

JANUARY 2019 | ISSUE NO. 1

PAOTHANG

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The AMAND, Pune Half Yearly Newsletter



TOBACCO:
BEWARE OF THE SILENT KILLER
DR. LEIMAPOKPAM
SWASTICHARAN

**DO YOU CALL IT
MANIPURI KOMBIREI?**
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Dr. M. Niraj Luwang, Gen. Secy.

Message from the President

Greetings to all the esteemed members of AMAND Pune!

It gives me an immense pleasure to share with all of you that the Association of Manipuri Diaspora (AMAND) Pune is proud to have another feather in the cap by presenting its first ever e-newsletter, Paothang

AMAND has been executing a fairly good number of mission mode as well as event-based projects each year successfully. The success and growth story of this association continues at an accelerated rate and hope to continue this trend in the future too. What makes me exuberant is the fact that the achievements are in tune with the realisation of the mission and vision of this association. The success and growth of AMAND would not have been possible without the continuous, collective, and dedicated efforts rendered by all the members in one way or the other. AMAND continued its

collaboration with various like-minded organisations for assorted event-based programs on cultural activities, educational programs, social outreach programs, community welfare programs, and many more. Efforts are also underway to provide necessary help/guidance to the needy sections of the society. As we move ahead on our aggressive growth path, I would reiterate to unite and work together to overcome all challenges that come on our way and take AMAND to a new height in the days to come.

This e-Newsletter presents the glimpse of the major activities of this organisation during the last three months. This will help in making a bridge amongst the members through regular communication and high-valued information. The invited article and the guest articles in the newsletter are the value-added bonanza to the readers.

Not only our members excelled in their professional realm, but also equally manage and balance the excellence in home front as well as societal issues to make the growth of AMAND Pune. I am also proud to thank our members as well as kids who have received national and international recognitions in their professional career/academic career/ extra-curricular activities.

On behalf of AMAND and on my personal behalf, I also express my sincere gratitude to our sponsors/ well-wishers for their unconditional support, help, and cooperation in our activities. I am also confident that every one of us will exert and use all possible potential to make AMAND a full-fledged & self-sustained community organisation in the days to come.

Lastly, I would like to take this opportunity to thank and congratulate Shri Ch. Kulabidhu Singh, Chief Editor, and his team for their passion and dedication and making all of us feel proud by bringing out this first ever e-Newsletter of this association.

Long Live AMAND!



(Dr. H. Narendra Singh)
President
AMAND, Pune



Dr. H. Narendra Singh is a Senior Scientist working with the Centre for Climate Change Research, Indian Institute of Tropical Meteorology, Pune, an Autonomous Institute of the Ministry of Earth Sciences, Govt. of India. He is the person behind the formation of AMAND Pune and one of the founding members of this registered non-profit and non-governmental community association. Currently, Dr Singh is the President of the association.

March 27, 2019
Pune

Message from the Chief Editor

Greetings from AMAND Newsletter Team!

The Association of Manipuri Diaspora (AMAND), Pune was founded on the 11 th September 2011 by a few like-minded working and retired Manipuris, residing in Pune. Since then, this non-profit, non-governmental organization has been growing fast with a gradual increase in various activities. The association serves for the welfare not only for the Manipuri diaspora living in Pune but also for the local community in and around Pune as well as for the people back in Manipur, our home state.

Various thoughts were put together to improve communication and interaction and to share welfare news amongst the diaspora families. The discussions and meetings of the Executive members over the past few years have finally resulted in the birth of "Paothang", AMAND's e-newsletter. The first issue was planned to be released in the month of January this year. But the e-newsletter has been delayed due to other engagements of the members with their tight professional schedules. I sincerely apologize for this delay.

On behalf of the newsletter team, I'm glad to present "Paothang", AMAND's maiden issue of the half yearly e-newsletter. The content consists of AMAND's activity news, articles from its members and families as well as articles from the invited guests. You may kindly contribute your success stories, travel stories, activities away from your professional life, poems, short stories, children's achievement in their studies, paintings, drawings, etc. We will be happy to share the same with other families through this e-newsletter. Suggestions are always welcome for further improvement of the content and quality of the forthcoming issues of the e-newsletter.

I would like to take this opportunity to thank AMAND Executive members for giving me a chance to be the Chief Editor for its maiden publication. I would also like to thank Ms. Anju Arambam for proofreading the content and Mr. David Huirongbam for all the design works done besides their busy professional and personal lives. Last but not the least, my sincere thanks goes to Dr. H. Narendra Singh, honorable President, and Dr. M. Niraj Luwang, General Secretary, without whose continuous contributions and support, the publication would not have been possible.

Sincerely yours,



(Kulabidhu Chanam)
Chief Editor,
Newsletter, AMAND, Pune



Kulabidhu Chanam is a Petroleum Geologist by profession and is currently working as a Consulting Wellsite Geologist with Cairn - Schlumberger Integrated Drilling Services Project, India. Mr. Chanam is also the Secretary, Information and Publicity, AMAND, Pune.

March 30, 2019
Pune

GUEST ARTICLE

DO YOU CALL IT MANIPURI KOMBIREI?

(IRIS LAEVIGATA FISCHER)

BY DR. BIRKUMAR HUIDROM

The Iris Linnaeus (Iridaceae), a small genus with nearly 225 species worldwide is widely distributed over much of the temperate and sub-arctic regions of the Northern Hemisphere (Lawrence, 1951). Seventeen species of Iris are reported from India (BSI, 2016) out of which eleven are from the Himalayan regions only (Polunin & Stainton).

An Iris species locally called Manipuri Kombirei or Manipuri Iris was naturally grown in the two wetlands in Manipur namely, Yaralpat (Imphal East district) and Lamphelpat (Imphal West district). This species was never reported from India (Lawrence 1951, Polunin & Stainton 1984, BSI 2016, Deb 1961). It was studied and identified by the author in 2018 as *Iris laevigata* Fisch. The record of this species, *Iris laevigata* Fisch from Manipur, India has been authenticated for the first time through Royal Botanic Gardens, Kew, United Kingdom in 2018 by the author; and hence it is a new addition of species to the flora of India. Currently, the so called Kombirei plants by the general public of Manipur which are widely cultivated and maintained in the gardens of Manipur are not the original Manipuri Kombirei. This species is an exotic species introduced in Manipur in the recent times which is botanically called *Iris sanguinea*.

Distribution of Manipuri Kombirei:

The *Iris laevigata*, locally called Kombirei which was naturally grown in 2 wetlands viz., Yaralpat and Lamphelpat are now no longer grown naturally in these two wetlands. The same plant once abundantly grown in Lamphelpat was misidentified & published as *Iris bakeri* Wall whose nomenclature does no longer exist in the list of Iris found in the world. Some population of the plants are being maintained in a private farm land by a society called Ipa-Thoukok, Lamphelpat which is in the vicinity of the natural habitat at Lamphelpat. The population is estimated to be around 1400 plants/plantlets extending to an area of 0.55 hectare only. Under this situation the plant may be assumed to be a very critical on the verge of complete disappearance from the soil of Manipur, India. The plant is also reported in the Flora of China (www.eFloras.org). It is also reported to have been cultivating in Japan for the last 1000 years or so and generally known as the Japanese Iris (William Shears). Now the original Manipuri Kombirei is in the verge of extinction from Manipur (India) if no proper conservation policy, protection and propagation strategy is not taken up immediately.

Legends associated with Manipuri Kombirei

Iris plants are generally called “Kombirei” in Manipuri society. Some legends are associated with this blue-coloured beautiful flower of *Iris laevigata* in Manipur. As narrated by ancestors it is believed that the word Kombirei is derived from the words



Photo: *Iris laevigata* Fischer (Manipuri Kombirei)

Kum-pi-lei (kum = season; pi = dominant; lei = flower). The flower is most beautiful, dominant and bloom full during the spring season (Manipuri New Year which generally falls during the month of April). The flower of this plant is used as a symbol of the Manipuri New Year called as Cheiraoba. Traditionally Kombirei has been offered on the Cheiraoba day and is available in the local markets during this season. Now-a-days, due to unavailability of this flower, the blue flowers of other introduced *Iris* species (*Iris sanguinea* Don ex Hernem) and *Jacaranda mimosifolia* D. Don (locally called Krishna pambi - an exotic tree species of Bignoniaceae family introduced as avenue tree species) is used as a surrogate of it.

According to one of the Manipuri legends, Kombirei is name of a lower caste girl who fell in love with a higher caste boy. Due to the caste difference, the society rejected them. Society did not allow them to get married and consequently the girl committed suicide to save the disgrace. It is believed that the beautiful Kombirei plants were grown up from the place where her dead body was disposed. The tragic end of the story made the human society to realize the stigma of caste system. A popular Manipuri

feature film entitled Kombirei is also made on the same story line. Popular Manipuri romantic songs like “Kombirei Yaralpatki Kombirei Paima Pukning Nungonle.....”,, “ Lamphel nawa Kombirei”, are describing about this flower. Hence this flower is offered during Manipuri New year (Cheiraoba) celebration to resolve against the stigma of caste system in the society.



Dr. H. Birkumar Singh is presently working as a Principal Scientist at CSIR: North-East Institute of Science & Technology, Branch Laboratory, Lamphelpat, Imphal, Manipur, India.

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TOBACCO:

BEWARE OF THE SILENT KILLER

BY DR. LEIMAPOKPAM

SWASTICHARAN

Origin/Discovery of tobacco

When Christopher Columbus discovered America, he also discovered that many natives were smoking some green leaves. Historians are of the opinion that tobacco was probably used for medicinal purposes, owing to the archaeological findings. The modern documentary evidence of the use of tobacco dates back to the 15th century, wherein the native Indians on Margarita Island off the present day Venezuelan coast were described to be chewing some green herb. However, Christopher Columbus's voyage to America is often the most significant point in history for the introduction of tobacco to Europe. Gradually, with subsequent voyages, the cultivation and the use of tobacco in various forms established in Europe.

Tobacco was introduced to India by the Portuguese in 1600 AD, and it became an integral part of the Indian culture because of its widespread social acceptability. Gradually, it became an important commodity in the barter trade and India started growing tobacco as a cash crop. The overwhelming growth of the tobacco market in India was not only driven by the economy but also by a multitude of socio-cultural factors. Unfortunately, it spread all over the country

and far eastward to become a part of the religion and socio-cultural norms. Now, in many activities tobacco continues to be a part of the rituals. In Manipur, we can see images of our ancestral God, Ima Imoinu with a hidakphu [an improvised water-pipe or sheesha or hukkah]. This is the tragedy with which we are doomed to live with.

One night in a Manipuri's life

Last night at 9:30 PM, Laishram Gopal was brought to the RIMS Casualty department with the history of sudden inability to move on one side of his body. He is just 48 years old and is diagnosed to be suffering from cerebrovascular accident, which is commonly called "stroke". He picked up the habit of smoking at the age of 12 during his school days

Around that time, Laijalembi was returning from Tata Memorial Hospital in Parel to her rented room in Wadia road above Ramesh Tailor, after attending her ailing husband, who was operated for oral cancer, the day before. He was a user of chewing tobacco, commonly called "zarda". The doctor had told her that her husband would never be able to speak again because the major surgery had removed his tongue and part of the voice box in his throat.

The electricity had just gone off during this time in Ukhrul and Umnim Simray lay still in her bed. The voices of the carol singers in the nearby Tangkhul Naga Baptist Church had died down a while ago. In the dark, she remembered the first time she picked up a bidi butt, which her father threw away outside the house and out of curiosity she smoked the still burning bidi. Ever since she had been smoking bidi and eating "talaab", and she had contracted tuberculosis. The doctor had told her that her smoking habit has made her more vulnerable to the disease though it actually is caused by bacteria.

James Houpu in Thanlon Bazar, Churachandpur, was also sleepless that night in his house above the shop owned by Gopaldas. He had sold off all his land just to treat his father suffering from oesophageal and stomach cancer. His father smoked occasionally but used to drink “tuibur” (tobacco water) which he used to buy from his friends in Khawkawn from the neighbouring state Mizoram. James prayed for himself that he dies of some sudden death and to not rot each day like his father. He also wondered what that yellowish pungent smelling liquid contained.

These are just few stories happening right now, not just in Manipur but also in many parts of the world. These are the woes that a product called tobacco inflicts on humanity. Let me take you through the history of tobacco.

What actually is tobacco?

Tobacco is derived from the leaves of a plant called *Nicotiana tabacum*. It is available for consumption in (1) smoking forms such as cigarette, bidi, chillum, cigar, cheerut, and hukkah; and (2) smokeless or chewing forms such as zarda, khaini, and gutkha. These are often consumed with areca nut in betel quids or what we call “kwa” in Manipur. Tobacco is also smoked in hukkah, sheesha, or hidakphu and also drunk as “tuibur” in Mizoram and neighbouring districts of Manipur such as Churachandpur.

What are the health effects of tobacco?

Tobacco users become nicotine addicts and because of the various chemicals, including carcinogens [about 5,000 chemicals and 60 carcinogens in smoking forms and 3,000 chemicals and 29 carcinogens in smokeless tobacco], people suffer from various diseases

such as cancer, heart diseases, stroke, and respiratory diseases. Pregnant mothers, who smoke tobacco or who are exposed to second-hand smoke, suffer from adverse pregnancy outcomes and their babies may suddenly die without any known reason [sudden infant death syndrome]. Because of the effects of tobacco use which result in various diseases, people die young – what we call pre-mature deaths.

People are also burdened economically because of the huge out-of-pocket expenditure they have to incur for treating themselves or their near and dear ones for the diseases related to tobacco use. Apart from the monetary loss incurred, children/college going students often lose their school/college hours and many workers or office goers are forced to take leave from their work places because of the diseases inflicted with

How many people use tobacco in India and in Manipur?

The Government of India conducts the Global Adult Tobacco Survey to determine the prevalence of tobacco use in the country. As per the latest GATS 2 (2016-2017) report, there are about 266.8 million adults (28.6%) who consume some form of tobacco or the other. Out of this, about 99.5 million people (10.7%) smoke tobacco and 199.4 million people (29.6%) use smokeless tobacco (i.e., chewing tobacco).

In terms of the prevalence of tobacco use, Manipur has the third highest in the country with 55.1% of all adults either smoke tobacco and/or use smokeless tobacco. What is alarming is that 45.2% of women use smokeless tobacco, i.e., chewing forms of tobacco. This is not surprising given the number of paan dukans (paan shops) in the

state with a huge base of women cliental. This is not just statistics but a precursor of many diseases.

What do we need to do?

The Government of India is implementing programmes through the State Government such as the National Tobacco Control Programme with the objectives of increasing awareness to deter people from initiating tobacco use and to encourage existing users to quit tobacco use through available quitline [1800 112356] and by establishing tobacco cessation centres across the country in most districts.

The other objective is to implement the Cigarettes and Other Tobacco Products Act, 2003. There are laid down operational guidelines of the programme which the state has to implement. Very aptly, the following recommendations were given to the Government of Manipur for a tobacco-free Manipur by Ms. Anupriya Patel, the Minister of State, Ministry of Health and Family Welfare during her visit to the state of Manipur from 31st May to 1st June 2017:

- Hon'ble CM requested to set a deadline of 6 months to 1 year.
- Setting up the verticals: Necessary orders from the Office of the CM/Chief Secretary to take up COTPA 2003 and NTCP implementation on a war footing.
- Necessary Orders from Department of Home [inclusion of COTPA in Monthly Crime Review Report (MCR) format], Education and Health for implementation.
- Fill up all the sanctioned posts under NTCP at the District and State level [utilise the funds parked for the purpose].
- Integrate with other related programmes.
- Prepare local IEC material with theme issues.

- Implementation of the existing Gutkha and Smokeless Tobacco Ban more effectively.

Some myths of tobacco we need to understand

1. Tobacco use is a personal choice.

This myth is not true as children below underage who are unable to decide what is right or wrong pick up this habit. The tobacco industry targets these young groups and traps them for life before they kill them with the various diseases.

2. One day we all have to die, so let me smoke or chew tobacco and die.

With tobacco-related diseases, you do not just die. You may suffer for years and may be in a very bad shape incurring heavy expenditures and taking your whole family down with you as you suffer and die.

3. My grandfather has been smoking for 40 years, nothing happened to him.

You may have one incidence of a person who somehow survived because of strong genes and other life-style specific habits of him, but you may be ignoring all those known-to's or friends who have died prematurely due to tobacco-related diseases.

4. Smokeless or chewing forms of tobacco are less harmful than smoking forms.

There is no safe limit for chemicals contained in the tobacco, whatever is the form. Smokeless forms of tobacco are as harmful as the smoking forms of tobacco.

5. Tobacco is much better than hard drugs.

Tobacco can often be the gateway product. No one starts with a hard drug, but usually start with tobacco and then graduate to other intoxicants. Beware of tobacco in any form.



Dr. Leimapokpam Swasticharan is presently working as a Chief Medical Officer at National Tobacco Control Programme, MoHFW, Govt. of India.

INVITED ARTICLE

EXERCISE YOUR RIGHT WITH RTI

BY MR. PRADEEP CHELLAPAN

Right to Information, also known as RTI, is a powerful tool for the common people of India. The Right to Information Act, 2005, was passed by the Parliament in 2005 to ensure that the citizens of the country could seek relevant information from the Government authorities of India and instrumentalities of the state. It replaced the erstwhile Freedom of Information Act, 2002. Though this act serves as a source of information, there is very little awareness about how the tool can help an individual in his/her day-to-day life.

The misconception comes from the moment people hear the word "RTI", because according to most people, it is something that is used only by RTI activists to unearth scams, usually pointing at the governing dispensation. The reason is obvious because there is regular news about RTI activists seeking information which was not being disclosed because of possible involvement of Government officials or the political class. There is also news about RTI activists fearing threats to their lives because of the information they seek from authorities. However, my focus is about how this tool can help us in our day-to-day life. I would like to share my experiences on how this tool has helped me in three instances. The first instance was the issue with my passport, which ran out of pages, but was still valid. This was in 2011 and since there was no change in any of my personal details, I expected the passport to be delivered at the earliest.

However, still after a month, I did not receive my passport nor could I get information on the official website or through phone calls. I found out about the RTI and realized that I could file an RTI application online for just INR 10/- which could be paid via debit/credit card or net banking. Though I was skeptical, especially because it was a Government thing, I still filed the RTI because I always would love to try something new. After a week, I received a letter from the Ministry of External Affairs, saying that if I had still not received my passport, I should mail them at a given address, which I promptly did as I had not received my passport. It was on a Friday that I had sent the mail and just 2 days after on a Monday morning, I got a call from Delhi. The person on the phone asked me very politely if I could speak Hindi or English, and on learning that I had not received my passport, she requested for a five-minute time period to call me back again. Exactly within five minutes, she called me back, saying that the passport would be dispatched the same evening. She apologized for the delay and gave me my new passport number. The next day I received my passport.

The second instance was in 2013, when I had applied for a Police Clearance Certificate (PCC) with the Commissioner of Police, for my visa to Equatorial Guinea. In this case, I applied for the PCC and after waiting for a month, I approached the Commissioner Office, where the cop, as usual, spoke rudely to me and told me that the documents have been dispatched to the local police station for verification. A similar response awaited me at the local

police station, even denying that they had any document with them. When I informed the cop at the Commissioner Office about this response, he replied to me saying that he could not help me and if he ever receives the documents, it would take him at least another one month to process it. What next – I filed an RTI against the Commissioner Office. While doing so, I chose the Ministry of Home Affairs, assuming that the police department operates under the Ministry of Home Affairs. Two days later, I saw that the case was internally transferred to the Ministry of External Affairs, as it was something to do with the visa process. This means that even if you have filed the RTI with the wrong public authority, they would ensure it reaches the correct public authority. A week later, I got a call from the Commissioner Office, asking me to visit the concerned officer and when I met the cop who spoke rudely to me, he immediately related me to the RTI. This time he stood up, greeted me, and led me to his senior officer. He pleaded with me saying that I should not say anything to his senior officer about my previous discussions with him and that he would do anything and everything to expedite my case. When I approached the senior officer, he shook hands with me, asked me to sit down, signed my PCC and handed it over to me immediately – it was strange to see the police being so polite with a common man, possibly this was the effect of the RTI. Later, he told me that it was the first RTI against Commissioner Office and that he wanted me to write a response about withdrawal of the complaint. He even volunteered to help me with the response,

as it was in the local language, and dictated the response for me to write down – so much of cooperation from the cops ... unbelievable!!!

The third instance was in 2018, when I had made some investment in Government Capital Gain Bonds, using the money that I got from the sale of a piece of land. It is usually done through a private agency who works on behalf of the Government. After going through the formalities, I realized that they had messed up with my bank account number for the payment of interest. I kept following up with them with phone calls and mails for three months and the response would be an auto-reply saying they are following up with the case. The RTI once again came to my rescue. Within two days of filing the RTI, I got the interest credited to my bank account and five days later, a letter from the concerned Government authority, with the explanation from the private agency about how the issue was resolved. What I could not get done with three months of communication was done in two days with the help of the RTI.

What I would like to explain with these three instances is that it is a very simple process to go online and register; it is very cheap at the cost of INR 10/- and can be paid online; you do not have to approach any authority; you do not have to waste time running from pillar to post; and most importantly, the service is provided to you at home by the top authorities in the concerned ministry. Yet, there is a lack of awareness because whenever I ask people to use the RTI when I hear them mentioning about delays in procuring their own documents from the Government

authorities, they have the weird kind of look on their faces, first thinking about the difficulty in filing the RTI and second, the fact that they do not think it will work. I am sure many of us face such problems in our lives and instead of filing an RTI, we go through the ordeal of waiting endlessly in the hope that it will work, as was the norm in India prior to the RTI Act. So, I would like to request you all to try and get the necessary information, which is your right, under the Right to Information Act, 2005.



Mr. Pradeep Chellapan, M.Sc., DBM Finance, MBA Finance, M.A. English, LLB & currently pursuing LLM.

Mr. Chellapan is presently working as a lawyer dealing with civil cases in Pune District Court and is also adjunct faculty at Wadia and Fergusson colleges.



Photo: Ms K. Puspa Devi receiving the first "Late Albert Memorial Award for Academic Excellence" from Hon'ble MLA Dr. Y Radheshyam Singh.



Photo: Dr. H. Narendra Singh took over the charge of AMAND, Pune as President for the period 2018-2020 during the 7th AGM cum Annual Cultural evening on Sunday, the 07th Oct 2018.

CYBER CRIMES AND RELEVANT LAWS IN INDIA

BY MRS. GEETA RANI TAKHELLAMBAM

The world today is interconnected in a 'never before happened' manner, not just on the level of Governments and Organisations but, most importantly and more intensively, on the level of individuals. The world being connected this way has various advantages, but there are also various challenges and dangers associated with it. This interconnection is happening in Cyberspace, which is a borderless environment without demarcation of jurisdiction between states or countries. However, even though Cyberspace is functioning as an indispensable source of knowledge bank, it also can become an ideal instrument for someone with criminal intention. We need to be, therefore, wary and aware of the world of Cyberspace and its various aspects and this article is an attempt towards bringing about this awareness by taking a brief overall look at the potential problems and the available solutions.

What is Cyber Crime?

Cyber Crime is used to define criminal activity in which computers or computer networks are a tool, a target, or a place of criminal activity. It also covers the traditional crimes in which computers or networks are used to enable the illicit activity. When we say Computer, all Smart gadgets will be included, which is an entire universe of devices ranging from even

modern fridge to the car connected to internet and not just restricted to our PCs and Smartphones. It has been revealed that CIA used Samsung TV to spy on people, Smart TV could be turned on by spyware without the owner's knowledge, Google searches, voice searches, all are tracked and stored by Google so that the advertisements can be as tailored and accurate as they can be etc. In this kind of situation, what are commonly regarded as Cyber Crimes is listed below:-

- Unauthorized Access and Hacking
- Web Hijacking
- Pornography including Child Pornography
- Cyber Stalking
- Cyber Bullying
- Denial of service Attack
- Virus attacks
- Online banking and credit/debit card frauds
- Software Piracy
- Salami attacks
- Phishing
- Sale of illegal articles
- Online gambling
- Email spoofing
- Cyber Defamation
- Forgery
- Theft of information contained in electronic form
- Email bombing
- Data diddling
- Internet time theft
- Theft of computer system
- Physically damaging a computer system
- Breach of Privacy and Confidentiality
- Data diddling
- E-commerce/ Investment Frauds
- Cyber Terrorism

Cyber Law in India:

The United Nations Commission on International Trade Law (UNCITRAL) adopted the Model Law on e-commerce in 1996 and broadly following its guidelines, India passed its first cyber law, The Information Technology Act 2000 (ITA). This Act aims to provide the legal framework for enabling e-commerce, e-governance, e-banking as well as to provide the penalties and punishments for cybercrimes in the country. This Act was the subject of extensive debates, reviews and criticisms after which it was realised that there are some conspicuous omissions which resulted in the enforcement agencies relying more on the Indian Penal Code, even in technology based cases.

Thus, the need for an amendment was felt and a consolidated amendment called the Information Technology Amendment Act 2008 (ITAA) was passed. Some areas ITAA put focus on were, data privacy; Information Security; making digital signature technology neutral; reasonable security practices to be followed by Corporates and defining the role of intermediaries; Recognising role of Indian Computer Emergency Response Team (CERT); inclusion of some additional cyber-crimes like child pornography and cyber terrorism; and authorizing an Inspector to investigate cyber offences instead of the earlier DSP etc.

An interesting common misconception can be mentioned here, as regards computer generated letters from corporates like Banks with empty space below the words "Yours truly" etc. and with a Post Script remark at the bottom "This is a computer

generated letter and hence does not require signature". We accept this to be valid but it is interesting that the ITA does not say anywhere that computer print outs need not be signed and can be taken as record! So such letters will still need a valid certificate in the format provided under the ITA for the letter to be a legally valid electronically generated letter.

Cyber Crimes can be found under three different heads, under the Indian Law:

Cyber-crimes under the IT Act

- Tampering with Computer source documents - Sec.65
- Hacking with Computer systems, Data alteration - Sec.66
- Publishing obscene information - Sec.67
- Un-authorized access to protected system Sec.70
- Breach of Confidentiality and Privacy - Sec.72
- Publishing false digital signature certificates Sec.73

Cyber Crimes under IPC

- Sending threatening messages by email - Sec 503 IPC
- Sending defamatory messages by email - Sec 499 IPC
- Forgery of electronic records - Sec 463 IPC
- Bogus websites, cyber frauds - Sec 420 IPC
- Email spoofing - Sec 463 IPC
- Web-Jacking - Sec. 383 IPC
- E-Mail Abuse - Sec.500 IPC

Cyber Crimes under the Special Acts

- Online sale of Drugs under Narcotic Drugs and Psychotropic Substances Act
- Online sale of Arms Act

How to lodge a complaint for Report Cyber Crime in India?

If a cyber-crime is committed, to ensure punishment, the first step is to lodge complaint against such cyber-crime. A complaint can be made to cyber police or crime investigation department either offline, online or by calling on cyber-crime helpline number. Cyber-crime cells (Annexure A) in different cities have been established by the crime investigation departments (CIDs) for reporting and investigation of cyber-crimes. For filing a Complaint, an application has to be addressed to the head of the cyber-crime investigation cell, stating the facts of the complaint along with complainant's name, mailing address and contact number. Certain documents are to be attached with the complaint supporting the facts of the complaint. Such documents vary according to the type of cyber-crime against which the complaint is to be reported and guidance on the same are available online.

Where to file?

Under ITA a cyber-crime comes under the purview of global jurisdiction, therefore a cyber-crime complaint can be registered with any cyber cells in India irrespective of the place where it was originally committed. In the event one do not have access to any of the cyber cells in India, one can file a First Information Report (FIR) at the local police station and if not accepted there, the Commissioner or the city's Judicial Magistrate can be approached. Also, already under Section 154, Code of Criminal Procedure, every police officer has to record the information/complaint of an offense,

irrespective of the jurisdiction in which the crime was committed. It is also relevant to point out that for compensation related civil suit as against damages/losses etc. in addition to criminal aspects or where criminal aspects are not involved, one can filed application before the Adjudication officer for claim within Rs. 50 Million. And for claim above this limit the concerned High Court will need to be approached.

Additional remedy for social media crimes:

In addition to the above, there is also process for filing complaints related to Cyber Crimes in social media like Facebook, Twitter, Instagram, Snapchat, and YouTube. All these have a strict and clear redressal mechanism to protect its users from online abuse and cyber-crimes. One can also register a complaint on the corresponding platform where the offense was committed and the steps for filing such complaints are given on every such social media platform. Prompt reporting of such activities ensures that the concerned social media platform will take immediate steps for blocking further activities and protecting the privacy of the Complainant's personal information. This can be done before or simultaneous with the legal process provided under the ITA.

A brief look at the Adjudication system and Authorities under the ITA:

- *Certifying Authorities (CA)* – To issue, revoke, renew and provide directories of Digital Certificates etc.
- *Controller of Certifying Authorities (CCA)* – To provide licensing to CA and exercising supervision over them etc.

- *Root Certifying Authorities of India (RCAI)* - A body established by the CCA to digitally sign the public keys (the key of a key pair used to verify a digital signature and listed in the Digital Signature Certificate) of CAs in India.
- *Adjudicating Officer (AO)* - the Officer to conduct enquiry and adjudicate on the offences listed in the ITA and functions with similar power as the civil courts of India. As of now the Secretary of the Department of Information Technology of every State and the Central Government are serving as the AO.
- *Cyber Appellate Authority (CAT)* - A Complainant or Defendant who is not satisfied with the order of the AO can appeal against its order before the CAT. Against the order passed by the CAT the unsatisfied party can appeal before the High Court of the State concerned.
- *Indian Computer Emergency Response Team (CERT-In)* - CERT-In is the National Incident Response Centre and the National Nodal Agency for major Computer Security incidents in Indian cyber community. It performs the collection, analysis and dissemination of information on cyber incidents etc. and also monitors web-traffic and intercepts and block any site as required with due process of law.
- *Cyber Crime Cell* - These Cells (as listed in Annexure A) are the wings of law enforcement agencies like the Police, CBI, CID etc. It is not a Police Station functioning only for Cyber Crimes but functions as a part of the Police Station. Bangalore is the only city in India with a separate Police Station for Cyber Crimes.

Worrying trend of rising Cyber Crimes against Women and Children:

Women and children have been proven to be most vulnerable and cyber-crimes against them have been sharply rising over the recent years. Women are often subjected to cyber-crimes such as cyber harassment, online stalking, cyber pornography, cyber defamation, matrimonial frauds. Children are also soft targets for cyber criminals, particularly teenagers and adolescents as they are able to manage their online presence without adult guidance. We have witnessed deaths of innocent teenagers resulting from the online suicidal game like Blue Whale, Momo challenge etc. To protect ourselves and those under our care from such crimes, we need to have awareness about what are considered as Cyber Crimes, how to deal with it when it happens and most important, what steps can be taken to prevent and as precaution.

What safety measures can be taken?

Ministry of Electronics and Information Technology (meity.gov.in) is committed in its mission for e-Development of India and the information on the website can act as a big knowledge source and definitely provide important and relevant information. The Ministry of Home Affairs, Govt. of India has also published a handbook as guidance on Cyber Safety for Adolescents and Students, but equally informative for adults. This can be downloaded using the link below, and is a must read for the family. The safety measures contents as given therein are not reproduced herein and readers are requested to download and read this document without fail.

https://mha.gov.in/sites/default/files/CyberSafety_English_Web_03122018.pdf

Apart from the safety measures contained in this handbook, few common safety measures which can be taken are:

- While using social media platforms don't accept friend request from unknown people on social media platforms – only add people online whom you know offline.
- Personal information like date of birth, address and phone number must never be shared and access to profile should be restricted to friends only.
- We should never install unwanted software and apps from unknown sources.
- We should never reveal personal information like Card details and DOB over the phone and should be cautious in providing such details in the internet.
- While chatting in the chatrooms one should be careful. If someone sends a hurtful message it is advisable to not to react with aggressive reply and if such messages are being sent repeatedly then it should be reported.
- As parents we should be observant of any sign of restlessness, insomnia, excess addiction to the internet or other unnatural changes in child's behaviour and monitor their online activities.

To conclude, certain areas lacking in the legal system of India in general and ITA in particular can be checked. The first thing that is required in Cyber Crimes is to create public awareness and this is one thing lacking in the ITA. There is no provision for creating awareness among public and the government or the Police

department have also not taken any serious step to create public awareness about ITA and its provisions. This is a serious lapse, as it being a new area, all stakeholders like the judicial officers, legal professionals, litigant public and the public at large needs to be aware of the legal provisions and of the technology involved. Secondly, as stated earlier, cyber-crime is borderless and proper training on jurisdiction is very important and this has not been satisfactorily addressed in the ITA or ITAA. For instance in the event when someone's mail is hacked by resident of a different City and it came into light in a different city, which police station/jurisdiction does the Complainant go to is a cause of confusion. ITA allows complaint to be filed in any of the Cyber Cells, however, often in practice the police do not accept such complaints on the grounds of jurisdiction and there are occasions that the judicial officers too have hesitated to deal with such cases. Therefore spreading knowledge and awareness among the stakeholders is of utmost importance. Lastly, evidences are a major concern in cyber-crimes as there is no cyber-crime scene and if the investigators fail to immediately mark a place, a computer or a network, or seize the hard-disk and keep it under lock and key, vital evidences could be easily destroyed. Someone who knows that his computer is going to be seized would immediately go for destruction of evidences through formatting, removing the history etc. These are some areas in which the authorities need to focus and improve upon.



List of Cyber Cells in India

Visakhapatnam City Cyber Cell

Website: <http://vizagcitypolice.gov.in/CyberCrimes.html>

Address: CCS building in the premises of II Town Police Station,
Dabagardens, Visakhapatnam City – 530020

Contact: Inspector of Police – 9490617917; Sub-Inspector of Police – 9490617916.

Email ID: inspr_cybercrime@vspc.appolice.gov.in, cybercrimesps@cid.appolice.gov.in, cidap@cidap.gov.in

Visakhapatnam City Cyber Cell

Website: <http://vizagcitypolice.gov.in/CyberCrimes.html>

Address: CCS building in the premises of II Town Police Station,
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Contact: Inspector of Police – 9490617917; Sub-Inspector of Police – 9490617916.

Email ID: inspr_cybercrime@vspc.appolice.gov.in, cybercrimesps@cid.appolice.gov.in, cidap@cidap.gov.in

Gujarat Cyber Crime Cell

Website: <http://www.police.gujarat.gov.in>

Address: First floor, Police Bhavan, Sector 18, Gandhinagar

Contact: (079) 23246330/23254344

Email ID: dgp-scr@gujarat.gov.in, cc-cid@gujarat.gov.in, Dcp-crime-ahd@gujarat.gov.in

Bangalore Cyber Crime Cell

Website: <http://www.cyberpolicebangalore.nic.in/>

Address: Cyber Crime Police Station, CID Annexe Building, Carlton House, # 1, Palace Road, Bangalore – 560001

Contact: 8022094498

Email ID: cybercrimescomplaint@gmail.com

Nagaland Police Headquarters

Website: <http://nagapol.gov.in/>

Address: Nagaland Police Headquarters, P. R. Hill, Kohima – 797001, Nagaland

Contact: (0370) 2243711/2243713

Email ID: scrb-ngl@nic.in, scrbpnaga@yahoo.com

Rajasthan Police Department

Website: <http://police.rajasthan.gov.in>

Uttar Pradesh Cyber Crime Cell

Website: <https://uppolice.gov.in>

Email ID: dgpcomplaint-up@nic.in, dgpcontrol-up@nic.in

Lucknow Cyber Crime Cell

Economic Offences Wing

Address: V-Floor, Indira Bhawan, Ashok Marg, Lucknow

Contact: (0522) 2287253

Email ID: eowhq@up.nic.in

Noida Cyber Crime Cell

Website: <http://www.cccinoida.org>

Address: Centre for Cyber Crime Investigation, Plot No: B-110 A, Sector-6, Noida

Contact: (0120) 2422271, 8800165252



Mrs. Geeta Rani Takhellambam
Advocate, GRT Legal & Associates

B.A, LL.M and UK qualified Solicitor with over 21 years practice experience. Own practice as GRT Legal & Associates with Offices and Associates at Imphal, Manipur, Delhi and Pune, and areas of practice – Civil Litigation, Corporate Commercial & Arbitration.

AMAND ACTIVITIES

AMAND ACTIVITIES



Photo: Release of AMAND Memoir 2018

and Lin Laishram (model and actor) as the Guests of Honours. The 3rd AMAND Memoir 2018 was released in the hands of the Chief Guest during the program.

About 350 people, including theatre-loving locals as well as many Manipuri families from cities outside Pune such as Mumbai, attended the program. The cultural program was appreciated with huge applause by all.

In his address, Hon'ble MLA Dr. Radheshyam pointed out the necessity of sharing and exchanging the diversified cultural heritages of the North East communities with the rest of the country and vice versa for better understanding and appreciation among the citizens. He further added that this initiative will bring peace and harmony among different communities of this vast country and hence promote unity in diversity. He appreciated AMAND Pune for promoting national integration, peace, and harmony through this universal language called Music.

Along with many other achievers through various fields, the first "Late N. Albert Memorial Award for Academic Excellence", 2018 was awarded to Ms. Konjengbam Puspa Devi at the hands of the dignitaries.

During the AGM, the new executive body was formed and assumed the charge for holding the office of AMAND, Pune for the period of 2018 to 2020. The new office bearers also undertook the oath to take the mission of AMAND Pune to a new height in the days to come.

AMAND AGM 2018

The Association of Manipuri Diaspora (AMAND) Pune organized its 7th AGM cum Annual Cultural evening "Dancing Flute" with the motto "Let Them Know Us As We Know Them" on Sunday, 7th October 2018 at the auditorium of Symbiosis Institute Management Studies (SIMS), Range Hills, Pune.

The program was inaugurated by Hon'ble MLA Dr. Y. Radheshyam Singh as the Chief Guest, in the presence of Lt. Gen. LN Singh, VSM**,



Photo: Maj (Retd.) K Y Singh receiving the 2nd AMAND distinguished services award 2018 from Hon'ble MLA Dr. Y. Radheshyam Singh

The below mentioned names are the new office bearers:

- **President:** Dr. H. Narendra Singh
- **Vice President:** Shri S. Subhachandra Singh
- **Gen. Secretary:** Dr. M. Niraj Luwang
- **Jt. Secretary:** Shri K. Pritam Singh
- **Jt. Secretary:** Shri Thounaojam Bonbihari Singh (Imphal)
- **Treasurer:** Shri L. Rishikanta Meitei
- **Info & Publicity Secretary:** Shri Ch. Kulabidhu Singh
- **Jt. Info & Publicity Secretary:** Shri Ranjandra Naorem
- **Cultural & Sports Secretary:** Shri M. Nongpoknganba Meitei
- **Jt. Cultural & Sports Secretary:** Shri David Huirongbam

AMAND Chakouba

The Association of Manipuri Diaspora (AMAND) Pune organized the most important and unique age-old traditional festival “Ningol Chakkouba” with its firm objective to foster the spirit of unity, harmony, and goodwill amongst the brothers and sisters on Sunday, 18th November 2018 at the Sonawane Sainik Institute, Wanorie, Pune. This festival not only signifies the age-old socio-cultural celebration but also strengthens the filial bond of love and affection among brothers and sisters, parents and daughters, and friends. More than 350 individuals comprising of about 100 married women, 80 single ladies, 75 children, and 100 gentlemen from different ethnic communities of



Photo: AMAND ladies in traditional attires with Ningol Chakouba Athenpot



Photo: Dr. H. Narendra Singh, President, AMAND giving Ningol Chakouba gift to a Liangmei Ningol

Manipur, staying in and around Pune, attended the function with great enthusiasm. Manipuri families from surrounding cities such as Mumbai also attended the function. The “ningols” (married/single women) came with “athenpot” wearing their best Manipuri traditional attire.

Everyone rejoiced the gathering and appreciated the fun filled pre-lunch entertainment programs as well as the post-lunch bumper tambola game

organised for all. All the participants reaffirmed to celebrate the occasion every year with the same spirit and vigour. AMAND Pune organised this mega feast with delicious Manipuri traditional cuisines prepared by its own volunteered members and executives. The event was highly appreciated by the participants of all age groups. All the sisters, mothers, and children were given invaluable gifts by AMAND at the end of the program and in return the ningols gave warm blessings to their brothers, uncles, and father figures. The well-coordinated program ended with a note of sincere thanks and profound appreciation by Dr. H. Narendra Singh, President, AMAND to all generous donors and participants.



Photo: AMAND ladies in traditional attires at Ningol Chakouba 2018

AMAND Review Meeting 2018

The AMAND Meeting VII was held at ELTIS Auditorium on 29th Dec 2018. The main agenda of the meeting was to revisit the goals set in the Annual Strategic Meeting held earlier in the year and to plan new activities for the coming years. The meeting was initiated with welcome address by Dr. Huidrom Narendra Singh, President AMAND. After revisiting the set goals of 2018, a detailed analysis and



Photo: AMAND review meeting 2018

discussions were held and new programs for AMAND annual activities 2019 were planned. The executives thanked Symbiosis for extending the auditorium facility for the meeting.

Health Camp at Khumbong, Manipur

AMAND Pune had organised a Medical Health Camp cum CMHT Registration on 23rd November 2018 in the premises of Khumbong Community Hall, Imphal West, in association with IWSC, Khumbong. The camp was organised in consultation with the Department of Health Services, Govt. of Manipur.



Photo: AMAND representatives in Health Camp organised by AMAND at Khumbong

Hon'ble MP Dr. Thokchom Meinya and Hon'ble MLA Dr. Sapam Ranjan graced the camp as the Chief Guest and Guest of Honour, respectively.

Addt. Director Dr. Kh. Sashee Mangang, State Surveillance Officer Dr. L. Gojen, and MO Dr. Huidrom Ibochou (PHC, Khumbong) were the resource persons.

Gen. Secretary Dr. Meitram Niraj Luwang shared the visions of AMAND and Jt. Secretary Thounaojam Bonbihari gave a motivational talk to the participants. About 40 CMHT registrations were done through the on-spot registration kiosk.

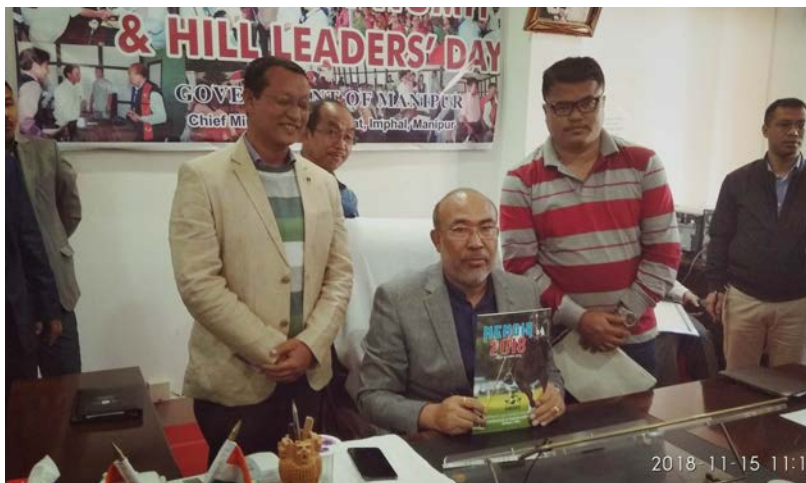


Photo: AMAND representatives meeting Shri N. Biren Singh, Hon'ble Chief Minister, Manipur.

Meeting with the Chief Minister of Manipur

A team led by AMAND Vice President Mr. Soubam Subhachandra, along with Gen. Secretary Dr. Meitram Niraj Luwang and Jt. Secretary Mr. Thounaojam Bonbihari, met our Hon'ble Chief Minister of Manipur Mr. N. Biren Singh on 15th November 2018 at his CM bungalow. The team presented a copy of AMAND biannual publication memoir to the CM and

updated him about the various activities taken up by AMAND in Pune. On the discussion about the possibility of a Manipuri Bhawan at Pune, he morally agreed and further assured the AMAND team that the CM Office, Manipur, will get in touch with the CM of Maharashtra for the successful implementation of the proposal. A memorandum was also submitted for the same.

Punya Children Home, Imphal

Continuing the good relation with Punya Childrean Home for Girls, Imphal, members of AMAND, Pune lead by Mr. Soubam Subhachandra, VP, Mr. Bonbihari Thounaojam, Jt. Secy. and Ms. Minolta Haorakcham attended the program "Meet the Children Program" on 12th Nov 2018 at the premises of Integrated Women and Children Development Centre



Photo: AMAND representatives at Punya Children Home, Imphal, Manipur.

(IWCDC), Imphal West. The function was graced by Ms. Jacintha Lazarus, Secretary, Social Welfare, Govt of Manipur as the Chief Guest along with other dignitaries, Mr. Naorem Praveen Singh, IAS, DC, Imphal West, Mr. Jogeshchandra Haobijam, IPS, SP, Imphal West.



Photo: AMAND ladies representatives attending Mumbai Chakouba 2018

Navi Mumbai. As a token of love as well as to strengthen the bonding of brother-sister relationship, AMAND Ladies Club presented athenpot to the brothers of MMMA. Some of the AMAND Ladies Club members and kids presented melodious songs on their request during the event.

Winner of Selfie Contest

AMAND organized a Selfie Contest for the second consecutive year on the occasion of Ningol Chakouba. The contest ran for 7 days (18 - 24 Nov 2018) on AMAND Facebook page. There were 3 categories in the contest: 1) Single (Leisabi & Mou), 2) Group (Ningol) & 3) Family. As a part of the contest, each participant was asked to take a SELFIE at the Chakouba Venue with the traditional attires. AMAND got an overwhelming response from the people. There were more than 30 participants taking part in the same contest. The winners were decided based on the overall score of the SELFIE which was calculated using #Share (3 points) , #Like (2 points), #Comment (1 point).



Photo: Winner of Selfie Contest (Family):
Sanjoy, Emani & Nikita (769 Points)

Here are the winners:

- **Family:** Sanjoy, Emani & Nikita (769 Points)
- **Single (Mou):** Mrs. Tarunibala Khumanthem (510 points)
- **Single (Leisabi):** Ms. Nancy Huidrom (322 Points)
- **Group (Ningol):** Namrata, Nancy & Manshi (3358 Points)

AMAND thanked all the participants and congratulated all the winners. This activity increased the number of views on AMAND Facebook page by over 1000%.

Mumbai Chakouba 2018

In response to an official invitation from the Mumbai Manipuri Meitei Association (MMMA), Navi Mumbai, some senior AMAND Ladies Club members along with Dr. H. Narendra Singh, President, AMAND Pune attended the age old unique traditional Hiyang-gei Ningol Chakouba organized by MMMA on Sunday, the 11th November, 2018 at the ONGC Community Hall, Panvel,



Photo: Winner of Selfie Contest (Single Leisabi):
Ms. Nancy Huidrom (322 Points)



Photo: Winner of Selfie Contest (Single Mou):
Mrs. Tarunibala Khumanthem (510 points)



Photo: Winner of Selfie Contest (Group Ningol): Namrata, Nancy & Manshi (3358 Points)

ONE PICTURE ONE STORY



Photo:- SICEC Felicitation of Dr. Huidrom Narendra Singh, President, AMAND

SICEC Felicitation of Dr. Huidrom Narendra Singh, President, AMAND

On the 4th anniversary of Symbiosis Ishanya Cultural & Educational Centre (SICEC), Pune and Rastriya Ekta Divas on Wednesday, the 31st October, 2018, Dr. H. Narendra Singh was felicitated by SICEC at the hands of Padma Bhushan Dr. S B Mujumdar, founder & President of Symbiosis for his continued association and valuable contribution towards the cause of SICEC.

SICEC Felicitation of Er. Naorem Giridhar Singh, Ex-Gen Secy, AMAND

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Photo:- SICEC Felicitation of Er. Naorem Giridhar Singh, Ex. Gen. Secretary, AMAND

Technology Trends in Startups

One of AMAND executives, Mr. Sanjoy Singh, VP Engg @ Talentica, shared his experience of building products for over 30+ startups in the last 13 years at AIR, Imphal's Naharol gee Khonjel program & ISTV's Face-To-Face Program. In the program, he explained what are Startups, Tech vs Non-tech Startups & how these startups are different from small businesses. He also highlighted the importance of Technologies in the startup ecosystem by citing that most of the UNICORNS are either tech or tech enables startups. He also shared,



Photo: Mr. Yurembam Sanjoy Singh at AIR Imphal



Photo: Mr. Yurembam Sanjoy Singh at ISTV Imphal

with examples, the top tech trends that shaped startup ecosystem in 2018, and the technology trends for the next couple of years. As per him, Datascience & Blockchain will continue to be the key focus areas. Last but not the least, he also emphasized that Entrepreneurs & Students from Manipur should be on top of these technologies for them to grab the opportunities in the startup ecosystem.

Mrs. Usharani Thingbaijam, 3rd prize in Singing competition

Mrs Usharani Thingbaijam, receiving the third prize (Female Singer) for Rotary Geet Gayan Spardha (Rotary Annual Singing Competition), organised by Rotary Club of Kothrud, Pune, Rotary District 3131 at Maratha Chambers of Commerce, Tilak Road, Pune on 9th Dec 2018.



Mrs. Koijam Usharani, 1st prize in Marathon in Pune

Koijam Usharani Devi, wife of Koijam Deepak Singh stood first in women's category in SWACHH BHARAT MARATHON held in Pune on 9th December 2018.



Dr. Kh. Somorendro delivered motivational talk in Manipur

On a special invitation by the multi-branded company, M/s. Thangjam Agro Industries Pvt. Ltd. Imphal, Dr. Kh. Somorendro Singh gave a motivational talk on "Relationship Management and Communication gap" on Thursday, the 13th December, 2018 at the Conference Hall of LIKLA JJ Montessori School, Imphal. Thirty-two Sr. Managers,

Supervisors with Staff of LIKLA Bakery, & LIKLA JJ Montessori School Staff with Teachers were actively participated the talk cum interaction program with full enthusiasm. Dr. Singh emphasized more on the importance of the relationships between the Customers and Customers Relationship Management in the business is like the heart and valves which pump the blood in the human body. He also mentioned a transcendental clear need for the growth of any multi-banded company by reducing the communication Gap between the support system staffs and the management team.

MEMBERS CONTRIBUTION

FRIED SARENG IN MUSTARD CURRY

BY MRS. PUSHPITA AHEIBAM

Sareng nga or Wallago attu is synonymous to the winter season. Sareng nga is quite a popular freshwater fish for the Manipuri community as well as communities in some parts of the North East region. This fish belongs to the catfish family, which can be cooked in different ways.

Fried Sareng in Mustard Curry is a simple curry of the wallago catfish with "sanggom aphamba" (yogurt) and mustard paste.

INGREDIENTS

- 4-5 steaks of fresh Sareng Nga
- 1/2 tsp turmeric powder
- Salt for seasoning
- 1 tbsp yellow or black mustard seeds (pre-soak in water)
- 1 garlic clove
- 2-3 fresh green chillies
- 2 tbsp yogurt
- 2 tbsp mustard oil
- 100 ml water

"Sareng (Wallago attu) is a freshwater catfish of the family Siluridae, native to South and Southeast Asia"



Mrs. Pushpita Aheibam is a Freelance food and feature writer, full-time mother of 2 boys, a novice home cook, started a humble home-based food venture, Pushpita's (since July 2017).



METHOD

1. Rub some salt and turmeric powder onto the fish steaks and keep aside.
2. Heat 1 tbsp oil in a frying pan on medium and gently put the fish steaks one by one into the pan. Flip and fry the individual fish steaks on each side for 1 minute. Remove the fish steaks on a plate.
3. Make a smooth paste of the mustard seeds, garlic clove, and green chillies along with 1 tsp salt.
4. Heat the remaining oil in the frying pan and add the paste to the pan on low and sauté for 2 minutes.
5. Beat the yogurt to a smooth consistency and add into the pan along with a pinch of turmeric powder and mix with the mustard sauce.
6. Add water to the mixture and gently bring to a boil. Add in the fish steaks one by one.
7. Cover the pan and slow cook for another 2-3 minutes.
8. Serve hot with plain rice.

IS THIS EVEN REAL?

BY MR. ANURAG THOUNAOJAM

Anindra was busy on his cell phone before going to bed. He received a call from someone from his workplace. After finishing the call, he went to washroom, washed his face, brushed his teeth and ended the routine with a floss cleansing. He slipped into something comfortable. Jumped onto his bed. Turned his Laptop on. Logged into some social networking website, and alongside this, he was reading about insomnia. He is an insomniac. It's been some time that he has been facing trouble with sleeping. Didn't want to delve into any kind of medication so went to a therapist. The sessions usually were good. His therapist asked him to keep a journal and pen down his days' activities in it, whenever he got trouble with sleeping. Although he started to write one, he never had the time to maintain the journal. His work kept him occupied. The electricity went out. Wi-Fi too went off. It was then time to switch off the web world. Now he couldn't work too. Switched on his mobile hotspot. Connected it to his laptop, logged out from his account, shut down his Laptop, Switched his phone data off. And kept both the things aside. Got up from his bed, switched off the lights in the room, looked out for his LED lamp and switched it on. Lied down on his bed looked up the ceiling. And he started enjoying the details of his ceiling. The fan started rotating. "Light Aa-gayi!" Got up, switched on the light button but didn't work. Went back to his bed. Looked up again to the ceiling. "But I saw the fan rotate," he thought to himself.

The LED Lamp was losing battery. The Light got dimmer. He decided to switch it off. He went back to his bed and lied down. Closed his eyes and tried to remember his activities of the day what his therapist asked him to do this to help him sleep. Started recollecting things of the day. "Good God! I forgot to throw the trash!" Got up and went to the kitchen and picked up the trash bag. While going to trash the bag, cat from neighbourhood meowed at him. He looked up but there was no cat. He thought he heard something.

Went back in. Seemed there is a message on his phone from some cellular company. Lied down again. Electricity was back on. Got up and started cleaning his room. Found a really old dairy. He used to write down all his day's activities in it when he was in his teens. He was tired now. He again lied down and was still not able to sleep. Took out his sketchbook. Started doodling stuff. His finished doodle was a guy doodling lying on a bed. "Weird," he said to himself. He kept it back. He was a little confused now. There were some inexplicable things happening around him for some time. And first the fan, then the cat, now the doodle. He did not think much about it. But he was still confused. Still not able to sleep, to which his confused state of mind was also now contributing to his sleeplessness, he decided to read a book. Picked up one. Reading each and every line of the last page, casually, just to make him feel asleep but it did not seem to work. He was reading a line from the book: "... and the boy got a message on his cell phone. It was his friend. The message read,

‘How are you doing and are you able to sleep well or still struggling?’...”

His cell phone buzzed. He picked it up. It was his friend Bodhi. The message read, ‘How are you doing and are you able to sleep well or still struggling?’ The electricity cut off.

Anidra looked back at his book. It was the same message. He went back to the previous pages and the lines and read them. Everything that happened to him in his room, everything was the same in the book. In the book, “the protagonist hears a cat, but there was no cat”. The protagonist saw a fan, but there was no fan. Anidra looked up, and he did not have any fan in his room. He couldn’t remember if ever there was any fan in his room before. He was terrified now. Somehow, he forced himself to pick up his sketchbook, hoping it

to be normal, expecting it to be the only thing real that he did today. But doubts clouded his mind. He flipped the pages of his sketchbook. A page full of “IS THIS REAL?”. His doodle was missing. He dropped it, his sketchbook. In his confused and terrified state of mind, he decided to finish reading the book just in the hope of everything being normal.

He finished the book. Got up from his bed. Brought out his journal, as his therapist had asked him to do.

His line on the journal read:

“IS THIS EVEN REAL?”

He kept looking at this line.



Mr. Anurag Thounaojam has completed MA Psychology from Delhi University. He is also interested in short story writing and has worked in independent short films.

AMANDP

ਸ੍ਰੀਸ੍ਰੀ ਭਗਵਤ ਪੰਥਾਸ਼ਾਸਤਰੀ ਨਾਮੋ

ਧਰਮ:ਨਾਮੋਸ਼੍ਰੀਸ਼੍ਰੀ ਧਰਮ: ਭਗਵਤ ਨਾਮੋ

ਧਰਮ: ਪੰਥਾਸ਼ਾਸਤਰੀ ਨਾਮੋ

ਪੰਥਾਸ਼ਾਸਤਰੀ ਨਾਮੋ

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ਸ੍ਰੀਸ੍ਰੀ ਭਗਵਤ ਪੰਥਾਸ਼ਾਸਤਰੀ ਨਾਮੋ ॥

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Bala Huidrom is married to Dr. H. Narendra Singh
and is blessed with a daughter.
She is a homemaker.

KIDS' CORNER

Acrostic of MANIPUR

Martyrs come from here,
All are patriotic in hearts,
No one knows its scenic beauty,
I am proud of being a daughter of this soil,
Pure blood of freedom in body,
Unity in mind,
Retort for the motherland.



Miss Nancy Huidrom, Std XI/Science,
Suryadatta Group of Institutes

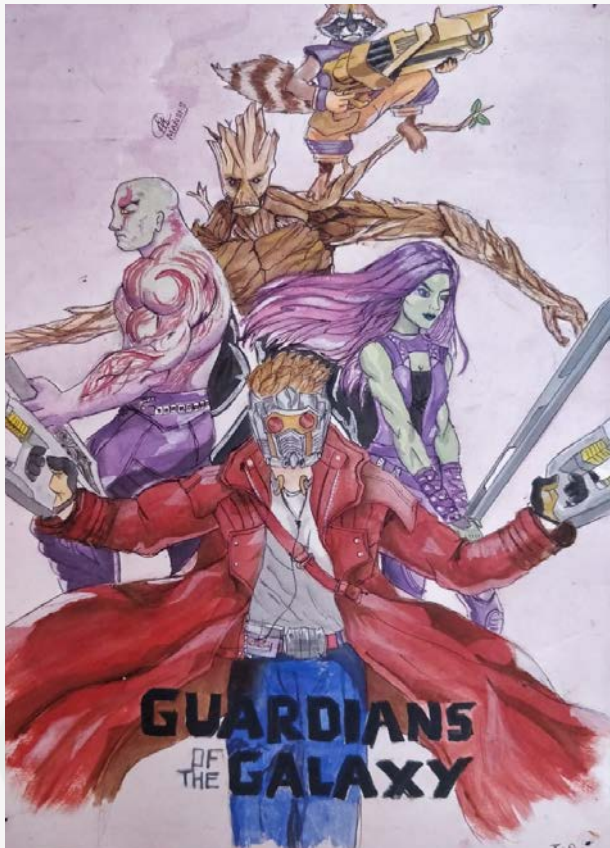
Drawing by Mstr. Manas



Mstr. Sarungbam Manas, Std V,
Vishwajyoti High School, Kharghar, Navi
Mumbai



Drawing by Miss Mansi



Miss Mansi Sarungbam, Std X,
DAV Public School, Panvel, Navi
Mumbai

Drawing by Mstr. Ishanya



Mstr. Ishanya Joshi, Std 5A,
Pawar Public School,
Nanded City



NEW MEMBERS



Name: Sangeeta Devi Sinroja

Home address: Kwakeithel Thokchom Leikai, Imphal

Pune address: La Cresta, Sopanbaug, Pune

Profession: Yoga Teacher

Name: Chongtham Bijen Meetei

Home address: Sanasabi, Lamlai, Imphal

Pune address: Udit Apartment, Parihar Chowk, Pune

Profession: Proprietor, Kang Tattoos (Aundh)



Name: Anju Arambam

Home address: Sagolband Moirang Leirak, Imphal

Pune address: Welworth Celina, Baner, Pune

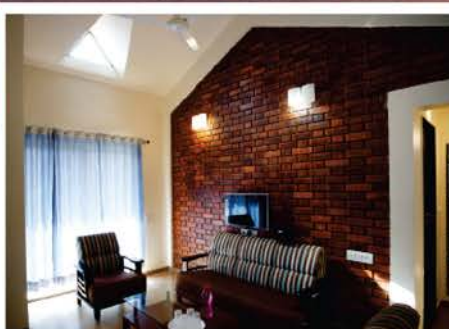
Profession: Senior Language Technologist



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