

State observes National Cleanliness Day



IT News
Imphal, Oct 2:

Manipur observed the National Cleanliness Day paying homage to the Father of the Nation Mahatma Gandhi, today at the Gandhi Memorial Hall, Imphal. Chief Minister N. Biren Singh led others at a wreath laying ceremony at the statue of Mahatma Gandhi.

Speaking as the Chief Guest of the function, N. Biren Singh highlighted the contributions made by the Father of Nation for the country and in achieving independence from the British.

The Father of the Nation is today revered across the world

because of his non-violent movement, N. Biren Singh said. He added that the non-violent movement is crucial in maintaining peace and is supported by people across the world as today there are many countries which could destroy the world with single bombs.

This year we are celebrating the 153rd Birth Anniversary of Mahatma Gandhi, the Chief Minister said, adding that it was on October 2, 2014 that Prime Minister Narendra Modi launched the Swachh Bharat Abhiyan.

N. Biren Singh also observed that the ideals and beliefs of Mahatma Gandhi are meaningless if we are unable to

implement them or turn them into actions. Today, under Prime Minister Narendra Modi, various schemes for the welfare of the people including construction of sanitary latrines and provision of drinking water are being taken up across the country, he added.

Taking the advantage of the day, the Chief Minister also appealed to all against dumping waste on our ponds, streets, rivers, lakes, to keep our localities clean and hygienic, and further highlighted that cleaning of Imphal River in Kangpokpi area has also begun.

The Chief Minister also addressed the need to maintain proper Solid Waste Manage-

ment on a micro level and maintain Solid Waste dumping sites in all districts under the watch and supervision of the District Commissioners in coordination with the local MLAs. Until we maintain small-scale dumping sites in the districts, it will be hard to control dumping of garbage or waste into our rivers, the Chief Minister said.

MAHUD, Rural Development and Panchayati Raj Minister Y. Khemchand who presided over the function raised awareness against dumping garbage and solid waste into our rivers and roads. The Minister also said that today several organizations, local youth groups are launching various Clean Imphal, Clean Manipur, Clean Loktak Lake campaigns, however, unless we all become aware of the issue, we cannot keep our surroundings and environment clean.

Minister Govindas Konthoujam, Minister Awangbou Newmai, Minister Dr Sapam Ranjan Singh, Minister Heikham Dingo, Minister Kashim Vashum, MP Rajya Sabha Maharaj Leishemba Sanajaoba, MLAs, other high ranking civil and police officials also attended the function. Artists of the Shri Shri Bal Mukanda Dev Government Music College performed the opening and closing songs.

Indonesia football riot: 174 killed, over 100 injured as Football fans invade pitch; Prez orders probe



Agency
Jakarta, Oct 2:

At least 174 people died at a football stadium in Indonesia and around 180 people were injured after fans invaded the pitch, triggering a stampede forcing cops to respond with tear gas. The toll was up from 127 earlier in the day.

The incident occurred after a football match in East Java province between Arema FC and Persebaya Surabaya that ended on Saturday night. Minutes after the final whistle, supporters from the losing team invaded the pitch and police were seen firing tear gas that triggered a stampede and cases of suffocation, according to the East Java police chief Nico Afinta, reports Reuters.

Arema FC supporters at the Kanjuruhan stadium in the eastern city of Malang stormed the pitch late after their team lost 3-2 to Persebaya Surabaya, the first loss in more than two decades to their bitter rival. Police, who characterised the unrest as "riots", tried to persuade fans to return to the stands and some were seen with riot gear beating up people. Two officers were among those who died in what appears to be one of the world's worst stadium disasters.

According to the police, 34 people died inside the stadium while other died in a hospital nearby adding that many people were crushed and suffocated when they ran to one exit. Videos from inside the stadium during the stampede showed huge

amounts of tear gas and people clambering over fences.

Officials said there have been previous outbreaks of trouble at matches in Indonesia, with a strong rivalry between clubs sometimes leading to violence among supporters.

According to AFP, the Indonesian government apologised for the incident and promised to investigate the circumstances surrounding the stampede.

"We're sorry for this incident... this is a regrettable incident that 'injures' our football at a time when supporters can watch football matches from the stadium," Indonesian Sports and Youth Minister Zainudin Amali told broadcaster Kompas.

contd. on page 4

The Art of Living organises YES+ Workshop at Manipur University

IT News
Imphal, Oct 2:

The Art of Living has jointly organised a pilot Project, a 6 days YES+ (Youth Empowerment and Skill) workshop with the Manipur University, Canchipur at the Department of Teacher Education, MU. W.e.f. 26th Sept to 1st Oct 2022.

Addressing the gathering as a Chief Guest, Prof W. Chandrabu Singh Registrar, MU lauded the initiatives taken by the Department of Teacher Education and said the vision of the Art of Living take a holistic approach to the issue of wellness of the students. He added the stress elimination and other holistic life-skills imparted by the Art



of Living would play a very big role in students community.

Programme coordinator Dr. K. Romeo Meetei, highlighted the role of mind management in dealing with the health and mental issues faced by students and

youths and welcomed the efforts to bridge the gap through Art of Living. The Art of Living has been working worldwide to help people boost their wellness in various ways and has been teaching people various mind management tech-

niques and breathing exercises, "This is helping people in coping with the emerging health challenges with ease and confidence. We are very happy to reach out to the students who are in need of stronger mind.

contd. on page 4

AR foils cross border smuggling of gold and Brown Sugar

IT News
Imphal, Oct 2:

Tengnoupal Battalion of Assam Rifles under the aegis of HQ IGAR(South) foiled cross-border smuggling of Gold biscuits at Permanent Vehicle Check Post, Khudengthabi today.

During routine checking, the troops of Assam Rifles recovered 06 suspected Gold biscuits from an individual.

The Gold Biscuits were strapped to his thigh using a cloth.

The Gold Biscuits recovered weighed approximately 997 gms and were assessed to be worth Rs 50.14 lakhs.

The seized gold biscuits along with the apprehended individual were handed over to Customs Department, Moreh for further investigation.

Meanwhile, yesterday Tengnoupal Battalion under the aegis of HQ IGAR (South) foiled cross border smuggling of Brown Sugar drugs at Permanent Vehicle Check Post Khudengthabi,

Tengnoupal.

During routine checking of Vehicles, troops of Assam Rifles checked a Silver Maruti Van at the check point. On thorough search of the vehicle, 269 gms of Brown sugar packed in 06 Soap cases was recovered. The drugs were concealed inside a WIN Cigarette Carton.

The seized narcotics are assessed to be worth Rs 53.80 Lakhs. The recovered Drugs were handed over to Moreh Police for further investigation.

USHA supports "Thang-Ta", a martial-art form from Manipur

80 young girls and boys came together in Imphal to take part in the event

IT News
Imphal, Oct 2:

USHA, India's leading consumer durables brand, supports a two-day "Thang-Ta" competition. Also known as "Huyen Langlon", this is an ancient Indian martial art from Manipur. Held in Lamlong, Imphal East District, this edition of Thang-Ta was a local event. With this association, USHA continues to grow its commitment to nurturing local communities and sports

at the grassroots level, while also promoting a healthy and active lifestyle.

Organized by The Malem Apunba Thang-Ta Maheikol and People's Development Society, the event had 80 contestants, with equal participation from young girls and boys. A majority of the participants were children of women from USHA's Silai Schools in Imphal East and Imphal West, which were setup in 2013-2021 with the aim of empowering women in the area to become

entrepreneurs once they learnt sewing. Asport like this that has roots in our history teaches children skills that are beyond the walls of a classroom. Each participant will be seen adorning a red jersey, symbolising energy and vitality.

MLA Thangjam Arunkumar Singh, MLA, was the chief guest at the event and commended the enthusiasm of all the participants.

The origin of "Thang-Ta" or "Huyen Langlon" dates

back to the 17th century and is amongst the most popular traditional martial-art form in the region that comprises soft movements in sync with rhythmic breathing using weapons like the sword, spear, and dagger. In the Meitei language, 'huyen' means war while 'langlon' means knowledge or art and the sport itself consists of two components: thang-ta (armed combat) and sarit-sarak (unarmed fighting).

contd. on page 4

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."

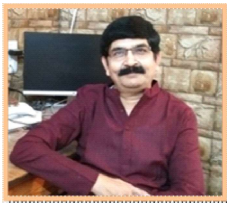
All submitted essays will be published in the Imphal Times newspaper and the name of the winners will also be published. The word count for the essay must be between 1000 and 1200 words.

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 in MS Word or PDF format.

Team Imphal Times

Mahatma Gandhi's non-violent ways to protest is the beauty of 'Ahimsa'



By: Vinod Chandrashekhar Dixit

India moves to celebrate the 153rd birth anniversary of Mohandas Karamchand Gandhi, father of the nation, on October 2, 2019. Modi has rightly said that Mahatma Gandhi's message of truth and non-violence is "very relevant for us even today, for peace, development and progress in the world."

All over India in order to mark the birth anniversary of Mahatma Gandhi, Gandhi Jayanti is celebrated with great enthusiasm to pay honor to Mahatma Gandhi who struggled a lot for the Indian independence from the British rule. We all know that the name of Mahatma Gandhi now transcends the bounds of race, religion and nation-states, and has appeared as the visionary voice of the 21st century.

Gandhiji has become a role model and an inspirational leader for the youth now. Other great leaders like Nelson Mandela, James Lawson also admired Gandhi's theory of non-violence for the freedom and liberty. Gandhi did a great work to achieve Swaraj. More than ever before, Gandhiji's teachings are valid today, when people are trying to find solutions to the rampant greed, widespread violence, and runaway consumptive style of living. His ideology is admired throughout the world for its universal and spiritual appeal.

The Gandhian technique of mobilising people has been successfully employed by many oppressed societies around the world under the leadership of people like Martin Luther King Nelson Mandela and many others. Barack Obama sees Mahatma Gandhi as an inspiration and has a portrait of the apostle of peace in his office. Gandhi had ideas on every subject, from hygiene and nutrition to education and labor, and he relentlessly pursued his ideas in newspaper. He would still be remembered as one of the principal figures in the history of Indian journalism. Mahatma Gandhi's ideology is universal which is relevant for all times. People know very little about his subtly powerful and pragmatic ideology. If his ideology were not effective, the world would not have accorded him the title of Mahatma.

Though Mahatma Gandhi's ideas and principles are appraised and accepted by many, they are not free from criticisms. The teachings of Gandhiji are true to the soul and the morality of honesty is to be preached throughout. Whether the teachings are used in present day or not, does not imply that his teachings are irrelevant. The Indian education gives importance to theoretical knowledge and practical knowledge takes a back seat. Gandhi stressed upon giving practical lessons to the students as he believed that this helps in active participation of the students in the class. We need to make our priority and path clear to march forward. Gandhism is a way of living with simplicity and non-violence. The new generation is waiting for a leader who will make it relevant to the moral values, and who will inculcate in the people, as Gandhi did, a sense of the responsibilities which fall on every citizen of a free society. The aim of celebrating Gandhi Jayanti is to distribute Gandhi's philosophy, principles & thoughts of Mahatma Gandhi and believe in non-violence around the world. Gandhi's ultimate search was for righteous conduct. The means are more important than the end, he maintained; with the right means, desired ends will follow. He also emphasized on the life and teachings of Lord Krishna saying that everyone can find solutions to present-day problems from his life.

The unorthodox methods he advocated to tackle the immensely complex problems facing the country and his transparent sincerity struck a responsive chord in the hearts of the common people. The immortal tribute of India's first Prime Minister, Pandit Jawaharlal Nehru, at the time of Gandhi's passing said, "The light has gone out of our lives".

He inspired millions of people through his work and became a legacy of greatness, idealism, and noble life. Gandhi was a social reformer who died after completing the aim of his life. One should remember that he not only gave freedom to his country, but also brought about a great moral regeneration over his countrymen. Men like Gandhi are born once in an age. Mahatma Gandhi while leading the struggle of the Indian people for independence from the British rule repeatedly emphasized that his ultimate aim was not merely the overthrow of alien rule, but the establishment of swaraj in India. The world community endorses the idea of peaceful resolution of conflict in regional, national and international disputes.

Mental health of Children



By: Vijay GarG

Children's emotional wellbeing is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults. Most children grow up mentally healthy, but surveys suggest that more children and young people have problems with their mental health today than 30 years ago. Mental health problems affect around one in six children. They include depression, anxiety and conduct disorder (a type of behavioural problem), and are often a direct response to what is happening in their lives. Alarmingly, however, 75% of children and young people who experience a mental health problem aren't getting the help they need.

Now, a new UCLA study has found that young adults who have experienced discrimination have a higher risk for both short and long-term behavioural and mental health problems. The findings of the study were published in the journal 'Pediatrics'. Researchers examined a decade's worth of health data on 1,834 Americans who were between 18 and 28 years old when the study began. They found that the effects of discrimination may be cumulative - that the greater number of incidents of discrimination someone experiences, the more their risk for mental and behavioural problems increases.

contd. on page 3

Letters, Feedback and Suggestions to 'Imphal Times' can be sent to our e-mail - imphaltimes@gmail.com. For advertisement kindly contact - 0385-3590330 (O). For time being readers can reach the office at Cell Phone No. 9862860745 for any purpose.

Wildlife Week, their survival is in our hands



By: N. Munal Meitei

The country is facing with acute challenges in conservation of wildlife but still trying to protect the critical species and eco-regions from many challenges. The 6th Wildlife Week is celebrated across the country between 2nd to 8th October with an aim to arouse the general awakening of the people to protect and preserve the flora and fauna of the country and to take some critical steps since 1955.

There are many animals and plants in our forests and around. Due to these animals and plants, our environmental balance is preserved intact. The role played by wildlife in maintaining the ecological balance of nature is undeniable. Any harm to the wilderness can pose a threat to the entire ecosystem. During this week, seminars, lectures, awareness programs, workshops, public meetings, slogan, spot painting & essay writing competitions are organised at various schools and institutions to make people and students understand the importance of wildlife conservation.

The animals and plants that live in the wild have an intrinsic value and contribution to the ecological, genetic, social, economic, scientific, educational, cultural, recreational and aesthetic aspects of the human well-being. A symbiotic relationship exists between the forest, forest-

dwelling wildlife species, ecosystem services and people, especially the indigenous people who manage around 28% of the forest land, making the goal of wildlife week relevant and significant. These spaces are not only their economic resources, but also to their cultural identities. Wildlife preservation is a management for the human progress also as both are interconnected.

Wildlife week celebration is an opportunity to many beautiful and varied forms of wild fauna and flora and to raise awareness of the multitude of benefits that their conservation provides to mankind. It also reminds us of the urgent need to step up the fight against wildlife crime, the fourth largest crime after arms, drugs and human trafficking.

India owns 7.8% of the recorded species of biodiversity reserved in the planet, though we share only 2.4% of the world's geographical area. We also harbor 20% or 136 crores population and 30% of world cattle population. The country is in the 5 hot spots of the world. More than 500 species of mammals, 1220 species of birds, 1600 species of reptiles and amphibians populate this subcontinent. India owns 80% of the world's wild tiger population, 60% of Asian elephants, 80% of the one-horned rhinoceros and the entire remaining population of the Asiatic lion. The good news is, we got 8 Cheetahs, 5 females and 3 males at Kono N.P. from Namibia after 70 years of our extinction.

But our rich wildlife brings itself with several threats as well. We may not be aware of the potential harms caused to this wildlife from various reasons. It is thus necessary for us to take part in wildlife week initiatives. The country has 1065 Protected areas including 104 National

parks, 566 Wildlife sanctuaries, 32 Elephant reserves, 52 Tiger Reserves, 97 Conservation reserves and 214 Community reserves covering 171921 sq. km which is 5.03% of our geographical area. We also have 75 Ramsar sites of wetland importance.

It is the need of the hour to aware about the causes threatening the staggering wildlife that inhabit on this planet. It is also necessary to understand that humans are not the only species that have the right to live on this earth and her resources. With rapid urbanization, decreasing forest covers, irregular seasonal changes and forest fires, our wildlife is threatened like never before with different plagues to cohabitants such as man-wildlife conflict.

The children and youth are the future leaders of wildlife conservation. They deserve for a future where the humans live in harmony with wildlife that shares the planet with us. In this way we would be able to change the entire human mind towards the wildlife conservation on this week-long celebration. A trip with students can easily get the learning about the wildlife conservation and maintenance. They must understand the important aspects of the wildlife in their own life. They also should understand that wildlife is the most beautiful gift of God which we need to be preserved and honored.

Before green house gases and global warming, wildlife species were able to survive in their natural habitats. Though we have also the never ending challenges from population explosion, deforestation, climate change, pollution and habitat lost etc, over the past few years, a considerable change has been noticed. There have got more and more calls from different sectors asking for help

in rescuing and relocating the wild animals. It is important to note that the peoples mindset have gradually moved from "find and kill" to "rescue and release".

Manipur with recorded over 1200 species of plants and animals always fascinate us. These species comprising of 472 orchids, 52 edible fruits, 75 each of woody plants besides 120 species of fishes including 29 in ornamental forms. The state supports nearly 40% of the total flowering plants recorded in India, out of which 31.58% are endemic. The wildlife of Manipur includes about 1200 medicinal plants, 500 species of orchids, 55 species of bamboo, 695 birds, 160 fish species, 21 migratory aquatic birds and many big animals. But the region is suffering from the acute environmental degradation threatening to the permanent loss of our flora and fauna. Thus, we may not bring back our once quite abundant and now lost animals including tiger, leopards, elephants and Javan Rhinoceros from to our soil but at least we could save the Sangai.

Future of wild life conservation depends on the action and values of people. By facilitating a deeper relationship with the environment and the mankind, the country's wild life can be conserved for the future. As much we love ourselves and our family, we also should love our nature, environment, wildlife as well. Our Environment, including the wildlife is the basis of our survival. It is not very hard for us to protect wildlife if we start to act accordingly. Therefore with coming of the Wildlife Week-2022, let's not harm the wildlife and before that, think twice for an earth without the wildlife.

(The author is an Environmentalist, email- nmunal@yahoo.in)

Mahatma Gandhi: A Global Ambassador for Non-Violence

(On International Day of Non-Violence)

By: Prof. Jayadeba Sahoo

"Non-violence, to be worth anything, has to work in the face of hostile forces."

Mahatma Gandhi - The Story of My Experiments with Truth, 1927

Mahatma Gandhi and his world-recognized initiatives for establishment of peace and non-violence are no more confined to India and its people alone with the whole humanity across the globe resolving to follow his footprints in letter and spirit. When Mohandas Karamchand Gandhi went to England to study Law and thereafter started working in South Africa, he was an ordinary man, desirous of making a living for him and his family. But when he returned home, he was a changed man. He practised what he had determined to do in his heart. This made him a great man. What actually happened in between in his life? While working as a lawyer in South Africa, in 1904, Gandhi received a copy of Ruskin Bond's 'Unto This Last', during a train journey from Johannesburg to Durban. In his *Autobiography*, Gandhi says he could not put the book down till he had read it completely. He was so fascinated by its contents that he could not sleep at all. He writes: "I was determined to change my life in accordance with the ideals of the book." Gandhi summarises what he read in that book:

1. The good of the individual is contained in the good of all.
2. A lawyer's work has the same value as that of a barber in as much as all have the same right of earning their livelihood from their work.
3. The life of labourer - the tiller of the soil and the handicrafts-man etc. - is also a life worth living."

The above three statements piercingly shed light on one word: 'Equality'. It actually stems from a

Universal truth of Fatherhood of God and brotherhood of all human beings. Gandhi rightly understood that we all come from God (through our parents), hence have only one Eternal Father, the Heavenly Father, the Supreme Soul; and all human beings are His children and therefore brothers and sisters. Hence no one is superior or inferior, but all are equal and good in their essence, and should have the dignity they deserve. Such an idea will instantly strike to the one whose *sanskar* is *satvik* (ontological)! Gandhi had that *sanskar* though dormant! So he alludes to this fact, when he writes in his *Autobiography* that one would receive a Guru he deserves! The book refreshed his *sanskar*! He could not ignore the plight of his ill-privileged fellowmen and was determined to work for the "the uplift of all" and "the welfare of all". What followed is history. The British Empire came to its knees in front of Gandhi's determined fight for the downtrodden. He set the model of equality of all in his own Ashram so that it could spread to his country and to other nations of the world. He would often declare: "My life is my message."

From equality, follows non-violence, which has now internationally become synonymous with Gandhi's name. Hence Gandhi Jayanti that is observed every year as a national holiday in our country to commemorate his birthday (October 2, 1869 - January 30, 1948) is also observed by the United Nations as the International Day of Non-violence, which aims to disseminate his philosophy, principle and belief in non-violence through proper education and public awareness. The UN General Assembly, in a resolution adopted on 5 June 2007, resolution reaffirms the universal relevance of the principle

of non-violence and the desire to secure a culture of peace, tolerance, understanding and non-violence.

The International Day of Non-Violence is marked on 2 October, the birthday of Mahatma Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence. The General Assembly, in a resolution adopted on 5 June 2007, established the commemoration, the International Day as an occasion to disseminate the message of non-violence, including through education and public awareness.

Gandhi & Non-Violence

Non-Violence and Truth were his time-tested weapons throughout his life and he had applied them meticulously even in the extreme situations. He lived on a simple vegetarian diet and fasted rigorously for long periods, for both self-purification and protest in support of his justified demands. By means of a hunger strike, Gandhi had helped bringing about India's Independence from British Rule, inspiring colonial people to work for their own independence and ultimately dismantle the British Empire. Gandhi's principle of Satyagraha (truth force) has inspired generations of democratic and anti-racist activists including Martin Luther King Junior and Nelson Mandela. He had often stated that his values were simple, drawn from traditional belief - Satya (truth) and Ahimsa (non-violence). Gandhi's philosophies and his ideas of truth and non-violence had the influence of the Bhagvad Gita and the writings of Leo Tolstoy. He was also inspired by Henry David Thoreau's famous essay on Civil Disobedience.

How much India and other countries have adopted his ideals is a different question. What is noteworthy

about Gandhi is that, he was open to new ideas. When he got the enlightening ideals from another human, his humility helped him to look at what is being said, not who said it. He enjoyed working for those ideals to the best of his ability which made him great to the point that the greatest genius of that time Albert Einstein commented: "Generations to come, it may well be, will scarce believe that such a man as this one ever in flesh and blood walked upon this Earth."

His greatness lies in that he is an example for everyone. Youngsters, in general, think that the problem is with others, and if others change, they will be happy. This is in sharp contrast to what Gandhi felt and did: "Be the change you want to see in the world." He is also an example even for couples. He had the experience of leading a normal and a celibate married life. Comparing the benefits of both, Gandhi says his celibate married life was "more peaceful, sweet and joyful!" He knew very well that lust is "the greatest enemy of the wise." - Gita 3:39 Gandhi was extremely successful because of his determination to practise the lofty ideals he got, and the way in which he went ahead with that determination. He believed that one's greatest joy will be the awareness of how close one is with his Heavenly Father. No wonder he admits that, he could remember Shrimat Bhagwat Gita chapter 13 by heart. Two concepts which he always kept close to his heart appear together in one verse in this chapter: "nonattachment, and even mindedness in desired and undesired events." (13:9). One's even-mindedness in all situations is what makes one a 'supreme devotee' of God, says Gita (18:54).

contd. on page 3

PM Modi, President Murmu pay tributes to Mahatma Gandhi, urges people to follow Bapu's steps

Agency
New Delhi, Oct 2:

All across India, national leaders are paying tribute to the father of the nation on his 153rd birth anniversary. Prime Minister Narendra Modi also offered floral tributes to Mahatma Gandhi at Delhi's Rajghat on Sunday.

PM Modi also took to Twitter to wish everyone on Gandhi Jayanti and said the celebrations this year is "even more special because India is marking Azadi Ka Amrit Mahotsav". He also urged everyone to buy Khadi and handicraft products as a tribute to Mahatma Gandhi.

Paying homage to Mahatma Gandhi on #GandhiJayanti. This Gandhi Jayanti is even more special because India is marking Azadi Ka Amrit Mahotsav. May be always live up to Bapu's ideals. I also urge you all to purchase Khadi and handicrafts products as a tribute to Gandhi Ji.

Meanwhile, President Droupadi Murmu has also written on Twitter and urged everyone to follow Mahatma Gandhi's footsteps and walk the path of truth and non-violence. She also said his birth anniversary serves as an occasion for everyone to "re-dedicate themselves to the values of his life".



She also paid floral tributes to the father of the nation at Rajghat on Sunday morning.

The Congress party and its leaders are also celebrating Gandhi Jayanti with the party's interim president Sonia Gandhi and leader of Opposition in Rajya Sabha Mallikarjun Kharge paying floral tributes at Delhi's Rajghat.

Union Home Minister Amit Shah also took to Twitter to celebrate Mahatma Gandhi on his birth anniversary and said he bows down to the "pioneer

of truth, non-violence and peace".

Congress leaders Sonia Gandhi and Mallikarjun Kharge also arrived at Rajghat to pay floral tributes to Mahatma Gandhi.

Rahul Gandhi attended an event at Khadi Gramodyog in Badanavolu, Mysuru to mark the 153rd birth anniversary of Mahatma Gandhi. Sharing his message on Twitter, the Congress MP said, "Bapu taught us to walk on the path of truth and non-violence. Today on Gandhi Jayanti, we take a pledge, just as he united the country against injustice, we

will now unite our India."

In Parliament today, several leaders including Prime Minister Narendra Modi, Sonia Gandhi and Lok Sabha speaker Om Birla paid tributes to Mahatma Gandhi.

Gandhi Jayanti is also being celebrated across the world as the International Day of non-violence. United Nations secretary-general Antonio Guterres wished everyone on the occasion and wrote on Twitter, "We celebrate Mahatma Gandhi's birthday and values of peace, respect and the essential dignity shared by everyone."

India reports 3,375 fresh cases in last 24 hours, active cases come down to 37,444

Agency
New Delhi, Oct 2:

India recorded 3,375 new cases of the novel coronavirus in the past 24 hours. According to the data shared by the Union Health Ministry on Sunday (October 2), the total recovery rate reached at around 98.73 per cent and total recoveries data reached to 4,40,28,370.

The total active cases of COVID-19 in India have de-

creased to 37,444, the health ministry data showed today. Yesterday, the registered active cases were around 38,293.

A decrease of 849 cases has been recorded in the active COVID-19 caseload in a span of 24 hours. The active cases comprise 0.08 per cent of the total infections, the ministry said.

The total death toll in the country is now at 5,28,673. In India, the first death due to the

COVID pandemic was reported in March 2020.

According to the ministry, 218.75 crore doses of Covid vaccine have been administered in the country so far under the nationwide vaccination drive. India's COVID-19 tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16.

It went past 60 lakh on September 28, 70 lakh on Oc-

tober 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19.

The country crossed the grim milestone of two crore on May 4 and three crore on June 23 last year. It crossed the four-crore mark on January 25 this year. The seven fatalities reported in the last 24 hours include three from Maharashtra and one each from Kerala, Odisha, Ta

Corporate Hospitals are fleecing common patients by overcharging

Government has to step in to provide advanced healthcare at all levels

By Dr Arun Mitra
New Delhi, Oct 2:

The issue of overcharging by the corporate hospitals has been a matter of much concern. In 2017 it came to highlight when a child suffering from Dengue Fever could not be saved in the Fortis hospital, Gurgaon but the parents were billed Rs.15 Lakhs. The family alleged that the hospital charged for 660 syringes, 1600 gloves for the period of 15 days for which the child was admitted. The hospital authorities clarified that all protocols were followed during the treatment. Negligence was not the issue in this case but lack of empathy on the part of the hospital administration and overcharging perturbed the family of the patient.

Since the treatment for the advanced care has become expensive, many a times the charges become a cause of contention between the patient and the hospital authorities. Now this has been officially confirmed by the Competition Commission of India (CCI) who has found some corporate hospitals to be violating the competition laws and over charging on the medicines, consumables, room rent and other services etc. This affirms people's perception of the fleecing of patients by the corporate hospitals.

The CCI has found that the Apollo Hospitals, Max Healthcare, Fortis Healthcare, Sir Ganga Ram Hospital, Batra Hospital & Medical Research and St. Stephen's Hospital have been indulging in this practice of overcharging. They

have been abusing their dominance through exorbitant pricing of medical services and products in contravention of competition laws. A report published in the moneypcontrol.com says that the CCI has found these hospitals charging the room rent even more than three or four star hospitals.

According to this report, as per the powers with the CCI it can impose a penalty up to 10% of the average of the annual turnover for the previous three years. Apollo Hospitals posted an average turnover of Rs 12,206 crore and Fortis Rs 4,834 crore in the past three financial years. Whether the patients will get any benefit is not yet known, but any proactive decision by the CCI can deter these hospitals to an extent from over charging. The CCI is yet to review the response from the hospitals and take a decision accordingly.

The question however is whether the healthcare has to be treated as an industry where profit making is the sole aim or it has to be prioritized as service to the ailing people. There is a conceptual difference between the two. The policies on the healthcare will depend on what the concept of the healthcare is being followed by the state. Such concepts not only affect the advanced healthcare but also primary and secondary care, medical education system and also the issue of drug pricing. In the last few years we have seen exorbitant growth of the corporate hospitals. In our country 90% of the families spend less than Rs.10000/-

per month and people earning Rs 25,000 per month fall in top 10% of wage earners. In the present economic scenario, one can easily presume that over 95% of the population cannot even dream of visiting these hospitals.

There is thus urgent necessity to review the whole healthcare system and public health spending in our country. Presently nearly 75% of the healthcare is in the private sector where people have to spend from their pockets. It is accepted by the government's own documents that this out of pocket expenditure on health is pushing 6 crore people into poverty every year. Poverty adds to sickness thus starting a vicious cycle of people borrowing for healthcare and landing up into serious debts. Knowing fully well the state's spending on health is not increasing. In fact it has come down from 1.35% to 1.28% of the GDP.

Need is that the government should come forward in a big way in providing advanced healthcare at the district level so as to prevent fleecing by the corporate hospitals who have no empathy towards the sick; their only interest is profit making. Insurance based healthcare is no answer as this system has failed in the USA whose public health spending is much high, but still its health indicators are not as good as several countries who spend less than the US. In our country it is pertinent that the government should increase spending on health from 1.28% of the GDP to 6% to ensure basic minimum healthcare to all. (IPA Service)

Contd. from Page 2

Mahatma Gandhi: A Global Ambassador..

This chapter helped him to have a balanced approach towards everyone and in every situation in life, as he viewed himself as "a trustee," which means one having neither a sense of possession nor of doer-ship! Hence it was easy for him to declare: "Service is my religion." Gandhi accomplished great things, because he was operating from the realisation that he is a child of God, hence, he possessed infinite potential. His counterpart Nelson Mandela in South Africa, too understood the same fact when he said: "We are powerful beyond measure..... Your playing small does not serve the world." As we let our own lights shine,

we unconsciously give other people permission to do the same. As we are liberated from our own fears, our presence automatically liberates others.... What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead. No doubt, Gandhi displayed simple, attainable qualities that would, if practised, would make everyone better, no matter in what field they may be!

Let us realize before it is too late, that it is Raj Yoga meditation that removes mental tension, injustice, dishonesty and other kinds of inhuman

behaviour. Understanding the theory of the laws of karma, teachers should change their attitude towards the students and their profession by means of spiritual knowledge and world's only open eye meditation, which is Raj Yoga meditation of Brahma Kumaris. One must, therefore, help in this noble task by encouraging more and more people to join Brahma Kumaris, who is selflessly building a better society.

Happy Gandhi Jayanti
(The author is a Faculty, Brahma Kumaris, RERF & Professor (Ex-Dean & Head), Faculty of Education, Rajiv Gandhi Central University, Itanagar)

Drugs smuggled into India from South Africa seized in Navi Mumbai

By Raju Vernekar
Mumbai, Oct 2:

The 198 kg pure crystal methamphetamine (ice) and kg high purity cocaine worth Rs 1476 crore smuggled into India from South Africa, was seized in Navi Mumbai by officers of the Directorate of Revenue Intelligence (DRI).

The DRI officials stated on Saturday that the contraband was seized by intercepting a truck carrying imported oranges, near the Prabhu Hira Ice & Cold Storage Limited, located at APMC Yard, opposite Sanpada Railway Station Road in Vashi. A large quantity of drugs was found concealed in the cartons containing Valencia oranges. The truck had left the Cold storage, the DRI official said.

The DRI officers were keeping a watch on the consignment of fruits being cleared from this cold storage for the last few days. The contraband was seized under the Narcotics Drugs and Psychotropic Substances Act. The South Africa is stated to be a



hub of the drugs like the crystal methamphetamine and the Mumbai is said to be a transit point for off-loading and transporting drugs.

The DRI has arrested the importer and is looking for the customs house agent and the syndicate, including the finance involved in the racket. The further investigation is underway. "Prabhu Hira" is being run by three directors and the company has storage facilities at multiple locations in Maharashtra.

The DRI officers said that this could be new mode adopted by drug cartels. After

clearance from Customs, the goods are kept in some cold storage and then they are taken to their destinations.

Seizure at Airport
In another development the Mumbai Airport Customs Officials arrested a woman passenger at the Chhatrapati Shivaji Maharaj International Airport for allegedly smuggling cocaine worth Rs 4.9 crore hidden in the cavity of her sandal on Saturday. The woman was intercepted by Mumbai Airport Customs officials on suspicion, and after searching, it was found that she was trying to smuggle cocaine weighing 490 grams, valued at Rs 4.9 crore to India. She has been arrested and remanded to judicial custody.

In yet another development, the Mumbai Customs Zone-III destroyed 111 Kg of drugs valued at Rs. 83 crore at Maharashtra Pollution Control Board (MPCB) authorized facility- Mumbai Waste Management Limited, located at Talaja in Navi Mumbai on Wednesday. Drugs destroyed included 19.48 kgs Heroin, 4.95 kgs Cocaine, approximately 44 kgs Hashish and Marijuana, the Customs officials said.

Mental health of....

The study also suggested that the effects of discrimination in young adults are connected with disparities in care for mental health concerns and institutional discrimination in health care overall, including inequities in diagnoses, treatment and health outcomes.

Previous studies have linked discrimination - whether due to racism, sexism, ageism, physical appearance or other

biases - to a higher risk for mental illness, psychological distress and drug use. While previous research has examined the correlation in childhood or later adulthood, this new study is the first to focus on the transition to adulthood and to follow the same group of individuals over time.

The findings are particularly relevant in light of the stresses young adults are fac-

ing nationwide today. The last two years of COVID-19 pandemic has brought to the forefront new mental health challenges - particularly for vulnerable populations. We have the opportunity to rethink and improve mental health services to acknowledge the impact of discrimination, so we can better address it to provide more equitable care deliveries.

Kiren Rijiju, Anurag Singh Thakur launch Fit India Freedom Run 3.0 on Gandhi Jayanti

PIB
New Delhi, Oct 2:

The launch of Fit India Freedom Run 3.0 took place at the Major Dhyanchand National Stadium in New Delhi on Sunday morning on the occasion of Gandhi Jayanti today. One of the biggest nationwide movements started by the Government of India during the peak of Covid-19 pandemic in 2020, the third edition was jointly launched with a Fit India Plog Run by Union Minister of Law and Justice, Kiren Rijiju and Union Minister of Youth Affairs and Sports Anurag Singh Thakur. The third edition of the Fit India Freedom Run started off today, October 2 and will go on until October 31.

Also in attendance on Sunday was former Health Minister of India Harshvardhan Goel, Secretary Sports Sujata Chaturvedi, Director General, Sports Authority of India Sandip Pradhan, Fit India ambassador Ripu Daman Bevlvi as well as other officials from the Sports Ministry and SAI along with a large number of participants.

Reiterating the Prime Minister's vision, Kiren Rijiju



mentioned, "When Narendra Modi launched the Fit India movement in 2019, his vision was to make the entire nation fit. This movement over the years has now become such a massive success. Everyone is now interested to join the movement and the Fit India mobile app is also being downloaded with much enthusiasm every single day."

Echoing his sentiments on the same lines, Anurag Singh Thakur mentioned, "From Azadi Ka Amrit Mahotsav to Amrit Kaal, we have to keep working

towards Prime Minister's vision of taking India to new heights and the first way to reach that goal is by taking our fitness to new level."

Urging for a record number of participation in this edition of the Freedom Run, Thakur added, "There is no better occasion than to start the third edition of this successful run on Gandhi Jayanti and culminate it on Ekta Divas - the birth anniversary of Sardar Vallabhbhai Patel on October 31. Last year, the total participation reached 9 crore 30 lakh and we have to give

a lot of strength to Fit Freedom Run 3.0 to double the participation numbers."

The Fit India Freedom Run, over the last two years, has seen participation from India Armed forces including the Border Security Force (BSF), Indo-Tibetan Border Police (ITBP), Central Reserve Police Force (CRPF), the Indian Railways, CBSE and ICSE schools as well as the Ministry of Youth Affairs youth wings Nehru Yuva Kendra Sangathan (NYKS) and "National Service Scheme (NSS).

AR organised Fit India Plogging Run under Swachh Bharat Abhiyan

IT News
Imphal, Oct 2:

Keithelmanbi Battalion under the aegis of HQ IGAR (South) organised FIT INDIA PLOGGING RUN under Swachh Bharat Abhiyan at Keithelmanbi, Imphal West (Manipur) on 02 Oct 2022.

FIT India Plogging Run is a 2 kilometer run on Birth Anniversary of Mahatma Gandhi, the

Father of the Nation. All troops joined hands on cleanliness of surrounding areas. They were also educated about origin of Plogging and importance of Swachh Bharat Abhiyan to the nation.

Meanwhile, 28 Sector under the aegis of HQ IGAR (South) organised FIT INDIA PLOGGING RUN under Swachh Bharat Abhiyan at Kakching and Phunderai (Manipur) today.

The 3 KM Plogging Run was conducted on the Birth Anniversary of Mahatma Gandhi, the Father of the Nation. The troops of 28 sector and Phunderai Battalion actively participated in the plog Run and joined hands on cleanliness of surrounding areas. The troops were also educated about origin of Plogging and importance of Swachh Bharat Abhiyan to the nation.

Contd. from Page 1

174 killed, over 100 injured....

Indonesian President Joko Widodo on Sunday ordered a safety review of the country's football matches after clashes between fans and police.

The country's sports and youth minister, national police chief and Indonesian football association chief were ordered "to conduct a thorough evaluation of football matches

and the security procedures", Widodo said in a televised statement.

Torched vehicles, including a police truck, littered the streets outside the stadium on Sunday morning. Police said 13 vehicles in total were damaged.

The stadium holds 42,000 people and authorities said it was a sell-out. Police said

3,000 people stormed the pitch.

The Football Association of Indonesia (PSSI) suspended football matches for one week, banned Arema FC from hosting home games for the rest of the season and said it would send an investigation team to Malang to establish the cause of the crush.

The Art of Living organises....

Students gain the ability to overcome and drop long standing bad habits like smoking, consumption of alcohol and substance and systems abuse. The course also helps combat depression and suicidal tendencies, and has been reported to cure many diseases like Asthma, high BP,

sleep disorders, etc. Regular practice of the techniques and knowledge of this course ensures a strong healthy body and a relaxed stress free mind.

Explaining the uniqueness of the workshop, Laishram Dixon, Resource person of the Art of Living, said "The Art of Living is proven to be effective

in improving overall health significantly." He also shared the Art of Living's holistic philosophy about health and wellness.

He urged the Manipur University authority to initiate some more programmes for students mental health and wellness in collaboration with the Art of Living.

USHA supports "Thang-Ta"....

Commenting on the association, Komal Mehra, Head - Sports Initiatives and Associations at Usha International said, "India is home to a huge variety of indigenous sports, and supporting these provides local communities with a platform to showcase and grow these almost forgotten disciplines. Our aim is to build

partnerships that resonate with our belief of creating inclusivity in sports at the grassroots level and restore the former glory of these homegrown games from the corners of our country." Top honors were won by Mangte Chan Chan Kom (Gold Medal) for Junior girls, Sapam Nares (Gold Medal) for Junior Boys, and Konjengbam

Yaiphaba (Gold Medal) in Sub Junior boys and Oinam Zurich (Gold Medal) Sub juniors girls. The winners were awarded prizes courtesy USHA, as well as mementos and certificates. For virtual viewing and amplification, the event was live-streamed on @usha play on Instagram and Usha Play on Facebook.

27 devotees returning after 'mundan' ceremony killed in road mishap in UP's Kanpur

Agency
Kanpur, Oct 2:

At least 27 people were killed and two dozen hurt after a tractor-trolley they were travelling in fell into a pond in Ghatampur area of Kanpur Dehat late on Saturday evening. While 22 persons died on spot and five more succumbed to the injuries

during treatment in hospital. According to police sources, the death toll may be even higher as doctors stated the condition of a few others to be critical.

All the devotees, who were residents of Kortha village, were returning home after attending a 'mundan' ceremony from the Chandrika Devi temple in neighbouring

Unnao district. Prime Minister Narendra Modi expressed condolence on the deaths and announced an ex-gratia of Rs 2 lakh each to the kin of the dead from the PM's relief fund.

"Distressed by the tractor-trolley mishap in Kanpur. My thoughts are with all those who have lost their near and dear ones. Prayers with the

injured. The local administration is providing all possible assistance to the affected," Modi said in a tweet.

Chief Minister Yogi Adityanath also expressed condolences to the families of the deceased and announced financial assistance of Rs 2 lakh to the next of kin of the deceased and Rs 50,000 to the seriously injured.

Sports

BCCI sets January 1, 2024 deadline to launch five indoor facilities in NorthEast

Agency
Mumbai, Oct 2:

The Board of Control for Cricket in India (BCCI) plans to launch five indoor training facilities in the NorthEast by January 1, 2024.

The BCCI secretary Jay Shah and Assam Chief Minister Himanta Biswa Sarma met with the North-East members in Guwahati on Saturday, where they were given an update on the project.

The BCCI had earlier decided to build six state-of-the-art indoor facilities in the six NorthEast states - Sikkim, Manipur, Nagaland, Mizoram, Arunachal Pradesh and Meghalaya. The COVID-19 pandemic had stalled the process, but work resumed in August last year with the board officials visiting the six centres for inspection.

So far, the BCCI has earmarked locations in Sikkim, Manipur, Nagaland, Mizoram and Arunachal Pradesh. There will be a six-month delay in Meghalaya due to land issues. "The land that was zoned in earlier is smaller in size, so now, we have proposed another new land, and once the approval comes, the process will start. The Meghalaya facility could be



delayed maximum by six months," a Meghalaya Cricket Association official said.

In May this year, based on the feasibility report, an invitation for design consultancy was taken out by Grant Thornton Bharat, and design consultancy-architect agency Collage Design Private Limited was brought on board for the project.

According to the presentation report, which Sportstar has seen, site visits and soil tests were conducted by the design consultancy team in June this year, following which the tender designs were submitted by Collage Design Private Limited and the request for proposal for onboarding of contractors was submitted by Grant

Thornton Bharat in September.

This month, the request for proposal for the onboarding of contractors will be published, and the mobilisation of the contractors will begin on November 1. "Now that the design is ready and the project timeline is declared, the foundation stone for the project will be laid next month. The BCCI will let us know the details in due course of time," one of the office-bearers of a NorthEast state unit, who attended the meeting in Guwahati, said.

With a shortage of training facilities in the region, the Board's indoor facility will have four to five cricket practice pitches, a state-of-the-art 25m swimming pool, state of the art gymnasium, an office

area for administration, separate locker rooms for men and women cricketers, cafeteria and viewing gallery. According to the presentation, the approximate built-up area on each location will be 1500 sq.m.

According to the presentation, infrastructures for electricity and water supply will be completed by November 24. The structure work till the roof level will be completed by August 1, 2023, and the civil construction work should finish by September 1.

"All the dates have been set. It has been decided that the indoor facilities will be launched simultaneously on January 1, 2024. We are confident that work will complete much before the deadline. For the NorthEast states, it is a huge boost to have indoor facilities," a BCCI official said.

The NorthEast state teams were allowed to feature in BCCI tournaments from 2018. But so far, most states have struggled due to a lack of grounds and infrastructure. While Sikkim, Nagaland and Meghalaya are scheduled to play some of their Ranji Trophy home matches at their respective home grounds this season, some units will still have to travel to West Bengal because they don't have enough grounds yet.

Premier League: Arsenal Beat Spurs to Stay Atop, Liverpool Held by Brighton

Agency
London, Oct 2:

Arsenal ensured they will end the weekend on top of the Premier League with a 3-1 victory over Tottenham Hotspur in the north London derby on Saturday but Liverpool's problems continued as they drew 3-3 at home to Brighton & Hove Albion.

Graham Potter marked his first Premier League game in charge of Chelsea with a 2-1 victory at Crystal Palace thanks to a late winner by Conor Gallagher.

Newcastle United thumped 10-man Fulham 4-1 at Craven Cottage to snap a run of draws while Everton enjoyed their first away win of the season with a 2-1 victory at Southampton.

Gianluca Scamacca scored his first Premier League goal to help West Ham United on their way to a 2-0 win over Wolverhampton Wanderers to move them out of the bottom three and leave Wolves in it.

of champions Manchester City who host Manchester United on Sunday.

It was a well-deserved triumph for Mikel Arteta's side although they were helped by Tottenham self-destructing after the break when full back Emerson Royal was red-carded.

Thomas Partey's superb curled effort gave Arsenal an early lead but Harry Kane's penalty levelled it up before the break.

Kane became the first player to score 100 away goals in the Premier League and now has a record 44 goals in London derbies, one ahead of Arsenal great Thierry Henry.

Those feats will mean little to Kane though as his side's unbeaten start to the season came to a disappointing end.

Shortly after halftime, Gabriel Jesus scored from close range after a howler by Tottenham keeper Hugo Lloris and Tottenham's Royal was then sent off for a daft foul on Gabriel Martinelli who was deep inside his own half.

"The red card killed the game," Tottenham manager Antonio Conte said. "Not because we had 10 men, but because the team we had was re-

ally offensive and in that four or five minutes it took to make the substitutions the team was really offensive, it was difficult to defend and we conceded the (third) goal."

Granit Xhaka sealed the points for Arsenal.

Liverpool dropped more points as Brighton made light of the departure of Potter to mark the start of the Roberto de Zerbi reign with a point from a thriller.

Leandro Trossard scored a hat-trick for Brighton, the first two to put his side 2-0 ahead inside 20 minutes and then late on to salvage a point after a powerful Liverpool fightback.

Roberto Firmino's brace levelled it up for the hosts and when Adam Webster turned into his own goal it seemed Liverpool would take the points, only for Trossard to strike again.

Brighton remained in fourth spot with 14 points while Liverpool are ninth on 10.

Potter's Chelsea were heading for a draw at Selhurst Park after Pierre-Emerick Aubameyang's first goal for the club cancelled out Ousmane Edouard's early opener for Palace.