Evening daily Imphal Times

Read No. MANENG /2013/51092

Rs.4/-

CM welcomes 43 cadres of different UG groups on their homecoming

Confidence and trust building are the key recipes for a strong and united Manipur and India - Chief Minister



IT News Imphal, Jan 7:

Forty-three cadres of different UG groups including a woman cadre laid down arms before Chief Minister N. Biren Singh today at the Banquet Hall of 1st Manipur Rifles, Imphal today.

Attending the function as Chief Guest, Chief Minister N. Biren Singh stated that confidence and trust building are the key recipes for a strong and united Manipur and India. N. Biren Singh said that the government keeps its doors wide open at all times for anyone willing to give up arms and join the mainstream

The Chief Minister further emphasized that unity and cooperation among all sections of the people is the need of the hour for building a better Manipur and united India. "Despite the collective and painstaking efforts of the security forces and government on "War Against Drugs" for total eradication of illegal

drugs in the state, it is very unfortunate that a few sections of the people resorted to immature acts of mockery of the government's initiatives". he lamented.

N. Biren Singh informed that the government will imple-ment rehabilitation benefits under the Ministry of Home Affairs (MHA) scheme for Surrender-cum-Rehabilitation of Militants in the North East States, 2018 for the youths to come back into the mainstream

Speaking on the occa-sion, DGP P. Doungel high-lighted that the government is keen to have talks and bring home all the misguided youths of the state while adding that the many counter insurgency operations conducted are not enough. "Till today, 644 surrendered cadres have come back home to start a new life out of the 749. They were screened and accepted by the Surrendering Committee. Altogether 108 surrendered cadres of different UG groups are now in camps under the Surrender scheme of the MHA", DGP

Doungel added. The DGP further stated that the government will con-tinue to bring in all those who have strayed from normal lives to the national mainstream to ensure peace in the state, under the able leadership of the Chief Minister and guidance of the Home Department with cooperation from security agencies.

contd. on page 4

Union Minister Amit Shah inaugurates and lays foundation stone for 21 development projects worth Rs 1311 crore



cally inaugurated 2 projects

namely Marjing Statue Com-plex and Churachandpur

Medical College, a State Com-

ponent. The projects that

were inaugurated virtually in-

cludes Olympian Park, Sangaithel; Fruit Preservation

Nilakuthi; Paid Private Ward

at JNIMS: Moreh Town Wa-

(MAGFRUIT).

Factory

IT News Imphal, Jan 7:

Union Minister of Home Affairs and Co-operation Amit Shah yesterday inaugurated and laid foundation stone for 21 Development Projects worth Rs 1,311 crore at function held at Chengkhei Lampak, Pologround, Moirang, Bishnupur District, Manipur. Chief Minister N. Biren Singh and his Council of Ministers; Minister of State for Education & External Affairs Dr. R.K. Ranjan Singh; MP Dr. Lorho S. Pfoze, Rajya Sabha Member Leishemba Sanajaoba, MLAs and Civil & Police officials were present at the virtual inauguration and foundation stone laying function

Maliyapham Palcha kumsing 3420

Amit Shah inaugurated 10 projects virtually and physi-

ter Supply Scheme; Nongpok Thong Bridge at Eastern Side Integrated Management of 3 Water Bodies Wetland (Utra Pat, Zaimeng, Waithou-Phumnom); Revamped Distriof Kangla, Imphal: Infrastructure Development of DM University: Development of bution Sector Scheme: Bharat Cave Tourism Project at Kangkhui Cave; Model Resi-Net Project Central Project on OFC Network under Scheme dential School at LM Block for Capital Investment (SACI) Ukhrul; 100 Bedded Residenand PM Gati Shakti Projects tial School Rengpang and Pe-diatric Cardio-Thoracic Opunder Scheme for Capital Investment (SACI) virtually from Chengkhei Lampak, Pologround, Moirang, where the function was held. eration Theatre at RIMS Campus Union Minister also laid foundation Stone of Manipur

ASI suspended for shooting woman in Imphal West

An Assistant Sub Inspector of the Manipur Police De-partment who shot at and critically injured a woman Haorakjam Thajamanbi, 30, at Tera in Imphal west district on Thursday night has been suspended from his service.

In an order issued on Saturday, Ksh Shivakanta Singh, Superintendent of police, Imphal West District states that in the exercise of the powrs conferred upon the under sion.

sion from January 6. During the period of sus-pension, his Headquarters will be at Reserve Lines, Imphal West district and he will not leave his headquarters without prior permission from the

However, he will get a subsistence allowance as admissible under the rules during the period under which

contd. on page 4 he is placed under suspen-

Exhibition Centre, Imphal East

District Youth Skilling and Employment Centre in 5 dis-

tricts: Construction of Jiribam-

Tipaimukh Road; Strengthen-

ing of road from Serou

Lamkhai to Salluk Village via Chakpikarong; Construction

of 40 Police Outpost (34 along

Indo-Myanmar International

Border and 6 along NH-37);

A department proceeding is being contemplated against Salam Deepak Singh for his grave misconduct, the orders state

Deepak in full police uni-orm trespassed into the house of the woman and opened three rounds of fire. The woman suffered two bullets one on her face and the other on her back. She suffered critical injuries and was rushed to the Raj Medicity, Imphal.

Minister Amit Shah, no political party attended educate people on how to keep the environment clean and pro-Khogendra Khongdram shared the dais as Guest of tourists from outside the state but also for all the people of IT News Imphal, Jan 7: Hounour, while President of the

47th Foundation day of Manipur Press Club

Coincidence with the visit of Union Home

Perhaps it is a coincidence, but it can also be interpreted in one way. We can assume this as a beginning, a beginning of new journalism era where they have started distancing themselves from government influ-ences. The 47th Foundation Day of Manipur Press Club celebrated yesterday showed no Ministers, MLAs or Government officers on the dais.

The best part of this year's Manipur Press Club Foundation Day is that, one of the most successful entrepreneurs and a model for all young aspirant dreamers - Dr. Thangjam Dhabali graced the celebration as Chief Guest. Besides him was Ningombam Ibochouba, a non-political entity and President of Editors' Guild Manipur All Manipur Working Journalist's Union (AMWJU), Wangkhemcha Shamjai pre sided over it. AMWJU President.

Wangkhemcha Shamjai while extending his gratitude to Dr. Dhabali for accepting the invi-tation for gracing the function as chief guest amidst his hec-tic scheduled, said that the AMWJU is grateful to have an extraordinary successful per-son who have magic hand where everything he touched

turns into gold. "It was after Dr. Dhabali started contributed his ideas shared his management skill that the onetime failed 'Imphal Hotel' or the "Sendra Tourism Resort' have now been converted into heaven for not only

the state", Shamjai said adding that other then these, Dr. Dhabali contribution to health sectors, his effort to promote war tourism and countless other service which provide employment to 1000s of people across the state will be remembered by each and every people of the future.

Speaking as the chief Guest of the celebration, Dr. Dhaballi who only talk to what he knows and who used time very eco-nomically said that, even as he is not expert in the field of Jour-nalism, he shared his idea on how journalism could be more usefull if it is utilized to educate the people to make the people understand the impor-tance of time management and

punctuality. He also said me-dia perhaps is the best tool to

tected. Traffic discipline, which is a major problem all over the country particularly in the state of Manipur can also teach to the people.

Giving example of how un-aware or careless are the people of this state, Dr. Dhaballi stated that people who own cars care their vehicle very much. They spent time to make sure that their cars are clean. But then, those riding the car don't have the idea that throwing bottles or any wastage from inside the car will pollute the environ-

"Media can be an educator for the welfare of the society by creating awareness on the importance of keeping our en-vironment clean", Dr. Dhabali

contd. on page 4

IT News Rule 66 of Assam Police Manual Part-III, Salam Deepak Imphal. Jan 7: Singh has been under suspen-

SP Imphal west district.

Public Opinion is Indivisible: Democratic Governance Means Respecting it sue in the Netherlands."

said.

By: Amar Yumnam Imphal, Jan 7:

For a little over half a year, I have been feeling suspicions on the nature of the state in Manipur and the undisclosed fear of the public on the free expression of opinion. The suppression of expression of personal opinion has been so palpable that there has to be a dynamics for this to become operational. The democratic spirit of the people of Manipur should be grateful to a Senior Journalist of the land, Hemantakumar Ningomba, for lifting the lid over this dynamics. Public Opinion is insepa-

rable from Freedom of Expression, and only then it is significant and meaningful has been established by what has happened during the few days in Manipur. It has an atmo-sphere of nihilism for the powers that be and absolute subservience to this by the public

In the ancient city of Athens, the Council Members had to take this Oath of Office: "We will strive increasingly to quicken the public sense of public duty; that thus..... we will transmit this city not only not less, but greater, better, and more beautiful than it was transmitted to us." But what

has been the nature of governance recently reminds one of absolute Individualism with these philosophical foundations as explained by Kincaid (1986): "(1) Social theories are reducible to individualistic theories; (2) Any explanation of social phenomena must refer solely to individuals, their relations, dispositions, etc.; (3) Any fully adequate explanation of social phenomena must refer solely to individuals, their relations, dispositions, etc; (4) Individualistic theory suffices to fully explain social phenomena; (5) Individualis-tic theory suffices to partially explain social phenomena; (6)

Some reference to individuals is a necessary condition for any explanation of social phenomena; (7) Some reference to individuals is a necessary condition for any full explanation of social phenomena. While these are principles for the larger philosophy of Methodological Individualism, it has been a case of the Individual being identifiably equated with a Single Individual in Political Power.

One of the most significant historical accounts on the sig-nificance of public opinion relates to what happened in the sixteenth century in the Netherlands: "When a few hundred

nobles marched into the palace of Margaret of Parma in April 1566, and presented her with a petition to end the persecution of heretics. they knew they could count on widespread sympathy from the population of the Netherlands – amongst the burghers and officials, Catholics and Protestants, there was no support for the royal policy. Yet what was a public secret on the streets of the Netherlands somehow came as an unpleasant and unexpected surprise to the king. Of course, Philip knew that there was opposition to his policies. Although by this

date he had been in Madrid for several years, in the 1550s he had spent time in the Neth-erlands, and he had had plenty of opportunity to get to know the situation on the ground. Even so, the king was distinctly over optimistic about the extent to which 'good Catholics' were prepared to support his policies. ... [T]he gap between the strict laws against heresy and their actual implementation on the ground was accompanied by a con-spiracy of silence among Philip's officials, that left the king very much under-in-formed about the real state of public opinion around this is-

These are almost like an assessment of Manipur's recent scenario. The ultimate vardstick of democracy is how the people are being counted in while maintaining governance. The public can be counted in only when there is a free atmosphere for genera-tion and sharing of opinion by the public. When this atmosphere of free flow of public opinion is curtailed the very foundation of the government will be weakened by the lack of information and absence of communication of the prevail-ing social knowledge.

contd. on page 4

Imphal Times

Don't we think Congress is losing its power base across the country? The decline and fall of the Con-

gress is an arresting story written time and again; but this time the

party is at the nadir of its influence

in national politics. The Congress's

failure to project a suitable chief min-isterial candidate in most of the elec-

tions must have harmed its pros-

pects. The results in different states

are a lesson for the Congress Party;

it is on a steady decline in the

country's political arena. The Con-

gress is surely losing its power base



By: Vinod Chandrashekhar Dixit

across the country, and for good reason. The results are a lesson for the Congress Party; it is on a steady decline in the country's political arena. The Congress' revival pivots on its ability to address its crisis of credibility, encouraging State leaders, and functioning as a vigorous Opposition in Parliament. Rahul Gandhi the scion of congress is an empty vessel as he has shown no understanding of any issues and depends on his coattail hangers to provide sound bites to media. The discarded and shamed politicians are being re-inducted into the party and given important positions of authority.

60 years of the Nehru Gandhi dynasty has been a curse for Mother India, they have spread, nepotism, apathy and corruption across India. In the last 70 years those who have misused the laws and Constitution have mired the country in corruption. Modi has rightly said that the Congress always tried to promote the contribution of one family — a reference to the Gandhis — and neglected contributions of Veer Savarkar, even Bhagat Singh. It is not so as there are lot of people who gave their lives during independence struggle. On 'Congress-mukt Bharat' BJP is making a deeper dent. India is completely changed in last 15 years and the new generation want development and an aggressive bold minded leader like Modi. It is clear that Rahul Gandhi's hurdles in congress are his inexperience and his inaccessibility. His image is also an aloof one. He doesn't feel he has to have his own mouthpiece website and mobile application to make himself more accessible to people. Rahul Gandhi has different plans in mind but it does not work. Why? He may seem extremely well intentioned but does that translate to an effectual administrator and visionary leader? History and statistics show that a 'dying party' can resurrect itself. The Congress party has been suffering from a leadership crisis, with Rahul Gandhi widely party has been suffering from a leadership relation, while value value where y seen as a failure, indifferent and incompetent. Launching Priyanka is the party's last and desperate gamble. Priyanka is the most meritorious in her generation of Gandhis. Priyanka's arrival will no doubt bound to eclipse Rahul Gandhi, and possibly give the Congress party an image makeover. Priyanka Gandhi could then take the mantle of the party and lead the battle from the front in a long-drawn political fight. Widely seen as the Congress party's trump card, Priyanka Gandhi is the only option for con-gress to make her party's face in the Uttar Pradesh elections. In politics, ultimately public perception matters. Don't we think Sonia and Rahul should focus only on welfare of People in Congress Controlled States and stop focusing on Modi. ?

How to prepare for **NEET PG 2023**



NEET-PG is an annual examination for medical students pursuing a Doctor of Medicine (MD), Master of Surgery (MS), Diploma programmes, and other specialities at public and private universities organised by the National Board of Examinations (NBE).

The NBE has mentioned that the 2023 exam is set to take place across 267 cities in the country on March 5, 2023. This edition of the examination will offer 19,953 seats for Doctor of Medicine (MD), 10.821 seats for Master of Surgery (MS), and 1979 seats for other PG Diploma courses to the candidates

By: Vijay GarG

Some common topics that candidates can expect questions from in the Orthopaedics segment of the exam include dislo cation of the hip and shoulder, colles fracture, nerve injury of the upper limb with a focus on its clinico anatomical correlation, and OPD diagnostic cases such as lower back pain, osteoporosis and entrapment syndromes.

The application process for the examination is scheduled to begin from the third week of December 2022. Candidates often experience anxiety and stress as they get closer to the day of the examination. To help candidates during this period, here are some tips to stay focused: Focus On Questions From Previous Years:

Candidates must consistently take mock tests in order to test their knowledge and familiarise themselves with the pattern of the exam. However, it is essential for them to prioritise solving questions asked in the

previous editions of the NEET PG exam in order to boost their confidence and monitor their progress over time. By solving questions from previous editions of the exam, candidates will also be able to identify and evaluate areas where they are weak and take action to improve those areas. Important Topics:

In addition to the topics mentioned above, candidates must strengthen their understanding of topics such as temporary stabilisation of fractures in emergency using fractions and splitts, tumours; particularly GCT, os-teosarcoma and Ewing's for their peculiar X-ray findings, and nerve inju-ries such as Ulnar nerve injuries, Median nerve injuries, Radial nerve injuries, and Common peroneal nerve injuries. Furthermore, candidates must focus largely on symptoms and signs of illnesses and injuries instead of their management in order to secure desired results in the exam. contd. on page 3

Letters, Feedback and Suggestions to 'Imphal Times can be sent to our e-mail imphaltimes@gmail.com. For advertisement kindy contact: - 0385-3590330 (O). For time being aders can reach the office at Cell Phone No. 9862860745 for any purpos

Media Freedom and Court Proceedings: A Perspective

public. For this reason, media is defi-

nitely the fourth realm functioning

in the domain between the state and

the citizens and thus acting as a channel of information which makes

people sufficiently informed. The

courts in the country have taken the

role of upholding press freedom and

invalidating administrative actions and laws that interfere with media

freedom, according to the mandate

of the constitution. Although Article 19(1)(a) guarantees the right to ex-

pression and speech, media freedom is not unbridled because it is limited

by 'reasonable restrictions' under

Media Reporting of Criminal

Newspapers conducting its own

private investigation and publishing

the results before or during the trial is a clear case of 'trial by newspa-

per'. Such publications hinder the Court's determination of facts and

might otherwise be 'prejudicial'.

There is no guarantee that the facts published by the newspaper are

true, there being no opportunity to cross-examine nor to have the

evidence corroborated. Similarly,

in the guidelines issued by Press Council of India (Part 41-A) deal-

ing with trial by Media, it has been observed that the media and judi-

ciary are two vital pillars of democ-

racy and natural allies; one com-pliments the other towards the goal

of a successful democracy. Mea-sures which are necessary for due

process of law need to take prece-

dence over freedom of speech. In a conflict between fair trial and

freedom of speech, fair trial has to necessarily prevail because any

compromise of fair trial for an ac-

cused will cause immense harm and

Our penal laws and criminal ju-risprudence are based on the premise that the guilt of any person

charged in a court of law has to be

proved beyond reasonable doubt

and that the accused is presumed to be innocent unless the contrary is

proved in public, in a court of law.

to him. Not only that, the accused

has a basic right to silence, which

stems from the constitutional right

all the legal safeguards

observing

defeat justice delivery system.

Article 19(2)

Cases

Media exercises incredible influ-

ence on the public. It has influenced

human behavior, thought, and atti-

tudes over the years. Newspapers, news media, radio, and televisions

not only spread information but also

assist in determining the stories and topics the public will discuss. The

media are considered as a principal pillar of democracy across the world.

The power and reach of the media,

both print as well as electronic is tre-mendous. The media has over the

years, transitioned from the predomi-nance of newspapers in the printed

form to radio broadcasts, television

channels and now, to the internet for disseminating news, views and

healthy and free media are critical to

the efficient working of democracy. In this piece the writer tries to exam-

ine the freedom of press vis-à-vis the media reporting of court pro-

ceedings, particularly of the crimi-nal cases in the country. It con-cludes with a modest note that me-

dia persons should endeavour to

inform the people with accurate and

impartial presentation of news and

their views after dispassionate evaluation of the facts and informa-

Media freedom in India is an es-

sential part of the freedom of speech

and expression guaranteed under

Article 19(1)(a) of the Constitution.

A free press is one of very important pillars on which the foundation

of rule of law and democracy rests. Press freedom has been considered

the heart of political and social dis-course. This liberty of communica-

tion and expression though guaran-

teed to the public, citizens in par-ticular, it is through press and media

that the information is disseminated in the form of news. Hence, it is uni-versally accepted that media is the

tool through which the freedom of

speech and expression is attained. Though press and media are used

interchangeably, the basic differ-ence is that one is in print form and

the other is in electronic form. Both

serve the same purpose of gather-

ing, processing and disseminating information to be provided to the

tion received by them.

Media Freedom

beyond national boundaries.

By: N. Brajakanta Singh

of the accused that he cannot be compelled to incriminate himself. That is also the reason why confessions to the police are inadmissible in a court of law. The Supreme Court, in a catena of cases, has held that a trial by press, electronic media or by way of a public agitation is the very anti-thesis of rule of law and can lead to miscarriage of justice. As we un-derstand the rights of the media to report and disseminate issues and events, including court proceedings that are a part of the public domain, it is important to contextualize that this is not merely an aspect of protecting the rights of individuals and entities on reporting, but also a part of the process of augmenting the integrity of the judiciary and the

cause of justice as a whole. In Saibal v. B.K. Sen, AIR 1961 SC 633, the Supreme Court observed: "It would be mischievous for a newspaper to systematically conduct an independent investigation into a crime for which a man has been arrested and to publish the results of the investigation. This is because, trial by newspapers, when a trial by one of the regular tribunal is going on, must be prevented. The basis for this view is that such action on the part of the newspaper tends to interfere with the course of justice". In M.P. Lohia v. State of West Bengal, (2005)2 SCC 686, the facts were that a woman committed suicide in Calcutta in her parents' house but a case was filed against the husband and in-laws under the Indian Penal Code for murder alleging that it was a case of dowry death. The appellant/husband had filed a number of documents to prove that the woman was a schizophrenic psychotic patient. The parents of the woman filed documents to prove their allegations of demand for dowry by the accused. The trial was vet to commence. The Courts below refused bail. The Supreme Court granted interim bail to the accused and while passing the final orders, referred very critically to certain news items in the Calcutta magazine. The Court deprecated, two articles published in the magazine in a onesided manner setting out only the allegations made by the woman's parents but not referring to the docu ments filed by the accused to prove that the lady was a schizophrenic.

The Supreme Court observed: "These types of articles appearing in the media would certainly interfere with the course of administra-tion of justice."The Court deprecated the articles and cautioned the cated the articles and cautioned the Publisher, Editor and Journalist who were responsible for the said articles against "indulging in such trial by media when the issue is sub-judice" and observed that all others should take note of the displeasure ex pressed by the Court.

The Punjab High Court in Rao Harnarain v. Gumori Ram, AIR 1958 Punjab 273 ruled that 'Liberty of the press is subordinate to the adminis tration of justice. The plain duty of a journalist is the reporting and not the adjudication of cases. The Orissa High Court, in Bijoyananda v. Bala Kush, AIR 1953 Orissa 249, observed that "the responsibility of the press is greater than the respon-sibility of an individual because the press has a larger audience. The free-dom of the press should not degenerate into a licence to attack litigants and close the door of justice nor can it include any unrestricted liberty to damage the reputation of respect-able persons."

In Harijai Singh v. Vijay Kumar 1996(6) SCC 466, the Supreme Court ruled that the press or journalists enjoy no special right of freedom of expression and the guarantee of this freedom was the same as available to every citizen. The press does not enjoy any special privilege or immunity from law. Treating a pub-lication as criminal contempt under Section 2(c) of the Contempt of Courts Act, 1971 where the Court comes to the conclusion that the publication as to matters pending in Court 'tends' to interfere with the administration of justice, amounts to a reasonable restriction on free speech. Thus, Judges may be in-fluenced subconsciously and Judges could not claim to be super human. In what manner they are so influenced may not be visible from their judgment, but they may be influenced subconsciously contd. on page 3

Keep your hands soft and smooth this winter

By: Shahnaz Husain

Have you ever struggled with dry and peeling skin on your hands ev-

ery time it gets a little too cold? When winter sets in, your hands begin to show neglect and ageing oner than most parts of the body Dry, chapped hands are one of

the most common winter skin woes. Not only can they crack, peel, and bleed, when your skin barrier is compromised, eczema, psoriasis, and other skin conditions can worsen. Your hands are one of the most used body parts and need to be taken care of

Most of us face a similar problem during the harsh winter when our hands react terribly to the cold air and harsh winds during peak winters leading to lizard skin. You may also find that dead skin tends to accumulate quicker in the winter and rough patches of skin seem to be all over. This is because in the winter the cell turnover rate is decreased, If you're washing your hands frequently to avoid coronavirus, you could sap whatever natural oils are left in your skin.

Actually, the skin on the back of the hands is thin and lacks oil glands. That is why the hands are prone to wrinkles and lines. The nails also be come dry and brittle, breaking or chipping easily during peak winters. Exposures of hands during

winters can lead to skin issues like pain, redness, flaking and itching. Ironically, by washing our hands with chemical-laden soap, we can develop dry cracks in the skin giving bacteria an entry point into our bodies which lead to conditions such as eczema.

The outermost layer of our hands is composed of oils and wax, and it acts as both a shield from the outside and a guard that maintains natural moisture in the skin. The skin barrier is a mix of proteins, lipids, and oils. It protects your skin, and how good a job it does is mostly about

your genes. Here are a few easy tips to take re of hands:

Protect your hands by wearing rubber gloves/ mittens for your wash-ing chores./vegetable choppings/ cleansing etc to retain the moisture you already have. Always wash your hands with tepid water. Make sure the water is not too hot or cold. Limit exposure to high heat. Surgical gloves are easily available at a chem-

Apply freshly extracted Aloe

vera gel on hands and let it dry in the natural environment on your skin. You can apply it twice a week. The best prevention is to begin using aloe vera gel *before* your hands show signs of dryness. Apply raw milk cream if you have dark knuckles, it will help lighten the colour.

Bath time is appropriate for pam-pering the hands and supplying them with the oil and moisturizing they need. Before your bath, apply warmed oil on the hands and massage it into the skin. This helps to soften the skin. You can use coconut oil, which is very nourishing. Coconut oil is recognized for its anti-inflamma-tory, moisturizing, and anti-microbial properties. Applying coconut oil over damp hands helps in sealing the moisture. Or, use pure almond oil immediately, after your bath, apply a moisturizing lotion or cream, while the skin is still damp. This helps to seal in moisture. Twice a week, have a prebath treatment by mixing ground almonds with curd and a pinch of tur-meric. Apply on hands. After 15 minutes, rub the paste gently on the skin and wash it off with water. At night, massage cream on your hands, working it into the skin.

You can also try some home rem-edies to keep the skin soft and smooth: Among the many kinds of mois-

turizers, hand creams are better than body lotion because they are more nourishing. Lotions, which are primarilv water-based, can further drv out the skin because the water evapo-rates. Creams, which are often oilbased, are more effective after washing hands. Once your hands are dry, immediately use hand cream to seal in the moisture. A luxury treatment for hands: Take

four teaspoon almond oil and mix one tablespoon rose water. Add half-teaspoon tincture benzoin, drop by drop Mix together. Apply this on the hands. Wear loose cotton socks on the hands and leave on the preparation all night. Rinse off with plain water the next morning. Use hand ointment or cream in-

stead of a lotion as these are more ef-fective. Vaseline is still the most effective moisturizer out there.

Lemon juice and sugar rubbed together with the hands help to soften e skin

Take 2 tablespoons sunflower oil, 2 tablespoons lemon juice and 3 tablespoons coarse sugar. Mix together till it becomes a paste. Apply and rub into hands. Wash off after 15 minutes. Do this three times a week.

Take fresh orange peels, pierce em with a fork. Rub the peels on the hands to brighten them.

Choker (wheat bran) and besan (gram flour) can be mixed with turmeric and milk into a paste and ap-plied on the hands. Wash off after 20 minutes. This softens, cleanses and tightens the skin. Mix almond oil and honey in equal

arts and massage into the nails and

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

President Murmu says, social justice should be the prime objective of Digital innovation; Confers Digital India Awards

Agency New Delhi, Jan 7:

President Droupadi Murmu said, India will develop into a knowledge economy only when the digital divide is substantially bridged through the use of technology.

She was addressing the gathering after giving away Digital India Awards 2022 to the winners at a function in New Delhi today. She said, the pace of change in the future will be rather fast and driven by the use of technology and in this context, social justice should be the prime objective of digital innovations. President Murmu said that

Digital technologies have enabled the Government to reach out to the remotest part of the country at the click of a but-ton. She said, India's story of digital transformation is a story of innovation, implication, and inclusion.

The President expressed confidence that India is setting the right example of ensuring the inclusion of vulnerable and marginalised sections of society. It is strengthening economic, social, and cultural nologi rights in the Government's

journey towards Digital Antyodaya, she added. On this occasion, she also asked people to leverage prevailing policies and enable the ecosystem to position the country as a global powerhouse for software and hardware products by building in-

novative Made-in-India tech-

AIR Correspondent reports that Digital India Awards-2022 were given away in seven various categories to the winners. These awards aim at inspiring and motivating not only government entities but also start-ups and grassroots-level digital initiatives in fulfilling the

Digital India vision.

Contd. from Page 2

ciety

The Government has envisioned the Digital India Programme to transform India into a digitally empowered soand knowledge economy. Digital India Awards are

1-10

instituted under the aegis of the National Portal of India, which provides single-window access to information and services being offered by govern-ment entities at all levels.



ED files complaint against Himachal-based University in

> Rajkumar Rana Pradesh is a northern Indian

state in the Himalayas. The special court in Shimla took cognisance of the com-plaint, which named 14 persons and two entities, on January 04. The complaint was initiated at Dharampur Police Station in Solan on the basis of three FIRs

registered under various sections of the Indian Penal Code. As per the ED, a preliminary probe revealed that the accused in the case, Rana and other co-accused, sold fake degrees in lieu of money in the name of Manav Bharti University. Funds obtained from this illegal activity were used by Rana to acquire

U By Raju Vernekar Mumbai: Jan 7:

They were in continuation with the "Azadi Ka Amrit Mahotsav", celebrations com-

memorating 75 years of India's

Independence. As part of the

classes, sports competitions etc.

Across Maharashtra, the faculty and students of the

various movable and immovable assets across various states in his own name and in the name of family members and entities. the ED said. The assets worth Rs 194 crore have been attached provisionally in the case at hand. Further investigation is underway, the ED statement read.

Rana was earlier arrested in FIR (No 22 of 2020) dated March 03, 2020, registered at the Police Station Dharampur. District Solan, under sections 420, 467, 468, 471 and 120 B of Indian Penal Code, 1860. He was granted bail on August 14,2020 by the Himachal Pradesh High Court, on certain conditions and a personal bond of Rs one lakh

The raids were conducted by police on March 03, 2020, based on a complaint by a woman resident of Haryana. During the raid, the tempered answer sheets and thousands of fake degrees were seized. Besides, many passing certificates related to the closed educational courses were also recovered.

Media Freedom and Court Proceedings..... sation of justice in all its mo-

dalities, is an end in itself. In

Naresh Shridhar Miraikar v

Moreover, Section 3 of the Contempt of Courts Act, 1971 also restricts the freedom of speech and expression if any publication interferes with or obstructs or tends to obstruct, the course of justice in connection with any civil or criminal proceeding which is actually 'pending' (i.e. when charge-sheet is filed, or summon or warrant is issued).Contempt law which protects the 'administration of justice' and the 'course of justice' does not accept undue interference with the due process of justice and the due process includes non-interference with the rights of a suspect/accused for an impartial trial. Thus, Contempt of Court law protects the person who is arrested and is likely to face a criminal trial. No publication can be made by way of referring to previous convictions, character or confessions etc. which may cause prejudice to such persons in the trial of an imminent criminal case. Such a pro-cedure, therefore, would interfere or tend to interfere or obstruct or tend to obstruct the course of justice.

There is danger of serious risk of prejudice if the media exercises an unrestricted and unregulated freedom such that it publishes photographs of the suspects or the accused before the identification parades are constituted or if the media publishes statements which out

By creating a well laid out revision pattern, candidates

can effectively revisit impor-

tant topics and chapters in or-

der to improve their under-

standing of the same. Candi-dates must also note that it is

vital to make their own notes

in addition to material available

online. Candidates may also

enrol for crash-courses and classes for preparation., Revi-

sion is one of the key compo-

nents of a candidate's revision

strategy, and it is essential

Revision:

accused guilty even before such an order has been passed by the court. It is not only desirable but also is expected of the persons at the helm of affairs in the field, to ensure that trial by media does not hamper fair investigation by the investigating agency and more im-portantly does not prejudice the right of defence of the accused in any manner whatso-ever. It will amount to travesty of justice if either of this causes impediments in the accepted iudicious and fair investigation and trial. Thus, in India the right to free speech is not absolute but is conditional and restricted by Article 19(2). Open Court and Judicial

rightly hold the suspect or the

Accountability

Freedom of speech and expression extends to reporting the proceedings of judicial institutions as well. As we understand the rights of the media to report and disseminate issues and events, including court proceedings that are a part of the public domain, it is important to contextualize that this is not merely an aspect of protecting the rights of individuals and entities on reporting, but also a part of the process of augmenting the integrity of the judiciary and the cause of justice as a whole. With the exception of in camera proceedings, a courtroom is a public space. An open court and transparent dispenscription of cases is accurate

State of Maharashtra, (1966) 3 SCR 744, the apex court held that "a court of justice is a public forum. It is through publicity that the citizens are convinced that the court renders even handed justice, and it is, therefore, necessary that the trial should be open to the public and there should be no restraint on the publication of the report of the court proceedings. The publicity generates public confidence in the administration of justice". Recently. in The Chief Election Commissioner v. M.R. Vijayabhaskar, Civil Ap-peal No. 1767 of 2021 decided on 6 May, 2021, the apex court observed that the impact of open courts in our country is diminished by the fact that a large segment of the society rarely has an opportunity to attend court proceedings. This is due to constraints like poverty, illiteracy, distance, cost and lack of awareness about court proceedings. Litigants depend on information pro-vided by lawyers about what dene has transpired during the course of hearings. Others, who may not be personally involved in a litigation, depend on the information provided about judicial decisions in newspapers and in the elec-tronic media. When the de-

and comprehensive, it serves the cause of open justice. However, if a report on a judicial hearing is inaccurate, it impedes the public's right to know Courts though open in law and in fact, become far removed from the lives of individual citizens. This is anomalous because courts exist primarily to provide justice to them. Conclusion

In a bid to enhance public participation in the dispensation of justice, the Supreme Court has started live streaming of its constitutional bench proceedings from December, 2022. The Gujarat High Court had introduced live streaming of its proceedings well before the apex court started the same and some other High Courts have also followed the trend. Although the Supreme Court observed that in the present age of technology, it is no longer sufficient to rely solely on the media to deliver information about the hearings of cases and their outcomes, many of courts of district judiciary in the State of Manipur failed to upload their orders/ judgments in e-courts portal.

It is reiterated that the duty of a responsible journalist is to strive to inform the people with accurate and impartial presentation of news and their views after dispassionate evaluation of the facts and information received by them and to be pub-

lished as a news item. The pre-sentation of the news should be truthful, objective and comprehensive without any false and distorted expression. It has to be exercised in the interest of the public good. At the same time, it is also necessary that freedom must be exercised with utmost responsibility. The free-dom of the press should not degenerate into a licence to attack litigants and close the door of justice nor can it include any unrestricted liberty to damage the reputation of respectable persons.It is, therefore, settled law that when a conflict arises between fair trial and freedom of speech, the former prevailed because the compromise of fair trial for a particular accused will cause them permanent harm whereas the inhibition of media freedom ends with the conclusion of legal proceedings. The freedom of the media not being absolute, media persons connected with the print and electronic media have to be equipped with sufficient inputs as to the width of the right under Art 19(1)(a) and about what is not permitted to be published as restricted by Art 19(2). Aspects of constitutional law, human rights, protection of life and liberty, law relating to defa-mation and Contempt of Court are important for the media fra ternity too.

By Raju Vernekar

Money-laundering Act (PMLA), 2002 (PMLA) on Fri-

day. "The ED has filed prosecu

tion complaint before Special

Court Shimla, against 14 persons and 02 entities, of Manav Bharti

University, in a case related to

selling of fake degrees in the

name of the university", the ED

sity, which is a private univer-

sity constituted under Manav Bharti University (Establishment

and Regulation Act, 2009, passed by Himachal Pradesh

Legislative Assembly. The uni-

versity was formed by Manav Bharti Charitable Trust, of which

Rai Kumar Rana is a Chairman

cum-Trustee. The Himachal

The Manav Bharti Univer-

said in a statement.

Mumbai, Jan 7:

(The author is Guest Fac ulty, Dept. of Law, MU)

"Vidyanjali" program Army schools at Mumbai, Kirkee (Pune), Dighi (Ratnagiri) and Kamptee (Nagpur) partici-pated enthusiastically in the In consonance with the Vidyanjali" Scheme of the Union outreach programme under the Education Ministry, the volun-tary activities were carried out by Vidyanjali Scheme. Donation of Sports equipment and school the Southern Command of Instationery, conducting classes dian Army in 75 Govt/Govtaided selected schools on Friday.

Indian Army partners

with Govt Aided

Schools under

combined group activities were all part of the programme. The occasion was also utilised to enhance awareness levels of the Army Day Parade which was being held for the first time in Southern India at Bengaluru (Karnataka) on Janu-

ary 15. The outreach campaign organised as a part of the Vidyanjali scheme on Friday, will continue throughout the year and will assist in bolstering the quality of education, infrastructure and amenities of the se-lected schools and showcase the Indian Army's commitment towards Nation Building.

'Vidvaniali" an initiative by the Union Ministry of Educa-tion, Government of India was launvhed on September 07, 2021, with the aim to strengthen schools across the country through community and private sector involvement.

How to prepare for NEET PG

that candidates revise the syllabus as many times as they can. Candidates must note that repeated practice is always more beneficial than studying a new topic only once.

Candidates often feel pres-

labus and choose to avoid preparing for one of the sub-jects in order to focus on the

their preparation, they must ensure that they go through questions that have appeared in the previous editions of the exam at the very least. By doing so, candidates can familiarise themselves with the important topics of the subject as well as the exam pattern for the same, putting them in a favourable position as the exam approaches. Analyse Questions Before

Attempting: Lengthy questions in the

easiest ones to answer. While reading a lengthy question, candidates must try to iden-tify the answer in the first two lines as they are often indicative of the answer. By using this approach while reading a lengthy question, candidates will be able to save time and select the correct option effectively. Remain Calm And Com-

posed:

It is essential for all candidates to remain focused and the exam day. Candidates must believe in themselves and have faith in their preparation. They must also ensure that they get enough sleep, take care of their mental and physical health, and eat healthy food. Lastly, it is important for candidates to remember that stress and anxiety could have a negative impact on their performance, so it is imperative for them to take all measures necessary to maintain their composure and focus

(a) I, Chhote Singh Rathore, S/o Late Fojdar Singh Rathore, (a) i, chinete organization, so chan organization, Village – Kaila, PO – Kaila, PS – Rajaka Rampur, Dist – Etah, State – Uttar Pradesh, Pin – 207247. Declared vide Affidavit No. 03AA 622345 date 02/01/2023.

(b) That name of my father and daughter are wrongly mentioned in my Service Record details are as under:-

Name Correction

- Faujdar Singh Rathore (Father) (i)
- (ii) Susmesh, DOB 26/01/1989 (Daughter)
- Respectively where as correct name as under:-
 - (i) Fojdar Singh Rathore (Father)
 (ii) Sushmesh, DOB 26/01/1989 (Daughter).
 - (c) My father and mother expired. Declared vide Affidavit No. 03AA 622345 date 02/01/2023. Details are as under:-
 - (i) Fojdar Singh Rathore (Father) Expired on 21/04/1994.
 (ii) Shyamkali (Mother) Expired on 021/04/1985).
 - (Both are expired at home town due to suffering from their physical illness). Sd/-

Chhote Singh Rathore

program, the Southern Com-mand launched an extensive outreach programme with selected schools of Southern India, to strengthen infrastructure and improve quality of educa-tion in government, government aided schools. Students and faculty members of 30 Army Public Schools reached out to the nominated schools and carried out a wide range of activities to include provision of books, stationery, reading material, medical camp by Army doctors, conduct of Yoga, physical education

for specific subjects during NEET PG exam are often the composed as they approach

Do Not Leave Any Subject Out During Preparation:

sured by the length of the sylothers. However, this is not advisable. If a candidate chooses to avoid preparation

e-Services Manipur bags gold in Digital India Awards 2022



IT News Imphal, Jan 7:

President of India, Droupadi Murmu conferred Digital India Awards 2022under the category Public Digital Platforms – Statesto e-Ser-vices Manipur at a solemn function held today at Vigyan Bhawan, New Delhi.

The team of e-Services Manipur includes Namban Deben, Director (IT), Information Technology as Initiative lead with members Gurumayum Robert Sharma, Joint Director (IT), Lupesh Khaidem, Informatics Officer, and Thounaojam Munikanta Singh, Consultant (PM/TM), (SeMT) of the Department of Information Technology, Gov-ernment of Manipur.

It may be mentioned that Digital India awards instituted in 2009 are one of a kind in India for honouring the efforts of different Government entities in the digital realm. These are conducted by the National Informatics Centre (NIC) under the Ministry of Electronics & Information Technology, Government of India.

ups. The success of the -services Manipur, a Misroject is evident from the sion Mode Project with 35 nos. number of tions(18,51,601) clocked till of end-to-end online services

for 9 Departments under Gov-22nd November,2022.Citizens ernment of Manipur, was now have easy access to Govlaunched during 2016covering original 9districts of the State ernment services with mini-mum procedural formalities where citizens can avail serthrough authorised service vices like Birth Certificate, ST/ centres like Common Service SC/OBC Certificate, Domicile Centre thereby reducing the Certificate, Income Certificate, Registration Certificate for usage of own vehicle or public transport ensuring less polemployment exchange, etc. without having to go physilution /emission leading to reduction of carbon footprint. ecally to the concerned office. District has helped in ensur-

transac-

Further, with the creation of 7 new Districts in the State, the e-District Project has been augmented for the process demic. The proposal for e-serflow with respect to7 new Dis-tricts and the same has been operational in all 35 services vices Manipur 2.0 is under preparation and it is envisaged to add 35+ more online services from different line De-The e-services Manipur partments leveraging emergapplication has immensely ing technologies and data

is planned to act as a single digital platform of Government of Manipur for availing all the Government services. (G2C, tiple visits to Government of-G2G G2B).

ing social distancing & less physical contact during Pan-

benefited citizens who get the driven platform. This platform much-needed services transparently with minimum cost and reduced turnaround time eliminating the need for mul-

Contd. from Page 1

CM welcomes 43 cadres of different UG..... arms consisting of AK series rifles, pistols, hand grenades,

The forty three cadres of different UG groups include 13 cadres of KYKL, 5 from PLA/ handheld sets IED and live am-, 5 from KCP N, 11 from KCP, 5 cadres of an armed rebel group, 1 from PREPAK, 2 from PREPAK (PRO) and from 1 NSCN (U). Weapons and gad-gets surrendered included 19

munition among others. Mentioned may be made that the revised scheme for Surrender-cum-Rehabilitation of Militants in the North East States, 2018 of the Union Min

istry of Home Affairs include a onetime financial grant of 4 lakhs rupees each. The amount is to be kept in a bank in their names as fixed deposit for a period of three years. They were also paid a monthly stipend of 6000 rupees per per-son additionally with incen-

tives for surrendered weap-ons. The surrendered cadres will stay in a rehabilitation camp for three years. The homecoming cer-

emony was attended by Min-isters, MLAs and various high ranking State officials and cen-tral security forces.

Union Minister Amit Shah inaugurates and lays.....

Addressing the gathering Amit Shah said that the present government has brought im-mense development in the State. The inaugural of Mariing Polo Statue at Heingang Ching will definitely make Manipur the birthplace of Polo in the world The Churachandpur Medical College will help in imparting medical science to the students of the state, Minister added. It may be mentioned that the foun-dation stone of Churachandpur Medical College was laid by Union Home Minister on 6th January, 2022, just one year before the same date.

Amit Shah said that in the six years tenure of Chief Minister N. Biren Singh, Manipur has marched forward without any bandhs and blockades maintain ing peace and tranquility in the state. Minister also stressed on the lifting of Armed Forces Special Powers Act (AFSPA), 1958from six districts of the state. He further added that the present government in the state s undertaking massive operations against drug trafficking and abuse to make Manipur drug-free.

Reiterating that the inaugural and laying of foundation

stones for 29 development works worth Rs. 2,450 crore in Manipur through video conferencing on 6thJanuary, 2022. Minister said that under the leadership of Prime Minister Narendra Modi, the Centre has invested Rs 3.45 lakh crore in the Northeast in less than eight years. Prime MinisterNarendra Modi has kept his focus mainly in development of North East State, he added. Chief Minister N. Biren

Singhsaid that the Union Minister has come to the state to review the developmental works taken up by the present govern-ment under Prime Minister Narendra Modi. He said that the Union Minister played a great role in permitting Inner Line Permit System in the State and rechristening of Mount Harriet to Mount Manipur. Today Manipur can stand proud in the world. Chief Minister said that the

government can deliver whatever the government said and it is possible only under the leadership of Narendra Modi. In the previous government due to the Covid pandemic development works were hindered but at present there is progress in lay-ing foundation stone and inau-

gurating various projects in the state, he added. Chief Minister also stressed

the importance of inaugural of Nongpok Thong, which is a historic place, to bring peace and prosperity in the state. He also said that the tallest and biggest polo statue was inaugurated in recognition of the 'Sagol Kangjei', 'Sangol Lanmi', 'Arambaai' etc. He expressed his gratefulness to Union Home Minister for extending support in developing the state under the leadership of Prime Minister Narendra Modi. Earlier Union Home Minis-

ter Amit Shah inaugurated Marjing Polo Statue at Heingang Ching, Imphal East in the pres-ence of Chief Minister N. Biren Singh at a function organised by Tourism Department, Government of Manipur. Minister later inaugurated Churachandpur Medical College, the first Medical College in a Hill District in Manipur.

Union Home Minister Amit Shah also hoisted the National Flag at the historic INA Headquarters, Moirang in Bishnupur. The Minister paid floral tributes to a portrait of Netaji Subhas Chandra Bose at the Heritage

Site. The Union Minister also visited the residential building of Hemam Nilamani Singh which was the first headquarters of the Indian National Army of Provincial Government of Free India. The State government has now acquired and transformed the complex into a beautiful Heritage Site by preserving it. It may also be mentioned that the heritage site was virtually inaugurated by the Hon'ble Prime Minister Shri Narendra Modi on January 4, 2022

Union Home Minister also received Guard of Honour from the 8th Indian Reserved Battal-ion commanded by P. Shanker Singh, MPS, Youths from different communities clad in traditional attires sung the National Anthem during the function.

Expressing his joy in hoisting the tricolor at the Heritage Site at INA Headquarters, Amit Shah, later tweeted: "Immensely proud to unveil a 165feet long Tiranga, the tallest in North East at the historic 'Azad Hind Faui headquarters in Moirang, where Netaji's INAhoisted the Tiranga in 1944. The Tiranga will keep reminding us of the heroes of our freedom struggle and inspire

Coincidence with the visit of Union Home Minister....

Veteran Journalist, N Tombiraj, who have taken lead role in the establishment of Manipur Press Club and the construction of Manipur Press Club at Majorkhul, Imphal, where the journalist fraternity celebrated the 47th Foundation

This would itself put the very

democracy subject to decline:

the recent behaviour of gover-

nance in Manipur has been one

led by the principle of distribut-ing democracy by degrees de-pending upon the "closeness"

or otherwise of the persons con-cerned. This has certainly com-

promised the capability of the socio-eco-politico fabric of

day recounted the story of how journalists of those days struggles hard to shape the platform of journalist in the state. Rupachandra Yumnam, Secretary of the EGM and also

the Editor in Chief of IMPACT TV while speaking on the oc-

persons other than journalists for interaction on various is-

sues. "Press Club should be an interface place for all", Yumnam Rupachandra said.

casion suggested the Manipur

Press Club to allow resource

honoured by presenting them gifts. Public Opinion is Indivisible: Democratic.....

"Democratisation is 'always the Individualistic Methodola messy non-linear process". Till ogy is becoming increasingly about the early 1970s in Manipur, edominant p In fine, the recent happenthe persons who joined politics were mainly guided by a civil so-ciety spirit of serving something good to the community in which they were born. But recently politics has emerged as a career option and led more by the principles of business practices -I

ings in Manipur show an inter-esting picture of a struggle with a belief that "in a full democracy there would be not only genuine participation in rule by the majority of citizens, but also consistently effective channels of accountability between ordinary people and public officials.

Those traditionally lacking power-for example, the poor minority ethnic and religious groups, women, young people—would have a say in the direction of the nation."

[And ~f they were able to talk with one another, would they not suppose that they were naming what was actually be-fore them ?" - The Republic of Plato, Book Seven. (Jowett Translation.)]

PM congratulates people of Manipur on opening of Kangla **Nongpok Thong**

in 16 Districts.

PIR New Delhi, Jan 7:

The Prime Minister, Narendra Modi has congratulated the people of Manipur on opening of Kangla Nongpok Thong in Manipur.

In response to a tweet by the Chief Minister of Manipur, N Biren Singh, the Prime Minister said:



perity and happiness be en-hanced across the state." Congrats Manipur! May the spirit of peace, pros-

As Tripp (1999) emphasised

Sports

2018 CWG medallist Sanjita Chanu among top athletes to fail dope test: NADA

Manipur.

Agency Chennai, Jan 7:

Glasgow and Gold Coast Commonwealth Games gold medallist Khumukcham Sanjita Chanu is among top sportspersons who have failed a dope test and has been provisionally sus-pended. The National Anti-Doping Agency has updated the list of provisionally suspended athletes since January 2022 and has added more than 20 new names. Sanjita Chanu, who finished second at the recently held National Games in 49kg, tested positive for the presence of Drostanolone Metabolite, an anabolic androgenic steroid. Sanjita had won gold in 48kg ahead of Mirabai Chanu at Glasgow while in Gold Coast her gold was in 53kg. She won silver behind Mirabai in 49kg at the National Games in Gujarat last year. Sanjita had failed a dope test in 2018 for testosterone but was cleared of charges in 2020 because of "certain non-con-formities". She also has multiple golds in Commonwealth Championships.

"It's very sad that such a top player has tested positive. This will have a very bad influence on the youngsters," Sahdev Yadav, president of Indian Weightlifting Federation, told this daily. He has been quite critical after the senior nationals and had been saying that strict action



should be taken on all those caught for doping. There are at least three more lifters -Veerjeet Kaur, Poorani Sri and Ashish on the list.

ing, sprinter S Dhanalakshmi's name seems intriguing. She had tested positive during an out-of-competition con-

ducted by the Athletics Integrity Unit, World Athletics' anti-doping arm, in Antalya on May 1 last year. She was informed about the adverse analytical finding and of her provisional suspension on July 11 last year. Interestingly, if an anti-

garner the opportunities for profit or somebody else will;

doping violation is done within a few weeks of each other one such sanction stands. The AIU had slapped a one-year reduced sentence of three years on steroid violation for admission and acceptance of consequences. Her ban too will commence from the date of provisional suspension. She had competed at the inter-state senior nationals in Chennai in June and finished first ahead of Hima Das and Aishwarva

Mishra in 200m. It needs to be seen if her sample was col-lected during the meet or whether it was in some other

meet. Since the date and where the samples were collected is not known, it is possible the NADA is following certain pro-NADA is tonowing certain pro-cedures. Other athletes who have tested positive are sprinter Diandra Valladares and hurdler Gudiya who too had participated at the Chennai nationals. Diandra, from Maharashtra, won a bronze in 100m at the National Games held in Gujarat last year. There are quite a few wrestlers too and most of them tested positive for steroids. Deepanshu, Ravi, Ravi Rai Dhamaraj Chavan, Mahesh

KP, Sandeep have tested for steroids. Since their weight categories are not given, it is difficult to trace whether they are meallists in nationals.

There are three kabaddi players Shivam Chaudhary, Rajnesh and Mohit Pahal. Chaudhury has featured in pro kabaddi league as well. Judoka Navroop Kaur is also provisionally suspended for testing positive for steroid (Metenolone). There is a case of evasion by an athlete as well. The anti-doping disciplinary panel will decide on the fate of the athletes after a hearing. In the case of steroids, a four-year ban is usually imposed for a first time offence. While two years for stimulante

Edited by Rinku Khumukcham, Owned and Published by Ibovaima Khuman at Keishamthong Elangbam Leikai, Imphal and Printed by him at M/s Imphal Times Printers, Elangbam Leikai Imphal West, Contact No. 2452159, Resident Editor- Jeet Akoijam

the youth." In connection with the 47th

Foundation Day of Manipur Press Club, veteran journalists,

former president and Secretary

of AMWJU, former secretaries of Manipur Press Club were

Page No. 4