

# BASELINE

## *THE LITERATURE*

THE ARTS

FUTURE

1001 THAGATCHARI

## MONICA INGUDAM

FINDING THE VOICES

3<sup>RD</sup> EDITION

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**BASELINE  
TEAM**

**Est. 2021**

## President's Message

Education is beyond the walled classroom ecosystem and the bookish knowledge. Education is for the purpose of accelerating growth, sustainability, stability, peace and harmony all around irrespective of boundaries. Therefore, to contribute in the sharpening process of the greatest tool of the mankind, the **Baseline Team**, a non-profit organization run by 20 volunteers from diverse field of studies rise up in this pandemic to help young students in their curriculum, providing career guidance, creating competitive awareness, counseling and so on. These would aid young students in gearing up for their higher studies and career ahead. Our door is always opened and we are ready to help you in the best possible ways.

So, what are you waiting for? Get registered and let us contribute a part in your journey towards excellence.

With best wishes,

**Ashapriya Lourembam,**  
President,  
Baseline Team

## Vice President's Message

In a society heart-stricken with many problems starting from minute to big issues of unemployment, declining economy , slow rate of development, corruption and sometimes conflicts, a proper education of the youths seems to be one of the most effective means to reorganize the chaos that exist in the society. Although it is a long term solution, it will be a powerful option.

The pandemic almost creates a halt in the educational activities across the state and nation as a whole. And this creates a great shift in the normal life of students .Unaware or not in our society at this juncture of the pandemic, most of the students are likely to get entangled in a loop of distractions which includes all sorts of time consuming platforms including social media and video games. Most of their activities in majority are found to be unproductive and misdirected. So we come up as team to provide whatever little help we can for the students. And again when comes to our current education ,most of what being taught in schools are based on things of theoretical abstractions, which itself is very difficult to find practical implications in solving the issues in the society .So, it is very hard for students to find a good overview of the situations facing in our society at present. Moreover, apart from academic point of view and marks, reading for knowledge almost seems to be a lost art in our students. Hence, to get them involved in digging the truth of the society, we as a team from varied professions are making up various monthly programs including career counseling, quiz and essay program on topics relevant to our day- to-day life to get an insight of what exactly is the society facing right now.

This will be our first monthly magazine compilation. It will be very exciting to get a taste. Thanks to our magazine editor. Finally for our **Baseline Team**, I am glad to be a part of the family. I wish the team spirit holds us altogether.

***"Let's work as a team and shine as a team"***

With best wishes,

**Dr. Hanjabam Laxmikanta Sharma**

Vice-President, Baseline Team

## Editor's Message

It's again my privilege working on the 3<sup>RD</sup> Edition of **Baseline Magazine**. Again, this isn't a commercial publication or fundraiser. The sole purpose behind this series of publication is to support our mission of helping students and helping society in the possible ways that are up to our reach. It's just the initial phase. The circulation of the first edition of BASELINE MAZAGINE has lived up to the estimation through the official website [www.baselinegrp.com](http://www.baselinegrp.com).

I would like to pay my gratitude to all the readers for turning their eyes on the magazine last month. I would expect the same from the readers this time as well. The contents and outlook of the magazine are fueled by the love and support of the readers who encourage the team for the little effort we made for the better society.

The habit of reading is important to trigger in the young minds because reading is the main source of knowledge and writing is a way of recording the knowledge. These both swing in parallel. Inducing reading habit is also one of the purposes and sharing our knowledge via writing is our responsibility. Nurturing reading habits is our responsibility and nurturing our writing habit is your responsibility.

With regards,

**Bon Ami Laishram,**  
Editor,  
Baseline Magazine

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## Prolonged Reminiscence

Monica Ingudam is an IT professional based in Virginia, USA currently. She originally held from **Kwakeithel Thiyam Leikei, Imphal West, and Manipur**. She was born to **Ingudam Tomba Singh and Saroj Nalini Khomdram**. Monica credited her parents for the values and skills she possess today. She came into limelight with her online initiative of connecting to the people and bringing up their message to the public domain. She founded **Finding the Voices** which is a YouTube channel, she arranges platform for the local talents to deliver their messages a little bit further in the wide horizon. She is also an inspiring painter and she also has keen interest on the Manipuri Literature which is at the verge of extinction these days. Her institution donated the entire capital generated to the community service. She has been discussing and promoting Manipuri Literature for quite a long time.

As of educational journey, she passed out her high school standard from **Little Flower School**, she continued her higher studies at **Sophia College, Mumbai**. Then, she was enrolled at **PES Inst. Of Technology, Bangalore**. She moved to **University of Maryland, USA** for master degree.

Apart from her initiatives, her resume is filled with some of high profile positions in MNC IT companies. She worked as system engineer at Wipro. She was posted at Bangalore and then transferred to Germany office. She switched to Huawei Technologies, Bangalore. She moved to the United States and started working as signal engineer in an American IT firm based at Virginia. She moved on her career as Senior Analyst at **Surescripts, Virginia, USA**.

**As usual we sat down for Q&A with the guest herself and the conversation is listed.**

**What is your inspiration to start FindingTheVoices?**

**Monica:** To spread positivity during the conflicted landscape of Manipur. Inspire, Educate, Empower and Entertain through FindingTheVoices with stories from our own people.

**What is your main focus in the future with FindingTheVoices?**

**Monica:** Continue to Inspire, Educate, Empower and Entertain through FindingTheVoices. Our mission remains the same but we try different delivery methods to achieve the impact and outcome we are looking for. We will continue with our talk show series, focused projects of education and empowerment - High Achievers workshop, Library and the art of giving back.

**We have heard about the Saturday Live Show on your YouTube channel 'Manipuri Literature Meiteilon' . How does the show reflect to the contemporary society?**

**Monica:** Manipuri Literature Saturday live show is a very special show with my mother, Oja Saroj Nalini Khomdram, retired lecturer of Manipuri Language Literature. This show is dedicated to the love of Manipuri Literature, a gift to the younger generations to cherish and remember the words of great writers of Manipur.

I believe that literature adds value in our fragmented society in bringing humanity closer, in understanding people and bridging the gaps of generations. I have learnt so much and am still learning. I only wished that I had more access to more contents of Manipuri literature much earlier.

**Also heard about 'People of Manipur Series'. Could you please share your insights about the series?**

**Monica:** It is a different experience when you listen to the words and story in one's own voice. And that is what PeopleOfManipur is all about. It is an open space for us to express and listen. We have a unique background and despite the background, the stories shared in each episode leaves us enriched. The will of people to come out of any situation to pursue their dreams and aspirations - each and every interview has left me inspired and I hope it has the same effect on our listeners.

**What do you think about the future of Manipuri Literature & where are we in the field of arts & literature in comparison to the works in the early 1900s?**

**Monica:** Manipuri Literature needs urgent attention. It is time to archive, translate, create audio books, interview experts of Manipur, and preserve all the beautiful books and literary work. There is a huge gap with literature documented in Bengali script and Meitei Mayek transition. The new generations don't know how to read Bengali script, and many who have migrated or studied outside of



Manipur don't know how to read either. If we don't act now, we are in danger of losing many precious works documented earlier in Bengali scripts, and hence the urgency. I urge the government and people of Manipur for your attention. Let's join hands to collaborate and nurture Manipuri Literature.

We are improving with time but we still have a long way to go. We need more writers of different genres, translations to capture the global space, creative and fun space to encourage, promote and share Manipuri Literature.

**At the end, please share the challenges you faced at the initial phase of finding the Voice.**

**Monica:** We as a community could improve on collaboration and unity. But I am blessed to have met beautiful people in my journey of FindingTheVoices. I am grateful to each and every speaker who has shared their heartfelt story. With the support of our volunteers, collaborators, advisers, viewers and sponsors, we have turned difficulties into opportunities to contribute within our means to our common mission of spreading positivity for love and peace.

## *A joyful retreat*

### **Salam Bidyalaxmi Devi**

Oh! Those joyous days she does miss  
Crayons, leads and scribbles making the kiss.  
Hail the tiny hands on the wide canvas frame,  
For inches near and far was only hers to claim.  
Giggling as she twirled around the floor  
And embracing the teddy she so adore.

Oh! Those days of sweet whiteness  
Whole nine yards dipped in pure brightness.  
Dusts and sands, hands and feet, crying and laughter;  
The flower bed being ground of her adventure.  
Accompanying dancing marigolds and the lilies  
Times she wanted to retreat to always.

Those blessed years of smiles  
With no worries to choke the mind for miles.  
If only the hands of the clock can walk back  
Though the present strikes with a smack.  
Through the glimpses in the memory lane,  
Those happy times shall be cherished again

## *A thorny stage to a blossom*

**Salam Bidyalaxmi Devi**

Another lark of dawn, down to the rooster call,  
Daily, tiny steps mounting to a streaming fall.  
Underneath the canopy and the blooming greens,  
Lustrous, golden hues mirroring the screens.  
The sliding, tumbling folds unsealing the seal  
Into the murky lanes, and a staggering wheel.  
Nightmarish hollows with the dicey spread,  
Gambling upon little fortune still heading ahead.

The journey was commencing just a while  
But the stony path hints an unfriendly smile.  
Icy greetings and chilly frostings brushing pass  
Still igniting the embers through delicate glass.  
Hoping one day the flames would light up the whole,  
As seasons go, so do we grow, out the hole.  
And when life seems so serene and clear,  
Maybe that's when we recollect the battle with a cheer.

# The Game in Exile

Rajkumari Rameshwari Devi

**Field Hockey** used to be one of the most popular sports in India. The game enjoyed a very blissful glory in the past. Field Hockey had been taught to the school children as **the national game of India** for decades throughout the generations. It ceased when a young student filed an **RTI** for confirmation in 2012. **The PMO** contacted **the Union Ministry of Youth Affairs and Sports**, then the ministry replied **Hockey was never been announced as the national game of India.**

The origin and nerves are deeply rooted in the soil of India; it's widely played in many villages in the North and its part of the culture as well. Hockey players during colonial era used to be the sport stars. The **Indian Men's Hockey Team** has won **8 Gold Medals, 1 Silver Medal & 3 Bronze Medals** so far in the Olympics Games since 1928. The Indian Hockey Team is the only team with the highest medal tally in Olympics Field Hockey event. The counting was paused after winning Gold in **1980 Moscow**. The counting resumed in the Tokyo Olympics 2020 after a long gap of 41 years. India won medal in Hockey in 1980 Olympics. Hockey had lost its shine and glory in the long span of 41 years. Hockey had lost its glory in the land. The relevance of Hockey was negligible since then.

The downfall began in the **Mexico Olympics 1968**. The Indian Hockey Team returned home with **Bronze** when the countrymen were expecting nothing less than **Gold** from the talented players. The countrymen being the loving fans were disappointed with the performance of their team in the Olympics. All fingers were pointed at the governing body **Indian Hockey Federation** for the lost. Something rare had been taken up by the federation prior the Mexico Olympics as damage control or balancing act. **Gurbux Singh** was the captain of the team, however, the federation took a swift change and decided to appoint another experienced player **Prithipal Singh** as the new captain to lead the team in the **Mexico Olympics**. Disappointed **Gurbux Singh** didn't remain silent. He slammed the decision of the federation publicly. Then, the federation was forced to appoint joint-captain to lead the team in the Mexico Olympics 1968. Media and public back at home blamed the rare decision of **Indian Hockey Federation** as the prime reason of the setback. The team with two captains wouldn't be that efficient and united. That's all about the initial setback.

The next stage of setback was the **Munich Olympics 1972**. The **Munich Olympics** is marked in the history of the Olympics for the heinous killings of the **Israeli Athletes & Coaches** in the Olympic Village by the **terror organization Palestine Liberation Organization**. This violent incident impacted the morale and shook up mental wellbeing of many other athletes and officials in the Olympic Village. The Indian Hockey Team faced their Pakistani counterpart in the semifinal but lost to Pakistan in Munich. They returned home with Bronze consecutively while the countrymen were expecting nothing less than Gold in Hockey.

The another reason was the surface of the playground and various other updates in infrastructure and equipment. Hockey was played on glass since the very beginning. Practice sessions were also on glass surface. The European group introduced artificial turf replacing the natural turf in the **Montreal Summer Olympics 1976**. It's the final nail to the India's Hockey supremacy. Moreover, many updates have been made so far by the much advanced and richer nations. The tradition wooden hockey sticks were updated to lighter carbon made. The Indian players found hard to adapt these changes. The federation at home couldn't afford to update the infrastructure and facilities as per the international standard.

The players were still practicing on natural turf for 1976 Olympics while others moved on to artificial turf as per the Olympic standard. The federation shifted the practice ground to Punjab where they arranged a clay surface that resembled the texture of artificial turf to practice for the upcoming **Montreal Olympics 1976**. The players weren't given the artificial turf to practice. Hence, as the result, India bagged no medal in hockey at **Montreal**. Amidst the wreckage, the internal rift was growing among the influential group of members of the federation in 1970s in quest of the authority. There had been continuous downfall since then. India was ranked **12** in the ranking by **Federation of International Hockey** in 2007. India even failed to qualify for the **Beijing Olympics 2008** for the first time. That was an embarrassing moment of the federation and the country who once dominated the game with consecutive six gold medals in 6 consecutive Olympics Games.

The audience base was also slowly fading away from hockey as the audience lost faith in the game. Then, India won the **ICC Cricket World Cup** in 1983. The countrymen were overjoyed. They looked up to cricket as the winning game, pride of the nation and also the entertaining one. The popularity of hockey players were decimated with the rise of cricket sensations in the 80s and 90s to till date. Hockey became a least popular sport event, it lost the audacity to attract spectators at the

stadium while cricket was the major crowd puller and it's still the most popular sport event in India despite being seen as a sign of slavery left by the colonizer. No TV channel was interested in telecasting live hockey match at a time.

Then, all of sudden, Dhanraj Pillay walked in the team. Pillay led the team to several victories which was considered as the major comeback of the team. The match fee and stipend of the players were very less and irregular too at the time. Pillay and 6 others players voiced against the federation for nonpayment of match fee and low stipend. They were dropped from the team. The federation couldn't even arrange travel fare for the squad due to the lack of fund. Many talented players have to leave hockey because of the lesser remuneration. They couldn't manage their kitchen and diets with the remuneration they were paid at the time.

The governing body **Indian Hockey Federation** was suspended in 2008 by the **Indian Olympics Association**. The **Hockey India** was founded in 2009 to replace the suspended governing body **Indian Hockey Federation** and govern the working and management of field hockey in India. The **Hockey India** was struggling for funds initially. No organization or brand was interested in sponsoring the Indian Hockey Teams.

Former national hockey player **Dilip Tirkey** was elected as MP at Rajya Sabha in 2012 as the member of political party **Biju Janata Dal**. The **BJD** is the current ruling political party in **Odisha**. Being the member of the **BJD**, **Trikey** began to pitch his idea of supporting hockey in the country to the leader of the **BJD & Chief Minister of Odisha Naveen Patnaik**. **Mr. Patnaik** was finally convinced with the plan and announced that the state of Odisha would sponsor both the hockey teams along with the junior teams. The sponsorship began in 2018. Its 5 years sponsorship program. The **Hockey India** felt a sense of revival with the funding. They began to utilize the fund on players and infrastructures. **The Hockey World Cup 2018** was hosted in Odisha. The response from the audience was quite positive, welcoming and impressive. The audience turned up in large scale to watch the matches. It seemed like the game has got its life back.

The result can be seen in the present. Both men's and women's team have slowly inched towards the medal overcoming every hindrance on the artificial turf. The teams have won back their fans and spectators back home and it's because of the financial support they received, the spontaneous management system and hard work and dedication of the players. They have brought hockey back from the long exiled period with their tremendous performances in the **Tokyo Olympics 2020**.

They have brought back the glorious era of hockey in the land of its origin. The Indian Men's Hockey National Team was able to come back and reach the semifinal stage in **the Tokyo Olympics 2020** after a long break of 41 years, the women's team also hit the semifinal match in **the Tokyo Olympics** for the first time in the Olympics Games. That's a milestone achievement for the exiled game. The **Gold** for the event wasn't in the account but that laid a strong foundation stone and scope for the future. The game is back on track now. The Men's Hockey Team won India the **Bronze medal** and the Women's Team finished at fourth position in the **Tokyo Olympics 2020** after a long break of 41 years. The last time India won a medal in field hockey was at **Moscow 1980**.

They are inspiring and influencing both the youths and countrymen to play and watch hockey. The game has been unseen for several years. It has been outcasted and denounced so far. It's because of the initiatives such as a sponsorship program, infrastructure development taken up by the State Government of Odisha that brought the game back on its feet. The Government of Odisha takes good care of the teams as the silent guardian of the game with no quest for credit or political gain out from it. The whole country pays gratitude to the state of Odisha and Chief Minister **Naveen Patnaik** also fondly called **Naveen Babu** with love and respect by the people of Odisha for standing up for **Hockey India** when nobody was interested in sponsoring the teams. It's the first of its kind that has ever happened in the field of sport and sponsorship program. Although Odisha is one of the richest states in the country, but **Odisha** came up for **Hockey India** and sports.

## Maximizing Action and Minimizing Yell for Positive Changes

**Bon Ami Laishram**

In a free democratic country like India, the constitution has granted the right to speech and expression under which the citizens can express their thoughts and ideas and also their disagreements in the government policies. This is the beauty of democracy. As the world has been induced to the age of social media in the early 2000s, the people have become more vocal via social media platforms as their media. The top legislators and executives are very active on social media. They have teams to manage their social media accounts. They study the behaviors of the people by keeping the way of expressions and opinions as references. It helps them a lot. They don't have to go out for survey door to door, person by person to communicate and convey their ideas. This is a merit of social media. And this trend is revolutionized by some actual doers from **Harvard University**.

Social media has become virtual battleground for both the sections of people bearing celebrity tags and the common people through their respective social media accounts. War of words is common phenomenon on social media which also influences the certain mindsets of people in either positive perspective or negative perspective. If the users are involved in the exchanging knowledge through various discussions and debate onboard, then it's swinging towards the positive direction. However, if a user has been just lecturing and screaming to indulge other users in the task she can't accomplish or indulge, then that user can be termed as online warrior who has come up on social media just to utilize her fundamental right of speech and expression. Therefore, more speakers are seen around.

If we see through the whole environmental movement sparked on social media from the epicenter of the **UN** and other organizations, the self-proclaimed climate activists are more into protesting, screaming, photo-shoot sessions than sketching the road map and implementing it from their ends. It's hypocritical when a personality self-acclaimed as climate activist at one side and utilizing every set of household core that come from forest and nature to make themselves comfortable at another side. They are causing more harm to the environment than the common



people. They have comparatively larger cars, refrigerators, ACs than the common people. They consume higher amount of meat than average income people. They travel more often than a common man. And when it comes to travelling, they travel by either planes or car or bus or boat/ with diesel engine backup. These cause pollutions and these are hazardous threats to the environment. Hence, being the climate activists, they should have abandoned any substance that cause harm to the environment at large extent. Leaving all those comforts that cause harm to the environment shall be their first act to earn the responsibility of the real custodians of the environment. It's not that difficult as there are many alternatives. Till then, whatever they are doing on social media platforms, streets, events and podiums are just mouth fashion.

Minors are often misused by adult guardians to fuel their agenda, gain followers and keep their movement alive no matter the movement yields positive impact or negative impact. The agenda of those adults are always dark. It's more towards improving their livelihood than improving the world. They take the kid through the dark consequences that may come in future and tame the kids for their own personal gain. They used the tamed children as their mouthpiece and war machines. The directions are all theirs, the brainwashed children are the drone planes for them. Once the print and electronic media are convinced with the act and innocence of the children, they would make hero out of the minors using any means. And the ignorant world would pour sympathy and supports from all around. Hence, the fame, money and name will be bestowed by some people who are ignorant enough about the hidden agenda which is crystal clear. They can hold only protests, rally, and lecture which are more dramatic than being real.

There are series of instances starting from street events to radical bloody warfare. A framed child activist who was merely 8-9 years old and who happened to know a little about the environment and climate had address the Prime Minister via a photo upload on social media which when viral at some extent. The child was holding a placard urging the PM to pass a law in the parliament that would make mandatory for every student to plant 10 trees to pass their examinations with billions tress counting as the result of that plan. Some people applaud and appreciated the plan forwarded by the minor. But in reality, the plan was crafted by the guardian, sketched on the placard, handed the placard, clicked the picture and straight to the social media. If they're so sure about the plan, then they could have initiated by planting plant samples in their existing lands either residential compound or their

agricultural land and they should take special care for the next 5-10 years till the plants become trees. Just installing a plant sample on soil is not called plantation of tree. Till then, it's just a mere scream which the well educated people see through easily. The children're genuine and innocent as they aren't well aware about what're revolving around them. But those parents or guardians who tamed their children by hijacking their childhoods may be either crooks or people with criminal records in the past.

The role models on whom the young people should look upon are **Saalumarada Thimmakka**, an elderly woman from Karnataka who have planted and nurtured more than 300 Baniyan trees and other plants. She used her own resources in achieving the milestone. Tree plantation isn't a day affair. Its life long process. **Jadhav Phayeng**, a forest cultivators from Assam have grown a forest covering more than 500 Hectors of land area and the forest is now providing shelter to wildlife. **Moirangthem Loya**, a man from Manipur who had grown forest covering more than 300 Acres in the hillock which is also referred as the lung of Imphal City. These are only three names. There are many names & people are not much aware about their works and dedication because they are more into actions for bringing constructive changes than making noise in streets. It's just that the music is too loud and noisy in the town that sweet relaxing musical tune from far off village couldn't be heard. They have dedicated their whole lives in fostering the forests to restore the ecological balance. They are rarely seen on public events as speakers because they aren't in the service of nature for name, fame and money. It's their service to the nature and mankind and they don't expect any other return than the positive impact in the environment

one of the most anticipated nature driven projects is the **Cauvery Calling Campaign** helmed by the **Isha Foundation**. The objective is to revive the keveri River by planting 2.42 Billion trees in the keveri basins. The project was launched in 2019 and it's estimated that it would take 12 years to complete. Both the government and civil societies are supporting the campaign. The foundation is seeking Rs. 42 from the crowd as crowd funding for a tree and the foundation has received aid from states as well. This is the act of giving back to the **Mother Nature** with our own hands by being one of the doers rather than just yelling around and complaining the authority to execute the social responsibility which is the responsibility of every citizen. There is huge difference between a crowd holding protest in front of state legislative assembly or the Parliament House asking government to save the environment by

screaming different slogans in loudspeaker and delivering good content for the media to boost their TRPs and a team who is working on an optimistic plan and implementing that plan with or without the aid of government. Media companies prefer the first one than the second one as the USP of negativity is sharper than the positive.

It's high time to become the warrior on ground and work for the desired positive social changes that are within the capability rather than urging the legislators to act on the matter which a common person can also act as a lawful and responsible citizen of this country.

## Soft Skills & its Urgent Need in School Curriculum

Bon Ami Laishram

**Soft skills** are a curriculum that's often introduced to students in professional business school or engineering college. They are the set of skills that will enable the students to go forward for the job placement drive in the college campus. This is the primary purpose for the induction of the curriculum in college. They also include the skills that enable the new graduates to adapt in the workplace. They shaped the **personality, manners, conduct, attitude** the students for the professional world.

**Soft skills** are introduced to the students in the final years in college or the first year if they course is 2 years post graduate program. The institution couldn't go more than teaching interview skills, conduct, dress code, grooming in the very short span in college. The students also find hard to absorb all that in very short span of time. They had to enroll for extra course at some private coaching institute to bridge the gap if any. It's the college fault at all. It's difficult or impossible to shape and mould the minds of 21 years old students in the span of 6 months or less. That's not the time to mould the brains. They lean more towards management of the situation and get away. The college could go for only the interview tricks, grooming with students of that age. Some of them work on themselves reading self-teaching books as self-teaching. However, it's a very limited case.

Now, the question is, ***"Isn't it also a responsibly of school to teach the basic soft skills with actual classes under curriculum in the long span?"***

Most of the high school passing students come out with shivering hands, fast beating hearts, stammering speech, trembling legs from schools. Most of them have stage fear due to the lack of confidence. And it's obvious that developing public speaking skills and building confidence isn't taught in science lab or Chemistry lecture or English Literature class especially in the region. The medium of teaching is English as per written on prospectus but the reality is something else as per the classroom experience. Henceforth, a student from the region who passed the Higher Secondary Exam with distinction finds hard to communicate with the shopkeepers at the national capital. Most of the students walk out of the schools with only distinction marks and leaving all those basic set of skills to learn in the very span of time in

college. Some of them get through it but most of them get struck in the cave. At least, the language should be worked upon. It's very important to know more than 2 languages in this country. The ignorance would create more trouble in the future projects.

Just training for distinction mark has been the sole purpose of the institutions in the region. They have always distant themselves from soft skills and other curriculum like sports, art & cultural activities expect few in the region. Even **Personal Training** classes in the region are conducted in only few institutions & it's kept very limited in a week routine. However, every institution expect their alumnus to win medals in the **Olympics Games**. They would jump in for credit if someone from their alumnus brings glory in the sporting events. The schools in other regions have drama club to enhance the artistic skills and invoke the interest of literature in the mind of students and it's much needed as English Literature is one of the mandatory subject. This would also help in building confidence of the students and also an opportunity to explore them. However, these happen once in a year and the rest is left on the laps of colleges.

Therefore, there is urgent need for induction of **soft skills classes** in the secondary and higher secondary curriculum. The students must walk in the college classroom with full confidence on the first day itself, they must introduced themselves in bold voice with clarity on the very first day, they must present the project in front of huge college auditorium without trembling in legs, stammering voice, shivering hands. They must be aware of the way to deal with the new people in the new ecosystem. All these basics of college have to be taught in school. The colleges write in bold higher **grades for admission**, so, they only train the kids for grade. However, its written in between the line that **soft skills** are also needed to sustain and adapt in the complicated and highly competitive college ecosystem and the colleges don't teach basics lessons. Thus, it's missed and the consequences are terrible. The consequence is heavy pressure and heavy workload. The possible solutions lie on the foundation. **Soft Skills** should be a mandatory curriculum in school to make the life of students a little easier in the college days. Fee structure would be addressed as a reason but fees charged by the schools aren't that low too.

## The Scene

Bon Ami Laishram

The ship is amidst the wreckage,  
The ships're approaching with deadly canon mouths;  
Oh Crew of the vessel, rise from temporary wound,  
Save the vessel from the approaching canon mouths.

The crew onboard clash with each other,  
The canon mouths aren't harmful to the vessel;  
The crew is harming the vessel  
Unaware of the approaching canon mouths.

The captain sits idle in his cabin,  
The crew is on anarchical mode  
The crew in the other ship relax  
Watching the deadly clash.

Half of the job is done  
The ships don't have to use more canons  
The crew in the vessel realizes the situation  
When the canon mouths come for the doom day.

# HEALTH FOR ALL

Lairellakpam Triven Singh



The dreams of every people of India is the need for affordable and accessible health care. The pandemic has taught no diseases no boundaries don't restrict themselves to a particular set of people, nation or community. Unless everyone is protected we cannot dream of the concept "Health for all".

The idea of "Health for all" is intrinsically interlinked with the idea of universal health coverage (UHC) which envisages that everyone, everywhere has access to essential health care services without facing financial hardship which means that the people are protected from the financial consequences of paying for costly health care that might put them into poverty.

In a country like Indian with population of over 1.3 billion providing affordable healthcare in an equitable way is a challenges. In 2018 Government of India (GOI). Introduced Ayushman Bharat Scheme aims to bolster the two pillars of health for all strengthening primary healthcare and providing health coverage. Under these 1.5lakh healthcare are being set up to provide comprehensive primary healthcare to community including providing essential drugs and diagnostic services at free of cost. Currently in the context of pandemic the scheme is utilized to provide free testing and treatment for its 530 crore beneficiaries.

DHR-ICMR is supporting Ayushman Bharat and encouraging sustainable and cost effective models through its ongoing schemes like health technology assessment, standard treatments workflows (STW) and assistive technologies.

These would serve as an important tools on prioritizing national health spending and providing a uniform guidelines to ensure quality healthcare service in India.

## **VOYAGER 1**

**Santosh moirangcha**

In September 1977, NASA's Voyager spacecraft began its journey into the unknown when it was launched from the Kennedy Space Centre at Cape Canaveral, Florida 16 days later than its twin Voyager 2. The main objective of the spacecraft was to conduct close-up studies of the outer planets including their large moons and mysterious ring systems. But Voyager 1 and Voyager 2 would explore all the giant planets including its 48 moons, their unique system of rings and magnetic field possessed by the giant planets.

On September 5, 1977 Voyager 1 was launched on a faster more direct path that would send the spacecraft heading towards Jupiter and Saturn while Voyager 2 would take a slightly different path that would also take it passed the two giant ring planets but then onto Uranus and Neptune taking advantage of a rare planetary arrangement that only occur once 175 years.

Voyager 1 is the farthest artificial object in space and the spacecraft has detected a strange cosmic hum in interstellar space. This faint monotone hum has been found at a distance of more than 20 billion km from the earth.

In 1979, just 1.5 year after its launch it reached Jupiter. It sent back the pictures of the moons of the planet. The spacecraft took pictures of Jupiter every 96 seconds for 100 hours to generate a colour time-lapse movie to depict 10 rotations of Jupiter. Jupiter is the largest planet in the solar system, composed mainly of hydrogen and helium, with small amounts of methane, ammonia, water vapor, traces of other compounds and a core of melted rock and ice. Colorful Latitudinal bands and atmospheric clouds and storms illustrate Jupiter's dynamic weather system. The giant planet is now known to possess 16 moons. The planet completes one orbit of the Sun each 11.8 years and its day is 9 hours, 55 minutes. Although astronomers had studied Jupiter through telescopes on Earth for centuries, scientists were surprised by many of the Voyager findings. After 20 months of exploring Jupiter, Voyager 1 heading towards the next target Saturn. It became the 2nd spacecraft to visit the ringed planet and the Pioneer 11 is the first spacecraft to reach Saturn. NASA decided to study Titan Largest moon of Saturn. Because of that the spacecraft had to change its planned trajectory and hence it could not explore Uranus and Neptune. Using Saturn as a gravitational Slingshot, Voyager 1 increased its speed exit the solar System.



In 1990, at a distance of 4 billion miles, the probe captured the picture of the earth known as the pale blue dot. It was one of the last pictures by Voyager 1 before the camera was shut down to save power. In 2012, Voyager 1 became the 1st spacecraft to exit the hemisphere and enter the interstellar space. Travelling at about 17km/s, Voyager 1 is still sending its data since it is very far away even radio transmission takes 21 hours to get there. The probe's latest discovery has questioned our perception of the emptiness of the deep space out there. Voyager 1 has detected a steady hum of plasma waves in interstellar space at a low frequency of 3 kHz. Voyager 1 has a plasma wave system which is well equipped to measure plasma vibrations in interstellar medium. Also called the fourth state of matter, plasma is the most abundant state in the Universe. Stars are magnetized balls of plasma. It is a hot and ionized gas composed of electrons stripped away from their parent atoms the more electrons in plasma leads to thermally excited plasma oscillations. Since 2012, Voyager I has detected 8 distinct plasma oscillations, ranging a length from a couple of days to a full year. They are mainly caused by instabilities in the motions of electrons as they interact with shock waves generated by the sun. However, in 2017, the spacecraft began to detect a weak yet steady and persistent plasma signature outside of these energetic events. This newly detected signal is strange because it is narrower than the plasma oscillation events and it is the most prolonged continuous plasma signal recorded by voyager 1 i ,e. 3 years.

In these 3 years voyager 1 has travelled more than a billion mile, but the faint hum hasn't changed at all. These types of vibrations mainly originate in the absence of any coronal mass ejections from the Sun. So researchers can use Voyager 1 to measure the frequency of these vibrations and the plasma density whenever they want, even in regions where there is no sun's influence. A deep analysis of this hum will help us better understand the interaction between interstellar medium and the solar wind. But our farthest spacecraft is running out of power; its power source may not be able to keep the instruments operating after 2025. But in a few remaining years, Voyager 1 is bound to surprise us with its capabilities by exploring the deep corners of the unknown space.

*Important term:*

*1. Interstellar space: ' Inter' means between. ' Stellar' refers t o stars. Interstellar space is the part of space that exists between stars." Scientists define the beginning of interstellar space as the place where the Sun's constant f low of material and magnetic field stops affecting its surroundings. This place is called the heliopause. It marks the end of a region created by our Sun that is called the heliosphere.*

*2. Solar wind: The solar wind is a stream of electrically charged particles that flows*

*Constantly out from the sun in all directions.*

*The particles can make the journey from the sun to the Earth in fewer than 10 days and, when the wind turns into a storm, create the magnificent auroras that dance across polar skies when they interact with the Earth's magnetic field.*

# The Kalinga Triumph

Moirangthem Radhapyari Devi

Take the golden crowns away

The golden crowns're not longed for anymore

Neither elephant chariot nor palanquin ride

Take my silk shawls away from me.

The blood pool is unwanted sight

I wish to not see it anymore

I would live as hermit

With plain clothing and raw foods

Tried blocking his ear

To resist the mournful voices

The mournful voice is too loud to be unheard

Everyone in the empire is mourning for their lost.

Lives perish with the great triumph

No more greed for power now

I want to rest in peace

I want to live on fruits,

I want to live on water

I want to sleep on ground under the shade of a tree

# Menstruation

Dr. Noarem Sunanda

**Do you know?**

**What is menstruation?**

**What is menstrual cycle?**

**Why women do bleeds every month?**

**Why do women get abdomen pain during period/menstruation?**

**Menstruation:** It is the visible manifestation of cyclic physiologic uterine bleeding due to shedding of the endometrium following invisibly interplay of hormones mainly through hypothalamic- pituitary -ovarian axis.

**Menstrual cycle:** The period from the beginning of a menstruation to the beginning of the next one .its interval is 21 to 35 days with a mean of 28 days. It IS the periodic preparation of the reproductive system for fertilization and implantation of the fertilized ovum.

**Hypothalamic-Pituitary-ovarian axis:-**

**H-P-Oaxis:**it starts functioning at puberty.

**Hypothalamus** releases gonadotropin releasing hormone(GnRH) which stimulates anterior pituitary gland to release Follicular stimulating hormone(FHS).FHS stimulates follicular cells(granulosa cells,theca cells) in ovary to release estrogen and inhibin B respectively.

**Phases of menstrual cycle:-**

**Follicular/preovulatory/proliferative phase:it starts from the 1st day of menstruation to 14th day**

**-Main hormone in this first half-estrogen**

**FSH acts on granulosa cells to release estrogen and inhibin B.**

**Estrogen -induces proliferation of endometrium (inner layer of uterus)**

**-positive feedback on luteinizing hormone (LH)**

**Increase in LH level acts on granulosa cells causing luteinization of cells**

**And release of primary oocyte ovulation on 14thday (after 32-36hrs of LH surge)**

**Luteal/Secretory phase:after ovulation,remnants of follicle becomes corpus luteum which is maintained by LH .**

**Corpus releases mainly progesterone**

**Progesterone -supports secretory action of endometrium and gives negative feedback on LH**

**Progesterone peak (highest level) is on 22nd day.**

**Decrease in LH leads to corpus luteum degeneration and withdrawal of progesterone, ultimately shedding of endometrium (menstruation) and release of prostaglandin which causes contraction of uterus causing abdomen pain**

**In pregnant women,another hormone called human chorionic gonadotropin hormone (HCG) comes to play.**

**HCG maintains corpus luteum and so there is no shedding of uterine wall**

**Life span of corpus luteum in non-pregnant=10-12 days**

**Life span of corpus luteum in pregnant women=10-12 weeks**

**Terms used:**

**Positive feedback: increase of one hormone leads to increase of another hormone**

**Negative feedback: increase of one hormone leads to decrease of another hormone**

**Follicle: it is a small sac cavity in the ovaries containing developing egg (primary oocyte), granulosa cells, theca cells.**

**Uterus has 3 layers -perimetrium (outermost), myometrium (middle) and endometrium (innermost).**

**Endometrium: has superficial layer ((sheds at the time of menstruation) and deep layer (responsible of regeneration of entire endometrium for the next cycle**

**Vasoconstriction: constriction of blood vessels.**

**Primary oocyte: ovum/egg inside the follicle**

**Secondary oocyte: the released primary oocyte undergoes 2nd meiotic division after fertilization and becomes secondary oocyte**

## Editor's Book Choice

Books are the warehouse of knowledge and it's a strong medium of passing knowledge through generation to generation and era to era. Reading habit would nurture mental abilities. It's a form of mental exercise.

I would suggest **3 Books** which students must read before stepping in their colleges. The books are picked after reading, analysis and reviewing,. I believe these books would help young students in their long journey of life ahead.

1. **How to Win at College:** It's a book by Cal Newport. The book is the guide to student standing at the entrance of their college. This book would take the readers through different ways and strategies to retain the significant position in college ecosystem and the way to stand tall in the crowded college campus.
2. **The Alchemist:** The Alchemist is a novel authored by Paulo Coelho. The novel follows the journey of young shepherd. The adventure of the young man and the series of figures and events that he encountered in his journey stand out the novel from rest of the fictional novels.
3. **A Farewell to Arms:** This novel is inspired by the true events in the history. The plot is set in the First World War with an American soldier and an English nurse in Italy. The English nurse and the American soldier.

## The Second Baseline Essay Competition Result

Sl.	Candidate's name	School name	Class	Rank
1	Moirangthem Radhapyari Devi	Padma Ratna English School, Kakching	10	1st
2	Baberos Lukram	Comet School	11	2nd
3	Gunita	Catholic School, Canchipur	9	3rd
4	Sapam Jidi Singh	Ching Tam Foundation For Innovative	12	4th
5	Paulina Kshetrimayum	Padma Ratna English School, Kakching	9	5th
6	Willy Khangembam	TG Hr. Sec. School	12	6th
7	Sanathoi Ningthoujam	The Base Academy, Khangabok	10	7th
8	Arina Kshetrimayum	Padma Ratna English School, Kakching	9	8th
9	Diana Ningombam	Ibotonsana Girls Higher Secondary School	12	9th
10	Laishram Olivia Devi	The Royal Academy Of Advance Learning, Top Siphai	9	10th



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**THANKS**