

PM inaugurates 'Centre-State Science Conclave'

Role of India's science and people related to this field is very important in the march towards the fourth industrial revolution - PM

PIB
New Delhi, Sept 10:

The Prime Minister, Narendra Modi inaugurated the 'Centre-State Science Conclave' in Ahmedabad via video conferencing.

Addressing the gathering, the Prime Minister highlighted that the organisation of this conclave is a clear example of Sabka Prayas. The Prime Minister remarked "Science is like that energy in the development of 21st century India, which has the power to accelerate the development of every region and the development of every state. Today, when India is moving towards leading the fourth industrial revolution, the role of India's science and people related to this field is very important. In such a situation, the responsibility of people in administration and policy making increases significantly."

The Prime Minister emphasized that Science is the basis of solutions, evolution and innovation. And, it is with this inspiration, that today's new India is moving

forward with Jai Jawan, Jai Kisan, Jai Vigyan as well as Jai Anusandhan.

Commenting on the lessons that we can learn from history that will help both the centre and the states, the Prime Minister said if we remember the early decades of the last century, we find how the world was going through a period of devastation and tragedy. But even in that era, whether it was about the East or the West, scientists everywhere were engaged in their great discovery. In the West, scientists like Einstein, Fermi, Max Planck, Niels Bohr, and Tesla were dazzling the world with their experiments. In the same period, many scientists including CV Raman, Jagdish Chandra Bose, Satyendranath Bose, Meghnad Saha, and S Chandrasekhar were bringing their new discoveries to the fore. The Prime Minister underlined the difference between the East and West as we were not giving due recognition to the work of our scientists. The Prime Minister pointed out that when we

celebrate the achievements of our scientists, science becomes part of our society, it becomes part of the culture. Modi also requested everybody to celebrate the achievements of the scientists of our country. "Scientists", the Prime Minister said, "are giving ample reasons to the country to celebrate them." He lauded the role of Indian scientists in developing the Corona vaccine and contributing to the world's biggest vaccine drive.

The Prime Minister reiterated that the government is working with the thinking of Science-Based Development. "Since 2014, there has been a substantial increase in investment in the field of science and technology. Due to the efforts of the government, today India is ranked 46th in the Global Innovation Index, whereas in 2015, India was at number 81", the Prime Minister added. He acknowledged the record number of patents being registered in the country. He also noted the climate of innovation and a vibrant startup ecosystem.

The Prime Minister pointed out that "inclination for science, technology and innovation is in the DNA of our young generation. We need to support this young generation with full strength." The Prime Minister listed new sectors and missions in the field of research and innovation to support the innovative spirit of the youth. He gave examples of Space Mission, National Supercomputing Mission, semiconductor mission, Mission Hydrogen and drone technology. Similarly, NEP is promoting this by providing Science and technology education in the mother tongue.

The Prime Minister highlighted that in order to make India a global centre of research and innovation in this Amrit Kaal, we have to work on many fronts simultaneously. He stressed the need to take science and technology-related research to the local level. He asked states to promote research and innovation as per their local needs.

contd. on page 4

4-Day Capacity Building Training Programme (Level-3) organised by Down Town Charity Trust

IT News
Imphal, Sept 10:

4-Day Capacity Building Training Programme (Level-3) from 10-13 September 2022 has been successfully inaugurated which has been organized by Assam by Down Town Charity Trust, a KRC Level 3 under the National Jai Jeevan Mission, India (NJMM) in The New Hotel Anand Continental, Khoyathong

Road, Thangal Bazar, Imphal, Manipur.

The programme has been inaugurated by KhedaVarta, Secretary, PHED, Govt. of Manipur as the Chief Guest. In his speech, he mentioned that such training programmes will definitely spread awareness among mass people on purification, preservation and proper utilization of potable water which is really important in

rural as well as urban areas of Manipur.

Govt. officials of Manipur associated with the NJMM Sangrephao Vashum, The Chief Engineer, PHED, Livingstone, Executive Engineer, Thoubal District, Kh. Leena Devi, Director, Communication & Capacity Development Unit, PHED, and Rajkumar Somio, Nodal Officer, JMM, PHED, were present in the Inaugural Ses-

sion and shared their valuable comments and observations in connection to the training as well as the NJMM mission.

The programme aims to train total 60 no. of participants mainly from the Community, such as members from VWSS, SHG and Gram Panchayat of Thoubal District, Manipur. Members from ISA operative in Thoubal District are also present in the programme.

King Charles III proclaimed Britain's monarch in historic ceremony

London, Sept 10:

King Charles III was on September 10 proclaimed Britain's new monarch in a historic ceremony of the Accession Council that was televised for the first time in history.

"God save the King" were the words with which those gathered reaffirmed the proclamation made by the clerk of the council.

The throne had passed to the 73-year-old former Prince of Wales following the death of his mother, Queen Elizabeth II, on Thursday and Saturday's ceremony marked his formal declaration and oath taking at St. James's Palace in London.

King Charles was joined by his wife, Queen Consort Camilla, and his son and heir Prince William — the new



Prince of Wales.

The King had travelled back from Balmoral Castle in Scotland on Friday, where the Queen's health deteriorated and she breathed her last.

Flags lowered atop the palace in mourning for the late Queen were brought back up to full mast after the Accession Council proclamation,

which followed a wave of further proclamations across the U.K. to go into Sunday — when flags will return to half-mast in a state of mourning for the Queen.

"As the Queen herself did with such unswerving devotion, I too now solemnly pledge myself, throughout the remaining time God grants me,

to uphold the constitutional principles at the heart of our nation," King Charles said in his first televised address as King on Friday evening.

"And to my darling Mama, as you begin your last great journey to join my dear late Papa, I want simply to say this: thank you. Thank you for your love and devotion to our family and to the family of nations you have served so diligently all these years. May 'flights of Angels sing thee to thy rest', he said.

A Principal Proclamation was read in public for the first time by the Garter King of Arms from the balcony overlooking Friary Court at St James's Palace, accompanied by a 41-gun salute fired by The King's Troop Royal Horse Artillery at Hyde Park in London.

contd. on page 4

RIMS Director Prof A Santa inaugurated Burn Unit and Ward of Plastic Surgery



IT News
Imphal, Sept 10:

Regional Institute of Medical Science (RIMS) Director Prof. Santa inaugurated the burn unit and ward of the Plastic Surgery department.

The inauguration function was attended by Prof A Santa, Director RIMS; Dr N Sanjib, Medical Superintendent; and Dr Ak Ibihal, Head of the Department of Plastic Surgery, as chief guest, president, and guest of honour, respectively. Ak Ibihal, Head, Plastic Surgery Department stated that the plastic surgery unit started in January 1982 and now it has been almost forty years. But the fulfilled department is almost 25 years old. And now, under the guidance of director A, Santa, the Burn unit, is now in one room.

Dr. N. Sanjib, Medical Superintendent, expressed that the surgery department is the most operational in the RIMS

and has done almost a hundred patients in a month. He further stated that at that time, nurses also knew that when we entered the operation theater, we would be done as many as. At first I was confused about how to build this building, but Director A. Santa came as director RIMS, and the building was finished. It is very wonderful to me, said Dr. N. Sanjib.

As a RIMS patient welfare committee member, Bhashanta Sharma, expressed that we all know that every director of the RIMS is trying to develop to his level, but the on-going Director, Prof. A. Santa, period development is the best development during the period of 50 years of RIMS history. Basanta went on to say that the ministry never assigned a year mark for RIMS. When Santa came as director at RIMS, there was only one core at RIMS. Now Director Santa is putting a thousand cores into the RIMS account. This is now an easy way to raise money for

the development of RIMS. He convinced the ministry to help the people of Manipur.

Director A Santa expressed that the RIMS has a separate burn unit under the government of India fund and a plastic surgery ward. The newly inaugurated building has an oxygen pipeline and an ICU ward for the patients, and this is the face of RIMS as a second gate. The Director further expressed the blueprint model of RIMS for the future. The director further expressed that the building will be upgraded to the second floor in the future.

During the inauguration, Prof. M. Rameswar Singh, Head of Obst and Gynaecology Department, who is also Deputy Director (Admn/Link), Heads of Departments, Faculty Members, Nurses, PG Students, Chief Accounts Officer/Financial Advisor, Consultant (Civil), Consultant (Hospital Administration) officials, staff and invitees were present.

BJP Intellectual Cell congratulates new member of PDA

IT News
Imphal, Sept 10:

The BJP Intellectual cell, Manipur Pradesh, congratulates the nomination of Patsangbam Shashikanta Singh of Uripok Sorbon Thingel as a member of the Planning and Development

Authority Manipur. The Intellectual wing of the BJP also expressed gratitude to CM N Biren Singh and BJP State President A Sharda Devi.

From 81st to 46th spot: India's Global Innovation Index achievement hailed by PM

Agency
New Delhi, Sept 10:

India presently stands at 46th spot in the Global Innovation Index, Prime Minister Narendra Modi said on Saturday, underlining that the country has made huge progress in terms of innovation in the last few years. Highlighting the country's achievement of climbing the list from 81st spot in 2015, PM Modi stressed: "After 2014, investment in science and technology increased exponentially. Our government is working towards science-based development."

The country is headed towards leading the fourth industrial revolution, he further pointed out, recounting the contribution of experts. His comments came as he ad-

ressed the Centre-State Science Conclave virtually.

Drawing parallels between the contributions of world-renowned scientists like Albert Einstein, Nikola Tesla and those who hailed from India, including CV Raman, PM Modi said: "Our bright minds have always made us proud and Indian scientists are doing wonders. Celebrating their innovations and successes will inspire our people."

"When we celebrate the achievement of our scientists, science becomes part of our society and culture. I urge all to celebrate the achievements of our scientists."

Last month, during the Independence Day address, PM Modi had pointed out that the next 25 years are very crucial for India, underscoring that the

country would become a developed nation during this period. The comment, however, had drawn the opposition's ire.

Meanwhile, during Saturday's event, Gujarat chief minister Bhupendra Patel pointed out that the state has been ranking "first in startup rankings for the last three years." Gujarat - where the BJP is ruling for nearly 27 years - is scheduled to go for polls later this year.

"We have to make India a global center of research and innovation in this Amrit Kaal. States should adopt best practices from other states. This will be a step towards ensuring timely and effective implementation of science-led development programs in the country," PM Modi urged in his address.

★ Editorial

Of RIMS and Director A. Santa

There is a core committee formed by the Ministry of Human Resource Development to determine the standard of all the institutes in the country namely National Institutional Ranking Framework 0.015. Here certain specific parameters are adopted in determining National Ranking such as Teaching, Learning and Resources, Research and Professional Practice, Graduation outcome, Outlay and inclusivity, perception for University and Institutional. Again, certain categories are also taken into account with emphasis on overall, University, Engineering College, Management, Pharmacy, Law, Architecture and Medical. In 2020 Shri Ramesh Pokhriyal, HRD Minister announced that out of the existing 540 medical college in India RIMS was placed at 38th rank. Not only for Manipur RIMS stood high representation the north eastern states. In the category of college of University, no college was included in the list of 100 colleges from the north eastern states. It was a proud moment for all of us when RIMS was included in the All India Ranking. We were so fortunate to have a hospital like RIMS. We should express gratitude to all the faculty members and officials for their hard works for the betterment of the hospital.

Prof. Santa, Director of this hospital did a praiseworthy job which is worth appraisal. While he was serving in NEGIHM he also rendered communicable service by helping the patients with high quality treatment and medical procedures. To mention a few he assisted in medical procedures like Uterine Fibroids, Myomas, Ovarian Cysts, Endometriosis, Pelvic organ prolapse, Urinary problem Vaginal discharge, Sufficiency menopause, Gynaecological, Cancers, Abnormal pap smear, Pre invasive cervical, Vaginal disease and Vulva condition, Contraception advice, HPV test and Biopsy test etc. He was also a prominent doctor among the gynaecologists and obstetrician. He held key post of Director, Principal and HOD of NEGIHM of Shillong. Judging his performances in several sectors of medical services, the union Ministry of Health and Family Welfare/Appointment Committee of the Cabinet Ministry's NE section issued order on 5th Sep, 2018 appointing Dr A. Santa as Regular Director of RIMS by DD Maheshwari, Under Secretary, Govt. of India. The Union Government intervened keeping in view the long vacancy of a regular director and the consequent inconveniences caused in the hospital. After he became regular, Director of RIMS, he began to give a sea change to the existing infrastructure relating to ICV, operation theatre, Medical College, Dental College and gave special attention to the neglected construction of many buildings within the hospital premises with special impetus to installation of medical equipment's so far neglected. All the staffs had been accorded 7th pay implementation.

All these changes in terms of infrastructure development including the system of administration, Patient facilities services, academic changes, OPD and casualty service and neat and cleanliness in the hospital premises had been done within a short span of time. According to the guidelines of the Medical Council of India a fifteen bedded Surgical Intensive Care Unit was inaugurated on March 7, 2020. Out of 100 seats for medical students, 30 seats are reserved for the state and out of 50 BDS seats, 13 seats are reserved for Manipur.

The Ministry of Health and Family Welfare also approved another 4 seats to undergo M.Sc. Nursing, Medical Surgical Nursing and Community Health Nursing. It is worth saying that the hospital has reached such a milestone due to the hard work, dedication and perseverance of Dr. A. Santa. We should express gratitude to him for what he had done by highlighting nursery requirement of the hospital to the Central Government for the common benefit of all in the state. Indeed, we are fortunate to have a Director like him. However, it cannot be derived that there are certain people with vested interest who are against him. Such people hamper the progress of the society. One should exercise self containment and give opinion only when the outcome is truly good or bad. Let us put joint effort and work together for a better land at international.

The hospital has facilities which are necessary to put it at par with AIIMS like Super speciality Nephrology, Plastic and Reconstructive Surgery and MCH for Urology. Besides PMR (Physical Medicine & Rehabilitation) it has a department of Transfusion Medicine and Sports Medicine. According to a report issued by the director in 2019, the hospital which is about 48 years old had produced 3454 doctors, 1842 specialist doctors, 61 clinical Psychologists, 193 B&C Nursing Graduates and 115 Dental Surgeon. In the current year the number of OPD patients suddenly rose to 7.37 lakh whereas the number of Casualty Patient was 1.3 lakh. The hospital has 1074 bed, 100 undergraduate capacity, 145 post graduate degree out of which 6 post graduate diploma seats are included. It has a PG hostel, 6 hostels for MBBS students, 249 staff quarter and one guest appropriately maintained. During the COVID-19 pandemic the hospital took bold responsibility and carried out more than 12,000 tests and also gave medical treatment and cured more than 50 COVID-19 positive patients. To counter the outbreak of the pandemic several ventilator and machinery for dialysis were installed newly. All these achievement have been made possible with the hard work of Dr. A. Santa, the present director.

After judging all these achievements Shri Ashnikumar Chowdhury of the Ministry of State Health and Family Welfare announce that he would appreciate the Central Govt. to put RIMS at par with AIIMS. The Patient Welfare Committee (RIMS) also submitted a representation to the Union Government regarding status up gradation of the hospital at par with AIIMS which is also supported by the people.

The responsibility of Dr. A. Santa, Director, RIMS is so huge in as much as he has to render dedicated service for upgradation of the hospital on line with the status of AIIMS. All the staff members of RIMS are requested to extend necessary help in the upgradation of the hospital for the sake of all the people in the state. Let us fulfil our dream and see a glorious hospital in the state similar with AIIMS. The director's attention is drawn to put tireless effort in the hospital upgradation.

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.

Does PM Sheikh Hasina's India visit take India-Bangla ties in a new height?

By: Kamal Uddin Mazumder

On Sept 5, India welcomed one of the closest friends in the neighborhood, Bangladesh Prime Minister Sheikh Hasina who visited India on a four-day visit. During the course of her trip, she held a bilateral meeting with PM Narendra Modi as well as interacted with President Droupadi Murmu. The immediate outcome of the visit was the signing of the seven memorandums of understanding (MoUs) in various fields, including the withdrawal of water from the cross-border Kushiara river, cooperation in space technology, collaboration on IT systems used by railways in areas such as movement of freight, science and technology cooperation, training of Bangladesh Railway personnel and Bangladesh judicial officers in India, and cooperation in broadcasting between Prasar Bharati and Bangladesh Television, aimed at boosting ties between the two countries.

Among the seven pacts signed on September 6, a memorandum of understanding (MoU) on withdrawal of 153 cusecs (cubic feet per second) of water from the Kushiara by Bangladesh is most welcomed by Dhaka. It is the first such deal the two countries have inked after the Ganges River water-sharing agreement in 1996 and is seen as a breakthrough in addressing an issue that has cast a shadow on their otherwise close ties. The deal came to the Sylhet region as blessings that are expected to help alleviate some of Dhaka's concerns. A pact to share water resources from trans-boundary rivers that run downstream from the Himalayas from India into Bangladesh has long been a priority for Bangladesh, a lower riparian state that suffers from crippling water shortages. Earlier, India and Bangladesh finalised the Teesta water-sharing deal in 2010 and it was likely to be signed in 2011. But it could not be inked due to opposition from West Bengal Chief Minister Mamata Banerjee.

The agreement will benefit southern parts of Assam state in India and

the Sylhet region in Bangladesh. According to the agreement, the withdrawal of 153 cusecs of water from Kushiara river through Rahimpur canal will bring major changes in dry-season farming in Jhokiganjapazila bordering Bangladesh. At the same time, the farmers of Kanighat and some parts of Bijnanbarupazila will benefit.

The two leaders engaged in talks on connectivity, trade, flood management, counter-terrorism, food security, and nuclear energy partnerships. In a bid to help Bangladesh deal with the energy crisis, the two leaders unveiled the first unit of the Maitree Thermal Power Plant, a 1320 MW supercritical-coal-fired thermal power plant at Rampal in the Khulna division of Bangladesh. The project is being set up at an approximate budget of \$2 billion out of which \$1.6 billion was Indian Development Assistance that will enhance Bangladesh's power generation capacities. Experts believe that the Maitree Power Plant will give citizens of Bangladesh access to affordable electricity, boosting Bangladesh face the difficulties that the country is facing in because of the growing energy prices worldwide.

Both leaders also discussed the issue of counterterrorism. "Today we also stressed on cooperation against terrorism and fundamentalism. To keep the spirit of 1971 alive, it is also very necessary that we face such forces together, who want to attack our mutual trust," PM Modi said. In flood management, India has extended the period of sharing flood water-related information in real-time which will help Bangladesh counter the annual floods.

Connectivity boost

An important project that was inaugurated was the Rupsha bridge. The 5.13 km Rupsha rail bridge is a key part of the 64.7 km Khulna-Mongla Port single-track Broad Gauge rail project, connecting for the first time Mongla Port (Bangladesh's second largest port) with Khulna by rail, and thereafter to Central and North Bangladesh and also to the India border at Petrapole and

Gede in West Bengal. "The inauguration of the railway bridge over the Rupsha river is a remarkable step towards enhancing connectivity. This bridge is an important part of the new railway line being built between Khulna and Mongla Port under India's Line of Credit" Prime Minister Narendra Modi said in a statement during a joint media appearance with Hasina.

An announcement was also made that India would supply road construction equipment and machinery in 25 packages to the road and highways department of the Bangladesh government. The Khulna-Darshana railway line link project was also announced to upgrade the existing (doubling of broad gauge) infrastructure, linking the current cross-border rail link at Gede-Darshana to Khulna and thereby augmenting the rail connections between the two countries, especially to Dhaka, but also in future, to Mongla Port. The project cost is estimated to be USD 312.48 million. Another project, Parbatipur-Kaunia railway line, will see the conversion of the existing metre-gauge line to dual-gauge line at an estimated cost of USD 120.41 million. The project will connect to the existing cross-border rail at Birol (Bangladesh)-Radhikapur (West Bengal) and enhance bilateral rail connectivity. The connectivity initiatives are part of the ongoing projects in Bangladesh that are aimed at converting the country into a major connectivity hub of South and Southeast Asia.

It is mentionable that, India has provided concessional loans worth \$9.5 billion for development projects in Bangladesh, especially connectivity initiatives. These initiatives include improving rail connectivity between Khulna and Dhaka, Chilahati and Rajshahi and connecting Mongla port with Darshana-Gede at a cost of \$312million, the Parbatipur-Kaunia rail project to facilitate the transportation of fuel that is being built at a cost of \$120million, and the supply of road construction equipment and machinery worth \$41million to repair and main-

tain Bangladesh's road network. With the expansion of connectivity between our two countries, and the development of trade infrastructure on the border, the two economies will be able to connect more with each other.

Trade prospect under CEPA

It is true that While India is Bangladesh's largest trade partner in South Asia, with bilateral trade reaching a record \$18 billion in the last financial year, there has been a significant trade imbalance between the two countries. To narrow the trade gap and to further accelerate this growth, two sides agreed to begin negotiations on a comprehensive economic partnership agreement (CEPA) this year. When the CEPA is operationalised, bilateral trade potential would be USD 40 billion. Moreover, the CEPA will boost bilateral and sub-regional connectivity that Bangladesh is championing in its policy initiatives.

During this trip, PM Hasina met with Indian industrialist Gautam Adani, who recently became the world's third-richest person, according to Bloomberg's Billionaire Index. Adani Power, a subsidiary of Adani Group, will supply power to Bangladesh from its upcoming 1,600 MW thermal power plant in the Godda area of Jharkhand. The project is significant as Bangladesh has been recognised as an important partner under India's "Neighbourhood First" policy.

Finally, it is observed that the co-operation during the visit extended to all fields, including trade and commerce, power and energy, transport and connectivity, science and technology, rivers, and maritime affairs. The visit will act as a catalyst for closer coordination and cooperation in resolving all issues, including Teesta river water sharing. It is also expected that Indo-Bangladesh ties will touch new heights and will continue to add more depth and momentum in the coming days.

(The author is a Security and Strategic Affairs Analyst, Dhaka, Bangladesh)

Beauty Benefits of Amla



By: Shahnaz Husain

Amla is a staple fruit in India consumed in different ways.

Whether you eat it, drink it or apply it, Indian gooseberry (Amla) can be immensely beneficial for your skin, hair and health.

The magic fruit can be immensely beneficial to tighten your skin, lighten complexion, treat Acne, make your hair shiny and dandruff-free and delay the effects of premature ageing such as fine lines, wrinkles, dark spots, by boosting the regeneration of healthy new cells.

Amla can be used in home remedies.

You can add Amla juice to your hair and leave it dry for 30 minutes for an all-new mane shine.

You can also add Amla to henna powder. However, henna leaves a reddish brown colour on white hair, as you know. It will not colour dark hair. If you would like to try it, you can soak a handful of dry Amla in about 2 to 3 cups water overnight. Next morning, strain the water, but do not throw the water away. Grind the Amla. To the henna powder, add the ground Amla, 4 teaspoons each of lemon juice and coffee, 2 raw eggs, 2 teaspoons

oil and enough Amla water, so that the henna mixes into a thick paste. Keep the paste for two to three hours and then apply it on the hair, so that the entire head is covered. Keep it on for at least two hours and wash off with plain water.

Amla juice is filled with vitamin C and antioxidants that can prevent hair fall and premature greying. Amla juice will repair broken strands of hair and give it an extra layer of shine. Amla juice also treats various hair problems like dandruff, premature greying, dryness of hair etc. Amla juice acts as a great conditioner for your hair and gives a smooth and shiny finish. Mix some Amla juice with some henna and gently apply it on your scalp. Let it dry naturally and then wash it away with some lukewarm water to give you that extra smoothness and shine.

To control the problem of hair fall, take dried Amla and boil it in water and then mash it and apply the pulpy paste on the scalp as well as hair both. Let it dry in natural environment and wash it off with plain fresh water. This treatment can be done once a week.

Apply Amla juice on your face and outer skin with cotton pad and wash off after 15 minutes with fresh water. It will help to improve your skin complexion. Close your eyes while doing so.

Amla oil is an excellent conditioner and gives a natural shine to the tresses.

Apply Amla paste on your face and wash it off after 30 minutes when it has been completely dried. It will help to treat acne and breakouts making you more beautiful and attractive. Amla is also excellent cleanser and helps in removing dead cells/pimples from your skin. If you are struggling with dull and dehydrated skin,

then Amla juice is that you can consume it with honey every morning to get a blemish-free and glowing skin.

Amla juice is perfect for the treatment of acne and pimple scars. Amla helps remove acne marks and blemishes in a natural way. Apply Amla paste for 15 minutes over the affected area and leave it for 10 minutes. Wash it with Luke warm water. If you have a sensitive skin, dilute the juice with water and then apply. Be consistent with this treatment for better results.

It will lighten the spots and reduce the occurrence of pimples. This will fight pimples, fine lines and reduce scarring done by acne. It is a natural blood purifier that keeps pimples and the after-effects of acne away. Thus, Amla juice gives you flawless skin.

Amla face pack gives you glowing, radiant and supple skin fighting the adverse effects of pollution and chemical-based skin products. You can mix Amla powder, honey and yogurt to make a quick face mask. Leave it for 20 minutes or till it dries naturally and then rinse it off with cold water. For oily skin, you can mix two portions of Amla powder with some rose water and apply the pack on your face. Leave it till it dries, and wash it off.

Amla juice is an excellent face scrub as it helps exfoliate the skin well. The antioxidants and Vitamin C in Amla help to tone, tighten the skin, and make it firm. Take a spoonful of Amla powder and mix it with hot water. Use this paste to scrub your face, rinse it off after 15 minutes. You can add a little turmeric in the paste, if you wish.

To make home-made shampoo for

silky hair, take one handful of dry herbs of Reetha, Amla, and Shikakai and add it to a litre of water and allow it to soak overnight. The next day, simmer it on a low fire, till the water reduces to half the quantity. Do not allow it to boil on a high flame, but rather simmer on a very low fire. Let the mixture cool and then strain it with a clean cloth. Use the liquid for washing the hair. The decoction can be kept in the refrigerator for 3 or 4 days.

To make Amla hair oil, take a handful of dry Amla. Grind coarsely and add it to 100 ml pure coconut oil. Keep it in an airtight glass bottle and keep the bottle in the sun daily for about 15 days. Then strain the oil and store. The oil can be used to apply on the hair.

Regular intake of Amla juice purifies blood and fights toxins which helps you to get flawlessly radiant skin.

Daily intake of fresh Amla juice with honey serves as a great beverage and makes your skin complexion brighter and lighter. It helps to get rid of acne and pimples. Regular intake of Amla juice delays the effects of premature ageing and helps to maintain youthfulness and vitality for long time.

Amla juice helps is excellent nutrient which boost the production of collagen cells making your skin radiant, soft, toned and youthful.

Amla repairs the damaged tissue and combats problems of dry and scaly skin. The regular application of Amla juice is guarantee a healthy and clear skin.

(The author is international fame beauty expert and is called Herbal Queen of India)

BJP announces Biplab Kumar Deb's name as its Rajya Sabha candidate from Tripura

Agency
Agartala, Sept 10:

The Bharatiya Janata Party (BJP) has announced the name of former Tripura chief minister Biplab Kumar Deb as the party's candidate for the upcoming Rajya Sabha bypoll in the state.

"Gratitude to PM Modi, BJP, JPNadda, Amit Shah Ji for nominating me as a BJP candidate for Rajya Sabha MP from Tripura. I am committed to working for the development and welfare of Tripura and its people," Deb tweeted on Friday night. The announcement was made on Friday.

The seat was vacated by Manik Saha who replaced Deb as Tripura chief minister in the run up to the state Assembly polls.

The bypoll is slated to be held on September 22, in which Deb's win is said to be certain as the saffron party has a majority in the assembly.

The 50-year-old leader's popularity had earlier helped BJP to clean sweep the north-eastern state and marking a thumping victory in 2018, which overtook the Left's rule of 25 years in Tripura.

Deb took the oath as the 10th Chief Minister of Tripura



on March 9, 2018, and stepped down from the post on May 14 this year.

The BJP's decision to name Deb as its Rajya Sabha candidate indicates that the party's efforts to keep him in good humour after removing him as the chief minister of Tripura.

The 50-year-old leader has also been given an organisational responsibility and made in charge of Haryana.

Earlier on Friday, JPNadda appointed in charge of various states and Union Territories including poll-bound states

like Tripura and Telangana.

Tripura is scheduled to go into elections early next year. BJP eyes forming a second term strong government while the opposition seems to be backing support from Mamata Banerjee-led Trinamool Congress (TMC).

Biplab Deb's wait came to an end on Friday when he was appointed the central observer for BJP Haryana. Then, late on Friday night, Deb's name was also approved by the BJP high command as nominee for the Rajya Sabha by-elections.

"Gratitude to PM Shri Narendra Modi Ji,

BJP4India President Shri J.P.Nadda Ji & Home Minister Shri Amit Shah Ji for nominating me as a BJP candidate for Rajya Sabha MP from Tripura. I am committed to work for the development and welfare of Tripura and its people," Deb wrote on social media while sharing the under-signed official announcement from BJP National General Secretary Arun Singh.

Deb has been pitted against Left Front candidate and former Finance Minister Bhanu Lal Saha. Meanwhile, Vinod Sonkar, BJP's central observer for Tripura BJP, has also been replaced by Dr Mahesh Sharma, reportedly over his failure to strike a balance within the party.

Sonkar was given charge when the party was undergoing a turbulent time in the form of a rebellion led by former minister Sudip Roy Barman. As time passed, the rebellion melted down and Barman, along with his trusted friend Asish Saha, defected to the grand old party. In fact, Barman's defection cost the party an assembly seat—6-Agartala in the assembly bypolls held recently. And, in terms of numbers, it was a blow that BJP cannot deny.

Himalayan Day celebrated by Institute of Bioresources and Sustainable Development, Imphal



IT News
Imphal, Sept 10:

Institute of Bioresources and Sustainable Development (IBSD), Department of Biotechnology, Ministry of Science and Technology, Govt. of India celebrated "Himalayan Day" with the leadership of Prof. Pulok K. Mukherjee, Director, IBSD, Imphal yesterday. In this context, IBSD organized a seminar on the theme "Himalayan Women & Youth Empowerment" with the involvement of women scientists, healers and young entrepreneurs from North Eastern Region of India.

During the programme, Prof. Pulok K. Mukherjee, Director, IBSD highlighted various initiatives of IBSD for ex-

ploring local bioresources for linking Eastern and Western Himalaya through Himalayan Bioresource Mission.

The programme was addressed online by Dr. Anil Prakash Joshi, Himalayan Environmental Studies and Conservation Organization who stressed to focus on holistic approach towards preservation and protection of the Himalayas. During the programme, Prof. G. A. Shantibala Devi, Manipur University highlighted the importance of unique bioresources of Manipur. Dr Junie P. Lyngdoh from BRDC, Meghalaya highlighted various initiatives to promote women entrepreneurship through floriculture. During the event, Dr.

Lalchhandami Tochhawng, Mizoram Science, Technology & Innovation Council highlighted various initiatives to enhance the livelihood options for rural women in Mizoram.

During the programme, two healers of Manipur, Loirentombi Leimapokkam and Meraton Soibam shared their ideas about utilization of local bioresources for the treatment of many diseases. During the event, Elizabeth Yambem, Founder, Dweller Teas, Manipur highlighted various opportunities with local bioresources and entrepreneurship development. This programme was attended by many scientists, research scholars and staff of IBSD, Imphal.

India records 5,554 new Covid cases, 18 deaths in 24 hours

Agency
New Delhi, Sept 10:

India logged 5,554 new coronavirus infections, raising the tally to 4,44,90,283, while the active cases further declined to 48,850, the Union Health Ministry said on Saturday.

The death toll climbed to

5,28,139 with 18 fresh fatalities, which included two deaths reconciled by Kerala, data updated by the ministry at 8 am stated.

The active cases comprises 0.11 per cent of the total infections.

The national COVID-19 recovery rate has increased to 98.70 per cent, the health min-

istry said.

A decline of 786 cases has been recorded in the active COVID-19 case count in a span of 24 hours, it said.

The daily positivity rate was recorded at 1.47 per cent and the weekly positivity rate at 1.80 per cent, the ministry said.

The number of people who

have recuperated from the disease surged to 4,39,13,294, while the case fatality rate was recorded at 1.19 per cent, it said.

According to the ministry, 214.77 crore vaccine doses have been administered in the country so far under the nationwide COVID-19 inoculation drive.

Career Guidance

The teacher teaches to fight with challenges



By: Vijay GarG

Every student compares the ideal teacher with him and wants to have such a teacher but for that too we need to be an ideal student. It is a day to honor our teachers, it is a day to make them feel that they are very special to us. Parents are the first teachers Parents are the first and best teachers in life because they give you knowledge about life.

The education given by them is invaluable of the house. A pleasant environment is essential for the mental development of a child. Home is children's first school and parents are teachers. Parents become the guides of children by showing them how to live a life with high ideals. Teachers are called the builders of the future because they enable us to contribute to nation building.

Teachers are not only those who teach us in school or college, but at every turn of life,

sometimes we find such teachers in the form of our partners, colleagues, who help us in making us qualified. They also play an important role. There have been many such great teachers in every field in our country, due to which modern and progressive India is in front of all of us. Teaching is the most influential profession in the world.

A teacher lays the foundation for a child's future and helps to make them responsible citizens. The education imparted by the teachers reveals the future of the children. Teachers play an important role in building a good society. On this day, the President awards the best teachers from the Government of India across the country is given The state governments also honor the best teachers of their respective states because the ideal teacher is the person who sets high ideals in the society.

The teacher makes a friend of time Teachers are oceans of knowledge for the entire humanity. In the current era, the teacher also has a big responsibility to make the students peers, a successful example of which was found during the lockdown due to covid-19. He has also given the result of his courage and ability by teaching children online through new methods of education. The teacher Today's students can turn their dreams into the real-

ity of success by fighting for inspiration and giving due respect to it.

Show the way to success. Sometimes the teacher scolds you for mistakes, but the teacher is as happy with your success as you are with yourself. Most of the teachers nowadays are limited to imparting book knowledge to the children. They don't have time to know about the personal life of the students but still there are some teachers who consider teaching not just a profession but a responsibility perform with they prepare students to face challenges and show them the way to success.

The first female teacher was Savitri Bai Phule Savitri Bai Phule has the honor of being the first teacher of the country. The countrymen call her the first woman teacher. She wanted to educate girls as much as possible. New experiences are happening in the field of education today. He said that never be afraid of exams because what the teachers teach us in the class, they only want to see. What have you learned? Then why panic about exams? You are the future of the country. Respect the teachers, study with heart and go ahead.

Five qualities will make you an ideal student Love of books: The ideal student is the one who has a special place not

only in the school and in the classroom but also in the heart of the teacher. He loves books. He adopts everything told by the teacher in his life. He adopts good qualities and stays away from evil. Desire for Education: The ideal student is one who considers knowledge as the first ideal of life. He who does not desire knowledge cannot be an ideal student. Education is what makes a person successful, patient and virtuous. A student can go ahead and become a worthy citizen only by acquiring knowledge.

Respect for teacher: An ideal student respects his personality. He tries to elevate his personality. He obeys the words of elders and teachers and follows them. Avoid laziness: The ideal student should be simple and genuine. He should not be lazy. Hard work should be done Apart from studies, one should participate in sports and other activities. He should develop his personality by participating in all the activities in the school. An ideal student always keeps his goal in mind and excels in everything. It is important to be disciplined: To live in an ideal way, it is necessary to be disciplined. It means keeping oneself under control. Without it, a person is an animal. A disciplined life of a student can lead him to his destination.

AR conducts Guidance cum Motivation Lecture for Joining Armed Forces for students in Kangpokpi



IT News
Imphal, Sept 10:

Jwalamukhi Battalion Assam Rifles of Headquarters 22 Sector Assam Rifles under aegis of HQ IGAR (East) conducted a guidance cum motivational lecture for joining armed forces for students of Parizeau Marantha Academy,

Kangpokpi District. The event witnessed active participation from students of 8th standard to 12th standard.

The students were given an ample opportunity to interact and clear their doubts with a team of 22 Assam Rifles under the Kangpokpi Coy Cdr. They were given a detailed insight into the various schemes and

entries for getting inducted into Armed forces along with the ways and means to prepare. The officer also explained the perks and advantages of joining armed forces which resulted in a lot of queries being answered. The event was culminated once the students were satisfied and after a healthy and productive interaction.

Assam Rifles foils smuggling of timber

IT News
Imphal, Sept 10:

Shangshak Battalion under aegis of IGAR (South) foiled Timber Smuggling near Ramva Village, Ukhrul District yesterday.

The Assam Rifles troops intercepted two trucks loaded with illegal timber near Lambui Checkpost, Ukhrul. On enquiring, truck drivers could not produce legitimate documents of timber. The seized

timber is evaluated to be worth Rs 2.88 crores.

The seized timber along with apprehended smugglers and vehicles were handed over to Forest department, Ukhrul for further legal action.

AR conducts Wreath Laying Ceremony for its Braveheart

IT News
Imphal, Sept 10:

Keithelmanbi Battalion under the aegis HQ IGAR (South) organised a wreath-laying ceremony to commemorate the

supreme sacrifice by Havildar (Late) Dayal Singh in Keithelmanbi Garrison, Imphal West district of Manipur yesterday.

The Battalion conducted Wreath-laying at Keithelmanbi

Garrison for the braveheart who gave the ultimate sacrifice in service of the Nation on this day in 2006 at Joup, Manipur. All ranks of the Battalion paid their respect by laying wreaths.

Rahul Gandhi needs to study country's history first: Amit Shah's swipe at Congress' Bharat Jodo Yatra

Agency
Jodhpur, Sept 10:

Union Home Minister Amit Shah on Saturday took a swipe at Congress leader Rahul Gandhi over his ongoing 'Bharat Jodo Yatra' and said he needs to study the country's history first.

Addressing a BJP event in Jodhpur in Rajasthan, Shah said, "Rahul Gandhi has started 'Bharat Jodo Yatra', but I think that he needs study our country's history first."

Gandhi flagged off 'Bharat Jodo Yatra' from Kanyakumari on Thursday. The 3,570-km foot march from Kanyakumari to Srinagar will cover 12 states and two Union territories over a period of five months (150 days).

Referring to a Parliament speech of the Congress leader, Shah said he has gone out on 'Bharat Jodo Yatra' wearing a foreign brand T-shirt and a jersey.

"I want to remind Rahul



baba and Congressmen about his speech given in Parliament. Rahul Baba had said India is not a nation at all. Rahul Baba, in which book have you read this? This is the nation for which lakhs and lakhs of people have sacrificed their lives," Shah said.

Shah reached Jodhpur, Rajasthan Chief Minister

Ashok Gehlot's home turf, earlier today where he was welcomed by BJP leaders, including state BJP unit president Satish Poonia, Union Minister Gajendra Singh Shekhawat, former chief minister Vasundhara Raje, Leader of Opposition Gulab Chand Kataria and Deputy Leader of Opposition Rajendra Rathore.

Stepping his attack at the ruling Congress government in the state, Shah said the party cannot work for development.

"Congress government cannot build roads, cannot provide electricity, cannot provide employment. It can only work for appeasement and vote bank politics," he said.

Congress presidential polls: 5 party MPs write to Madhusudan Mistry, express concern over 'fairness and transparency'

Agency
New Delhi, Sept 10:

Five Congress MPs have written to AICC central election authority chief Madhusudan Mistry expressing concern about the "transparency and fairness" of the party chief's election and sought that the list of PCC delegates that make up the electoral college be provided to all electors and potential candidates.

In a joint letter to Mistry dated September 6, Congress's Lok Sabha members Shashi Tharoor, Manish Tewari, Karti Chidambaram, Pradyut Bordoloi and Abdul Khaleque said this list must be made available in order to verify who is entitled to nominate a candidate and who is entitled to vote.

"In case the CEA (Central Election Authority) has any concerns with respect to releasing the electoral rolls pub-

licly, it must put in place a mechanism to securely share this information with all electors and potential candidates," the letter said.

Electors and candidates cannot be expected to go to all 28 Pradesh Congress Committees (PCCs) and nine union territorial units across the country to verify the electoral rolls, the MPs said in their communication to Mistry.

They said that as Congress MPs, they are concerned

about the transparency and fairness of the election process for the president of the party.

"It is unfortunate that an erroneous interpretation is being given to our demand of releasing electoral rolls. We are not suggesting that any internal document of the party should be released in a manner that may give an opportunity to those who wish us ill to misuse the information contained therein," the MPs said.

Assam Rifle organises a mass tree plantation drive

IT News
Imphal, Sept 10:

Shangshak Battalion of Assam Rifles under the aegis of IGAR (South) organised a Mass Tree Plantation Drive by Kasong COB at K. Asang Khullen

village, Kamjong District today.

The Mass Tree Plantation was conducted under the Shangshak Battalion with an aim to promote afforestation creating clean and green environment thereby to reduce impacts of global warming. A total of no

of 500 saplings were planted at K. Asang Khullen Vill.

The event was focussed upon inculcating the importance of trees and spreading awareness amongst the troops on saving earth by planting greater more of trees.

Contd. from Page 1

PM inaugurates 'Centre-State...

The Prime Minister remarked that innovation can be encouraged by laying emphasis on the creation of more and more scientific institutions and simplification of processes by the state governments. He further added that the number of innovation labs should also be increased in the institutions of higher education in the states. He also asked every state to lay down modern policy regarding Science, innovation and technology. "As governments, we have to more and more cooperate and collaborate with our scientists, they will create an atmosphere of a scientific modernity"

The Prime Minister stressed that the states should

take full advantage of the ability and expertise of many national-level scientific institutions, and national laboratories that are present. "We also have to take our science-related institutions out of the state of silos for optimum utilisation of scientific institutions and expertise", the Prime Minister added. He asked for science promotion events at the grassroots level. He also advised the state Science Ministers to share good practices and aspects of their science curriculum.

In concluding the address, the Prime Minister expressed the belief that the 'State-Centre Science Conclave' will add a new dimension and resolve

toward the progress of Science in the country. The Prime Minister also urged everyone to not let any opportunity slip in the field of science and technology. "The coming 25 years are the most important years for India as it will determine the new identity and strength of India to come", the Prime Minister said. The Prime Minister also urged the participants to take the learnings from this conclave to their states and contribute toward nation-building.

Chief Minister of Gujarat, Bhupendra Patel and Union Minister of State of Science and Technology, Dr Jitendra Singh were those present on the occasion.

King Charles III proclaimed....

The Privy Council, which includes politicians, senior members of the clergy and Supreme Court justices, first gathered without the King to proclaim the new monarch and arrange business relating to the proclamation.

Following the proclamation, King Charles III held his first Privy Council meeting and made his personal declaration to "assume the duties and responsibilities of sovereignty" and follow in the footsteps of his late mother.

On Friday, the King held his first audience with British Prime Minister Liz Truss at

Buckingham Palace, soon after he was greeted with applause and cheers by large crowds gathered at the palace gates in mourning for the Queen and to catch a glimpse of the new monarch and his Queen Consort.

"It was so touching to see so many people... It's a moment I'd been dreading, but one must try and keep going," King Charles was heard saying to Ms. Truss, in a brief clip released of his first audience as the Prime Minister expressed her condolences.

While formal details are to be released by Buckingham Palace, it is expected that the

Queen will lie in state at Westminster Hall in London for the public to pay their respects.

In the coming days, the Queen's coffin will depart her Balmoral estate for the Palace of Holyroodhouse in Edinburgh — the official residence of the British monarch in Scotland. From here, it will be taken in procession to St. Giles' Cathedral in the city, where the Queen will lie at rest, allowing the public to view her coffin.

The coffin will then move to London, ready for lying in state for around four days before her funeral.

Sports

Durand Cup 2022:

Abiola Dauda brace takes Mohammedan Sporting to semis with victory over Kerala Blasters

Agency
Kolkata, Sept 10:

Kolkata giants Mohammedan Sporting (MDSP) overcame a young and talented Kerala Blasters (KBFC) 3-0, in the first quarterfinal to become the first team to make the semi-finals of the 131st Indian Oil Durand Cup at the Vivekananda Yuba Bharati Krirangan (VYBK) on Friday.

A brace from debutant Nigerian Abiola Dauda and a first-half strike by Sk. Faiaz ensured a smooth ride to the last four for the Black and White brigade.

MDSP, despite missing out on key players like Faslu and Abhishek Halder due to injuries and suspension, were on the front foot from the outset and it seemed like a matter of time before they scored. Marcus Joseph himself missed a couple of headers before setting up the opener.

Credit should go to Azharuddin Malik for holding onto the ball in the middle of the Blasters' half and then playing back to Safiul who played forward to Abhishek Thapa. He found Marcus to



his left and the Trinidadian delivered a dangerous low cross across the face of goal. Among two onrushing MDSP attackers, Yumnam Gopi missed it but Faiaz was at hand to slot home with ease.

The Blasters did not let the goal subdue their spirits, however, and continued to try and get into the game creating a few good chances of their own. The equaliser did not quite come their way.

After Gourav Kankonkar did well to create space outside the box and let one fly over

the MDSP bar, Marcus created an exact similar goal-scoring opportunity as in the first, but this time Faiaz was late in reacting to the situation.

Kerala was soon on the counter with midfield general Viben Mohanan finding Md. Aimen inside the box on the left. The striker dodged one defender to create space on his right and unleashed a shot on the turn, but it was too weak to trouble Zothanmawia.

The half-ended with MDSP ahead but needing to do more. Andrey Chernyshov

was clear with his intentions when he brought on Kean Lewis and Abiola Dauda in place of Gopi and Tajik Nuriddin Dabronov at half-time. The new recruit Nigerian striker was on his debut for MDSP.

The attacks kept coming and Dauda got his first big chance in the 58th minute when Marcus played Faiaz inside the box on the right and he in turn found the Nigerian perfectly with his cross. Dauda met the ball on the full and with the keeper and an open goal in

front of him, missed his connection and the volley flew over.

He did not have to wait for long for his debut goal, however, when the same Marcus-Faiaz combination, this time played him inside the box in between two defenders, just a minute later. The Nigerian bluffed the keeper, taking him out of the equation and shot towards goal. Centre-back Marwan backing up tried to salvage the situation, but all he got was a touch before the ball trickled inside the goal. The insurance was delivered.

The Blasters kept their chins up and kept trying to find an opening. Roshan Gigi was set up for a good chance in the 74th, but Zothanmawia was again up to the task.

It was then all over in the 84th when Marcus this time released Abhishek Ambekar on the left wing. The left wing-back drove in towards the touchline and delivered a perfect cross for Dauda to head in.

Wayne Vaz in fact missed a sitter from close in the final seconds of the game but that match was long over.

SAFF U-17 Championship: India Slump to 1-3 Defeat Against Nepal

Agency
Colombo, Sept 10:

The India U-17 national team was handed a 1-3 defeat by Nepal in their second match of the SAFF U-17 Championship at the Racecourse International Stadium, on Friday.

Danny Meitei put India in the lead in the 25th minute. But Nepal crawled back into the game with Saroj Darlami equalising before half-time. Second-half goals by Unesh Budathoki (492) and Subash Bam (682) sealed the issue for Nepal in the second half.

In what looked like a slow start to the game, Bobby Singh and Niraj Karki got a chance each in the early exchanges for India and Nepal respectively, but both failed to convert. Minutes later, Danny Meitei made the best of an opportunity, as he latched on to a stray ball inside the Nepal penalty box and slotted it home to give India the lead.

India grew in confidence after taking the lead, making more forays into the opposition area. However, seconds before the half-time whistle, Saroj Darlami scored an absolute

scorcher from long range to put things back on level terms.

Spotting the India goalkeeper Sahil slightly off this line, Saroj struck one on the volley as it dipped into the top corner.

Changing over, Nepal came out with a lot of impetus in the second half. A fortunate rebound fell at the feet of Budathoki, who duly slotted it into the net to hand Nepal the lead in the 49th minute.

Winger Subash Bam struck the final nail when he was played through behind the Indian defence via an aerial through ball, which he duly brought down, and chipped past an on-rushing Sahil under the Indian bar.

India looked to make a number of forays into the Nepal area from then on, but the opposition defenders held firm.

India U-17: Sahil (GK), Vanlalpeka Guite, Ricky Meetei, Manjot Singh Dhami, Balkaran Singh (Malemmba Singh) 192, Aman 872), Gurnaj Singh Grewal, Korou Singh 'Lalpekhlu 722), Thanglalsoun Gangte, Bobby Singh (Far'zan Waheed 722), Sarajkumar Singh, Danny Meitei (Ng'rin Shaiza 722)