

Veteran journalist Kangujam Madhumangol passes away



IT News
Imphal, Jan 20:

Veteran journalist and former president of the All Manipur Working Journalists Union, (AMWJU), Kangujam Madhumangol, died of a heart attack at his residence, Kakwa Lamdaibung, Imphal on Friday at 11.30 pm.

He was 79 and survived by his wife and son.

K Madhumangol was a former editor of a local Manipuri vernacular 'Prajantana,' and also editor of a local cable news network ISTV.

Manipur chief minister N Biren in a message aggrieved on the demise of K Madhumangol and extended his sincere condolence to the bereaved family.

The Editors' Guild, Manipur, and AMWJU have also expressed deep shocks over the demise of the veteran journalist and said "May his soul rest in eternal peace at the heavenly abode."

PM to chair State DGPs and IGP's annual Conference

Agency
New Delhi, Jan 21:

Prime Minister Narendra Modi will attend the three-day annual conference of DGPs and IGP's today. The meeting began in New Delhi yesterday in a hybrid format. Home Minister Amit Shah chaired the conference on the opening day. The Home Minister said that Indian agencies have succeeded in establishing their strong supremacy under the leadership of Prime Minister Narendra Modi.

He added that India today stands safe, sound and on a good footing. About 100 invitees, including DGPs of States and UTs and Heads of Central Armed Police Forces and Central Police Organizations, are attending the Conference in person. The conference is to discuss a wide range of issues, including Cyber Crime, Technology in Policing, Counter Terrorism challenges, Left Wing Extremism, capacity building, and Prison Reforms.

Statehood Day celebrated at 1st MR Parade Ground

IT News
Imphal, Jan 21:

Manipur celebrated its 51st Statehood Day at the 1st Battalion Manipur Rifles Parade Ground today, with Chief Minister N. Biren Singh gracing the function as Chief Guest. The celebration was also attended by Ministers, Members of Legislative Assembly, Chief Secretary, Director General of Police and senior civil and police officials among others.

The main highlight of the celebration was the taking of the General Salute and inspection of Parade by the Chief Minister. March Past by 14 contingents and performance of Combined Band Platoons form an attention-grabbing part of the celebration.

Greeting the people of the State on the very occasion, Chief Minister N. Biren Singh recalled the history of Manipur and stressed the need of the people to remember every memorable event that occurred in the history of Manipur. He mentioned the Chahi Taret Khutakpa, the hardship faced by the people during the period and the contribution of our brave forefathers to liberate Manipur from the Burmese. We all should honour the selfless and heroic contribution of the then great leaders, he added.

The Chief Minister further recalled the period of British Colonialism in the State and sacrifices made by brave sons of Manipur to defend the sovereignty of the motherland. Reiterating that we are



the sons and daughters of those brave forefathers who possessed the quality of conviction, commitment and sacrifice, he urged everyone to try to live with dignity by helping the needy and rendering service for the development of the State.

He appreciated Prime Minister Narendra Modi and other Central Government leaders for their concern to save the identity and culture and to foster development in the State. We should be thankful to them for their concern, he added. He also maintained that the law and order of the State has considerably improved and continued that many members of UG groups had been brought to the mainstream through dialogues and interaction, under the initiative of the Central and State Government.

Lauding the contribution of the people working in dif-

ferent sectors in faster development of the State, he stated that people of the State are representing the Country in almost all the sectors including defence, Information Technology, sports and education among others. He informed that the State Government has been putting every effort to bring quality education and develop the higher education sector, mentioning the increase of much needed MBBS seats in the State.

N. Biren further expressed that Manipur, with its pace of development, has been able to attract many domestic and foreign tourists. He informed that many visitors had acknowledged the progress and development of the State and as such the State will be holding events in connection with G20 and even the Grand Finale of Femina Miss India this year.

Maintaining that the State Government aims to bring

governance and development in far flung rural and hill areas, he appreciated the Deputy Commissioners and Superintendents of Police of different districts for holding Meeyangi Numit every month, to attend the grievances and provide service to the people. Appealing to the public not to be involved in any anti-social activities or drugs dealings, he assured that poppy plantations and drug menace would be rooted out soon from the State.

Raising concern on large scale deforestation carried out in the State, N. Biren informed that a mass tree plantation campaign will be organised, with participation of all Government officials, from March to July this year. He also directed the concerned authorities to arrange the tree saplings for the campaign.

contd. on page 4

On Statehood Day of Manipur, Tripura and Meghalaya, President, PM send greetings

Agency
New Delhi, Jan 21:

President Droupadi Murmu, Prime Minister Narendra Modi, and other leaders on Saturday extended greetings on the statehood day of Manipur, Tripura and Meghalaya. Appreciating the natural beauty, rich traditions, and culture of these northeastern states, the President wrote on Twitter, "Greetings on the statehood day of Manipur, Meghalaya, and Tripura. The rich culture, natural beauty and abiding traditions of these states enrich our diversity. The people of these states are known for their talent and spontaneity. I wish a very bright future to all of them."

Prime Minister Modi, in three separate tweets, wished the people of these states. "Statehood Day greetings to the people of Manipur. The state has been progressing on several counts during the last few years. I pray that the aspirations of the people of this state are fulfilled and Manipur keeps strengthening India's growth trajectory," he wrote, wishing Manipur on the occasion.

Admiring Meghalaya's culture, music and art, he wrote, "Greetings to the people of Meghalaya on their Statehood Day. This state is known for its vibrant culture, particularly music, art and passion towards sports. People from Meghalaya have excelled in diverse fields. I pray for Meghalaya's continuous progress in the years to come. (sic)"

Highlighting the growth trajectory of Tripura, he wrote, "On their Statehood Day, best wishes to the people of Tripura. The last 5 years have been remarkable for Tripura's growth trajectory. From agriculture to industry, education to health, the state has seen great transformation. May this trend continue in the coming times."

Both Tripura and Meghalaya are set to vote on February 16; and the votes will be counted on March 2. Other leaders across the country, including Home Minister Amit Shah, Mallikarjun Kharge, and Rahul Gandhi, also wished the people on the foundation day of these states.

CORCOM boycotts Republic Day; calls total shut down on January 26

IT News
Imphal, Jan 21:

Joint body of armed rebel group — the CORCOM today appealed the people of the WESEA region to stay away from the Indian Republic Day celebration as the rebel's body has boycotted the event as the so called Republic Day is more a Repressive Day for the people.

A statement of the outfit has said that the CORCOM has called 18 hours total shut down from midnight of January 25 till 6 pm of January 26. The proscribed body also appealed people to boycott the Republic day by staying indoors. It however said that the total shut down will be exempted for rituals related activities, health and fire service and other essential activities.

Justifying the boycott called, the statement of the CORCOM said that the Republic Day is a showcase programme of the strength of the Indian Army to show that the administration has been handed over to the Red Ford in Delhi from the Whitehall in London. It is nothing but to show that the administration of the erstwhile nation Manipur has been replaced by Delhi from the British, the statement added.

The claim of India being a Democratic Republic Country govern by the elected representatives and not by monarch is just for name shake. The face of the representative democracy i.e. Lok Sabha has 24% elected members involved in criminal cases in 2004. There were 30% member involved in criminal cases in 2009. In 2014 there were 34% and 2019 there were 43% elected members who were involved in criminal cases. The Lok Sabha is a syndicate of Mafia Parliament, said the CORCOM. On the other hand, there is no way for a citizen to become the President of the country, who is the head of the state without the support of political parties. In reality, no Indian who is elected by the Indian can never become the President of the nation. Even Lord Krishna or Lord Ram will never be able to become the president in the present system.

The statement further said that for around 54 years, the country was a "Kingdom of Congress India", today the country is "Kingdom of Sangh Parivar", which is slowly converting into their idea of Bharatvarsha.

Indian election was conducted in 1951-52, when 83% of the total population was il-

literate. It would be hard for the people of the country to understand what those political parties' candidate had delivered to their voters. Indian constitution was also a product of the colonial British which was constituted through their cabinet mission plan without conducting full election. The Constitution was adopted in November 26, 1949 and came into force on January 26, 1950. Giving this day as Republic day the Indian government is celebrating Repressive day. The CORCOM also ridiculed on the amendment of the constitution before the formation of the Democratic government after the first general assembly election. In the first amendment of the Constitution of India Act in 1951, the Reasonable Restriction was inserted as a clause to the Article 19, which guaranteed the Right to Freedom of Speech. This reasonable restriction has been utilized by the government as unreasonable restriction. The Article 356 that can interfere the political rights of a state and the Reasonable Restriction clause in the Article 19 showed that India is not a Republic but a Repressive Country.

Even though there is a provisions under the Article 39(

C) of the Indian Constitution to control and check the accumulation of huge amount of money, there are 9 Billionaire who owned property and assets which is half the property owned by the whole population of the country. Liberty of an individual guaranteed under Article 21 of the constitution is being suppressed by the Sedition and Preventive Detention Law. Under Article 39 (C) there are provision to assure justice to all the people but then there are over 50 million cases pending in these regard. The Berhampur Case has been dispose only on January 9 this year after 72 years. Even after 74 years of independence the country is ranked 107 among the 121 countries as per Global Hunger index. As per Liberal Democracy Report 2022 India is ranked 93 and '00 respectively out of the 179 countries. In short as India is an Electoral Autocracy, the term Equality and Liberty is of no use. The idea of India, that is Unity in Diversity should have the Right to differ and Disagree but the "One Nation, One Language" principle is now suppressing rights of all indigenous people particularly the indigenous people of the WESEA region.

No reason to celebrate Statehood Day: PREPAK

IT News
Imphal, Jan 21:

The proscribed People's Revolutionary Party of Kangleipak (PREPAK) has said that 'Kanglei' people have no reason to be happy for Kangleipak (Manipur) being a full-fledged state of India and should not join the Statehood Day celebration on January 21. Historical events proved that 'Kangleipak' remained a sovereign nation with more than two thousand years of written history and regained its independence from the colonial British one day ahead of India's and never became part of India. After king Bodhchandra signed the Merger Agreement under duress in Shillong on September 21, 1949, Kangleipak was placed under Part-C state administered by a commissioner and later fully occupied by India by upgrading it to a full-fledged state on January 21, 1972. Since then, the government of Manipur has been celebrating the day as Statehood Day every year and preparation is being made for the same this year as well.

However, people of Kangleipak have no reason to take part in the celebration, the proscribed outfit said in a statement issued by its charge de' affairs of publicity & propaganda

Leibaak Ngaakpa Luwang. Taking serious note of increasing drug addiction among Kanglei youth and continuing drug business by some people, the PREPAK statement said that all these are being carried out by India with a covert policy to completely uproot the Kanglei society and the namesake Manipur government is only following directive of the Centre.

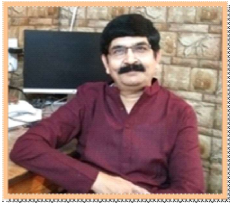
While both state and Union governments are utilising all their available armed forces to stop the revolutionaries along the international border, the namesake state government is unable to control drug problem and poppy cultivation.

There would be no drug problem in Kangleipak if the state government utilises its forces effectively against poppy plantations as well as in tackling the drug problem.

Instead of stopping drug trafficking, the namesake government is protecting drug lords, the outfit said.

According to the PREPAK statement, the only means to sneak out of the present worrisome conditions of Kanglei society brought about by prolonged Indian administration is to free Kangleipak from Indian occupation through revolutionary movement and develop an egalitarian society.

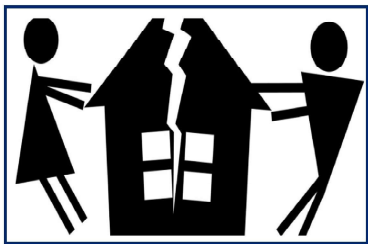
Divorce is a piece of paper



By: Vinod Chandrashekhar Dixit

Divorce, today, has gone to an average home which is generally the last line of defence for any society like ours. It is rightly pointed out that "The impact of divorce on children can be deep and life long". Marriage is now no longer a sacred word and divorces no longer a dirty one. Marriages are changing because women are changing—both in the metropolis and in the smaller towns. A significantly growing number of Indians are flooding the divorce courts to escape from unhappy marriages and assert their newfound independence. The number of broken families has increased after became easy. Society has treated divorce as taboo for long. There are a thousand reasons for a marriage to break. But there is one more reason for a compromise. Marriages survive on account of moral fear. Change in attitudes towards divorce is a part of the process of secularization in Indian society. Secularization refers to the declining influence of religion. Divorce is not a happy option for couples.

Marriage is considered to be an unbreakable union of life according to Hindu scriptures, regardless of its success or failure. Divorce means the termination of marital relations. It means dissolution of the marital bond. Technically speaking, divorce means a decree of dissolution of marriage. Divorce is a process through which marital bond ceases to be in existence as per law and the couple can no longer be called the husband or the wife. Hindu marriage is regarded as sacred because it is a bond of indissoluble nature. In any society when the married persons feel that they cannot live together, they have no other alternative but to dissolve the marriage. Divorce is the final dissolution of marriage. As far as Hindus are concerned, the bond of matrimony was regarded as permanent bond and dissolution of marriage was generally not regarded as proper. When couples divorce, the greatest causality is not the relationship but the children. It also shows that marriage is no longer a sacred word and divorce no longer a dirty one. A marriage is a union of two families, not just two individuals. There have been steady rises in divorce rates in India throughout recent decades. The causes of marital breakdown in the form of divorce or separation in India are different from that of the Western countries. However, many factors are associated with the rise in divorce rate in India. The changing attitudes



divorce have been institutionalized by various changes in laws which have made room for divorce. Divorce legislations were influenced by the notion of suffering and unhappiness of the

adults trapped in the so called 'empty-shell' marriages, where the spouses live together but their marriages exist in name only. These legislations provided grounds for divorce and made divorce considerably easier.

According to the World Press review finding (1987), divorces are on the increase to such an extent that all major cities of India have had to create 'reconciliation bureaus' to help estranged couples. For better or for worse, divorce has become the way out. The pati-parmeshwar has rudely and gradually been brought down to earth. Moreover, most children of divorced parents lead a volleyball existence that is thrown from one side to the other without a safety net for their emotions. In many cases, men seeking divorce are prepared to return whatever they have received as dowry. The question is how to bring an end to this practice? Will divorces continue forever? If so, a day will come when our society as we see it today will cease to exist.

Plea of Juvenility Can Be Raised Even After Conviction, Sentence: P&H HC

By: Sanjeev Sirohi, Advocate

In a very significant judgment which directly concerns and impacts juveniles, the Punjab and Haryana High Court has in a most learned, laudable, landmark and latest judgment titled ABC v State of Haryana in CRM-M-44156-2016 (O&M) that was delivered as recently as on January 16, 2023 has minced just no words to lay down that the plea of juvenility can be raised by a person even after the disposal of the case in terms of conviction and sentence, as per which plea, the authorities shall be bound to conduct an age determination inquiry. It must be mentioned here that the Court was dealing with a petition that had been filed by a person who had committed an offence at the age of a little over 16 years in 1995. As per the Juvenile Justice Act, 1986, a male was considered to be a juvenile till the age of 16 years and female till the age of 18 years for males through the Juvenile Justice (Care and Protection of Children) Act, 2000.

At the very outset, this brief, brilliant and balanced judgment authored by Hon'ble Mr Justice Lalit Batra for a Division Bench of the Punjab and Haryana High Court comprising of Hon'ble Mr Justice Harinder Singh Sidhu and himself sets the ball in motion by first and foremost putting forth in para 1 that, "This petition under Section 482 Cr.P.C. was moved by petitioner seeking order for inquiry to determine his age as contemplated under Juvenile Justice (Care and Protection of Children) Act, 2000 (hereinafter to be referred as 'Act, 2000'), for declaring him 'juvenile in conflict with the law', in case FIR No.277 dated 30.10.1995 under Sections 148, 302, 307, 323 and 364 IPC read with Section 149 IPC, registered at Police Station Punhana, District Mewat (Nuh)."

Needless to say, the Bench states in para 5 that, "The first and the foremost issue that arises for our consideration in this petition is in regard to the applicability of the relevant Act." Be it noted, the Bench observes in para 6 that, "In the aforesaid context, we must look into the relevant dates as follows:-"

(a) The date of the incident is 30/31.10.1995. Thus, on the date of incident, Act, 1986, was in force. However, petitioner was arrested in this case on 21.10.2011 and his trial commenced on 04.11.2011 and eventually he was convicted and sentenced for the commission of above said offences on 08.09.2012 and 10.09.2012

respectively.

(b) The appeal preferred by the petitioner against his conviction and sentence passed by the Trial Court, was dismissed by this Court, vide judgment dated 01.10.2013. (c) No further appeal was preferred by the petitioner against judgment dated 01.10.2013.

Thus, during the course of trial and consequent conviction and sentence of petitioner and further during the pendency of appeal, Act, 2000, was in force."

To put things in perspective, the Bench specifies in para 7 that, "On and with effect from 01.04.2001, Act, 2000, came into force which repealed the Act, 1986. As mentioned above, trial of petitioner commenced on 04.11.2011 and eventually he was convicted and sentenced by the Trial Court on 08.09.2012/10.09.2012 and further appeal preferred by the petitioner was dismissed by this Court on 01.10.2013, thus, at all material times, Act, 2000 was in force. Act, 2000, inter alia raised the age of juvenility from 16 to 18 years and in terms of Section 20 of Act, 2000, the determination of juvenility was required to be done in all pending matters in accordance with Section 2(1) of Act, 2000."

It is worth mentioning that the Bench points out in para 13 that, "It is, thus, well settled that in terms of Section 20 of the Act, 2000, in all cases where the accused was above 16 years but below 18 years of age on the date of occurrence, the proceedings pending in the Court would continue and be taken to the logical end subject to an exception that upon finding the juvenile to be guilty, the Court would not pass an order of sentence against him but the juvenile would be referred to the Board for appropriate orders under the Act, 2000."

To be sure, the Bench then hastens to add in para 15 that, "Section 7-A of the Act, 2000 as inserted by Act 33 of 2006 with effect from 22.08.2006 provided as follows:-"

"7-A. Procedure to be followed when claim of juvenility is raised before any Court.—(1) Whenever a claim of juvenility is raised before any court or a court is of the opinion that an accused person was a juvenile on the date of commission of the offence, the court shall make an inquiry, take such evidence as may be necessary (but not an affidavit) so as to determine the age of such person, and shall

record a finding whether the person is a juvenile or a child or not, stating his age as nearly as may be:

Provided that a claim of juvenility may be raised before any Court and it shall be recognized at any stage, even after final disposal of the case, and such claim shall be determined in terms of the provisions contained in this Act and the rules made thereunder, even if the juvenile has ceased to be so on or before the date of commencement of this Act.

(2) If the court finds a person to be a juvenile on the date of commission of the offence under sub-section (1), it shall forward the juvenile to the Board for passing appropriate orders and the sentence, if any, passed by a court shall be deemed to have no effect."

Most significantly, the Division Bench then minces just no words to hold in para 16 what constitutes the cornerstone of this notable judgment wherein it is postulated that, "Section 7-A of Act, 2000, provides that claim of juvenility can thus be raised before any Court, at any stage, even after final disposal of the case and if the Court finds a person to be a juvenile on the date of commission of the offence, it is to forward the juvenile to the Board for passing appropriate orders, and the sentence, if any, passed by a Court, shall be deemed to have no effect. Even though the offence in this case may have been committed before the enactment of the Act, 2000, the petitioner is entitled to the benefit of juvenility under Section 7-A of the Act, 2000, if on inquiry, it is found that he was less than 18 years of age on the date of the alleged offence."

Equally significant is what is then laid bare in para 22 wherein it is made clear that, "In view of Section 7-A of Act, 2000, applicable to petitioner, the plea of juvenility could be raised in any Court, at any stage, even after the final disposal of the case. In the case of petitioner, his appeal had also been dismissed by this Court on 01.10.2013. However, this Court is still obliged to consider the plea of juvenility taken by the petitioner and grant him appropriate relief. The fact that Act, 2000 has later been replaced by the Act, 2015, would make no difference."

It would be worthwhile to mention that the Division Bench then states in para 26 that, "Petitioner has placed on record 'School Leaving Certificate' (Annexure P-1) issued on

19.05.1989, Certificate dated 11.03.2016 (Annexure P-2) issued by Gram Panchayat, Bisambra and photocopy of School Register (Annexure P-3), wherein date of birth of petitioner has been recorded '06.07.1979'. Apart from above, petitioner has placed on record Grade Sheet-cum-Certificate dated 15.10.2014 (Annexure P-4) issued to him by National Institute of Open Schooling under Directorate of Adult Education, wherein his age has been recorded '35 years' as stated by the learner. The incident which led to the conviction of petitioner took place in the intervening night of 30/31.10.1995. The petitioner claims that he was born on 06.07.1979 and as such on the date of incident, he was aged 16 years, 03 months and 25 days. Therefore, the material placed before this Court by the petitioner, prima facie, suggests that he was a 'juvenile' as defined in the Act, 2000, on the date of incident."

As a corollary, the Division Bench then holds in para 27 that, "In view of above, instant petition is disposed of with the direction to Sessions Court, Mewat at Nuh to examine the claim of petitioner to juvenility in regard with law and submit a report to this Court within one month from the date of communication of this order. The Sessions Court shall be entitled to examine the authenticity and genuineness of the documents sought to be relied upon by the petitioner, considering that the documents do not appear to be contemporaneous. In the event the documents are found to be questionable/unreliable, it will be open to the Sessions Court to have the petitioner medically examined by taking an ossification test or any other modern recognized method of age determination."

Finally, the Division Bench concludes by holding in para 32 that, "Notify this matter after a period of one month alongwith the report that may be received from the Sessions Court, Mewat at Nuh. The final order shall be passed after perusal of the report as received from the Sessions Court, Mewat at Nuh."

To sum it up, the gist of this notable judgment by the Punjab and Haryana High Court is that plea of juvenility can be raised even after conviction and sentence. It thus merits no reiteration that all the Judges must always pay heed to what has been so very commendably held! No denying!

Want Fabulous Skin This Winter? Overnight Masks Works While You



By: Shahnaz Husain

During these harshest winter months, your 10-minute morning skincare routine may not be cutting it. The combination of lower temperatures and humidity, harsh winter winds, and indoor heat can result in dry, dull, and irritated skin that may need a little extra TLC. One such solution that can help? Overnight masks

Sleep masks are the latest skincare obsession. Overnight masks are like a supercharged, extra-potent serum or face cream that helps to provide deep hydration and nutrients to your face while you are sleeping.

Overnight masks are formulated to deeply penetrate your skin giving you better-looking skin, a healthier complexion, decreased fine lines and wrinkles, a softer texture, and less dryness or redness.

They're lighter on the skin than your regular moisturizer, so you can actually wear them overnight without creating a mess on your pillowcase. Designed to be applied before bed and rinsed off in the morning, the common goal of the different formulas is to moisturize skin, relax your muscles and help you sleep better. Our skin regenerates, or restores, naturally at night. So, adding a little extra help with actives in an overnight mask may nudge the process along.

If you have any skin problems that you need to target, overnight face masks are a great idea for intense skin hydration, brightening, and calming. They're water-based, and easily absorbable which can penetrate deeper into the skin and have more time to be absorbed into the skin.

Skin can lose a lot of water during sleep, and the AC or heater can exacerbate the problem even further. Skin cells replicate and reproduce during the night. Wearing an overnight mask works both as a barrier and sealant. A light coating of this product prevents dirt and dust from closing in on your pores and locks in your other active products, letting all the good work more effectively without evaporating away—you will probably wake up with a more healthy, glowing, flake-free, and even-toned face.

We love using the ingredients provided by nature. So, here are some overnight face masks that you can easily prepare at home:

1. Tomato Masks

Take one tomato and 2 tablespoons of raw milk and blend both to make a paste. Apply the mask evenly

on your face and exposed areas like the neck, hands, etc. Leave it overnight and rinse it with cold water in the Morning.

Take a tomato and cut it into two halves. Take about 6 tablespoons of raw milk in a bowl. Now, dip the tomato into the milk bowl and apply it all over your face. Once the layer is dried up, repeat it again and apply the second layer and so on till you feel it is OK. Leave it on overnight and rinse it off with cold water in the morning.

Mix 3 tablespoons fresh tomato juice and 1 tablespoon honey in a bowl and apply the mixture on the face and leave it overnight. Wash your face in the morning with fresh water. You can use it twice in a week.

This face mask is also an excellent cure for sunburn due to its cooling properties. Tomato overnight mask being a natural astringent works best for Acne-prone skin. It also helps in reviving the glow on dull skin and is an excellent remedy for sunburn.

2. Turmeric and Milk Mask

Mix 2 tablespoons Milk with 1 tablespoon turmeric powder in bowl. Apply the mixture on the face neck and open areas and leave it

overnight. Wash with normal water in the Morning. Raw milk is an excellent anti-tan agent. It proves to be an excellent natural remedy to treat sun tan at home

Lactic acid present in milk easily penetrates into the skin, hydrating it and giving it a radiant glow. Turmeric's antiseptic and antibacterial properties help kill any unhealthy bacteria and help remove any scars.

3. Almond and Milk Mask

Soak 10 raw almonds in water overnight and peel them the next morning. Crush the almonds in a blender. Add 5 tablespoons of milk and blend the mixture again. Apply it on your face with a cotton ball before going to bed and leave it on overnight. Wash your face in the morning with cold water.

This overnight mask is rich in folic acid and Vitamin E. This mask will make your skin soft. Just make sure to use this remedy twice a week for better results.

4. Cucumber, Green Tea, and Potato Juice

Take half potato and half cucumber, grate them and squeeze their juice. Then mix the juices of potato and cucumber with a half cup of green

tea juice. Apply it on your face using a cotton ball.

Let the mixture stay on your face overnight, and then rinse off with cold water the following day. Using cucumber on the skin has proven best as it cools the skin and treats sunburn problems.

It nourishes the skin, provides intense hydration and fights the signs of ageing alongside acting as an effective moisturiser. At the same time, the presence of antibacterial properties of cucumber help lower the scars present on the skin and reduces acne issues.

5. Coconut Oil Mask

Mix one teaspoon of coconut oil with three drops of tree oil in a bowl. Wash your face and apply on face and leave it overnight and rinse off with cold water the next morning.

Coconut oil cleanses the skin while you are asleep. Tea tree oil is an antibacterial ingredient that can help in reducing scars and is a great ingredient to use in any face pack for acne.

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

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Modi can play 'key role' in facilitating talks between Ukraine & Russia, says French journalist

Agency Washington, Jan 21:

There is a need for someone who can bring Ukraine and Russia to the table for talks and Indian Prime Minister Narendra Modi can play a key role in facilitating the negotiations between the two warring neighbours, a veteran French journalist said.

However, at this moment it looks "extremely difficult" because Ukraine does not want to hold discussions and wants the International Court of Justice (ICJ) to judge Russian President Vladimir Putin, Laura Haim said on Friday.

Haim, who is currently working with LCI news channel, said she was surprised to see that people in the US are not talking about the Russia-Ukraine war.

"The war in Ukraine is going to be extremely long. Coming from Europe, I am speechless to see what's happening in America. People are talking about the president, the document and Donald Trump. And when you are in Europe, we are just talking about the war

and what is going on," Haim told PTI in an interview.

She said nobody knows what is going to happen in Ukraine.

"Russia is probably going to try to do a new mobilisation, maybe to strike more... Kyiv, maybe to launch multiple offensives. The Ukrainians are extremely courageous. They are asking the West to help them," she said.

"The Ukrainians need weapons. The American people are going to give Ukraine some more help with no boots on the ground," she added.

"The United States on Thursday announced another military assistance package of USD 2.5 billion for Ukraine to fight against Russian aggression, taking the total US military assistance to USD 27.5 billion.

This assistance package will provide Ukraine with hundreds of additional armoured vehicles, including Stryker armoured personnel carriers, Bradley infantry fighting vehicles, Mine-Resistant Ambush Protected vehicles, and High Mobility Multipurpose

Wheeled vehicles, according to an official statement.

The package also includes critical additional air defence support for Ukraine, including more Avenger air defence systems, and surface-to-air missiles, as well as additional munitions for NASAMS that the US has previously provided.

Haim, who was the spokesperson for international affairs for French President Emmanuel Macron's election campaign, said India and its Prime Minister Narendra Modi have some role to play in the peace process.

"We need someone who is going to be able to bring Ukraine and Russia to the table (for negotiations)," she said.

At this moment, it's extremely difficult because the two sides are refusing to speak to each other and blaming each other for the killings, she said.

"The Ukrainians are saying they do not want to negotiate with Putin and they also want Crimea back. The Russians are bombing them all the time. We saw it again in the past month... Turkey

has a very important place.

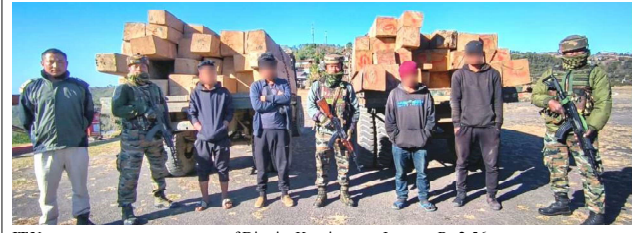
"A lot of people are now saying that Prime Minister Modi can also play a key (role) in facilitating at least the beginning of the negotiations. But again, at this moment, the Ukrainians do not want to discuss... So, for Indians to be the negotiator, it is possible... you have to be optimistic," Haim said in response to a question.

Haim, who was made Chevalier de La Légion d'Honneur in 2015 for her serious journalism and work in the US, credited the United States for helping Ukraine in countering the Russian forces.

"Now we have to acknowledge that at this moment there's an American war going on in Europe because the United States is giving the weapons to the Ukrainians. The United States is giving a lot of information to the Ukrainians.

"Again, the Ukrainians are extremely courageous and they are fighting for democracy, but without the Americans, honestly, as a journalist, I don't know what would have happened to Ukraine," she said.

AR foils smuggling of Timber



IT News Imphal, Jan 21:

Shangshak Battalion under aegis of HQ IGAR (South) foiled Timber Smuggling in general area Pushing village

of District Kamjong on January 19.

The Assam Rifles troops intercepted 02 x trucks loaded with illegal timber in general area Pushing village, evaluated to be worth

Rs 2.56 crores.

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

Assam Rifles conducts Awareness Programme to promote Nasha Mukt Bharat

IT News Imphal, Jan 21:

Khuga Battalion under the aegis of HQ IGAR (South) organised a Lecture on Drug Abuse and its effect on progressive society followed by pamphlet distribution at vill Z Khunou in Churachandpur district yesterday.

The said event was organised by Company Operating Base Z Khunou of Khuga Bn Assam Rifles and witnessed a healthy participation by villagers including youths. Drug addiction is emerging as a serious concern in the country, especially among the younger generation leading to dangerous consequences not just for the person using drugs, but to the family and society at large. Time and again various studies have highlighted

the perils of substance abuse and discussed that substance abuse is a dangerous disease that entraps a person in a vicious cycle that not only destroys the user but their whole family, society and eventually the country. It is hence important that the user themselves, their family, friends, society, government, law, all must come together to work in one direction with the aim to eradicate substance use. Khuga Battalion thus took this initiative to spread the message of NashaMukt Bharat for a healthy and drug free nation. The said event also focussed on need to insulate youth from drug menace and engage them in socially productive work.

Meanwhile, Mantripukhri Battalion under the aegis of HQ IGAR (South) organised a

lecture on "ILL EFFECT OF DRUG ABUSE" as part of NashaMukt Bharat Abhiyan (NMB) for the Students of Maheikol Higher Secondary School at Kangla-Chingrel, Imphal East district of Manipur yesterday.

The awareness lecture was conducted to encourage prevention from use of drugs and achieve the goal of a sustainable world free of drugs. Students were told about the menace of drug addiction which has a devastating impact on the addict, family and the society. A total of 350 Students participated in the event.

The school staff and students appreciated the efforts of Assam Rifles in maintaining peaceful environment in the area & also requested to conduct such awareness programs in future.

131 new Covid cases in 24 hours, Active infections in India dip to 1,940

Agency New Delhi, Jan 21:

India saw a single-day rise of 131 new coronavirus infections while active cases declined to 1,940, according to Union Health Ministry data updated on Saturday.

The total number of Covid cases was recorded at 4.46 crore (4,46,81,781).

The death toll stands at 5,30,730 with one death reconciled by Kerala and one re-

ported by Uttar Pradesh in the last 24 hours, according to the data updated at 8 am.

Both the daily and weekly positivity were recorded at 0.08 per cent.

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's website.

A decrease of six cases has been recorded in the active

COVID-19 caseload in a span of 24 hours.

The number of people who have recuperated from the disease surged to 4,41,49,111 while the case fatality rate was recorded at 1.19 per cent.

According to the ministry website, 220.24 crore doses of Covid vaccine have been administered under the nationwide COVID-19 vaccination drive so far.

India's COVID-19 tally had crossed the 20-lakh mark

on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It crossed 60 lakh cases on September 28, 70 lakh on October 11, 80 lakh on October 29, 90 lakh on November 20 and the one-crore mark on December 19.

The grim milestone of two crore cases was passed on May 4 and three crore on June 23, 2021. The four-crore cases mark was hit on January 25, 2022.

Expectations from 2023 in Primary Education



By: Vijay GarG

Following the unprecedented two year school closures thanks to the pandemic, 2022 saw the primary schooling system sputter back to life. After an on-now, off-now mode of the first quarter thanks to the Omicron Wave, we have had schools across the country function more or less consistently since April. Bringing back a dormant system to life, and adopting to the 'old normal' has been challenging for Educators, Parents, Administrators and most of all, children themselves. But as is the case with every dark cloud that passes over us, there are always some silver linings that we can learn from and carry it forward into 2023 and beyond.

One, Health and Safety measures in Primary schools are not a 'nice to have' but a 'must have'. The pandemic may have receded, but the lessons learnt on frequent hand washing routines, keeping unwell children (and staff) at home, frequent deep cleaning of school premises, and periodic sampling and testing of food and water served needs to be a standard operating procedure at every primary school, given the lower immunity that very young child may have.

Two, keeping children at home to protect them from the outbreak has had long term repercussions on their emotional and social health. Many western countries opened up their schools far earlier than India; in fact certain Scandinavian schools never closed - India saw its pubs open far before schools did. In the primary years, children learn tremendously through social interactions, and missing that out for two years is showing its impact as children make their way back to school - attention span deficits, increased psychological dis-

stress and deficiencies in language skill development are all evident at every primary school across the country. The right approach would have been to devise ways of keeping children in school and safe, rather than closing it out.

Three, Ed-Tech is a huge benefit to have in the class, but not a substitute for the class, and definitely not at the primary school level. At this level, the engagement a young child has with learning solely through a screen is at best a compromise. The true benefits of technology would come into play when these are put into enhanced learning methodologies inside (and out of) a classroom, rather than trying to substitute the classroom. The gains made in curriculum delivery and engagement through 2022 via Ed-Tech should and will be seen enhancing the classrooms of the future, where virtual realities and gamifications play a large part in delivering curriculum in the class.

Four, it takes a village to raise a child they say, and there is no time that this has been truer. Teachers, Admin-

istrators and Parents will all have to come together and work closer than ever before to see children settling back to what is a completely new routine for them - that of attending school with other children.

And lastly, but by no means the least, the true heroes of our society were defined in the pandemic and in 2022 - and they are our teachers. Not paid the big bucks of corporate lives, these men and women work endlessly and tirelessly towards their passion of educating young minds, and it is definitely time we celebrate them for what they truly represent. Their innovations during the times of the lockdown helped our children continue their education despite all odds, and yet it is this community that saw the largest chunk of laid-off or furloughed employee groups in the country. Perhaps it is time that the Government, the Parents and the School Administrators come together to ensure that more and more young people join this noble profession, and are rewarded with something a little more than just their passion.

AR provided medical assistance

IT News Imphal, Jan 21:

The Churachandpur Battalion, under the aegis of HQ IGAR (South), provides necessary medical assistance to 02 farm-

ers, who got injured while working in the fields at Chingpi Village. The individual has sustained a cut injury. He was immediately provided all the necessary assistance and first aid in the MI Room of Company

Operating Base S Khullen. The individual and the locals came forward to acknowledge the efforts by the troops of the Assam Rifles and thanked the forces for their selfless service for the people.



MANIPUR STATE POWER COMPANY LIMITED
Kishampat Junction, Imphal - 795001

Office of the Hydel Civil Divn., Electricity Complex,
Patta No. 1293 under 87(2),
Khwai Bazar, Keishampat, Imphal - 795001, Manipur, INDIA

NOTICE INVITING TENDER NO. - 3

Dated/Imphal, the 18th January, 2023

No. 42/NIT/HCD/MSPCL/2021-22/OT/ : On behalf of the Managing Director, MSPCL, the DGM, Hydel Civil Division, MSPCL invites sealed Open Tender in PWD Form-7 from the approved and eligible register contractors of PWD for the following works:-

Sl. No.	Name of Works	Estimated Cost	Earnest Money	Cost of Tender Form	Time Allowed
1.	Improvement of Chairman (MSPCL) & GM (Purchased) office room at Corporate Office, Keishampat, MSPCL.	Rs. 6,57,022/-	Rs. 13,140/-	Rs. 500/-	25 (twenty five) days
2.	Improvement of ED (HR) & DGM (Planning) office room at Corporate Office, Keishampat, MSPCL.	Rs. 7,33,550/-	Rs. 14,671/-	Rs. 500/-	25 (twenty five) days

Tender will be received upto 1.00 P.M. of 27-01-2023 and will be opened on the same day at 1.30 P.M. in the presence of the intending contractors or their representatives who desire to represent. This office will not be responsible for any kind of delay while submitting the tenders. NIT No. & date along with Sl. No. of the work should be super-scribed on the top edge of envelope.

Application for purchase of tender form will be received upto 12 noon of 23/01/2023. Terms & conditions and tender form can be had from the office of the undersigned on payment of the cost mentioned above (Non-refundable).

The undersigned reserves the right to reject any or all tender without assigning any reason and if the opening date happens to holiday the tender will be opened on the next working day at the same time.

Sd/-
Tongbram Nelson
Deputy General Manager
Hydel Civil Division, MSPCL

G20's First Environment and Climate Sustainability Working Group (ECSWG) Meeting to be held from February 09-11, 2023 at Bengaluru

**PIB
New Delhi, Jan 21:**

India will be holding the Presidency of G20 for one year till 30th November 2023. The forum will bring together the G20 member countries, guest countries and international organisations invited by India. Through the Sherpa Track, 13 Working Groups and 2 Initiatives will meet under India's Presidency to discuss priorities and provide recommendations. Environment, Climate & Sustainability is one of working groups under the Sherpa Track.

Four Meetings of the Environment and Climate Sustainability Working Group (ECSWG) are scheduled, to be hosted by Ministry of Environment, Forest and Climate Change (MoEF&CC) and Ms. Vandita Sharma, Chief Secretary to Government Karnataka was held on 21st January 2023 at Bengaluru. Aspects pertaining to branding, security, venue management, cultural events showcasing Karnataka's traditions etc., and other logistic arrangements etc., were deliberated. Ms Nandan requested the state government to provide branding spaces at prominent locations for highlighting the meeting. While appreciating the ambience of Bengaluru and its green environs, the Union Secretary also requested the Chief Secretary to facilitate an excursion tour of the G20 delegates to Bannerghatta Biological Park. The Chief Secretary assured full support for making the first G20 meeting on environment scheduled to be held at Bengaluru, a big success.

The Union Secretary, dur-

ing her discussions with the Chief Secretary, highlighted and appreciated the innovative Information Technology solutions devised by the Karnataka State Forest Department to ensure faster delivery of public services & real time monitoring of natural resources. One key initiative is e-Parihara, an online application that helps in processing and sanction of ex-gratia claims in cases of man-animal conflicts; thus, bringing in transparency and efficiency in the processing of claims. Similarly, e-Gastu an Android based platform captures forest patrolling/field activities undertaken by frontline staff of the forest department, which can be visualized by supervisory officers over satellite imageries, on regular basis. Likewise, e-timber facility provides a near real time wood stock available in government timber depots and enables e-auction facilities for timber/ other forest produce in government timber depots. The Geo-Spatial Forest Information System developed by the Karnataka Forest Department is a unique platform which uses Remote Sensing and GIS technology and provides spatial database of all notified forest lands in the State, providing access to the forest land notifications, village maps, forest maps and digitised notified forest at cadastral level. The Forest Fire Management System is a comprehensive solution for planning, mitigation and analysis of forest fire which provides forest fire risk zonation mapping, fire start vulnerability mapping, burnt area assessment along with a robust system for dissemination of active forest fire alerts to ensure that all fire incidences are addressed and mitigated in a time bound manner.

The G20 delegates are scheduled to visit the Kalkere Arboretum and Bannerghatta Biological Park at Bengaluru. At Kalkere, the delegates will have an opportunity to visualize and experience four predominant forest ecosystems of Karnataka state. The State Forest Department will also showcase the forest restoration models adopted in these ecosystems and the successful revival of faunal biodiversity in these areas. The Bannerghatta Biological Park will showcase the state-of-art butterfly park and animal safaris to the delegates. The Karnataka Forest Department will also highlight the flagship ecotourism model, the Jungle Lodges Resort, which is extremely popular for nature lovers, globally.

The Commissioner Tourism stated that the rich legacy of Karnataka handicrafts and textiles will be showcased through the pavilions at the venue. The Secretary, Culture stated that the artistic depiction of Karnataka by nadeswaram, performance by the Ayana Dance Company and the flute recital by Sumukha Rao are planned. These events will showcase the rich cultural and artistic heritage of Karnataka, ensuring that the delegates carry a flavour of Karnataka with them. The Secretary MoEF&CC lauded these initiatives and stated that they would be shared with all G20 countries for adoption and replication.

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Election Commission issues notification for Tripura Assembly election

**Agency
Agartala, Jan 21:**

The Election Commission of India (ECI) on Saturday issued the notification for the 13th Assembly election to 60 constituencies in Tripura, an official said.

Candidates will now be allowed to submit their nomination papers till January 30. The scrutiny will be done on January 31 and the last date for withdrawal of candidature is February 2.

As per the schedule, the polling to the 60 Assembly

constituencies will be held on February 16 and counting will take place on March 2, Additional Chief Electoral Officer (ACEO) Subhasish Bandopadhyay told PTI.

Altogether 28,13,478 electors are eligible to exercise their democratic right in the ensuing elections. A record of 65,044 new voters were included in the final electoral rolls.

To ensure free and fair elections, webcasting will be done in all the 3,328 polling booths. "Minimum assured facilities - drinking water,

electricity, toilets and ramps have been made available in all the polling booths," he said.

The ACEO said security measures have been tightened across the northeastern state with central paramilitary forces holding area domination exercise to increase confidence among the electors.

Three Election Commission-appointed Special Observers are set to arrive shortly to look after the security arrangements in the poll-bound state.

Assam Rifles conducts Yoga Session for Troops and Families

**IT News
Imphal, Jan 21:**

Somsai Battalion of 10 Sector under the aegis of HQ IGAR (South) conducted a one week yoga session from 16-21 Jan for troops, families

and children of Assam Rifles as part of a 'ART OF LIVING' initiative at Somsai, Ukhrul.

This one-week Yoga session was to spread awareness and practice aerobic breathing techniques & new yoga techniques to maintain stress

free environment in armed forces.

Troops, families and children were also briefed on necessity to incorporate yoga in their daily routine to reduce the effect of lifestyle diseases and other physical ailments.

Contd. from Page 1

Statehood Day celebrated....

Commandant, 2nd Battalion Manipur Rifles Victoria Yengkhom was the parade commander of today's march past contingents. The march Past contingents included contingents from 6th Battalion Manipur Rifles, 3rd Indian Reserve Battalion, Combined Civil Police (Male) Imphal East and Imphal West, 9th Indian Reserve Mahila Battalion, Combined Civil Police (Female) Imphal East and West, Home Guard (Male), Combined VDF Imphal East and Imphal West, Combined CDO (Thoubal,

Kakching and Bishnupur), Manipur Jail, Tourist Police (Imphal East, Imphal West and Bishnupur), Traffic Police (Male), SBDD (CID-Technical) (Bomb Squad), Combined Cycling Patrolling Team (Bishnupur and Kakching) and Sagol Police.

The Combined Band Platoons included 1st Battalion Manipur Rifles Band, 2nd Battalion Manipur Rifles Band, 2nd Indian Reserve Battalion Band, 9th Indian Reserve (Mahila) Battalion Band, Home Guard (Male and Female) Band

and VDF Band Imphal West. Later, the Chief Minister visited Lilong Turen Ahambi Kaleikhong and inspected the on-going construction works of Haj House. He was accompanied by Chairman, Manipur Development Society Paonam Brojen, Chairman, Planning and Development Authority L. Rameshwar, Chairman, Manipur Industrial Development Corporation Ltd. Kongkham Robindro, Chairman, WAQF Board Mohd Abdul Nasir and other officials.

Sports

Wrestlers call off protest after Brij Bhushan Sharan Singh asked to step aside as WFI President

**Agency
New Delhi, Jan 21:**

The tussle between the agitating grapplers and the Wrestling Federation of India ended for the time being after the athletes called off their protest following assurances from the government, the first step of which was temporary sidelining under-fire WFI chief Brij Bhushan Sharan Singh.

The wrestlers, including Vinesh Phogat, Bajrang Punia, Sakshi Malik and Ravi Dahiya, decided to end their three-day long sit-in protest at Jantar Mantar here after a breakthrough was achieved during a marathon second round of talks with Union Sports Minister Anurag Thakur late on Friday night.

The government decided to form an oversight committee which will investigate the allegations of sexual harassment of women wrestlers by the WFI president. The committee, members of which are yet to be named, will also oversee the day-to-day affairs of the fed-



eration.

The ordeal ended with a late night joint press briefing by Thakur at his residence along with the aggrieved grapplers, where the minister announced the formation of the committee and said the panel will submit its report in a month's time.

"It has been decided that an oversight committee will be formed, names for which will be announced tomorrow (Saturday). The committee will complete its investigation within four weeks. It will thoroughly probe all the allegations be it financial or sexual harassment

that have been levelled against WFI and its chief," Thakur said after the meeting that lasted close to five hours.

"Till the investigation is over, he (Singh) will step aside and co-operate with the investigation and the oversight committee will run the day-to-day affairs of WFI," Thakur added.

On behalf of the wrestlers, Olympic medalist Bajrang Punia said they never wanted to take the protest route but they were "pushed to the limit".

"The protest is over. We did not want to sit on dhama but

"paani sar se ooper chala gaya tha". The government has assured us safety and security, we have been threatened by the WFI president in the past also," the Tokyo Olympics bronze medalist said, adding that 2023 is a crucial year for them as the Asian Games and Olympic Qualifiers are approaching.

Neither the sports minister nor the wrestlers took questions from the media.

The wrestlers had earlier in the day said that they would lodge multiple FIRs against the WFI chief, but did not do so eventually.

It can be termed a considerable, if not major, victory for the agitating wrestlers, who had said that they would continue their 'dharna' until the WFI president is sacked and the federation is disbanded.

However, under the IOA constitution a National Sports Federation (NSF) can't be dissolved unless it has violated the IOA rules and regulations, or has been de-recognised by the world body of the sport.

FIH World Cup 2023: Belgium thrash Japan 7-1 to seal quarterfinals spot; Germany, Korea into crossovers

**Agency
Odisha (Orissa), Jan 21:**

Belgium registered an impressive 7-1 win over Japan to top Pool B and book the quarterfinals spot at the FIH Odisha Hockey Men's World Cup 2023 at the Birsamunda International Hockey Stadium on Friday.

During the game, Belgium's star striker Tom Boon opened his account in the World Cup with a 5-goal performance, taking his team's goal difference to +11.

With a draw in the previous game against Germany, Belgium needed a big win against Japan to try and seal their spot at the top of Pool B and earn direct qualification to the quarterfinals and a first-half hat trick by Boon gave them a 4-goal lead.

By the end of first half, Belgium increased their goal difference to +9 and with another 30 minutes, they further extended their lead over Ger-



many, who had a +3 goal difference with one game to go in the final match of the day against Korea.

Japan had a much better start to the second half, keeping Belgium out in the 3rd quarter and scoring their first of the game early in the 4th. But Belgium had a much better finish to the game scoring thrice in the final 10 minutes, including 2 more goals for Tom Boon, to win with a 6-goal margin and

bump their overall goal difference to +11.

Tom Boon who became only the 4th ever player to score 5 goals in a World Cup game, was awarded player of the match.

"I think after scoring no goals in the first quarter, it's good to get 7 goals and a +6 goal difference in the final 3 quarters. Looking forward to playing in the knockouts going forward," he said.