

## AMHSDA launched protest; Many health centres paralysed

IT News  
Imphal, Feb 14:

Following the reaching of an ultimatum against the State government All Manipur Health Services Doctor's Association (AMHSDA) has launched their protest against the failure of the concerned Authorities to fulfill their demands (i) time-bound promotion, extension of retirement age of Specialists and non- Specialist doctors up to 65 years, creation of Director General post of Directorates of Health Services, Family Welfare Services, Public Health and Medical Education, fixation of NPA with retrospective effect from 1st January, 2016 as per the 7th CPF, strict adherence to Transfer and Posting Policy of Health Services 2017, allowing MHS doctors



to take top posts on seniority basis, implementation of proposed MHS Rules 2022 and Amendment by 31st October, 2022 and provision of allowances for posting in difficult areas.

The protest has seriously impacted various health care services at different health centre of the districts includ-

ing Health Centres at - Pallel, Patsoi, Sekmai, Moreh, Lamphel, Samuroi, TPL, KCG, Tamei, Moirang, SGT, Imphal East, HNG, Mao, FCP Behang, Tadubi, Pheizawl, YPK, NBL-CHC, Leimapokpam, Lamlai, Hiyanglam, Andro, Sugnu, Kumbi, Lilong, Machi, Heirok, TBL- Hospital, TBL Leishangthem, Kakwa,

Ningomthongjao, Lamsang, Iribung; and Health Centre at Khoupum, Thanlon, Wangoi, NNE, Mayang Imphal, TML, CDL, KPI, Senapati District, Wangoo, Langathel, Phundrei, CCPUR, Tousem, SPM, Jessami, Nongpok Sekmai, SJM Urban Health centre have been shutdown from today.

## Guv, CM and others greets on Lui-Ngai-Ni festival

IT News  
Imphal, Feb 14:

Governor of Manipur, L.A. Ganesan wishes the people of the state especially the Naga community on the occasion of Lui-Ngai-Ni festival.

"I convey my heartfelt greetings to the people of Manipur, especially the Naga community on the joyous occasion of Lui-Ngai-Ni Festival on 15th February, 2023.

Lui-Ngai-Ni is a composite festival of all the Nagas of Manipur celebrated every year on the 15th of February for a bountiful and bumper harvest. Blessings of the Almighty are sought on the occasion. This festival has also come to be recognized as a Tourist Festival, occupying a unique position not only among the Nagas but also among other communities. The festival brings together different communities towards the goals of peace, harmony and humanism, irrespective of caste or religion. I am confident that the festival will be celebrated in its true spirit and all will join in the festivities in a spirit of oneness. I, once again, convey my greetings on the occasion and let us all pray for peace and prosperity for the State of Manipur and its people."

Chief Minister of Manipur N. Biren Singh also wishes the people of State. The festival is Naga Community on the joyous and auspicious occasion of, the seed sowing festival.

"Lui-Ngai-Ni is celebrated on the 15th day of February every year amidst social gathering and rejoicing. Our festivals through community events such as dances, songs, feasts and prayers teach us to share joy with one another. Thus like all other cultural festivals, Lui-Ngai-Ni also strengthens the bond of oneness amongst the people" N. Biren Singh.

He added, the festival is an opportunity for experiencing other cultures and appreciating diversity. I tell all our people therefore, irrespective of religion, faith and community, to partake and spread joy and caring. I am hopeful it will enable us to understand our roots better.

Awangbow Newmai, Water Resources, Relief and Disaster Management also greets the people on occasion of Lui-Ngai-Ni, 2023.

Th. Basanta Kumar Singh, Minister, Education / Law & Legislative Affairs in his message said that, Lui Ngai Ni is the seed-sowing festival of the Nagas in Manipur. The festival heralds the season of seed sowing and marks the start of the year. During the festival, they come together in unity and showcase their rich culture and identity which further tighten their bond of brotherhood.

Nemcha Kipgen, Minister Textiles, Commerce and Industry & Co-operation Manipur also wish the people, on occasion of Lui-Ngai-Ni Festival, 2023.

"I heartily convey my warm greetings and wishes to all the people of Manipur on the joyous occasion of Lui-Ngai-Ni Festival, 2023, celebrated every year on 15th February. Lui-Ngai-Ni is a seed-sowing festival celebrated with rich cultural fervor by the Nagas of Manipur. The festival commemorates the season of seed sowing and is also embarks the beginning of the new year for the people of Naga clan. The Lui-Ngai-Ni festival brings the time of festivity and rejoice where the people pay their homage to the gods of crop and also pray for their good health and wealth. May this festival be a harbinger of peace, oneness and love among all the people of our state irrespective of caste, creed and religion. once again, convey my best wishes and warm regards to all on this happy occasion," she said.

## Drug peddler convicted with 15 years rigorous imprisonment

IT News  
Imphal, Feb 14:

Rigorous imprisonment was awarded to a drug peddler and two abductors by the Special judge Bishnupur, W Tonon.

Under the Narcotics Drugs and Psychotropic Substance Act, the drug peddler, Khwairakpam

Romio, aged 54 years was awarded 15 years of Rigorous imprisonment along with a fine of Rs. 1 Lakh, which is to be paid within 5 years, failing which his imprisonment will be added another 6 more months. Romio was arrested along with 1050 grams of heroin on Oct. 1, 2004, from Nambol Khoriphaba under Nambol Police station by a

team of Special Intelligence Unit of Manipur Police.

Two individuals, Sanasam Binoy, aged 46 years, and Akojam Zilla aged 46 years who abducted a woman in 2001 were sentenced to 2 years of Rigorous imprisonment and a fine of Rs. 50,000/ each by an order of the Session judge Thoubal district.

## Airtel 5G network launch in Churachandpur



IT News  
Imphal, Feb 14:

Deputy Commissioner of Churachandpur District Dr. Sharath Chandra Arjoju urged Bharti Airtel to scale up its 5G presence to the far-flung areas of the district as well.

Churachandpur today.

Terming the event as a proud moment for him as the DC, the Dr. Sharath Chandra Arjoju urged Bharti Airtel to scale up its 5G presence to the far-flung areas of the district as well.

Currently, the high-speed services are operational at 10 sites within the town.

Bharti Airtel becomes the first operator to provide 5G ser-

vices NE region after Manipur Chief Minister N. Biren Singh launched the 5G network in a function held at the Chief Minister's secretariat on December 21, 2022.

Thienlaljoy Gange, ADC, Khaikhopau Ngaithe, ADC, Zosanghpor Joute, AC to DC, DLOs, staff from different departments and Bharti Airtel attended the event.

## Thousands mourns and paid tribute to late RPF Chief Irengbam Chaoren

IT News  
Imphal, Feb 14:

Thousands attend the "Mangani Leihul" of President of the outfit Revolutionary People's Front (RPF) late Irengbam Chaoren at his residence at Khagempalli Huidrom Leikai.

Several community leaders and thousands of people from different corners of state, several representatives of civil society organisation, well-wishers and relative paid floral tributes to the portraits of the leader during Mangani Leihul this morning.

It may be mentioned that RPF president Irengbam Chaoren died on February 9 at a hospital in Myanmar's Sagaing region due to terminal brain tumour. Since then different insurgents outfits continue to mourn on his sudden demise.



## Large Transformer to commission at Tipaimukh

IT News  
Imphal, Feb 14:

Large transformer of 12.5 MVA maximum capacity and 12.5 Megawatt 132/33 KV Crompton Greaves Ltd. The Transformer will soon commission at Sipuikon Power Station in Tipaimukh, Pherzawl District. The narrow road of the new NH-02 (Old NH-150) makes it arduous to transportation of the transformer and other required materials.

The nearby villagers and the people of Pherzawl District expressed their gratitude to see such development and changes undertaken by the state government and the concerned Tipaimukh MLA Ngursanglur Sanate.

## PEC condemns media restriction in Cambodia

IT Correspondent  
Geneva, Feb 14:

Press Emblem Campaign, the global media safety and rights body, expressed serious concern over the recent closure of a leading independent media outlet, available in Cambodia's official language Khmer and English by the government and condemns all kinds of media restrictions in the south-east Asian country ahead of the scheduled national elections in July.

Voice of Democracy (VOD), the online outlet along with a radio station, becomes the last victim of media restriction policies adopted by the Cambodian Prime Minister Hun Sen, following a news item on 9 February involving the PM's eldest son that seemingly hurt the dignity of the government in Phnom Penh. It cancelled the license of

VOD, the voice of millions of Cambodians, even though the management tendered an apology for the concerned news-article.

"Cambodian authorities should respect the freedom of the press and it becomes essential as the country of 17 million people is expecting a free & fair general election within six months. If the government does not show its due respect to the media, how can it ensure an honest electoral exercise," said Blaise Lempem, president of PEC (<https://pressemblem.ch/pec-news.shtml>), adding that PM Hun Sen must allow all media outlets to function without intervention.

PEC's south-east Asia representative Nava Thakuria informed that the VOD published an item alleging that Hun Manet, deputy commander of

the country's armed forces, signed a deal relating to Cambodia's aid to earthquake devastated Turkey, on behalf of his father. Hun Sen denied the allegation and stated that it damaged the government's reputation. Even when the VOD management asserted that it quoted a government official, he stated that it was unacceptable.

Remaining in power for 38 years, Hun Sen tips to politically empower his son in the ruling Cambodian People's Party. Earlier, two prominent daily newspapers namely The Cambodian Daily and The Phnom Penh Post faced wrath from the government. Started its venture in 2003, the VOD attracted the readers with a number of investigative and in-depth reports on corruption, mismanagement and misuse of power by the individuals in high places.

# This Valentine's Day : Keep in mind that mental health is important



By: Deepika Mayanglambam

It's that time of year again, when we celebrate the power of love and the strength it brings to our relationships. On the other hand, it's also important to remember to prioritize our well-being and care for ourselves.

The concept of Valentine's Day is to show love and appreciation to those who are special to you. It is a time for people to express their feelings and celebrate their relationships. The main reason why people celebrate Valentine's Day is to express their love and affection to their significant others. It is also a time for them to show their appreciation and gratitude towards their partners. The scale of the occasion known as Valentine's Day, which is observed every year on February 14,

has gotten bigger each year. In addition to being a day dedicated to a Christian martyr, it has also expanded to encompass a week. Some of the most popular days that are associated with the Valentine's Day include Propose Day, Rose Day, and Love Day.

Besides the usual questions about their relationship status, singles also face various other challenges on Valentine's Day. These include dealing with the societal pressures around being single, as well as the media portrayal of being single as akin to being on your own. This can additionally contribute to the feelings of loneliness and loss.

Regardless of whether one is in a relationship or single, Valentine's Day can affect everyone. For some, it serves as a reminder that they don't have a special someone. Valentine's Day can also make them feel bad about their social skills or anxieties.

## Embracing self-love on Valentine's Day

Regardless of one's viewpoint, February 14 can still represent the importance of human connection and togetherness, even for those who don't celebrate. People from all walks of life have a need to express their feelings. Whether they are from a different culture, age, or religion, love and romance have universal appeal.

Emotions such as happiness, loneliness, and excitement can be experienced on this day like love. For some people, especially those who are still single, it can be an opportunity to reflect and self-evaluate. You can overcome these thoughts by making the most of this special occasion. Experts in mental health stated that we often think about how we receive love from others. Unfortunately, this often leads to us forgetting that our love for ourselves is as important as our love for others. On Valentine's Day, it is important to remember that you are capable of doing something great. You can show that by being present and loving yourself. You can also make a difference in someone's life by sharing your feelings and thoughts.

It can be hard to love yourself naturally. We tend to be our own worst critics, which can make it hard to feel good about ourselves.

If I know someone who is going through an emotional trauma, how can I support them? This is especially true around Valentine's Day or any other special occasion?

While it is not always possible to anticipate what people will need, it is helpful to check in with someone who has experienced an interpersonal trauma, such as PTSD, on Valentine's Day. Post-traumatic stress disorder (PTSD) can often

lead to high levels of guilt, shame, and blame. Listening and empathy are crucial to helping individuals cope.

We tend to try to blame others for their actions instead of listening to and validating their pain. This is why it is important to be respectful of people who are experiencing pain. You can also ask them how they would like to be supported.

Some people mark their first Valentine's Day following the death of a significant other. What can they do to make it easier?

The first few moments following a death can be very painful. Since Valentine's Day is all about romantic love, it can be especially difficult to deal with the loss of a loved one. To prevent the pain, it is important that you have a plan ahead of time.

You may also decide to be alone, be with others who love you, or have various options depending on how you feel. Some people observe traditions, others create new ones. While it can be beneficial for some to celebrate the life of a loved one on certain occasions, it is still important to do something that will support your emotional needs.

It is important for people to celebrate love with their families, friends, or pets. But, is it healthy to do this?

Besides Valentine's Day, people should also celebrate love in other

ways, as it can help improve one's physical and mental health and ward off loneliness. Human beings are naturally connected, and this is why it's important to encourage connection.

Reflecting on the things that went wrong in the previous situation can help you make better decisions the next time around. Eating well and moving every day are crucial, but they don't have to be accompanied by intense exercise. Instead, try incorporating more fruits and vegetables into your diet.

How can one cope with the feelings of isolation or loneliness on Valentine's Day, or any other day?

The hype surrounding Valentine's Day can have a negative effect on individuals' mental health. People in relationships might feel pressured to spend money on gifts while those who are single might feel that their lives are incomplete without a partner. This can cause people to feel depressed and anxious.

One of the most effective ways to avoid feeling alone on this special day is to take some time out of your schedule to spend with yourself. Doing so will allow you to express your love and connect with yourself. Activities such as reading a book or taking a bath can help you relax and feel better about yourself. One can avoid loneliness on the

special day by getting in touch with your friends. Whether you are at home, over the phone or through video chat, being with those who make your day a joy can help you reassess your thoughts on a certain situation. You can also reach for loved ones or those in dire need, and these actions can lift your spirits.

If you're struggling with feelings that are out of control, it's important to seek professional help. A psychologist can be a great resource for helping you manage your emotions. Talking to a trained specialist can help you find ways to improve your mood.

It is important to remember that this holiday is only a one-day event, and it does not measure your self-worth or reflect on how much you love yourself. Instead, celebrate the love that you have for yourself each day.

During this time of year, it's also important to celebrate the things that bring us joy. It can be a great way to spend time with friends and family and connect with individuals who make our lives worth living.

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## India's Caste Conundrum



By: M.R. Lahu

The Mandal - Kamandal binary that permeated through the political aspirations of various parties had seriously affected the social dynamics of states such as Uttar Pradesh and Bihar. Political somersaults on this binary have deeply polarised the populace especially the Hindu community all over the country with parties stitching alliances with caste consolidations to fulfil their dreams. Narratives strengthening this binary were dismantled by Uttar Pradesh Chief Minister Yogi Adityanath christening the state polls as an '80% versus 20%' contest. His call was for a fight between 80% Hindus and 20% Muslims. By doing this, his party was once again accentuating on the BJP's ideal manoeuvre the Hindutva, the plank that it has excavated from the deeper anxiety of the majority in India. Casteism, the menace that India has been a victim of for centuries on a larger scale, at

least, since the advent of the British, continued to grow in our society with evil minded political parties supplying water and manure. All parties remained pusillanimous without being evocative on the derailing impact of regimentation in a country that was supposed to be groomed and governed by a common constitution and its principles. The votaries of the Mandal disposition always believed that they were subjected to exploitations by the feudal upper castes and to consolidate their votes was the only solution to topple the upper caste hegemony. Mandal is a vocabulary that got popularised in India to represent certain communities since 1980's. The Mandal Commission was established to classify the educationally and socially backward people.

Reviving the Hindutva sentiments among the majority, the BJP has successfully dismantled the Mandal consolidations and the beginning of an era under Yogi Adityanath in Uttar Pradesh was a blitzkrieg on strong caste regiments. It could overthrow regimes of caste based parties and their propitiations and is successful in its second term. Caste dynamics still continue to draw alarming equations in Indian politics and in many states it remains potential to elevate and overthrow parties. The upper caste-lower caste division and the paranoia its chasm

has been creating for a long period held the majority in India captive and the ugly politics its beneficiary. The BJP's focus was to break this ecosystem by elevating its Kamandal politics which literally translates into its Hindutva agenda. Every time when it emerged victorious, the party succeeded in applying a combination of casteism along with its larger version of Hindutva regimentation, in which it registered its principal opposition as the minorities, especially the Muslims.

Has the caste system been a part of Hinduism? While understanding the menace from its historic perspective, evidence emerging from the scriptures declare that it hasn't been part of Hinduism. Evidence from the Vedas and other sacred texts in this regard substantiate that the society was never regimented based on a discriminatory hierarchy. However, they accentuated the need of articulating a skill based society with different crafts and professions being allotted to people according to their instinctive capabilities. This was to sensitise and systematise the society by creating economic well being, a reality for all. The scriptures call this regimentation Varna and according to it, the whole society was divided into four categories. While the Brahmins got busy in teaching and learning, the Kshatriyas took the responsibility of social security. The

Vaishyas controlled trade and money transactions and activated the economy; the Sudras blessed the society with agricultural produce. The society as a whole, according to the sacred texts, was a divine entity in which everybody passionately selected his task and contributed for its wellbeing. To take examples from the Hindu texts, the Purusha Sukta gives a varied account of Varna. It categorically clarifies this: 'if the whole society is considered as a body, its mouth is Brahmins and its hands Kshatriyas and thighs the Vaishyas and the feet Sudras.' To make it more profoundly understandable, the Vedic sage says that every unit of Varna in the social stratum plays its role for the complete sustenance and survival of the society. Sans mouth, the body is incomplete. So is the case with hands and thighs and feet. Neither part of the body is discriminated against nor undermined. All of them hold equal importance in a social ambience. With regard to the Varna system, the Manusmriti also communicates the same idea.

Social discrimination amounting to untouchability was never part of Hinduism. The aspirational politics that emerged in Indian society in a later period had systematically cut open this demon and seriously damaged its social fabric. The biggest fight against the untouchability menace in recent history came from a

Hindu - Mahatma Gandhi. Injustice of this type had always existed in every society. Famous American writer Will Durant candidly asks: "Does the attitude of a British lord to a navvy differ, except in words; or a white man to a negro, or a European to an Asiatic, or a Park Avenue Banker to an East Side huckster?" The pariahdom was the creation of the British Raj that the political class carried forward to the post-independent social scenario. Casteism once again became a subject of India's socio-cultural discourse as the RSS Chief Mohan Bhagwat stoked controversy saying Hindus were one and united and caste differences were man-made and artificial. Bhagwat has outrightly hammered the blame of casteism on the Brahmins and his statement angered the Shankaracharya of Puri as well as many others. He may be right but all the Chiefs of the Sangh were Brahmins except Prof. Rajendra Singh (Rajju Bhayya) who was a Rajput.

The BJP understood the threat of this Mandal regimentation in the name of caste visibly protruding and L.K. Advani's rath yatra from Somnath to Ayodhya was instrumental in reviving the political Hindutva strengthening its limbs. It thought that a religious yatra with its conspicuous intentions would bring the flustered Hindu communities to one political gambling point.

Bhagwat did not forget to civilize the populace on the condescending caste impediment as unnecessary; he asserted a spiritualised version of his doctrine saying neither the creator nor nature is discriminatory. Politicians have made too much of a song about casteism in India and brought Hinduism to a critical juncture for electoral gains. A caste-ridden orthodoxy and its superstitious interventions are a reality but its atrocious sentiments and unworthy discriminations must go. The political nomenclature of castes in upper and lower strata, further pounding them to units and subunits might have helped to eradicate the social backwardness to some extent. However social equality will be inaccessible until the fragmented units of a society unite for a superior cause. Before the upcoming state elections and general election, the Mandal versus Kamandal rhetoric would once again gain momentum. The political intention behind the upheaval on Tulasidas's Ram Charit Manas was an indication. To keep the society divided was the strategy of the British. Its present Indian context is electoral ambitions. However, casteism in its all forms is dangerous and must go lock, stock and barrel.

*(The author is a Freelance Journalist/Author of "India @ 75- A Contemporary Approach")*

## How to choose a good school for your child



By: Vijay GarG

Every parent wants to give their child the best schooling and for this, they are ready to pay any amount. A good schooling from the very be-

ginning can lead to a great success in the child's career in the future. A school is a place where a child begins to learn formally. Choosing a school for your child is a very important and a difficult task too. It is important because choosing the school is the foundation of the child's career. A good school will lay a good foundation for your child's education. A good school will shape your child's future. It will mould your child in a way to make him the best. It is a difficult task because there are many schools located near us and we do not know which the best school is. It is difficult to find the positive and negative points of all

the schools which make all the more difficult to choose a good school. Choosing a good school may be difficult, but it is not impossible. Here are some tips and points to remember which will help you to choose a good school for your child.

**Make a List:** To choose a good school for your child you should know which all schools are near your place. Make a list of all the schools near you. This could be done by searching the internet about the school in your locality or by going on a drive and noting down the schools which you encounter in your way. The list should neither be too short or not too long. Twenty schools in the list are fine. If the number of schools will be less then there will be less option to choose from and if the list is too long then it will create a lot of confusion.

**Ask Others:** Everyone has friends and relatives whose children are going to school. Ask them about the schools their children are studying in. Inquire about the pros and cons of the school. Also, ask them if they are satisfied with the school or not. Asking the school representatives about the school is of no use because they will definitely quote cheesy lines to attract you. They will hide the negative points of the school. If you ask the parents whose children are studying in that school they will tell you the correct state of the school.

**Make a Choice about the Curriculum:** There are many education boards. CBSE and ICSE are the two major education boards in India. Along with them, there are different state boards also. All these boards have a different curriculum. The dif-

ficulty level of all the boards is different. The basics that will be taught will be different on all the boards. You should choose the board with the difficulty level which suits your child.

**Visit the School:** You cannot decide about the school while sitting at home. You have to go out and visit the school. When you visit the school, meet the principal and teachers of the school. Get to know about their qualification and about their nature. The teachers should be well qualified and should have vast knowledge about their subject in order to teach your child. The teachers should neither be too strict or too lenient. If the teachers are too strict, the child will be afraid to go to school. If the teachers are too lenient, they will not be able to control the child and will not be able to

make them disciplined.

**Calculate the Travelling Time:** Travelling time plays a very important role in choosing a school. The school should be near your house. The travelling time or distance should be minimal. If the travelling will be quite large, then your child will get tired of travelling and would not be able to devote his time to studying when he reaches home. For an efficient schooling, try to minimize the travelling time.

**Find out the School's Achievement:** Try to find out what the school has achieved in terms of board results, extra-curricular activities, sports competitions etc. the achievements will give you the brief idea of the school's effectiveness in teaching and the all-round development of a child.

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# Turkey-Syria quake toll passes 37,000; hopes fade for survivors

Agency  
Kahramanmaras/Antakya,  
Feb 14:

Rescuers worked through the night to rescue people clinging to life beneath the rubble eight days after Turkey's worst earthquake in modern history but hopes of finding many more survivors were fading on Tuesday.

A boy and a man were rescued in hard-hit Kahramanmaras early on Tuesday, 198 hours after the 7.8 magnitude earthquake struck on Feb. 6.

Elsewhere in Kahramanmaras, rescuers were attempting to reach a grandmother, mother and daughter, all from one family, who appeared to have survived the quake and aftershock that killed more than 37,000 in Turkey and Syria.

But others were bracing for the inevitable scaling down of operations as low temperatures reduced the already slim chances of survival, with some Polish rescuers announcing they would leave on Wednesday.

In the shattered Syrian city of Aleppo, U.N. aid chief Martin Griffiths said the rescue phase was "coming to a close", with the focus switching to shelter, food and schooling.

Syrian President Bashar al-Assad had agreed to allow more U.N. aid to access the war-torn country from Turkey, diplomats said late on Monday.

Turkish media said rescuers held out hope of finding survivors at several locations in Kahramanmaras province, Adiyaman and Hatay, where there were signs of life beneath the ruins.

But in the southern city of Antakya, excavators began tearing down heavily damaged buildings and clearing rubble. Blue lights from ambulances lit up the dim streets where there was still no power and the smell of smoke filled the air.

Hundreds of people are leaving the city every day, and



those who remain huddle around fires on street corners and in parks, and sleep in tents or cars.

As they worked through the night, rescue workers occasionally called for silence as they listened for the faintest sound of life from under the rubble.

In Kahramanmaras, rescuers said they had contact with a grandmother, mother and baby trapped in a room in the remains of a three-storey building. Rescuers were digging a second tunnel to reach them, after a first route was blocked, and a human chain was formed to carry out the rubble in buckets.

"I have a very strong feeling we are going to get them," said Burcu Baldauf, head of the Turkish voluntary healthcare team. "It's already a miracle. After seven days, they are there with no water, no food and in good condition."

The Turkish toll now exceeds the 31,643 killed in a quake in 1939, the Disaster and Emergency Management Authority said on Monday, making it the worst quake in Turkey's modern history.

The total death toll in Syria, a nation ravaged by more than a decade of civil war, has reached 5,714, including those who died in both the rebel enclave and government-held areas.

It is the sixth most deadly natural disaster this century, behind the 2005 tremor that killed at least 73,000 in Pakistan.

Turkey faces a bill of as much as \$84 billion, a business group said. Turkey's Urbanisation Minister Murat Kurum said some 42,000 buildings had either collapsed, were in urgent need of demolition, or severely damaged across 10 cities.

Dozens of residents and overwhelmed first responders who spoke to Reuters expressed bewilderment at a lack of water, food, medicine, body bags and cranes in the disaster zone in the first days after the quake, with many criticising what they said was a slow and centralised response by Turkey's Disaster and Emergency Management Authority (AFAD).

Said Qudsi travelled to Kahramanmaras from Istanbul and buried his uncle, aunt and their two sons, while their two daughters were still missing.

"People are not dead because of the earthquake, they are dead because of precautions that weren't taken earlier," he said.

Turkish President Tayyip Erdogan, who faces an election scheduled for June that is expected to be the toughest of his

two decades in power, acknowledged problems in the initial response but said the situation was now under control.

The earthquake has fanned resentment among some Turks towards the millions of Syrian refugees who have fled their civil war to Turkey. Syrians said they had been accused of looting, kicked out of camps, and insulted.

Syria's rebel-held northwest has itself received little aid. A source from Hayat Tahrir al-Sham (HTS), an Islamist group which controls much of the region, told Reuters the group would not let in shipments from government-held areas and aid would come from Turkey.

Assad has agreed to allow three border crossings to operate between Turkey and Syria for a three-month period, U.N. aid chief Martin Griffiths told a closed-door Security Council meeting on Monday, according to diplomats. To date, there has been only one open, which has slowed the flow of necessary aid.

The head of a Syrian oppositionist-run rescue group on Tuesday denounced a U.N. decision to give Assad authorisation over aid deliveries through border crossings with Turkey, saying it gave him "free political gain".

# BJP has no competition in 2024 Lok Sabha polls, says Amit Shah

Agency  
Agartala, Feb 14:

Noting that there is marked positive change in the lives of people at the grassroots due to initiatives of the Centre, Union Home Minister Amit Shah has said that there is "no competition" for the BJP in the 2024 Lok Sabha elections and the people of the country are wholeheartedly moving with Prime Minister Narendra Modi.

In an exclusive interview with ANI, Shah also said that the people of the country will decide about the principal opposition party to BJP in the 2024 polls and they have not given this label to any party.

Taking a swipe at Congress and its leader Rahul Gandhi, Shah said he might not have campaigned in poll-bound states but results in elections in Tripura, Nagaland and Meghalaya will show the strength of the opposition party in states it once dominated.

He expressed confidence in the BJP performing well in states going to the polls this year including Karnataka, Madhya Pradesh, Rajasthan and Chhattisgarh.

Shah said India has made progress across all sectors and referred to the country being

the fastest-growing major economy apart from the steps taken by the government to boost internal security and reduce import-dependence on defence.

He said the progress of the country, making the country secure and making the economy the fastest growing economy in the world has been among the priorities of the government.

Shah said there is recognition of India's achievements in the world.

"During the small period of eight years, we have tried to raise the standard of living of 60 crore poor people in the country and we were also successful. There have been so many achievements. There are major changes in Railways, there is a new policy in the space sector and we are preparing to be a leader in the sector, with the new policy we are moving ahead in the drone sector," said Amit Shah in a wide-ranging interview to ANI.

He said successful attempts have been made to make India a manufacturing hub.

Shah said efforts towards self-reliance in the defence sector and reducing India's reliance on other countries by 30 per cent in eight years is a

big achievement.

"The Left-wing extremism is towards its end. There is control and domination of our agencies on terrorism in Jammu and Kashmir. In the Northeast, we have found solutions (to problems) and over 8,000 members of militant organisations have joined the mainstream."

Shah said the central government schemes have effectively reached the grassroots.

"In Tripura, I went for a meal at a house that belonged to a poor family. They showed me the toilet, gas cylinder, electricity and tap water and Ayushman Bharat card...all this reached the poor family household."

He said the woman of the house referred to a sack of rice and said they will be able to sell it as they are getting ration through the central government. "The house was plastered and there was a sense of pride," he said.

"So there is this change. I feel that in 2024 there is no competition and everyone in the country is moving ahead with PM Modi," Shah said.

Asked about the principal opposition in 2024 and if it was Congress led by Rahul Gandhi, he said it is to be "decided by the people of the country".

# Memories of circus come alive in an exhibition of photographs organised in Mumbai

By Raju Vernekar  
Mumbai, Feb 14:

While circus shows have become limited in India with Jokers and Jugglers struggling for survival, an exhibition of photographs by Nitin Sonawane organized in Mumbai unfolds many daredevils acrobats reviving the memories of circus shows.

The exhibition titled

"Rambo Circus: The Show Must Go On", organized at the Photographic Society of India in South Mumbai unravels various aspects including challenging work and the arduous practice which artists go through every day to give the best performance.

Sonawane, who has covered many circus shows and who has been associated with "Rambo Circus" for the last many years said that "In this exhibition, I have tried to show the life of the artists, their living conditions, their exercise and practice and the hard work they put in to present their art. I have tried to uncover the truth behind the colourful clothes and happy faces of these artists. To stay at the top of their game, the artists wake up at 5 every morning and practice till the afternoon."

"These artists migrate from one state to another without a break, often not seeing their families for months. No matter how sick the artist is, she/he will enter the circus ring and perform without break. They treat their circus brethren as their own and often choose their life partners and get married in the circus itself. Their children also grow up in the circus and often, follow their parent's footsteps". The exhibition will be on till March 03.

The breathtaking acts like aerials, aerial hoops, ladder balance, roller squatting quick change, steel walking, sword balancing, swallowing, and juggling are an integral part of the circus. But a ban on the use of children and animals has put a lot of restrictions on circus shows.

Yet the circus remains an attractive entertainment and the shows are being organized by enthusiastic organizers across the country and abroad. Sujit Dilip, son of P.T. Dilip, the founder of "Rambo Circus", dreams to set up a circus village and circus schools so that children can get circus lessons. Besides, the Indian circus should reach and participate in the International Circus Festival and hoist the flag of India, Sujit feels. The Rambo Circus has the "Biggest Movable Tent in India" with a diameter of 235 feet and it is air-conditioned. Sujit and his brother Sumit, try something new every time.

Society must acknowledge the devotion of circus artists and their difficult and dangerous lifestyles. The Government too should relax restrictions since, besides zoos, the only circus is the medium that exposes people to the movements of wild animals.

Contd. from Page 2

# How to choose a good school for....

Size of the Class and Number of Teachers: Find out about the number of children in one class. The maximum number of students in one class should not be more than forty. The more is the number of students in a class the less individual attention is paid to the students. It becomes difficult for the teacher also to take care of all the students. The students who need special attention do not feel comfortable in such types of classrooms. Therefore, a classroom with the strength of twenty to forty is optimum. Less number of students creates limited discussion in the class.

Teaching Methodology: The teaching methodology should be such that it suits your child. Every child's need is different. Some children feel comfortable to understand the theory that is they need a theoretical approach but some children need a practical approach. You have to make sure that the school you are choosing follows the perfect approach which will suit your child. There are some schools which give a practical session once in two weeks, once a week or once in three days. If your child needs

a more practical approach, then chooses the schools which give practical classes once in three days. Otherwise, the school which gives practical classes once in two or one weeks is also good.

Extra-curricular Activities: Studies are not enough for the all-round development of the child. Extra-curricular activities are also important. The schools should organize various competitions in fields like art and craft, sports, singing, dancing etc. This will help in developing the competitive spirit in the students. Extra-curricular activities are also important to the students who want to take a different career, like acting, dancing or sports.

Fee Structure: There will be many schools in a city. Each school has a different fee structure. To compare the fees of a different school, first of all, I see that what they are providing you in the fee you give them. There are some schools which charge more than other schools. These schools provide your child with stationary items and lunch whose price is included in the fees. But if the school is charging more and is not providing any

such facility then it is not a good choice. If you feel that you do not want such facilities you can go for the schools which charge less. You have to think about your pocket also while choosing a school.

The Recess: There are some schools which do not have a break or recess in their time table. These schools are not at all a good choice. Children cannot study continuously for such a long time. They also need some refreshment in between. Therefore a recess is must in the timetable.

Homework: Every school gives homework. What matters is the amount of homework given to the students. If the school gives a lot of homework, the students will feel pressurized. They will find no time for playing or rest. But if the school will not at all give any homework, then some careless students who do not want to study will not at all study. The homework given to the students should be in a medium range.

Fame: A school which has a good name in the market is not necessarily good. Do not go with the fame. Do proper

research on the school to find out if it is actually worth the fame. If yes, only then consider it for your child.

Types of the Classroom: In these days, there is a trend of modern classrooms. These classrooms are very beneficial for the students. They help in better understanding of the subject and makes learning more fun. If you have to choose in between two schools out of which one has a regular classroom and the other has a smart classroom, then go with the school with smart classrooms. This will definitely give your child a bright start in their schooling. It will also directly affect their result in a positive way.

Friend Circle: School is a totally new environment for your child. The child will find it difficult to make new friends or talk to other children at the first. This happens a lot when your child is shy. Then the child may start to feel lonely and will not want to go to school. So if you choose a school in which your child is already studying then he will not feel lonely and will not complain that he does not want to go to school.

## Conclusion

Choosing a school is a dif-

ficult task but it can be made easy if we follow the tips mentioned above. Every child's needs are different. So if you are thinking that the school which suits your first child will also suit your second child is not correct. You should know the brain development rate of your child and then decide what type of approach he wants in his education and then select the school accordingly. You may also have to make a choice in between single-sex and co-ed schools. In terms of the curriculum and teaching, both the types of school may be equally good but the single-sex schools may create a feeling of shyness in your child which will grow even more when the child grows up. Co-ed schools will be better in this case. Make sure that you visit the school at least once and talk to the students at the school or the parents whose children are studying in the school. This will give you the actual information about the reputation of the school. The school authorities will tell only good things about the school but the truth will only be revealed if you talk to the students or parents of the students.

## Name Change

I, the undersigned, K. Lugiangu, w/o Namkham Gangmei, residence of Longmai-III, Noney, P.O. & P.S. - Noney, District - Noney, Manipur - 795159 do hereby declare that I have relinquished, renounced and abandoned the use of my old name **Lugiangu Gangmei** as I have assumed my new name **K. Lugiangu**.

Sd/-  
**K. Lugiangu**  
Longmai-III, Noney,  
P.O. & P.S. - Noney, District - Noney,  
Manipur - 795159

# BJP has 'nothing to hide or be afraid of', says Amit Shah over Adani

Agency  
Mumbai, Feb 14:

Prime Minister Narendra Modi's party has "nothing to hide or be afraid of" on the controversy over Adani group, the home minister said on Tuesday, responding to opposition allegations of favouring the conglomerate attacked by a U.S. short seller.

Led by billionaire Gautam Adani, the business house's seven listed companies bearing his name have together lost about \$120 billion in market value since a Jan. 24 report by Hindenburg Research alleged improper use of offshore tax havens and stock manipulation. The Adani group has denied the allegations and threatened legal action against Hindenburg.

"The Supreme Court has taken cognisance of the matter. As a minister, if the Su-

preme Court is seized of the matter it is not right for me to comment," Amit Shah, widely considered the most powerful politician in India after Modi, told the ANI news agency.

"But in this, there is nothing for the BJP to hide and nothing to be afraid of," Shah added, referring to the ruling Bharatiya Janata Party (BJP). He denied allegations of crony capitalism and suggested the opposition to go to court if they had proof.

The Adani crisis has stalled parliament, ignited street protests by the opposition, sparked off investigations by regulators and weighed on the broader markets in a challenge to Modi ahead of a string of state elections this year and general elections next year.

Rivals including the main opposition Congress party accuse Modi and the BJP of longstanding ties to the

apples-to-airports Adani group, going back nearly two decades when Modi was chief minister of the western state of Gujarat. Gautam Adani and Shah also come from the same state.

Modi's immense popularity, however, appears intact for now, according to approval ratings.

Without referring to Adani, Modi told parliament last week that the "blessings of 1.4 billion people in the country are my protective cover and you can't destroy it with lies and abuses", as opposition lawmakers chanted "Adani, Adani".

Shares of Adani Enterprises, the group's flagship, fell nearly 4% in early trade on Tuesday. The company, which pulled a \$2.5 billion share sale earlier this month after the stock rout, will announce quarterly results later in the day.

Adani Power and Adani Green Energy fell too in a wider Mumbai market that was up slightly.

India's Economic Times daily reported on Tuesday that Adani group executives had been holding negotiations since last week with Abu Dhabi's International Holding Corp (IHC) for capital infusion into Adani Enterprises or other group entities.

Adani and IHC did not immediately respond to requests seeking comment.

The Adani group has appointed accountancy firm Grant Thornton for independent audits of some of its companies, Reuters reported on Monday, citing sources, even as India's market regulator said it was investigating the report by Hindenburg, as well as market activity immediately before and after the report was published.

# India reports 74 new Covid cases; Active tally decline to 1,818

Agency  
New Delhi, Feb 14:

India reported 74 new cases of coronavirus infections as the country's active caseload declined to 1,818, according to Union Health Ministry data updated on Tuesday.

The death toll stands at 5,30,753, according to the

data updated at 8 am.

The total tally of Covid cases was recorded at 4.46 crore (4,46,84,274).

The active cases now comprise 0.01 per cent of the total infections while the national COVID-19 recovery rate has risen to 98.81 per cent, according to the Health ministry website.

The number of people who have recovered surged to over 4.41 crore (4,41,51,703) while the case fatality rate was recorded at 1.19 per cent.

According to the ministry's website, 220.63 crore vaccine doses have been administered under the nationwide COVID-19 vaccination drive so far.

# AR provides security for destruction of illicit Poppy Cultivation

IT News  
Imphal, Feb 14:

Mantripukhri Battalion Assam Rifles under the aegis of HQ IGAR (South) provided security and area domination during the destruction of illicit poppy cultivation on 13 February 2023. The destruc-

tion was carried out by a joint team of Imphal East Police (Sagolmang Police Station, Village Defence Force and Commando Imphal East), Forest department and Narcotics & Affairs of Border (NAB) in the general area of Khopibung hill range, Saikul Sub division,

Kangpokpi district. A total area of 9.9 acres of illicit poppy plantation was discovered and destroyed. The War on Drugs campaign aims to destroy illegal poppy cultivation in hill regions, curtailing its distribution and trade using coercive and non-coercive methods.

# PAN to become 'inoperative' if not linked to Aadhaar before March 31

Agency  
New Delhi, Feb 14:

All the Permanent Account Numbers (PAN) holders who do not fall under 'exempt category' should link their PAN card to Aadhaar before March 31, failure of which will make it 'inoperative' from April 1. The Central Board of Direct Taxes (CBDT) said, "Don't delay, do it today!" "As per Income-tax Act, 1961, it is mandatory for all PAN holders, who do not fall under the exempt category, to link their PAN with Aadhaar before 31.3.2023. From 1.04.2023, the unlinked PAN will become inoperative," an advisory by the Income Tax Department read.

According to a notification issued by the union finance ministry in May 2017, the 'exempt category' includes individuals resid-

ing in the states of Assam, Jammu and Kashmir, and Meghalaya; being a non-resident under the Income-tax Act, 1961; being 80 years of age or older at any time during the previous year, and not being a citizen of India.

The person will be unable to file an I-T return using the inoperative PAN; pending returns will not be processed; pending refunds will not be issued to inoperative PANs; pending proceedings, such as in the case of defective returns, will be unable to be completed once the PAN is inoperative; and tax will be deducted at a higher rate.

Steps to link PAN-Aadhaar via portal:

> Go to the Income Tax e-filing official website-portal.incometax.gov.in or incometaxindiaefiling.gov.in > Register on the portal if you

haven't already. The PAN number will be the user ID.

> Log into the portal by entering your user id, password and date of birth.

> A pop-up window will appear, asking you to link your PAN with Aadhaar.

> If the window doesn't appear, go to 'Profile Settings' on the Menu bar and click on Link Aadhaar.

> Through SMS: Type the following message UIDPAN-12 digit Aadhaar<10 digit PAN>. The message can be sent to 567678 or 56161.

> Visiting nearby PAN service centres: The linking process can also be done manually by visiting the nearby PAN service centre. A form named 'Annexure-I' needs to be filled and submitted along with a copy of the PAN card and Aadhaar card. This will be a paid service.

> A pop-up message will inform you that your Aadhaar has been successfully linked to your PAN.

Other methods of linking PAN with Aadhaar:

> People can also visit the following websites for the linking process- <https://www.uitiis.com/> and <https://www.egov-nsdl.co.in/>

> Through SMS: Type the following message UIDPAN-12 digit Aadhaar<10 digit PAN>. The message can be sent to 567678 or 56161.

> Visiting nearby PAN service centres: The linking process can also be done manually by visiting the nearby PAN service centre. A form named 'Annexure-I' needs to be filled and submitted along with a copy of the PAN card and Aadhaar card. This will be a paid service.

# Assam Rifles organised Veterinary camp at Pangaltabi

IT News  
Imphal, Feb 14:

Phundrei Battalion of Assam Rifles under the aegis of HQ IGAR (South) organised the Veterinary Camp at Pangaltabi under Operation Sadbhavana project in Kakching District (Manipur) on 13 February 2023.

The event was primarily organised keeping in view the paucity of veterinary medical facilities in the area and provided veterinary support at the doorstep for the livestock and animal of villagers. The Camp was conducted under the supervision of Veterinary Officer and medical staff from 14 Mobile Field Veterinary Hospital and the details of the event was publicised well in advance so



that maximum villagers of Pangaltabi and nearby villages could avail the benefit. The response from the local populace was overwhelming. During the Veterinary Camp, large number of animals including dogs,

cattle, goats were treated and provided necessary medicines.

The local population expressed their gratitude towards Assam Rifles and assured of complete support in maintaining peace and harmony in the area.

## Sports

# Santosh Trophy: Services beat Bengal, Meghalaya sink Manipur, Railways edge out Delhi

Agency  
Odisha, Feb 14:

Services made a strong comeback after trailing by one goal to stun Bengal 2-1 in the 76th National Football Championships for the Santosh Trophy here on Monday.

Naro Hari Shreshtha put multiple-time champions Bengal ahead in the 14th minute but Services struck back through goals from P Christopher Kamei (41st) and Bikash Thapa (82nd) to run away with all three points.

Bengal are without a win after two matches. They just have one point from the draw with Delhi in their opening match. Bengal head coach Bishwajit Bhattacharya had hoped that a day's rest, some contemplation and as many as five changes to his starting eleven would galvanise his side that looked lacklustre in their opening match, which they drew with Delhi. But it wasn't to be.

Despite a bright start, where they pressed high and



harried Services off the ball, Bengal were, for the most part, out-thought if not outplayed by a Services team that is proving to be as clinical as they are classy.

Naro Hari Shreshtha's third goal of the final round, scored in the 14th minute, looked to

have set up a Bengal resurgence.

Trailing by a goal, Services pressed forward constantly, hurrying the Bengal midfield. But, Bengal held out, ensuring that Services never really had a clear chance at goal, making them shoot from

distance.

With barely five minutes to go for the break, a foul conceded by Bengal at the top of the box gifted Services a free kick from 25 yards, and in perfect position for Christopher Kamei to have a pop at the target. He did it perfectly, slot-

ting his shot into the far corner to draw his team level.

Bengal pressed for the lead in the second half but Services goalkeeper and captain Bhabindra Malla Thakuri, a giant of a man anyway, pulled a few brilliant saves to keep his side in the game.

Thakuri's saves recharged Services, who went on to score the winner in the 82nd minute, with Bikash Thapa slotting home from close range after exchanging passes with Ronaldo Singh in the box. It was enough for Services to wrap up the three points.

In other matches, Meghalaya beat Manipur 1-0 with Brolington Warlarph scoring the lone goal in the 62nd minute.

Manipur goalkeeper Ngamsanglena Haokip's horrible error caused his team dearly as he failed to hold Brolington's free-kick and the ball rolled into the goal.

Railways were also 1-0 winners against Delhi in the third match of the day.

# Women's T20 World Cup: India aim for improved bowling show against West Indies

Agency  
Dhaka, Feb 14:

Having got the better of Pakistan in the lung-opener, India would endeavour to put up an improved bowling show against West Indies in their second Women's T20 World Cup match here on Wednesday.

The Indian batters, without vice-captain Smriti Mandhana, managed to complete their highest successful chase in the T20 World Cup in the win against Pakistan.

Mandhana missed the tie against Pakistan owing to a finger injury but the star opener is likely to be back in the team against the West Indies, who are coming off a big loss against England.

The Indian bowlers were guilty of taking their foot off the pedal in the back end of the innings, allowing Pakistan to score 91 runs in the second half of their innings

They will be keen to give a better account of themselves. With tougher oppositions expected as the tournament progresses, the Indian bowlers couldn't have asked for a better opponent than a familiar West Indies side, whom India beat twice in the recent tri-series.

If India want to win the title, the batting department too has to pull up its socks.

It wasn't for young Richa Ghosh's three boundaries on the trot in the 18th over, India would have been unable to cross the line.

The big-hitting Shafali Verma, fresh from leading India to the inaugural U-19 World Cup title, didn't look her imperious best against Pakistan. She struggled to get the big shots.

Opening the innings in the absence of Mandhana, Yastika Bhatia struggled for rhythm while skipper Harmanpreet Kaur too perished without making an impact.