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Important Facts for Prelims (July 9th, 2018)

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The States that share their borders with Myanmar are Arunachal Pradesh, Nagaland, Manipur, and Mizoram.

Free Movement Regime (FMR)

1. The Free Movement Regime is a unique travel arrangement between India and Myanmar.
2. FMR permits the tribes residing along the border to travel 16-km across the boundary without visa restrictions.
3. The FMR helps tribes across the border to maintain their age-old ties.

Ace gymnast Dipa Karmakar won the women's vault gold medal and claimed the fourth place in balance beam in the Mersin World Challenge Cup held in Turkey.

NOTE: Vault is one of two events in artistic gymnastics that both men and women perform, the other being floor exercise.