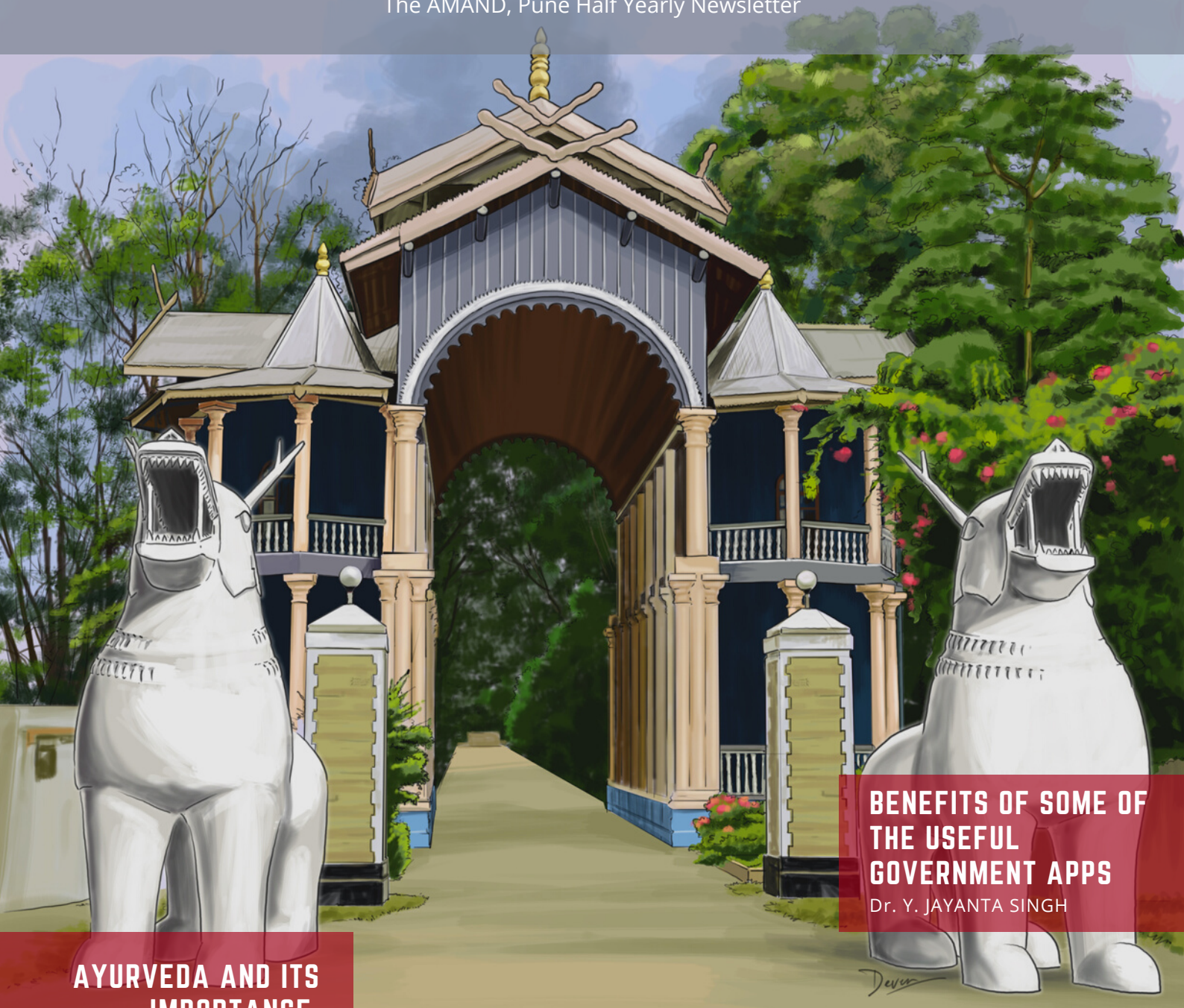
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PAOTHANG

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The AMAND, Pune Half Yearly Newsletter



BENEFITS OF SOME OF THE USEFUL GOVERNMENT APPS

Dr. Y. JAYANTA SINGH

AYURVEDA AND ITS IMPORTANCE:

DR. ROSYNA HUIDROM

Cover Page Design by Deven Kshetrimayum

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Editorial Board

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Proofreader: Anju Arambam

Designer: David Huirongbam

Member (Ex-Officio):
Dr. H. Narendra Singh, President
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 on receiving appreciations from many individuals about the contents as well as the design of our first e-Newsletter, **Paothang**

The highlights of major activities of the organization and high valued information through various invited as well as the guest articles appeared in the e-Newsletter are the main attraction of the readers. This would not have been possible without the continuous, collective and dedicated efforts rendered by all the members in one way or the other. Now, it's the time again for the second issue of our e-Newsletter to be published online for the readers.



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.

The success of the e-Newsletter lies on our esteemed members for their unconditional support, help and co-operations from time to time as well as the contributors of those invited /guest articles appeared in the e-Newsletter. With courtesy, I am looking forward for your continued helping hand for all the activities of this growing organization in the days to come.

Taking the advantage of this, on behalf of AMAND Pune and on my personal behalf, I also express my sincere gratitude to our sponsors/well-wishers for their unconditional support, help and co-operations in all our plan/ non-plan activities. I am also confident that every one of us will exert and use all possible potentials to make AMAND a full-fledged & self-sustained community organization.

Last but not the least, I would like to take this opportunity to thank & congratulate Shri Ch. Kulabidhu Singh, Chief Editor and his team for the passion oriented dedication and making all of us feel proud by bringing out this half yearly e-Newsletter, **Paothang**.

Long Live AMAND Pune.....



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

September 29, 2019
Pune

Message from the Chief Editor

Greetings from AMAND Newsletter Team!

After the successful publication of its maiden e-newsletter, it's time again for the second edition of **Paothang**, AMAND's e-Newsletter. Thank you all the guest and member contributors of the first edition; we did receive an overwhelming response and appreciation from many.

Paothang will be incomplete without the valuable contributions and suggestions from its members and invited guests. Please continue to share your stories on success, travel, activities away from your professional life, poems, children's achievement in their studies, sports and extracurricular activities.



Mr. Kulabidhu Chanam is the Secretary, Information and Publicity, AMAND, Pune. Mr. Chanam is a Petroleum Geologist by profession.

Last but not the least, my message would be incomplete without mentioning the names of the team who have worked hard besides their family and hectic office schedule – Mr. Deven Kshetrimayum, Cover designer; Ms. Anju Arambam, Proof-reader; Mr. David Huirongbam, Design Editor; Dr. M. Niraj Luwang, General Secretary and Dr. H. Narendra Singh, Honorable President, AMAND.

Thank You.

Sincerely yours,

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

September 30, 2019
Pune

GUEST ARTICLE

BENEFITS OF SOME OF THE USEFUL GOVERNMENT APPS

BY DR. Y. JAYANTA SINGH

The author tries to highlight the benefits of some of the useful Government apps and free scheme after using and practicing them. Data are collected from various websites.

1. UMANG App: Useful for booking gas; payments for telephone bills, school fees; and e-District for applying certificates, checking EPF amount, etc.
2. Spoken tutorial: Free learning tool w.r.t Manipur
3. NIELIT Courses: Free IT & ITes courses for [a] ST/SC and [b] for all category
4. STPI-BPO scheme for startups
5. BHIM: Free money transfer within India (free up to 20k)
6. Warnings/precautions for children below 18 years of age

UMANG

UMANG (Unified Mobile Application for New-age Governance) is one of best tools for e-governance. It is developed by Ministry of Electronics and Information Technology (MeitY), Govt. of India. UMANG will revolutionize the way how an Indian citizen avails government services. It provides a single platform for all e-Gov services either state or central over 1,200 services. Many services are provided in local languages too. The service has been made available on multiple channels such as mobile application, web, IVR, and SMS through smart phones, feature phones, tablets, and desktops. UMANG is very simple to use; download it in your mobile or access using your PC. It may ask for your mobile number to be registered as per the service you choose for. It has a dedicated Customer Support for user convenience from 8:00 AM to 8:00 PM for all 7 days. Download and try. Surely, it will help you minimize the travel time for petty regular things.



UMANG has several services.

a. Gas booking:

It allows to book many of gas agencies such as Indian, Bharat Gas, etc. Click on the gas provider and do the operation-booking, payment, etc. You can even choose the time for the delivery of the gas.

b. e-District:

You can apply for several certificates where you belong to such as income, domicile, caste, birth, death, etc., and PAN, AADHAAR, or update of the same.



c. Ayushman Bharat:

Ayushman Bharat Yojana Registration Online process hardly takes 5 minutes. The applicant needs to send a scanned copy of the Aadhaar card. Some of the highlights are: PMJAY aims to provide healthcare for poor people. It will provide a cover of INR 5 lakh per family per annum. It is aimed to benefit 50 crore beneficiaries in India. It gives priority to girl child, women, and senior citizens. There is no cap on the family size and age as this health cover is meant to be inclusive for all. It is cashless and paperless registration. This scheme is sure to improve the quality of life of the weaker sections of society who are held back drastically due to health issues that can easily be tackled with timely care and finances. India's 26 states and union territories accepted the scheme except for Odisha, West Bengal, and Telangana.

d. DigiLocker:

DigiLocker is a secured personal online storage space where you can store your documents. Each citizen, when registered with DigiLocker, will be allotted a storage space of 1 GB. You can not only store your official documents such as mark sheets, PAN cards, passports, certificates, voter ID cards, etc., but also store uniform resource identifier (URI) link of the e-documents issued by various departments. You can digitally sign e-documents with the e-sign facility provided by this system. The service was provided to empower the citizens digitally; ensure easy availability of documents online; reduce the use of physical documents and fake documents; offer authenticity of the e-documents; and reduce administrative costs of government departments and agencies.

e. eCourts services:

The aim is to help make legal processes easier and more accessible to people. It works by providing an electronic case (e-case) list to the judge who can then digitally enter notes on the case. The system is expected to make justice delivery system cheap, transparent, and accountable by limiting the human interaction involved in the process. It brings in a justice serving mechanism that is transparent, efficient, affordable, time saving, protects the interests of witnesses, reduces the backlog of pending cases and most importantly reduces the number of unscrupulous activities.

f. ePathshala:

The students can get access of all educational material, including textbooks, audio, video, periodicals and a variety of other print and non-print materials through ePathshala. These materials can be downloaded by the user for offline use with no limits on downloads.



g. Jeevan Pramaan:

It is Aadhaar based Digital Life Certificate for Pensioners; do away with the requirement of a pensioner having to submit a physical Life Certificate in November each year, in order to ensure continuity of pension being credited into their account. It can be downloaded from

https://jeevanpramaan.gov.in/ for both PC and Android devices. Jeevan Pramaan certificate can be obtained from software by putting beneficiary fingerprint or iris authentication.

h. EPF (Employees' Provident Fund)

How to check the accumulated EPF balance in your EPF account? Every month your employer transfers a certain amount into your EPF account along with your contribution. The EPF passbook reflects the total amount in your EPF account. Some amount is also deposited in the Employees' Pension Scheme or EPS, which will be shown separately in the EPS column. Earlier, employees had to wait for their employer to furnish their EPF statement at the end of every year but now they can easily check their EPF balance both online and offline. There are two online methods: EPF Portal and UMANG app on mobile



The offline methods available for the customer are through SMS and Missed call service. Only those members who have activated their UAN and have registered on the UAN Member Portal can check their PF balance through this method. The facility of viewing passbook will be available after 6 hours of registering on the UAN Member Portal. If you have stopped contributing to your EPF account for more than 3 years, your account will become inoperative.

Learning tools: Spoken tutorial w.r.t Manipur or North East India

The website is https://spoken-tutorial.org/

The main objective of this project is to promote IT literacy for education and improve the employment potential of learners in India, using FOSS (free and open source software), launched by MHRD, Govt of India. It gives variety of tutorials on various FOSS in several Indian regional languages. Most of the materials are developed with direct practical or step by step learning. A learner can download the video, text, and PowerPoint lessons to learn at his/her own convenience. Many materials are converted in to local languages for easy understanding of the learners. After studying a lesson, the learners can give online exam and avail a government recognized certificate.

The author has contributed several materials in Manipuri medium and also developed the team for other languages in North East India since 2012 [while associating with IITB and Assam Don Bosco University]. Today many students from most of the institutes in Manipur or NE India are experiencing the benefit of Spoken tutorial. More than 7,000 students from Manipur have benefited so far.

NIELIT Courses: Free IT & ITes courses for [a] ST/SC and [b] for all category

Free for ST/SC students: NIELIT course

NIELIT conducts IT & Electronics training, ranging from 'O' Level, 'A' Level (Advance Diploma), 'B' Level (MCA equivalent), 'C' Level (M-Tech level), IT literacy courses such as CCC (Course on Computer Concept), BCC (Basic Computer Course) and other such long-term and short-term course in the non formal sector such as

courses on Information Security, ITeS-BPO(Customer Care/Banking), Computer Hardware Maintenance (CHM-O/A level), Bio-Informatics (BI-O/A/B level), ESDM etc, besides, high end courses offered by NIELIT Centres at Post-Graduate level (M.Tech) in Electronics Design & Technology. It also conducted courses in advance areas-IoT, Cloud Computing, Big data, Machine leaning, Blockchain, etc. courses on Information Security, ITeS-BPO(Customer Care/Banking), Computer Hardware Maintenance (CHM-O/A level), Bio-Informatics (BI-O/A/B level), ESDM etc, besides, high end courses offered by NIELIT Centres at Post-Graduate level (M.Tech) in Electronics Design & Technology. It also conducted courses in advance areas-IoT, Cloud Computing, Big data, Machine leaning, Blockchain, etc.

Presently, NIELIT has 42 offices at Agartala, Aizawl, Ajmer, Aurangabad, Bhubaneswar, Calicut, Chandigarh, Chennai, Chuchuyimlang, Churachandpur, Delhi, Dibrugarh, Gangtok, Gorakhpur, Guwahati, Haridwar, Imphal, Itanagar, Jammu, Jorhat, Kohima, Kolkata, Kokrajhar, Kurukshetra, Leh, Lucknow, Lunglei, Pasighat, Patna, Pali, Ranchi, Ropar, Senapati, Shillong, Shimla, Silchar, Srinagar, Tezpur, Tura, and Tezu with its headquarters at New Delhi. All the courses either long or short term are free for ST/SC students. Many govt. jobs ask for certification from NIELIT (DOEACC), example: O/A-level or CCC etc.

Free courses for all categories: PMKVY course

Many institutes conduct various courses free for all categories of candidates. Pradhan Mantri Kaushal Vikas Yojana (PMKVY) is the flagship scheme of the Ministry of Skill Development & Entrepreneurship (MSDE) implemented by National Skill Development Corporation. It targets to benefit 10 million youth with an allocation budget of INR 12,000 crores. The objective of this Skill Certification Scheme is to enable a large number of Indian youth to take up industry-relevant skill training that will help them in securing a better livelihood. Lots of private firms registered, get affiliation and conduct PMKVY course as their business. Govt agency/dept. provided very interesting amount for training each candidate. NIELIT Imphal conducts many PMKVY courses.

Scheme for startups: STPI-BPO scheme

The India BPO Promotion Scheme (IBPS)

It envisaged under Digital India Programme. It seeks to incentivize establishment of 48,300 seats in respect of BPO/ITES operations across the country. It is distributed among each state in proportion of State's population with an outlay of INR 493 crores. This would help in capacity building in smaller cities in terms of infrastructure and manpower and would become basis for next wave of IT/ITES led growth. It gives benefits as Financial Support: Up to 50% of expenditure incurred on BPO/ITES operations towards capital expenditure (CAPEX) and/or operational expenditure (OPEX) on admissible items, subject to an upper ceiling of Rs. 1 Lakh/Seat. It is run by Software Technology Parks of India, a society established in 1991 by the Indian Ministry of Electronics and Information Technology with the objective of encouraging, promoting, and boosting the

export of software from India.
Website: https://ibps.stpi.in/



The North East BPO Promotion Scheme (NEBPS)

It envisaged under Digital India Programme. It seeks to incentivize establishment of 5,000 seats in respect of BPO/ITES operations in North Eastern Region. This would help in capacity building in the region in terms of infrastructure and manpower and would become basis for next wave of IT/ITES led growth. Financial support [Capital Expenditure (CAPEX) and/or Operational Expenditure (OPEX)] of up to 50% of expenditure per seat, with upper limit Rs 1 Lakh/seat. Several firms in IT park in Manipur, Nagaland and other states receive this support.
Website: https://nebps.stpi.in/

BHIM: Free money transfer within India

BHIM (Bharat Interface for Money) is a mobile payment app developed by the National Payments Corporation of India (NPCI). It was named after Dr. B. R. Ambedkar. The app supports all Indian banks which use UPI, which is built over the Immediate Payment Service (IMPS) infrastructure and allows the user to instantly transfer money between bank accounts of any two parties.

Some of the benefits:

• Users to send or receive money to or from UPI payment addresses, or to non-UPI based accounts (by scanning a QR code with account number and IFSC code or MMID (Mobile Money Identifier) Code).



• Unlike mobile wallets (PayTM, MobiKwik, mPesa, Airtel Money, etc.) which hold money, the BHIM app is only a mechanism which transfers money between different bank accounts. Transactions on BHIM are nearly instantaneous and can be done 24/7 including weekends and bank holidays.

• Allows users to check the current balance in their bank account and to choose which account to use for conducting transactions, although only one can be active at any time.

• Version 1.3 allows users to use mobile numbers from their contact book to send money and also save payment addresses for future use without requiring to type the address again. Users can also check the transaction history.

• Transaction fees and limits:

o Currently, there is no charge for transactions from INR 1 to INR 20,000.

o The maximum number of transactions per day is 10. If the 10-transaction-per-day limit has been reached, the user needs to wait for 24 hours from the last transaction for the next transaction.

o Currently, the fund transfer limit has been set to a maximum of INR 20,000 per transaction and a maximum of INR 40,000 in a 24-hour period.

Warning for the children below 18 age

The author has two sons: A 9-year old and a 5-year old. He writes from his experience.

a. The first warning for child safety is "Keep medicines out of reach" from children.

b. The second warning is "Keep credit card out of reach" from children. Children start asking for credit cards for downloading interesting games online.

c. The next one is to distance children from commenting or sharing comments and messages in social media platforms such as Facebook, WhatsApp, and Tweeter. Teach them the best practices.

d. The final precaution is to sort out online games for children. Do not allow them to play unknown or random online games. Otherwise, they tend to pick up unsavoury slang words (which are not used inside homes).

Several of such Government apps and free schemes are developed for giving welfare to entire mankind.



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ASHRI
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AYURVEDA AND ITS IMPORTANCE

BY DR. ROSYNA HUIDROM

Ayurveda is one of the most ancient medical sciences of the world which is widely practiced in modern times. Ayurveda is the science of life, as Ayur means life or longevity and Veda means knowledge or science .Thus Ayurveda is defined as the science in which the knowledge of life exists or which helps a man to enjoy a longer duration of life.

The main principle of Ayurveda is

i) To maintain the health of the healthy person (Swasthasya swasthya rakshanam)

ii) To cure the diseased person (Atura vikara prashamanam)

In Ayurveda, health/swastha is defined as:

"Samadosha Samagni Samadhatumalakriya prasannaatmaindriyamanaha swasthya iti abhidhiyate"

This means that health is balanced when all three doshas (vata, pitta, and kapha) or bio energy and agni or metabolic process are balanced, and excretion process are in proper order. When atma or soul, senses, manah or intellect are in harmony with internal peace, swasthya or optimal health is achieved which clearly relates the definition of health as defined by WHO, i.e, health is a complete state of physical, mental, spiritual, and social well being , not merely the absence of disease.

Our physical body constitute the three essential bio- components known as the **Tridosas** viz., **Vata** (physical activities or the motion in the organisms), **Pitta** (the entire physio - chemical phenomenon including the bio-chemicals and metabolic activities as well as the endocrine functions) and **Kapha** (gross structure of the body both solid and liquid).

Ayurvedic treatments are broadly classified into two major procedures:

i) Samsamana (pacificatory therapy)

ii) Samshodhana (purificatory or eliminatory therapy)

What Is Panchakarma?

Panchakarma therapy/bio-cleansing therapy comes under purification therapies which play a vital role in Ayurvedic therapeutics and occupy an important place in Ayurvedic Medicine. The importance of Panchakarma is essentially applicable to all cases, both preventive and curative conditions. It aims to purify the body from gross to subtle levels and to clean the channels of the body to enable the free flow of nutrients, medicaments, and metabolites. This therapy consists of five folds viz., **Vaman** (emesis), **Virechana** (purgation), **Basti** (enema), **Nasya** (snuffing), and **Raktamokshan** (blood letting). Before doing this main procedure, pre operative procedures are also conducted such as **Deepan, Pachan, Snehan, Swedan,** and **Rukshan**.

Treatment/Therapy Performed in Ayurveda Department of 50 Bedded Integrated AYUSH Hospital, Lamphel, Imphal

Abhyanga: Abhyanga (massage) is the combination of massage with medicinal oils and given with pressure depending upon the type of pain. Medicated oils are Lipophilic substances that can be easily absorbed through skin. This should be done

systematically with uniform pressure and warm temperature all over the body. Specific medicated oils and types of strokes are chosen based on the body constitution, disease condition such as arthritis, musculoskeletal disorders, brachial neuralgia, tennis elbow, lumbago, frozen shoulder, backache, sprains, and bodyaches. systematically with uniform pressure and warm temperature all over the body. *Specific medicated oils and types of strokes are chosen based on the body constitution, disease condition such as arthritis, musculoskeletal disorders, brachial neuralgia, tennis elbow, lumbago, frozen shoulder, backache, sprains, and bodyaches.*

Shirodhara: Pouring of medicated oil/takra in the forehead for 30-60 minutes in uniform motion.

Shirobasti: Keeping of medicated oil in the head by making a wall.

Katibasti: A mixture of atta and maida is made into paste and a round well is made in the lumbar region. Then slowly warm medicated oil is poured inside the well; the oil is repeatedly changed and always kept warm. It is indicated in sciatica, slip disc, degenerative disc, back pain, etc.

Grivabasti: A mixture of atta and maida is made into paste and a round well is made in the cervical region. Then slowly warm medicated oil is poured inside the well; the oil is repeatedly changed and always kept warm. This is indicated in *pain of cervical spondylosis and chronic pain in neck region.*

Janubasti: A mixture of atta and maida is made into paste and a round well is made in the knee joint. Then slowly warm medicated oil is poured inside the well; the oil is repeatedly changed and always kept warm. It is indicated in *osteoarthritis*.

Karnapurana: Pouring or keeping of warm oil in the ear for 15-30 minutes depending on the condition/chronicity of the patient.

Netrabasti: Keeping of medicated oil in the eye by making a well for 15-30 minutes.

Nadi swedana: The steam of the hot substance (medicated decoction) is directed towards the body part. This is mainly done in the *localised part like in osteoarthritis of knee joint, pain in the cervical region, etc.* This therapy should always be done after snehana therapy.

Vaspa swedana: After medicated oil massage, this therapy is done in case of muscular spasm of the whole body. After medicated oil massage, this therapy is done as a pre-operative therapy before the main panchakarma treatment as a therapeutic purpose. *It cleans blood circulation, helps in removing the toxins from the body, and relieves pain and stiffness of muscle.*

Shalishastika pinda swedana: A bolus of cooked rice is dipped in medicated decoction which is already cooked with milk and applied in the whole body or in the affected part. The fomentation should be done systematically with uniform pressure and temperature all over the body. It is applied in *osteoporosis, degenerative disorder of joints, muscular dystrophy, calcaneum spur, osteoarthrisis, PIVD, frozen shoulder, sciatica, etc.*

Patrapinda swedana: It is application of poultice prepared from leaves of eranda, dhatura, nirgundi, arka, and nimba. It is done in *rheumatic arthritis, pain associated with swelling in knee joint, swelling with pain in the cervical region, etc.*

Upanaha swedana: It is application of paste of herbs on the affected area and left the paste to dry. The paste of traditionally known drugs such as eranda, dhatura, and nirgundi is applied in the affected area, usually applied in cases of *swelling, injury, sprain, etc.*

Suska sewdana (Baluka): Baluka means sand. It is the local dry fomentation by sand bolus on the affected part. This should be done systematically with uniform pressure and temperature .This is done in *acute case of rheumatic arthritis, gouty arthritis, etc.*

Udvartana: Application of medicated dry powder in the body. It is mainly done in the patient of *obesity*.

Shirolepa: Application of medicated paste in the head. It is indicated in *cerebral palsy, motor neuron disorder, etc.*

Nasya: It is the procedure by which medications are introduced through nasal passage either in liquid or powdered form.

Anuvasan basti: It is medicated oil administration by the enema for desired therapeutic effects.

Niruha basti: It is medicated decoction administration by means of enema for desired therapeutic effects.

Virechana: It is medicated purgation.

Rakta mokshana: It is the process of removing the *vitiated blood* or simply it can be called as blood letting.

Agnikarma: The word Agnikarma means application of agni (heat). The technique of Agnikarma has been designed to relief various muscular and joint disorders. It is basically performed in two ways:

Direct heat: It is done by mrittika shalaka (earthen rod). Direct heat is useful in pain at heels such as *calcaneum spur, tendo calcaneal arthralgia, plantar fasciitis, tendo archillis bursitis.*

Indirect heat: A blunt shalaka or probe is used. In this process, a small shalaka with a blunt end is placed on the affected area and the heat is transferred through the other end by a candle, till the patient can bear the heat. It works effectively and gives immediate relief. It is usually done in conditions such as *frozen shoulder, neuromuscular disorders, neck pain, brachial neuritis, pain due to cervical or lumbar spondylosis, sciatica, tennis elbow, backache, sciatica, knee pain.*

Agnikarma helps the pain to relief immediately and within seconds. It can be done repeatedly till the patient gets relief.

Ksharasutra: It is application of medicated thread in case of *fistula, piles/haemorrhoids.*

Medicinal Plants and Their Uses (Locally Available)

Amla (Heikru): Hyperacidity, gastritis, anorexia, and vomiting. It helps to prevent aging and hair loss.

Haritaki (Manahi): Constipation, piles, and gastro intestinal problems.

Guduchi (Ningthoukhongli): Immunomodulator, fever, diabetes, and gout.

Aloevera (Ghritkumari): Spleen and liver disorder. It is also used in burns, psoriasisand dry skin and to prevent dandruff.

Bael (Heirikhagok): Diarrhoea and dysentery (Pulp). DM2 (Leaf)

Vasaka (Nongmangkha): Cough, asthma, pharyngitis, and flu.

Tulsi: Respiratory tract infection and viral fever.

Garlic (Chanam): Hyperlipidaemia and good for heart.

Turmeric (Yaingang): Anti bacterial properties, best anti allergic, and anti arthritic.

Methi: Anti obesity, lower cholesterol level, and DM2.
Ginger (Sing): Appetizer, swelling, digestive, and cold & cough.
Sajana (Drumstick): Rhematic pain, OA, etc.
Aragvadh (Chaohei): Constipation, etc.
Bhuyamlakhi (Heikru man): Liver disorders, etc.
Brahmi (Peruk): Good for brain.
Dalim (kaphoi): Good for heart, stomach, DM2, etc.
Satavari (Nungarei), Aswagandha (Aloo man), Kapikacchu (mucuna pruriens): Good for the reproductive system.

Ayurveda became a part of the Indian National Health Care System. Since Ayurveda is prevention oriented, as well as holistic and curative, it is capable of leading the world towards creating an increasingly disease-free society.



Dr. Rosyna Huidrom is MO (Ayurveda) in Integrated AYUSH Hospital, Imphal

DISPERSION OF SELF-RELIANCE
SALAI

NEW WAVES
TOGETHER WE GROW

Lourembam Enterprises
a complete furniture showroom
Canchipur Opp. Manipur University Main Gate
Indo Burma Road, Imphal West-795003
Dealer :- Kosmo, Spacewood,
Onoma, Zuari, Zorin, Zircote, Parin
Alder Furniture Kraft, Curves, ,
Eco Chair & Destiny
e-mail :- lourembamenterprises@gmail.com

INVITED ARTICLE

HOW TO SCALE AN ENGINEERING TEAM IN A STARTUP?

BY MR. SANJOY SINGH

How to Scale an Engineering Team in a Startup?

After working with startup founders closely across stages, I have realized that scaling is one aspect they are often concerned with. During this journey, leading engineering teams from the front led me to conclude that scaling an engineering team can become a bottleneck to growth.

I want to share my scaling experience through an example of a leading mobile advertising platforms where I had to ensure that engineering does not become a roadblock. We scaled the product to handle the transaction from 1 million to 80 billion impressions per day with the help of an engineering team that had to scale from 2 to over 100 members.

Translate business goals to technology deliverables.

I was part of quarterly business planning meetings where we used to discuss quarterly road-map and feedback from the customers. During one such meeting, one of the co-founders spoke about an idea to enable revenue stream through display ads in a non-internet environment.

Though the complete feature details were not frozen, I could see this feature as one of the critical elements in the next release. We anticipated the need to hire an additional Android and iOS developers required to deliver this functionality much in advance. Apart from identifying & acquiring new skill sets, it was essential to implement this change in the core product to handle such cases.

I feel that if you nail down the art of translating business needs to technology deliverables, you will get extra time for execution.

Polyglot engineers

As a precondition to close a deal with a premium publisher, we had to develop a feature to cap the frequency of advertising. The core product was written in PHP, and we didn't have a dedicated PHP person at that time. We had no time to acquire it since it was an on-demand request. So, one of the senior Java developers with a fundamental understanding of PHP took it up as a challenge and delivered the feature on time which helped us in acquiring the premium publisher.

You can have the best recruiters on your side, but even they cannot salvage you in such situations.

Challenge team members

Our attrition rate for the team was Zero for 3-4 years. Beyond aligning team members to product vision & mission, keeping them challenged in their work helped us achieve this feat. There was a strong focus on quality and value addition to product for which one had to think beyond just the day-to-day deliverables. Staying on the top of technology helped us to provide innovative solutions to hard problems. This also kept team members engaged. Using Big Data technologies to solve analytics problem & real-time

campaign pacing engine turned out to be - changer for us. Often rotating people within the team helped in productivity and faster technological growth.

Top-down induction process

Often, organizations follow a bottom-up approach for induction. However, in our case, we followed a top-down approach where the leads are involved in explaining business goals and metrics to the new team members. They are closely involved in the induction process. Along with a top-down induction process, an evolving team structure is equally important. Initially, we started with two team members and gradually scaled to form sub-teams such as the engineering team and the customer focus team.

After scaling an engineering team for this startup, I was able to apply the same guidelines to scale multiple teams for other startups successfully.



Mr. Sanjoy Singh is a VP Engineering, at Talentica Software (I) Pvt Ltd.

GRT Legal & Associates

Kang Tattoos

FILFAB CORPORATION (SMD)

AMAND ACTIVITIES

AMAND ACTIVITIES



Photo: *Participants of Lamtagee Thabal 2019*

Lamtagee Thabal 2019

AMAND, Pune organized the Lamtagee Thabal 2019 on Saturday, the 23rd March 2019 at the premises of Don Bosco Youth Centre, Koregaon Park, Pune. The thabal program was organized in association with Manipur Students' Association, Pune (MSAP) as a part of AMAND's annual cultural cum traditional programs. This unique age old traditional cultural folk dance on the eve of Yaoshang will help not only in promoting our rich cultural heritage but also in fostering the spirit of unity & coexistence amongst the Manipuri diasporas in this city- a home very far away from home. The event was attended by about 250 students along with ~70 families cum working professionals living in and around Pune. Altogether ~450 people have gathered at the venue including senior citizens, kids, etc. A handful of families from Mumbai Manipuri Association, Mumbai along with some students from Mumbai and many non-Manipuris from the city also joined us to celebrate this traditional cultural folkdance. Married ladies (Mous) wore traditional Phanek Mapal naiba with Wangkhei phi and most of the leishabis (girls) wore phanek. Some boys and girls also came in traditional attires and enjoyed the traditional folk dance.

A series of food stalls were set up at the venue representing various communities from Manipur. The food stall provides a wide range of home cooked food as well as a huge varies of Manipuri delicacies and packed food. Fresh vegetables from Manipur and other eateries were also made available to the food stall. At the end of the event, two lucky winners were awarded a cash prize from AMAND. Mr Robert Oinam was presented the family award by Dr Huidrom Narendra, President AMAND while Mr Wilson was presented the Students lucky award by Mr Deven Ksh, Program Coordinator. Apart from this, Kang Tattoos and Make-up Studio, Aundh, Pune was kind enough to sponsor 5 lucky lady winners drawn through a live online lucky draw conducted prior to the event and provided for their free make-up on the spot. The lucky ladies of the free make-up are Taruni, Kabitarani, Momoko, Karuna, Tombi, Ebemma. All the participants appreciated the organizers for conducting such a traditional event in Pune - a home far away from home and looking forward for similar events in the days to come.

The event coordinators Mr Deven Ksh and Mr Rajendra Naorem, Info and Publicity Secy welcomed the gathering and also well-coordinated the event along with an unparalleled support from Mr David Huirongbam, Cultural and Sport Secy. The event was concluded with a note of sincere thanks and profound appreciation by Dr M Niraj Luwang, Gen Secy, AMAND, Pune to all the generous sponsors, donors, attendees and volunteers.

2nd AMAND Blood donation 2019



Photo: *2nd AMAND Blood donation 2019* Contributors.

The 2nd AMAND Blood Donation Camp was organized on Sunday, the 27th January 2019 at Club House, Ravi Park, Wanorie as a part of its annual social outreach program. The camp was organized in association with The Thalassemia Society of Pune Chapter. Thalassemia is a form of inherited autosomal recessive blood disorder characterized by abnormal formation of haemoglobin that causes the weakening as well as the destruction of red blood cells (RBC) due to improper oxygen transport. This noble mission aims to save children affected with thalassemia who needs a special care & regular blood transfusion. Thalassemia major needs blood transfusion once in 2-4 weeks. The camp has helped general public in gaining awareness about thalassemia as well as about benefits to blood donors.

The camp was started with a simple ribbon cutting ceremony by the Hon'ble President of AMAND, Dr Huidrom Narendra Singh. There was a huge response from the enthusiastic family members of AMAND as well as other voluntary participation from different communities of Manipur presently staying in Pune along with other communities from Pune. A total of around 80 participation was reported for the said camp which was conducted from 9 am till 2 pm. Participating members were initially screen through a preliminary medical tests like Blood Pressure, Haemoglobin level, Blood Group, weight-check etc. All the donors were served with fruits, fruitjuice, tea and snacks after the donation. Donated blood can be used as a whole, or separated into its component parts like red blood cells, white blood cells, platelets, plasma, and other substances as required and save many lives by treating a wide range of diseases. A single unit of blood can be used to benefit several patients. Donors were also awarded certificate of donation as well as donor card by Akshay Blood Bank with whom Thalassemia Society of Pune chapter has been working for blood donation camps. They also presented a certificate of appreciation & memento to AMAND, Pune for this noble cause. As a token love & appreciation, AMAND Pune also presented a simple pen and a rose each to all donors & technicians. AMAND, Pune duly acknowledge and thank all the donors & technicians for their active participation and cooperation to make the noble mission successful. Special thanks to the Program Coordinator Mr Ajit Salam and Mr Santosh Thounaojam as well as for the senior member Er Ch Jayanta for overall supervising and organizing the camp and motivating all the participating members for this noble cause. The camp was concluded with warm thanksgiving, appreciation and group photographs.

Sajibu Cheiraoba 2019



Photo: *AMAND members Offering ritual food to the God and Goddess Sajibu Cheiraoba 2019*

The AMAND Ladies' Club which is a ladies wing of the Association of Manipuri Diaspora (AMAND) Pune, organized the unique aged old traditional Shajibu Cheiraoba- 2019 with its firm objective to promote and protect the rich socio-cultural heritage of our state Manipur on Sunday, the 21st April, 2019 at the NCL Community Centre, Pashan Road, Pune. This program will help not only in promoting & protecting our rich cultural heritage but also in fostering the spirit of unity & co-existence amongst the Manipuri diasporas in this city- a home very far away from home.

Shajibu Cheiraoba is an annual religious celebration in which certain rites and rituals are observed with a traditional devotion. The name Shajibu Cheiraoba derives from the Manipuri words: Shajibu (the first month of the year which usually falls during the month of April according to Meitei lunar calendar), Chahi (year) and Laoba (declaration). The celebration marks the parting of the old year while welcoming the new year. Since time immemorial, "Shajibu Cheiraoba" has been in the heart of every Manipuri individuals & also has a close connection with our lives and activities. Though it is used to be a family prayer and worship of the deities to safeguard as well as to bring peace, harmony and prosperity for their respective family members, the AMAND Ladies' Club organized this year, a community Shajibu Cheiraoba-2019 for the families of the Manipuri diasporas in Pune. Around 250 people from many families in and around Pune including Mumbai attended for the celebration of the age-old tradition. The main attraction of the event was the presentation of the Khudol pot (gifts) to all the brothers by the Ladies club members & seek the blessings on this auspicious day. All the attendees of the program enjoyed the delicious food (only Manipuri cuisine like nga thongba, makokmaru ngouba, uti, paan eronba, singju, heithongba, kheer, etc) prepared & hosted by the AMAND ladies club members.

The program was organized successfully under the able leadership of the event coordinators Ms. Keron, Ms Emani, Mr. Pritam & Mr. Sarat. Kind appreciation also goes to "Langfei Traveller" for giving the full video coverage of the program. The attendees appreciated the organizing team and also reaffirmed to celebrate the occasion every year with the same spirit and vigour.

The program of the day was concluded by presenting various encouragement prizes followed by a note of sincere thanks and profound appreciation by Mrs. N. Rina Devi, President, AMAND Ladies' Club, Pune to all the generous donors, sponsors and attendees.

Observation of the 5th International Yoga Day 2019



Photo: AMAND observation of 5th International Yoga Day 2019.

As all the Yoga enthusiast over the globe is celebrating the 5th International Yoga Day this year, AMAND, Pune also participate to take a small step in supporting the idea behind the International Yoga Day with about 50+ participants at the community hall of Bhrama Skycity Club House, Pune on 23rd June 2019. The program was conducted from 8 am till 1 pm. Mrs Ronita, PIC of the program welcomed the gathering and highlighted about the 5th International Yoga Day and the benefits of Yoga in one lifestyle. The participant were further enlightened about Yoga and the objectives of AMAND behind organizing such a program by Mr Soubam Shubhachandra Singh, VP, AMAND, Pune. The lamp lighting of the program was done under the presence of Dr Huidrom Narendra Singh, President AMAND along with the other senior members of AMAND, Pune. Mrs Sangeeta Devi Sinroja, Yoga Instructor conducted the yoga session with Surya Namaskar along with a series of asanas. There was an interactive session amongst the participants and the instructor. Dr Somorendro and Mrs Pramo were adjusted as the best Yoga performer of the day in male and female category. Dr Huidrom Narendra felicitates the yoga instructor with a lengyan, memento and a sapling. The event was concluded with a vote of thanks from Mrs Taruni followed by a group photo and refreshments.

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day."

- Narendra Modi

AMAND, Pune appreciated the able leadership of the program coordinator, Mrs Ronita and Mr Shor for conducting the program. Kind appreciation also goes to "Langfei Traveller" for giving the full video coverage of the program. The attendees appreciated the organizing team and also reaffirmed to celebrate the occasion every year with the same spirit and vigour.



Photo: AMAND celebrate International Women's Day 2019 organizes by the ladies club.

International Women's Day celebration 2019

On the occasion of International Women's Day 2019, AMAND Ladies Club which is a part of AMAND, Pune organized a One Day Workshop cum Interaction program on the theme "Women Health and its related issues" on 9th March 2019 at ELTIS Auditorium, Model Colony, Pune. The program was attended by around 40 ladies participants along with members of AMAND, Pune. The program was grace by the two resource person, Dr Jyotsna Angom, Dr Jyotsna Chitalkar, Dr Huidrom Narendra and Mrs N Rina Devi. The dignitaries were presented with a plant sapling and a lengyan by the AMAND Ladies Club.

The program was initiated with a welcome address by Mrs Vijaya Namram. Mrs N Rina Devi elaborated about the objectives of AMAND Ladies Club and its planned activities. Dr Huidrom Narendra Singh, President AMAND, Pune highlighted about the program as well as gave an update about AMAND to the participants. The technical session was started with Dr Jyotsna Chitalkar, Medical Offer , CSIR-NCL, Pune giving a general perspective of Women's Health. She gave a details account of various possible health problem generally faced by womens and its possible precautionas and cure afterwards. She mention about the diabetic related issues and followed up with a general queries from the audiences. The second technical session was given by Dr Jyotsna Angom, Gyanecologist, Jehangir Hospital, Pune on the general issues related with gynecology. She speaks about the issues that a women faces from a young ages till menopause.

The two resource persons were presented with a memento and a gift as a token of appreciation. The last session was a screening of a movie entitled "Daughters of Polo God" diected by the renown director, Mrs kalpana. The movie is about girls playing the game of polo in Manipur. It highlighted the hardship faced by the girls while trying to infuse into the male dominated game. After the session, the vote of thanks was given by Ms Minolta Haorakcham. The program was well coordinated by Mrs Taruni H.

All the participants were issues a participation certificate. The program was concluded by a group photo along with a high tea. AMAND Pune highly appreciated the members of AMAND Ladies Club for organizing the program and special appreciations goes to the Program Coordinator, Mrs Taruni Khumukcham and Ms Minolta Haorakcam.



Interaction with students of Manipur Technical University (MTU), Imphal at CoEP



Photo: *AMAND members with the students and Registrar Mr. Bhogendro of Manipur Technical University (MTU), Imphal at COEP.*

100 final year BE students (first batch) belonging to civil, computer, mechanical and electrical branches of Manipur Technical University (MTU) visited College of Engineering, Pune (CoEP) under the mentor-ship section of Technical Education Quality Improvement Program, Phase III (TEQIP III) for attending one month theory and practical course.



Photo: *AMAND 2019 Calendar release*

Official release of AMAND Calendar 2019

AMAND Pune publishes desktop calendars for its members and well wishers each year. The desktop calendar for the year 2019 was officially released at the hands of Dr. H. Narendra Singh, President AMAND Pune on Sunday, the 20th January 2019 in a simple function organized at the residence of Shri S. Subhachandra Singh, Vice-President, AMAND Pune. The calendar releasing function was attended by the executives and some senior members of AMAND Pune. The calendar was designed by our former Information & Publicity Secy, K. Somorjit Mangang.

Bharat- Bharati program with one dance



On invitation, AMAND Pune has been participating in the Bharat Mata Puja every year organised by Bharat Bharati, an NGO working for the national integration through diversified cultures of the country. This NGO is operating across the country. The Bharat Mata Puja of the year 2019 was held at the sports ground of the Garware College, Deccan on Sunday, the 27th January, 2019. AMAND Pune showcased a Thougal Jagoi performed by 6 girl students from Manipur on this occasion. Families of different communities belonging to 25 states of India participated in the program. Maj (Retd) K.Y. Singh and Dr. H. Narendra Singh have been the members of the organising committee for this Bharat Mata Puja in Pune.

NE film festival 2019



Photo: *Kanglei Khutshem stall in NE Film Festival 2019*

Series of North East Film Festival - Fragrances from the North East have been organised in the city of Pune by Symbiosis Ishanya Cultural & Educational Centre (SICEC) since 2015. The event, in another way, served as a single & also unique window to the films, food, culture and handicrafts of the entire North East India. This also enabled the cultural amalgamation of the region with the rest of the country. By organising the current edition of the festival at Pune, the objective was to sensitise people from other regions to the culture of the North East as envisaged in the "Ek Bharat Shreshta Bharat" programme of the Hon'ble Prime Minister. The 4th North East Film Festival - Fragrances from the North East was held at National Film Archive of India (NFAI) Phase-II campus, Kothrud and ELTIS-SIFIL Auditorium during 01-03 Feb, 2019.

One Manipuri food stall with Manipuri delicacies under the agies of AMAND Pune was one of the food stalls for North east Food festival organized during the film festival. The food stall was managed by our members Ms. N. Ronita Devi and Ms. H. Minolta Devi. One more Manipuri handicraft stall managed by Mr. K. Pritam Singh, Joint Secretary, AMAND, Pune was also put up at the venue for display and sale.

AMAND Pune manages to showcase a Thougal Jagoi performed by 4 girl students from Manipur and a melodious song from Mrs. T. Usharani during the cultural program.



Photo: *(L) H/Capt NK Singh*

Tribute to (L) H/Capt NK Singh

Our Hon'ble founder President of AMAND, (Late) Hony/Captain Namram Khoikhoi Singh had passed away on 11th day of July 2019 after a brief illness. He was born in Waiton village (Pang-gei) of Manipur on 1st November 1944. After his schooling at Sir Johnston Hr Secondary School and Intermediate from Manipur College, he joined the Indian Army in the Army Service Corps (ASC) as a clerk (Staff Duties) on 28 December 1965 and served till he was superannuated finally on November 30, 1997. He served the nation for 32 years with uniform. During his colorful service period, he had actively participated the actions in 1971 war with Pakistan. He was also formed part of Indian Peace Keeping Force (IPKF) in Sri Lanka from 1988-1990. During his long service of 32 years, he had served at various locations in various capacities both in peace and field formations. He was promoted to the rank of Naib subedar (JCO) while he was in Sri Lanka. He was awarded the rank of Honorary captain while in service because of his long and commendable performances with unblemished service career. He was an experienced

soldier, a down to earth human being and a trustworthy elderly figure amongst us. He was not only the founding President but also continued to mentor and help AMAND whenever needed even after his tenure as President. He is a man of self-dignity and soft spoken. Let's remember the good times and the last time we saw his bright smile as he will be forever looking down upon us on our journey through life. His untimely demise has caused a vacuum, a setback and irreparable loss to our organization which will ever remained unfilled.

Names of well-wishers who kindly donated and gave moral support to the families of H/Capt NK Singh are:

1. Maj KY Singh (retd)
2. Giridhar Naorem
3. Imocha Waikhom
4. Puspita Aheibam
5. Jayanta Chongtham
6. Ranjit Mayengbam
7. Amarjit Thouna
8. Manarjit Sarungbam
9. Surjit Angom
10. Maniram Kshetrimayum
11. Subhachandra Soubam
12. Sonamani Salam
13. Ronita
14. Kulabidhu Chanam
15. Sanjoy Yurembam
16. Basanta
17. Narendra Huidrom
18. Rajesh Sharma
19. Jiten Irom
20. Ranjan Waribam
21. Sandip Singha
22. WJ Singh
23. Nanda
24. Kamini Kumar
25. Kiran Sharma
26. Santosh
27. Ajit Salam
28. Niraj Meitram
29. Pritam Konsam
30. Pakasana
31. Rishikanta
32. Sarat Irom
33. Anil Yumnam
34. Minolta
35. RK Sonia
36. Dr. Robindro
37. Premkanta Thangjam
38. Deven Kshetrimayum
39. Sanayaima
40. Janardhan
41. Somorendro Kharibam
42. Sangeeta
43. Nongpok Meitei
44. Usharani
45. L. Thouba
46. Anju Arambam
47. Somorjit
48. Vimol Kshetrimayum
49. Jacky

Grand total: Rs 1,43,000/-



Photo: *AMAND members* standing in condolences to the departed soul

AMAND Shiksha Abhiyan (ASHA) Program



Photo: *AMAND Shiksha Abhiyan (ASHA) Program Opening Celebration Function.*

As a part of its Social Outreach Program, an educational initiatives of voluntary coaching of students, ASHA (AMAND Shiksha Abhiyan) was formally launched on 29th June 2019 at the premises of Golwalkar Guruji 54b English Medium High School, Aundh. Dr Huidrom Narendra Singh, President, AMAND, Pune also graced the inaugural function as the president of the function along with Maj KY Singh, ex-President of AMAND, Pune. Students of the school presented a special song especially composed for the ASHA program. Dr Meitram Niraj Luwang, Gen Secy, AMAND Pune highlighted about the ASHA program and the about AMAND to the gathered audience. About 50+ students and their parents attended the inaugural program. Dr Madukar speaks about the importance of quality education in the present system of PMC schools and how such noble approach from a community organisation like AMAND is going to benefit the students of the governments' schools.

He also mentions that if the present scheme is successful, it will be a model program which can be implemented in all government schools and also gave emphasis for other community members to stand up and be a part of similar program. Smt Archana also wishes the team of AMAND and the ASHA program to be a successful program and also promise to render any support from her side. Dr Narendra enlightened the students about the differences in the facilities between the schools of today and 50 years back. The inaugural function was grace by Smt. Mrs Archana Musale, Hon'ble Corporator, Pune Municipal Corporation as the Chief Guest, Shri Vijay Shewale, Hon'ble Corporator, PMC along with Advocate (Dr.) Madukar Musale, Vice President, BJP Maharastra (Legal) as Guests of Honour. After a detailed deliberation about the ASHA program, from the coordinator from school side by Madam Sonal Yadav, the first session was conducted by Prof Kh Somorendrao, Director, ICM, Guwahati, GoI on the topic "Motivational Talk cum Personality Development".

Participating family member of the students were highly enthusiastic about the program and looking forward for the chances it will bring to their wards career. AMAND, Pune also appreciated the able leadership of the ASHA program coordinator, Dr K Kiran Sharma for initiating the program for the session 2019-2020.

ONE PICTURE ONE STORY



Photo:- *SICEC Felicitation of Dr. Huidrom Narendra Singh, President, AMAND during 4th NE Film Festival*

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

During the 4th North East Film Festival - Fragrances from the North East, 01-03 Feb 2019 organized by Symbiosis Ishanya Cultural & Educational Centre (SICEC) and National Film Archives of India (NFAI) in collaboration with NECOP, Hon'ble President AMAND Pune, Dr. H. Narendra Singh was felicitated by SICEC at the hands of Dr. Vaishali Jundre, Dy Director, ELTIS_ SIFIL, Pune for his continued association and valuable contribution towards the cause of Symbiosis Ishanya Cultural & Educational Centre (SICEC), Pune as well as to the 4th North East Film festival 2019.

Felicitation of M. Ranjit, CEO, 3CIT Solutions & Telecoms India Pvt. Ltd., Pune



Photo:- *Mr. Mayengbam Ranjit, CEO 3CIT Solutions & Telecoms India Pvt. Ltd., Pune receiving Vodafone Best Enterprises Partner Award.*

UNISEX SALON
SKIN - HAIR - MAKEUP
SALON



Photo:- *Mr. Mayengbam Ranjit receiving Indira Best IT Contributor Award*

Mrs. Usharani Thingbaijam, best performer of the day

Mrs. Usharani Thingbaijam, Nanded City receiving the best performer of the day at "Geet Sandhya Singing Forum, Pune" 2019.



Photo:- *Mrs. Usharani Thingbaijam receiving the best performer of the day at "Geet Sandhya Singing Forum, Pune" 2019.*



MEMBERS CONTRIBUTION

ঙাহোণি অমসাখোসং

ঙঁথৈঙ্কবম অংখোংবে লোমক
থৈক্লাংঙৈঙ্কঙ, অংবং

চহি ক্লম২ ঋংবাং
অংমক্লৈ মনি খংলোঃবে লংমাখা
অংমহোণি ইঁথৈম লোঃবং
ঋংবাণি ক্লআংম ক্লঁক্লং
অংমঋৈক্ল চাংক্ল লৈঃঙিংবহি
অংমাণি ক্লহি মনি লৈঁক্লাসং
খমমং ক্লহৈং ঋৈক্লহি ॥

ঙাক্লোনি ক্লৈআংক্ল খংথৈহি
চুমথৈম লৈঙ্গি খংচংবহি
ঙাক্লোনি অংখোং খংবাসং
ঙাক্লোনি ঙাংখা ঃমাক্লং
ঙাক্লোনি ঋংঙ্গম ঃংমক্লং
ঙাক্লোনি ঋংঙ্গম ঃংমক্লং ॥

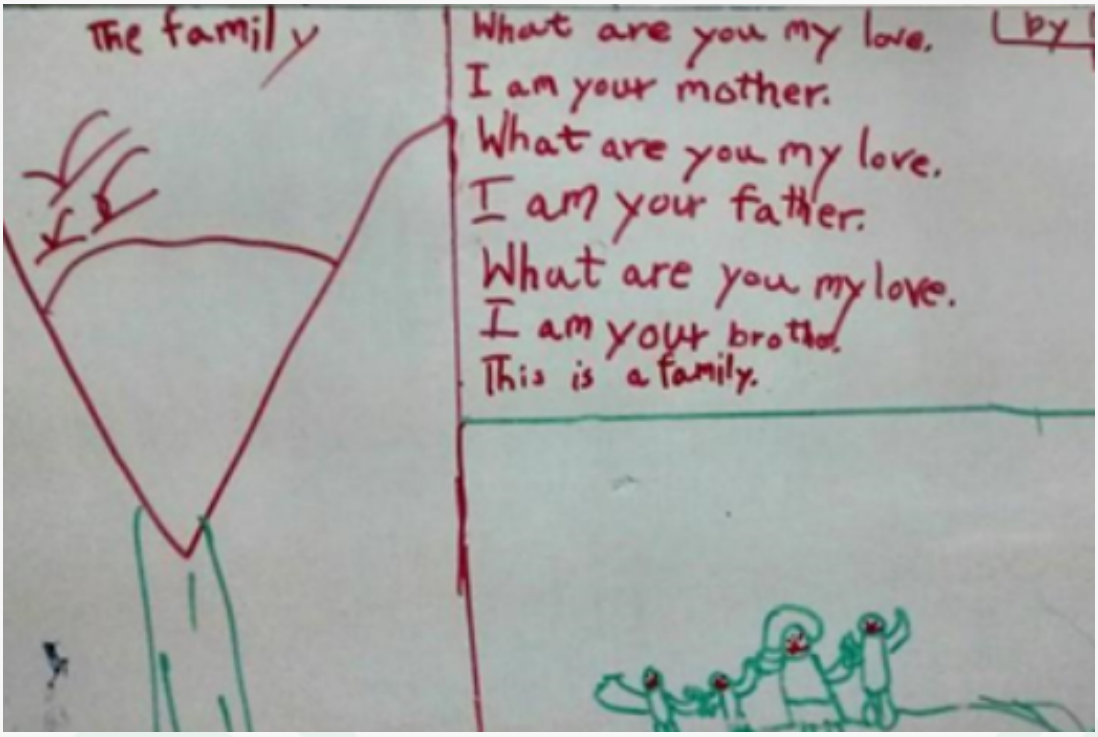
ঙাহোণি অ-ক্লআংঃ অমসাখোসং
ক্লঙাণি অংমং খংবাসং
খংঐং চংঙমাক্লি ক্লনোমক্ল
ঙ্গমনোঃবহ ঐঁঃথাক্লি ঃংনাঃক্লক্ল
অংমঙাণি খংনোনি ঃখংঃথক্ল
ক্লঙাণাম অংমংমাক্লম অংঃংঃ ক্লমসংখোং
খমমং ক্লআক্ল ঐঁঙোঃবি ॥

অংমসাংবাঃ ঐঁঃথাক্লি
ঃমসোঃবি ঙাক্লোনি লোমংমাং
অ-ক্লম অ-ক্লংঃ ঙাক্লোনি অমসাখোসং
ঙাক্লোনি ঙ্গমনোঃবহ লোমংমাং
ঃঅমঃ মাংমংঃ ঽংআংং
ঙাক্লোনি অমসাখোসং মাংমসংঃ
ঙাক্লোনি অমসাখোসং অংঙসংঃমং
ঙাক্লোনি অমসাখোসং অংঙসংঃমং ॥

Mr Thounaojam Pakasana Singh , Retired from Indian Air Force after 26 years as Warrent Officer and settled at Lohegaon, Pune since last 13 years. Currently, he is working with Fortune Inn Exotica, Hotel, Hinjawadi as Human Resources Manager. He is an active member of AMAND Pune since its inception and has served as President during 2016-2018 tenure.

KIDS' CORNER

Poem by Amartya (Nanao) Naorem

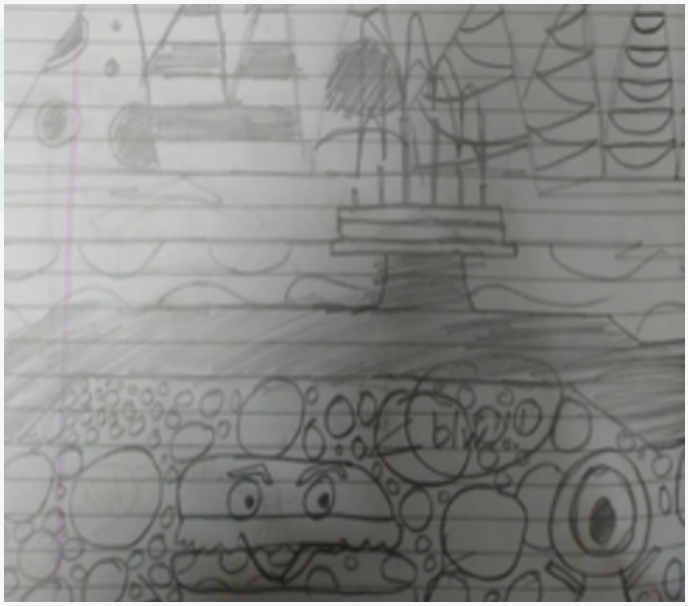


Story by Amartya (Nanao) Naorem

Hello there! My name is Amartya Naorem. I will talk about My Dream Vacation. I want to go to a food island. The dirt will be made up of chocolate and the grass will be made up of mentos. Floors and houses will be made up of candy and caramel. It will rain burgers and pizzas. There will be donut palaces and burger aliens. I will be swimming in the pool made up of jelly and living in a Donut mansion or a five star food plaza. I will be having a lots of fun at the great cake museum with a live gummy bear. My mouth starts watering when i see a chocolate fountain in a chocolate mountain.



Mr. Amartya Naorem
DAV Public School, Aundh
Son of Naorem Giridhar and Subhashini



NEW MEMBERS



Name: Sorokhaibam Milan Meitei

Home address: Thoubal Charangpat Maning, Manipur
Pune address: Atul Nagar Society, Undri, Pune.
Profession: Propritor, Music Junction Academy.



Name: Sinam Sadananda Singh

Home address: Nongpok Sekmai
Pune address: Hinjiwadi, Pune
Profession: Quality Specialist, Infosys



Name: Huidrom Sanajaobi Devi

Pune address: Park Infinia, Hadapsar, Pune
Profession: Proprietor HS Industries



Name: Huidrom Surendra Singh

Pune address: Park Infinia, Hadapsar, Pune
Profession: Proprietor HS Industries



Name: Sumantha Pukhrambam

Home address: Wangkhei Yonglan Leirak Imphal
Pune address: 1608 Amanora Trendy Towers Hadapsar
Profession: Manager,Operations, Barclays Bank

Name: Dr Avinash Thounaojam
Home address: Thounaojam, Kakching District.
Pune address: Biblewadi, Pune
Profession: Asst Professor, Abedar Inamdar Senior College, Pune

Name: Soibam Jarnadhan Singh
Home address: Kakwa Huidrom Leikai
Pune address: Thergaon
Profession: Team Lead (System Performance Monitoring)



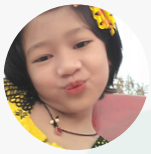


Name: Thingom Premrani

ACHIEVEMENTS BY WARDS OF MEMBERS

Drawing by Dhrisa Salam

Miss Dhrisha Salam has secured the First position (Painting) in All India Swachh Bharat Art Competition organized by National Education and Human Resources Development Organization, Mumbai on 28th Sept 2018



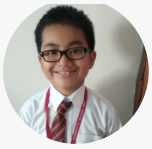
Miss Dhrisha Salam
The Orbis School, Mundwa
Daughter of Ajit and Romita Salam
Keshav Nagar





Achievement of Xavier Nongmaithem

Xavier Nongmaithem has Secured Distinction in National Level SpellBee International Compitition organized by SpellBee International.



Xavier Nongmaithem
The Bishop's Co-Ed School, Undri Pune



Master Bosco Chanam
Son of Mr. Kulabidhu and Mrs. Pramodini Chanam
Secured **93.2%** in CBSE Xth Exam 2019



Miss Mansi M. Sarungbam
Son of Mr Manarjit Charungbam and Dr Sashiprava
Secured **88.4%** in CBSE Xth Exam 2019



Master Eric Napoleon
Son of Mr Napoleon Edward & Mrs Julia Napoleon
Secured **89.62%** in CBSE Xth Exam 2019



Master Tomthin Yumnam
Son of Yumnam Ranjan and Yumnam Akasini Devi
Secured **88.6%** in CBSE XIIth Exam 2019

PROMOTION / TRANSFER OF MEMBERS AND FAMILIES



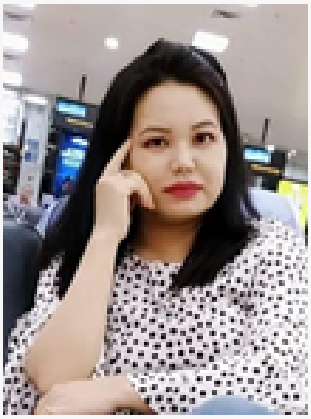
Ambica Shougrakpam
Staff Nurse
Transfer from ESIC, Andheri East, Mumbai
To ESIC, Biblewadi, Pune



Sangita Leima Moirangthem
Account Manager- Delivery
Ivitesse- RSB Industries Ltd.
Pentagon-1, 2nd floor, Magarpatta City, Hadapsar, Pune



Romita Salam (promotion)
Co-ordinator
Pitter Patter Pre-School, Pune



Seema Devi (New Job)
QA Lead
Switched from Barclays Technologies
To Deustche Bank Group



Emani Yurembam(New Job)
Bussiness- Co-Ordinator
SKD Consultants Pvt.Ltd.

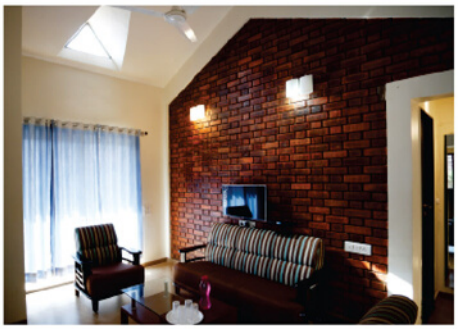
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Sana Sanggai,
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Shathe Vasti, Dhanori Road
Lohegaon, Pune 411047