

## President Droupadi Murmu to flag off first passenger train from Agartala to Manipur



IT News  
Imphal, Oct 10:

The first passenger train is all set to arrive at Khongsang in Manipur on October 13. Official source said that the passenger train No. 12097/12098 Agartala-Jiribam-Agartala Jan

Shatabdi Express will be flagged off by President Droupadi Murmu on October 13 at around 10 am from Agartala Railway station.

President Droupadi Murmu is on three days visit to Tripura and Assam from October 12 to October 14. During her visit, the

president will inaugurate various developmental projects taken up by the Tripura and Assam governments.

Khongsang Railway station of Manipur is just around 106 Km from Imphal along NH 37. It is just around 4 hours drive from the state capital, Imphal.

Mention may be made that the first goods train had earlier arrived at Khongsang railway station from Rani Gaidinliu station in Tamenglong district of Manipur on March 27.

On March 14, 2022, North-East connectivity got a boost when an engine arrived at the Khongsang railway station as part of a trial run for the first passenger train.

On January 27, 2022, a freight train chugged into the Rani Gaidinliu Railway Station, thereby putting Manipur on the country's railway map 75 years after independence.

"Transformation of the North-east continues. Manipur's connectivity will be enhanced, and commerce will be boosted. Wonderful products from the state can travel all over the nation," Prime Minister Narendra Modi tweeted, tagging Union Minister for Development of North Eastern Region G Kishan Reddy.

## Shifting of Jiri river course takes vast areas of Manipur land towards the Assam side



IT Correspondent  
Jiribam, Oct. 10:

Sifting of Jiri river course wiped out vast areas of Manipur land in the Assam side.

The land of Manipur which was cut off by the Jiri river in the previous flood had been claimed by the people of Assam as their land.

The land is once located at Khusoithuk of Kamranga Muslim Village under Hilghat Gram Panchayat of Jiribam District. More than

hundred bigas of Manipur State land were now cut off by jiri river and deposited on the other side of river which is adjacent with the Nandailong and Lakhinagar villages of Lakhipur Sub-division, Assam.

Speaking with the media person, the local resident of Kamranga village, Jiribam L. Bilaks Meetei said due to flood more than 100 bigas of Kamranga Muslim Village land were cut off by jiri river which are the patta land of Manipur State. Due to such catastrophe the fate of the

said land owner were remain indecisive at present. As the local of Assam claimed the said cut off land of Assam state and the people of Kamranga village were restricted to enter into the land.

He appealed to the Manipur State governments and concern authority for their consideration into the matter and to bring the solution of land dispute, unless such erosion of Jiri river will recede the Manipur Map geographically.

## Former UP CM and Samajwadi Party founder Mulayam Singh Yadav passes away at 82

Gurgaon, Oct 10:

Mulayam Singh Yadav, the former chief minister of Uttar Pradesh and founder of the Samajwadi Party, died on Monday after prolonged illness. He was 82.

Yadav was undergoing treatment at the Medanta Hospital in Gurugram since August 22. His condition deteriorated on October 2, following which he was shifted to the hospital's Intensive Care Unit.

His last rites will be held with full state honours in Etawah district's Saifai, his ancestral village, reported. Uttar Pradesh Chief Minister Adityanath announced a three-day state mourning.

Born in November 1939 in Saifai, Yadav first became an

MLA at the age of 27. In 1992, he founded the Samajwadi Party and went on to represent the constituencies of Mainpuri, Azamgarh and Sambhal in Lok Sabha.

Yadav served as the chief minister of Uttar Pradesh three times—from 1989 to 1991, 1993 to 1995 and 2003 to 2007. He also served as the defence minister between 1996 and 1998 in the United Front governments led by HD Deve Gowda and IK Gujral.

A teacher by profession and wrestler by training, Yadav faced electoral losses after he ordered firing on kar sevaks at the peak of the Ram Janmabhoomi movement in 1990. He, however, made a comeback by portraying himself as a saviour of the Consti-

tution and on a strong Muslim-Yadav alliance.

In 2012, after his party won the Uttar Pradesh Assembly elections, Yadav handed the chief minister's position to his son Akhilesh Yadav.

However, infighting grew in the family due to his decision to pass the baton to his son, ultimately resulting in him expelling Akhilesh Yadav from the party in 2016, a year ahead the Uttar Pradesh elections, reported NDTV. However, the father and son patched things up and Akhilesh Yadav took over the party.

Tributes pour in. Politicians cutting across the party lines mourned Mulayam Singh Yadav's death on Monday.

Prime Minister Narendra

Modi expressed his anguish over the veteran politician's death and said that he was a key soldier for democracy during the Emergency. "As defence minister, he worked for a stronger India," he wrote on Twitter. "His Parliamentary interventions were insightful and emphasised on furthering national interest."

President Droupadi Murmu said the achievements of Yadav, who came from an ordinary environment, were extraordinary. "He was respected by people of all parties," she added. "My deepest condolences to his family members and supporters."

Manipur Chief Minister N. Biren Singh also condoles the demise of former Chief Minister of UP.

## Speaker of Manipur Legislative Assembly Th Satyabrata inaugurated "Yoga Cell" at RIMS, Imphal

IT News  
Imphal, Oct 10:

Speaker of Manipur Legislative Assembly Thokchom Satyabrata Singh inaugurated "Yoga Cell" at the Department of Psychiatry, RIMS, Imphal today. The Speaker of Manipur Legislative Assembly while attending as Chief Guest of the function stated that we have been witnessing mental health problems increasing due to many factors like

today's competitive world and most importantly COVID-19 pandemic etc. In order to cope up such problems, medical support is very much necessary. We need to treat such patient with love and care. The Hon'ble Speaker also appreciated the leadership of the institute for bringing positive changes in the institute and urged to work together.

Prof. A. Santa Singh, Director, RIMS, Prof. RK. Lenin Singh, Head of Psychiatry De-

partment, Dr. S. Gojen Singh, Department of Psychiatry and Dr. Sameeta Ng, Head i/c, Department of Clinical Psychology, RIMS graced the occasion as President and Guests of honour respectively.

Later on, as part of observance of World Mental Health Day 2022, a Yoga session was organized jointly by the Department of Psychiatry and department of Clinical Psychology, RIMS, Imphal at the Kamal Hall, Faculty Block, RIMS, Imphal.

## Green East e-Vehicle launched

IT News  
Imphal, Oct 10:

Green East Electric Vehicle authorised dealer of Apoxyn Labs Pvt Ltd was launched today at Kha Naorem Leikai, Canchipur. The launching event was attended by Konhoujam Govindas, Minister YAS, and PWD.

While speaking at the launch event, Konhoujam Govindas said, "Climate change is now becoming a stark reality in Manipur too. Even when we are in the middle of October, the temperature has not yet come down. E-Vehicles are more eco-friendly and don't impact the environment, unlike other vehicles run by fossil fuels."

A press release of Green East Electric Vehicle said, "The setting up of Green East E-Vehicles company in Manipur came with the idea of manufacturing electric scooters in Manipur and exporting to other places, including Myanmar. The



present petrol and diesel vehicles would sooner or later get phased out because of noise and air pollution and also increase in fuel prices hence, the future lies in electric vehicles. When we surveyed the market we found that Apoxyn company will be able to help us in manufacturing these vehicles in Manipur. In fact this company is one of the oldest companies

in the electric vehicle segment, which was manufacturing for a number of renowned brands. Now that we have set up Green East E-Vehicles, we are trying to find out public response and acceptance of our brand of electric vehicles and accordingly move to the next phase of assembling and manufacturing the same in Manipur. We plan to initially send it to the neighbor-

ing northeastern states and also West Bengal. The completion of the railway line will enable us to start the reverse flow of major manufactured goods to other parts of the country. We also intend to target other South East Asian countries. As of today, most of our goods going to other places are Agro-industry based hence, if we succeed in manufacturing electric scooters here and exporting to other places this will be a landmark achievement for the state of Manipur. This will generate a great employment opportunity for the people of Manipur and also generate tremendous revenue for the state."

To promote our products amongst the lower middle class and low-income groups, we have drastically reduced the price, and we are giving a festival discount of up to Rs.10,000/- so that it becomes affordable even for families belonging to the low-income groups, it added.

## Rebel groups call general strike on October 15 protesting the annexation of Manipur

IT News  
Imphal, Oct 10:

A day after the Socialist Revolutionary Party (SOREPA) Kangleipak has called general strike across the region from 5 am to 5 pm of October 15 against alleged colonization of Manipur by India on October 15, 1949, another major rebel group CorCom, a joint platform of four armed rebel group in the region also called General strike on October 15 from the midnight of October 14 till 5

pm of October 15.

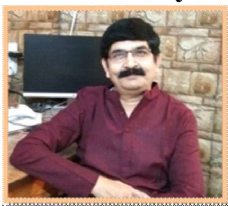
The rebel group CorCom called the general strike protesting the annexation of the erstwhile nation on October 15, 1949. The day has been observing as "National Black Day" by the CorCom.

A statement by the Publicity Committee of the CorCom appealed the people of the region to stay indoor during the general strike as the rebel group has imposed total shut down across the region. However, the rebel group said that ritual related

events, medicals, fire service and media will not be covered during the general strike.

Another rebel organization the United People's Revolutionary Front of Manipur (UPRFM) also announced total shut down on October 15, observing the day as "National Black Day". A statement of the rebel group said that the outfit announced 18 hours total shutdown on October 15. The shutdown will end at 6 pm of the day.

## Save and respect girl child as she is the future of your family and society



Vinod Chandrashekar Dixit

10<sup>th</sup> October is the 10th anniversary of the International Day of the Girl. Girls are change-makers. Girls are driving good and growth around the world. They are a fundamental source of transformational change for gender equality, and technology is a crucial tool to support their work, activism and leadership. Our Indian society is still largely male dominated, and women are often looked down upon. A home is no home, which does not have a daughter. It is only because of our mothers that we live today. Inequality about girl child is a vast problem which includes many areas like inequality in education, nutrition, legal rights, medical care, protection, honour, child marriage and so many. India loses an average of 7,000 girls every day through abortions because of a traditional preference for sons. Abortions have also resulted in a severely skewed gender ratio in India, where there are only 927 females for every 1,000 males — far lower than the worldwide average of 1,050 females. In our country, female literacy rate is still 53.87% and one third of the younger girls are malnourished. Our Constitution entitles women to equal opportunities and rights, but in some parts of the land the rate of female foeticide was high and the gender ratio terribly skewed. Girls are not being sent to school in many places and women face prejudice and discrimination at the workplace.

In India the population of girls has been decreasing. We need to understand that girls are our future. Socio-economic empowerment of women is essential for making informed decisions and for change of the mind sets. A healthy male-female ratio is a social need. While female foeticide is bad in itself, the fact that millions of girls are "missing" in India has profound human and social implications. A stronger law to deal with those resorting to sex-selective abortions needs to be enacted. The reasons for high number of incidence of female foeticide in India include a deep rooted traditional son preference, continued practice of dowry and concern for safety of the girl child and exploitation and abuse of women and girl children. In order to curb female foeticide and improve the sex ratio, a strong multi-pronged strategy that includes legislative measures, advocacy, awareness generation and programmes for socio-economic empowerment of women is needed. According to a study in India by an Indo-Canadian team of researchers, about 5,00,000 female foetuses have been aborted annually. This estimate appears to be closer to the truth. Atrocities against women are on the rise, and female foeticide is one of the most brutal of them all. Despite a slew of laws to prevent female foeticide and schemes to encourage families to have girl child, the practice is declining. Female foeticide is a shocking practice that has grown in the last few decades. Although the media and the government have made attempts to highlight the negative impact of pre-natal sex identification and selective abortion, the practice continues as reflected in the declining sex ratio.

There's a huge deficit of women because families fear the cost of raising a daughter. It is a commonly practiced tradition (despite being outlawed) that the bride's family pays a large sum of money to the groom's family at the wedding. Plus, women are generally not seen as bread-winners or allowed to inherit wealth like men in some states. Sex-selection is now spreading to rural areas as the technology gets cheaper and enforcement of the law remains ineffectual. The imbalance in sex ratio may increase violence, including rape, against women. With many men remaining unmarried, prostitution will increase substantially. Media exposes of doctors providing sex-selection services and offering to abort girls are commonplace, but they have little overall impact because demand is too strong. Doctors and radiologists conducting, or soliciting parents for, sex determination tests can be imprisoned up to five years and fined up to Rs. 50,000. Despite the PC & PNDT Act, the conviction rate is low and the selection of male child before conception and female foeticide continue to take place.

Despite rising levels of education, gender awareness and stringent women laws, change has been slow and violence against women is increasing. Visionary leadership, stringent implementation of laws and a united effort to discourage dowry are the need of the hour. Educational programmes encouraging parents to view daughters as no less valuable than sons need to be mounted. Time has now come to formulate an action plan to launch a campaign to change the mindset of people and to promote female child birth rate.

We Indians call our nation mother India and are great devotees of Mother Goddess in various manifestations. But is this devotion and respect for the country limited to only a few words or do we actually implement these values. No, we are openly playing a double standard game with our country. One way we say mother India and the other way we are continuously destroying the valuable gift of nature, a girl child. The sex ratio imbalance is a serious issue and finding a solution has to start with making the girl child valuable.

# DeTox Mind for Mental Health & Well-Being for All: Let's make it a Global Priority

(Thoughts on World Mental Health Day -10<sup>th</sup> October)

By- Prof. Javadeba Sahoo

*Om Sarve Bhavantu Sukhinah, Sarve Santu Nir-Aamayah  
| Sarve Bhadranti Pashyantu, Maa Kashcid-Duhkha-Bhaag-  
Bhavet | Om Shaanthi Shaanthi Shaanthi ||  
May everyone be happy, may every one be free from all diseases,  
may everyone see goodness and auspiciousness in everything, may  
none be unhappy or distressed. Om peace, peace, peace!*

among 15-29-year-olds. People with severe mental health conditions die prematurely — as much as two decades early — due to preventable physical conditions. It further adds that mental, neurological disorders make up 10% of the global burden of disease and 30% of non-fatal disease burden. Globally, "Such alarming statistics call for awareness to be raised about depression and anxiety," Dr Isaac said. The Global Burden of Disease study estimated that nearly 200 million people in India have experienced a mental disorder, nearly half of whom suffer from depressive or anxiety disorders. India accounts for more than a third of the female suicides globally, nearly a fourth of all male suicides, and suicide has been the leading cause of death in young Indians.

Ministry of Family and Health survey also states that in India, one in every 12 elderly persons have symptoms of depression. One out of every two employees in corporate India suffers from anxiety and depression. An increase in alcohol consumption is another area of concern for mental health experts. Statistics report that 20% of 15-49-year-olds has increased their alcohol consumption during the pandemic.

The idea of celebrating World Mental Health Day took ground and created in 1992 by the World Federation of Mental Health led by the then deputy secretary-general, Richard Hunter. They didn't have a precise objective other than to advocate for mental health as a whole. To say the least, it was an uphill climb to change a plethora of bad and dangerous habits that were making a difficult situation worse for people. The world had a host of mental health issues that weren't properly being treated due to an overall ignorance in regards to what mental health actually is. The WFMH knew that they needed to act on a global scale to solve a global crisis.

The first World Mental Health Day theme was 'Improving the Quality of Mental Health Services throughout the World' in 1994. 27 countries sent feedback reports after the campaign and there were

national campaigns in Australia and England. Continuing this momentum, WFMH board members across the globe arranged events in accordance with the day and its growing popularity among government departments, organizations, and civilians alike. This day provides an opportunity to come together and act together for mental health issues that is currently affecting the world and ensures people are able to enjoy good mental health.

What Is The Theme Of World Mental Health Day 2022?

Every year, the World Health Organisation marks October 10 as the World Mental Health Day, with the overall objective to raise awareness about mental health issues around the world and to mobilize efforts in support of mental health. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. World Mental Health Day (10 October) is an international day for global mental health education, awareness and advocacy against social stigma.

Every year, the day is marked with a particular theme, this year, the theme is 'Make mental health & well-being for all a global priority' that focus on reducing the gap between the 'haves' and the 'have nots' that is growing wider by every passing day and there is continuing unmet need in the care of people with a mental health problem.

World Federation for Mental Health that helped in choosing the theme of this year's World Mental Health Day states that this theme aims to highlight that access to mental health services re-

mains unequal, with 75% to 95% of people with mental disorders in low- and middle-income countries unable to access mental health services at all, and access in high income countries is not any better. It further states that many people with a mental illness do not receive the treatment that they are entitled to and deserve. Together with their families and caregivers continue to experience stigma and discrimination. This Day is an opportunity for organisations to raise awareness and funds for their work, for people to reach out to one another and call for change. "We need to act, and act urgently."

Looking after our mental health

Self-care is paramount and the first step towards looking after our mental health. Understanding the basis of effective psychotherapy and psychological self-healing is a basis of experiencing greater inner peace, wholeness, and experiential authenticity. So Unmute Yourself, Your Feelings and Thoughts. Laugh out Stress.

Tips for Promoting Good Mental Health

A set of 10 thoughts can be visualised every morning, once after every hour, every night before sleep and before consuming food and water. Spiritual study of 10 mins during commute keeps the mind filled with Power, Peace, Positivity and Purity.

1) I'm a Powerful Being, mein Shakti saali atma hu. I am above everything, every situation. 2) I'm a Peaceful Being. No irritation, No angeriness, No jealousy. 3) I'm a Happy Being. I am always happy. 4) I'm a Fearless Being. 5) My Body is perfect and healthy and will always be. 6) God's Power is a circle of golden white light around me. Nothing can enter into this circle. God is always with me. I'm protected by God's Energy. mein hamesha uske shaktiyo se surakshit hu. 7) My Family is Safe. God's Power encircles around my house, the hospital and the world.

8) My relations & family are lovely. We have very good relations among us. 9) God's Power encircles around the world. My Planet is Safe. 10) I'm God's Angel and God has chosen me to bestow happiness and health to all.

= OM SHANTI=

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## World Mental Health Day and our Environment



By: N. Munal Meitei

World Mental Health Day is observed on 10<sup>th</sup> October with this year's theme, "Make mental health for all a global priority". The difference between physical health and mental health is physical health is

only the condition of the body, while mental health is a general state of wellbeing. Mental health includes our emotional, psychological and social wellbeing in every stage of life. Nature is vital in keeping us emotionally, psychologically and physically healthy.

Individuals with mental disorders have a decreased life expectancy of 10-15 years in comparison with the general population. Around 20% of the world children and adolescents have mental health condition with suicide, the second leading cause of death among 15-29 years. Every 40 seconds, a person dies by suicide. Mental health also impacts on issues such as al-

cohol, drug-abuse and social violence.

More than 19.86% of adults are experiencing a mental illness, 4.91% with severe symptoms. Mental health problems have negative impacts on poverty, employment, safety, health cost, succeed in schools and community & family disruption. One of the possible factor for rising mental illness could be increasing use of social medias. Mental health is now not a personal problem but a social problem. WHO states, mental health and human rights are integral and inter dependent.

To ensure a better mental health, we need to optimise timely intervention, prevention and promotion of good mental health opportunities at the time of onset of mental disorders. In India, 10% of our population suffered from one or more men-

tal health problems. According to WHO, India accounted the burden for nearly 15% of the global mental, neurological and substance abuse disorder. A meta-analysis of community survey estimates, in India the prevalence of depression and anxiety could be up to 33 per 1,000 persons.

In the country, with a meager 5000 psychiatrists and less than 2000 clinical psychologists, the treatment gap is highest for the 1.36 billion population which has left 70-90% of people without mental illness treatment. The ratio of psychiatrists in developed countries is 6.6 per 100,000 and the average number of mental hospitals globally is 0.04 per 100,000 persons, compared to 0.004 in India. Poor awareness of mental health symptoms, social stigma and lack of adequate resources and facilities,

stop people from getting the help they need. Also, mental health services are highly inaccessible and up to 40% of patients must travel more than 10km to reach the first available service at the district headquarters.

It's a fact, people who get less connecting with nature are most at risk of mental health problems. Climate change has the psychological impacts on human mental health and well-being. Rising temperatures can fuel mood and anxiety disorders, depression, behaviors, schizophrenia and vascular dementia and can increase the suicide rates, according to reports. Our health and well-being are inextricably linked to our natural environment. IPCC warns as our planet continues to warm, billions of people around the world will experience worsening physical and mental health.

Spending time in nature is found to reduce with mental health problems which is endorsed by the research work in ecopsychology. Being outside in natural light is found helpful from seasonal affective disorder, a type of depression that affects people during particular seasons or times of year. Research reveals that environments can increase or reduce our stress, which in turn impacts our bodies. What we are seeing, hearing, experiencing at any moment is changing not only our mood, but how our nervous, endocrine, and immune systems are working.

The stress of an unpleasant environment can cause us to feel anxious, or sad, or helpless. This in turn elevates our blood pressure, heart rate and muscle tension and suppresses our immune system.

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# DRI Seizes Cocaine Worth Over Rs 502 Crore Smuggled from South Africa

By Raju Vernekar  
Mumbai, Oct. 10:

The Directorate of Revenue Intelligence (DRI) last week seized cocaine worth over Rs 502 crore imported from South Africa, from a container at Nhava Sheva port in Navi Mumbai.

The cocaine was hidden in the boxes filled with pears and green apples. Based on specific intelligence developed by DRI Mumbai Zonal Unit, the container was intercepted on October 06. Upon examination, it was revealed that a large number of bricks made up of high-quality cocaine and weighing approximately 1 kg each, were concealed inside the boxes of green apples. Total 50 such bricks weighing 50.23 kg and valued at Rs 502 crore in illicit market were recovered during the examination.



The fruit boxes carrying the cocaine bricks seized by DRI. (Inset: importer Vijin Varghese).

tion.

The importer- Vijin Varghese was booked under the provisions of NDPS Act, 1985. This was second time he was booked by the DRI. He is stated to be the managing director of a Kerala-based fruit import company. He was earlier arrested by DRI in a case in Vashi in Navi Mumbai involving seizure of 198 kg methedrone and 9 Kg cocaine from a consignment of oranges originating from South Africa.

It may be recalled that on September 30, DRI officers had seized the drugs worth Rs.1.476 crore from a truck carrying imported Valencia oranges. The consignment was ordered by

"Yummitto International Foods India Private Limited", which imports fruits from South Africa, Brazil, and other countries. Varghese was booked in that case. His interrogation revealed that another Kerala resident Mansoor Thachaparamban and the owner of a South African fruit export firm—"More Fresh Exports SA Private Limited" was the key supplier of the contraband. The DRI officials are making further investigation.

The seizure at Nhava Sheva, is one of the largest seizures of cocaine attempted to be smuggled through sea containers in recent past. This is a part of series of large drugs seizures made by DRI, Mumbai Zonal Unit ranging from 198 kg of methamphetamine and 9kg cocaine to 16 Kg heroine in last 10 days, a DRI statement read.

# Health Hazard: 462 medicine samples declared spurious during 2019-21

Agency  
New Delhi, Oct 10:

While the authorities have swung into action and ordered a detailed investigation into the cough syrups produced and exported to Gambia by an Indian company, government data revealed that 384 persons were arrested after 462 samples of medicines were declared adulterated or spurious during 2019-21.

A total of 81,329 drug samples were tested in 2019-20 out of which 2497 samples were declared as not being of standard quality and 199 were declared of spurious nature. Similarly, in 2020-21 out of the total 84874 samples lifted for testing, 2652 samples were declared no of standard quality while 263 were found to be spurious. A total of 220 and 164 people were arrested in 2019-20 and 2020-21 respectively.

Officials said that the government has taken a series of measures including strengthening of legal provisions, workshops and training programmes for manufacturers and regulatory officials and steps such as risk based inspection.

As per a recent Parliament reply, the government has taken various regulatory measures since 2019 to ensure the quality of medicines in the country. The Drugs Rules, 1945 were amended providing that every Active Pharmaceutical Ingredient (bulk drug) manu-

A total of 81,329 drug samples were tested in 2019-20 out of which 2497 samples were declared as not being of standard quality and 199 were declared of spurious nature. Similarly, in 2020-21 out of the total 84874 samples lifted for testing, 2652 samples were declared not of standard quality while 263 were found to be spurious.

factured or imported in India shall bear Quick Response Code on its label. The stored data or information shall include the minimum particulars including unique product identification code, Batch No, manufacturing date, expiry date.

The Drugs Rules, 1945 were amended providing that "in case the applicant intends to market the drug under a brand name or trade name, the applicant shall furnish an undertaking in Form 51 to the Licensing Authority to the effect that to the best of his knowledge based on search in trademarks registry, central database for brand name or trade name of drugs maintained by Central Drugs Standard Control Organisation, literature and reference books on details of drug formulations in India, and internet, such or similar brand name or trade

name is not already in existence with respect to any drug in the country and the proposed brand name or trade name shall not lead to any confusion or deception in the market," said the reply by the Ministry of Health.

The regulatory control over the manufacture, sale and distribution of drugs in the country is exercised through a system of licensing and inspection by the State Licensing Authorities (SLAs) appointed by the state governments.

Earlier this week, the World Health Organization (WHO) issued a warning about drugs manufactured by a Haryana-based pharmaceutical company following which the Union government initiated a probe. The cough syrups have been linked with the death of over 60 children in Gambia. An initial enquiry has found that these drugs were not sold in India and were meant for export. The government has also said that the samples of the four syrups have been sent for testing and action will be initiated after the test results.

# PPFA demands outstanding payment to NRC temporary workers

IT News  
Guwahati, Oct 10:

Patriotic People's Front Assam (PPFA), while expressing concern over the disturbing news related to updation process of National Register of Citizens (NRC) in Assam demands that the concerned authorities should pay the outstanding amount of money to around six thousand data entry operators (DEO) as early as possible.

The forum of nationalist citizens also argues that for anybody's greed those DEOs

must not be deprived of their legal dues.

The forum strongly believes that the draft Assam NRC should be re-verified as the immediate past NRC state coordinator Hitesh Devsarma publicly stated that it consists of millions of illegal citizens. Moreover, in two separate official complaints, Devsarma alleged that a faulty software was used in the process and a huge financial scam (to the tune of Rupees 155 crore) had taken place, which is indicated in the account general's interim report.

The NRC authority spent a sum of Rs 1600 crore in the four-year long process, where a large number of temporary workers (along with nearly 50,000 government employees) were also engaged as DEOs. The system integrator (Wipro Limited) had the responsibility to supply DEOs, but it allegedly engaged sub-contractors, where some media persons were also involved. Wipro was paid around Rs 14,500 (to 17,500) per month per DEO, but it provided only Rs 5,500 (to 9,100) accordingly.

"It is unfortunate that the DEOs were denied even the least amount as per our country's basic minimum wage. The DEOs, some of whom approached the State labour commissioner, and many came to the street demanding their dues, are still deprived of their full payments (which may be Rs 100 crore in total)," said a PPFA statement adding that there is speculation about the involvement of three Guwahati-based television journalists in the financial irregularities.

# Women, Vocational Education and Technical education and Employment



By: Vijay GarG

For those of us working in the education sector, gender equality is a critical development outcome we want to see. Several years of advocacy has seen gender parity being achieved in elementary and even secondary school enrollments.

However, from thereon, things do not look so rosy in terms of large gender gaps. At a recent workshop, I argued that gender equality in secondary education is critical to gender equality in tertiary education, labor markets and in societies. Typically, in most developing countries, despite substantial progress in getting girls into school, there is still a huge distance to be covered in ensuring that girls complete the full secondary cycle. According to the Global Partnership for Education, one extra year of secondary raises women's earnings by 15-25%; 1% increase of girls' secondary education increases per capita GDP by 0.3%. PLAN International has estimated that some countries lose more than \$ 1 billion a year by failing to

educate girls to the same extent as boys. Gender equality in secondary education is a crucial base for greater economic empowerment, more jobs, higher productivity as well as stronger, better and fairer growth. Gender equality at secondary stage also has an array of social returns—delay in marriage, better health, more investments in the education and health of children and promotion of rights of women and girls.

Inequalities and vulnerabilities that women face in the labor market can be traced back to their education and skills development. Women do not do as well as men in terms of access to technical and vocational education and training. Even when they do, their choice of disciplines is vastly different from that of men. While men may go for mechanical, welding, printing, automotive, electronics, computers and so on, women go for training in culinary, housekeeping, front office, food and beverage and similar occupations. This comes about from a complex web of social, cultural and economic factors. There are well-entrenched cultural expectations of the roles women ought to play and sex-stereotyping of occupations that lead to such differences. But it is by breaking through such barriers can we ensure equal opportunities to women in the labor market. Women are often concentrated in unskilled and semi-skilled and low-paying oc-

cupations. In South Asia, as per ILO, 84% of women are in vulnerable employment.

Evidence on average appears to indicate that boys perform better than girls in maths while girls perform better in reading. This phenomenon is true even in OECD countries. A recent study by McKinsey points out the US scores last of 9 countries surveyed where universities are most likely to attract high-flying women to the STEM fields: science, technology, engineering, and mathematics. Just 4 percent of US women identified as high performers study STEM subjects, compared to 57% in India, 37% in Morocco and 25% in Turkey. We need to help girls and parents overcome cultural and social barriers that contribute to gender stereotyping in occupations. This requires interventions to adjust curricula and teaching materials to portray women through powerful role models. Someone at the workshop asked me whether it is a good thing to lay emphasis on recruiting female teachers. I believe it is, as there is evidence of its positive influence on girls completing secondary schooling.

But there is more to female employment in male dominated occupations than just school education. There is need for increasing access to technical training for women in high growth and modern economy occupations. A recent paper in the International Journal of Gen-

der, Science and Technology points out women could be trapped in dead-end, low paying and low-skills jobs in what would be deemed an advanced occupation such as ICT. Similarly, even in low-end occupations such as construction work, women could use skills development to improve their position in the workplace. I heard the inspirational story of the Karmika School for Construction Workers established by the well-known Self Employed Women's Association (SEWA). After training in Karmika school, women reported greater confidence in going to work, better negotiation with contractors and less verbal and sexual abuse (I did not hear better wages though!). Even construction giants such as Larsen and Toubro found it difficult to create good working conditions for women in their sites with washrooms, let alone better wages. Yet millions of women continue to be employed in the construction industry as a whole. There can be out-of-the-box approaches. For instance, a residential school for girls in a remote tribal district in India found that training girls in competitive sports had an unexpected educational outcome—of making them want to finish middle school and enroll for secondary school. This was a result of a great boost in self-confidence that playing competitive sports instilled in the girls!

# Assam Rifles celebrates World Mental Health Day

IT News  
Imphal, Oct 10:

On the occasion of Upcoming World Mental Health Day, Loktak Battalion Assam Rifles under the aegis of HQ IGAR(South) organised lecture on 'Importance of Mental Health and to de-stigmatize

mental health issues at Sendravillage in Bishnupur District yesterday.

The lectures were organised to raise awareness on various types of mental ailments including Depression, Anxiety, ADHD, OCD etc&also importance of de-stigmatising them.

The lectures covered variety of mental health issues particularly in the light of prevalent COVID-19 scenario and the remedial measures to cure them.

A total of 55 villagers including women participated in the event and applauded the efforts of Assam Rifles for conducting such lecture.

Contd. from Page 2

# World Mental Health Day....

Being in nature, or even viewing scenes of nature, reduces anger, fear and stress and increases pleasant feelings. Exposure to nature not only makes us feel better emotionally, it contributes to our physical wellbeing, reducing blood pressure, heart rate, muscle tension and the production of stress hormones.

Plants help to take away some of the anxiety and tension of life. We know that viewing plants, flowers, water and other nature elements reduces people anxiety. Research done in hospitals, offices and schools has found that even a simple plant in a room can have a significant impact on stress and anxiety.

Anger slew anxiety and depression which are two of the most common mental health concerns in our society. In addition, nature helps us cope with pain because we are genetically programmed to absorb by nature scenes and distracted from our pain and dis-

comfort. In Andrea Taylor's research on children shows that time spent in nature increases their attention span later.

The Mayo Clinic recommends limiting children's exposure to screens—including computers, television, mobiles and video games—to two hours per day can have serious consequences, including obesity, behavioral changes, irregular sleep, violent tendencies, poor academic performance and dampened creativity.

Many studies show that after a stressful event, images of nature very quickly produce a calming effect. Within three to four minutes after viewing natural scenes, blood pressure, respiration rate, brain activity and the production of stress hormones all decrease and mood improves. This again has an evolutionary advantage because it allows us to recuperate and recover our energy quickly.

According to health.harvard.edu, having a pet as a companion can reduce cholesterol and triglyceride levels and lower blood pressure, depression, and anxiety on individuals and help children and the elderly with mental health problems. Science has now identified that stress shortens our telomeres, the "end caps" of our DNA strands, which causes us to age more quickly.

It's true, our all solutions are in nature. Clean air, water, plants and food supplies are essential for our personal health and wellbeing. The relationship between the environment and humanity is one of interdependence—each affects the other. Therefore, on the coming World Mental Health Day, let's protect and conserve our environment for a better mental health and wellbeing of our future generations.

(The author is an Environmentalist, email-[nmunall@yahoo.in](mailto:nmunall@yahoo.in))

# KTT invites journalists for its 5th media fellowship

IT News  
Imphal, Oct 10:

Khelen Thokchom Trust (KTT) invites journalists to apply for the fifth edition of The Khelen Thokchom Media Fellowships (KTMF) (2022-23).

The Khelen Thokchom Trust, for the 5th KTMF, is inviting eligible journalists to apply for six months media fellowship on the theme "Challenges in sustainable agriculture in Manipur's limited paddy land resources". The fellowship is opened to journalists working in print media with at least 3 years' experience in

journalism.

The applicants require to submit an application letter along with Bio-data, a letter of support from the editor that the output under the fellowship will be published (mandatory for all candidates), a brief proposal outlining the subject, and story ideas that the applicant proposes to focus on, a list of people who might be interviewed and one sample of 'published report' if any. Freelancers are eligible to apply, provided they fulfill all other conditions.

The work duration begins in November 2022 and concludes in April 2023. The last

date of application is October 14.

Selected applicant will be announced on October 28 during the birth anniversary observation of late Khelen Thokchom proposed to be held at Manipur Press Club, here.

The selected applicants will each receive a stipend of Rs 50 thousand to support research, travel and writing on installment basis based on progress of the work.

The selection of applicants will be done by a jury of eminent media experts. The selected applicant will be expected to generate eight news

stories (about 1500 word each), based on the research carried out under the fellowship. Original clippings of these articles are to be submitted on the completion of the fellowship programme. The media fellow is expected to take and submit photographs of the areas they travel in for their stories.

One can contact coordinator, KTMF C/o Pureiromba Enterprises, Konung Mangang near Pureiromba Khongnang, Imphal East District - 795005 (Daily office timing 10am - 5pm except Sunday) Phone 0385-2441211 Email: khelenthokchomtrust@gmail.com

# 'Bharat Vikas Parishad' distributes blankets at postnatal ward at RIMS

IT News  
Imphal, Oct 10:

Bharat Vikas Parishad (BVP), Manipur Prant visited postnatal ward of Regional Institute of Medical Sciences (RIMS), Imphal today, 10th Oct'2022 and distributed blankets to new born babies as well as health drinks to mothers of the new born babies at post natal ward, RIMS, Imphal. It benefited about 52 new born babies and mothers. The programme was organised to celebrate the 66th Birthday of Shri Suresh Jain, National Organizing Secretary, BVP. Shri Suresh Jain has visited Manipur on many important occasions and help Manipur Prant to undertake various service projects to uplift the so-



cial status of our community. Staffs of RIMS and members from all the branches of BVP, Manipur Prant had joined in the programme.

Prof. (Dr.) H. Priyoshakhi Devi, President, BVP, Manipur Prant said that Bharat Vikas Parishad has been helping the needy persons to give them

comfort, warmth and show the path of love to uplift the society and build a healthy and strong nation. She further said that helping others can contribute to our happiness in different ways which include increasing our sense of meaning of life and satisfaction with life and boosting our morale.

# PREPAK (Pro) celebrates 56th Raising Day of Red Army

IT News  
Imphal Oct 10:

PREPAK (Progressive) celebrated 46th Raising Day of its Red Army on October 9, 2022. The 46th Raising Day was celebrated at its CHQ, GHQ, Tactical Camp, Training Centres, Mobile camp and other base areas. Main event of the Raising day celebration was reading out of the Chairman message in connection with the day, said a statement by Lanchhba, Media Coordinator of PREPAK (Pro).



# Final call for application for MFA 2022 - 23 Phase-1

IT News  
Imphal, Oct 10:

Paomee Welfare Foundation (PWF) issues its final call for applications from bona fide, past and present primary members of the All Manipur Working Journalists' Union, AMWJU, to avail the Phase-1 of the Medical Financial Assistance (MFA) Scheme for the

year 2022-23, eligible for medical treatment expenses incurred between April 1, 2022 to September 30, 2022. The assistance to the beneficiaries is due for distribution in October - November, 2022. Paomee Welfare Foundation's MFA scheme is an annual financial assistance scheme offered every 6-months in any given year.

Last date for submission in the prescribed application form, along with supporting documents and AMWJU ID card at the reception of the Manipur Press Club is October 25, 2023.

The Foundation which was established in 2017 by All Manipur Working Journalists' Union (AMWJU), offers one-time medical financial assistance to the retired and present bona fide members of AMWJU. Beneficiaries may also nominate one immediate family member as a one-time family beneficiary. PWF funds its medical assistance scheme out of the interest earned from the corpus fund of Rs. 80 lakhs it maintains as fixed deposit with State Bank of India.

On the occasion of World Mental Health Day, Khuga Battalion of Assam Rifles under the aegis of IGAR(South) organised lecture on 'Importance of Mental Health and to de-stigmatize mental health issues at Singhat village in Churachandpur District today.

IT News  
Imphal, Oct 10:

On the occasion of World Mental Health Day, Khuga Battalion of Assam Rifles under the aegis of IGAR(South) organised lecture on 'Importance of Mental Health and to de-stigmatize mental health issues at Singhat village in Churachandpur District today.

The lecture was organised to raise awareness on various types of mental ailments including Depression, Anxiety, ADHD, OCD etc & also importance of de-stigmatising them. The lecture covered variety of mental health issues particularly in the light of prevalent COVID-19 scenario and the remedial measures to cure them.

A total of 18 villagers participated in the event and applauded the efforts of Assam Rifles for conducting such lecture.

# AR conducted Special Cleanliness Campaign 2.0

IT News  
Imphal, Oct 10:

Khuga Battalion under the aegis of IGAR(South) organised special cleanliness campaign 2.0 to promote Swachh Bharat Abhiyan in Khuga Churachandpur district, Manipur on 08 October 22. The cleanliness drive was not only

an effort to clean the surroundings but was also an endeavour to motivate and encourage the tps to keep their surroundings clean and litter-free.

The efforts will go a long way in keeping the area neat and clean to make a better place of living for tps/ families of Assam Rifles.

## Sports

# Team India earns qualification for AFC U-17 Asian Cup 2023

Agency  
Dammam, Saudi Arabia, Oct 10:

The Indian boys' team secured their berth in the AFC U-17 Asian Cup 2023 despite suffering a 1-2 defeat to hosts Saudi Arabia in their final qualification match at the Prince Mohammed Bin Fahd Stadium, Dammam.

Team India managed to seal their place at the event by being one of the six best second-placed teams across the ten groups of the qualifying tournament.

India had won their three previous engagements as they thumped the Maldives by a scoreline of 5-0 before getting the better of Kuwait by three goals and a clean sheet.

The blue colts followed their triumph against the team from the middle east with another trouncing victory over Myanmar, who they beat 4-1.

The match against the host nation got off to a quick start as Thanglalsoun Gangte got the ball in a dangerous area inside the box. But, the lad from Manipur couldn't manage to convert it as the ball was cleared away before as the



striker looked to get a shot away.

Lalpekhlua played a terrific cross to find Korou Singh in an optimistic position, and Singh's shot was saved by the Saudi Arabian goalie.

The resulting corner that was awarded to India was swung in by Danny Meitei causing some issues for the middle eastern team but ending up safely for the Saudi Arabians.

A short while later Saudi

Arabia's Talal Haji found the corner of the net from the edge of the penalty area to give his team the lead.

India's goalkeeper Sahil made a couple of fine saves to keep the hosts at bay before Mukul Panwar denied Nawaf Aljadaan's effort at the 38th-minute mark. Saudi Arabia created some positive chances but the Indian backline held firm.

Haji, troubled India again in the second period with his

free kick from around 20 yards out that went just over the crossbar. He got his name on the scoresheet once again with a spot kick that he converted without any error in the 58th minute.

Korou Singh was once again in the thick of the action when his attempted diving header went close before Gangte's shot was denied by a sharp save from the Arabian goalie.

Gangte got on the

scoresheet finally as he put the ball into the back of the net with a brilliant finish to end the game 1-2 in favour of the hosts despite India's late surge.

**India U17 Starting XI:** Sahil (GK), Ricky Meetei Haobam, Mukul Panwar, Manjot Singh Dhami, Gurnaj Singh Grewal, Korou Singh Thingujam, Lalpekhlua, Thanglalsoun Gangte, Vanlalpeka Guite (C), Malemngamba Singh Thokchom, Danny Meitei Laishram

## Passport Lost

I have lost my Passbook of State Bank of India (SBI), Singamei Branch, bearing Account No. 34240238028 on the way between my residence and Moirangkhom on October 4, 2022.

Finders are requested to hand over it to the undersigned.

Sd/-  
**R.K. Kamini Kumar Singh**  
Singamei Makha Oinam Thingel

## Online Essay Competition

Commemorating the 126th Birth Anniversary of Lamyamba Hijam Irabot, Team Imphal Times is organizing an Online Essay Competition. This is the 2nd time that the Team Imphal Times is organizing an Essay Competition. This year theme is - "Manipur's Socio-Economic Problems: System Failure or Individual False."

All submitted essays will be published in the Imphal Times newspaper and the name of the winners will also be published. The word count for the essay must be between 1000 and 1200 words.

1st prize Rs 5000, 2nd prize Rs 3000, and 3rd prize Rs 2000 with certificates. The competition is opened to all individuals and every submission must be accompanied by a photo/image of the candidate. The last date of submission will be 6 pm on October 30.

All participants should enclose details of their identity. Father's or Mother's name, Address, Qualification, Contact No. (Cell Phone or Landline) should be enclosed at the of submitting the write up. Language medium : English.

Participant can be sent by e-mail to: [imphaltimesessaycomp@gmail.com](mailto:imphaltimesessaycomp@gmail.com) in MS Word or PDF format.

Team Imphal Times