# **Imphal Times**

Volume 8, Issue 419, Saturday, March 4, 2023

Maliyapham Palcha kumsing 3420

www.imphaltimes.com

## CM attends Kom Community's Berkep Leh Reiju Rehoi Govt to protect all indigenous communities of the State - Chief Minister

IT News Imphal, Mar 4:

Chief Minister N Biren Singh said that the government is there to protect all in-digenous communities of the State and that no community should discriminate against or threaten smaller communities for forceful assimilation. He said that the government is there for the upliftment and to protect the weak and small communities.

N. Biren Singh was speak-

ing as the Chief Guest of the Morning Session of the inaugural day of the two-day long Berkap-Reiju Festival, a cultural extravaganza to revive and promote the rich cultural heritage of the Kom Tribe at Ichum Keirap Kom Village, Kangpokpi district today.

The Chief Minister stressed that the COVID pandemic had hampered work execution of the government in the previous term, nonetheless, the government sent out the message that the government recognizes and is there for every small tribe and community residing together in the

He said to strengthen this message, the government has constructed replicas of traditional huts of all the 34-35 indigenous tribes and communities at the Sangai Ethnic Park, where they can showcase their identity through



their traditions, culture and lifestyle.

Warning against any threat for forceful assimilation of smaller and weaker communities, the Chief Minister said every indigenous tribe or community, regardless of their population or size, should be allowed to live freely without any threat.

The government is fully ready to meet any threat on any community, the Chief Minister said, adding that the government is working under the Prime Minister's mantra of 'Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas'.

Stating that the government is also working for the Autonomous District Council are from the minority tribes. He added a budgetary allocation for only minorities has been included in the budget.

Stressing further on the beauty of democracy, the Chief Minister said India's beauty lies in its secularism, unity in diversity and we should encourage these characteristics.

N. Biren Singh also assured to consider the demands submitted by the locals including widening/expansion of road, upgradation of UJB School, construction of Pri-mary Health Centre, among others. He further stated that construction of a Hills Leaders' Bhavan in Imphal will be

completed soon.
Stating that Manipur relocals especially the youth to develop their location naturally to attract more tourists.

He further encouraged the villagers to ensure that the economically weaker families are receiving the benefits of the government welfare

MLA of Saitu Haokholet Kipgen, MLA of Lamlai AC Kh. Ibomcha, MLA of Moirang AC Th. Shanti, CSO leaders, village chiefs, church leaders among others also attended the function.

Chief Minister N. Biren Singh also beat the gong as part of the inaugural function of the festival. N. Biren Singh also opened the festival with the shooting of an arrow aimed at an image of a bird hanging from a pole. Traditional dances and cultural performances were other dignitaries were ac-corded a warm traditional welcome by the villagers.

# NDPP's Neiphiu Rio tenders resignation as Nagaland CM, stakes claim to form new govt

Agency Kohima, Mar 4:

Nationalist Democratic Progressive Party's Neiphiu Rio on Saturday tendered his resignation as Chief Minister of Nagaland to Governor La Ganesan and staked claim to form the new government in the state.

The ruling Nationalist Democratic Progressive Party-Bharativa Janata Party retained power in the Nagaland election, with the two parties having secured 37 seats in the 60-member assembly, as per the data by the Election Commission of India (ECI) on Tues-

Nagaland political stalwart and its longest-serving chief minister Neiphiu Rio is set to assume office for a fifth consecutive term after the con-

vincing win.

With the results declared for all 60 seats, the NDPP-BJP alliance have crossed the half-way mark and is poised to form the government in Nagaland with the NDPP winning 25 and BJP securing victory on 12 seats.

The newbie Lok Janshakti Party (Ram Vilas), which contested at 15 assembly con-stituencies also managed to open their account by securing the win on two seats. The Naga Peoples Front has also

won two seats.
As per the Election Commission of India, Nationalist Congress Party (NCP) has won 7 seats while Janata Dal (United) one seat. "National People's Party

won 5 seats, and independent has secured four seats in the state," ECI said.

However, history was scripted in Nagaland when the state elected its first women legislators in its 60 years of statehood. The state, which has had 13 Assemblies so far, never had a woman MLA before Thursday's result.

The two women lawmak-ers - Hekhani Jakhalu and

**Bullet recovered at KP College** 

Salhoutuonuo Kruse of the ruling NDPP defeated the sit-ting MLAs in Western Angami and Dimapur-III seats

respectively.

BJP's performance in the assembly polls in the three northeastern states showed its continued dominance in the region, which was once a Congress stronghold The outcome meant that there will be no change of government in the three northeastern states in the results declared on Thursday. Assembly polls in the three states were held last month.

The BJP, which had cre-ated history in 2018 by wresting the state from Left parties, was tipped to be ahead of its rivals in most exit-poll projections in the state.

The Northeast state saw a

triangular contest as Congress and CPIM, which have been arch rivals for years, stitched a pre-poll alliance to defeat the ruling BJP.

#### with a warning proper representation of miceived highest foreign tourists in the North East region, the the main highlights of the in-augural function. On his arrival, nority tribes and communities. by the police, a team of Wangoi Police rushed to the college, said a senior police the Chief Minister assured his Imphal, Mar 4: commitment to ensure that Chief Minister encouraged the the Chief Minister and the government nominees in the A Live Bullet along with a

message with a warning read-ing "Last Warning" was recovered by Police today from a table near the office of the principal of Kamakhya Pemton College at Hiyangthang. After a tip-off was received

The warning message written on a piece of paper was found along with a .38 caliber bullet near the office of the Principal at the Administrative block of the college, at around

Staff and teachers of Kamakhya Pemton college condemned the act and appeal not to repeat such an act in the future.

A source from the police said that the act of placing the bullet and the warning message may be the work of KCP(PWG) and a case has been registered accordingly.

# 52nd National Safety Week by Reliance Jio



Imphal, Mar 4:

Reliance Jio Imphal office celebrated the 52nd National Safety week in Imphal today. As a part of the 52nd National Safety Week which is celebrated all over India from March 4 to March 10, employees of Reliance Jio gave awareness on road safety to road goers in various parts of Imphal

Speaking on the occasion. Pankaj Sharma, Manager, Operation and Maintenance said that accidents are not des-tined. Accident can be avoided with some care and alertness. Casualty can be avoided by following traffic rules and wearing helmets while driving as well as while riding two-wheelers. Jio Staff also briefed two-wheeler riders on the dangers of using substandard helmets also.

## Assam Rifles foils drugs smuggling

Imphal, Mar 4:

Keithelmanbi Battalion under the aegis of HQ IGAR(South) foiled illicit Heroin brown sugar smug-gling in Wahengbam Leikai,

Jiribam Parking, Imphal West

district yesterday.

In an effort to curb antisocial activities and containing movement of contraband items, Assam Rifles in coniunction with Manipur Police apprehended one woman smuggler in possession of 551gm of Heroin brown sugar amounting to approximately 55 lakhs.

Arrested woman along with seized items were handed over to Imphal PS for further

# Indian Railways to launch Bharat Gaurav Train to North East on 21st March 2023

Indian Railways has decided to operate "North East Discovery: Beyond Guwahati", specially designed tour to cover the North east-ern states of India by Bharat Gauray Deluxe AC Tourist train. The train tour will start from Delhi Safdarjung railway station on March 21, 2023 and will cover Guwahati, Sivasagar, Jorhat & Kaziranga in Assam, Unakoti, Agartala & Udaipur in Tripura, Dimapur & Kohima in Nagaland and Shillong & Cherapunji in Meghalaya in 15 days tour

Spanning over 14 nights and 15 days, the first stop of this train is Guwahati where tourists will visit Kamakhya Temple followed by Umananda Temple and a sunset cruise on the Brahmaputra. This train will further depart on overnight journey for Naharlagun Railway Station which is 30 kms from the next destination Itanagar, the capital of Arunachal Pradesh. The next city to follow is Sivasagar - the old capital of the Ahom Kingdom in Eastern part of Assam. The famous Shiva temple at Sivasagar, Sivadol is a part of the itinerary besides other heritage sites. Further the tea gardens at Jorhat and

an overnight stay at Kaziranga followed by an early morning jungle safari at Kaziranga Na tional Park will be experienced by the tourists. The Deluxe AC Tourist

Train next departs from the Furkating Railway Station for the state of Tripura where the sightseeing of famous heri-tage site of Unakoti and of Agartala including the famous Ujjayanta Palace. On the next day, the Neermahal palace and Tripura Sundari mandir at Udaipur will be covered in the itinerary. Post Tripura, the train departs to Dimapur for visit-ing the state of Nagaland. The scenic train journey between Badarpur station to Lumding Jn can be witnessed by the guests in the early hours of the morning from their seats. From Dimapur station tourists shall be taken to Kohima by buses for visiting the local sites including a tour of the Khonoma village to experience the Naga way of life. The next halt for the tourist train will be Guwahati and tourist will be taken to Shillong, the capital city of Meghalaya by road with a pit stop at the majestic Umium Lake enroute. The next day starts with an excursion to Cherrapunji nestled in the East Khasi Hills. Shillong Peak, Elephant Falls, Nawkhalikai falls and Mawsmai caves are

a part of the day's sightseeing. From Cherrapunji the tourists travel back to Guwahati Sta-tion to board the train for the return train journey to Delhi. Guests will be travelling roughly 5800 Kms in this entire tour by train.
The modern Deluxe AC

Tourist Train has a host of amazing features including two fine dining restaurants, a contemporary kitchen, shower cubicles in coaches, sensor based washroom functions. foot massager and a mini library. The fully air-conditioned train provides two types of accommodation viz. AC I and AC II. The train has enhanced security features like CCTV cameras, electronic safes and dedicated security guards appointed for each

Bharat Gaurav Tourist Train launch is in line with the Government of India initiative "Ek Bharat Shrestha Bharat" and "Dekho Apna Desh" to promote domestic tourism. At a price range starting from a price range statung mom Rs.1,06,990/- per person in AC 2 Tier, Rs.1,31,990/- per person for AC 1 (Cabin) and Rs.1,49,290/- Per Person for AC 1 (Coupe) the IRCTC tourist train will be a 15 days all inclusive tour package and the price will cover train journey in re-spective class, Night stay at

AC hotels, All meals (VEG ONLY), all transfer & sightseeing in buses, Travel Insurance and services of guide etc. All necessary health precautionary measures will be taken care of and IRCTC will make efforts to provide a safe and memorable experience to the

To ensure safety measures in the present COVID 19 scenario, full vaccination (double doses) for guests of age group 18 or above is mandatory. Besides, IRCTC will also provide a safety kit to all tourists. which would include a face mask, hand gloves and sanitizer. Regular temperature checking of all tourists and staff, frequent train sanitization at halt stations etc and other precautions has also been adopted. Staff shall be screened thoroughly and kitchen & restaurants shall be sanitized after every meal ser-

In order to make this package more attractive and affordable to a large population, IRCTC has tied up with Paytm and Razorpay payment gate-ways for providing EMI pay-ment option for breaking the total payment in small amount

For more details you can visit IRCTC website: https:// www.irctctourism.com and Imphal Times

## **Choosing a Career**



By: Vijay GarG

Choosing a Career has become more difficult to-day than at any time in history, for a variety of rea-sons, primarily being that there is infinitely more to choose from, career definitions are more fluid and changing and high levels of expectation from employers. There is an increasing tendency of frequent job changes by most men and women entering the workforce today due to wrong job choice and vari-ous other reasons. Choosing a career becomes even more difficult even in the best of times when the opinions of friends and parents entangle you in a confus-ing situation where making a decision is almost im-While pursuing their degree course, many students don't have much time to

spend in career planning. Some of us don't feel the need to plan a career as it is considered a waste of time or it is for those with high ambitions or we think we are too superior to need a career planning. It also happens that we are too busy working to earn money for paying study fees or some of us are plain lazy to make that extra effort

#### How to Choose a Right Career?

Young generation needs to choose a career, gain competencies required for it, make decisions, set goals and then take an action. The process of a Career choice is a multi-step one. It requires gathering information on a number of things. You need a Self-reflection of yourself. Developing an understanding of oneself, including personal values, interests, aptitudes, abilities, personal traits and desired lifestyle. Such precision is important for an Initial Start which is the basis of a strong foundation for a prospective career. Often the wrong choice of careers either due to lack of guidance or poor choice leads to frustration and stress-related problems. Many times people jump at any first offer made to them after graduation or schooling without realizing the effects of their eagemess. It is after a few days of work that they realize that they could have got a better job or that they made a wrong decision. Also many times it happens that people just want to have a job whatever it may be as they don't want to study anymore. This attitude is a disadvantage to them as further studies will only enhance their chances of a superior job. So one needs to be very clear and careful while choosing a career.

SelfEvaluation: What's really important to you? One of the key elements in career choice is Values. Your values are the emotional basis of all that you do. To have a satisfying career one needs to have a high correspondence between one's personal values and the work they will be doing. In order to begin your career, you need to sort out your values and write them down as clearly and precisely as you can.

Know your Skills and Talents: A skill is your ability to do something. Atalent is an ability that you've been born with or something that comes naturally to you. It's very essential to recognize the difference between the two. You may be skilled at some thing and still not find it interesting. It means that you are more apt to enjoy doing what you do well naturally than what you have simply been taught to do.

Determine your Preferences: We all have a certain approach to the world which is based on certain personal preferences-how we perceive others, how we think and make decisions, whether we prefer concepts over people or vice versa, and the extent to which we are comfortable with uncertainty in our lives. For many of u,s these preferences operate at a subconscious level but they strongly influence the way we function with others.

Some questions you need to ask yourself.

Are you highly intuitive?

Are you outgoing or reserved?

Are your decisions based primarily on facts or feelings?

Your answers to these questions can tell you much about the kinds of work you will find interesting and challenging

Experimentation: More Experience, the better it is. Experience also comes from experimentation. Every career is different from the outside than from within. While in search for a new job in the market or a career change is on your mind, you need to go out and talk to people who are actually doing it. Take a job in the field or industry and see for yourself if it's really all you thought it would be. And don't rely on a single authority or work experience. Gain as much experience as you can no matter how small it may be. Sometimes in absence of guidance for a certain career choice, you can volunteer in order to gain work experience. It's much easier to test out whether it fits your values and preferences

Have a Broad Vision: An individual needs to be able to grasp the large picture while, at the same time, becoming an expert on several of its parts. Having a broad vision implies that you learn as much as you can about what jobs interest you and the careers you're considering and not just what those involved in your interest area are currently doing, but about where the industry or profession is heading.

Experience Counts more than Money in your First Job: For most new employees

it's a matter of priorities whether they are in it for loads of money or for a long term of excellence. A good way of sizing up several opportunities is to ask yourself: "Which position will offer me the best chance of becoming excellent at what I do?" And that may not be the one that pays the highest initial salary.

Aim for Maximum Commitment: Today's employers have no regard for modest

dedication and average performance. With downsizing becoming fully accepted it will not be long before you discover that you're out of a job. The only safeguard for this is to have maximum commitment. If you are unable to give the maximum output

than you need to find something in which you can.
Income-based Lifestyle Vs Expectation based Lifestyle: Employers are famous for giving promises such as - In two years, you could be making X thousands of money. And many new entrants buy into this line and begin living as though they were making the kind of money promised in two years. So you need to begin, right with your first job, to structure your lifestyle in such a manner that you can put away ten per cent of every paycheck. Starting early and investing regularly and wisely are probably two of the greatest secrets of wealth accumulation

Put some Effort in Improving your Career: You need to spend some time investing in further improvement in your career. Employers today are more interested in revenue generation from the money they are spending on you. In order to enhance your career, they need to see an immediate or relatively quick expensive benefit, or when they see the extraordinary potential. It's not wise to depend on these criteria. Dedicate yourself to getting ahead by keeping ahead, and you do that by controlling the one thing you can control: your dedication to being the best that you can be.

Adaptability: Offen we have a plan but no direction. But very few of us have directions and no plan. Also, we don't have a backup plan if something doesn't go accordingly. We need to know where we want to go and be willing to turn around, back up, and change course in order to get there. Even if we haven't planned it or set a goal for ourselves. Become adaptable to the extent that you can change course accordingly. The absolute certainty, the general direction in which you are heading and that you will get there is what you need to have a right career.

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# Women Leaders Bring Winds of change across Rural India



By: Vini Mahajan

Women leaders across rural India are contributing tremendously towards the making of a Swachh Bharat by bringing about behaviour change in communities while inspiring others to be like

It is the age of Nari Sashaktikaran or women empowerment. It is indeed high time for us to recognize and acknowledge the power of women in our society. But this is not only about women in sports, politics, cinema, armed forces, corporate businesses, or other fields. It is about common women of rural India who despite being devoid of equal opportunities and privileges enjoyed by men, have transformed into leaders and change makers of our rural communities, owing to initiatives such as the Swachh Bharat Mission Grameen, or SBM-G

As a part of the Department of Drinking Water and Sanitation, I have had the privilege of witnessing the transformation. SBM-G is currently in its second phase. While Phase I of the rogramme launched on 2nd October 2014 by our Prime Minister had making India Open Defecation Free (ODF) as one of its prime objectives, SBM-G Phase II aims to sustain ODF alongwith solid and liquid waste management.

Management including GOBARdhan, access to improved ways of non-bio-degradable Waste Management, Grevwater Management and Faecal Sludge Management leading to visual

The key perspective of SBM-G was not to merely fund and construct toilets in individual households, but to ensure a change in the collective behaviour of people. Therefore, our approach towards achieving this ma-jor feat was based on Community Led Total Sanitation (CLTS), an approach tried and tested in several countries over a period of 15-20 years. The CLTS approach encouraged partici-pation from within the community and devised solutions on the basis of their assessment. This led local women to raise their voices against the apathy faced by them since time immemorial. Only the women in our villages can appropriately describe the ordeal of defecating in the open in the early hours of the day especially during menstruation and preg-nancy, whether it was during the winters or the monsoons. Lack of a toilet at home not merely jeopardized their privacy and safety but was an attack on their basic rights.

Women being the biggest ben-eficiaries of the ODF drive led to more and more women coming forward to lead this movement and becoming the key to its success. 30 to 40 per-cent of women volunteers known as 'Swachhagrahis' triggered the process of bringing about collective behavioural changes through the emergence of natural leaders. Women Surveillance Committees or the MahilaNigrani Samitis ensured a complete ban on open defecation. With primarily women leaders spearheading this campaign, various others, including women's self-help groups, Mahila Samakhya groups

This includes Bio-degradable Waste etc., also joined in to align themselves with this movement. Women representatives, elected in Panchayati Raj institutions also played an active role in many places. It was established without doubt that the involvement of women led to the success of SBM-G, in comparison to earlier sanitation drives. Women leaders supported by a group performed exceedingly well bringing changes in community behaviours even in patriarchal societies where women were not accepted in leadership roles.

Here are some examples of some of SBMG's best performing women ambassadors who successfully brought sweeping changes in the at-titudes and behaviours of communi-

T.M. Gracy Helen from Kovandakurichi Village Panchayat in Pullambadi block of Trichy district, is one of the finest examples of a typical Swachhagrahi or a woman leader who has inspired many, both inside as well as outside her group. She has been working tirelessly for over the past two decades as a member of a women's Self-Help Group (SHG) towards promoting safe sanitation and personal hygiene practices among rural people. She was promoted to the position of a sanitation master trainer in 2015. She earned the title of a role model Motivator for playing an active role in community mobilization in her District. During the first phase of SBM-G she motivated 1520 beneficiaries in her block to construct and use twin pit toilets which helped in making her Gram Panchayat open defecation free. Her confident ap-proach and strong communication skills made her a key influencer in spreading sanitation awareness and bringing behavioural changes in her village. Under the second phase of SBM-G, Gracy contributed immensely towards the sustainability of the ODF status of her village. As a state level Master Trainer, she has trained over 2000 motivators, representatives of Panchayati Raj Institutions, Village Poverty Reduction Committee members, SHG members of various districts and many more.

Mrs. S. E. Panghate is yet another example of how a common woman with her steadfast approach, commitment and perseverance can make transformational changes across communities. Panghate hails from the Pimpalgaon village in Korpana Taluk of Chandrapur district in Maharashtra and is credited with making as many as 21 tribal villages open defecation free. She made it a point to first es-tablish communication with the village level government functionaries and motivated them to work for sani-tation in their village. After that she involved active men and women to spread the word about sanitation and the importance of villages being ODF to the maximum number of people. Along with this team of men and women, Panghate conducted village meetings and convinced people of the need and importance of constructing toilets thereby eliminating open defecation practices in the pro cess. She made it a point to person-ally visit households without toilets and convinced them to construct one. She also worked towards solid and liquid waste management for sustainable sanitary conditions in all Gram Panchayats.

These women leaders have performed exceptionally well in propa-gating SBMG and several others like them are currently working tirelessly towards making the Swachh Bharat Mission Grameen an exemplary model for others to follow.

(The Author of this article is a Secretary, Department of Drinking Wa-ter and Sanitation, Ministry of Jal Shakti, Government of India)

# Tips to play safe Holi



By: Shahnaz Husain

The most awaited summer festival is upon us!

Holi is here and the excitement is at an all-time high because of all the fun that comes along with it. Holi holds a special place in everyone's

The sacred festival brings an opportunity to connect, rejoice and rejuvenate. Down the ages, people have been delighted to splash colours on their near and dear ones to celebrate the occasion with gaietv and fun. The use of colours during Holi is not just for fun. The tra-ditional Holi colours were extracted from plants like turmeric, neem and Palash and therefore had several positive health benefits.

To make sure that Holi 2023 is the happiest for you, here are a few

Young babies have very delicate skin and immature immune systems. It is best not to put any colours on babies younger than six months because of their delicate skin. A red. sandalwood tika should be enough to symbolically celebrate the festi-

We often do not pay attention to the protection of our eyes while

Avoid wearing contact lenses. The harsh chemicals can cause an infection by smearing your lens. Wear sunglasses/goggles to avoid any sort of optical injuries from any misfired water bal-loons and to prevent colours from coming in contact with the eyes. Avoid touching your eyes while playing Holi. Do not rub your eyes! Rubbing can aggravate the problems further.

Dress yourself and your kids in full-sleeved clothes to create one more barrier between your skin and

Moisturizing skin with a natural oil-based moisturizer before heading out to play with colours is very important for a smooth, supple and ealthy skin. This creates a barrier between your skin and the colours It also helps the colours to be taken off easily upon washing.

Remember to apply sunscreen 20 minutes before going out in the sun.
Use a sunscreen of SPF 20 and above on the neck, arms, and which-ever part of your body is exposed to the sun. . . If your skin is prone to pigmented patches, select a higher SPF. Most sunscreens have built-in moisturizers. If your skin is very dry, first apply the sunscreen, wait for a few minutes and then apply a moisturizer. Apply moisturising lotion or cream on the arms and exposed ar-

Apply leave-on conditioner or hair serum on hair before playing Holi. Oil your hair or wear a ban-dana/ scarf/ cap to cover your hair.

Hair Cream containing sunscreen is also available in the market. Take very little, spread on both palms and massage light into the hair, or smooth palms over the hair. Or, apply pure coconut oil/ mustard oil and massage it lightly into the hair. Oil will make sure your hair doesn't get too dry and the colour also does not go deep into your hair, causing breakage and dryness. . This also provides protection

against colours.
You'll need to protect your nails too! Paint your nails with two coats of good quality nail paint to prevent your nails from getting stained. . This helps to protect the nails from absorbing Holi colours.

The real problem is the removal of colours after playing Holi. Rinse the face with plenty of plain water and then use a cleansing cream, or lotion. Apply and massage it on the face. Then wipe off with moist cot-ton wool. Remember to cleanse the area around the eyes too, using a light touch. A cleansing gel helps to dissolve the colours and facilitates their removal.

To make your own cleanser, take half a cup of cold milk and add one teaspoon of any vegetable oil, like "til," olive or sunflower oil. Mix well. Dip cotton wool into this mixture and use it to cleanse the skin.

Use *ubtan*, a pack made with gram flour, curd and turmeric to remove the colour from your skin gently. This pack will not only help to reduce the colour of your skin, but it will also nourish it in the process and keep the damage away

Sesame seed (til) oil can be used to remove colours from the body massaging it on the skin. This not only helps to remove the colours. but gives added protection to the skin. Sesame seed (til) oil actually helps to counteract sun-damage While bathing, scrub the body gently with a loofah or wash cloth. Immediately after your bath, apply a moisturizer on the face and body, while the skin is still damp. This helps to seal in moisture.

If there is itching, add two tablespoons vinegar to a mug of water and use it as a last rinse. This helps to reduce itching. However, if the itching continues, and there is rash and redness, there may be an aller-gic reaction to the colour. Consult a

doctor as soon as possible. While washing the hair, first rinse with plenty of plain water to wash away the dry colours and tiny particles of mica. Then apply a mild herbal shampoo, working it into the hair with the fingers. Massage the scalp gently and rinse thoroughly

h water again. Beer can be used as a last rinse. In fact, it will soften and condition the hair. Add the juice of a lemon to the beer. Pour over the hair after shampooing. Leave on for a few min-utes and rinse off with plain water.

The day after Holi, mix two table-spoons of honey with half a cup of curd. Add a pinch of turmeric. Ap-ply this on the face, neck and arms. Leave it on for 20 minutes and wash it off with water. Helps to remove tan and soften the skin.

Within the next few days give

your hair a nourishing treatment. Mix one tablespoon of pure coconut oil with one teaspoon of castor oil. Heat and apply on the hair. Then dip a towel in hot water, squeeze out the towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and scalp absorb the oil better. Wash your hair after an hour.

Avoid travelling to overcrowded places if you have any chronic res-piratory diseases, and celebrate safely at home.

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

Imphal Times

# **Supreme Court order on composition of Election Commission is a positive step**

By Sushil Kutty

Before the year is out there will be more than one troubling contretemp for the Bharatiya Janata Party. For the Supreme Court, and for the Modi gov-ernment, too. Both are in the middle of a war over the appointment of the Chief Election Commissioner and his two election commissioners. The Supreme Court says that the Centre can no longer be the sole arbiter

The Supreme Court has gone ahead and divested the Centre of the prerogative! But what if the Centre does not agree to implement the apex court order? Will the Centre challenge the judiciary and insist that the courts cannot be higher than "We the People"? India is run by the Constitution. and the statute book is clear on the separation of power.

Fact of the matter is, it does not matter how cloistered the minds of the 'Milords' are the Supreme Court is behaving like the "Brahmins" of vore who interpreted the scriptures!

One view says the fivejudge constitution bench overshot its judicial outreach, which calls for just desserts! Point is, in a grouping of three, how can the CJI be more equal than the PM and the LoP? Is it

On March 2, the top court

ruled that the troika of election by a committee comprising the Prime Minister of India, the Leader of the Opposition in the Lok Sabha, and the Chief Jus-tice of India. And whenever there are contretemps, the CJI will break the logjam?

But expecting the Prime Minister and the Leader of the Opposition to even agree to disagree is asking for too much. The Prime Minister represents the victorious side, and the LoP cannot forget his side lost. So, why would the two be on the same page?

Which leaves the Chief

Justice of India in a privileged place. The reality is, this whole thing about the "indepen-dence of the judiciary" is a hoax. The judiciary is as biased as a cow to its calf. Can Rahul Gandhi, supposing he be-comes LoP, be on the same page with Narendra Modi? Unthinkable. The two are diametrically opposites with dif-

ferent ideologies?

And why should the CJI appoint himself to the committee, will he be any less or any more independent and free and fair than the Prime Minister and the LoP? The CJI cannot be any less compromised or any ore calculative than the Prime Minister of India.

And the LoP? The LoP represents the 'defeated'. Prime Minister speaks for the

victorious. Both cannot be given the same weightage. The five-judge bench should have applied its mind before coming up with this harebrained solution.

The reality is Prime Minister Narendra Modi and democracy doesn't gel, and the Supreme Court has played 'first among equals'. What's the guarantee that whenever there's a dispute on a decision to settle, the LoP and the CJI wouldn't get together to stymie the Prime Minister of India, does not matter which

party is ruling at the Centre? Narendra Modi cannot be Prime Minister forever. That said there would be countless judicial coups whenever Prime Minister Narendra Modi refuses to fall in line with the combined decision of the LoP and the CII? As of March 2 2023, the buck stopped Chief Justice of India DY

Chandrachud's door.
And if it hasn't dawned on anybody yet, the current CEC and the one before him have both been rendered illegal appointments after this SC ruling. Also, both the 2014 and the 2019 general elections were fraud elections because they were overseen by a CEC wrongly appointed by Narendra Modi, the faux Prime Minister of India since 2014.

The fact as it stands today is that for nearly a decade there missioner conducting elections that ensured that an illegitimate Prime Minister took charge of India?

Come to think of it, the 16th and 17th Lok Sabhas were illegal and the Supreme Court of India should forthwith dismiss Prime Minister Narendra Modi, and his entire Cabinet.

What galls the BJP is the thought that CJI Chandrachud has opened the door to Wayanad MP Rahul Gandhi to become Leader of Opposition. Rahul will become equal part-ner in the 3-member committee. At par with the Prime Minister of India, in deciding who will run the world's largest democracy! Rahul Gandhi could, if he wants, stymie Narendra Modi to the extent that Modi's writ is stultified and rendered beyond repair.

With its CEC verdict, the

Supreme Court has put Prime Minister Narendra Modi and his government on notice. If elections are held under the eve of a truly autonomous Election Commission headed by an equally independent CEC, the results might be startling. For the first time in nearly a decade, the Prime Minister has been challenged and that is tantamount to an ultimatum. the chickens are coming home Narendra Modi. (IPA Service)

## After 97 days, India records more than 300 fresh COVID-19 cases

Agency New Delhi, Mar 4:

India logged more than 300 fresh coronavirus cases after 97 days, while the active cases increased to 2,686, according to the Union health ministry data updated on Saturday.

The country saw a singleday rise of 334 new cases, while the death toll rose to 5.30.775 with three latest fatalities — two reported by Maharashtra in the last 24 hours and one reconciled by Kerala, the data updated at 8 am stated.

The country's infection tally stands at 4.46 crore (4,46,87,496).

The active cases now comprise 0.00 per cent of the total cases, while the national COVID-19 recovery rate has been recorded at 98.80 per

cent, according to the health ministry website

The number of people who have recuperated from the disease surged to 4,41,54,035, while the case fatality rate was recorded at 1.19 per cent.

According to the ministry, 220.63 crore doses of Covid vaccine have been administered in the country so far un-der the nationwide COVID-19 vaccination drive.

# NCW organizes discussions on Role of Media and Entertainment in **Empowering Women ahead of International Women's Day**



The National Commission for Women in collaboration with Netflix hosted special discus-sions yesterday on the role of media and entertainment in em powering women, ahead of In-ternational Women's Day.

The two panel discussions brought together some of the most distinguished personalities from the industry, academia, NGOs, women actors and directors who shared their perspective on the role of storytelling in shaping the narrative of women

empowerment. Rekha Sharma, Chairperson, National Commission for Women said, "Cinema can be a massive change-agent, but their full potential cannot be realised until we accept and elevate the voices and stories of women. Women's involvement in all facets of the film industry, including writing, directing, produc-

ing, and acting, not only inspire and encourages women everywhere but also ushers in a future that is more fair and inclusive for everyone. Through this NCW-Netflix collaboration, we aim to highlight the amazing abilities of women in film so that future generations will be able to hear their voices, learn about their experiences, and be in-spired by what they have accomplished." Tanya Bami, Series Head,

Netflix India spoke on the role of storytelling in driving female forward narratives.

The day-long event started with a panel discussion on the role of media and entertainment in women empowerment. The panel had celebrated actor and producer Huma Oureshi. Himanshu Rai- Director IIM Indore, Veerendra Mishra - IPS AIG MP Police, Nayana Sahasrabuddhe - President, Bhartiva Stree Shakti, Privanka Kher - Breakthrough India and

Uday Singh - Head Motion Pic tures Association.

The second-panel discus-on titled 'Her Story, Her Voice: A Conversation with Women in Media & Description of the Media and Media and Section of the Media and Medi oning female representation in the entertainment industry. The panel featured women actors and directors who are known for their stellar work in depiction of strong, progressive and resilient women through their

On the panel were Rasika Dugal (Indian Actress known for her role in Delhi Crime), Jasmeet K. Reen (Director, Darlings), Mrunmayee Lagoo Waikul (Director of Thappad), Prajakta Koli (Indian Youtuber & Dramp; Actress, known for her role in Netflix series Mismatched) Tanya Bami, Series Head, Netflix India represented the streaming service on the panel. The session was moderated by film critic Sucharita Tyagi.

# Manish Sisodia's bail plea in liquor policy case to be heard on March 10; CBI seeks 3-day extension in custody

Agency New Delhi, Mar 4:

A CBI court on Saturday reserved its order on former Delhi deputy chief minister Manish Sisodia's bail plea in the city's excise policy case and issued a notice to the probe agency. The court posted the matter for hearing on March 10. The Aam Aadmi Party leader, arrested on Sunday in connection with city's liquor policy case was pro-duced before the Rouse Avenue Court in Delhi as his fiveday CBI custody ended to-

The CBI sought an extension of Sisodia's remand for three more days. However, se-

Dayan advocate Krishnan appearing for Manish Sisodia opposed the CBI's application, and argued that the extension of remand is not justified. He also said that the inefficiency of the CBI to complete the probe cannot be a ground for remand.

Krishnan also told the court that Manish Sisodia's "non-cooperation" cannot be a ground for his custody and cannot be asked to incriminate himself.

Sisodia in his bail application said that no fruitful pur-pose will be served by keeping him in custody as all recoveries have already been

evening after being inter-rogated for nearly eight hours by the CBI in connection with alleged corruption in the formulation and implementation of the city's now-scrapped ex-cise policy for 2021-22.

The Central Bureau of Investigation (CBI), in a statement, said that Manish Sisodia was arrested as he gave evasive replies and did not cooperate in the investi-gation despite being confronted with evidence to the

A day after his arrest, Sisodia moved the Supreme Court against the CBI's move. The AAP leader was The top court, however, told

him he should have gone to the high court, following which Sisodia withdrew his application and said he will go to the trial court.

The CBI on November 25 last year filed a charge sheet in connection with the case, naming businessmen Vijay Nair, Abhishek Boinpally and five others as accused. Sisodia, who also held the charge of the Excise department, was not named as accused in the chargesheet.

The probe agency alleged that the Delhi government's excise policy meant to grant licences to liquor traders favoured certain dealers who had allegedly paid bribes for it.

# Meghalaya: NPP VP tells opposition camp to win 32 seats first before appointing Khasi CM

Agency Shillong, Mar 4:

As the political confusion continues in Meghalava over who might form the govern-ment, National People's Party (NPP) Vice President Prestone Tynsong dared the opposition camp to "first win" 32 or more seats in the Khasi-Jaintia Hills region.

His statement was in con-ection with a possible Khasi Chief Minister being nominated by the anti-NPP-BJP alliance.

He as per some reports said that the opposition camp needs to win 32 seats in the region before staking claim to form a government



and appointing a Khasi

He said that the mandate

given by the people should be respected and that the NPP respected the decision to make Conrad Sangma Conrad Sangma their CM for the next five

Tynsong added that one cannot force people to ap-point a CM simply due to their desires and that certain conditions must be respected.

All the parties in the state had a discussion to form the government in an alliance. The meeting had representatives from all parties except for BJP and NPP.

The meeting also had TMC and UDP representatives who along with the Congress may lead the gov-ernment in the state, said the

While no confirmation on what the equation on the po-sition may be between the parties, the source said that the alliance would have MLAs of UDP, TMC, Congress, PDF, and HSPDP as well as one Independent

The total number of support claimed by the alliance is 31 MLAs which may be announced soon.

Some reports state that the alliance would also be given a new name.

The source added that UDP would hold the Chief Minister's post while TMC would hold the Speaker's po sition in the state assembly.

### GOVERNMENT OF MANIPUR OFFICE OF THE DEPUTY REGISTRAR OF SOCIETIES, IMPHAL EAST

### NOTICE FOR OBJECTION

Dated, the 03/03/2023

No. 1/prop/SR/2021(IE): It is hereby notified for general information that an application has been received by this office from the Major Karan Polo Club on 03/03/2023 for registration under Section 4(1)(2) & Section 5 of Manipur Societies Registration Act 1989 and Rule 5 of MSR Rule 2004 within the area of operation of Nameirakpam Leikai, Thongju Part-II, Imphal East District.

In the matter, Notice for objection is circulated/notified for information of general public/ registered Assn. for submitting/inviting objection if any in writing (Aadhaar of the complainant or Secretary with seal Assn/NGO/Orgn) to the undersigned against tee formation registration/registration of propose Assn/Organisation/NGO within 15 (fifteen) days from the date of publication.

Complain/objection if not submitted during the mention period, the application for registra-tion in the prepossessed name of Assn./NGO/Orgn. may be initiated/considered/proceeded for registration as deem fit under Section 7(1)(2) of SR Act, 1989 and Rules 6 MSR Rules, 2004. Any objection receiving by way of postural service/hand post/special messenger after the above mentioned period will not be considered/entertained.

Sd/-

T. Somokanta Singh Deputy Registrar of Societies Imphal East District

# PM Modi to attend swearing-in ceremony of BJP govt in Tripura

Prime Minister Narendra Modi will attend the swearing-in ceremony of the new BJP-IPFT government in Tripura on March 8, a senior official said on Saturday.

In the recently concluded Tripura Assembly elections, the BJP won 32 seats in the 60-member Assembly while its ally IPFT won one seat.
"Chief Secretary S K Sinha

is holding a meeting with senior officials regarding the Prime Minister's visit to the state. An SPG team is also arriving today. The Prime Minister is coming to attend the oath-taking ceremony of the new government on March 8", the senior police official senior police official told PTI.

Chief Minister Manik Saha on Friday tendered the resignation of his government to Governor Satyadeo Narain Arya. He had told journalists that the new government will take oath on March 8 and Prime Minister Narendra Modi is scheduled to attend the event.

The oath-taking ceremony of the new government will be held at Vivekananda ground here.
"Assam Chief Minister

Himanta Biswa Sarma, who is the chairman of NEDA, is likely to arrive today. Besides, senior party leaders and chief ministers of BJP-ruled states will also be invited to witness the swearing-in ceremony of the new government", BJP state vice president Rebati Tripura said on Saturday.

BJP state in-charge Mahesh Sarma and election in-charge Mahendra Singh are also in the northeastern

state.
"The meeting of the party's newly elected mem-bers is yet to be finalised", said BJP state spokesperson Nabendu Bhattacharjee.

# All party-alliance may form government excluding BJP, NPP in Meghalaya

Agency Shillong, Mar 4:

As the political scenario in Meghalaya turns out to be quite blurry, it is being reported that a different alliance may form the government in the state which would exclude the NPP and BJP. OnMarch 3, NPP Chief Conrad

Sangma met the Governor of Meghalaya to stake claim to form the new government. Sangma claimed that he had the support of 32 MLAs and was scheduled to take oath on March 7.

However, later in the night, the Hill State People's Democratic Party (HSPDP) said that it had withdrawn the support from the National People's Party (NPP) led government

Sources said that following the withdrawal all the parties in the state had a discussion to form the government in an alliance. The meeting had representatives from all parties except for BJP and NPP.

The meeting also had TMC and UDP representatives who along with the Congress may lead the government in the state.

While no confirmation on what the equation on the position may be between the parties, the source said that the alliance would have MLAs of UDP. Congress, PDF, and HSPDP as well as one Independent MLA

The total number of support claimed by the alliance is 31 MLAs which may be announced soon.

Some reports state that the alliance would also be given a new name

The source added that UDP would hold the Chief Minister's post while TMC would hold the Speaker's position in the state assembly

# We consider infra development as driving force of economy: PM

Agency New Delhi, Mar 4:

Prime Minister Narandra Modi on Saturday said the government considers infrastructure development as the driving force of the economy and this will help India become a developed country by 2047.

Addressing a post-Budget webinar on infrastructure and investment, he said that this year's budget imparts new energy to the growth of the infrastructure sector in the country.

'We consider infrastructure development as the driv-ing force of the economy; India will achieve the target of becoming a developed nation by 2047 by following this path," Modi said.

He said that now there is a need to increase the pace

move on top gear and in this Prime Minister Gati Shakti national master plan would play a critical role

He added that the government is working to create modern infrastructure in all areas such as roads, railways,

ports and airports.
It would help in enhancing competitiveness of businesses and reduce logistics

Prime Minister Modi said the government's capital expenditure or capex has in-creased 5 times as compared to 2013-14.

Under the National Infra-structure Pipeline, the government is aiming to invest Rs 110 lakh crore in the coming time.

Presenting the Union Budget in the Lok Sabha on February 1, finance minister nounced hiking the capital expenditure by 33 per cent to Rs 10 lakh crore for infrastructure development for

"Infrastructure has always been important in the development of any country. Those who study the history related to infrastructure know this very well," Modi said as he cited several examples from India.

Modi further said that for decades a thinking dominated in India that poverty is a virtue and earlier govern-ments faced difficulty in investing in the country's infrastructure.

"Our government has not only pulled the country out of this thinking, but it is also making record investments on modern infrastructure," he said.

age annual construction of national highways has nearly doubled since 2014, and electrification of railways lines has increased to 4,000 route kilometers from 600 route ki-

He also pointed out that the number of airports have increased to around 150 from 74 in 2014.

'We consider infrastructure development as the driving force of the country's economy. Following this path, India will achieve the target of becoming a developed nation by 2047. Now we oped nation by 2047. Now we have to increase our speed further. Now we have to go in top gear," Modi said. Modi said the Gati Shakti National Master Plan is go-

ing to rejuvenate India's in-frastructure and multimodal

# AR foils drugs smuggling



IT News Imphal, Mar 4

Keithelmanbi Battalion under the aegis of HQ IGAR(South) foiled illicit Heroin brown sugar smuggling in Waheng Leikai, Jiribam Parking, Imphal West district yesterday.

In an effort to curb antisocial activities and containing movement of contraband items. Assam Rifles in conjunction with Manipur Police apprehended one woman smuggler in possession of 551gm of Heroin brown sugar amounting to approximately 55

Arrested woman along with seized items were handed over to Imphal PS for further legal action.

# **Yaipha Thourang Crafts Bazar**

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

DATE: 24th Feb., to 5th March 2023 TIME: 9:00 a.m. to 8:00 p.m.





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

Organised by:

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