

- The Dimasa Heritage Museum and Dishru Research Centre, inaugurated in Maibang, is a significant initiative in preserving and promoting the cultural heritage of the Dimasa community.
- Arshiya Das, a Tripuran chess prodigy, received the National Youth Icon Award from the High-tech Group of Institutions, recognizing her outstanding achievements in the sports category.
- Sialhawk pineapple farmers experienced a financial setback when 4,000 quintals of pineapples, valued at Rs. 40 lakh, went bad. The loss underscores the need for government assistance for more accessible markets and sustainable farming practices.

NEWS BEARER

NEWS FROM NEAR & FAR

RNI No. ASSENG/2015/66506 ■ VOL 09, ISSUE 23 ■ DIMA HASAO PAGES: 8 ■ PRICE 10.00 ■ FRIDAY, JANUARY 17, 2025

The Dimasa Heritage Museum and Dishru Research Centre inaugurates at Maibang

Maibang, Jan 16: Dimasa Heritage Museum and Dishru Research Centre was officially inaugurated yesterday, January 15, 2025, at Kasmai-



pur, Maibang. This landmark event celebrates a significant step forward in preserving and promoting the rich cultural heritage of the Dimasa community.

The ceremony was presided over by Debolal Gorlosa, Chief Executive Mem-

ber of the North Cachar Hills Autonomous Council (NCHAC), in the presence of distinguished guests and dignitaries. The newly unveiled museum showcases an impressive collection of artifacts and antiquities, offering visitors a glimpse into the vibrant history and traditions of the Dimasa people. Designed to replicate the architectural style of the historic Dimasa edifice in Khaspur, the museum stands as a proud symbol of the community's cultural legacy in the Cachar district. Speaking at the inauguration, CEM Debolal Gorlosa emphasized the museum's role in bridging the past and the future.

"The Dimasa Heritage Museum and Dishru Research Centre will serve as a guardian of our cultural heritage and a hub for learning and exchange," Gorlosa remarked. Prominent attendees included Ullas Kulkarni, a member of the RSS Central Committee and the Prabhari for Northeast India, and Dinesh Tiwari, organizing secretary of the VHP Uttar Purbanchal Kshetra. Officials from the NCHAC, including executive members, the principal secretary, and the Maibang Civil Sub-Divisional Officer, also participated in the event, highlighting the wide-reaching support for this significant cultural initiative.

Sialhawk pineapple farmers have lost staggering Rs.40 lakh

Aizawl, Jan 14: When nearly 4,000 quintals of pineapples valued at Rs. 40 lakh went bad and withered away in 2024, farmers in Sialhawk village Mizoram, experienced a catastrophic financial setback. The town produced nearly 13,000 quintals during the harvest season in July and August. There were no buyers for the remaining produce, so even if 9,000 quintals were sold, there would still be significant losses. Sialhawk has been a hub for pineapple cultivation since 2005, supporting 250 households that heavily depend on the fruit for their livelihood. The loss has highlighted the urgent need for government

assistance to ensure more accessible markets and sustainable farming practices. According to secretary of the Pineapple Society, the farmers made Rs. 90 lakh by selling pineapples for Rs. 10 a kilogram. A large portion of the harvest was wasted as a result of limited market access and a lack of government-backed marketing assistance. Farmers were able to prevent waste in the past thanks to government initiatives that connected them with buyers. Farmers were forced to find buyers on their own in 2024, which was a challenging undertaking. The state administration ignored their predicament.

Chowna Mein begins a number of historic infrastructure

Itanagar, Jan 15: In order to improve connectivity, promote travel, and protect the region's natural and cultural heritage, Deputy CM Chowna Mein started a number of historic infrastructure projects in the Lohit district. Mein discussed plan to designate the Kamlang Tiger Reserve as a Ramsar Site a designation granted by the Ramsar Convention to acknowledge wetlands of global significance with the forest department while he was there. This project demonstrates the Arunachal Pradesh government's commitment to protecting the state's biodiversity and environmental legacy for coming generations.



Manipur's infrastructure will be upgraded for Rs. 3,300 crore to alleviate traffic issues

Imphal, Jan 14: Huge ₹3,300 crore infrastructure project has been initiated by the Manipur government and Chief Minister N. Biren Singh to alleviate Imphal's escalating traffic issues. The ADB is providing funding for the project, which includes building a 51.23-kilometer Imphal Ring Road, long-lasting RCC roads, and bridges, flyovers, and underpasses. RCC roads which are known for their durability and low maintenance will be used throughout greater Imphal. These roads are designed to withstand heavy traffic and precipitation, which reduces potholes and facilitates commuting. RCC roads are a long-term investment in the city's infrastructure, despite their higher initial cost. The 51-kilometer Imphal Ring Road project is a strategic infrastructure

endeavor designed to reduce traffic in cities. The project makes use of a special funding model in which the state contributes and the Asian Development Bank supports 80% of the funding. To increase road safety and efficiency, the plan calls for building six large bridges, numerous flyovers, and underpasses. Officials anticipate saving ₹250 crore a year in fuel consumption, road repair expenses, and GST after the project is finished. The proj-



Nagaland's political groups pledge to create a Council of Naga Cooperation

Kohima, Jan 15: In Nagaland representatives from various Naga political groups discussed the operationalization of the collaborative framework 'Council of Naga Cooperation and Relationship' to help such unity out of Naga divisions. All Naga governmental entities and the larger Naga community were encouraged to participate in this process because the meeting stressed the importance of



collective action. In a signed statement, the leaders acknowledged their past mistakes, acknowledging that their fervor for

New initiative named "Project Safe Stay"

Assam's Step up

Guwahati, Jan 15: The Dibrugarh Municipal Corporation has formally launched "Project Safe Stay," a digital project that would transform the registration and verification procedure for local lodging providers. This initiative, which was formally introduced from a specialized platform, intends to expedite licensing procedures while upholding strict safety and sanitary regulations in all kinds of housing. At the launch event, Mayor Saikat Patra emphasized the initiative's goal of establishing a secure environment for both lodging providers and guests.

It will cover every kind of accommodation, including homestays, hostels, and facilities that charge visitors. Through the portal, a property owner can now register, get trade licenses, and show that they are in compliance with municipal safety regulations in just one window. The previous registration procedure was consistently very time-consuming and difficult. "Through Project Safe Stay, we streamlined these procedures for easier legitimization for providers while providing high standards of service," he said.

To support the effort, the DMC has established a dedicated helpline manned by qualified professionals to provide technical assistance to users. Another measure would be a standardized rating system. Visitors would know what to expect in terms of hygienic standards, security procedures, and general service excellence in this way. Making the hospitality sector more respectable and professional is the aim, according to Dibrugarh's deputy mayor, Ujjal Phukan.

Naga objectives had sometimes led them to act and speak in ways that were divisive and created discontent. They promised to be more responsible, accountable, and watchful in all of their future undertakings. The group reaffirmed its commitment to strengthening the 2009 Covenant of Reconciliation and emphasized respect for the Naga people's historical and political rights.

A day after Dhaka called for an Indian envoy, India calls for a top Bangladeshi diplomat

New Delhi, Jan 13: A day after the Bangladeshi foreign ministry called India's high commissioner, Pranay Verma, to Dhaka, the ministry of external affairs called the Bangladeshi diplomat. In a statement, the Bangladeshi foreign ministry said, "Bangladesh Foreign Secretary Ambassador Md Jashim Uddin on Sunday expressed the deep concern of the Government of Bangladesh to the High Commissioner of India Pranay Verma at his office at the Ministry of Foreign Affairs over the recent activities of the Border Security Force (BSF) of India along the Bangladesh-India Border." Following their meet-

ing with the foreign minister of Bangladesh, Indian High Commissioner Pranay Verma stated that they had a meeting with the foreign secretary to discuss India's commitment to maintaining a border free of crime, effectively addressing the issues of smuggling, criminal movement, and trafficking, and to gain an understanding of the importance of border fencing for security. Bangladesh claimed in the media that India was breaking a bilateral agreement by attempting to erect fences at five points along the Indo-Bangla border. Since Bangladesh's prime minister, Sheikh Hasina, left the country and has been stay-



ing in India at an undisclosed location, tensions between India and Bangladesh have been increasing. Since Sheikh Hasina was overthrown, minority Hindus in Bangladesh have been the target of numerous attacks and acts of vandalism

at Hindu-owned temples and properties. Since August 4 of last year, the great majority of incidents against minority communities have been "political in nature" rather than "communal," according to the Bangladeshi government.

Indian Navy acquires three new fighters Modi's major move

New Delhi, Jan 15: According to PM Modi, India is emerging as a significant maritime force and is becoming known as a trustworthy and accountable international partner.

PM Modi stated that India has consistently backed an open, safe, inclusive, and prosperous Indo-Pacific region in remarks following the commissioning of three naval warships here. He added that all three are "Made in India" and that a destroyer, a frigate, and a submarine were commissioned together for the first time. According to the PM, the 'Atmanir-

bhar Bharat' initiative has strengthened and empowered the nation. "We should become a global partner in securing the sea from drugs, weapons and terrorism and make it safe and prosperous. India is becoming a major maritime power and is being recognised as a reliable and responsible partner," he said. The prime minister pointed out that India has become the "first responder" in the Indian Ocean region. According to Prime Minister Modi, India will be crucial in guiding the world's economy, security, and geopolitical dynamics.

More than 3000 special trains will serve the Mahakumbh decision taken by Indian Railway

Lucknow, Jan 14: More than 1,000 CCTV cameras for real-time monitoring, 12 language announcement systems in stations around Prayagraj, 554 ticketing counters, including 151 mobile UTS counters, over 3,000 special trains 4.5 times more than the 2019 Ardh Kumbh nearly a fourth of which are long-distance trains, and a dedicated war room to keep track of everything are all part of Indian Railways' plan to accommodate pilgrims traveling from all over the nation for the

largest gathering on Earth: the Mahakumbh. have been.

total of 1176 CCTV cameras have been installed at



In order to provide live feeds for real-time monitoring, a

9 stations throughout the Prayagraj area of the NCR.

Mark Zuckerberg's assertion makes Meta India apology

Bengaluru, Jan 15: Following its CEO Mark Zuckerberg's contentious remarks about the results of India's 2024 elections, Meta India has apologized. In a recent remark, Zuckerberg asserted that the way the current Indian government handled the COVID-19 pandemic was the reason it lost the elections. In response to Union Minister Ashwini Vaishnaw's post on X, Shivnath Thukral, the vice president of Meta India, apologized and referred to Zuckerberg's statement as "factually incorrect."

"Mark's observation that many incumbent parties were not re-elected in 2024

elections holds true for several countries, BUT not India." Thukral emphasised that India is a key market for the American tech giant. "We look forward to being at the centre of its innovative future," he added. In an interview with Joe Rogan, Zuckerberg used India as an example of how the world is unhappy with the way the government is managing the COVID-19 pandemic. The head of the parliamentary committee on communications and information technology, BJP MP Nishikant Dubey, announced on Tuesday that his team would call Meta to account for Zuckerberg's contentious remarks.

President Droupadi Murmu greets People on Magh Bihu, Pongal, Makar Sankranti, and Lohri



The president went on to acknowledge the sacrifices made by farmers by saying, "Through these festivals which are also associated with crops, we express our

gratitude to hard working farmers, who work tirelessly to feed the nation." Her final words were, "May these festivals bring happiness and prosperity in everyone's life

and we work together with greater vigor to make India a developed country," expressing her hope for progress and success. Meanwhile, Uruka and Magh Bihu spirits have overcome the winter cold of Assam, with fields and markets humming with activity—making bhela ghars and marketing mejis, respectively. Bihu is primarily associated with the state's traditional and ethnic cuisine as a post-harvest celebration. The delicacies include pithas of different recipes, including til pitha, ghila pitha, ladoo variations, chunga pithas, curds, beaten rice, milk, jaggery, etc.

2025 Indian Army Day celebration, highlighted evolution of warfare

Pune, Jan 15: Every year on January 15, the 77th Indian Army Day is celebrated with a spectacular light and sound show in Pune that traces the development of Indian warfare from antiquity to the present. Rajnath Singh, the minister of defense, will be present. The event, called "Gaurav Gatha," will also be inspired by contemporary wars and Indian epics. The show, which will take place at the Bhagat Pavilion of the BEG and Center in Pune, which is under Army's Southern Command, will incorporate laser and multi-media technology in addition to light and sound. The parade, which is being held in Pune for the first time with the theme "Samarth Bharat, Saksham Sena," will take place before the grand "Gaurav Gatha" event. A Nepal Army band, an all-girl marching contingent from the NCC, and a group of "robotic mules" are just



a few of the parade's numerous attractions. "If the parade will display the platforms and see the participation of marching contingents, the 'Gaurav Gatha' will showcase the evolution of warfare from the ancient period to the contemporary era. Themes have been drawn from our epics and the modern era wars," said an official, according to the report.

Škoda Auto India's Kylaq achieves the prestigious 5-star safety rating in the Bharat NCAP

Guwahati, Jan 16: Škoda Auto India's Kylaq, its first sub-4m SUV, has achieved the prestigious 5-star safety rating in the Bharat NCAP (New Car Assessment Programme). This makes the Kylaq the first Škoda vehicle to participate in Bharat NCAP testing, continuing the brand's legacy of safety excellence established by the Kushaq and Slavia. Both Škoda Auto India's 2.0 cars have achieved 5-star safety ratings in their respective Global NCAP crash tests for both adult and child occupant protection.

Petr Janeba, Brand Director,



Škoda Auto India, said, "Safety is intrinsic to the Škoda

DNA, and since 2008, every Škoda car has been crash-test-

ed globally and in India, with a 5-star safety rating." The Škoda Kylaq exemplifies the brand's commitment to passenger safety, featuring over 25 active and passive safety technologies as standard across all variants. Built on the robust MQB-A0-IN platform, the Kylaq combines advanced engineering and innovative features tailored to Indian roads and driving conditions. The Kylaq now carries this tradition forward, showcasing Škoda's dedication to delivering world-class safety standards tailored specifically for the Indian market.

Angel One alerts investors to fraudulent social media groups and unauthorized schemes

Mumbai, Jan 16: Angel One Ltd, a leading fintech company, has raised an alarm about the rise of fraudulent social media groups impersonating its brand. The company revealed that several unauthorized groups, operating on platforms like WhatsApp and Telegram, are using its name and logo, as well as the images of its senior executives, to deceive the public. These groups are engaging in illegal activities such as providing unregistered securities advice and making false claims about



returns. "We urge investors to be cautious and verify the authenticity of any communication claiming to be from

us. Unauthorized investment advice and promises of guaranteed returns are strictly prohibited," said a company spokesperson.

Angel One emphasized that it does not engage in such practices and clarified that all legitimate transactions should be conducted through its official platforms only. Angel One also encourages investors to report suspicious activities through the Cybercrime portal and law enforcement agencies to safeguard their financial security.

World economy to deteriorate

Agency, Jan 16: India & the US are predicted to grow economically in 2025, while Europe is predicted to face difficulties, according to the World Economic Forum's most recent CE Outlook.

January 2025 edition emphasizes generally muted global growth. Despite the pessimistic outlook for the global economy, the report did point out two positive developments in South Asia and the United States.

South Asia continues to stand out, with 61% of chief economists expecting strong or very strong growth in 2025.

Vi brings MahaKumbhMela live to users with enhanced 4G network

Mumbai, Jan 16: Vi is offering its customers an exclusive opportunity to experience the spiritual grandeur of the MahaKumbhMela live from the TriveniSangam in Prayagraj, Uttar Pradesh. The event, taking place from 13th January to 26th February 2025, is expected to attract over 40 crore pilgrims. Vi has partnered with Shemaroo to provide live streaming of key events like ShahiSnans, Akhara processions, and the Ganga Aarti on the Vi Movies & TV App and Vi App. Vi customers can enjoy real-time coverage of significant moments such as the ShahiSnans on MakarSankranti (14th January), MauniAmavasya (29th January), and MahaShivratri (26th February), as well as exclusive content including folk music, devotional songs, and behind-the-scenes features. Interviews with spiritual leaders and stories of first-time visitors will also be available. This initiative underscores Vi's commitment to making such large-scale events accessible to all, particularly in Tier 2 and Tier 3 cities, which are seeing a 60% growth in OTT viewership. Vi's 4G network, recently upgraded with 46,000 new sites, ensures a superior streaming experience for users across India.



The Important goals for the insurance industry in India

Chennai, Jan 16: India's insurance industry is anticipated to be significantly shaped by the Union Budget 2025. In light of the government's objective of "Insurance for All" by 2047, this budget may include adjustments to make insurance more accessible, reasonably priced, and creative. The insurance sector has the following main expectations for this year's budget. According to Aftab Chaz, Associate Director and Business Head at Elephant.in, people would significantly reduce their financial burden if the deduction limit for health insurance premiums under Section 80D of the Income Tax Act was raised from Rs 25,000 to Rs 50,000.

The net profit reported by Infosys is Rs 6,806 crore

Mumbai, Jan 16: Results from Q3 of FY25 were released by Infosys. With a revised revenue forecast of 4.5-5%, the company reported a net profit of Rs 6,806 crore. The third-largest private lender in India, Axis Bank, has released its Q3 FY25 financial results. The net profit reported by Axis Bank was Rs 6,304 crore. "Our strong revenue growth sequentially in a seasonally weak quarter and broad-based year on year growth, along with robust operating parameters and margins, is a clear reflection of the success of our differentiated digital offerings, market positioning, and key strategic initiatives. We continue to strengthen our enterprise AI capabilities, particularly focusing on generative AI, which is



witnessing increasing client traction", said Salil Parekh, CEO & MD. "This has led to another quarter of strong large deal wins and improved deal pipeline giving us greater confidence as we look ahead", he added. Prominent IT company reported a net profit of Rs 6,806 cr, up from Rs 6,106 cr during the same period the previous year. The company's Q3FY25 revenue and profit were expected to be Rs 41,206 cr and Rs 6,734 cr, respectively. Infosys' shares closed 1.5% lower on the BSE at Rs 1,920 each.

Advantage Assam 2.0 Summit to drive regional growth and global investment partnerships



Guwahati, Jan 16: In a bid to further enhance Assam's economic landscape, Chief Minister Himanta Biswa Sarma has spearheaded efforts to position the state as a prime investment destination, ahead of the highly anticipated Advantage Assam 2.0 Summit. Scheduled for February 25-26, 2025, the summit is expected to be a key event in attracting global investments and strengthening Assam's economic ties with the ASEAN, BIMSTEC, and European Union regions. The Assam government has already begun its global outreach, with high-level delegations traveling to key international markets. The campaign kicked off with successful roadshows in Mumbai and Delhi, followed by a major push in Bangkok on January 9. There, Assam's

Minister for Revenue and Disaster Management, Shri Keishab Mahanta, engaged with Thai business leaders and government officials to highlight the state's investment opportunities. Subsequent roadshows in Kuala Lumpur attracted over 150 businesses, including those in semiconductors, infrastructure, and IT, further underlining Assam's diverse economic potential. The Advantage Assam 2.0 Summit aligns with India's Act East Policy, aimed at boosting economic cooperation and cultural ties within the Indo-Pacific region. For Guwahati, this summit promises significant opportunities, positioning the city as a key player in Assam's rising stature as a regional investment hub.

DSP Mutual Fund launches India's first BSE Sensex Next 30 Index Fund and ETF

Guwahati, Jan 16: DSP Mutual Fund has launched the DSP BSE Sensex Next 30 Index Fund and DSP BSE

Index includes high-growth large-cap companies often under-represented in traditional large-cap indices. Di-



Sensex Next 30 ETF, marking India's first investment products focused on the BSE Sensex Next 30 Index. These open-ended equity schemes aim to offer investors exposure to 30 companies just below the BSE SENSEX, showcasing potential for robust growth and market leadership.

The BSE Sensex Next 30

versified across sectors, the index allocates 18% each to Consumer Discretionary and Commodities, 19% to Financial Services, and 10% each to Energy and Healthcare. This segment provides a balanced mix of stability and growth opportunities for long-term investors. Speaking on the launch, Anil Ghelani, CFA, Head of Passive

Investments & Products at DSP Asset Managers, said, "This fund offers a differentiated approach within the large-cap space, ideal for investors seeking diversification and long-term wealth creation." The New Fund Offer (NFO) is open from January 10 to January 24, 2025. In Guwahati, investors are showing increasing interest in diversified equity schemes like DSP's new offerings. Financial advisors in the region emphasize the fund's appeal due to its low overlap with existing large-cap indices, making it an attractive option for long-term portfolios. Guwahati's rising participation in equity markets highlights a growing appetite for innovative financial products. Backed by a 25-year legacy, DSP Mutual Fund continues to innovate, offering products aligned with investor needs while promoting wealth creation through responsible investing.

Global celebrations mark 18th PBD with enthusiasm

Guwahati, Jan 16: The 18th Pravasi Bharatiya Divas (PBD) convention, held in Bhubaneswar, Odisha, from January 8-10, saw spirited celebrations across the globe, reflecting the strong bond between India and its diaspora. Indian missions worldwide participated actively, organizing a range of events to commemorate the occasion. In Seychelles, the Indian High Commission hosted a special screening of the PBD inauguration, while the Indian Embassy in Chile held a similar event to showcase the inaugural proceedings. The Indian Embassy in Riyadh, Saudi Arabia, brought the community together for a cultural evening featuring ghazals and songs by Mohammad Vakil. In Norway, over 200 people gathered at Kjeller's JK Banquet Hall for a tribute to the Indian diaspora's contributions. In Bhubaneswar, President



Droupadi Murmu presented the Pravasi Bharatiya Samman Awards to 27 individuals, celebrating their outstanding achievements. Prime Minister Narendra Modi inaugurated the main convention on January 9, which attracted significant participation, including a large delegation from Oman. The PBD convention, initiated in 2003, continues to provide a platform for connecting India with its vast overseas community. Guwahati saw an increased buzz during the PBD celebrations, with businesses showcasing products reflecting India's cultural heritage, further strengthening the ties between India and its diaspora.

Formation of the 8th Pay Commission

Pune, Jan 16: The establishment of the 8th Central Pay Commission, which will benefit more than one crore central government employees and pensioners, was made possible by the Union Cabinet on Thursday. Many people have been eagerly awaiting the announcement, which was made by Union Minister Ashwini Vaishnaw. The commission is anticipated to make revisions to pensions, salaries, allowances, and other benefits. "Since 1947, seven pay commissions have been constituted, with the last one implemented in 2016. As the 7th Pay Commission's term concludes in 2026, initiating the process in 2025 ensures sufficient time to receive and review recommendations before its completion," Vaishnaw said.

The new commission's primary task will be to review pay structures while taking employee welfare, inflation, and economic conditions into account.

Nissan launches 'Bold For The Brave' republic bonanza for armed forces and police

Guwahati, Jan 16: Nissan Motor India has announced its exclusive 'Bold For The Brave' Republic Bonanza for defence personnel, paramilitary forces, and state police, offering significant benefits on its flagship SUV, the New Nissan Magnite. The initiative celebrates India's 76th Republic Day by extending gratitude to the country's protectors.

Serving personnel of the Indian Armed Forces can book the Magnite via the CSD AFD Portal, availing benefits ranging from



₹72,000 to ₹1 lakh. For Central Paramilitary and State Police forces, savings up to ₹23,000 are available through bookings at Nissan dealerships. The offers are valid until January 31, 2025. The Nissan Magnite, a leader in the B-SUV segment, has achieved over 1.5 lakh sales since its 2020 launch. Its popularity extends to the Guwahati market, where it remains a preferred choice among buyers for its robust design and competitive pricing. Dealers in the city expect increased demand,

especially among security personnel, given the exclusive benefits under the Bonanza. Speaking at the launch, Saurabh Vatsa, MD of Nissan Motor India, said, "This initiative reflects our gratitude to the brave individuals who safeguard our nation. The Magnite's durability makes it an ideal partner for their needs."

NCLAT Accepts Penalty Appeal for Meta and WhatsApp CCI

Pune, Jan 16: The petitions submitted by Meta Platforms and WhatsApp against a ruling by the fair trade regulator CCI that levied a penalty of Rs 213.14 crore for abusing market dominance were accepted by the appellate tribunal NCLAT. A two-member bench of the National Company Law Appellate Tribunal stated that the matter needs to be taken into consideration after hearing the first submissions made by Meta and CCI. "We find that the submission raised by the parties needs consideration. We admit both the appeals," said the NCLAT bench which also comprised its Chairperson Justice Ashok Bhushan. However, NCLAT stated that it will make a decision next week regarding the temporary relief to halt the CCI order. The attorneys representing WhatsApp and Meta Platform asked the appellate tribunal to halt the CCI order during the proceedings. The attorney representing the Competition Commission of India, however, disagreed. The

Competition Commission of India (CCI) fined social media giant Meta Rs 213.14 crore on November 18 for engaging in unfair business practices in connection with the 2021 WhatsApp privacy policy update. Additionally, Meta was ordered to stop engaging in anti-competitive behavior by the competition watchdog. A CCI order also requires Meta and WhatsApp to address the anti-competition issues by implementing specific behavioral remedies within a specified timeframe. The regulator has demanded that a number of corrective actions be taken, such as prohibiting WhatsApp from sharing platform data with other Meta companies or Meta company products for advertising purposes for a period of five years. Among other directives, CCI has stated that users in India should not be required to share user data gathered on WhatsApp with other Meta companies or Meta company products for purposes other than offering WhatsApp services.

India and Tanzania join hands for empowerment of youths

Guwahati, Jan 16: For advancing collaboration among Global South, India and Tanzania have joined hands for the empowerment and skilling of youths of both the nations, Secretary, Ministry of Skill Development and Entrepreneurship, Shri Atul Kumar Tiwari, said, welcoming a Tanzanian delegation led by Permanent Secretary Ms. Carolyne Nombo. While assuring support for cooperation in equipping the skilling ecosystem and sharing best practices, Shri Tiwari reflected on Tanzanian President Samia Suluhu Hassan's getting an honorary doctorate from



a top Indian university in 2023 and said: "It was truly inspiring to reflect on Tanzanian President Samia Suluhu Hassan's historic achievement as the first woman to receive an honorary doctorate." "With immense potential for collabora-

tion in sectors like agriculture, manufacturing, and tourism, we are certain that the delegation's visits to NCVET, DGT, and Kerala will provide valuable insights into India's skilling ecosystem," Shri Tiwari said.

During the meeting with the Tanzanian delegation, Ms. Sonal Mishra, Joint Secretary, MSDE, presented an overview of the robust skilling ecosystem and highlighted how the model is relatable and scalable. She emphasized on the strategies to bridge the skill gap and ensure alignment with the industry needs.

Discovering Goa

A Dream Getaway to Paradise and Hidden Gems

Almost everyone around us has dreamed of a GOA getaway, inspired by the iconic movie Dil Chahta Hai. While some proudly share stories of their first trip to Goa, others, like me, have had their fair share of "maybe next time" moments. But as they say, good things come to those who wait. After all the planning, the waiting, and the "MAYBE NEXT TIME" moments, I FINALLY got the opportunity, and this time, there was no turning back. Yes, I visited Goa for the first time! Trust me, the experience was beyond anything I could have imagined. You'll see what I mean as you read on. As I stepped onto Goan soil for the first time, I realized how perfectly those words ("Goa is not just a place, it's a state of mind") fit. The relaxed vibe, the charm of the beaches, and the laid-back atmosphere left me completely in awe. And if I'm being honest, South Goa, in particular, is where the magic really happened. For my long-awaited trip to Goa, I boarded my flight from Delhi to Goa on a Tuesday morning in December. I wasn't just looking for a place to visit—I wanted an experience that would refresh my soul and provide the perfect balance of relaxation and indulgence. Little did I know, my stay at Cloud9 Sarovar Premiere in Palolem would exceed all my expectations and offer me a slice of paradise. The hotel, about 62 km from Dabolim International Airport, was along a beautiful, peaceful route that set the mood for my entire trip. Located in the Canacona Valley, the luxury hotel was the perfect getaway. Upon arrival, I was greeted with a refreshing welcome drink, and as I checked in and entered my room, I felt like I had stepped into a utopian world. The room was so well-equipped with modern amenities, ensuring that I had everything I needed for a comfortable stay—from a flat-screen TV and high-speed internet to a mini-bar and a luxurious bathroom. On top of that, I chose the ocean-view



room from the 160 rooms and suites available. The tropical vibes, soothing decor, and calming atmosphere made it obvious that this was going to be a stay I'd never forget. As a vegetarian, my experience at Cloud9 Sarovar Premiere in Goa was truly exceptional. I had the pleasure of dining at Trophe, the hotel's multi-cuisine restaurant, and was pleasantly surprised by the wide variety of vegetarian dishes, many with a delightful Goan twist. I savored everything from rich soups and dim sums to the refreshing taste of virgin mojitos, finishing off with a traditional Goan dessert. However, if you're a non-vegetarian, you'll be in heaven (just like my friends), as there were so many mouth-watering dishes that I lost count of them all. Don't worry, even if you indulge in a lot of food, the Elysium gym is right in the hotel. So, just eat and burn off those calories! For an even more unforgettable dining

experience, I visited 74° NE, the hotel's rooftop restaurant. As the sky transitioned into stunning shades of orange and pink, I sipped exclusive drinks and cocktails while soaking in the breathtaking Goan sunset.

The combination of delicious drinks and the incredible views made for a moment of pure joy—one I will never forget in my entire life. It's true what they say, "With a drink in hand and a view like that, what more could you ask for?" But wait... there's so much more than just the delicious food! The best part of my stay was being part of an event that truly captured the lively spirit of the São João Festival, which honors Saint John the Baptist with lively celebrations, including music, dance, and symbolic water-jumping rituals. Coming back to the festival-like setup at the hotel, I must say... the atmosphere was buzzing with energy as we en-

joyed fresh fruits, drinks, and mouth-watering Goan dishes. We couldn't help but dance along to the live Goan music, and let me tell you, it truly felt like the heart of Goa was alive at that moment. The next day, I enjoyed a spa session at Hebe, the hotel's spa center. The exclusive oils and treatments were incredibly relaxing and left me feeling both refreshed and recharged. Honestly, it felt like all my stress just melted away. After the spa, I relaxed by the poolside with a drink, soaking in the stunning view. Trust me, it was one of those moments that words can't fully capture. Then, we decided to go shopping—after all, we are girls! We had the opportunity to visit a nearby street market in a Mini Van (provided by the hotel, free of charge). Then, we headed to Palolem Beach (which is just a walk away) to feel the soft sand beneath our feet. It was truly an unforgettable experience! Now, I completely understand the meaning of this phrase, "If you didn't feel the sand between your toes and the rhythm of the waves, did you even go to Goa?" While there were many other amazing spots to visit, like Patnem and Raj Bagh Beach, the Malika Arjun Temple, and Cotigao Wildlife Sanctuary, all of us decided to take a different route and discover a hidden gem with the help of the hotel's staff—a waterfall deep in the Netrawali Jungle. I know its name, but let's keep this beautiful secret between us for now. To sum up my Goa experience, I have to say that throughout the trip, I couldn't decide whether to enjoy a refreshing coconut water or treat myself to a cocktail by the sea. It's one of those little dilemmas that make a Goa getaway so memorable. Goa is truly a place where every moment feels special and every experience unforgettable. Whether I was relaxing on the beautiful beaches, savoring delicious food, or just soaking in the vibe, it was a trip that left me with countless memories. Now that you know where to stay, it's time to book your tickets and make your way to Goa!

It's the little lifestyle changes that will make 2025 healthier

The advent of the New Year often brings a surge of energy to improve various aspects of our lives. For many, this new beginning is an opportunity to reflect on personal goals, career ambitions, and overall lifestyle. Among these, fitness often takes centre stage, with many vowing to get in shape, embarking on a transformation journey, and hitting the gym with newfound enthusiasm. But remember, it's the little things that matter most. This common saying applies to many situations, but it is especially true when it comes to our health. From increasing water intake and making small dietary changes to ditching phone usage while eating, not for your health, but hear it from health experts who want you to stick to the minor lifestyle changes that can truly transform your health for the better. Staying hydrated is

important for a bevy of bodily functions and tissues. It also helps with the absorption of water and aim to drink at least 8 glasses daily. Staying hydrated boosts metabolism, supports organ function, and improves skin health," says Dr. G K, HOD and senior consultant, Internal Medicine, Gleneagles BGS Hospital Kengeri, Bengaluru. To ensure regularly drinking water, carry a reusable water bottle and set reminders on your phone. You can also flavour fruits or herbs if you find drinking plain water unappealing. According to the Indian Council of Medical Research (ICMR) of May 2024, 56.4% of India's total disease burden is linked to unhealthy diets. While it is crucial to avoid processed and ultra-processed foods, it's equally important to pay attention to your home-cooked meals. "Start taking a diversified high-fibre diet. Eat good amounts of fruits, vegetables, whole grains, legumes, and essential micronutrients which feed the best population of microorganisms. Avoid many processed foods that contain refined sugar and unhealthy fat, which also can be fatal to gut bacteria," says Dr. Kapil Jamwal, clinical director, department of gastroenterology and hepatology, Marengo Asia Hospital Gurugram. Pay attention to protein, as it helps build and repair tissues, supports muscle growth, and plays a crucial role in maintaining overall health and satiety. FYI, the ICMR has set the daily protein requirement as 0.83 grams per kg per day for adults.



Easy no-cook high-protein breakfast ideas



Want to eat healthy without compromising on the taste? Then here are some of the most loved breakfast delights that can be made at home by following some simple steps given below. What's more, these high-protein breakfast ideas set the tone for a productive day by providing energy, promoting muscle repair, and keeping you full for longer. So, if you too have been confused about what to cook for breakfast? Then try these quick, nutritious breakfast options that require no cooking. Here are some high-protein breakfast ideas that can be made without any hassle. Greek Yogurt with nuts and seeds Greek yogurt is a great source of

protein and calcium. Combine it with a handful of nuts like almonds, walnuts, or cashews, and add some chia seeds or flaxseeds for an extra dose of omega-3 fatty acids. You can also drizzle a little honey for sweetness.

This no-cook breakfast is quick to assemble, delicious, and provides a satisfying balance of protein, healthy fats, and fiber. Chickpea salad Chickpeas are rich in protein and fiber, making them an excellent choice for breakfast. To prepare a simple chickpea salad, rinse canned or boiled chickpeas and toss them with chopped vegetables like cucumber, tomatoes, onions, and coriander. Add lemon juice, chaat masala,

cumin powder, and a pinch of salt for flavor. This tangy, crunchy salad is packed with protein and makes for a refreshing and filling start to your day. Paneer veggie wrap Paneer is a rich source of protein and can be eaten raw or cubed and mixed with your favorite veggies. For a quick breakfast, toss some diced paneer with bell peppers, cucumbers, carrots, and onions. Add a sprinkle of black salt, pepper, and a squeeze of lemon juice. Wrap this mixture in a whole wheat or multigrain tortilla for a protein-packed, low-effort meal that's filling and nutritious. Peanut butter banana toast Peanut butter is a high-protein spread that pairs well with whole grain bread. For a quick breakfast, spread a generous layer of natural peanut butter on a slice of whole wheat or multigrain toast, and top it with sliced bananas. Bananas provide potassium and fiber, while peanut butter offers protein and healthy fats.

This combination is not only tasty but will also keep you energized throughout the morning. Sprouted lentils are packed with protein and other nutrients. To make a simple sprouted lentil salad, sprout green or yellow lentils overnight and mix them with chopped onions, tomatoes, coriander, and cucumber. Add lemon juice, a sprinkle of black salt, and some ground pepper for added flavor. This refreshing salad is high in protein, fiber, and antioxidants, making it an ideal breakfast option that requires no cooking.

How to make Kashmiri Kahwa at home

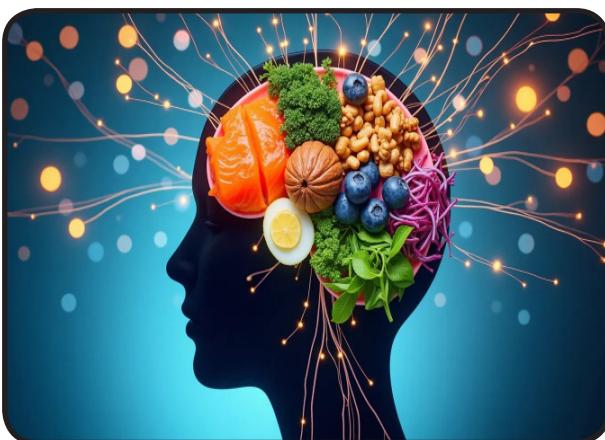
During the winter season, our immunity takes a toll on our health. In India, there are several wonders that not only help warm the body but help fight infections as well. While several winter drinks are available across the country, it is the Kashmiri Kahwa that we all crave when winter strikes. It is one of the typical teas that originate from the beautiful valleys of Kashmir, given that it has a lot of smoke and aroma. It is always rated as capable of fighting winter chills, an aromatic drink that combines tea, spices, and nuts. If you are also intrigued by this Kashmiri drink, here's a detailed process of how to make this drink at home. Boil the water Start by boiling 2 cups of water in a saucepan. Add saffron strands, crushed cardamom pods, and the cinnamon stick to the boiling water. Let it simmer for 3-4 minutes to allow the spices to infuse their flavours. Add green tea Reduce the heat and add green tea leaves or bags to the spiced water. Let it steep for 2-3 minutes. Avoid as it might make the tea bitter. Sweeten it Add sugar to it to the strong flavours. The nuts will not only flavour the drink but also give a healthy touch to it. Serve a warm cup of Kashmiri Kahwa, snuggled up on a cold winter day. Benefits of Kashmiri Kahwa Boosts Immunity: Packed with antioxidants from green tea and spices, Kahwa helps strengthen the immune system. Improves Digestion: The warming spices aid in digestion and prevent bloating. Promotes Relaxation: The aromatic blend has calming properties, making it perfect for unwinding after a long day. Enhances Skin Glow: The saffron and almonds in Kahwa promote healthy and glowing skin.



Brain health, sleep, diet: 3 health resolutions for 2025

Taking care of oneself requires a multi-faceted approach: brain, heart, and metabolic health. What research in 2024 has shown us is that improving our health in these areas comes down to three main factors: sleep, diet, and exercise. But how does one start taking action with this intention? And how can we break down such lifestyle changes into manageable steps? In this podcast episode, Medical News Today shares three actionable resolutions that can help improve your health in the new year. As humans, we are all capable of growth and change. And perhaps, one of the most influential times of the year for transformation and setting the stage for change is New Year's. When it comes to making resolutions for health or any other area of life, we may set unrealistic or very large goals that set us up for failure from the start. The key, according to experts, is to start small and be as specific as possible—whether that be via setting a time frame or

measurable results. In our August 2023 podcast episode, we had touched on how human behavior inherently resists change unless the optimal conditions are present. One such factor was whether it would be beneficial. Medical News Today has covered many



important pieces of research this year that showed how certain habits and practices could improve overall health. The top areas of research in this regard were brain and heart health, nutrition, exercise, and sleep. So, what did the most significant studies from 2024 find? Based on research earlier this year, researchers found that experiencing disrupted sleep in ages 30–40 may lead to memory problems later in life. They also linked a lack of quality sleep to accelerated brain aging. On the topic of exercise,



scientists found that any form of exercise could help rejuvenate the brain, and a particular type of activity could even prolong life span. Another study also found increased heart failure and death risk from being sedentary for a certain number of hours a day. To ensure a healthy and balanced diet, the World Health Organization (WHO) and the Food and Agriculture Organization (FAO) of the United Nations (UN) also published a new report this year, listing the food groups people should consume more and others to avoid for optimal health. It also touched on how many carbs and what types of fats to include in one's diet. In our final podcast episode of 2024, we discussed all this and more. We also included tips on getting better sleep at night, following a healthful diet, and incorporating more exercise into one's daily life.



Veteran Shami's return biggest talking point

Chennai: The return of Mohammed Shami was the biggest highlight of India's T20I squad against England. However, there are some subtle changes from the squad that toured South Africa in November. Shami, making his international comeback for the first time since the ODI World Cup in 2023, will be auditioning for the Champions Trophy.

The veteran made his comeback in the Syed Mustaq Ali Trophy and was in contention to make in squad for the conclusion of the Border-Gavaskar Trophy.

However, intermittent issues meant Shami was not able to make the cut in time. The Champions Trophy is followed by the IPL where Shami will play for Sunrisers Hyderabad and then there is a five-Test series in England. This series could be prove vital in determining where he stands in terms of fitness and determine the way forward for Shami in international or India.

PD Champions Trophy: Indian Physical Disability Team beat Pakistan by 109 runs

Mumbai: In a thrilling league match of the PD Champions Trophy 2025, the Indian Physical Disability cricket team delivered a commanding performance, defeating arch-rivals Pakistan by a margin of 109 runs at the FTZ Cricket Grounds, Katunayake. The emphatic victory showcased India's dominance and their intent to clinch the tournament. Opting to bat first, India posted a formidable total of 160/4 in their allotted 19 overs. Nikhil Manhas led the charge with a stellar knock of 59 runs off just 47 balls, featuring six boundaries and three sixes. He was well-supported by Vikrant Keri, the Indian skipper, who contributed a brisk 37 off 23 deliveries. The Pakistani bowlers struggled to contain the Indian batters, with their most economical bowler, Waqif Shah, conceding runs at

Coco Gauff starts her Australian Open with straight-sets win over Sofia Kenin

The 2023 U.S. Open champion

New Delhi: Coco Gauff had a little difficulty adjusting to the sun at one end of Rod Laver Arena and dropped an early service game but quickly settled into a rhythm to start her Australian Open with a 6-3, 6-3 win Monday over 2020 champion Sofia Kenin. Third-seeded Gauff won the title at the WTA Finals last November and started this season by helping the U.S. to victory at the United Cup last week, a run that gives her a chance to move atop the rankings. Now discover stories that match your interests—customized especially for you! Read here The 2023 U.S. Open champion is wearing a Marvel-inspired bodysuit and skirt at Melbourne Park and she's radiating confidence and calm. "I knew going in it was going to be difficult, but you know I'm happy with how I played," she said of the 1-hour, 20-minute win over Kenin, who at No. 81 is a much tougher opponent than her ranking suggests. "I mean (I) could serve better, but like on that side I was struggling to see the ball," Gauff said, pointing to one baseline on the main show court that was bathed in sun. "So I'm just happy that I was able to manage through that." Another 20-year-old American, Alex Michelsen,

produced the biggest win of his young career with a 7-5, 6-3, 2-6, 6-4 first-round upset of 2023 Australian runner-up Stefanos Tsitsipas. Michelsen's three booming service returns in the ninth game of the fourth set helped him earn a vital break against the 11th-seeded Tsitsipas and, after shaking off jitters on his own serve, he closed out for his first ever victory over a player ranked in the top 20. Gauff went into her opening round on a streak of winning 33 matches against players ranked outside the Top 50, dating to a loss to Kenin at Wimbledon 2023. It was tough going early, with Gauff converting an early break before Kenin got back on serve at 2-2, hitting deep ground strokes and getting good bounce off the hard court. But Gauff, who had five aces and four double-faults in her first two service games, lifted her tempo, started taking the ball earlier and won four of the next five games. She finished the match with 12 aces and nine double-faults, and saved seven of the eight breakpoints she faced. She also had 28 winners, including two rifling backhands on key points in the second set, and 13 unforced errors. The draw presented another tough trip to Australia for Kenin.



It was the third straight year Kenin faced a Grand Slam champion in the first round in Australia, and her fourth consecutive first-round exit here. Gauff will next play Jodie Burrage of Britain. Also advancing from early matches were No. 12 Diana Shnaider, No. 23 Magdalena Frech and No. 25 Liudmila

Samsonova. After a stop-start Day 1 on Sunday, including more than six hours of rain, Monday's packed program also includes matches for 10-time Australian Open champion Novak Djokovic, defending champion Jannik Sinner, Carlos Alcaraz, and women's No. 2 Iga Swiatek.

IPL to follow ICC's Code of Conduct regulations from 2025 season



● Nikhil Manhas was the star of the show as the Indian physical disability team defeated Pakistan by 109 runs on Sunday, January 12. India posted 160 runs in their 19 overs as Pakistan's chase faltered in just 12.2 overs.

everyone contributed to this victory. This win gives us immense confidence as we look forward to lifting the trophy and making our nation proud." Mr. Ravikant Chauhan, General Secretary (DCCI), praised the team's efforts, saying: "I am extremely proud of the team's outstanding performance today. Their determination and teamwork were evident on the field, and I am confident they will continue to excel in the tournament. I wish them the best of luck for the matches ahead."

Bengaluru: The Indian Premier League will follow the International Cricket Council's Code of Conduct regulations for participating players during the upcoming season, which will start on March 21, while the Women's Premier League will be played across four cities, the governing council decided on Sunday. While BCCI vice-president and former IPL chairman Rajeev Shukla had told media persons that the cash-rich league will commence from March 23, a senior GC member clarified that it will start either on March 21. It's learnt that the decision to follow the ICC Code of Conduct was taken

during Sunday's meeting. "From now on, the ICC's sanctioned penalties will be imposed for Level 1, 2 or 3 offences. IPL GC member told PTI on conditions of anonymity. Meanwhile, the four centres where Women's Premier League matches will be held are: Lucknow, Mumbai, Baroda and Bengaluru. IPL 2025 to align with the ICC's Code of Conduct, enforcing global playing standards for disciplinary actions. Meanwhile, the Women's Premier League will feature matches in Lucknow, Mumbai, Baroda, and Bengaluru, showcasing a landmark season for women's cricket in India.