

Revisiting the Legends and Rituals of Dhanteras



By: Vinod Chandrashekhar Dixit

Dhanteras, also known as 'Dhanatrayodash' is a festival celebrated by Hindus. On this day, people purchase utensils and jewellery to bring good luck. The word is derived from 'Dhan' meaning wealth and 'Teras' which means thirteen. Dhanteras is a major Hindu festival celebrated two days prior to the main Diwali festival. It is celebrated in the month of Kartik on the thirteenth lunar day of the dark fortnight, commonly called Kartik Amavasya. It is celebrated fervently throughout India.

It is considered auspicious to buy gold, silver ornaments or steel utensils on Dhanteras. Lord Kubera and Goddess Lakshmi are worshipped on the festival of dhanteras. On the night of Dhanteras, diyas (lamps) are ritually kept burning all through the night in honor of Lakshmi and Dhanvantari. It is the seventh month according to the Bengali, Maithili and Nepali calendars; Whereas, according to the Tamil calendar, it is the eighth month. Dhanteras is celebrated on the thirteenth lunar day of the dark fortnight, also known as Krishna Paksha. On the next day of Dhanteras, Choti Diwali is celebrated and then on the third day, Diwali is celebrated.

Any purchase on Dhanteras is believed to bring prosperity and considered a symbol of wealth. The festival has religious significance as the rituals performed are related to Hindu Goddess and mythology. Like other Indian festivals, this day is also linked to famous Hindu mythological stories. There's an interesting story behind Dhanteras, for which people worship Lord Yamaraja on this day. As per one of the popular stories, it is believed that the horoscope of a king's son predicted that he will die on the fourth day of marriage after getting bitten by a snake. On the 4th day of his marriage, his wife decided to turn the fate around. She made sure her husband didn't sleep, as she narrated stories to keep him awake. To lure the snake away, she laid out all the ornaments and coins at the entrance in a heap. It is believed when the God of Death came in disguise of a snake, he was blinded by all the dazzling jewellery and coins. This way the serpent couldn't enter the prince's chamber and also got hooked to the wife's stories and songs.

There is another interesting story which is very popular is the one featuring Lord Dhanvantari, who is the physician of the Gods and an incarnation of Lord Vishnu, who came out of an ocean that is believed to be churned by the Gods and demons on the day of Dhanteras.

A Hindu festival of wealth and prosperity must entail the worship of Goddess Lakshmi. Also, Lord Dhanvantari, the God of Ayurveda and good health is worship to provide health and longevity. The rituals are mostly performed in the evening in the presence of every house member and at the traditional place of worship. The rituals are mostly performed in the evening at the usual place of worship of the house. Some also traditionally worship, Dhanvantari, the Hindu god of medicine and health. He is believed to bestow the family with good health and prosperity.

Dhanteras is absolutely important festival of Hindus. It is not only a festival to celebrate prosperity and good health but also an occasion to make new ventures and financial investments.

Parents can help their kids build reading habits



By: Vijay GarG

Reading regularly is one of the most valuable habits we can build in our lifetime. But in this tech-savvy world where children are more attracted to electronics, helping them develop this habit can present a challenge.

Even though it is one of the most overlooked activities, the habit of reading should be inculcated in children at an early stage as it can benefit their development and enhance their ability to 'think'. It helps them build concentration, curiosity, creativity, empathy, and a better vocabulary. It's, therefore, one of the most important habits parents can help their child develop.

A study by Cunningham and Stanovich in 1998 stated that the act of reading can help children compensate for inferior cognitive abilities by building their vocabulary and general knowledge. Reading aids children's development as they acquire a deep understanding of the world. It broadens their horizons, expanding their thoughts and limitations.

It helps them gain a social and emotional understanding that can improve their ability to express and communicate. Books can showcase different characters, voices and perspectives, which can help children to become more empathetic.

Did you know that typography and illustrations play a huge role in piquing a child's interest in a book? It not just welcomes them into the fictional world but also helps hook them in to the plot.

Typically, format, text size, white space, and illustrations all communicate who the book is intended for. A book with more visuals is usually intended for younger kids, while a book with a smaller font size and dense copy with little or no visuals appeals to older readers.

As parents, we need to ensure children perceive reading as a pleasurable activity and not a 'task'.

Parents need to be aware of what factors can help pique a child's interest. Have you ever observed a kid shuffling through different books in the kids' section? When a child opens a book, they know if they can read it or not, before reading any of the words. All thanks to the larger font size and colourful illustrations! A small child may not relate to a book unless it is visually captivating.

contd. on page 3

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Centre's Hindi Push: A threat to the minorities



By: Jayanta Sharangthem

A place is called a garden when different types of flowers grow. But when a person tries to make it grow only one type of flower, the place will no longer be called a garden. We are in a pluralistic country where all cultures, languages, religions, and food habits have equal rights under the constitution. India is a union of states; a union of languages; a union of religions; a union of cultures, traditions, and faith. Even in Manipur, there are so many tribes who have their own languages, culture, traditions, and faith. The Hindi-speaking people are trying to push their own language over others. It means you have no concern for the existence of these small tribes, right? You only think of your survival. Why don't we let the people of our great nation decide what to eat, what to wear, who to worship, and what language to speak? This imposition will cause great disadvantages to the future youth of this nation who have global aspirations. If necessary, let the individual choose to learn other languages. I will call this a war on language. If you impose, there will be no regional pride. If Hindi is the national language, then the mother tongue of each tribe will fall into the second-class category, which will ultimately be diminished with time. Let me express freely what I feel in my heart on this controversial and emotional issue of language.

I am a Manipuri. I am from the North-east, which has a rich cultural and linguistic heritage. I live in Manipur. I am proud of it. I was born and brought up here in Manipur. This is my motherland. My identity is Meitei because I speak Meiteilon, my mother tongue. Except Manipuri/Meiteilon, every language which is not familiar with me, including Hindi, English, Telugu, Bengali, Malayalam, etc., is a foreign language to me. I somehow speak and write English so that we can communicate with each other to some extent. I agree that I am not good at English because I am not from England or America. I am from Manipur. But I am a master of my mother tongue, and neither the Americans nor the British will be able to defeat me in it.

If we are to compete globally, we must learn English, which has become a linked language over the years, as a second language in addition to our mother tongue. Nowadays, it is not possible to become a doctor, a software engineer, or any other professional job without English. He/she needs to go abroad for further study. Why do you push for a particular language that you are comfortable with? But first, tell me the answer to this question. If the United Nations says English should be the universal language of communication and all must speak it, would you agree or not? So, don't force us to speak your language, and at the same time, we will not force you to speak our language. What do you feel if we try to force the Hindi-speaking people to speak our Meiteilon? You are imposing Hindi in the name of promotion of languages. You can't impose Hindi on us because our mother tongue is a reflection of our culture, our thought process, and our identity. Else the people begin to say that they are not proud of India after 2014. It is very

unfair to impose one's ideas on others who do not easily succumb. If you attack on our identity, in order to survive, we will fight for it because without our identity, we are just humans. No more Meitei, no more Manipuri. The core aim of your push means that only your tribes must be merged into you. Actually, you have no right to tell me how to stand, how to sit, how to sleep, what to eat, or what to speak. It is my birth right. Let the people enjoy freely in their own domain. Live and let me live. You are trying to take an advantage or to make a place or backdoor entry for your national political party into the South or other places to dominate regional political parties. But this tactic, in the long run, will surely destroy their diversity, their uniqueness, their languages, their cultures, their religions. Sometimes, the Hindi-speaking people need to look beyond politics. Hindi imposition is a caste project. Languages are not tools. National integration is not a mathematical equation. You are talking about unity and uniformity, forgetting this vast diversity of tribes, languages, cultures, religions, traditions, food habits, etc. What is your agenda behind this? You want homogenisation, right? But it is not possible for one nation, one language, one religion, and one law, especially in India. One of the most controversial and political issues in Indian politics is related to language problems. After attaining independence, the Indian government decided to enact Hindi as the only official language of independent India. Hindi belonged to the lineage of Aryan languages. People who spoke other languages, especially Dravidians and people in the North-East, saw in this decision an attempt to erase their language cultures. Hindi should not be imposed till the

non-Hindi-speaking states agree to it. It may be promoted so that it becomes a standardised link language. But, it should not offend the emotions of other citizens of India who speak their languages proudly. The Constitution of India talks of the composite culture of the nation. All languages should be equally respected and promoted. One should not be forced to learn a language which she/he does not connect with. It would violate constitutional norms.

This is not the first time that the centre is trying to put the Hindi language on a higher pedestal than others, equating it somewhat to the status of a national language. The 37th meeting of the Parliamentary Official Language Committee took place on April 8. The Union home minister stressed the need to make it the "official language" of the country. Additionally, he also announced that Hindi will be made compulsory up to class 10 in all eight states of North-east India. According to a press release from the Ministry of Home Affairs, it was also said that Hindi should be accepted as an alternative to English, not to local languages. Now again, Shah is set to launch the MBBS course in the Hindi medium by releasing three textbooks. The Union Home Minister's statement recently, saying that Hindi should replace English as the "link language" and that the government's work will increasingly be in Hindi, has set the proverbial cat among the Southern pigeons. Because of anti-Hindi protests, the DMK came to power in Tamil Nadu. With a lot of strong criticism and resistance to the recent remarks of Shah, the Tamil Nadu Chief Minister, M.K. Stalin, vociferously criticised the aforementioned idea of "One Nation, One Language" on the grounds of being detrimental to the country's unity.

to be continued

Winter Fruits for glowing skin



By: Shahnaz Husain

some beauty tips with winter fruits:

Apples

Apples have so many health benefits that it is said, "an apple a day keeps the doctor away." It contains a wealth of nutrients, like Vitamins C, B6, riboflavin, potassium, copper, manganese, and magnesium. It is also packed with phytonutrients and flavonoids. Apples contain pectin, which is said to have a soothing effect on dry, sensitive skin. Apples are wonderful skin toners, helping to tighten the skin and stimulate blood circulation to the skin surface. They also have anti-oxidant properties, helping to prevent oxidative damage and thus delaying visible ageing signs on the skin. Apples also contain fruit acids, which have a powerful cleansing effect on the skin, removing dead skin cells. This helps to brighten the skin and gradually clear away blemishes, like dark spots. Raw apple pulp or apple juice can be applied on the skin daily and then washed off with plain water after 20 minutes. Grated apple can be added to face masks. Mix oats with curd, honey and apple pulp or grated apple into a paste. Apply on the face and wash it off after 20 to 30 minutes. Apple cider vinegar, which is obtained from apples, is an ideal treatment for dandruff and also adds shine to the hair. After shampoo, add two tablespoons apple cider vinegar to a mug of water and use it as a last rinse. Yes... an apple a day also keeps beauty problems at bay!

Lemon

We all know that lemon is a rich source of Vitamin C, which is needed in winter. As a cosmetic ingredient, lemon can be used in various ways, but avoid using it undiluted, as it can be harsh on the skin. However, on areas where the skin is thicker, like elbows and knees, rub lemon halves and wash off with water. Over a period of time, it cleanses and lightens skin colour. Lemon can also be used as a hand lotion. Mix it with rose water and rub it into the skin of the hands. For

rough hands, rub granulated sugar and the juice of a lemon together on the hands, till the sugar dissolves. Then rinse off with water. Done regularly, it will help to improve the skin texture. Add lemon juice to "tea water" for a hair rinse, to make the hair silky and shiny. Boiled used tea leaves in enough water and cool the liquid. Add the juice of one lemon and use it as a last rinse. Lemon peels can be dried and powdered and used in face packs and scrubs.

Oranges

Oranges may be used in hair packs. The rind of oranges are said to contribute to hair luster and nourishes the hair. It also reduces oiliness. Keep orange peels and simmer them in water over a low fire. Cool and strain. Use the water to mix hair packs. For example, a protein pack may be made using lentils and egg white. The lentils should be soaked in water overnight. Next morning, grind the lentils, add egg and the orange-peel water, to mix into a pack for the hair. It cleanses, reduces oiliness and adds body and shine. Orange juice can be used to rinse the hair after shampoo. It helps to restore the normal acid-alkaline balance and reduces oiliness. It is also rich in Vitamin C. Makes the hair shiny and silky. After your shampoo, add the juice of 2 oranges to half a mug of water and use as a last rinse. Leave on for 2 minutes and then rinse with plain water.

Neroli, which is orange flower oil, has been used in both skin and hair care. Neroli oil is used in aromatherapy due to its calming and anti-stress benefits. It can be added to carrier oils (i.e. pressed oils like olive oil, almond oil, sesame seed oil etc) to make hair oils. It has to be diluted and added in the correct proportion to the carrier oil. It is said to calm the mind and is useful in stress related hair problems, like hair loss.

Banana

Banana, one of the most popular fruits, packs quite a punch in terms of

nutrition and health benefits. It is one of the richest sources of potassium and also contains Vitamin C and B6. Bananas are beneficial for both skin and hair treatments. Its potassium content helps to soften both dry hair and dry skin. Bananas can be made into a pulp and added to both face and hair packs. Bananas help hair that has been damaged by repeated colouring and other chemical treatments. Bananas can be made into a pulp and applied on the hair like a pack. Leave it on for 20 to 30 minutes and then wash it off. Egg yolk or curd may be added to mashed bananas and applied as a hair pack. If the hair is very dry, add one teaspoon pure glycerin or honey to the banana pack. Almond oil may also be added to the banana hair pack.

Avocado

Avocados are excellent for skin care, as they boost cell renewal. It contains Vitamin B and C, which help to build new cells and strengthen the immune system. It also has Vitamin A and E, which keep the skin soft and smooth. In fact, Avocado juice or oil can be very nourishing for the skin and hair. The protein and oil contents of avocado strengthen and nourish the hair. For home hair care, mash the avocado, add honey and a little lemon juice. This can be applied on the hair as a pack. In fact, it can also be applied on the face. Wash it off after half an hour.

Pomegranate (Anaar)

It has excellent benefits for skin care, as it helps to moisturise the skin and is a powerful antioxidant. It helps to improve the skin's moisture retention ability too. It is said to boost the process of cell renewal and thus helps to delay the formation of ageing signs on the skin. Used regularly on the face, it can remove tan, lighten skin colour and also brighten the skin.

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

PM launches Rozgar Mela – recruitment drive for 10 lakh personnel

PIB
New Delhi, Oct 22:

The Prime Minister, Narendra Modi launched Rozgar Mela – the recruitment drive for 10 lakh personnel via video conferencing today. During the ceremony, appointment letters were handed over to 75,000 newly inducted appointees.

Addressing the appointees, the Prime Minister started with greetings and best wishes for Dhanteras. “Today marks the day when a new link in the form of Rozgar Mela is being anchored to the employment and self-employment campaigns in the country that are going on for the last 8 years”, he said. The Prime Minister said that keeping in mind the 75 years of independence, the central government is giving appointment letters to 75,000 youngsters under a programme. “We decided that a tradition of giving appointment letters in one go should be started so that a collective temperament of completing projects in a time-bound way develops in departments”, he said explaining the rationale of the Rozgar Mela. In the coming days also, candidates will get their appointment letters from the government from time to time. “I am happy that many NDA-ruled and BJP-ruled states along with the Union Territories will also organise similar Melas”, he added.

Welcoming and underlining the significance of the timing of their induction, the Prime Minister told the new appointees that in the Amrit Kaal, for the fulfilment of the resolve of a developed India, we are marching ahead on the path of a self-reliant India. The Prime Minister remarked that the innovators, entrepreneurs, industrialists, farmers and people from the field of manufacturing and services have a crucial role in taking India to the path of self-reliance. Highlighting the importance of Sabka Prayas, the Prime Minister said that everyone’s efforts are critical in this journey and this feeling of Sabka Prayas is possible only when all the important amenities reach every-

one.

He said that completion of the process of selection for the lakhs of vacancies in a few months and issuing appointment letters is an indication of the change that the government system has undergone in the last 7-8 years. “Today, work culture is changing”, he said. “The efficiency of government departments has increased due to the efforts of our Karmayogis”, he added. He recalled the days when applying for government jobs was a cumbersome process and favouritism and corruption were rampant in selections. He said that the steps during the initial years of his government, like self-attestation and abolition of interviews in Group C and Group D posts of the Central Government, have helped the youth.

Today, India is the 5th biggest economy. This feat has been achieved because of the reforms undertaken in the last 8 years. We have, the Prime Minister pointed out, leapt forward from the 10th to 5th position in the last 7-8 years. While acknowledging the enormity of the economic challenges that the country faces, the Prime Minister said that India could manage to contain the negative repercussions to a great degree. “This has been made possible because in the last 8 years we got rid of those shortcomings of the country’s economy which created hindrances”, he said.

Emphasising the most job-intensive sectors like agriculture, private sector and MSME, the Prime Minister highlighted the importance of skilling India’s youth for a brighter future. “Today we are emphasising the most on skill development of youth. Under the Pradhan Mantri Kaushal Vikas Yojana, a huge campaign is going on to train the youth according to the needs of the industries of the country”, he said. 1.25 crore young people have been trained under Skill India Abhiyan. Kaushal Vikas Kendras all over the country and hundreds of higher education institutes have been opened, he informed. The Prime Minister also said that initiatives like liberalising drone policy, opening up space

policy, and 20 Lakh crore rupees worth of loans under Mudra Yojana have taken the process further. “Never before a self-employment program of this magnitude was implemented in the country”, he said.

Apart from self-help groups, he continued, Khadi and village industry are the prime examples of employment generation in the villages. For the first time in the country, the worth of Khadi and Village Industries has crossed Rs 4 lakh crore and more than 4 crore jobs have been created in Khadi and Village Industries. “A large number of our sisters have a huge stake in this,” he said.

The Start-Up India campaign, the Prime Minister pointed out, has established the potential of the youth of the country all over the world. Similarly, MSMEs were supported in a big way during the pandemic, protecting about 1.5 crore jobs. MGNREGA amounts to jobs for 7 crore people in the country, he added.

The most ambitious project for the country in the 21st century has been the ‘Make in India’ and Atmanirbhar Bharat. Today, the country is moving from being a growing importer to a very large exporter in many respects. There are many such sectors in which India is moving fast towards becoming a global hub today. He said record-breaking exports also indicate robust employment growth.

“Government is working comprehensively in the manufacturing and tourism sectors as both have huge employment potential”, he said. Processes are also being simplified for companies from all over the world to come to India, set up their factories and meet the world’s demand. The government has also started the PLI scheme to give incentives on a production basis. The more production, the more incentive, that is the policy of India. Its results are already visible in many sectors today. The data of EPFO which has been coming in the past years also shows how much the government’s policies regarding employment have im-

proved the situation. He noted that according to the data that came two days ago, in the month of August this year, about 17 lakh people joined EPFO and have now become a part of the country’s formal economy. He informed that about 8 lakh such people are in the age group of 18 to 25 years.

The Prime Minister highlighted the aspect of employment generation through infrastructure creation. He informed that thousands of kilometres of National Highways have been constructed across the country in the last eight years and work is being constantly done across the country on doubling, gauge conversion, and electrification of railway lines. He further added that new airports are being built in the country, railway stations are being modernised, and new waterways are being built. “More than three crore houses have also been built under PM Awas Yojana”, Shri Modi added.

The Prime Minister informed that the central government is working simultaneously on many fronts to create more and more jobs in the country. The Prime Minister informed the Government of India’s working with a target of more than one hundred lakh crore rupees with regard to infrastructure. He noted that the development work is being carried out on a large scale creating lakhs of employment opportunities for the youth at the local level. The Prime Minister gave examples of places of faith, spirituality, and historical importance that are also being developed across the country. The Prime Minister noted that these works being done for modern infrastructure are also giving new energy to the tourism sector and creating employment opportunities for the youth in remote areas as well.

The Prime Minister noted that India’s biggest strength lies with the youth of the nation. They are the driving force behind the making of a developed India in the Azadi Ka Amrit Kaal. The Prime Minister urged the new appointees to always keep their ‘Kartavya Paths’ in mind when they walk in through the doors of offices. “You are being appointed for the service of the citizens of the country”, the Prime Minister said. In the 21st century India Government job is not just about facilities but a commitment and a golden opportunity to serve the people from every nook and corner of the country in a time-bound manner, the Prime Minister concluded.

India logs 2,112 new Covid cases, active caseload below 25k-mark

Agency
New Delhi, Oct 22:

India saw a single-day rise of 2,112 new infections raising the COVID-19 tally to 4,46,40,748, while the number of active cases declined to 24,043, according to the Union Health Ministry data updated on Saturday.

The death toll climbed to 5,28,957 with four fatalities which includes three deaths reconciled by Kerala, the data updated at 8 am stated. One death has been reported from West Bengal in a span of 24 hours.

The active cases comprise 0.05 per cent of the total infec-

tions, while the national COVID-19 recovery rate has increased to 98.76 per cent, the health ministry said.

A decrease of 994 cases has been recorded in the active COVID-19 case count in a span of 24 hours.

The number of active cases stood at 25,037 on Friday.

The daily positivity rate was recorded at 1.01 per cent. The weekly positivity rate was recorded at 0.97 per cent, according to the health ministry.

The number of people who have recuperated from the disease surged to 4,40,87,748, while the case fatality rate was recorded at 1.18 per cent.

According to the ministry,

219.53 crore doses of Covid vaccine have been administered in the country so far under the nationwide COVID-19 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 October 11, crossed 80 lakh on October 29; 90 lakh on November 20 and surpassed one crore on December 19.

India crossed the grim milestone of two crore coronavirus cases on May 4, three crore on June 23 last year and four crore on January 25 this year.

Arunachal helicopter crash: Search on for fifth Army personnel, probe ordered



Agency
Itanagar, Oct 22:

A search was underway on Saturday for the missing Army personnel who was on board the helicopter that crashed in Upper Siang district of Arunachal Pradesh, a defence spokesperson said.

The advanced light helicopter (ALH), carrying five Army personnel including two pilots, was on regular sorties when it crashed at 10.43 am on Friday near Migging, around 25 km south of Tuting.

The bodies of four Army personnel were recovered on Friday evening from the crash site in a densely wooded mountainous area, around 35 km from the border with China, he said.

The Army and the Air Force are at present searching to locate the mortal remains of the fifth personnel, defence spokesperson Lt Col AS Walia

said. The crash site is extremely challenging in terms of hills with steep gradients and thick jungle, he said.

The cause of the crash is not yet known and details are being ascertained, the officer said.

“It is reported that the weather was good for flying operations. The pilots had more than 600 combined flying hours on ALH-WSI and over 1,800 service flying hours between them. The aircraft was inducted into service in June 2015,” he said.

Prior to the crash, the Air Traffic Control (ATC) had received a ‘May Day’ call suggesting a technical or mechanical failure, he said.

“This will form the focus of the Court of Inquiry, which has been immediately constituted to investigate the causes of the accident. Names of the personnel will be released af-

ter notification to the next of kin,” Lt Col Walia said.

The Army helicopter, also known as HAL Rudra, had taken off from Likabali in Lower Siang district.

The HAL Rudra is an attack helicopter manufactured by Hindustan Aeronautics Limited (HAL) for the Indian Army. It is a weapon system integrated (WSI) Mk-IV variant of the Dhruv advanced light helicopter (ALH) and is the first armed helicopter produced indigenously in India.

This is the second accident involving an Army helicopter in Arunachal Pradesh this month.

A Cheetah helicopter crashed in Tangang district on October 5 and claimed the life of one of its two pilots.

According to records, Arunachal Pradesh has witnessed 13 crashes since 1995, and 47 people were killed in them.

Contd. from Page 2

Parents can help their kids.....

1. Read To Them While They Are Young - Every Day!

If you want to raise a reader, you must become a reader. If your habit of reading has slid to the margins of your life, you must bring it back now while you are still young! Make space and time for books you read to yourself and with your child. Practice reading every day to help them observe, learn and inculcate the same in their routine.

2. Surround Them With Easy, Fun, Interactive, And Illustrative Books!

It’s important to help kids get acquainted with books and the habit of reading in their most natural habitat. Therefore, ensure that there are enough books in the house! You can use the internet to find a few fun picture books for your child. Picture books are easy to read and interactive enough to keep them engaged in an activity. Books with illustrations are

easier to understand, engaging, and can help hold their concentration for longer periods.

3. Allow Them To Pick A Book For Themselves - Discuss The Books They Wish To Read

One of the most effective ways to pique their interest is to take them to a library or a bookstore. Allow them the time to look around and explore. They’re more likely to read something that they have picked out for themselves. You can always help them by narrowing down the choice and showing them a specific section of book they might enjoy reading.

4. Be A Role Model For Your Child - Share Your Own Love For Reading With Them

No matter what you love reading, from magazines to graphic novels, let your child see that you’re reading. A child learns a lot just by observing

the adults around them. So if you are excited about reading, they will likely catch the same enthusiasm.

5. Include Reading In Their Bedtime Ritual

Research has shown that even infants or newborns can benefit from the experience of hearing books read. The content often matters less than the sound of your voice, the cadence of the text, and the words themselves. Studies have shown that the number of words an infant is exposed to has a direct impact on language development and literacy. So you can raise a reader from the day they are born! Just make it a habit to share a book and read it before bedtime.

Reading helps develop a child’s intelligence and makes them more confident. It is one of the most important skills that every child needs to succeed in school and life.

Nothing wrong in demanding separate state by people of eastern Nagaland, says CM Rio

Agency
Kohima, Oct 22:

Nagaland chief minister Neiphiu Rio has stated that the people of eastern Nagaland are not wrong while demanding a separate state.

Eastern Nagaland region comprises six districts — Mon, Tuensang, Kiphire, Longleng, Noklak and Shamator.

People belonging to seven tribes of Chang, Khiamnungan, Konyak, Phom, Sangtam, Tikhir and Yimkhiong inhabit the eastern Nagaland region.

“We Nagas speak our mind. It is not wrong for them (eastern Nagaland people) to express their desires,” said CM Neiphiu Rio.

The Nagaland chief minister also informed that the

state government is in talks with the Eastern Nagaland Peoples’ Organisation (ENPO) over their demands.

“We are talking with them and will give an appointment to ENPO during the union home minister’s (proposed) visit,” said Nagaland CM Neiphiu Rio.

Notably, the ENPO has announced its decision not to participate in the Hornbill

Festival 2022 as a measure to press for their demand for a separate Frontier Nagaland state.

The ENPO has also asked 20 legislators from the eastern Nagaland region to resign as MLAs.

The ENPO has also declared not to participate in any election, including the 2023 assembly poll, till their demand is fulfilled.

International Day of Older Persons held in Thoubal

IT News
Imphal, Oct 22:

The International day of older persons was held today at Health and Wellness Centres, Thokchom Bengi. The program was organised by District Health society Thoubal.

Speaking at the function CMO Thoubal Dr.Y. Nokul Singh said we should treat our parents and older people with love and care. We must remember the contributions given to the society by them. He appealed the general public to bring their parents and older persons to the Government Health Care facilities and take regular medical checkups and diagnosis



available in these facilities.

Ch.Basanta DPM, District Health Society Thoubal also attended the programme. As part of the function free health check up and yoga demonstration were held.

Blankets were also distributed to the older persons of the locality.

International day of older persons is celebrated every year on the 1st October. The day is celebrated to spread

awareness about the importance of senior citizens in our society and to appreciate their contribution. Senior Citizens carry a lot responsibility on their shoulders as leaders of the society.

Bronchoscopic Removal of Hairclip Pin successfully removed at RIMS Imphal

IT News
Imphal, Oct 22:

A team of doctors led by Prof. Sunanda Haorongbam, Head of Department of Respiratory Medicine, RIMS Imphal successfully removed a foreign body (Hair Pin) which was impacted in the left main bronchus.

Celina Lhingmeiting, a 8 year old female child residence of Moreh St, George Church, Tengnoupal was referred from Moreh for removal of foreign body in the lungs to RIMS,



Imphal. She presented with a complaint of productive cough for the past 2 (two) months associated with 1 episode of hemoptysis and fever and radiologically foreign body (Hair Pin) was found impacted in the left main bronchus. She was admitted in the Respiratory Medicine Ward, RIMS, Imphal on 13th Oct., 2022 and bronchoscopic removal was done successfully on 18th Oct., 2022. The bronchoscopic removal was carried out with the help of anaesthesia team and nurses.

Sports

SC of Indian Army wins Ladysmith Shell Firing Competition held at CAD Pulgaon

By Raju Vernekar
Mumbai, Oct 22:

A team of the Southern Command (SC) of Indian Army won the "Army Ordnance Corps Ladysmith Shell firing competition" held at Central Ammunition Depot located at Pulgaon in Wardha district of Maharashtra on Thursday and Friday.

Total seven teams, one from each Command and one of Army Ordnance Corps (AOC) centre respectively participated in the contest for the coveted trophy. Central Ammunition Depot (CAD Pulgaon was part of the Southern Command team.

"CAD Pulgaon pers" won Gold and Silver in Rifle 5.56 INSAS category. "CAD pers" also won Silver and Bronze in 5.56 INSAS category. Besides, an officer from CAD won silver in the LMG firing. Overall best firer of the competition was also from CAD Pulgaon, an official statement read.

Lady Smith is a small town in Natal which is named after Joanna the wife of Sir Harry Smith, who was the Governor of the Cape in South Africa. During the Boer war in 1899, this town came under a prolonged siege. On Christmas Day, a shell was fired by the Boers on the garrison under siege and it fell in the Ordnance Field Park which did not explode. Inside the shell was found a small plum pudding wrapped up in a tiny Union Jack and the shell itself was painted with the words "Compliments of the Season".

To commemorate the successful relief of Lady Smith, a



Air Marshal Vibhas Pande, giving away the certificates to the winners of the IAF Lawn Tennis Championship.

trophy was introduced by the Royal Army Ordnance Corps to be awarded to the best Ordnance team in a small arms firing competition in which all Ordnance Corps units of the Common Wealth originally participated. Now it is awarded to the best small arms firing AOC team of the Indian Army.

The trophy comprises the shell mounted on a handsome teak pedestal in which the Union Jack is framed and with small shields on which the name of winners are etched. The trophy occupies a pride of place in the AOC museum at the College of Materials Management, Jabalpur (Madhya Pradesh).

IAF Lawn Tennis Championship

In another development, the Western Air Command, Indian Air Force (IAF) won the "Air Force Lawn Tennis Championship 2022-23" held at Headquar-

ters, Maintenance Command (MC) at Vayusena Nagar in Nagpur on Friday.

The final match of team Championship was played between Western Air Command and Training Command in which the Western Air Command emerged winner. The final of the open singles was played between Corporal Pradeep of Training Command and Sergeant Manolin of Western Air Command. Corporal Pradeep emerged as the winner.

The Championship was held from October 17 to October 21. It was inaugurated by Air Marshal Vibhas Pande, Air Officer Commanding-in-Chief, HQ MC. A total of eight teams comprising 48 players from the seven Commands of the IAF participated. The Championship was held in two events-Team Championship and Open Singles.

Air Marshal Vibhas Pande, was the Chief Guest at the closing ceremony. He gave away the prizes to the winners. In his address he congratulated the winners and appreciated all the participants, official of the Air Force Sports Control Board (AFSCB) and the Commanding Officer of HQMC (U) who was instrumental in organizing the event.

He expressed his happiness for the closely contested games played in the true spirit of sportsmanship and enthralled the closely packed audience. The matches not only showcased the talents and potential of the players but generated a lot of enthusiasm amongst the air warriors to pick up Lawn Tennis as a sport. He urged the players to strive for excellence and make the IAF proud by winning laurels at the Inter Services Competitions as well as at the national level.

Indian Army Recruitment Rally

IT News
Imphal, Oct 22:

Indian Army Recruitment Rally for the categories of Soldier Nursing Assistant and Soldier Nursing Assistant (Veterinary) and Religious Teacher Junior Commissioned Officer for all the seven states of North East has been scheduled to be conducted in the month of November 2022. Notification for

the rally has been uploaded on the website of the Indian Army (www.joinindianarmy.nic.in). The desirous candidates can apply for the Sol NA / NA Vet rally till 30 Oct 2022. For the candidates applying for the category of RT JCO, the application shall remain open till 07 Nov 2022. It may also be noted that the Indian Army has granted relaxation of two years with regards to the upper age

limit for the candidates. Recruitment for this category will be as regular soldiers as per existing terms and conditions of the Indian Army.

All the candidates are once again advised to beware of touts who make false promises and extort money from them. The recruitment is a fare and transparent process and no person can influence the outcome.

ISRO all set for maiden commercial launch of 36 broadband satellites

Agency
Chennai, Oct 22:

The Indian Space Research Organisation (ISRO) is all set to make its maiden commercial launch of 36 broadband communication satellites onboard the space agency's heaviest rocket LVM3-M2, the countdown for which began early on Saturday at Sriharikota spaceport in Andhra Pradesh.

The 43.5 metre tall rocket is scheduled to lift-off from the second launch pad at the Satish Dhawan Space Centre in Sriharikota at 12.07 am on Sunday.

The rocket is dubbed as one of the heaviest for its ability to carry satellites upto 8,000 kgs.

Sunday's launch assumes significance as the LVM3-M2 mission is the maiden dedicated commercial mission for NewSpace India Ltd, the commercial arm of ISRO.

The mission is being undertaken as part of the commercial arrangement between NewSpace India Ltd and United Kingdom-based Network Access Associates Ltd (OneWeb Ltd), ISRO said.

According to the space agency, the mission would



carry the heaviest payloads with 36 satellites of OneWeb, becoming the first Indian rocket with a payload of 5,796 kgs.

The launch is also first for LVM-3-M2 to place the satellites in the Low Earth Orbit (LEO-up to 1,200 kms above the Earth) unlike Geosynchronous Transfer Orbit (GTO).

ISRO scientists have christened the launch vehicle as LVM3-M2 from GSLV-MK III as the newest rocket is capable of launching 4,000 kilograms class of satellites into GTO and 8,000 kgs of payloads into LEO.

GSLV-Mk III had four successful missions in the past, including the Chandrayaan-2.

The LVM3-M2 mission would give a boost to the space agency with the new launch vehicle to place satel-

lites into the low earth orbit, along with its trusted workhorse Polar Satellite Launch Vehicle (PSLV).

LVM3-M2 is a three-stage launch vehicle consisting of two solid propellant S200 strap-ons on its sides and core stage comprising L110 liquid stage and C25 cryogenic stage.

OneWeb Ltd, is the UK-based customer for NSIL and it is a global communication network powered from space, enabling internet connectivity for governments and businesses.

The company is implementing a constellation of 648 satellites in the Low Earth Orbit. While 36 satellites would be launched on Sunday, another batch of satellites were expected to be placed in the orbit by early 2023, ISRO said.

Contd. from Page 1

Manipuri non-feature film 'Beyond Blast' to be screened....

The selected films will be showcased at the 53rd IFFI to be held from November 20-28 in Goa.

The aim of the Indian Panorama is to select feature and non feature films of cinematic, thematic and aesthetic excellence in accordance with the conditions and procedure in the said regulations of Indian Panorama.

The selection of the Indian Panorama is made by eminent personalities from the world of cinema from across India comprising of a total of twelve jury members for feature films and

six jury members for non-feature films led by the respective chairpersons.

The jury panels contribute

evenly to the consensus that leads to the selection of Indian Panorama films of respective categories.

Documents Lost

I, the undersigned, have lost my Marksheet and Admit Card of Class-XII Examination 2016, bearing Roll No. 24464, issued by Council of Higher Secondary Education, Manipur on the way between Thoubal Bazar to DM College on 19th October, 2022

Finders are requested to hand over it to the undersigned.

Sd/-
Athokpam Nikita Devi
Thoubal Ningombam
Mobile No. 9615444936

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