga with mass yoga demonstration under the theme "Yoga for Humanity" at the Indoor Stadium, Khuman Lampak, Imphal West. The observation was organised by the Directorate of AYUSH, Manipur & State AYUSH Society, Manipur in coordination with the Directorate of Youth Affairs & Sports, Government of Manipur. The day was also observed at different parts of the State with mass participation.

Chief Minister N. Biren Singh along with Cabinet Ministers, Members of Legislative Assembly, Member of Parliament, Director General of Police, senior civil and police officials of the Government, students and others attended the programme.

Speaking on the occasion, N. Biren Singh stated that International Yoga Day is observed on 21st June every year across the world and as such the day is also observed in many places of the State. He appreciated the thoughts and visions of Prime Minister Shri Narendra Modi for his initiative to achieve recognition of Yoga from the United Nations General Assembly.

He continued that though Yoga had been a part of the Indian Society since time immemorial, it was not widely practiced all over the country. However, following the proposal on International Yoga Day by Prime Minister Narendra Modi at United Nations General Assembly on 27th September, 2014 and declaration of June 21 as International Yoga Day, the day is observed all over the world, he added.

The Chief Minister maintained that this year, the Day is observed under the theme "Yoga for Humanity" implying that yoga helps in building good relations among all people regardless of caste and region. He further stressed the need of everyone to perform yoga taking out some time daily adding it would not only improve our immune system and self confidence but also imbibe us with good and positive thoughts.

Stating that acknowledging the importance of Yoga, 175 Nations supported the India-led resolution on International Day of Yoga at UN General Assembly, he added that many countries began to imitate India's humanism and its way of natural therapy and AYUSH. He also mentioned the necessity of human beings to have close relations with nature.

N. Biren Singh expressed that being a human being, everyone should have respect for others and there shouldn't be any thought of being superior to others. It is only through such a culture of respect, we could make our society progress with inclusive development. He also maintained that the State had been able to overcome the COVID-19 pandemic with lesser casualties because of the discipline maintained by our people abiding the Standard Operating Procedures issued by the Government.

Health and Family Welfare Minister Dr. Sapam Ranjan, delivering his presidential speech, stated that International Yoga Day is observed every year across the world

after the declaration of June 21 as International Yoga Day by the United Nations General Assembly in 2014. He continued that the 6th and 7th International Yoga Day couldn't be observed physically due to COVID-19 pandemic. But this year, the day is observed with mass participation as a part of the celebration of 75 years of India's Independence, he added.

He recalled the credibility of yoga during the COVID-19 pandemic in maintaining our well being and possession of positive thoughts at the time of hardship. Maintaining that yoga had been gaining popularity with time, he appealed to the public to perform yoga for well-being on oneself.

During the programme, Prime Minister Narendra Modi's address on the occasion of the 8th International Day of Yoga from the iconic Mysore Palace, Karnataka was live telecasted.

As a part of the observation, Common Yoga Protocol was also performed by everyone present at the venue.

Meanwhile, the 8th International Yoga Day at Yoga and Naturopathy Center, Chamber Hospital, Thangal Bazar. Yoga is practicing at this centre for more than 30 years and is one of the oldest yoga center in Manipur. International Yoga is celebrating at this centre since 2015. Here Yoga Sadhaks are from oldest (above 80 yrs) to young ones. Practicing yoga helps in the improvement of body and mind.

Teachers and NCC cadets celebrating 8th International Yoga Day at GP Women's College.

UCM demands to resolve disputed Indo-Myanmar border pillar issue; protest stage at Kangla gate



IT News
Imphal, June 21:

A sizable numbers of volunteers belonging to the United Committee Manipur (UCM) today staged a protest demonstration near the Southern Kangla gate here in Imphal against the inaction over the trespassing of Indian territories by Myanmar government authority at Manipur site.

"We have submitted memorandum to both the Chief Minister of Manipur N. Biren Singh and the Union Minister of State (External Affairs) RK Ranjan Singh in connection with the disputed border pillars at which the Myanmar authority had shifted towards Indian Territory in Manipur site", President of UCM, Joychandra told media persons.

He said that the members of the UCM had been assured by

the Chief Minister and the MoS External Affairs RK Ranjan to put up the issue to the notice of the Union government so that the matter solved at the earliest possible times. However, nothing has been taken up to solve the disputed Border Pillars at Manipur site.

There are evidences of the Border pillars (from BP-79 to BP102) erected inside the Indian territories at Myanmar site, Joychandra said. He added that at some point the Border Pillar was shifted 1 km. inside the Indian territories and while at some places the border pillars are erected inside the Indian territories within the range of 2 to 5 km.

The sizable number of UCM volunteers protesting near the Southern Kangla gate shouted slogans for protection and preservation of the territorial boundary of Manipur. Banners that denounces the government inaction to the encroaching of Manipur's land by Myanmar authority were display during the protest.

"We are already upset to the handing over of Kabaw Valley by the India Government to Myanmar in exchange of Andaman and Nicobar Island, now we wouldn't remain silent if more of the Manipur territories are given to Myanmar", the UCM president told.

He warns more serious agitation if the disputed border pillars are not solved at the earliest possible time before and appealed to stop the border fencing work until the disputed border pillars are resolved.

"This is the first protest and we the volunteers of the UCM will continue the protest in intensified manners if the government remains silent to the demand of the people.

Office bearers of Mao NPF unit resign from the party

IT News
Imphal, June 21:

In the resignation letter, the President and Secretary of the said unit stated that the Naga People's Front (NPF) unit of Mao Assembly Constituency had communicated our great discontent with the serious breach of principle by

the party leadership in a frank but strong representation addressed to Dr. Shihozelle Liezietsu, President, Naga People's Front (NPF) Central HQ, Kohima, Nagaland, dated March 22, 2022, and had earnestly urged for remedial measures to restore the people's faith and confidence in the party.

We also provided documentary evidence of T. R. Zellang's manipulative role, which was a blatant violation of the party's principles. Instead, our candidate, Mr. L. Dikho, who had been publicly declared by the President of NPF Central H.Q as SI. No. 1 in the party's seniority list in the Manipur State Unit and

thus for a ministerial position, was first unceremoniously demoted to SI. No. 2, and to add salt to the wounds, he was further pushed out of SI. No. 2 without even a courtesy explanation.

Our leader and candidate, who had won the election against all odds thanks to our unwavering support, was

dumped with no rhyme, reason, or explanation. We had waited patiently for a sincere response from the NPF Central leadership, but no such gesture has come.

As a result, we, the office bearers and workers of the 48 Mao Assembly Constituency under Senapati Division Manipur, hereby resign from

the Naga People's Front after being convinced that the party leadership is beyond correction, and as they continue in office without any serious introspection and amendments, realisation has dawned on us that it would be folly to continue to be members and functionaries of the party, which we had sworn to support.

Ksh. Biren is new JD(U) Manipur State President

IT News
Imphal, June 21:

The National President of the Janata Dal (United) appointed Ksh. Biren Singh as President, Dr. Kh. Loken Singh (Ex-MLA Manipur), and O. Nabakishor Singh (Ret. IAS) as General Secretaries, Organization and Administration of the JD(U) Manipur State today. On June 5, 2012, the Janata Dal (United) Hon'ble National President, Rajiv Ranjan Singh Lalan, dissolved the JD(U) Manipur State Committee and appointed Ksh. Biren Singh as the Manipur State JD(U) Convenor.

Rajya Sabha Election results have shown fault lines of Congress

BJP has much more poll management skill compared to GOP

By: Harihar Swarup
New Delhi, June 21:

The outcome of the recent round of elections for 75 Rajya Sabha seats offers significant political insight into lay of the land in India's states and at the Centre, and highlights the institutional paradoxes at the heart of India's bicameral Parliamentary system.

Take the political fallout and four of its features. The first is a confirmation of what has been known since 2014. The BJP fights to win; it fights even when the existing arithmetic would suggest restrain

may be better than valour; its aggressive politics exposes the underline contradiction within opposition ranks and puts other parties on the defensive; and it is willing to use every political and institutional tool at its disposal to achieve this victory. This play book helped the party get a third candidate elected in both Maharashtra and Karnataka (where it had enough legislators for two seats when contest started), and enabled the victory of an independent candidate in Haryana. It set out yet another message of the BJP's political dominance and will

continue to give the party not just numerical but also a psychological edge in the upper house.

Two, BJP forced struggle when it came to the seats on the margin. The Shiv Sena—Congress-NCP alliance in Maharashtra appears stable, but there is enough room in the state for the BJP to push back. The Congress in Haryana has a problem of abundance at the top (even as its footprint on the ground diminishes) and the inability of all its senior leaders to get together has cost the party yet again. In Karnataka, the gulf between Congress

and Janata Dal (secular) did not just help the BJP in this round, but will give the party an advantage as the states head for poll next year despite the clear governance deficit of the current state administration headed by BJP.

Three, Rajasthan offered a lesson to the non-BJP end of the political spectrum on how to take on the national hegemony. And once again — like the late Ahmed Patel has shown in the Rajya Sabha elections in Gujarat in 2017 — it was the Congress's old guard that delivered. A rooted and aggressive (Ashok Gehlot), who micro

managed every legislator and monitored voting on a minute to minute basis, was able to secure the election of the third congress candidate and foil the BJP's plan of getting an independent elected. This was also the state where the gulf within the BJP — a party that otherwise is able to enforce discipline — once again hurt its political ambitions. But while the election has implications for the internal power struggles underway in both congress and BJP in the run upto the 2023 assembly polls, any larger conclusions from this episode about how the election will plan out will

be premature. And finally, the BJP will continue to have an edge in pushing through its legislative agenda in the Rajya Sabha along with its visible and invisible friends (regional parties which claims to oppose BJP but mysteriously end up backing it on every crucial vote). It will also give the party a cushion for the Presidential elections in July. Remember, this was not given when the party lost a string of state assemblies or saw a reduced presence in these assemblies in the last few years.

(IPA Service)

★ Editorial

More than enough to satisfy men's needs but not 'Greeds'

The one basic thing that could make much of almost everything much easier, simpler and smoother, yet seemingly impossible to accomplish is the act of coming clean. It would indeed take a much greater strength of character to own up to our mistakes and shortcomings, and still greater willpower to refrain from deliberately committing acts we consciously know is wrong and false.

The few fortunate ones who have the grit and will to transcend these urges are acknowledged and respected, even revered. On the other hand, a new breed of "Go-Getters" who would not stop at anything to achieve their goal is on the rise- the pressures of present day society helping in developing and pruning such mindset to perfection. They are the restless, hyperactive and aggressive ones who do not cater to emotions and aesthetics. Modern parents and guardians are increasingly urging their wards to adopt the letter approach towards life in order to carve out a place in the society that invariably results in a level of respect- respect that again is dependent on the earning capacity, the social circle adopted and living status maintained. Increasing compulsions for security in terms of food, shelter and a step towards a more secure future could be the factors that prompted the collective thinking towards adopting such an attitude towards life.

But then, does that justify the adage "All is fair and love and war"? Is our life becoming a daily struggle, a battle- if not a war, we are destined to wage every single living day of our lives? Where does that leave us with any room or opportunity for improvement- not the financial kind, but a more rounded and holistic one as a person? The present developments in the society - particularly that of mindless atrocities and lack of considerations that is becoming rampant would be, to a large part, a spill-off of this new approach towards life. Greed takes precedence over everything else, making our lives worse off than when we started. What then could be the panacea for these aberrations that has come to plague our lives of late? The answer lies within us- common knowledge which just needs to be acknowledged, and more importantly to act on.

Putting up a façade of make-believe and a show of benevolence and righteousness will not absolve anyone of the crimes and wrongs. This is of utmost importance for everyone, and more so for those who are donning the role of public representatives. Concepts like beauty, peace and harmony can only be experienced if we can rise above our petty urges and look at life- that of ourselves and the ones around us in a different and totally new perspective- one that does not have anything to do with wealth, power or fame. But how does one explain these "abstract" concepts, even after knowing them to be true, to someone struggling to earn a square meal on a daily basis? Aren't there adequate schemes and programs to alleviate these basic sufferings being borne by a majority of the people in the State? How do these people who are consistently trying to find any menial job just to earn enough to eat come to know of these schemes if they are not informed, and more importantly, assist them in getting their fair share? Who would not want a little extra, even inspite of having more than everything they could possibly ever need in life? The best persons to validate this observation will be in the performance of those in whose hands are the reign of power and affairs of the State.

"The earth has enough to satisfy man's needs but not man's greed": Mohandas Karamchand Gandhi.

Mobiles increase tensions in relationships



By: Vijay Garg

Man has kept the iron of heights in every field like earth, sky, underworld etc. but he has become very poor towards his personal relationships. Human relationships are deteriorating. In the past, our living, socializing and social life was a family affair. An elder or elder of the family was considered the head of the family. Every big or small person would pay tribute to the decisions he had made. Everything was done together. Children were not as afraid of their parents as they were of their uncles or aunts. Mothers often feared uncles or aunts to persuade their loved ones. The Daranis used to gather together. The mother-in-law fully obeyed and tolerated her mother-in-law's rhetoric. Yet his tongue did not grow weary. There was love and respect in everyone's heart for every relationship. But today it is all over. Joint families are broken. Only single families are left.

Relationships soaked in love are fading. The only reason a relationship fades is because of the bargaining power. It happens in every family where a wedding, birthday or any other happy occasion is celebrated. Relatives' mouths swell for years. Many even stop talking. Then they do not participate in the happy ceremony of the same relative but no one leaves any stone unturned in making happy marriage. He tries to make every relative leave his home happily. However, if there is something missing from him, then the angry relatives should think of him as having some compulsion instead of talking to him and confronting him. Giving and receiving does not make a person small or big but the person who jumps on other people's words is definitely small. He falls in the eyes of others. People who are far-sighted, intelligent and want to enjoy the warmth of relationships never talk nonsense about transactions. So we should prioritize relationships over things.

contd. on page 3

Yoga to Raj Yoga for Holistic Wellbeing and Happy Life (On International Day of Yoga)

By: Prof. Dr. Jayadeba Sahoo

"Health is the supreme foundation of virtue, wealth, enjoyment and salvation."

Diseases are destroyers of health, of good life, and even of life itself."

This statement was made by Charaka, one of the oldest physicians of India, about 2500 years ago; a statement that rings true for all time. Extending the concept of health, he observed significantly, "Life is spoken of as the union of the body, mind and spirit that support animation, flux and the link between the past life and the future". This entails emphasis of Yoga for Healthy and Happy Life. The philosophy of Yoga is based on the axiomatic assumption that life must be viewed and understood in its totality.

International Day of Yoga is celebrated on June 21 adopted under the agenda of 'Global Health and Foreign Policy,' UN resolution 69/131 recognizing Yoga "provides a holistic approach to health and well-being" and that wider dissemination of information about its benefits would be beneficial for the health of the world population.

Prime Minister Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change." The theme for International Day of Yoga 2019 was Climate Action

The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the hu-

man relationship with the world. Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. When applied to communities and societies, Yoga offers a path for sustainable living.

Yoga can be an important instrument in the collective quest of humanity for promoting sustainable lifestyle in harmony with planet Earth. In keeping with this spirit, the theme for this year's Yoga Day celebrations is "Yoga for Humanity." -2022

The most popular concepts about yoga at present time has been - asanas, physical stretches, breathing exercises (Pranayama) and techniques to relax and focus the mind. There are many kinds of such yoga - Hatha Yoga, Kundalini Yoga, Kriya Yoga, Sankhya Yoga, Raja Yoga (of Patanjali), Tantra Yoga, Tattwa Yoga and many others. Today yoga is practised mostly to attain physical fitness, stamina and weight-loss. But yoga as a holistic practice was seen as a tool to facilitate inner peace, Self-realisation and mental purification/ cleansing. Yoga isn't just exercise, it's a state of mind. All over the world, those who consider yoga to be a set of bodily and breathing exercises aiming at body-mind well-being are more than the number of people who consider yoga to be a spiritual journey. The health benefits of yoga are manifold. However, all these systems of yoga mentioned above involve physical stretches, postures, bending and flexing of the body which cannot be practised regularly by old, unwell, and those with physical challenges. To be of benefit, it requires plenty of time and motivation to practise regularly.

The term "Yoga" is derived from the Sanskrit root "Yuj" meaning union, yoke, connect or communion. It is the union of our 'will' with the Nature and the Supernatural. It is the yoking of all the pow-

ers of the body, mind and soul, thus disciplining the intellect, the mind, the emotions and the will. It is the experience of oneself with one's inner being. 'Yoga' is a communion of the Jivatman (human soul) with Paramatman (Supreme Soul). Such a spiritual union empowers a human to overcome all weaknesses viz. lust, anger, ego, etc. and live a virtuous life with spiritual awareness and compassion. According to Bhagavad Gita, "Tranquility of Mind is Yoga" - "Samatvam Yogamutthate".

To attain this communion, Maharshi Patanjali provided 8 steps for Yoga called Ashtang Yoga. Hatha Yoga (Asana and Pranayama) with Yama, Niyama and Pratyahara is a mean to Raja Yoga (Dhāraṇa, Dhyāna, Samādhi).

In the present age of Kali Yuga (Conflicting Dark era), most people are leading a "bhogi" (Indulgence) life. A bhogi chases peace and happiness in possessions, roles, status and all outer achievements that gratify his sense of 'I' and 'mine'. He engages himself endlessly in competing for space, position and material resources. His actions gradually entangle him in a web of greed, ego and attachment. A 'bhogi' ultimately becomes a 'rogi' (diseased) - physically, mentally, morally, social and spiritually unhealthy.

Health is not just absence of disease but is a state of wellness in which a person enjoys physical, mental, social and spiritual health. Most diseases today are psychosomatic, caused by negative emotions. The negative 'Sanskars (Propensities)' of the soul adversely influences the individual's attitude, outlook, dietary habits, relationships and behaviour. As a consequence, norms of physical and mental health are violated. When the body's tolerance limit is crossed by repeated violations, disease sets in.

Yoga is a way of life. It involves satvik diet, positive thinking, spiritual study, healthy relationships, silent meditation and selfless service. A yogic lifestyle does not mean renunciation or shedding family responsibilities. A yogi maintains his mental equilibrium even in adverse situations. He is naturally free from addictions and unhealthy habits. A yogi celebrates the spirit of love through a very deep and authentic spiritual connection with each other.

The basis of Raja Yoga is soul-consciousness which means considering one's true Self as immortal soul having eternal relationship with the Supreme Soul and the disciplines of a yogic lifestyle, are clearly described in the Gita. The Gita describes the essence of Raja Yoga as "mental communion with Supreme Almighty God": *manmana bhava; sarva-dharman parityajya mam ekam saranam vraja*.

Raja Yoga is easy to practice. Everyone in a family including elders and children can practise this. The aim of this union with the Supreme is to become like Him in His qualities. As souls, we have similar attributes as God. As God's children, we human souls are innately good and pure; peace, truth, love, and bliss are our innate nature.

By enhancing the ability to cope effectively with rapid change, Raja Yoga Meditation can open up a whole new understanding of purpose and potential. It positively influences all areas of our spirit, mind, body and community. For detailed knowledge and experience on Raja Yoga please contact 'Brahma Kumaris' Raj Yoga Center or Visit- Brahma Kumaris.com.

(The writer is Faculty, Brahma Kumaris, RERF & Ex-Dean, Faculty of Education, Rajiv Gandhi (Central) University, Itanagar- 791 112, Arunachal Pradesh, India)

Agnipath: A Need of Hour

By: Air Chief Marshal RKS Bhadauria

Agniveer scheme heralds a new era in the journey of national defence having a direct bearing on defence forces as well as the youth of the nation which are two integral pillars of a nation-state. The scheme, announced during a press conference by Ministry of Defence which was chaired by Hon'ble Raksha Mantri and the dais was shared by all the three service chiefs, have been commented upon by different sections of the society putting forward their own views, narratives as well as apprehensions in different measures highlighting numerous pros as well as cons.

In an ever-evolving world, change is the only constant. At the same time, resistance to change is an integral aspect of human nature which needs to be kept in mind. Before proceeding any further let's take a look at the broad outline of the scheme.

Agniveer Scheme, as per the government announcements, will be the new recruitment route for all recruitments in Personal Below Officers Rank Category, commonly called as PBORs, in all the three services. Eligible candidates in the age group of 17½ to 21 years will be recruited for a fixed period of 4 years. After four years, all the Agniveers will be given a choice to apply for a regular engagement in their respective forces. However, only 25% volunteer Agniveers will be absorbed on regular engagement.

First of all, let's consider the likely impact of the scheme on the defence services since questions have been raised on the utilisation

of Agniveers and its impact on the operational capacity and war waging potential of the services. IAF is a technology-centric modern air force with all combat platforms, equipment as well as weapon systems functioning in a networked environment. IAF requires young and adaptable minds with contemporary technology knowhow so that they can be trained in emerging technologies in the least possible time. Moreover, as the life cycles of emerging technologies are getting compressed and reducing with every passing day, frequent inductions for a short duration are more logical vis-à-vis inductions with longer commitments. A shorter induction period gives a decision-making option to both the aspirants as well as services after a period of four years. No such option was available in the erstwhile system. As a result, on the one hand a section of youth was apprehensive of exercising the option of joining services owing to a minimum commitment of 15-20 years, and on the other, services were also facing certain challenges in re-skilling senior/older people in emerging technologies. Frequent induction of young people and reduction in average age of combatants will auger well for the services. Reduction in average age of the combatants, commonly called as Air Warriors in the IAF will be a major advantage for the services. Indeed, there would be a requirement to tweak the training durations, patterns as well as posting profiles of Agniveers vis-à-vis existing system.

Defence services are the last bastions of national defence and no one should have any doubts, whatsoever, on the vision and planning of the service Chiefs. The services, by now, must have deliberated upon all the dimensions of the new scheme including training patterns and operational utilisation. There would be no dilution whatsoever at any level. All citizens of India must be rest assured that defence forces will prove themselves every time and in every aspect whenever they are called upon to do so.

The other primary stake holder is the country's youth. Let's consider youth's aspirations as well as interests. The financial package announced by the govt is much higher than what best of the corporates offer to a 10th or 12th pass young adult. The fresh recruit will get Rs. 30,000/- per month and in addition, Rs. 9000/- per month will be contributed by the govt towards his Sewa Nidhi. Additionally, every year, there would be a rise of about 10% in the salary. It is pertinent to highlight that most of the routine day-to-day requirements including boarding, lodging, medical facilities etc are looked after by the services hence Agniveer would not be required to spend any money on these aspects. Since very less portion of the income would be going towards the cost of living, most of the component of the salary could be saved. In addition, after completion of four years, every Agniveer will get more than Rs. 11 Lakh, as his Sewa Nidhi account matures.

Besides, financial benefits, this scheme will also meet other aspirations of the youth which includes pride, self-respect, upgrading of skills as well as educational qualifications in line with new NEP 2020. As has already been brought out by Min of Education, UGC and IGNOU will be maximising the provisions of NEP 2020 to create mechanism and options for the Agniveers to upgrade their educational qualifications. This in turn would facilitate the second innings of those who would not be absorbed by the services on regular engagement. Ministry of Home is already in the process of rolling out a scheme to absorb these young and skilled citizens in Central Armed Police Forces. They will also have options to look for a decent job in govt sector, industry, IT Sector as well as the corporate world or to start a venture of their own by utilizing their Sewa Nidhi.

Lastly, Agnipath scheme will have a phenomenal intangible contribution to nation building. The inculcation of qualities of discipline, honesty, josh, esprit de-corps, service before self, nation first attitude in the young and impressionable minds will be a significant game changer to nation building in the many ways.

In my opinion, this scheme is a win-win situation for the services as well as youth of the nation and at a higher level its contribution to nation building will be phenomenal.

[The writer is PYSMAVSMVM (Retd.)]

Letters, Feedback and Suggestions to 'Imphal Times' can be sent to our e-mail: imphaltimes@gmail.com.

For advertisement kindly contact: - 0385-3590330 (O). For time being readers can reach the office at Cell Phone No. 9862860745 for any purpose.

India dip in daily coronavirus cases; recovery rate at 98.61 per cent

Agency
New Delhi, June 21:

India's COVID-19 tally climbed to 4,33,19,396 on Tuesday with 9,923 fresh cases, while the number of active cases increased to 79,313, according to Union health ministry data. The death toll climbed to 5,24,890 with 17 new fatalities, the data updated at 8 am stated. The active cases comprise 0.18 per cent of the total infections.

The national COVID-19 recovery rate was recorded at 98.61 per cent, the ministry said.

An increase of 2,613 cases has been recorded in the active COVID-19 caseload in a span of 24 hours.

The daily positivity rate was recorded at 2.55 per cent and the weekly positivity rate at 2.67 per cent, the ministry said.

The number of people who have recuperated from the disease

surged to 4,27,15,193, while the case fatality rate stood at 1.21 per cent, it said.

So far, 196.32 crore COVID-19 vaccine doses have been administered in the country under the nationwide inoculation drive, according to the ministry.

India's COVID-19 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 1-crore mark on December 19.

India crossed the grim milestone of 2 crore on May 4, 3 crore on June 23 and 4 crore on January 25 this year.

The 17 new fatalities include six from Delhi, five from Kerala, two from Maharashtra, and one each from Himachal Pradesh,

Jammu and Kashmir, West Bengal and Uttar Pradesh.

Of the total 5,24,890 deaths reported so far in the country, 1,47,888 were from Maharashtra, 69,889 from Kerala, 40,113 from Karnataka, 38,026 from Tamil Nadu, 26,238 from Delhi, 23,527 from Uttar Pradesh and 21,209 from West Bengal.

The health ministry stressed that more than 70 per cent of the deaths occurred due to comorbidities.

Oil diplomacy has assumed critical importance for survival of economy

India has to be astute in framing its policy on fuel imports during Ukraine War

By: Anjan Roy
New Delhi, June 21:

As the three big names of Europe rolled into Kyiv by train on June 16 of for a powwow with the Ukrainian president, Volodymyr Zelensky, Russia had warned France, Germany and Italy of consequences. President Emmanuel Macron of France, Chancellor Olaf Scholz of Germany and Prime Minister Mario Draghi Italy had thought it important to show their unstinted support for the besieged Ukraine at a time when Russia was mounting its pressure in the east of the country. By that afternoon, Russia had squeezed gas supplies to the three and the inch was being felt by the people. Russia had given an explanation that she technical faults were being repaired. Nothing is forbidden in love and in situations of war.

Along with these three, some of the Scandinavian and northern European countries and neighbours of Russia are equally feeling the pinch as they vowed to join the NATO in the wake of the Ukraine war. Russia was also able to quickly stem the slide in the rouble's exchange rate against the US dollar by demanding all payments for oil and gas in its own currency rather than in dollar. The rouble had gone way past 100 to a dollar after the west-

ern bloc had announced confiscation of its foreign exchange reserves above \$300 billion and suspended Russian banks from the international inter-bank settlement mechanism.

While some of the European buyers initially whined, they had to come round in the face of disruptions in supplies of gas and oil. The rouble had subsequently clawed back to the levels before confiscations and freezing of Russian overseas assets. Many in Europe are fearing a grim winter this year, with scarce supplies of gas for their homes and industry as well as shortage of oil and consequent high prices. These deprivations might just as well swing the public mood and constrict policy options for the European liberal democracies.

Europe in general, and most acutely Germany, are currently realising their collective folly of over dependency on Russia for fuel requirements. Germany had eschewed nuclear power on various grounds of safety and opted abjectly for oil and gas supplies from Russia. It is now repenting in leisure. As the lifeblood of an economy, fuel is essential. It can as well be weaponised and Russia is currently demonstrating it. It is only because of its vast reserves of oil and gas, in the

face of throttling sanctions against the country, Russia could still defy the entire western bloc.

India similarly faces uncertainties over continuing supplies of oil and gas whose consumption is rising with the country's overall development. India's vulnerability comes to the fore whenever the Middle East oil producing countries take exception to some of India's internal developments or even policy moves.

This excessive dependence on a handful of ME countries have security implications for India as alternative supplies are uncertain. It was seen only recently. The Islamic oil exporting countries had taken strong exemption to comments from some BJP leaders on Prophet Muhammad. Following the controversy over the comments, the Middle East oil exporting countries have protested in unison.

The Organisation of Islamic Countries—OIC—came down heavily on India and called for boycott of all goods of Indian origin. OIC has asked for official apologies from government of India. Largest oil exporter, Saudi Arabia, has joined the criticisms of India for the statements of Indian leaders. Over that weekend, Indian ambassadors to Qatar, Kuwait, Iran have been summoned by the respective for-

eign ministries and asked to explain the statements.

Indian government however has taken a firm stand and pointed out these were statements by "fringe elements" and did not represent the views of the government of India. MEA described the responses of OIC and the Gulf countries as narrow minded. In this context, it is vital for India to diversify the sources from where we buy oil and gas, notwithstanding traditional good relations with the Middle East oil exporters. These countries have continued to show strong responses to even domestic developments in India. The Middle East countries represent the largest share of Indian market running to some 70%.

In this context the availability of Russian cheaper oil is a best possible guarantee of continued supplies of these fuels. Despite strong protests from the western countries, India is further stepping up its oil purchases from Russia. The rise in Russian oil oil take could be gauged from the fact that while last year India purchased only some 34,000 barrels a day from Russia the current tag runs to 750,000 barrels a day, according to an oil industry data bank.

Indian purchases have gone up in an atmosphere of hostility to Russian oil purchases in the context of the

Ukraine war. USA and its allies were seeking to jam all oil exports of Russia to choke off sources of funds for Russia to carry on its Ukraine war.

Russia depends heavily on oil exports for funding its economy, let alone the war in Ukraine. However, the European nations themselves have yet to stop oil and gas imports from Russia. USA had imposed sanctions on oil purchases from Russia, and collateral transactions with that country. Indian purchases have however been perfectly legal and did not attract any of the sanctions. Indian purchases of defence materials and even weapons from Russia have also continued apace, even in the face of criticism of such trade.

India, on its part, stoutly defended its oil deals, these being at heavily discounted prices. The state owned refiners as well as some private Indian refiners have continued to purchase oils from Russia. There have been some re-exports as well. Indeed, denying fuel supplies could be a sort of weapon of mass destruction as the economy of a country denied of fuels could succumb and crash in not long time. It is important to be astute in handling fuel deals and oil diplomacy could become a critical factor for survival of an economy.

(IPA Service)

"Bharat Bandh" against "Agnipath Recruitment Scheme"

IT Correspondent
Mumbai, June 21:

Even as some political parties observed "Bharat Bandh" demanding rollback of the "Agnipath Recruitment Scheme" on Monday, three service chiefs are likely to call on Prime Minister Narendra Modi to brief him about their plan for its implementation on Tuesday.

On Monday Congressmen led by the AICC General Secretary Ajay Maken held "Satyagraha" at Jantar Mantar in New Delhi to demand that the President should withdraw the Agnipath scheme. Over 500 trains were cancelled amid nationwide protests and Internet services were suspended in 20 districts of Bihar. In Mumbai, the reservations were cancelled and no postponed date was given to the passengers.

While over 800 miscreants indulged in the torching of trains and other public property have been arrested across the country, the Patna (Bihar) Police raided various locations connected to Bihar's Danapur violence accused Guru Rahman, on Monday. The searches were made at his residence and his coaching centre in Patna. The raids were initiated after a video went viral on June 17 in which Rahman was allegedly seen instigating the students through his words regarding the Agnipath scheme and inciting them to stop trains and protest furiously. An FIR was registered against him at Danapur police station. Government also banned 35 WhatsApp groups for spreading fake news about "Agnipath".

Notwithstanding protests in some parts of the country, the Union Government is going ahead with the implementation of the "Agnipath Scheme" and online registration is scheduled to begin from June 24 onwards.

Army on Monday issued a notification stating that the registration process for recruitment of Agniveers into the armed forces will begin in July. The Defence Ministry made it clear that every entrant will be allowed to join only after 100 percent police

verification that they were not part of the protest or vandalism.

The Indian Navy will come out with a broad guideline for recruitment by 25 June. The first batch of recruits will join the training program by 21 November. In the first batch, 3,000 Agniveers will be inducted, of whom 20% would be women. In the Indian Air Force, the registration will start on June 24 and phase 1 of the online examination process would start on July 24. Training would commence by December 30.

In all, 83 recruitment rallies would be organized across the country by the Indian Army. The Army will begin the process from July 01 onwards and the first batch comprising 25,000 personnel will join the training program in the first and second week of December. A second lot of recruits will join their training around February 23. Starting with the first batch of 46,000 Agniveers, the Government plans to reach up to an intake of 50,000-60,000 in the next 4-5 years. Subsequently, it could go up to one lakh.

Veterans extend support

Besides this, different divisional heads have been holding meetings with ex-servicemen and citizens to seek their opinion about Agnipath. One such meeting was held at Indian Air Force's Maintenance Command in Nagpur on Monday. Air Marshal Vibhas Pande, Air Officer Commanding-in-Chief of the IAF's Maintenance Command, addressed the meeting and explained the recruitment scheme, and also answered questions. The gathering unanimously hailed the scheme as a transformational scheme that would certainly encourage them to join the forces.

Petition challenging Agnipath

In the public interest litigation (PIL) petition has been filed before the Supreme Court challenging the Constitutional validity of the Agnipath by Advocate Manohar Lal Sharma praying for quashing of the notification dated June 14, issued by the Ministry of Defence announcing the scheme.

Contd. from Page 2

Mobiles increase tensions in.....

Relationships have deteriorated considerably. The growing dullness in relationships and kinship has also led to backwardness in human nature. In the old days, hospitality was very popular among the people. But nowadays there is a decline in hospitality. Rising inflation is also a factor. The young generation is in dire need of family etiquette. Today people do not have time to meet anyone. One of the reasons for this is the high literacy rate of the people. Young men and women are not leaving a lasting impression in respecting the elders. People have high expectations for service. But they have neither the time nor the money to entertain anyone. It is very easy and good to go to people's house to eat. But serving the guests who come to your house seems to be a big problem. Only if one has a self-interest can his spirit of service and hospitality be expressed. Otherwise it becomes difficult to recognize him. So you need to set aside some time

for your work and business. Daughters-in-law need to be more aware of this, since it is most important for them to take the initiative in hosting guests. The growing trend of mobile phones is also increasing the tension in relationships. Because nowadays children, old, young, men, women all have mobile phones in a way has become a part of life. Mobile use has led to an increase in crime, rape, road accidents, thefts, love marriages and drugs. There, family relationships have been shattered. In the past there were joint families and they used to sit together and discuss family needs, interaction from children to elders and other commonalities but nowadays in family relationships mobile has come so far that every member of the family has their own. Sitting in the room, pointing fingers at the screens of mobile phones, is intoxicated in itself. Parents do not hesitate to talk to their children and children do not hesitate to talk to their parents as a result of

which mobile phones are eating away at family relationships.

Mobiles are increasing the tension in relationships. Homes have dining tables but family members do not have time to sit and eat together as they are busy with mobile phones. Parents need to keep an eye on their children's activities and encourage them to spend more time in the family. Social media is also affecting relationships.

On social media today, countries are getting information from abroad. Which, of course, made the video an overnight sensation. Even the unnecessary use of social media is causing strife and unrest in society and families. In today's computer age, science has made human life much easier. In addition to the good results of Facebook, Twitter, Instagram and WhatsApp, the use of mobile phones in the home has given birth to many curiosities.

As a result, today's young generation as well as housewives seem to be taking advan-

tage of mobile phones and going astray. The addition of Facebook, Instagram and WhatsApp to housewives running away from their responsibilities is not only hindering the growth and development of children but also poisoning the domestic life. As a result of which many houses are on the verge of ruin today. Therefore, the path of children in their homes should be second to none for their bright future where parents, especially housewives, should use WhatsApp, Facebook and Instagram for a limited time and understand their responsibilities towards their homes and children. is required. Women play a vital role in bringing happiness back to the family and improving the lives of children.

Breaking up a relationship in life is very painful. Death also loses and breaks relationships. The pain of separation is the greatest. Unbearable pains arise within. The mind is distracted. Tears become rivers. The desires of the mind begin to disap-

pear. Life seems miserable. Homes built with greed come to eat. Everything is visible. Even the cool breezes seem to give off heat. In the course of time, since the time when everyone has been absorbed in self, to fulfill his own needs, to take care of his personal family, to be misled, to have material possessions as the real wealth of life and to be entangled in it. The colors of relationships have changed. The loss of manners and behavior has widened the gap. What kind of relationship should we trust? People don't want to show what relationships have taken shape and show what is not inside. Relationships are hollow and fragmented from within. Due to the sheer number of mera-tera, relatives have resorted to reliance instead of being a support. Everyone has become smarter than being wise and has always walked the path of considering oneself wise. Everyone runs around looking for their own happiness. Even today, some relation-

ships seem to be sitting on a blanket of warmth and respect for each other, like a truly bright morning. With the help of which even the most difficult steps are easy to take. They do not run away with their arms outstretched while swinging in life, but stand and walk together. Support is formed. Only such genuine relationships make one happy. These qualities make relationships great. Only these relationships are sacred and strong. Relationships are the basis of life. Relationships from the birth of a human being.

Are connected. The mother is first of all a natural relative. Relationships become more and more negative with age. It is in relationships that we live and move.

The uniqueness of relationships

Relationships are life. It is impossible to imagine life without relationships. There is a unique joy in relationships. Relationships make us think of each other's compulsions and prob-

lems. We share laughter and tears. Relationships are fragrant. Relationships are not of grace but of feeling. Duties are also associated with relationships. Everyone in life seeks empathy. They are often sought after in times of distress. This is what we look for in ourselves first.

Relationships need to be protected

Relationships are very loving and warm. Recognizing the importance of relationships, we must prevent them from breaking up and ending. We must be sincerely responsible for our relationships. We should all maintain respect, love, respect and shame towards parents, siblings and all other social relationships. Life is perfect with relationships. Whatever the form of the relationship, it is the relationship that gives rise to waiting and excitement in the eyes. Saving relationships is very important. Life is impossible without relationships. It is very important to prioritize relationships nowadays.

Assam Rifles celebrates 8th International Yoga Day

IT News
Imphal, June 21:

Headquarters 26 Sector Assam Rifles under the aegis of IGAR (S) conducted a Yoga session to commemorate the 8th International Day of Yoga at Pallel, Modi and Tengnoupal, Moreh and Company operating bases today.

The event was organised to spread awareness and benefits of Yoga among the troops and families with emphasis on flexibility, strength and endurance being achieved through yoga.

Mantripukhri Battalion Assam Rifles under IGAR (S) conducted a Yoga session & Pipe band display to commemorate the 8th International Day of Yoga at Sabungkhok Khunjab, Yaingangkopi, Imphal East.

The event was organised to spread awareness and value of Yoga. The yoga session was followed by a lively Pipe band display of the Assam Rifles. Students and teachers of Goodwill Christian High School, Yaingangkopi and Emmanuel English Academy, Yaingangkopi attended the event.

The students and teachers appreciated the efforts of the Assam Rifles in promoting Yoga in the schools and asked to hold similar sessions in the future. A total of 173 students and teachers attended the International Day of Yoga.

Sajik Tampak Batali under the aegis of IGAR (South) celebrated 8th International Yoga Day by conducting Yoga at Saint Mary's School village Khullen at Bn HQ in Sajik Tampak and all the companies of the Battalion in Chandel district.

A total of 150 school children

attended the Yoga at Saint Mary's School along with maximum troops from the battalion at the Battalion location. A positive message was spread through yoga along with a brief lecture on importance of the Yoga International festival celebrated across the world with its origin in India. Children and troops were motivated to maintain a healthy lifestyle through Yoga.

Headquarters 10 Sector Assam Rifles under the aegis of IGAR (S) conducted a Yoga session to commemorate the 8th International Day of Yoga at Somsai, Shangshak and Chassad Battalions and Company operating bases.

The event was organised to spread awareness and benefits of Yoga among the troops and families with emphasis on flexibility, strength and endurance being achieved through yoga.

Headquarters 28 Sector Assam Rifles under the aegis of IGAR (S) conducted a Yoga session to commemorate the 8th International Day of Yoga at Sector HQ Kakching, Phundrei, Shelon, Joupai and Sajik Tampak in Battalions and all Company operating bases.

The battalions under the sector also organised Yoga on villages near Indo Myanmar border to include School at New Samthal village by Shelon Battalion and Saint Mary's school at Khulian village by Sajik Tampak battalion, chandel district. A total of 200 school children and villagers attended the event.

The event was organised to spread awareness and benefits of Yoga among villagers, students near Indo Myanmar border and troops of the sector with emphasis on flexibility, strength

and endurance being achieved through yoga.

Keithelambi Battalion under the aegis of IGAR (S) conducted a Yoga Demonstration along with Pipe Band Display at Kangla Fort, Imphal West district.

In continuation with the efforts of Assam Rifles to spread awareness about benefits of Yoga a Mass Yoga demonstration along with Pipe Band display was conducted on the event of 8th International Day of Yoga at the famous Kangla Fort of Manipur.

The demonstration and pipe band was witnessed by a healthy strength of locals, who deeply appreciated efforts of Assam Rifles to reinstate and spread the message of healthy lifestyle including Yoga.

Mantripukhri Battalion Assam Rifles under IGAR (S) conducted a International Yoga day Closing Ceremony on the occasion of 8th International Day of Yoga at HQ Mantripukhri, Imphal East.

The event was organised to spread awareness about the importance of Yoga. A total of 2 officers, 14 JCOs and 143 ORs of IGAR (S) attended the International Day of Yoga Closing Ceremony.

Keithelambi Battalion under the aegis of IGAR (S) conducted a Yoga session at all COBs in Imphal West, Kamjong, Thoubal and Bishnupur districts

In continuation with the efforts of Assam Rifles to spread awareness about benefits of Yoga and incorporation of Yoga as part of a healthy lifestyle, a Yoga session was conducted on the event of 8th International Day of Yoga at all COBs of the Battalion in Imphal West,

Thoubal, Kamjong and Bishnupur districts of Manipur.

Phundrei Battalion of Assam Rifles under the aegis of 28 sect, IGAR (S) organised yoga as a part of International day of yoga.

Yoga was organised to encourage troops and individuals from Kakching District to inculcate yoga in their lifestyle. The event was aimed at educating all individuals about various yoga postures and techniques that helps for being physically and mentally fit. The event created awareness about various yogasanas, to include COVID 19 preventive measures. During the event, all individuals were also educated on strength, flexibility and healthy lifestyle.

The Assam Rifles on the occasion of International Day of Yoga standing true to its motto "FRIENDS OF THE HILL PEOPLE" took up the social welfare step by organising Yoga for residents of Kakching District, in which 150 villagers took part. These small initiatives will bring positivity in the minds and happiness in the hearts.

Shelon Battalion of Assam Rifles under the aegis of IGAR (S) conducted a Yoga session to commemorate the 8th International Day of Yoga, 2022 at a School in New Samthal village, near Indo - Myanmar border, Chandel.

A total of 70 students attended the said event. The event was organised to spread awareness among the students about the benefits of Yoga with emphasis on flexibility, strength and endurance being achieved through yoga. The session was conducted to commemorate International Yoga Day and to impart its value in the future generations.

PM leads celebrations, says yoga forming basis for int'l cooperation

Agency
Mysuru, June 21:

Prime Minister Narendra Modi performed Yoga along with thousands of participants at a mass demonstration in the backdrop of the iconic Mysuru Palace here on Tuesday and said the physical fitness regime was forming a basis for cooperation among countries, and that it can become a problem-solver.

Leading the main event of the International Day of Yoga (IDY) here, Modi said Yoga

brings peace to our universe and gave the hope of a healthy life to humanity.

"Yoga brings peace for us, the peace from Yoga is not only for individuals, Yoga brings peace to our society, nation, the world and the universe," Modi said, quoting rishis, maharshis and acharyas.

Speaking after inaugurating the grand event here, the PM said, "This might feel like an extreme thought to someone, but our sages have answered this in a simple mantra- that this whole universe starts from our

own body and soul. The universe starts from us and Yoga makes us conscious of everything within us and builds a sense of awareness."

Stating that things start with self-awareness and proceed to awareness of the world, he said, "when we become aware of ourselves and our world, we begin to spot the things that need to be changed both in ourselves and in the world. They may be individual problems or global problems like climate change and international conflicts."

Field Office Senapati celebrates International Day of Yoga

IT News
Imphal, June 21:

A one day Integrated Communication & Outreach Programme (ICOP) on International Day of Yoga was organised by Field Office, Senapati under the Central Bureau of Communication, Ministry of Information & Broadcasting at Kanglatongbi community hall, Kangpokpi District today.

It was attended by Achou Khwairakpm, National Judge, All India Yoga Cultural Fed-

eration and L. Joyprakash, Yoga instructor as resource person and demonstrator respectively.

While giving the keynote address, Waribam Urmila, Field Publicity Officer stated that International Day of Yoga is celebrated every 21st June since 2015 across the world. The idea of a day on Yoga was first proposed by the Prime Minister Narendra Modi at the United Nations General Assembly in 2014. She added that the theme for this year is "Yoga for Humanity".

Achou Khwairakpm spoke about the benefits of Yoga, while L. Joyprakash demonstrated various asanas. Staff of Field Office, Senapati and the people of Kanglatongbi participated actively during the Yoga demonstration. Later, a yoga awareness rally was also organized from the Kanglatongbi community hall to the Kanglatongbi market. T-shirts were also distributed to the people gathered on the occasion. A Sankhli George, Field Publicity Assistant, was the moderator of the programme.

One day seminar cum workshop held at Thayong Village



IT News
Imphal, June 21:

One day seminar cum workshop held Thayong village of the Imphal East under AHVY scheme for handicrafts artisans sensitization for the

scheme of DC (H) cluster activities, benefits of E-commerce, GeM portal, Mudra Loan and welfare activities of DC (H) organized by Alliance for integrated management of Uripok Takhellambam Leikai. Sponsored by Office of the

Development Commissioner (Handicraft) Ministry of Textiles, Government of India.

Yumnam Jagyashwori Devi, Asst. Director (Handicraft) D.C.(HC), Ministry of Textiles expressed that we need to preserve our Handicrafts products because it is our igneous product and need to work with dedication and hard work.

The Seminar was attended by Yumnam Jagyashwori Devi Asst. Director (Handicrafts) D.C. (HC), Ministry of Textiles, Th. Rajen Singh Retd. Asst. Director (Handicrafts) D.C. (HC), Ministry of Textiles, Govt. of India and Ngouru Mainsam State Awardee.

Sports

India name full-strength men's squad for CWG, Manpreet returns as captain

Agency
New Delhi, June 21:

India on Monday named a full-strength 18-member senior men's hockey squad for the Commonwealth Games with Manpreet Singh returning as captain and dragflicker Harmanpreet Singh as his deputy.

Hockey India (HI) had initially decided to send a second-string team to the CWG due to the short turnaround time between the Birmingham event and the Hangzhou Asian Games, which is a qualifier for the 2024 Paris Olympics.

However, with the Asian Games now postponed to next year owing to the COVID-19 situation in China, HI decided to pick a strong team for the prestigious event, scheduled to begin from July 28.

The Indian team has been grouped in pool B along with England, Canada, Wales and Ghana.

The two-time former silver medalists will begin their campaign on July 31 against Ghana.

Manpreet had led the Indian team to a historic bronze medal at the Olympic Games in Tokyo last year and he will take

over the reins from Amit Rohidas, who was the captain for the FIH Pro League tour of Belgium and the Netherlands.

Harmanpreet, who has been named the deputy, emerged as the highest goal scorer of the FIH Hockey Pro League.

"We have gone with a tried-and-tested team for the Commonwealth Games. These players have the experience of playing top teams in high pressure games in the FIH Pro League which was a good exposure for us ahead of the prestigious quadrennial event," chief coach Graham Reid said in a release.

"After a brief break when we return home from Netherlands, we will resume camp in SAI, Bengaluru where we will analyze our performance against Belgium and Netherlands.

"While there are many takeaways from this outing in FIH Pro League, there surely are a few areas that we can improve upon ahead of the Commonwealth Games." The squad includes experienced goalkeeper PR Sreejesh and Krishan B Pathak, who returns to the team after a brief injury break. Defenders Varun Kumar, Surender Kumar,

Harmanpreet Singh, Amit Rohidas, Jugraj Singh and Jarmanpreet Singh have been named in the team.

The midfield comprises Manpreet, Hardik Singh, Vivek Sagar Prasad, Shamsher Singh, Akashdeep Singh and Nilakanta Sharma.

Seasoned strikers Mandeep Singh, Lalit Kumar Upadhyay, Gurjant Singh and Abhishek will lead the charge in attack.

Goalkeeper Suraj Karkera and forwards Shilanand Lakra and Sukhjeet Singh, who were part of the FIH Pro League, are missing from the squad.

India had finished fourth at the 2018 Commonwealth Games in Gold Coast.

Team:
GOALKEEPERS: PR Sreejesh, Krishan Bahadur Pathak

DEFENDERS: Varun Kumar, Surender Kumar, Harmanpreet Singh (VC), Amit Rohidas, Jugraj Singh, Jarmanpreet Singh.

MIDFIELDERS: Manpreet Singh (C), Hardik Singh, Vivek Sagar Prasad, Shamsher Singh, Akashdeep Singh, Nilakanta Sharma.

FORWARDS: Mandeep Singh, Gurjant Singh, Lalit Kumar Upadhyay, Abhishek.


Lisa Sthalekar appointed first woman president of Federation of International Cricketers' Associations



Agency
Nyon (Switzerland), June 21:

Federation of International Cricketers' Associations (FICA) announced former Australian cricketer Lisa Sthalekar as its President at the FICA Executive Committee meeting held in Nyon, Switzerland, making her the first woman cricketer to hold the position.

"Lisa Sthalekar has been confirmed as FICA's President at the FICA Executive Committee meeting held in Nyon, Switzerland this week. Lisa joins an esteemed list of past players who have been FICA Presidents since its formation, including Barry Richards, Jimmy Adams and most recently Vikram Solanki," said an official statement from FICA.



MANIPUR STATE POWER DISTRIBUTION COMPANY LIMITED
Secured Office Building, 3rd Floor, A.T. Line, North A.O.C., Imphal West, Manipur — 795001

NOTICE INVITING TENDER
Imphal, the 20th June, 2022

No. 2/215(DP-AR/NIELIT)/2022-MSPDCL-TECH/ 498-506: Manipur State Power Distribution Company Limited (MSPDCL), a Government of Manipur enterprise, invites Sealed Tender for the following works on turn-key basis under deposit work:

- T.S. No. 225/2022(A) - "Supply, Installation, Testing & Commissioning of 11 kV CT & PT Metering Unit and Installation, Testing & Commissioning of 1x500 kVA Distribution Sub-Station for power supply of 2 Assam Rifles, KLP Khuga, Churachandpur District" and
- T.S. No. 225/2022(B) - Supply, Installation, Testing & Commissioning of 1x100 kVA Distribution Sub-Station for power supply at National Institute of Electronics and Information Technology (NIELIT), Churachandpur Extension Centre, Tuibong, Churachandpur District".

The tender details and documents shall be available from 22/06/2022 to 01/07/2022 on payment of cost of tender of Rs. 500/- (non refundable) during office hours at the office of the **General Manager (Purchase), Secure Office Complex, 3rd Floor, North AOC, Imphal West.**
Last date of submission: 04/07/2022 upto 11.00 A.M.
Date of opening: 04/07/2022 at 02.00 P.M.
Venue: MSPDCL Conference Hall.

Sd/-
(M. Rabi Singh)
General Manager (Purchase),
MSPDCL