

MPCC protests against attempt to set ablaze Congress Office and lodging of FIR against Youth President Popilal



IT News
Imphal, Feb 11:

Large number of Congress workers and leaders today staged a protest demonstration in front of the Congress Bhavan here at BT Road Imphal today afternoon denouncing the attempt to set ablaze the Congress Office and also decrying the unfounded allegation to President of the Youth Congress Committee Ningthoujam Popilal by filing a FIR.

Following a penal discussion at IMPACT TV in its daily programme called 'Manung Hutna', where Congress youth

leader N. Popilal and BJYM Spokesperson Suresh had a heated argument over some political matter, a large number of BJYM supporters thronged to the office of the IMPACT TV at Keishampat with suspicious intention to attack the Youth Congress leaders. Police timely intervened the matter and the Congress leader was escorted safely after settling the matter in the presence of BJYM President M. Barish Sharma.

The following day, the MPCC president K. Meghachandra and other MPCC leader appointed Ningthoujam Popilal as the president of the Youth

Congree Committee. Three other were also appointed as the working president of the Youth Congress Committee. Popilal along with the Congress team filed a report against the attempt to assault them at Impact TV office at City police on February 9.

The very evening BJYM Spokesperson Suresh and BJYM Secretary Alex were allegedly assaulted under gunpoint. Police report said that the two were stopped by 4 gunmen while they were on their way to Lamphel area near Shija Hospital diversion route. The complaint said that the Suresh was beaten blue and black and

while Alex tried to stop them he too was assaulted. The incident reportedly happened at around 9.30 pm. The assault to the BJYM cadres by gunmen was complaint to the Lamphel Police station and a FIR has been registered. Both Suresh and Alex are undergoing treatment at Raj Medicity Hospital at North AOC. As per report Suresh condition is critical and has been shifted to ICU.

That very evening at around 10 pm a team of police team allegedly ransacked the house of Ningthoujam Popilal at his Phayeng residence. Popilal in a facebook page stated that he return to his home at around 6 pm of that day and was teaching his brothers and sisters till around 9.30 pm. But due to a Lai Harouba festival gong on nearly he let his brother and sister rest as they could not concentrate their studies due to the noise from Lai Harouba festival. He also stated that he went to watch the festival as it happen at his locality.

It was during the time that a police team ransacked the house as per report by sister of Popilal. Popilal's grandmother got shocked to the attitude of the police personnel and her condition worsens.

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RPF President Irengbam Chaoren passes away



IT News
Imphal, Feb 11:

President of the armed rebel group 'Revolutionary People's Front' Irengbam Chaoren passed away due to an illness at around 10.30 am on Friday, February 10, 2023. He is around 65 years old, source told Imphal Times.

A statement by Roben Khuman, Deputy Secretary,

Publicity of RPF said that President Irengbam Chaoren Succumbed while undergoing treatment due to Terminal Brain Tumor. It said that Irengbam Chaoren served as the President of the RPF (one of the largest armed rebel group operating in the region) since 1990 till his last breath. He also served as the Convenor of the CorCom, the conglomerate of armed rebel groups oper-

ating the region.

"As a mark of respect to his dedication for the cause of the people of the region the RPF will mourn from February 10 to February 24", the statement by Roben Khuman said. He added that during the mourning period the organisation flag will remain half - mast at all the stations related to the RPF to show respect and honour to the departed president.

AMHSDA unhappy with State government decision

IT News
Imphal, Feb 11:

The All Manipur Health Services Doctors' Association in a press conference expressed its anguish at the way its demands were presented and replied to in the Assembly session on February 3.

Speaking to the media in the press conference the AMHSDA said, Prime Minister Narendra Modi had announced to extend the superannuation age of Doctors from 60/62 years to 65 years on May 26, 2016, for Central

and States only for Medical Doctors excluding Veterinary and other doctors. For the state of UP and HP, the superannuation age is 70 years, for Bihar the superannuation age is 68 years and JNIMS has a superannuation age set to 65 years as administrative posts whereas the superannuation age of Manipur Health Services Doctors' was cut down to 62 years on January 17, 2020, by the same BJP Government, contradicting the Prime Minister announcement. On the other hand, the Chief Minister of Manipur in a public meeting

has already said that there is a shortage of Specialists and Doctors in the state on January 18, 2023. The AMHSDA questioned if the principles are different in the Centre and Manipur?

The ratio of doctors to the total number of populations of Manipur is not proportionate as per the guidelines of WHO of One doctor per 1000 people. According to the present Manipur population of 30 lakhs, there should be 3000 doctors as opposed to the current number of 1300-1400 doctors, questioned the government.

TISS confers PHD award to Jackson Khumukcham



IT News
Imphal, Feb 11:

Tata Institute of Social Science (TISS), Mumbai has conferred on Degree of Doctor of Philosophy (PhD) in Social Work to Jackson Khumukcham today during a convocation ceremony held at Mumbai TISS complex today. A Bal Shree Awardee of 2000, Jackson Khumukcham is the son of Khumukcham Chittaranjan and Huirem Brajalata, a resident of Yaikul Jamnasthan, Imphal.

Jackson Khumukcham Completed his doctoral degree under the guidance of Prof. Seityajit Majumdar of TISS for his work on the thesis "Understanding Indigenous Entrepreneurship: An Ethnographic Inquiry".

Besides his academic excellence, Jackson Khumukcham is known to both Bangali and Manipuri Culture fans for his expertise as Baul singers.

Stage set for Aero Sports Hot Air Balloon & Para Motors Fiesta blown away by wind

Union Minister Ramdas opens the Fiesta - Govt. report

IT News
Imphal, Feb 11:

Stage set for opening of the first edition of the North-east Aero Sports Hot Air Balloon & Para Motors Fiesta at Moirang in Bishnupur district was blown away by a strong wind today. Even as Manipur media report said that the inaugural function have been postponed due to the disaster PIB report said that the union minister of state for social justice and empowerment Ramdas Athawale had opened the first edition of the North-east Aero Sports Hot Air Balloon & Para Motors Fiesta in Bishnupur district.

Local media said that no formal function for the opening of the mega event has held by the PIB report said that the Union minister who arrived in Imphal today on a few hours visit in the state declared open the fiesta in the presence of state rural development and Panchayati Raj minister Y Khemchand and education minister Th Basantakumar among other dignitaries.

Originally, as per scheduled the fiesta organized by SkyFunzy, a unit of Khasia Ventures Pvt. Ltd., in collaboration with Captain



Imochaoba Singh which being held at Phubala public playground in Moirang of Bishnupur district will be held for 6 days.

The event is being organized with the motto to establish and sustainable air sports ecosystem in India with the goal of making India one of the top sports nations by 2032, northeast for aero sports, Manipur in particular.

The festival aimed to promote aero sports activities for youth of Manipur and northeast and for bringing aero sports on the radar of youth participation and engagement and tourism to Manipur from across India and beyond.

During the festival, the opportunity to participate in various interesting events like paramotoring, balloon safari, balloon tethering, rock con-

certs, cultural and social programs, etc. will be given to the visitors.

The festivals would not only help boost tourism in the state but will also contribute immensely to improving the sports culture in this category, said the Union minister who talked to reporters.

The Union minister also talked about India's G20 presidency and said that 2023 is an important year for the country. India has received the opportunity to assume G20 Presidency and host various events at various cities across the state.

To mention here, Manipur is hosting events of the G20 summit on February 17 and 18 with recently developed Sangai Ethnic Park in Moirang of Bishnupur district as event venue.

IJU condemns brutal murder of Maharashtra journalist Shashikant

IT News
Imphal, Feb 11:

The Indian Journalists Union (IJU) expressed shocked and vehemently condemn the brutal murder of journalist Shashikant Warishe. According to news reports he was mowed down and crushed by a vehicle allegedly driven by Pandharinath Amberkar, a local land-dealer and accused in several land grab cases in the controversial Barsu refinery in the western Konkan region of Maharashtra, barely a few hours after he published a report in Marathi newspaper Mahanagari Times about his links with Prime Minister Narendra Modi, Maharashtra Chief Minister Eknath Shinde and Deputy Chief Minister Devendra Fadnis.

Warishe, aged 46, was working in Manager Times and wrote consistently against the



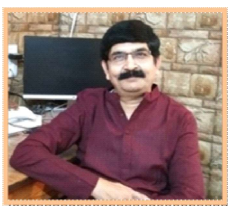
polluting mega projects in Rajapur. On Monday, February 6, 2023, he had published the report and referred to cases lodged against Amberkar.

IJU President and former member of Press Council of India Geetarth Pathak and IJU Secretary General and Vice President of International Federation of Journalists (IFJ)



Sabina Inderjit strongly condemns the broad daylight murder of the journalist for his report based on facts. IJU leaders demands Maharashtra government to nab the murderer of Shashikant and give the culprit exemplary punishment. IJU also urges the government to declare a compensation of Rs 20 lakhs to Shashikant's family.

Keep Cyber Criminals At Bay As Hackers Rise



By: Vinod Chandrashekar Dixit

Don't we think our lives in the digital age alternate between cyber dangers and cybersecurity? Hacking is one of the most dangerous cybercrimes that has emerged in the internet age. Recently the All India Institute of Medical Sciences (AIIMS), Delhi's server was down for the sixth day in a row as hackers have hacked the official website of the hospital and allegedly demanded an estimated Rs 200 crore in cryptocurrencies. The AIIMS server has stored data of several VIPs, including former prime ministers, ministers, bureaucrats and judges. India's hacking ecosystem has seen manifold growth over the past few years. And, today, there are thousands of hackers that are carrying out clandestine operations but have escaped the glare of cybersecurity experts. Whenever the word 'Hacking' or 'Hacker' comes to our mind, the picture or the image which is created is that of an intelligent being who is criminal by nature, who attacks other computer systems, damages it, break codes and passwords, send viruses etc. Their mindset are as if the 'hackers' are the computer criminals. They have a very wrong notion in this regard and have a completely negative attitude and utter dislike for the 'Hackers'. Hackers are very intelligent people who use their skill in a constructive and positive manner. They help the government to protect national documents of strategic importance, help organizations to protect documents and company secrets, and even sometimes help justice to meet its end by extracting out electronic evidence. Rather, these are people who help to keep computer criminals on the run. Hacking is a method of identifying weak links or holes in a computer network and then gaining unauthorised access to change the settings of the targeted network or computer system. Hacking is a derogatory phrase that is frequently associated with criminal activity.

In a recent study, it was revealed that out of 15 Indian cities, Mumbai, New Delhi, and Bengaluru have faced the maximum number of cyber attacks. India has faced a rise of 7.9% in data breaches since 2017.

In 2018, India's state-run health portal - which allows users to book online appointments at government hospitals - left exposed a part of its website.

This meant that the personal details and health information of nearly two million users could have leaked.

When people hear about hacking, they usually think of it as something illegal. However, that is not entirely true because, like everything else, hacking has pros and cons. For example, through ethical hacking, one can get the authorization of some system, but it is done to create a shield against the odds. Hence, ethical hackers are known as the "white hats" as well. In any organization, ethical hackers are hired to keep the organization safe from malicious hackers. Top ethical hackers in India are making the most of this demand.

Indian-based healthcare websites became a victim of cyber attack recently in 2019. As stated by US-based cyber security firms, hackers broke in and invaded a leading India-based healthcare website. The hacker stole 68 lakh records of patients as well as doctors.

Security researchers had been trying to pin down the group of hackers operating under the shadow of Belltrox for years. The earliest identified victim goes back to 2017. Before the Delhi-based firm was identified, security researchers even had code words to describe what seemed to be eerily similar hacking attempts: Dark Basin hackers, mercenary armada.

Cyber hacking has stolen millions from people worldwide, and not just money. People's personal information has been leaked. Hacking violates Article 21, which deals with the right to life and personal liberty, which includes the right to live in dignity, according to constitutional norms. Furthermore, hacking infringes on an individual's right to privacy, which is now a basic right. What we need is to educate employees on the emerging cyber attacks with security awareness training and keep all software and systems updated from time to time with the latest security patches. It is essential to follow basic online rules to ensure the safety of self and the organization.

Know Your Personality through Handwriting



By: Vijay GarG

your handwriting.

Third party image reference Gap between letters

You can also know about the nature and habits of the words written by you. It has been found in many studies that those who leave more space between words, prefer to do every work with freedom. They have their own comfortable zone where they feel good. Such people do not like to be over crowded.

On the other hand, people who keep fewer gaps in words while writing, they just do not like being alone. Such people want to be living among friends or family, so they have more friends. The lack of time management can also be seen in many people.

The way people speak and walk is different. Due to this variety, man's behavior and personality is detected. But can our intuition be judged through our handwriting? The answer is yes. According to the writing experts, our personality largely determines the style of our writing. It is studied in graphology. Accordingly, our handwriting is like our body language. Just as the facial expressions show the inside of us, so our handwriting also reflects our personality. So let's know how you can know your personality through some of

contd. on page 3

Diabetes mellitus is a major public health problem and this is often understated that more of the problems emerge in silent fashion rather than sudden emergency. The complications of diabetes that occur in a general manner are in the form of three "pathies" - Retinopathy (the eyes), Nephropathy (the kidneys), Vasculopathy (blood vessels) thereby heart, brain and blood vessels in the legs) and Neuropathy which involves the nerves.

Let's understand how the feet are involved in diabetes; as mentioned above there may be involvement of the nerves in diabetes and this in fact is the most common complication. The onset is silent initially and subtle. It may be picked up by a doctor checking for various sensations with various instruments.

Symptoms may occur only later on; this may be in form of "pins and needles" in the legs, arms or burning sensation, numbness with a loss of normal sensory perception in the feet. The nerves which supply the sweat producing glands in the skin also get involved and this leads to dryness of skin and loss or normal lubrication.

Now imagine things in the right perspective; if sensation is lost and the skin is dry, if you were to walk around barefoot, you are more likely to have injury to the soles of your feet without knowing about it.

Diabetes also affects your ability to handle germs and infections as a result of impairing the body's immune system. So, if you develop a non healing wound under the sole of your foot and if small amount of dirt gets into it, you are more likely

to develop a serious infection, which may take long time to heal, even the response to antibiotics may be slow than normal. The infection, if remains untreated or partially treated, may spread up to leg and may get into the blood stream, endangering not only the leg but also life.

Additionally in some diabetic patients, blood circulation may pose a problem to the limbs further decreasing the ability for an ulcer to heal. If the blood circulation is extremely poor, it leads to progressive slow death of the limb leading to what is known as gangrene. This may lead to amputation i.e. surgically cut the damaged part.

This is not to scare diabetic persons but diabetic patients should know about potential problems he or she may encounter during course of a disease they have. It is also important to know as how to prevent complications before they occur, since prevention is better than cure.

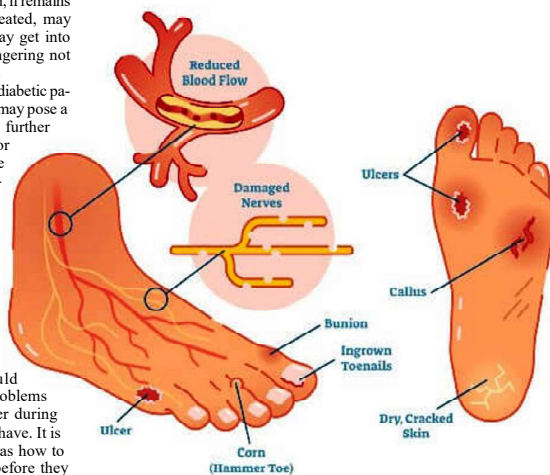
One of the cardinal recommendations is to avoid walking barefoot at all times when a person has diabetes even when inside the house. This will reduce the risk of ulcerations to a great extent. If there is even early impairment in nerve function in the feet, it may be necessary to wear the footwear specially made to prevent them.

Maintaining moisture over the surface of limbs (legs and arms) is also important. Soaking the feet

Diabetic Foot

By: Dr. Chakshu Ch.

DIABETIC FOOT



twice a day for 15 minutes in cool or lukewarm water is good. Drying the feet after this is important. Hot water should not be used as it may result in blister formation especially if sensations are lost.

Self examination of feet as a routine is good habit, checking in between toes and foot for fungal infection which needs treatment if detected. Cutting toenails is also important, special care must be taken not to cut the toenails too close to skin as it may lead to injury. If corn,

callosities develops on the under surface of the feet, it is better to be seen by a diabetes specialist or surgeon or dermatologist. Self treatment is not good.

Let me conclude for today with an important message that proper foot care is an important part of good diabetes management.

[The author is a MD (General Medicine), Postgraduate Course in Advanced Diabetes (Harvard Medical School), Consultant Physician, Shija Hospitals]

Don't Lose Sight of Values and Cultural Legacy



By: M.R. Lahu

Social media across India celebrated Saudi Arabia's decision to include parts of Indian epics in its school curriculum. India's exuberance on this initiative by the Islamic Republic is legitimate. The epic stories the Mahabharata and the Ramayana need no introduction in India though its unconvincing secular mindset often takes a divisive look on the philosophical impact of the holy texts. Most of the universities in India refrained from introducing the epics in their campuses. A regime change in India since 2014 has not had enough implication on education though it keeps proclaiming its initiatives in the direction of a cultural revamp. Indifference to the idea of accommodating Indian epics in the education system continued throughout the post colonial scenario in the pretext of minority sentiments being hurt. The situation has not changed almost a decade into the historic right-wing regime in India. The Modi regime has so far been a failure in restructuring the curriculums with an adequate inclusion of the Indian cultural legacy.

Why Indian epics? This has multiple connotations to cherry-pick. When a country decides to shift from its consistent radical interventions by embracing a nuanced approach of reformation as part of its new visionary framework, it is indeed setting a vivacious approach of transition for its generations to come. Therefore, it was genuine for Saudi Arabia to catch headlines in India. We have at the same time another Islamic country taking an extreme

radicalised view on the other side. Afghanistan, under its Taliban dispensation, has been floundering heavily as its women folks are barred from getting education. Saudi Arabia has definitely been stretching a moderate version of Islam to India while Afghanistan stands out so horrendous to the whole world. A reform, in whichever religion is welcome. For the larger refinement of generations, initiatives in this regard deserve kudos. Why do the Indian epics stand relevant here? When India's pseudo secular mindset preferred to brush aside the potential impact of values imprinted in the epics and other ancient Indian texts, world over there was a demand for the thoughts enshrined in the ancient books of wisdom.

A living text like Mahabharata brings the conscience of the whole country on to one ideological outline. That has been the wisdom that the Mahabharata was capable of transmitting. It is said with full meaning and grace that there is nothing in human existence which does not have a place in the Mahabharata. But the ideological prelude that a large number of Indians are habituated to attach with, has not come from the sophistication of the post colonial education system that India has been drumbeating about. India possessed an intrinsic tendency to pass the ancient wisdom of its epics from generation to generation in the form of stories and ballads. And people from time immemorial had been strengthened by the wisdom that filtered through the stories of a cataclysmic war and the values deriving from them. A pilgrimage through the lively narratives of the Indian epics takes us through the immense meaning of the battle of Kurukshetra between two families and cousins and relatives. Among its thousands of verses are the golden words of wisdom exchanged between Lord Krishna and his friend Arjuna. To liberate himself from the intricacies of the bitterness of the battle and its pain and paranoia, an all-time war prince surren-

dered his ego to the Lord and his deliverance in the war field came to be known as Bhagavad-Gita.

The epic stories hold a significant impact among the impoverished Indians and the affluent elite alike. My personal experience holds me enthralled even today as I recall the narrative wisdom of my illiterate grandmother who helped us grow with her pastime activity-storytelling from the epics. That is its greatness. In India illiteracy does not mean ignorance. The epics bring better understanding about the Vedic wisdom with clarity. The Mahabharata especially presents a visual experience of people from the entire subcontinent of India. From Gandhari's Gandhara in the present Afghanistan to Krishna's Mathura to Dwaraka to the Kingdoms that participated in the Kurukshetra war from across the country; Mahabharata takes us not only for a cultural tour of India but its civilisational embroidery keeps us mesmerised as the epic narrates the pilgrimages and victory marches of the Pandavas from the extreme north to the deeper south and to Sri Lanka. The Indian epics hold key to the civilisational conscience of the landscape that remained under the tramples of ruthless invasion for centuries. No doubt, to the present day, irrespective of the insensitivity of the ruling governments, the populace of the country kept the values and the cultural splendour of the holy texts intact.

An aggressive campaign by the government on the cultural remnants of brutal invasion has been on the track since 2014. Many cities and monuments bearing the memories of acrimony have so far been renamed in tune with the country's civilisational pride. Last entrant to this revamping mission was the renaming of the Mughal Garden to Amrit Udayan by the President of India. There were strong course corrections by rejuvenating spiritual places too. But the Modi government at the centre has failed to bring

legendary works to limelight for revamping the literary and cultural imagination of our present generation. Wisdoms of yore such as the Bhagavad Gita, the eighteen Puranas, the Vedas and the Upanishads and the lessons on Jnana, Vaisheshika, Sankhya, Mimamsa and Yoga philosophies and many more in this basket of wisdom remained shelved for decades.

India's civilisational ambience cannot be maintained until the spiritual wisdom preserved in these ancient texts is not disseminated. The controversy on the historical evidence on the efficacy of our great epics holds no relevance here. They depict India as a cultural unit, a civilisational landmark that existed in the golden spiritual values from the Vedic period irrespective of its political disharmony in certain periods. Abrahamic religions do not have epics of the same stature of the Ramayana and the Mahabharata with the same applicability of philosophy that even today encompasses a huge landmark such as the Indian subcontinent. With their minimal literary expressions, these religions are yet to find ideological proof that accentuates a civilisational unity. Probably this has been their disadvantage even though they flourished in millions with their inability to cement the loopholes of their cultural inaccuracy. The Indian government's scurried manoeuvres to re-scripting the history by renaming cities and places should be seen as an eye-catching gimmick for intense polarisation and political mileage. To reclaim our cultural heritage through simple tokenism cannot be the pathway. There should be a more pragmatic and honest approach for India's cultural revival. India has the complete right to walk an extra mile with respect to this. The government should step up its game. At present, it is shooting a black boar in the darkness.

[The author is a Freelance Journalist/Author of "India @ 75- A Contemporary Approach"]

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Turkey-Syria earthquake: Death toll crosses 24,000; rescue operation continues

Agency
Kahramanmaras (Turkey),
Feb 11:

Rescuers pulled out children Friday from the rubble of the Turkey-Syria earthquake as the toll approached 24,000 and a winter freeze compounded the suffering for nearly one million people estimated to be in urgent need of food.

The stench of death hung over Turkey's eastern city of Kahramanmaras — the epicentre of the first 7.8-magnitude tremor that upturned millions of lives in the pre-dawn hours of Monday.

It is located in a remote region filled with people already displaced by war.

The United Nations warned that at least 870,000 people were now in urgent need of hot meals across Turkey and Syria. In Syria alone, up to 5.3 million people may have been made homeless.

"That is a huge number and comes to a population already suffering mass displacement," said Sivanka Dhanapala, the Syria representative of the UN High Commissioner for Refugees.

But miraculous rescues continued more than 100 hours after the first tremor tore apart roads and flattened hundreds of buildings while a winter storm raged over the region.

A pregnant woman named Zahide Kaya was pulled out of the rubble alive after 115 hours, in Nurdagi district of Gaziantep province, south-eastern Turkey, according to Turkish state news agency Anadolu.



Her six-year-old daughter named Kubra was rescued from the ruins an hour earlier.

The mother was injured and taken to hospital, but there was no immediate word on her unborn child.

The UN's rights chief has called for an immediate ceasefire in Syria so aid could reach all victims of the earthquake.

Some four million people in the rebel-held northwest rely on humanitarian aid but there have been no aid deliveries from government-controlled areas in three weeks.

Only two aid convoys have reached the region this week from Turkey, where authorities are engaged in an even bigger quake relief operation of their own.

The UN security council will meet on Syria, possibly early next week.

In Turkey, Kurdish mili-

tants from the outlawed Kurdistan Workers' Party (PKK), which is considered a terrorist group by Ankara and its Western allies, announced a temporary halt in fighting to ease recovery work.

The earthquake has changed the tenor of the entire Turkish presidential election campaign.

Five days of grief and anguish have been slowly building into rage at the poor quality of buildings and the Turkish government's response in the face of the country's most dire disaster in nearly a century.

Turkish President Recep Tayyip Erdogan conceded for the first time on Friday that his government was not able to reach and help the victims "as quickly as we had desired".

Police on Friday detained a contractor trying to flee the country after his building col-

lapsed in the catastrophic quake.

One of the single biggest tragedies involved 24 Cypriot children between the ages of 11 and 14 who were in Turkey for a volleyball tournament when the quake swallowed their hotel.

Ten of their bodies were repatriated to their homeland in northern Cyprus.

Turkish media reported that at least 19 people in the group — which included 15 accompanying adults — have now been confirmed dead.

The United Nations World Food Programme appealed for \$77 million to provide food rations and hot meals for 874,000 people affected by the deadly quake.

The number in need of aid "includes 284,000 newly displaced people in Syria and 590,000 people in Turkey, which includes 45,000 refu-

gees and 545,000 internally displaced people", it said.

"As this tragic event unfolds, people's desperate plight must be addressed," said International Committee of the Red Cross president Mirjana Spoljaric on a visit to quake-hit Aleppo in Syria.

The Syrian government said it had also approved the delivery of humanitarian aid to quake-hit areas outside its control.

A decade of civil war and Syrian-Russian aerial bombardment had already destroyed hospitals and prompted electricity and water shortages.

UN Secretary-General Antonio Guterres urged the Security Council to authorise the opening of new cross-border humanitarian aid points between Turkey and Syria.

Turkey said it was working on opening two new routes into rebel-held parts of Syria.

The winter freeze has left thousands of people either spending nights in their cars or huddling around makeshift fires that have become ubiquitous across the quake-hit region.

Monday's quake was the most powerful and deadliest since 33,000 people died in a 7.8-magnitude tremor in 1939. Officials and medics said 20,213 people had died in Turkey and 3,553 in Syria. The confirmed total now stands at 23,766.

Anger has mounted over the Turkish government's handling of the disaster.

"People who didn't die from the earthquake were left to die in the cold," Hakan Tanriverdi told AFP in Adiyaman province.

India logs 132 new Covid infections; active cases decline to 2,582

Agency
New Delhi, Feb 11:

India saw a single-day rise of 134 in coronavirus infections, with the active cases declining to 2,582, according to the Union Health Ministry data updated on Tuesday.

The total tally of Covid cases was recorded at 4.46 crore (4,46,78,956).

The overall death toll to date stands at 53,707, the data updated at 8 am stated.

The daily positivity was recorded at 0.09 per cent, while the Weekly positivity was pegged at 0.13 per cent.

Active cases comprise 0.01 per cent of the total infections, while the national COVID-19 recovery rate increased to 98.80 per cent, according to the health ministry website.

A decrease of 88 cases has been recorded in the active COVID-19 caseload in a span of 24 hours.

The number of people who recovered from the infection surged to 4,41,45,667, while 1.19 per cent of those infected succumbed to it.

According to the ministry's website, 220.11 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 crossed the 20-lakh mark on August 7, 2020, and 50 lakh on September 16.

It crossed the grim milestone of four crore on January 25, 2022.

Health ministry launches nationwide campaign to combat filariasis

Agency
New Delhi, Feb 11:

The Union Health Ministry has launched a nationwide mass drug administration (MDA) campaign aimed at ending filariasis disease transmission through door-to-door administration of anti-filarial drugs, especially in 10 affected states.

High-burden districts in Bihar, Chhattisgarh, Jharkhand, Maharashtra, Uttar Pradesh, West Bengal, Karnataka, Odisha, Madhya Pradesh and Andhra Pradesh jointly launched the campaign, according to a statement issued by the ministry on Friday.

The launch came a month after the programme received resounding support from Union Health Minister Mansukh Mandaviya to eliminate filariasis by 2027, three years ahead of the global target.

India has ramped up efforts to eliminate lymphatic filariasis (LF), a vector-borne disease caused by culex mosquitoes that leads to disabilities, well ahead of the global targets to safeguard communities from disabilities, as well as from social and economic insecurity.

The government of India has already unveiled a renewed five-pronged strategy for the elimination of LF, the statement said.

Launching the campaign, Union Health Secretary Rajesh Bhushan said, "Collective action is required to tackle LF".

He urged all the states to focus on directly-observed therapy rather than distribution of drugs.

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Know Your Personality...

Size of handwriting

The shape of your letters can tell whether you are shy or open behavior. According to experts, if your handwriting is small, you are a person of shy and introvert personality. Such people do every work with focus. At the same time, such people are very fast in the work related to intellect.

If your handwriting is large, then you are open, confident and a person attracting attention. Such people are friendly, who like to talk to people and easily adjust themselves in any situation.

Pen pressure

When you take heavy pressure when using pen or pencil, or if you hold tight enough, it means that you are very committed to that work. This type of person believes in the Commitment. They are also emotional. These kinds of people fight for the end of what they want to be and they want to fulfill their work despite all the difficulties. It can be said that there are type A personality in such people.

The same light-handed person is sensitive. This person likes to do activities which require less physical work.

However, such people are flexible and can adapt them-

selves to the situation. Girls prefer to write more lightly than boys.

Tilt of handwriting

According to experts, the inclination of your handwriting also tells your nature to a great extent. Those people whose words are inclined towards right-hand side are friendly people. Those who like to mix with the logo. These people like to be happy.

In the same way those people whose letters are inclined towards the left are generally self-centered on the letters. Often such people are lost in their own way. These merges with fewer people.

Signature

Your signature can also be ascertained how you present yourself to others. If your signature is unclear, then it means that you prefer to keep privacy. You do not like to reveal yourself to others very soon. It is also a symbol of sharp intellect and busy lifestyles.

And if your signature can be clearly read, it means that you trust yourself very much, and you have nothing to hide. Many people draw the line under the signature. This shows that the person has a sense of self-esteem inside.

Easy tips to get glowing skin on Valentine's Day



By: Shahnaz Husain

Looking to go glam on February 14?

Finally, it is the time of the year when everything around you seems lovely and beautiful. It's Valentine's day. One of the most expressive days for all the couples out there.

For couples in love and hopeful singles, February is the Paris of all months. It's a time when we share precious moments with people we love.

It's a day to express love to the most important people in your life that can make anyone blush with delight—starting with yourself!

Valentine day is the perfect opportunity for you to bond and reconnect with your partner, girlfriend, boyfriend, husband, or wife.

Valentine's Day isn't just for those in a romantic relationship. And even if you are celebrating with a special someone, prioritizing yourself can make for an even better experience with your partner. After all, you can't fully love someone else until you love

yourself first.

It doesn't matter if you are going on special date for a romantic night out, looking for one or just a walk with friends and family. It brings the biggest date night of the year and the restlessness that comes along to look one's best on the special day.

If you live apart, a surprise gift might be the perfect way to share the love this year. Not sure what to buy? Keep it classic — paintings, art objects and flowers like roses will always be well-received and create a sense of occasion. Twinned with a scented candle, Valentine's Day will be truly wrapped up.

Take advantage of sweater weather and escape into the wilderness, where you can relax by the fire and enjoy some hot chocolate. Take a scenic hike together and enjoy all the beautiful sights and the fresh air — it's a great way to bond while getting some much-needed time to unplug, too.

If you've got a new boyfriend, a hot date, or a tried-and-true love, Valentine day gives you the perfect excuse to pamper yourself to look romantic, sweet presentable, attractive with flawless looking radiant skin with youthful glow.

Water based moisture is key for glowing skin. Moisturizers provide a good base before applying any makeup. Moisturizers which are formulated with shea butter, dimethicone, ceramides, hyaluronic acid and aloe vera water help provide long-lasting hydration. Hydrate and nour-

ish your skin every night before sleeping.

If your skin is clear, leave out foundation during the day. Use baby powder, or compact power. Pay more attention to the oily areas of the face, like nose, forehead and chin. Press the powder all over the face and neck, with a slightly damp sponge. This helps it to set and last longer.

If you want to use foundation at night, choose a water-based one. Add a drop of water for a lighter coverage. Before applying foundation, apply astringent lotion if your skin is oily, or moisturizing lotion for dry skin. Wait for a few minutes to allow the skin to absorb it. Next, use concealer to cover up pimples and scars, if any. Or, use two shades of foundation.

One shade should be as close to your skin colour as possible. The other should be a shade lighter if the blemishes are dark. Take a little light coloured foundation and apply it directly on the pimple or pimple scar. Avoid rubbing or smearing. Pat it into the skin. Then apply your normal foundation on the face and using a moist sponge, spread it evenly, going outwards. Remember the neck too. Blending is important to achieve a smooth finish then apply tinted loose powder on top to "set" the foundation. Or, use compact powder.

Blusher comes next, or you can apply it at the end. Use powder blusher. Pink or peach blusher would suit most skin tones. Apply on the cheekbones and slightly below it. Use

your finger tips to dot the area with blusher. Then, blend with the brush, outwards and slightly upwards. Apply highlighter on the cheekbones. Highlighters should not be white. Choose from ivory or pale pink. Blend well.

For the eyes, use a brown eye shadow on the eyelids. Use the same brown shadow under the lower lashes, instead of eyeliner or kajal. Take a darker brown eye shadow and apply it on the upper lid, close to the upper lashes. The entire effect will be natural. If you want to line the eyes, use an eye pencil. Give your eyes a light touch of mascara. Make sure the lashes do not stick together. Brush them with an eyelash comb.

Wear a sun block for outdoor events during the day, this acts as a shield and also works as a good under base for your foundation accelerating its performance.

Take proper sleep for at least eight hours during night. Lack of sleep will show on your face no matter how well you fashion your appearance. Put a drop or two of lavender oil on your pillowcase and try to relax. Sandalwood and Clary Sage are other good options.

For the night and for a more dramatic effect, use a dark brown, or dark grey eye shadow on the eyelids close to the lashes and stroke it upwards and outwards. For the smoky eyed look, line the eyes with eyeliner close to the lashes and then smudge the eyeliner slightly with a sponge tipped

applicator. It should not be a harsh line.

Who ever heard of a Valentine's Day date ending without a goodnight kiss? Go with a soft pink or berry hue that are no more than two shades darker than your natural lip color is a good way to keep your lips colored without going overboard.

Exfoliate your lips the night before date night with a gentle lip scrub to remove dead skin cells to soften your pucker and improve the look and application of your date night lipstick.

For the buttery soft and smooth lips, plain gloss can be enough for the day, or add a touch of gloss over light pink or mauve lipstick. Coloured gloss is also available. Avoid using lip liners and just brush the lips with lipstick, going for shades of pink, from pale pink, to rose or tawny pink. At night, go for rose, coral or bronze, or just stick to pink. Just don't forget to hydrate your lips with your favourite lip balm, salve, or conditioner after exfoliating.

Wear a light flowery or lemony fragrance, nothing too overpowering. Always be kind and confident. I think these two traits together make someone beautiful.

As the last step, touch up your nails, smooth your strands, and spritz on some perfume. You're ready to go!

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

NDA govt successful in controlling terror in J&K, insurgency in NE: Amit Shah

Agency
Hyderabad, Feb 11:

After eight years, the BJP-led government at the Centre has been substantially successful in controlling terror incidents in Jammu and Kashmir, insurgency in the North-East and Left wing extremism, Union Home Minister Amit Shah said here on Saturday.

Speaking at the passing out parade of the 74th batch of the Indian Police Service (IPS) probationers at the Sardar Vallabhbhai Patel National Police Academy (SVPNPA), Shah said under the leadership of Indian government agencies, police forces in the entire country carried out a successful operation in a single day against an organisation like the Popular Front of India (PFI).

"After eight years, the government was, to a large extent, successful in controlling terror incidents in Jammu and Kashmir, insurgency in the North-East and Left wing ex-



trémism," he said.

"Recently, by banning the Popular Front of India we have presented a successful example for the world to see," he further said.

"This shows how much our commitment towards democracy has become robust and strong," Shah added.

He further said terror-re-

lated incidents have come down due to zero tolerance against terrorism, strong framework for counter-terror laws and strengthening of agencies and due to assertive political will.

Amit Shah said during the past seven decades, the country has seen several ups and downs and also several chal-

lenging times in internal security.

According to him, more than 36,000 police personnel sacrificed their lives during the challenging times.

A total of 195 officer trainees—166 IPS officer trainees and 29 officer trainees from foreign countries took part in the Dikshant Parade.

Loktak Battalion in collaboration with Twikoul Youth Union conducted Medical Camp

IT News
Imphal, Feb 11:

Loktak Battalion of Assam Rifles under the aegis of Headquarters Inspector General Assam Rifles (South) in collaboration with Twikoul Youth Union conducted a "Medical Camp at Changpikot village of Churachandpur District (Manipur) today.

A Medical Camp was conducted to provide required medicines and medical treat-

ment to the people of Changpikot village where requisite medical facilities are not available. The camp was attended by villagers from Changpikot village and adjoining areas of Churachandpur District. The aim of the medical camp was to provide medical treatment to the local inhabitants of remote areas; devoid of requisite medical facilities. A well constituted team of medical staff under Assam Rifles Medi-

cal Officer (ARMO) and General Duty Medical Officer (GDMO) of the battalion alongwith a Medicine Specialist and Pediatrician conducted the medical camp, wherein the team treated the patients besides providing medicines to the needy villagers. A total of 427 patients to include 194 men, 130 women and 103 children were diagnosed & treated during the medical camp. Apart from providing medical assistance, ba-

sic knowledge on health education including precaution from common viral diseases was also imparted and emphasis on importance of hygiene and sanitation was explained by all the doctors and medical staff to the villagers for better living standard.

The local populace of Changpikot village and adjoining areas highly appreciated the initiative of Loktak Battalion for organizing the medical camp.

PM Modi recalls Tripura's image 5 yrs ago, says 'Violence-hit State, CPM had captured Police Stations'

Agency
Agartala, Feb 11:

Prime Minister Narendra Modi reached Tripura on Saturday, where he is set to address two election rallies in favour of BJP candidates. The Prime Minister addressed the first rally at Ambassa in the Dhalai district around 12 noon. He is scheduled to address the second public meeting at Gomati, which is likely to start at 3 pm, according to the party's state media-in-charge Sunit Sarkar.

The northeast states of Tripura, Meghalaya and Nagaland are set to go for Assembly elections this month with polls due in Tripura on February 16 followed by Meghalaya and Nagaland on February 27. The results of all three states—each with a strength of 60 members—will be announced on March 2.

The terms of all three state assemblies are scheduled to end in March—Nagaland on March 12, Meghalaya on March 15 and Tripura on March 22.

During Prime Minister's visit to Tripura today, he will be received by Chief Minister Manik Saha, BJP state election in-charge Mahesh Sharma, and the party's state unit president, Rajib Bhattacharya at Maharaja Bir Bikram (MBB) Airport in Agartala, Sarkar said.

The BJP has declared candidates for 55 assembly seats while leaving the remaining five seats for its alliance, the Indigenous People's Front of Tripura (IPFT). The Left-Congress alliance has also declared its candidates for all 60 seats.

PM Modi may also visit Tripura on February 13, Sarkar added.

According to senior police officers, security has been beefed up across the state in view of the PM's visit.

The BJP had posted a stunning victory in Tripura in the 2018 Assembly elections, a Left bastion. At the time, the party appointed Biplab Deb as Tripura's Chief Minister after victory and he was replaced by Manik Saha in May 2022.

This is Prime Minister's second recent visit to the poll-bound state. On December 18, a month before the announcement of the election schedule in the state, PM Modi addressed a public gathering in Agartala.

Meanwhile, BJP president JP Nadda, who had already addressed several election rallies in Tripura on February 3, January 12 and February 9, released the party manifesto for the state on Thursday and addressed the gathering of party workers.

Apart from that, Union Ministers Amit Shah, Rajnath Singh, Sarbananda Sonowal, Smriti Irani, Arjun Munda, Kiren Rijiju, Chief Ministers Himanta Biswa Sarma (Assam), Yogi Adityanath (Uttar Pradesh), N. Biren Singh (Manipur), West Bengal opposition leader Suvenud Adhikari, MLA Agnimitra Paul, actor Mithun Chakraborty, among other BJP leaders from outside the state have campaigned for the party in Tripura.

Contd. from Page 1

MPCC protests against attempt...

Interestingly at around 9.30 pm yesterday some miscreants set on fire using petrol in front of the Congress Bhavan office. It was noticed by those security guards inside the Congress Bhavan and immediately extinguished the fire from causing further harm. A hal litter bottle of petrol was found lying nearby by a police team who rushed the spot.

Congress workers point fingers to the BJP and the BJYM volunteers to the attempt for burning the office of the Congress Party at BT road.

Noor Rahman, General Secretary MPCC said that the place where some people set on fire is just around 500 meters away from the Chief Minister's office and just around 300 meters away from the Raj Bhavan.

"How could some persons without the support of any powerful people set on fire at such a high security area", Noor Rahman told media persons.

He also said that the government under the Chief Minister N. Biren Singh had many time arrested people who are against the government with-

out taking much time but in case of those people trying to burn the Congress office no person has been arrested till now.

State coordinator youth congress committee, also denounced the act and said that allegation level against Youth President N. Poipila is unfounded. He appealed the government not to harass the congress leader and said that the Youth congress and other people of the state will not be able to tolerate any attempt to suppress the voice of the people.

Sports

Messi shortlisted for FIFA's the Best Award with Mbappe and Benzema

Agency
Paris, Feb 11:

Argentina forward Lionel Messi is on the shortlist for the FIFA Best Male Player award, joined by Kylian Mbappe and Real Madrid striker Karim Benzema, football's world governing body announced on Friday.

Messi could win his second The Best trophy after leading Argentina to their third World Cup title by beating Mbappe's France in last year's final in Qatar, scoring seven goals during the tournament and earning his second Golden Ball.

World Cup Golden Boot winner Mbappe and France's 2022 Ballon d'Or winner Benzema feature for the first time among the three finalists.

Messi won his six previous awards when it was called the FIFA World Player of the Year (2009), the FIFA Ballon d'Or in each year from 2010-12 and again in 2015, then in the current title of Best FIFA Men's Player for 2019.

Mbappe makes the shortlist for the first time though he was fourth in voting for the 2018 award. The 24-



year-old has been sixth, seventh and eighth in past three years.

Robert Lewandowski won the FIFA award for the past two years.

The more prestigious Ballon d'Or award organized by France Football magazine was won in October by Karim Benzema ahead of the World Cup. The France forward missed the tournament because of an injury. Messi was not on the long list of Ballon d'Or candidates announced in August.

Spain midfielder Alexia Putellas could claim the Best Women's Player award for the

second year in a row despite being sidelined since July with a knee injury.

Forward Beth Mead is also nominated after leading England to the Euro 2022 title as the tournament's leading scorer and best player of the tournament.

United States forward Alex Morgan, who was a finalist in 2019, completes the list.

The Best Women's Player award for 2021 was won by Putellas and the Barcelona playmaker made the top three again despite being injured days before the European Championship and missing the tournament for Spain.

Mead led England to the Euro 2022 title as the tournament's joint top scorer and was named its best player. She suffered a serious knee injury in November playing for Arsenal and could miss the Women's World Cup that starts in July, co-hosted by Australia and New Zealand.

Morgan, who was second in the 2019 vote to teammate Megan Rapinoe, was player of the tournament when the U.S. won the CONCACAF W Championship last year. She was also the joint top scorer.

The winners will be announced on Feb. 27 during a ceremony in Paris.

Santosh Trophy: Kerala beat Goa; Odisha hold Maharashtra; Karnataka and Punjab play out draw

Agency
Odisha, Feb 11:

Defending champions Kerala rode on a lucky own goal to secure a hard-fought 3-2 win over Goa in their group A Santosh Trophy match on Friday.

Having taken the lead, courtesy of a Nijo Gilbert penalty (27th minute), Kerala looked in cruise control with Riswanali Edakkavil tapping in from close range off a corner (57th).

But in space of two minutes disaster struck as Goa pulled one back via a Mohammed Faheez penalty. Momentum soon shifted with Faheez adding a second in the 73rd minute.

Both sides missed a flurry of chances in the final 10 minutes before Asif OM tapped into his own net to give Kerala a lucky win.

Hosts Odisha hold Maharashtra 1-1

Buoyed by a vocal crowd at the Capital Football Arena, hosts Odisha struck late in the second half to hold Maharashtra 1-1 in another group A fixture.

Odisha started out stronger, controlling not just possession

but also creating chances aplenty in an all-action first half but failed to score the opening goal.

In the second-half Maharashtra made use of a bungled clearance with Amrannsh Ansari giving them the lead (57th) by scoring from close range.

Chandra Muduli cancelled out the lead in the 83rd minute.

Late comeback by Karnataka vs Punjab

In the second afternoon game, Punjab were held to a 2-2 draw by a late Karnataka fightback.

After a goalless first half, Punjab struck twice in four minutes via Kamaldeep (65th) and Bipul Kala (69th).

Karnataka pulled one back in the 82nd minute via P Kamalesh while Robin Yadav struck the equaliser in the 90+3rd minute.

Twelve teams have been divided into two groups of six each and will play each other in a round-robin format.

The top two teams from each group will be the first in the history of Santosh Trophy to play on foreign soil, once they move to Riyadh for the semifinals and final.

Certificate Lost

I, the undersigned, have lost my Original Certificate for HSLC Examination 1987, bearing Roll No. 2767, issued by the Board of Secondary Education, Manipur (BOSEM) on the way between Manipur University, Canchipur and Singamei on January 10, 2023.

Finders are requested to hand over it to the undersigned.

Sd/-

Kamala Golmei

D/o, Joy Golmei

Singamei Wangma Bheigabati Leikai

Imphal East District,

P.O. - Singamei, P.S. - Porompat