

Three day long 1st session of Manipur Legislative Assembly Ended

IT News
Imphal, March, 26:

Three day long 1st session of Manipur Legislative Assembly ended today. On the Last day of the ongoing of the 12th Manipur Legislative Assembly, Chief Minister N. Biren Singh tabled the Manipur Nursing Council Rules, 2008 in the house. During the session which ended today, two Manipur Appropriation Bills were also passed. The bills are

the Manipur Appropriation Bill (No.1) 2022 and the Manipur Appropriation (No.2) Bill, 2022.

Before passing the bills, Congress MLA K. Ranjit Singh drew the attention of the house regarding the indefinite bandh/blockade of national highway-2 called by Southern Angami Public Organisation (SAPO).

Answering to MLA Shri K. Ranjit Singh, Chief Minister N. Biren Singh explained that the

issue of Dzuko Valley is a chronic one. In order to resolve any unwanted incidents between some section of people of Manipur and Nagaland, the government has been taking up initiatives from time to time. Transportation to Dzuko Valley has become easier after road have been constructed by Manipur government. Now the people of Manipur can directly access to this valley from Mao, he added.

N. Biren also informed the house that representations are being sent to settle the issue of bandh/blockade which is being called by Southern Angami Public Organisation (SAPO). He also maintained that talks and negotiation will be initiated at the official level if necessary.

The 1st session of the 12th Manipur Legislative Assembly was adjourned in Sine die by the Speaker Th Satyabrata Singh.

Programme on Swachh Bharat Abhiyan organised by ROB Imphal

IT News
Imphal, March 26:

An Integrated Communication and Outreach Programme on Swachh Bharat Abhiyan was organised by the Regional Outreach Bureau, Imphal, Ministry of Information and Broadcasting, Government of India at Wangkhei High School, Imphal today.

During the interaction with the students, Swachhata app was discussed through which complaints and grievances can be made by uploading photographs of garbages through the app. The students were also urged to take part in the Swachh Survekshan, which is the world's largest urban sanitation and cleanliness survey. An on the spot quiz was held and prizes and certificates were distributed to the students present.

PREPAK observes 42nd 'Red Army Uprising Day, 2022'

IT News
Imphal, March 26:

Proscribed People's Revolutionary Party of Kangleipak (PREPAK) stated today that the 42nd 'Red Army Uprising Day, 2022' of its military wing, the Red Army (RA), was observed.

During the celebration that was held at 701 Mobile Battalion, GSO - 2 Major Roeky hoisted the flag and revolutionary salutes were paid by offering of floral tributes to the leaders who laid down their lives in the war of independence.

The world has been made aware of the Red Army's secret and open military strikes against the 'Indian Occupation Force (IOF),' it said, adding that PREPAK will continue



the self-determination movement with the utmost vigour, strength, determination, and sacrifices of the Red Army.

In light of the occasion, the Chairman of the Interim

Council read aloud the message delivered to the public.

The organisation also stated that it seeks public motivation and encouragement for the Red Army.

The Editorial

Rise of Political Social Media Cells: Urgent need for media literacy programs to counter propaganda

Journalism is in a state of significant flux. In this digital era, it is defined as "history written in a hurry," and there has also been a tremendous boost in the reach of journalism, social media, and public engagement. Moreover, it gave birth to disinformation and hoaxes. Historically, governments have relied on media to communicate with people, ensuring that they acquire the information that will shape their day-to-day decisions. But, with the development of digital media, they seem to bypass it and start communicating directly to people. As a result, most people, sans a handful, accepted what they saw on social media sites without independently verifying the content. The same case applies to newspapers too. And it is apparent that clarification or presenting what is right or wrong takes time, and people, primarily politicians and political strategists, took advantage of it during election time.

The modus operandi in utilization was exemplified by American political scientist and communication theorist Harold D Lasswell in his book published in 1927 called "Propaganda Technique in the World War." In the book, he promulgated the 'Hypodermic Needle Model,' also known as 'Magic Bullet Theory,' to explain how the mass media influences audiences. "The hypodermic or magic bullet theory hypothesizes that a media message can be shot directly into its audience's brains, who then wholly accepts the message," Laswell wrote after examining the media and its effects in the First World War.

The recent Manipur polls witnessed various political parties employing this model using social media as the needle, injecting the news about their achievements and rival candidates' faults into people's minds to influence their voting behaviors. Even before the election, the last five years saw political parties using social media as crucial components to woo voters. Using the new digital platforms like Facebook, Twitter, Instagram, YouTube, and the latest one - Koo- political organizations have unleashed information to influence electorates and counter criticisms mounted against them by rivals as these platforms affect public opinion and their behaviors to a great extent. In addition, organizations or individuals have taken advantage of digital platforms to trick, deceive, abuse others through disseminating fake news and disinformation.

The need of the hour to counter fake news and propaganda is to escalate dialogues and parleys without sabotaging the miracles of digital media. And it is attainable only when the authorities start boosting media literacy among the people. But unfortunately, in the last five years of the BJP-led coalition government steered by journalist-turned-politician N Biren Singh, no media and journalism courses were introduced to the state's colleges. Only postgraduate programs have been offered in Manipur University since 2005 and some vocational courses at DM Community College. So, in a nutshell, to improve the quality of journalism and ensure people get accurate information, the government needs to equip people with the required skills and knowledge by introducing media and journalism courses in government institutions at par with renowned media institutes like IIMC, AJKMRC, ACJ, etc., which have tended to be islands of excellence in the sea of mediocrity.

Welcome STATE

75 Azadi Ka Amrit Mahotsav

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Two years taught what was not known before

Talking Points

Narvijay Yadav



Some people make social media so interesting and useful that you can't live without smiling and searching for more. One of India's leading industrialists, Harsh Goenka, who is

the Chairman of RPG Enterprises, is one such jolly person who keeps spreading happiness and wisdom through his tweets. He keeps the twitter chats alive. Harsh compiled a list of 15 things we all have learned during the last two years of illness, pain, restrictions, curfew and lockdowns. In one of his recent tweets, he wrote that now that the pandemic is under control to some extent, it is the right time to review the lessons we have learned in the last 24 months. The things he mentioned in his tweet include all aspects of life, whether it's personal, social, economical, national or international. On the top of the list, it was written that China won the third world war without firing any missiles (by spreading the virus across the globe). Also, Europeans are not as educated as they seem (a large number of Covid casualties happened in these countries). This fact also came to the fore that rich people have poorer immunity than the poor. That is the reason why the daily wage earners, labourers or vegetable and fruit vendors did not infect with Corona, while the rich and middle class people got it more and many of those lost their lives too.

It proved that no astrologer in the world could make any useful and accurate predictions about Corona. No priest, sheikh, ustad or astrologer could save the life of any patient. People in the medical profession proved more important than football legends. There was an increased awareness among people about nature, environment and the Universe. People came to know that perhaps the animals locked in the zoo feel a little the same way as we all feel during the quarantine. The Corona virus has shown that even without human intervention, nature can regenerate new organisms rapidly. With regard to oil, it has become clear that without consumption, oil is worthless in society. Almost all the offices remained closed during the pandemic, but work continued in the WFH mode, proving that most people could comfortably work from home, yet there was no significant reduction in salaries or profits.

People have shown that everyone can survive without eating junk food. It was also proved that living a hygienic life is not at all difficult. Most importantly, it was understood that men can cook too and clean the utensils better than a Bai (maid servant). The pandemic showed that actors are just entertainers, they are not real heroes. Covid has explained this very well to all of us that human life is very delicate and fragile, so we should handle it very carefully. Nothing is permanent in the world and everything is changeable, so one should keep adjusting with the times and the situation. Twitter users also made some comments like - we can live without temples, churches and mosques. There is no need to go to school as well. Our priorities have changed, as we learned to appreciate the little things in life. People also realized the value of being grateful.

Threat Rising in Air



By: Vijay Garg

The reasons for increasing air pollution in Delhi and other metros are known to all. However, smoke-spewing factories have been shifted away from the residential areas of the cities. The industries which were already running within the cities were allotted land at affordable rates and settled away from the cities.

It has become a trend every year that whenever the pollution level in the cities of the world is measured, the cities of India are often found on the top. In the latest report of the Swiss organization IQair, Delhi has been named the most polluted city in the world for the fourth year in a row. There is not a single city in India that meets the air quality standards set by the World Health Organisation.

As per air quality standards, the presence of PM 2.5 particles in the air should not exceed 5 micrograms per cubic metre. But in the cities of India it is recorded only more than fifty. In Delhi it is more than ninety-six micrograms. Last year, Delhi recorded an increase of more than fourteen and a half percent in air pollution.

This is the situation when the campaigns to make this city pollution free are continuously going on. Heavy vehicles coming from outside are banned in the city, Delhi government has also taken measures to absorb pollution by erecting smog towers. Heavy fines are imposed on polluting vehicles. Vehicles that are fifteen years old are not allowed to ply on the road.

The reasons for increasing air pollution in Delhi and other metros are known to all. However, smoke-spewing factories have been shifted away from the residential areas of the cities. The industries which were already running within the cities were allotted land at affordable rates and settled away from the cities.

But the reality is that even today in many cities including Delhi, small scale industries are run inside the cities, which not only spread air pollution, but also poison the river water. Many of them have unregistered industries, are built within the cities with the connivance of the administration. Such industries exist on a large scale in the villages that are within the cities. Only the administration can tell how to control them. Similarly, it was made mandatory to install pollution control devices in vehicles. But no notable result is coming out of it.

The biggest reason for the increase in the concentration of PM 2.5 particles in the air is considered to be vehicular smoke. Therefore, many times it has also been suggested that the sale of vehicles should be controlled and the capacity of public transport should be increased. Efforts were made in this direction by increasing the number of metro trains and city bus services.

Entry of trucks coming from outside was curtailed in Delhi, all buses plying in the city were made CNG operated. But if air pollution is increasing at the rate of fourteen-fifteen percent, then it should be a matter of serious concern for the governments. It cannot be stopped through ad hoc measures. So far, governments have tried many immediate measures when the situation is serious, such as the Delhi government tried the odd-even scheme.

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Home-made Cucumber Facial Mist for Summers

Looking fresh and glowing all day long can be quite a struggle, especially in summers when we have to deal with dry and dehydrated skin. Well, it is not easy to deal with pollution, dirt and oil due to continuous exposure to harsh sunlight/UV radiations. It is hard to maintain a fresh face with severe environmental conditions during summer time.

There's nothing quite like a refreshing face mist in the summertime. Facial sprays are a great way for hydrating, reviving, and brightening skin throughout the day.

Face mists also moisturize skin and leave you with a glowing complexion. Experts suggest that treating our skin with fresh seasonal fruits is one of the best ways to pamper our skin as nothing could beat an all-natural facial spray made at home by yourself.

Cucumber is one of the cheapest, safest, and most sustainable options in summer and it works excellent for our skin.

Its high water content not only hydrates your skin, but also acts as a natural coolant to your skin. It soothes, calms and revitalizes sun-damaged skin. Moreover, it closes the pores and reduces oiliness. Cucumber face masks can revive tired skin and get rid of sun tan and acne.

Depending on the ingredients, the spray mist can tone the skin, or close the pores, or reduce oiliness. It can also have a healing effect on eruptive conditions and may moisturize the

skin. Simply formulated, a facial spray can be a wonderful pick-me-up treatment. Facial mists also help to "set" your make-up. Instead of a powdery or chalky finish, you can have a moist and healthy look after applying make-up.

To make a spray mist at home, you will need a spray bottle

and distilled water. Or, you can use mineral water, instead of distilled water. Rose water may also be used. In fact, you can put rose water in the spray bottle and chill it in the fridge. You can also mix rose water in equal quantities with cucumber juice. Cucumber is a natural coolant and cucumber juice can be a wonderful face toner and an astringent. It closes the pores and reduces oiliness of the skin. It also has a mild skin whitening effect.

Cucumber is packed with natural toning properties, so you can use it twice a day as a toner alone.

You can make a facial mist with cucumber juice, mixing the juice of one cucumber with one tablespoon of rose water and one cup of mineral water. It will not only tone the skin, but also remove tan over a period of time.

Cucumber juice can also be mixed with one teaspoon of mint juice and a



By: Shahnaz Husain

cup of mineral water.

The juice of one cucumber can also be mixed with half teaspoon lemon juice, one teaspoon alo vera juice and one cup rose water. Chill the mixture in the fridge. This spray mist will close the pores and also moisturise the skin, without making it oily.

You can also mix one tablespoon of cucumber juice with one cup coconut water. It makes a most refreshing skin toner, also cooling the skin. It is also a skin whitening beauty treatment if used over a period of time and lightens skin blemishes.

You can also take 10 gms of rose petals and put them in a bowl. Add two cups of hot water to cover them and let them infuse in the water. Leave overnight. Next morning cool and strain and then add one tablespoon of cucumber juice and the contents of one Vitamin E capsule. Mix well. Put in a spray bottle and use it to spray a fine mist on the face. It helps to tone, refresh and nourish the skin.

Cut a fresh cucumber and ripe tomato into chunks. Blend the chunks in a food processor and process until smooth. Pat the mixture, without rubbing, onto your face and neck using your fingers. Let it sit on your skin for

five minutes. Rinse well with lukewarm water and pat dry with a clean towel. Keep the remaining mixture in a container and store it in your refrigerator for up to 15 days. Use it daily.

Take the juice of medium size 1/2 cucumbers in a small bowl. Pour 1/2 cup of distilled water. Add 1 tsp of alo vera juice. Finally add 1 tsp of witch hazel. Mix it well and keep it in a small bottle. Use it whenever you need freshness.

One should take care not to use too much facial mist sprays. They provide a cool, fresh feeling, but that does not mean you drench yourself with it. Too much can actually cause your make-up to run, instead of helping to set it.

Hold the spray bottle about 6-8 inches away from the face and spritz the solution 2-3 times. Allow it to dry naturally while ensuring that the skin absorbs all the goodness!

Home beauty recipes should not be made in large quantities.

You should use a light moisturizing spray and avoid using too much.

Different ingredients can be steeped in hot water, cooled and then strained and used in a facial mist. Among these are lemon and orange peels, lemon or orange slices, grapefruit, alo vera juice, etc., apart from cucumber. Store the liquid in a refrigerator.

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

The Requirements of Military Diplomacy Between Bangladesh-Myanmar

By: Jubeda Chowdhury

Military diplomacy has long been one of the essential constituents of international diplomacy and an effective methodology, to foster bilateral and regional relationships. Military training cooperation is an essential component of military diplomacy and helps to build close ties with other nations. Such cooperation also helps to strengthen strategic security relationships and address common security concerns.

Bangladesh and Myanmar are two neighboring countries having 271 kilometers of the international boundary. After the independence of Bangladesh, Myanmar recognized Bangladesh on 13 January 1972 as a sovereign state. On 13 August 1973, a general trade agreement was signed between Bangladesh and Burma. Three memoranda of understanding were signed on June 1989 to start border trade and economic cooperation.

There is a vast scope for the bilateral relationship between the Myanmar military and the Bangladesh military. There are a number of areas where the two countries may cooperate and work together; the key area being the improvement of relations.

Myanmar, a country that was ruled by the military for several decades, the military-to-military interactions with other countries are important for Myanmar. Bangladesh's military should also strengthen its ties with Myanmar. Myanmar military (Tatmadaw) should also foster their ties with the Bangladesh military for ensuring common bilateral interest.

Myanmar's military can work together with Bangladesh's military to broaden the scope of its relations and can explore deeper cooperation in areas such as counter-insurgency, counter-terrorism, Bangla-language skills, Burmese-language skills, joint naval and air exercises, and intelligence sharing in combating the traditional and non-traditional threats in the Bay of Bengal region. The two military forces can strengthen mutual cooperation such as training exchanges, intelligence sharing, joint patrolling along the Myanmar-Bangladesh border in countering trans-border crimes such as illegal arms trade, drug trafficking, human trafficking, etc.

Exchanging military delegation between Bangladesh and Myanmar can pave the path in resolving bilateral disputes with each other. Both parties can exchange and share their experience, expertise to deal with some common bilateral problems. Exchanging military training between the two armed forces can help enhance the operational capabilities of both parties. Combined military exercise, UN peacekeeping operation (UNPKO) training, and disaster management cooperation, exchanging programs, senior-level visits and medical cooperation, sports event, adventure activities, military tourism, joint cycling expedition, and adventure training are some kinds of sectors of cooperation.

For example, Bangladesh's then Chief of Army Staff, Gen. Aziz Ahmed, began his four-day visit to Myanmar in 2019. The purpose of the visit was to improve the existing military ties of both countries and find out the scopes of cooperation with each other. General Aziz's visit to Myanmar was a high-profile military visit from Bangladesh after more than five years. Former Chief of Bangladesh Army Gen. Iqbal Karim Bhuiyan visited Myanmar in 2014 to discuss issues including trans-border crimes and human trafficking between the two countries. Chief of Air Staff Air Marshal Muhammad Enamul Bari along with his five officers left Dhaka for Myanmar in 2019. On the other hand, U Ne Win, President of the Socialist Republic of the Union of Burma (Myanmar), arrived in Dhaka on 26 April 1974 for a four-day official visit. At the airport, he was received by Bangladesh President Mr. Muhammadullah and Prime Minister Bangabandhu Sheikh Mujibur Rahman. The then Commander in Chief of the Myanmar Air Force, Lt. General Myat Hein, arrived in Dhaka on a six-day visit to Bangladesh in 2011. However, these types of visits of high officials are essential for both Myanmar and Bangladesh to foster the ties for better bilateral understanding.

Myanmar defense officers participated in different training institutions in Bangladesh such as the National Defense College and Defense Service Command and Staff College (DSCSC) in the Past. But these training ex-

changes must be resumed for ensuring better interest. Thus, Bangladesh and Myanmar should proactively offer more training facilities to each other.

Joint initiatives taken by the two militaries can pave the way to bolster the ties between the two neighbors. Improved ties between the Bangladesh military and Myanmar military can smoothen the ties resolving the long pending issues such as the crisis of displaced persons from Rakhine who are currently living in Bangladesh, maritime dispute, border-related trans-border crimes.

Basically, the members of the armed forces of both Myanmar and Bangladesh should have a frequent exchange of visits, training, and joint exercise. These will reduce mistrust and enhance confidence and understanding. This can also help solve the long pending Rohingya refugee crisis in the region.

On the environmental front, both Bangladesh and Myanmar should make sure that the climate conferences at the global stage should not just focus entirely on climate issues, but also should set practically applicable measures and a constructive framework, with the genuine intention to ensure reduction of environmental deterioration.

For Bangladesh, the only relevant thing that is to be taken into account is that there are immense economic opportunities for Bangladesh within Myanmar. There should be no concern on Bangladesh's part as to the military running the show in Myanmar. Bangladesh must push for closer ties with Myanmar irrespective of who holds Myanmar's power. Military setup in Myanmar's Constituent Assembly remains very strong. Opportunities have emerged for Bangladesh to earn billions from exporting to, and investing in, Myanmar. Therefore, being one of the five neighbors of Myanmar, Bangladesh should try to grab such opportunities, should bolster its relations with Myanmar, and take the benefit of Myanmar's economic potential through military diplomacy between Bangladesh and Myanmar.

Countries like Bangladesh and Myanmar, which are the major victims of climate change with the worst vic-

timization still awaiting, may work together in order to address the issues related to global environmental deterioration. Besides the major problems of poverty and illiteracy, Bangladesh and Myanmar's vulnerability to environmental deterioration is very alarming. Basically, Tatmadaw and Bangladesh military can work together to mitigate the risk of regional environmental degradation through joint disaster management systems, operations, initiatives. Cyclone Nargis in 2008 was the best example to understand it. Both coastal countries were affected by this natural disaster. There are ample opportunities for both Myanmar and Bangladesh to work together in reducing the risk and loss of environmental degradation.

The relations between the two countries are the cross-border communication of general people from the two sides of Bangladesh and Myanmar. The people-to-people connection between two sovereign countries must be made the most effective way to progress together and to keep a peaceful relationship between the concerned countries. This factor is particularly important when the concerned countries are neighbors. There must be a smooth and vibrant relationship between the people of both Bangladesh and Myanmar. Basically, both militaries can promote Trade and Commerce with each other.

Being one of the closest neighbours of Myanmar, both countries should maintain a friendly relationship with each other. Bangladesh armed forces must take effective steps to improve the relations with Myanmar armed forces assuring the zero-tolerance policy of the Bangladesh government against terrorists, human traffickers, illegal drug traders criminals.

Myanmar's military should take effective steps to foster the ties. It must understand that Bangladesh is a peace-loving country and friendly neighbours. Bangladesh believes in peaceful coexistence. Thus, engagement with Bangladesh would be beneficial for Myanmar also. Military ties between the two neighbouring countries can assure peace, harmony, regional stability, regional greater interest, etc. in the whole regions (South Asia and Southeast Asia).

Media sensitisation programme on HIV/AIDS held in Moreh

IT News
Imphal, March 26:

Khelen Thokchom Trust (KTT), Manipur supported by Manipur State AIDS Control Society organised a one day media sensitisation programme on 'Newly Adopted HIV/AIDS (Prevention & Control) Act 2017' at Meetei Council Moreh Conference Hall in Moreh on Friday.

KTT Advisor Irengbam Arun, MCM president M Thoiba and ACODOM president Th Budha Meitei attended the programme as dais members.

Irengbam Arun highlighted the activities, role and career of Khelen Thokchom as a journalist. He recalled that Khelen Thokchom as a journalist wrote various articles and covered subjects related to education,

sports, environment conservation and health related topics. He pointed out today's generation have different specialisation on different topics.

In memory of his activities, Khelen Thokchom Trust had taken up various programmes and spread awareness to the present generation. The sensitisation programme is also organised to give awareness to media persons on how to write news on HIV/AIDS related issues, he added.

M Thoiba stressed on the importance of the activities of the trust. He further said that the department concerned should take up special initiatives to curb the spread of HIV/AIDS in the state. The KTT Trust has taken up various projects to give awareness on different issues such as water

scarcity, sports activities, education and media-related issues, he said. Lastly, he appreciated the organisers for organising such a programme in the border area of the state.

Th Buddha expressed gratitude to the KTT for organising such a programme and pointed out that it will be very helpful to the residents of the border area.

Editor ISTV Helendro Maibam as a resource person spoke on the importance of media coverage and news writing on HIV/AIDS. He highlighted the objective of the HIV/AIDS prevention and control Act 2017. He also spoke on how a media person should write and cover news on HIV/AIDS-related issues.

Good terminologies and language of infected persons should be used while writing

news on HIV, he said. Media should be very careful in publishing any unrelated news on HIV; only authorised sources should be developed, he further said, adding media ethics should be maintained during coverage of any news related to victims. Visual media is highly sensitive and should be used with extreme caution while delivering news, he added.

Advocate High court of Manipur K Rabei; project manager, New Generation Joimati; project coordinator, DPUL Luckyboy; programme coordinator, OSOM Babili also attended the programme as resource persons. Various issues and topics were discussed by the present resource persons. Various media persons from different media houses attended the programme.

AR constructs Water Supply Project in Chokthong Village

IT News
Imphal, March 26:

Tengnoupal Battalion under the aegis of IGAR (South) constructed and handed over a Water Supply Scheme to Chokthong Village Authorities at Chokthong Village in Tengnoupal district yesterday.

As part of OP Sadbhavana Project, the water supply scheme was constructed by Assam Rifles at Chokthong Village to mitigate the problems faced by the villagers due to scarcity of water. The water supply scheme will facilitate the villagers with potable drinking water for consumption. The locals expressed their heart felt gratitude to Assam Rifles for carrying out such beneficial projects at remote places of bordering areas in Manipur.

Moreh Battalion distributed relief material to the BPL and Widows



IT News
Imphal, March 26:

Moreh Battalion under the aegis of IGAR (South) distributed relief material to the Below Poverty Line (BPL) families and widows in Holenphai & Gammnophai Vill, Moreh yesterday.

A total of 50 packages containing Rice, Flour, Sugar and fresh vegetables were distributed among the widows and BPL families of all communities. All the beneficiaries, community leaders and village chiefs expressed their heartfelt gratitude towards the Assam Rifles for this noble cause.

Indian Navy Conducts Offshore Security Exercise near Mumbai

The Exercise Aimed at Ensuring Offshore Security

By IT Correspondent
Mumbai, March 26:

An offshore security exercise, 'Prasthan' was conducted by the Defence forces and other Government organizations, in the Offshore Development Area (ODA) off Mumbai, under the aegis of Headquarters, Western Naval Command (WNC) on Wednesday.

Conducted every six months, this exercise is an important element of ensuring offshore security and aims to integrate efforts of all maritime stakeholders involved in offshore defence, an official statement said.

Led by the Indian Navy, the exercise saw participation from the Indian Air Force, Coast Guard, ONGC, Mumbai Port Trust, Jawahar Lal Nehru Port Trust, Indian Customs, Maharashtra fisheries department, Mercantile Marine Department, and the Marine Police.

The day-long exercise conducted on the B-193 platform of the Oil and Natural Gas Commission (ONGC) located about 38 km west of Mumbai, resulted in refining standard operating procedures (SOPs) and response-actions to several contingencies in the Offshore Defence Area off Mumbai.

The ONGC is an important organization engaged in oil exploration. It has added a couple of high-producing new wells in a marginal field B-193. Besides, it has diverted the well fluid from Cluster-7 fields to the newly engaged Floating Production Storage Offloading (FPSO), Sterling-II. Cluster-7 comprises B-192, B-45 & WO-24 marginal fields- located in the Mumbai High-Deep Continental Shelf of Bombay Offshore Basin. The average distance of these fields is about 210 km to the west of Mumbai city in a water depth of around 80-88 mts. B-192 is an oil & gas field whereas B-45 & WO-24 are gas fields.

The exercise focussed on contingencies such as terrorist intrusion, bomb explosion, major fire, oil spill, man overboard, casualty evacuation, loss of control of the vessel, and mass evacuation. Earlier, on March 17, loss of control

of an Offshore Supply Vessel (OSV) that necessitated towing by an Emergency Towing Vessel was also exercised. It provided all stakeholders a realistic experience to assess their readiness to respond and combat contingencies in the Western ODA, as also to operate together in a coordinated and synergized manner.

This exercise is an important element of ensuring offshore security and aims to integrate the efforts of all maritime stakeholders, including

the Indian Navy, Indian Air Force, Coast Guard, ONGC, the Port Trust, Customs, the state fisheries department and the

Marine Police, in refining SOPs and response-actions to a variety of contingencies in the ODAs.

Name Change

I, the undersigned, **Minarjan Bibi** do hereby declare that I have relinquished, renounced and abandoned the use of my old name **Minarjan** as I have assumed my new name **Minarjan Bibi**.

Sd/-
Minarjan Bibi
Lilong Tamyai Sumang,
Thoubal District, Manipur

PEACE Crafts Bazar

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STATE HANDLOOM EXPO 2021-22

NOTICE

The 25th March 2022

No. 16/AWAS/NOTICE/2010-11: Applications are invited from the Primary Weavers Cooperative Societies /Awardees /Individual Weavers /SHGs /Handloom Entrepreneurs /Producer Company /NGOs who have already registered to **Handloom Mark or India Handloom Brand or undergoing for registration** to either of the above that the Manipur Apex Handloom Weavers & Handicrafts Artisans C.S. Ltd. (AWAS), Governor's crossing, Paona Bazar, is organising a State Handloom Expo 2021-22 under the sponsorship of the office of the Development Commissioner for Handlooms, Ministry of Textiles, Govt. of India from 28th March 2022 to 10th April 2022 at Silchar, Assam. Eligible and interested ones are informed to submit the filled in application forms on or before 26th March 2022 to the office of the undersigned during office hour. Forms are available at the AWAS office during office hour.

Sd/-
(L. Ojit Singh)
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NATIONAL HANDLOOM EXPO 2021-22

NOTICE

The 25th March 2022

No. 16/AWAS/NOTICE/2010-11: Applications are invited from the Primary Weavers Cooperative Societies /Awardees /Individual Weavers /SHGs /Handloom Entrepreneurs /Producer Company /NGOs who have already registered to **Handloom Mark or India Handloom Brand or undergoing for registration** to either of the above that the Manipur Apex Handloom Weavers & Handicrafts Artisans C.S. Ltd. (AWAS), Governor's crossing, Paona Bazar, is organising a National Handloom Expo 2021-22 under the sponsorship of the office of the Development Commissioner for Handlooms, Ministry of Textiles, Govt. of India from 31st March 2022 to 13th April 2022 at New Delhi. Eligible and interested ones are informed to submit the filled in application forms on or before 29th March 2022 to the office of the undersigned during office hour. Forms are available at the AWAS office during office hour.

Sd/-
(L. Ojit Singh)
Business Manager, AWAS
8787313141

BJP Mahila Morcha seek CM intervention to punish the culprit

IT News
Jiribam, March 26:

The Bharatiya Janata Party (BJP) Mahila Morcha, Jiribam Mandal seek the intervention of the Chief Minister of Manipur in punishing the culprit who attacked and assaulted the BJP Minority Morch Vice- President, Imphal West M.M. Hasan @Saddam and his family members by the supporters of Janata Dal (United) after the declaration of election result at Jiribam.

Today, in a press meet held at the office of BJP Mahila Morcha, Jiribam A. Aruna Devi said on 11th March at around 8:30 am a gang and supporters of JD(U) entered the house of M.M Hasan @ Saddam and brutally attacked him and assaulted his father, mother, and pregnant wife.

"In this regard, an FIR has been lodged by the



victim's family at Jiribam police station, whereas till day the culprits were not able to arrest", Aruna added.

She added, the victim's family is now living under fear and threat but the police did not take prompt action and the investigation report lacks necessary sections like

IPC-354 and IPC-452 sections which are vital for the case.

She further added, the BJP Mahila Morcha, Jiribam Mandal seek the intervention of the Chief Minister of Manipur so as to ensure due punishment to the culprits and the gang attackers at the earliest.

The press meet was attended by A. Aruna Devi, President BJP Mahila Morch, Jiribam Mandal; Moirangthem Malemnganbi Devi, General Secretary, BJP Mahila Morcha, Jiribam Mandal and Y. Ranjita Devi, General Secretary, BJP Mahila Morcha, Jiribam Mandal.

Rich tributes paid to Heikrujamba Chaobatol Subedar & Heikrujamba Tona

IT News
Imphal, March 26:

Heikrujamba Chaobatol Subedar & Heikrujamba Tona, Kut Memorial Trust on Saturday paid floral tributes to two great freedom fighters of the state at their birthplace at Khurai Awang Kongpal Laisham Leikai.

On March 24, 1891, Heikrujamba Chaobatol Subedar took overall charge along the southern gate of the Kanga. When the British attacked Kanga that night, he along with his soldiers, guard the gate with full responsibility.

Even his son Heikrujamba Tona Kut was also with him. Later in the morning around 9 am Yubraj Tikendrajit ordered Mangsatambam Tonjao to summon Heikrujambam Chaobatol at Northern gate of Kanga and command him to stop British soldiers from entering Mao.

Subedar and his five companions - Jamandar Mangsatambam Tonjao, Subedar Ningthoubam Chapa, Yengkhoinba kut, his son Tona, kut, and Subedar Loitamba - has started their journey for Mao. At Chingmeirong, some of his

companions waited for him to join the journey. On March 25, they reach Sekmai. At that time as British Chief commissioner Mr. Quinton has an order to capture the Manipur Yubraj Tikendrajit, they were guard by a Habildar along with 10 soldiers. Chaobatol order the Habildar to surrender as the Habildar refused there were open fired from both side. And the bungalow of Sekmai was burned to ashes by Manipur troops. At that time some Manipuri soldiers reach Sekmai.

When Chaobatol team reached Mayangkhang, they

heard sound of gunshots. As they reached there that found Signaler O. Brian dead with a gunshot wounds. Chaobatol ordered some of his troops to look out for Telegraph Superintendent, Mr. Melville, who was nowhere to be found. Later the Superintendent was found by the villagers and his was beheaded by Charai Thangal.

Kin of Heikrujamba families attended the program to pay their obeisance martyrs Heikrujamba Chaobatol Subedar and Heikrujamba Tona, Kut.

WAD condemns brutal killing of Lanthoibi

IT News
Imphal, March 26:

Women Action for Development in a press release strongly condemned the alleged killing of Ningthoujam Lanthoibi alias Ichal, Daughter of N. Mani of Harikhagok Makhong Bamon Leikai, Imphal East by his boy friend Khagembam Ashok son of Khagembam Naran of Khurai Ahoingei in the night of March 20. WAD expresses its shock to hear the unfortunate, brutal and horrifying incident of Changanegiang maning Leikai which took place today morning at Imphal West where a man attacked his family and killed his two minor children and attempted himself to commit suicide.

According to the deceased family of Lanthoibi, Lanthoibi eloped on March 6 and on the next day the fam-

ily members and their elders were waiting for formal information (pao haidokpa) from the boy's family till morning. However no such information came from the boy's family.

On March 7, the father of the victim N. Mani lodged a missing report to the Women Police Station, Porompat but unfortunately on the fateful day of March 20 at around 12.30 am, they received the news of their daughter being shot death by the man whom she eloped with.

WAD is very much concerned with such brutal killing of women and girls in Manipur which are experienced by the people for the last many decades. WAD also felt that such crime, atrocities, discrimination against women and children is not a good sign for the people of Manipur. It will seriously im-

act on our future generation and the state as a whole, said the statement released by Sobita Mangsatambam, Secretary WAD.

WAD, appeals to the Governor and Chief Minister of Manipur to kindly give attention on why such crime on women and children (brutality and intensity) is increasing day by day in the state, the role of the government to curb such crime, the state government inability to control crime against women and children, the concern Police failing to take necessary action regarding the missing report of the deceased girl after 15 days of lodging a missing complaint, the motive behind the killing of his girl friend by Ashok, the owner of the gun whether it belongs to Ashok or his father and lastly, if the gun used in the crime was licensed or illegal?

President Presents President's Colour to INS Valsura



By Raju Vernekar
Mumbai, March 26

President of India Ram Nath Kovind presented the prestigious President's Colour to INS Valsura, a shore establishment of the Indian Navy located at Jamnagar in Gujarat, in an impressive ceremony held on Friday.

The 'Nishan Adhikari' Lt Arun Singh Sambhal received the President's Colour on behalf of the unit, which gave a 150 men Guard of Honour to the President of India. Over 800 Officers and men of INS Valsura, marched proudly to the tunes of the Naval Band on the occasion.

Gujarat Governor Acharya Devvrat, Chief of the Naval Staff Admiral R Hari Kumar, Flag Officer Commanding-in-Chief, Southern Naval Command Vice Admiral MA Hampiholi, and other senior civil and military dignitaries were present.

The President's Colour is bestowed upon a military unit in recognition of exceptional service rendered to the Nation, both in peace and in war. The Indian Navy was the first Indian Armed Force, to be awarded the President Colour by Dr. Rajendra Prasad on May 27, 1951.

In his speech, the President congratulated the officers and sailors of INS Valsura and commended them for their professionalism and dedication to safeguard our maritime borders. He also congratulated the personnel of INS Valsura, both past, and present for the meritorious service rendered to the

nation for the past 79 years. He lauded the sustained efforts by the unit, towards meeting the national objectives and producing competent sea warriors.

The President further highlighted the vital role of the Indian Navy as the 'Preferred Security Partner' in the Indian Ocean Region and urged the men in whites to continue their selfless and dedicated service to the nation. He wished all personnel of INS Valsura, encouraging them to reach even greater heights in the era of rapidly changing technology.

A special postal cover was also released by the President to commemorate the occasion. The award of President's Colour marks a very important milestone in the history of INS Valsura. The President's Colour shall be proudly displayed and carried at all Ceremonial Parades at INS Valsura, as per the Naval tradition. It's a symbol of yeoman service rendered and would motivate the officers and men of the Indian Navy.

The legacy of INS Valsura dates back to 1942 when the operational necessity mandated the creation of an advanced Torpedo Training Facility to enhance the firepower of the Royal Indian Navy during World War II. After India became a Republic, the unit was renamed INS Valsura on July 01, 1950. Thereon, INS Valsura has transformed itself into an epitome of professional technical training and has exponentially grown to keep pace with the Indian Navy's modernization plans, an official state-

ment said.

The unit has always stayed ahead of the curve to equip the officers and sailors of the Indian Navy with requisite skill-sets to maintain and ensure combat worthiness of the increasingly complex weaponry and electronic systems besides keeping pace with the advancements in Information Technology. The unit imparts quality training on contemporary and niche technologies through progressive augmentation of training infrastructure.

The setting up of Artificial Intelligence, Big Data, and Medium Voltage labs in recent years exemplify its quest for technological excellence in contemporary technology also in training officers and sailors. Overall, the establishment conducts more than 262 courses a year and has an annual training throughput of more than 750 officers and 4200 sailors.

INS Valsura has also emerged as the preferred training destination for India's friendly foreign Navies. 1800 trainees from 15 friendly foreign Navies have been trained till date from this premier institution.

As part of social outreach programs in the Saurashtra region of Gujarat, INS Valsura has initiated several welfare measures in the recent past. It rebuilt the Navy Moda village post the devastating earthquake of 2001. In September 2021, during the floods in Jamnagar, over 400 citizens were rescued by the teams of INS Valsura.

3 more Burmese journalists imprisoned in Myanmar, PEC denounces military crackdown

IT Correspondent
Geneva, March 26:

Press Emblem Campaign, the global media safety and rights body, denounces the continued crackdown on the media by the military junta of Myanmar (also known as Burma and Brahmadesh) and demands the unconditional release of all scribes, who were sent to jails after the infamous military coup on 1 February 2021.

Local media outlets in Yangon (Rangoon), the former capital city of Myanmar, reported that three journalists

were imprisoned in the third week of March 2022 for covering the anti-junta demonstrations across the south-east Asian nation. The number of arrested (or detained) media workers in Myanmar has lately increased up to 125, while around 50 are still behind the bars.

All the three Burmese journalists namely Than Htike Aung (Mizzima), Han Thar Nyein (Kamayut) and Ye Yint Tun (Myanmar Herald) were imprisoned to two years each for allegedly preparing false news. Aung, who is associated with the Mizzima group, was

arrested on 19 March 2021. Similarly, Nyein, who co-founded Kamayut news outlet, was arrested on 9 March. Tun from the Myanmar Herald digital platform was arrested on 28 February last year.

"The military regime in Naypyitaw has treated the journalists as its enemy, while the media workers are doing their job only. The Burmese generals must respect the scribes and facilitate them to perform duties without fear and trepidation," said Blaise Lempem, the president of PEC, adding that the international

community should also pay attention to the hardship faced by journalists in Myanmar.

PEC's south-east Asia representative Nava Thakuria informed that the military junta has already cancelled the permits of Mizzima, Democratic Voice of Burma, Myitkyina News Journal, Myanmar Now, 7Day News, Khit Thit News, etc. Now they are operating from outside the

country to avoid arrests. A large number of journalists are hiding in neighbouring countries like Thailand, Bangladesh and India to continue working as newsmen.

Training on Traditional Dyeing inaugurated

IT News
Imphal, March 26:

Training on Traditional Dyeing was inaugurated today at Heirangoithong Maibam Leikai. The training program was conducted by under Gramta Vikas Nidhi (GVN) NABSKILL of the National Bank for Agriculture and Rural Development (NABARD) and organised by Manipur Apex Handloom Weaver And Handicrafts Artisan C.S. LTD., Paona Bazar, Imphal.



Singh, Vice president and board member Manipur Apex Handloom Weaver And Handicrafts Artisan C.S. LTD

Imphal attended the program as President and Leimajam Roshan, (Member), Langthabal Jilla Parissad and

Kiran Thokhom attended the program as Chief Guest and Guest of Honour respectively.