

Elected members of 12th Manipur Legislative Assembly takes oath



IT News
Imphal, March 14:

Elected members in the 12th Manipur Legislative Assembly today take oath as member of the State Assembly today. The oath taking ceremony held at the Manipur Legislative Assembly was administered by Protem Speaker Sorokhaibam Rajen Singh who got elected from Lamshang

Open long distance run on March 20

IT News
Imphal, March 14:

Dharmalaya Social Welfare Centre, Brahmapur Nahabam, Imphal East is organizing a Open Long Distance Run (Half Marathon for Men) on Sunday the 20th March, 2022.

First prize for the Half Marathon is Rs. 10,000/-, 2nd prize is Rs. 7,000/- and Third prize is Rs. 5,000/-.

A statement said that entry form can be had from the office of the Dharmalaya Social Welfare Centre, Brahmapur Nahabam. Last date of form submission is March 18 and the participants are to report at 6 am of March, 20

Assembly constituencies. MLAs who take oath are 32 from the BJP, 7 from the NPP, 5 from the INC, 5 from the NPF, 3 from Independent, 2 from KPI and 6 from JD (U). All swear in the name of God to bear true faith and allegiance to the constitution of India as by the law established, and to uphold the sovereignty and integrity of India and also to faithfully discharge the duty that each of them are about to enter.

BJP Parliamentary Party meeting will be held tomorrow after victory in elections

Courtesy: HT
New Delhi, March 14

BJP has won a landslide victory in 4 states including Uttar Pradesh. Party workers are encouraged by the return of BJP in UP, Uttarakhand, Goa and Manipur. Meanwhile, on Tuesday, March 15, there will be a meeting of the BJP Parliamentary Party, in which Lok Sabha and Rajya Sabha MPs have been asked to be present. This will be the first meeting of BJP after the victory of four states. In this, PM Modi will be welcomed and his address will also be there.

The last meeting of the BJP Parliamentary Party was held on December 21, in which PM Narendra Modi

attended. He had then expressed concern over the absence of MPs in Parliament and warned that they should change themselves, otherwise further action could be taken.

At the same time, the party can give the gift of UP victory to the Chief Minister of Uttar Pradesh, Yogi Adityanath. BJP can include Yogi Adityanath in the parliamentary board member. Yogi Adityanath's stature in the party will increase even more. Many BJP leaders including Union Home Minister Amit Shah, Defense Minister Rajnath Singh, BJP President JP Nadda will attend this meeting of BJP.

BJP has got a landslide victory in Uttar Pradesh,

Uttarakhand, Goa and Manipur assembly elections. While creating history in UP, BJP has won once again.

Destroying all the myths, Yogi Adityanath is going to form the government once again. The BJP alliance has got 273 seats in UP. Whereas the SP alliance has got 125 seats. Congress got 2 seats and BSP got 1 seat. In Uttarakhand, BJP has won 47 seats. Whereas Congress had to be satisfied with 19 seats.

In Goa, BJP is just one seat behind the majority but is going to form the government with the help of allies. BJP has got 20 seats. While Congress has 11, AAP 2 and others 7. BJP has won 32 seats in Manipur. Others had to be satisfied with 16 seats, NPP 7 and Congress 5 seats.

Oral Health Week Held at Dental College, RIMS

IT News
Imphal, March 14:

Director of RIMS Prof. A. Santa Singh inaugurated "Oral Health Awareness Week" on the occasion of "World Oral Health Day Celebration 2022" today i.e. 14th March, 2022 at Dental College Library Hall.

An exhibition was also open by Prof. A. Santa Singh, Director, RIMS displaying the models and paintings. A model creation competition on the theme "Be Proud of Your Mouth" was also held in different categories. A painting competition was also held which was participated by the staffs of Dental College and



students. Prizes were distributed to the winners and participants of the model creation and painting competition by

Prof. A. Santa Singh, Director, RIMS and Prof. B. Praveen Reddy, Principal, Dental College, RIMS. The program was

attended by Students, Interns, Junior Resident Doctors, faculty members of Dental College.

Politics with a difference:

While newly elect Manipur MLAs are busy to position themselves in the govt. AAP MLAs in Punjab hit the ground running to keep poll promises

IT Desk plus Agency
Imphal, March 14:

When elected MLAs of the Manipur are busy rolling their heads on getting ministerial berth, and when the post poll violence still continue among supporters of the candidates good news are pouring from the state of Punjab where AAP got absolute majority and is all set to form the government.

As per report appeared in Indian Express, many AAP MLAs have started visiting their constituencies with promises to bring reforms in the infrastructure 2 days after the declaration of the poll result. Dr Baljeet Kaur, an ophthalmologist, who contested from Malaut constituency of Muktsar district, visited civil hospital Malaut on Saturday morning and found that the number of specialists

were less in number than required.

She said, "The hospital had only four specialists when they must have at least 10-12. It has only one emergency medical officer (EMO) against the minimum four due to which specialists have to work like EMOs as well. Many patients also complained that they are told to visit private practitioners but our focus is to improve health infrastructure and being a doctor I am personally interested in improving health services. So for the time being we will try to reorganise the staff as in many hospitals, the staff is more than required. They will focus on recruiting more employees. After that, I will provide feedback of my area to the CM." She added that the four regular specialists are an ENT specialist, pediatrician, anaesthetist and gy-

neecologist while an orthopaedician comes once in a week.

Of the total 117 seat of the Punjab Legislative Assembly, AAP won 92 seat while congress gets 18, SAD gets 3, BJP 2 and others 2. This is the first time that the APP under Delhi Chief Minister Arvind Kejriwal has form its party government outside Delhi.

Dr Baljit worked as an eye surgeon in Muktsar civil hospital before joining politics. She was popular for her record surgeries done in the area for which she was honoured four times.

Dr Baljeet, who also visited an empty hospital building made by DAV trust in Malaut which is lying non-operational, said that it can be turned into a charitable hospital. "I will seek help from the government to make it operational. So that the residents of

the area can get affordable health care," she said.

Not only Dr Baljeet, even Labh Singh Ugoke, the much talked about MLA who defeated former CM Charanjit Singh Channi also went to the civil hospital of Bhadaur on Saturday where he promised to get the faulty lift repaired. In addition to this even the 50 bedded hospital had only 35 beds and, hence, he assured to make it fully operational.

Jagroop Singh Gill, MLA Bathinda Urban was at home only and many Bathinda residents came to meet him. Gill, however, focusing on his 'aam aadmi' image told many others that he himself will visit the areas to meet them and understand the works to be done in their areas. Gill remained municipal councillor for seven times on Congress ticket before joining AAP. His immediate focus will be to im-

prove civic issues in the city.

So was the case of Rampura Phull MLA Balkar Sidhu who had a meeting with the Rampura Phull municipal council officers to focus on issues such as sewerage, water supply which are the basic needs of masses.

In Ludhiana, Madan Lal Bagga, newly elected MLA from Ludhiana North visited Buddha Nallah site. He said, "Water from Bahadur sewerage treatment plant (STP) was being discharged into Buddha Nallah and I found it brackish, so I have got those samples tested. It seems that STP was non-functional and untreated sewage water was being thrown into buddha nallah to pollute it further. During the campaign I had come across many problems of the masses and hence I am out in the field to get these issues resolved."

The Editorial

Taking time in announcing CM name indicates replacement of a new face

Does there any crisis in electing the legislature wing leader of the BJP? A question asked from various sections of people across the state. Among the five states where the state Assembly Election has been completed, except for the state of Manipur, the BJP Parliamentary Board is still yet to announce the name of the BJP legislature wing leader.

Why? In the just-concluded election of the 12th Manipur Legislative Assembly, BJP got a thumping majority with 32 candidates being elected in the 60 member house. The election result was declared on March 10. On the following day the 11th Manipur Legislative Assembly was dissolved by a cabinet meeting chaired by the then Chief Minister N. Biren Singh and later the incumbent CM N. Biren Singh along with his team called on the Governor and submitted the dissolution of the 11th Manipur Legislative Assembly. As per the directives of the Governor La. Ganesan, until the formation of the next government, N. Biren Singh remain as a care taker Chief Minister of the state.

Some of the media, both national media and the state media which have been closely monitoring these Elections expressed various views regarding the change of the BJP legislature Wing leader which is synonymous to the replacement of Chief Minister N. Biren Singh. There were reports that appeared in some of the electronic media as well as in the print and digital media which stated that elected BJP candidates have been divided into two with one group supporting for a new face as the chief minister and the later opting for the former Chief Minister to continue. There were reports of BJP candidates camping in support of their respective candidates, however, almost all elected BJP candidates which have taken oath as a member of the Manipur Legislative Assembly clarified that such reports of BJP MLA candidates camping for the race for CM are totally wrong, baseless and unfounded. However, almost all BJP MLAs who clarified in connection with the report said that they will follow as per the decision taken by the BJP Parliamentary Board. This showed that as of now, till the filing of this story, the BJP parliamentary board still is not announcing the name of the Chief Ministerial candidate.

Will N. Biren Singh continues as the Chief Minister or will someone replace him is a matter that has been discussed all over. Social media have been flooded with many users expressing their views on the need for a change of leadership. Many also expressed their desire to make N. Biren Singh as Chief Minister.

The skepticism of replacing the Chief Minister N. Biren Singh comes as the BJP Parliamentary Board still is not announcing the name of who will be the next legislature wing leader of BJP in the 12th Manipur Legislative Assembly. What took the Parliamentary board taking a decision on who will be the next Chief Minister even after four days of the declaration of the election result, which BJP won absolute majority showed that it is likely to see unexpected happening. Had the former Chief Minister N. Biren Singh been considered an undisputed leader, there is no reason for the Parliamentary board to declare his name. As it does not happen, it is likely that the central BJP leadership may consider the replacement of the top seat who is loyal to the party and who has dedicated more to making the BJP win the absolute Majority.

For the BJP, replacing CM is not a problem. They have handled it in Karnataka and Uttarakhand as well as in some of the states. It will not be an issue for the BJP if they desire to change the leadership in the state.

Manipur Information Commission to resume case hearing physically

IT News
Imphal, March 14:

A notification by the Manipur Information Commission said that all hearings/proceedings of the 2nd Appeal & Complaint case will be resumed physically with effect from March 23, 2022, with audio /video conferencing for those exceptional cases.

The MIC directed all Public Authorities and Petitioners to appear in the physical hear-

ings by maintaining proper COVID SoP issued by the state government.

The MIC has also informed that 2nd Appeal/ Complaint application may be submitted to the Commission or sent to Whatsapp number +91-8258933055 or at office email address scsmanipur2019@gmail.com with PDF format at maximum 10 pages or hard copy should be dropped to the Commission's Drop Box.

Digital economy and the puzzle of protection

Talking Points

Narvijay Yadav



We are witnessing a growing trend of digital payments in India. A digital payment awareness week is being celebrated by the Reserve Bank of India (RBI) to give impetus to this trend. RBI has also started the facility of instant payment through normal phones without internet. With this, 400 million feature phone users in the country will also get the benefit of digital payment facility. More than 60 percent of the country's population is already connected to the Internet, out of which a large number of people are taking advantage of one or the other payment wallet like Paytm or GooglePay. Due to these apps, there is no need to go to the bank or ATM again and again and anyone can get the convenience of making payments from anywhere and at any time. A four digit PIN number has to be remembered to use the Mobile Banking option. Similarly, passwords have to be used to operate all other digital platforms, email or social media accounts. Memorizing too many passwords is a big problem.

If a light password is used, then there is a risk of account theft or hacking. Earlier it was thought that the most popular password in India is '123456', but a recent report has revealed that it is not so, but the most popular password is 'password'. The interesting thing is that in Japan also the same top password is used as in our country. According to a recent research by NordPass, a password management organisation, the other common passwords people use in India are Krishna, Sairam, iloveu, and Omsairam, among few others. In India, passwords with predictable numbers and based on the keyboard are especially popular. Often when you get a fibre connection in your home, the technical team will usually assign a simple password on your WiFi connection like 12345 so that you can remember it easily. However, you can change it later. Different variations of the keyboard of a computer or mobile phone were also ranked high in the lists of passwords research. All over the world, such combinations are quite popular.

Names and loving words were found to be popular in India. Similarly, 123456789, 12345678, india123, abc123, indya123, 123123, abcd1234 etc are some other common passwords. Similar trends have been seen in many countries in the list of Indian passwords. India is one of the few countries to have a different number one password - 'password', while 43 of the 30 countries included in the research have got the number one password 123456. The names are very popular among both men and women. Passwords with names are often like Priyanka, Sanjay, Rakesh. English loving words are also quite common, especially among women, such as ilovu, Sweetheart, Lovely, Sunshine, etc. Use a number and a unique letter at the beginning, end, or centre of your password to make it stronger and unique. Passwords can be difficult to remember, so note them down in your diary. If the password is made with 18 special characters then it will not be easy to hack it. It should use capital letters, digits and special symbols. Remember, passwords based on children's names and birthdays are easily hacked.

BJP's Insurmountable Winning Strategies

Election results from the five states that went to polls recently were almost on the expected lines. The results are sure to change narratives in the days to come and the consolidation of power by the BJP in the four states by making a comeback would compel the regional parties to strategize their policies well before the 2024 general elections. And now this is going to be a cautious move as many aspiring regional leaders are trying to put themselves on the national pedestal with meager public support outside their states. Most of them would be seen skeptically holding hands with the like-minded and taking the most delicate move that they know would break any time at the wink of a slight disagreement. The BJP has successfully transformed the nature of politics, and the style with which it went on winning elections left all the other parties clueless. This winning spree has effectively demonstrated the existential crisis some parties began to experience and the Congress is sure to suffer this crisis with no scope of return, probably possible in the near future. Rahul Gandhi's tweet soon after the results, had nothing new to reciprocate except with the same hackneyed stuff "Will try to learn from the defeat." Legitimizing defeat as an achievement, the party and its leadership have not yet educated themselves to learn lessons from its multiple downfalls. What probably the party failed to conceptualize is to generate a sense of commitment in politics to counter the style and system and superiority with which the BJP did it. BJP's return to power in a state such as Uttar Pradesh should become a subject of study for other parties. A state driven by caste dynamics and various other polarizing situations, BJP's victory in Uttar Pradesh for the second time should tell us the electioneering tactics with which it successfully crushed the

electoral prospects of its main challenger the Samajwadi Party.

Most of the parties in India, perhaps underideological compulsions, kept the BJP at bay for the fear of being reprimanded as communal. This gap was the space that the BJP sagaciously used to build its pro-nationalistic narratives. L.K. Advani's Rath Yatra was an apocalyptic beginning the party started its journey with and since then the electorates of India have been watching the ups and downs the BJP has been through. From the temple movement in 1992 to the beginning of the construction of the Ram temple in 2021 in Ayodhya, the party has been consistently banking on what its critics call the Hindu Nationalism presumably designed by the Sangh Parivar. Though the Rath Yatra could turn the political spectrum in the country storm-tossed, the BJP could establish its presence as a national party in the following years and that was the beginning of the fall of the Congress. Though L.K. Advani's dream to become the Prime Minister remained unfulfilled, his aggressive Rath Yatra could begin the discourse of Hindu Nationalism in India, infuriating many but fertilizing to the extent of BJP grabbing power throughout the country.

From 13 days to 13 months to a full five year in government, A.B. Vajpayee, one of the most admired Indian politicians taught the Indian polity the possibility and dynamics of coalition politics. His long parliamentary stint of six years was filled with great oratory and poetic diplomacy. He was one of the best Hindi orators that the Indian Parliament had ever seen. As a young parliamentarian, after Nehru's death, Vajpayee's oratory speech in Parliament is known to



By: M.R. Lahu

be one of his best renditions. BJP has never had dearth of such great orators. From Vajpayee to Modi, the party had orators who could connect with the assemblage cutting across borders of states conveniently conveying the idea of India. His tenure as the Prime Minister had been tempestuous with the Kandahar plane hijack and his well-conceived but terribly failed Lahore Bus diplomacy. His bus to Lahore could not reach its diplomatic destination as an inimical Pakistan from behind the hills in the Himalayas conspiratorially began to intrude into the Indian territory. With his innate politeness and statesmanship, Dr. Manmohan Singh remained a genuinely accepted personality throughout his tenure but pitifully failed to communicate with the electorate in the standard of the masses.

The success that the BJP made under the leadership of Narendra Modi is a mixture of this connection that he managed to maintain so far with the people and the reputation he was able to secure for his country internationally. Entry of Yogi Adityanath into the state politics of Uttar Pradesh was evidently a representation that the party was rumored to have showcased as its Hindutva symbolism. The level of intellectual animosity with which he was vilified in India and abroad was terrible. From the Washington Post's "Militant Monk", he could catapult himself to the level of the "People Monk" of Uttar Pradesh, winning hearts of people with multiple welfare schemes introduced for all. Successfully implementing welfare schemes, carefully quashing the populist caste definitions of the opposition, the saffron clad man rallied his party into a comfortable victory.

Modi and Yogi were not always in the good books of the media. After the Gujarat train carnage and the subsequent riots, Modi, as the Chief Minister of Gujarat was equally vituperative in India and abroad with a lot of hate-mongering happening against him. Yogi, for that matter, was equally subjected to exasperating media trials when the country was at the peak of its mounting covid cases, and from the holy Ganges emanated the stinking smell of unidentified dead bodies. His Anti-Romeo Squads had broken the backbones of eve-teasers and made the state a place for women to freely venture out alone. Despite the multiple welfare schemes that he could effectuate and the humongous mandate that he managed to win in his favor, it is too premature to take him to be a potential successor to Modi. Congress leaders in the party, confining themselves in the political cocoon of Lutyens' Delhi, are still unable to figure out the reach of the BJP and its leaders especially Modi among the electorate. Yogi's entry into the bandwagon as a strong man winning the most populous state second time, definitely strengthens the party's prospects further. Small regional parties are nibbling at the vote bank of Congress without much damage being caused to the BJP and the general elections 2024 will be an interesting event to look forward to, as ripples of a third front in formation is visible in the horizon. But the leaders to stitch the coalition are still clueless without knowing where to begin the stitching, on a cloth which is mostly torn and tattered. One thing is sure, they cannot jump into the fire of electoral politics with the slogan "Modi Hatao" alone. This time they have to face the influence of the duo, Modi and the saffron clad Yogi nationally, probably learning from their winning strategies, before making brusque political somersaults.

How to Choose the Right School for Admissions



By: Vijay GarG

Schooling is an inevitable and indelible part of everybody's life. Each one has a different perspective towards this. While some parents might feel that a child can learn in any random school, some other parents have an OCD towards enrolling their wards in the best of schools with the most pricey education.

Among these extremist ideas, a balance is required for a school that has the best of the curriculum and yet charges reasonably to make an ideal school. School life forms the foundation of a child's career and future. A good school could do wonders in their lives while a bad school could ruin them for life. Hence, it is important to take the right decision for this milestone.

Like choosing the right course, choosing the right school also depends on a various factors based on your child's needs. Lets look at some of the parameters to evaluate before enrolment:

Knowledge Imparting

This is the prime factor that parents look at for admissions. Basically, they seek quality education by judging the syllabus and curriculum. But this is just a bird's eye view of the requirement. What parents need to actually focus on is the type of board rather than buying the school's claims of an exclusive syllabus and curriculum. Some of the boards that Indian schools follow are ICSE (Indian Certificate of Secondary Education), CBSE (Central Board of Secondary Education), matriculation, state board and IB (International Board). Look for the standard curriculum and cross-verify if there is something really extra about the school's curriculum.

Infrastructure And Facilities

The second top criteria for schools selection that parents look at is infrastructure. How big is the ground? How tall is the building? Is there air-conditioning? Those are some of the common questions. Let's a list of vital facilities to look for:

Size of the classroom, Number of classrooms, Size of the class, Number of teachers, Student-teacher ratio, Water supply, Clean and sufficient restrooms, Library, Playground, Auditorium, Projector, Television, Internet, Buses

Location

The locality where the school is matters because your child is going to be there for long hours. Unlike home, where you monitor him or her all the time, you won't be able to see them at school. Take a look at few factors to determine if the school is at a location of your convenience:

Distance from home, Free from pollution, Free from traffic, Free from rogue elements and disturbances such as wineshop or illegal activities, Transport availability

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Holi Skin and Hair Care Tips

Holi Hai!! The vibrant festival of colors of happiness

is just around the corner. Barely a few days are left before you head to play joyfully and get dirty in colour game. The Holi fever has set it and it is the time of the year when you are excited for looking like a multi-coloured canvas.

The festival brings with itself, a whiff of mishmash of dry gual and buckets of water.

When you decide to indulge in a burst of colours , what bothers people most is how to deal with skin and hair issues caused by the rampant use of harmful toxin colours that can make your skin, hair dry and frizzy.

While you've zeroed in on where you're going to be celebrating Holi with splashes of harmful toxins ,make sure to follow these Holi skin care tips to give your hair and skin that extra protection from chemical laden harsh colors to counter ill effects on colour stained faces, parched hair and irritated skin.

Holi is celebrated at a time when Nature renews and refreshes herself. With a little care, we can do the same and also sustain our youth and beauty.

The dry "Gulal" and the wet colours of today are not derived from natural sources. They contain chemicals, shiny particles of mica and even lead, which not only irritate the skin, but collect on the scalp. Since Holi is played out of doors, sun-exposure can also have a detrimental effect on the skin. Apart from harmful UV radiation, sun-exposure makes the skin dry by causing depletion of moisture and also tans the skin. The skin can become dry and dull after playing holi.

Remember to apply a sunscreen 20 minutes before going out into the sun. Use a sunscreen of SPF 20 and above. If your skin is prone to pigmented patches, select one with a

higher SPF. Most sunscreens have built-in moisturizers. If your skin is very dry, first apply the sunscreen, wait for a few minutes and then apply a moisturizer. Light daytime make-up may be used. Touch up your eyes with eye pencil or kajal and use a lip gloss.

The real problem is removal of colours after playing holi. Do not wash your face with soap immediately, because soap is alkaline and causes further dryness. Instead, use a cleansing cream, or lotion. Apply and massage it on the face. Then wipe off with moist cotton wool. Remember to cleanse the area around the eyes too, using a light touch. A cleansing gel helps to dissolve the colours and facilitates their removal.

To make your own cleanser, take half a cup of cold milk and add one teaspoon of any vegetable oil, like "til," olive or sunflower oil. Mix well. Dip cotton wool into this mixture and use it to cleanse the skin.

Sesame seed (til) oil can be used to remove colours from the body, massaging it on the skin. This not only helps to remove the colours, but gives added protection to the skin. Sesame seed (til) oil actually helps to counteract sun-damage. While bathing, scrub the body gently with a loofah or wash cloth. Immediately after your bath, apply a moisturizer on the face and body, while the skin is still damp. This helps to seal in moisture.

The day after holi, you may have to deal with the effects of sun-exposure, like dryness or tanned skin. Mix two tablespoons honey with half a cup of curd. Add a pinch of turmeric. Apply this on the face, neck and arms.



By: Shahnaz Husain

Leave it on for 20 minutes and wash off with water. Honey is a powerful natural moisturizer and helps to soften the skin, while curd will nourish and restore the normal acid-alkaline balance. It also removes tan.

Hair Care

The dry "Gulal" and the wet colours of today are not derived from natural sources. They contain chemicals, shiny particles of mica and even lead, which collect on the scalp and irritate it. Apply a protective leave-on conditioner or hair serum before playing Holi. They coat the hair and protect it from chemical colours, pollutants and sun-exposure. They also add shine to the hair.

While washing the hair, first rinse with plenty of plain water to wash away the dry colours and tiny particles of mica. Then apply a mild herbal shampoo, working it into the hair with the fingers. Massage the scalp gently and rinse thoroughly with water again. Add the juice of a lemon to a mug of water and use it as a last rinse. This helps to restore the acid-alkaline balance of the scalp.

Beer can also be used as a last rinse. In fact, it will soften and condition the hair. Add the juice of a lemon to the beer. Pour over the hair after shampoo. Leave on for a few minutes and rinse off with plain water.

If there is itching, add two tablespoons vinegar to a mug of water and use it as a last rinse. This helps to reduce itching. However, if the itching continues, and there is rash and redness, there may be an allergy to the colour. Consult a doctor as soon as possible.

Within the next few days give your

hair a nourishing treatment. Mix egg yolk with almond oil or olive oil and massage it lightly into the hair and scalp. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and scalp absorb the oil better. Wash your hair after an hour.

Next day give your hair a nourishing treatment. Mix one tablespoon pure coconut oil with one teaspoon castor oil. Heat and apply on the hair. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and scalp absorb the oil better. Wash your hair after an hour.

Conditioning with henna would help to restore damage to the hair, adding shine and body. To the henna powder, add four teaspoons each of lemon juice and coffee, two eggs, two teaspoons oil and enough curd to mix into a paste. Apply on the hair and wash your hair after an hour.

Make your own natural colours for Holi

Simmer Tesu flowers in water. Leave overnight. Strain and use the water to play Holi. Tesu flowers leave a yellow colour. The botanical name of Tesu is Butea monosperma.

Henna powder can be mixed with gram flour (besan) or maize flour (makki) and used as dry green colour.

Turmeric (haldi) can be used both as dry and wet colour. Turmeric can be mixed with gram flour for dry colour. Or, it can be added to water and boiled. Leave overnight and then use.

Boil baelroot in water. This leaves a bright magenta colour. Cool and use the water. Or extract beetroot juice, add a little water and then use it.

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

Over 2,500 Mariupol Residents Killed So Far in War - Ukrainian Presidential Advisor



Agency
LVIV, Ukraine, March 14:

More than 2,500 residents of the Black Sea port city of Mariupol have been killed since Russian invaded Ukraine on

Feb. 24, presidential adviser Oleksiy Arestovych said in a televised interview on Monday.

He said he was citing figures from the Mariupol city administration, and accused Russian forces of preventing

humanitarian aid reaching the encircled city on Sunday. Russia says it does not target civilians.

Russia has unleashed an invasion of Ukraine after months of massing troops near

its borders. The military action, ordered by Russian President Vladimir Putin on Feb. 24, amounts to a full-scale invasion, says Ukrainian President Volodymyr Zelensky.

Casualties are mounting on both sides. The repercussions are being felt beyond Europe as rising geopolitical risk and volatile energy and financial markets rock Asia.

Ukraine will try to evacuate trapped civilians through 10 "humanitarian corridors" on Monday, including from towns near the capital Kyiv and in the eastern region of Luhansk, Deputy Prime Minister Iryna Vereshchuk says.

"We will, once again, try to unblock the movement of the humanitarian convoy carrying food and medicine to (the port city of Mariupol) from Berdiansk (in southeastern Ukraine)," she says in a video address.

2,503 fresh Covid-19 cases detected; lowest cases since May 2020

Agency
New Delhi, March 14:

India saw a further dip in daily Covid-19 cases as 2,503 new infections were recorded, the lowest since May, 2020, while the active cases dipped to 36,168, according to the Union Health Ministry data updated on Monday.

With the fresh cases, the total tally of Covid-19 cases rose to 4,29,93,494.

The death toll climbed to

5,15,877 with 27 fresh fatalities, the data updated at 8 am stated.

The active cases comprise 0.08 per cent of the total infections, while the national Covid-19 recovery rate further improved to 98.72 per cent, the ministry said.

A reduction of 1,901 cases has been recorded in the active Covid-19 caseload in a span of 24 hours. The number of cases is the lowest since May 3, 2020.

The number of people who have recuperated from the disease surged to 4,24,41,449 and the case fatality rate was recorded as 1.20 per cent.

The cumulative doses administered in the country so far under the nationwide Covid-19 vaccination drive has exceeded 180.19 crore.

Daily positivity rate was recorded at 0.47 per cent and weekly positivity rate at 0.47 per cent.

As many as 77.90 crore to

tal tests have been conducted so far and 5,32,232 tests were conducted in the last 24 hours.

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 one-crore mark on December 19.

Covid-19 deaths: SC expresses concern over fake claims for getting ex-gratia compensation

Agency
New Delhi, March 14:

The Supreme Court Monday expressed concern over fake claims for getting ex-gratia compensation of Rs 50,000, meant for family members of those who have lost their lives due to Covid-19, saying it had never visualized that this can be "misused" and had thought that the "morality" was not gone so down.

The apex court said it may entrust inquiry into the matter to the accountant general's office.

"We never expected and visualized that it can be misused also. It is a very pious work and we had thought that

our morality has not gone so down that in this also, there will be some fake claims. We never visualized and thought this," a bench of Justices M R Shah and B V Nagarathna said.

The bench, which had last week expressed concern over fake Covid-19 death certificates being issued for ex-gratia compensation and observed that it might order a probe into the issue, said if some officers are involved in such fake claims then it is a "very serious thing".

The top court had earlier directed all states governments and Union Territories to appoint a dedicated nodal officer to coordinate with the

member secretary of the state legal service authority (SLSA) to facilitate payment of ex-gratia compensation to the family members of Covid-19 victims.

During the hearing on Monday, Solicitor General Tushar Mehta, appearing for the Centre, told the bench that there are two-fold suggestions, including that the apex court may consider fixing some final limit so that whoever wants to apply, can do the same within a time frame.

The bench told Mehta that on the last date of hearing, it had asked the authority to file an appropriate application in this regard.

"We had told you to file an appropriate application and

that it why the matter was adjourned for today," the bench said.

Mehta said he would file an application in this regard on Tuesday and the court may hear the matter on Wednesday.

"I undertake to file it tomorrow. Kindly have it day after," he said.

The bench told Mehta that the authority is also required to say something on the issue of fake claims in the application.

"That would be included," the solicitor general said.

The bench said let the Centre come with an appropriate application then it would consider the issue.

"Otherwise, what we can do is, that we can entrust the inquiry to the Accountant General office," it observed.

The apex court posted the matter for hearing on March 21 so as to enable the Centre to file an appropriate application for further directions on limiting the time period to invite the applications for ex-gratia payment and seeking further direction on fake claims.

The top court was hearing pleas filed by advocate Gaurav Bansal and some intervenors who have sought ex-gratia assistance to family members of Covid-19 victims.

The apex court, which was earlier annoyed over the non-disbursal of Rs 50,000 ex-gratia to the kin/family members of those who lost their lives due to Covid-19, had pulled up the state governments.

Assam Rifles apprehends UGs



IT News
Imphal, March 14:

Khuga Battalion of Assam Rifles under the aegis of IGAR(South) apprehended two active insurgents of armed wing of proscribed group of PREPAK in H Khunou, Churachandpur district, Manipur yesterday.

A press statement by the IGAR(South) said that based on specific input, the Assam Rifles troops established a checkpoint in general area H

Khunou. Churachandpur which led to the apprehension.

The apprehended insurgents were handed over to Singhat Police for further investigation and legal proceedings.

On the other hand, Keithelmanbi Battalion of Assam Rifles under the aegis of IGAR (South) in two different joint operations with

Manipur Police apprehended four terrorists, two each of terrorist groups KYKL and UNLF

in CharangpatLamkhai and Charangpat area respectively in Thoubal district yesterday.

A press statement by the IGAR(South) said that based on specific inputs, troops of Assam Rifles along with Manipur Police launched an operation which led to the apprehension of terrorists of KYKL and UNLF.

The apprehended insurgents were handed over to Thoubal PS and Yairipok PS respectively for further investigation.

AR distributes Solar Lights

IT News
Imphal, March 14:

As part of Assam Rifles civic action programmes initiative, Tegnoupou Battalion of IGAR (South) distributed Solar Lights to the villagers of Chelep and Waksu villages in Tegnoupou District, Manipur

to provide an alternate medium of power source to litup the area and enhance security during hours of darkness in the region.

Solar Power being a clean, pollution-free and renewable source of power supply was decided for execution of the project after

due deliberation and discussion with the locals themselves and keeping in mind the requirement of the villagers in border areas.

The villagers of the two villages expressed their gratitude and happiness for the useful initiative of Assam Rifles

Assam Rifles organised Ex-servicemen Welfare Meet



IT News
Imphal, March 14:

Modi Battalion under the aegis of IGAR (South) conducted Ex-servicemen welfare meet at Modi Garrison to celebrate the nationwide event of

AzadikaAmrutMahotsav on 12 March.

During the event, the participants availed themselves with CSD facility and medical assistance, which was made available especially for them.

The event witnessed an enthusiastic attendance of approximately 50 Ex-servicemen from Chandel District, who displayed an overwhelming response and expressed their heartfelt gratitude towards the Govt and the Assam Rifles.

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How to Choose the Right School...

Environment
Environment is beyond the infrastructure or other artificial elements in the campus. A good environment must be good for the physically and mentally health. Here are the parameters:
Presence of trees and plants, Approachable teachers and management, Garbage and dust free, Usage of eco-friendly products.

Safety
With a lot of student deaths happening inside and outside the premises, safety plays a pivotal role for school selection. Even though a school is popular, check for

the safety and security measures that are in or not in place. Here is a list of what you must check for the same:

Security guard/watchman, Adequate servants around the campus, CCTV camera, Clean records of the staff working.

Working Style
Some schools have an extravagant curriculum and demand too much from the students. In such condition some unhealthy practices could be prevalent and here are they:
Corporal punishment, Excessive homework, Prolonged school hours

You must look for:
Constructive feedback system, Organised homework instructions, Standard school timings

Discipline
Even though this must be on the top of the check list, parents tend to look for this in the last only. Anything can be earned when lost but if behaviour of the children goes for a toss, then it is very hard to correct them later on. So it is important to strike the iron while it is hot. Parameters to check:
Value education classes, Importance given to uniform dressing and punctuality.

India's new envoy to China, Pradeep Kumar Rawat takes charge

Agency
Beijing, March 14:

India's new ambassador to China Pradeep Kumar Rawat assumed charge on Monday. Rawat arrived in China on March 4 and underwent mandatory quarantine as per China's COVID-19 protocols.

"HE Shri. Pradeep Kumar Rawat, Ambassador of India to the People's Republic of China assumed charge @EOI Beijing today," the Indian Embassy here tweeted.



Rawat succeeds Ambassador Vikram Misri, who was appointed as the Deputy National Security Advisor. An Indian Foreign Service

(IFS) officer of the 1990 batch, Rawat was previously India's ambassador to the Netherlands.

Rawat's appointment comes in the midst of the lingering eastern Ladakh border standoff.

He has earlier served in Hong Kong and Beijing. Rawat served as the ambassador of India to Indonesia and Timor-Leste from September 2017-December 2020.

He speaks fluent Mandarin.

Budget 2022: Second part of Budget session of Parliament to resume today



Agency
New Delhi, March 14:

With the country registering decline in Covid-19 cases, the Rajya Sabha and Lok Sabha are set to resume their normal sittings for the second part of the Budget session. The second part of the Budget session of the Parliament will resume on Monday. Union Finance Minister Nirmala Sitharaman will table the Jammu and Kashmir budget for the financial year 2022-23 in Parliament on Monday. As per an official statement, "Finance Minister to present a statement of estimated receipts and expenditure of the Union Territory of Jammu and Kashmir for the year 2022-23."

The two Houses will continue with most of the restrictions, following the Covid-19 protocol, seen in the earlier parts of the Parliament sessions. The two Houses of Parliament will continue to follow

the social distancing norms in the seating arrangements of the members by utilizing both the chambers and visitors' galleries.

As per the seating arrangement, Rajya Sabha, having a total strength presently of 237 members with eight vacancies out of a total of 245 MPs, it will have 139 (3) MPs sitting in the chamber while 98 others will be accommodated in the gallery at a given time.

Similarly, Lok Sabha has a total accommodation of 538 members, out of which 282, including the Prime Minister, can sit in the chamber while the rest 258 can sit in the galleries at a given time.

Rajya Sabha will get additional 19 hours of business time in the second part of the Budget session of Parliament, resuming from Monday. The House will sit from 11 am till 6 pm during the scheduled 19 sittings.

The House will have four days for Private Member's

Business and Question Hour will continue to be for one hour while the Zero Hour which was curtailed to half an hour during the first part will now be for a full one hour per each sitting.

The Budget session will resume after a 30-day recess during which the Department Related Parliamentary Standing Committees (DRSCs) examined the Demands for Grants of various ministries and departments.

According to the official guidelines, only sitting members of the two Houses of Parliament can visit the Central Hall which will be out of bounds for the former MPs and visitors. Rajya Sabha will get additional 19 hours of business time in the second part of the Budget session of Parliament. The second half of the Budget session will conclude on April 8. The first half of the Budget session began on January 31 and concluded on February 11.

Centre seeks Parliament nod for additional gross expenditure of Rs 1.58 lakh crore

Agency
New Delhi, March 14:

The government on Monday sought approval from Parliament to spend an extra Rs 1.07 lakh crore in the current fiscal, news agency PTI reported. As per the third batch of supplementary demands for grants tabled in the Lok Sabha, approval is being sought for gross additional expenditure of over Rs 1.58 lakh crore. Of this, proposals involving net cash outgo aggregate to over Rs 1.07 lakh crore and gross additional expenditure, matched by savings of ministries/departments or by enhanced receipts aggregates to over Rs 50,946 crore, PTI said.

Meanwhile, Finance Minister Nirmala Sitharaman presented a Rs 1.42 lakh crore budget for the union territory of Jammu and Kashmir in the Lok Sabha. The Minister also presented the supplementary demands for the year 2021-22 totalling Rs 18,860.32 crore for the Union Territory and moved a motion seeking suspension of certain rules to allow the House to take up the discussion on the same day. However, Congress MP Manish Tewari objected to the motion, stating that the Opposition needs adequate time for studying the proposals.

Covid vaccinations for 12-14 age group, boosters for all above 60 from Wednesday



Agency
New Delhi, March 14:

Covid vaccination for children aged 12-14 will begin from March 16 as the government extends its vaccination policy. The kids will be jabbed with Corbevax, informed Union Health Minister Mansukh Mandaviya.

"Also, everyone aged 60+ will now be able to get preau-

tion doses. I urge the families of children and people aged over 60 to get them vaccinated," he tweeted.

Vaccination slots for children aged 15-18 were opened in January 2022. Over 40 lakh children in the 15 to 18 age group were administered the Covid-19 vaccine on the first day of the vaccination drive.

India began its Covid-19 vaccination a year ago. Covaxin and

ZyCoV-1 were in consideration for the vaccination of children aged 15-18 in India. Covaxin, manufactured by Bharat Biotech, is the same vaccine that is used for the inoculation of adults.

ZyCoV-1, developed by Zydus Cadila, is a new vaccine and full vaccination comprises three doses. However, on the CoWin app, only Covaxin is shown as an available shot for kids.

Ministry of Tourism has formulated a National Strategy and Roadmap for Medical and Wellness Tourism: G. Kishan Reddy

PIB
New Delhi, March 14:

In order to create a robust framework and synergy amongst the Central Government Ministries, State Governments and Private Sector for promoting India as a Medical and Wellness Tourism destination, Ministry of Tourism has formulated a National Strategy and Roadmap for Medical and Wellness Tourism.

In order to provide dedicated institutional framework to take forward the cause of promotion of Medical Tourism, Ministry of Tourism has constituted a National Medical and Wellness Tourism

Board with the Hon'ble Minister (Tourism) as its Chairman.

As part of its on-going activities, Ministry of Tourism, releases global print, electronic and online media campaigns in important and potential markets overseas, under the 'Incredible India' brand-line, to promote various tourism destinations and products of the country. Digital promotions are also regularly undertaken through the Social Media accounts of the Ministry on different themes including the theme of Medical Tourism.

'Medical Visa' has been introduced, which can be given for specific purpose to foreign travellers coming to India for

medical treatment. 'E-Medical Visa' and 'E-Medical Attendant Visa' have also been introduced for 156 countries.

Ministry of Tourism provides financial Assistance under Market Development Assistance Scheme to Medical Tourism Service Providers accredited by National Accreditation Board for Hospitals & Healthcare Providers (NABH) for participation in Medical/Tourism Fairs, Medical Conferences, Wellness Conferences, Wellness Fairs and allied Road Shows.

This information was given by Minister of Tourism G. Kishan Reddy in a written reply in Lok Sabha today.

Sports

After world championships, Lovlina and Nikhat secure Asian Games selection

Agency
New Delhi, March 14:

Olympic bronze-medallist Lovlina Borgohain and former junior world champion Nikhat Zareen on Monday secured their places in the Indian women's boxing team for this year's Asian Games in Hangzhou, China after winning their selection trial finals here.

While Zareen secured selection in the 51kg division, Borgohain clinched the 69kg spot after trials held at the Indira Gandhi Indoor Stadium here.

Both of them have also made the world championships squad with Zareen qualifying in the 52kg category and Borgohain making the cut in 70kg in the trials held last week. In the Asian Games trial finals held this morning, Borgohain defeated Railways' boxer Pooja, and Zareen got the better of Manju Rani, a silver-medallist from the 2019 World Championships.

The Asian Games are due to be held from September 10 to 25.

In the world championship trials held last week, selections were also confirmed for the Asian Games in three overlapping divisions — 57kg, 60kg and 75kg. The Asian Games



Lovlina Borgohain and Nikhat Zareen secured their places in the Indian women's boxing team for this year's Asian Games in Hangzhou. (File)

feature five women categories. In 57kg, Manisha won her trial bouts to make the cut for both the showpiece events, while the promising Jaismine (60kg) and the experienced Saweety Boora (75kg), who won a world silver medal in 2014, also ensured twin selections for themselves.

The world championships, to be held from May 6 in Istanbul, will be a comeback of sorts for Borgohain, who has not competed since her bronze-winning feat at the Tokyo Olympics.

The Assam boxer, who has been training at the national

camp since last month, was kept busy by several felicitations immediately after her podium finish in the Japanese capital.

The 24-year-old became only the third Indian boxer ever to fetch an Olympic medal last year, joining an exclusive club which also includes Vijender Singh (2008, Beijing) and M C Mary Kom (2012, London).

The 38-year-old Mary Kom, who is a six-time world champion, is only targeting the Commonwealth Games this year.

The 25-year-old Zareen has had a great start to the year

so far, winning a gold medal in the prestigious Strandja Memorial Tournament in Sofia, Bulgaria. It was her second gold (after 2019) at the European season-opener, making her the first Indian to achieve this feat.

The trials for the Commonwealth Games are due to be held in June. The men's trials for both the Asiad and the CWG will be held in May.

Indian women's team for Asian Games

Nikhat Zareen (51kg), Manisha (57kg), Jaismine (60kg), Lovlina Borgohain (69kg), Saweety Boora (75kg).

PM Modi Chairs High-Level Meet to Review India's Security Preparedness Amid Ukraine-Russia War

Agency
New Delhi, March 14:

Prime Minister Narendra Modi is chairing a high-level meeting to review India's security preparedness and the prevailing global scenario in the context of the ongoing conflict in Ukraine.

Defence Minister Rajnath Singh, Finance Minister Nirmala Sitharaman and External Affairs Minister S Jaishankar were among those who attended the meeting. NSA Ajit Doval and other senior officials also attended the meeting.

He has held a series of meetings since February last week to spearhead India's efforts to safely bring back its nationals, asserting that this is his government's top priority.

PM Modi was briefed on the latest developments and different aspects of India's security preparedness in the

border areas, as well as, in the maritime and air domain. Besides, he was briefed on the latest developments in Ukraine, including the details of Operation Ganga to evacuate Indian nationals, along with some citizens of India's neighbouring countries, from the war-torn countries.

He had directed that all possible efforts should be

made to bring back the mortal remains of Naveen Shekharappa, who died in Kharkiv.

Sources told News18 that the Prime Minister also took a detailed overview of global tech usage in the defence sector and India's advances in the same, emphasising on integrating the latest technology in the country's security apparatus.

Mark Sheets Lost

I, the undersigned, Lalit Yumlembam, have lost my original Mark Sheets of my Class-X Examination, issued by the Board of Secondary Education, Manipur, bearing Roll No. 5922 of 2011 and also my original Mark Sheets of my Class-XII Examination, issued by the Council of Higher Secondary Education, Manipur, bearing Roll No. 17781 of 2013 on the way between Paona Bazar to Keishamthong Elangbam Leikai Imphal on February 25, 2022.

Finders are requested to hand over it to the undersigned.
Sd/-
Lalit Yumlembam
Contact No. 7005228528