

Chief Minister releases water from Chingkhaching Water Treatment Plant

Agency
Imphal, Feb 19:

Chief Minister N. Biren Singh today launched the Water Treatment Plant being constructed at Chingkhaching, Imphal East, by releasing its water from the plant. The plant has a capacity of 45 MLD. With the launch, the plant will start providing water to some areas of Imphal City initially.

Appreciating the officials of the Public Health Engineering Department and the contractor for their dedicated efforts to provide water to the public to some extent, he stated that the source of water for the plant will be Thoubal Dam. He maintained that the State Government had been putting all possible efforts to provide tap water to the public.

He expressed satisfaction that, once the pipeline work is completed, the plant at Chingkhaching would be able to provide water to various parts of Imphal, including those areas which were provided from Singda Dam.

The Chief Minister continued that there had been apprehension among the public about the scarcity of water at sources like Singda Dam, adding that the drying up of water sources is mainly due to large scale deforestation. He also stressed on the possibility of providing tap water to entire Imphal areas by the plant for the period before the rainy season. He further informed that the State Government had been working on to get water from various sources including Loktak Lake, Ijoi River near Tupul and Barak



River from Karong side, adding that projects are being made for the same to increase water sources.

Stating that many people are very irresponsible in their use of water and wasting it, he stressed the need for judicious use of water. He also raised concern on many people making holes in the main pipe for getting water connection, adding that such activities have been the cause of making water dirty. He further cited mass deforestation at hill areas for poppy plantation and degradation of wetlands due to encroachment as the main cause of water scarcity.

N. Biren spoke on the appreciation and the comments made by the G20 delegates on the scenic beauty and tourism potential of the State during

their recent visit. He continued that he appreciated the Government Officials and the public for the immense cooperation and support to hold the G20 event in the State successfully.

The Chief Minister also sought support from the public towards various development works of the Government, making an appeal to all the public to plant a tree each before the onset of the rainy season.

Addressing the gathering, Public Health Engineering Minister Leishangthem Susindro Meitei informed that the plant has the capacity of 45 MLD and its project cost is Rs. 188 Crore. Mentioning that many places of Imphal West which were provided from Singda Dam are not getting

water supply due to drying up of the water source, he stated the Department is also trying to provide water supply to these areas from the plant.

The Minister also raised concern about the effect of making holes in the main pipe of water supply, adding such activity had caused water dirty and had been a cause of wastage of water.

The programme was also attended by Secretary, Government of Manipur Namojam Kheda Varta, officials of Public Health Engineering Department and Keystone Infra Pvt. Ltd. among others.

Later, the Chief Minister also visited the Water Supply Scheme constructed at Porompat, near the TV tower, and also released its water supply.

Indo-Myanmar Border pillar 92 found erected 7 Km inside India's territory at Kamjong district

IT News
Imphal, Feb 19:

Even as the government of India is in silence on the alleged border dispute along the Indo-Myanmar border in Manipur site, the United Committee Manipur (UCM) and many villagers settling close to the border area said that India's territory in Manipur portion had been occupied by Myanmar authority.

A team of UCM along with villagers of T Asang Khullen in Kamjong district while visiting the border site found original border pillar replaced by new border pillar 7 kilometre inside the Indian territory.

"The Border Pillar NO. 92 erected in the Indo-

Myanmar border in Kamjong district is not at the original border line. But the pillar has been erected 7 km inside the India's territory", Village chief of Asang Khullen K Hungyo told media team. He said that villagers have no idea of who have erected the border pillar 7 km inside the India's territory.

He said that due to the confusion villagers fears to continue their cultivation.

Mention may be made that UCM along with villagers settling in the Indo Myanmar border have been investigating the Indo-Myanmar border since the past couple of months. At most of the area many border pillar were found erecting inside

India's territory in Manipur site. The matter has been put up to the parliament some years back however, the then Ministry of External Affairs had stated that there was no border dispute along the Indo-Myanmar border.

Earlier a team of the Survey of India had visited at Indo Myanmar border but return without even reaching the border pillars which the people of the state claimed to have been erected inside India's territory.

As of now the voice of the Indian people settling in the Indo Myanmar border area have not been listened by the government of India for reason best known to the government.

JCT appeals not to disturb the ongoing construction of NH-137

IT News
Imphal, Feb 19:

The Joint Tribes Council (Inpui, Liangmai, Rongmei and Zeme) has appealed the land owners, villagers, organisations, public leaders and people of Tamenglong District at large to let the construction of NH-137 (Tamenglong-Mahur Road) complete without any hassle.

The JTC however appreciated the generosity and far-sighted vision of all the landowners who have sacrificed their valuable land for the betterment of our place.

"Your benevolent act will go a long way in bringing development to our land which our people have been longing for ages. We have seen enough suffering of our people due to dilapidated

condition of roads. Our predecessors had gone without realizing their dreams of having all-seasoned motorable roads. Even in our generation, many have already lost hope. But now the Govt. of India has heard our plea by sanctioning this much-awaited road at the level of National Highway. Now when the central government is willing to uplift our place, let us not miss this golden opportunity", the statement said.

The JCT also acknowledged that some landowners who are aggrieved as their land is being affected by the ongoing construction.

"We hereby share your concern and anguish. Be it as it may, in order to bring greater good to our people at large, some people have to make huge sacrifice which is

and shall continue to be cherished by the present and the coming generations. What you sacrifice today will bring smile on the faces of our people living in villages. It takes a few good men to sustain a society. There might have been some oversight issues leading to discontentment among some landowners, however, it is our humble appeal to not disrupt the ongoing construction works. If there are grievances, be it compensation issue, affected land and crops, which we wholeheartedly understand how much you feel, it is our sincere appeal to settle the matter in peaceful manner without disrupting the works Information and Publicity secretary of the Joint Tribes Council (Inpui, Liangmai, Rongmei and Zeme) said.

Khwairamband Ima Keithel enthralled G-20 delegates; says women market is the symbol of women empowerment



IT News
Imphal, Feb 19:

G-20 delegates who have been here in the state on a three day visit were mesmerized seeing the role of Manipuri women in empowering women of the state.

"Khwairamband Ima Keithel is the symbol of women empowerment across the na-

tion", a delegate told media persons after visiting the three Ima Keithel.

Manipur is the first state to host the G-20 presidency in North East. The G-20 delegates hold meet on February 27 and later explore the tourism potential areas in the state.

"I will tell the world that there is a beautiful market run by women that sells authen-

tic handicrafts cloths and other", a foreign delegate told media persons. She told that she will bring her relatives and family to show them the beauty of Manipur particularly the three Khwairamband Kheithel that is run by women only.

The delegates were given warm reception by the vendor ladies of Khwairamband

Keithel. Some among the Vendor lady presented Manipur handcraft cloths.

The G-20 delegates also visited Kangla which is symbol of Manipuri history.

The delegate before leaving for New Delhi today said that the hospitality of the people of the state is rarely seen anywhere in the world.

Another delegate said that she had never known that India has a beautiful state which culture and tradition are much different from other part of the states in the country. She said that Handicrafts available here in the state are extraordinary and this need to be expose to the world.

"I will miss the beautiful scenic beauty of this state, but will tell the world to make sure that they too witness the nature's gift here in this part of the world", A delegate told media persons. Besides, Manipuri cuisines are extraordinary and people across the world should not miss it.

Campaigning reaches feverish pitch in Meghalaya for 27th February Assembly polls

Agency
Shillong, Feb 19:

In Meghalaya, just eight days left to the state to go to the polls leaders of all political parties are busy to the woo the voters. Star Campaigners and senior leaders are holding several public meetings and election rallies raking up their political agenda and promises.

During poll campaigns allegations and counter-allegations are frequently made over issues of corruption, and lack of development. BJP, NPP, Congress and Trinamool Congress are charging each other over a host of issues like

transparency, dilapidated health infrastructure and welfare schemes.

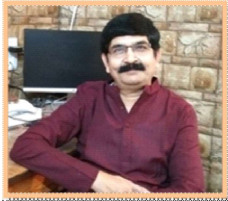
On the other hand for regional parties like the United Democratic Party (UDP), People's Democratic Front (PDF), Hill State People Democratic Party (HSPDP) and Voice of the People Party (VPP) demand separate Khasi-Jaintia State, the revocation of Assam-Meghalaya accord, Inner Line Permit (ILP) are key poll agenda during campaigns.

AIR correspondent reports, during election campaigns, BJP is keeping thrust on the agenda of the all-round development of

Meghalaya. During his public meeting in Baghmara Union Minister Nitin Gadkari said road projects worth over 25000 crore rupees are being implemented in the state.

Senior BJP leader and Assam Chief Minister Himant Biswa Sarma and Union Minister John Barla will address public meetings in East Shillong assembly segments today. Senior NPP leader and Chief Minister Conrad K Sangma will address public meetings in the Garo Hills region. TMC Senior leader and former Chief Minister Mukul Sangma will also hold public meetings in support of party candidates.

The best way to find yourself is to lose yourself in the service of others



By: Vinod Chandrashekhar Dixit

Social justice and equality is a significant issue in almost all societies around the world. 20th February is celebrated as the World Day of Social Justice proclaimed by United Nations General Assembly in 2007 in accordance with the goals and objectives of the World Summit for Social Development. Globally, injustice exists more frequently in other forms, such as poverty, hunger, worker's abuse, and severe restrictions on women's rights. The day was created to support efforts of the international community in poverty eradication; for promotion of full employment and decent work and for access to social well-being and justice for all. Social justice is an underlying principle for peaceful and prosperous coexistence within and among nations. We uphold the principles of social justice when we promote gender equality or the rights of indigenous peoples and migrants. We advance social justice when we remove barriers that people face because of gender, age, race, ethnicity, religion, culture or disability. This day motivates people in real sense to look at how social justice impacts poverty eradication. It focuses on achieving full employment and support for social integration. Social justice holds the aims of equal opportunity to every citizen in the matter of social & economical activities and to prevent inequalities.

Social Justice is very important for the survival of people prosperously. It also paves way as a way for peace within nations and peaceful coexistence nations. Human dignity is very much essential and United Nations insists on the same. World Day of Justice is observed for the same reason and it tries to support all efforts of the international community to eradicate poverty from any society, promote full employment to the qualified, and provide decent work that helps an individual to make a living and to encourage gender equity that ensures social well-being of all. In society there are people who know they have a voice but are not sure how to use it. Some take things a little too far and create problems on top of problems. Others work hard to see change and are willing to do the work behind it with the help of others. Everyone has a voice no matter how you look or your personal beliefs. The problem is making things work to where everyone can be happy. There are people who can care less about making others feel good about where they are in life whereas there are a few who are selfish, arrogant and inconsiderate; but these people have a place in the world too.

We have in our country some of the most devoted workers for social justice in the history of India like MG Ranade, Swami Vivekananda, Veer Savarkar, Kulapati Munshi, Mahatma Gandhi, Babasaheb Ambedkar, Tarabai Shinde, and Behramji Malabari among others.

Social justice and equality can be factored into welfare designs and deliverables by assessing the needs of the target population.

In a globalized economy wherein every action of almost all countries affects each other, we should always take into consideration the three important aspects namely social justice, equality and human rights intersect. "Human rights" are "inherent rights without which we cannot truly live as human beings." We must understand that the intricate relationship between social justice, equality and social welfare is vital in understanding the values, norms and attitudes that individuals in a certain society possess.

Sabarimala - Pilgrimage to the Ayyappa consciousness



By: M.R. Lahu

The pilgrim season to Sabarimala this year was the most outstanding, especially in a post pandemic period. This year's season was an unprecedented success in two aspects. The first is the revenue. The revenue the temple received in this season surpassed all previous records with almost 320 crores falling in its sanctum sanctorum. The second aspect is the number of devotees attending the pilgrim season to the hill shrine in Kerala was an all time high. The earliest highest revenue the temple received was 260 crores in 2018. Devotees from the entire five southern states climb the hill shrine every year in a particular pilgrim season of 41 days of Mandala Puja and a special Makaravilakku pilgrimage. Overall 55 days of pilgrim season from November 17 to the Makar Sankranti brings millions of Lord Ayyappa's devotees to the shrine which is enshrined in the Periyar Tiger Reserve, a pristine 777 square km forest area stretching from the Pathanamthitta District of Kerala to the borders of Tamil Nadu.

The temple remained a subject of controversy nationally a few years ago as its ancient traditions denied entry of women of menstruating age to its premises. Normally women of that age are allowed to reach only up to Pamba which is the base camp of the hill shrine. With the Supreme Court axing the temple tradition, the Kerala Government managed to push ladies who never believed in the sanctity of Sabarimala into the temple campus. This was probably an unpardonable political exercise by the Communist government led by Pinarayi Vijayan. The government's efforts to topple the temple traditions by force received severe resistance from the Hindu community in the state, especially women. What went on for months in the form of an agitation was unprecedented. Thousands of Ayyappa devotees staged peaceful protests against the government's belligerence while many of them were arrested. The post pandemic pilgrimage had once again ignited the Ayyappa consciousness in the minds of millions of devotees and the season found cash and other precious things mounting in the sanctum sanctorum. The Devaswom Board's statement is really startling that heaps of coins to be weighed in quintals are lying unattended and an accurate counting of currencies would take a few more days to finish.

This year's pilgrim season was spiritually charged by a movie on the Ayyappa consciousness which was released during the pilgrim season. The Unni Mukundan starrer movie had totally shaken up the spiritual pride in the minds of the Ayyappa devotees in Kerala. The movie was released on 30 December 2022 in selected theatres and many people in the film industry expressed their concern over such a movie's box office fortunes in the present political setting of the state. A normal movie produced with a minimal 3.5 Crores expenditure has now bagged more than 50 Crores all over the world. Malikappuram, as it is titled, is a movie made on the innocent devotion of Kallu, an eight year old girl who lives with her parents in meagre circumstances. The word Malikappuram holds a special spiritual status in the Malayalam vernacular. It is used to address a girl who is taking the pilgrimage to Sabarimala for the first time. This is an unusual vocabulary which is attributed to the Sabarimala temple and its pilgrimage alone. Kallu's preparations to set out on a pilgrimage to Sabarimala get frequently distracted and she ultimately starts her journey to Sabarimala with her friend Piyush. With the amazing characterisation of both the children, the movie was first predicted to end as a children's movie. But the spiritual churning the movie has taken the ordinary people through was astounding. In the second half of the movie comes Unni Mukundan in his lead role Ayyappan and his entry takes the movie into another level. The god-sent man or call him god-like, takes strides with the kids to the abode of Lord Ayyappa and his mysterious role in the movie with his human and divine mix of characterisation made the movie a favourite of the family audience. Malikappuram is all set to hit theatres in different languages including Hindi. Though cancel calls against the movie were rampant in the social media by jihadi-left-liberal lobby, Ayyappa's story outsmarted the Vijay starrer 'Varisu' and Ajith's 'Thunivu', the Tamil blockbusters in Kerala and became a devotional blockbuster. Malikappuram is the Kantara of Kerala.

Sabarimala needs to be seen with a slightly different perspective. The spiritual behaviour of the temple and the pilgrimage to the holy shrine are yet to attract national attention, especially in the northern part of India. The temple comes under the direct administration of the Travancore Devaswom Board. The Board came into existence as per the provisions of the Travancore-Cochin Hindu Religious Institutions Act, 1950. The revenue from the Sabarimala shrine is used for the welfare of small temples under the Devaswom Board with scant revenue. The state government is blamed for its filling the state's exchequer with the temple money and huge campaigns were set in motion educating the people to not make donations to temples run by the Devaswom Board. This was also accentuated by the statement made by retired Supreme Court Justice Indu Malhotra. She candidly expressed her grave dissatisfaction on the Communist government's belligerence on capturing the Hindu temples. Her verdict favouring the royal family for continuing its custodian rights with respect to the Sree Padmanabha Temple at Thiruvananthapuram was widely praised. She had also opined in favour of the temple traditions in Sabarimala, wherein the traditions denied women entry at a particular age. She viewed that traditions that existed for centuries should not be toppled in the name of civil rights.

In Hinduism, prayer is a personal spiritual exercise. It doesn't advocate collective prayer meetings like any other religion. It elevates the seeker to grow into the size and eminence of the divinity with no mediator meddling with his spiritual aspirations. Every spiritual place which attracts pilgrims indubitably accentuates this notion of belief system. That between the divine and the devotee there is no space for a mentor or a mediator and Sabarimala offers this spiritual semblance to every devotee who strides hard through the forest path of roughness and his spiritual demeanour throughout the preparation for a pilgrimage transforms him to realise the divinity in him. On reaching the abode of Lord Ayyappa he realises that the process of penance and sacrifice has taken him through the vivid expressions of divinity and the essential Ayyappa consciousness he is blessed with at the temple premises elevates him to the stature of divinity itself. The Upanishadic dictum 'Tat Tvam Asi', which means "you are that divinity you were in search of" is practically revealed to every pilgrim once he reaches the shrine. The movie Malikappuram has not only been a devotional blockbuster but the celluloid surprise has motivated thousands of new devotees to take a pilgrimage to Sabarimala this year.

(Freelance Journalist/Author of "India @ 75- A Contemporary Approach")

Spring Skin & Hair Care & Make-up



By: Shahnaz Husain

Ready to feel all fresh-faced and fabulous this spring?

After months of snow, slush, and frigid temperatures, spring is finally on the horizon.

Spring is a time of renewal: birds chirping, flowers blooming, and your skin emerging from a cocoon of intensive winter moisturizer and chapstick.

With the change from winter to spring, our skin is exposed less to cold, dry air and more to higher moisture levels in the air.

As we make a shift from cosy sweaters to cool tees, it's time to update your skincare routine because what worked in winter might be different from what works now.

Not sure where to start? Follow these expert tips.

If the skin is very dry, with rough

reddish patches, avoid applying soap. Instead, use a cleanser morning and night. Apart from daily cleansing, give the skin some nourishment. As a home remedy, you can try applying a little sesame seed (til) oil and pat the skin with a hot moist towel. Or, you can use a little milk, with a few drops of honey, leave it on for 10 to 15 minutes and wash off with water. These treatments are especially good for normal to dry skins.

If you have oily skin, add one teaspoon of pure glycerin to 50 ml rose water. Put it in a bottle and shake well. Apply this on the face. You will find that glycerin and rose water provide enough moisture to the skin.

The coming of spring often brings problems for people with allergies, including skin problems like itchy, rashy or inflamed skin. Sandalwood is an ideal ingredient for such conditions. Sandalwood paste can easily be applied on the skin to soothe inflammatory conditions. It also helps to relieve itching. However, if there is excessive itching, it is best to consult a doctor.

Here are some home remedies:

Mix sandalwood with a little rose water and apply on the face. Wash off with plain water after 20 to 30 minutes.

Simmer a handful of neem leaves on a very low fire in 4 cups of water for one hour. Leave it overnight. Next morning, strain the water and

make a paste of the leaves. Apply it on inflamed and rashy areas. The water can be used for rinsing the area. Neem contains organic sulphur compounds, with versatile healing actions that are of particular benefit to the skin.

Add a pinch of turmeric to milk and apply on the face. Wash off after 15 minutes.

Clays like fuller's earth (multani mitti) have a cooling and soothing effect. Mix one tablespoon Fuller's Earth with rose water. Apply the paste on affected areas and wash it off after 15 to 20 minutes.

Spring Hair Care

During winter the hair becomes dull and dry. For spring hair care, heat pure coconut oil and apply once a week. Remember to apply on the ends too. Leave it overnight and wash the next day. Applying curd or egg on the hair 15 minutes before shampoo helps to add body to fine hair. A beer rinse after shampoo also helps to add body.

After shampoo, apply a creamy conditioner, taking less quantity and massaging it lightly into the hair. Leave on for two minutes and rinse off. Or apply a "leave-on" type of conditioner or hair serum.

Or, mix some water with creamy hair conditioner and put it in a spray bottle. Spray the mixture on the hair. Then comb the hair, so that it spreads through the hair.

Here are some home remedies for dry hair:

Take two teaspoons of pure glycerine, one tablespoon sesame seed (til) oil and one egg yolk. Mix to-

gether and apply on the scalp and hair. Apply on the ends too. Wear a plastic shower cap and leave on for an hour before washing the hair.

Curd or egg yolk can be applied on the hair for conditioning dry hair. Apply and leave it on for half an hour, before washing the hair.

Spring Make-up

In keeping with the spring season, the make-up should be one that is fresh and youthful. Try to achieve a more natural look. Yellow and green are the main colours of spring. For clothes, colours like leaf green, olive green, lime green, lemon, yellow, cream, light brown, pink, mauve, turquoise blue, light blue would be suitable. Floral prints, checks and dots look pretty, or you can use lace or light embroidery on your clothes.

For make up, leave out foundation, if the skin is clear. Apply a light liquid moisturizer and a touch of baby powder for a translucent look. Or, use compact powder. For the night, a light, liquid foundation would be appropriate. If the skin is too dry, use a creamy one.

When you apply make-up, remember not to smear too much or rub it. Whether it is foundation or blusher, it is best to dot it with a light touch, using a finger tip, or an applicator. It can also be applied lightly and evenly with a damp sponge.

If you wish to cover a pimple or spot, it should be done before applying foundation or powder. Concealing sticks are available for this. Using a thin brush, paint over the spot with a little concealer, or a shade



lighter you're your normal foundation. Then, apply a little powder.

For the natural look, use lip gloss, instead of lipstick, during the day. At night, you need more colour. Applying lipstick with a lip brush helps it to last longer. The lip colours for spring can be light brown, rose, mauve and pink for the day, while bronze, coral, copper, burgundy and even red would look good for the night.

Apply a hint of lip gloss after applying lipstick. This gives a fresh and youthful look.

A hint of blusher should be used on the cheeks. A powder blusher is easier to apply. Use it after you have applied powder and at the end of your make-up. Apply on the cheekbones and blend it outwards and slightly upwards.

Exercising regularly is great for your overall health and skin. It gets the blood circulation going and helps flush out the toxins ruining your plans of getting beautiful skin. When you sweat, you expel dirt and grime from our pores, making the skin moist and hydrated.

Applying eye cream at night is investing for future good skin. The skin under the eyes is extremely thin and your regular moisturizer might not work. Use an eye cream to hydrate the skin under your eyes and promote younger-looking skin.

Perfume is also a part of make-up. During spring, use light floral perfumes. A cologne would be ideal during the day.

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

Letters, Feedback and Suggestions to "Imphal Times" can be sent to our e-mail: imphaltimes@gmail.com.

For advertisement kindly contact - 0385-3590330 (O). For time being readers can reach the office at Cell Phone No. 9862860745 for any purpose.

Earthquake death toll surpasses 46,000 in Syria, Turkey; as rescues wind down

Agency
Hatay (Turkey), Feb 19:

Twelve days after a devastating earthquake hit Turkey and Syria, more than 46,000 people have died and more than 84,000 buildings have either been severely damaged, need urgent demolition, or collapsed, according to officials.

As Turkey attempts to manage its worst modern disaster, concerns are growing over the victims of the tragedy in Syria, with the World Food Programme (WFP) pressuring authorities in the northwest to stop blocking access to the area as it seeks to help hundreds of thousands of people ravaged by earthquakes.

The death toll in Turkey stands at 40,642 from the quake while neighbouring Syria has reported more than 5,800 deaths, a figure that has not changed for several days.

Rescue attempts continue

Workers from Kyrgyzstan on Saturday tried to save a Syrian family of five from the rubble of a building in Antakya city in southern Turkey. Three people, including a child, were rescued alive. The mother and father survived but the child died later of dehydration, the rescue team said. One older sister and a twin did not make it.

Meanwhile, an infant child born in northern Syria during the earthquake has been reunited with her aunt and uncle, after her parents and siblings died in the disaster.

Footage circulating widely on social media after the quake showed a rescuer scrambling down a hill of rubble carrying a tiny dust-covered baby.

The newborn was later identified as the child of Abdullah and Afraa Mleihan, who died in the earthquake



along with their other children in the rebel-held town of Jandaris in Syria's Aleppo province.

On Saturday, her paternal aunt Hala and uncle by marriage Khalil Al-Sawadi finally picked up their niece — whom they named Afraa, after her deceased mother.

WFP operations hampered in northwestern Syria

The head of the World Food Programme (WFP) has urged authorities in northwestern Syria to stop blocking access to the area as it seeks to help hundreds of thousands of people ravaged by earthquakes.

WFP Director David Beasley has said the agency was running out of supplies there and called for more border crossings to be opened from Turkey.

"The problems we are running into [are with] the cross-line operations into northwestern Syria where the northwestern Syrian authorities are not giving us the access we need," said Beasley on the sidelines of the Munich Security Conference.

In Syria, already shattered

by more than a decade of civil war, the bulk of fatalities have been in the northwest.

The area is controlled by fighters at war with forces loyal to President Bashar al-Assad which has complicated efforts to get aid to people.

Public health concerns

Medics and experts have voiced concerns about the possible spread of infection in the areas where tens of thousands of buildings collapsed last week, leaving sanitation infrastructure damaged.

Turkish health minister Fahrettin Koca said on Saturday that although there had been a rise in intestinal and upper respiratory infections, the numbers did not pose a serious threat to public health.

"Our priority now is to fight against the conditions that can threaten public health and to prevent infectious diseases," Koca told a news conference in southern Hatay province.

Aid organisations say the survivors will need help for months to come with so

much crucial infrastructure destroyed.

Anger grows

Neither Turkey nor Syria have said how many people are still missing following the quake.

For families still waiting to retrieve relatives in Turkey, there is growing anger about what they see as corrupt building practices and deeply flawed urban development that resulted in thousands of homes and businesses disintegrating.

One such building was the Ronesans Rezidans (Renaissance Residence), which keeled over in Antakya, killing hundreds.

"It was said to be earthquake-safe, but you can see the result," said Hamza Alpaslan, 47, whose brother had lived in the block. "It's in horrible condition. There is neither cement nor proper iron in it. It's a real hell."

Turkey has promised to investigate anyone suspected of responsibility for the collapse of buildings and has ordered the detention of more than 100 suspects, including developers.

Shiv Sena row: Uddhav's camp alleges Rs 2,000 cr deal to purchase party name, symbol

Agency
Mumbai, Feb 19:

Shiv Sena (Uddhav Balasaheb Thackeray) leader Sanjay Raut on Sunday claimed a "deal of Rs 2000 crore" has taken place so far to "purchase" the Shiv Sena party name and its 'bow and arrow' symbol.

However, MLA Sada Sarvankar from the camp led by Maharashtra Chief Minister Eknath Shinde dismissed the claim and asked, "Is Sanjay Raut a cashier?" Raut in a tweet claimed the Rs 2,000 crore was a preliminary figure and this was 100 per cent true.

He also told reporters that a builder close to the ruling dispensation shared this information with him.

The Rajya Sabha member said his claim was backed by proof which he would disclose

soon.

The Election Commission on Friday recognised the Eknath Shinde-led faction as the real Shiv Sena and ordered the allocation of the 'bow and arrow' poll symbol to it.

In a 78-page order on the protracted battle for control of the organisation, the EC allowed the Uddhav Thackeray faction to keep the "flaming torch" poll symbol allocated to it till the completion of the Assembly bypolls in the state.

Raut on Sunday said Rs 2,000 crore is not a small amount to "purchase" the name Shiv Sena. "The EC's decision is a deal," he alleged.

"I have reliable information that there has been a deal of Rs 2000 crore to get the Shiv Sena name and its symbol. This is a preliminary figure and is 100 per cent true. Many things

will be revealed shortly. Never before this has happened in the country's history," Raut tweeted.

To a question on Union Home Minister Amit Shah's attack on former Maharashtra CM Uddhav Thackeray with "licking soles of those with opposite ideology" jibe, Raut asked, "What is the present chief minister licking? Maharashtra doesn't give importance to what Shah says. The current chief minister has no right to take Chhatrapati Shivaji Maharaj's name."

Shah on Saturday said those who chose to "lick the soles" of people with opposite ideologies have found which side the truth was on after the EC declared the faction headed by Maharashtra CM Eknath Shinde as the real Shiv Sena and gave it the 'bow and arrow' symbol.

Mumbai, Thane students participate in "HindAyan"

By Raju Vernekar
Mumbai, Feb 19:

A total 176 cyclists from Thane and Mumbai region joined HindAyan's Thane-Mumbai expedition, a multi state cycling race cum expedition, via Bandra Worli Sea Link in North West Mumbai, on Saturday.

HindAyan India's first long distance cycling race — cum-expedition, which started on February 05, from the National War Memorial, Delhi, travelled through Agra, Jaipur, Bhillwara, Udaipur, Gandhinagar and Surat, Thane. Next destination will be Pune. The cycling team which comprises Indian Army and Navy cyclists have cycled from Delhi — Agra — Jaipur — Bhillwara — Udaipur — Gandhinagar — Surat — Thane and Mumbai.

On Saturday the 8th leg of the expedition started from Thane and ended at the NCPA, Nariman Point in South

Mumbai. In a rare event, cyclists received permission from authorities to ride on the Bandra Worli Sea Link.

Thane Municipal Commissioner's Deputy Municipal Commissioner (Sports) Minal Palande flagged off the expedition from Thane Municipal Corporation headquarters.

As part of Azadi Ka Amrit Mahotsav, cyclists from the Armed Forces visited a local school — Saraswati Vidyalaya High School & Junior College in Thane, where they were welcomed by the principal, staff and students. Later, they interacted with the students and shared their experiences from the Army to students and educated them about "how they can join the Armed Forces".

At present, India does not have a long distance cycling race, hence members of Olympic Team, National Cycling Team, Adventure Cells of State Police and

Adventure Cells of Armed Forces have to go to the US, UK and France to participate in the long distance cycling race.

"Hence, in order to promote the culture of cycling and give an opportunity to our cycling teams to practice outdoors, we have organised the "HindAyan", an annual multi stage cycling race under 'Atmanirbhar Bharat' said Vishnudas Chapke, organizer who is the first Indian to circumnavigate the globe overland travelling through 35 countries on five continents.

"HindAyan" received special permission from Uttar Pradesh State Government to cycle Delhi to Agra on Yamuna Expressway which is otherwise forbidden for anything below four-wheeler. Last time, IAF's fighter jet was an exception, to touch down the Yamuna Expressway. It was an expedition and the common maximum speed of the group touched 53 kmph," said organizer Vishnudas Chapke

How to overcome exam anxiety



By: Vijay Garg

Revise each subject in a timely manner to avoid last-minute stress.

With exams around the corner, it is common for students to feel apprehensive and stressed. While some students are adept at handling the stress, some may not be able to shake it off. A reason for this happening may be due to anxiety. In such a situation, it becomes difficult for them to concentrate and study for the exam. As a result, many tend to fear exams. This anxiety, however, can be easily overcome if one plans well.

Here's how it can be done: Start early: Students who revise the topics in each subject in a timely manner find that they can avoid any last-

minute stress or exam pressure. The sooner students start, the better. Doing so can also prevent anxiety at the eleventh hour.

Frame a timetable: Create a schedule for each subject. Allot more time for the subject you may need to work more on. Additionally, ensure that it is a realistic one that you could follow.

Prepare notes: Do not try to by heart everything. Take time in reading the textbook. Then, write down the essential points that each chapter highlights. However, don't blindly write them down. Instead, write it down in a manner that you will understand. Doing so will boost your confidence level when it comes to writing the exam.

Set a target for each day: Keep a daily target for your studies and stick to it. During this time, avoid social media and watching TV as they will distract you from achieving the target you have set.

Take breaks: While you make your timetable, earmark some time for breaks. During your breaks, you can consider doing activities that are not related to your studies. For instance, you could tidy your

room or even talk to your friend over phone.

When to study: When do you study better: during daytime or night-time? This is something that you will have to figure out. If you are able to concentrate better in the morning, then study tough subjects at this hour. If you are someone who studies better in the evening, then allocate the study time after that and keep easier subjects for the morning session.

Never compare: Trust yourself and use a method that works best for you. Don't try to adopt someone else's methods as everyone studies differently.

Make use of visual aids: While making notes, consider using charts and pictures. Doing so can make revising easier as one can recollect the topic better. To remember it even better, one can consider linking the points together by framing a story around it.

Do not hesitate to ask for help: When you sense you need help with any subject or a particular topic, do not hesitate

to ask for help from your parents and teachers.

Solve past papers: Study-

ing a subject is incomplete without solving question papers from previous years. Doing so will let you know where you stand and how good your preparation is.

Have a balanced meal: Never skip a meal during exam time and avoid eating unhealthy food as it can increase your stress. Instead, have a balanced meal that can keep you alert, calm and healthy.

Sleep well: Don't study continuously without taking rest. So, try taking a nap in the afternoon. Also ensure that you sleep seven hours in the night everyday.

Meditation: Take some time to meditate everyday as it can help alleviate any exam stress you may feel, give you clarity and remove any unwanted thoughts. What's more, it can also help improve your focus and performance.

Be positive: While preparing for a particular subject, visualise that you will do well in that exam. Visualising this on a regular basis can enable you to perform better on the day of the exam. So, if you find yourself overwhelmed, start visualising a positive outcome.

"টেজ-ফর্ম" (লান-খোরম)



মাসেম তাইবপানাসিদা ঐশোয় খাইদী ইরাজ তিনবীরদা মরৈবাকীদমক খজবদা মীংকুপ অমফাওবা নুজাইবা ফংজখিব্রা লাই ওইজব্রা ইরেংবম ভোরেত গীয়ালা চাওরেন-হাংনা খন্তবীবিবনা মপনা থারকপা চোশিং-চৈখেক গুরদনা হেরাং-হেইশিং ভনা চাদা, লেরাং-লৈশিং ভনা চিদা, তাইবঙ চেংজেল লেইহরদনা হোইখা লেইদাম ফাইরেন থাগী ১৯নি পানবা, যাইফরবা কোরৌ ইরাই নুমিং, ইং কুজা ২০২৩ গী ফেব্রুয়ারী ১০, নুমিং অসিদা শেখীবা মপু মহাকী মফমদা লেরাং লৈনম ওইনা তিনজজ্রে।

লাক্সিবা লেইদাম ফাইরেনগী ২৩নি পানবা, যাইফরবা কোরৌ লৈপাকপোকপা নুমিং, ইং কুজা ২০২৩ গী ফেব্রুয়ারী ১৪, নুমিং অসিদা মজানি লৈনম তমজরগা, লাক্সিবা লেইদাম ফাইরেনগী ৩০নি পানবা, যাইফরবা কোরৌ নিংখোকাবা নুমিং, ইং কুজা ২০২৩ গী ফেব্রুয়ারী ২০, নুমিং অসিদা লান-খোরম থোরে। নুমিং অসিদা লৈখিব্রবী থারায়না মপু মাগী মফমদা ঙিবা চিকনা লৈজরুনবগীদমক মপুগী মিংখ শক-শোনজদুনা গুমজবা হেরাং-লৈাং খরং কংচপনি।

নুমিং অসিদা অহল-লমল, মরূপ-মাপাং, ইচিন-ইনাও, ইচে-ইচল, খাই খিবিক্রা মতম চানা লেজীবরক্তনা লান-খোরম অসিনু শরুক য়াবীরনবা চেনা লেরাংগী লেংহু শিা লৈকংচরি। চেনা লেরাং লেংহু শিগুনা পাওজজবগী অয়েন-অরান খিবিক ঙাকগীনি।

নোঙ্কচরিবশিংঃ-

ইরেংবম ওংবী য়মুনা লৈমা (মমা)
ইরেংবম ওংবী জেইলি (পুর্গিমা) লৈমা (লৌইনবী)

অমদি ইমুং-মনুং

খাগেমপলি হুইজোম লেকাই, ইঙ্কাল।

Centre making roads worth Rs 3 lakh crore in NE to help eradicate poverty: Gadkari

Agency
Ranikot, Feb 19:

The Government of India under Prime Minister Narendra Modi is making roads valued at Rs 3 lakh crore in the North East to help eradicate poverty and reduce the suffering of the people, Union minister Nitin Gadkari said on Saturday.

The Union minister for roads, transport and highways said road projects worth over Rs 25,000 crore are being implemented in Meghalaya. Addressing election rallies

in South Garo Hills and West Khasi Hills districts, Gadkari said, "To eradicate poverty and reduce the suffering of people, we have to make good roads and in NE, the Modi government is making roads worth 3 lakh crore which will be completed by 2024."

The minister said that the network of road connectivity in NE has increased by 25 per cent since 2014.

"National Highway projects worth Rs 4000 crore are going on in 351 projects in NE," he said, listing out a num-

ber of projects which are nearing completion and also those which are in the pipeline.

Gadkari also named various road projects undertaken in Meghalaya costing Rs 25,842 crore.

"There are places where there are schools but no teachers; places where there are teachers but no school buildings and places where there may be both but no students due to lack of road connectivity and other related issues," he said.

For a place to prosper and

develop, industries and businesses are needed, which can only be achieved if there are good sources of water and power, good transport and communication facilities, the minister added.

"For the eradication of poverty, it is absolutely essential that industry and business both grow side by side. In the absence of good infrastructure, we don't have industry and without industry, we don't have the potential for growth and employment," Gadkari said.

AR foils Narcotics Smuggling



IT News
Imphal, Feb 19:

Tengnoupal Battalion under the aegis of HQ IGAR (South) in a joint operation with Manipur Police foiled narcotics smuggling in Tengnoupal yesterday.

Based on a specific input, a joint team of Assam Rifles and Manipur Police launched an operation and intercepted a vehicle near Village Chamol, Tengnoupal. On thorough checking of the vehicle, 3.710 Kg of Brown Sugar, packed in 88

Soap Cases was recovered from a well-schemed floor panel in the vehicle. The seized narcotics are assessed to be worth Rs 7.42 crores. The seized narcotics were handed over to Tengnoupal Police Station for further investigation.

Sajik Tampak Battalion of Assam Rifles under the aegis of HQ IGAR (South) recovered contraband items from General area Songkhom, Chandel district, Manipur yesterday.

Based on specific input regarding movement of contra-

band items, a Mobile Vehicle Check Post was established in General area Songkhom Village, Chandel District. During search and frisking operation at the Mobile Vehicle Check Post, one individual was found with 20 kg of Opium. The seized Opium is assessed to be worth 1 crore Indian currency in International market.

The recovered items along with the Smuggler were handed over to Chakpikarong police Station for further investigation.

Were LIC, SBI told to invest in Adani Enterprises FPO despite stock crash? Congress asks PM Modi

Agency
New Delhi, Feb 19:

The Congress on Saturday asked Prime Minister Narendra Modi whether it directed Life Insurance Corporation and the State Bank of India to invest in the Adani Enterprises follow-on public offering despite a fall in its share price following the allegations of stock manipulation levelled by US-based firm Hindenburg Research.

Posing a set of three questions to the government as part of the party's "Hum Adani ke Hain Kaun" series, Congress General Secretary Jairam Ramesh asked Prime Minister Narendra Modi to break his silence on the issue.

In a statement, Ramesh

claimed that LIC had bid Rs 299 crore in the FPO, SBI's Employees' Pension Fund 99 crore and SBI Life Insurance Company Rs 125 crore.

"These publicly owned institutions participated in the FPO despite the fact that the market price had dropped far below the issue price and that both LIC and SBI already owned large chunks of Adani Group equity," the Congress leader asked. "Were instructions issued to LIC and SBI to deploy the savings of crores of Indians to once again bail out the Adani Group?"

The ports-to-energy conglomerate led by billionaire Gautam Adani has been steeped in a crisis since January 24, when Hindenburg Research alleged that the group

has amassed substantial debt by pledging overvalued shares.

Since the report was released, Adani Group companies have lost nearly Rs 9 lakh crore in the stock market bloodbath.

In a brutal fallout, Adani Group flagship company Adani Enterprises was also forced to call off its Rs 20,000 crore FPO that was meant to repay debt. The Adani Group has alleged that the report's "principal objective" was to derail the share offer.

On Saturday, Ramesh also asked if it was true that a Union minister who has longstanding commercial links had called five-six well-known businessperson, urging them to invest in the Adani Enterprise

FPO "to save Gautambhai from embarrassment?"

"Does this not represent a conflict of interest worth investigating?" he asked. "Did this Union minister act on instructions from you [Modi]?"

The Congress leader also asked if the family offices that were pressured to bail out the Adani FPO given assurances that this was only to save Gautam Adani's reputation and that the FPO would be subsequently cancelled and the money returned to the investors.

"Is it not a violation of Indian securities regulations to hide this relevant information from most investors and only to share it with a select few?" he asked. "Is it ethical to dupe FPO investors in this way?"

Loktak Battalion assisted local villagers at Kharasom

IT News
Imphal, Feb 19:

Loktak Battalion of IGAR (South) assisted Kharasom village in water supply to villagers as they were facing acute water shortage today.

Kharasom village were facing acute water shortage due to some major fault in water supply line for last 3-4 days. Loktak Battalion supplied water through water bowser inspite of difficulty in fetching water from River. Villagers showed extreme

gratitude towards Loktak battalion for supplying water in the time of extreme requirement.

People hailed Loktak battalion for their efforts and help provided by once again proving as true friends of North East people.

Yaipha Thourang Crafts Bazar

At MMRC & Unity Park, Khangbaok, Thoubal District, Manipur

DATE : 24th Feb., to 5th March 2023

TIME : 9:00 a.m. to 8:00 p.m.



Sponsored by :

Development Commissioner (Handicrafts)
Ministry of Textile, Government of India

Organised by :

Yaipha Thourang Handloom & Handicrafts
Co-operative Society Limited
Leimaram Waroiching, Bishnupur District, Manipur